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# Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

## Logistics Branch celebrates 49th anniversary



The Logistics Branch leadership team gathers here with the 8 Wing leadership team for a photograph with the Logistics Branch 49th anniversary cake produced by Pte. Callum Crowe and Shauna Kester of the Yukon Galley.

Photo by Ross Lees

*This large CAF branch is anticipating stellar celebration in 2018*

By Ross Lees

Forty-nine and building towards 50.

The Canadian Armed Forces (CAF) Logistic Branch celebrated its 49th anniversary Wednesday but they are planning ahead to their significant 50th anniversary next year, according to 8 Wing's senior logistician Lieutenant-Colonel (Lt.-Col.) Paul Young, the Commanding Officer of 2 Air Movement Squadron (2 Air Mov. Sqn.).

During the local celebration at the Astra Lounge, 8 Wing

Logisticians were told just how important they are to operations in the CAF as one of the largest occupations.

The message was perhaps best underscored by 8 Wing Commanding Officer Colonel (Col.) Colin Keiver.

"This whole base is about logistics," he told the large gathering. "Everything this base does is about logistics. Ninety per cent of what we send overseas and what comes back comes through here. So it's logistics, logistics, logistics, and without you guys in the background, none of that is possible."

"Thanks a million for doing what you do at the Wing, because without you, we wouldn't b' able to do what

we do," he added.

Lt.-Col. Young re-emphasized the size and importance of this branch which represents about 18 per cent of the regular forces in the CAF.

"There are a lot of us and we're everywhere," he said, adding, "nothing happens until something moves. All to say there are no operations without logistics."

"You guys should be very proud of what you contribute to the mission. I think we support and enable a lot on this Wing every day and you should be very proud," he said.

As proud of the Logistics Branch as everyone appeared on this occasion, Lt.-Col. Young noted it would not hold

a candle to next year's celebrations, already being formulated at the highest levels.

To be dubbed "The year of the Logistician," 2018 will feature some Canada-wide events to honour the personnel of this branch, according to Lt.-Col. Young.

"Plans are already in the works for a Canada-wide mess dinner, logisticians will serve sentry duty at the National War Memorial, there will be a parade on Parliament Hill with the Governor General as reviewing officer and there are plans in being discussed to create a book about Log-tales full of short stories and photos," he said.

More photos and story on page 10.

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# CFS Alert Change of Command

*Maj. Erik Rozema-Seaton takes command of CFS Alert from Lt.-Col. Amy H.Y. Tsai-Lamoureux*

*By Second Lieutenant Valérie L. Rousseau*

Canadian Forces Station (CFS) Alert welcomed their new Commanding Officer (CO), Major (Maj.) Erik Rozema-Seaton, during a Change of Command (CoC) ceremony held on Tuesday, 24 January, 2017. He shared congratulating words with the outgoing CO and encouraging words with the Sta-

tion's members. During the incoming CO's speech, Maj. Rozema-Seaton reminisced about hearing CFS Alert stories told by his grandfather and how the people were the highlight of his tour. He also stated: "... I am honoured to assume one of the most unique and rewarding positions within the Canadian Armed Forces."

During the CoC ceremony, Corporal (Cpl) Timothy J. Sweet received a promotion from Aviator to Cpl. 8 Wing Logistics and Engineering Officer (WLEO) Lieutenant-Colonel (Lt.-Col.) Cathy Blue was the presiding officer and was accompanied by the branch

chief, Chief Warrant Officer (CWO) Darrell Frowen. Also in attendance were Canadian Forces Information Operations Group (CFIOG) CO Colonel Patrice Sabourin and CFIOG CWO Richard Beauchamp.

Maj. Erik Rozema-Seaton joined the RCAF as an Air Navigator and graduated from RMC in 2002 with a degree in Business Administration. He also holds a Masters in Aeronautical Administration and Logistics. Previous to becoming CFS Alert's CO, he was posted to 426 (T) Squadron as Deputy Commanding Officer (DCO) and has made multiple trips to the High Arctic as flight crew.



The WLEO, Lt.-Col. Cathy Blue, and the outgoing Commanding Officer, Lt.-Col. Amy H.Y. Tsai-Lamoureux, present Cpl Timothy J. Sweet with his promotion, during the CoC Ceremony. Photo by Private Alexandre Thibault



The incoming CO, Maj Erik Rozema-Seaton, is being congratulated by the Station Warrant Officer (SWO), Master Warrant Officer (MWO), Barry Crocker. Photo by Private Alexandre Thibault



The outgoing CO, Lt.-Col. Amy H.Y. Tsai-Lamoureux, is accepting a parting gift from the Station presented by the SWO, MWO Barry Crocker. Photo by Private Alexandre Thibault



Signing of the CoC scrolls. From left to right: incoming CO Maj. Erik Rozema-Seaton, WLEO Lt.-Col. Cathy Blue, and outgoing CO Lt.-Col. Amy H.Y. Tsai-Lamoureux. Photo by Private Alexandre Thibault

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# CFB Trenton sweeps Regional hockey championships



Old Timers and Women's squads latest hockey teams to garner CAF Ontario Regional Championships

By Ross Lees

Eight Wing hockey teams put the sweep brooms to good use at the Canadian Armed Forces (CAF) Ontario Regional Championships this year.

Having been led by the RCAF Flyers men's team earlier, who defeated powerhouse Petawawa 4-2, the Old Timers and Ladies teams followed suit this past weekend to also take the CAF Ontario Regional Championships and qualify for the Canadian National Championships.

The Old Timers went to the Canadian Forces Base (CFB) Petawawa tournament with an experienced squad with some

quality new team members, according to coach Bryan Pearce, who also coached the RCAF Flyers team who won the men's championship.

Trenton went undefeated in the round-robin tournament, with only Petawawa staying close to the hard-skating RCAF Flyers.

The Trenton squad defeated CFB Borden 4-0 in their opening game, narrowly got past Petawawa in their second game 3-2 then did a fly past of the CFB Kingston squad with a 12-2 win in the final round-robin game.

They again met CFB Kingston in the semi-finals and this time defeated them 7-2.

In the championship game, the RCAF Flyers came up against CFB Borden and again shut them out 6-0 for the convincing win.

Mr. Pearce feels the team had a lot going for it in this tournament, above and beyond the experience and talent.

"We had great team effort and Wayne Jerrett was a great help in getting the team ready for the Regionals," he said.

He added that the team dominated throughout the tournament as demonstrated by the fact that in three games, the other team's Most Valuable Player (MVP) was their goalie.

Editor's note: While the women also won the Regional Championship 1-0 over Petawawa in a thrilling overtime win, details about their march to victory had not been forwarded to Contact by press time. Look for the full story of their win in next week's edition of Contact.

The RCAF Flyers Old Timers team which won the Ontario Regional Championship last weekend is shown here. In the back row, left to right is Assistant Coach Rob Turland, Sergeant (Sgt.) Rick Pyle, Captain (Capt.) Dave Maclean, Sgt. Steve Roach, Major (Maj.) Shane McGill, Maj. Mike White, Capt. Chad Chipchase, Chief Warrant Officer (CWO.) Steve Compton and Coach Bryan Pearce. Front row, left to right is Maj. Shawn Duffy, CWO. Rick Plante, Capt. Aiden Switzer, Sgt. Andy Amos, MWO Tim Rice, Sgt. Daryl Preece, and Sgt. Jean-Francois Parent. Missing from the photo is MWO. Jim Mckenzie. Submitted photo

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# WLEO recognition for two members of CFS Alert

By Second Lieutenant

Valérie L. Rousseau

8 Wing Logistics and Engineering Officer (WLEO), Lieutenant-Colonel (Lt.-Col.) Cathy Blue, took time during her visit at Canadian Forces Station (CFS) Alert to recognize the hard work of two of the Station members.

Warrant Officer (WO) Marc Descoteaux, the Station's Physician's Assistant, made significant improvements to the Station's medical care and emergency response. Recognizing a shortage of Automated External Defibrillators on the Station, he liaised with CAF Health Services to acquire more devices to meet the Station's requirements. In addition, he developed a medical supply database providing accurate historic information which improved the tracking of medical stock. He is also very involved in planning many of the Station's social activities, which help maintain a high level of moral.



(Above) Sgt. Will Ripley is shown receiving the WLEO coin from Lt.-Col. Cathy Blue. Picture by: Private Alexandre Thibault



(Left) WO. Marc Descoteaux is shown receiving the WLEO coin from Lt.-Col. Cathy Blue. Among his many successful projects, Sergeant (Sgt) Will Ripley, the Station's Supply Officer, improved and executed the CFS Alert waste management plan that saw more than 175 drums of waste petroleum, oil, and lubricant (POL) repatriated southward, significantly reducing the Station's environmental footprint in the High Arctic. He was also involved in a successful Government of Canada Workplace Charity Committee (GCWCC) fundraising initiative. Picture by: Private Alexandre Thibault

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The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events affecting Canada's largest and busiest air base – 8 Wing/CFB Trenton.

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Armed Forces at work.

The CONTACT is published every Friday with the kind permission of Col. Colin Keiver, MSM., CD, Commander, 8 Wing/CFB Trenton. The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CAF or other agencies.

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

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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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## Wing Logistics and Engineering Picture of the Week



*Pictured are Military Aeronautical Communications System (MACS) Technicians from Wing Telecommunications and Information Services Squadron (WTISS), Corporal Brett Farrell (foreground) and Aviator Brandon Abraham. The techs are working on fault finding on the rotatable antenna controllers found on the MACS Trenton site. Photo and description by War-rant Officer Wayne Ramsey*

## Surf 'n Turf returns in 2017

Surf 'n Turf will return in 2017, following very closely its format from 2015, according to co-chairs Captain (Capt.) Victoria Chatzikirou and Capt. Brent McIntyre.

The co-chairs are currently in the process of recruiting volunteers to make up the committee, so all interested personnel are invited to contact them at [victoriachatzikirou@gmail.com](mailto:victoriachatzikirou@gmail.com) or [brent.mcintyre@forces.gc.ca](mailto:brent.mcintyre@forces.gc.ca)



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# Bell Let's Talk & Wing Trenton! We joined the conversation!

Thank you to all personnel who helped us with this awesome campaign. Canadians got involved and 8 Wing was there! A special thanks to Picture THIS, Signs and Design of Trenton, and Rick who helped us with our banners that were everywhere last week, many thanks!

Here are some of the many photos that captured our involvement. The Helping Professionals Working Group, LT.-Col. Charbonneau, the HP Team and the Command Team and CFS Alert – all responding to the challenge to get the conversation going and to get behind this great campaign on the importance of Mental Health.

Thank you to the Command team, to Colonel Keiver, CWO Elder, LCOL Charbonneau and to CWO Guay – your participation and support made the promotion of health easy!

Don't forget to keep the conversation going, mental health is important and we need to talk about it, know our resources, and help each other.



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## CFS Alert recognizes Bell Let's Talk day



Canadian Forces Station (CFS) Alert recognized the Bell Let's Talk Day with a discussion and group photo taken in the dining hall of the world's most northerly permanently inhabited location on Earth at 82 degrees 30' 20" north latitude and 62 degrees 21' 0" west longitude. Due to the extreme isolation, periods of total darkness and total light, Mental Health is a critical component to the human side of operations.

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# Mental health support team keeps busy with high demand at Trenton's MFRC

*Team currently has about 130 clients for counselling and 80 in other programs*

**By Erin Stewart**

The mental health support team at Trenton's Military Family Resource Centre (MFRC) is busy supporting the needs of families on base, taking in about one referral for counselling or mental health programs a day.

Jaclyn Hunter, Prevention, Support and Intervention Co-ordinator, said the mental health support team currently has about 130 active clients for counselling services and had about 80 people in programs offered since April.

"There's a huge need for it, we have probably an intake a day, most of us carry a caseload of 20 people and up, if not more," she said. "There's a huge demand for our services."

The mental health support team offers numerous programs for military family members, including women support and self-esteem groups, bouncing back from anxiety and depression, finding emotional balance for teenagers and a positive parenting program.

"Basically, I run what people need," said Hunter. "We're constantly looking for feedback from the community on what they need."

Hunter said she's now looking into running the emotional balance program for preteens, ages 10-13, in June after having multiple enquiries about running the program for a younger age group.

Over the past two years, Hunter said the team's mental health and group programs have expanded a lot to meet the needs of the community while the services for individual counselling and therapy have stayed consistent.

Initiatives to raise awareness, support research and break the stigma surrounding mental health, like Bell Let's Talk Day, help people feel better about reaching out for support, said Hunter.

"The more education we have the more we can help each other balance out our own mental health," she said.

"With the stigma, people don't seek out help because they're afraid to be put in this box so initiatives like Bell Let's Talk helps people say 'Yeah I've struggled with that and yeah I understand,' and it builds a sense of community."

Hunter said many people don't seem to understand that everybody has mental health; mental health doesn't just mean illness.

"It doesn't, it's just a part of 'How's your mental health today?' she said. "It's a part of who you are and how you think, so if you're being an overly negative person, you're on the lower side of your mental health that week."

You can have great mental health your entire life, said Hunter, but then one stressor can cause people to need support.

"Unfortunately, within the military lifestyle, there's stress all the time," said Hunter. "There's job stress with the job and there's family stress so the MFRC themselves, all of our services are different across the board, but here we have a very strong mental health



*Jaclyn Hunter is the prevention, support and intervention coordinator at the Trenton Military Family Resource Centre.*

*Photo by Erin Stewart/Metroland*

team because there's a strong need for the support."

The mental health team also offers Post Traumatic Stress Disorder (PTSD) services for military spouses and family members; military members have mental health resources on base.

Linda Reade, Mental Health Team Director and Family Liaison Officer, has specialized training in Eye Movement Desensitization Reprocessing (EMDR), a common trauma therapy technique used for people with PTSD.

"In my caseload, I have a lot of clients with Post Traumatic Stress Disorder, they're military spouses," said Reade, who has been working with EMDR for years and said it can be used for many different kinds of trauma.

"It's about different kinds of trauma so I've had people on my case load who have lost children in accidents or if people have experienced childhood trauma, a lot of people on my case load are appropriate to use the EMDR therapy."

Reade said the demand for mental health support is con-

stant, the team always keeps full caseloads and they deserve a big compliment.

"Everybody works so hard and they're creative and keep up with the pace," she said.

The MFRC's mental health services also include: intervention in crisis, counselling, social isolation, social and life skills, adjustment difficulties for children and adults, couple and family therapy and

services available for victims of domestic violence and sexual assault. For more information or assistance, visit [trentonmfrc.ca](http://trentonmfrc.ca), call 613-392-2811 ext. 4528 or email [mona.l@trentonmfrc.ca](mailto:mona.l@trentonmfrc.ca).

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# Highway of Heroes Living Tribute finished first year with 8,000 trees



Members of the Royal Canadian Legion Branch 110 Trenton presented Michael Hurley of the Highway of Heroes Living Tribute with a cheque for \$1,809. From left: Dianne King, acting president, Beth Bouchard, Ena Newman, Norma Henn and Michael Hurley.

Photo by Erin Stewart/Metroland

By Erin Stewart

Eight thousand trees in the ground and nearly two and one quarter million more trees to go.

The Highway of Heroes Living Tribute (HOHLT), a large-scale planting program, continues its goal to plant 117,000 trees to honour every single one of Canada's fallen soldiers since Confederation along the Highway of Heroes – from Trenton to Toronto along Highway 401.

Since the first tree was planted at CFB Trenton in November 2015,

Michael Hurley, manager of fundraising and communications, said 8,000 trees are now in the ground.

The HOHLT also introduced a second goal.

Phase two of the project began, a plan to plant 2.1 million service trees to recognize the service of Canadians who have served in wars or during times of conflict.

Service trees are planted in communities along the Highway of Heroes and in Southern Ontario.

Hurley was back in Trenton on Friday, Jan. 20 to accept a donation on behalf of the HOHLT

from members of the Royal Canadian Legion Branch 110 – Trenton

"It's interesting that both figuratively and literally the campaign does start here," said Hurley.

"The Trenton legion here is one of five that was the first to step up and put their hands up to fundraise. It's an incredible thing to have people be the first because nobody ever wants to be the first."

With the first year complete, Hurley said they are preparing for the second year.

He said it's important to get as much community support as

possible to reach the five-year goal.

"To hit our goal within five years we're going to need to raise about \$8 million and to date we've raised about \$850,000, so we just surpassed the 10 per cent mark," said Hurley. "Now we need to raise 20 per cent more this year in order to remain on track."

Ena Newman, life member of the Trenton Legion, said it was important to support the HOHLT because it's an incredible initiative.

"It's definitely something that's close to everyone's heart," she said. "The legion is an organization that's built for the veter-

ans and we try to do everything we can to help with the veteran and this is an excellent project."

Newman, along with Beth Bouchard and Norma Henn, decided to organize a silent auction and managed to raise \$1,809.

"We're pretty impressed," said Newman. "Remembrance Day was the last day and we found that the base members who came out were very supportive, as well, so we were really happy with that."

She said they are thinking they may make the fundraiser an annual event.

All proceeds donated to the HOHLT go directly to the planting and maintenance of trees.

For more information on the Highway of Heroes Living Tribute visit [hohtribute.ca](http://hohtribute.ca).

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# Mother Nature supporting CFB Trenton Pond Hockey Classic

By Ross Lees

Unlike last year, Mother Nature appears to be cooperating with organizer Captain (Capt.) Jeff Moorhouse and the sixth annual CFB Trenton Pond Hockey Classic.

Only days before the situation got critical, the unusually mild temperatures of this winter began to drop and ice has been forming on the five rinks in Batawa over the past week. Weather conditions now appear to be ideal

for this annual event which raises funds for the Trenton Memorial Hospital Foundation and Wounded Warriors Canada (WWC) and which is sponsored by Scotiabank and Scotia Wealth Management.

**Continued on page 10**

Capt. Jeff Moorhouse is shown in this file photo maintaining the rinks during the annual CFB Trenton Pond Hockey Classic. He and his team of volunteers will work hard over the next few days to have this year's event ready for competition Saturday. Contact file photos by Ross Lees



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# Let them eat cake!

*Logistics Branch anniversary cake competes against cakes made in seven air force bases across Canada*

By Ross Lees

The many people who came out to celebrate the Logistics Branch 49th Anniversary had lots of cake to eat, thanks to the efforts of Pte. Callum Crowe and Shauna Kester of the Yukon Galley.

As has become the norm, the Logistics branches in the seven air force bases across Canada compete for the best Logistics Branch anniversary cake and 8 Wing was hoping to make it a three-peat this year, having won the competition the

previous two years.

They will once again be very tough competition with a cake that aptly identifies with the Wing and covers the criteria of having details, originality, colour and represents the Wing while still being completely edible.

For the 8 Wing team producing the cake, they also have to be able to feed 200 people with it at the anniversary celebration held Wednesday afternoon at the Astra Lounge.

"It gets you out of the kitchen doing something different," noted Shauna.

"I love doing something like this," added Callum.

According to the pair, it took about 40 hours to produce the cake and many other hours of brainstorming to produce the design and theme for the cake.

"We made sure we incorporated all of the guidelines," Shauna said, and then they took a couple of ideas from others to enhance the cake.

"The airplane represents the first airplane on the base," she added.

Shauna has worked on the cakes for the entire four years of the competition while Callum did it for the first time this year.

They were both waiting on tenterhooks to hear who won the competition this year.



The cake has to be viewed from all sides to assimilate all of the detail on it. Photo by Ross Lees



This cake entered in the Logistics Branch anniversary cake competition took about 40 hours to produce by Shauna Kester, right, and Pte. Callum Crowe of the Yukon Galley. Photo by Ross Lees

# Mother Nature supporting CFB Trenton Pond Hockey Classic

Continued from page 9

According to Capt. Moorhouse, the annual "Puck Drop" dinner scheduled for Friday night at the Batawa Community Centre is sold out. This popular dinner features guest speakers Ottawa Senators owner and Honorary Colonel (Hon. Col.) Eugene Melnyk and Linda Blanch-

ette, who will also speak about being the spouse of a veteran with post-traumatic stress disorder (PTSD).

The actual pond hockey tournament appears set to grow once again as 28 teams are registered so far, according to Capt. Moorhouse, topping the 25 teams that participated last year.

"We have 28 teams so far with a couple more in the works," Capt. Moorhouse noted earlier this week.

If indeed 30 teams participate, that would be the highest participation level of the event and would approach the 32-team target Capt. Moorhouse had set for this year. With the five regulation-size pond hockey rinks now set to host the event, up to 40 teams can be registered.



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### New Programs at the Trenton MFRC

Visit our website - [www.trentonmfr.ca](http://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](http://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!

### Winter Symposium

Rediscover, rejuvenate! Take a day for yourself and join friends for a day of unique, invigorating workshops. Enjoy your choice of three different workshops, a keynote speaker, a delicious and nutritious lunch that will inspire you to bust out your crockpots again. The day will end with a group yoga session led by Mindful Movements. You can learn about the magic of contouring, the health benefits of essential oils, personal safety, traveling solo and more! Please see our program to read about the available sessions. Download and print the registration form or pick one up at the MFRC. Payment must be included with registration. <http://trentonmfr.ca/news-events/event/winter-symposium/> Ticket prices: Early bird - \$40, after February 6 - \$50. \*Open to the military community and the general public. For more information, please contact reception or email [helene.cg@trentonmfr.ca](mailto:helene.cg@trentonmfr.ca).

### Symposium hivernal

Redécouvrez, revivifiez! Prenez une journée pour vous & joignez des amis pour assister à des ateliers uniques et vivifiants. Profitez d'un choix de trois ateliers différents, une conférencière, un repas délicieux et nutritif qui vous suscitera à tirer de l'oubli votre mijoteuse. La journée finira avec une session de yoga en groupe facilitée par 'Mindful Movements'. Vous pourrez apprendre la magie du maquillage pour le contour du visage, les bénéfices des huiles essentielles sur la santé, la sécurité personnelle, voyager en groupe ou solo! Lisez notre programme pour voir tout ce qui est disponible. Téléchargez et imprimez le formulaire d'inscription ou arrêtez au CRFM pour l'obtenir. Le paiement est dû au moment de l'inscription. <http://trentonmfr.ca/news-events/event/winter-symposium/> Le coût est 40\$ d'ici le 6 février, 50\$ à partir du 7 février. \*Cet événement est ouvert à la communauté militaire et la population générale. Pour plus d'information, contactez la réception au 613-965-3575 ou [helene.cg@trentonmfr.ca](mailto:helene.cg@trentonmfr.ca).

### Finding Emotional Balance

Strategies for managing strong emotions. Join us for a six week program for ages 14 to 18 to help you understand and manage emotions and practice healthy coping skills. Feb. 15, 22 and March 1, 8, 15 and 22 from 4 p.m. to 5 p.m. For more information or to register, please contact Jaclyn Hunter 613-392-2811 ext. 4017.

### Trouver son équilibre émotionnel

Stratégies pour maîtriser les émotions fortes. Un programme de 6 semaines spécialement conçu pour aider les jeunes de 14 à 18 ans, à comprendre et à mieux maîtriser leurs émotions en pratiquant de saines compétences d'adaptation. Les 15 et 22 février et les 1er, 8, 15 et 22 mars de 16h à 17h. Pour inscription ou information Jaclyn Hunter 613-392-2811 poste 4017.

### The Power of Essential Oils - 10 Week Series

Tuesdays starting Feb. 7. Learn about the many benefits of having essential oils in your life. Whether you're struggling with the discomfort of hot flashes, lack of sleep, aches and pains or if you simply want to shift into a natural lifestyle, this class could be right for you! Come out with a friend or give it as a gift. Each class includes an essential oil take-home product. In this 10-class series, featuring DoTerra products, you will learn about the following uses: Essential oils and healthy skin; essential oils and aches and pains; essential oils and sleep; essential oils emotions; essential oils first aid; essential oils and our immune response; essential oils and detox; essential oils and digestion; essential oils and hormones; essential oils - DIY night. Sign up for one or join all classes! One class: \$20. Five classes: \$75. Ten classes: \$150. Register and pay at Trenton MFRC reception. For more information email [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca).

### Le pouvoir des huiles essentielles – Une série de 10 ateliers

Les mardis débutant le 7 février. Apprenez sur les bénéfices d'ajouter les huiles essentielles à votre style de vie. Combattez-vous l'inconfort des bouffées de chaleur, le manque de sommeil, des maux et douleurs? Ou voulez-vous simplement changer pour un style de vie plus naturel? Ces classes sont pour vous! Venez avec un(e) ami(e) ou donnez comme cadeau. Chaque atelier inclut un produit que vous apporterez à la maison. Vous apprendrez durant cette série d'ateliers, mettant en vedette les produits DoTerra, les utilisations suivantes: Huiles essentielles et les soins de la peau; huiles essentielles et les maux et douleurs; huiles essentielles et le sommeil; huiles essentielles et les émotions; huiles essentielles et les premiers soins; huiles essentielles et la réponse immunitaire; huiles essentielles et la détoxifi-

cation; huiles essentielles et la digestion; huiles essentielles et les hormones; huiles essentielles – Vous ferez vos projets. Inscrivez-vous pour un ou tous les ateliers! Un atelier: 20\$. Cinq ateliers: 75\$. Dix ateliers: 150\$. Inscription et paiement se font à la réception du CRFM. Pour plus d'information, contactez [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca).

### A Lovely Afternoon

The Veteran Family Program and Health Promotion invites you and your significant other to 'A LOVELY Afternoon' on Sunday, Feb. 12, from 2 p.m. to 4:30 p.m. Enjoy yoga, mindfulness, and a cooking for the heart discussion. \$5 per couple. Open to the military and veteran community. \*Yoga mats are provided for those who do not have them. \*\*Please note, this event is only offered in English. Please register before Feb. 10 by emailing [kelly.b@trentonmfr.ca](mailto:kelly.b@trentonmfr.ca) or calling 613-392-2811 ext. 7917.

### Al Anon meetings

The Hope and Serenity Group Al Anon meeting meets on Sundays from 7:30 p.m. to 8:30 p.m. at the Trenton MFRC. Friends and families of problem drinkers will find understanding and support at Al-Anon meetings open to the general public. For more information, please contact Linda Reade 613-392-2811 ext. 4583 or [linda.r@trentonmfr.ca](mailto:linda.r@trentonmfr.ca).

### Rencontre Al Anon

Les rencontres de groupe Al Anon Espoir et Sérénité ont lieu au CRFM de Trenton les dimanches de 18h30 à 19h30. Le groupe offre du soutien et de la compréhension aux familles de la communauté dont un membre souffre de problème de consommation d'alcool. Pour information, contactez Linda Reade 613-392-2811 poste 4583 ou [linda.r@trentonmfr.ca](mailto:linda.r@trentonmfr.ca).

Continued on page 13

# Home of the Week

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Both homes in this attractive side-by-side two-storey duplex include an unfinished apartment on the main floor that could serve as an in-law suite or mortgage helper. Entry to each home is through a covered porch and into a spacious foyer with a coat closet. The stairway to the upper-floor living area is directly ahead. 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. The master suite overlooks the front garden, and includes a roomy walk-in closet and a three piece en-suite. 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. Downstairs, the one-bedroom apartment includes a roughed-in kitchen and bedroom, as well as access to two covered patios. There is a garage for a single vehicle. Exterior finishes include horizontal siding with brick accents and painted trim. Wooden shingles in the gables provide contrast. The duplex measures 50 feet wide and 65 feet, three inches deep, for a total of 2,554 square feet of living space. Ceilings rise to nine feet throughout.

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### Yoga Drop-in

Drop in for Yoga classes beginning Jan. 10 to Feb. 28 at the South Side Gymnasium studio from 4:15 p.m. to 5:15 p.m. This event is sponsored by the Community Recreation Association at CFB Trenton and costs \$7 for the military community and \$8 for the general public. For further information, please call 613-392-2811, ext. 3348 or go to [www.cfcommunitygateway.com](http://www.cfcommunitygateway.com) or [www.facebook.com/trenton.recplex](http://www.facebook.com/trenton.recplex)

### Feb. 3-5 – 2017 CFB Trenton Pond Hockey Classic

The 2017 CFB Trenton Pond Hockey Classic takes place this year from Feb. 3 to 5, beginning with the Puck Drop dinner Feb. 3 at the Batawa Community Centre starting with a cocktail hour at 5:30 p.m. and dinner at 6:30 p.m. Guest speakers for the event will be Ottawa Senators owner and Honorary Colonel Eugene Melnyk and Linda Blanchette, who will speak about being the spouse of a veteran with PTSD. Title sponsors for the 2017 CFB Trenton Pond Hockey Classic are Scotiabank and Scotia Wealth Management and 32 teams are expected to play Canadian Pond Hockey rules on five regulation pond hockey rinks at the Batawa location this year. Tickets and more information are available at [www.hockeyfortroops.com](http://www.hockeyfortroops.com) or [www.tmhfoundation.com](http://www.tmhfoundation.com)

### Feb. 11 – Legion Branch 110 Valentine's Dinner and Dance

The Royal Canadian Legion Branch 110 is having their Annual Valentine's Day dinner and dance featuring live band "The Reasons" on Feb. 11 at 6 p.m. Advance tickets must be purchased at the Legion office. Call 613-392-0331 or visit [rcl110.ca](http://rcl110.ca) for more information.

### Feb. 12 – Belleville Ostomy Group Monthly Meeting

The Ostomy group of Belleville and area will be holding its monthly meeting on Feb. 12 at 2 p.m. in room P21 in the Quinte Business Centre Loyalist College. Remember, you might not need us now but others in the group can learn from your experiences. Please come and share your expert advice with other Ostomates.

### Feb. 19 – Music at St. Thomas

The 2016 - 2017 edition of Music at Saint Thomas, scheduled for 4:30 p.m., is dedicated to keyboard and choral music. Music directors Francine and Matthieu Latreille are preparing a concert named "Mystery" for February. This concert will gather 10 professional singers from Belleville, Montreal and Toronto. A reception will follow. Admission: Pay what you can.

La présente édition de "Music at Saint Thomas" est dédiée aux instruments à clavier et à la musique chorale. Les directeurs musicaux Francine et Matthieu Latreille préparent un concert intitulé "Mystère" pour le mois de février. Ledit concert réunira dix chanteurs professionnels de Belleville, Montréal et Toronto. Une réception suivra l'événement. Une

contribution volontaire sera demandée en guise de prix d'entrée.

### Feb. 20 – National Air Force Museum of Canada Free Family Day

The National Air Force Museum of Canada is holding a free Family Day on Feb. 20 from 11 a.m. to 3 p.m. Admission is free and includes a free family portrait at their Spy School and X Camp – where spies are made. Once enrolled, you will be sent on a series of missions designed to test your skills as an international spy. Come dressed as your favourite spy. The Spy School features code breaking, covert messaging, surveillance challenge, laser maze, missile neutralization and much more.

### Feb. 25 – Legion Branch 110 Concert and Dance

The Royal Canadian Legion Branch 110 is having a Concert and Dance with Nashville Recording Artist Dean James on Feb. 25 at 8 p.m. Advance tickets can be purchased at the Legion office. Call 613-392-0331 or visit [rcl110.ca](http://rcl110.ca) for more information.

### Feb. 26 – RecPlex Indoor Triathlon

Your Community Recreation Association

invites you to TRI your winter blues away by taking part in their Indoor Triathlon on Feb. 26. Participants will swim for 15 minutes, bike for 30 minutes on the cycle trainer and run a 5 km outdoor run. Those wishing to participate can do so by registering online at [www.myrace-time.ca](http://www.myrace-time.ca)

### Feb. 26 - Fixed Fur Life Tea Party and Purse Auction

Fixed Fur Life is holding a Tea Party and Purse Auction at the Quinte West Marina on Feb. 26 from 12 noon until 3 p.m. Purse donations and volunteers are still needed for the event to be emceed by Norm Harriet. Only 100 tickets are being sold at \$10 each, which includes light lunch, beverage and door prize. The facebook link is <https://www.facebook.com/events/395805447478011/> and more information can be obtained at [thworx@hotmail.com](mailto:thworx@hotmail.com)

### Every Sunday – Catch the Ace at Royal Canadian Legion Branch 110

Quinte West area residents are urged to come to Royal Canadian Legion Branch 110 at 19 Quinte St., Trenton, to Catch the Ace, the craze that took the East coast by storm. Tickets are \$2. The event takes place from 1 p.m. to 3 p.m. every Sunday with the draw at 4 p.m. For more information, contact 613-392-0331 or [www.rcl110.ca](http://www.rcl110.ca)

### March 2 – Quinte Ballet School of Canada presents Dancing with Parkinson's

The Quinte Ballet School of Canada (QBSC) is now enrolling people for 12-week pilot class to begin March 2 at 11 a.m. No experience is necessary and classes are geared to all levels and abilities. There are only 20 spaces available for Parkinson's dancers, so those wishing to participate are encouraged to enroll quickly. Classes take place at the Quinte Ballet School of Canada, at 196 Palmer Road, Belleville. For information or to register, please contact Laura Ryan at [danceparkinsonsqbsc@gmail.com](mailto:danceparkinsonsqbsc@gmail.com)

### June 9 – Surf 'n Turf

The 2017 Surf 'n Turf race begins early in the morning of June 9 and allows competitors to compete in running, cycling and canoeing and kayaking events covering a lot of ground and water in Quinte West. Volunteers are still being sought for this event, as are competitors. Co-chairs for the event are Capt. Victoria Chatzikirou and Capt. Brent McIntyre.



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613-965-3575 to learn more.



# MARCH BREAK CAMPS

## March Break Kidz Camp

**When:** 13 – 17 March  
**Who:** Ages 6-8 & 9-12  
**Where:** RecPlex,  
 21 A Namao Dr. East  
**Contact:** RecPlex 613-392-2811 ext. 3348  
**Registration:** <http://bk.cfpsa.com/trentonpub/index.asp> or in person at the RecPlex



Are you ready?! March Break is right around the corner And WE WANT YOUR KIDS! Our program is a high energy, fun-filled week with each day a new adventure. Your child will experience all sorts of activities like, sports, crafts, water activities, team building and many other fun activities! Remember to bring running shoes, a lunch, snacks, swimming gear and to dress for playing outside. \*Peanut free lunches\*

March Break Camp Fees (HST Included)	
MILITARY COMMUNITY	GENERAL PUBLIC
\$147 for one child	\$166 for one child
\$267 for two children	\$301 for two children
\$315 for three children	\$355 for three children
\$392 for four children	\$442 for four children
*Cost per Day (HST Included)	
\$32/day for one child	\$34/day for one child
\$58/day for two children	\$62/day for two children
\$80/day for three children	\$85/day for three children
\$91/day for four children	\$105/day for four children
<b>TRIP DAY Frink's Centre March 16th: Additional \$10 (HST Included)</b>	
A.M Care (7-8am) + P.M Care (4-5pm): Optional but included in Prices	

## Children's Martial Arts March Break Camp 2017

**When:** March 13th- March 17th, 0800hrs-1600hrs  
**What:** Martial Arts, Games, Hikes, Sports, Activities and more!  
**Who:** Children, ages 6-8 & 9-12  
**Dress:** Active wear \*Mouth guards for children are mandatory (found at Canadian tire/any sports store)  
**Where:** 32 Buffalo Ave. Trenton, ON.  
**Contact:** RecPlex 613-392-2811 ext. 3348  
**Registration:** <http://bk.cfpsa.com/trentonpub/index.asp> or in person at the RecPlex



Join us for a fun-filled week of fundamentals of mixed martial arts, games, activities and much more! Your child will experience Kickboxing, Jiu-jitsu, Karate, Brazilian Jiu-jitsu, and Taekwondo. This will definitely be a week of lasting friendships, fun, learning new skills, and experiences for all!

\*\*Mouth guards are mandatory. A surcharge will be applied if a child shows up without safety gear.

March Break Camp Fees (HST Included)	
MILITARY COMMUNITY	GENERAL PUBLIC
\$147 for one child	\$166 for one child
\$267 for two children	\$301 for two children
\$315 for three children	\$355 for three children
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\$32/day for one child	\$34/day for one child
\$58/day for two children	\$62/day for two children
\$80/day for three children	\$85/day for three children
\$91/day for four children	\$105/day for four children
A.M Care (7-8am) + P.M Care (4-5pm): Optional but included in Prices	

Please Note: Food is not included; Lunches, snacks and drinks must be peanut free!

### MFRC continued from page 11

#### Triple P Positive Parenting seminar

For every parent who ever wondered, "Why does my child do that?" This seminar helps you understand the reasons kids do what they do, so you can guide their behavior - and see more of the behaviour you like, and less of the behaviour you don't like. The power of positive parenting takes place on March 8 from 6 p.m. to 7:30 p.m. For more information please contact Jaclyn Hunter 613-392-2811 ext. 4017.

#### Triple P Séance de discussion

Pour les parents s'étant déjà posé la question: "Pourquoi mon enfant fait-il cela?" Cette conférence vous aide à comprendre les raisons pour lesquelles les enfants se comportent comme ils le font. Vous pourrez ainsi mieux les guider dans le but de voir davantage des comportements acceptables et moins ceux qui sont inacceptables. La puissance des pratiques parentales positives, le 8 mars de 18h à 19h30. Pour renseignement veuillez contacter Jaclyn Hunter 613-392-2811 poste 4017.

#### Limitless Youth Night

Every third Monday of the month from 6 p.m. to 8 p.m. Do you want to meet new people, play games and have some fun? Then this group is for you! Inclusive youth social night for children with special needs, their siblings and friends ages six to 11. For information, contact Orlana 613-392-2811 ext. 3953 or [orlana.b@trentonmfr.ca](mailto:orlana.b@trentonmfr.ca).

#### Possibilités Infinies

Une soirée pour les jeunes chaque 3me lundi du mois de 18h à 20h. Veux-tu te faire de nouveaux amis, jouer et avoir du plaisir? Alors ce groupe est pour toi!

Un groupe social inclusif pour les jeunes ayant des besoins particuliers, leurs frères et soeurs et les amis de 6 à 11 ans sont les bienvenus. Pour information communiquer avec Orlana Bourgoin 613-392-2811 poste 3953 ou [orlana.b@trentonmfr.ca](mailto:orlana.b@trentonmfr.ca).

#### Trenton MFRC Special needs parent support group

Every second Thursday of the month from 6 p.m. to 7:30 p.m. Connect with other families in your community and discuss topics that effect and interest you. Gain support and insight from local families. This support group is for parents, grandparents, caregivers of children with all special needs. Next meeting will be Oct. 13. Contact Orlana if you require childcare a week prior to the meeting 613-392-2811 ext. 3953 or [orlana.b@trentonmfr.ca](mailto:orlana.b@trentonmfr.ca).

#### Groupe de soutien pour les parents de personnes ayant des besoins particuliers

Venez rencontrer d'autres familles de la communauté pour discuter, échanger, obtenir du soutien et des ressources. Ce groupe d'entraide est pour les aidants naturels de personnes avec des besoins particuliers. Ces rencontres ont lieu le deuxième jeudi du mois de 18h à 19h30. La prochaine rencontre sera le 13 octobre. Pour information contactez Orlana Bourgoin 613-392-2811 poste 3953 ou [orlana.b@trentonmfr.ca](mailto:orlana.b@trentonmfr.ca).

#### The Puzzle Project

For children ages 8 to 12. Support group for siblings of a child with Special Needs. This is to provide a fun and supportive environment for siblings to share the joys and struggles of being a sibling of an individual with special needs. This is done through discussion, activities, games designed to be unique, upbeat and appealing to a wide ability range, craft activities, and special guests who may teach partici-

pants new skills. \$16 per child for eight weeks. To register contact Kendra Bickford 613-392-2811 ext. 4582 or [kendra.b@trentonmfr.ca](mailto:kendra.b@trentonmfr.ca).

#### Le projet casse-tête

Pour les enfants de 8 à 12 ans. Ce programme a pour but de partager les joies et les défis d'avoir un frère ou une sœur ayant des besoins particuliers. A travers des jeux, des bricolages, des discussions et des invités spéciaux, les participants apprendront de nouvelles habiletés personnelles. Le coût est de \$16.00 par enfant. Pour inscription on contact Kendra Bickford 613-392-2811 poste 4582 ou [kendra.b@trentonmfr.ca](mailto:kendra.b@trentonmfr.ca).

#### Trenton MFRC and Autism Ontario Present:

Brighton's Special Needs Parent Support Group every last Thursday of the month from 6:30 p.m. to 8 p.m. at the East Northumberland Secondary School in Brighton. This support group is for parents/grandparents/caregivers of children. Connect with other families in your community and discuss topics that effect and interest you. Gain support and insight from local families.

This support group is for parents/grandparents/caregivers of children with all special needs. For information contact Orlana Bourgoin 613-392-2811 ext. 3953.

#### Autisme Ontario et le CRFM de Trenton présentent

Groupe de soutien pour les parents de personnes ayant des besoins particuliers à Brighton. Ce groupe de soutien et d'entraide est dédié aux aidants familiaux ou aux gardiens d'enfants ayant des besoins particuliers. Venez discuter de sujets qui vous intéressent. Le dernier jeudi du mois de 18h30 à 20h00 à la polyvalente East Northumberland à Brighton. Pour de plus amples informations

contactez Orlana Bourgoin 613-392-2811 poste 3953.

#### Babies and Beyond

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

#### Bébés et au-delà

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

#### Mindfulness Group

This group will help you develop mindfulness practices as a way to reduce stress and anxiety, and improve choice when responding to difficult situations. Experience is not required. The Mindfulness Group will take place on Jan. 26 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).

Continued on page 15

# Classifieds

To Place an Ad: **613-392-2811** or **613-966-2034**  
 For Delivery Inquiries, please call **613-966-2034**  
 Email: [Sharon.LaCroix@metroland.com](mailto:Sharon.LaCroix@metroland.com)  
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 91 Namao Drive East  
 91 Promenade Namao Est

**Office hours/ Heures de bureau:**  
 Monday to Friday 0800 - 1600 hrs  
 Du lundi au vendredi 08h00 à 16h00

**Services Times/ Heures des services religieux**  
 Protestant Service: 1115 hrs  
 Service protestant: 11h15

RC Sunday Mass (English) at 0900 hrs  
 RC Sunday Mass (French) at 1010 hrs  
 RC Sunday Mass (Bilingual every 4th Sunday of the month) at 0900 hrs

Messe CR du dimanche en anglais à 9h00  
 Messe CR du dimanche en français à 10h10  
 Messe CR du dimanche bilingue le 4ième dimanche du mois à 9h00

RC Weekday Masses at noon  
 Messes CR quotidiennes à 12h00

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) Roy Laudenorio



### Unit Chaplains/Aumôniers des unités:

Capt (Rabbi/Rabbin) Bryan Bowley  
 Capt (the Rev./Rév.) Eric Davis  
 Capt (the Rev./Rév.) John Funelas  
 Lt(N)(Fr/Père) Félix Roberge  
 Lt(N)(the Rev./Rév.) Mary Anne VanHeuvelen  
 Capt (the Rev./Rév.) Daniel Walton

### Phone/Téléphone:

Administrative Assistant/Adjointe administrative  
 Brigitte Gamache, (613) 392-2811 ext/poste 2490/4593

# Safety

## Chimney fires are entirely preventable

As you snuggle in front of a cozy fire or bask in the warmth of your wood stove, you are taking part in a ritual of comfort and enjoyment handed down through the centuries.

The last thing you are likely to be thinking about is the condition of your chimney. However, if you don't give some thought to it before you light those winter fires, your enjoyment may be very short-lived. Dirty chimneys can cause chimney fires, which damage structures, destroy homes and injure or kill people.

Chimney fires can burn explosively – noisy and dramatic enough to be detected by neighbors or passers-by. Flames or dense smoke may shoot from the top of the chimney.

Homeowners report being startled by a low rumbling sound that reminds them of a freight train or a low flying airplane. However, those are only the chimney fires you know about.

Slow burning chimney fires don't get enough air or have enough fuel to be as dramatic or visible, but the temperatures they reach are very high and can cause as much damage to the chimney structure – and nearby combustible parts of the house – as their more spectacular cousins. However, with proper chimney system care, chimney fires are entirely preventable.

### Creosote and chimney fires: What must you know

Fireplaces and wood stoves are designed to safely contain wood-fueled fires, while providing heat for a home. The chimneys that serve them have the job of expelling the by-products of combustion – the substances given off when wood burns.

As these substances exit the fireplace or wood stove, and flow up into the relatively cooler chimney, condensation occurs. The resulting residue that sticks to the inner walls of the chimney is called creosote. Creosote is black or brown in appearance. It can be crusty and flaky ... tar-like, drippy and sticky ... or shiny and hardened. Often, all forms will occur in one chimney system.

Whatever form it takes, creosote is highly combustible. If it builds up in sufficient quantities – and catches fire inside the chimney flue – the result will be a chimney fire. Although any amount of creosote can burn, sweeps are concerned when creosote builds up in sufficient quantities to sustain a long, hot, destructive chimney fire.

Certain conditions encourage the buildup of creosote, restricted air supply, unseasoned wood and cooler-than-normal chimney temperatures are all factors that can accelerate the buildup of creosote on chimney flue walls.

**Air supply:** The air supply on fireplaces may be restricted by closed glass doors or by failure to open the damper wide enough to move heated smoke up the chimney rapidly (the longer the smoke's "residence time" in the flue, the more likely it is that creosote will form). A wood stove's air supply can be limited by closing down the stove damper or air inlets too soon and too much, and by improperly using the stovepipe damper to restrict air movement.

**Burning unseasoned firewood:** Because so much energy is used initially just to drive off the water trapped in the cells of the

logs – burning green wood keeps the resulting smoke cooler, as it moves through the system, than if dried, seasoned wood is used.

**Cool flue temperatures:** In case of wood stoves, fully-packed loads of wood (that give large cool fires and eight or 10 hour burn times) contribute to creosote buildup. Condensation of the unburned by-products of combustion also occurs more rapidly in an exterior chimney, for example, than in a chimney that runs through the center of a house and exposes only the upper reaches of the flue to the elements.

### How chimney fires damage chimneys

#### Masonry chimneys

When chimney fires occur in masonry chimneys – whether the flues are an older, unlined type or are tile lined to meet current safety codes – the high temperatures at which they burn (around 2000oF) can "melt" mortar, crack tiles, cause liners to collapse and damage the outer masonry material.

Most often, tiles crack and mortar is displaced, which provides a pathway for flames to reach the combustible wood frame of the house.

One chimney fire may not harm a home. A second can burn it down. Enough heat can also conduct through a perfectly sound chimney to ignite nearby combustibles.

#### Pre-fabricated, factory-built, metal chimneys

To be installed in most jurisdictions, factory-built, metal chimneys that are designed to vent wood burning stoves or pre-fabricated metal fireplaces must pass special tests determined by

Underwriter's Laboratories. Under chimney fire conditions, damage to these systems still may occur, usually in the form of buckled or warped seams and joints on the inner liner.

When pre-fabricated, factory-built metal chimneys are damaged by a chimney fire, they should no longer be used and must be replaced.

### Tips to avoid chimney fires

- Chimney fires don't have to happen. Here are some ways to avoid them:
- Use seasoned woods only (dryness is more important than hard wood versus soft wood considerations);
- Build smaller, hotter fires that burn more completely and produce less smoke;
- Never burn cardboard boxes, wrapping paper, trash or Christmas trees; these can spark a chimney fire;
- Install stovepipe thermometers to help monitor flue temperatures where wood stoves are in use, so you can adjust burning practices as needed;
- Have the chimney inspected and cleaned on a regular basis.

### Proper maintenance

Clean chimneys don't catch fire. Make sure a CSIA Certified Chimney Sweep inspects your solid fuel venting system annually, and cleans and repairs it whenever needed.

Your sweep may have other maintenance recommendations depending on how you use your fireplace or stove.

CSIA recommends that you call on certified sweeps, since they are regularly tested on their understanding of the complexities of chimney and venting systems.



### Signs that you've had a chimney fire

Since chimney fires can occur without anyone being aware of them ... and since damage from such fires can endanger a home and its occupants, how do you tell if you've experienced a chimney fire?

Here are the signs a professional chimney sweep looks for:

- Puffy creosote, with rainbow coloured streaks, that has expanded beyond creosote's normal form;
- Warped metal of the damper, metal smoke chamber, connector pipe or factory-built metal chimney;
- Cracked or collapsed flue tiles, or tiles with large chunks missing;
- Discoloured and distorted rain cap;
- Creosote flakes and pieces found on the roof or ground;
- Roofing material damaged from hot creosote;
- Cracks in exterior masonry;
- Evidence of smoke escaping through mortar joints of masonry or tile liners.

If you think a chimney fire has occurred, call a CSIA Certified Chimney Sweep for a professional evaluation. If your suspicions are confirmed, a certified sweep will be able to make recommendations about how to bring the system back into compliance with safety standards.

Depending on the situation, you might need a few flue tiles replaced, a relining system installed or an entire chimney rebuilt. Each situation is unique and will dictate its own solution.

**MFRC continued from page 13**

**Groupe de pleine conscience**

Intéressés à développer pleine conscience pour réduire le stress et l'anxiété et pour aider à faire face situations difficiles? Le dernier jeudi du mois de midi à 13h00 ou de 13h00 à 14h00 (26 janvier ) au CRFM de Trenton. Veuillez vous inscrire au moins une semaine avant l'atelier auquel vous désirez assister. Pour information ou pour vous inscrire : Rabia 613-392-2811 poste 2568 ou rabia.s@trentonmfr.ca.

**Friday Drop-Off**

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

**Halte-garderie du vendredi**

Avez-vous besoin d'un répit? Avez-vous un rendez-vous? Nous offrons un service de halte-garderie à la salle de jeux

du CRFM les vendredis de 9h à 16h. Nous prenons les réservations à compter du lundi 13h jusqu'à jeudi midi au 613-965-3575. Le coût est de 5\$/heure pour le premier enfant et de 4\$/heure pour le deuxième et ainsi de suite.

**Royal Ontario Museum**

The Trenton MFRC is pleased to announce that, on a trial basis, we are selling Royal Ontario Museum (ROM) tickets at a discount rate. Adults - \$13.50; students with ID - \$12.50; children (4-14) - \$9.50. Information: 613-965-3575

**Royal Ontario Museum**

Le CRFM de Trenton est fier d'annoncer que, à titre d'essai, nous vendons des billets pour le 'Royal Ontario Museum' (ROM) in Toronto à un coût réduit. Adultes - \$13.50; Étudiants avec pièce d'identité - \$12.50; Enfants (4-14) - \$9.50. Information: 613-965-3575.

**HERCS - Online Entrepreneur Program - Winter French Session**

Are you tired of job searching every time you are posted? Do you want a career that can travel with you? Are you interested

in having your own business? Whether it is direct sales, a franchise, your own business idea, or even if you just want to learn what being an entrepreneur is all about, this program is for you! Who: Open to the entire military community. When: Thursday, Feb. 23 from 1 - 3 p.m., Tuesday, Feb. 28 from 1 - 3 p.m., Thursday, March 2 from 1 - 3 p.m. Where: ONLINE via Webex Cost: Free which includes your manual. Required: A headset with microphone and a business idea or sample idea to work with. \*Please note that this session is offered in French only but there will be an English session in March 2017. Please register by Feb. 6, 2017 by contacting Priscilla at 613-392-2811 ext. 3852/4655 or priscilla.t@trentonmfr.ca or elizabeth.nicholas@forces.gc.ca.

**HERCS - Programme virtuel pour entrepreneur - Session d'hiver en Français**

En avez-vous assez de chercher un emploi à chaque mutation? Voulez-vous un carrière qui peut vous suivre partout? Souhaitez-vous lancer votre propre entreprise? Que ce soit pour la vente direct, une franchise, une idée d'entreprise, ou seulement pour en apprendre davantage sur le rôle d'entrepreneur, ce programme est pour vous! Qui : Ouvert à la communauté militaire. Quand : Jeudi le 23 fév de 13h à 15h. Mardi le 28 fév de 13h à 15h. Jeudi le 2 mar de 13h à 15h. Où : En ligne via Webex. Coût : GRATUIT incluant le manuel. Matériel requis : Un casque d'écoute muni d'un micro et une idée d'entreprise ou toute autre idée. Inscrivez-vous d'ici jeudi le 6 fév 2017 en contactant Priscilla Tremblay au 613-392-2811 ext. 3852/4655 ou priscilla.t@trentonmfr.ca ou elizabeth.nicholas@forces.gc.ca.

**Picasso & Pinot**

Canvas, Brushes and Spirits. Are you and your friends looking for a fun different night out? \*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: Thursday, Feb. 16. Time: 6:30 p.m. to 8:30 p.m. Where: WO and Sgt Mess. Cost: \$30/class, includes the canvas, brushes and paint. Register and pay at the Trenton MFRC reception by Feb. 10 (no refund after this date).

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**13 TOYOTA PRIUS C**

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**\$99**

bi-weekly  
72 mths @ 5.9%  
0 DOWN + HST

29330 Auto, 1.5 4cyl, hybrid, hatchback, keyless entry, tract ctrl, econo mode, AC, CD, MP3, Bluetooth, pwr windows/locks/mirrors, cruise, steer ctrl. 85,054 km



**15 KIA SOUL EX**

**\$13,995**

**\$94**

bi-weekly  
84 mths @ 5.9%  
0 DOWN + HST

29346E Auto, 2.0 4cyl GDI, keyless entry, alloys, tract ctrl, econo mode, heat seats, AC, MP3, sat radio, Bluetooth, compass. 60,911 km  
PREVIOUS DAILY RENTAL



**15 MITSUBISHI MIRAGE**

**\$9,495**

**\$64**

bi-weekly  
84 mths @ 5.9%  
0 DOWN + HST

29527E Auto, 1.2 3cyl, hatchback, keyless entry, tract ctrl, AC, CD, MP3, Bluetooth, pwr windows/locks/mirrors, steer ctrl. 62,271 km  
PREVIOUS DAILY RENTAL



**12 CHEVY SONIC LT**

**\$7,495**

**\$67**

bi-weekly  
60 mths @ 5.9%  
0 DOWN + HST

29416 Manual 5spd, 1.8 4cyl ecotec, hatchback, keyless entry, alloys, AC, CD, MP3, OnStar, compass, ext temp gauge, cruise, steer ctrl. 76,578 km



**13 VW JETTA TENDLINE**

**\$11,795**

**\$90**

bi-weekly  
72 mths @ 5.9%  
0 DOWN + HST

29248 Auto, 2.0 4cyl, keyless entry, tract ctrl, heat seats, AC, CD, MP3, compass, ext temp gauge, pwr windows/locks, cruise, tilt steer. 40,850 km



**14 CHEVROLET CRUZE LT**

**\$10,995**

**\$74**

bi-weekly  
84 mths @ 5.9%  
0 DOWN + HST

29430 Auto 1.4 4cyl ecotec turbo, keyless entry, fact remote start, tract ctrl, bucket seats, AC, CD, MP3, sat radio, OnStar, compass, ext temp gauge, cruise, steer ctrl. 80,080 km



**14 CHEVROLET CRUZE**

**\$14,995**

**\$101**

bi-weekly  
84 mths @ 5.9%  
0 DOWN + HST

29476 Auto, 2.0 4cyl ecotec turbo, diesel, alloys, leather, pwr seats, heat seats, AC, CD, MP3, sat radio, rev cam, OnStar, compass, ext temp gauge, cruise, steer ctrl, MyLink. 90,339 km



**12 CHEVROLET CRUZE LT**

**\$7,995**

**\$71**

bi-weekly  
60 mths @ 5.9%  
0 DOWN + HST

29114 Manual 6spd, 1.4 4cyl ecotec turbo, keyless entry, fog lights, tract ctrl, bucket seats, AC, CD, MP3, sat radio, OnStar, compass, ext temp gauge, pwr windows/locks/mirrors. 92,198 km



**16 FORD EXPEDITION PLATINUM**

**\$57,995**

**\$350**

bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST

29276 Auto, 3.5 V6, 8pass, 4x4, fact remote start, eco boost, alloys, pwr roof/seats, push btn start, leather, heat seats/rear seats, vent seats. 29,162 km  
PREVIOUS DAILY RENTAL



**16 FORD EDGE SEL**

**\$30,495**

**\$184**

bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST

29307E Auto, 3.5 6cyl, AWD, fact remote start, alloys, push btn start, leather, pwr seats, heat seats/mirrors, AC, dual climate, CD, MP3. 26,460 km  
PREVIOUS DAILY RENTAL



**16 FORD FLEX LTD**

**\$32,495**

**\$196**

bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST

29495E Auto, 3.5 6cyl, 7pass, AWD, fact remote start, pwr roof, push btn start, leather, pwr seats, memory seat, heat seat, dual climate. 36,053 km  
PREVIOUS DAILY RENTAL



**15 FORD ESCAPE SE**

**\$24,495**

**\$165**

bi-weekly  
84 mths @ 5.9%  
0 DOWN + HST

29485 Auto, 2.0 4cyl, 4WD, eco boost, trailer hitch, chrome wheels, pano roof, leather, pwr seats, heat seats/mirrors, AC, CD, MP3, sat radio, rev cam, park aid, Sync, compass, cruise. 33,191 km



**15 NISSAN ROGUE SL**

**\$25,995**

**\$175**

bi-weekly  
84 mths @ 5.9%  
0 DOWN + HST

29506 Auto, 2.5 4cyl, AWD, alloys, pano roof, rush btn start, leather, pwr seats, heat seats/mirrors, AC, dual climate, nav, rev cam, park aid, Bluetooth, cruise, pwr liftgate. 34,418 km



**16 NISSAN FRONTIER PRO4X**

**\$33,995**

**\$205**

bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST

29535 Auto, 4.0 V6, 4x4, crew cab, short box, box liner, alloys pwr roof/seats, leather, heat seats, AC, dual climate, rev cam, park aid. 16,638 km  
PREVIOUS DAILY RENTAL



**16 NISSAN FRONTIER SV**

**\$26,995**

**\$163**

bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST

28580E Crew cab, short box, alloys, AC, Bluetooth, heated mirrors, cruise, auto, box liner. 16,525 km  
PREVIOUS DAILY RENTAL



**16 NISSAN FRONTIER SV**

**\$26,995**

**\$163**

bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST

28758 4x4, quad cab, alloys, AC, Bluetooth, cruise, hill descent ctrl, auto, 6cyl, keyless entry, short box, box liner. 22,338 km  
PREVIOUS DAILY RENTAL



**16 NISSAN TITAN XD PLATINUM RESERVE**

**\$54,995**

**\$332**

bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST

29147 Auto, 5.0 V8 cummins turbo, diesel, 4x4, fact remote start, crew cab, short box, chrome wheels, push btn start, leather, pwr seats, memory seat, Rockford Fosgate stereo. 11,894 km



**14 TOYOTA TUNDRA 1794 EDITION**

**\$43,995**

**\$295**

bi-weekly  
84 mths @ 5.9%  
0 DOWN + HST

29271 Auto, 5.7 V8, 4x4, crew cab, short box, alloys, pwr roof, leather, pwr seats, memory seats, heat seats/mirrors, vent seats, AC, dual climate, nav, rev cam, park aid. 53,582 km



**13 DODGE RAM 2500 SLT**

**\$44,995**

**\$343**

bi-weekly  
72 mths @ 5.9%  
0 DOWN + HST

29339 Auto, 6.7 inline 6cyl cummins turbo, diesel, 4x4, fact remote start, short box, trailer hitch, box liner, chrome wheels, pwr seats, AC, nav, rev cam, U-connect, heat mirrors. 79,424 km



**16 DODGE RAM 2500 LARAMIE**

**\$50,995**

**\$308**

bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST

29293 Auto, 5.7 V8 Hemi, 4x4, fact remote start, crew cab, short box, trailer hitch, box liner, pwr roof/seats, push btn start, leather, memory seat. 18,075 km  
PREVIOUS DAILY RENTAL



**16 DODGE RAM 3500 LARAMIE LONG HORN**

**\$67,995**

**\$410**

bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST

29342 Auto, 6.7 6cyl cummins, turbo, diesel, 4x4, short box, trailer hitch, box liner, alloys, pwr roof/seats, push btn start, leather, memory seats, heat seats/rear seats/steer, u-connect. 42,603 km



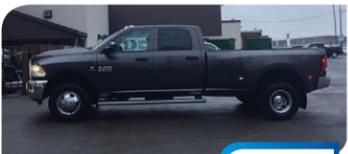
**16 DODGE RAM 1500 LTD**

**\$51,995**

**\$315**

bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST

29463 Auto, 3.0 6cyl, diesel, 4x4, fact remote start, crew cab, trailer hitch, box liner, alloys, pwr roof/seats, push btn start, leather, memory seat. 19,716 km  
PREVIOUS DAILY RENTAL



**16 DODGE RAM 3500 ST**

**\$51,995**

**\$314**

bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST

29324 Auto, 6.7 inline 6cyl cummins turbo, diesel, 4x4, crew cab, long box, trailer hitch, chrome step bars, AC, MP3, sat radio, rev cam, compass, heat mirrors, cruise. 12,299 km

**AGGRESSIVE FINANCING RATES & OPTIONS AVAILABLE WITH FLEXIBLE TERMS TO FIT YOUR BUDGET.**

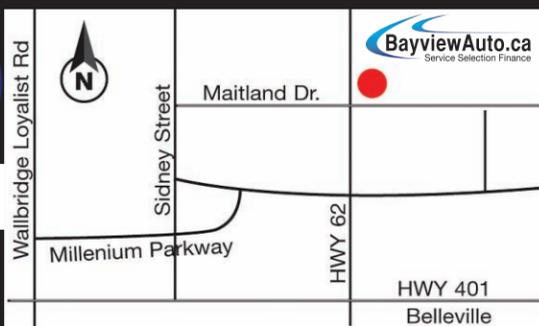


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Deferred payments subject to financing. All payments are based on bi-weekly payments. All 2011-2012: 60 mths, 2013: 72 mths, 2014-2015: 84 mths, 2016-2017: 96 mths: P.P.S.A, License and taxes extra. EG: \$10,000 + Taxes \$1,300 + P.P.S.A. \$65 = \$11,365 financed over 60 mths at 5.9% = \$117.34 Bi-Weekly with a cost of borrowing of \$1,962.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates are current at time of print. 0 Down + HST. Most 2016 & 2017 vehicles are former daily rentals. Bayview Auto is not responsible for pricing, vehicle option or mileage errors printed in this flyer. Contact dealership for more information.