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## Maj. Scott Foote repatriated Sunday



The casket bearing the remains of Maj. Scott Foote is carried out of CC-117 Globemaster III on Sunday afternoon to a waiting hearse while his family and colleagues pay tribute.

Photo by Corporal Audrey Soloman, 8 Wing Imaging

## Lancaster KB 882 to join the Halifax at NAFMC in Trenton

By Ross Lees

Chris Colton's legacy as the executive director of the National Air Force Museum of Canada (NAFMC) is now well established.

And with the addition of the Lancaster KB 882, which will soon be transferred from Edmunston, NB, to the NAFMC in Trenton, the Museum will link it up with the Halifax it flew missions with at the closing of World War II.

When these two aircraft go on display in 2024, no other museum in the world will have fully restored Halifax and Lancaster bombers on display.

"Yeah, I'm excited," said Mr. Colton after a stream of interviews Thursday and Friday once it had been announced the Lancaster from Edmunston would be coming to Trenton.

"This to me kinda completes what I believe to be the logical conclusion of a collection of aircraft that tell the complete story, now."

Having done interviews for local radio and other media

*Continued on page 10*

By Ross Lees

Logistics officer Major (Maj.) Scott Foote's remains were repatriated Sunday afternoon after Maj. Foote died while serving his country abroad.

Maj. Foote had been serving in Amman, Jordan and died from circumstances not directly related to military operations.

The flag-draped remains of Maj. Foote were carried from a Canadian Armed Forces (CAF) CC-117 Globemaster III at the passenger terminal of Canadian Forces Base (CFB) Trenton at 2 p.m. Sunday afternoon with his

family, friends and colleagues looking on in gloomy, blustery weather.

Maj. Foote, 50, was found unconscious in a military gym and was later pronounced dead after efforts to revive him failed.

The logistics officer from 1 Canadian Division Headquarters, based at CFB Kingston, was working in Jordan as a liaison officer within the Canadian Defence Attaché office as part of the Canadian Training Assessment Team supporting the C IMPACT Building Partner Capacity effort in Jordan.

He worked with Jordanian and Canadian defence officials to facilitate opportunities

for the CAF to increase the capabilities of the Jordanian Armed Forces. His work helped set the conditions for the long-term success of Jordanian partners by enabling their security forces to improve security and stability in the region.

"We lost a member of our deployed team today, and a Canadian family has lost a loved one in the service of Canada. Maj. Scott Foote was a dedicated officer, and his passing will be felt by service members, as it will be keenly felt by his family and friends. We will carry on with our mission with heavy hearts

*Continued on page 7*



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# 8 Wing encouraged to get their flu shots

Wing leadership step up to lead the flu shot parade



8 WCWO Darcy Elder causes some laughter with his fearful face prior to getting his flu vaccine last week. To WCWO Elder's left, Wing Commander Col. Colin Keiver laughs along with Wing Surgeon, and Acting Commanding Officer for 24 Canadian Forces Health Services, Maj. Michael Strawson and clinic Warrant Officer Nicole Stokes (left). But he then gives the 'thumbs up' when he and Col. Keiver received their flu shots. Photos by Ross Lees

By Ross Lees

As flu season and winter weather impact the Quinte region, 8 Wing personnel are encouraged to get out and get their flu shots.

While the campaign runs through November, personnel are reminded it is still helpful to get the flu shot after the campaign, according to Wing Surgeon, and Acting Commanding Officer for 24 Canadian Forces Health Services, Major (Maj.) Michael Strawson.

"It is still helpful to get the vaccine and it is still offered," said Maj. Strawson. "Civilians, friends and family members can consider attending their family doctor's clinic or one of the local pharmacies to get their flu shots. The vaccine is provided at no charge with your OHIP card."

8 Wing Commander Colonel (Col.) Colin Keiver and Wing Chief Warrant Officer (WCWO) Darcy Elder took advantage of the immunization parade last week to get their flu shots and they encourage all other 8 Wing personnel to get their immunization booklets updated at the clinic from 8 a.m. to 12 noon Monday to Friday.

"With approximately 4,000 military members at 8 Wing, influenza will lead to anywhere from 5,000 to 20,000 lost work hours through participation in the flu vaccine campaign," indicated Maj. Strawson.

cated Maj. Strawson.

Influenza (the flu) is a viral infection that occurs seasonally, predominantly in the late fall and winter months. It causes enough, nasal congestion, sudden head and body aches, chills and fatigue. These symptoms usually last between seven and 10 days, and affect between 10 and 20 per cent of the population.

In patients that are experiencing the flu or flu-like symptoms, there can be two to three days of lost work due to the illness. Most patients are able to manage the symptoms at home with over the counter remedies, but in more severe cases hospitalisation may be required.

For most healthy adults the symptoms are more of a nuisance, possibly causing a few days of missed work.

In children and in the elderly, the symptoms can be more severe, potentially leading to hospital visits and even admission to the hospital. In 2015/16, there were approximately 5,000 admissions to the hospital for influenza in Canada, most of which were children and the elderly.

Inactivated influenza vaccine efficacy varies year to year but on average is effective in preventing influenza in 20 to 60 per cent of the adult population. Canadian Armed Forces (CAF) members will receive Fluzone Quadrivalent, which has been developed to stimulate protection against strains of Type A and B Influenza. It is administered via intramuscular injection.

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# CFS Alert Art Show and Mixed Media event showcases member talents

By Lieutenant  
Ellie Johnston

Canadian Forces Station (CFS) Alert held an art show on Nov. 19 where members were able to showcase their talents and had an opportunity to win prizes.

The event was organized by Master Seaman Dooley and was largely supported by the Nasittuq team who provided a wonderful spread of snacks. The display of food put on by the kitchen included everything from beautiful cheese plates to shrimp and even included multiple chocolate fondue fountains with fresh fruit for dipping.

The event was extremely well attended and over 20 pieces of art were entered. Station members, both civilian and military, spent weeks leading up to the event working on their pieces and it was a great way for everyone to connect through artistic expression.

Pieces ranged from paintings using different techniques and styles to aircraft model building and everything in between. Everyone who submitted a piece for the show was eligible for a draw to win prizes and a raffle was done to raise money for the Government of Canada Workplace Charitable

Campaign (GCWCC) with winners taking home their own CFS Alert Art Show cutting/cheese board with unique engravings.

Overall, the event had a great turnout, raised money for charity and was a successful evening at CFS Alert.



One of the many delightful snacks put out during the event. There was a wide selection of cheese brought in specifically for the evening and provided a taste of home for people stationed at CFS Alert. The jalapeno Havarti and brie stations were both quite popular. *Photo by Aviator Sharron*



Paintings on display at the CFS Alert Art Show. *Photo by Aviator Sharron*



Master Corporal A. Benjamin, CFS Alert Deputy Fire Chief, with his painting "Heavy Lies the Crown." *Photo by Private Keating*

The event was organized by MS B. Dooley, Station IS Tech. Many hours of planning and coordination was required in order to ensure the event was a success. Here, MS Dooley addresses the crowd prior to drawing the winning tickets for the raffle. *Photo by Private Keating*



A painting done by Nasittuq Site Manager Mr. Ray Hogan. *Photo by Aviator 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.

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

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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



## 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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# Fitness & Health

## Addictions Awareness National Campaign



The Addictions Awareness National Campaign runs every November from Nov. 12 to Nov. 26 in an effort to draw attention and awareness to Addiction Free Living. This year's slogan is: It's Your Call, Know Where to Draw the Line speaks to the importance of

the control we have in our life with regards to substances. Health Promotion provides briefs, workshops, training and special events to communicate the messaging from the Strengthening the Forces Portfolio. Pictured here are personnel from 24

HSvcsC who requested a brief on Addictions Awareness for their PD day. As key leaders in health it was perfect timing that the unit have a session on Addiction Free Healthy Living throughout the National Campaign timelines.

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Lighting of Doug Whitney Fantasy of Lights at Fraser Park following the Santa Claus Parade

**JINGLE BELL WALK FREE EVENT**  
Wednesday, November 30<sup>th</sup>  
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.

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From December 2<sup>nd</sup> to 23<sup>rd</sup>  
Friday, December 2<sup>nd</sup> 6:30pm - 8:30pm  
Saturday, December 3<sup>rd</sup> 12:00pm - 3pm  
Thursday, December 8<sup>th</sup> 6:30pm - 8:30pm  
December 9<sup>th</sup> to 23<sup>rd</sup> - Weekdays from 6:30pm to 8:30pm, Saturdays 4:00pm to 7:00pm, Sundays from 12:00pm - 3:00pm  
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**DOWNTOWN WITH DICKENS SOME FEES MAY APPLY**  
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**PICTURES WITH SANTA FREE EVENT**  
Saturday, December 17<sup>th</sup>  
At the Trent Port Marina 1:00pm - 3:00pm

**LIGHTING OF THE MENORAH FREE EVENT**  
Saturday, December 24<sup>th</sup>  
At Fraser Park at 5:00pm



For more info, visit [www.downtowntrenton.ca](http://www.downtowntrenton.ca), Trenton DBIA on Facebook, or call 613-394-4318

## CAF family get first and perhaps last family portrait together in uniform

*Three daughters join their father in uniform which their mother also use to wear*

The family that serves together appreciates the time together.

You could ask the family of Major (Maj.) Sylvain Morin, a Communications and Electronic Engineering Officer Air (CELE Air) at Aerospace and Telecommunications Engineering Support Squadron (ATESS) at 8 Wing/Canadian Forces Base (CFB) Trenton.

Maj. Morin is two years away from retiring in electronics engineering so when he got a chance recently to get a photograph of himself with his three daughters in the military, he took it.

"For the first time, and most likely the last time (I am reaching the end of my career), my three daughters and I got together for a picture with all of us in uniform during Thanksgiving weekend," Maj. Morin told Contact.

Amanda, his oldest, is an Amourer in Gagetown, Ga-

brielle is an Air Logistics Officer (Finance) in Borden and Connie is also an Air Logistics Officer in Human Resources in Trenton, but is currently deployed to Kuwait.

Because someone had to take the picture, Maj. Morin's wife Donna is not in the photograph, but she was also an Air Traffic Control Assistant from 1980 to 1986 when their family had increased to two.

Taking a family photo is important when the opportunity arises because it is getting harder and harder to get everyone together at one time. Connie is now in Kuwait and was home on leave when the recent photo was taken.

"There is always one missing," Maj. Morin noted. "This is the first time in 10 years we've all been together at one time. Other commitments are always getting in the way."

In his time in the mili-

tary, Maj. Morin has served on the same base twice with two of his daughters, Connie and Gabriel.

This most "military of military" families have seen much of Canada together, having been posted to St. John's, Newfoundland, Winnipeg, Saskatoon, Kingston, Alaska and Trenton.

Maj. Morin is originally from Montreal and his wife Donna is from St. John's, Newfoundland.

As much as this family shares the same employer, the fact that employer sometimes spreads its employees around the world makes a family gathering very difficult for this Canadian Armed Forces (CAF) family.

Donna and Maj. Morin will settle in Trenton upon their retirement, so maybe other family reunions will take place in Trenton, just not with them all in uniform.



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The Morin military family - Master Corporal Amanda Morin, Maj. Sylvain Morin, Capt. Gabriel Morin and Capt. Connie Morin in a recent family portrait in Trenton on Thanksgiving weekend. *Submitted photo*



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# Maj. Scott Foote repatriated Sunday

*Logistics officer who died while serving his country abroad returned home Sunday*

*Continued from page 1*

but steadfast resolve," said Rear Admiral Bob Auchterlonie, Acting/Commander Canadian Joint Operations Command.

*"We will remember him."*

Operation IMPACT is the CAF contribution to the Middle East Stabilization Force (MESF), the multicultural coalition to dismantle and ultimately defeat Daesh.

Under Operation IMPACT, the CAF conducts air operations, provides training and assistance to the Iraqi security forces, provides capacity building capabilities to regional forces, and supports the coalition with highly-skilled personnel.

The casket bearing the remains of Maj. Scott Foote is carried out of CC-117 Globemaster III on Sunday afternoon to a waiting hearse Sunday afternoon at CFB Trenton.

Photo by Corporal Audrey Solomon, 8 Wing Imaging



## Wing Logistics and Engineering Picture of the Week

*Testing F34 Turbo fuel on reception from contractor*

Corporal (Cpl.) Christian Godin, who works at the fuel facility at Wing Replenishment Squadron is testing the F34 Turbo fuel prior to receiving it from the contractor. The fuel facility receives on average three tankers a day from Toronto and each tanker must be inspected and fuel tested before the fuel can be off-loaded into one of the facility's storage tanks. This ensures that the fuel facility is receiving clean fuel so it can be issued to the aircraft here at 8 Wing. *Photo by Wayne Fenton*



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## New program starting in Trenton

# RCAF looking for new part-time reservists

By Ross Lees

8 Wing/Canadian Forces Base (CFB) Trenton is looking for a few good men and women.

The Royal Canadian Air Force (RCAF) Reserve is recruiting part-time reservists for a new program at 8 Wing Trenton, and they want to get these new recruits into the system as quickly as possible.

Recruited as Supply Technicians, these new reservists will also support maintenance activities on CC-130 Hercules aircraft and provide airfield security at Canada's largest Air Force base, according to Master Warrant Officer (MWO) Jim McKenzie, 8 Wing Air Reserve Flight Recruiting Officer.

Applicants for the new RCAF Reserve positions must qualify as any new recruit would – be a Canadian citizen, be over 18 years of age (or over 16 years of age with their parents' consent), have a minimum of Grade 10 education and complete the same physical fitness and medical testing.

"This is a great opportu-

nity to try the military life as a reservist, without having to move out of the local area," MWO McKenzie noted, adding that good portions of the training would be flexibly scheduled to meet applicants' needs as much as possible.

And for students, there is a reimbursement for college or university courses to a maximum of \$8,000 during their career, to say nothing of a competitive pension plan and dental insurance.

One of the reasons the RCAF Reserve is seeking out these recruits is to diversify its current demographic. To do this, it's devised a program to not only attract younger people, but also show that the Reserve environment can be tailored for people at every age and experience level.

"We had to rethink our recruiting strategy so that we can tailor our employment to recruits from varying backgrounds – including students, family members of serving personnel, as well as others without military experience who may even have



Photo by MCpl Bruno Turcotte, Photographer JTF-Afg Roto 5

another part-time job but are still interested in military service," MWO McKenzie said. "With this new program, they can work part-time, evenings or weekends; offering great flexibility and a chance to make some money and gain some valuable experi-

ence while serving in uniform," he added.

Before expanding to different wings and units, the new Reserve program is being initiated in two locations – here at 8 Wing in support of aircraft maintenance operations, and at 19 Wing Comox in support of search and rescue operations. Also as part of this program, all new reservists will be part of the Wing Augmentation Security Force.

"We're looking to be more attractive to students who might be going to Loyalist College, maybe someone who doesn't know if the Regular Force is the right fit for them. This is a way they could trial it before making any major commitments," MWO McKenzie said.

Interested recruits should contact 8 Wing Air Reserve Flight Recruiting, where MWO Jim McKenzie (James.Mckenzie2@forces.gc.ca) or Sergeant (Sgt.) Sarah Keoughan (Sarah.

Keoughan@forces.gc.ca) will guide them through the full application process in coordination with the Canadian Forces Recruiting Centre in Kingston. Successful applicants will be enrolled into the RCAF Reserve and proceed to Basic Training in summer 2017. Following successful completion of a streamlined Basic Training course in Valcartier, Quebec, the new reservists would return to Trenton to receive further instruction including indoctrination to the RCAF, operational safety, driving military vehicles, and airfield security. As soon as these new members are available, two months of specialized training would follow at CFB Borden, including qualification as a Supply Technician.

The new reservists would also receive specialized and tailored training via Distance Learning and on-job-training programs in order to work in

the Aircraft Maintenance environment. They will serve at 8 Wing Trenton with 424 (Transport and Rescue) Squadron, where they would provide general assistance in an array of aircraft maintenance functions on the CC-130 H-model Hercules aircraft, as well as some aircraft servicing duties like marshalling, towing, and launching and recovering aircraft. They would also be trained in weapons handling and airfield security to be integral members of the Wing Augmentation Security Force.

"We want to emphasize the flexibility of this program to potential recruits," mentioned MWO McKenzie. "The actual education/training path each recruit will take is highly dependent on their individual goals and availability. We will sit down with each recruit and personalize their plan, case by case. There is no down side to trying this out!"

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# Lancaster KB 882 to join the Halifax at NAFMC in Trenton

*NAFMC will be the only museum in the world to have this pairing on fully restored display*

*Continuer sur la page 1*

outlets, he had also been interviewed by CBC, Global, Montreal, Kingston and Toronto outlets.

Mr. Colton has been working on this project for over 10 years and narrowly missed out on a bid for the aircraft in 2014, when it was slated to go to the Alberta Aviation Museum (AAM). However, the process fell through under severe financial challenges and the NAFMC got a second chance at the Lancaster.

When ownership was officially transferred to the NAFMC last week, Mr. Colton cemented the museum's reputation.

Lancaster KB 882 will now be transported to Trenton in 2017, where it will be meticulously restored in time for the Royal Canadian Air Force (RCAF) 100<sup>th</sup> anniversary in 2024.

In researching the two aircraft, Mr. Colton became aware that the planes had both served in 1945 and had shared some bombing missions. Further research produced an even more startling detail.

"They both flew missions on Mar. 24 and 31 in 1945," he noted. "They flew on the same days in 1945 and now, 71 years later, here



KB 882 is shown in this photograph on its final flight to Edmunston. Submitted photo

they are reunited. What are the odds?"

Now a RCAF recovery and salvage team from Aerospace and Telecommunications Engineering Support Squadron (ATESS) will assist the Museum's restoration people to disassemble KB 882 and bring it back to Trenton.

"It will be a collaborative effort between the RCAF and the museum, in a win/win situation," stated Mr. Colton. He ex-

pects the aircraft to arrive in Trenton in early summer of 2017 at which time it will go into their freshly cleaned out restoration workshop and they will start working on it.

While the restoration of the Lancaster will be much easier than the Halifax, Mr. Colton still expects it to take five to seven years to complete the restoration to display status in the AR Mk. X variant, meaning

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KB 882 as it sat in Edmunston.



THIS IMAGE IS AVAILABLE IN HIGHER QUALITY - mail me at eric@erichall.eu

the area reconnaissance configuration it was converted to after the war.

The change of platform delivered this aircraft back into a meaningful role for Canada post-war.

It did some mapping and charting of Canada's Arctic and it was used as an electronic and photography and intelligence gathering platform during the Cold War, according to Mr. Colton.

"It photographed a Russian ice station floating in the Arctic area," he stated.

"It was also involved in electronic intelligence gathering and in the early days of the Cold War, electronic intelligence was very important," Mr. Colton noted. "It was tasked during the Cuban missile crisis to fly down the Atlantic and listen in on Russian trawlers. It has a very interest-

ing story to tell from the Cold War point of view. And no other aircraft out there in Canada has been restored to this variant."

"The irony is amazing - after so long, these two aircraft will sit side-by-side," added Mr. Colton with pride in his eyes.

"Am I excited? You got it! In seven years' time, I'm probably not going to be around in this job, but I'll be around. We have identified this project to be the museum RCAF 100<sup>th</sup> anniversary project. This aircraft will be our anniversary project and we will unveil it for that purpose on April 1, 2024."

Mr. Colton sees this project as one of the key projects the RCAF will want to have ready to go for that centennial celebration.

Now the museum is looking for three things from the public's point of view. They want to hear stories about 408 Squadron post-war and people who flew in 408 Squadron and who may have perhaps flown in KB 882 to help fill in that history.

They are also looking for documents and photographs that people might have of the aircraft in its wartime and Cold War configurations.

Thirdly, everything costs money so they are more than willing to begin accepting donations to the cause.

"We have established a Lancaster restoration trust fund where money will be set aside specifically for restoration of the aircraft," Mr. Colton noted.

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# RCAF supports French operations in West Africa and the Sahel region

Department of National Defence

The Royal Canadian Air Force (RCAF) conducted its first flight under Operation Frequence, providing airlift support to France's operations in Africa earlier this week.

On November 20, 2016, an RCAF Force CC-177 Globemaster III strategic airlifter transported personnel and equipment from France to West Africa and the Sahel region, which is located south of the Sahara Desert.

Canada has provided airlift support to France, an important ally, in the past. Operation Frequence is the most recent Canadian contribution to stability and security in this region.

"The [Canadian Armed Forces] airlift contribution to operations in West Africa and the Sahel region demonstrates our readiness in bringing valuable capabilities in support to regional and international security and stability," said Lieutenant-General Stephen Bowes, the commander of Canadian Joint Operations Command.



## TRENTON'S NOSTALGIC TRIVIA

Preparations are underway this year to celebrate a long standing tradition of the "Junior Ranks Christmas Dinner" where the officers and senior non-commissioned members show their appreciation by serving dinner to the Junior Ranks. This photo depicts the setup of one such event during the Christmas season of years past.



Provided by Capt Sandor Gyuk, Wing Heritage Officer



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# Fast paced hockey entertainment for a good cause

*Four-on-Four hockey produces GCWCC excitement*



The winning team in Division 'A', CJIRU, proudly poses after their win.

By Second Lieutenant Steve Comeau  
8 Wing Public Affairs

Exciting hockey games were played at 8 Wing/CFB Trenton's RCAF Flyers Arena as nine teams donated \$250 each to the Government of Canada Workplace Charitable Campaign (GCWCC) to participate in this year's Warrant Officer (WO) Mike Hamilton Memorial Four-on-Four Hockey Tournament.

WO Mike Hamilton, a parachutist with the Canadian Forces Land Advance Warfare Centre, now the Canadian Army Advanced Warfare Centre (CAAWC), passed away after a traffic crash in Cold Lake, Alberta, in 2009. He used to play in the hockey tournament in Trenton and was a great comrade to many members of the 8 Wing community.

The tournament was held as an event in support of the GCWCC, which was developed as a charitable donation program

*Continued on page 13*



The "Iceholes," winners in Division 'B', are presented with the trophy. Photo by Second Lieutenant Steve Comeau, 8 Wing Public Affairs

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Continued from page 12

exclusively for federal public servants and federal retirees.

The hockey tournament, now an 8 Wing tradition, is in its 10th year and typically raises about \$2,500 per year.

8 Wing Commander Colonel (Col.) Colin Keiver, joined by 8 Wing Chief Warrant Officer (WCWO) Darcy Elder, dropped the puck to start the festivities.

Captain (Capt.) Ron Ellis, the organizer for this year's event, stated the dual importance of this tournament: "We want to raise money for United Way and we want to serve the military, but we also play this tournament in memory of Mike Hamilton, a great friend."

The structure of the tournament has created fast-paced and exciting games played as each team is allowed only eight players (two lines of four), and a 25 minute non-stop period. Also, every penalty is converted into a penalty shot, making a thrilling, action packed game!

In the end, the winner for the 'A' division was CJIRU, while the Iceholes were the victors in the 'B' division. Trophies were presented to the triumphant teams, who were obviously happy with their results.



8 Wing Trenton Commander Col. Colin Keiver drops the puck in the opening ceremony, accompanied by 8 WCWO Darcy Elder. Photos by Corporal Richard Lessard, 8 Wing Imaging



Friendly competition and smiles are seen as Corporal Annie Bourassa tries to strip the puck from an opponent.



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### New Programs at the Trenton MFRC

Visit our website - [www.trentonmfr.ca](http://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](http://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!

### MFRC's 3rd Annual Christmas Marketplace

Join the Trenton MFRC for our third Annual Christmas Marketplace. Come out and finish your Christmas shopping by supporting small business owners in our community. Dec. 3 from 10 a.m. to 3 p.m. Admission is a monetary donation or a non-perishable food item to a local food bank. There will be a large variety of products, a bake sale supporting the Trenton MFRC Youth Centre as well as a great door prize! Something fun for everyone.

### Le 3e Marché de Noël au CRFM

Venez à notre 3e Marché de Noël annuel. Venez finir vos emplettes tout en encourageant les petites entreprises de la communauté. Le 3 décembre de 10 h à 15 h. L'admission est un don monétaire ou un produit non-périssable pour la banque alimentaire locale. Vous y trouverez une grande variété de produits, une vente de pâtisserie en appui au Centre des jeunes du CRFM de Trenton ainsi qu'un fabuleux prix de présence! Chacun y trouvera son plaisir.

### Wine Glass Creations

Dates: Thursday, Oct. 13 - Halloween Design; Thursday, Nov. 17 Winter/Christmas Design. Time: 6:30 p.m. to 8:30 p.m. Cost: \$20/class, includes two (20 oz) glasses and painting supplies. Where: Trenton MFRC. Deadlines to register and pay: Oct. 6 and Nov. 10. For more information call 613-965-3575.

### Creations de verres à vin

Dates: Jeudi 13 octobre Design pour Halloween; Jeudi 17 novembre Design hiver/Noël. Heure: de 18h30 à 20h30. Coût: 20,00\$/classe, comprend deux verres (20 oz) et matériel requis. Où: CRFM de Trenton. Dates limite pour inscription et paiement: 6 octobre et 10 novembre. Information : 613-965-3575.

### Al Anon meeting

An Al Anon meeting will be starting at the Trenton MFRC. Al Anon meetings are open to the general public, offering strength and hope for friends and families of problem drinkers. Sept. 11 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. Al Anon 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](mailto:linda.r@trentonmfr.ca).

### 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 Orlana 613-392-2811 ext. 3953 or [orlana.b@trentonmfr.ca](mailto:orlana.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 Orlana Bourgoin 613-392-2811 poste 3953 ou [orlana.b@trentonmfr.ca](mailto:orlana.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 commu-

nity 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 Orlana if you require childcare a week prior to the meeting 613-392-2811 ext. 3953 or [orlana.b@trentonmfr.ca](mailto:orlana.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 Orlana Bourgoin 613-392-2811 poste 3953 ou [orlana.b@trentonmfr.ca](mailto:orlana.b@trentonmfr.ca).

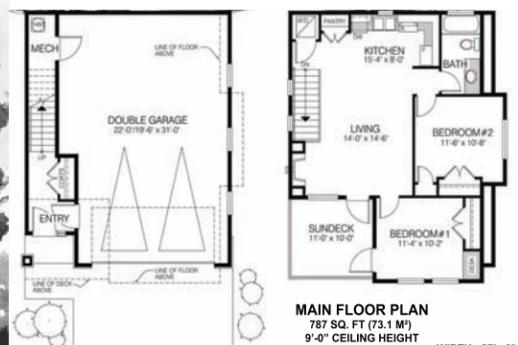
### The Puzzle Project

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 (7917) [Kendra.b@trentonmfr.ca](mailto:Kendra.b@trentonmfr.ca).

Continued on page 15

# Home of the Week

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A pitched roof and shingle siding add character to this charming coach house, which includes a two-bedroom suite above a double garage, which is large enough to contain a workshop or extra storage.

Entry is through a covered porch and into a foyer with a coat closet to the right. The staircase to the upper floor is directly ahead.

Upstairs, the open-plan living-dining area has a doorway to the sundeck and a gas fireplace. The room is

open to the kitchen, where the counter and double sink form an L-shape along the back wall. Next to a roomy pantry, there is a niche for a stacked washer-dryer combination.

The front bedroom includes a built-in desk next to the closet, as well as a doorway to the sundeck. The second bedroom, at the back of the home, looks out to the side garden. A three-piece bathroom completes the lay-out.

Exterior finishes include horizontal siding, wood

shingles and brick accents, as well as painted trim.

This coach house measures 27 feet wide by 32

feet deep, for a total of 904 square feet, with 117 square feet of living space on the upper floor.

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### Aquatic Programs

**\*\*New Inner Tube Water Polo League at the Quinte Sports and Social Club** – Monday, Oct. 17 to Nov. 28, 6 p.m. to 8 p.m. No Game on Oct. 31. Register a team or individual: <http://qssc.ca>

**\*\*New WaterArt** – Saturday, Sept. 24 and Sunday, Sept. 25 at 9 a.m. to 5 p.m. at the RecPlex. Register online at: [http://www.waterart.org/events\\_info](http://www.waterart.org/events_info)

**SUPFIT Fitness plus Standup Paddleboarding (SUP)** – Mondays, Sept. 26 to Sept. 31 from 4:30 p.m. to 5:30 p.m. or 5:30 p.m. to 6:30 p.m.

**\*\* NEW Splash Pass** – (Monthly) – Includes admission to the pool during scheduled swims.

**\*\* New Aquafitness Pass** – (10 classes) – Includes admission to Aquafit, Aqua Bootcamp and Aqua Zumba.

### Fitness Programs

**Yoga (W)** Mondays, Sept. 26 to Nov. 14 from 12 noon to 1 p.m. at the RecPlex observation room or Tuesdays, Sept. 27 to Nov. 15 from 4:15 p.m. to 5:15 p.m. at the South Side Gym.

**Spin (Trent Athletics) – Option 1:** Tuesdays, Sept. 27 to Nov. 15 from 5 p.m. to 6 p.m.

**Option 2:** Thursdays, Sept. 29 to Nov. 17 from 5 p.m. to 6 p.m.



**Bootcamp (Trent Athletics)** – Fridays, Sept. 30 to Nov. 18 from 4:30 p.m. to 5:30 p.m. at the RecPlex gym.



**\*\*New Dodgeball league (Quinte Sports and Social Club)** – Thursday, Sept. 22 to Dec. 8 from 6 p.m. to 10 p.m. at the RecPlex gym. Register a full team or as an individual: <http://qssc.ca>

**Wheelchair Rugby** – Wednesdays, Sept. 28 to Nov. 16 from 6 p.m. to 9 p.m. at the South Side gym.

**\*\*New Land Fitness Pass (10 classes)** – Includes admission to “Wellness Fitness classes.”

### Children, Youth and Teen programs

**Kids in the Kitchen** – Wednesdays, Sept. 28 to Nov. 16 from six to eight years from 5 p.m. to 6 p.m. and nine to 12 years from 6 p.m. to 7 p.m. at the Chapel. Pre-register by Friday, Sept. 23. No drop-ins.

**Basketball for Kids (eight to 12 years)** – Wednesday, Sept. 28 to Nov. 16 from 5 p.m. to 6 p.m. at the RecPlex. Pre-register by Friday, Sept. 23.

**Drop-in Youth Basketball (13 to 17 years)** – Wednesday, Sept. 28 to Nov. 16 from 6:30 p.m. to 8 p.m. at the RecPlex.

### RCAF Flyers Arena Programs

**Mini Hockey** - Ages four to six years – Friday, Sept. 30 to Nov. 18 from 4 p.m. to 5 p.m. or Sunday, Oct. 2 to Nov. 20 from 8:15 a.m. to 9 a.m.

Pour de plus amples informations contactez Orlana Bourgoin 613-392-2811 poste 3953.

### 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@trentonmfr.ca](mailto:rabia.s@trentonmfr.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@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca).

### 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 Hast-

**Hockey Shooting Development** – Saturday, Oct. 1 to Nov. 19, seven to nine years from 8 a.m. to 9 a.m.; 10 to 12 years from 9 a.m. to 10 a.m.

**Hockey Goalie Training** – Saturday, Oct. 1 to Nov. 19 from seven to nine years from 8 a.m. to 9 a.m.; 10 to 12 years from 9 a.m. to 10 a.m.

**Figure Skating Drop-in** – Oct. 2 to Nov. 20 from 9 a.m. to 11 a.m.

**Learn to Skate for four to seven years** – Saturday, Oct. 1 to Nov. 19 from 11 a.m. to 12 p.m. or Sunday, Oct. 2 to Nov. 20 from 11 a.m. to 12 p.m.

**Learn to Skate eight-plus years** – Saturday, Oct. 1 to Nov. 19 from 12 noon until 1 p.m. or Sunday, Oct. 2 to Nov. 20 from 12 noon to 1 p.m.

**Parent and Child Skating Lessons** – Oct. 1 to Nov. 19 from 10 a.m. to 10:30 a.m.; 10:30 a.m. to 11 a.m. and 1 p.m. to 1:30 p.m.

**Shinny Hockey** – Fridays, Sept. 30 to Nov. 18 – Tyke/Novice (under nine) from 5 p.m. to 6 p.m.; Atom (under 11) from 6 p.m. to 7 p.m.; PeeWee (under 13) from 7 p.m. to 8 p.m.

**Family Skate** – Saturday, Oct. 1 to Nov. 19 from 1:30 p.m. to 3 p.m. and Sunday, Oct. 2 to Nov. 20 from 1:30 p.m. to 3 p.m.

### Services and Miscellaneous Information

**\*\* New Birthday Parties** – Sport and Play; Play and Swim and Skating Party.

MFRC continued from page 14

### 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@trentonmfr.ca](mailto:kendra.b@trentonmfr.ca).

### 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:

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.

ings 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.

### 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 Orlana : 613-392-2811 ext. 3953 or [orlana.b@trentonmfr.ca](mailto:orlana.b@trentonmfr.ca).

### Club des blocs de construction

Le CRFM de Trenton et Autisme 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 soeurs âgés de 6 à 10 ans. Pour information contactez Orlana au 613-392-2811 poste 3953 ou [orlana.b@trentonmfr.ca](mailto:orlana.b@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

Continued on page 17

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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](mailto:cfbcontactnewspaper@gmail.com). Please include the date, time, and location of the event along with a brief description. Please do not send posters.

**Nov. 25 – Trenton Woodlot Conference – Adapting to a Changing Climate**

A Trenton Woodlot Conference: Adapting to a Changing Climate will be held from 8 a.m. to 4 p.m. in Batawa (north of Trenton). Hosted by Hastings Stewardship Council. Keynote speaker is the Environmental Commissioner of Ontario, Dr. Dianne Saxe, with her Greenhouse Gas Progress Report. For information and registration, visit [hastingsstewardship.ca](http://hastingsstewardship.ca) or contact 613-391-9034 or [info@hastingsstewardship.ca](mailto:info@hastingsstewardship.ca)

**Nov. 28 - 18th edition of the CP Holiday Train arrives in Quinte region**

You know the holiday season is truly about to begin when the

Canadian Pacific Holiday Train arrives in the area and, this year, that will be on Nov. 28. Checking in for its 18th year in an effort to raise money, food and awareness for local food banks and food shelves, this festive train featuring performers Dallas Smith and Odds will arrive in the Quinte area beginning with a Belleville stop at 9:15 a.m. The train is scheduled to arrive in Trenton at 10:15 a.m. and then arrive in Brighton at 11:30 a.m.

**Dec. 2 – Ostomy Support Group Christmas Lunch**

The Ostomy Support Group will be holding their Christmas lunch at Swiss Chalet in Belleville on Sunday, Dec. 2 at 1 p.m. Meet everyone there and don't forget to bring your coupons.

**Dec. 3 – St. George's Anglican Church Victorian Tea and Bazaar**

St. George's Anglican Church is holding their annual Victorian Tea and Bazaar on Saturday, Dec. 3 from 2 p.m. to 4 p.m. at the Parish House, 25 John Street in Trenton. Live music, refreshments, crafts, baked goods, twoonie table and much more! Door prizes! Tickets are \$4 per adult and \$2 for children under 12 years available at the door. Call 613-394-4244 for more information.

**Dec. 3 & 4 – Quinte's 21st Annual Railroad Show**

Quinte's 21st Annual Railroad Show takes place at Quinte Secondary School on Dec. 3 and 4 from 10 a.m. to 4 p.m. at the 45 College St., W. location of the school. Visitors can buy model railroad equipment and get expert advice on model railroading as well as get excellent Christmas gifts for young and old. Admission is \$5 for adults, \$4 for seniors, and students and \$2 for children five to 12 years old. This annual attraction is sponsored by the Belleville and Brighton Model Railroad clubs ([www.bellevillemodelrailroadclub.org](http://www.bellevillemodelrailroadclub.org) or on Facebook – Belleville model railroad club). For further information, contact Rick Potter at 613-398-7260 or at [email rickp@reach.net](mailto:rickp@reach.net)

**Dec. 11 – Skate with Santa**

The PMQ Community Council is

PMQ Community Council  
Presents  
**Skate With Santa!**

Dec 11 2015 @1330-1500  
Located at RCAF Flyers Arena (240 RCAF Rd)  
- Free Hot Chocolate, Tea or Coffee  
- Door Prizes  
- Kids Coloring Contest  
Fee - non perishable food donations  
Proccedes go to the Trenton food bank

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. 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](http://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](http://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](http://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](http://rcl110.ca) for more information.

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08h00 à 16h00

**Services Times/ Heures  
des services religieux**  
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Service protestant: 11h15



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Messe CR du dimanche an français à 10h10  
Messe CR du dimanche bilingue le  
4ième dimanche du mois à 9h00  
RC Weekday Masses at noon  
(usually on Tuesday, Wednesday and Thursday)  
Messés CR quotidiennes à 12h00  
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**Wing Chaplain/Aumônier de la 8e Escadre:**  
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### Unit Chaplains/Aumôniers des unités:

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

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

# Safety

## Working in cold weather can pose a safety hazard



For many people, working or playing in cold weather can be a positive experience. You may feel invigorated by the bracing air and feel like doing your work with more physical energy than usual. When it comes to leisure, cold weather offers many enjoyable activities whether it's skiing, skating, snowmobiling or ice fishing.

Unfortunately, all the enjoyable aspects of working or playing out in cold weather can turn negative if you are not dressed warmly or dryly enough.

Over exposure to cold and dampness can cause your body

temperature to lower. This condition is called hypothermia. You may have it when you start to shiver and experience chills, or find yourself unable to think or speak clearly. You may lose your coordination and quite possibly your consciousness.

You could also get frostbite, which is when your body tissue freezes. Frostbite happens most frequently to your extremities like your feet and toes, fingers, face and nose. Symptoms include numbness and a white and waxy appearance to your skin.

There are many things you can do to dress properly for the cold:

Dress in layers so you can remove or put on clothing according to the temperature.

Always wear a warm hat on your head - this is the part of the body that loses heat the fastest. There are also liners you can wear to keep your head warm under a hard hat or other kinds of protective headgear. Consider wearing a knitted facemask to deflect cold and wind chill.

Wear waterproof, insulated boots with several layers of socks, preferably cotton ones under wool. They enable your feet to breathe. When your socks or boot liners become wet, remove

and replace them.

Always wear warm gloves or mitts. Some gloves have liners which, if wet, should be removed and replaced.

In addition to dressing properly for cold conditions, it's important to eat regularly when you are out in the cold, especially foods high in carbohydrates and fats. Your body requires an enormous number of calories to shiver and keep warm. Avoid alcohol, contrary to the popular image of the St. Bernard dog delivering brandy to warm a frozen victim.

Try to keep moving while in

the cold; don't be still. This helps to keep your body temperature up and circulation moving.

If you think you are experiencing symptoms of hypothermia or frostbite, get to a shelter right away and seek medical help.

When you work or play in the cold, it is a good idea to have a companion. What if you were to become injured or over-exposed to the cold and couldn't seek help yourself?

Remember, working or playing in cold weather can be a positive experience if you dress warmly and use common sense about protecting yourself.

MFRC continued from page 15

### 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.

### 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 Nov. 17, Nov. 24 and 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@trentonmfrc.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 ( le 17 novembre, le 24 novembre et le 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@trentonmfrc.ca.

### Dance with France Ladies Night

Apprenez la SALSA avec la chorégraphie amusante de France! Les lundis débutant le 5 décembre à 1730h - 1830h. Pas de cours le 19 & 26 déc. et le 2 jan.

55\$ par personne pour 8 semaines. Au Mess des officiers 8 Wing. Pour vous inscrire, veuillez contacter la réception du CRFM au 613-965-3575. Paiement en cash, débit ou chèque. Date Limite: le 2 décembre.

### Danse avec France La soirée des dames!

Apprenez la SALSA avec la chorégraphie amusante de France! Les lundis débutant le 5 décembre à 1730h - 1830h. Pas de cours le 19 & 26 déc. et le 2 jan. 55\$ par personne pour 8 semaines. Au Mess des officiers 8 Wing. Pour vous inscrire, veuillez contacter la réception du CRFM au 613-965-3575. Paiement en cash, débit ou chèque. Date Limite: le 2 décembre.

### Monthly E-News/Social Media

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

# Aeromedical evacuation course held at Trenton

Canadian and allied medical students test their skills throughout the course

By Corporal Rod Doucet,  
8 Wing Imaging

The Aeromedical Evacuation Course, being run at 8 Wing, held a training session at Canadian Forces Base (CFB) Trenton and out of the Mountain View landing strip 9 November.

The course, which was comprised of medical students from the Canadian military and international students from allied nations, included training scenarios involving mass casualties in a hostile area. The students were trained in tactics such as loading the casualties onto a CC-130J Hercules aircraft to be flown to a safe area.

Before the start of the scenario, students prepared the interior of the Hercules cabin as a temporary triage area to receive injured casualties on litters. The area was set up to receive up to 30 simulated combat casualties that could get constant care and supervision.

Once the interior was prepared for the oncoming simulated casualties, stretcher bearers were

*Continued on page 19*



Major (Maj.) Linda Jackson helped to co-ordinate the litter bearers on the tarmac during the training scenario.

(Above) Captain (Capt.) Alex Wiekenkamp from the Royal Netherlands Air Forces worked inside a CC-130J Hercules during a training exercise reading the injury scenario that came with the casualty.

Photos by Corporal Rod Doucet, 8 Wing Imaging



(Right) On communications during the flight is United States Air Force Capt. Kenneth Wolf, who communicated with the Aircraft Commander.

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Flight medic Corporal (Cpl.) Rodney Woodside helped direct oncoming litter bearers for the casualty evacuation off the aircraft.

*Continued from page 18*

directed where to place the injured. With the direction of the ground marshal and the medical crew director, all the casualties being carried on litters could be aboard the aircraft in less than 15 minutes.

The injured were brought aboard the aircraft with the props still running, which allowed for a rapid departure from the danger zone.

During the flight, medical students encountered different medical scenarios initiated by the course instructors. The students were to determine the proper diagnoses and what treatments were needed.

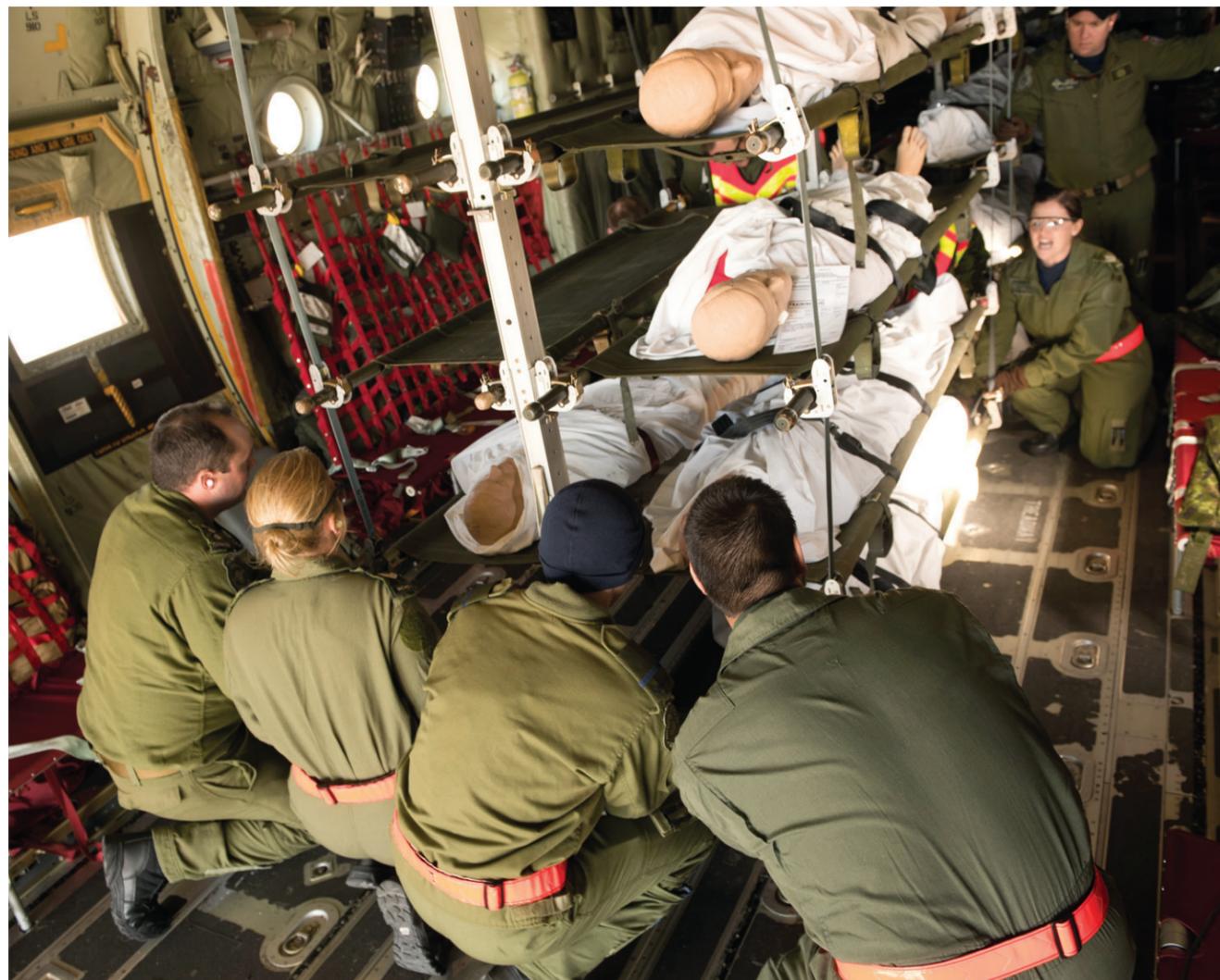
Constant care and supervision was required during the training flight. The students also got to experience a tactical takeoff and landing. This day-long training prepared the students to work in a stressful environment and what was needed to be done for a rapid mass casualty evacuation from any hostile zone using air evacuation.

The 10 week Aeromedical Evacuation course is taught at 426(Transport) Training Squadron twice a year at CFB Trenton. The course is taught to Canadian Armed



Forces (CAF) nursing officers, medical technicians and physician's assistants. The course also takes in students from our allied partner nations such as the Netherlands.

(Right) MCpl. Adam Blackwell controls the patient on-load during the exercise.



Master Corporal (MCpl.) Michelle Tobin (kneeling back right), flight medic, gave the litter bearers the command to move the patient from inside the aircraft.

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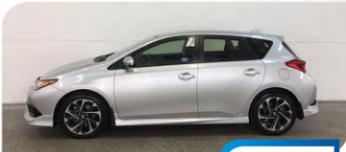
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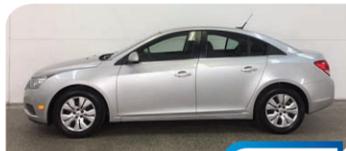
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 bi-weekly  
 84 mths @ 5.9%  
 0 DOWN + HST



**15 CHEVY CRUZE LS**  
 29126 6spd manual, 1.8 4cyl ecotec, keyless entry, tint windows, tract ctrl, height adj seat, AC, CD, MP3, sat radio, OnStar, ext temp gauge. 31,473 km

**\$11,295**  
**\$68**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST



**12 CHEVY CRUZE LT**  
 29131 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. 29,415 km

**\$11,195**  
**\$100**  
 bi-weekly  
 60 mths @ 5.9%  
 0 DOWN + HST



**16 FORD ESCAPE TITANIUM**  
 29104 Auto, 2.0 4cyl, 4WD, fact remote start, eco boost, alloys, pano roof, push btn start, leather trim seats, pwr seats, memory seat, heat seat, nav, rev cam, park aid, Sync. 9,947 km

**\$30,995**  
**\$187**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST



**15 NISSAN ARMADA PLATINUM**  
 29168 Auto, 5.6 V8, 7 pass, 4x4, chrome wheels, pwr roof, push btn start, leather, pwr seats, memory seats, heat seats/rear seats, DVD x2. 12,651 km

**\$49,995**  
**\$302**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST



**16 BUICK ENCLAVE**  
 29096 Auto, 3.6 6cyl, 7 pass, AWD, factory remote start, alloys, pwr roof, leather, memory seat, heat seats, AC, dual climate. 30,335 km  
**PREVIOUS DAILY RENTAL**

**\$39,995**  
**\$241**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST



**16 CHEVY SUBURBAN LT**  
 29095 Auto, 5.3 8cyl, 8 passenger, 4x4, fact remote start, flex fuel, alloys, leather, memory seat, heat seat, DVD x2, nav, rev cam, OnStar. 31,076 km  
**PREVIOUS DAILY RENTAL**

**\$57,495**  
**\$347**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST



**16 DODGE DURANGO R/T**  
 29092 Auto, 7 passenger, 5.7 V8 Hemi, AWD, fact remote start, alloys, pwr roof, push btn start, leather, pwr seats, memory seat. 25,828 km  
**PREVIOUS DAILY RENTAL**

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



**17 HYUNDAI SANTA FE XL**  
 28823 Auto, 3.3 6cyl GDI, 7 passenger, AWD, alloys, push btn start, pwr seats, heat seats/rear seats, CD, MP3, sat radio, rev cam, park aid. 7,532 km  
**PREVIOUS DAILY RENTAL**

**\$33,495**  
**\$202**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST



**13 JEEP GRAND CHEROKEE LAREDO**  
 29072 Auto, 5.7 Hemi V8, 4x4, fact remote start, alloys, pwr roof, push btn start, leather, pwr seats, heat seats, CD, MP3, sat radio, nav, rev cam, park aid, U-connect. 84,548 km

**\$24,995**  
**\$190**  
 bi-weekly  
 72 mths @ 5.9%  
 0 DOWN + HST



**15 JEEP GRAND CHEROKEE LTD**  
 29106 Auto, 3.6 V6, 4x4, fact remote start, push btn start, leather, pwr seats, memory seat, heat seat/rear seat, MP3, sat radio, nav, rev cam. 13,467 km  
**PREVIOUS DAILY RENTAL**

**\$37,995**  
**\$229**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST



**17 HYUNDAI SANTA FE SPORT**  
 28821 Auto, 2.4 4cyl GDI, AWD, alloys, pwr seats, heat seats/rear seats, dual climate, CD, MP3, sat radio, rev cam, park aid, Bluetooth, cruise. 5,063 km  
**PREVIOUS DAILY RENTAL**

**\$29,695**  
**\$179**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST



**14 FORD ESCAPE SE**  
 29075 Auto, 1.6 4 cyl, 4WD, eco boost, roof rack, alloys, pano roof, tract ctrl, pwr seats, heat seats, rev cam, park aid, Sync, cruise. 89,009 km

**\$16,295**  
**\$110**  
 bi-weekly  
 84 mths @ 5.9%  
 0 DOWN + HST



**16 DODGE RAM 1500 REBEL**  
 29169 Auto, 5.7 V8 Hemi, 4x4, crew cab, short box, alloys, push btn start, leather trim seats, pwr seats, heat seats, rev cam, park aid, 4 corner air suspension. 16,729 km

**\$44,995**  
**\$272**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST



**16 DODGE RAM 1500 LARAMIE**  
 29093 Auto, 5.7, V8 Hemi, 4x4, fact remote start, crew cab, trailer hitch, chrome wheels, leather, pwr seats, heated seats. 20,031 km  
**PREVIOUS DAILY RENTAL**

**\$40,995**  
**\$247**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST



**14 DODGE RAM 1500 ST**  
 28837A Auto, 5.7 V8 Hemi, 4x4, quad cab, short box, alloys, tint windows, tract ctrl, AC, MP3, sat radio, compass, ext temp gauge, heat mirrors, cruise. 40,058 km

**\$27,995**  
**\$188**  
 bi-weekly  
 84 mths @ 5.9%  
 0 DOWN + HST



**14 DODGE RAM 1500 ST**  
 28668 Auto, 4x4, crew cab, alloys, AC, cruise, tow/haul. 46,354 km

**\$27,995**  
**\$188**  
 bi-weekly  
 84 mths @ 5.9%  
 0 DOWN + HST



**09 KUBOTA L3540**  
 22123 Front end loader with bucket, LA724, diesel, 4x4, AC, AM/FM, CD, 2 doors, 686 hours.

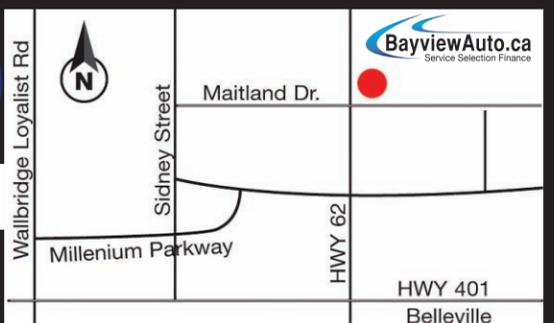
**\$28,900**  
**\$257**  
 bi-weekly  
 60 mths @ 5.9%  
 0 DOWN + HST

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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.