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CP Holiday Train rolls into Quinte West



Photos by Makala Chapman

The CP Holiday Train is a charitable freighter that helps communities collect food and money for its local food banks.

By Makala Chapman

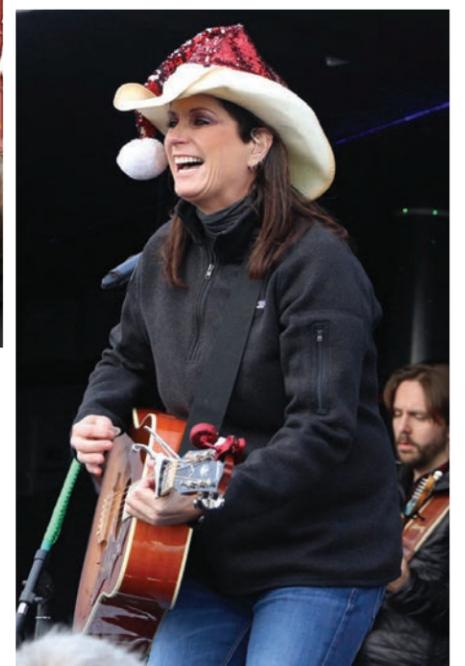
It's starting to look and feel a lot like Christmas thanks to a recent visit from the Canadian Pacific (CP) Holiday Train. Celebrating its 20th anniversary, the festive freight train rolled into town and was welcomed by hundreds of excited spectators on Nov. 29. Stopping along the tracks at RCAF Road and County Road 21, those in attendance were treated to a medley of holiday

classics from the likes of country singers Terri Clark, Kelly Prescott and Sierra Noble. While the aim is to spread holiday cheer to every community the train stops in, it also strives to bring awareness to local food banks and the importance of helping those in need. During each stop, the train encourages people to donate food and other supplies to their local food banks. Keeping up with tradition, this year's recipient of the collected goods was the Trenton



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Country singer Terri Clark gets the crowd dancing at this 20th annual CP Holiday Train visit in Quinte West on Nov. 29.

Continued on page 5

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Local quilters honoured for their service

By Makala Chapman

A group dedicated to ensuring veterans in need of a reminder that their sacrifices are appreciated is being thanked for their efforts.

To demonstrate their gratitude, members of 8 Wing Trenton's Integrated Personnel Support Centre (IPSC) treated the Trenton Friends of Quilts of Valour Canada to a hot lunch on Nov. 19. Like every third Monday of each month, the military and civilian quilters gathered at Our Lady of Peace Chapel at 8 Wing Trenton to craft the custom blankets. It was this particular week that they were surprised and officially thanked by members of IPSC, as well as Acting Wing Commander Lieutenant-Colonel John Michaud and Wing Chief Warrant Officer Troy Zuorro. Speaking to how pleased he was with the luncheon was Sergeant (Sgt.) Jesse Crawford, a member of IPSC and a longtime quilter with the group.

"The potluck was a surprise and it was just one small way to say thanks for all that they do for (IPSC) throughout the year," he said. "It was also a great opportunity for people from the Base to see what we do here, how the quilts are made and the effort that goes in." He went on to add that the group was an important reminder that people care about Canada's veterans, as well as the ill or injured members who are also eligible to receive a quilt. "It's just a small way to say thank you." As for why he dedicates his free time to quilting blankets, Sgt. Crawford said it had a lot to do with the people in the group. "It's just a great group of people and they're a lot of



Photos by Makala Chapman

The Trenton Friends of Quilts of Valour Canada group at Our Lady of Peace Chapel at 8 Wing Trenton on Nov. 19.

fun," he said. "I've also presented a quilt that I made to someone before and to see the look on their face when they got it is what also brings me back every month." Noting how humbled she was by the kind gesture offered by IPSC and the Base was longtime quilter Chris Benedict. She noted since she comes from a family of quilters, when she moved to the area more than two and half years ago, it only made sense that she put her skills to good use. She added that when she's busy quilting, she often takes the time to reflect on the sacrifices made by Canada's servicemen and women. "These quilts go to such a good cause," she said. "To be able to do something that

will give (recipients) comfort, warmth and just nice thoughts when they wrap themselves in it, it's just a beautiful thing." This year alone, Benedict has quilted almost a dozen blankets alone, each taking several hours to complete. The Trenton branch is

just one of many groups across the country that contributes to Quilts of Valour Canada (QVC) — a nation-wide not-for-profit organization established in 2006. The charity's founder, Lezley Zwaal, was first inspired to donate quilts after seeing a similar initiative arise in the United States after injured soldiers began returning home from Afghanistan. Since its inception, QVC has sewn and distributed close to 12,000 quilts to Canadian military members and veterans. In the last year, the Trenton group, along with volunteers from throughout different parts of the region, have quilted more than 220 blankets. But what makes each quilt even more special is the patch sewn into the corner of every quilt with the QVC logo, a thank you note and the name of the individuals who had a hand in sewing it. Anybody interested in volunteering with the group are welcomed to come out and give quilting a try, regardless of experience. Those considering donating fabric to the Trenton Friends of Quilts of Valour Canada group are kindly asked to consider donating 100 per cent cotton material as it is easier for quilting. For more information on this group, contact Jan Easton at 613-477-2139 or through email at Janice.easton@quiltsforallour.ca.

Ask a Dentist ? Why Floss?

Simple enough question, right? Well the answer can be more deeply rooted than you think. Yes, the obvious reasons for flossing is to keep your teeth safe from cavities and your gums clear of gingivitis. Let's think beyond the gum line, flossing actually protects you from germs and infection. How you may ask? Flossing reduces the amount of plaque, tartar and food particles that have accumulated on your teeth. Studies have shown that there is a direct relationship between heart disease and gum disease. Flossing helps to keep your entire body healthy! As well, when food particles get caught between teeth and are not removed, they start to collect bacteria which can lead to bad breath. So flossing after every meal is always a good idea.

Did you know that flossing does about 40% of the work to remove plaque and bacteria from your teeth? That's a lot when you think about not flossing regularly and the daily build up that forms in and around your teeth.

Cleaning between your teeth and brushing daily will go a long way in preventing future oral problems. It's the best-practice approach to maintaining lifelong oral function and prevention of tooth decay.

So, the next time you floss keep in mind the health benefits associated with this important daily ritual.




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 COMMISSIONAIRES

ATESS annual food drive a success

By Makala Chapman

Giving back to the community that gives so much to its military members is a priority say members of 8 Wing Trenton's Aerospace and Telecommunications Engineering Support Squadron (ATESS). Volunteers from the squadron once again rallied together to collect monetary and food donations for the Trenton Care and Share Food Bank on the morning of Nov. 29. On hand to help collect donations was the event organizer Master Corporal (MCpl) Jun Lu. "This is a long-standing tradition that has been going on for 22 years now," he shared. "We're usually really successful because we have a lot of motivated volunteers." He added he was especially pleased that the team had collected over \$1,500 as well as close to 800 pounds of food. Also excited to be helping out at this year's food drive was Master Corporal Sarah Tjernstrom. When asked why she volunteered her time, she said it was the need to spread Christmas cheer, while collecting some much-needed donations for the less fortunate in the community. "A lot of people don't like to ask for help," she said. "This is a good way to let people know that there are people out there that want to help them." But she noted it was also important to remember that giving to those in need and caring about the community should extend past the holidays. "Just because it's the Christmas season, doesn't mean that people aren't going to be hungry in April," she said. "It's always good to donate and volunteer your time, not just during the holidays."



A group picture of ATESS members, as well as a member from 21 Military Police Flight, who volunteered their time at this year's food drive.



Photos by Makala Chapman

ATESS stopped every vehicle passing through the Base's north side entrance in search of donations to the Trenton Care and Share Food Bank.

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Safety



Tips to Help You Safely Deck Your Halls

Klutzy comedians having accidents while decorating for the holidays is a stale joke. In real life it's not funny if you fall or start a fire. However, you and your family can spruce up the house safely by following some guidelines.

Safety Checklist Before The Holidays

- Put any fuel that can catch on fire in a safe container outside the home.
- Test your home's multipurpose fire extinguisher.
- Test the batteries in your fire alarm.
- Clear any clutter out of escape routes from your home.
- If toddlers will be visiting, install safety gates at tops and bottoms of stairs.
- Check your throw rugs for non-slip backings.
- Put nightlights in hallways.
- To prevent fall hazards, install window guards with emergency release mechanisms on high windows.
- Test the ground fault circuit interrupters (GFCIs), both indoors and outdoors.

Tree Trimming

- Before you buy a live tree, bend some needles in half. If they break easily or don't spring back, the tree is too dry.



- At home, put your tree in a non-tip stand kept filled with water.
- Place it at least three feet (one meter) away from a heat source, and near an electrical outlet.
- Never put candles on a tree.
- Before you string on the lights, inspect the bulbs, sockets and cords for damage.
- Replace lights that have frayed cords or broken sockets.
- String no more than three strands of lights together.

Great Safety gifts to Give and Get

1. Smoke alarm
2. Ear muffs
3. Cooking thermometer
4. Car emergency kit
5. Reaching aids
6. Safety goggles
7. Escape ladder
8. Fire extinguisher
9. Carbon monoxide detector

Decorations:

If you buy a decorative plant for the holidays, ask the florist if it's poisonous to kids or pets. Keep questionable plants out of children's reach.

Reach For The Star - But Don't Reach Far!

- Face a ladder while climbing, and wear non-slip soles.
- When reaching to crown your tree with an ornament, keep your body centered on the ladder.
- On a stepladder, stand no higher than the second rung from the top.
- When nailing Santa onto the roof, remember that the highest safe standing level of an extension ladder is third rung from the top.
- Place your outdoor ladder well away from power lines, on level ground.

The Contact Newspaper

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

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

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

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

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ARTICLES AND PHOTOS

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

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

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

Letters to the Editor:

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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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Continued from page 1

Care and Share Food Bank. Not only did they receive several hundred pounds of donated goods, they were also given a \$7,000 donation courtesy of Canadian Pacific Railway. An additional \$1,000 was pledged to the food bank on behalf of Quinte West from Mayor Jim Harrison. 8 Wing Commander Colonel (Col.) Mark Goulden, Honorary Colonel John Smylie and Wing

Chief Warrant Officer Troy Zuorro were also present to welcome the train to Trenton. Taking the time to thank those who came out to support the annual initiative was Col. Goulden, who added it meant a lot to have the community's ongoing support for the Base. "We have many people deployed out of country during this holiday season and of course they have families back at home who

are missing their loved ones," said Col. Goulden. "So a special Merry Christmas, happy holidays and happy new year to those families and those deployed." Also in attendance, dancing along to the music with her six-year-old granddaughter Kendra, was longtime Quinte West resident Cathy Paivio. When asked what brought her out, she noted it was just a good opportunity to spend some cherished time with her granddaughter. "Kendra and I spend a lot of time together and we're always doing things," she said. "This is one of those very special moments and it just melts my heart. I'd be lost without her." Paivio added that the visit to the holiday train was also an important opportunity to teach her granddaughter a valuable lesson about caring for those in the community. "It teaches her that giving is always a good thing," she said. "Kindness can go a long way and what comes around goes around." Since its inception in 1999, the CP Holiday Train has raised over \$14.5 million dollars and collected 4.3 million pounds of food for communities across Canada and the US.



Country singer Terri Clark has been riding the CP Holiday Train and visiting local communities in support of local food banks.



Kelly Prescott (left) and Sierra Noble (right) belt out holiday classics for residents of Quinte West on Nov. 29.

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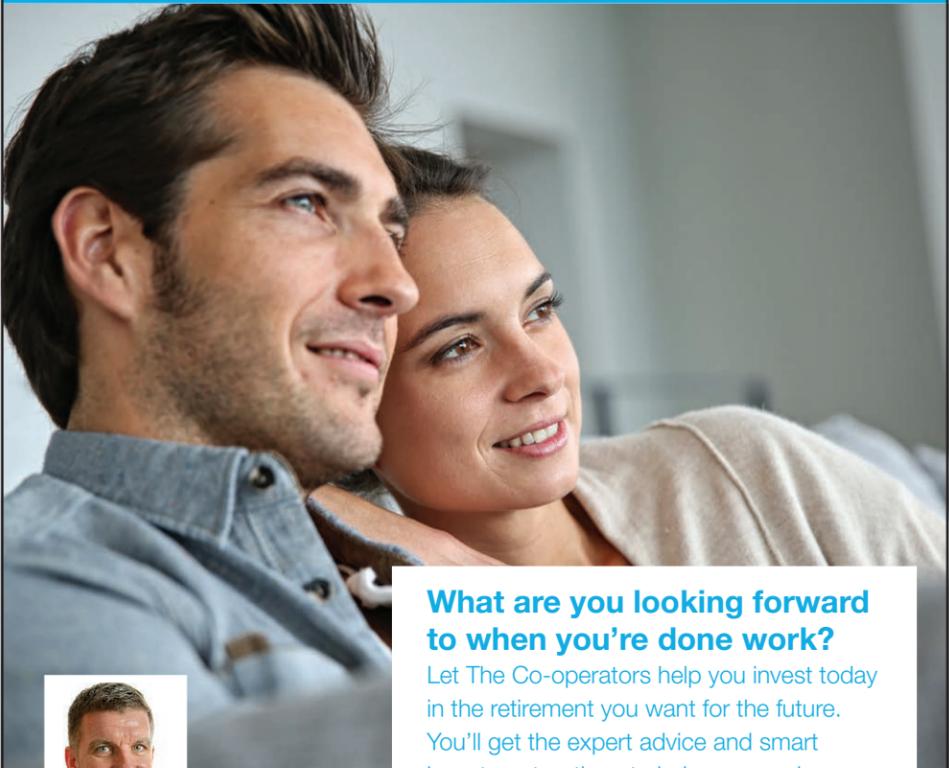
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RCAF concludes participation in CRUZEX 2018

By 8 Wing Public Affairs

The Royal Canadian Air Force concluded its participation in CRUZEX 2018 in Natal, Brazil, on November 30, following almost two weeks training alongside members of several militaries from around the Americas. This was the RCAF's second time participating in CRUZEX, which was last held in 2013. Operating two CC-130J Hercules, the CRUZEX Air Task Force was made up of 37 members of 436 Transport Squadron and 8 Wing Trenton, as well as two jumpmasters from the Canadian Army Advanced Warfare Centre (CAAWC). "During CRUZEX, we took the opportunity to fly tactical missions in combat scenarios, performing everything from airborne operations and container delivery system drops, to upgrade flights for our first officers," said Lieutenant-Colonel Andy Bowser, Air Task Force Commander and Commanding Officer of 436 Transport Squadron. "Perhaps the most important part of the exercise for us was building relationships with our partner nations in the region." Defence diplomacy in the Americas is a key initiative of Strong, Secure, Engaged and Brazil is one of the Government of Canada's priorities for engagement in the Western Hemisphere. The RCAF has

had a bilateral relationship with the Brazilian Air Force (Força Aérea Brasileira) since 2009. During the combined training scenarios, RCAF members had the opportunity to witness operations of, and train alongside multiple Brazilian Air Force, Navy and Army aircraft, Chilean and United States Air Force F-16s and KC-135s, a French C-235 transport plane, Peruvian A-37s and Mirage 2000s fighters and Uruguayan A-37s. "Exercising in unfamiliar environments like Brazil contributes to the operational readiness of Air Mobility aircrew and technicians as we may be called upon to fly anywhere in the world to support Canadian Armed Forces operations," said Capt Samantha Behm, a pilot with 436 Squadron. Members of CAAWC had the opportunity to jump from Brazilian C-130s and C-295s, as well as hosting Brazilian Army paratroopers on board RCAF CC-130Js for a jump. The exercise concluded with 160 Brazilian Army paratroops (paraquedistas) receiving their Canadian jump wings in a ceremony. "Though participation in CRUZEX, the RCAF is strengthening international and regional security and developing important relationships that will enable close collaboration on future humanitarian and military missions," said Major-General Christian Drouin, Commander of 1 Canadian Air Division.



Photo by Able Seaman Paul Green

Second Lieutenant Mariana Dutra (left) and Lieutenant Lay-Ann Lie Vieira Quêlie (centre), pilots with the Brazilian Air Force, join Warrant Officer of 426 Transport Training Squadron on the ramp of an RCAF CC-130J Hercules for a training flight on CRUZEX 2018 near Natal, Brazil on November 23, 2018.

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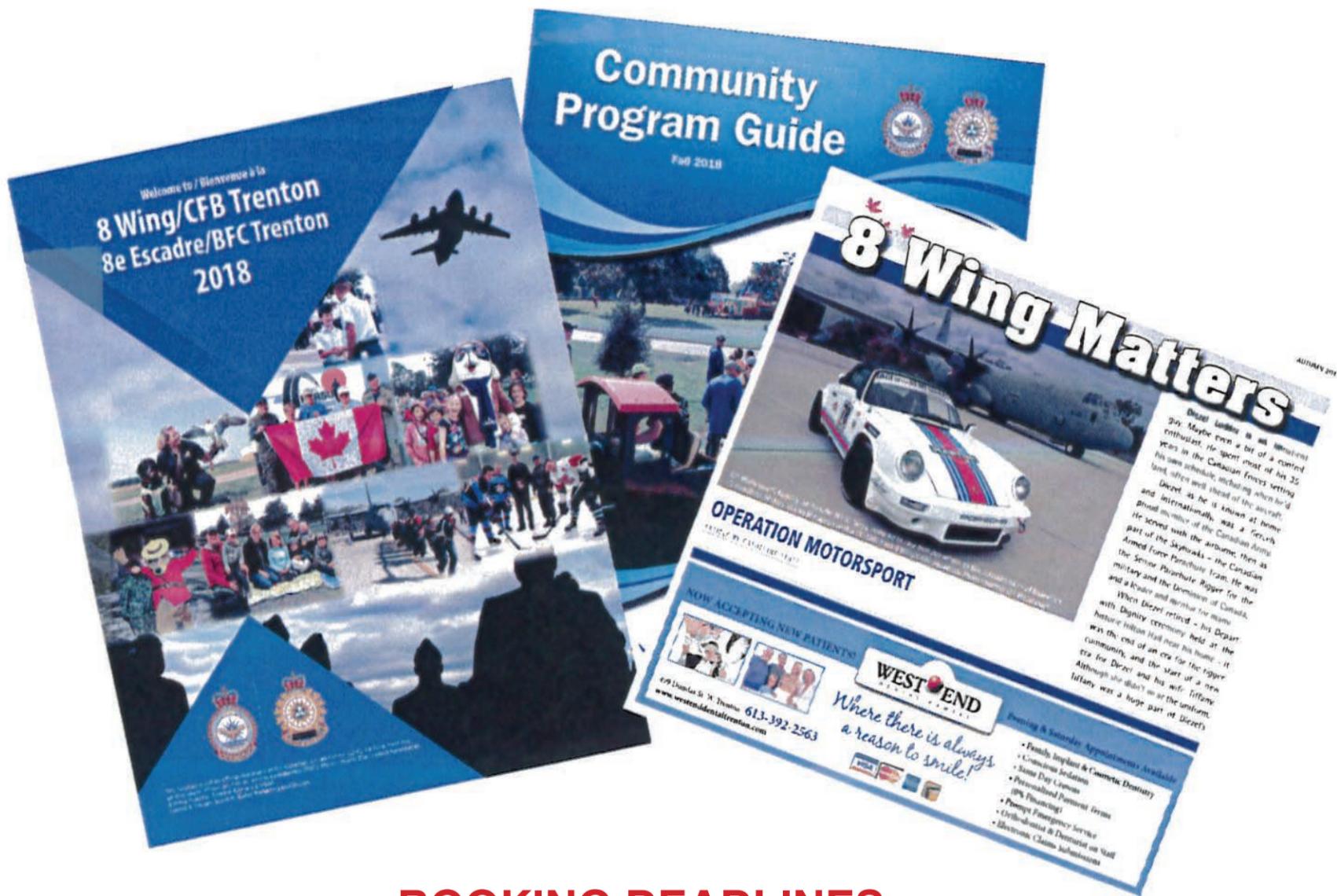


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 Publishing: March 28, 2019

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December 2018



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CLOSED	Snow Games Ages 6-8 6-8 p.m.	Santa Painting Ages 9-12 6-9 p.m.	CLOSED	Holiday Crafts Ages 10-14 6-9 p.m.	Winter Wonderland Ages 6-12 6-9 p.m. \$3 per person	CLOSED
CLOSED	Christmas Movie and Hot Cocoa Ages 6-8 6-8 p.m.	Christmas Squares Ages 9-12 6-9 p.m.	CLOSED	Cookies in a Jar Ages 10-14 6-9 p.m.	Festive Charades Ages 12-16 6-9 p.m.	CLOSED
CLOSED	Festive Minute to Win it! Ages 6-8 6-8 p.m.	Christmas BINGO! Ages 9-12 6-9 p.m.	CLOSED	PJs and Home Alone Ages 10-14 6-9 p.m.	CLOSED	CLOSED
CLOSED	CLOSED	Merry Christmas!	CLOSED	CLOSED	CLOSED	CLOSED
CLOSED	CLOSED	Happy New Year!	CLOSED	CLOSED	CLOSED	CLOSED

Happy Holidays & New Year!
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Shop at Chapters Belleville any time on December 10. Mention the MFRC at checkout and a portion of the proceeds will support MFRC programs.
From 3 - 8 p.m. write a holiday message to military families!

MAGASINEZ & ENCOURAGEZ

Le Centre de ressources pour les familles des militaires
Le lundi, 10 décembre, 2018

Chapters

Magasinez au Chapters de Belleville au cours de la journée du 10 décembre, mentionnez le CRFM lorsque vous passerez à la caisse et une portion des recettes sera versée aux programmes du CRFM.
Vous pourrez écrire un message des Fêtes à nos familles militaires, de 15 H à 20 H!

WHAT DID YOU DO LAST WEEKEND?



Catching up with the Hasty Ps

Content submitted

Looking for Summer Employment and Financial Support for your Education?
Cpl. Leanne Hickson has been in the reserves for three years. While also studying philosophy at Trent University, Leanne shares that being a reservist gives her a chance to do something a bit different than her normal daily life, and to also develop skills she otherwise wouldn't necessarily have. "It's good to build on skills and develop yourself personally, and as a team," she said.

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December 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9	10 Chapters FUNdraiser	11	12 Deployment Christmas Dinner	13	14 Christmas Draw Ends Holiday Wreath Raffle Ends	15
16	17	18	19	20	21	22
23	24 MFRC closed for the holidays Christmas Eve	25 MFRC closed for the holidays Christmas Day	26 MFRC closed for the holidays	27 MFRC closed for the holidays	28 MFRC closed for the holidays	29

Casual Child Care - Available now!

The Trenton MFRC is now offering Casual Child Care, Monday – Friday. Child care will be available in ‘family age groupings’ for ages 0-12 years. This is a licensed child care program offering parents an option to access casual child care. For requirements, fees, and more information, please visit www.trentonmfr.ca or www.cafconnection.ca/trenton. For inquiries, please contact Susan Stoddard at susan.s@trentonmfr.ca or 613-392-2811 ext. 2442.

Shop & Support – Chapters FUNdraiser

Plan to do your holiday shopping on Monday, December 10 at Chapters Belleville! Shop between 9 a.m. and 10 p.m. on December 10 and mention the MFRC at checkout to support military families! A portion of the proceeds from sales made this day will support MFRC programs. MFRC staff will be in store between 3 - 8 p.m. Stop by our booth

to write a holiday message to military families!

Holiday Wreath Raffle

As the holiday season approaches, the Trenton MFRC child care program is thrilled to continue its annual tradition of providing gifts to each child care room. Every year, Santa Claus makes a special trip to the MFRC, delivering gifts perfect for learning. Gifts like age appropriate early literacy, gross motor, and educational materials. These items help support our methods of teaching by creating a learning environment founded on new opportunities to explore, discover and inquire about the world through play. In order to support this tradition, the MFRC is hosting its annual raffle of a holiday wreath decorated with gift cards from local businesses. The monies raised will directly support the MFRC’s tradition of bringing gifts to each child care room from Santa himself! Tickets are 3 for \$5 and can be purchased at the Trenton MFRC

Reception. The wreath includes over \$300 in gift cards from local organizations. Raffle tickets will be available for purchase from November 17 (at the Trenton MFRC’s Christmas Marketplace!) until December 13. The draw will be held on December 14 at 12 p.m. For more information please contact: Kate: kate.b@trentonmfr.ca or Amy: amy.l@trentonmfr.ca.

Christmas Draw – December 4-14

Get to know your MFRC & win a prize! The Trenton MFRC is your ‘home-away-from-home’ - so come & get comfortable! We invite ALL military families - whether you’re new to Trenton or you have been here for years - to visit the MFRC. Stop by for a short tour between December 4 and December 14th and you will be entered to win one of three prizes!

1st Prize: A Google Home
2nd Prize: \$100 MFRC gift certificate*
3rd Prize: \$50 MFRC gift certificate*
*Gift certificates can be used for any MFRC program or event including child care, Canada’s Wonderland or Cineplex tickets. They exclude garbage tags or any tickets being sold on behalf of other organizations. Learn more on our Facebook page!

YMFR Holiday Hours

Trenton MFRC: December 17 - 20, 8 a.m. - 5 p.m.
December 21, 8 a.m. - 4 p.m.
Trenton MFRC Daycare/Belleville branch: closed
December 24 - January 2
Trenton MFRC/Frankford branch + St-Mary’s: closed December 24 - January 6

Home of the Week

Your Building Renovation Experts



This handsome three-bedroom-plus-den home features a dramatic roof-line, as well as brick and wood accents on the facade. The finished basement is designed to house a two-bedroom suite with its own entrance, as well as a theatre room for family entertainment.

Entry is through a covered porch set off by brick pillars and into a foyer with a lofty double-height ceiling. The coat closet is on the right, the den is on the left and the stairway to the upper floor living area is ahead.

Upstairs, the living room features a gas fireplace and an 11-foot ceiling. Between the fireplace and the stair-well, a railed-off area offers a view to the foyer below. A doorway opens to a sundeck that overlooks the front garden. Outside, to shade the great-room window, is an overhang supported by wooden brackets.

The dining room, with a nine-foot ceiling, features three windows overlooking the side garden. Separated from the dining area by a prep island, the kitchen boasts an L-shaped counter configuration and a corner pantry, as well as a doorway to a covered patio overlooking the back garden. Natural light will flood in through the windows over the double sink.

The master bedroom, at the back of the home, features five windows for plenty of daytime illumination. The en-suite bath includes a soaker tub, as well as a shower stall and double basins. A walk-in closet completes the lay-out.

The second bedroom features a built-in desk, and bedroom no. 3 boasts its own walk-in closet.

On the ground floor, adjacent to the den, the laundry room includes a handy shelf. The double garage includes separate entries for two vehicles.

Exterior finishes include stucco with wood and brick accents.



Plan No:
2-3-768

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Photos of the Week

CFS Alert: Change of Appointment Ceremony



Photo by Cpl A. Medeiros

Pictured (from left to right) MWO A. Sargent, Maj. S. Andrusiak, MWO P. Marceau.

Content submitted

On Nov. 26, Canadian Forces Station (CFS) Alert personnel gathered together to bid farewell to outgoing Station Warrant Officer (SWO) MWO Patrick Marceau and welcome MWO Andrew Sargent as the new SWO. Best wishes to MWO Marceau as he departs to rejoin his family and colleagues in Ottawa. The position of SWO is held for six months and is responsible for many of the Station's daily functions including dress and deportment, airfield management, wildlife control, and on-scene controller for emergency responses.

Mission Support Squadron



Photo by Andrew Tam

Content submitted

DND/8 Wing Environmental Management provides Federal regulatory based environmental and hazardous materials management advisory services to Canadian Forces Station (CFS) Alert, Nunavut. 8 Wing Environment conducts frequent visits to CFS Alert during all seasons to support active environmental management, contaminated sites management, and scientific wildlife research. The 8 Wing Environment CFS Alert August 2018 Team is featured (left to right): Mr. Gilles St-Onge, 8 Wing Environment Storage Tanks Manager, Ms. Pam Homenick, Canadian Air Division Environment Officer, Dr. Andrew Tam, 8 Wing Environment Officer, Mr. Scott Hamilton, Assistant Deputy Minister (Infrastructure and Environment) and Manager Natural Resources.

418 (Belleville) Wing honours members of military community



Photo by Pat Hope

Lt.-Col. Brian Tang, MCpl Mark Delarosbil, Sgt. Isabelle LeClerc, Leading Seaman Lauren Dashnay, Jean-Philippe Doucet, CWO Scott Creamer.

By Pat Hope

On Nov 25, 418 (Belleville) Wing celebrated the 69th Anniversary of the Charter. Four members of 8 Wing were honoured for going "above and beyond".

Winner of SISIP open house draw



Content submitted

SISIP Financial held a draw for a Casio G-Shock watch during their Open House on Nov 21. The name of the member/winner was Capt. Linda Spencer-Sands, who was presented the watch by her advisor Tim Lafontaine, a SISIP Financial Planner.

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Trenton MFRC now offering casual child care

By Makala Chapman

Staff at the Trenton Military Family Resource Centre (MFRC) say they have been hard at work trying to meet the needs of the community. One of those needs is casual child care. This service would make it so parents looking to attend appointments or do things like wrapping presents and grocery shopping, sans their children, would be able to do so, while knowing their young ones were in safe hands. "One of the things that we identified was that military families needed more flexible child care," said MFRC Director Tamara Kleinschmidt. "For working families, the standard everyday child care was okay. But, we have a lot of other situations where people need child care." She went on to note that since not everyone has a family support system available to help, this program would be an added benefit for all members of the community. Kleinschmidt further explained that she and her team have been working hard on this project for at least three years, noting it wasn't an easy thing to bring into fruition. But, after sorting out all the proper licensing implications and ensuring it would meet the needs of military families, the MFRC casual child care program is now available to the community. The service will be offered to a group of 15 children each day and will run between 9 a.m. to 3 p.m. The only exceptions to the regular schedule will be on PA days, school holidays, school closures or closure of the MFRC due to weather or other unplanned circumstances. All children from the ages 0-12 years old, regardless of physical or intellectual abilities, are able to register for the program. The MFRC is now also licensed for family age groupings. "If you have two kids that are different age groups, they can be cared for in the same space," said Kleinschmidt. "Whether you need one day or a half day, this will be available to you on an irregular basis." Those looking to register their children can book a date as early as they want, but no later than 48 hours prior. Payments

for this service must be made at the time of drop off and a childcare registration form must be filled out. As well, an immunization form must be completed with approval from the local health unit. As for why this program will be so important to the military community, Kleinschmidt said it came down to wanting to make the lives of military families easier. "It seems like a little thing, but it's massive," she said. "There are unique demands in a military community, especially an air force community, where there are things like shift work." Also speaking to how excited she was to have the casual child care program up and going was the MFRC's children's program coordinator Susan Stoddard. "I'm very excited," she said. "This has been a dream of the centres. I hear a lot of what the parents need so it's great to finally get this going." She went on to note that the staff working with the children were all licensed early childhood educators and that the program would be based on the four foundations of learning outlined by the Child Care Early Years Act under the Ministry of Education. These key components include belonging, well-being, engagement and expression. "We will be offering a play-based learning environment and experiences driven by the interests of the children, who will be supported by caring, compassionate and dedicated staff," said Stoddard. "It's not just babysitting. The parents are paying for care, so we want to make sure we can give their children the best we can." As for why people should consider utilizing the service, Stoddard said it was as simple. "I raised my children in the military community

and we never had something like this," she said. "It would have been amazing to have a service like this, especially when you're thousands of miles away from any family." The focus of this program is on military families who will have priority over registration and spacing. Should there be any vacant spots, civilian families are welcomed to inquire about registering their children in casual child care. For more information on fees associated with the casual child care program, registration or other inquiries, call Susan Stoddard at 613-392-2811 ext. 3317.

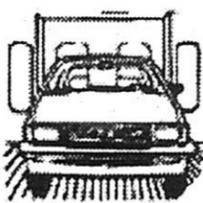


Photo by Devon Taylor

The newly renovated space where the MFRC will hold their casual child care program in.

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