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Joyous January Jubilee

This youngster took advantage of the many snowbanks at the Batawa Ski Hill to practice his rolling technique during the Trenton Military Family Resource Centre (MFRC) January Jubilee Sunday at the Batawa Ski Hill. See full story and more photos on pages 8 & 9.

Photo by Ross Lees

2 Air Mov Sqn. personnel anchor very successful Christmas Flights program

By Ross Lees

Few military members are prouder of their team than Warrant Officer (WO.), Derek Gauthier, Deputy Passenger Terminal Officer at 2 Air Movements Squadron (2 Air Mov. Sqn.).

His team at 2 Air Mov Sqn. passenger terminal, consisting of Travel Services/ National Passenger Processing Centre and Flight Programming was solely responsible for the management, control processing of all category one to opportunity travel applications during the recent Christmas Flight program and he was proud of the level of service they provided

ed during a very difficult service period.

“Absolutely, I’m extremely proud of them,” he said in a recent interview. “They make me look like a rock star, but they deserve the credit.”

The directive for the Christmas Flights comes from the Vice Chief of the Defence and this directive tasks the Royal Canadian Air Force (RCAF) to generate a travel program over the Christmas holidays for Canadian Armed Forces (CAF) members and their dependents with the intent of reuniting them at this important time of the year.

The program ran from Oct. 1 until the

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Passenger Terminal staff are shown in this photograph after things returned to normal after the Christmas Flights program. Front row, left to right: WO. Derek Gauthier, MCpl. Michel Dufour, MCpl. Dale Gordon, Avr. Jonathan Paulin, Mrs. Carol Harvey, Avr. Tina Preece, Commissionaire Jeffrey Kilpatrick, Cpl. Rose Luna, MCpl. Sheldon Lefort, MCpl. Sylvie Bouchard, Cpl. Ryan Millar, and Capt. John Lion. Rear row, left to right: Cpl. Daniel Robins, Cpl. Danny Tremblay, Sgt. Jean Korth. Staff not in attendance includes WO. Gerard Charette, MCpl. Chris Steward, Cpl. Troy Kamprath, Cpl. Michael Perron, Cpl. Kurt Ludwig, Cpl. Thomas Wewer, Cpl. Shawn Patterson, Cpl. Jacques Dubois, Cpl. David Innes, Pte. George Liakakos, Pte. Alan Jackson and Pte. Daniel Letendre.



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United Way surpasses \$2.1 million goal – narrowly

Campaign was satisfying but emotional: executive director

By Ross Lees

It was a satisfying – but emotional – United Way of Quinte campaign in 2015.

The local campaign exceeded its goal – by \$763 – but it was a tough battle to get over their \$2.1 million goal and they are now losing their director of resource development, Curt Flewelling, a valuable cog they will have to replace for the 2016 campaign.

After a very real struggle to achieve their goal, executive director Judi Gilbert said this is the most satisfying campaign she's worked on but added it was also very emotional.

"I probably think each year it is the most satisfying campaign, but the fact that we can continue to see at least minimal growth and continue to keep pace, at least a little bit with some of those needs is pretty rewarding and I think this is the most emotional I've been in the five years. It takes its toll and to be able to maintain that kind of momentum and raise these kinds of dollars is truly phenomenal!" she said after the goal had been announced, volunteers recognized and awards handed out.

Mrs. Gilbert readily admitted that there was a time they felt they would not achieve their goal this year.

"In December, I met with my board of

directors and said we're not on target and I didn't see us making the goal based on the history, based on what we knew and what was still out there. We were preparing for a shortfall," she added.

But a subsequent significant pledge, individual donors stepping up and some other workplaces that weren't on their radar but who were conducting workplace campaigns came through to make the campaign success possible.

"It was the community as a

whole," she noted, but also recognized in her presentations earlier in the morning significant contributions by many organizations and individuals, led by Maurice Rollins who matched pledges to the tune of \$100,000.

Having to say farewell to Mr. Flewelling caused a great deal of emotion for Mrs. Gilbert as she acknowledged he had been an important part of three campaigns. Her voice broke several times as she wished him well in future endeavours.

Allison Ferrill was awarded the Jack Hartling Volunteer of the Year award for her constant cheerful demeanor and words of encouragement above and beyond her hard work throughout the campaign.

Miss Sandie Sidsworth, executive director of the Canadian Mental Health Association Hastings and Prince Edward counties, said they could not have survived over the past 15 years without the support of the United Way.

"They funded us year after year after year to help us develop, refine, and identify gaps of service in our community," she stated. "Without them, we could not have stayed here. They make us better at what we do and we thank them on behalf of all the agencies in the community for that."

United Way of Quinte campaign chair Martin DeRome said it was Judi Gilbert who was the catalyst for the success of each campaign as the

Continued on page 7



United Way of Quinte executive director Judi Gilbert was ecstatic that the 2015 campaign had once again reached its goal, although they only surpassed the goal by \$763, the lowest margin of victory so far.

Photos by Ross Lees



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Sandie Sidsworth, executive director of the Canadian Mental Health Association Hastings and Prince Edward counties was the guest speaker at the breakfast and she expressed her appreciation to the United Way on behalf of all the agencies funded through the annual campaign.

Professional development day designed to encourage critical thinking

Constant thinking is necessary to address ceaseless change in the world today: Wing Commander

By Ross Lees

Wing Commander Colonel (Col.) Colin Keiver was trying to entice people out of their comfort zones with his officers' professional development day – the second of which was held last week – and he liked what he saw and heard in the introductory presentation.

He explained at the start of the event his reasoning behind the process. He said he felt all military members must be prepared to think about and prepare for the future.



Lt.-Col. Ryan Deming.

He felt constant thinking into the future was necessary to address the ceaseless change in the world today, change that challenges all organizations and governments to keep up.

Militaries have to be thinking organizations to keep up with their adversaries, he noted.

"When I talk about professional development, what I'm really talking about is thinking and challenging the status quo. Challenge yourself, get up here and talk about whatever you want, but challenge yourself and your peers and get a dialogue going and connect that topic to the military."

Captain (Capt.) Jason Fawcett of 429 Squadron did just that with his topic of fishing in the Quinte region. It did not take those in attendance long to determine that Capt. Fawcett is an avid fisherman. What also became apparent quickly is that he fishes every species of fish strategically with

the best equipment available to him at hand.

But fishing serves another purpose for Capt. Fawcett.

"I use fishing to relax, to get my mind off my career in the military and away from my cell phone," a strategy he advocated for all other military members, noting fishing was also a good way for a member to spend time with his family.

Capt. Fawcett felt the Quinte region is unique in that it has one of the best fishing areas in the world for a variety of fish providing an ideal release from the military mantra. At the same time, he felt all local fishermen have to protect the resource through conservation.

Capt. Linda LeBlanc of 2 Air Movements Squadron spoke on mental health, an intriguing topic for the military and civilian personnel alike.

In her discussion, Capt. LeBlanc talked about the aims and background of mental health, the relationship with physical health, common misconceptions, the stigma attached to mental health and barriers to resolving mental health issues.

She felt it was the responsibility as supervisors and leaders to support a culture of healthy lifestyle.

"We have a critical role to play in our subordinates' mental and physical health," she stated, adding she chose the topic because she is very passionate about psychology. She said she finds the human brain a fascinating instrument.

Capt. Matt Twitchin of 426 Squadron spoke on operational test and evaluation for the lay person.

He said the reason we test and evaluate anything is to determine operational airworthiness and that equipment meets all standards of safety for air operations. Test and evaluation al-

lows the gathering of data to evaluate performance.

"An engineering test evaluation allows for the verifying of compliance and performance to state parameters while an operational test evaluation ensures equipment or systems meet user-specified requirements in realistic scenarios," he said.

Operational Test and Evaluation can make sure a system is airworthy and operationally capable so that military personnel can actually accomplish their mission with that system, he noted.

"We can test our systems against other systems out there and can therefore establish any deficiency, which can perhaps be mitigated to an acceptable level," he added.

This presentation brought to mind an incident that cost the life of a friend of Col. Keiver. His friend was flying an aircraft in the United States which had an extra seat cushion developed and placed on the seat by the ground crew. This cushion prevented the ejection of his friend in an emergency, resulting in his death in a crash.

"The simplest of things can get us, so it's really important you pay attention to this stuff," Col. Keiver noted after the presentation by Capt. Twitchin.

Lieutenant-Colonel Ryan Deming, the Commanding Officer of 426 Squadron, spoke



Capt. Jason Fawcett.

on fifth generation warfare and the Royal Canadian Air Force leadership.

He admitted up front the ideas he was espousing were not necessarily his own although his opinions were.

Lt.-Col. Deming felt military leadership and personnel need to be thinking 30, 40 or 50 years ahead to stay in touch with modern warfare and to be thinking about what their adversaries were doing.

"We need to shape and



Capt. Linda LeBlanc.

exploit fifth generation technology to our effective use," he explained, adding that fifth generation warfare had already arrived.

In his closing remarks, Col. Keiver noted there had been some excellent discussion with interesting points raised. He felt discussion should be promoted and welcomed but that people would need to have the moral courage to stand up and say what they were thinking to be effective leaders. He said the day had helped get the thought process going and allowed the speakers to think and articulate their ideas, which was the goal of the event.



Capt. Matt Twitchin.

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The Ice Pilot cometh to CFS Alert

During the first week of January, Aviator Latanville was hard at work when he was offered the opportunity to sit in the cockpit of a C-17 that had just landed at CFS Alert.

Photo by Corporal Stephen Walser



Wing Logistics and Engineering Picture of the Week

Properly replacing a power amplifier unit

Corporal (Cpl.) Shawn Mulligan is showing Cpl. Jonathan Tucker, Cpl. Troy Irvine and Aviator Brandon Abraham how to properly replace a power amplifier unit (PAU) on the signal processing system transmitter. This is part of the area surveillance radar (ASR) which provides air traffic coverage to the 8 Wing Trenton air traffic controllers (ATC). *Photo by Cpl. Marc-André Turcotte*

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.

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

- Articles should be typed in upper and lower case (not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.
- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Monday at noon prior to print date.

Letters to the Editor:

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



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



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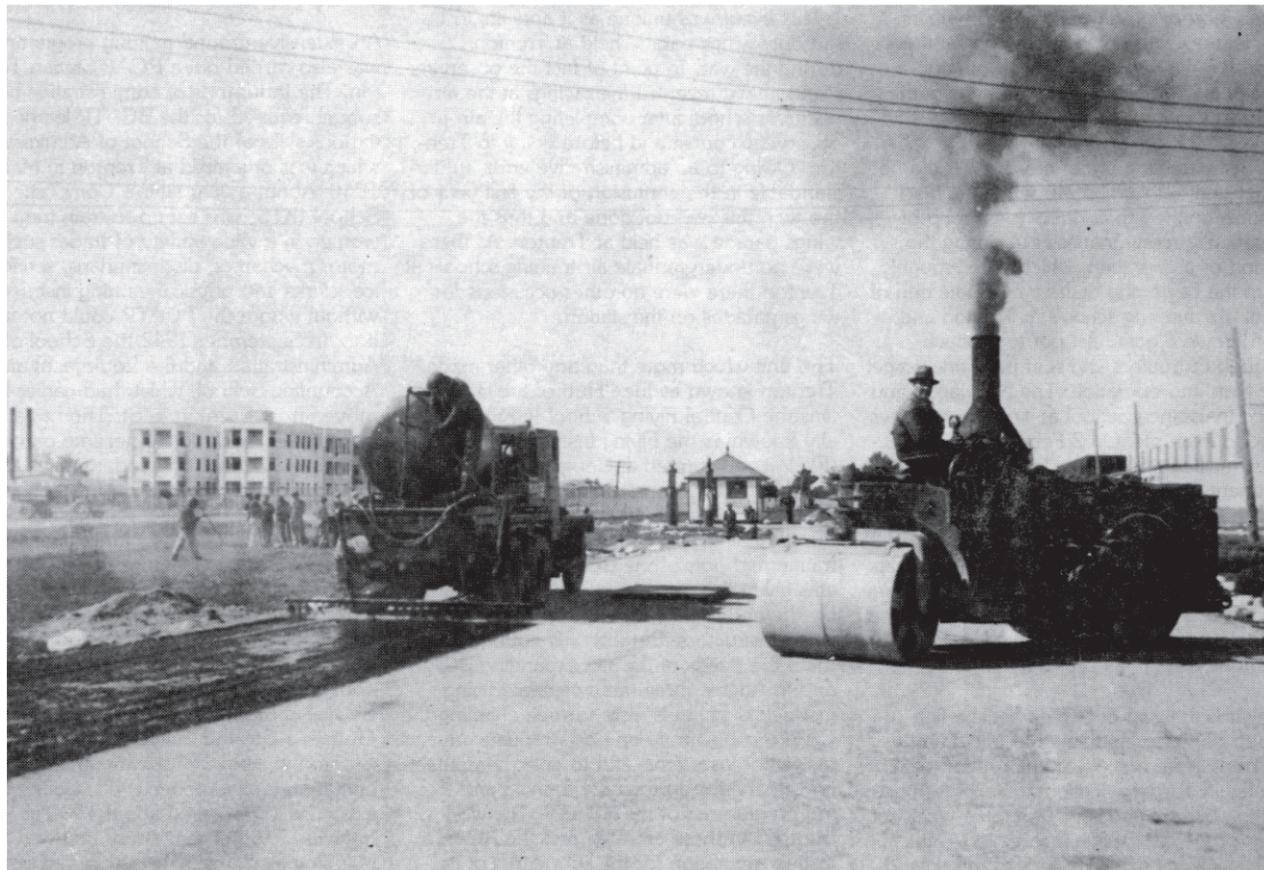


TMH political working group meets with Minister of Veteran's Affairs

Members of the Trenton Memorial Hospital Political Working Group met last week with Canada's Minister of Veterans Affairs, the Honourable Kent Hehr, to discuss the concept of developing the third floor of Trenton Memorial Hospital as the home for a new Veteran's Mental Health Centre. "This was an excellent first meeting," said Lou Rinaldi, Northumberland—Quinte West MPP and Chair of the Trenton Memorial Political Working Group. "The Minister was open to discussing the idea, and as a group we anticipate continuing to work with him and his staff as we look at moving this project forward."

The meeting was attended by MPP Rinaldi as well as MP Mike Bossio (Hastings-Lennox and Addington), MP Neil Ellis (Bay of Quinte), MP Kim Rudd (Northumberland-Peterborough South), and Tamara Kleinschmidt (Executive Director, Trenton Military Family Resource Centre).

Trenton's Nostalgic Trivia



The road work that occurred in 1935 on Highway 2 may have caused some traffic delays as it did for us last year. The construction of the base started in 1929 and finished when the Unemployment Relief Projects were terminated in 1936. During this construction phase, the water tower, Wing Headquarters, 6 hanger and a seaplane hangar were built, just to name a few.

Provided by Capt. Sandor Gyuk, Wing Heritage Officer

Christmas Flights program

Continued from page 1

final mission touched down back in Trenton on Jan. 8. During that period, WO. Gautier's team received over 2,800 applications by both members and dependents. In total, passenger terminal staff facilitated the movement of 13,226 passengers coast-to-coast. Encompassed in this impressive number were 37 Airbus CC150 missions, two Twin Otter CC138 missions and two Hercules CC130 missions. In all, there were 114 departures nationally with 12 of those departures originating out of 8 Wing.

That was all in addition to the relentless task of managing applications, modifying requests for itinerary changes, mitigating cancellation notifications and continuously updating the 2 Air Mov Sqn website in an effort to give situational awareness to all CF members on real time seating availability, noted WO Gautier.

But that still wasn't the end of the effort by this remarkable and dedicated group of people.

"The staff was also responsible for manning a 24/7 posture in order to provide technical expertise as well as trouble shoot issues during the check-in process occurring at all hours in Ottawa, Bagotville, Quebec, Halifax, Gander, Goose Bay, St. John's, Winnipeg, Edmonton, Comox and Yellowknife," according to WO. Gautier.

"Due to the exceptional effort of the passenger terminal staff here at 8 Wing, thousands of CAF

personnel and their families were able to successfully reunite for the holidays. Their tireless efforts, dedication and professionalism guaranteed the success of the 2015/16 Christmas Flight program," he stated.

Amazing as all of that sounds WO. Gautier reveals yet another aspect of this effort which raises the incredulity factor even more.

"Except for one team member with experience, this whole team was brand new and they did this program from scratch," WO. Gautier noted. "They did an incredible job!"

Throughout the high-stress atmosphere within this period, the staff always tried to deal with issues professionally and with compassion, according to WO. Gauthier.

"They always did their best to help people. They would go out of their way to help people when they could," he said.

The only lull during this period was from Dec. 24 to Dec. 26 when no missions were flown.

"I cannot express enough how much of an impact these people had on the lives of so many CF members and their dependants over the Christmas Holidays," he added.

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Fitness & Health

January Jubilee



The Health Promotion Team of 8 Wing/CFB Trenton is pictured here working the 1st Annual MFRC/PSP January Jubilee event in Batawa. We bundled up for the cold and served up hot apple cider to families that made use of the outdoor skating rinks. With four rinks at the Batawa Community Centre, families enjoyed the outdoor skating experience. Fun was had by all!

Mental Fitness and Suicide Awareness – Supervisor Training

4 February or 2 March 2016
0830-1600hrs
MITE Coded

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<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 ou 2 mars
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 nonprofessionnels.

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Alcohol, Other Drugs and Gambling: Supervisor Training

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

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.
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2, 9, 16, 23 February 2016
08h30 – 11h30

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United Way surpasses \$2.1 million goal – narrowly

Continued from page 2

leader of the campaign team. He said she was a mentor, coach, motivator, and drill sergeant throughout the 12-month campaign rollercoaster ride and her leadership, compassion, under-



Allison Ferrill was awarded the Jack Hartling Volunteer of the Year award for her constant cheerful demeanor and words of encouragement above and beyond her hard work throughout the campaign. Here she fights back tears as she approaches Mrs. Gilbert immediately following the announcement.

Mrs. Gilbert experienced the emotional rollercoaster of the campaign during the celebratory breakfast when she had to say farewell to Curt Flewelling, director of resource development.

standing made her a true friend to all especially.

Mr. DeRome said the 2016 campaign was already showing signs it would be a struggle.

"I see 2016 starting on a bad note on a global basis," he warned. "It is a time of crisis locally and at the global level, but a time when United Way is needed even more."

"This is such a wonderful achieve-

ment for so many people and it's hard-fought," Mrs. Gilbert stated after the announcement that the campaign had raise \$2,100,763. "It's a struggle and as it was said throughout the course of this campaign, fundraising is difficult given the economic environment that we've all been experiencing. It's incredible to me that so many people can come together and raise those kinds of dollars. It truly is amazing and I'm so thrilled to be a part of it!"

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A little game of pick up



This father and son take advantage of the outdoor rinks at Batawa to practice some hockey during the Joyous January Jubilee last Sunday. Photo by Ross Lees

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Joyous January Jubilee

Inaugural event attracts military families for MFRC-sponsored winter fun

By Ross Lees

January Jubilee proved the ideal tonic for the winter blues.

This inaugural Batawa event run by the Trenton Military Family Resource Centre (MFRC) and the Personal Support Program (PSP) was run in conjunction with the Family Ski Day typically run at this time of year by the MFRC at the Batawa Ski Hill.

Military families flocked to the Sunday event with enthusiasm, according to Trenton MFRC executive director Tamara Kleinschmidt, who explained the expanded event had its roots in a suggestion by 8 Wing Commander Colonel (Col.) Colin Keiver.

"He was hoping to encourage families to venture out for some fun in the snow," she explained from the hub of the day at the Sacred Heart Catholic School in Batawa. "The concept was a perfect opportunity for PSP and the MFRC to combine

Families were thrilled by the horse-drawn wagon rides to the Batawa Ski Hill Sunday. Photo by Devon Taylor

their strengths and get families out for some fun."

Featuring skiing, pickup hockey, horse-drawn sleigh rides, a warming station and warm food in the gymnasium of Sacred Heart School, snowshoeing, snow soccer and nature trail tours, the event proved popular with all families.

"We were quite pleased that, by the end of the day,

over 130 had enjoyed a variety of free activities that had all of our staff and volunteers reminiscing about childhood memories of winter fun," noted Mrs. Kleinschmidt. "The feedback from families, volunteers and staff was extremely positive."

Mrs. Kleinschmidt and other members of the MFRC team sang the praises of

Continued on page 9



Lt.-Col. Bill Church and his family prepare to go skiing at the top of Batawa Ski Hill Sunday during January Jubilee. Photo by Ross Lees



Batawa Ski Hill was a busy place Sunday morning compliments of a crisp, winter morning perfect for skiing and snowmaking. Photo by Ross Lees



This father and child prepare for some quality time together on the Batawa Ski Hill. Photo by Ross Lees

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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

Joyous January Jubilee

Continued from page 8

Batawa and those who helped organize and stage January Jubilee.

"Everyone was just so helpful and cooperative," she said Sunday at noon from Sacred Heart School.

Devon Taylor, the MFRC communications and development coordinator, forward-

ed a comment from their Facebook page about January Jubilee.

"Thanks for putting together yet another great day," wrote Anna Siwakoti.

Miss Taylor also saw firsthand the result of the effort put into the event.

"I spent the day visiting each activity, taking photos

and live tweeting so I was able to see, first hand, how families were enjoying the day. It was clear parents and children were having fun and appreciative of the opportunity for some winter fun," she stated.

Both Mrs. Kleinschmidt and Miss Taylor agreed they would strive to make this an annual event.



Facilities at Batawa Ski Hill and the Batawa community were exploited by enthusiastic families from 8 Wing Trenton as they joined in celebrating January Jubilee Sunday. Photo by Ross Lees



The ski lifts were kept busy Sunday as January Jubilee invaded Batawa Ski Hill. Photo by Ross Lees



January Jubilee also proved a good opportunity to make new friends. Photo by Devon Taylor



This little fellow makes final adjustments to his equipment prior to a downhill run Sunday at Batawa Ski Hill. Photo by Ross Lees

(Above) This young family dug into the free lunch served at Sacred Heart School gymnasium following some morning outdoor fun. Photo by Ross Lees



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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!

Cooking with Grace - Chinese New Year Menu

Celebrate 2016 with a traditional Chinese five-course feast! (Menu is available at MFRC reception.)
When: Sunday, Feb. 7 from 2 p.m. to 5 p.m. Where: 8 Wing Chapel. Cost: \$25. To register, please call the MFRC reception at 613-965-3575 or email rabia.s@trentonmfr.ca

Cuisinez avec Grace : Nouvel an Chinois festival de gastronomie

Célébrez 2016 avec un festin traditionnel de 5 mets Chinois (le menu est disponible à la réception du CRFM. Quand : 7 février, 2016, 1400h - 1700h. Où : 8 Wing Chapel. Coût : 25\$. Inscrivez-vous en téléphonant la réception du CRFM au 613-965-3575 ou rabia.s@trentonmfr.ca

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.

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.

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.

Video Dance Party

Youth are invited to a Video Dance Party at the RecPlex on Friday, Feb. 19! Doors open at 6:30 p.m. and dance from 7 p.m. to 10 pm. Cost is \$6 for military, \$7 for civilians. Registration and more information: meghan.enwood@forces.gc.ca or 613-392-2811 ext. 5230.

'Video Dance Party'

Les jeunes sont invités à Video Dance Party au RecPlex le vendredi 19 février. Les portes ouvriront à 18h30. Coût : 6\$ militaire/7\$ civils. Inscription et plus d'information : meghan.enwood@forces.gc.ca or 613-392-2811 poste 5230.

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.

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Home of the Week

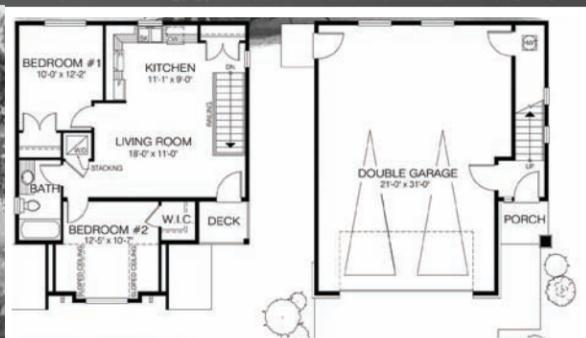
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The living area in this room enjoys access to a attractive two-bedroom small deck. family home is located over a garage large at the back of the house, enough to accommodate while the second bedroom an extra room.

The main entry, at one side of the house, is sheltered by a porch and leads into a foyer. To the left is a doorway to the double garage, and directly ahead is the stairway to the living area.

Upstairs, the living room and kitchen form one large space, with the kitchen overlooking the back garden. The living



Plan No: 14-2-275

looks out to the front garden and has a 12-foot ceiling that slopes toward the sides, as well as a walk-in closet. The two bedrooms share a three-piece bath, with a stacked washer and dryer nearby. Exterior finishes include horizontal siding with wooden shakes, as well as brick accents and decorative woodwork.

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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. 30 – Picket Fence and Tim Campbelle at Trenton Legion Branch 110

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

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 Drumm, 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. 6 – Trenton Legion Branch 110 features Robin Edgar and Jeff Murray

Trenton Legion Branch 110 has entertainment and dancing every Saturday in the lounge. Feb. 6 will feature Robin Edgar from 2 p.m. to 6 p.m. and Jeff Murray from 8 p.m. to midnight.

Feb. 8 - 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. 8 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 and the MFRC will be providing free child care services from 6:30 p.m. until 9:30 p.m. if required.

Feb. 6 – Trenton Legion Branch 110 features Valentine Dinner and Dance

Trenton Legion Branch 110 will be having a Valentine Dinner and Dance on Saturday, Feb. 13. Advance tickets at the office are \$25 per person. Cocktails are served at 6 p.m., dinner begins at 7 p.m. Dancing to The Reasons begins at 8 p.m. Door prizes. Professional photo sessions available for \$10/couple.

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 10

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

The January Youth Centre calendar and the Winter Playroom calendar is available under 'Youth & Te

Program Calendars

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.

Friday Drop-Off

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

Halte-garderie du vendredi

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

Special Needs Parent Support Group

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

Continued on page 12

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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.

Fintess 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.

Ontario Regional Men's Hockey Championship won by Borden

Photos by Cpl. Rod Doucet, 8 Wing Imaging



(Above) 8 Wing Commander Colonel (Col.) Colin Keiver dropped the puck to open the Ontario Regional Men's Hockey Championship tournament recently at the 8 Wing Flyers' Arena. Teams from Trenton, Kingston, Borden and Petawawa participated.

Kingston and Borden compete in this hockey action during the Ontario Regional Men's Hockey Championship tournament recently at CFB Trenton. Borden went on to win the championship.

MFRC continued from page 11

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 Orlana 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 Orlana

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 Orlana: 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 Légos 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 Orlana au 613-392-2811 poste 3953 ou orlana.b@trentonmfr.ca

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 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

Keep safety in mind

Chain saws can be very dangerous to operate



A chain saw is probably one of the most dangerous pieces of equipment you can use. The injuries from these machines are horrible.

Many people rent or borrow a chain saw, then attempt to cut down the biggest trees on their acreage. Many experienced tree fallers are injured or killed each year. This should be a warning!

If you don't have the experience, have

someone teach you to use this tool properly, or have them do the work for you.

Whenever you use a chain saw, you should always use the proper personal protective equipment. Hard hats protect you from falling limbs or branches. Safety goggles prevent eye injuries when branches or wood chips fly in your direction.

Chain saw pants are made from ballistic nylon. They protect legs.

Non-slip gloves help prevent abrasions to hands. Steel-toed boots with ankle support help prevent foot injuries.

Chain saws are loud. Wear appropriate hearing protection.

Make sure the saw is in good condition, the nuts and bolts are tightened, the chain is tight, and the chain's oil reservoir is full.

Make sure your work area is clear. A simple fall when carrying a chain saw

could be disastrous.

When starting a saw, use caution. Make sure you stabilize it with one foot on the foot plate and face the chain away from you when you pull the cord. The saw should idle without the chain moving.

Don't use the saw above shoulder height, and never cut with the toe of the guide bar.

Check the wood you're going to cut for nails or spikes. Hitting one with the saw can be extremely dangerous.

When the guide bar jerks in an upward motion, this is called kickback. If you're not prepared for this, the chain can jerk upward enough to strike you. This can happen when the blade becomes pinched. Always be prepared for kickback.

Recent improvements in the design of chain saws have led to the production of low kickback replacement chains which are capable of reducing chain saw kickback. Generally speaking, there is a low kickback replacement chain for virtually every chain saw, old and new.

The U.S. Consumer Product Safety Commission recommends that you ask your dealer or retailer to determine whether your saw is equipped with one of these new chains. If it isn't, replace your chain with one.

A man was cutting up some wood with a chain saw when he hit a nail that jerked the blade upwards. It struck him in the face and caused very serious facial fractures and soft tissue injuries. This was the first time this man had used a chain saw.





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Keeping them flying

CF-188 Hornet Aviation Systems Technicians at work on Operation IMPACT

By Air Task Force-Iraq Public Affairs

The sun is high in the sky over Kuwait and the aircraft shelters prove their utility as a technician makes his way down the flight line towards a Canadian fighter jet parked in the shade.

Aviation Systems Technicians deployed with Air Task Force-Iraq (ATF-I) are responsible for regular service on the CF-188 Hornets, and specialize in maintaining the airframe, weapon systems, or engines.

"I'm performing a B-Check, which is the short version for Before-Flight Check. Essentially, I prepare this Hornet for its mission, making sure that it is in perfect condition before the starting process," explains the technician as he takes a quick look inside the cockpit. "Among other verifications, I check the fuel, liquid oxygen, and oil levels, landing gear, flight controls, and the engines. The pilot will also go through additional checks before a flight."

The technician crawls under the aircraft to verify the air pressure in each tire. Aviation Systems Technicians have an active role in Operation IMPACT. They enable



Royal Canadian Air Force Aviation Systems Technicians perform a pre-flight check on CF-188 Hornet aircraft during Operation IMPACT in Kuwait on Jan. 2. Photos by Op IMPACT, DND

flying operations for Canada's military contribution to the multinational coalition to halt and degrade the Islamic State of Iraq and the Levant (ISIL).

"I'm in charge of fixing the engines and all the associated systems, and I love it! Some of my work related challenges in Kuwait include sandstorms and extreme heat," explains the technician as he climbs on the airframe and makes his way towards the rear of the jet to inspect the vertical stabilizers. "In short, I must protect the engines from the sand while working in extreme temperatures. At the end of the day, we do what we can to support the operation."

Technicians perform a very specific and synchronized routine for departures and arrivals. Among other tasks, they are responsible for starting, marshalling, and refueling the aircraft.

"We are taking good care of our aircraft but most importantly, we watch out for our peers. As an example, we are surrounded by ammunition every day, which requires extra precautions and safety measures, especially when the jets are armed," he explains. "As members of the Fighter Detachment, we follow thorough procedures when we conduct our inspections and maintenance. This common commitment to detail makes us a more cohesive team."

The technician then points towards a few co-

alition aircraft parked further down the flight line; he explains that the coalition partnership extends to the technicians on the ground.

"I sometimes have the chance to interact with other coalition aircraft technicians," he says as he finishes his checks by taking a close look inside both engines. "We do what we can to assist our counterparts when possible. We have a lot in common and a natural respect establishes itself among all of us."

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\$155.00
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14 MAZDA 5

25551 Auto, 4 dr, 4 cyl, FWD, Hatchback, keyless entry, alloys, air bags, traction ctrl, height adjust seats, pwr windows/locks/mirrors, AC, CD, MP3, tilt steering wheel, steering wheel ctrls. 55,227 km
PREVIOUS DAILY RENTAL

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\$97.00
biweekly
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0 DOWN + HST



13 HONDA CIVIC Si

25484 Manual, 4 dr, 4 cyl, FWD, Sedan, keyless entry, alloys, air bags, traction ctrl, pwr roof/windows/locks/mirrors, heated seats/mirrors, AC, CD player, MP3, sat radio, Bluetooth, touch screen, premium audio system, cruise, steering wheel ctrls. 55,932 km

\$19,495
\$149.00
biweekly
72 mths @ 5.9%
0 DOWN + HST



15 DODGE JOURNEY CROSSROAD

25827 Auto, 4 dr, 6 cyl, AWD, keyless entry, factory remote start, roof rack, alloys, air bags, traction ctrl, leather, AC, MP3, Alpine snd, sat radio, rev camera, park aid, u-connect, touch screen, heated seats/mirrors/steering, pwr roof/seats/windows/locks/mirrors, cruise, steering wheel ctrls, tilt steering. 29,181 km
PREVIOUS DAILY RENTAL

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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

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15 CHEVROLET EQUINOX

25655 Auto, 4 dr, 4 cyl, AWD, keyless entry, alloys, air bags, traction ctrl, economy mode, AC, CD, MP3, sat radio, rev camera, OnStar, pwr seats/windows/locks/mirrors, cruise, steering wheel ctrls, tilt steering wheel. 33,314 km
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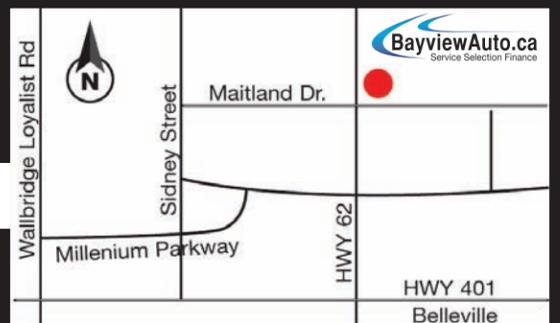
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