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CFB Trenton Pond Hockey Classic scores fundraising goal

Fifth annual tournament raises \$38,000 for Wounded Warriors Canada and TMH Foundation despite interference by Mother Nature

By Ross Lees

Despite the fact that "pond hockey" took on a whole new meaning for those taking part in the CFB Trenton Pond Hockey Classic tournament in 2016, event organizer Captain (Capt.) Jeff Moorhouse was thrilled to announce it raised \$38,000 this year, \$3,000 more than last year.

Cancelled at the end of the first day due to rain and mild weather, the tournament did amazingly well to increase its production from 2015 while only completing about two-thirds of the tournament, according to organizer Capt. Moorhouse.

"This year wasn't the most ideal for us, but we were one of the few tournaments that actually got off in Ontario and we got two-thirds of the tournament in, all but two teams played at least two of three games, so that was great!" Capt. Moorhouse noted. "The dinner was a great time Friday evening, and Wounded Warriors was a great partner to get on board this year, as well."

During the announcement of the success of this year's effort, Capt. Moorhouse also thanked the title sponsors of the popular pond hockey tournament, Scotiabank and ScotiaMcLeod.



CFB Trenton Pond Hockey Classic event organizer Capt. Jeff Moorhouse, extreme left, smiles proudly as members of Wounded Warriors Canada and the TMH Foundation receive a cheque of \$38,000 from members of 436 Squadron and Scotiabank and ScotiaMcLeod representatives.

Continued on page 5 Photo by Ross Lees



This is the Military Aeronautical Communications System (MACS) site in Carrying Place in Prince Edward County. Photos by Ross Lees

The voice in the night for aircraft or ships

Carrying Place MACS site uses high frequency radio to help ships or aircraft or just get the weather

By Ross Lees

They are a mysterious site that handles voice traffic from military and civilian aircraft, search and rescue missions, ships and ...Santa Claus?

Yes, even the Jolly Old Elf himself has been known to contact the Military Aeronautical Communications System (MACS) site in Carrying Place in Prince Edward County.

Continued on page 13

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AFERSET - a unit in evolution

By MWO Jean-Claude Lévesque, AFERSET

On July 8th, 2015, DRTSET (Deployment Readiness Training Standardization and Evaluation Team) was renamed AFERSET (Air Force Expeditionary Readiness - Standardization and Evaluation Team) under the guidance of Major (Maj.) N.P. Matthews.

AFERSET has its roots in the Contingency Capability Center (CCC) which was established in 1997. The unit was then responsible for developing and monitoring Contingency Capability (CC) structure, lessons learned, doctrine, "Survive to Operate" capabilities, managing equipment and material programs, training plans, and readiness for CC elements as well as coordinating, funding and evaluating CC exercises.

CCC's personnel consisted of 24 regular force members and 28 reservists. It was comprised of three main sections: Coordination; Personnel, Equipment and Doctrine (PED); and Readiness.

The Coordination section, along with the orderly room, took care of administration and financial matters.

The PED section oversaw the reserve positions for CC sections, equipment purchases and infrastructure upgrades and doctrine.

The Readiness section man-

aged Survive to Operate (STO) functions, exercise development and evaluation, and training development and readiness capabilities. CCC at the time had a number of NATO qualified evaluators helping the Air Division with its various exercises including NATO tactical evaluation (TACEVAL).

In 2004, CCC was laying the ground work to transition to a SET. At this point in time, CCC had reduced its responsibilities. CCC managed four main sections: Readiness, training, evaluation and standards. During the latter part of 2004, CCC completed a Master Implementation Plan (MIP) which lay the way ahead to establish Readiness Training Flights (RTF), across most Wings.

In general, these new training units were made up from former ground training sections. The RTFs were stood up in order to address deficiencies in readiness training capability at the time. By 2005, CCC saw its establishment reduced to 20 Regular Force and 12 Reserve Force from its 1997 level. Its role changed to include the technical control of the newly formed RTFs.

Between 2005 and 2006, CCC saw even more changes and reduction in personnel. CCC officially changed its name to DRT-



Change of Appointment ceremony from Maj T.M. Fascione to Maj N.P. Matthews, 8 Jul 2015. DRTSET officially renamed to AFERSET

Photo by 8 Wing Imaging

SET in the summer of 2006. After the annual posting season (APS) of 2006, 11 Regular Force and six Reserve Force personnel remained from the 2001 establishment.

During 2007, DRTSET went through more internal restructuring and achieved full operational capability by the summer of 2008. DRTSET managed three sections: Coordination, training and readiness and standards.

DRTSET continued to offer Command and Control courses three to four times a year. From that time, DRTSET functioned as a regular SET conducting Operational Standardization Visits (OSV) to the newly formed RTFs. The goal of these OSVs

was to report to 1 Canadian Air Division Headquarters (HQ) on the status of readiness of the visited wings and the health of their RTF.

During that time, the Individual Battle Task Standards (IBTS) were adopted, new orders were developed and implemented which further standardized individual readiness training for the Royal Canadian Air Force (RCAF). To help with this initiative, the use of Monitor/MASS was pushed to the RTFs in order to properly and effectively track readiness training.

By the summer of 2009, due to postings and budget reductions, DRTSET had lost its TACEVAL evaluators. In June 2012, the RCAF adopted and mandated the use of the Air Force Integrated Information and Learning Environment (AFIILE) as the new platform for distance learning. This marked an evolution into new ways to deliver individual

training. In 2015 AFIILE became the new Defence Learning Network (DLN).

In 2013, DRTSET expanded its role to collective training. Seeing a need for a collective training standard, DRTSET, with the help of many subject matter experts (SMEs), developed a set of Air Force Expeditionary Task Standards (AFETS), which are used during exercises to evaluate the collective training level of high readiness units earmarked to sustain domestic and/or international missions and operations.

Because of this added responsibility, the need arose to change DRTSET to AFERSET. The current manning of AFERSET is 10 Regular Force and six Reserve Force personnel. The unit manages three main sections: Coordination, Individual Training Standards (Indiv Trg Stds) and Collective Training Standards (Coll Trg Stds). It continues to offer the Tactical Command and Control Courses (TCCC) two to three times a year.

AFERSET remains a detachment of 1 Canadian Air Division HQ in Winnipeg and will remain a lodger unit of 8 Wing/Canadian Forces Base (CFB) Trenton. Its mission is to provide the standardization and evaluation guidance needed to facilitate readiness training for the RCAF. By keeping up with the changes, AFERSET remains relevant and able to contribute to pan RCAF readiness and deployable support capabilities.

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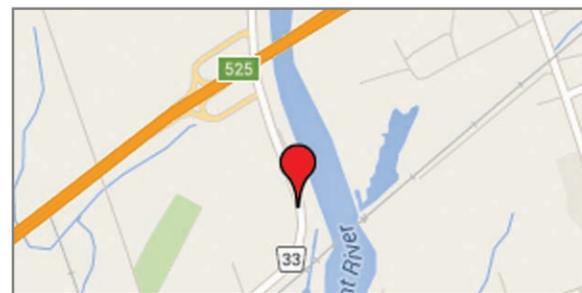


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Sunrise at CFS Alert a big deal

On March 4, the personnel at Canadian Forces Station (CFS) Alert enjoyed the beautiful sight of a phenomenon that occurs on a daily bases almost everywhere else in the world - the sunrise. In this picture, Second Lieutenant Valade, the Station's Logistics Officer, is very happy to finally see the sun after being in total darkness for the last few months.

Photo by Captain Sylvie Landry (CFS Alert SAdminO)



Wing Logistics and Engineering Picture of the Week

Wing Replenishment's Materiel Service Account is ready to serve its customers

Mr. Blain Lapierre of Wing Replenishment's the Materiel Service Account (MSA) section is seen here transferring tent material from old crates to newly built heat treated crates in order to transport safely anywhere, whether domestic or abroad. MSA section holds and stores a large variety of material to readily satisfy customer demands. The type of material includes some field equipment, combat rations, tent sections, "A" frames and purlins as well as tables and chairs for organized events. Mr. Lapierre is ensuring that all material held at MSA is kept in a serviceable condition ready for use by our customers.

Photo by Master Corporal Jason Wolki

The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events affecting Canada's largest and busiest air base – 8 Wing/CFB Trenton.

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Armed Forces at work.

The CONTACT is published every Friday with the kind permission of Col. Colin Keiver, MSM., CD, Commander, 8 Wing/CFB Trenton. The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CAF or other agencies.

Where typographical errors are discovered in advertisements (including classifieds) that result in goods not being sold, this newspaper is only liable to refund the money charged for the advertising space.

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Guidelines for submissions: ARTICLES AND PHOTOS

The CONTACT produces news and information about 8 Wing/CFB Trenton at home and around the world. We depend on our military community for articles, personal stories and photos.

- Articles should be typed in upper and lower case (not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.

- Do not include clip art, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.

- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.

- Articles must be received by Monday at noon prior to print date.

Letters to the Editor:

All letters must be signed and include the name of the author, which will be published. Include a phone number for verification. We reserve the right to edit the text while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. E-mail letters to: cfbcontactnewspaper@gmail.com



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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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CFB Trenton Pond Hockey Classic scores fundraising goal

Continued from page 1

Despite the success of this year's effort, he hopes to take the event to another level next year by attracting coverage from Adrenalin, a national sports magazine.

The \$38,000 raised this year will be divided between Wounded Warriors Canada and the Trenton Memorial Hospital (TMH) Foundation.

Capt. Moorhouse said this year's effort was a great team effort and, as an organizing committee, they were thrilled with the result.

Asked about possible changes for next year, he deadpanned without missing a beat, "We're hoping for better weather next year."

He explained they were basically happy with the format and with the involvement of Wounded Warriors Canada and the TMH Foundation.

David MacDonald, National Partnerships Director for Wounded Warriors Canada, said

they were thrilled when they were first contacted by organizers of the CFB Trenton Pond Hockey Classic hosted by 436 Squadron of Canadian Forces Base (CFB) Trenton in partnership with Scotiabank and ScotiaMcLeod.

"We love the logo, we love the message and that it's taking part at Canada's largest air base," he stated. "Almost every soldier that deployed to Afghanistan flew out of here. I myself deployed out of here when I went to Afghanistan, so this place holds pretty special meaning for a lot of the soldiers that were taking part."

He said the event kind of completes the circle by donating the funds raised through the tournament back to Wounded

Warriors Canada and the TMH Foundation.

"Eighty per cent of the funds we take in goes back to our programming and our programming is specialized to deal with the mental health aspects of soldiers coming home, so particularly with the impacts of PTSD for the veteran as well as the family. We focus our assistance on that side of it," he noted.

The CFB Trenton Pond Hockey Classic has raised nearly \$140,000 in the five years of its existence, a tournament which originated from a sports day organized by 436 Squadron when 8 Wing Commander Colonel Colin Keiver was the Commanding Officer of the squadron.



CFB Trenton Pond Hockey Classic event organizer Capt. Jeff Moorhouse, centre right, Laura-Lee Hogan, Manager of Events and Stewardship for TMH Foundation, extreme right, and Wounded Warriors Canada's National Partnerships Director David MacDonald, left, presented plaques of appreciation to tournament sponsors Scotiabank representatives Susan Ross, centre left, and Michelle MacKay, second from right, and Julie Lange (second from left), Director and Branch Manager of ScotiaMcLeod and Honorary Colonel of 436 Squadron. Photo by Ross Lees

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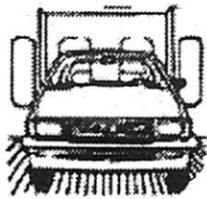
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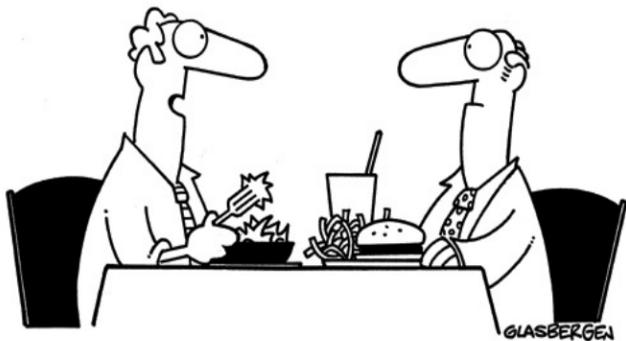
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EENPEFA - Une Unité En Évolution

par l'Adjudant Jean-Claude Lévesque, EENPEFA

Le 8 juillet 2015, sous la direction du Major NP Matthews, l'EENIPD (Équipe d'évaluation et de normalisation - Instruction préparatoire au déploiement) a changé son nom à EENPEFA (Équipe d'évaluation et de normalisation - Préparation expéditionnaire de la Force aérienne).

L'EENPEFA est issue de l'ancien Centre de gestion de l'élément de contingence (CGEC) qui avait été établi en 1997. L'unité était alors responsable du développement et de la supervision de la structure des éléments de contingence (EC), en plus d'assurer le suivi en matière de leçons retenues, de doctrine, de capacités de « survivre en vue des opérations », de programmes de gestion d'équipement et de matériel, de plans d'instruction et de disponibilité opérationnelle (disp. opér.) des EC. L'unité assumait aussi la coordination, le financement et l'évaluation des exercices des EC. Le personnel du CGEC était alors formé de 24 membres de la force régulière et de 28 réservistes. Elle comprenait trois sections principales: coord; personnel, équipement et doctrine (PED); et disp. opér. La section de coord, avec la salle des rapports, s'occupait de l'administration et des questions financières. La section du PED s'occupait de la

supervision des positions de réserviste pour les sections des EC, des achats d'équipement et des améliorations d'infrastructure et du développement de la doctrine. La section de la disp. opér. gérait les fonctions de « Survivre en vue des opérations » (SVO), le développement et l'évaluation des exercices et les capacités de développement de l'instruction et de disp. opér. Le CGEC avait alors un certain nombre d'experts qualifiés de l'OTAN appuyant la Division de la Force aérienne dans ses divers exercices, y compris les évaluations tactiques de l'OTAN.

En 2004, le CGEC préparait le terrain en vue de sa transition à une EEN. À ce moment, le CGEC avait réduit ses responsabilités. Le CGEC contrôlait alors quatre sections principales: la disp. opér., la formation, l'évaluation et les normes. Pendant la dernière partie de 2004, le CGEC a conçu un plan principal d'application (PPA) pour la création d'escadrilles d'instruction - disponibilité opérationnelle (Ele IDO) sur la plupart des escadres. En général, ces nouvelles unités d'instruction étaient formées à même d'anciennes sections de formation de base. À cette époque, les Ele IDO avaient été mises sur pied pour remédier



8 juillet 2015, cérémonie de passation de responsabilités du Maj T.M. Fascione au Maj N.P. Matthews ou l'EENIPD devient officiellement l'EENPEFA.

Photo par le service d'imagerie de la 8^e Escadre

aux insuffisances dans les capacités de la formation de la disp. opér. En 2005, le CGEC voyait son personnel réduit à 20 membres de la force régulière et 12 réservistes depuis 1997. Son rôle avait changé pour inclure le contrôle technique des Ele IDO récemment formées.

Entre 2005 et 2006, le CGEC subissait encore plus de changements et de réduction du personnel. À l'été 2006, le CGEC changeait officiellement de nom pour l'EENIPD. Pendant la période

active de ces affectations (PAA) de 2006, récemment formées. L'objectif de ces VNOs était de faire rapport au Quartier général (QG) de la 1^{ère} Division aérienne du Canada (DAC) sur le statut de la disp. opér. des escadres Ele IDO. Pendant ce temps, les normes individuelles d'aptitude au combat (NIAC) furent adoptées et de nouveaux

ordres furent rédigés et mis en oeuvre, lesquels avaient pour but de renforcer la normalisation de l'instruction préparatoire au déploiement pour l'ensemble de l'Aviation royale canadienne (ARC). Pour soutenir cette initiative, on imposa aux Ele IDO l'utilisation de Monitor/SSAM afin qu'elles assurent le suivi de la formation de la disp. opér. correctement et efficacement. À l'été 2009, dû aux affectations et aux réductions de budget, l'EENIPD a perdu ses experts d'évaluation tactique. En juin 2012, l'ARC a adopté et exigé l'utilisation de l'Environnement informationnel et d'apprentissage intégré de la Force aérienne (EIAIFA) comme nouvelle plateforme pour l'apprentissage à distance. Ces nouvelles initiatives reflétaient une évolution dans la façon de livrer l'instruction individuelle. En 2015, l'EIAIFA est devenu le nouveau Réseau d'apprentissage de la Défense (RAD).

En 2013, l'EENIPD élargissait son rôle pour inclure l'instruction collective. Percevant un besoin d'établir des normes en matière d'instruction collective, l'EENIPD, avec l'aide de beaucoup d'experts en la matière (EM), développait une série de

Continuer à la page 14

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World War II photographer an artist at heart

Alicia 'Kenny' Chambers spent a colourful career behind the camera, beginning in the military

By Ross Lees

She is the image of a woman who lived her life her way, regardless of the boundaries set by other people.

Alicia "Kenny" Chambers is now 93 years old but still living independently in Belleville, ON. And very much an artist, a by-product of her being a photographer in the Second World War.

Her foray into the Canadian Armed Forces in 1943 almost ended before it began, she indicated. Already slated to be a teacher, she was intrigued by the posters she saw of women in uniform, so she decided to go to the recruiting centre and apply.

"When I went to Calgary to go to Normal School, I went to the recruiting centre and told them I wanted to be a photographer. They said no, we'll put you where we need you. I replied, 'I'm not going to join unless I can be a photographer. I told them I was off to be a teacher. I got a letter from the RCAF Women's Division telling me I could be a photographer," she said with a twinkle in her eye.

"What happened is in those days they discovered that women had brains and they could do the jobs men had been doing," she laughed.

Even so, they channeled women into photography in the military, which was just fine with her but resulted in some unhappy photographers when other women were forced into this line of work.

"There were many of them that really weren't interested," she recalls. "They just wanted to fill this gap and get the men into flying or other trades."

It was actually kind of a natural progression for Kenny, who received that nickname from a fellow recruit who refused to use her maiden name of Kent and instead starting calling her Kenny. The name has stuck with her ever since. Kenny and her whole family used photographs and cameras to keep in

touch with family back in England and Ireland and, when she took a chemistry course in Grade 13 in her southern Alberta school, a photography course was part of it.

"I was always a good artist, so it just appealed to me," she said of her chosen profession.

Once recruited, she departed for basic training and was once of approximately 300 women in her basic military course. After graduating from there, she was sent to Rockcliffe for her basic photography training, where she got her first glimpse of the military photography central – the White House.

While there was some initial animosity from the men in photography, she said that eventually it disappeared.

"In order for men to become photographers, they had to have prior experience," Kenny noted. "A lot of them were street photographers, guys who would stop somebody on the street, take their picture and sell it to them. We got the same course as the men, so if you didn't get that course, you missed a lot of stuff. It was quite demanding," she adds, showing the course description in books she still possesses.

They learned how to make aerial maps – they called it line overlap – where prints had to be printed exactly to match the next print, she remembers, adding, "The tone had to be exact so you wouldn't see seams."

Avoiding those seams was a matter of paying attention to the gospel of print developing in the darkroom "time and temperature," she noted.

Time in the darkroom was not unpleasant for her for the most part, although she remembered some excitement when the lights went out because that was also when the cockroaches would come out on the walls in the darkrooms.

"But you were expected to do it," she said. "There would be three or four of us in there and we always talked.



back in those days was dried on a drum of wooden slats with the film wrapped around it and the drum was turned to hasten drying.

She recalls the camera they used for aerial photography was the F-24 with various cones – telephoto, wide angle and normal. They also used what she called a "hand-held oblique camera" for shooting out of an aircraft window.

For the course photos they were forever taking at the White House and in Summerside, where she was eventually posted, they used ground-view cameras on tripods.

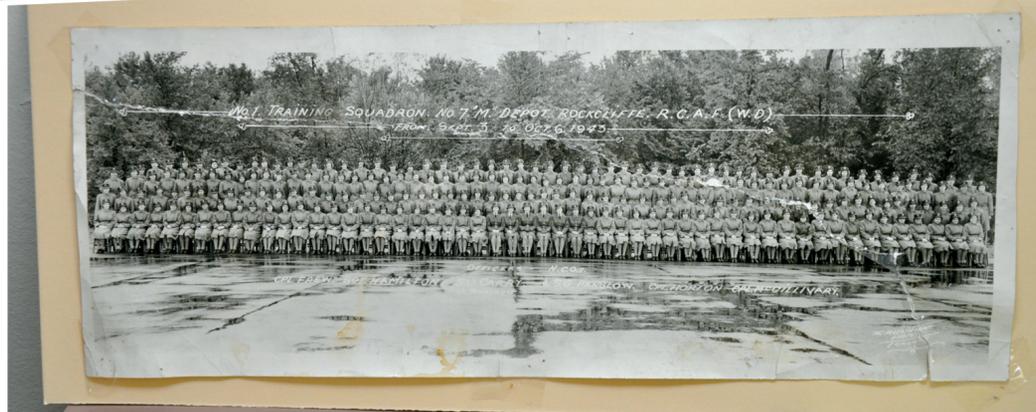
Kenny's career as a military photographer was brief but busy, ranging from 1943 to the end of the war in 1945 and she was stationed in Summerside from June 1944 to September 1945. Once training stopped, Kenny was sent to the library where she was responsible for cataloguing and storing materials from other smaller stations.

It was during this time that Kenny had her most exciting day in the Royal Canadian Air Force (RCAF). She got married in Halifax because her fiancé was about to get shipped off to the Pacific and she was about to get sent back to Rockcliffe. A group of them went to the WMCA in Halifax for the wedding reception and then the women were sent back to Rockcliffe while her husband was sent to Dartmouth to await orders to go to

Aerial film



(Left) This picture taken by Kenny shows an air show in progress with some famous participants.



This is a photograph of Kenny's basic military training course in 1943. There were approximately 300 women on the course.

the Pacific. However, VJ Day interceded and he never did get to the Pacific.

Another exciting time was about to begin for Kenny, though. Upon her arrival back in Rockcliffe, she was assigned to the medical division where she began taking photographs of people who had been in prison camps or injured in air crashes.

"They were doing a new thing then, skin grafting, and we would do progress shots of how they were replacing and fixing up faces or whatever was damaged and then we would put those pictures in big albums for records," Kenny recalls of the work she did as a 20-year-old.

Her military life was made easier by the fact she had a good friend who was posted with her to every posting. Originally Elizabeth Harris, Betty later married Ernie Bauer.

While stationed in Rockcliffe, Kenny recalls that Betty would take the course photos of the English boys and Kenny would take the photos of the Canadians.

"The first row sat on the bench, the second row stood up and the third row stood on the bench," Kenny stated about the course photos. "We had to take them down beside the building in an alcove to take the photos, rain or shine. I don't remember going in the rain, but I do remember going in the snow."

When this old military photographer told her about using the Speed Graphic and Linhoff 4X5 format cameras when he took his basic course, Kenny quickly responded, "They were precious in our time."

She said they used the Crown Graphic, the forerunner of the Speed Graphic, which she said was the refined camera at that time.

Other aspects of her work included the lantern slide machine, used in aircraft identification courses. Silhouettes of aircraft were projected through it for the students.

In 1958, Kenny and her husband moved to Belleville while her husband was stationed in Trenton. They immediately set up a photo studio in Belleville called Alicia Photos. She did that for as long as possible, but the business eventually went bust.



Now an accomplished artist, Kenny poses with one of her portraits.

Once that happened, she spent some time hand colouring black and white prints with transparent oils before she got another lucky break.

While at a friend's place one day, she heard from his neighbor that The Belleville Intelligencer was about to set up a darkroom, and they were looking for a photographer. Kenny became that photographer and she worked at the Intelligencer for 30 years, converting reporters to reporter/photographers.

"I had to teach them photography and they weren't very pleased about it until I talked the publisher into putting their names on their photographs," she recalled.

Throughout her lengthy career, she never got to use 35 mm cameras, so she was impressed to see the digital camera being used to photograph her for this feature. Upon seeing her image immediately after it was taken, she responded, "Oh, isn't that neat! That's a good idea!"

Kenny still retains three of the cameras she used over her lifetime, from a Brownie Automatic to a Yashica-44 to her final camera, a Mamiya C330. She has a funny story about one assignment she was sent on for the newspaper.

"It was Nov. 11 and I was taking a photo of World War I veterans and I had them lined up along the wall," she recalled, adding that she was shooting with an old flash gun and flash bulbs.



Kenny poses with a picture of herself as a 19-year-old in the Women's Division of the Royal Canadian Air Force.

"I clicked the shutter and the bulb exploded. I jumped and put the camera down on the table. This one old guy just slid down the wall (into a sitting position). They had been talking about war and everything and it just about scared the life out of him."

When everything got back to normal, they laughed about what was the funniest part of the incident, her getting rid of her camera or the man sliding down the wall.

Another exciting day for her at the paper was when she was invited to cover the Golden Jubilee Ball of the Hastings and Prince Edward Regiment at the Officers' Mess on March 13, 1970 with the Governor General and Mrs. Roland Michener attending.

Now an accomplished and productive artist, Kenny took portraiture from a famous Russian artist and will now "paint anything," she says. Her walls are full of paintings and her cabinets and every nook and cranny is full of pictures or mementos.

She has just one more funny story to tell. When she worked for the local daily newspaper, she recalled doctoring pictures for



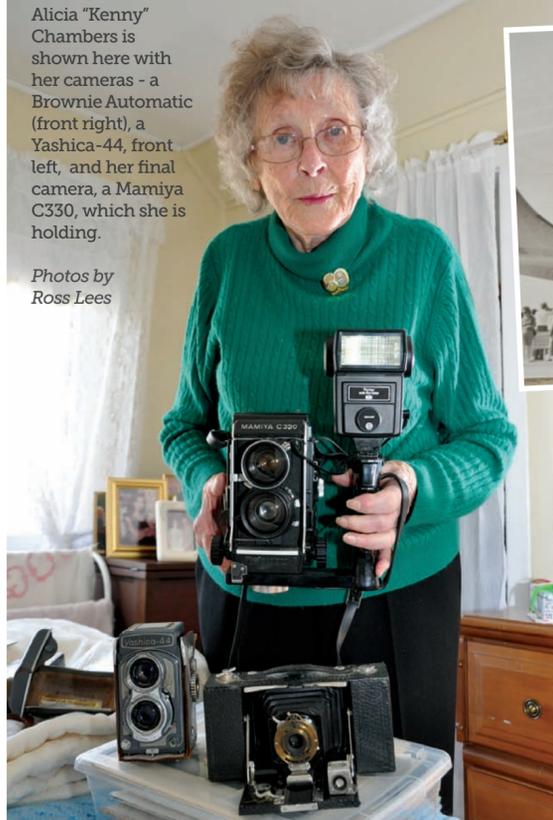
Time Capsule

April Fool's Day. On one front page, she had a flying saucer flying down Belleville's Main Street.

Ever aware of the image being captured in a camera, when she is asked to pose for pictures, she immediately thinks of her hair.

"Is my hair a mess?" she asks. "I have hair that gets messy if you talk to me."

(Above) In this photo of Belleville, which originally ran in the Belleville Intelligencer, we can see the sign signifying where Alicia Photos was situated on the right side of the picture.



Alicia "Kenny" Chambers is shown here with her cameras - a Brownie Automatic (front right), a Yashica-44, front left, and her final camera, a Mamiya C330, which she is holding.

Photos by Ross Lees



February. When one of us has raised a quarter from a sale of personal effects, three or four of the boys accompany him down to the Sergeant's (Remember!) whose photograph is his constant companion through all hours of the day and night. Imagination is

This picture self-described by Kenny as "her master piece", shows the annotated names across the chests of the course participants.



Kenny's husband is shown here with his Sergeant and the F-24 camera.

8 Wing Chapel 2016 Lenten and Easter Celebrations

Chapelle de la 8e Escadre - Célébrations - Carême et Pâques 2016

St. Clement Astra Protestant Chapel

27 March, Easter Sunday
Worship Service @ 1115hrs

Chapelle protestante St. Clément d'Astra

20 mars, Dimanche de Pâques
Célébration de la Parole @ 11h15

Our Lady of Peace Roman Catholic Chapel

Weekday Lenten Eucharist Service /
Mass every Wednesday, and Thursday @ 1145 hrs

Chapelle catholique Notre Dame de la paix

Messe quotidienne pendant le Carême
chaque mercredi et jeudi @ 11h45

16 March Sacrament of Reconciliation @ 1900hrs
(available in English and in French)

16 mars Sacrament du pardon @ 19h00
(disponible en Anglais et en Français)

20 March, Palm Sunday Eucharist @ 0900hrs (bilingual)

20 mars, Dimanche des Rameaux Messe @ 9h00
(bilingue)

24 March, Holy Thursday Mass of the Lord's Supper
@ 1900hrs (bilingual)
(followed by Exposition of the Blessed Sacrament)

24 mars, Jeudi Saint Messe de la Cène du Seigneur
@ 19h00 (bilingue)
(suivi par Exposition du Saint-Sacrement)

25 March, Good Friday Way of the Cross @ 1300hrs (English)
Passion of the Lord's Service @ 1500hrs (bilingual)
Way of the Cross @ 1700hrs (French)

25 mars, Vendredi Saint Chemin de la Croix
@ 13h00 (Anglais)
Célébration de la Passion du Seigneur @ 15h00 (bilingue)
Chemin de la Croix @ 17h00 (Français)

26 March, Holy Saturday Easter Vigil Eucharist
@ 2030hrs (bilingual)

26 mars, Samedi Saint Vigile / Messe @ 20h30 (bilingue)

27 March, Easter Sunday: Mass @ 0900hrs (English)
Mass @ 1010hrs (French)

27 mars, Dimanche de Pâques Messe @ 09h00 (Anglais)
Messe @ 10h10 (Français)



Wealthy Barber event produces two local winners

During the Wealthy Barber Returns event on Feb. 9, feedback and ballot forms were completed by attendees for a chance to win a \$250 CANEX gift card and a \$500 deposit to a Canadian Armed Forces (CAF) savings plan.

The lucky winners were drawn at Service Income Security Insurance Plan (SISIP) Head Office and, as a result, there were two lucky winners from 8 Wing/CFB Trenton.

Capt. Annic Borchuk won the \$250 CANEX gift card and MCpl. James Novack won the \$500 CAF savings plan gift card, which were presented on behalf of the local SISIP branch on March 8 by Troy Brown, SISIP Trenton Branch Manager.



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The voice in the night for aircraft or ships

Continued from page 1

You know the place. It's cluttered with antennas of all sizes and shapes and at night it looks like it might be a UFO landing site. Every time you drive by it, you wonder what they do out there.

They are the voice in the night for aircraft flying half way around the world or for ships looking for a weather forecast in the wee small hours of the morning. Yes, they will be controlled by a tower somewhere, but the MACS site in Carrying Place is often their other contact point, their link through high frequency (HF) radio to the ground or for research or Coast Guard ships perhaps plying the waters of the north.

"We work high frequency radios out to aircraft - many of them military like Airbuses, Hercules, or Auroras, or American military aircraft, again mostly military ships in the north observing the ice, search and rescue (SAR) missions or just flight following," noted Master Corporal Clifford Hobbs, one of the Aerospace Telecommunications Information Systems Technicians (ATIS) who works at the site in Carrying Place 24/7.

Their entire shift may be nothing more than tracking an aircraft to as near its destination as possible, perhaps an aircraft from 8 Wing/Canadian Forces Base (CFB) Trenton making its way to Kuwait.

"We'll stay in touch as long as possible and it will perhaps leave the area for two or three hours, and then come back into range," MCpl. Hobbs stated. "While they're out of the tracking area, we'll keep track of someone else until they come back into the tracking vicinity for a weather update. It's like a flight following."

They may only deal with two or three aircraft at a time throughout a 12-hour shift, adding there is much less stress for their operators than would be normal for a busy tower at an airport.

New ATIS techs, however, have been known to work up a sweat on their first shift or two.

"It's nice to see a guy when he's first

learning because he knows it's real and he can't screw up. You've got to get use to that feeling. There's no 'We'll get to that tomorrow', you deal with it right now," he added.

"Our primary role here is to talk to the aircraft when they get away from their towers," said Corporal Andrew Quesnel, another ATIS tech at the site. "We also talk to civilian aircraft because we're open here, someone like Air Canada, or Air France or whoever, if they're having a medical emergency, they call us and we can phone patch them into a duty doctor. We're an open source. We have cryptographic capabilities to do secure communications, but mostly we operate unsecure. In the summer time, we talk to a lot of coast guard and water craft because of our proximity to the Great Lakes."

At Christmas the flights by aircraft are few and far between, but then they may have to assist NORAD or NATO in tracking Santa on his important world-wide flight providing special tracking communications.

"If they need HF communications, they do it through us," said Cpl. Quesnel.

Everything takes a back seat to a search and rescue (SAR) operation, however.

"A SAR aircraft going to Alert would call in, we would conduct business with them and we would be their link to their ground station. They would be our main priority plane, the rescue ones. Everything stops when those guys come on," noted MCpl. Hobbs.

"We're the lifeline, that's the way I feel, anyways," MCpl. Hobbs added. "When he's flying, we're on the ground, he's in the air and by himself and he's not treated the same way."

These men and women take their jobs seriously and they will have four or five people on each shift, including technicians to fix the equipment if anything goes wrong with it.

"They're our lifeline with this highly technical equipment," added Cpl. Quesnel. "They're important parts of this MACS site."



These Aerospace Telecommunications Information Systems (ATIS) technicians keep the equipment working at the MACS site.

The feeling of accomplishment still lights up the eyes of MCpl. Hobbs, who has served three tours on MACS sites, one in Germany and two in Carrying Place.

"The feeling of accomplishment is tremendous, because it's live and nothing is fake," he noted. "You go, 'Wow, I made somebody happy.' We're mostly army working with the air force so there is a big change for regiment guys going from an exercise lifestyle to live. You can't miss that because everything is live." "It's rewarding when you help a search and rescue operation, passing back and forth information from an aircraft on scene of an emergency back to the rescue coordination centre here or to local responders," added Cpl. Quesnel.

But they also love the mystique of the place.

"You can't give away all of our secrets," stated Cpl. Quesnel with a slight smile.

MCpl. Hobbs laughs when he talks about approaching the site at night with a car following him.

"You begin to slow down and signal that you're turning in here and that car backs right off," he laughs. "They seem to say, 'Whoa, stay away from that guy!'"

So the next time you drive by that site at night, you know those towers are just tools they use to help aircraft or ships in the skies or on the water during the lonely, dark hours of their mission. Those towers are directional, rotatable, omni-directional, line-of-sight tools that allow their communication anywhere in the air - over the Atlantic, down south, up north, to the west - hence, a



Cpl. Gordon Causey, left, MCpl. Clifford Hobbs and Cpl. Andrew Quesnel operate equipment at the MACS site in Carrying Place. Photos by Ross Lees

tool to pinpoint their pilot and help bring him in. While no one knows exactly how long the site has been there, they are certain it is prior to 1976 that it was established and could even date back to an official footprint after the Korean War. They don't know for sure if they helped with the moon landings, but they could have. Any voice in the night needing their services and knowing their frequencies will get it - unconditionally.

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EENPEFA - Une Unité En Évolution

Continuer sur la page 8

normes d'aptitude expéditionnaire de la Force aérienne (NAEFA) lesquelles sont utilisées pendant les exercices afin d'évaluer le niveau d'instruction collective des unités à haut niveau de préparation affectées en vue de soutenir les missions et les opérations domestiques ou internationales.

En raison de cette responsabilité supplémentaire, le besoin s'est fait sentir de changer EENIPD pour EENPEFA. L'EENPEFA compte maintenant 10

membres de la force régulière et six réservistes. L'unité gère trois sections principales: coord, normes de l'instruction individuelle (Nor Instr Indiv) et normes d'instruction collective (Nor Instr Coll). Elle offre toujours les cours tactiques de commandement et de contrôle (CTCC) 2 à 3 fois par année.

L'EENPEFA demeure un détachement du QG de la 1 DAC de Winnipeg et restera une unité hébergée de la 8^e Escadre de Trenton. Sa mission est de fournir les conseils de normalisation et d'évaluation requis pour faciliter la formation de la disp. opér. pour l'Aviation royale canadienne. En s'adaptant aux changements, l'EENPEFA reste pertinente et en mesure de contribuer à la disp. opér. et aux capacités de soutien déployables à l'ensemble de l'Aviation royale canadienne.



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Trenton Branch 110 donations

8 Air Maintenance Squadron (8 AMS) Chief Warrant Officer Ted Poper (left), Sgt. Joel Condette, Trenton Branch 110 President Manny Raspberry (centre), Sgt. Kevin Palmer, and Lt.-Col. Andrew Wedgewood (right), all from 8AMS (8 Wing Trenton), receive a cheque for \$1,000 for Camp Trillium. 8 AMS sponsors an annual golf tournament with funds going to Camp Trillium for children.



Trenton Branch 110 President Manny Raspberry (left), Tom Sweet and Perry Holland of the Quinte West Fire Department receive a \$500 donation from the Branch for the Hastings Prince Edward Mutual Aid Fire Fighters Assoc., with Norma Jean Henn, Branch Ways and Means Committee Chair looking on, and Tom Carr (right), who accepted a cheque for \$1,500 for the Quinte Legion Track and Field.

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New Programs at the Trenton MFRC

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

Nouveaux programmes pour l'automne au CRFM de Trenton

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

Virtual Visit

Have you recently moved to Trenton or do you know someone who will be posted to CFB Trenton soon? Consider taking a virtual tour of your new community and learn about this beautiful region from the comfort of your home! What do you need? One to one-and-a-half hours of quiet time, a computer with sound application, headphone with microphone, and a cup of your favourite drink. Choose a time from the following: Wednesday, March 9, 1 p.m. to 2:30 p.m.; Tuesday, April 12, 1 p.m. to 2:30 p.m.; Thursday, May 5, 6 p.m. to 7:30 p.m. To register or for more information, please contact Hélène Cadotte-Gagnon at Helene.CG@TrentonMFRC.ca or 613-392-2811 ext 2379. Please give your name and preferred visit timing, and afterward you will receive an invitation to register online. We look forward to meeting with you!

Visite virtuelle

Êtes-vous nouvellement arrivés à Trenton ou connaissez-vous quelqu'un qui déménagera bientôt à la 8e escadre? Joignez-vous à nous, du confort de votre maison, pour une visite virtuelle de votre nouvelle communauté et apprenez ce que cette belle région offre. Qu'avez-vous besoin: 1 - 1.5 heures de votre temps, un ordinateur avec carte de son, Écouteur avec microphone, une tasse de votre breuvage préféré. Choisissez votre temps (heure normale de l'est): Le mercredi 9 mars, de 13h à 14h30; le mardi 12 avril, de 13h à 14h30; le jeudi 5 mai, de 18h à 19h30. Pour vous inscrire ou pour plus d'information, contactez Hélène Cadotte-Gagnon à Helene.CG@TrentonMFRC.ca ou 613-392-2811 ext 2379. Écrivez votre nom et votre session préférée, et par la suite vous recevrez une invitation en ligne. Ces sessions sont offertes en anglais, celles en français seront annoncées bientôt! Nous avons hâte de faire votre connaissance.

Heroes's Camp - Ready for a new adventure?

Join us for a fully-sponsored camp experience, July 17 to July 22! This is a fully-sponsored week at Wesley Acres Camp in Bloomfield, Ontario. There are 32 spots available for children of military families ages 11 to 15.

Exciting camp activities include watersports, high ropes, crafts, canoeing, kayaking, archery and so much more!

For information or to sign up, please contact Kelly Briggs by April 29: 613-392-2811 ext.7917 or kelly.b@trentonmfr.ca. For information or to sign up, please contact Kelly Briggs by April 29: 613-392-2811 ext.7917 or kelly.b@trentonmfr.ca.

Le camp des Héros - Êtes-vous prêts pour une nouvelle aventure!

Soyez des nôtres pour une expérience au camp des héros du 17 au 22 juillet, 2016. Une semaine complètement subventionnée à Westley Acres Bloomfield, Ontario. 32 places pour les jeunes de 11 à 15 ans de familles de militaires sont disponibles. Incluant des activités tel que les sports nautiques, canoë et kayak, tir à l'arc, bricolage et bien plus encore! Pour inscription ou pour information, contactez Kelly Briggs 613-392-2811 poste 7917 ou kelly.b@trentonmfr.ca avant le 29 avril.

Cook with Grace

Enjoy four weeks of culinary delights! March 14 - Chinese Dim Sum; March 21 - Chinese Sichuan; April 4 - Thai Delight; April 11 - Japanese at home. When: Mondays starting on March 14, 6 p.m. to 8 p.m. Cost: \$30 per class or \$110 for all four classes. Where: 8 Wing Chapel. To register, please call the MFRC reception at 613-965-3575 or email rabia.s@trentonmfr.ca.

Cuisinez avec Grace

Savourez des délices gastronomiques durant 4 semaines! 12 mars - Dim Sum chinois; 21 mars - Sichuan chinois; 4 avr - Délice Thai; 11 avr - un repas japonais à la maison. Quand : Début le lundi 14 mars, 18h00 - 20h00. Coût : 30\$/classe ou 110\$/4 classes. Où : Chapelle de l'escadre. Inscrivez-vous en téléphonant la réception du CRFM au 613-965-3575 ou rabia.s@trentonmfr.ca.

It's time to get back on track!

Reduce debt, increase cash flow and build your net worth! When: Tuesday, Feb. 23 from 9:30 a.m. to 11 a.m.

Cost: Free. Where: Trenton MFRC. *Please note this session is only offered in English. To register, please call the MFRC reception at 613-965-3575 or email rabia.s@trentonmfr.ca.

La mise au point printanière

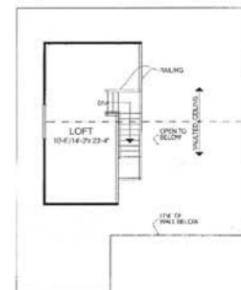
Réduire la dette, augmenter le flux de fonds et votre valeur nette! Quand : le mardi 23 février ; 9h30 - 11h00. Coût : Gratuit. Où : CRFM de Trenton. Inscrivez-vous en téléphonant la réception du CRFM au 613-965-3575 ou rabia.s@trentonmfr.ca.

Continued on page 16

Home of the Week
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**Plan No:
10-2-205**



LOFT FLOOR PLAN
288 SQ. FT. (26.8 M²)



With details borrowed from a fairy-tale cottage, this two-bedroom recreational home boasts a curved roofline that sweeps over the arched front entry and an open veranda that wraps around three sides of the home. Rustic river rock clads both the support beams on the veranda and the arched front façade. The compact floor plan features two bedrooms on the main level plus a 288-sq. ft. loft a space that could easily be used for a home office, library, games room or guest accommodation. From the covered veranda, the front door opens to reveal a spacious great room with a vaulted ceiling, a gas fireplace and two

walls lined with windows. The adjoining kitchen includes a work island with a cook top and a raised eating bar. From the good-sized dining area, a door opens to the back veranda, the perfect spot for barbecuing meals in summer. A corner pantry cupboard provides all the storage space needed for groceries. A spacious mud room off the kitchen also enjoys access to the outdoors, making this the ideal entry to use after working in the garden. A three-piece bathroom is situated opposite the sliding pocket door to the master bedroom makes this

bathroom a semi-en-suite. The second bedroom is also conveniently located beside the bathroom. The master suite has a vaulted ceiling, two clothes closets and a large picture window topped by a decorative arch. This window is trimmed with shutters on the outside and overlooks a built-in planter. The airy loft is open to the floor below and also has a side window, ensuring lots of natural light. This home has 1,633 square feet of finished living space and measures 40 feet wide by 47 feet deep.

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

Daffodil Volunteers Needed by Canadian Cancer Society

This April, by volunteering just a few hours of your time selling daffodil pins in support of the Canadian Cancer Society Daffodil Month campaign, you will be saving lives and helping people who are living with cancer. Your help is required in the first two weekends in April. You can visit the schedule at <http://hpe.mycsschedule.ca/events/index> or please call Tracey Reid at 613-962-0686 or treid@ontario.cancer.ca

March 19 & 20 at Walt's Sugar Shack during Maple in the County

During Maple in the County at the Walt's Sugar Shack location only at 770 Lakeside Drive, Consecon, military members get a discount and children under 12 eat free. Military members must advise the Walts - Brian and Jane - that they are military members and how old their children are. The Walt's Sugar Shack features over 1,000 taps and a new wood-fired evaporator. Come and enjoy the maple season with your whole family.

MFRC continued from page 15

Home Alone Course

This program prepares children ages 10-plus to be responsible when home alone. When: April 2, from 9 a.m. to 4 p.m. Cost: \$25/child, lunch is not provided. Where: Trenton MFRC. To register, please contact MFRC reception at 613-965-3575 or email rabia.s@trentonmfr.ca.

Seul à la maison - le cours

Ce programme prépare les enfants âgés de 10 de plus ans à être responsables lorsqu'ils sont seuls à la maison. Quand : le samedi 2 avril ; 9h00 - 16h00. Coût : 25\$/enfant- Le dîner n'est pas fourni. Où : CRFM de Trenton. Pour vous inscrire, veuillez contacter la réception du CRFM au 613-965-3575 ou par courriel rabia.s@trentonmfr.ca.

Babysitting Course

When: Friday, April 8 from 6 p.m. to 9 p.m. and Saturday, April 9 from 9 a.m. to 4 p.m. Where: Trenton MFRC. Cost:

Mar 19 - Genealogical Society webinar on DNA research

The Quinte Branch of Ontario Genealogical Society presents a webinar presentation by Ugo Perego, PhD that will cover the basics of DNA research and how genealogists can use their results to enhance their family trees.

April 13 - 8 Wing Officers' Mess Ladies Club Pot Luck Dinner

8 Wing Officers' Mess Ladies Club is having a pot luck evening April 13 at 6 p.m. in the mess. Admission is members and invited guests of members free with your favourite pot luck dish or \$10 at the door. For allergy reasons, a list of ingredients is required. For further information, contact chambersj@live.ca

May 7 - MFRC Invisible Ribbon Gala

The Trenton Military Family Resource Centre Invisible Ribbon fundraising gala will be held on May 7 at the National Air Force Museum of Canada. One hundred per cent

\$20 per child. Lunch is not provided. To register, please contact reception at 613-965-3575 or email rabia.s@trentonmfr.ca.

Cours de gardiennage

Quand : le vendredi, 8 avril ; 18h00 - 21h00 et le samedi 9 avril ; 9h00 - 16h00. Coût: 20\$ par enfant. Où : CRFM de Trenton. Le dîner n'est pas fourni. Pour vous inscrire, veuillez contacter la réception du CRFM au 613-965-3575 ou par courriel rabia.s@trentonmfr.ca.

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. 28, Feb. 25 and March 31 from 12 noon to 1 p.m. or 1 p.m. to 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.

of the net proceeds raised this year will go to support the two expansion sites in Belleville and Frankford/Batawa. The MFRC gala organizing committee feels it filled the museum to its capacity last year and they warn those interested in attending that tickets sales may go very quickly, beginning in april 1 with early bird ticket sales online and at the Trenton MFRC office. Buy early to make sure you are there for the impressive silent and live auctions of interesting items. Also watch for the online auction, which will be held from April 21 to May 2. Guest speaker this year is Major-General D.L.R. Wheeler, 1 Canadian Air Division Commander.

May 7 - Women's Day Event

A Women's Day event will be held at the Brighton Community Centre with doors opening at 9 a.m. Lunch, nutrition breaks, door prizes and more. Topics: Understanding Concussion in Children, fun and easy cake decorating, food safety, Fifteen Minutes to a Healthier You. Preregistration: \$25 until April 15. Contact: Mary Shortt at mshortt@trentonmfr.ca.

bellnet.ca or call 613-475-4045. Women's Institutes -women involved.

June 25 & 26 - Quinte International Air Show

This two-day air show will take place the weekend of June 25 and 26 over the main runway of 8 Wing. Confirmed event participants include the Canadian Army paratrooper team, the Skyhawks, the Snowbirds, and the CF-18 Hornet Demonstration Team as well as some great civilian acts such as Jelly Belly with Kent Pietsch and Rick Volker in his RCAF Harvard. There will be vintage war birds from the Canadian Harvard Aircraft Association, the Canadian Warplane Heritage Museum and the Tiger Boys, as well as the latest military aircraft on display both on the ground and in the air. More acts and activities will be announced as the air show approaches. Watch this newspaper for the latest announcements and up-to-date information. For more information or tickets, go to www.QIAS2016.com, email airshow@cfbtrenton.com or call the QIAS office at 613-392-2811 ext. 7427. Tickets go on sale April 1.

Centre des jeunes et celui de la Salle de jeux sont disponibles sur notre site internet sous "Jeunes et ados" et "Enfants & Parents"- <http://trentonmfr.ca/fr/services-famille>

Second Language Courses

The next session of language classes start in April! Register today to secure your spot in French, English or Spanish classes. Email nathalie.v@trentonmfr.ca or call 613-392-2811 ext. 3855. Details can be found on our website under Second Language Training: <http://trentonmfr.ca/education>

Cours de langue seconde

La prochaine session de cours de langue seconde débutera en avril! Inscrivez-vous aujourd'hui pour garantir votre place dans la classe de français, espagnol ou anglais. Contactez Nathalie à nathalie.v@trentonmfr.ca ou 613-392-2811 poste 3855. Vous pouvez trouver plus de détails sur notre site web sous Formation en langue seconde : <http://trentonmfr.ca/fr/education>

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 (le 28 janvier, le 25 février et le 31 mars) 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 ext. 3265 ou rabia.s@trentonmfr.ca.

Program Calendars

The January Youth Centre calendar and the Winter Playroom calendar is available under 'Youth & Teens' and 'Children & Parents' respectively on our website - www.trentonmfr.ca/family-services.

Le calendrier du Centre des jeunes

Le calendrier du mois de janvier du

Continued on page 17



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New! Fitness Class Pass

Purchase a Punch Card and you have the choice of any or all fitness classes. eight classes per card.

Spring Swim Lessons Registration

Military Community: Begins Tuesday March 15;
General public: Begins Tuesday March 22.

Aquatics

Youth Aquatic Club for Youth six to 16 years –
Monday, April 11 to June 10 from 4:45 p.m. to 6 p.m.
Junior Lifeguard for Youth eight to 15 years –

Tuesday, April 12 to May 31 from 7 p.m. to 8 p.m.
Bronze Star – Tuesday, April 12 to May 31 from 7 p.m. to 8 p.m.

Adults Programmes

Morning Aquafit - Mondays, Wednesdays, Fridays, Jan.4 to March 23 from 8:30 a.m. to 9:20 a.m.
Evening Aquafit (Jogging) – Tuesday and Thursday, Jan. 5 to Feb. 25 from 6 p.m. to 6:50 p.m.
Senior Lane Swim – Mondays, Wednesdays, Friday, Jan. 4 to March 23 from 7:30 a.m. to 8:20 a.m.
Boot Camp Fitness – Mondays, Jan. 4 to Feb. 29

from 4:05 p.m. to 5:05 p.m.
Circuit Training – Mondays from Jan. 4 to Feb. 29 from 7 p.m. to 8 p.m.
Hatha Yoga – Tuesdays, Jan. 5 to Feb. 23 from 4:15 p.m. to 5:15 p.m.
Spin-Fusion – Tuesday, Jan.5 to Feb. 23 from 5:20 p.m. to 6:20 p.m.
Fitness 4 Two – Wednesdays, Jan. 6 to Feb. 24 from 5:30 p.m. to 6:30 p.m.
Parented Pilates – Wednesday, Jan. 6 to Feb. 24 from 9:30 a.m. to 10:30 a.m.
Pilates/Core Fitness – Wednesdays, Jan.6 to Feb. 24 from 4:30 p.m. to 5:30 p.m.

MFRC continued from page 16

Baby Bounces and Books

A fun rhyme time for parents and their babies birth to 12 months. Explore the joy of singing, moving and sharing books in a relaxed playful way. Four Monday mornings: April 4, 11, 18, 25 from 10 a.m. to 11 a.m.

This is a free group! Please register with reception or susan.s@trentonmfr.ca.

Bébés sautillants et livres

Une période pour parents et bébés de 0 à 12 mois pour s'amuser avec les rimes. Explorez la joie de chanter, bouger et partager des livres de façon relaxante et cocasse. Quatre lundis en matinée 4,11, 18 et 25 avril ; de 10h à 11h. Gratuit (Offert en anglais seulement). Inscriptions, s.v.p. à la réception du CRFM ou susan.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 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.

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.

Halte-garderie du vendredi

Avez-vous besoin d'un répit? Avez-vous un rendez-vous? Nous offrons un service de halte-garderie à la salle de jeux du CRFM les vendredis de 9h à 16h. Nous prenons les réservations à compter du lundi 13h jusqu'au jeudi midi au 613-965-3575. Le coût est de 5\$/heure pour le premier enfant et de 4\$/heure pour le deuxième et ainsi de suite.

Special Needs Parent Support Group

Connect with other families in your community, discuss topics that affect and interest you and gain support and insight from local families. This support group is for parents, grandpar-

ents, and caregivers of children with all special needs. It is held every second Thursday of the month from 6 p.m. to 7:30 p.m. Topic Schedule for 2016: Feb. 11 – Valentine's Day Celebration, March 10 – Funding Options, April 14 – Camps and Recreational funding. If you require childcare please contact 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 qui ont des besoins particuliers. Ces rencontres ont lieu le deuxième jeudi du mois de 18h00 à 19h30. Les sujets discutés en 2016 seront : Le 11 février – Célébration de la St-Valentin, Le 10 mars – Options de financement gouvernemental et privé, Le 14 avril – Options de financement pour les camps d'été et les activités de loisirs, Si vous avez besoin du service de garde contactez orlana.b@trentonmfr.ca .

All Hands Playgroup

An inclusive drop-in playgroup for children with Special Needs ages 0-8 years and their parents. Children's friends are also welcome. Every first and third Tuesday of the month. Starts Feb. 16 from 3 p.m to 5 p.m. For more information please contact Or-lana at orlana.b@trentonmfr.ca .

Un groupe de jeux pour tous

Une halte de jeux inclusive pour les enfants ayant des besoins particuliers

âgés de 0 à 8 ans, leurs amis ainsi que leurs parents. Chaque 1er et 3e mardi du mois . Commence le 16 février 15h00 à 17h00 . Pour plus d'informations s'il vous plaît contacter Or-lana au orlana.b@trentonmfr.ca

Hoppy Easter Cupcakes

Decorate and take home six Easter cupcakes on Saturday, March 19 from 1 p.m. to 3 p.m.! Cost is \$15/person - all materials are included. Please bring a container and apron. To register, please contact Rabia at rabia.s@trentonmfr.ca.

Petits gâteaux sautillants pour Pâques

Le samedi 19 mars, décidez et rap-portez avec vous 6 petits gâteaux pour Pâques de 13h à 15h! Coût : 15\$ - tout le matériel est fourni pour le cours. SVP, apportez un contenant et un tablier. Pour vous inscrire, contactez Rabia par courriel rabia.s@trentonmfr.ca .

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.

Nouvelles mensuelles et Facebook

Ne manquez pas les dernières nouvelles du CRFM et les communautés avoisinantes. Inscrivez-vous par notre site internet www.forcedelafamille.ca pour les nouvelles mensuelles par courriel et suivez-nous sur Facebook et suivez-nous sur Twitter !

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Belleville Volkswagen



Sale... 2015 Golf's
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House for Sale



House for Sale

HOUSE FOR SALE

Belleville - Great 2 storey home, fantastic west side area. Near schools, church and shopping plaza. Just minutes to downtown and CFB Trenton. 5 bdrm, 3 1/2 bath, many upgrades and freshly painted throughout. Brand new furnace and A/C with 10 year warranty. House is 1,800 sq ft with a finished basement.

Asking price is **\$297,500.**

Open House Dates
 Sunday, March 20
 Sunday March 27 and;
 Sunday April 3

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8 Wing Chapel / Chapelle de la 8e Escadre

Location/Adresse:
 91 Namao Drive East/91 Promenade Namao Est

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

Office hours/Heures de bureau:
 Monday to Friday - 8 a.m. to 4 p.m.
 Du lundi au vendredi - 08h00 à 16h00

Services Times/Heures des services religieux

RC Mass: 0900 hrs (English) / Messe catholique: 09h00 (Anglophone)
 RC Mass: 1010 hrs (French) / Messe catholique: 10h10 (Francophone)

RC Bilingual Mass the 4th Sunday of the month at 0900 hrs
 Messe bilingue catholique le 4e dimanche du mois à 09h00

Protestant Worship Service: 1115 a.m.
 Service de culte protestant: 11h15

RC Weekday Masses at 11:45 a.m.
 (Tuesday, Wednesday and Thursday – may be cancelled on short notice)
 Messes catholiques quotidiennes à 11h45
 (mardi, mercredi et jeudi – peuvent être annulées sans préavis)

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 (Padre) Eric Doiron • Capt (the Rev./Rév.) Gerson Flor
 Capt (the Rev./Rév.) Blair Ross • Capt (the Rev./Rév.) Daniel Walton



Safety

Stay safe off the job as well as on the job



We'd like to see you back here tomorrow - healthy and free of injury.

Many injuries occur because of accidents off the job. Your safety around the clock, seven days a week is important to base leadership and your co-workers here. So take some of your on-the-job safety training away with you and apply it to your life at home, on the road and during recreational pursuits.

Here are some reminders for off the job safety:

Keep your home fire-safe. Inspect regularly for fire hazards such as electrical malfunctions and accumulations of combustible clutter.

Install smoke detectors in all of the recommended locations in your home. Keep them serviced and maintained according to the manufacturer's directions.

Keep the correct fire extinguishers in your home and vehicle and know how to use them. Make sure they are charged and maintained according to instructions.

Hold regular family fire drills so each person knows how to get out alive. Have a designated spot where family members are to assemble outside in case of a fire or other emergency.

Get rid of hazards which could cause falls in your home. Keep stairways and steps in good repair. Maintain adequate lighting along walkways and stairs. Nev-

er store things on the stairs, even temporarily. Install non-slip surfaces in bathtubs, showers and bathroom floors.

Use ladders safely. Make sure your ladder is in good repair. Don't stand on the top few rungs of a straight ladder or a stepladder. Keep your body close to the ladder and do not lean away from it because you could cause it to tip. Never use a metal ladder such as aluminium for any electrical work, even changing a light bulb.

Keep ladders away from all overhead power lines and electrical installations.

Avoid other hazards of electric shock. Remember, moisture and electricity are a fatal mixture. Never handle electrical equipment, including kitchen appliances, with wet hands. Use a Ground Fault Circuit Interrupter with electrical equipment anywhere moisture might be presents, such as outdoors, in the bathroom and kitchen. Take good care of electrical equipment

to prevent damage to wiring and insulation.

Wear your seat belt whenever you are traveling in a vehicle – even to the corner store.

Never drive under the influence of alcohol or other drugs. Keep in mind other factors such as exhaustion or emotional upset can also affect your ability to drive safely.

Wear correct Personal Protective Equipment (PPE) off the job

too. Using a lawnmower or chain saw calls for safety-toed footwear and ear protection. Using power or hand tools requires eye protection such as safety goggles.

Make sure any dangerous household substances such as cleaning products and pesticides are correctly labelled, stored in their original containers and kept out of the reach of children and pets. Flammable liquids should be stored in a well-venti-

lated area away from any sources of ignition.

Remember to take your on the job safety awareness home with you – we want to see you back tomorrow.



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14 FORD FUSION

24859 Auto, 4 dr, 4 cyl, Sedan, keyless entry, alloys, pwr roof, seats, windows, locks, mirrors, leather, heated seats, mirrors, ac, sat, reverse camera, cruise, touch screen. 21,814 km

\$21,995
\$148
bi-weekly
84 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



11 VW TOUREG TDI

25074 Auto, 4 dr, 6 cyl, AWD, Diesel, off road option, keyless entry, trailer hitch, alloys, panoramic roof, air bags, traction ctrl, leather, pwr seats/liftgate/windows/locks/mirrors, AC, CD player, sat radio, nav, bluetooth, heated mirrors, cruise, steering wheel ctrls, select terrain. 108,220 km

\$26,995
\$240
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



14 FORD MUSTANG GT

26797 Auto, 5.0, convertible, Coupe, leather, Shaker snd, heated seats/mirrors, sync, alloys, AC, 4 dr, 8 cyl, RWD, keyless entry, fog lights, air bags, traction ctrl, pwr seats/windows/locks/mirrors, CD, MP3, sat radio, cruise, tilt steering, steering wheel ctrls. 33,932 km

\$31,995
\$215
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



13 KIA SOUL 4U

26882 Alloys, cruise, AC, rev camera, Bluetooth, pwr roof/windows/locks/mirrors, 4 dr, 4 cyl, FWD, hatchback, keyless entry, roof rack, air bags, traction ctrl, height adjust seats, tinted windows, economy mode, fog lights, CD, sat radio, tilt steering, steering wheel ctrls. 31,579 km

\$15,995
\$122
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



13 VW JETTA

26502 Auto, heated seats, AC, cruise, Bluetooth, pwr windows/locks, 4 dr, 4 cyl, FWD, Sedan, keyless entry, hubcaps, air bags, height adjust seats, CD, MP3, tilt steering wheel. 59,135 km

\$10,995
\$84
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



12 VW GOLF

26528 Manual, 2.5, heated seats/mirrors, alloys, tinted windows, pwr roof/windows/locks/mirrors, cruise, Bluetooth, touch screen, 4 dr, 5 cyl, FWD, Hatchback, keyless entry, air bags, traction ctrl, height adjust seats, AC, CD, MP3, sat radio, steering wheel ctrls, tilt steering wheel. 98,993 km

\$11,995
\$107
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



14 NISSAN ROGUE SL

26304 Auto, 4 dr, 4 cyl, AWD, keyless entry, push button start, roof rack, panoramic roof, alloys, air bags, traction ctrl, leather, heated seats, AC, CD, MP3, nav, sat radio, rev camera, park aid, Bluetooth, pwr seats/windows/locks/mirrors/liftgate, cruise, steering wheel ctrls, tilt steering. 38,216 km

\$25,995
\$175
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



14 DODGE RAM POWER WAGON

23798 6.4, 8 Hemi, factory remote start, heated seats/steering, nav, park aid, winch, Auto, 4dr, 4X4, keyless entry, crew cab, short box, trailer hitch, box liner, alloys, fog lights, tint windows, air bags, traction ctrl, AC, MP3, sat radio, rev camera, U-connect, Alpine snd, pwr seats/windows/locks/mirrors, cruise, steering wheel ctrl, tilt steering wheel, curb side mirrors, ultra motor sport rims, Goodyear Wrangler tires, side compartment in box Rambox, tow/haul, Tru-Lok. 39,633 km

\$44,995
\$302
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



12 TOYOTA SIENNA

26202 Auto, 4 dr, 6 cyl, FWD, keyless entry, roof rack, alloys, air bags, traction ctrl, heated mirrors, AC, dual climate, CD, MP3, pwr windows/locks/mirrors, height adjust seats, cruise, tilt steering. 75,401 km

\$18,995
\$169
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



15 CHRYSLER 300 TOURING

26287 Auto, 4 dr, 6 cyl, AWD, Sedan, keyless entry, factory remote start, panoramic roof, alloys, air bags, traction ctrl, leather, AC, MP3, Alpine snd, sat radio, nav, rev camera, u-connect, pwr seats/windows/locks/mirrors, heated seats/mirrors, cruise. 17,646 km

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



13 TOYOTA TUNDRA SR5

25909 Auto, 4 dr, 8 cyl, 4x4, keyless entry, quad cab, short box, box liner, trailer hitch, tow/haul, alloys, air bags, AC, CD, MP3, sat radio, Bluetooth, pwr seats/windows/locks/mirrors, cruise, steering wheel ctrls, curbside mirrors. 33,149 km

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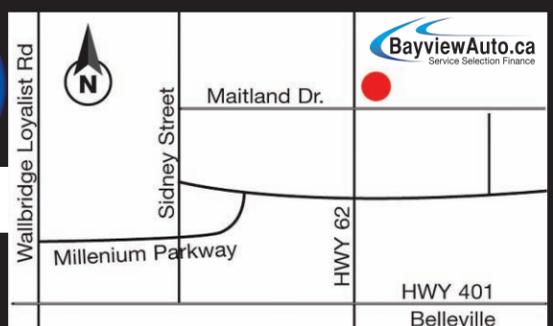


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Excludes Lancer Evolution, Ralliart and Sportback



Outlander GT S-AWC model shown*

Lancer GTS AWC model shown*

S-AWC Super All Wheel Control

Available on Outlander GT*

2016 IIHS TOP SAFETY PICK+

2016 TSP+ with optional front crash prevention

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ON SELECT REMAINING 2015 MODELS' **HURRY IN!**

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2015 IIHS TOP SAFETY PICK

2015 RVR

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RVR GT AWC model shown*



Mirage SE model shown*

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