

# Contact

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Junior ranks switch ranks with 8 Wing leadership



Corporal Emily White and Corporal Stan Mourtzanos assume command of 8 Wing for a day

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Louise MacDonald will be missed by 8 Wing Officers' Mess Ladies Club



Gregarious greeter was a cornerstone member of the last officers' mess ladies club still in existence

*Story on page 2*

Young pilot in training gives blood in Trenton



During the Christmas season, blood collection is often down at a time when the need is up

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# Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY



CWO Clarence Collings, left, and CWO Darrell "Bear" Frowen, right, flank Lt.-Col. Cathy Blue during the change of appointment signing ceremony on Dec. 16.

*Photos by Ross Lees*

## 8 Wing Logistics and Engineering conducts change of appointment

CWO Clarence Collings hands over drill cane to CWO Darrell 'Bear' Frowen  
*By Ross Lees*

The "Bear" is in the den. Chief Warrant Officer (CWO) Darrell "Bear" Frowen took over the

duties of Wing Logistics and honest was appreciated. CWO in a change of appointment ceremony on Dec. 16, receiving the drill cane from outgoing CWO will be felt for years to come," he said.

CWO Collings thanked Lieutenant-Colonel of consummate professionals without whom the Wing would not run as smoothly as it does.

He called the WLEO commanding officer, they are asked to be a sounding board for their command. (Lt.-Col.) Cathy Blue for sions without whom the wing officer, they are asked to look after the well-being of all in the branch and

*Continued on page 7*

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Louise MacDonald will be missed by 8 Wing Officers' Mess Ladies Club

*Gregarious  
greeter was a  
cornerstone  
member of the  
last officers'  
mess ladies club  
still in existence*

By Ross Lees

**S**he considered the 8 Wing Officers' Mess her second home, so perhaps that's why people now visiting the mess get the feeling something is missing.

Something is missing. That smiling face of Louise MacDonald that used to welcome 8 Wing Officers' Mess Ladies Club members to their meetings is no longer there. Prior to Christmas, this cornerstone of the club succumbed to cancer, and members of the club she attended and took active part in for 40 years miss her.

Mrs. MacDonald was a former member semi-retired in 2015 who came to Trenton but she enjoyed welcoming people to husband Gordon, who coming the club meetings so came here in 1975. much that she continued to perform that much a part of everyday right up until she became too ill. "She was just so duty right up until everything," said club president Rosemary Embree. She also attended all meetings and functions.

"She was a character-

tions during that time. and-a-half and she had her willingness to give As the members of a great sense of hu- her opinion, accord- the club removed the mour," piped up Kate ing to Mrs. Kupecz. Christmas decora- Kupecz, another club "You didn't ask her tions from the Mess member, again with a opinion unless you last week, there was smile on her face. wanted it," she noted, more than the usual "She was always drawing laughs from melancholy mood in dressed immacu- other club members in the performance of lately," added Betty hearing distance. these duties. The la- Hutchison, the lady "Yes, she had the dies taking part could in charge of public knack for delivering all remember Louise relations for the club. a stinging message in ed taking part in these "She always took care a polite way," added of activities and they of herself and every- Mrs. Hutchison. "She c- were saddened by her body else." had a good way with os absence. Mrs. MacDonald words."

In a story Contact was noted for help- At the same time, if  
ss did on Mrs. MacDon- ing people, whether she saw a new mem-  
e- ald's semi-retirement, it was driving another ber come to a meeting  
one of her colleagues club member to the and standing alone,  
s- said of her then, "She meetings or helping she was the first to  
ce came with the Mess," one of them during a go to her and break  
ld sparkling laughter time of difficulty. the ice. Even report-  
ne from Mrs. MacDonald ers coming in the door  
ss and her colleagues. Mrs. Hutchison re-  
rs On this occasion, called a time when she to a meeting would  
no despite the somber had had an illness and usually be greeted by  
to mood, the first thing how Mrs. MacDonald her first and directed  
r- that happened when showed up to drive to another club mem-  
ub talking about Mrs. points without ber after she made  
er, MacDonald was that being asked. sure everything was  
ne the person would Mrs. MacDonald, a good with you and  
ad smile and recall some- Maritimer born and least once.  
or thing about this ener- raised, was noted for She often greeted

A woman with short, white hair and glasses, wearing a bright red blazer over a black turtleneck and a necklace, sits at a table. She is looking directly at the camera with a serious expression. In her hands, she holds a clear plastic case containing a disc. On the table in front of her is a glass filled with red wine. The background shows a room with wooden cabinets and patterned furniture.

*Gregarious Louise MacDonald will be missed at her usual spot at the entrance to the 8 Wing Officers' Mess Ladies Club meetings.*

*Contact file photo by Ross Lees*

**Junior ranks switch ranks with 8 Wing leadership**

*By Ross Lees*

for the day, begin-  
ning with the signing

A traditional eight-hour change of certificates and command took place Wing Commander's Dec. 15 when Corporal office at 8:30 a.m.

ral (Cpl.) Emily White Throughout the morning, Wing Commander Stan Mourtzanos took over the 8 Wing. White and Wing Commander Colonel followed closely by (Col.) Colin Keiver newly demoted Corporal and Wing Chief War-Rrant Officer (WCWO) Darcy Elder, were given a tour of the

Cpl. White became base and exciting ele-  
the Acting Wing Com- ments of its day-to-  
mander and Cpl. day operation prior to  
Mourtzanos became presiding over the Ju-  
the Acting WCWO nior Ranks' Christmas

A group of four military personnel in blue uniforms are gathered around a table covered with a red cloth, preparing to cut a large, decorated turkey. The group consists of two men in flight suits, one man in a dark naval-style uniform, and one woman in a flight suit. They are all smiling and looking towards the camera. In the background, a Christmas tree is decorated with lights and ornaments. To the left, a black speaker cabinet with the brand name "MIPRO" is visible.

*Cpl. Keiver and Cpl. Elder (left and right) observe as A/Wing Commander Emily White and A/WCWO Stan Mourtzanos cut the turkey at the Junior Ranks' Christmas dinner on Dec. 15. Photo by Ross Lees*

dinner, where 8 Wing leader- of the base their Christmas ship served the junior ranks dinner.

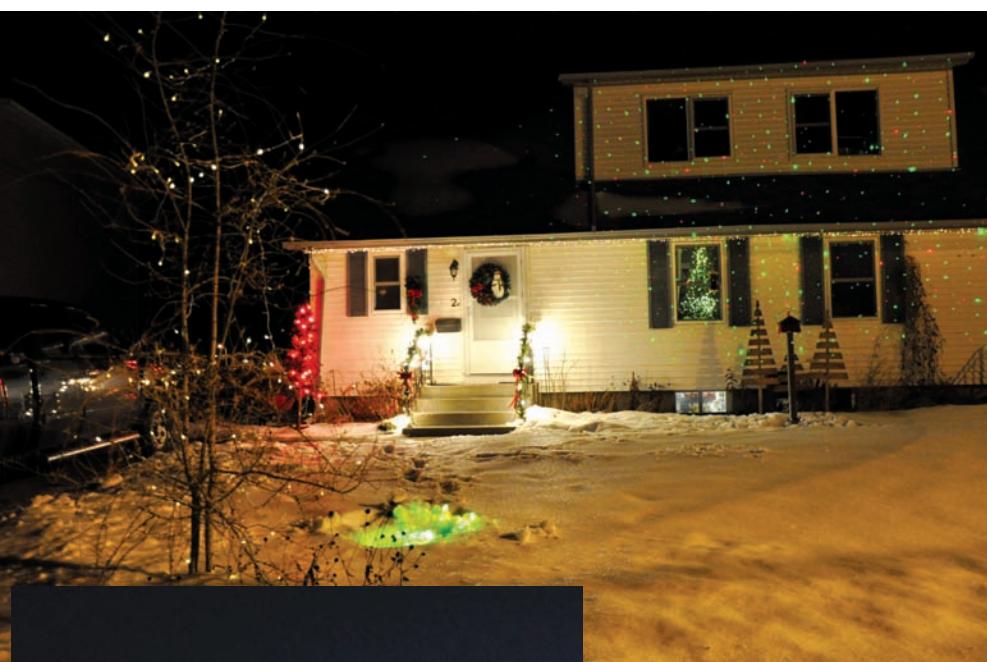
A large pink gerbera daisy flower occupies the left side of the card. The right side contains text in a serif font. At the top is the company name "Lottie Jones Florist Ltd.". Below it is a line of cursive script. Underneath that is another line of cursive script. At the bottom is a line of bold capital letters.



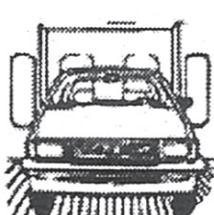
# Shining lights on the Holiday Season

Winners of the Private Married Quarters (PMQs) seasonal lighting displays were: First place – 42B Namao Drive; second place - 29 Johnson St.; and third place - 2A-B McGill St.

*Photos by Ross Lees*



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## Enhancing the BeneFit of healthier choices



*The 8 Wing leadership team, CANEX members and PSP members turned out to help launch the BeneFit program at the CANEX Wednesday morning. Photo by Ross Lees*

*The 8 Wing leadership team helped launch the BeneFit program Wednesday*

This past June, away from the cus- national flyer and CANEX launched tomer and allow them eNewsletter. Each lo- their Healthier Choice to quickly and easily cation will receive a program in collabora- choose the Healthier quantity of new sign tion with PSP. Since Choice food (includes cards so they can dis- that time and in keep- snacks and beverages) play them alongside ing with the concen- no matter where they the pre-determined trated effort on pro- shop at CANEX (on- moting a healthier line/in store/vending options.

lifestyle (mental, phys- machines).  
ical and financial). As a result, on Jan.  
CANEX has further developed the BeneFit Support Programs logo and identifier. (PSP) launched the

This new BeneFit logo and iden-  
tifier will be used in stores, in the  
take the guesswork New Year, New You

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# Ringing in the New Year at CFS Alert

By 2Lt Valérie Rousseau

**U**p North in Canadian Forces Station (CAFS) Alert, we ring in the New Year a little differently.

On New Year's Eve, many members braved the cold weather to participate in the station's annual Polar Roll. The event consists of going outside in -36°C with wind chill and roll around in the snow. It was a great way to end the year! The New Year celebration continued at the Arctic Club where many musical talents. She and door prizes were given out and champagne was served at midnight.

On New Year's Day, the

commanding officer held a long-standing military tradition. All station members were invited for refreshments, moose milk and holi-

The kitchen staff served a surprise New Year Kitchen Party where members had their fill of king crab legs! To top off the evening, LCol Amy Tsai-Lamoureux (CO) held a music recital where members could showcase their duet performance of violin and piano.



*The first team of polar rollers. Clockwise starting from the left: WO Sean McGinn, WO Marc Descoteaux, MWO Barry Crocker (SWO), Cpl. Ken Leclair and Capt. Brenda Zwickler (Padre).*



*Cpl. Eric Mireault brought some comic relief.*



*Avr. Ethan Steward (left) and Cpl. Lesley Hollohan (right) running inside to warm up after successfully completing their polar roll.*



*Lt.-Col. Amy Tsai-Lamoureux (CO) playing the violin accompanied by Cpl. Nick Richards on the piano*



*Some very well dressed members for New Year celebration. Left to right: Cpl. Eric Mireault, Cpl. Calvin McKee, Cpl. Nick Richards, and Pte. Alexander Thibault.*

## The Contact Newspaper

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

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

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

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

The CONTACT is produced weekly under a Publication Service Agreement with The Independent (Brighton & Trent Hills), a division of Metroland Media Group.

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## Guidelines for submissions:

### ARTICLES AND PHOTOS

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

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

### 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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# Canucks Defeat the Bisons at the Air Mobility Classic



**Friendly hockey contest benefited Trenton Food Bank, entertained spectators**

*By Captain Jay Marrin, 436 Transport Squadron*

Members from both 436 and 429 Transport Squadrons (TS) took some time off from their busy, operational tempos on Monday afternoon to take part in the Air Mobility Classic hockey challenge to support the Trenton Food Bank.

Bragging rights were on the line and it was evident in the entertaining game enjoyed by the fans that came

out to watch at the RCAF Flyers Arena. Non-perishable food items or monetary donations were all that were required to gain entry, resulting in 100 pounds of food and \$50 in cash to the Trenton Food Bank.

The Air Mobility Classic is the brainchild of Corporal (Cpl.) Kyle Francis and Cpl. Ryan Macari from 436 TS. Their supervisor, Captain (Capt.) Colin O'Rourke, got behind the idea and helped them navigate the approval and coordination process with the personnel support program staff, 429 TS, and others.

The Commanding Officers (CO) from 436 TS, Lieutenant-Colonel (Lt.-Col.) Selhi, and 429 TS, Lt.-Col. Church, supported the event

wholeheartedly and even had a friendly wager on the game. The CO from the losing team had to wear the other squadron's jersey after the game. The members of 436 TS played with tenacity for their CO, beating the Bisons 7-3.

Lt.-Col. Selhi noted that "We did well to hold them off as they rallied in the third."

While goals on the scoresheet may have determined the game winner, the event goals of supporting the community, building squadron camaraderie, and fostering intersquadron competition were the real winners.

Cpl. Kyle Francis was selected as the Player of the Game for 436 TS and Cpl. Trevor Archer for 429 TS.



**Lt.-Col. Church (left), CO of 429 TS, congratulates Lt.-Col. Selhi, CO of 436 TS, on the win while honouring their wager by wearing a 436 TS jersey.**

*Photo by 436 TS*

**Members of 436 TS after the game. Front row left to right: Master Corporal (MCpl.) D'Entremont, Capt. O'Rourke, Sergeant Amos, MCpl. Delarosbil, Cpl. Cheeseman, MCpl. Archer, MCpl. Fuschino. Back row left to right: Chief Warrant Officer (CWO) Kowalchuk, Cpl. O'Hara, Cpl. Empey, Cpl. Rodych, Cpl. Gervais, Major (Maj.) White, Cpl. Boucher, Cpl. Macari, Cpl. Francis, Cpl. Bilodeau, Aviator (Avr.) Garand, Warrant Officer (WO) Porter, Lt.-Col. Selhi. Photo by 436 TS**



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New program at the CANEX



Photo by Ross Lees

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## 8 Wing Logistics and Engineering conducts change of appointment

Continued from page 1

the squadrons, they are tasked with making sure the commander's intent is met and understood, and to advise the commander when their intent might be slightly off target.

Command is already lonely, but without the CWO to sit down with, that command team partner to discuss and share problems and insight, the position would be even lonelier, she stated.

Lt.-Col. Blue knew from their first conversation that they would work well together.

"When we could discuss Scotch, BMWs, motorcycles and hockey all at the same time, I knew that this was going to work out very well," she said. "Your perseverance and your attitude in the face of many challenges has been amazing, and an example for all."

Lt.-Col. Blue said that CWO Collings had never lost sight of the mission to deliver the best support possible to 8 Wing or to ensure success, "...even if it was putting up the Christmas lights."



CWO Clarence Collings, right, received a service plaque from incoming WLE CWO Darrell "Bear" Frowen at the change of appointment ceremony on Dec. 16 at the Yukon Galley.

*Photo by Ross Lees*

CWO Frowen noted it had and day-out to support Air Mobility and the other things much the branch does day-in. He committed to continuing to try to achieve one of the four individual squadrons and two sections the Wing has to accomplish. Lt.-Col. Blue's primary goals, and make it one unit.



CWO Darrell "Bear" Frowen receives the ceremonial drill cane from Lt.-Col. Cathy Blue, signifying the change of appointment from CWO Collings.

*Photo by Ross Lees*

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# 2 Air Mov. Sqn. Honours and Awards

## Canadian Forces' Decoration (CD)

The Canadian Forces' Decoration is awarded to officers and non-commissioned members of the Canadian Armed Forces (CAF) who have completed 12 years of service. The decoration is awarded to all ranks, who have a good record of conduct. The decoration is awarded to the regular forces, reserve forces, officers of the Cadet Instructors Cadre (CIC), Canadian Rangers and holders of honorary appointments in the CAF.



*Capt. Mark Henneberry is presented with his Canadian Forces' Decoration by 2 Air Movements Squadron (2 Air Mov. Sqn.) Commanding Officer (CO) Lieutenant-Colonel (Lt.-Col.) Paul Young.*

*Photos by Ross Lees*



*2 Air Mov. Sqn. CO Lt.-Col. Paul Young presents the CD to Corporal (Cpl.) Joe Dorval.*



*2 Air Mov. Sqn. CO Lt.-Col. Paul Young presents the CD to Cpl. Steinberg with her family in attendance.*



*2 Air Mov. Sqn. CO Lt.-Col. Paul Young presents the second bar of the CD to Master Warrant Officer David Myers. Bars are awarded for 10-year periods after the CD is first awarded.*

## Letter of Appreciation



*Presenting the letters to MCpl. Benoit Massie, Thomas Wewer and Laura Harper is 2 Air Mov. Sqn. CO Lt.-Col. Paul Young.*



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Letters of Appreciation  
From the Associate Minister of National Defence for Contributions to the 100th Anniversary Ceremonies for the Battles of the Somme and Beaumont-Hamel were presented at the recent 2 Air Mov. Sqn. Honours and Awards ceremony.

*Continued on page 9*

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# 2 Air Mov. Sqn. Honours and Awards

## General Service Medal – EXPEDITION (GSM-EXP)

This general service award has been created as a means to recognize in a timelier manner those who provide direct support to operations in the presence of an armed enemy.

Rather than creating a new honour for each new CAF operation as it arises, the General Campaign Star (GCS) and General Service Medal (GSM) - with their theatre or service specific ribbons - can be awarded in future to honour participation in any operation that meets the criteria



2 Air Mov. Sqn. CO Lt.-Col. Paul Young presents the GSM-EXP to Cpl. Robin Yates.



2 Air Mov. Sqn. CO Lt.-Col. Paul Young presents the GSM-EXP to Cpl. Larry Hamelin.

## Special Service Medal

The Special Service Medal (SSM) was created to recognize members of the CAF who are taking part in activities and operations under exceptional circumstances.

An aggregate of 180 days of honourable service on the posted strength of Canadian Forces Station (CFS) Alert, or of honourable service with a military force operationally deployed to or at CFS Alert, since it began its operation on 1 September, 1958.

Units deployed at CFS Alert include such detachments as aircrew flying into the station for re-supply missions.



2 Air Mov. Sqn. CO Lt.-Col. Paul Young presents the SSM to Master Corporal (MCpl.) Mike Howell while his wife Jennifer witnesses the presentation.



2 Air Mov. Sqn. CO Lt.-Col. Paul Young presents the SSM to Cpl. Troy Kamprath.

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**PRICED TO SELL!  
161 MAITLAND DRIVE**

3 bed bungalow on 1 acre lot w/ natural gas in a desirable location.

MLS#404310124 • \$185,000



**15 MINUTES FROM BELLEVILLE  
687 WILLETT ROAD**

4 bed/3 bath on 2.5 acres. Cathedral ceiling, open concept main floor. Private, bright lower level master with ensuite featuring jacuzzi tub and basement walkout.

MLS#405310262 • \$340,000



**PERFECT STARTER OR RETIREMENT HOME  
1 KERR CRESCENT**

2 bed bungalow with fenced yard close to amenities and CFB Trenton.

MLS#404080114 • \$139,000



**ACRE LOT  
93 COUNTY ROAD 3**

3 bed bungalow with lots of upgrades. Walking distance to many amenities. New roof and furnace.

MLS#550070512 • \$235,000

# War (of words) breaks out between two Canadian Squadrons

*Theft of Squadron mascot results in launch of friendly back-and-forth barbs*

By Ross Lees

A story sent to Contact, know, as a freedom-loving improvement and Wing/Canadian Forces Base to watch this magnificent lively. (CFB) Trenton by 413 Transport and Rescue Squadron (TRS) at 14 Wing, CFB Greenwood, has sparked a war of friendly words between the two Royal Canadian Air Force (RCAF) Squadrons.

The story arrived originally on the editor's desk in the period of the holiday season when CFB Trenton was in a minimum-manning situation, so the Commanding Officer of 424 TRS Lieutenant-Colonel Leighton James故事 until it was forwarded to him early in January. Response was quick and quip-laced.

Below is the full story as it has presently unfolded.

413 TRS Squadron rescues endangered creature - headline

"It was a dangerous mission, but it had to be done," explained Captain (Capt.) Jonathan Bregman, as he describes the recent rescue of a tiger from 424 TRS in Trenton.

It was a cloudy Saturday evening in the small town, as a skeleton crew from 413 TRS arrived to retrieve an aircraft and bring it back to 14 Wing Greenwood.

"We were flight planning quite dirty - and inside 424's building when even resorted to we noticed they had cruelly drinking water caged a majestic beast," continued Bregman. His co-pilot, Lieutenant-Commander Roland Orr, an exchange pilot from the United States Coast Guard, added: "You showed signs of

creature spend its entire day within such a confined space." It was decided the tiger had to be rescued and, with their navigator acting as a lookout, Orr proceeded to remove the tiger from its smelly imprisonment.

"They had it caged up with all these ugly helicopter toys everyone gag in and even the skin of another disgust."

tiger - they are monsters!" The commanding officer of 413

They managed to get the tiger out of its cage, but a Colonel (Lt.-Col.) did not find out about the new challenge awaited the James heroes: how to sneak the tiger past the aircraft technicians to the exit door on the floor below?

"I came up with a plan to engage them in lively conversation to distract them," if they promise explained Bregman. "I asked them what they planned to do on their day off."

What followed was a fiery 20-minute rant from the technicians, filled with explosive language.

"I didn't expect that type instead with other creatures, such as cormorants or buffalos.

the tiger was snuck past them and put safely on the aircraft bound for Green-

wood."

During the many fake news stories flight, the tiger showed 413 Squadron, there is little that is accurate in their treatment analysis," the response from

and mal-nourished ficer, Lt.-Col. James noted.

as it was "Let me set the record

"Unfortunately, as with the real rescuer in this case. "As a leader in search and rescue, 424 Squadron knows

that imitation is the purest hearts and the difficult blow form of flattery. We are glad it was already to their egos 413 Squadron looks to us (ie: to have 424 Squadron do what 413 Squadron could standard and we are happy not), 424 Squadron also took to have boosted their confidence and determination

to give them another in this challenging field.

gift, our beloved Tiger. This They can keep him as long

was in an effort to make as they like. If, and when,

them feel better about them-

413 Squadron feels that our

selves as their dejected de-

mascot's support is no lon-

meanor upon floundering in ger needed, we'll be happy

their task was distressing to take him back.

say the least. You see, it was

my hope that having such a

majestic beast in their midst

would help to set a new

standard for them, a goal to

achieve so to speak, and en-

still be ongoing. I'm sure

that their all but extinct 413 Squadron can provide

elephant mascot knows an update on his disappearance."



*A malnourished and dehydrated 424 TRS tiger drinking from the onboard toilet? Or 424 TRS hero mascot coming to the assistance of lost 413 TRS Loadmaster?*

*Submitted photo*

straight," he said.

"Realizing that they need aware of the 413 Squadron

ed help getting one of their 'impression' that they 'stole'

Marshall also noted such splendid animals as a tiger aircraft from Abbotsford, our tiger and that their

should not have toy helicop- BC to Trenton, 413 Squad- elaborate ruse was effec-

ters in its enclosure, but live ron came to us to save the tive. The sad and defeated

day. This was a gift that looks on their faces was all

424 Squadron was happy but impossible to ignore!

to give to its sister squad- How could we further crush

ron - after all, 424 Squad- them in their time of need?

ron always stands ready to They needed a confidence

respond to anyone in dis- boost. We are glad they can

tress. Therefore, it is actu- now feel better about them-

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ally 424 Squadron that is

the real rescuer in this case. "As a leader in search and

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that imitation is the purest

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that their all but extinct 413 Squadron can provide

elephant mascot knows an update on his disappearance."

what it can and should be.

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# TRENTON Military Family Resource Centre

[www.trentonmfdc.ca](http://www.trentonmfdc.ca) • 613-965-3575 • 50 Rivers Drive East, Siskin Centre



**TOGETHER WE ARE STRONGER**

## New Programs at the Trenton MFRC

Visit our website - [www.trentonmfdc.ca](http://www.trentonmfdc.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.trentonmfdc.ca](http://www.trentonmfdc.ca) - ou notre page Facebook pour trouver les nouveaux programmes et événements en plus de ceux qui nous reviennent, pour les adultes, les enfants et toute la famille!

## January Jubilee

We invite the military community and friends to join us at the Batawa Community Centre for our second January Jubilee on the weekend of Jan. 21-22, 2017! On Saturday the 21st, from 11 a.m. to 3 p.m., community members can participate in fun, winter activities like ice skating, nature walks, pond hockey, snow art, indoor winter crafts, wagon rides and more! There will be a free lunch and hot beverages provided. Sunday, Jan. 22 is our annual Military Family Ski Day at Batawa Ski Hill. Military families can spend the day on the slopes and enjoy a hot lunch for a discounted price. Look for more details early in the New Year at [www.trentonmfdc.ca](http://www.trentonmfdc.ca).

## Jubilé de janvier

Nous invitons la communauté militaire, et leurs amis, à se joindre à nous au centre communautaire Batawa lors de notre deuxième jubilé de janvier qui aura lieu la fin de semaine du 21 et 22 janvier 2017! Le samedi 21 janvier, de 11 h à 15 h, les membres de la communauté pourront participer aux activités hivernales amusantes offertes comme du patinage, des randonnées en nature, du hockey sur étang, des sculptures de neige, des bricolages hivernaux à l'intérieur, des tours de traîneaux, et encore plus! Un dîner et des breuvages chauds gratuits seront fournis. Notre journée annuelle de ski des familles de militaires au Batawa Ski Hill aura lieu le dimanche 22 janvier. Les familles des militaires pourront passer la journée sur les pentes et savourer un dîner chaud à prix réduit. Des détails supplémentaires seront ajoutés en janvier sur le site [trentonmfdc.ca/fr](http://trentonmfdc.ca/fr).

## MFRC Ski Day at Batawa Ski Hill

Sunday, Jan. 22, is the MFRC's annual Ski Day at Batawa Ski Hill. Military families can spend the day on the slopes and enjoy a hot lunch for a discounted price. Cost: \$40 or \$30 if you have your own equipment. This includes lift ticket, equipment rental, group lesson, and a barbecue lunch. Vouchers are on sale at the MFRC reception. Call 613-965-3575 for more information.

## Journée du CRFM à Batawa Ski Hill

Notre journée annuelle de ski des familles de militaires au Batawa Ski Hill aura lieu le dimanche 22 janvier. Les familles des militaires pourront passer la journée sur les pentes et savourer un dîner chaud à prix réduit. \$40 ou \$30 si vous avez votre propre équipement. Comprend remonte-pente, location d'équipement, leçon de groupe, et barbecue. Les coupons sont en vente à la réception du CRFM.

## Al Anon meeting

Al Anon meetings at the Trenton MFRC are open to the general public, offering strength and hope for friends and families of problem drinkers. On Sundays from 6:30 p.m. to 7:30 p.m. For more information, please contact Linda Reade 613-392-2811 ext. 4583.

## Journée du CRFM à Batawa Ski Hill

Des rencontres Al Anon ont lieu au CRFM de Trenton offre de l'espoir et de la force aux familles de la communauté dont un membre souffre de problème de

consommation d'alcool. Les dimanches de 18h30 à 19h30. Pour information, contactez Linda Reade 613-392-2811 poste 4583 ou [linda.r@trentonmfdc.ca](mailto:linda.r@trentonmfdc.ca).

## 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@trentonmfdc.ca](mailto:orlana.b@trentonmfdc.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 Bourgois 613-392-2811 poste 3953 ou [orlana.b@trentonmfdc.ca](mailto:orlana.b@trentonmfdc.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@trentonmfdc.ca](mailto:orlana.b@trentonmfdc.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 Bourgois 613-392-2811 poste 3953 ou [orlana.b@trentonmfdc.ca](mailto:orlana.b@trentonmfdc.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 participants new skills. \$16 per child for eight weeks. To register contact Kendra Bickford 613-392-2811 ext. 4582 or [kendra.b@trentonmfdc.ca](mailto:kendra.b@trentonmfdc.ca).

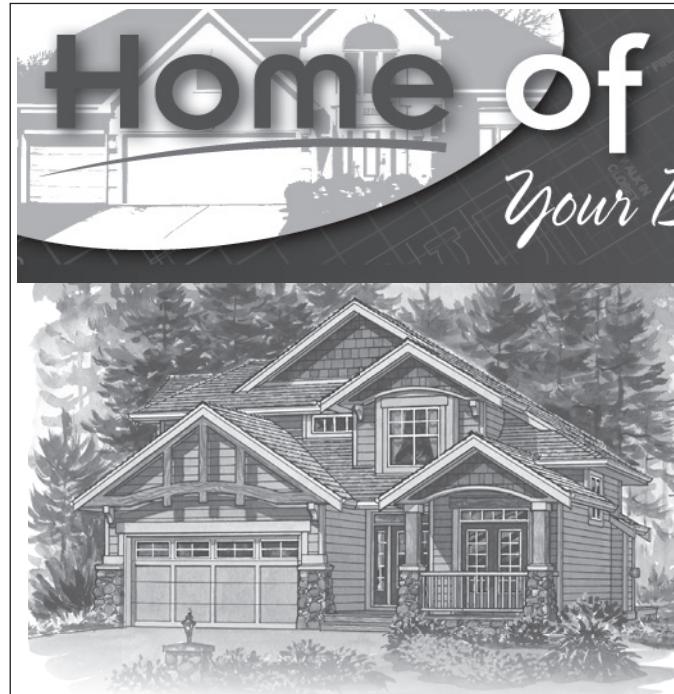
## Le projet casse-tête

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. Ces enfants traverseront 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@trentonmfdc.ca](mailto:kendra.b@trentonmfdc.ca).

Continued on page 13

# Home of the Week

Your Building Renovation Experts



**SECOND FLOOR PLAN**  
906 SQ. FT. (84.2 M<sup>2</sup>)

**Plan No. 93219**

This design includes an unfinished basement.

DINING ROOM 13.0 x 11.0  
KITCHEN 9.0 x 12.0  
LIVING ROOM 12.0 x 14.0  
GARAGE 19.0 x 19.0  
FOYER 10.0 x 12.0  
BEDROOM #1 12.0 x 11.0  
BEDROOM #2 9.0 x 10.0  
BEDROOM #3 10.0 x 10.0  
BATH 6.0 x 4.0  
LAUNDRY 4.0 x 4.0  
SLEEPING PORCH 10.0 x 11.0  
MASTER SUITE 13.0 x 11.0  
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BEDROOM #86 10.0 x 11.0  
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# Community Events

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## Your PMQ Community Council is looking for you!

Your PMQ Community Council is looking for you, especially if you have a great sense of community and want to see it become a better place. The PMQ Community Council is looking for creative and motivated persons who would like to join the PMQ Community Council, including your spouse if they are interested. They welcome maximum representation from friendly and dedicated volunteers. For more information or to put your name forward, please email PMQ Council President Cpl. Art Mason at [Art.Mason@forces.gc.ca](mailto:Art.Mason@forces.gc.ca) or PMQ Council Vice-President MCpl. Cabezas at [Sacha.Cabezas@forces.gc.ca](mailto:Sacha.Cabezas@forces.gc.ca)

## January – St. Thomas Choral Academy Tryouts

Jan. 8 at 12:15 p.m.; Jan. 9, Jan. 11 and Jan. 12 at 4:30 p.m.; Jan. 13 at 6 p.m., children between 8 and 15 years old are invited to try out for St. Thomas' Choral Academy, a choir modelled after the programmes of English cathedrals. Registration is mandatory for this event: [MusicAtStThomas@gmail.com](mailto:MusicAtStThomas@gmail.com) or (613) 962-3636.

## Trenton Trimettes – Free Dues for January

The Trenton Trimettes, a support group for losing weight, holds their regular meeting on Mondays at the Trenton Wesleyan Church. There is a guest speaker each month and dues for January are free. For more information, contact Sheila at 613-392-0353.

## Jan. 15 – Music at St. Thomas

Harpsichordist Luc Beauséjour will

give a recital at 4:30 p.m. at St. Thomas' Anglican Church in Belleville (201 Church Street) as part of the third edition of "Music at St. Thomas'." Dr. Beauséjour leads a very active performing schedule in Canada and abroad. A reception will follow. Admission: Pay what you can

### Jan. 15

Le claveciniste montréalais Luc Beauséjour donnera un récital à l'église Saint-Thomas de Belleville (201, rue Church) dans le cadre de la série « Music at St. Thomas' ». Monsieur Beauséjour est un concertiste très en demande, tant au Canada qu'à l'étranger. Une réception suivra l'événement. Une contribution volontaire sera demandée en guise de prix d'entrée.

### Jan. 21

Quinte Branch of the Ontario Genealogical Society's Lecture Series  
The Quinte Branch of Ontario Genealogical Society's Crouse Wanamaker Lecture presents "Taking Root in a New Land" by Cheryl Levy, PLGGS. Explore the early immigration movements, including specific groups and settlement plans, for those who chose Canada. Place - Quinte West Public Library, 7 Creswell Drive, Trenton, from 1 p.m. to 3 p.m. Everyone welcome. For more information, visit [www.rootsweb.ancestry.co/~canqbogs/](http://www.rootsweb.ancestry.co/~canqbogs/) and facebook. Have you started your family tree?

## Jan. 24-25 – Resolving Conflict Effectively

Registration deadline for a conflict reso-

lution training session at 8 Wing Trenton who will speak about being the spouse of a veteran with PTSD. Tital sponsors place on Jan. 24-25 in a classroom located at LCC. The RCE has three components: a pre-classroom module will be delivered using the Defence Learning Network (DLN) and will require seven hours to complete. The second component consists of a classroom module consisting of a two-day course in class. The third portion is a post-classroom module delivered using the DLN and will require two hours to complete. Nominations are to be sent to: +RCE Registration Inscription RCE@CMP DGADR@ Ottawa-Hull This session is hosted by the Conflict Resolution Centre Central. For further information, go to ++CRC Kingston@CFB Kingston@Kingston or call 613-541-5010 ext. 5641.

## Jan. 28 – Legion Branch 110 Winter Dance

The Royal Canadian Legion Branch 110 is having a Winter Dance with Live Band "The Shadows" on Jan. 28 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. 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,

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 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. 25 – Legion Branch 110 Concert and Dance

Le claveciniste montréalais Luc Beauséjour donnera un récital à l'église Saint-Thomas de

## 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 [rcl110.ca](http://rcl110.ca)

## RRSP or TFSA...Which one is best for you?

*By Joyce Sharp, Marketing and communications Manager, Commercial Services, CFMWS*

When it comes to retirement savings, many are still unsure which to choose: the Registered Retirement Savings Plan (RRSP) or the Tax Free Savings Account (TFSA)!

As a young Canadian Armed Forces (CAF) member, you are likely not even considering retirement as it seems too far off. However, it may be time to give it some thought, since the decisions you make now could have a considerable impact on your retirement income.

The table below, featuring your first \$5,500 of after-tax savings.

EXAMPLES*	Lower	Medium	Higher
Annual Income	\$30,000	\$60,000	\$90,000
Tax Rate	21%	31.3%	39.3%
RRSP Contributions	\$5,400	\$8,000	\$9,060
Tax refund on RRSP contributions	\$1,135	\$2,500	\$3,560
TFSA contribution (after tax equivalent of RRSP contribution)	\$4,265	\$5,500	\$5,500
Expected income at age 65	\$10,000	\$25,000	\$40,000
Will the Guaranteed Income Supplement be available at retirement?	Only if a TFSA is used	No, income would be too high	No, income would be too high
Will Old Age Security be clawed back	NO	Yes, but not much	Yes, more than 50% if RRSP is used; only slightly with a TFSA
Which is best	TFSA	RRSP	RRSP

\*Calculations are based on the TFSA vs. RRSP Calculator provided at TaxTips.ca

differences, depending on which contribution particular situation. For average for Canada.

type you make with example, we have as-

sumed: Keep in mind there al income/salary over mid and higher), compares are other elements that the years. these two options and the come into play which

ed, making a TFSA situation (taking into the better choice: account all elements

- You expect to be including severance in a higher tax bracket payments, investment options and
- You have a lower tax planning) to help income.

Above, however, cially healthy when are only examples you retire!

and may not apply "Regardless of the to your specific case. tool utilized, what The best way to de- matters most is that

termine with con- every CAF mem- siderable accuracy ber should be sav- whether an RRSP ing a portion of their or TFSA is right for current income for you is to speak to a their financial ob- Financial Advisor. jectives...." – Pierre

Serving or former Goulet, Associate members can con- Vice-President, Cli- tact their local SISIP ent Services Deliv-

ery, SISIP Financial personal financial Inc.

- All three income levels qualify for Old Age Security.
- No change to annu- In addition there are instances where an style, can assess your FundEX Investments RRSP should be avoid- personal financial



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## CAF Running National Championship

May 26–28 in conjunction with the Ottawa Race Weekend and the 49<sup>th</sup> CISM World Marathon Championship

The qualifying times listed below are the minimum qualifying times that a CAF runner must have achieved on a certified course, at a sanctioned race no more than fourteen (14) months prior to race day. Proof of times are required.

Race Distances	Marathon		Half Marathon		10 Km		5 Km	
Age Categories	Male	Female	Male	Female	Male	Female	Male	Female
Under 19	3:10:00	3:40:00	1:25:00	1:35:00	36:00	42:00	17:30	21:00
20-24	3:10:00	3:40:00	1:25:00	1:35:00	36:30	43:00	18:00	22:00
25-29	3:10:00	3:40:00	1:30:00	1:40:00	37:00	43:30	18:00	23:00
30-34	3:10:00	3:40:00	1:30:00	1:40:00	38:00	44:30	18:30	23:30
35-39	3:15:00	3:45:00	1:35:00	1:45:00	39:00	48:00	20:00	25:00
40-44	3:20:00	3:50:00	1:40:00	1:50:00	41:00	50:00	21:30	25:00
45-49	3:30:00	4:00:00	1:42:00	1:52:00	43:00	52:30	23:00	28:00
50-54	3:35:00	4:05:00	1:45:00	1:55:00	45:00	56:00	25:00	31:00
55 & over	3:45:00	4:15:00	1:55:00	2:10:00	50:00	60:00	25:00	40:00

Members with qualifying times can register for their race through their respective Military Sports Coordinator ([Kendra.lafleur@forces.gc.ca](mailto:Kendra.lafleur@forces.gc.ca)) by COB 23 Jan 17. Selected CAF runners will hand in an official qualifying time that be eligible for CFMWS TD support i.e.; meets the requirements for the distance indicated.

### MFRC continued from page 11

#### Building Block Club

Trenton MFRC and Autism Ontario - An evidence based social skills program using Legos to assist in the development of communication. This six-week free program is for children with special needs and their siblings ages six to 10. Starting Jan. 19 from 6:30 p.m. to 8 p.m. For information, contact Orlana : 613-392-2811 ext. 3953 or [orlana.b@trentonmfdc.ca](mailto:orlana.b@trentonmfdc.ca).

#### Club des blocs de construction

Le CRFM de Trenton et Autisme Ontario - Un programme éprouvé pour le développement des aptitudes sociales qui utilise des "Légo" pour améliorer la communication. Pour une durée de 6 semaines, cette activité gratuite est spécialement conçue pour les enfants ayant des besoins particuliers et aussi pour leurs frères et soeurs âgés de 6 à 10 ans. Commence le 19 janvier de 18h30 à 20h00. Pour information contactez Orlana au 613-392-2811 poste 3953 ou [orlana.b@trentonmfdc.ca](mailto:orlana.b@trentonmfdc.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 Bourgois 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 Bourgois 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. 3265 or [rabia.s@trentonmfdc.ca](mailto:rabia.s@trentonmfdc.ca).

#### Groupe de pleine conscience

Intéressés à développer pleine conscience pour réduire le stress et l'anxiété et pour aider à faire face à des 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 3265 ou [rabia.s@trentonmfdc.ca](mailto:rabia.s@trentonmfdc.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 poste 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.

#### 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) à Toronto à un coût réduit. Adultes - \$13.50; Étudiants avec pièce d'identité - \$12.50; Enfants (4-14) - \$9.50. Information: 613-965-3575.

#### Baby, Bounces and Books at the Trenton MFRC

A fun rhyme time for parents and their babies, birth to 12 months. Come explore the joy of moving, singing and sharing books in a relaxed playful way, with Donna Kaye a Literacy Specialist. Lots of literacy resources! Four Monday mornings: Jan. 9, 16, 23 and 30, 2017 from 10 a.m. to 11 a.m. This is a free program but you must register. Please call 613-392-2811 ext. 3575 or 3317.

#### Bébé, bonds et livres au CRFM de Trenton

Une heure amusante de comptines pour les parents et leurs bébés, de la naissance à 12 mois. Venez explorer la joie de bouger, chanter et partager des livres de façon relaxe avec Donna Kaye, spécialiste en alphabétisation. Beaucoup de ressources en alphabétisation. Les lundis 9, 16, 23 et 30 janvier 2017 - de 10h à 11h. Gratuit mais vous devez vous inscrire. Téléphonez au 613-392-2811 poste 3575 ou 3317

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# Safety

## Do snow blowers eliminate risk for injury due to snow removal?

Snow blowers were designed to replace or minimize shovelling and to make snow removal easier. Snow blowers have various degrees of effectiveness depending on their design and price.

If you use a snow blower it is important to recognize that this machine doesn't make snow removal either effortless or risk-free. Nevertheless, while not as strenuous as manual shovelling. Using a snow blower remains physical labour that is done in the snow and cold.

Snow blowers can indeed make snow removal more efficient particularly where there is a large area to clean. However, snow blowers do not eliminate manual

snow shovelling completely. Sometimes a snowfall is too light and sweeping away snow with a brush or shovel is sometimes easier and faster than firing up a machine.

### How do I use a snow blower safely?

Once you decide to use a snow blower, whether your own, borrowed or rented, that this machine doesn't make snow removal either effortless or risk-free. Nevertheless, while not as strenuous as manual shovelling. Using a snow blower remains physical labour that is done in the snow and cold.

Snow blowers can indeed make snow removal more efficient particularly where there is a large area to clean. However, snow blowers do not eliminate manual

### What is the safe way of operating a snow blower?

- Always allow unit and engine to adjust to outdoor temperatures before clearing snow.

- Ensure proper guards, plates or other protective devices are in place and working properly
- Stay alert for any unexpected hazard.
- Always be aware of traffic and pedestrians when operating along streets, curbs, or sidewalks.
- Always be sure of your footing, especially when operating in reverse or leaving the operator's position. Walk, never run, during operation.
- Avoid uneven and rough terrain. Be extra cautious while operating near drop-offs, ditches, or embankments. Units can suddenly turn over if a wheel is over the edge of a cliff or ditch, or if an edge caves in.
- Use extreme caution on gravel surfaces. Adjust runners so a scraper blade does not contact gravel.
- Keep all movement on

- slopes slow and gradual.
- Use a slow speed to avoid stops or shifts on slope.
- Always look down and behind before and while backing.
- Disengage attachment drive when traveling from one work area to another.
- Run the unit a few minutes after clearing snow to prevent freeze-up of attachment.
- remove wire from spark plug
- Always allow an engine to cool before servicing.
- Do not use your hands to remove materials. Fingers have been amputated when the blade has rotated unexpectedly. Use a small shovel, tool, or stick instead.

### What is the proper way of fuelling snow blowers?

- Do
- Fuel is highly flammable and its vapours are explosive. Handle with care. Use an approved fuel container.
- Replace a fuel cap securely and clean up spilled fuel.
- Do not
- No smoking, no sparks, no flames.
- Do not fill a fuel tank when an engine is running, or when hot from operating.
- Do not fill or drain a fuel tank indoors.



### How can you avoid troubles?

- Abnormal vibrations are a warning sign. Striking a foreign object can damage a unit. Immediately stop the unit and engine and inspect for causes or damage.
- Before cleaning or inspecting
- turn off the machine
- remove key
- allow all moving parts to stop
- allow hot parts to cool

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## 8 Wing Chapel / Chapelle de la 8e Escadre



**Location/Adresse:**  
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  
an 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

## Angela Hayden Adopt A Family program has stellar season at 8 Wing/CFB Trenton

Assistance from 8 Wing units provides assistance to 13 struggling families and 32 children

By Ross Lees

The Angela Hayden Adopt a Family program had another very successful year, thanks to the stellar assistance of participating units at 8 Wing/Canadian Forces Base (CFB) Trenton.

With the generous donations from 8 Wing units, 13 struggling families and 32 children were given holiday assistance this year, according to organizer Warrant Of-

ficer (WO) Sandra Driscoll.

"WO Driscoll gave special mention to Claire Marchand of St. Paul Secondary School I would like to extend my gratitude to the Canadian Aerospace Canada, tance again this year, we

were able to provide very well for all of our families."

As always, WO Driscoll shopping trip to Samko Toys and Orfus Road Outlet Mall. "Each year, I finish with the same feeling of immense

"With these donations and the help of those units for the compassion and gen-

osity this Wing shows to conclusion, helping 13 families and 32 children through a

little holiday season in which they were struggling.

Photo by Ross Lees



During the Christmas season, blood collection is often down at a time when the need is up

By Ross Lees

Twenty-seven-year-old Samantha Behm is a committed young lady, in her 10th year of service to her country as a student pilot and also giving for the Christmas season. Originally from Win-

with Canadian Blood Services said collections are down but the need is up.

At a time like this, Ms. Barfoot said they traditionally approach businesses and organizations to try to get groups out to donate. Their efforts in Trenton nor since she was able to donate paid off when 12 young

hockey players from the Trenton Golden Hawks adopted the clinic and came out to donate. They brought an au- tomated jersey with need it," she said. Once 2Lt. Behm finishes her pilot training, she has not forgotten to do

she wants to do a lot of flying around the world. "I always wanted to be a pilot, but she realizes she may not be able to do

it is the very format 2Lt. Behm when I joined the trade was full," she explained. "I had gone through all the air crew selection process, but because there is a 72-hour period after giving blood where you're not allowed to fly, so pilots who may

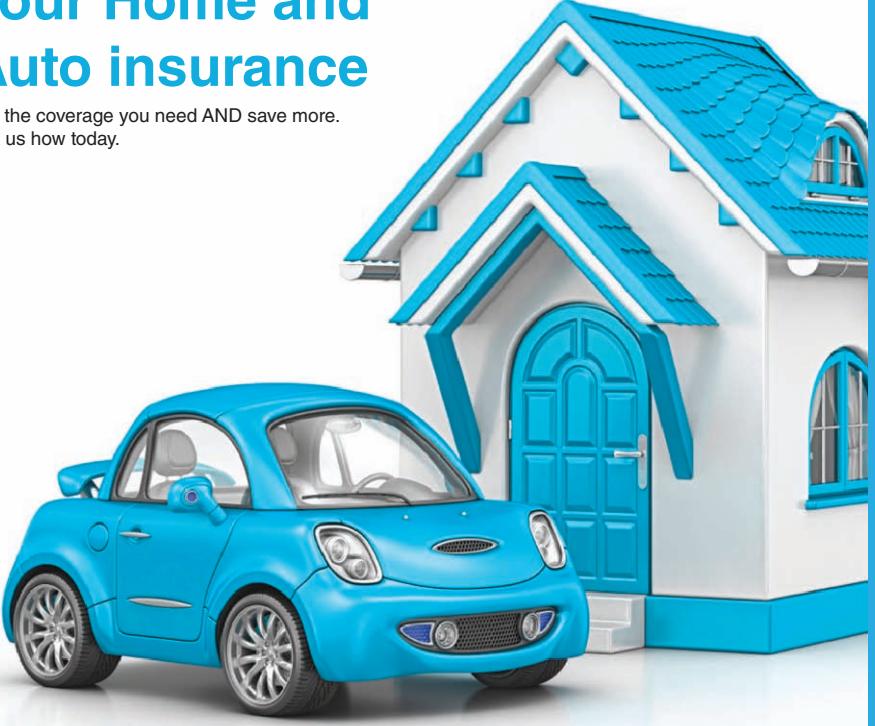
be called out on short notice can't give

blood," she said, no matter how much

As busy as she has been with her they might like to.

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2Lt. Samantha Behm is shown here with the Harvard in the background she just completed training on. Submitted photo



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	<b>12 CHEVY CRUZE LS</b> \$10,195 <b>\$91</b> bi-weekly 60 mths @ 5.9% 0 DOWN + HST		<b>16 INFINITY Q50 S</b> \$44,995 <b>\$272</b> bi-weekly 96 mths @ 5.9% 0 DOWN + HST		<b>13 VW GOLF</b> \$15,195 <b>\$116</b> bi-weekly 72 mths @ 5.9% 0 DOWN + HST
	<b>13 CHEVY CRUZE LT</b> \$10,295 <b>\$78</b> bi-weekly 72 mths @ 5.9% 0 DOWN + HST		<b>17 FORD FUSION SE</b> \$25,995 <b>\$157</b> bi-weekly 96 mths @ 5.9% 0 DOWN + HST		<b>14 CADILLAC ATS</b> \$23,995 <b>\$161</b> bi-weekly 84 mths @ 5.9% 0 DOWN + HST
	<b>16 HYUNDAI TUCSON LTD</b> \$24,495 <b>\$148</b> bi-weekly 96 mths @ 5.9% 0 DOWN + HST		<b>16 CHEVY TRAVERSE LS</b> \$25,795 <b>\$156</b> bi-weekly 96 mths @ 5.9% 0 DOWN + HST		<b>16 NISSAN PATHFINDER PLATINUM</b> \$38,995 <b>\$236</b> bi-weekly 96 mths @ 5.9% 0 DOWN + HST
	<b>16 BUICK VERANO</b> \$16,995 <b>\$103</b> bi-weekly 96 mths @ 5.9% 0 DOWN + HST		<b>14 CHEVY SONIC LS</b> \$9,995 <b>\$67</b> bi-weekly 84 mths @ 5.9% 0 DOWN + HST		<b>16 TOYOTA RAV4 LE</b> \$24,995 <b>\$151</b> bi-weekly 96 mths @ 5.9% 0 DOWN + HST
	<b>16 CHEVY TRAX LT</b> \$20,995 <b>\$127</b> bi-weekly 96 mths @ 5.9% 0 DOWN + HST		<b>16 MITSUBISHI OUTLANDER SE</b> \$23,995 <b>\$145</b> bi-weekly 96 mths @ 5.9% 0 DOWN + HST		<b>16 JEEP CHEROKEE LTD</b> \$27,495 <b>\$166</b> bi-weekly 96 mths @ 5.9% 0 DOWN + HST
	<b>13 NISSAN ROGUE SV</b> \$17,495 <b>\$133</b> bi-weekly 72 mths @ 5.9% 0 DOWN + HST		<b>16 TOYOTA VENZA LE</b> \$25,995 <b>\$157</b> bi-weekly 96 mths @ 5.9% 0 DOWN + HST		<b>15 DODGE GRAND CARAVAN CREW</b> \$23,495 <b>\$158</b> bi-weekly 84 mths @ 5.9% 0 DOWN + HST
	<b>16 DODGE GRAND CARAVAN CREW</b> \$23,995 <b>\$145</b> bi-weekly 96 mths @ 5.9% 0 DOWN + HST		<b>16 DODGE RAM 3500 LARAMIE LONG HORN</b> \$67,995 <b>\$410</b> bi-weekly 96 mths @ 5.9% 0 DOWN + HST		<b>15 FORD F350 LARIAT FX4 OFF ROAD</b> \$57,495 <b>\$386</b> bi-weekly 84 mths @ 5.9% 0 DOWN + HST
	<b>16 CHEVROLET COLORADO Z71</b> \$32,995 <b>\$199</b> bi-weekly 96 mths @ 5.9% 0 DOWN + HST				

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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.

