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#### DELIVERING TOYS TO CANADA'S NORTH



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## 436 Transport Squadron help deliver toys for children in the north



Photos by Makala Chapman  
The CC-130J Hercules was the aircraft used to transport the pallets of toys to Newfoundland and Labrador, as well as Thunder Bay on Dec. 7, 2017.

By Makala Chapman

More than 2,000 toys, a CC-130J Hercules from 8 Wing Trenton and the help of the Royal Canadian Mounted Police (RCMP) are a few of the ingredients needed to help make Christmas special for some lucky children.

Now in its eighth year, Toys for the North has once again made good on an annual tradition to deliver gifts to those living in Canada's most northern communities.

Like in past years, the RCMP have spent more than six months collecting thousands of dollars worth of toys from corporate sponsors like Crayola, Lego and Hasbro.

Once the toys were delivered to 8 Wing Trenton from Toronto on Nov. 29, they were then quickly prepared for delivery by 2 Air Movements Squadron Cargo Terminal to RCMP

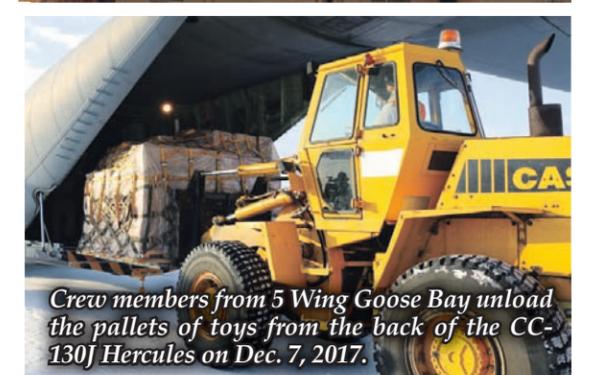
hubs in Happy-Valley Goose Bay, N.L. and Thunder Bay, Ont.

With the precious cargo loaded into the back of the CC-130J Hercules, a small crew of members from 436 Transport Squadron prepared for departure early morning on Dec. 7. Since the Royal Canadian Air Force (RCAF) routinely performs training exercises in Canada's north, it was of no extra cost to help transport the toys said the flight's aircraft commander (AC), Captain (Capt.) Kevin Sawyers.

"We're doing training flights all the time so when we can involve things like (Toys for the North) into that training, it's all good training for the crew," he said. "This is what we do on a regular basis, which is move cargo and people around to different places."



Members of 5 Wing Goose Bay and the Happy-Valley Goose Bay RCMP work together to unload pallets of toys on Dec. 7, 2017.



Crew members from 5 Wing Goose Bay unload the pallets of toys from the back of the CC-130J Hercules on Dec. 7, 2017.

Continued on page 7

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## Deployed and away for the holidays

By Makala Chapman

Like many deployed members in the Canadian Armed Forces (CAF), Corporal (Cpl.) Yanick Dion-Morel will be spending this holiday season away from home.

Instead of being with his family back in Trenton, he will be working in Romania where he has been stationed for the past two months.

As a member of 8 Air Communications and Control Squadron (8 ACCS), Cpl. Dion-Morel has been using his skills to help maintain the telecommunications, radar and other electronic technology systems during his deployment. Similar to Cpl. Dion-Morel, approximately 135 other members from all across the CAF have been sent to Romania to help aid the country in air policing to deter threats against NATO Allies in an effort known collectively as Operation Reassurance.

Having never been deployed before, Cpl. Dion-Morel said he was both nervous and excited when he first found out he'd be headed to Europe.

"I didn't know what to expect," he said, "but I've met a lot of new people and made lots of bonds and links."

Now well into his deployment, Cpl. Dion-Morel said he's gotten the opportunity to learn lots of new skills through hands-on experience that he might have never gotten otherwise.

For example, through working with the servers and cameras around the camp, he has learned to assess when they aren't running properly and how to fix them.

As for when he's not busy working, he said he spends his time keeping in contact with his family and friends back home.

If there's one thing he misses the most about being back in Canada, he said it was his wife and child in Trenton.

But despite being apart, he added that he has had peace of mind knowing his family is taken



Photo submitted

Cpl. Yanick Dion-Morel is one of the team members who work to keep the technology systems at the camp in Romania in working order.

care of since they both planned and prepared well in advance for his deployment.

"We planned everything so there would be no hiccups or stress before I left," he said, "so make sure there's nothing lingering before you go or else it will increase and put stress on you and your (significant other)."

With the holiday season fast approaching, he also noted while it would be hard to be away, he had a good support system in Romania.

In terms of his advice to fellow CAF members who are headed out on their first deployments, either domestically or internationally, Cpl. Dion-Morel said it was all about living in the moment and being prepared.

"Take one day at a time and try to not stress too much thinking about home," he said. "Look forward to (going away) because it's a different experience from working at home. It's a whole new world and you get out of your routine."

While he's not certain on his official return date, he said he couldn't wait to spend some quality time with his family.

Until that date, Cpl. Dion-Morel said he's proud to be serving his country and aiding in Operation Reassurance.

## 8 Wing Trenton raises \$125,000 for United Way

By Makala Chapman

After months of canvassing and with a solid effort put forward by the 8 Wing Trenton community, the Government of Canada Workplace Charitable Campaign (GCWCC) has come to an end.

The GCWCC is a yearly initiative created exclusively for federal public servants and federal retirees looking to make charitable contributions in their communities.

One of the benefactors of the campaign is the United Way of Hastings Prince Edward. To celebrate the end of the campaign period, dozens packed the Earl of Bessborough social house for the events closing ceremony on Dec. 8.

Taking the time to thank the military community for their support was Major (Maj.) Christopher Hepburn, 8 Wing Trenton's GCWCC chair.

He noted that through events like Dress with a difference on casual Fridays, the Let your hair go (beard growing competition or wear a ponytail) and other events held throughout the fall, 8 Wing Trenton was able to raise more than \$124,000.

While that is a feat in itself, Maj. Hepburn added that the Wing tries to raise at least \$125,000 for the United Way each year.

With that in mind, 8 Wing Commander Colonel (Col.) Mark Goulden stepped up to the microphone and challenged the community to help raise the remaining \$750.

"We are part of this community and having a strong community is very, very important to our Wing," he said. "We can do better than this."

Within a matter of moments, Honorary Colonel John Williams stepped up to the plate and offered an additional \$500 donation.

Shortly after, the GCWCC 50/50 raffle winner pushed the campaign goal over the top by offering to donate the remaining \$250 with his winnings.

"The more we do for our community, the more they do for us," said Col. Goulden. "I'm very thrilled that we are able to con-

tribute and make our community stronger."

Also in attendance offering her thanks was the executive director of United Way of Hastings Prince Edward, Kathy Murphy.

She noted in the last 25 years, 8 Wing Trenton has collectively raised over \$2.2 million for the local non-profit organization.

"We are humbled and we thank you," she said. "It's your United Way and your donations working in the community."

Murphy went on to explain that at least one-in-three people access one of the United Way's more than 75 services or supports throughout the year, which is why she said raising funds for the organization is crucial. One of the many events that helped raise money for the local charity included the GCWCC's 4-on-4-hockey tournament held on Dec. 6 and 7.

With the help of more than 10 teams from around the military community, more than \$2,300 was raised for the United Way.

But what makes the hockey tournament even more special is the fact that it also serves as a memorial to the late Warrant Officer Michael 'Hammy' Hamilton – a long-time member of 8 Wing Trenton who died in a car crash in 2009.

"He was a great guy," said the chair of the hockey tournament, Captain (Capt.) R.J. Ellis. "He was a real joker and a very skilled hockey player and just good friend to us all."

Taking a moment to pause and reflect on his friend, Capt. Ellis said he was glad the tournament would not only raise money for the community, but also continue Hammy's legacy.

As for the B pool hockey finals, team 'Les Boys' was able to topple team 'Scotty Doesn't Know' in a 2-1 victory.

Over in A pool, Capt. Ellis noted the game had been nothing short of suspenseful.

"CJIRU team rebounded from a third place finish in the round robin to defeat the 'Thunderbirds' in the semi final 3-1," he explained, "and then went on to win a fast paced final against a young 'Juvy Hawks' team 4-1."



Photo by Makala Chapman

Director of United Way of Hastings Prince Edward, Kathy Murphy, excitedly thanks 8 Wing Trenton for their donation to the non-profit organization.

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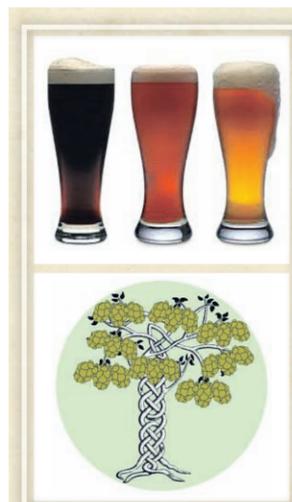
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# Photos of the Week

## Happy Holidays from 8 Wing Trenton



## The Northern Show Tour visits CFS Alert

By 2Lt. Heather DeWolfe

As the holidays are fast approaching, military members and civilians - who are working away from their families this year at Canadian Forces Station (CFS) Alert, got to enjoy a very special visit from the Northern Show Tour. Every year, CFS Alert hosts the Show Tour sponsored by Canadian Forces Morale and Welfare Services (CFMWS) for members to celebrate and enjoy themselves during the holidays. Dwayne Gretzky and Rob Pue, both based out of Toronto, performed a medley of cover songs and a comedy show Sat-

urday night that kicked off the stations' festive mood. The band played "Night Moves" by Bob Segar as an ode to the 24 hours of darkness we have this time of year. Everyone at the Station, including the band and Rob, had a great time dancing and singing along.



Photo By Cpl. Josh Ferreira

## Christmas at 8 Wing Trenton

Contact news

Second lieutenant (2 Lt.) Hector Wang got into the festive spirit by helping decorate one of his first Christmas trees at 8 Wing Trenton.

Also having helped decorate the tree perched at the entrance of the headquarters building was 2 Lt. Yugender Tatavarthy and Donna Baker, the administrative assistant at the 8 Wing Personnel Selection Office.

The tree decorating was organized by Christine Richardson, a member of the furniture and effects department, who said she just wanted to help spread a little bit of Christmas cheer to the military community.



## 8 Wing Mission Support Squadron

By Kevin Stuart

Personnel from the 8 Wing Replenishment Hazardous Waste facility unload a 250 kilogram drum of blasting media, utilizing a crane.

Mr. Paul Graham (left) works the remote control as Mr. Shawn Lucas (right) clamps and guides the drum until it leaves the truck. At the other facility drums were moved using carts and work-force.



Photo by Kevin Stuart

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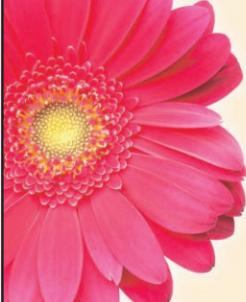
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# Safety



# Holiday Tree Safety

As the holidays draw near, decorative lighting and special effects become important components of the festive season. Christmas trees, in particular, are a traditional part of the season. And although they are special, trees pose a definite safety risk.

If you're using a natural tree this year reduce the risk of a tree fire by taking the following precautions.

- Choose a freshly cut green tree, not one that has dried out through weeks of storage. If you are buying one from a tree lot, tap the trunk on the ground; if several needles fall off, it's too dry. Needles that bend and are not easily pulled off indicate a fresh tree. Consider a potted Christmas tree so you can plant it in your yard once the holidays are over.
- Before setting it up, cut two inches diagonally off the butt. The tree will draw water more easily from a fresh cut.
- Stand the tree in a tub or bucket of water and keep the tree trunk immersed to prevent the tree from drying out.
- Select a safe location for the tree, away from drapes and curtains and from drying and heating sources such as registers, radiators and television sets. Don't block doors or windows which might be used to escape in an emergency and never put a tree near a fireplace!
- Use a tree-stand with widespread legs for better balance and a large water reserve in which to immerse the tree butt. Check the water level every day and add more as required.
- Check your Christmas lights for defects. Spread them out on a non-flammable surface before installing them. Make sure there are no broken bulbs, all electrical cords are free of cuts or frays and the plugs are in good condition.
- Extension cords should never be placed under carpets or where they could be a tripping hazard.
- Don't leave the Christmas tree lights on if there is no one in the room.
- If the tree begins to lose an excessive amount of needles, remove it immediately.
- Never burn your tree in the fireplace!

*These safety tips will help prevent your Christmas holiday plans from going up in smoke!*



## 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. Mark Goulden, MSM., CD, Commander, 8 Wing/CFB Trenton. The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CAF or other agencies.

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

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**Public Affairs, Internal Comms:** 8 Wing Public Affairs

**PSP Manager:** John Snyder

### Metroland Media Staff:

**General Manager:** Adam Milligan 705-761-7990

**Advertising Sales:** Orlinda Johnston 613-966-2034 ext: 526

**News and Feature Content:** Makala Chapman 613-392-2811 ext: 4095

**Advertising Production:** 613-966-2034

**Office Manager:** Marlene Hicks 613-969-8896 x242

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## 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.

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# Behind the scenes with 412 Transport Squadron in Ottawa

*The Ottawa-based squadron falls under 8 Wing Trenton and is primarily tasked with providing VIP transportation for government and military officials.*

412 Transport Squadron members say due to the nature of their job, they often times will spend more time in the air than on the ground.

Whether it's helping transport the Prime Minister or bringing an ill or injured member back from deployment, the close-knit transportation crew is always on the move.

But despite being located in the Country's capital, 412 Transport Squadron is very much an integral part of 8 Wing Trenton says Wing Commander Colonel (Col.) Mark Goulden.

While visiting the Ottawa-based squadron on Dec. 11, Col. Goulden took the time to thank the members for their service and reiterated his support for the work they do.

"You're the face of the Air Force when it comes to the Wing and what we do supporting the government," he said. "I hear accolades like you wouldn't believe that come to me almost on a daily basis. You do an outstanding job." While primarily tasked with providing air transport to Canada's high-ranking officials and foreign dignitaries, the squadron is also capable of other transport missions like medical evacuations.

With less than 30 members, a number which also accounts for civilian staff, the men and women of 412 are busier than ever.

Since the squadron is dedicated to transportation, the group is comprised entirely of trained pilots and flight stewards.

Any maintenance needed on their aircrafts is taken care of by Transport Canada - one of 412's key partners in Ottawa.

While the CH-146 Griffon helicopters are synonymous with 424 Transport and Rescue Squadron, the CC-144 Challenger aircrafts are 412 Transport Squadron's claim to fame.

With a range of up to 5,930 kilometres and a maximum speed of Mach 0.83, the Challenger is capable of transporting its passengers both quickly and safely.

For example, a trip from 8 Wing Trenton to Ottawa Macdonald-Cartier International Airport takes the executive jet less than 20 minutes to complete - a trek that normally takes over 2.5 hours to drive.

Within their possession, the Royal Canadian Air Force (RCAF) has



Photos by Makala Chapman  
MCpl. Tyler Zimmer stands in the doorway of one of the CC-144 Challenger aircrafts his squadron uses on a daily basis.

four Challengers, all which are operated exclusively by members of 412 Transport Squadron.

Speaking on how proud he was of his squadron was Commanding Officer Lieutenant-Colonel (Lt.-Col.) David Snow.

"We do quite a bit with very few people and we have a group of people that work really well together and are motivated to get the mission done," he explained.

He also credited Transport Canada for their partnership and their ability keep the fleet of aircrafts in working order since two of the Challengers are at least 30 years old.

When asked what the operational tempo was like at his squadron, he said it was pretty fast-paced since he and his members could be called to service at any moment.

Continued on page 6

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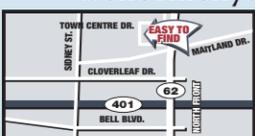
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Photos by Makala Chapman  
 Captain Guillaume Parent (left) and Lieutenant-Colonel David Snow (right) fly the Challenger from 8 Wing Trenton to Ottawa on Dec. 11, 2017.



MCpl. Stephane Potvin aboard the Challenger preparing coffees for his passengers before departure on Dec. 11, 2017.

**Continued from page 6**

“We do a considerable amount of work that’s very short notice, it’s high profile and very strategic in nature in terms of its (impact),” he said, “but it’s a team effort by everybody. Failure is not really an option for us and I’m incredibly proud of that.”

Aboard the Challenger preparing for his passenger’s arrival was Master Corporal (MCpl.) Stephane Potvin, a flight steward with 412 Transport Squadron.

Having joined the Canadian Armed Forces (CAF) as a cook in 2006, MCpl. Potvin said he never would have thought his career would have put him in a position where he was serving individuals like the Prime Minister or Canada’s Chief of Defence Staff.

As a flight steward, MCpl. Potvin noted that not only was he responsible for the safety of the passengers, but also ensuring their comfort throughout the flight.

“At first it’s pretty nerve-racking because you’re brand new and you’re meeting very important people,” he said, “but it becomes easier and you get to enjoy your job a lot more. I’m very proud to do this job.” While he said he couldn’t single out any one person as being his favourite passenger, he noted that getting to serve the Prime Minister and his staff was always enjoyable.

Since flight stewards come from cooking backgrounds in the military, MCpl. Potvin added that he is also responsible for preparing all and any meals for those aboard the Challenger.

From soups, salads to steaks, MCpl. Potvin said he’s always challenging himself to try to make the best meal possible with the limited amount of space and time he has on the flights.

He added that having creative reign over the meals he prepares for his passengers has also been a fun part of the job. “You got to go out and find the ingredients and make it hap-

pen,” he explained, noting that he has often found himself in a new country navigating markets trying to source unique and fresh ingredients.

Since the Challenger is only a small jet, flight stewards are left with a partial kitchenette to create their quality meals.

Fixed with two small ovens the size of a cupboard, a microwave, a sink and a small refrigerator, flight stewards at 412 Transport Squadron are forced to get creative with the space they have and really put their cooking and organizational skills to the test.

As a trained chef, MCpl. Potvin said it took some time getting used to the setup but has now found a system that works for him.

“When preparing meals at 412 it’s simple because you have all the kitchen equipment available to you,” he said, “but once you’re on the aircraft you have to organize yourself and consider timeliness.”

As for one of the best meals he said he was proud to have successfully crafted from scratch, while in flight: a rack of curried lamb, coconut basmati rice and a parmesan-crust eggplant. Reflecting on his time with 412 Transport Squadron, although located more than 250 kilometres away from 8 Wing Trenton, MCpl. Potvin noted that he’s always felt supported and was glad the Wing Commander and his team came for a visit to learn firsthand what the squadron does on a daily basis.

“We do feel that we are part of the 8 Wing family,” he said.

As for what’s kept him happy in his job, MCpl. Potvin said it all came down to working with a supportive team and knowing that his actions have helped make a difference in the lives of his passengers.

If you ever find yourself lucky enough to be flying in the Challenger with MCpl. Potvin as your flight steward, make sure to keep your eye out for his basket of chocolate mints – a personal touch he said he likes to provide to all his passengers.



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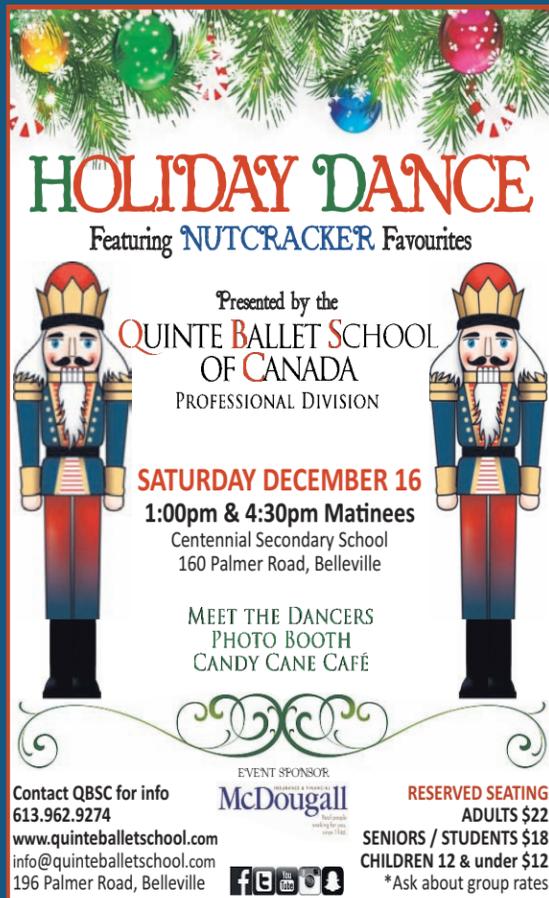


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**Continued from page 1**

Also assisting during the training flight was Flight Officer (FO) Capt. Derek Passma, Loadmaster Sergeant (Sgt.) Patrick Johnson and Technicians Corporal (Cpl.) Mike Watt and Cpl. Ted Lapkin.

Capt. Sawyers noted that while the flight simulators are a great learning tool, nothing could beat real-life training.

The experienced pilot added that since his squadron is used to offering their support all over the world, it's always nice when there is the opportunity to help out fellow Canadians.

Capt. Sawyers has been involved in countless relief efforts this year alone from the British Columbia wildfires to having served down in the Bahamas following Hurricane Irma.

"It's nice to be able to help out in these domestic and humanitarian type situations," he said. "It's very rewarding."

After travelling more than 2,000 km away, the team from 8 Wing Trenton landed in Happy-Valley Goose Bay, N.L.

Upon arrival, the team was greeted by members of the local RCMP and 5 Wing Goose Bay.

Helping unload the pallets of toys was RCMP Constable Christopher Attewell.

He noted that his team would be spending a couple of days sorting and wrapping the thousands of presents.

Once wrapped and ready, Attewell added the RCMP would deliver the toys via a DHC-6 Twin Otter aircraft, snowmobiles and whatever it took to get them to communities like Nain, Natuashish and Hopedale.

"These might be some of the best toys that the kids will receive," he said. "Most of these communities only have one, maybe two stores that carry toys. There's not a lot of variety or selection."

When asked what the children's reactions tend to be when the children are given their gifts, Attewell said it was nothing short of emotional.

"It brings the whole community together while Santa gives out the toys," he said. "Some of the kids will cry and you will tears of joy from the parents when the kids are receiving their presents."

Also helping sort the toys was Corporal (Cpl.) Nicholas Merritt with 25 Military Police

Flight at 5 Wing Goose Bay.

He noted that without the partnership between the Canadian Armed Forces (CAF) and the RCMP, events like Toys for the North might not otherwise be possible.

"We like to take pride in our community and our country," he said. "Through events like this, we can give back to the country that actually gives to use quite a bit."

Cpl. Merritt added that he was looking forward to helping wrap the presents and was happy to be a part of such a worthy cause.

"For a lot of these northern communities there isn't even a roadway to their location so it's a wonderful experience to give back," he said. "You know that every box that you wrap is going to put a smile on someone's face."

Once the pallets for Newfoundland and Labrador were unloaded, the CC-130J Hercules crew climbed back into the aircraft and set their coordinates for Thunder Bay.

Upon arrival, the aircraft was once again greeted by the local RMCP detachment.

Helping load the toys into the back of the RCMP's truck was Constable Darryl Waruk. He noted that initiatives like Toys for the North were a great way for the police to give back and get involved in the northern communities.

"It's a great positive interaction with children in remote communities that don't have a lot of interactions with the police," he said, "and it's a lot of fun for everybody."

Having personally helped deliver the toys, Waruk added that his favourite part was getting to see the children play with their gifts and the smiles it puts on their faces.

"This is something extra that we do that makes things a little brighter for those kids," he said. "It's such a good networking opportunity between the police, military, donors and those communities."

Since its inception, Toys for the North has collected and distributed over half a million dollars worth of toys to children in need.



Loadmaster Sergeant Patrick Johnson receives a hug from the Thunder Bay RCMP Safety Bear as thanks for the work 436 Transport Squadron put in to help deliver the toys on Dec. 7, 2017.



Loadmaster Sergeant Patrick Johnson ensures the precious cargo is safe and secure before departure from 8 Wing Trenton on Dec. 7, 2017.

Continued on page ?

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## Giving the gift of fitness this holiday

### Contact content

With the holiday season just around the corner, many will be left scrambling to decide what to get family and friends for Christmas. But the RecPlex fitness centre and South Side Gym at 8 Wing Trenton have got you covered. Consider giving the gift of fitness in the form of a gift certificate to either of the two establishments so loved ones can choose from dozens of different activities to take part in like yoga, swimming and more. For Shwetha Jayathirtha, the trained yoga instructor who runs a weekly yoga class at the South Side Gym, she said keeping fit and active is crucial for both the military and civilian community. She added that with yoga, not only does it aid with her fitness, but also her mental and spiritual well being. "Yoga will also be beneficial long terms because it will teach people to relax and cope with their stresses," she said. "It will also increase your stability, balance and flexibility." One of the additional benefits of yoga, said Jayathirtha, is that it's a fairly cost effective program

to be a part of since any equipment or mats are provided by the facility during each class. As for who would benefit from yoga, she said that it's not necessarily age restricted. "Anybody can do yoga," she explained, noting that she has had participants who have been both younger and older. "You don't need any previous fitness experience." For those interested in getting a gift certificate, they can purchase session passes or a wellness pass. The wellness pass allows individuals to take part in up to 10 fitness classes offered by the facilities. On top of yoga, other programs offered include zumba, general fitness classes and more. As for why giving the gift of fitness is so important, Jayathirtha said it's because taking care of your body both physically and mentally is crucial. "It's a great way to start the year after the holidays," she said. "Come give it a try." Yoga classes run on Mondays and Wednesdays at 4:30 p.m. For more information on prices and other details, call the South Side Gym at (613) 392-2811 ext. 7138 or the RecPlex at (613) 392-2811 ext. 3361.



Photo by Makala Chapman  
Members of the military community take part in a yoga session that was held on Sports Day back in September.

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- A show for all ages, 'HOLIDAY DANCE' is presented in two afternoon matinee performances at 1pm and 4:30pm in Centennial Secondary School's theatre auditorium, located at 160 Palmer Road in Belleville.
- Tickets for 'Holiday Dance' are reserved seating, and prices are Adults \$22, Seniors & Students \$18, and Children 12 years and under are \$12.

For information and to purchase tickets contact [info@quinteballetschool.com](mailto:info@quinteballetschool.com), call 613-962-9274, or visit Quinte Ballet School of Canada

# MERRY CHRISTMAS

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**All the best in 2018!**



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# Looking back at 2017: A holiday message

From Lieutenant-General Michael Hood

As 2017 draws to a close, Chief Warrant Officer Gérard Poitras and I are pleased to offer you our best wishes at this special time of year and to express our deep appreciation to all of you who are part of our Royal Canadian Air Force family: our veterans, our airmen and airwomen, our civilian colleagues and our families. Thank you for your service to Canada and Canadians.

2017 was an exceptional year as we celebrated several major milestones in Canadian and Air Force history. First and foremost, it was the 150th anniversary of Canadian Confederation. Throughout the year, we were reminded of the crucial role that the Royal Canadian Air Force has played in the development of our great nation and the growth of our Canadian identity.

In France, I was humbled to be part of the commemoration marking the centenary of the Battle of Vimy Ridge and to remember that Canadian aircrew, supported by their groundcrew, played a crucial role as observers and fighters in the days leading up to and during that pivotal battle.

Closer to home, we marked the 100th anniversary of the Royal Flying Corps Canada, which conducted the first military aviation training in Canada. From that seed grew the Royal Canadian Air Force that we know today.

We also made history when we received new Colours from the Governor General in Toronto on September 1, 2017. Our Colours – unique, consecrated military flags – embody our ideals of bravery, honour, duty and esprit de corps and symbolize our service to Crown and Country. Our retired Colours will be laid up in Toronto early in 2018, in a fitting gesture

connecting our present to our past roots. As we look back on everything you accomplished this year, we are filled with pride. We see your continued commitment to achieving our vision of AIRPower – In Formation: an Air Force that is Agile and Integrated with the Reach and Power to achieve its missions, flying in formation with our partners. And across the Air Force we are advancing the concepts of innovation and airpower-mindedness. You, the members of the RCAF, are our most valuable resource and the source of our pride in our institution. Thus, I welcomed the historic step taken by our nation and our military to apologize to members of the lesbian, gay, bisexual, transgender, queer and two-spirit (LGBTQ2) communities for the treatment they received. I am at the same time encouraged to see progress in implementing Operation Honour and I expect all of you to daily uphold the RCAF as a diverse, welcoming and inclusive organization. Operationally, you delivered excellence at home and abroad. Internationally, you made significant contributions to the fight against Daesh and supported NATO in Central and Eastern Europe. You also contributed to relief efforts in the Caribbean following devastating hurricanes.

At home you were fully engaged in search and rescue missions and support to civilian authorities during crises caused by natural disasters, including forest fires and flooding. We continued to fulfill our NORAD role, guard Canadian sovereignty and much more. Our operational successes will continue to be enabled by your tremendous work and ethos. We continue to go through a period of renewal and the RCAF is growing; with the release of the defence policy Strong, Secure, Engaged, virtually all our fleets will be replaced or refurbished.

Construction on the fixed-wing search and rescue training centre in Comox, British Columbia, that will train both our aircrew and our maintainers under a single roof, is underway. In addition, government's recent announcement concerning the process to procure advanced fighters to replace our fleet of CF188 Hornets, is an investment in the safety and security of our country. While this crucial procurement is underway, we will continue to fly our upgraded Hornets on daily operations and missions. And once matching upgrades are complete on the supplemental aircraft purchased from Australia, those fighters will integrate seamlessly into the current fleet.

The RCAF is the force that, every day, goes out to address the potential threats to our nation; you are the guarantor of Canadian sovereignty. Air – and space – power, the areas of activity and influence in which we operate, and the precision effects we deliver in the defence of Canadian interests are critically important today – and will be more so in the future. Change will come and it will come rapidly. I have every confidence that you are ready to meet the challenges.

Now, during this holiday season we hope that you will be able to enjoy some well-deserved rest and time with your family and friends, whose love and support is essential to our ability to do great things. And those of you who must be on duty during the holidays have an extra-special place in our thoughts.

No matter what your belief or faith, we hope you will draw strength from the message of peace and joy this season represents. We wish each and every one of you a Merry Christmas, happy holidays and all the very best in 2018.

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# Christmas miracle with 8 Air Maintenance Squadron

By Lieutenant-Colonel Todd Murphy

The spirit of Christmas was alive and in full swing at the 8 Air Maintenance Squadron (8 AMS) Festive Dinner on 7 December, 2017.

What festive event would be complete without a visit from Santa?! This special call proved particularly magical, however, as the man in red brought the Acting Commanding Officer (A/CO), Aviator (Avr.) Bradley Kieswetter, and Acting Squadron Chief Warrant Officer (A/SCWO), Master Corporal (MCpl.) Douglas White, a surprising Christmas gift.

The beloved 8 AMS Mace, unduly stolen earlier this year from the annual RCAF Mess Dinner, was returned to its rightful place in the hands and hearts of its Squadron members.

SCWO Daniel Murphy looked especially pleased to have the precious Mace safe and sound in his hands. To other 8 Wing Squadrons...be on the lookout for Santa as word has it he may have other special gifts for you too, and perhaps even a lump of coal for the wayward Mace thieves, just to help keep their Christmas "fire" burning!



Photos submitted  
Acting Commanding Officer Aviator Bradley Kieswetter (right), and Acting Squadron Chief Warrant Officer, Master Corporal Douglas White (left) are the heroes of the day, as they accept a special gift from Santa during the 8 Air Maintenance Squadron (AMS) Festive Dinner on Thursday, 7 December, 2017.

# Home of the Week

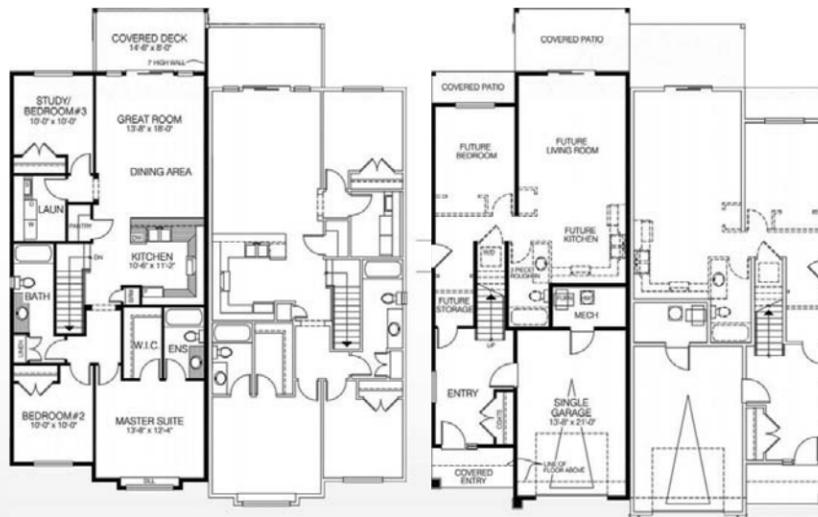
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Upstairs, the great room opens onto a covered deck, perfect for year-round grilling. The dining area is separated from the kitchen by a prep island that contains a double sink. The U-shaped counter configuration will save steps for the cook. A nearby closet can be used to store brooms, mops and other cleaning materials.



includes a roomy walk-in closet and a three piece ensuite. The second and third bedrooms share a three-piece bathroom that includes a storage space.

Between the secondary bedrooms is the laundry room, with a pantry nearby.

Exterior finishes include horizontal siding with brick accents and painted trim. Wooden shingles in the gables provide contrast.

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 Du lundi au vendredi 08h00 à 16h00

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 Heures des services religieux**  
 Protestant Sunday Service: 1100 hrs (English)  
 Service Protestant du dimanche: 11 h 00 (en anglais)

**RC Sunday Mass:** 0900 hrs (English) 1000 hrs (French)  
 \*Last Sunday of each month: 0900 hrs (Bilingual)

**RC Weekday Mass:** Tues, Wed, Thurs at 1200 hrs  
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**Messe CR du dimanche :** 9h00 (en anglais) 10h00 (en français)  
 \*Dernier dimanche de chaque mois : 9h00 (bilingue)

**Messe CR en semaine:** mardi, mercredi et jeudi à midi (12h00)  
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# Padre's Corner

## At Christmas, the Incredible Happens

by Padre Félix Roberge, RC Priest

As we near December 24, I often think about the Christmas Truce of 1914. Even though soldiers were tired and hungry, even though they couldn't feel their feet, had lost hope of ever seeing their families again, and were stunned by the extent of their losses, an incredible thing happened. They heard Silent Night. The soldiers laid down their guns, came out of their trenches with a candle in hand and met the enemy. Those who had always been described as bloodthirsty monsters were really just fellow human beings, with the same fears, with whom they could exchange candy and wish one another a Merry Christmas... talk and laugh, go to midnight Mass, play soccer. In the midst of that incredible bloodbath was an interlude of humanity and brotherhood. It's funny, but I think that this year, Christmas is inviting us to come out of our trenches. Christmas often makes us think of joy and happiness. But in reality, for many people, it's a hard time of year, often synonymous with pain and suffering. Christmas can remind us of what we don't have, of people who are no longer with us, or of joy missing in our lives. It's easy to think that Christmas is only for those who give and receive lots of presents, who have

families to celebrate with, who have no reason to be unhappy. It's easy to think that Christmas is not for poor people like Mary and Joseph, or for shepherds who lived outside society and wandered the fields, or for magi, those great scientists who, despite all their knowledge, hoped to find an answer to mysterious questions. That's not the case! Christmas is exactly for them. When we come out of our trenches, we need one another. In the darkest night, there is light. In the deepest silence, there is joyful singing. In our greatest distress, there is hope. Baby Jesus, who was born 2000 years ago and whose birthday we celebrate on this day, can be the light that falls upon our life and illuminates our darkness. And if things are going well for us, we must be the light for those in need. Go to others and let them come to you. A few days before Christmas Eve, take a moment to listen. We, too, can hear Silent Night. Let's come out of our trenches and wish a stranger a Merry Christmas. Let the incredible happen. Christmas/New Year's Celebrations at 8 Wing Chapel: You're invited for Christmas Eve Protestant Service at 5:30 pm, Christmas Eve RC Mass at 7:30 pm and Christmas Day RC Mass 9:00 am.



Photos by Makala Chapman  
 Pictured here is Padre Félix Roberge, a member of the 8 Wing Trenton Chaplain's team.



The 8 Wing Trenton Chaplain's team.



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### Service de garde accrédité à Belleville

Le service de garde accrédité du CRFM a maintenant une succursale à Belleville, pour les familles des militaires et civiles. Vos enfants auront la chance de découvrir, d'explorer et de jouer dans un tout nouvel espace avec des éducatrices de la petite enfance. Nous offrons les services de garde aux poupons, aux bambins et aux enfants d'âge préscolaire. Les heures d'ouverture flexibles de la succursale du CRFM à Belleville sont de 6h à 23h.

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### Mental Health First Aid for the Veteran Community

Join us to become certified in Mental Health First Aid for the Veteran Community. This course is in support of the Veteran Community and in partnership with Veteran Affairs Canada and is a customized version of Mental Health first Aid for members of the Veteran Community.

When: January 24th and 25th 2018, 8:30 to 4:30

Where: Our Lady of Peace Chapel, 8 Wing Trenton  
Register by emailing Kelly Briggs at [kelly.b@trentonmfr.ca](mailto:kelly.b@trentonmfr.ca) by January 12th 2018

### Mentale pour la communauté Vétérans

Une formation de Premiers soins en santé mentale (PSSM) adaptée pour la communauté Vétérans.

La formation sera offerte en collaboration avec Le légion royale Canadienne filiale 110

Date: 24 et 25 janvier 2018 08h30-16h30

Date limite d'inscription: 12 janvier 2018 - [kelly.b@trentonmfr.ca](mailto:kelly.b@trentonmfr.ca)

Endroit: Chapel Notre dame de la paix

### 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 January 11 and January 25, 2018 from 12 noon until 1 p.m. or 1 p.m. until 2 p.m. at the Trenton MFRC. Please register at least one week prior to the workshop. You can register and learn more by contacting Rabia: 613-392-2811 ext. 2568 or [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca).

### Groupe de pleine conscience

Êtes-vous intéressés à développer votre pleine conscience pour réduire le stress et l'anxiété et vous aider à mieux réagir aux situations difficiles? Aucune expérience préalable n'est nécessaire pour participer à ce programme.

Le dernier jeudi du mois, de midi à 13h00 ou de 13h00 à 14h00 le 11 et 25 janvier 2018 au CRFM de Trenton. Veuillez vous inscrire au moins une semaine avant l'atelier auquel vous désirez assister. Pour information ou pour vous

inscrire contactez Rabia 613-392-2811 au poste 2568 ou [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca).

jeunes avant le 20 décembre

### Winter Wonderland

December 22 in the Youth Centre Join us for an evening filled with all the magic of the season! There will be festive snacks and crafts. Not to mention a favourite holiday film. Warm up with cider and carols! We hope to see you there! 6 p.m. to 9 p.m.

All ages \$3.00 per person Register by December 20th in the Youth Centre

### Le royaume du bonhomme hiver

Le 22 décembre dans le centre des jeunes

Venez pour une soirée comblée de la magie de cette saison! Il y aura des collations et du bricolage festif. N'oublions pas de mentionner un film populaire des Fêtes. Réchauffez-vous avec du cidre et des chants de Noël! Au plaisir de vous y voir!

18 h à 21 h  
Tout âge 3,00 \$ par personne  
Inscrivez-vous au centre des

### Second Language Training

The next Second Language Training session (French and English) will start on January 15, 2018. The registration deadline is January 5. The Winter Spanish's session will also start on January 15. Spanish Level 1 will be on Tuesday evening and Level 2 on Monday evening. The English Conversation Course will start on January 17. The French Conversation Club will come back on January 23. A limited number of Rosetta Stone online licences are available at no charge for military spouses only. To register, please contact Nathalie Vadeboncoeur:

- 613-392-2811 ext. 3855
- [nathalie.v@trentonmfr.ca](mailto:nathalie.v@trentonmfr.ca)

### Family Focus - Webinars

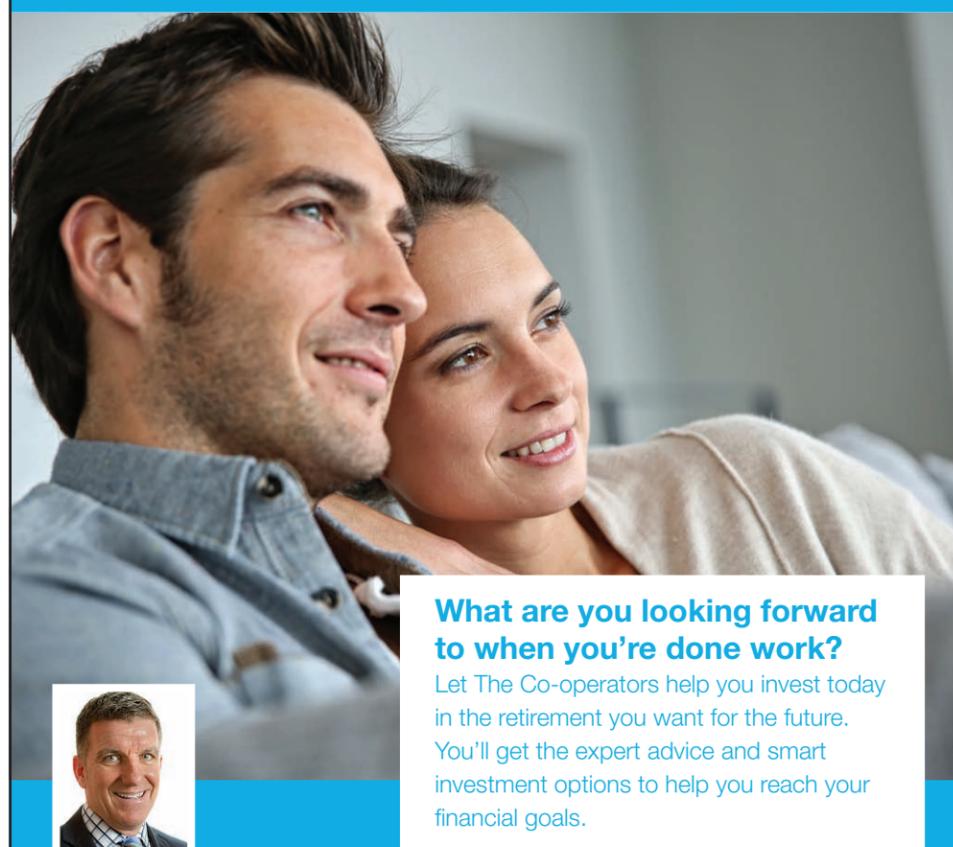
The Trenton MFRC is offering free family-focused webinars, on a variety of topics, that can be accessed at anytime.

Current Available Webinar:

- Getting Through a Crisis
- Building Distress Tolerance
- Fostering Confidence

For more information please contact Jaclyn Hunter: [jaclyn.h@trentonmfr.ca](mailto:jaclyn.h@trentonmfr.ca)

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1 Receive a Yokohama/Dunlop Winter Tire Package at no extra charge with the purchase of any new and unused 2017/2018 Mirage, 2017/2018 Mirage G4, 2016/2017 Lancer, 2016/2017 Lancer Sportback, 2016/2017/2018 RVR, or 2016/2017/2018 Outlander from October 3, 2017 to October 31, 2017. Includes four steel wheels (not available for 2017/2018 Outlander SE and GT Model 3.0 L engine), four winter tires, sensors (not available for eligible 2017/2018 Mirages), mounting, balancing and installation. Up to a \$1,400 value based on retail cost of installed wheel and tire package. \*\* Whichever comes first. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Some conditions apply. § AWC standard on 2017 RVR SE AWC, Limited Edition AWC, SE Black Edition AWC and GT AWC. 2017 RVR GT AWC model shown has an MSRP of \$29,898.



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