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>> A Timmies run for CFS Alert

Trenton Chief Cook organizes what equates to possibly the longest Timmies run attempted by the CAF in Canada

4

>> 20 million pounds of fuel delivered

437 Squadron's constant efforts continue to fuel the fight against ISIS

7

>> National Success Story

Canada and the British Commonwealth Air Training Plan, 1939-1945

8



Wally Williamson (Julian Gallo), Belleville Rotary Club director Chris Finkle, Linda Blanchette, Trenton MFRC Board of Directors vice-chair, MFRC executive director Tamara Kleinschmidt and MFRC communications and development coordinator Devon Taylor celebrate the presentation of a cheque for \$5,400 raised from two Hits of the Blitz performances in October of last year. *Photo by Ross Lees*

Trenton MFRC benefits from help from Belleville Rotary Club

By Ross Lees

Their motto "Service Above Self" certainly proved itself for the Belleville Rotary Club.

In holding a Hits of the Blitz performance to raise funds and the profile of the Trenton Military Family Resource Centre (MFRC), the Belleville Rotary Club did far more than achieve their original goal.

Yes, they raised \$5,400 for the Trenton MFRC and they did increase the profile of this local military

Continued on page 2

Joan Wright was a former Editor of Contact

She now volunteers at the National Air Force Museum of Canada but still reads Contact faithfully

By Ross Lees

Joan Wright, a volunteer at the National Air Force Museum of Canada (NAFMC), is a former editor of Contact, the base paper, and a person who may have had a great deal of influence in creating a museum at Canadian Forces Base (CFB) Trenton.

Mrs. Wright, originally from Niagara

Falls, was the editor of the paper from 1973 to 1984, becoming editor shortly after the paper had been resuscitated as a Centennial project in 1967 by a friend of hers.

The first editor of the paper came to see her one time and that visit kind of piqued her interest in the publication, called *Contact*, not the Contact, she

Continued on page 2

Joan Wright is shown here at the museum with the bound volumes of the newspapers she edited during her tenure as Editor of *Contact* from 1973 to 1984. She has given this book to the museum. *Photo by Ross Lees*



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Trenton MFRC benefits from help from Belleville Rotary Club

Continued from page 1

family organization, but they also raised their own profile, they brought an army of volunteers together for a common cause and they helped fund the establishment of a MFRC satellite office in Belleville.

Tamara Kleinschmidt, in expressing her thanks for the efforts of the Belleville Rotary Club, pointed out another aspect of the benefits of the effort of the Belleville Rotarians.

"Not only do you raise money, but one of the really interesting parts of an event like this is that we have a whole community who feels surrounded by communities

who care," she stated. "Every time one of these events happens, the end result is that we have military members and their families walking around in a community feeling like they're living in a community that cares about what they're doing. That is worth 10 times more than dollars!"

It was music to the ears of Hits of the Blitz producer Wally Williamson (Julian Gallo) and Chris Finkle, a director of the Belleville Rotary Club, the two men who spearheaded the event.

What amazed Mrs. Kleinschmidt and others at the MFRC during the cheque presentation ceremony was the twice-over gift by the Rotarians. The production

raised \$2,700 and the Belleville Rotary Club then turned around and matched that total to bump the overall total up to \$5,400.

Upon hearing that, Mrs. Kleinschmidt said, "that's fantastic! That goes well beyond what we expected!"

Matching their generosity, Mrs. Kleinschmidt added, "The intent for these dollars is to support our expansion into Belleville to get our satellite site up and running."

Both Mr. Williamson and Mr. Finkle feel there is room to improve the performances and the attendance at them next year. Mr. Williamson said they would be willing

to do another show next year and perhaps combine the Hits of the Blitz with Broadway and Hollywood hits.

The combined efforts of the two organizations had another benefit for the area, Mr. Finkle pointed out.

"The partnership with service clubs in this area was important. They have small little armies behind themselves and they are always looking for family oriented projects. Rotary's motto is Service Above Self and we love working with kids. We do a lot of fundraising in our country and outside our country for families and children, so this was a perfect tie-in for Rotary," he noted.

Joan Wright was a former Editor of Contact

Continued from page 1

notes emphatically.

"Because that's how you start an aircraft," she explained.

Mrs. Wright's emphasis on that situation resulted in *Contact* going back to its original name last year just after we did this interview. She is still having some influence on the paper many years after retiring.

The paper struggled to survive after the Second World War and it wasn't until the 1967 Centennial of Canada that a concerted effort was made to revive it and bring it back to life, Mrs. Wright recalls. Her friend got it started and she took over the

reins in 1973.

"I just started working on it for something to do," Mrs. Wright recalled. "We use to put it together on the base and then take it down to The Trentonian to have it printed."

She was the editor, she had a Flight Lieutenant as her second in command (2IC) and military advisor, there was a woman who did the paper makeup, a compositor, another person sold advertising and they had a bookkeeper "to keep us honest," she laughs. They also had a person from within the ranks who bundled the papers and delivered them to the various areas of the base.

"I enjoyed it tremendously," she re-

called. "I wasn't good at retiring because I needed something to do and this was great! I got in a little trouble sometimes, but I didn't get in any real trouble. We knew our boundaries, I guess."

She credits much of that safety net to her 2IC Second Lieutenant and her husband, Lloyd Wright.

"If we needed anything military or if I had questions, I had him to keep us out of trouble. If I saw something that made me uneasy, I had him look at it or I'd ask my husband and we'd stay out of trouble that way," she noted.

A long time removed from her time at the paper, Mrs. Wright at first has some difficulty recalling some of the bigger stories published during her time on the paper, but she retrieves a bound copy of her newspapers from the archives of the museum given to her when she retired. Most of her immediate recollections of stories pertained to base and Air Force anniversaries, but the book refreshed her memory.

"One day my husband came home from his job as a civil engineer and told me they had found a Halifax," she recalled.

That project became her husband's passion and eventually convinced him to retire for the third time.

"He helped rebuild the Halifax," she said. "He did a tour during the war on Halifaxes. That's what he retired to," she laughs. "He went into the workshop and built a plane. I call it the other woman. When he died - he died five years ago - we had the funeral at the base chapel and the reception over here, and at the back of the plane, they had put a sign 'The Other Woman.'"

Her influence with the paper may even be responsible for the NAFMC's existence today. She remembers a woman approaching her one day and talking about a man from Ottawa in the area collecting memorabilia from military widows for the museum in Ottawa. She suggested it would be a good idea to have a museum in Trenton.

Mrs. Wright wrote an article in the paper about a museum and that acted as the catalyst.

"What they gave us for our first museum was the old bowling alley on the south side of the base," she recalled. "When we opened, I had to bring stuff of my husband's because we didn't have a lot of stuff to put in it to begin with. But once it caught hold, we had lots of stuff in what was really just a big room next to the gymnasium."

The museum and the paper remain important aspects of her life.

"I always read *Contact* because our motto was 'Always stay in Contact,'" she added. "I always get my *Contact*."

Life would be kind of dull for this military widow without the museum, which helps keep her in the military milieu.

"This is my second home. If I'm not home, I'm in the museum," she said. "Every Wednesday afternoon I work in the gift shop," and she also works for the curator helping with the items donated to the museum.

"That's what I like to do," she added. "I think it's wonderful to be able to work in the museum."

Obviously, her commitment to her two remaining loves - the museum and *Contact* - has not diminished over the years.

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436 Sqn Honours and awards

In December, 436 Squadron conducted an Honours and Awards parade with Lieutenant-Colonel Troy Paisley making the presentations while Squadron Chief Warrant Officer Stu Preston observed.

436 Sqn. Promotions



Lieutenant Alexandre Marcil was promoted to Captain.



Captain Christopher Rumpel was promoted to Major.



Cpl Jeremy Lowery received the General Campaign Star – South West Asia Campaign Bar.



Hon. Col. Julie Lange is presented with the Hon. Col. Appointment Scroll



MCpl. Aleksandar Vujic is presented with the 1 CAD Commander's Commendation.



MCpl. James True is presented with the Air Task Force Iraq Commander's Commendation.



MCpl. Steven Pike is presented with the 8 Wing Personal Achievement Award.

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A Timmies run for CFS Alert

By: Corporal
Sheppard NDJ,
Firefighter CFS Alert

Special thanks goes out to Canadian Forces Base (CFB) Trenton's Chief Cook, Chief Petty Officer Second Class (CPO2) Blackmore and his staff from all the personnel stationed at Canadian Forces Station (CFS) Alert over the holidays for organizing what equates to possibly the longest Tim Hortons coffee run ever attempted by the Canadian Armed Forces within Canada.

Members stationed at CFS Alert over the holidays were treated to a special delivery of Tim Hortons original and dark roast coffee blends, which was graciously provided by Jamie and Debby Smid, owners of the Dundas St. Tim Hortons in Trenton.

"They went above and beyond to even provide the station with Tim Hortons cups and lids for that real authentic experience just like back home," said, Aviator Darcy Verhoeven.

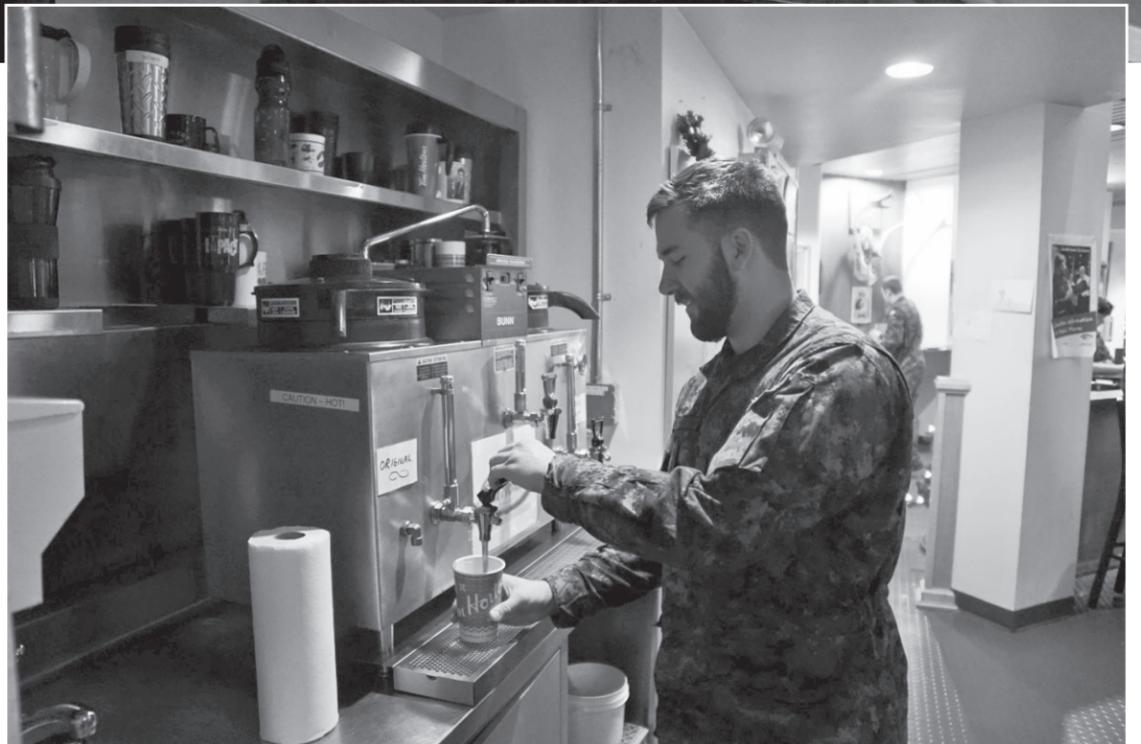
The weekly sustainment flight carried the special cargo a distance of over 4,300 kilometers from CFB Trenton to CFS Alert and arrived just in time for the holidays.

On Christmas Eve, the familiar smell of Tim Horton's coffee was in the air as the kitchen staff set to work brewing the coffee for the station's daily coffee break. The lineup for coffee stretched past the beach area and almost back to the Orderly Room as station members gathered for a cup of their favourite coffee.

There was no doubt that spirits were high over the holidays as everyone socialized with friends and colleagues over a cup of Tim Hortons coffee, a truly Canadian pastime.



Members of CFS Alert enjoy a cup of Tim Hortons coffee.
Submitted photos



Aviator Darcy Verhoeven pours a cup of Tim Hortons coffee in Alert over the holidays. Photos by: Private Stephen Walser (SWO's Assistant CFS Alert)

Letters to the Editor:

All letters must be signed and the name of the author will be published. Include a phone number for verification.

We reserve the right to edit 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

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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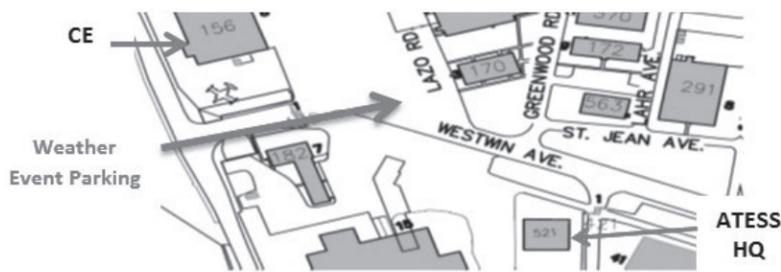
8 Wing weather event parking instructions

Stationnement à la 8ème Escadre en cas d'éventualité d'une accumulation importante de neige/glace

In the event of significant snow / ice accumulation, four 'weather event parking' areas, indicated below, will be cleared to accommodate Wing personnel.

Dans l'éventualité d'une accumulation importante de neige/glace quatre (4) parcs de stationnement d'évènement météorologique seront ouverts pour répondre aux besoins du personnel de l'Escadre

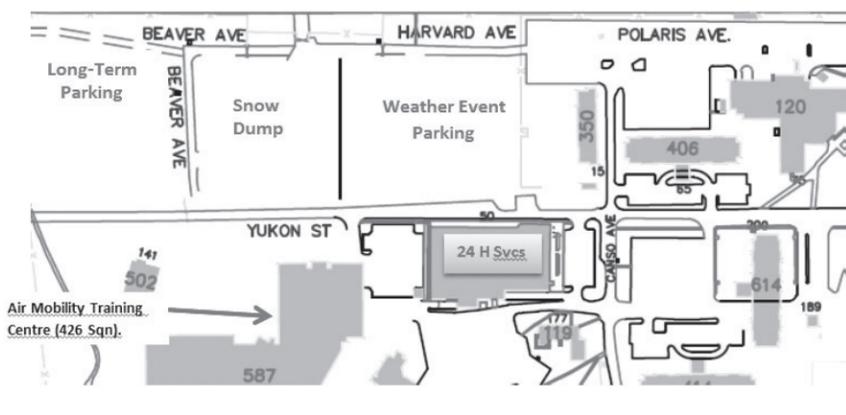
Parking lot across from north gate / Stationnement de l'autre côté de la barrière nord



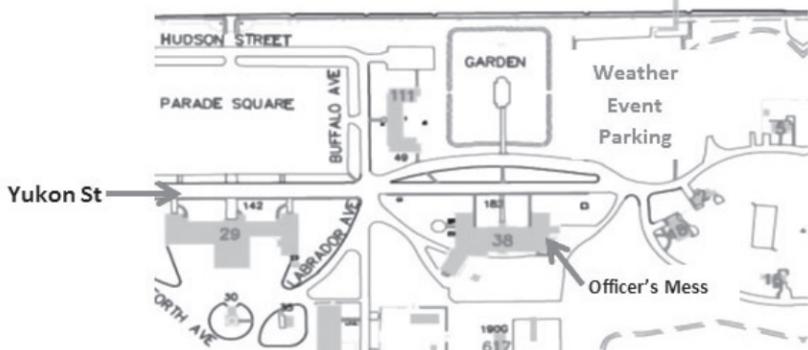
Western half of 1 Hangar parking lot / Stationnement moitié gauche du hangar 1



Eastern half of gravel parking lot across from 24 CF H Svcs C / Moitié est du stationnement en gravier de l'autre côté du 24 C Svc S FC



South side parking lot by pedestrian skywalk / Stationnement côté sud, près de la passerelle pour piétons



These areas will be cleared at an elevated priority during weather events to ensure personnel have available parking in the event that unit's parking lot is not yet cleared. Please view the SNIC plan available on the Splash page for additional information.

Ces aires de stationnement seront déneigées selon une priorité élevée afin de s'assurer que le personnel ait accès à un stationnement dans le cas où le stationnement de l'unité ne serait pas encore déneigé.

Veuillez regarder le plan PCNG disponible sur la page « Splash » pour information additionnelle.

Letter to the Editor

Poppy campaign a big success

The Royal Canadian Legion Branch 110 Trenton would like to offer a "thank-you" to the citizens of Trenton and area for their generosity and support during the 2015 Poppy Campaign.

Your support enabled our Branch to raise more than \$45,000.00 dollars during the first two weeks of November.

These funds are held in trust and their usage is prescribed in the General By-laws of the Royal Canadian Legion and are used to provide assistance to Veterans and their families, providing educational bursaries for Veteran's children and grandchildren, providing comforts for Veterans in hospitals and much more.

Many thanks as well to all the Trenton and area businesses who allowed us to place our Poppy boxes in their places of business or allowed our canvassers access to their premises.

On behalf of all members of the Royal Canadian Legion Branch 110 Trenton and all Veterans and their families, we wish to thank you for your generous support to our annual Poppy Campaign.

Manny Raspberry - President Royal Canadian Legion Branch 110 Trenton
Lorne Bermel - Poppy Trust/Poppy Campaign Chairperson

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Effective communication and leadership starts with managing angry moments.

The CAF Managing Angry Moments (MAM) workshop is designed to increase personal performance by assisting participants to deal with anger generating situations in an emotionally non-reactive way.

Benefits of the workshop include:

- improved relationships in the workplace, at home and in the community
- enhanced team cohesion
- more effective problem solving skills
- reduced levels of stress and anxiety when faced with anger generating events and circumstances

Health Promotion is offering a Managing Angry Moments course 22 January 2016 from 0830 – 1600 hrs. Space is limited. Register online at <http://healthpromotion.cfbtrenton.com> \ http://www.cfbtrenton.com/forms/HP_Registrations/stf_input.php or call Gill at local 3768

Gerer les moments de colere

La communication et le leadership efficaces commencent par la gestion des moments de colère.

L'atelier Gérer les moments de colère (GMC) des FAC est conçu pour améliorer le rendement personnel en aidant les participants à faire face aux situations provoquant de la colère d'une manière la moins émotionnelle possible.

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La promotion de la santé vous offre un atelier "Gérer les moments de colère" 22 janvier 2016 de 08 h30 à 16 h. Le nombre de places est limité. Veuillez vous inscrire à <http://healthpromotion.cfbtrenton.com> \ http://www.cfbtrenton.com/forms/HP_Registrations/FR/stf_input.php ou x 3768.

Stress: Take Charge!

Stress: Take Charge offers a self-directed approach to stress management through self-awareness, behaviour change and skill building. Participants will assess their current level of stress; learn the ACT approach to creating change; discuss a stress management lifestyle involving time management and work/life balance; explore stress management tools, including building resilience; and create a lifestyle action plan.

14 January 2016 • 0830-1600hrs
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Le stress : ça se combat!

Le stress : ça se combat! se veut une technique autonome pour gérer le stress par la conscience de soi, le changement de comportement et le renforcement des acquis. Les participants évaluent leur niveau de stress actuel, apprennent la technique ACT visant à apporter un changement, échangent sur le mode de vie à adopter pour gérer le stress qui comprend une gestion du temps et une conciliation travail-vie, explorent les outils de gestion du stress, notamment le renforcement de la résilience, et établissent un plan d'action quant à leur mode de vie.

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Alcohol, Other Drugs and Gambling: Supervisor Training

28-29 January 2016 • 0830-1600hrs and 0830-1200hrs
Course Coded

AODG Supervisor Training provides mandatory supervisor training outlined in CANFORGEN 043/09 for all CF members in leadership positions. Topics discussed include understanding risks and benefits of alcohol use; recognizing the early warning signs; developing effective interviewing skills; and understanding and changing the culture of an organization.

Online registration is available at <http://healthpromotion.cfbtrenton.com>. Space is limited.
More information <http://www.cg.cfpsa.ca/cg-pc/Trenton/EN/HealthPromotion/Programs/Pages/AODG.aspx>

Formation des superviseurs – Problèmes liés à l'alcool, aux drogues et au jeu excessif

28-29 janvier de 8 h 30 à 16 h, 8 h 30 à 12 h

Le service de Promotion de la santé offre une séance de formation à l'intention des superviseurs, sur les problèmes liés à l'alcool, aux drogues et au jeu excessif. Au cours de cette séance, les superviseurs recevront la formation décrite dans le CANFORGEN 043/09, qui est obligatoire pour tous les membres des FC qui exercent des fonctions de leadership. Les sujets suivants seront abordés : comprendre les risques et les bienfaits de la consommation d'alcool; reconnaître les signaux d'alarme; développer des techniques d'entrevue efficaces; comprendre et changer la culture d'une organisation.

Vous pouvez vous inscrire en ligne à l'adresse suivante : <http://healthpromotion.cfbtrenton.com>.
Le nombre de places est limité à 18.
plus d'informations <http://www.cg.cfpsa.ca/cg-pc/trenton/FR/healthpromotion/programs/pages/aodg.aspx>

Health Promotion 2016 Winter Calendar

Butt Out Self Help

Dates: Every Wednesday
Timings: 13h15
Info: Hosted at 24 HSvcs

Mental Fitness Mondays

Dates: Every Monday!
Timings: 12h00 - 12h45 hrs
Info: Hosted at South Side Gym

Stress: Take Charge!

Dates: 14 January 2016
Timings: 08h30-16h00h

Managing Angry Moments

Dates: 22 January 2016
Timings: 08h30-16h00

Inter-COMM

Dates: 2, 9, 16, 23 February 2016
Timings: 08h30-11h30

Mental Fitness & Suicide Awareness Sup Trging

Dates: 4 February 2016 & 2 March 2016
Timings: 08h30-16h00
Info: Course Coded

Alcohol & Other Drugs Awareness Sup Trging

Dates: 28-29 January 2016 & 18-19 February 2016
Timings: 08h30-16h00 & 08h30-12h00
Info: Course Coded



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National Success Story

Canada and the British Commonwealth Air Training Plan, 1939-1945

By Dr. Richard Mayne

It was an extremely ambitious project, particularly for a country with a small population like Canada, but the British Commonwealth Air Training Plan (BCATP) was undoubtedly one of the greatest successes of the Second World War.

The BCATP - responsible for training an estimated 131,553 Allied aircrew - was a Herculean Canadian effort that required the construction of many new airfields and upgrades to many others, as well as tens of thousands of instructors and support workers, along with the mobilization of many other resources.

Administered by the Canadian government and Royal Canadian Air Force (RCAF), the story of the BCATP is worth exploring because it represented a sign of the country's growing maturity. Moreover, for a country that only eight years earlier had gained full legal autonomy from Britain through the Statute of Westminster, the BCATP further symbolized Canada's desire to develop its own sense of nationalism and direction as a completely independent state.

The scope of the plan itself was enormous. While the Dominions would establish their own Elementary Flying Training Schools (EFTSs), most of the remaining training - which included advanced flying, air gunnery, wireless operator and air observer instruction - was done in Canada. The aim of these establishments was to train 29,000 aircrew of various types per year. According to the initial plan, this would be achieved through a system of 12 EFTSs, 25 Service Flying Training Schools (SFTSs) for advanced instruction, 15 air ob-

server schools, and one large wireless or radio training school.

It was further estimated that all these stations, along with the supporting infrastructure, would require a staggering 33,000 servicemen and approximately 6,000 civilians, as well as some 5,000 aircraft.

But it was the anticipated cost of the proposed plan that concerned Canadian Prime Minister William Lyon Mackenzie King the most; which, after some adjustment, came with an initial estimated price tag of just over \$607 million - a considerable sum even by modern standards.

King fought hard to ensure that Canada's percentage of the costs was fair, while at the same time protecting the country's national interests. He did well. Worried about the optics of having the former mother country absorbing too much control, King was unflinching in his demands that the Canadian government and the RCAF would be the parties actually responsible for the BCATP. Better yet, King was a key supporter of what would become Article XV of the treaty, which was a clause stating that, whenever possible, Commonwealth aircrew trained by the plan would be sent to their own national squadrons, rather than being absorbed into the Royal Air Force (RAF). It was a pivotal moment, as this article further forged the RCAF's identity as a national institution by giving birth to Canada's 400 series squadrons (numbers that specifically identified them as being Canadian).



The BCATP was also a win-win situation for King politically. On the one hand, he was able to use statements from the British to explain to English Canada that, although it was a non-fighting role, the nation was nevertheless being asked to take the lead in a major endeavour that would be a key to victory in the struggle against

while commercial airlines handled the air observer schools.

Other civilian organizations were also invited to assist with the plan, including those that would address the BCATP's overhaul and repair needs.

While the task at hand appeared insurmountable to some individuals, Canada nevertheless answered the call. As stations opened in 1940 and 1941, the BCATP soon found itself well ahead of schedule. The EFTSs and SFTSs were, on average, finished early by some 12.9 and 10.4 weeks,

be a key to victory in the struggle against Nazism. On the other, knowing that support for involvement in the war was low in French Canada, King could easily sell the plan there since it did not involve direct military intervention or conscription in what many in Quebec saw as a European conflict.

With the terms of the BCATP finally settled on Dec. 17, 1939, the even larger task of realizing it commenced. It was a test of national will. The RCAF was small at the outbreak of the war, as was the country's air infrastructure. For instance, there were only 39 suitable airfields in the entire country, all of which needed some degree of updating, and that left Canada approximately 85 short of the estimated requirement. Building those airfields took what in modern lexicon would be known as a "whole of government approach," as it involved a number of departments such as National Defence, Transport, Finance, Munitions and Supply, as well as others.

Establishing the BCATP further depended on one of its largest production projects, as numerous trainers were pumped out of factories across the country to meet the BCATP's needs. Canadian industry also stepped up to answer the need for other general equipment required by the BCATP, and that stood as an illustration of Canada's growing economic might.

These efforts paid off. By 1942, the BCATP was much larger than anyone had originally



Commonwealth airmen study a map before taking off in their Avro Anson from RCAF Station Hagersville, Ont., in May 1943. DND Photo

respectively. One of the only problems with these schools being ready well before planned was that aircraft production lagged behind expectations.

Complications with importing British-made aircraft meant that Canada had to turn to the United States, as well as its own aviation industry, to meet the demand. Canada's aircraft industry responded by embarking on one of its largest production projects, as numerous trainers were pumped out of factories across the country to meet the BCATP's needs. Canadian industry also stepped up to answer the need for other general equipment required by the BCATP, and that stood as an illustration of Canada's growing economic might.

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The Tiger Moth was a reliable elementary trainer during the Second World War and a mainstay of the BCATP. DND Photo

An Anson Mark V twin-engine bomber, adopted for Canadian conditions and designed as a flying classroom rather than a combat aircraft. DND Photo

Pilot graduates from No. 8 Service Flying Training School, Moncton, N.B. DND Photo



envisioned, particularly since a number of British training schools were transferred to Canada. Such growth required a new agreement, which was negotiated in June 1942. Aside from extending the termination date of the plan to March 31, 1945 - two years longer than originally envisioned - efforts were also made to lengthen training. While the outcome of the war was still very much in doubt, the early crisis years had passed, permitting more time to be spent on training. Pilots, for example, saw their training program increase from 26 weeks in 1940 to 38 weeks two years later.

By the time it was done, the BCATP had



matured into 105 flying training schools, 184 support units, 100 new airfields, more than 100,000 staff and 11,000 aircraft, which was about double the original plan.

Being part of this remarkable achievement was not always easy. For instance, instructors - who were often the top performers from their own BCATP classes - had a hard time coming to terms with official arguments that they were making the same, if not a greater, contribution to victory as the aircrews directly facing the enemy. Staying at home may not have been easy for BCATP staff, particularly in a wartime society that sometimes attached a stigma to able-bodied men who did not go overseas to fight, but without their victory would have been impossible. For others on the home front, contributing to the plan was the best way for them to help the war effort. Many ordinary citizens either worked or volunteered their time to support air training in Canada.

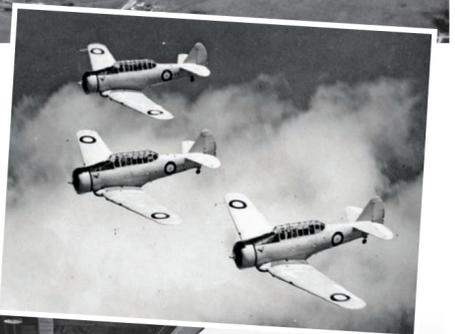
While the BCATP was an incredible national achievement, it must be remembered that the plan's success was also the product of Canada's ability to build on the essential support provided by key allies. The United Kingdom, Australia, and New Zealand were the other principal architects of the BCATP; but countries such as Belgium, Czechoslovakia, France, Holland, Norway, and Poland made equally important contributions. The United States was also a source of recruits, as a number of Americans came north to join the fight against the Germans prior to their country's entry into the war.

The BCATP was responsible for training a large portion of the aircrew that would bring victory against Nazi Germany. It came with a human cost, as 856 aircrew trainees and instructors were killed in accidents. The actual financial cost of the plan was equally hefty, with the final price tag set at a whopping \$2.2 billion.

Yet, for Canada, the impact of the BCATP was immeasurable. As a young country, Canada was handed the lead of a key Allied program that it tackled with relatively few hitches. Not only was it a tremendous



Three of the RCAF's early North American Harvards in formation near Ottawa in August 1940. Eventually, the RCAF had more than 1,800 Harvards on strength for BCATP duties. RCAF Photo



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Fitters and riggers service a Fairchild Cornell primary trainer at RCAF Station Virde, Man., in 1944. RCAF Photo



Editor's note: This article originally appeared in the Fall 2015 issue of RCAF Today, a special edition of Skies magazine (www.skiesmag.com). It has been reprinted here with permission.



When the RCAF needed a larger, more versatile twin-engine trainer for the BCATP, it adopted the Bristol Blenheim. Known in the RCAF as the Bolingbroke, more than 600 were manufactured in Longueuil, Que., by Fairchild Aircraft of Canada. The versatile and reliable "Boly" proved most valuable in training bomb aimers, air gunners, wireless operators and air navigators. Shown is Bolingbroke 9094, which ended its days towing targets at bombing and gunnery schools. Jack McNulty Collection Photo



Early in the Empire Air Training Plan (original name of the BCATP) the RCAF did much work with a handful of aircraft. This 1940 scene at RCAF Station Trenton shows Fleet primary trainers along with some advanced trainers, including Harvards, Fairey Battles, Ansons and Oxfords. DND Photo

Falcons: Partners in Wildlife Management

There is a reason that fighter jets are designed after falcons. It's not just the amazing speed, but also the way they are able to turn at g-forces that would wipe out a human. Did you know that falcons are invaluable in maintaining order at airport skies?

On Jan. 28 in Ivanhoe, Jason Botting, Senior Wildlife Officer /Manager at CFB Trenton for Falcon Environmental Services, will present the role of the falcon in wildlife management, especially at airports. He will bring along one of his favourite trained falcons (or hawks) to show off to the crowd.

Falcon Environmental Services specializes in falconry for airport wildlife management plans, bird hazard risk assessments, and wildlife management training programs. For example, an assessment must take account of risk elements such as aircraft types present, bird

species, habitats at the airport, and so on. A crop growing near the airport will attract birds, so this must be factored into the wildlife management plan.

In fact, Canadian Airport Regulations require the integration of a Wildlife Management Plan in airport operations. Falcon Environmental Services has developed the initial risk analyses and Wildlife Management Plans for several large airports, including Pearson International and Billy Bishop Toronto City Airports; Montreal's PE Trudeau Airport; and JFK International.

Come and learn all about falconry and see one in action on Thursday, January 28 from 7 to 9 pm at the Huntington Veterans Community Hall, 11379 Highway 62, in Ivanhoe, just north of the Ivanhoe cheese factory. An entrance fee of \$5.00 per person (or a donation) will help cover costs. Children are free. Refreshments and good



company are cheerfully provided.

The Hastings Stewardship Council promotes a healthy and sustainable environment that contributes to the viability

of agricultural and natural resources in Hastings County. For more information, contact Matt Caruana at 613-391-9034 or info@hastingsstewardship.ca

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- ✓ 5 units to save someone who needs cardiovascular surgery
- ✓ 2 to 8 units to help someone with internal bleeding
- ✓ 2 units-a-day to help someone undergoing a bone marrow transplant

Wing Logistics and Engineering Picture of the Week

8 Wing Supply introduces
Mr. Jim Buckland



Jim Buckland works in the Material Distribution Centre (MDC) located at Central Materiel Traffic Terminal (CMTT). He works together with Mr. Greg Hewson and their job consists of receiving and issuing all material ordered by Supply Customer Account (SCA) holders at the Wing. These two gentlemen have probably been in contact with everyone at the wing at one point or another. They make direct contact with SCA holders and initiate pickup/delivery of merchandise ordered/received. In the photo, Jim is helping a customer load their items unto the truck. Very important note, don't forget to sign and return your copies of the receipt when items are picked up or dropped off. Photo by: Corporal Don Doyle

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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!

Afternoon Chatter

Tea time and chat Sunday, Jan. 17 from 1 p.m. to 4 p.m. Everyone is welcome! This is an afternoon for you to unwind, socialize, share ideas and enjoy some yummy treats. We will try different types of tea - do you have a favourite kind of tea that you would like to share? Bring your favourite! Please register with MFRC reception - 613-965-3575.

Jasette de l'après-midi mensuelle

Heure du thé et Jasette le dimanche 17 janvier, 13h00 à 14h00. Bienvenue à tous! Un après-midi juste pour vous, pour vous détendre, socialiser, partager des idées et savourer de délicieuses gourmandises...Goûtons à différentes sortes de thé; avez-vous un thé favori, voulez-vous partager? Apportez votre tasse préférée! Inscrivez-vous, s.v.p. à la réception du CRFM. Information et inscription : 613-965-3575.

Financial Future

Learn how to invest and prepare for what's to come! Plan short and long term goals. Pursue your financial dreams and achieve a comfortable retirement while balancing the demands of a challenging military career. When: Tuesday, Jan. 19 from 7 p.m. to 8:30 p.m. Where: Trenton MFRC. Cost: This is a free seminar! To register, please call the MFRC reception at 613-965-3575 or email rabia.s@trentonmfr.ca.

Votre futur financier

Apprenez comment investir et préparer pour les jours à venir ! Des objectifs à court et à long terme. Poursuivez vos rêves en matière de finance et réalisez une retraite confortable tout en balançant les demandes et défis d'une carrière militaire. Quand : le mardi 19 janvier, 19h00 - 20h30. Où : CRFM de Trenton. Coût : gratuit ! Inscrivez-vous en téléphonant la réception du CRFM au 613-965-3575 our rabia.s@trentonmfr.ca.

Dance Classes

The Trenton MFRC offers great dance classes like Bellydancing, Rumba, Cha Cha and the Viennese Waltz. To learn dates, times and cost, please contact reception soon as spaces are limited!

Cours de danse

Le CRFM de Trenton offre différents cours de

danse tels que Baladi, Rumba, Cha Cha and la valse viennoise. Pour en apprendre plus sur les dates, l'heure et les coûts, contactez la réception aussitôt que possible car les places sont limitées.

Lunch and Skate

Lunch and skate is for kids of all ages to join us for a warm lunch at the Youth Centre to be followed by a fun afternoon skating at the RCAF Flyer's arena. Only \$3 per person. When: Saturday, Jan. 23, from 12:30 p.m. to 3 p.m. Where: Meet at the Youth Centre. All ages welcome! Don't forget your skates!

Lunch et Patinage

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MFRC Family Ski Day at Batawa Ski Hill

Join us at Batawa Ski Hill on Sunday, Jan. 24 for a fun day on the slopes! Our MFRC Ski Day tickets are

available for purchase at reception for \$39. They include lift ticket, equipment rental, one hour beginner group lesson, and a BBQ lunch.

Journée du CRFM à Batawa Ski Hill

Venez avec nous, le dimanche 24 janvier à Batawa Ski Hill pour une journée amusante sur les pentes! Les billets pour notre journée de ski du CRFM sont en vente à la réception pour 39\$. Comprend : Remonte-pente, location d'équipement, une heure de leçon de groupe pour débutants, et barbecue.

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.

Continued on page 12

Home of the Week
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Plan No: 6-3-358



Multiple gables lend the exterior of this two-storey, three-bedroom family home an air of rural charm. Inside, comfort and convenience rule.

The covered entrance leads into a generous foyer, with a handy coat closet on the right. Off the foyer is a den, the perfect location for a home office, since clients will not have to walk through the house to reach it. Thanks to the den's walk-in closet, the room could double as a guest room.

Visible from the foyer is the open-plan great room, which flows into the dining area and kitchen, allowing the cook to keep an eye on the rest of the family during meal preparation. Part of this area features a double-height ceiling. The corner fireplace will make the great room attractive for family activities during the cooler months, while access to the terrace will

make serving summer-time al fresco meals a breeze. Adjacent to the dining area, which features an optional built-out buffet, is a covered outdoor space, the perfect spot for the barbecue.

The kitchen features an island with an eating bar for casual meals and snacks. There's a roomy pantry, and the L-shaped counter configuration will save steps. A deep sill above the kitchen sink provides display space for plants or collectibles.

The master suite boasts a window seat that overlooks the back garden. The four-piece ensuite and capacious walk-in closet adds a touch of luxury.

Also on the main floor are a powder room, under-stair storage space and linen cupboard. The laundry room contains extra closet space for off-season gear, and provides access to the double garage.

On the second floor, reached via a U-shaped staircase, are two more bedrooms that share a split en-suite, lit by a sky-

light. Adjacent is a linen closet, as well as two large storage spaces. Bedroom No. 3 features a window seat.

Exterior finishes include board-and-batten siding, painted trim and wood detailing, wood shingles and partly mullioned windows, as well as porch pilasters with stone bases. Wooden barn-style doors decorate the garage.

This home measures 42 feet wide and 54 feet, six inches, deep, for a total of 1,984 square feet.

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

Quinte West for Refugees

The Quinte West Ministerial Association is bringing the community together to bring a persecuted Christian refugee family to our neighbourhood. To help or donate go to Facebook "Quinte West for Refugees" e-mail qwrefugees@gmail.com or call 613-392-1300.

Join Trenton Trimettes

Start your New Year's resolution by joining Trenton Trimettes. Free administration fees for the month of January. Call Sheila at 613-392-0353 for more information.

Jan. 15 – Blood Donor Clinic

The 8 Wing/CFB Trenton blood donor clinic takes place at the CFB Trenton RecPlex, 21 Namao Drive, on Friday, Jan. 15 from 10 a.m. to 2 p.m. Everyone is encouraged to come out and give blood at this important time of the year.

Jan 16 – Crouse-Wannamaker Lecture

The Quinte Branch of Ontario Genealogical Society presents its Annual Crouse-Wannamaker Lecture on the topic of "The Tweed and Area Heritage Centre," by Curator Evan Morton and "Dutch" Vermeer. A tour of the various components and highlights of the Centre; the military tribute gallery and the resources available to researchers will be discussed. Place - Quinte West Public Library, 7 Creswell Drive, Trenton, from 1 p.m. to 3 p.m. Everyone is welcome. For more information visit www.rootsweb.ancestry.com/~canqbogs/

Jan. 23 – NAFMC Foundation Robbie Burns Night and Scotch Tasting

The National Air Force Museum of Canada Foundation presents a Robbie Burns Night and Scotch tasting at the National Air Force Museum of Canada on Jan. 23 from 6 p.m. to 1 a.m. The evening includes a three course dinner, four scotch nosings, highland piping and dancing and a toast to the haggis. Tickets are

\$100 per person and are available by calling 613-965-7314 or NAFMC-Foundation@gmail.com

Jan. 24 - MFRC Family Ski Day at Batawa Ski Hill

Join the Military Family Resource Centre of Trenton at Batawa Ski Hill on Sunday, Jan. 24 for a fun day on the slopes! MFRC Ski Day tickets are available for purchase at reception for \$39. They include lift ticket, equipment rental, one hour beginner group lesson, and a BBQ lunch.

Jan. 28 - Falcons: Partners in Wildlife Management

Falcons: Partners in Wildlife Management. Presented by CFB Trenton Wildlife Officer and hosted by Hastings Stewardship from 7 to 9 p.m. at the Community Hall, 11379 Highway 62, in Ivanhoe, just north of the cheese factory. Entrance fee \$5 each (or donation), kids are free. For information, contact 613-391-9034 or info@hastingsstewardship.ca.

Feb. 9 - Wealthy Barber coming to NAFMC

SISIP Financial invites interested people to join them along with David Chilton, author of The Wealthy Barber Returns and former Dragon from CBC's Dragons' Den at the Trenton National Air Force Museum of Canada on Feb. 9 from 7 p.m. until 8 p.m. Admission is free but seating is limited. Laugh while learning the philosophy of simple savings solutions. Attendees will receive a free copy of The Wealthy Barber Returns and they can enter to win a \$500 CAF Savings Plan (RRSP) or a \$250 CANEX gift card. Refreshments will be provided.

Feb. 22 – Trenton Knights of Columbus Blood Donor Clinic

The Trenton Knights of Columbus Blood Donor Clinic will be held at the Trenton Knights of Columbus Hall at 57 Stella Crescent from 1 p.m. to 7 p.m. All regular and new donors are encouraged to attend and give the gift of life during this time of depleted blood reserves.

MFRC continued from page 11

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.

Second Language Training – English and French

Language classes will begin again on Jan. 11, 2016. These classes are available for military spouses/partners and their immediate family (minimum age 16 years). Classes run for 10 weeks beginning in September, January and April. Each session offers a total of 60 hours of instruction. Classes are held twice a week, either mornings or evenings depending on the level. The cost for a military spouse is a \$50 deposit (required upon registration). This deposit is refundable if the participant attends 85 per cent of classes. A \$15 textbook is required and available at the first class. Courses are also open to military members for a cost of \$75 non-refundable and to members of the community at a cost of \$125 per session, however, priority will be given to spouses of military members (A minimum of five military spouse participants, with a maximum of 12 students, is required per course). A \$15 textbook is also required for military member and civilians. Come in and complete the registration form at the MFRC reception or contact Nathalie Vadeboncoeur at 613-392-2811 ext. 3855 or nathalie.v@trentonmfr.ca for further information. An evaluation of your level will be made by telephone following your registration. You can also download the registration form via our website www.trentonmfr.ca. (Registration deadline is Jan. 4, 2016.)

Cours de langue seconde - anglais et français

La prochaine session commencera le 11 janvier 2016. Les cours sont offerts au Centre de ressources pour les familles des militaires de Trenton pour les con-

jointes des militaires et leurs familles immédiates (16 ans et +), niveaux débutant et intermédiaire. Les classes débutent en septembre, janvier et avril pour une durée de 10 semaines. Chaque session offre un total de 60 heures d'enseignement. Les cours sont offerts deux fois par semaine, de jour ou de soir, selon la demande. Pour les conjoint(e)s des militaires, le coût est seulement un dépôt de 50 \$ (requis lors de l'inscription) et est remboursable à la fin de la session si l'apprenant se présente à 85% des cours. Un livre d'exercices (\$15) est requis et disponible au premier cours. Les cours sont aussi ouverts aux membres des forces militaires au coût non remboursable de 75\$ et aux membres de la communauté au coût non remboursable de 125 \$. Par contre, la priorité sera accordée aux conjoints de militaire (un minimum de 5 conjoints de militaire et un maximum de 12 étudiants par cours est requis). Venez vous inscrire à la réception du CFRM ou communiquez avec Nathalie Vadeboncoeur au 613-392-2811 poste 3855 ou nathalie.v@trentonmfr.ca pour plus d'information. Une évaluation de votre niveau sera faite par téléphone après votre inscription. Vous pouvez aussi télécharger notre formulaire d'inscription à partir de nos site www.trentonmfr.ca. (Inscription avant le 4 janvier 2016.)

Veteran Family Program

The Veteran Family Program is a joint initiative between Veterans Affairs Canada and Military Family Services. The Veteran Family Program is a bilingual service that provides support to medically-released Veterans and their families to effectively prepare for and transition to civilian life. Services are available six months prior to release and two years post-release and include: Community integration services, transition support, intervention support, employment and education services, second language program, access to the 24/7 bilingual family information line, children and youth workshops, personal growth and development. **Each veteran and their family are unique and services will be tailored to meet those individual needs. For more information please contact Kelly Briggs at kelly.b@trentonmfr.ca or 613-392-2811 ext. 7917.

Continued on page 13



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MFRC continued from page 12

Programme pour les familles des vétérans

Le programme pour les familles des vétérans est mené conjointement par les Anciens Combattants Canada et le Programme des services aux familles des militaires (PSFM). Le PSFM est un service bilingue qui offre du soutien aux anciens combattants libérés pour raison médicale et leur famille pour faciliter leur transition à la vie civile. Les services sont offerts six mois avant et deux ans après la date de libération et comprennent: Services d'intégration communautaire, soutien à la transition, appui aux interventions, services d'aide à l'emploi et à l'éducation, programme de langue seconde, accès à la ligne d'information bilingue sur la famille 24 heures sur 24, 7 jours sur 7, ateliers pour enfants et adolescents, programme d'épanouissement personnel et de développement. **Les besoins des vétérans et de leur famille diffèrent et c'est pourquoi nous adaptons nos services selon les besoins individuels de chacun. Pour plus d'information veuillez contacter: Kelly Briggs – kelly.b@trentonmfr.ca or 613-392-2811 poste 7917.

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 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>

Mother-Daughter Teenage Bootcamp

This program will facilitate communication between mothers and daughters (in grades 7 and 9). This program will discuss communication between mothers and daughters. Issues that are pertinent right now and in the future. When: Saturday, Feb. 6, from 9 a.m. to 4 p.m. Theme: Self-Esteem. Register by: Friday, Jan. 29 by calling 613-392-2811 ext. 4528 or email mona.l@trentonmfr.ca.

Mère-fille adolescence camp d'entraînement

Ce programme traitera de la communication entre les mères et les filles, de conversations qui sont pertinentes aux adolescentes aujourd'hui et celles à venir. Pour les mères et les filles de la 7e et la 8e année. Le samedi 6 février, 2016, 9h00 à 16h00 au CRFM de Trenton. Le thème sera: "Estime de soi". Inscriptions requises avant le 29 janvier, 2016 composez le : 613-392-2811 poste 4528 ou mona.l@trentonmfr.ca.

Puzzle Project

A support group for siblings of a child with Autism Spectrum Disorder. This is to provide a fun and supportive environment for siblings to share the joys and struggles of being a sibling of an individual on the spectrum. This is done through discussion, activities, games designed to be unique, upbeat

and appealing to a wide ability range, craft activities, and special guests who may teach participants new skills. Puzzle Project will begin Jan. 19, 2016 for eight weeks from 3:30 p.m. until 5:30 p.m. For information or to register, please contact Orleana Bourgoin 613-392-2811 ext. 3953.

Projet casse-tête

Un programme pour les frères et les sœurs d'un enfant souffrant des troubles du spectre de l'autisme. Ce programme a pour but de partager les joies et les défis d'avoir un frère ou une sœur autiste. Les ateliers, de jeux, de discussions, de bricolages et d'invités spéciaux, ont pour but d'enseigner aux participants de nouvelles compétences dans un environnement chaleureux et sécuritaire. Ce programme de 8 semaines débute le 19 janvier 2016, de 15h30 à 17h30. Pour tous renseignements ou pour inscription, contactez Orleana Bourgoin 613-392-2811 poste 3953.

PALS (peers assisting with life skills)

Jan. 22 from 5:30 p.m. to 7:30 p.m. "Healthy Bodies and Healthy minds." A group for children from military families who are six to 11 years old. This group gives kids the chance to meet other children going through similar life experiences while learning life skills such as dealing with stress, anger, fears and communication skills. Activities for this theme will be centered on teaching kids what healthy really is, how to be healthy and how important good physical health is for good mental health. Supper will be provided. There are still available spaces to register. Please contact mona.l@trentonmfr.ca or by calling 613-392-2811 ext 4528 before Jan. 18.

PALS (A.M.I.S aide sur les compétences de vie par les pairs)

Le vendredi 22 janvier de 17h30 à 19h30 " Un esprit sain dans un corps sain." Un groupe pour les enfants de familles militaires âgés de six à onze ans. Ce groupe leur donne la chance de rencontrer d'autres enfants qui vivent des expériences de vie similaires, tout en apprenant des compétences de la vie tels que la gestion du stress, la colère, les peurs et les compétences de communication. "Un esprit sain dans un corps sain": Nous aurons des activités pour faire comprendre aux jeunes que la santé men-

tale est aussi essentielle que la santé physique et l'importance de l'activité physique pour le maintien de ces deux aspects. Le repas est inclus mais vous devez inscrire votre enfant par courriel: mona.l@trentonmfr.ca ou composez le 613-392-2811 poste 4528 avant le 18 janvier.

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.

NEW - March Break Kidz Kamp

Monday, March 14 to Friday, March 18 from 8 a.m. to 4 p.m. Registration: Military community on Monday, Jan. 4 and for the general public on Monday, Feb. 1.

Red Cross swim lessons for children and adults

Registration for all will continue until the end of the first class.

Adult Programs

Morning Aquafit – Mon., Wed., Fri. mornings, Jan. 4 to March 3 from 8:30 a.m. to 9:20 a.m.

Evening Aquafit (Jogging) – Tuesdays and Thursdays, Jan. 5 to Feb. 25 from 6 p.m. to 6:50 p.m.

Senior Lane Swim – Mon., Wed., and Fri.

mornings, 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.

New Parented Circuit Training – Mondays, Jan. 4 to Feb. 29, from 5:30 p.m. to 6:30 p.m.

Hatah Yoga – Tuesdays, Jan. 5 to Feb. 23 from 4:15 p.m. to 5:15 p.m.

Spin-Fusion – Tuesdays, Jan. 5 to Feb. 23 from 5:20 p.m. to 6:20 p.m.

Fitness 4 two (Parent and Baby) - Wednesdays, Jan. 6 to Feb. 24 from 5:30 p.m. to 6:30 p.m.

Parented Pilates – Wednesdays, Jan. 6 to Feb. 24 from 9:30 a.m. to 10:30 a.m. and/or New Saturdays, Jan. 9 to Feb. 27, 9:30 a.m. to 10:30 a.m. at the RecPlex gym.

Pilates/core Fitness – Wednesdays, Jan. 6 to Feb. 24 from 4:30 p.m. to 5:30 p.m.

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 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

Home spas - know what you are getting into

With the increasing popularity and numbers of home spas comes a corresponding increase of hot tub casualties. People must realize there are important safety responsibilities to owning and using a hot tub.

The hot bubbling water swirling around your body relaxing and soothing those aching muscles can have severe consequences. The average temperature in a spa is hot enough to raise your body temperature by several degrees above normal levels. About 10 to 15 minutes is safe for most users; but longer exposure can put enough stress on the cardiovascular system and cause changes in blood pressure and heart rate.

Consider your health before entering a

tub. Older people with circulatory problems or heart conditions should stay away from a hot tub. Pregnant women and young children are also advised against hot tub use.

Do not go for a soak if you are on any medication - even such non-prescription drugs as antihistamines. Such drugs can make you drowsy, which introduce the risk of falling asleep and possibly drowning in the tub.

If you lose track of how long you've been in the water or if you start to feel tired or faint, get out slowly. Getting out of the hot tub slowly allows your body



spa chemicals is very important.

Careless handling and storage of chemicals can result in serious injury if basic precautions are not taken. Always make sure children and pets are kept away from open containers. Read and follow directions on the labels and measure quantities closely. Overdosing your pool water will not make the water any cleaner but it can give bathers irritated eyes and skin.

Don't smoke around chemicals because they can be ignited from a single cigarette. The most basic and perhaps the most important rule when mixing chemicals for spas is never add water or liquid chemicals to a dry chemical - always add the chemical to the water. Improperly stored spa chemicals can give off noxious gases, cause fires and corrode surrounding equipment.

All spa chemicals should be stored separately from other household chemical compounds. Liquid chemicals should never be stored above dry chemicals and all chemicals should be locked away on high shelves in a cool, dry, well-ventilated cabinet. Keep the original lids on all chemical containers and make sure the lids are tightly sealed when not in use. It's also a good idea to keep records of how old your chemicals are and throw out any that are beyond their expiry date.

There are few things more appealing than a nice soak in a hot tub. But as with anything else, the secrets of enjoying a hot tub are common sense and a good knowledge of just what it is you are getting yourself into.



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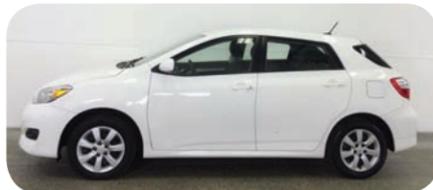
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13 TOYOTA SIENNA LE

26220 Auto, 4 dr, 6 cyl, AWD, keyless entry, roof rack, alloys, air bags, traction ctrl, AC, dual climate, CD, MP3, sat radio, rev camera, Bluetooth, pwr seats/windows/locks/mirrors/doors, height adjust seats, cruise, tilt steering. 55,730 km

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\$210.00
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13 TOYOTA MATRIX

24852A Auto, 4 dr, 4 cyl, AWD, Hatchback, keyless entry, fog lights, air bags, traction ctrl, AC, CD player, MP3, bluetooth, pwr windows/locks/mirrors, heated mirrors, cruise, steering wheel ctrls. 42,170 km

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15 FORD EXPLORER XLT

26380 Auto, 4 dr, 6 cyl, 4WD, keyless/keypad entry, factory remote start, flex fuel, roof rack, trailer sway, alloys, air bags, traction ctrl, leather, heated seats/mirrors, AC, dual climate, MP3, touch screen, sat radio, rev camera, park aid, pwr seats/windows/locks/mirrors/liftgate, cruise, steering wheel ctrls, tilt steering, selec-terrain. 57,088 km

\$33,995
\$205.00
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96 mths @ 5.9%
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15 VW BEETLE

25538 Auto, 2 dr, 4 cyl, FWD, Hatchback, keyless entry, air bags, AC, CD player, pwr windows/locks/mirrors, heated mirrors, tilt steering. 11,566 km

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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
PREVIOUS DAILY RENTAL

\$22,995
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15 CHRYSLER 300 C

26283 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/shades, heated seats/mirrors/steering, cruise, steering wheel ctrls. 21,700 km
PREVIOUS DAILY RENTAL

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14 MERCEDES SPRINTER 2500

25188 Auto, 3 dr, 4 cyl, RWD, Diesel, keyless entry, trailer hitch, fog lights, air bags, vinyl floors, AC, MP3, Bluetooth, pwr windows/locks/mirrors, cruise, steering wheel ctrls, blue efficiency, curb side mirrors. 25,110 km

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15 TOYOTA TACOMA TRD

26118 Trail Teams Sport, Auto, 4 dr, 6 cyl, 4x4, keyless entry, crew cab, short box, box liner, trailer hitch, tonn cover, alloys, air bags, traction ctrl, AC, CD, MP3, touch screen, sat radio, Bluetooth, pwr windows/locks/mirrors, heated seats, cruise, steering wheel ctrls, tilt steering. 33,230 km

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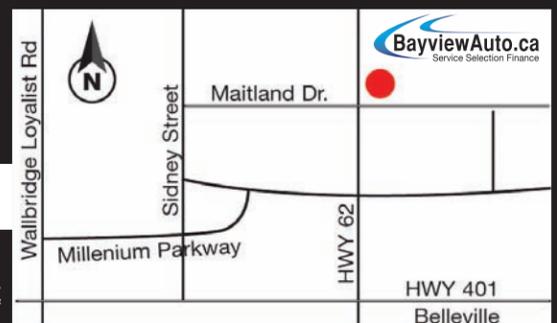
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RVR GT AWC model shown[‡]

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