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>> 8 AMS receives Canadian Forces Unit Commendation

The 8 Wing unit becomes the first presently serving AMS unit to receive this commendation

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>> Fixed Fur Life founder, Darlene Quinsey, named an Ontario Good Citizen

Quinsey founded Fixed Fur Life to reduce stray animals by funding sterilization surgery

10

>> Angela Hayden Adopt A Family Christmas Program delivers

Another very successful year supported by 8 Wing units

10

Base GCWC campaign raises \$124,648 for United Way

By Ross Lees

8 Wing/Canadian Forces Base (CFB) Trenton personnel did themselves and the uniform proud in their Government of Canada Workplace Charitable Campaign (GCWCC) this year, raising \$124,648 for the United Way of Hastings and Prince Edward.

Acting Wing Commander Lieutenant-Colonel (Lt.-Col.) Leif Dahl noted in his speech about the highly successful campaign that an effort such as this was just the base's way of giving back to a community always pitching in to support the base and its personnel.

"We can always count on the support of the local community, so it is always a privilege and an honour through the GCWC campaign to give back to the community," Lt.-Col. Dahl said.

GCWCC co-chair Major (Maj.) Chris Hepburn said in announcing the total of the cheque delivered to the Baker Island Recreation Centre by 424 (Tiger) Transport and Rescue Squadron (TRS) helicopter was the second largest ever given by the Wing for the campaign. "We don't set a monetary goal for the campaign, we just want to achieve 100 per cent canvassing, which we did a few days ago," he said.

While no goal is set, they take in every last cent, as seen when the total they reached when the cheque was initially drawn up for \$121,880 had to be amended on site to just less than \$125,000.

According to Maj. Hepburn, the campaign on the base is evenly divided up between special event fundraisers and individual donations to achieve their fundraising goal. Two events were particularly successful this year, he noted.

The golf tournament that kicked off the campaign in September raised almost \$20,000, head and shoulders

Continued on page 15



Santa visited the MFRC

Santa was a popular visitor at the Trenton Military Family Resource Centre (MFRC) Wednesday morning but this little one just could not wait for the visit. See more photos on page 8.

Photo by Ross Lees

MFRC Deployment Christmas dinner pays tribute to deployed personnel and their families

Attendance was down at this year's Trenton Military Family Resource Centre (MFRC) Deployment Christmas dinner and organizer Barry Dougherty, MFRC Family Separation and Reunion Services, sees that as a good thing.

"I love that because it means the tempo is less and you guys aren't gone so much," he told the families gathered for this annual festive dinner which celebrates the commitments of military members and their families throughout the year.

"This night is all about you," he said. "You paid the sacrifice this past calendar year and we'd like to recognize you for that."

Those sacrifices were recognized by the 8 Wing Command team, who

turned out for the evening to serve dinner to the members and families who responded to their military duties in the past year.

"I know that as soon as he or she went out the door, that's the day the washing machine broke down," 8 Wing Commander Colonel (Col.) Colin Keiver noted. "I wish you a great holiday and hopefully I don't need to see you at another one of these deployment dinners."

8 Wing Chief Warrant Officer (WCWO) Darcy Elder acknowledged the commitment of the families of serving members at the dinner.

"We don't do what we do without you people and we take it for granted sometimes," he said. "Without you guys, your partners, your spouses

and families, they wouldn't have the success that they have. So all the best in the holidays, be safe and try to be as happy as you can and have fun!"

Mr. Dougherty took the opportunity to introduce Kendra Bickford as his replacement over the next year while he takes a well-deserved leave of absence "to view life through a different pane of glass."

He said there would be no bump in services as all of the coordinators at the MFRC do a fine job and he was certain everyone would be well represented during his absence.

Mr. Dougherty noted the dinner depended on the responsive community in which the Trenton MFRC is located.

Continued on page 9

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We put a smile on your face.

Christmas Greetings from the Wing Commander

It's hard to believe 2016 is coming to a close. It was a year where I am proud to have seen the 8 Wing family come together and rise to the challenges laid before us. Through your hard work, we witnessed the overwhelmingly successful return of the Quinte International Air Show, the opening of the Earl of Bessborough Social House, the hosting of international exercises, and of course, we maintained the high standard of operations 8 Wing has come to be known for.

Throughout the year, we were able to honour our history and heritage, commemorating the British Commonwealth Air Training Plan (BCATP). The plan was an enormous Canadian undertaking during the Second World War, training the pilots and aircrew that bravely fought against oppression in Europe. We are indebted to those men and women that secured the freedom we enjoy in Canada today. I am a big believer that we must understand our history in order

to be effective in the future.

The holiday season is time to reflect on our accomplishments and look to the challenges that lay ahead in the future. As always, the operational tempo at 8 Wing promises to be intense in the coming year and I know all of you will confront this challenge in keeping with the core values of the profession of arms.

2016 saw us deployed all over the world – Eastern Europe, the Middle East and Africa – and

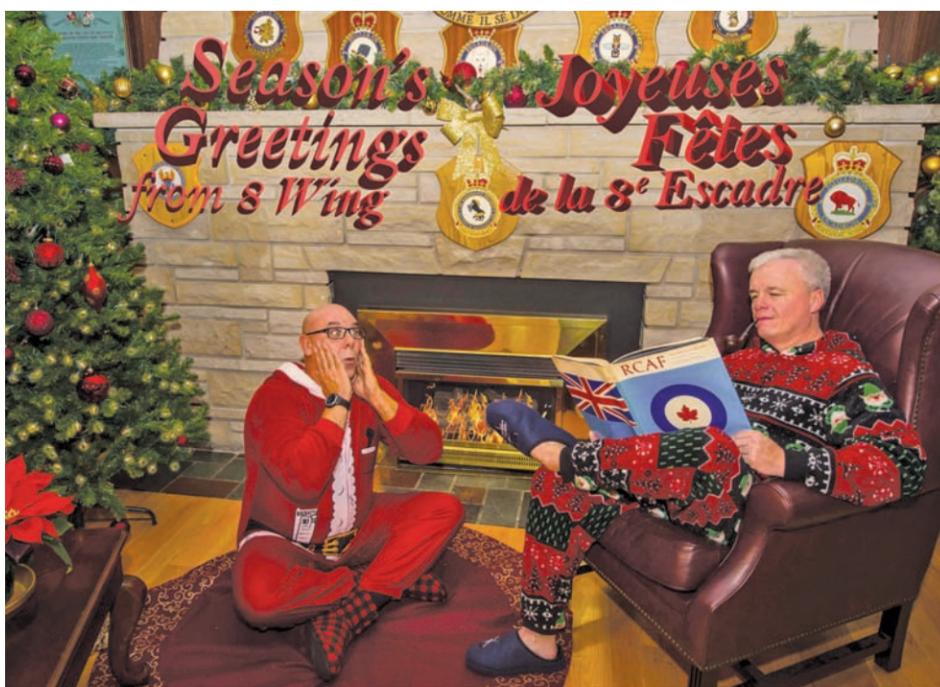
2017 will be no different. Operations are what we do and, 8 Wing, you do it so well.

But, at the end of the day it is all about family and community connections. Families are the heart of our organization and it's their support that allows us to do what we do every day. I also cannot say enough in terms of thanking the community for the support they have given to the men and women of 8 Wing. We are truly fortunate to live and work with such sup-

portive neighbours.

On behalf of my wife Jennifer, our children Micayla and William as well as your Wing Chief Warrant Officer Darcy Elder and his wife Tammy, we wish you the best over the holiday season. Our thoughts and hopes go out to those on duty throughout the world during the holidays this year and we look forward to seeing them return, safe and sound, in 2017.

Colonel Colin Keiver



Vœux de Noël 2016 du cmdt Ere

C'est difficile à croire, mais l'année 2016 tire déjà à sa fin. Cette année, je suis fier de la façon dont nous, en tant que membres de la grande famille de la 8e Escadre, avons travaillé ensemble afin de relever les défis qui se dressaient devant nous. Grâce aux efforts soutenus que vous avez déployés, le Spectacle aérien international de Quinte, l'ouverture de l'Earl of Bessborough Social House et la tenue d'exercices internationaux se sont avérés de véritables réussites. De plus, nous avons respecté les normes opérationnelles élevées pour lesquelles la 8e Escadre est maintenant reconnue.

Tout au long de l'année, nous avons été en mesure de rendre hommage à notre histoire et à notre patrimoine, en commémorant le Programme d'entraînement aérien du Commonwealth britannique (PEACB). Pendant la Seconde Guerre mondiale, ce programme consistait en une vaste entreprise canadienne qui visait à entraîner les pilotes et les membres d'équipage, qui se sont ensuite battus contre l'oppression en Europe. Nous avons une dette envers ces hommes et ces femmes qui ont assuré la liberté dont les Canadiens jouissent aujourd'hui. Je crois fermement que nous devons comprendre notre histoire pour être efficaces à l'avenir.

La période des fêtes est une belle occasion de réfléchir à nos réalisations et de nous pencher sur les défis qui nous attendent. Comme toujours, le rythme opérationnel de la 8e Escadre s'annonce très élevé au cours de la prochaine année,

mais je sais que chacun d'entre vous sera en mesure de relever le défi, tout en respectant les valeurs fondamentales de la profession des armes.

En 2016, nous avons participé à des missions partout dans le monde – Europe de l'Est, Moyen-Orient et Afrique – et en 2017, ce ne sera pas différent. Nous sommes là pour mener des opérations et vous, en tant que membres de la 8e Escadre, le faites de manière si efficace.

Cependant, en fin de compte, l'important, ce sont les liens que nous établissons avec les familles et la communauté. Les familles sont au cœur de notre organisation, puisque c'est grâce à leur appui que nous pouvons accomplir chaque jour notre travail. De plus, les mots me manquent pour remercier la communauté pour le soutien qu'elle offre aux hommes et aux femmes de la 8e Escadre. Nous sommes définitivement privilégiés d'avoir la chance de vivre et de travailler au sein d'une communauté solidaire.

Au nom de ma femme Jennifer, de nos enfants Micayla et William, et de votre adjudant-chef de l'Escadre Darcy Elder et de sa femme Tammy, je vous souhaite le meilleur en cette période des fêtes. Nous sommes en pensées avec ceux qui sont en mission et qui sont loin de leurs proches pendant les fêtes cette année et nous sommes impatients de les revoir, sains et saufs, en 2017.

Colonel Colin Keiver

WELCOME TO 1st PLACE!



Team Weir welcomes Kevin Gillis MMM, CD to Quinte's #1 Real Estate Team*. Shown to the left of Kevin is Mark Rashotte, Owner of Royal LePage ProAlliance and, to the right, is David Weir BA, CD Broker/Owner of Royal LePage ProAlliance Team Weir. Kevin, with his 'down-home' honesty and work ethic, looks forward to assisting local families with their real estate needs. Call or text Kevin today at 613.921.0796.



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Season's greetings from the 2 Canadian Air Division Command Team **Le commandement de la 2e Division aérienne du Canada vous souhaite de joyeuses fêtes de fin d'année**

As the holidays quickly approach, we mark the end of a very busy year. Division Chief Warrant Officer, CWO Pierrot Jetté and I are extremely proud of the work our 2 Canadian Air Division (2 CAD) units have accomplished. If we haven't had the opportunity this year to thank you in person – a sincere "thank you." Thank you for your hard work, dedication and professionalism in ensuring the Royal Canadian Air Force (RCAF) has some of the best trained personnel in the world.

As many of you know, 2 CAD staff and instructors play a key role in instilling in new members what it means to be a part of the Canadian Armed Forces (CAF) and embrace the RCAF values of professionalism, excellence and teamwork. In addition, the high-caliber professional development delivered by our 2 CAD schools offers the training necessary to fully understand how to effectively deliver our Air Power at home and abroad. This responsibility to train and develop our Airmen and Airwomen is not an easy task and we are proud to see that all our units are working hard to provide everyone a safe and respectful work environment.

Respect was a key theme throughout 2016 as I had the opportunity to travel with members of 2 CAD to a number of allied countries. While the main purpose of these visits was to share best practices and learn how others train their Airmen and Airwomen, we also took the opportunity to speak to the high level of training and professional development delivered by our units. We were humbled during our travels by the many reminders of how globally recognized our RCAF training system is and how deeply respected our people are.

We have a team that maintains and develops close ties with our operational counterparts, ensuring that the training we provide meets their needs. Thanks to the cooperation of the RCAF's opera-

tional squadrons and their supporting units, we are now able to send personnel awaiting training (PAT) to units for gainful employment while they wait for their ab-initio technician training. Not only does this initiative motivate many of the PATs, it also greatly increases their ability to learn about their future trade by receiving valuable and rewarding hands-on experience.

While we built on previous successes, this past year also saw a great number of new changes and initiatives that will improve how we deliver training and professional development. Initiatives like the procurement of a procedural crew trainer (PCT) for Air Combat Systems Officers and Airborne Electronic Sensor Operators that delivers more comprehensive ab-initio training; the introduction of a Director of Air Force Professional Development that will reform RCAF professional development; and, innovative modifications throughout 2 CAD that ensure we are doing our part to help recruit the best possible candidates into our training systems.

All that we accomplished as a team this year would not be possible without the support and sacrifices of our families. We continue to improve how we take care of those close to us and I am proud of those units who piloted the Family Support Program this year, a program designed to assist our families in times of transition.

Our 2 CAD members worked hard this year. The coming holiday period is a well-earned time to pause and reflect on our accomplishments, offer special thoughts to our comrades deployed in the service of our nation, and relax with family and friends in preparation for the year ahead.

Wishing you and your loved ones peace over the holidays and a rewarding and successful new year.

Brigadier-General Dave Cochrane and Chief Warrant Officer Pierrot Jetté

Les vacances arrivent à grands pas, et elles marqueront la fin d'une année qui a été très occupée. L'adjutant-chef (Adjuc) de la division, Pierrot Jetté, et moi-même sommes extrêmement fiers du travail accompli par les unités de la 2e Division aérienne du Canada (2 DAC). Si, cette année, nous n'avons pas eu la possibilité de le faire en personne, nous profitons du temps des fêtes pour vous remercier. Nous vous remercions du fond du cœur pour vos efforts, votre dévouement et votre professionnalisme, qui ont permis à l'Aviation royale canadienne (ARC) de compter sur les effectifs parmi les mieux entraînés de la planète, et nous vous en sommes reconnaissants.

Beaucoup d'entre vous savent que les effectifs et les instructeurs de la 2 DAC jouent un rôle essentiel pour inculquer aux nouveaux militaires, ce que signifie faire partie des Forces armées canadiennes et adhérer aux valeurs et au professionnalisme, à l'excellence et au travail d'équipe de l'ARC. Par ailleurs, le perfectionnement professionnel de haut niveau, offert par les écoles de la 2 DAC, permet d'acquérir l'instruction nécessaire pour parfaitement maîtriser la capacité de livrer notre puissance aérienne au pays et à l'étranger. Entraîner et perfectionner les membres de la force aérienne n'est pas une tâche facile et nous sommes heureux de constater que toutes nos unités s'efforcent d'offrir à chacun, un milieu de travail sécuritaire et respectueux.

Le respect a été le thème principal de 2016 et lorsque j'ai eu

l'occasion de voyager en compagnie de militaires de la 2 DAC dans un bon nombre de pays alliés. Le but de ces voyages était de partager des pratiques exemplaires et d'apprendre comment les autres pays entraînent leurs aviateurs et aviatrices. Nous en avons profité pour parler de niveau élevé d'entraînement et de perfectionnement professionnel que donnent nos unités. Lors de nos déplacements, c'est avec une grande humilité que nous avons constaté, à maintes reprises, que le système d'entraînement de l'ARC est reconnu à travers le monde, et que nos militaires suscitent un profond respect.

Nous avons une équipe qui noue et maintient des liens étroits avec nos homologues du monde des opérations, pour veiller à ce que l'entraînement que nous offrons réponde aux besoins. Je remercie de leur collaboration, les escadrons opérationnels de l'ARC et leurs unités de soutien. Les membres du personnel en attente d'instruction (PAI) peuvent maintenant avoir des emplois rémunérateurs dans les unités, pendant qu'ils attendent leur entraînement initial. En plus d'être une source de motivation pour de nombreux PAI, ce programme est une occasion d'acquérir une vaste expérience pratique et enrichissante de leur futur métier.

Nous nous appuyons sur nos succès antérieurs, mais l'année qui s'achève a aussi vu de nombreux nouveaux programmes et de multiples changements qui amélioreront notre façon d'enseigner et de perfectionner le personnel. L'acquisition d'un

simulateur de missions opérationnelles, pour les officiers de systèmes de combat aérien et les opérateurs de détecteurs électroniques aéroportés, permettra d'offrir un entraînement plus approfondi dès le début. L'ajout d'un directeur Perfectionnement professionnel de la Force aérienne reformera le perfectionnement professionnel de l'ARC. Des modifications innovatrices dans l'ensemble de la 2 DAC nous aideront à faire le maximum pour recruter les meilleurs candidats pour nos systèmes d'instruction.

Tout ce que nous avons accompli en tant qu'équipe, cette année, n'aurait pas été possible sans le soutien et les sacrifices de nos familles. Nous poursuivons nos efforts pour améliorer la façon dont nous nous occupons de nos familles. Je suis très fier des unités qui ont fait les essais, cette année, du Programme de soutien des familles, programme destiné à aider les familles en transition.

Les membres de la 2 DAC n'ont pas ménagé leurs efforts cette année. Profitons des fêtes de fin d'année pour faire une pause bien gagnée, réfléchir à nos réalisations, et plus particulièrement à nos camarades qui sont en déploiement au service de notre nation. Profitons aussi de cette période pour relaxer avec nos familles et nos amis, et nous préparer pour la nouvelle année. Je vous offre, à vous et à vos proches, tous mes vœux de paix en ce temps des fêtes, et une nouvelle année enrichissante et fructueuse.

Brigadiergénéral Dave Cochrane et adjutant-chef Pierrot Jetté



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Show Tour rocks the house at CFS Alert

Members of Canadian Forces Station (CFS) Alert had the privilege of being entertained by members of the Show Tour last week.

The band "Ambush" played multiple shows and provided music lessons to station members, while Mr. Joey Elias performed a stand-up comedy routine. Station personnel had the opportunity to sit back and enjoy the shows or go up and join the band for some sing-along action.

Having the Show Tour at CFS Alert was an incredible experience and helped raise morale as the station prepares for the holiday season!

On behalf of the entire station, thank you to "Ambush" and Mr. Joey Elias.



Members of CFS Alert with members of the Show Tour. Photos by Private Thibault



Bass player, Kris Lafontaine and lead guitarist, Marc McDonnell rocking out during the show.



Lt.-Col. Tsai-Lamoureux playing the "air drums" Ambush playing at CFS Alert, alongside drummer Danny Derue



Mr. Joey Elias entertaining the crowd with members of Ambush.

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.

The CONTACT is produced weekly under a Publication Service Agreement with The Independent (Brighton & Trent Hills), a division of Metroland Media Group.

8 Wing Personnel

Publisher: Col. Colin Keiver.

Proprietor: Her Majesty the Queen, in right of Canada, as represented by the Commander of 8 Wing, Canadian Forces Base Trenton, P.O. Box 1000 Stn. Forces, Astra, ON K0K 3W0 Canada

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Advertising Production : 613-966-2034

Office Manager: Marlene Hicks 613-969-8896 x242

Circulation: Melissa Hudgin 613-966-2034 ext: 504

250 Sidney Street, P.O. Box 25009, Belleville, Ontario CANADA

SUBSCRIPTIONS: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

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



A Military Community Newspaper

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



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Wing Logistics and Engineering Picture of the Week



Five members of 8 Wing Trenton's 85 Aircraft Rescue and Fire Fighting (ARFF) Fire House Urban Search and Rescue (USAR) team participated in a Structural Collapse Technician course held in Massachusetts, USA by the Federal Emergency Management Agency (FEMA) Task Force One from Oct. 18-29. From 85 ARFF, the graduates are Corporals John Lipscombe, Dinis Neves, Jarrett Potter-Therault, Aviators Marc Berube and Charles Johnston. Having completed this initial qualification, they await three other courses to become completely qualified USAR team members.

Photo by Rose Guild, FEMA Task Force One

November 2016 weather summary

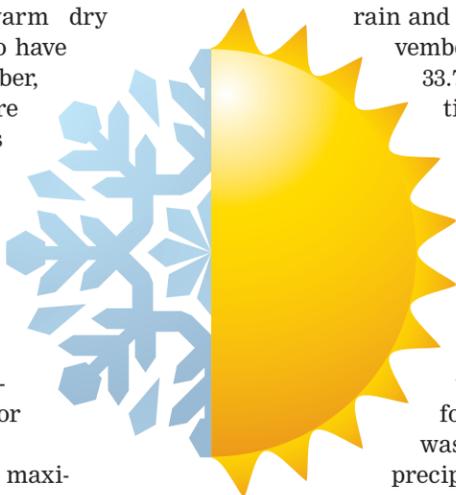
November was warmer than average, perhaps setting a winter trend

By Corporal Crystal Pike-Pilditch, 8 Wing MET

The trend of warm dry weather seems to have eased for November, anyway. Temperature wise, November was still warmer than average but nothing record breaking like we have been experiencing for a lot of the year. Precipitation measurements also were closer to climate norms for November.

The average daily maximum temperature for November this year was 10.1C, only 0.5C cooler than 2015 which was 10.6C. The average daily minimum temperature was cooler as well, at -1.1C compared to 0.9C of 2015. The single warmest day of the month was 19.8C on the 2nd. The coldest night was on the 23rd at -10.0C.

Total precipitation for the month of November was 49.4mm, 41.0mm from



rain and 8.4cm from snow. November 2015 compares at 33.7mm total precipitation, 32.1mm from rain and 1.6cm from snow.

November 2016 was pretty busy in terms of other types of weather. There was one day with thunderstorms recorded, the first in November for a few years. There was one day with frozen precipitation, a whopping eight days with fog, and one day with blowing snow. Last year, there were only three days of fog recorded with the other categories recording zero incidences.

The outlook going into winter unfortunately (or fortunately for those who dislike winter) looks to be calling for warmer than average temperatures however, and no clear indication precipitation-wise.

Your DOWNTOWN TRENTON HOLIDAY EVENTS

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

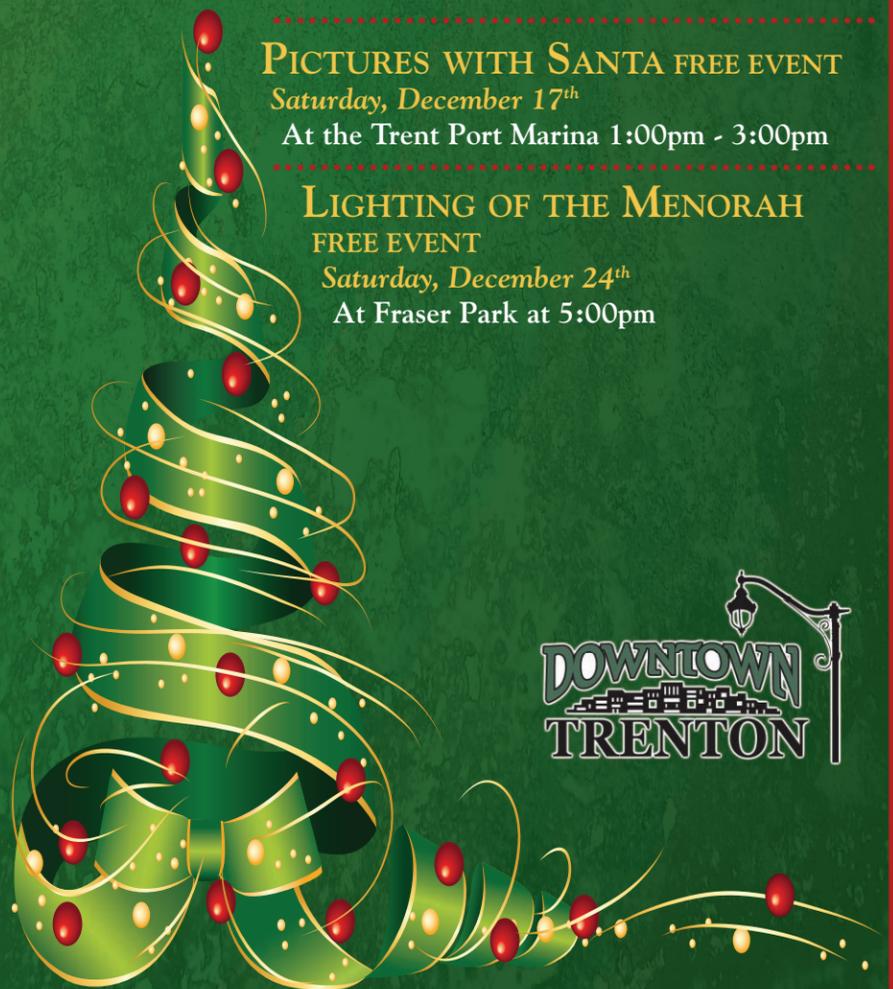
JINGLE BELL WALK FREE EVENT
 Wednesday, November 30th
 Starts at City Hall at 6:00pm, with a visit to the Fantasy of Lights before ending at City Hall for a performance by Joyful Noise at 7:00pm.

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

Personnel Support Programs appreciate base support



Every year Health Promotion has the assistance of Unit Reps, Display Board Reps, Community Reps and testimonials who work hard with the Health Promotion team in the messaging of our programming. Pictured here is a selection of the many people that make our jobs easier as Health Promoters and supporters of the Strengthening the Forces messaging. Many thanks to all members of our team at the Unit level, community level, Contact, and our colleagues in Health and Wellness. Your assistance to the program is much appreciated. Photo by Lisa Refausse

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8 AMS receives Canadian Forces Unit Commendation

The 8 Wing unit becomes the first presently serving AMS unit to receive this commendation



8 Wing's 8 Air Maintenance Squadron (8 AMS) received something Wednesday morning no other presently serving Air Maintenance Squadron has received – a Canadian Forces Unit Commendation (CFUC) from the Chief of the Defence Staff Lieutenant-General Jonathon Vance.

Presented to the Unit by Major-General (Maj.-Gen.) Christian Drouin, the Commander of 1 Canadian Air Division (CAD) Wednesday morning at 2 Hangar at Canadian Forces Base (CFB) Trenton, the commendation was for sustaining an unprecedented operational tempo from January 2002 through to April 2011 while providing safe and effective air maintenance support for prolonged periods under challenging operational conditions instrumental in enabling the success of numerous high-profile missions.

"The members of 8 AMS have

distinguished themselves with their high caliber of effectiveness unparalleled dedication and sustained commitment to doing and supporting Canada's international obligation," the commendation noted.

Maj.-Gen. Drouin indicated that the success of missions would not be possible and the Royal Canadian Air Force (RCAF) would not be able to deliver air power around the world without the dedicated work of 8 AMS personnel.

"You're flying way above what

we thought you would be able to fly," he told the gathered members of the squadron.

It was 1 CAD Chief Warrant Officer Mike Scarcella who noted that no other AMS presently serving had received the CFUC and he told the 8 AMS personnel to be very proud of that accomplishment.

"We fly some of the oldest airplanes, but we fly them with pride and we fix them as if they were prima donnas," he stated. "You de-

serve the credit this commendation recognizes as maintainers of this fleet."

Maj.-Gen. Drouin also thanked the 8 Wing Command team for their efforts as leaders and the amazing job they do.

He noted that they had all just returned from Kuwait and that trip gave him even more appreciation for the job the 8 AMS personnel do.

"I'm impressed at how you

keep things on time and on target and how good you are at your job," he said.

8 AMS had an impressive string of accomplishments during the timeframe honoured with the commendation. Approximately 585 members of the squadron were deployed overseas, some 114,000 days deployed were experienced and over 8,849 missions were accomplished in support of southwest Asian missions.



8 AMS personnel are shown here receiving their Canadian Forces Unit Commendation from Maj.-Gen. Christian Drouin, the Commander of 1 Canadian Air Division.

Photos by Corporal Rod Doucet, 8 Wing Imaging, and Ross Lees

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Santa visited the MFRC



Photos by Ross Lees



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(Top left) Santa was a very popular visitor at the MFRC on Wednesday.

(Bottom left) This little guy looks like he is praying for Santa to bring him a toy.

(Top right) This little guy showed Santa a toy he liked at the MFRC.

(Above) Santa made more than this one young fellow very happy with his visit to the MFRC on Wednesday morning.

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MFRC Deployment Christmas dinner pays tribute to deployed personnel and their families



8 WCWO Darcy Elder, seen here decked out in a hair net, asks this young lady if she would like some gravy after she has gone through the line served by members of the 8 Wing Command team.

Continued from page 1

“This dinner is not possible without the help of a great community out there,” he said, noting that Sears Canada a valued partner.

CANEX and Andrew Kerik, manager, donated the door prizes for the evening, poinsettias were donated by Connon Nurseries and Carl and Carol Richards of Carl and Carol’s Catering donated the nourishing food for the dinner.

Mr. Dougherty also thanked his fellow staffers at the MFRC for the continued behind-the-scenes commitment to the dinner and to Micayla Keiver, the daughter of Col. Keiver, for her contribution of reading a Christmas story to the

children just prior to the appearance of the Jolly Old Elf.



Micayla McKeiver reads a Christmas story to the children who attended the MFRC Deployment Christmas Dinner Wednesday night.



Micayla McKeiver and her father join forces to serve these young people at the MFRC Deployment Christmas Dinner Wednesday night.



This young elf had to think about what she wanted for Christmas.

Photos by Ross Lees

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Angela Hayden Adopt A Family Christmas Program delivers

By Warrant Officer Sandra Driscoll

Once again, the time has come to bid farewell to all our "Secret Santas." With the help of our participating units here at 8 Wing who so generously gave of their time and money, the Angela Hayden Adopt a Family program had another very successful year. We were able to help 13 struggling families consisting of 32 children in total.

Wow, what a difference you made in their lives this year! There is no doubt in my mind those children will forever remember this magical Christmas!

As we wrap up this year, I would like to give a special shout out to Mrs. Claire Marchand and her band of merry elves at St. Paul Secondary School, who put so much effort into collecting and preparing the food hampers for our families. Second, I wish to thank Mr. Mike Leblanc who, on behalf of Marshall Aerospace Canada.,

once again this year presented our committee with a generous cash donation. Third, Cindy and Judy at Wing Foods, who also presented us with a cheque from funds they raised through their annual Christmas shopping bus trip to Samko Toys and Orfus Road outlet mall. With these donations and with the help of those units who took on extra kids when I had last minute referrals with no sponsors, we were able to ensure that those families were also taken care of. Last, and certainly not least of all, I would like to extend my gratitude to the Canadian Forces Morale and Welfare Services with whose assistance again this year, we were able to provide very well for all of our families.

Each year I finish with the same feeling of immense gratitude and admiration for the compassion and generosity this Wing shows to those who just need a little help. On behalf of my fellow committee members, I wish you all a safe and happy holiday season.

See you all next year!



Warrant Office Sandra Driscoll accepts a cheque from Mike Leblance of Marshall Aerospace Canada. on behalf of the Angela Hayden Adopt a Family program. Photo by Ross Lees

Fixed Fur Life founder, Darlene Quinsey, named an Ontario Good Citizen

By Stephen Petrick

The Ontario government has fixed a problem – the lack of recognition for Darlene Quinsey for the outstanding work she does with Fixed Fur Life.

The Belleville woman was recently awarded Ontario's Medal for Good Citizenship. She and 19 other Ontario citizens were invited to a ceremony at Queen's Park on Thursday, Dec. 1 to receive the award.

Quinsey founded Fixed Fur Life in 2004. The charity works to

reduce the number of stray animals by funding sterilization surgery. This past year it has fixed about 1,900 animals and the organization just recently reached its milestone of fixing 20,000 animals since its inception.

Quinsey said she had no idea she had been nominated for the award, so when she was informed about it, it was quite a surprise.

But she was happy to accept the award, especially if it raises the profile of Fixed Fur Life.

"It's very humbling," she said. "I never expected to receive something like this. The charity

is something I put my heart and soul into."

Perhaps the most remarkable thing about Quinsey is that running Fixed Fur Life is not her actual job. She works full time as a Registered Nurse at Hastings Manor. Yet, when not filling her employment duties she spends countless hours working for the charity, by host-

ing or planning fundraisers or coordinating work with associated families.

Fixed Fur Life has 46 foster homes, with people willing to

take in stray animals, and four adoption centres, where cats that have come into the charity's care can be adopted from. They are the Pet Value stores in Trenton and Belleville and Little Stinkers and Global Pet Foods in Belleville.

Quinsey said the reason Fixed Fur Life has been successful is that the charity's costs are low, since it is run strictly by volunteers and doesn't operate a shelter.

"We don't pay for anything other than veterinary services," she said.

The work can be exhausting for Quinsey. She often works the midnight shift at the Manor and leaves at 7 a.m., only to begin working for the charity.

But she says there's a "personal satisfaction" that comes from doing the work. Obviously, it comes from a deep love for animals and knowing that she's doing much needed work to make life better for animals.

She said she was inspired to start Fixed Fur Life after attending a conference in Windsor, Ont. around 2004. It was billed as the "First Canadian No Kill Conference" and it was led by a team of American veterinarians, who spoke to the audience about work being done in the U.S. to avoid euthanasia.

Since starting the organization, Quinsey has learned there are many people in the Belleville area who have the same love for animals and they contribute to the cause, by either donating money or time. She said she's grateful for those people, especially her close colleagues and board members.

"Without them it would be difficult to do what we've done," she said.



Darlene Quinsey

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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 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.

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. Theme is Healthy Mind, Healthy Body. Jan. 13 from 5:30 p.m. to 7:30 p.m. Register by email by Jan. 9, 2017 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. 13 janvier, 17 h 30 à 19 h 30. 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 9 janvier.

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.

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 Orlanda Bourgoin 613-392-2811 poste 3953 ou orlanda.b@trentonmfr.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 ext. 4582 or kendra.b@trentonmfr.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 4582 ou kendra.b@trentonmfr.ca.

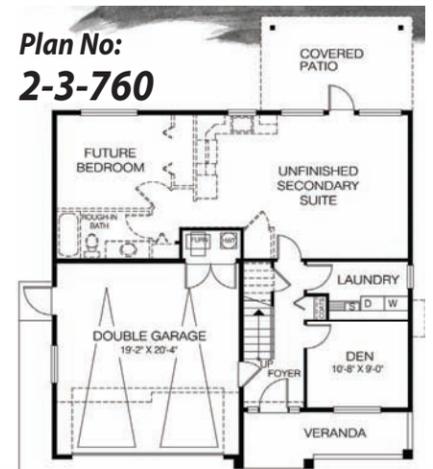
Continued on page 12

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This handsome multi-gabled family home features a basement entry, with the living areas and three bedrooms on the upper floor. This arrangement allows for an unfinished secondary suite with a private entrance and patio on the ground floor, as well as a future fourth bedroom with its own bathroom roughed in.

Entry is through a railed veranda into a compact foyer with a den to the right, adjacent to the laundry room. Ahead is a stairway leading to the second floor. Upstairs, past the railed stairwell, the great room looks the front garden. Flowing into the great room are the kitchen and dining area, where a doorway opens to a sundeck and the back garden. The dining area includes an optional hutch, always handy for storing the good tableware, and is separated from the kitchen by a seating bar and work island. The L-shaped counter configuration is designed for efficiency. Double sinks look out to the garden, and a broom closet is located just around the corner from the pantry.

The master bedroom overlooks the back garden and includes a window seat, as well as a walk-in closet, a linen cupboard and a three-

piece en-suite bath. The second and third bedrooms look out to the front garden and share a three-piece bath.

The double garage includes a doorway to the side garden, as well as entry to the foyer.

On the exterior, board-and-batten highlights the ga-

bles, with horizontal siding on the main façade, set off by painted trim and brick accents. A garage door with decorative cross-bracing lends a rustic touch.

This home measures 38 feet wide and 38 feet deep, for a total of 1,180 square feet.

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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. 24-25 – Resolving Conflict Effectively

Registration deadline for a conflict resolution training session at 8 Wing Trenton is Dec. 27, although the session takes place on Jan. 24-25 in a classroom located at LCC. The RCE has three components: a pre-classroom module will be delivered using the Defence Learning Network (DLN) and will require seven hours to complete. The second component consists of a classroom module consisting of a two-day course in class. The third portion is a post-classroom module delivered using the DLN and will require two hours to complete. Nominations are to be sent to: +RCE Registration Inscription RCE@CMP DGADR@Ottawa-Hull This session is hosted by the Conflict Resolution Centre Central. For further information, go to ++CRC Kingston@CFB Kingston@Kingston or call 613-541-5010 ext. 5641.

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.

The qualifying times listed below are the minimum qualifying times that a CAF runner must have achieved on a certified course, at a sanctioned race no more than fourteen (14) months prior to race day. Proof of times are required.

Race Distances	Marathon		Half Marathon		10 Km		5 Km	
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Age Categories								
Under 19	3:10:00	3:40:00	1:25:00	1:35:00	36:00	42:00	17:30	21:00
20-24	3:10:00	3:40:00	1:25:00	1:35:00	36:30	43:00	18:00	22:00
25-29	3:10:00	3:40:00	1:30:00	1:40:00	37:00	43:30	18:00	23:00
30-34	3:10:00	3:40:00	1:30:00	1:40:00	38:00	44:30	18:30	23:30
35-39	3:15:00	3:45:00	1:35:00	1:45:00	39:00	48:00	20:00	25:00
40-44	3:20:00	3:50:00	1:40:00	1:50:00	41:00	50:00	21:30	25:00
45-49	3:30:00	4:00:00	1:42:00	1:52:00	43:00	52:30	23:00	28:00
50-54	3:35:00	4:05:00	1:45:00	1:55:00	45:00	56:00	25:00	31:00
55 & over	3:45:00	4:15:00	1:55:00	2:10:00	50:00	60:00	25:00	40:00

Members with qualifying times can register for their race through their respective Military Sports Coordinator (Kendra.lafleur@forces.gc.ca) by COB 23 Jan 17. Selected CAF runners will be eligible for CFMWS TD support i.e.; R & Q, transport, awards and registration fees. All eligible CAF Runners must not pay any registration fees to the Ottawa Race Weekend. All runners must hand in an official qualifying time that meets the requirements for the distance that they wish to run at the 2017 CAF National Running Championship. Regional Sports Managers will establish a priority list of those athletes who meet the requirements to attend as per the qualifying times indicated.

MFRC continued from page 11

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

Every last Thursday of the month from 6:30 p.m. to 8 p.m. 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 Orlana Bourgoin 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 Orlana Bourgoin 613-392-2811 poste 3953.

Trenton MFRC and Autism Ontario Present:

Brighton's Special Needs Parent Support Group. Every last Thursday of the month from 6:30 p.m. to 8 p.m. 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 Orlana Bourgoin 613-392-2811 ext. 3953.

Autisme Ontario et le CRFM de Trenton présentent:

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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.

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.

Continued on page 14



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RCAF Arena Schedule

HOLIDAY SCHEDULE - Effective December 26 - Jan 4 2017

Drop-in Fees: Shinny/Figure Skating - Military \$4 General Public \$5
Family Skating - Military \$3 General Public \$4

MONDAY LUNDI Dec 26/Jan 2	TUESDAY MARDI Dec 27/Jan 3	WEDNESDAY MERCREDI Dec 28/Jan 4	THURSDAY JEUDI Dec 29/Jan 5	FRIDAY VENDREDI Dec 30/Jan 6	SATURDAY SAMEDI Dec 24 & 31 Jan 7	SUNDAY DIMANCHE Jan 8
Tyke/Novice Shinny 0730 - 0900	Tyke/Novice Shinny 0730 - 0900	Tyke/Novice Shinny 0730 - 0900	Tyke/Novice Shinny 0730 - 0900	Tyke/Novice Shinny 0730 - 0900		
Atom Shinny 0900-1030	Atom Shinny 0900-1030	Atom Shinny 0900-1030	Atom Shinny 0900-1030	Atom Shinny 0900-1030		
Peewee Shinny 1030-1200	Peewee Shinny 1030-1200	Peewee Shinny 1030-1200	Peewee Shinny 1030-1200	Peewee Shinny 1030-1200		
Military Shinny 1200-1300	Military Shinny 1200-1300	Military Shinny 1200-1300	Military Shinny 1200-1300	Military Shinny 1200-1300	Family Skate	Family Skate
Bantam/Midget Shinny 1300-1430	Bantam/Midget Shinny 1300-1430	Bantam/Midget Shinny 1300-1430	Bantam/Midget Shinny 1300-1430	Bantam/Midget Shinny 1300-1430	1400-2000	1800-2000
Family Skate 1430-1600	Family Skate 1430-1600	Family Skate 1430-1600	Family Skate 1430-1600	Family Skate 1430-1600		
Jr. Figure Skating 1600 - 1730	Jr. Figure Skating 1600 - 1730	Jr. Figure Skating 1600 - 1730	Jr. Figure Skating 1600 - 1730	Jr. Figure Skating 1600 - 1730		
Sr. Figure Skating 1730-1900	Sr. Figure Skating 1730-1900	Sr. Figure Skating 1730-1900	Sr. Figure Skating 1730-1900	Sr. Figure Skating 1730-1900		

RecPlex Swim Schedule Main Pool

Effective December 23rd 2016 January 8th 2017

NOTE: ALL REC SWIMS WILL HAVE 1 - 2 LANES AVAILABLE FOR LANE SWIMMING

FRIDAY VENDREDI December 23 rd	SATURDAY SAMEDI December 24 th	SUNDAY DIMANCHE December 25 th	MONDAY LUNDI December 26 th	TUESDAY MARDI December 27 th	WEDNESDAY MERCREDI December 28 th	THURSDAY JEUDI December 29 th
Military Lane 1200 - 1300					Military Lane 1200 - 1300 pm	Military Lane 1200 - 1300 pm
Rec Swim 14:00 - 16:30	Rec Swim 13:30 - 15:30	CLOSED	CLOSED	Rec Swim 14:00 - 16:30	Rec Swim 14:00 - 16:30	Rec Swim 14:00 - 16:30
Rec Swim 18:30 - 20:00					Rec Swim 18:30 - 20:00	
FRIDAY VENDREDI December 30 th	SATURDAY SAMEDI December 31 st	SUNDAY DIMANCHE January 1 st	MONDAY LUNDI January 2 nd	TUESDAY MARDI January 3 rd	WEDNESDAY MERCREDI January 4 th	THURSDAY JEUDI January 5 th
Military Lane 1200 - 1300				Military Lane 1200 - 1300 (3 rd)	Military Lane 1200 - 1300 pm	Military Lane 1200 - 1300 pm
Rec Swim 14:00 - 16:30	Rec Swim 13:30 - 16:00	CLOSED	Rec Swim 14:00 - 16:00	Rec Swim 14:00 - 16:30	Rec Swim 14:00 - 16:30	Rec Swim 14:00 - 16:30
Rec Swim 18:30 - 20:00					Rec Swim 18:30 - 20:00	

Military Community Non-Members
Under 3 years FREE
Child/Youth/Adult \$3.00
Family \$11.00

FRIDAY VENDREDI January 6 th	SATURDAY SAMEDI January 7 th	Sunday DIMANCHE January 8 th	Monday Lundi January 9 th
Military Lane 1200 - 1300			REGULAR
Rec Swim 14:00 - 16:30	Rec Swim 13:30 - 19:00	Rec Swim 13:30 - 16:00	PROGRAMS
Rec Swim 18:30 - 20:00			BEGIN

General Public
Under 3 years FREE
Child/Youth/Adult \$4.00
Family \$11.00

Community Recreation Association

Reception: 613-392-2811 ext. 3361/7138 or 2929

www.cfcommunitygateway.com/www.facebook.com/trenton.recplex

8WingRecPlex@intern.mil.ca



Classifieds

To Place an Ad: **613-392-2811** or **613-966-2034**
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91 Promenade Namao Est

Office hours/Heures de bureau:
Monday to Friday 0800 - 1600 hrs
Du lundi au vendredi 08h00 à 16h00

Services Times/ Heures des services religieux
Protestant Service: 1115 hrs
Service protestant: 11h15

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:

Capt (Rabbi/Rabbin) Bryan Bowley
Capt (the Rev./Rév.) Eric Davis
Capt (the Rev./Rév.) John Funelas
Lt(N)(Fr/Père) Félix Roberge
Lt(N)(the Rev./Rév.) Mary Anne VanHeuvelen
Capt (the Rev./Rév.) Daniel Walton

Phone/Téléphone:
Administrative Assistant/Adjointe administrative
Brigitte Gamache, (613) 392-2811 ext/poste 2490/4593

MFRC continued from page 12

Mindfulness Group

This group will help you develop mindfulness practices as a way to reduce stress and anxiety, and improve choice when responding to difficult situations. Experience is not required. The Mindfulness Group will take place on Jan. 26 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 (26 janvier) 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.

Friday Drop-Off

Need a break, have an appointment - for an hour or a day? We have drop-off child care on Fridays from 9 a.m. to 4 p.m. at the Playroom. To book a spot, call MFRC reception (613-965-3575) from 1 p.m. on Monday to noon on Thursday. The cost is \$5 per hour for your first child and \$4 per hour for subsequent children.

Safety

Give the gift of safety this holiday season



Making sure the toys you buy are safe is not the end of your responsibilities, it is only the beginning. You need to think of toy safety as a daily concern - a concern that lasts for the life of the toys.

Here are some tips to help you through this process, from start to finish.

Let's begin at the store when you are first buying toys:

No exceptions

Read the labels on toys and follow the age recommendations. No child is an exception. Look for safety qualities of toys like "flame resistant and flame retardant" for fabrics and "washable" and "hygienic materials" on stuffed toys.

Think big for toddlers!

Remember, most toddlers will try to put almost anything in their mouths, so stay away from toys small enough to swallow. Even if the toy is too large for your child to put in his or her mouth, inspect it for small parts that, if broken off, will pose a hazard. Do not purchase toys with sharp points for children under eight years of age.

Battery-safe

Batteries in a toy must be secured out of the reach of your child. Old batteries can leak and cause burns. Any battery is hazardous if swallowed. If your child swallows a battery, call your local poison information line.

Cords and strings

Toys and clothing with cords or strings pose a very serious safety threat for young children and toddlers. Remove any cords or ribbons from young children's clothing. Any string, cord, ribbon or similar material is dangerous when used in a crib and can result in strangulation.

At home, develop safety habits. Make a habit of regularly checking your children's toys for damage. Broken toys can have sharp edges that can cut. Broken pieces can be small enough to swallow. Your safest bet is to throw the broken toy away. Check wooden toys for splinters and sharp edges.

Storage

If you have children of different ages, keep toys for older children out of reach of the younger ones. If you store toys in a toy box, the box should be sturdy. Do not store it up high where it could fall on your child's head. Large toy boxes must be properly ventilated so your child won't suffocate if he or she becomes trapped inside. Ensure the hinges on the box don't create spaces where your child's fingers could be crushed.

Electric toys

Electricity can shock and kill. Opt for battery operated toys when buying for children. Even if one child in the household is old enough to respect electricity, consider the other children who may come in contact with the toy.



Issues such as where the toy is used and stored should be considered.

Remember, your child's safety is in your hands. Make sure you consider safety when you are in the store and continue to maintain toy safety for the life of the toy.

Seniors can be the difficult persons on your holiday gift list: They've seen it all, had it all and don't need another pair of socks or bottle of perfume. But they are likely to appreciate the kind of gift which helps them to live more safely and healthy.

Consider these safety presents:

A smoke detector or carbon monoxide detector. Installation of the detector should be part of the gift. When you check the detectors in your own home semi-annually, check those at the senior's home as well.

Installing hand grips for the bathtub or shower stall can help prevent falls. A non-slip rubber mat or a seat for the tub or shower are other possibilities. Perhaps handrails for stairways could be installed. Many older homes are not fitted with them.

Here's an idea which won't cost you a cent but would be a great help for the older adult in your life:

Promise to regularly help shovel the snow from the person's sidewalk and driveway this winter. Also plan to apply sand or salt to remove ice.

Summer may seem a long way off, but a cooler home would be a safer place to be when the heat waves hit. Consider the gift of a portable fan or installed air conditioning.

A bedside telephone extension is also a good safety item. Look for a phone with a light and large dial buttons.

Night-lights for bedrooms, halls and bathrooms are another possibility, along with bedside flashlights.

Walkers are used by many elderly people and would make an excellent gift.

Here are some suggestions about gifts for elderly recipients: Make sure gifts are not heavy or difficult to handle or open.

Don't expect the person to assemble the gift - do it yourself.

Look for large print books for persons with vision impairment.

Specialty shops carry many devices to make life easier for persons with arthritis or other disabilities. Call your local hospital or health agency for information about these stores.

Make the holidays a little brighter and a little safer for the older adult in your life.

Base GCWC campaign raises \$124,648 for United Way

Continued from page 1

above where it had been in previous years, he said.

The beard and hair growing event raised \$18,000 and – held in conjunction with the pancake breakfast this year, which produced another \$1,000 – raised a total of \$19,000.

United Way of Hastings and Prince Edward executive director Judi Gilbert said she was almost speechless with the result.

“I’m not normally speechless but I find at this time of year, from this community and on this base, the level of giving is truly incredible,” she said upon seeing the total. “We’re a \$2.1 million organization and almost \$125,000 puts a huge dent in that.”

Maj. Hepburn thanked all components of the campaign for their efforts this year and Master Warrant Officer (MWO) Scott Creamer, the other military co-chair of the GCWCC, thanked Maj. Hepburn for his fantastic effort throughout the campaign.

Two new awards were presented for this campaign: the Big Heart Award for participation went to the Canadian For-

ces Air Warfare Centre for their 45 per cent participation rate in the campaign; and the Helping Hand Award was won by the 8 Wing Executive for their generosity in raising \$356 per person. “Those are the benchmarks for next year’s campaign,” noted Maj. Hepburn.

Sandra Tucker won the dental basket and Cpl. Zbigniew Rolka won the final 50/50 draw of \$1,320.

Lt.-Col. Dahl congratulated Maj. Hepburn and his team for their consistent efforts throughout the campaign period.

“Canvassing almost 4,000 people is a challenge at best, but even more of a challenge at CFB Trenton because we are extremely busy and people are on taskings all the time or on the go. This was really an incredible accomplishment,” he said.

Acting Wing Commander Lt.-Col. Leif Dahl, GCWCC co-chair Maj. Chris Hepburn and MWO Scott Creamer present the GCWCC cheque of \$124,648 to Hastings and Prince Edward United Way executive director Judi Gilbert and Lindsey Harker.



8 Wing/CFB Trenton GCWCC co-chair Maj. Chris Hepburn transports the cheque, delivered by 424 (Tiger) Transport and Rescue Squadron (TRS) helicopter to the Baker Island Community Centre where it was unveiled to reveal a total of \$124,648, the second highest ever raised in a GCWC campaign at the base. Photo by Ross Lees



Trenton Golden Hawks visit CFB Trenton

The Trenton Golden Hawks of the Ontario Junior Hockey League (OJHL) toured Canadian Forces Base (CFB) Trenton Monday, getting to see such base highlights at the Small Arms Trainer (SAT), the Air Mobility Training Centre (AMTC), the bird man and they were given a flight on a C-130J model Hercules. We caught up with them at the one place we were sure they would not miss, the Yukon Galley, where they had lunch. Trenton Golden Hawks General Manager John McDonald said one of the young hockey players was considering attending the Royal Military College in Kingston before the tour was over. Photos by Ross Lees

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Merry Christmas

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 DEC 30: 8am - 6pm
 DEC 31: CLOSED
 JAN 1 & 2: CLOSED

16 NISSAN ALTIMA SV

29139 Auto, 2.5 4cyl, fact remote start, alloys, pwr roof/seats, push btn start, heat seats/mirrors, AC, dual climate, rev cam, Bluetooth, cruise, touch screen, blindspot detect. 10,095 km

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

14 VW JETTA COMFORTLINE

29184 Auto, 2.0 4cyl, diesel, alloys, pwr roof/seats, heat seats, AC, CD, MP3, rev cam, Bluetooth, cruise, steer ctrl, TDI. 107,820 km

\$16,995
\$114
bi-weekly
84 mths @ 5.9%
0 DOWN + HST

15 BUICK REGAL

29195 Auto, 2.0 4cyl ecotec turbo, alloys, leather, pwr seats, AC, dual climate, CD, MP3, sat radio, rev cam, park aid, compass. 58,915 km
PREVIOUS DAILY RENTAL

\$18,495
\$112
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

14 CHEVY CRUZE

29262 Auto, 2.0 4cyl turbo, diesel, fact remote start, alloys, leather, pwr seats, heat seats, AC, CD, MP3, sat radio, rev cam, OnStar, compass, cruise, My Link touch screen. 21,064 km

\$17,495
\$117
bi-weekly
84 mths @ 5.9%
0 DOWN + HST

15 CHEVY CRUZE LT

29344 Auto, 1.4 4cyl turbo ecotec, keyless entry, fog lights, tract ctrl, bucket seats, AC, CD, MP3, sat radio, rev cam, OnStar, compass. 45,027 km
PREVIOUS DAILY RENTAL

\$14,995
\$91
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

16 DODGE DURANGO LTD

29068E Auto, 3.6 V6, 7 pass, AWD, fact remote start, alloys, pwr roof/seats, push btn start, leather, memory seat, heat seat/rear seat/mirrors. 22,487 km
PREVIOUS DAILY RENTAL

\$36,995
\$224
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

16 HYUNDAI TUCSON LTD

29179E Auto, 1.6 4cyl GDI turbo, AWD, roof rack, alloys, pwr seats, heat seats/rear seats/steer, dual climate, rev cam, park aid, Bluetooth, cruise. 29,457 km
PREVIOUS DAILY RENTAL

\$24,495
\$148
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

15 TOYOTA 4 RUNNER LTD

29161 Auto, 4.0 6cyl, 7 pass, 4x4, alloys, pano roof, push btn start, leather, pwr seats, memory seats, heat seats, vent seats, dual climate, nav, rev cam. 31,237 km

\$43,995
\$266
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

16 JEEP CHEROKEE TRAIL HAWK

29315 Auto, 3.2 V6, 4x4, fact remote start, alloys, pano roof, leather, pwr seats, heat seats, AC, rev cam, park aid, U-connect, heat mirrors. 18,404 km
PREVIOUS DAILY RENTAL

\$32,995
\$199
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

16 DODGE JOURNEY CROSSROAD

29299 Auto, 3.6 V6, 7 pass, AWD, fact remote start, alloys, pwr roof, leather, pwr seats, heat seats/mirrors, dual climate, rear air ctrl, CD. 20,858 km
PREVIOUS DAILY RENTAL

\$27,995
\$169
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

15 NISSAN PATHFINDER SL

29137 Auto, 3.5 V6, 7pass, 4WD, fact remote start, alloys, pano roof, push btn start, leather, pwr seats, memory seat, heat seat/rear seat/mirrors/steer, dual climate, rear air ctrl. 274 km

\$36,495
\$220
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

16 JEEP PATRIOT HIGH ALTITUDE

29149 Auto, 2.4 4 cyl, 4x4, fact remote start, roof rack, alloys, pwr roof/seats, tract ctrl, leather, heat seats/mirrors, AC, CD, 6 DISC, MP3, sat radio, U-connect, cruise. 11,636 km

\$22,495
\$136
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

16 CHEVY TRAX LT

29219 Auto, 1.4 4cyl turbo ecotec, AWD, fact remote start, alloys, pwr roof/seats, AC, rev cam, park aid, Bluetooth, OnStar, cruise, WiFi. 26,138 km
PREVIOUS DAILY RENTAL

\$20,995
\$127
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

14 FORD ESCAPE SE

29228 Auto, 2.0 4cyl, 4WD, eco boost, roof rack, chrome wheels, pano roof, leather, heat seats, AC, dual climate, nav, rev cam, park aid, Sync. 66,644 km
PREVIOUS DAILY RENTAL

\$19,995
\$134
bi-weekly
84 mths @ 5.9%
0 DOWN + HST

17 FORD ESCAPE SE

29243 Auto, 1.5 4cyl, 4WD, eco boost, alloys, pwr seats, heat seats, AC, dual climate, rev cam, park aid, Sync, heat mirrors, cruise, steer ctrl. 20,788 km
PREVIOUS DAILY RENTAL

\$24,995
\$151
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

16 DODGE GRAND CARAVAN SXT

29304 Auto, 3.6 6cyl, keyless entry, flex fuel, alloys, Sto'n'Go, pwr seats, AC, dual climate, rear air ctrl, CD, MP3, sat radio, DVD, rev cam. 22,970 km
PREVIOUS DAILY RENTAL

\$25,495
\$154
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

16 DODGE CARAVAN SXT

29206 Auto, 3.6 6cyl, flex fuel, alloys, pwr seats, AC, rear air ctrl, CD, MP3, sat radio, dvd, rev cam, U-connect, heat mirrors, cruise, touch screen. 39,075 km

\$24,495
\$148
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

15 CHRYSLER T&C LTD

27915 Factory remote start, auto, stow'n'go, heat seats/mirrors/steer, DVD, nav, rev camera, U-connect, pwr liftgate/doors/roof/seats. 26,316 km
PREVIOUS DAILY RENTAL

\$28,995
\$175
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

16 FORD TRANSIT T250

29097 Auto, 3.7 V6, 2 pass, RWD, keyless entry, airbags, tract ctrl, vinyl floor, leatherette, bucket seats, AC, AM-FM, rev cam. 35,073 km
PREVIOUS DAILY RENTAL

\$26,995
\$163
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

15 GMC SAVANA 2500

29274 Auto, 4.8 V8 vortec, RWD, running boards, airbags, tract ctrl, vinyl floor, bucket seats, AC, AM-FM, pwr windows/locks/mirrors, cruise, steer ctrl, tilt steer. 17,013 km

\$25,495
\$154
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

14 DODGE RAM 1500 SLT

29077A Auto, 5.7 V8 Hemi, 4x4, keyless entry, quad cab, short box, trailer hitch, box liner, chrome wheels, tract ctrl, bucket seats, AC, MP3, sat radio, rev cam, U-connect. 57,908 km

\$24,995
\$168
bi-weekly
84 mths @ 5.9%
0 DOWN + HST

16 NISSAN TITAN XD PLATINUM RESERVE

29147 Auto, 5.0 V8 cummins turbo, diesel, 4x4, fact remote start, crew cab, short box, chrome wheels, push btn start, leather, pwr seats, memory seat, Rockford Fosgate stereo. 11,894 km

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

15 DODGE RAM 1500 SLT

29338 Auto, 3.0 6cyl, diesel, 4x4, crew cab, short box, trailer hitch, box liner, chrome wheels, pwr seats, AC, MP3, sat radio, Bluetooth, compass, ext temp gauge, heat mirrors, cruise. 43,448 km

\$37,995
\$229
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

\$29,995
\$181
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

16 NISSAN TITAN XD PLATINUM RESERVE

29173 Auto, 5.0 V8 cummins turbo, diesel, 4x4, fact remote start, crew cab, short box, chrome wheels, push btn start, rev cam, park aid, Bluetooth, heat mirrors/steer, cruise. 9,195 km

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

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