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YEAR OF THE LOGISTICIAN // L'ANNÉE DU LOGISTICIEN

INSIDE

WINTER JUBILEE A FUN
TIME FOR ALL



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LOGISTICIANS CELEBRATE
MILESTONE YEAR



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DISPLAY AT MUSEUM



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Pond Hockey Classic scores funds for local hospital and veterans

By Makala Chapman

Organizers of this year's CFB Trenton Pond Hockey Classic say the event has once again scored some much-needed funds for charity.

Grabbing their skates, helmets and sticks, more than 320 players took to the outdoor rinks at the Batawa Community Centre to compete in the hockey tournament, which was held from Feb. 2-4.

The annual fundraiser, now in its seventh year, is a key supporter of organizations like Wounded Warriors Canada (WWC) and the Trenton Memorial Hospital Foundation (TMHF).

While TMHF is one of the charitable arms of the Trenton's local hospital, WWC is a privately funded organization that helps fund mental health programs for members of the Canadian Armed Forces (CAF), veterans, first responders and their families across the country.

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Photos by Makala Chapman
Team Flying Dutchmen
take on the Pirates at the
CFB Trenton Pond Hockey
Classic on Feb. 3, 2018.



Members of 8 Wing Trenton, the Trenton Memorial Hospital Foundation, Wounded Warriors Canada and the City of Quinte West at the official puck drop for the 2018 CFB Trenton Pond Hockey Classic on Feb. 3, 2018.

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Photos of the Week

Bell Let's Talk at CFS Alert



By Second Lieutenant Heather DeWolfe

On the 31st of January, CFS Alert members participated in an open discussion led by the station's Commanding Officer Major Stiles and Physician's Assistant Lieutenant Mackenzie, for the Bell Let's Talk awareness campaign. This national discussion about mental health is the largest in the world and was not to be missed by the world's most northerly permanently inhabited place on earth.

Joining in on the conversation, members discussed personal experiences, common stigmas, and tools that can be used going forward to potentially help others who are struggling with mental health. What made this conversation important is that people opened up and shared their own stories which will help create a platform for others who need help to do the same.

Photo by Corporal Jay Lapid

Team Weir supports Quinte Humane Society



Photo submitted

Members of Team Weir present the Quinte Humane Society with a monetary donation to help animals in need within the community.

Content submitted

Team Weir recently donated \$2,000 to the Quinte Humane Society to assist with the care of abused animals. The Quinte Humane Society, a non-profit organization, cares for over 2,000 abused, neglected, and homeless animals each year. To make a donation, or volunteer your time, please go to www.quintehumane.com.

Promotions at 8 Wing



Photo by Warrant Officer Eric Keding and Master Corporal Barret Burke (left photo) Master Corporal Tyler Bonnett and (right photo) Corporal Keegan Dagg.

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By Master Warrant Officer R. Overton
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Family fun at Winter Jubilee

By Makala Chapman

Local military families are having fun embracing the winter weather thanks to the Trenton Military Family Resource Centre (MFRC) and 8 Wing Trenton's Personnel Support Programs (PSP).

Despite the slight chill in the air, hundreds descended upon the Batawa Community Centre to take part in a day of activities at this year's Winter Jubilee on Feb. 3.

Since the event was also in partnership with the CFB Trenton Pond Hockey Classic, families were treated to a variety of different sights and sounds, which certainly offered a little something for everyone.

Laughter could be heard in the air as children learning to skate for their first time wobbled across the rink.

Others donned sticky fingers and chocolate covered faces as they munched on freshly made s'more by the fire.

The sounds of hooves trotting in unison could also be heard as families got the chance to be pulled in a horse-drawn wagon over the weekend while in Batawa.

Taking a moment to soak in all the fun being had around her was the MFRC's executive director Tamara Kleinschmidt.

"The weather is fantastic and this really couldn't be a better day," she said while sipping on a hot cup of coffee. "The Batawa area has an amazing amount of resources for families and it's just a wonderful place to bring them." Kleinschmidt went on to add that having events, like the Winter Jubilee, were great opportunities for new and existing military families to network with each other and to learn more about the organizations available to them.

"We certainly don't expect every family in the military community to be engaged with the MFRC," she said, "but what we really want to make sure is that 100 per cent of these families know

where we are and what we can do when and if they need us."

Both the MFRC and PSP offer support to members and families of the military community through their different programs and services.

Covering a range of departments like childcare, health promotion, and mental health, between both organizations there is a wealth of resources available.

Standing at the side of the rink watching her three-year-old daughter Abigail skate was Major (Maj.) Jane Anne Swim, the commanding officer of the Canadian Forces Postal Unit.

She noted that bringing her family to the Winter Jubilee was a no-brainer since she and her husband always try to get the kids outdoors and having fun when they can.

"Any time the Base or the MFRC put on something that is family friendly we try to come out because it's a great way to get the kids trying something new and to see people outside of work," she said.

Snuggly strapped to Maj. Swim's back taking a nap was her one-year-old son Adam, who she said was exhausted after an afternoon of dancing and games.

"The live performer (Andy Forgie) was a huge hit with both of them, as well as the fruit kebabs and s'mores," she laughed. "I think everyone's leaving here happy."

Having only just moved to the Quinte area in the last year, Maj. Swim noted that it's the events and programs put on by the MFRC and PSP that are really what has helped her and her family adjust to their new home.

"The Quinte region always has something going on," she said. "We're really happy here."

For more information on programs and services offered by the MFRC and PSP, visit www.trentonmfr.ca or www.cafconnection.ca.



Photos by Makala Chapman
Maj. Jane Anne Swim and her son Adam enjoy the sunshine at the Winter Jubilee in Batawa on Feb. 3, 2018.



Families take a ride in a horse-drawn wagon around Batawa on Feb. 3, 2018.




Attendees at the MFRC/PSP Winter Jubilee enjoy fresh s'mores by the fire on Feb. 3, 2018.



Robin McFarlane and her daughter Arley spray paint a snow pile of different colours at the Winter Jubilee on Feb. 3, 2018.

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Safety



Get the upper hand on cuts

Your hands and fingers help you complete almost every task you do throughout your day. You rely on your hands and fingers more than you probably realize. Hand and finger injuries can range from a minor inconvenience to a life-altering event.

What's the Danger?

Since your hands are involved in almost everything you do, they are vulnerable to injuries like cuts and lacerations. In fact, cuts are one of the most common causes of workplace injuries.

Common cut injuries include:

- Scratches and abrasions.
- Minor cuts requiring first aid
- Needle sticks. n Puncture wounds.
- Deep lacerations that require stitches.
- Amputations.

You run the risk of infection if you don't properly clean and care for a cut, abrasion or other wound to your hand or finger. That's one of the reasons you should always report any injury, no matter how minor, to your supervisor.

Common causes for cuts, abrasions, puncture wounds and amputations include:

- Lack of training or improper training.
- Lack of experience.
- Rushing, taking shortcuts, or not paying attention to your task.
- Not following safety rules, not wearing the correct personal protective equipment, or not wearing any personal protective equipment (PPE).
- Using the wrong tool for the task.
- Removing machine guards or using machines with missing guards.
- Handling sharp objects with your hands instead of using tools or equipment. For example, picking up broken glass with your hands instead of using a broom and dust pan to clean up.
- Working in an area that doesn't have adequate lighting or has reduced visibility.
- Working on or around machines that have not been properly locked and tagged out.

How to Protect Yourself

Here are 10 ways to protect against cuts and lacerations—one for each finger.

1. Attend training.
2. Ask questions if you aren't sure how to perform a task safely.
3. Never bypass machine or equipment guards.
4. Never use machines or equipment with missing guards.
5. Never bypass the lockout/tagout on a machine or piece of equipment.
6. Keep your hands out of danger areas, such as the point of operation of a machine and all moving parts.
7. Keep tools and equipment well maintained.
8. Don't use damaged or broken tools.
9. Use the right tool for the task and use it safely.
10. Always wear appropriate gloves and other required protective equipment.

Even though cuts and lacerations are one of the leading causes of workplace injuries, you can get the upper hand by following safe work practices and always wearing protective equipment!

The Contact Newspaper

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

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

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

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

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ARTICLES AND PHOTOS

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

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

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

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

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

Letters to the Editor:

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



A Military Community Newspaper

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



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Logisticians celebrate 50th anniversary with custom cake

By Makala Chapman

When it comes to having cake at a celebration, the logisticians of 8 Wing and Canadian Forces Base Trenton are no exception to the rules. Since Feb. 1 officially marked the Logistics Branch 50th anniversary, the logisticians weren't shy to celebrate with a custom three-tier cake weighing in at over 200 pounds.

The impressive dessert was topped with layers of coloured fondant that paid tribute to the eight occupations that make up the Logistics Branch. It is estimated that around 700 logisticians call 8 Wing Trenton home and can be found working within trades like resource management support and traffic and mobile support equipment. "I'm very proud to be a logisticians," said Lieutenant-Colonel Teresa Brown, the commanding officer at 2 Air Movement Squadron. "Over the past 50 years, we have come together to provide support to Canadian Armed Forces operations around the world and at home in Canada. We provide that service like no others in the world." As for her hopes for the Logistics Branch in the future, she said continuing to strive for excellence would be their key to success.

"I think that it's always about progressing, influencing and making things better than they already are," she said. "We're there to support operations."

She also added that the cake was a perfect embodiment of the logisticians and was speechless when she saw it.

Taking credit for the edible masterpiece was Master Corporal (MCpl.) Claudie Tremblay, Aviator (Avr.) Maria Domincil and Avr. Annie Desmarais, cooks from Wing Food Services of the Wing Replenishment Flight.

Each year, at least seven bases across Canada join in the fun and help the logisticians celebrate with a cake competition.

MCpl. Tremblay noted that while she and her team are fairly new to baking, she was impressed with what they were able to create.

But ironically, the colossal dessert was no piece of cake to make.

To pull off this year's showstopper, it took more than nine days to make with over 40 hours put into design and execution.

"We will be competing with the very best," said MCpl. Tremblay, noting that 8 Wing Trenton didn't win the competition last year, "but it's impossible to describe how proud I am. For three people that never really bake, I think we have accomplished something great and we are hopeful that we do well."

To compliment the cake, the three cooks also whipped up an edible replica of the logician's logbook made entirely from Rice Krispies cereal. Lending her thoughts on the cake she helped create was Avr. Domincil who said the hardest part was getting the decorations, like the fondant, onto the cake.

But despite the hardships, she noted it was a worthwhile experience that she would never forget.

"I'm very, very proud," she said. "I've never done something like this before and it's even better that we will be representing 8 Wing Trenton."

For Avr. Desmarais, she said shading and colouring it was the most fun and that she couldn't have asked for a better team to work with.

"We all worked together and it was lots of fun and there was laughter," she said. "This was a great way to show off our trade and that we don't just do basic foods. We can create something really extravagant."

Some of the things that the judges will base the cakes on include detail, originality, edibility, and relevance to the theme.



(from left to right) MCpl. Claudie Tremblay, Avr. Annie Desmarais and Avr. Maria Domincil spent over nine days creating this year's competition cake.

Photos by Makala Chapman

The custom cake features intricate details showcasing each of the eight trades that make up the Logistics Branch.

Lieutenant-Colonel Teresa Brown congratulates the Logisticians of 8 Wing and Canadian Forces Base Trenton on their Branch's 50th anniversary on Feb. 1, 2018.

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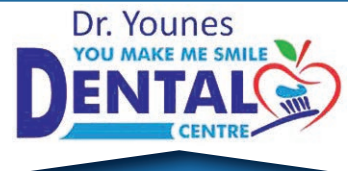
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Sports & Recreation



Intersection Sports

Wing Hockey League (WHL)- Designed for the more competitive hockey player. The league does not have body contact, but does include slap shots.

- Timings: Monday-Thursdays, 1700-2130 hrs.

- See Trenton's CAF Connection Page for registration forms, waivers and additional information

Noon Hour Hockey League (NHL) - Designed for the recreational player to come out over lunch hour and enjoy some hockey action. The league is non-contact, and slap shots are not allowed.

- Timings: Monday to Friday from 1200-1300 hrs

- See Trenton's CAF Connection Page for registration forms, waivers and additional information

Curling - The I/S Curling League is designed for both recreational and competitive players to come out after lunch and enjoy some curling action.

- Timings: Tuesdays from 1300-1500 hrs

- See Trenton's CAF Connection Page for registration forms, waivers and additional information

Noon Hour Sports - This is an opportunity to come out during the lunch hour to play a variety of sports (inclusive of Basketball, Volleyball, Squash and Badminton).

- Timings: Monday-Friday from 1200-1300 hrs

- See Trenton's CAF Connection Page for registration forms, waivers and additional information

Base Sports

- Basketball- Practice Times- Tuesdays & Thursdays 1600-1800 hrs

- Volleyball (M&W)- Practice Times- Monday & Wednesday 1600-1800 hrs

- Squash- Practice Times- Fridays 1500-1700 hrs

- Badminton- Practice Times- Tuesdays & Thursdays 1830-2130 hrs

- Men's Hockey- Practice Times- Thursdays 1530-1645 hrs & Fridays (1430-1600 hrs- All Hockey Teams)

- Women's Hockey- Practice Times- Monday & Wednesdays 1530-1645 hrs & Fridays (1430-1600 hrs- All Hockey Teams)

- Old Timer's Hockey- Practice Times- Tuesdays 1530-1645 hrs & Fridays (1430-1600 hrs- All Hockey Teams)

- Swimming Team- Contact Sports Coordinator

Please Visit Trenton's CAF Connection Website or Contact Sports Coordinator for additional information.

Sports Coordinator: *Caroline Houle-Laporte* - Local 2349 or *Caroline.Houle-Laporte @forces.gc.ca*

8 Wing Trenton to represent at nationals



Photo courtesy of the True, Strong and Free Squash Facebook Page
Pictured here is Team Ontario 2018, which is comprised of all the winners of the 2018 regional squash tournament.

Contact news

8 Wing Trenton's squash team has secured three out of the nine spots available at the national squash championship thanks to their efforts at the regional tournament. More than 20 military players from different Ontario bases visited 8 Wing Trenton to compete in the regionals, which were held from Jan. 31 to Feb. 1.

Taking home a gold medal in their separate divisions was Chief Warrant Officer (CWO) Scott Creamer and team captain Major (Maj.) Jean-Francois Moreau.

Corporal (Cpl.) Lee Miller was also able to secure a silver medal in his division for 8 Wing Trenton.

Maj. Moreau said he could not have been more proud of how well everyone played and that they would continue to train until the national tournament.

For those interested in taking part in squash in the future, Maj. Moreau said he wanted people to know that the team was more like a club and would be happy to have any players (military or civilian) of any skill level come out and give squash a try.

Training occurs on Mondays and Thursdays from 6 p.m. - 8 p.m. There is also an additional class on Fridays (military only) from 3 p.m. - 5 p.m.

The national championship will be held in Borden in April.

Air Movement exhibit now at Museum

By Aviator Laurence Chouinard

Were you aware of all the intriguing historical displays housed at the National Air Force Museum of Canada?

If not, there is an aviation museum located right here in Trenton at 220 RCAF Road. Right now visitors will be able to check out one of the exhibits on display that was created by our very own 2 Air Movements Squadron!

The purpose of our display is to showcase the history of the Traffic Technician trade. As a junior tradesperson with very little experience, it was a great opportunity to learn more about the historical part of the occupation.

2 Air Movements Squadron has been around for over 50 years, and some of the original trade artifacts were hard to come by.

It was even harder to find personnel having detailed knowledge of our history, in such a short period of time - the real challenge!

First row (from left to right): Warrant Officer (WO) Benita Clemens, Sergeant Thomas Morris. Second row (From left to right): Aviator (Avr) David Worsley, Avr Marie-Claude Gagnon, Captain (Capt) Logan Daly-Doersam, Avr Laurence Chouinard, Avr Marie-Pier Lapointe, Corporal Guillaume Royal. (Missing is Capt Mark Henneberry and WO Chad Ingram)

Nonetheless, the deadline was reached while maintaining operational effectiveness. The Squadron is highly involved during the annual Christmas flight season, while many of our fellow Squadron members are deployed on taskings around the world.

In the end, as a team we managed to pull it all together and meet our public launch deadline of January 31st 2018.

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C&C



Team Flying Dutchmen take on the Pirates at the CFB Trenton Pond Hockey Classic on Feb. 3, 2018.



8 Wing Commander Colonel Mark Goulden (left) and Wing Chief Warrant Officer Troy Zuurro share a laugh in Batawa on Feb. 3, 2018.



Members of the Wounded Warriors Canada team take on the Trenton Memorial Hospital Foundation team at this year's CFB Trenton Pond Hockey Classic in Batawa on Feb. 3, 2018.

Continued from page 1

Taking the time to watch two teams scrap it out on the ice was event coordinator Captain (Capt.) Jeffrey Moorhouse of 436 Transport Squadron at 8 Wing Trenton.

Donning a Pond Hockey Classic jersey, Capt. Moorhouse said he was proud of how much the event has grown since its inception in 2012.

What originally had started out as a one-day event hosting 12 teams on a single rink, has now grown into a weekend tournament with more than 40 teams on multiple rinks.

As for why the tournament once again chose to support the local hospital and wounded veterans and first responders, Capt. Moorhouse said it was a pretty easy decision.

"Everybody needs a hospital at some point in their life, so getting to support it is great," he said. "As for Wounded Warriors Canada, (they have) a phenomenal PTSD (Post Traumatic Stress Disorder) program and it's near and dear for the military to help other military members who have made sacrifices."

While this year's campaign goal is set at \$70,000, he added that he was grateful for any contributions made and couldn't thank the community enough for their continued support.

"This has been the easiest year for getting support in the community and it's just wonderful to see," he said.

Out competing in this year's tournament with the Wounded Warriors Canada team was former defence minister Peter MacKay.

While he jokingly noted that his team likely wasn't going to be winning the Stanley Cup, he said it was a great opportunity for the community to get together and support a worthy cause. MacKay added that he remembered attending the first Pond Hockey Classic when it started out and was happy to see it had grown and become a beloved fixture in the community.

"I feel a connection to the community," he said, noting that his career often had brought him for visits to 8 Wing Trenton. "This is a community that embraces people and is very compassionate."

As for his role in helping support the work that organizations like WWC and the TMHF do, MacKay said he was honoured to be a part of the tournament.

"I feel a personal obligation to support the work that's being done to support the military, their families and particularly those that are suffering from PTSD," he said. "The healthcare system in Trenton has also been an enormous partner for the Base and the Canadian Forces in general."

Speaking on behalf of the Trenton Memorial Hospital Foundation was its executive director Wendy Warner.

She too reiterated the importance of supporting local healthcare and said they were humbled to once again be selected as donation recipients.

Speaking on the community's generosity, Warner took a moment to recognize the contributions of longtime hospital supporter and volunteer Phil Panelas, who recently died at Kingston General Hospital on Feb. 1.

She noted that the 85 year old was well known in the community for dedicating much of his life to supporting the Trenton Memorial Hospital and its staff any way he could.

"It's a huge void in this community," said Warner with tears in her eyes. "I don't think there are any words that can express what he did for this community and the hospital. Very few people can stand up to what he was able to do for all of us."

Having known Panelas quite well, Warner added he would have been more than thrilled to know that sold-out events like the Pond Hockey Classic were continuing to support the thing he loved the most – his community.

Warner noted that the funds raised this year would be essential in helping purchase new medical machinery like a computerized tomography (CT) scan, also known as a CAT scan.

"(The government) make sure we have the doctors, nurses, building and infrastructure, but they don't support the actual capital equipment that we need," she explained, "so if we're going to have the latest and greatest heart monitors and defibrillators and things like that, it's up to us to support that."

Warner added that the hospital's current CAT scan is over a decade old and would cost around \$1.3 million to replace.

"We want to make sure the impact on the patients in radiation is at a low level," she said. "The new (machine) will reduce radiation by 30 to 50 per cent and it's something that is used seven days a week at Trenton Memorial Hospital."

At the final day of the tournament, the teams fought hard until two winners were finally named.

Coming out on top as the winners of the non-competitive division was team Scotiabank, who were able to topple the Blades of Doom with a score of 30-21.

In the competitive division, team Mielke brought home the trophy after beating D. Koets Plumbing and Heating with a final score of 17-15.

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CORRECTION

In the Feb. 2 issue of the Contact, Lt.-Cmdr. Kelly Williamson's rank was incorrectly written as Lt.-Col. The Contact regrets this error and any embarrassment or inconvenience this may have caused. I extend my sincerest apologies to Lt.-Cmdr. Williamson.

Team Weir donates hockey tickets

Upcoming community event

Feb 17, 2018 - The Quinte Branch of Ontario Genealogical Society presents "All About Quinte Branch" highlighting the Branch structure, annual program for education and research. Also, the Library catalogue, finding aid, surname interest list, branch facebook and website. Held at Quinte West Public Library, 7 Creswell Dr, Trenton 1-3 pm. Everyone welcome, bring a friend.


Visit facebook.com/QuinteBranch.OGS



Photo submitted
Chelsea Weir, Tom, Sue Blakely new owner of Hair Central and David Weir BA, CD.


Content submitted

The Canex hair salon "Hair Central" now under new management presents a pair of Belleville Sens tickets to Tom Ayling. The tickets were donated by David Weir local Realtor.





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Contact/contactez Kendra for more information/pour plus d'information: Kendra.b@trentonmfr.ca

613-392-2811 ext/poste 4582





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February 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 Al-Anon	12	13 Skin Care Essentials	14	15 Essential Oils for Couples Pops & Tots	16	17
18 Al-Anon	19	20	21 Hello Wednesday Picasso & Pinot	22 Mindfulness Deployment Cooking Class Knit & Chat Pops & Tots	23 Essential Oils for Mommies & Toddlers	24
25 Creative Sunday Al-Anon	26	27	28			

● **Picasso & Pinot**

Come and have a fun evening with friends or family!

*No artistic experience required
Sip wine, beer or non-alcoholic beverages as you and your classmates get step-by-step instruction of that evening's painting that you will take home.

Wednesday, February 21, 2018, 6 - 8:30 p.m.

Astra Lounge

\$30/class, includes the canvas, brushes and paint, bring an apron or an old shirt (Minimum 10 people, maximum 20 people)

Register & pay at the Trenton MFRC reception by February 15 (no refund after this dates).

● **Creative Sundays**

Sundays are meant for relaxation and fun projects! Join us to make a different crafty creation every month. You will be guided through a unique project each class with a handmade take home. Every month will have a different theme.

One Sunday per month from 1 - 4 p.m.; \$10/person

- February 25
- March 18

Register at reception: 613-965-3575.

● **Deployment Cooking Class**

For those facing separation or reunion. Breakfast of Champions: Get a hands-on lesson on how to cook easy, fun & fancy

breakfasts!

Thursday, February 22, 6 - 7:30 p.m. at the 8 Wing Chapel

Register by February 16 to ensure a spot in this fun class! Contact Kendra at kendra.b@trentonmfr.ca.

● **Essential Oils for Couples**

Learn how to enhance your relationships with essential oils. Bring your partner along to share the experience.

Thursday, February 15, 6:30 p.m. at the Trenton MFRC

\$10/person

If you would like to bring cash, there will be an opportunity to make your own take home roll-on at \$10 per person.

Please register at reception (613-965-3575) rabia.s@trentonmfr.ca.

before February 13 at 4 p.m.

● **Essential Oils for Mommies & Toddlers**

Finding the right products that are safe and helpful for your children is a tough job. Let us help! Join us for a special mommy and baby workshop to learn how to use essential oils safely with your baby. Don't forget to register your child for Friday Drop-off child care (18 months +) at MFRC reception.

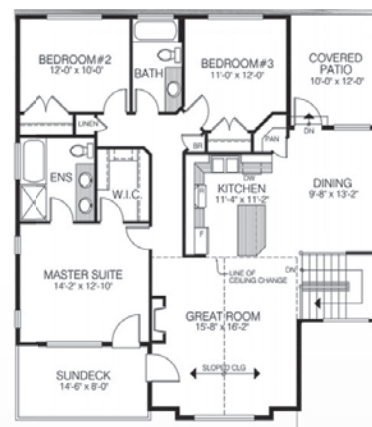
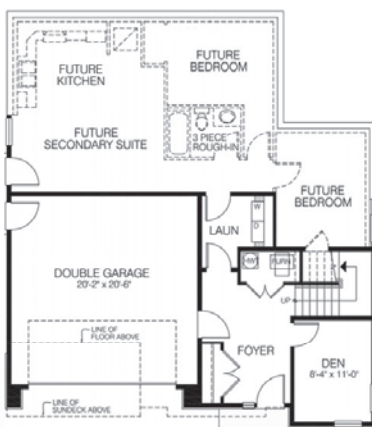
Friday, February 23, 9 - 11 a.m. at the Trenton MFRC

Please register before Wednesday, February 21 at MFRC reception.

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Home of the Week

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This attractive three-bedroom, two-storey home will make a welcome addition to any neighbourhood, thanks to the heritage-style details on the facade and the decorative woodwork at the front door.

Entry is on the ground floor, through a covered porch. The foyer includes a roomy coat closet to the left, and the U-shaped staircase to the upper floor living area is to the right.

The open plan great room features a sloped ceiling as well as a

gas fireplace. A doorway leads to the sundeck overlooking the front garden.

The dining area includes two windows that look out to the side garden, and is separated from the kitchen by a large prep island. A doorway leads to a covered patio, providing a space for year-round grilling.

The kitchen's L-shaped counter configuration will spell efficiency for the cook, and a roomy pantry will provide always-welcome

storage space.

The master suite is located at the front of the home, and enjoys a doorway to the sundeck. The ensuite includes a soaker tub with its own window, as well as a shower stall. Double basins will ease the morning rush-hour. The walk-in closet will provide lots of room for a couple's clothing and accessories.

The second and third bedrooms look out to the back garden and share a three-piece bathroom.

Plans for the ground floor include space for a secondary suite with two bedrooms, as well as a roughed-in three-piece bathroom. The laundry room is nearby. The den to the right of the foyer is well-located to serve as a home office.

The double garage provides access to the foyer, as well as the side garden.

Exterior finishes include horizontal wood siding, brick accents, ornamental woodwork and painted trim.

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 Du lundi au vendredi 08h00 à 16h00

Services Times/ Heures des services religieux
 Shrove Tuesday Pancake Supper 13 Feb 5-6 pm, Reserve ext. 4593 before 9 Feb
 Souper de crêpes du Mardi Gras 13 fév 5-6 pm, Réservez poste 4593 avant 9 fév
 Ash Wednesday 14 Feb: RC Masses at 12:00 (noon) and 17:00; Prot Service at 13:00
 Mercredi des Cendres 14 fév: Messes CR à 12h00 (midi) et 17h00; Service prot à 13h00
 Registration to Confirmation Sacramental Prep Classes (grade 6 +), contact ext. 4593.
 Inscription aux sessions de préparation pour le sacrement de la Confirmation (6e année +), appelez au poste 4593

Protestant Sunday Service: 1100 hrs (English)
 Service Protestant du dimanche: 11 h 00 (en anglais)

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

RC Weekday Mass: Tues, Wed, Thurs at 1200 hrs
 (Subject to change without notice)

Messe CR du dimanche : 9h00 (en anglais) 10h00 (en français)
 *Dernier dimanche de chaque mois : 9h00 (bilingue)

Messe CR en semaine: mardi, mercredi et jeudi à midi (12h00)
 (peut changer sans préavis)



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

Wing Chaplain/Aumônier de la 8e Escadre:
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Unit Chaplains/Aumôniers des unités:
 Capt (Rabbi/Rabbin) Bryan Bowley
 Capt (Fr/Père) John Funelas
 Lt(N)(Fr/Père) Félix Roberge
 Lt(N)(the Rev./Rév.)Mary Anne VanHeuvelen
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Phone/Téléphone:
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Padre's Corner

Some tools for intensive spring-cleaning

By Padre Félix Roberge, RC Priest

Springtime is coming! As I write this article, I recall doing my stove watch on a cold -58°C night, after jumping from a Hercules with PARA Company of 3rd Battalion, Princess Patricia's Canadian Light Infantry. In the bone-chilling Arctic air in Kugaa-ruk (Nunavut), I had to remind myself that spring would soon be coming. The inevitability of the return of spring brings comfort to many of us who live in such a harsh environment. Thinking about this new season, some of you may already be thinking about the springtime chores of raking lawns, washing windows, putting all winter clothing in storage and sorting out basements and garage messes. I cannot think about all these tasks without thinking about Lent. In fact, on February 14th, Ash Wednesday, we begin the season of Lent which is the 40-day period prior to Easter Day (April 1st). Personally, I experience Lenten preparation as an intensive spiritual cleaning. Thinking about ways to do this

cleanup, I have found I've extraordinary tools that help me and might help you too: Prayer, Penitence, Forgiveness, Sharing and God's Word. I humbly share them with you. The first tool that I propose you use is Prayer. Living in God's presence by speaking to him, listening to him, invoking him, imploring him, allows us to experience many spiritual and moral benefits. These benefits manifest themselves as strength, courage, perseverance, patience, peace and joy. Penitence can mean many things. By giving something superfluous up it allows us to better enjoy the essential. In addition, by purifying our hearts of everything that binds, dirties and hardens them, it thereby frees us and allows us to move forward. That is what led me to think about the act of Forgiveness. Lent seems to me to be an appropriate time to forgive, oneself and then others. Traditionally, Lent is a period devoted to Sharing with the poorest and most unfortunate. We are all surrounded by people in need: financial, material,

social and spiritual need. By sharing our goods, talents, time and presence with others, we are able to develop meaningful relationships which in turn make us happy. For the past few years, a lot of military personnel have requested Bibles from their chaplains. The Bible offers us God's Word which we can welcome into our hearts, meditate on and put into practice in our daily lives. They are indeed a gift to warm our hearts, enlighten our souls and answer many of our questions. In closing, my dear friends, I would like to suggest that you choose from among the various tools those that touch your hearts in the most intimate way. It is then that you will see that this intensive spring-cleaning is not so painful and that the real "face of Lent" is a smiling one. You're invited for Shrove Tuesday Pancake Supper at 8 Wing Chapel 13 Feb 5-6 pm, Reserve ext. 4593 before 9 Feb. Ash Wednesday 14 Feb: RC Masses at 12:00 (noon) and 17:00; Prot Service at 13:00.



Photo by Makala Chapman
 Padre Félix Roberge, RC Priest, is a member of the 8 Wing Chaplain's team.

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