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# Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

## Tribute to the Brave concert draws out hundreds



Photos by Makala Chapman  
Hundreds gathered at the National Air Force Museum of Canada on Nov. 19 for the third annual Tribute to the Brave concert.

By Makala Chapman

The third annual Tribute to the Brave concert is once again using music as a means to honour Canada's servicemen and women. Hundreds gathered at the National Air Force Museum of

Canada (NAFMC) on Nov. 19 for the musical presentation comprised of pieces from the Quinte Symphony, the 8 Wing Concert Band and the 8 Wing Pipes and Drums.

Also new to this year's event was the Trenton Military Wives Choir, a group of vo-

calists who sang renditions of songs, as well as their own original material.

"This is our home town so it's awesome to be representing the choir here on our own turf and to be contributing to this awesome event," said the choir's public relations

specialist, Melanie Zukowski. "We really want to be a part of the local community, so to get to work with the Tribute to the Brave concert is great."

Continued on page 7

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# Sports & Recreation



## Intersection Sports

Wing Hockey League (WHL)- Designed for the more competitive hockey player. The league does not have body contact, but does include slap shots.  
 - Timings: Monday-Thursdays, 1700-2130 hrs.  
 - See Trenton's CAF Connection Page for registration forms, waivers and additional information  
 Noon Hour Hockey League (NHL)- Designed for the recreational player to come out over lunch hour and enjoy some hockey action. The league is non-contact, and slap shots are not allowed.  
 - Timings: Tuesdays-Wednesdays, 1200-1300 hrs  
 - See Trenton's CAF Connection Page for registration forms, waivers and additional information  
 Curling - The I/S Curling League is designed for both recreational and competitive players to come out after lunch and enjoy some curling action.  
 - Timings: Tuesday or Thursday- 1300-1500 hrs  
 - See Trenton's CAF Connection Page for registration forms, waivers and additional information  
 Noon Hour Sports - This is an opportunity to come out during the lunch hour to play a variety of sports (inclusive of Basketball, Volleyball, Squash and Badminton).  
 - Timings: Monday to Friday- 1300-1500 hrs  
 - See Trenton's CAF Connection Page for registration forms, waivers and additional information

## Base Sports

Basketball- Practice Times- Tuesdays & Thursdays 1600-1800 hrs  
 - Volleyball (M&W)- Practice Times- Monday & Wednesday 1600-1800 hrs  
 - Squash- Practice Times- Fridays 1500-1700 hrs  
 - Badminton- Practice Times- Tuesdays & Thursdays 1830-2130 hrs  
 - Men's Hockey- Practice Times- Thursdays 1530-1645 hrs & Fridays (1430-1600 hrs- All Hockey Teams)  
 - Women's Hockey- Practice Times- Monday & Wednesdays 1530-1645 hrs & Fridays (1430-1600 hrs- All Hockey Teams)  
 - Old Timer's Hockey- Practice Times- Tuesdays 1530-1645 hrs & Fridays (1430-1600 hrs- All Hockey Teams)  
 - Swimming Team- Contact Sports Coordinator  
 Please Visit Trenton's CAF Connection Website or Contact Sports Coordinator for additional information.  
 Sports Coordinator: Ryan Meeks - Local 2349 or ryan.meeks@forces.gc.ca

## For more In Format Ion a Bout Sport S program S

### men's Hockey

Cpl Dylan Squires - Dylan.Squires@forces.gc.ca

### o ld tI mer' S Hockey

Maj Sly Carignan - Sylvain.Carignan@forces.gc.ca

### Women' S Hockey

MCpl Derek Brown- Derek.Brown@forces.gc.ca

### Ba Sket Ball

Cpl Alan Albano - Alan.Albano@forces.gc.ca

### Badm Inton

Cpl Nicolas Fontaine - Nicolas.Fontaine2@forces.gc.ca

### men' S Volley Ball Squa SH

MCpl Tony Richard - Tony.Richard@forces.gc.ca  
 Maj JF Moreau - Jean-Francois.Moreau@forces.gc.ca

### Women' S Volley Ball

Cpl Stuart Clow - Stuart.Clow@forces.gc.ca

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# Photos of the Week

## The RCAF overseas



Photos by Sergeant Daren Kraus  
Lt-Col. Mark Hickey, Air Task Force (ATF) Romania Commander, speaks with Colonel Mark Goulden, Commander of 8 Wing Trenton, prior to his departure from Mihail Kogalniceanu Air Base, Constanta, Romania, on Nov. 15, 2017.



Group photo of Honorary Colonel Tom Jenkins, 409 Squadron Honorary Colonel, Chief Warrant Officer (CWO) Troy Zuorro, 8 Wing Trenton CWO, Brent Guilchrist, former NHL Hockey player, and Colonel Mark Goulden, Commander of 8 Wing Trenton, during their visit to Mihail Kogalniceanu Air Base, Constanta, Romania, on Nov. 15, 2017.



## CFS Alert

By 2Lt. Tae Wan Kim

Canadian Forces Station (CFS) Alert personnel gathered on Remembrance Day to remember and honour those who paid the ultimate sacrifice. Special guest, United States Navy Padre, Lt (N) Gardner, was in attendance to lead the service with prayers. In addition to the formal ceremony, the Station members also gathered at the Lancaster and BOXTOP 22 memorial sites to pay tribute to those who lost their lives in support of CFS Alert missions.

Photo by Cpl. Lapid

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# Safety



## Cold and flu prevention tips

A scratchy throat, the sneezes and sniffles could mean you've caught another cold or the flu. It's likely not the first time in your life, nor may it be the last.

Here are some tips for trying to avoid these contagious illnesses and reducing your chances of getting sick this year:

- Wash your hands often. The viruses that spread colds can be transmitted by contact such as shaking hands or touching a surface that an infected person has touched, such as a doorknob or a telephone.
- Keep your hands away from your face. Without realizing it, you probably touch your eyes, nose and mouth many times a day with your hands. This is how the virus can get from your hands into your respiratory tract.
- Maintain your health to keep your immune system in good shape. Eat a variety of fruits and vegetables, exercise regularly, get plenty of rest and drink at least eight glasses of water a day.
- Talk to your doctor about a flu shot if you are over 60, have a chronic illness or just want to decrease your chances of getting the flu.
- Cover your mouth and nose when you cough or sneeze to keep from spreading the infection to others. Dispose of tissues where others will not contact them, and wash your hands frequently when you have a cold or the flu.
- If you're really sick and contagious, consider staying home so as not to spread the disease to others.



What's the difference between a cold and the flu? If you just have the runny nose and sneezing, you probably have a cold. If you also have a fever, headache, muscle aches and fatigue, you probably have the flu. You can usually care for yourself until you get over a cold or the flu.

- Drink plenty of fluids, get plenty of rest and eat nutritious foods
- Persons who are very young or old, pregnant or suffering from allergies may need medical help.

### You should also call a doctor if you have one or more of these symptoms:

- If you are sick for more than a week.
- If you have a high fever.
- If you are coughing up mucous that is not clear in colour.
- If you have a sore throat that hurts when you swallow and have white patches on the tongue.
- If you have chest pains, shortness of breath, wheezing, a bad earache or headache for more than a couple of days.
- If you take over-the-counter remedies to relieve cold or flu symptoms, be aware many of them can cause drowsiness, making it unsafe to drive or operate machinery. Also, many can affect other medications that you may be already taking.

*Perhaps one day medical science will come up with a way to cure the common colds and flu.*

*In the meantime, a healthy lifestyle will decrease your chances of becoming infected and will speed up your recovery.*

### 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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### ARTICLES AND PHOTOS

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

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

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

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

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

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

### Letters to the Editor:

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



### A Military Community Newspaper

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



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# Pilot of crashed airplane saved by members of 424 Transport and Rescue Squadron

By Makala Chapman

A pilot who had to conduct an emergency landing has members of 424 Transport and Rescue Squadron coming to his aid.

Unable to escape his crashed aircraft, a pilot was forced to use his radio and call for help after finding himself trapped in the dense woods of Marathon, Ont. on Nov. 6.

Shortly after, more than 1,200 kilometres away, a group of search and rescue (SAR) technicians from 8 Wing Trenton were notified and immediately prepared for deployment.

Within half an hour, a CC-130H *Hercules* and its crew were off and well on their way to help the distressed pilot.

Following behind, a CH-146 *Griffon* helicopter was also dispatched to aid in the rescue mission.

*Hercules* aircraft commander, Major (Maj.) Richard MacEwen, noted that before he and the team took off from the Base, only limited information about the emergency had been available at the time.

As a result, the crews were tasked with making plans based on the information they had, while making any necessary adjustments while on route to the crash site.

Once on the scene, he noted that the team were faced with multiple obstacles, including poor visibility and icing conditions, which initially made locating the crash site tricky.

But he noted that the team was quickly able to make contact with the pilot who guided them to his exact coordinates with the help of a flashlight.

Despite the challenges, the training that the search and rescue (SAR) technicians undergo on a daily basis greatly aided in the success of the mission, said Maj. MacEwen.

"When you take a very classic scenario and transpose it into a real-life mission, it sort of reinforces everything that we do on a daily basis for training," he explained. "To see it play out in real-life is not something that happens very often, in fact it's very rare."

Also tasked with helping conduct the mission was 424 Transport and Rescue Squadron's Sergeant (Sgt.) Matt Davidson, one of the three search and rescue (SAR) technicians who parachuted down to the crash site from the *Hercules* aircraft.

The other two members to jump were Master Corporal (MCpl.) Oliver Willich and MCpl. Olivier Dionne, who Sgt. Davidson said were integral to the job.

Since daylight had long past, flares were dropped to help illuminate the scene to give the crew an idea of the type of terrain they would be dealing with.

With the CH-146 *Griffon* helicopter at least two hours away, the decision to parachute from the *Hercules* to the patient was made.

"We had someone stating that they were pinned and inside an airplane crash," he said, "and from what we could see, the (airplane) was definitely in the trees."

With no time to spare, the three SAR-technicians made the jump from 3,500 feet in the air to the crash site below.

But that task alone came with its own set of risks, said Sgt. Davidson.

"Due to the area, we couldn't actually find an open area to land so we had to select what appeared to be the smallest and thinnest section of trees," he said, noting that there was always the chance the team could have sustained injuries if they had hit a large branch.

Once safely on the ground, using a GPS, the crew was able to make their way to the pilot.

Upon arriving on scene, Sgt. Davidson said the pilot appeared to be in good spirits, despite the smell of gas wafting through the air.

After conducting spinal mobilization and other safety precautions, the SAR-technicians were then able to extract the pilot from the cockpit of his airplane and move him to safety.

"He was a very lucky individual," he said, noting that the pilot sustained a head injury during the crash. "He had been inside that plane for about four hours at that point and the temperature had been trending down to about -6, plus the wind. The plane was sort of nose down, cornered on its side and one wing had completely folded up."

But Sgt. Davidson also credited the pilot's preparedness in the case of an emergency as one of the contributing factors that aided in his survival.



Photo courtesy of MCpl. Oliver Willich and MCpl. Olivier Dionne

Members of 424 Transport and Rescue Squadron were called to aid in the rescue of a pilot who had been trapped inside of his aircraft after crashing on Nov. 6, 2017 in the woods of Marathon, Ont.

"He was very well prepared," he said. "He had two GPS devices in there as well as a cellphone and a radio that were both working."

Once the pilot was stabilized, the *Hercules* aircraft departed back to Trenton to refuel and the SAR-technicians waited with the patient for the *Griffon* helicopter to arrive on scene and complete the extraction.

Conducting a high-hover hoist (hoisted from a higher than normal hover), Sgt. Marty Tessier and Sgt. Jeff Connors, were able to safely bring the pilot aboard the helicopter, where he was then transported to the closest hospital. Then the *Griffon* crew returned to the crash site to get the remaining crew members and equipment.

Also aboard the *Griffon* was the mission's aircraft commander, Captain (Capt.) Nicolas Bossé, who reiterated that the challenges faced by the *Hercules* team also posed as difficulties for his team.

"So we spent about half an hour in a high-hover position for the hoists," he stated, adding that unfavourable winds made the job

challenging. During that time, multiple hoist sequences were conducted to collect either personnel or equipment.

After completing all the extractions, the crew made it to Sudbury to refuel, where Capt. Bossé said some much-needed time to rest was taken.

He noted that many of them had already had an almost 15-hour shift that had started at 3:30 p.m. the previous day.

On top of that, many of the crew members only had one meal in that time frame.

"We knew from the start that there was somebody in distress and that kept us going," he said, noting that his focus had been on the mission and not on eating. "Everyone had the same goal, which was saving that person."

But despite the long mission, Capt. Bossé said he was proud of his team and stressed the importance of being adequately trained to do the job.

"Everybody was happy with the turnout, the decisions that were made during the trip and that we made it through," he said. "It was a big team effort."

While the SAR-technicians from the *Hercules* crew were the ones to physically re-

move the pilot from the aircraft, he added that it was important to credit everyone else involved in the mission, which would not have been possible without their help. As for how he felt knowing that their efforts helped save a life, the aircraft commander said he couldn't have been happier.

"Every time you risk your people, especially in challenging conditions like they were that night, it's really a good feeling," said Capt. Bossé. "This is why I love the job; it's challenging, rewarding and you can help save lives."

As an important lesson to be learned from the experience, Maj. MacEwen noted that being prepared in the case of an emergency could mean the difference between life and death.

"Whatever it is you're doing, simple things to keep you prepared for the 'what ifs' will go a long way to easing people's minds and (aiding) in your own rescue should you need to," he said, adding that he wanted the public to know that the military was a great resource. "We know what we're doing and we're here to help."

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# Families welcome home members deployed on Operation IMPACT

By Makala Chapman

After spending more than four months away on her first deployment, Corporal (Cpl.) Sheena Mouchut of 436 Transport Squadron says she's happy to be home.

More than a dozen soldiers returned back to 8 Wing Trenton late on Nov. 15 after spending varying amounts of time deployed in Kuwait, a country perched on the borders of Iraq and Saudi Arabia.

Many of the soldiers, like Cpl. Mouchat, have been serving the Canadian Armed Forces (CAF) overseas through Operation IMPACT – an initiative that Canada's military has been a part of since 2014.

Operation IMPACT is Canada's offer of support to the Global Coalition – an international group comprised of more than 74 countries committed to defeating Daesh, an extremist jihadist group also known as the Islamic State of Iraq and Syria (ISIS).

Through Operation IMPACT, the Canadian military conducts air missions, provides training and assistance to the Iraqi security forces, provides medical service to Coalition forces and more.

Donning a tan-coloured uniform, used to camouflage soldiers in desert regions, Cpl. Mouchut was all smiles as she collected her luggage at the 8 Wing Trenton passenger terminal.

While overseas, she noted that she had spent her time working with the maintenance crew to help ensure the aircrafts were serviced and ready to go out on missions.

"I first went over there when it was 50 degrees above!" she laughed. "When you're working outside on the aircrafts when it's that hot, everything is burning to the touch so that was one of the hardest things to get used to."

As for her most memorable experience, she said it was getting the opportunity to work alongside the team in Kuwait.

In terms of what her advice would be to others who may be deploying for their first time and may be a little nervous, she said to focus on the positives.

"Keep happy and know that overall it's going to be an awesome experience," she said. "There will be challenges working in a different environment, but after you get used to it, it's pretty good."

Also fresh off his first two-month deployment was pilot in training, Lieutenant (Lt.) Max Watson from 17 Wing Winnipeg's 435 Transport and Rescue Squadron.

Tasked with helping with air-to-air refueling operations and delivering cargo, he said it had been an amazing experience that he wouldn't soon forget.

"Being over there (in Kuwait) and working with the different (pilots) made me realize that I want to fly the Hercs (Hercules aircrafts)," he said. "I've just been inspired by what those pilots do and the level of camaraderie between them."

When asked what the hardest part of his time in Kuwait was, he too chuckled and said that the extreme heat had been interesting to adapt to.

He then added that being away in a desert environment had given him a greater appreciation for all the greenery in Canada. "Just green trees, grass and everything," he laughed, noting that seeing family and friends would also be a highlight of his return.

Waiting to greet returning members from his squadron was 436 Transport Squadron's Commanding Officer, Lieutenant-Colonel (Lt.-Col.) Spencer Selhi.

He noted that he couldn't have been more proud of the men and women of his squadron and their contributions to Operation IMPACT.

"I can't say enough about (the squadron's) performance and how proud they make myself, the squadron chief and the honorary colonel," he said. "When they



Photos by Makala Chapman

Members of 436 Transport Squadron go to greet deployed members of their squadron who have returned from Kuwait on Nov. 15, 2017.



A group of 8 Wing Members fresh off deployment are all smiles as they arrive back in Canada on Nov. 15, 2017.



(from left to right): George, Jeff and Carolyn Whiting are happy to be reunited back in Trenton after Jeff's five-month deployment

leave here, quite often they haven't deployed before, and this puts them into a 24/7 work cycle. It's a lot of opportunity to learn the aircraft, about the mission and refine their skills throughout."

Lt.-Col. Selhi added that in the last two weeks, more than 37 members of his squadron have been deployed overseas. As for his advice to future members who may be deployed, he said to enjoy the opportunity and know that looking after the family members, that have been left behind, is the squadron's top priority.

"When the member is gone, the squadron

will be there to support families so that when people are deployed they don't need worry about their families," he said. Some of 436 Transport Squadron's deployed members tasks have included maintaining the CC-130J Hercules aircraft that resides in Kuwait. Based on information found on the National Defence and the Canadian Armed Forces website, to date, the Hercules airplane has delivered more than 1.5 million pounds of cargo since the start of Operation IMPACT in 2014.

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**Continued from page 1**

Zukowski added that she had been excited to see a full audience and was happy to see the choir perform on behalf of a worthy cause.

"To live in a military town and to see the support that there is for our troops is fantastic," she said.

Also performing with the choir was Anika van der Vink-Neri, a military spouse who said she's been a member of the choir for almost a full year.

Speaking on the importance of music, she noted that it was one of the few things that could bring a community together, despite everyone's differences and interests.

As for what it personally meant to be giving a tribute to the brave, van der Vink-Neri said it came down to reflecting on the life she has been able to live thanks to the sacrifices of those both past and present.

"We're honouring the people who are serving, veterans, and spouses, so I think that recognition is very important," she said. "To be a part of a little tribute to them, as small as it might be, is still meaningful."

Helping co-direct the 8 Wing Pipes and

Drums band was Pipe Major Sergeant (Sgt.) Josh McFarlane.

He explained that he and the Band have been happy to participate in the show each year, as it was a great way to give back to the community as a whole.

"It's also a good way to take some extra time during Remembrance Week to honour the (veterans) and kind of celebrate the rights and freedoms that we have today," he said. "Every time we have put this concert on, the attendance has been fabulous and the crowd is always so engaged and very appreciative of the music that we put forward."

Echoing the sentiments shared by the Trenton Military Wives Choir, Sgt. McFarlane said music was a great way to share feelings of gratitude that words can't always express.

"Music speaks to the heart the way that words just can't," he said. "It's one form that everyone can relate to from every background and every walk of life."

The proceeds raised from the concert were split between the Quinte Symphony and the NAFMC.



Photos by Makala Chapman  
Proceeds raised from the event were split between the Quinte Symphony and the National Air Force Museum of Canada.

The Trenton Military Wives Choir was a new addition to this year's Tribute to the Brave Concert on Nov. 19, 2017.

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Heures des services religieux**  
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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  
(Subject to change without notice)

**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)  
(peut changer sans préavis)

**Quinte West Jewish Community at 8 Wing, various services, call for details. Communauté juive de Quinte West à la 8e Escadre, divers services, appelez pur plus de détails**

**Wing Chaplain/Aumônier de la 8e Escadre:**  
Maj (Rev/Rév) Richard Bastien

**Unit Chaplains/Aumôniers des unités:**  
Capt (Rabbi/Rabbin) Bryan Bowley  
Capt (Fr/Père) John Funelas  
Lt(N)(Fr/Père) Félix Roberge  
Lt(N)(the Rev./Rév.)Mary Anne VanHeuvelen  
Capt (the Rev./Rév.) Daniel Walton

**Phone/Téléphone:**  
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# RCAF contribution to Joint Task Force-Iraq adjusted



Photo courtesy of Operation Impact Imaging

A technician guides a CC-130J Hercules as it returns from a mission during Operation Impact in Kuwait on July 12, 2017. A second CC-130J Hercules was deployed to the mission in mid-November 2017.

## By the Department of National Defence

To better meet the needs of the Global Coalition, the Canadian Armed Forces (CAF) is adjusting its aircraft contributions to Canada's on-

going commitment to enable the lasting defeat of Daesh. In addition, CAF engineers are delivering explosive threat training to Iraqi security forces (ISF).

Responding to the Coalition's needs and an evolving military campaign,

the Royal Canadian Air Force has deployed a second CC-130J Hercules aircraft to join Joint Task Force-Iraq (JTF-I), while the CP-140 Aurora detachment will return to Canada in mid-December.

Approximately 20 Canadian Army engineers have deployed to deliver explosive threat training to the ISF in Besmaya, Iraq.

"The Canadian Armed Forces is adjusting Joint Task Force-Iraq's contributions so our forces can assist in Iraq's consolidation of the gains as operations continue to destroy Daesh's remaining capabilities," said Brigadier-General Daniel MacIsaac, the commander of Joint Task Force-Iraq. "The Royal Canadian Air Force's long-range patrol fleet has supported three years of valuable intelligence efforts over Iraq and Syria. The additional CC-130J Hercules will improve our ability to move the people and equipment needed to further stabilize Iraq to the benefit of its people"

"We welcome the Royal Canadian Engineers to our team, and know the Iraqi Army Bomb Disposal school's instructors are looking forward to our contributions to enhance Iraqi abilities to deal with explosive threats from Daesh," he added.

The changes to the CAF contributions are a result of the evolving conditions in Iraq and the nature of the Coalition's campaign.

This ensures Canada continues to provide highly valuable contributions to Coalition operations.

An additional CC-130J Hercules has deployed from 8 Wing Trenton, Ontario, to further enhance Canada's contribution to Coalition air mobility operations, transporting personnel and cargo within the region.

The CP-140 Aurora will conclude more than three years of support to the Coalition, returning to Canada in mid-December.

To date, the Aurora aircraft has flown more than 850 sorties, directly contributing to the defeat of Daesh, by supporting Coalition intelligence, surveillance and reconnaissance efforts.

The explosive threat training team

is an additional CAF contribution to help enhance the capacity of ISF as we work towards defeating Daesh.

Canada has committed to deliver at least three training serials to the ISF over the coming months. The initial training will be delivered in cooperation with other NATO nations under the NATO Training and Capacity Building-Iraq (NTCB-I) mandate and in coordination with the Global Coalition's Middle East Stabilization Force. The CAF training program is based on a train-the-trainer approach aiming for the ISF to be self-sufficient in the long term and to develop an ISF instructor cadre in the area of counter-improvised explosive devices (C-IED).

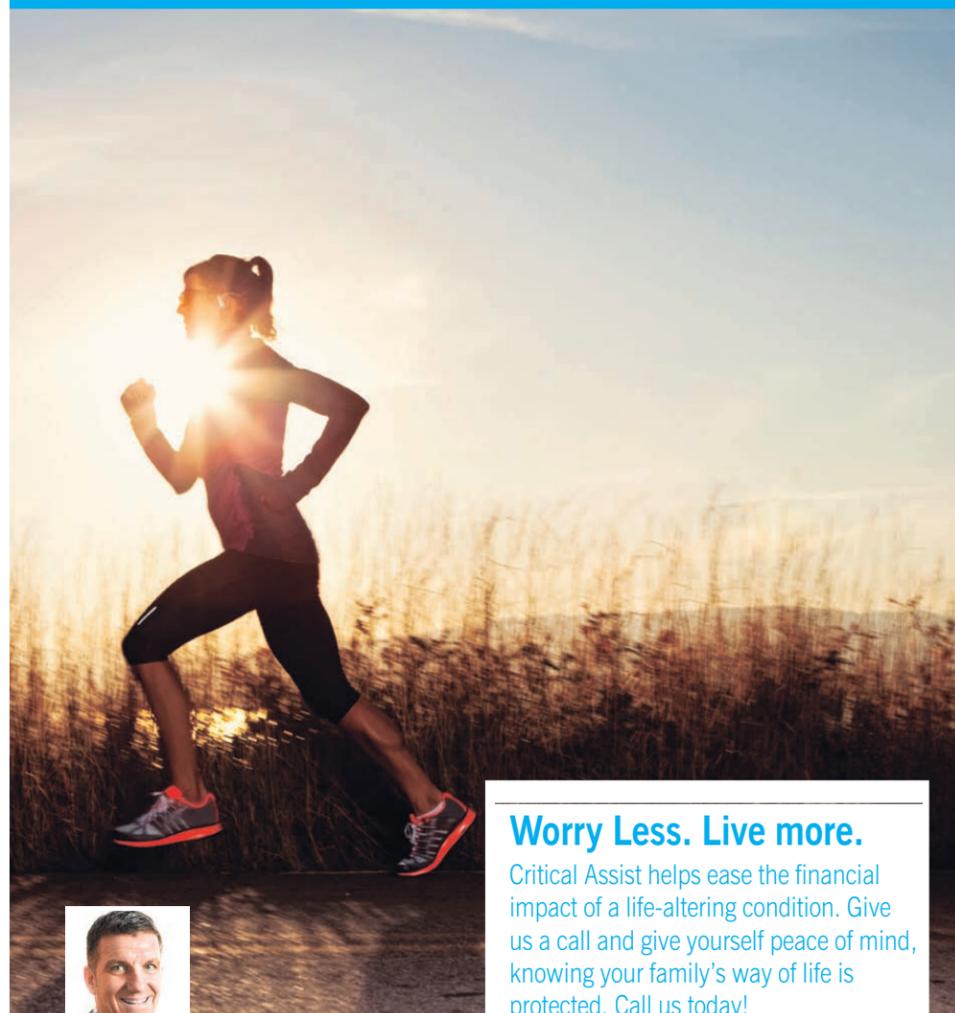
Canada's contribution will now include:

- An air mobility detachment with one CC-150 Polaris aerial refueling aircraft and two CC-130J Hercules transport aircraft
- A tactical helicopter detachment with up to four CH-146 Griffon helicopters
- The recently extended CAF-led Role 2 medical facility
- Training, advising, and assisting Iraqi security forces;
- Support to the Global Coalition's Ministerial Liaison Team
- Support to the Global Coalition with other highly-skilled personnel, including the All Source Intelligence Centre.

The recently renewed Operation Impact mandate provides the CAF with the authority to tailor its contribution to the Global Coalition's campaign against Daesh.

"Canada is committed to working with our Coalition partners as we work towards the defeat of Daesh," said Defence Minister Harjit S. Sajjan. "In doing so, we continue to assess the conditions in the region and adjust our contributions to ensure we provide the best resources to support Coalition efforts."

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# CP Holiday Train coming to Trenton

The people of the Quinte region are no strangers to planes, trains and automobiles – especially the Canadian Pacific (CP) Holiday Train.

Arriving at 10:30 a.m. in Trenton, the annual charity freighter will roll up to the tracks near RCAF Road and County Road 21 (south side of the railway crossing) on Nov. 28.

Stopping in for its 19<sup>th</sup> season in the Quinte region, the train will once again be helping local food banks collect non-perishable food items and money.

The idea behind the campaign is to also bring awareness to food insecurity and to get people thinking about how they can help those within their local communities.

The program first started in 1999 and has since raised more \$13 million and four million pounds of food for various communities within Canada and the United States. Keeping up with tradition, those who visit the train along its various stops will also be treated to a live performance.

This year's musical guests for the train's stops in the province of Ontario include Canadian rock and blues singer, Colin James, and Canadian pop artist, Emma-Lee. Two holiday trains will begin their treks in Montreal on November 25 and 26 and will travel across North America to more than 171 communities along the CP track.



Photos by Makala Chapman - The CP Holiday train rolls into Belleville during the 2016 holiday season.

## 8 Wing Trenton and MFRC unveil joint Christmas float in Belleville

By Makala Chapman

Despite the lack of snow, it truly is beginning to look a lot like Christmas in the Quinte region.

Hundreds of onlookers crowded the streets of downtown Belleville on Nov. 19 to get a glimpse of the dozens of hand-crafted floats at this year's Santa Claus Parade.

From floats carrying bands singing Christmas songs to trailers decorated with colourful lights and tinsels, there was bound to be a little something for everyone.

Not to miss out on the fun, 8 Wing Trenton and the Trenton Military Family Resource Centre (MFRC) once again joined forces to create a show-stopping spectacle.

Working off of the theme, 'Christmas in Alert', the float displayed various equipment and machinery actually used by military members up in the Arctic.

The float even included two BV206, an all-terrain vehicle used by the military to travel through the snow and ice.

Helping coordinate the construction of the float from 8 Wing Trenton's side was Corporal (Cpl.) Erin Caron from Transportation and Royal Canadian Electrical and Mechanical Engineering (RCEME) Flight.

She noted that the float would not have been possible without the help and support from volunteers around the base and that she had been impressed with how it turned out.

"It's great to show the wing's involvement in the community," she said, "and it's great to get the units all together to help bring the float together nicely."

Cpl. Caron also noted that it took more than 30 volunteers to help bring the float to life and that it was great getting to finally unveil it to the community.

Speaking on behalf of the MFRC was the communications and development coordinator, Devon Taylor.

She noted it had been exciting partnering with the Base to bring a fun, yet educational float to life.

"We can't stress the importance of the partnerships within our own military community," she said, adding that remembering those serving in Canada's most northerly region of the country was the perfect way to celebrate the holidays. "This is why we love the float will make its next appearance at the Trenton Santa Claus Parade on Nov. 26 at 4:30 p.m."



Photos by Makala Chapman  
Members of 8 Wing Trenton and the Trenton Military Family Resource Centre proudly stand with this year's float at the Belleville Santa Claus Parade on Nov. 19, 2017.



This year's float is themed around 'Christmas in Alert' and was a partnership between the Trenton Military Family Resource Centre and 8 Wing Trenton.



A member of 8 Wing Trenton hands out candy to children in Belleville during the Santa Claus Parade on Nov. 19, 2017.



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# Honorary colonel takes leap of faith with Canada's best

*Honorary Colonel Dan Hennessey is a member of the Royal Canadian Air Force's 14 Construction Engineering Squadron, which belongs to 14 Wing Greenwood, Nova Scotia, but is located in Bridgewater, Nova Scotia.*

*By Honorary Colonel Dan Hennessey*

The concept of taking off in an airplane but not waiting for the same airplane to land to get off may be unusual for most, but it had been a personal dream of mine for a long time.

While flying in commercial airplanes, and even the military aircraft that I have flown in since taking on the role of honorary colonel of the Royal Canadian Air Force's 14 Construction Engineering Squadron, this necessity has, fortunately, never materialized. But hanging out with the SkyHawks and doing it their way is something totally different.

The SkyHawks, the Canadian Armed Forces' parachute team is Canada's only military parachute demonstration team. Supported by the Canadian Army, the team is based out of 8 Wing Trenton, Ontario, at the Canadian Army Advanced Warfare Centre.

The SkyHawks' members are from various occupations of the Army, Navy and Air Force, both Regular and Reserve Force.

I was excited to hear the Atlantic Canada International Air Show was being held at 14 Wing Greenwood, Nova Scotia, on August 26 and 27, 2017, and that the Snowbirds aerobatic team and SkyHawks parachute team would both be taking part.

I took a chance and sent off a message to the SkyHawks team saying that this honorary colonel would be honoured if they would entertain strapping my old body to one of our nation's very best to step out into a world only a small percentage of the world has experienced.

14 Construction Engineering Squadron's Master Warrant Officer Mike Welsh, a former member of the Airborne Regiment, told me he never regretted his time "under canvas", even though wear and tear on one's body is inevitable over a long duration.

He encouraged me to keep asking to be included. After a number of messages back and forth, my request turned into a formal request.

It was all very exciting, but there was still no guarantee it would happen.

The team's public relations non-commissioned officer (NCO), Sergeant Zack Jacob, began asking a few questions to move ahead my request. I was happy to discover Sergeant Jacob was a member of the Princess Patricia's Canadian Light Infantry; I had been involved with paying tribute to three Patricias who made the ultimate sacrifice and had a



*Photo courtesy of the SkyHawks*

*Honorary Colonel Dan Hennessey of 14 Construction Engineering Squadron gives two big thumbs up while tandem jumping with Sergeant Zack Jacob at the Atlantic Canada International Air Show held at 14 Wing Greenwood, Nova Scotia, in August 2017.*

fond relationship with the regiment.

The first request was that if I was over 50 I needed to get a note from my doctor saying I was fit to jump. My wife handled that, telling our family doctor, "Dan needs a suicide note!"

The next request: "What is your height and weight, sir?" The answer to the question would determine which tandem instructor would jump with me. This is probably not something you want to lie about: "Oh, I am 6'4" and weigh 138 pounds." As we hurtled to the ground at mach 1, the tandem instructor would certainly know I had lied. So I responded with the truth.

By mid-August, the air show executive director had to give his endorsement. Colin Stephenson responded to the request for approval with "Please give me a call tomorrow and we can chat". My heart sank, thinking this was going to be a nice chat, but the approval would not happen. In fact, he thought it would be a great thing.

August 24 started brilliantly, with a slight breeze and beautiful blue sky.

I arrived at Greenwood 90 minutes before I was to meet the team, but I had a great view of the aircraft we would be using for the jump. The SkyVan has been the favourite aircraft for the team, and they affectionately refer to it as a "toaster with wings".

Eventually the team arrived and we headed off to the jump area

Waivers were the first thing on the schedule, followed by a pre-jump review. This was incredible to watch, as the SkyHawks rehearsed over again in their minds any possible scenario that could occur, and what ac-

tion each would take to rectify the situation after leaving the aircraft.

As it turned out, Sergeant Jacob was my tandem partner. As he has close to 400 jumps this year alone, and is a demonstrator, tandem instructor and the public relations NCO, I knew I was in great hands.

The first step in preparation was to get me into the harness that would eventually be attached to my tandem partner. Next, I was instructed on how Sergeant Jacob and I would hook up together in the cramped space in the aircraft and what our body positions would be when we exited the aircraft and during free fall. We also talked about how to exit the aircraft itself; it's really not much more than a leisurely stroll - but with one big step at the end! Finally, we covered how to position myself for the all important touchdown.

The SkyVan took to the sky, and I watched my altimeter start to move to the jump altitude of 12,500 feet [3,810 metres].

I had a chance to study the jump team and could see the members are a family. There was the regular teasing and banter among them all, but every few moments each would scan the jumper next to him and tuck in a loose strap or tighten a clip.

Sergeant Jacob gave me a tap and said it was time to get hooked up. The back ramp opened, and everyone on the aircraft stood, made their way to the ramp and, one by one, disappeared into the clear blue sky. When I heard, "Go!" in my ear, I also took that one last big step.

I have to say, this was most surreal feeling I have ever experienced.

We did a 360-degree roll and came back

up in our free-fall position in what felt like hurricane-force winds. I remembered what position I was instructed to take and, even though our average speed was 130 miles per hour [209 kilometres per hour], we hardly seemed to be moving.

Once I settled in for the ride, I saw a Sky Hawk with a camera directly in front of me, asking for the thumbs up and a smile. Then another team member slid in to get some video.

We were in freefall for 45 seconds - it seemed like the blink of an eye to me! The parachute canopy opened at 6,000 feet [1,828 metres] and we were under full canopy at 4,800 feet [1,463 metres].

I realized how beautiful it is, and why jumping could become so addictive. The peace of floating in the sky is amazing. We chatted as if we were standing on the ground. Looking down, I could see our LZ (landing zone); it looked so small from our altitude. I was then asked if I would like to fly the chute, and I "jumped" at the chance to move us left or right with a gentle tug of the riser. We then did a spin, which was equal to any carnival ride I have ever encountered.

By then was time to start preparing for our touchdown on the spot that was now getting larger by the second.

The landing was as soft as you could imagine, as we both slid along the grass on the seat of our pants to a gentle stop.

"Did that just happen?!" I asked myself. It was an experience that I'll never forget. I jokingly told the team members that the next time I fly on a commercial airline, they may have trouble keeping me on the aircraft!

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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 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!

### Licensed Child Care in Belleville

Families, military and civilian, can register for licensed child care at the MFRC in Belleville!  
Your child can discover, experiment and play with early childhood educators in our brand new space. Child care is available for infant, toddler and preschool children. The MFRC Belleville branch offers flexible hours between 6 am to 11 pm.  
To book a tour or for more information please contact Andrea Turner 613-779-6115 or andrea.t@trentonmfr.ca.

### 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 des exibles de la succursale du CRFM à Belleville sont de 6h à 23h.

Pour réserver une visite ou pour de plus amples renseignements veuillez contacter Andrea Turner 613-779-6115 ou andrea.t@trentonmfr.ca.

### Licensed Child Care in Frankford

Families, military and civilian, can register for licensed child care at the MFRC in Frankford!  
Your child can discover, experiment and play in our bilingual preschool program for ages 2.6 - 3.8 years old. There is limited space for toddlers. The MFRC Frankford branch offers child care from 6a.m. to 6p.m. all year.  
To book a tour or for more information please call 613-965-3575 or info@trentonmfr.ca.

### Service de garde accrédité à Frankford

Le service de garde accrédité du CRFM ouvre une succursale à Frankford, pour les familles des militaires et civiles. Notre programme préscolaire bilingue offre aux en-

fants de 2,6 à 3,8 ans la chance de découvrir, d'explorer et de jouer. Les places disponibles pour les bambins sont limitées. Les heures d'ouverture de la garderie de la succursale du CRFM à Frankford sont de 6h à 18h toute l'année.

Pour réserver une visite ou pour de plus amples renseignements veuillez contacter le 613-965-3575 ou info@trentonmfr.ca .

### Christmas Essentials with Essential Oils

Join us on the following dates to prepare for the busy holiday season.

December 5, 6:30 - 9 p.m.: Stress Free Christmas - learn practical ways to use essential oils to help you stay calm and collected during the holidays and spread a little cheer!  
\$10.00

Register by December 3 at Trenton MFRC reception - 613-965-3575.

December 10, 1 - 4 p.m.: Chakras and Healing with Oils - manage your emotions and energy centres with oils and give your body what it really needs!  
\$10.00

Register by December 8 at Trenton MFRC reception - 613-965-3575.

### Essences de Noël avec les huiles essentielles

Joignez-vous à nous aux dates suivantes pour vous préparer à la saison affairée des Fêtes;

Le 5 décembre de 18h30 à 21 h, un Noël sans stress; apprenez des méthodes pratiques pour utiliser les huiles essentielles et vous aider à demeurer calme et serein(e) durant le temps des Fêtes et répandre la bonne humeur!

10,00\$  
Inscription au plus tard le 3 décembre à la réception du CRFM - 613-965-3575.

Le 10 décembre de 13h à 16 h, Chakras et cures avec les huiles; Gérer vos émotions et votre énergie avec des huiles et donner à votre corps ce dont il a besoin!

10,00\$  
Inscription au plus tard le 8 décembre à la réception du CRFM - 613-965-3575.

### Dance with France

Mondays starting December 4  
Level 1- 7 pm - 8 pm Waltz & 4 Count Hustle

Tuesdays starting December 5  
Level 2- 6pm - 7pm Foxtrot  
Level 3- 7:15pm - 8:15pm Rumba Cha-Cha choreography- Continued

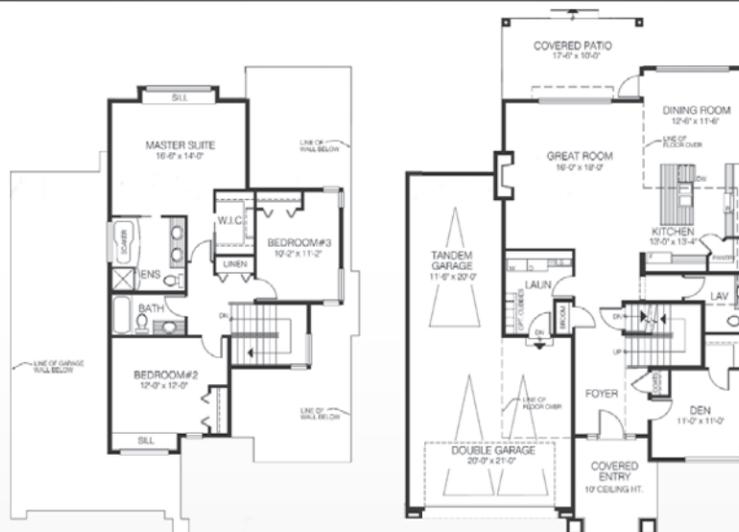
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Deadline: December 1, 2017

# Home of the Week

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Plan No: 7-4-1004

This attractive two-storey family home, with its multi-gabled roof line, exhibits loads of curb appeal, and includes all the conveniences that today's family expects.

Entry is through a covered porch flanked by brick-based pilasters with an 11-foot ceiling. Inside the foyer, the coat closet is to the right, near the den or fourth bedroom, which is ideally located to serve as a home office.

Just beyond the U-shaped staircase leading to the second floor is the open-plan great room complex. The great room itself

boasts a gas fireplace, as well as a large window looking out to the covered patio and the back garden beyond.

The dining room features a lofty double-height ceiling and is separated from the kitchen by a generous prep island with a double sink and dishwasher. The L-shaped counter configuration will spell efficiency for the cook, and a corner pantry will provide extra storage space.

Tucked behind the staircase is a two-piece powder room. The laundry room, located be-

hind the foyer coat closet, includes optional cubby holes for storage, and has access to the three-vehicle garage.

Upstairs, the master suite features a window with an extra-deep sill that looks out on the back garden. The en-suite includes a soaker tub with its own window, as well as a glassed-in shower stall and double basins.

The secondary bedrooms share a three-piece bathroom. Bed-

room No. 2 boasts a window with an extra-deep sill. The linen closet is conveniently located near the entrance to Bedroom No. 3.

Exterior finishes include smooth stucco set by contrasting horizontal siding, brick accents and painted trim. Windows are mullioned.

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# Upcoming Legion Events Quinte's 22nd Annual Model Railroad Show

Nov. 25/17 - Trenton Legion, 19 Quinte St. is holding "Ugly Christmas Sweater" Dance at 8 pm, upstairs in the Auditorium on Sat. Nov. 25/17. Live Band "The Reasons" Advance tickets are \$8 Member and \$10 non-members, \$12.00 at the door for everyone. Prizes for best dressed and door prizes. 613-392-0331 for more details or visit [www.rcl110.ca](http://www.rcl110.ca)



Dec. 31/17 - Trenton Legion, 19 Quinte St., presents their Annual New Year's Eve Dinner and Dance on Dec., 31/17. Live Band "The Shadowz" Advance tickets only, call 613-392-0331 for details or visit [www.rcl110.ca](http://www.rcl110.ca)

- Sales of and expert advice on model railroads
  - Shop for Christmas gifts for young and old
- Dec. 2-3 from 10 a.m. – 4 p.m. at Quinte Secondary School (45 College Street West, Belleville)





## FAMILY FOCUS

# SEX IS A FUNNY WORD

Saturday, December 2nd  
1 p.m. to 3 p.m.

Open up the conversations between you and your children about sex in a way that allows you to convey your values and beliefs while providing information about boundaries, safety, and joy.

Receive a copy of Sex is a Funny Word by Cory Silverberg

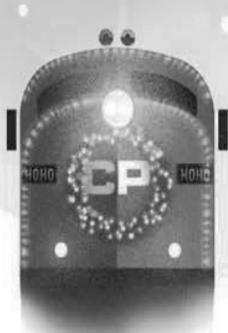
Register please contact Jaclyn Hunter  
613-392-2811 ex 4017 | [jaclyn.h@trentonmfr.ca](mailto:jaclyn.h@trentonmfr.ca)

## The Holiday Train is coming to town.

Join us to celebrate the holidays with musical guests. Bring cash or healthy food donations to support families in need.

**Featuring Musical Guests:**

- Colin James
- Emma Lee



**10:30 a.m. to 11 a.m. on Nov. 28, 2017**

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**The tracks near RCAF Road and County Road 21** (south side of the railway crossing)

WHERE

**Local food banks. Please bring a cash or non-perishable food donation.**

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### Danse avec France

Les lundis débutant le 4 décembre  
Niveau 1: 19h - 20h - Waltz & 4 Count Hustle

Les mardis débutant le 5 décembre  
Niveau 2: 18h à 19h - Foxtrot  
Niveau 3: 1915h à 2015h - Rumba & Chacha  
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### Holiday Food with Asian Flair

Change up your cooking style this party season with a little Asian flair! Join Grace and learn how to make some festive appetizers for your next gathering!

Thursday December 14, 6 p.m. to 8:30 p.m.  
At 8 Wing Chapel Kitchen

\$30 per person  
Menu:

- Chinese style meatballs
- Japanese style deep-fried chicken
- Thai style satay beef

To register please contact the Trenton MFRC: 613-965-3575.

Une touche asiatique pour le menu des Fêtes Pour cette période des Fêtes, variez votre façon de cuisiner en ajoutant une touche asiatique! Joignez-vous à Grace et apprenez à cuisiner des amuse-gueules festifs pour votre prochaine célébration.

Jeudi le 14 décembre, 18 h à 20 h 30

La cuisine de la chapelle de l'Escadre  
30,00\$ par personne

Menu:

- Boulettes de viandes, façon chinoise
- Poulet frit, façon japonaise
- Satay au boeuf, façon thaïlandaise

Pour vous inscrire, veuillez contacter la réception du CRFM au 613-965-3575.

### Picasso & Pinot

Come and have a fun evening with friends or family! Different technique, paint on plexiglass!

\*No artistic experience required

Sip wine, beer or non-alcoholic beverages as you and your classmates get step-by-step instruction of that evening's painting that you will take home.

When: Wednesday, December 6

Time: 6:30 - 8:30 p.m.

Where: Astra Lounge, CFB Trenton

Cost: \$30/class, includes the canvas, brushes and paint, bring an apron or an old shirt (Minimum 10 people, maximum 15 people) Register & pay at the Trenton MFRC recep-

tion by November 30 (no refund after this dates).

### Picasso & Pinot

Venez participer à une soirée amusante avec des amis(es) ou de la famille! Différente technique, venez peindre sur du plexiglass!

\*Aucune expérience artistique requise

Sirotez du vin, de la bière ou une boisson non-alcoolisée tout et apprenant, avec vos camarades de classe, étape par étape à peindre une toile que vous rapporterez chez vous.

Quand : le 6 décembre

Heure : de 18h30 à 20h30

Où : Astra Lounge, BFC Trenton

Coût : 30\$/par classe, comprend la toile, les pinceaux et la peinture, apportez un tablier ou une vieille chemise

Inscription & paiement à la réception du CRFM avant le 30 novembre

(Aucun remboursement après ces dates)

### 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 November 30 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.

### 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 30 novembre) 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.

### 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: November 28 & 29, 8:30 a.m. to 4:30

p.m.

Where: Our Lady of Peace Chapel, 9 Namao Drive, Trenton

Register by emailing Kelly Briggs at kelly.b@trentonmfr.ca by November 14, 2017.

### Premiers soins en Santé Mentale pour la communauté Vétérans

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

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

Date: 28 et 29 novembre, 08h30-16h30

Date limite d'inscription: le 14 novembre

Endroit: Our Lady of Peace Chapel, 9 Namao Drive, Trenton.

### Family Focus - Sex Is A Funny Word

Saturday, December 2nd from 1pm to 3pm  
Open up the conversations between you and your children about sex in a way that allows you to convey your values and beliefs while providing information about boundaries, safety, and joy.

Receive a copy of Sex is a Funny Word by Cory Silverberg.

Register please contact Jaclyn Hunter 613-392-2811 ex 4017 | jaclyn.h@trentonmfr.ca.

### Objectif Famille - Sexe est un drôle de mot

Le samedi 2 décembre de 13h à 15h  
Abordez des conversations avec vos enfants sur le sexe d'une manière qui vous permet de transmettre vos valeurs et vos croyances tout en fournissant des informations sur les limites,

la sécurité et le plaisir. Recevez une copie du livre "Sex is a Funny Word" par Cory Silverberg.

Pour renseignement veuillez contacter: Jaclyn Hunter : 613-392-2811 poste 4017 | jaclyn.h@trentonmfr.ca.

\*Notez que ces séminaires sont offerts en anglais seulement.

### Intercom

Dealing with conflict and improving communication in interpersonal relationships  
Tuesday, November 30th and December 7th  
For more information contact: 613-392-2811 (3768)

### Intercom

Les mardis 30 novembre et 7 décembre  
Améliorer la communication et la gestion des conflits dans les relations interpersonnelles

Pour de plus amples renseignements

veuillez contacter: 613-392-2811 (3768)

### Holiday Cake Decorating

With the holiday season approaching, make sure you're prepared to make the most decadent of desserts for friends and loved ones. Join us and learn how to decorate a 6-inch festive cake. Please bring an apron and a smile!

Saturday December 9, 2017

At Trenton MFRC

\$15.00 per person includes 6 inch cake and all icing materials

Please register no later than December 5. No refunds after this date.

### Décorer un gâteau pour les fêtes

Avec la saison des Fêtes qui approche, soyez prêt à préparer un dessert vraiment décadent pour vos amis et vos proches. Venez apprendre à glacer ce gâteau de 6 pouces pour lui donner une allure festive. S'il vous plaît, apportez un tablier et un sourire!

Le samedi 9 décembre 2017

au CRFM de Trenton

15,00\$ chacun, et inclut un gâteau de 6 pouces et tout le matériel de glaçage

Inscrivez au plus tard le 5 décembre, aucun remboursement après cette date.

### 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 Confidenc

For more information please contact Jaclyn Hunter: jaclyn.h@trentonmfr.ca

### Objectif famille - Webinaires

Le CRFM de Trenton offre des webinaires gratuits et accessibles en tout temps, de sujets variés reliés à la famille.

\*\*Notez qu'ils sont offerts en anglais seulement.

Les webinaires actuellement disponibles sont:

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

Pour obtenir des renseignements supplémentaires, veuillez communiquer avec Jaclyn Hunter:

jaclyn.h@trentonmfr.ca.

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### VERMAAT, Volbrecht "Vic" (Ret.CWO PERI - CAF CDII)

Passed away at Arbour Heights, Kingston on Wednesday November 1st, 2017 in his 86th year. Loving husband of the late Diane Vermaat.



Cherished father of Ann-Marie Sawatsky (Dave Oulton), Donna Gail Vermaat-Meens and Barry Wayne Vermaat (Cynthia Brewer). Sadly missed by his grandchildren Kyle James Sawatsky, Hailey and Rueben Meens, Nicholas, Cody and Celina Vermaat. Survived by his brothers Bas Vermaat (Ali) and Adri Vermaat (Nel) and his sister Kathy Groot (Siem). Predeceased by his brother Kor and survived by his wife Annie. Fondly remembered by Robert James Sawatsky, Norman Meens, Olga Vermaat and his many nieces and nephews. Visitation will be held at the WEAVER Life Centre - East 29 Bay St., Trenton on Friday November 10th, 2017 from 12:30 - 1:30 PM, followed by a memorial service at 1:30 PM. Interment at Mt Evergreen Cemetery. As expressions of sympathy, donations to the Alzheimer's Society would be appreciated by the family. Online condolences at [www.weaverfuneralhomes.com](http://www.weaverfuneralhomes.com)

# Health Promotion





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## Safe Hosting - Be the Host with the Most!

**THE HOLIDAY SEASON** is upon us and that means you may be attending or hosting festive parties. If you plan to serve alcohol at your holiday party, remember that you're responsible for the safety of your guests. You can be held liable if intoxicated guests hurt themselves or others, on or off your property.

- Serve food with alcohol – it's better to drink when eating then to consume alcohol on an empty stomach
- Limit salty foods – they tend to make people thirsty!



- Don't make drinking the focus of the party! Plan other activities for your guests
- Never allow guests serve themselves
- Don't serve doubles, extra strong drinks, or high alcohol content beer and coolers
- Watch for signs of intoxication (clumsiness, glassy red eyes, dilated pupils, slurred speech and confused or aggressive behaviour) & don't serve anyone who is already intoxicated!



- Never serve alcohol to anyone under 19
- Never ride in a car with anyone who is impaired by alcohol or other drugs
- Always offer non-alcoholic drinks, such as mocktails, pop, coffee, tea, juice,

- Stop serving alcohol an hour before the party ends
- Ensure there are designated drivers to take intoxicated guests home – they can come back for their vehicles the next day – or allow guests to spend the night at your home
- Set a drink limit and don't push drinks; push food and non-alcoholic beverages
- If you serve an alcoholic punch, make it with a non-alcoholic base
- Never let your guests drink and drive

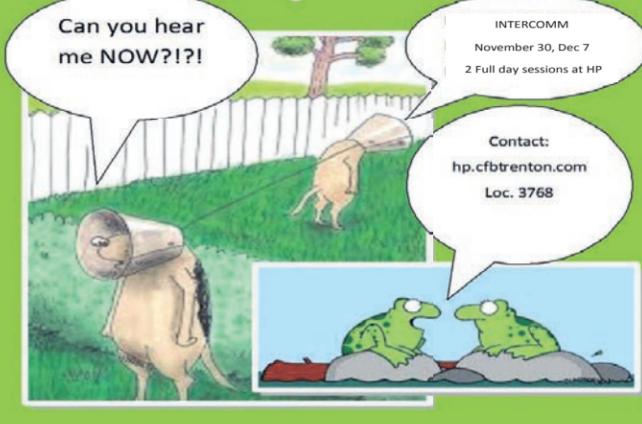




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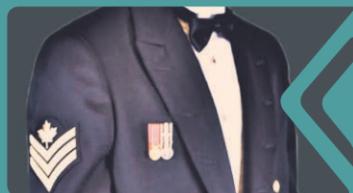
### COLASANTE WINDOWS & DOORS

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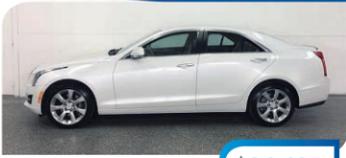
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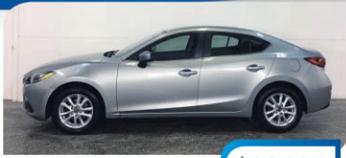
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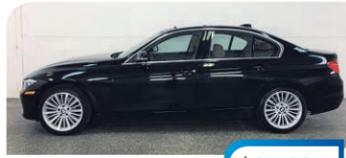
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31170 Auto, 2.0L 4cyl, alloys, push btn start, heat seats, AC, MP3, rev cam, Bluetooth, pwr group, cruise, touchscreen, 52,332 km  
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31464 Auto, 2.5L 4cyl ecotec, fact remote start, alloys, AC, dual climate, AM-FM, CD, MP3, sat radio, rev cam, park aid, OnStar, cruise, 25,347 km  
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**17 NISSAN MURANO SV**  
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31307 Auto, 3.5L V6, AWD, fact remote start, alloys, pano roof, push btn start, leather, pwr seats, memory seat, heat seats/steering, dual climate, 10,872 km  
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**17 JEEP RENEGADE LIMITED**  
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31436 Auto, 2.4L 4cyl, 4x4, fact remote start, alloys, pwr roof, push btn start, leather, heat seats/steer, AC, dual climate, AM-FM, MP3, 22,243 km  
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**17 BUICK ENCLAVE**  
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31461 Auto, 3.6L V6, AWD, fact remote start, chrome wheels, pwr roof, leather, heat seats/steer, 3 zone climate, AM-FM, CD, MP3, sat radio, 19,375 km  
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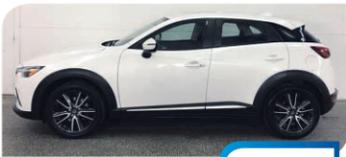
**16 DODGE DURANGO LIMITED**  
 \$29,995  
**\$181**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST

31434 Auto, 3.6L V6, AWD, fact remote start, alloys, pwr roof, push btn start, leather, heat seats/steer/rear seats, 3 zone climate, rev cam, 72,835 km  
 PREVIOUS DAILY RENTAL



**14 FORD EDGE SEL**  
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31133 Auto, 3.5L V6, AWD, keypad entry, fact remote start, chrome wheels, pano roof, push btn start, leather, pwr seats, heat seats, AC, dual climate, CD, MP3, sat radio, nav, 50,859 km



**16 MAZDA CX-3 GT**  
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31439 Auto, 2.0L 4cyl, AWD, keyless entry, alloys, pwr roof, push btn start, leather, AC, AM-FM, CD, MP3, rev cam, Bluetooth, pwr group, cruise, paddle shift, Bose snd, 21,703 km



**17 FORD EXPEDITION LIMITED**  
 \$49,495  
**\$299**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST

31544E Auto, 3.5L V6, 4x4, fact remote start, alloys, pwr roof, push btn start, leather, heat seats/rear seats, vent seats, 3 zone climate, 57,763 km  
 PREVIOUS DAILY RENTAL



**17 DODGE DURANGO GT**  
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**\$235**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST

31486 Auto, 3.6L V6, AWD, fact remote start, chrome wheels, pwr roof, leather, heat seats/steer, 3 zone climate, DVD/2, nav, rev cam, 33,498 km  
 PREVIOUS DAILY RENTAL



**15 NISSAN ROGUE SL**  
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 bi-weekly  
 84 mths @ 5.9%  
 0 DOWN + HST

31468 Auto, 2.5L 4cyl, AWD, keyless entry, alloys, pano roof, push btn start, leather, heat seats, AC, dual climate, AM-FM, CD, MP3, sat radio, nav, rev cam, park aid, Bluetooth, 47,740 km



**17 CHEVROLET TRAVERSE LT**  
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 96 mths @ 5.9%  
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31463 Auto, 1.4L 4cyl ecotec turbo, AWD, fact remote start, alloys, pwr roof, heat seats, AC, AM-FM, CD, MP3, sat radio, rev cam, Bluetooth, 14,511 km  
 PREVIOUS DAILY RENTAL



**17 DODGE GRAND CARAVAN SE**  
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**\$124**  
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 0 DOWN + HST

31435 Auto, 3.6L V6, keyless entry, Sto'n'go, AC, dual climate, AM-FM, CD, MP3, pwr group, cruise, steer ctrl, 26 km



**14 DODGE GRAND CARAVAN CREW**  
 \$18,495  
**\$124**  
 bi-weekly  
 84 mths @ 5.9%  
 0 DOWN + HST

30643A Auto, 3.6L V6, keyless entry, alloys, Sto'n'go, heat seats, AC, dual climate, AM-FM, CD, MP3, sat radio, rev cam, Bluetooth, 49,760 km  
 PREVIOUS DAILY RENTAL



**17 FORD FLEX LIMITED**  
 \$33,495  
**\$202**  
 bi-weekly  
 96 mths @ 5.9%  
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31418E Auto, 3.5L V6, 7pass, AWD, fact remote start, multi panel vista roof, leather, heat seats, 3 zone climate, nav, rev cam, park aid, Sony snd, 29,903 km  
 PREVIOUS DAILY RENTAL



**17 CHRYSLER PACIFICA TRG**  
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30603 Auto, 3.6 6cyl, fact remote start, alloys, push btn start, leather, sto'n'go, heat seats/mirrors, 3 zone climate, rev cam, park aid, Bluetooth, pwr group, cruise, pwr slide drs/liftgate, 10,469 km



**13 FORD ECONOLINE E-350 XLT SUPERDUTY**  
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31462 Auto, 5.4L 8cyl, RWD, keyless entry, flex fuel, AC, AM-FM, CD, MP3, rev cam, park aid, pwr group, cruise, 56,804 km



**17 NISSAN TITAN SL**  
 \$47,995  
**\$290**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST

31450 Auto, 5.7L V8, 4x4, fact remote start, crew cab, short box, alloys, push btn start, leather, heat seats/steer, AC, dual climate, AM-FM, CD, MP3, sat radio, rev cam, park aid, 4,761 km



**17 DODGE RAM 1500 ST**  
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31289 Auto, 5.7L V8 Hemi, 4x4, keyless entry, quad cab, short box, box liner, chrome step bars, alloys, AC, MP3, sat radio, ext temp gauge, pwr group, heat mirrors, cruise, 2,960 km



**16 CHEVROLET COLORADO LT**  
 \$32,995  
**\$199**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST

31518 Auto, 3.6L V6, 4x4, keyless entry, crew cab, short box, tonneau cover, alloys, AC, AM-FM, MP3, rev cam, park aid, Bluetooth, OnStar, pwr group, trailer sway ctrl, 39,568 km



**17 CHEVROLET SILVERADO**  
 \$37,995  
**\$230**  
 bi-weekly  
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 0 DOWN + HST

31371 Auto, 5.3L V8, 4x4, quad cab, short box, tonneau cover, box liner, chrome wheels, AC, Bluetooth, cruise, Mylink, trailer brake controls, 10,319 km



**17 FORD F250 SUPER DUTY XLT**  
 \$43,995  
**\$266**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST

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