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Expect to laugh while learning his philosophy and prescription for financial health, security

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A new Champion takes up the mantle

Lt.-Col. William Church, Commanding Officer of 429 Transport Squadron, is the 8 Wing DVMAG champion



Lt.-Col. Bill Church is the 8 Wing Champion for the Defence Visible Minority Advisory Group. Contact file photo by Ross Lees
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Trenton MFRC preparing to expand



The Trenton MFRC needs to expand out of the already fully taxed building they occupy on CFB Trenton. Photo by Ross Lees

Executive director is seeking to establish satellite offices in Belleville and Frankford/Batawa

By Ross Lees

Expansion of the Trenton Military Family Resource Centre (MFRC) into Belleville and Frankford/Batawa is being dictated by the needs of military families.

Those needs require some fairly quick response from the MFRC and executive director of the Trenton MFRC Tamara Kleinschmidt and her staff is doing everything they can to respond to those needs.

At the moment, she is trying to identify a site within the next couple of weeks in Belleville that could house a 5,000 square foot building, be on a bus route, be accessible to military families, have some outdoor space and allow for parking for a facility that would provide child care and also a space to offer MFRC programming. That would mean military families in Belleville would not have to travel to Trenton all the time for services and child care.

In Frankford and Batawa, Mrs. Kleinschmidt and the MFRC have held talks with Sonja Bata and the Batawa

Development Corporation (BDC) to see if there might be space in the old Bata Shoe Factory, which is now being re-furnished, for a child care facility.

"We've been talking to them and they're saying there may be space to meet your needs," Mrs. Kleinschmidt said. "That's a more long-term project, though. But we've been looking for other more short term opportunities in the area."

One building they had looked at in Frankford has since been sold, so they are now also talking to the Hastings and Prince Edward District School Board to determine what partnership opportunities might be available. Those discussions continue to be ongoing but she said she would like to have something in place in Frankford by the end of June.

"We're moving very, very quickly on both of these projects because the families are telling us they need it now, so that's what we're trying to do," she explained.

Continued on page 10

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Roots of Hockey Dinner Kicks off fifth annual Pond Hockey Classic

C.J. Wilneff, an army reservist deployed to Afghanistan in 2010, is the 2016 guest speaker



Sergeant (Sgt.) Chris Downey and Francine Leclair dropped the puck to officially start the tournament last year. Sgt. Downey held the crowd enthralled at the Roost of Hockey dinner the night before to kick off the 2015 Pond Hockey Classic tournament. *Photo by Sean Scally*

C.J. Wilneff, an army reservist who was deployed on a tour of duty in Afghanistan in 2010, will be the guest speaker at the Roots of Hockey dinner kicking off the fifth annual Pond Hockey Classic in Batawa Jan. 30 and 31. The weekend's festivities kick off with the Roots of Hockey dinner January 29 at the Batawa Community Centre with cocktail hour beginning at 5:30 p.m. and dinner to follow at 6:30 p.m. Tickets are currently on sale for \$75. Since its first year, the Pond Hockey Classic has raised approximately \$100,000 to support Trenton Memorial Hospital

Foundation and a host of other charities which support soldiers and veterans of the Canadian Armed Forces (CAF). The Pond Hockey Classic tournament hosts 32 teams following traditional pond hockey rules in a fast-paced, four-on-four game. The tournament is an elimination event, with the final two teams facing off on the Sunday afternoon. This year, the Pond Hockey Classic Tournament and Roots of Hockey dinner are raising funds in support of Trenton Memorial Hospital Foundation and Wounded Warriors Canada.

Upon returning home from his Afghanistan tour, CJ's emotions ranged from feeling lost, pressured, lonely and ultimately unsure of himself. Friends and family noticed a drastic change in CJ, and that he had been affected, although he initially couldn't see it. People close to him noted that he came back from Afghanistan different, and CJ finally reached a point where he saw his different self and knew he needed

to seek help for post-traumatic stress disorder (PTSD). Help was apparently hard to find and he had little luck. Any help he found seemed to be a quick fix, making suicidal isolation and mental health a large struggle, until he was introduced to an amazing organization called Wounded Warriors Canada. This was his guiding light at the end of the tunnel. Aside from

Warriors Canada is a national non-profit organization that supports Canada's ill and injured CAF members, veterans and their families. Through a wide range of national innovative and pioneering programs and services, Wounded Warriors provides a spectrum of care that is focused on mental health, particularly PTSD. Trenton Memorial Hospital Foundation is proud to be partnering with the 436 Transport Squadron and Wounded Warriors to bring this exciting event to the Bay of Quinte region. There is no other like it in our area, as demonstrated by the significant growth it has seen over the first five years of the competition. Trenton Memorial Hospital provides health care services to over 2,200 military families living within Quinte West alone, and continues to support the broader community through fundraising in support of quality health care now and in the future. For further information about the Pond Hockey Classic tournament or Roots of Hockey dinner, go to www.hockeyfortroops.com.



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New coin commemorating British Commonwealth Air Training Plan now available



From RCAF Public Affairs

The Royal Canadian Mint has launched a new \$20 silver coin commemorating the British Commonwealth Air Training Plan (BCATP).

The Plan, as it came to be known, arose from Prime Minister William Lyon Mackenzie King's desire to see Canada contribute meaningfully to the Allied war effort while, hopefully, maintaining control of Canadian personnel rather than seeing them absorbed into British units, and avoiding the terribly high casualty rates of the First World War. The BCATP agreement was signed in late 1939, and ran until 1945.

It was a simple plan, on the surface. Once Commonwealth nations around the world had determined through their own Elementary Flying Training Schools (EFTS) that enrollees did, indeed, have "the right stuff", candidates arrived at BCATP schools throughout Canada for

advanced flying training, and air gunnery, wireless operator and air observer instruction. Upon graduation, aircrew travelled to England where they formed units and entered the fray under their own nations' banners.

Beneath this ordered surface was one of the most demanding efforts undertaken by Canada during the Second World War.

Airfields and schools were repurposed or constructed throughout Canada. These facilities and their supporting infrastructure would employ some 33,000 military personnel and about 6,000 civilians, and require about 5,000 aircraft – at a staggering cost of more than \$607 million.

By war's end, BCATP schools had trained 131,553 Allied aircrew, and Canada had become known as "the aerodrome of democracy". The Plan was one of the most successful efforts undertaken by Canada during the Second World War. A legacy of the BCATP is visible in the many airfields and regional airports that dot our nation today.

The Royal Canadian Mint's new British Commonwealth Air Training Plan commemorative \$20 silver coin is a fitting tribute to The Plan and to the Canadians who brought it to life.

With thanks to the Royal Canadian Mint for the use of its images. Coin images © 2016 Royal Canadian Mint. All rights reserved



The Royal Canadian Mint has launched a new \$20 silver coin commemorating the British Commonwealth Air Training Plan (BCATP).

Sandra Hussey
sales representative

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Op SANTA brings Christmas cheer to the North Pole

By: Corporal Sheppard NDJ, Firefighter CFS Alert

Op SANTA spreads Christmas cheer to those Canadian Armed Forces (CAF) members who are deployed on operations across the globe during the holiday season; this year was no exception for Canadian Forces Station (CFS) Alert.

Canadian Forces Base (CFB) Trenton's weekly sustainment flight acting as Op SANTA's sleigh arrived just in time for Christmas this year, delivering tri-walls filled with care packages, one for each member of the Station.

On Christmas morning, Station members of CFS Alert gathered in the Arctic Club Mess to enjoy Christmas carols and a surprise visit from the man himself, Santa Claus. After a few short words, the Commanding Officer of CFS Alert, Major Walter Michalchuk, and Station Warrant Officer, Master Warrant Officer Cheyne Todd, shook hands and wished each member of the Station a Merry Christmas as they received an Op SANTA care package.

This year's Op SANTA care packages were provided for by Giant Tiger and prepared by the wonderful staff from the Military Family Resource Centre in Ottawa. Each care package was filled with plenty of useful things that CAF members can appreciate while deployed on operations.

Each care package include such things as a deck of cards to pass the time, jerky and trail mix to help during those long times between meals, books and magazines to keep the mind engaged, extra toiletries, which never go astray, and of course chocolate candy and Canadian maple cookies to remind everyone of home.

Everyone from CFS Alert would like to thank those who were involved in making Op SANTA a reality this year. The station greatly appreciated the time that was put into preparing each Op SANTA care package and the thoughts and well wishes that accompanied them.



Santa Claus visits CFS Alert.



The CO of Alert and Station Members sing Christmas carols.



Tri-walls filled with Op SANTA gifts.

Photos by Private Stephen Walser (SWO's Assistant CFS Alert)

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.



The Contact ~ Wing Headquarters
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*Wing Logistics and Engineering
Picture of the Week*

**W Food Svcs is
preparing for OP
PROVISION**



Wing Food Services (WFood Svcs) has set-up the new Mobile Special Equipment Vehicle (MSEV) kitchen at the cadet camp in preparation for OP PROVISION. The new portable kitchen is fully equipped and fully operational, and is ready for any possible feeding commitment. Also, a Mex 26 shelter has been erected by Construction Engineers (CE) adjacent to the MSEV kitchen to provide an environmental shelter during the winter months, which would serve as a waiting area.

Photo by Sergeant James Huberg

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Mental Fitness and Suicide Awareness – Supervisor Training

4 February 0830-1600hrs
MITE Coded

A 1-day program aimed at assisting in the understanding and maintenance of mental fitness, including awareness of suicide and suicide intervention for non-professionals.

Sign up today at http://www.cfbtrenton.com/forms/HP_Registration/stf_input.php
More information
<http://www.cg.cfpsa.ca/cg-pc/Trenton/EN/HealthPromotion/Programs/Pages/MentalFitnessSuicideAwareness.aspx>

Sensibilisation à la santé mentale et au suicide. Formation pour superviseur

4 février 08h30-16h00

Il s'agit d'un programme d'une journée conçu pour favoriser la compréhension et le maintien de la santé mentale, notamment par le biais d'activités de sensibilisation au suicide et de prévention du suicide destinées à des non-professionnels.

Inscrivez-vous dès aujourd'hui http://www.cfbtrenton.com/forms/HP_Registration/stf_input.php
plus d'informations
<http://www.cg.cfpsa.ca/cg-pc/Trenton/FR/HealthPromotion/Programs/Pages/MentalFitnessSuicideAwareness.aspx>

Alcohol, Other Drugs and Gambling: Supervisor Training

28-29 January 2016 or 18-19 February 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 ou 18-19 février 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>

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Improve Communication in Personal Relationships is an innovative program providing training in interpersonal communication and conflict management.

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2, 9, 16, 23 February 2016 • 08h30 – 11h30
Sign up today at 613-392-2811 x3768

Inter-COMM!

Le programme d'amélioration des communications dans les relations personnelles offre une formation innovatrice dans le domaine des communications interpersonnelles et la gestion des conflits.

D'une durée de douze heures, ce cours comporte quatre modules et offre aux participants une formation sur les concepts de gestion des conflits ainsi que des stratégies qui pourraient être utiles dans des situations ou des conversations difficiles avec des amis ou des membres de la famille. Grâce à des activités d'apprentissage, des exercices et de l'encadrement, les participants acquerront des compétences en gestion de conflits, apprendront à communiquer efficacement et à favoriser la collaboration tant à la maison que dans la collectivité.

2, 9, 16, 23 février 2016 • 08h30 – 11h30
Inscrivez-vous dès aujourd'hui
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Get Registered! For more information on the Health Promotions 2016 Winter Calendar, visit <http://healthpromotion.cfbtrenton.com> or call 613-392-2811 Ext3768

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CAF members to get financial management tips from author of *The Wealthy Barber*

SISIP Financial, a division of Canadian Forces Morale and Welfare Services (CFMWS) and Commander Military Personnel Command announce they are bringing Mr. David Chilton, author of *The Wealthy Barber* and *The Wealthy Barber Returns*, and former CBC *Dragons' Den* host, to speak at seven major bases/wings across Canada.

Mr. Chilton will be sharing his stories with Canadian Armed Forces (CAF) members who can expect to laugh while learning the *Wealthy Barber's* philosophy and prescription for financial

health and security. The importance of adopting good financial habits early in ones' career is essential to everyone. That is why the *Wealthy Barber's* two simple calls to action are something that every CAF member can do: Live within your means and pay yourself first.

"This book offers practical advice and realistic strategies for all Canadians and CAF members. A must-read for members looking to secure financial health and security for themselves and their families," stated Lieutenant-General (Lt.-Gen.) Christine White-

cross, Commander Military Personnel Command.

"The financial well-being of the CAF community is paramount to the operational readiness of the CAF," said Commodore Mark Watson, Director General CFMWS.

A recent Director General Military Personnel Research and Analysis study demonstrated that financial satisfaction is an important predictor of greater psychological well-being and life satisfaction, the attributes essential for operational readiness.

One of his stops includes 8

Wing Trenton on Feb. 9, at 7 p.m. at the National Air Force Museum of Canada where we hope to reach maximum participation among CAF members.

We are pleased to be providing all participants who attend these events with a free copy of Mr. Chilton's book, *The Wealthy Barber Returns*, with a special message from Commander Military Personnel Command on the cover.

Military attendees will be eligible to enter a ballot for a chance to win a \$500 Canadian Armed Forces Savings Plan (RRSP/TFSA) and a \$250 CANEX gift

certificate at each of these events (draws will take place at SISIP Financial HQ on Feb. 29; winners will be contacted).

To help members with children, MFRC will be providing free child care services from 1830 hrs. to 2130 hrs. for this evening event.

Don't miss this great opportunity to see and hear Mr. Chilton! Please note that seating is limited. As such, for those who wish to register, please go through your proper Chain of Command.

Information on SISIP Financial programs and services are available at www.sisip.com.

Les membres des Forces armées canadiennes obtiendront des conseils de gestion financière de l'auteur du livre « Un barbier riche »

La Financière SISIP, une division des Services de bien-être et moral des Forces canadiennes, et la commandante - Commandement du personnel militaire annoncent la venue de M. David Chilton, auteur des livres « Un barbier riche » et « Retour du barbier riche » et ancien animateur de l'émission télé « Dragons' Den » à CBC, à titre de conférencier dans sept principales bases et escadres au Canada.

M. Chilton racontera ses récits aux membres des Forces armées canadiennes (FAC), lesquels peuvent s'attendre à rire tout en découvrant la philosophie derrière le livre « Un barbier riche » et la recette d'une sécurité et d'une santé financières. Il est essentiel d'adopter de bonnes habitudes financières tôt dans sa carrière. C'est pourquoi les deux appels à l'action simples du livre « Un barbier riche » devraient être adoptés par chaque membre des FAC, soit vivre selon ses moyens et se payer en premier.

« Ce livre offre des conseils pratiques et des stratégies réalistes pour tous les Canadiens et Canadiennes ainsi que pour les membres des FAC. Il s'agit d'un

livre à lire pour les militaires à la recherche d'une santé et d'une sécurité financières pour eux-mêmes et leur famille », déclare la Lieutenant-générale Christine Whitecross, Commandante - Commandement du personnel militaire.

« Le bien-être financier de la communauté des FAC est crucial à l'état de préparation opérationnelle des FAC », affirme le Commodore Mark Watson, directeur général des Services de bien-être et moral des FC. Une récente étude du Directeur général - Recherche et analyse (Personnel militaire) a démontré que la satisfaction financière est un indicateur important d'un bien-être psychologique supérieur et d'une satisfaction de vivre*, les attributs essentiels de l'état de prépa-

ration opérationnelle.

L'un des arrêts se fera à la BFC Trenton le 9 février à 19 h au Musée national de la Force aérienne du Canada, où nous espérons atteindre un sommet de participation parmi les membres des FAC.

C'est avec plaisir que nous offrons un exemplaire GRATUIT du livre de M. Chilton intitulé *Un barbier riche* avec un message spécial sur la couverture de la Comman-

dante - Commandement du personnel militaire à tous les participants qui prennent part à ces événements.

Lors de l'événement, les participants militaires seront admissibles à un tirage afin de courir la chance de gagner 500 \$ dans les régimes d'épargne des Forces armées canadiennes (REER/CELI)

ainsi qu'un chèque-cadeau de 250 \$ de CANEX (les tirages se dérouleront le 29 février 2016 au quartier général de la Financière SISIP; les gagnants seront contactés).

Pour aider les membres avec des enfants, CRFM fournira des services de garde d'enfants

Continuer à la page 13w



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Email and conflict avoidance no easy task

By: Albert Montagnese, Regional Manager, Alternative Dispute Resolution – Central Region

Conflict in the work place often boils down to misunderstandings. What one person intends for another is often not how it is received.

Email can be a big source of creating conflict. While efficient, it is often misunderstood as dialogue when essentially it is nothing more than a monologue.

When you feel drawn into a debate or a disagreement, be cautious before you send a reply too quickly. If you feel yourself working hard to reply in a "one-up" way or to "win" a point, it is wise to

wait a while, even a day, before you click send.

The one-back rule is handy here: when you have sent one reply back already and the other person is debating back with their second message, it is best to pick up the phone to discuss the matter.

Other tips:

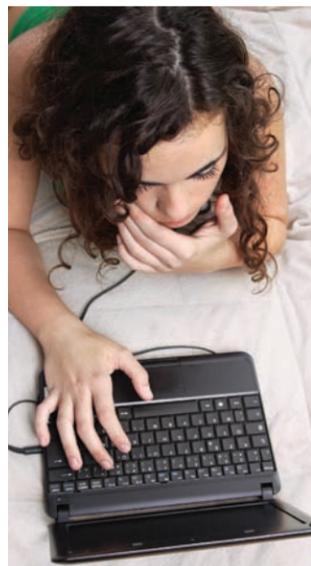
- Use of capital letters in emails is sometimes received as yelling. It can be offensive and create defensiveness. Never reprimand or discipline someone via email.

Have a live conversation with them.

- Before replying to "all", check your intention and ask yourself: "Why do I want all these people to see this email?"

- Jargon and short forms such as ttyl and brb may not always be appropriate at work. Spelling out your message will prevent confusion or being perceived as immature or unprofessional.

- Emails are not conversations. More is lost than we realize when we don't talk to each other.



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From January 29-31, 2016, Canadian Armed Forces Members from CFB Trenton will be hosting the Pond Hockey Classic and dinner in support of Wounded Warrior Canada and the Trenton Memorial Hospital Foundation. A hockey themed fundraising dinner will headline the weekend on Friday, January 29, accompanied by an exciting 32 team outdoor pond hockey tournament from January, 30-31.

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A new Champion takes up the mantle

Lieutenant-Colonel (Lt.-Col.) William Church, commanding officer of 429 Transport Squadron, was appointed as the 8 Wing Champion for the Defence Visible Minority Advisory Group, or DVMAG on Nov. 1, 2015. This group is one of four under the Employment Equity Advisory Group which aims to give a voice to the visible minority members of 8 Wing Trenton, by identifying and recommending ways to eliminate systemic barriers. Lt.-Col. Church has taken over from Lt.-Col. Wedgwood, who stepped down from the post last year.

Lt.-Col. Church is welcomed to the DVMAG team by Aviator Peter About (Military Co-chair), Mr. Talan Melchor (Civilian Co-chair), and Master Corporal Raul Chavez (Deputy Military Co-chair). The team, full of new members, is excited and

eager to dive head long into the important work ahead of it. Lt.-Col. Church has committed to provide the efficient and effective leadership required to steer the organization to continued success.

The coming year holds a variety of events, workshops, and activities to look forward to. Nearest on the horizon is the professional development and community engagement seminar being held on 21 March to mark the International Day for the Elimination of Racial Discrimination. This UN designated event is held annually to commemorate the Sharpeville Massacre in 1960, and also to draw attention to the systemic issues facing visible minorities prevalent across the globe. Each year across the Canadian Armed Forces (CAF), all bases, wings and stations are encouraged to highlight the evils

of racial violence and discrimination, and to support the goals commemorative events. This year the professional development "lunch-and-learn" model will be augmented by community leaders in the Quinte West region. Members of Quinte Immigration Services and the Ambassadors for Belleville will be invited to attend, and guest speakers will include: Dr. Aruna Alexander, Captain Isabel Courchesne, and the Honourable Kamal Khara, Parliamentary Secretary of Health. The event will be held on Monday 21st of March at 1100 hrs in the Officer's Mess.

The event will be open to all CAF/DND employees

at 8 Wing, who can pre-register at +DVMAG@trenton. Refreshments and snacks will be provided courtesy of 8 Wing catering services. Additional information about the event will be available via 8 Wing Splash Page, and keep an eye out for event posters to be circulated Wing-wide.



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5th Annual CFB Trenton Pond Hockey Classic

January 29-31, 2016

32 Team Outdoor Pond Hockey Tournament

The pond hockey tournament will take place on Saturday, January 30th and Sunday, January 31st at the Batawa Community Centre on 4 outdoor rinks.



Hockey Themed Fundraising Dinner

The fundraising dinner, held on Friday, January 29, 2016 at the Batawa Community Center, will be an exciting evening including a three course meal, live music and celebrity guests.

Sean Scally photography

Fundraiser Event in Support of WOUNDED WARRIORS CANADA & THE TRENTON MEMORIAL HOSPITAL FOUNDATION



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A Natural Attraction

The City of Quinte West Welcomes participants and spectators to the 5th Annual CFB Pond Hockey Classic

Best Wishes for a great tournament!

Mayor Jim Harrison and Members of City Council

Trenton MFRC preparing to expand

Continued from page 1

While those talks take place, Mrs. Kleinschmidt and her staff are also looking to expand their facilities on the base.

"It's a dream, but we have to expand," she noted. "Our building is bursting at the seams. We have to expand. We have no choice."

She said they had been talking about the possibility of Breadner Elementary School being utilized for child care and moving all of their child care programs into the school once it is empty to free up space in their present building.

Should that facility become available and they were able to get it, they could expand their current child care to hopefully service the waiting list they already have in place.

"It's already an extremely large child care centre, but it still needs to grow here to meet needs, so I would love to be able to use that whole building," she said, "but that's going to be a little bit of a tricky development because there's a lot of factors included in trying to do that."

Present day challenges for MFRC services result from heightened awareness within the community, she indicated.

"We're definitely seeing the benefits of the increase in awareness of what we can do. There are more people coming through the door and there's higher demand," she noted. "We definitely have increased our staffing numbers, and haven't increased our footprint. It's getting a little tight. We really do have people desk surfing."

Much of their information about the demands for the MFRC comes from community conversations with military family members and senior leadership on the base, according to Mrs. Kleinschmidt. They were told at these meetings that child care really is a major priority for military families, but providing child care which responds to the needs of military families is no easy fix.

"Standard day care runs so that you essentially buy the space and your child is there whether the child attends or not, that's just the way it works," she added. "The margins in child care are



There could be room available in the old Bata Shoe Factory building in the future for a child care centre. The building is presently being rehabilitated. Photo by Ross Lees

so tight, there's no other way to run a business. You can't have sustainable child care unless you run it that way."

Even though they've been able to add some flexibility into their child care system, they are being told it needs to be much more flexible, thus the proposed expansion into the Belleville and Frankford/Batawa areas. But whatever child care spaces are created, it has to have a flexibility to be able to respond to the need when it arises, even to the point a parent could send their child to day care as needed for perhaps two days a week for a six-month period.

"But it's very seldom that you find child care that can actually respond to a need like that," she said.

Flexible day care is important for military family members because their needs differ from someone who has lived in an area all their life or at least for a long period of time. They will have a local support system like friends or neighbours who can help them babysit for a doctor's appointment or a similar brief period. Military families don't necessarily have those support systems in place, putting even more emphasis on child care

flexibility. "That's the principle behind all of the child care initiatives under way right now," Mrs. Kleinschmidt acknowledged.

Cost, however, is always a factor. MFRCs across Canada deal with those costs and needs according to the province they are located in and Mrs. Kleinschmidt said there are very strict regulations MFRCs must abide by and adhere to.

They have been trying to establish licensed home child care programs to give them some flexibility in their service under a licensed umbrella. She said the Province of Ontario allows that, allows business owners to run child care from their homes, but they are supported by a coordinator in the MFRC.

"What you get from those kinds of things is that four, five or six children can be cared for in a home child care setting, which some kids respond to really, really well," she explained. "It's licensed and it's inspected and there's oversight, so there's a pretty high level of safety. No child care can be perfectly safe but that means there is somebody checking on what's going on in that house hold. Especially for

families moving in and out of communities they don't know, that's really important."

Long term needs must also be considered whenever child care conversations take place, she added.

"No matter what we do, we're looking at how to meet the short term needs as quickly as possible, but

we also have to have an element of the ability to expand if and when we need to because the environment is constantly shifting and Trenton, the base, is experiencing slow and steady growth as it becomes a larger base over a number of years. We expect that to continue so we're hoping to plan five and 10 years down the road to take a look at what growth we may have to get into."

But cost is never abandoned in the equation.

At 8 Wing/CFB Trenton, the wing provides the building for



Tamara Kleinschmidt, executive director of the Trenton MFRC.

the MFRC to work in. As expansion is planned for, there can be no public dollars poured into supporting licensed child care for military families from the Military Family Services (MFS) or from the wings where the service might be implemented.

"I don't see that changing" Mrs. Kleinschmidt noted. "It's got to be something that we can run and not expect any Department of National Defence (DND) funding for it. That's a major issue, that we're trying to do this in this really challenged environment with no dollars to accommodate those challenges, which is why people struggle to try and make it work."

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AGES 5 TO 15

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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!

January Jubilee - Sunday, January 24

Sunday, Jan. 24 is January Jubilee! We've taken our second annual MFRC Family Ski Day and partnered with PSP to bring you an awesome winter day! MFRC Family Ski Day ticket for \$39/person includes: Your lift ticket for skiing from 9 a.m. to 4 p.m., equipment rental, a one hour beginner group lesson, warm lunch. If skiing or boarding isn't your thing, January Jubilee has a variety of other fun and free activities for all ages happening throughout the day from 10 a.m. to 3 p.m. including winter nature photography tour on the trails, snowshoe experience, nature walk with stations set up to make an activity with materials collected during walk, skating with hot chocolate to warm up, sleigh/wagon ride, ball hockey. A free warm lunch will be provided! See you on Jan. 24!

Le jubilé de janvier - le dimanche 24 janvier

Le jubilé de janvier, festival hivernal pour les familles, le dimanche 24 janvier à Batawa! En partenariat avec PSP, la 8e Escadre et Batawa Development Corp. nous avons agrémenté notre Journée annuelle de ski familiale avec plus d'activités. Les billets pour la Journée de ski sont 39\$ chacun et incluent: Le remontepente de 9h à 16h, location d'équipement, une heure de leçon pour débutant, repas chaud. Si le ski ou la planche ne vous emballent pas, Le jubilé de janvier offrira une variété d'activités amusantes, SANS FRAIS, pour tous les âges de 10h à 15h tournée de photographie nature sur les sentiers, marche en raquettes, randonnée nature avec des arrêts pour activités à partir de matériels amassés durant la marche, patinage avec chocolat chaud pour se réchauffer, promenade en traîneau, hockey balle. Un repas chaud et gratuit sera offert! Au plaisir de vous voir le 24 janvier à Batawa!

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.

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Celebrate Chinese New Year at the RecPlex

Celebrate Chinese New Year with a night of crafts, games and some tasty Chinese treats on Friday, Jan. 29, from 6 p.m. to 8:30 p.m. for ages six to 12. Military community \$10, general public \$12. For information or to register call 613-392-2811 ext 3361/7138. Register by Wednesday, Jan. 27.

Célébrez le nouvel an chinois au RecPlex

Célébrez le nouvel an chinois au RecPlex avec une soirée remplie de bricolage, des jeux et des gâteries chinoises savoureuses . Le vendredi 29 janvier 2016, de 18 h à 20h30, pour ages de 6 à 12 ans. Communauté militaire 10.00\$, le grand public- 12.00\$. Pour

l'information ou pour vous inscrire veuillez appeler 613-392-2811 postes : 3361/7138. Inscrivez-vous avant le mercredi 27 janvier 2016.

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>

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.

Continued on page 12

Home of the Week
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The plans for this attractive two-bedroom home include a strategy for family growth - a future den or third bedroom on the ground floor; together with a future rec-room with a wet bar. At ground level, the covered entry - always a boon in bad weather - leads through a door with a window and side-lights into a foyer with a handy bench and coat closet to the right. To the left is the U-shaped stairway to the second or main floor. The double garage is large enough to accommodate a work bench, and enjoys access to the foyer. On the upper floor, the great room is front and centre, overlooking the front garden, with a gas fireplace. Adjacent is the dining room, which boasts on optional built-in buffet that will provide serving and storage space.

At the back of the home is the kitchen, with an efficient U-shaped counter configuration and a doorway to a covered patio that overlooks the back garden. The kitchen is separated from the dining room by a low counter, so the cook will never feel isolated. A pantry will provide extra room for cans and jars. The laundry room includes a broom closet, as well as a side-by-side washer and dryer. The master suite, at the front of the home, enjoys a large window overlooking the front garden, as well as smaller, higher windows along the side. The en-suite includes double basins and a soaker tub, as well as a shower stall. The walk-in closet is roomy enough to accommodate clothing and accessories. The second bedroom looks out to the back garden and is near the second bathroom. The linen closet is close by. On the ground floor, the future third bedroom has windows that look out to the side garden, as well as access to the foyer and the future rec-room and a roughed-in three-piece bathroom. Exterior finishes include wooden shingles, brick accents, a front door with sidelights, painted woodwork and a decorative garage door. This home measures 40 feet wide and 40 feet deep, for a total of 1,260 square feet of space on the main, or second, floor. Ceilings rise to nine feet throughout the second floor.

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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.

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. 23 – Robin Edgar at Branch 110 Legion in Trenton

Trenton Legion Branch 110 has entertainment and dancing every Saturday in the lounge. Jan. 23 will feature Robin Edgar from 2 p.m. to 6 p.m. and Timeline from 8 to midnight. On Jan. 30, the Legion will feature Picket Fence from 2 p.m. to 6 p.m. and Tim Campbell from 8 to midnight.

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. 6 – Trenton Rowing and Paddling Club 4th Annual Funspiel Fundraiser

The Trenton Rowing and Paddling Club will hold its fourth annual Funspiel Fundraiser at the Trenton Curling Club on Saturday, Feb. 6 from 9 a.m. to 4 p.m. entry fee is \$60 per person and includes two four-end games, lunch, prizes, silent auction and cash bar. Contacts for the event are: Krista Matisko, 613-392-0874 kmatisko@yahoo.com; Cheryl Drummm, 613-922-6981 drumm20042000@yahoo.com; Glenda Bruynson, 613-392-5244 trentoncurling@hotmail.com. Entry forms are available at the Quinte West Chamber of Commerce and the Trenton Curling Club. Registration is limited and deadline for payment is Jan. 22.

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

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>

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.

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.

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.

Babies and Beyond

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

Bébés et au-delà

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

Continued on page 13



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Chinese New Year Party

For ages six to 12 years of age on Friday, Jan. 29 from 6 p.m. to 8:30 p.m. Pre-register by Wednesday, Jan. 27.

Video Dance Party

On Friday, Feb. 19 for ages nine to 14 years of age at the RecPlex from 7 p.m. to 10 p.m.

NEW - March Break Kidz Kamp

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

New! Fitness Class Pass

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

Adult Programs

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. and/or (new) Saturdays, Jan. 9 to Feb. 27 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.

Children, Youth and Teen Programs

Learn to Skate for Youngsters for ages four to seven years - Thursdays, Jan. 7 to March 10 from 4 p.m. to 5 p.m. or Thursdays, Jan. 7 to March 10 from 5 p.m. to 6 p.m.

Learn to Skate for ages eight to 16 years - Thursdays, Jan. 7 to March 10 from 6 p.m. to 7 p.m.

Basketball Skills and Drills for eight to 12 years - Wednesday, Jan. 6 to Feb. 24 from 5 p.m. to 6:30 p.m.

Drop in Youth Basketball - Wednesdays, Jan. 6 to Feb. 24 from 7 p.m. to 8 p.m.

Tyke Terrain for ages five and under - Tuesdays and Thursdays, Jan. 5 to March 10 from 9 a.m. to 10 a.m.

Dash 'n' Splash for ages six months and older - Fridays, Jan. 8 to Feb. 26 from 9 a.m. to 10:30 a.m.

MFRC continued from page 12

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, grandparents, 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 .

Adult Social Group

We have a new social group for adults, ages 18 and up with special needs to connect with each other and the community by doing activities in the community. Do you want to get out of the house? Do you want to have some fun and be social with others like you? Go see a movie, go bowling, or go out for dinner, then this group is for you! To register, contact by email: mona.l@trentonmfr.ca For more information, contact Orana at (613) 392-2811 ext. 3953 or orlana.b@trentonmfr.ca.

Groupe social et récréatif pour adultes

Ce groupe social est conçu pour les adultes âgés de 18 ans et plus, ayant des besoins particuliers, pour participer à des activités divertissantes. Allez voir un film, jouer aux quilles, aller au restaurant entre jeunes et faire des activités sociales t'intéressent? Si tu as le goût de rencontrer des gens qui ont eux aussi des besoins spécifiques, ce groupe est pour toi. Chaque premier vendredi du mois, commençant le 2 octobre au Centre de Ressources pour les Familles de militaires de Trenton & dans la communauté. Pour inscription par courriel: mona.l@trentonmfr.ca et pour tout autre renseignement, contactez Orana Bourgoin (613) 392-2811 poste 3953 or orlana.b@trentonmfr.ca

Building Block Club

Trenton MFRC and Autism Ontario - An evidence based social skills program using Legos to assist in the development of communication. This six-week free program is for children with special needs and their siblings ages 6 to 10. Starting Feb. 12 from 6:30 p.m. to 8 p.m. For information, contact Orana: 613-

392-2811 ext. 3953 or orlana.b@trentonmfr.ca

Club des blocs de construction

Le CRFM de Trenton et Autisme Ontario - Un programme attesté pour développer les aptitudes sociales en utilisant des Lègos pour améliorer la communication. Ce programme gratuit de 6 semaines est conçu pour les enfants ayant des besoins particuliers ainsi que pour leurs frères et soeurs. Débute le 12 février 2016 de 18h30 à 20h00 . Pour information contactez Orana au 613-392-2811 poste 3953 ou orlana.b@trentonmfr.ca

Trenton MFRC and Autism Ontario present: Creative Animation

Starting Feb. 26 from 4 p.m. to 5 p.m. Learn how to draw, paint, and create your very own character. You will also collaborate on the final project, a master mural. The cost for this eight-week program is \$20. To register or for information, contact Orana 613-392-2811 ext.3953 or orlana.b@trentonmfr.ca

Le CRFM de Trenton et Autisme Ontario présente : Animation créative

Débute le 26 février de 16h00 à 17h00. Dessine, peint et crée ton propre personnage et collabore au projet final, une murale. Le coût pour ce programme de 8 semaines est de \$20.00 . Pour inscription ou information contactez Orana au 613-392-2811 poste 3953 ou 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 Orana 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 contactez Orana au orlana.b@trentonmfr.ca

Monthly E-News/Social Media

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

« Un barbier riche »

Continuer sur la page 7

gratuits à partir de 1830 heures jusqu'à 2130 heures, le soir de l'événement.

Ne manquez pas cette occasion de voir et d'entendre M. Chilton. Veuillez noter que les places sont limitées. Et, pour ceux qui souhaitent s'inscrire, s'il vous plaît passer par votre chaîne de commandement.

Pour obtenir de l'information sur les programmes et les services de la Financière SISIP, rendez-vous à : www.sisip.com.

Classifieds

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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

Cordless tools need special care



Cordless screwdrivers and other battery-powered tools are popular with Home Improvement types. Because they are detached from an electrical circuit when they are used, they reduce the chance of electric shock. However, there are still some hazards attached to the use of cordless tools, many of them the same as those of other power tools.

Although the cordless tool operates on batteries, it is still recharged by plugging it into an electrical outlet. The outlet, the recharging unit and the tool itself should be in good condition before doing so. Never allow the tool or recharging unit to get wet, and do not plug the unit into an outdoor fixture where it might be exposed to wet weather. Follow the manufacturer's instructions about how long the battery pack should be left to recharge because both over-charging and undercharging can cause performance problems. Beware of signs of battery damage such as leakage. If a tool becomes damaged, remove it from service immediately. It could put you at risk for electrical shock or other injuries.

For the sake of safety, cordless tools are equipped with triggers that lock in the off position. This keeps them from being turned on accidentally. The trigger has to be constantly pushed down for the tool to operate. Make sure the screwdriver bit matches the screws you will be using. Do not improvise, a mismatch can cause the bit to slip off the screw and possibly injure you. When using a cordless drill, use the correct bit for the material you are working with. Cordless tools can be easier on your hands and arms than heavier powered models. However, you still need to choose tools that are a good fit for you. For long projects involving repetitive work, choose cordless

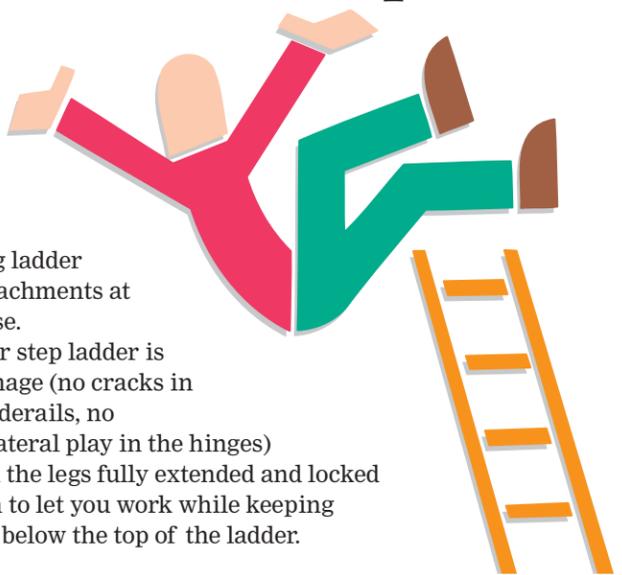
tools, which are comfortable to hold and do not put pressure on the palm of your hand. The handle of the tool should reach across your hand to distribute any impact and vibration. Cordless tools can cause the same kinds of gouges, cuts and scrapes as power and hand tools. Take special care to keep your off-hand away from the business end of the tool. And, most important, always put on your safety eye wear when using any tool, including a cordless one.

FACTS About Falls ... and what YOU can do to stop them

If you're going to get seriously or fatally injured on the job, chances are it'll be from a fall.
More construction workers die from falls than from any other kind of injury.
Everyone faces this risk. Falls happen in all sectors, all project types, and all trades.
Falls happen because people don't follow the regulations or accepted good practices.
The regulations don't need to be changed, and the solutions are neither complex nor technical in nature. Arm yourself with the facts!

- Facts**
- Falls from ladders are the leading hazard in both residential and construction work.
 - A few simple rules can prevent most or all of these kinds of injuries.
- Here's what to do**
- Never over-reach to get at something off to the side. Always re-position your ladder.
 - Make sure that your extension ladder is
 - free of damage to rungs, siderails, and hardware
 - set up so that the base is level and the bottom can't slip
 - sloped between 1:3 and 1:4
 - tall enough to extend at least 3 feet beyond the landing area at the top

- secured at the top if it will be a regular means of access.
- Consider using ladder stabilizing attachments at the top and base.
- Make sure your step ladder is
 - free of damage (no cracks in rungs or siderails, no excessive lateral play in the hinges)
 - set up with the legs fully extended and locked
 - tall enough to let you work while keeping your waist below the top of the ladder.



Op SUPPLY DROP makes its first delivery to Trenton MFRC

Op SUPPLY DROP is a not-for-profit charity headquartered in Texas



By Ross Lees

The Trenton Military Family Resource Centre (MFRC) never looks a gift horse in the mouth.

When Master Corporal (MCpl.) Shawn Lawrence, a communications research officer at Canadian Forces Base (CFB) Kingston and his team from Operation SUPPLY DROP arrived at their door on the morning of Jan. 20 with all kinds of games and gaming equipment, they threw open their doors and welcomed them in.

MCpl. Lawrence and Op SUPPLY DROP were making their first supply drop to a Canadian MFRC with all of the gaming material going to the Trenton MFRC Youth Centre.

It was one of those donations that left the MFRC personnel standing in awe.

While thanking MCpl. Lawrence, his team and Op SUPPLY DROP, Trenton MFRC executive director Tamara Kleinschmidt was effusive.

"In Trenton, we like to be first," she noted with a smile. "This totally plays into the way that we function here and the Youth Centre, just over a year ago, was totally remodeled and we recommitted our energy to making the Youth Centre a priority. You've just leaped us three years ahead."

Mrs. Kleinschmidt said this is the kind of thing that has begun to happen on regular basis since they started putting effort into building their community communications network and making sure there is awareness about what they do and who they are.

"This is the kind of stuff that happens and it really does take your breath away," she added.

The donation of \$3,000 to \$5,000 worth of gaming equipment was impressive but was just the tip of the iceberg, according to MCpl. Lawrence, who likes to "make fun where there is none," a phrase he has adapted from military deployments in places like Afghanistan and Iraq.

"This is just the beginning," he stated. "This is what they call a standard drop, but we have different types of drops that are available. If we have (military) members that are overseas, there are actually portable gaming kits – almost like a pelican case with a TV and console – that you take with you as carry-on. We are going to have those so when members are overseas, as soon as we can figure out the logistics, these kits will be delivered to them."

In a very short time, MCpl. Lawrence wants to deliver similar drops to three other MFRCs or locations in Ontario – London, CFB Petawawa and CFB Borden. When he dreams; MCpl.

Lawrence dreams big. He wants to eventually supply all MFRCs across Canada with similar drops and he wants to be able to supply deploying units with the portable gaming kits no matter when and where they go.

Working through his own deployment facilitator in Kingston, MCpl. Lawrence is trying to work up a network with deployment coordinators on bases across Canada so he can know when units are being deployed and where, so he can arrange for the kits to accompany them.

Op SUPPLY DROP is a not-for-profit charity headquartered in Texas. MCpl. Lawrence discovered them through social media.

"Bold as I am, I reached out to their chief executive officer (CEO) and said this is outstanding but why is it not in Canada? How do we make this happen in Canada?" he recalled.

After some meetings and overcoming some logistical problems, Op SUPPLY DROP has now been introduced into Canada and MCpl. Lawrence wants to keep the momentum going to help military members and their families.

He is currently transitioning out of the Canadian Armed Forces (CAF) on a medical release and he hopes this project will do two things for him – keep him in touch with the CAF but also help launch his civilian aspirations as a project manager.

To this point, Ontario teams of Op SUPPLY DROP have been established, as has one in Calgary.

All of the material supplied to the Trenton MFRC was brand new, supplied by companies like Games, Xbox, Microsoft, EA Sports, and MovieSoft. When organizations like the Trenton MFRC are finished with their games and accoutrements, however, they can recycle them through the program to be used by others.

MCpl. Lawrence served in Afghanistan on ROTO 7 in 2009 and he was with the Standing NATO Maritime Group 1 (SNMG1) in 2007.

"We were the first Canadian ship to circumnavigate Africa (in an anti-piracy effort). I've sailed six of the seven seas and I've touched soil in quite a few countries," he said, adding he was in the CAF for 11 years.

Rabbia Stobbart, youth services and personal development coordinator for the Trenton MFRC, was flabbergasted by the generosity of Op SUPPLY DROP.

"This is truly overwhelming and we can't thank you enough for bringing all of this stuff," she noted. "Our youth centre is open four nights a week and we serve kids from six to 18. We definitely can't keep up to all this technology in here so this is fantastic and it's going to make a lot of happy kids in this community, absolutely!"

Operation SUPPLY DROP made the Trenton MFRC very happy on Jan. 20 when they did their first official supply drop in Canada at the Trenton MFRC Youth Centre. MCpl. Shawn Lawrence, Op SUPPLY DROP coordinator in Canada, left, demonstrates the game consoles with Rabbia Stobbart, youth services and personal development coordinator for the Trenton MFRC and Devon Taylor, MFRC communications and development coordinator.
Photo by Ross Lees

Lieutenant-Colonel (Lt-Col.) Daniel Charbonneau, 8 Wing Administration Officer, thanked MCpl. Lawrence and his team for their initiative on behalf of 8 Wing Commander Colonel (Col.) Colin Keiver.

"Our Wing Commander is extremely focused on families, and I think this is fantastic for our youth and I thank you for what you've done and hopefully it will continue to grow," he said.

MCpl. Lawrence is determined to see that it does.

Should you wish to find out more about Op SUPPLY DROP, you can do so by going to operationsupplydrop.org or by contacting MCpl. Lawrence at lawrence.s@operationsupplydrop.org

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12 VW GOLF

26255 Manual, 4 dr, 5 cyl, Wagon, FWD, keyless entry, roof rack, alloys, panoramic roof, air bags, traction ctrl, height adjust seats, pwr windows/locks, AC, CD, MP3, touch screen, sat radio, Bluetooth, heated seats, cruise, tilt steering wheel. 50,738 km

\$11,995
\$107.00
biweekly
60 mths @ 5.9%
0 DOWN + HST



14 HONDA PILOT

26325 Auto, 4 dr, 6 cyl, 4WD, keyless entry, roof rack, alloys, air bags, traction ctrl, leather, heated seats/mirrors, AC, dual climate, MP3, sat radio, rev camera, Bluetooth, pwr roof/seats/windows/locks/mirrors/liftgate, cruise, steering wheel ctrls, tilt steering. 34,904 km

\$37,495
\$252.00
biweekly
84 mths @ 5.9%
0 DOWN + HST



12 VW BEETLE

26014 Auto, 2 dr, 5 cyl, FWD, Coupe, keyless entry, push button start, alloys, air bags, AC, CD, MP3, Bluetooth, pwr windows/locks/mirrors, heated seats/mirrors, height adjust seats, cruise, steering wheel ctrls, tilt steering wheel. 36,467 km

\$15,495
\$138.00
biweekly
60 mths @ 5.9%
0 DOWN + HST



13 MAZDA 3

25712A Auto, 4 dr, 4 cyl, FWD, Hatchback, keyless entry, alloys, rear spoiler, air bags, traction ctrl, AC, CD, MP3, Bluetooth, pwr windows/locks/mirrors, heated seats, cruise, steering wheel ctrls, tilt steering wheel, skyactive. 65,705 km

\$13,495
\$103.00
biweekly
72 mths @ 5.9%
0 DOWN + HST



12 NISSAN JUKE SV

26026 Auto, 4 dr, 4 cyl, AWD, Crossover, Pure Drive, Xtronic CVT, keyless entry, alloys, air bags, traction ctrl, AC, CD, Bluetooth, pwr windows/locks/mirrors, cruise, steering wheel ctrls, tilt steering wheel. 82,000 km

\$15,995
\$142.00
biweekly
60 mths @ 5.9%
0 DOWN + HST



12 HONDA ODYSSEY

25731 Auto, 4 dr, 6 cyl, FWD, keyless entry, roof rack, alloys, air bags, traction ctrl, heated seats/mirrors, AC, dual climate, CD, DVD, sat radio, rev camera, park aid, Bluetooth, u-connect, pwr roof/seats/windows/locks/mirrors/liftgate/doors, cruise, steering wheel ctrls, tilt steering wheels. 83,857 km

\$25,995
\$231.00
biweekly
60 mths @ 5.9%
0 DOWN + HST



15 DODGE RAM 1500 SPORT

26342 Auto, 4 dr, 8 cyl, 4x4, Hemi, keyless entry, crew cab, short box, trailer hitch, tow/haul, box liner, alloys, air bags, traction ctrl, AC, MP3, sat radio, touch screen, u-connect, pwr seats/windows/locks/mirrors, heated seats/mirrors/steering, cruise, steering wheel ctrls, tilt steering. 13,645 km
PREVIOUS DAILY RENTAL

\$38,495
\$233.00
biweekly
96 mths @ 5.9%
0 DOWN + HST



15 AUDI A4 TFSI QUATTRO

26188 Auto, 4 dr, 4 cyl, AWD, Sedan, S-line, keyless entry, alloys, air bags, traction ctrl, leather, AC, dual climate, CD, MP3, sat radio, nav, park aid, Bluetooth, pwr roof/seats/windows/locks/mirrors, heated seats/mirrors, cruise, steering wheel ctrls, tilt steering, drive select. 42,689 km
PREVIOUS DAILY RENTAL

\$34,495
\$208.00
biweekly
96 mths @ 5.9%
0 DOWN + HST

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