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INSIDE

MEN'S BASKETBALL WIN CONTINUED



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WINTER SPORTS DAY



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MFRC RECEIVES FINANCIAL BOOST



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8 Wing Trenton basketball team heading to nationals

By Makala Chapman

The 8 Wing Trenton men's basketball team will get the chance to defend their title as national champions after beating Kingston 63-52 at regionals. After an intense competition, which was held at the base from Feb. 11-14, Trenton flexed their strengths on the court and managed to surpass teams from Kingston, Petawawa and North Bay.

To combat opposition with a strong offence and sharp shooters, Trenton brought balance by offering a tight defence, good ball control and spot on anticipation.

Their hard work was evident throughout the competition as Trenton was able to ensure the win in all five of their competitive matches.

The winning streak began at their first game against Kingston where they were able to topple the team 61-55 on Feb. 11.

At the beginning of the tournament, 8 Wing Trenton player coach Corporal (Cpl.) Alan Albano had noted that while he was happy with his team's performance, he was confident the other teams would put Trenton to the test.

"Petawawa has a lot of good players so it's going to be a good match," he said, "It's going to be a lot of fun."

As for his message to his fellow players, he noted that winning would only be possible if they stuck together as a team.

A day later, Cpl. Albano's words rang true as Trenton pushed together to beat the Petawawa team with a final score of 64-38.

Continued on page 5



Photos by Makala Chapman
8 Wing Trenton's Captain Timothy Boyle (left) at the tip-off against team Kingston (right) at the Ontario men's basketball regionals on Feb. 14, 2018.

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436 Transport Squadron Fund Committee provides results



Photo by Master Corporal (MCpl.) Everet Dolson

From Left, Treasurer MCpl. Andre Simard, ARO Dakota Rep WO Jason Porter, Flight/General Safety and SAMS/ETO Rep Sgt Micah Livingstone, Chairperson Maj. Sylvain Gazaille, Secretary Sgt. Gilles Lacaille, Deputy Entertainment Officer Capt. Valentina Erscoi, Burma Crew Squadron Fund Member Cpl. Nicholas Reynolds, Administration Rep Cpl. Shawnda Currie and Technical Services Section Rep Cpl. David Barnard.

By Sergeant Gilles Lacaille

In Oct 2016 during an impromptu Commanding Officer's (CO) town hall meeting in 10 hangar, 436 Transport Squadron's CO Lieutenant-Colonel (Lt.-Col.) Spencer Selhi presented me his coin. He also offered his thanks, noting that that he would be expecting even more from me. I took him up on that challenge during the question and answer segment by noting I had joined the Squadron Fund Com-

mittee more than a year before and we had yet to schedule a meeting.

Soon after, the Aircraft Maintenance Flight lead Major (Maj.) Sylvain Gazaille had taken the Chairperson's gavel and the committee was re-invigorated with a full complement of volunteers and representatives.

As part of the Canadian Forces Morale and Welfare Services and a decision making body, the 436 Squadron Fund Committee endeavours to provide all squadron members with important activities.

As the fund receives a percentage of revenue from the Wing Fund the Committee's commitment is to the whole squadron.

Yet, in addition to the trickle down revenue from the Wing Fund, the Squadron Fund also collects monthly membership dues.

This provides the committee the ability to plan additional activities at a discount to the 70 per cent who are paying members. This includes fixed funding for gifts and services for retirement, posting, and hospitalization.

New members also get a hat or badges for aircrew, a squadron lanyard and coin.

With a mandate to ensure full transparency for every decision on Squadron Fund expenditure and to chronicle the efforts of the committee volunteers, the newly reformed committee pushed forward with a daunting workload.

Since November 2016, the committee has met eleven times, voted on 28 additional motions and

amended the constitution a few times.

Notably, the Squadron Fund has reduced membership dues to \$5 per month and provides satellite TV in the ASO coffee room and continues to fund the year round events put on by the entertainment sub-Committee. Some of the events this group is responsible for include the Spring Fling, Beach Day, Family Day, Ski & Skate, Mess Dinner, Christmas Party, Sticky Floor, multiple BBQ's and refreshments and food for ground training days.

Another component of the 436 Transport Squadron Fund is the Kit Shop, where squadron clothing has been made available for purchase at CANEX..

With money from the Squadron Fund and organized by a special sub-Committee, 2018 will bring a new group of events as the squadron kicks off its 75th Anniversary celebrations later this year for the benefit. I look forward to it.

Ask a Dentist ?

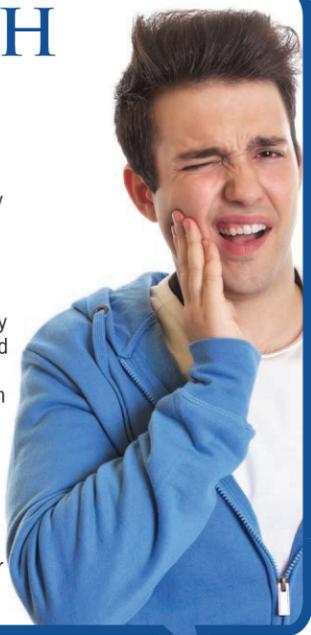
WISDOM TEETH

Wisdom teeth are the third and final set of molars that most people get in their late teens or early twenties. They are called "wisdom teeth" because they erupt in our late teens when we are "smarter".

When wisdom teeth are misaligned, or "impacted", they may position themselves in odd angles to adversely affect the adjacent teeth. This misalignment of the wisdom teeth can crowd or damage adjacent teeth, the jawbone, or nerves.

In many people, the wisdom teeth do not fully erupt, are very difficult to clean and will cause discomfort. Infections, called pericoronitis, can occur around the wisdom teeth because of this lack of full eruption. In some circumstances the wisdom teeth are considered "impacted" such that they cause damage, via resorption, to the adjacent teeth. This leads to problems in 2 teeth! Many of us do not have a sufficient amount of room in our mouth's for wisdom teeth and this is what leads to these problems.

Be pro-active and talk to your dentist or hygienist about your wisdom teeth.




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Canadian Armed Forces Introduces New Online Career Transition Tool



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des **SDGPM** vers la
Classification nationale des professions

Content provided by the Canadian Armed Forces

Members of the Canadian Armed Forces (CAF) have a new tool to help facilitate their transition into the civilian workforce. MNET, which officially launched October 16, 2017, is a new, free to use, online career transition tool that matches military occupations with civilian occupations and job openings. MNET is short for Military Occupational Structure ID (MOSID) to National Occupational Classification (NOC) Equivalency Tool. To use MNET, CAF members and Veterans just need to enter information about their military career and a matching civilian occupation with job description, as well as a link to relevant civilian employment opportunities on the Government of Canada's Job Bank is produced. Employers are also able to use MNET, which can help them to understand a particular military occupation and lets them post forecasted job openings spe-

cifically for Veterans. "It is exciting to see the implementation of this great initiative well ahead of schedule. It would not have been possible without the commitment from interdepartmental cooperation throughout this process," said Brigadier-General Mark Misener, the General Officer leading the creation of the Canadian Armed Forces Transition Group. "CAF members often think little of the training and experiences that they have amassed during their careers and the weight it can carry over into the competitive labour market." MNET is the result of coordinated efforts by the CAF's Directorate of Casualty Support Management, the Military Personnel Generation Learning Support Centre, Veterans Affairs Canada (VAC), and Employment and Social Development Canada (ESDC). For example, in order to allow for the translation of military occupations to civilian equivalents, ESDC provided access to its vast catalogue on occupational information in Canada, which categoriz-

es more than 30,000 occupational titles into groups that are organized according to skill types and levels. The online tool, based on a United States Department of Labor application, was created and customized for Canadian military needs in large part using existing resources and therefore at a low cost of \$18,000. "The small cost of this system, when you look at how it will simplify job and personnel searches and make life easier for transitioning members, is really incredible!" said Captain (retired) Andy Choquette, one of MNET's creators. In addition to MNET, Veterans also have access to VAC's Veterans in the Public Service Unit, which was formed to help Veterans navigate the federal

public service hiring process. This new unit assists Veterans by providing them with possible public service opportunities that match their skills and education, and also works with managers from across the public service to promote the training and experiences of Canadian Veterans for employment. Other components for MNET, such as a military skills translator and a mobile app, will be introduced in the coming months to continue enhancing member readiness for a successful military to civilian transition. Access to MNET is now available at: <http://caface-rfacace.forces.gc.ca/mnet-oesc/>.

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Safety



Tips for safe shopping



We shouldn't let our security guard down when we go shopping. It's sad to say, but there are people out there who take advantage of shoppers, especially around holidays.

Although Christmas has come and gone, it's important to remain vigilant and safe at all times.

How to safely shop:

- Don't shop alone. Take a friend or relative along.
- Park your vehicle in a well-lighted spot.
- Stay away from dark and isolated parking areas.
- Lock your vehicle, and put valuables such as your parcels out of sight.
- Keep an eye on the people around you.
- Don't display large amounts of cash.
- Keep your billfold in an inside pocket.
- Carry your purse close to your body, gripping it firmly.
- Don't carry so many parcels you have difficulty seeing around them or defending yourself.
- Take advantage of store delivery services or get some help from your companions.
- Keep your vehicle doors locked and your windows shut as you drive through parking areas and on streets.
- If you sense anything suspicious, leave the area immediately and contact shopping center security personnel or the police.

Don't let a run-in with a criminal ruin your shopping trip by staying alert.

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:

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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Continued from page 1

Also offering his comments was Trenton's Cpl. Nick Bourgon who said he was looking forward to taking a shot at defending his team's title as national champions and was thankful for the opportunity.

"Getting to play sports is very good for the morale of the Canadian Forces members," he said. "All chain of commands should support their members when they want to participate in sports. I've been in the forces for 10 years and they have always supported me."

As for the camaraderie, while the team may be made up of members of varying ranks, Cpl. Bourgon said he's never felt like he was less important.

"We're all like brothers," he said. "As a team we have a great bond. I would take off the shirt on my back for any of these guys."

Later in the evening, Trenton went onto face North Bay who almost dished Trenton their first loss of the tournament.

With just seconds on the clock in the fourth quarter, team Trenton found the opposition's net just in time to win the game with a score of 43-42.

With their sights on the championships refocused, Trenton advanced to the semi-finals and once again faced the North Bay team.

Focusing on using their strong defence to their advantage, Trenton was able to push a 56-35 victory.

Later that day, Trenton's final competitors were chosen as the Kingston team were able to secure their spot in the finals after handing Petawawa a 65-54 loss. Tension grew as a full crowd watched Trenton and Kingston duke it out on the courts on Feb. 14.

The score in the first and second quarter of the final match remained tight as both teams were almost shot for shot.

The Trenton team faced strong offence and defence from Kingston, whose players also managed to have no troubles finding the net.

Not to be shook by their fierce competition, Trenton quickly hit back with several points in the third and fourth quarter to help pull them into a healthy lead over Kingston.

Trenton offered strong break-aways, frequent drives to the net and decent accuracy when delivering their free throws.

In the end, Trenton proved to be too much for Kingston as they brought the heat in the final minutes of the last quarter and ultimately secured their spot at nationals.

Taking a moment to reflect on their win, Cpl. Albano credits his teammate's ability to work together and desire to succeed for their victory.



The 8 Wing Trenton men's basketball team celebrates winning regionals after defeating the Kingston team 63-52 on Feb. 14, 2018.



Cpl. Alan Albano adds his medal from regionals to his collection of medals he's won over the years while playing basketball in the Canadian Armed Forces.



Cpl. Alex Lukosius rises above the competition to sink the ball in the hoop on Feb. 14, 2018.

"We worked together and wanted this one bad," he said. "We moved the ball well and it was a team game for sure." Moving forward, he added that the team would be working on keeping up their cardio and defence in preparation for nationals, which will be held in Saskatchewan in April.



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Photos of the Week

8 Wing Mission Support Squadron



By Corporal (Cpl.) Steven Mooring, 8 Wing TEME Flt

Every vehicle in the Canadian Armed Forces starts its day by getting a complete once over which is called a daily inspection. Members begin by examining the vehicle for any damage done by previous users. After all damage is written down, the member will check all fluids underneath the hood as demonstrated by Cpl. Jason Funnel. Once the daily inspection is completed and everything is written down and recorded the vehicle is safe to continue its tasking.

Photo by Cpl. Steven Mooring, 8 Wing TEME Flt

CFS Alert



By Second Lieutenant (2Lt) Heather DeWolfe

Meteorological Technician, Aviator Stephen Easterman, measures the distance to the base of the clouds using a hand held ceilometer to determine the ceiling height. This collected data is used to report an hourly observation which determines whether pilots have sufficient conditions to land an aircraft at CFS Alert.

By 2Lt Heather DeWolfe

Blast from the past



The RCAF Flyers celebrate their Gold Medal win over Switzerland on the outdoor rink at St. Moritz in 1948.

Photo courtesy of the Royal Canadian Air Force

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8 Wing members spend sports day in Batawa

By Makala Chapman

Members of 8 Wing Trenton are making the most of the season thanks to events like the annual winter sports day.

Hundreds of military personnel descended upon Batawa Ski Hill to take part in a variety of winter activities to help promote healthy living on Feb. 7.

Whether it was taking part in a warm-up led by members of Personnel Support Programs (PSP), hitting the freshly powdered slopes on a set of skis or warming up by the fire in the chalet, the event offered a little something for everyone.

Headed out on a set of skis for his first time was 8 Wing Trenton image technician Ordinary Seaman (OS) Paul Green.

When asked if he was nervous, he laughed and said he was feeling pretty confident and was looking forward to seeing what the fuss was all about when it came to winter sports. As for his thoughts on sports day, he said it was a great opportunity to try something new.

"I came out here for some fun," he said. "It's also a great way to socialize, get some exercise and enjoy yourself."

Also taking part in the day-long event was Corporal (Cpl.) Dalton Wardhaugh, who opted to take a few minutes to warm up by the fire.

He too noted that he was happy to get the chance to spend a day outside and ski with his friends.

While Cpl. Wardhaugh can normally be found at 429 Transport Squadron working on the electrical components on the CC-177 *Globemaster*, he said the chance to go skiing for the day was too hard to pass up.

"I've always liked skiing as a sport," he said, "so it's nice that some of us got to come out and enjoy the day."

Canadian Armed Forces sports days are held yearly help promote healthy, active living in the military community.



Photo courtesy of Personnel Support Programs
Members of Personnel Support Programs lead military members in a large warm up at the start of the winter sports day in Batawa on Feb. 7, 2018.



Photos by Makala Chapman
Cpl. Dalton Wardhaugh warms himself by the fire before hitting the slopes in Batawa on Feb. 7, 2018.



8 Wing members taking part in the winter sports day line up at the ski lift at Batawa on Feb. 7, 2018.

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**Alcohol, Other Drugs and Gambling:
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0830-1600hrs and 0830-1200hrs**

Course Coded

AODG Supervisor Training provides mandatory supervisor training outlined in CANFORGEN 043/09 for all CAF members in leadership positions. Topics discussed include understanding risks and benefits of alcohol use; recognizing the early warning signs; developing effective interviewing skills; and understanding and changing the culture of an organization.

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There will also be a draw for your chance to win a Belleville Sens Team autographed hockey stick or a Belleville Sens baseball hat!!!!
ALL funds raised will go towards music purchases for the CMWC Trenton Chapter
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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 First Aid for Service Dogs
18 Al-Anon	19	20	21 Hello Wednesday Picasso & Pinot Budgeting for Release	22 Mindfulness Deployment Cooking Class Knit & Chat Pops & Tots	23 Essential Oils for Mommies & Toddlers	24
25 Creative Sunday Al-Anon	26	27	28	1 Emotional Balance with Essential Oils Pops & Tots	2	3

● How to Provide First Aid for your Service Dog

You and your service dog are invited to join Dr. Alana Parisi, DVM for an information session on how to provide First Aid care to your dog in the event of an emergency. Saturday, February 17, 9 to 11:30 a.m. Trenton MFRC Register with Kelly Briggs @ Kelly.b@trentonmfrfc.ca.

● Budgeting for Release

The Veteran Family Program and SISIP Financial are proud to present Budgeting for Release. Wednesday, February 21, 6 - 8 p.m. Trenton MFRC Register prior to February 19 by calling 613

392 2811 ext 7917. Childcare available upon request.

● 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.

● Essential Oils for Mommy & Baby

Friday Drop-off Mommy & Child 18 months

+ 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 drop-off.

Thursday, February 23, 9 - 11 a.m. At Trenton MFRC Please register before Wednesday, February 21 at reception.

● Emotional Balance with Oils

Find balance and peace with our Emotional Balance with Oils workshop. Sample and experience how peaceful certain oils can make you feel. Thursday, March 1, 6:30 p.m. At the Trenton MFRC

Cost is \$10/person. There will be an opportunity to make your own take-home roll-on for an additional \$10/person (cash). Please register at reception before February 27 at 4 p.m.

● Hello Wednesdays

February 21, 2018, 10 a.m. - noon Every other Wednesday, visit us at the MFRC to meet and mingle with other members of the community. Whether you're new or a regular to us, everyone is welcome to have coffee, share resources, and get to know us better! Any questions or concerns, please contact Rabia at rabia.s@trentonmfrfc.ca or Hélène at helene.cg@trentonmfrfc.ca. No registration required.

Home of the Week

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The dramatic canopy that shades part of the front deck gives this two-story, three-bedroom home plenty of curb appeal. A covered entry on the ground floor leads to a spacious foyer. A coat closet is ahead, tucked in beside the L-shaped staircase leading to the second floor. A den and a three-piece bathroom are located on the ground floor. The rest of the floor is unfinished.

Upstairs, the great room features a ceiling that measures 10 feet, six inches, differentiating it from the adjacent dining room and kitchen. Large windows look out to the sundeck. A gas fireplace will make the great room a magnet for family activities during the cooler months. The dining room includes a built-out buffet, providing extra storage and serving space, and a doorway leads outside to a covered portion

of the sundeck. The kitchen is separated from the dining room by a large prep island. The L-shaped counter configuration promises efficiency and a window over the double sink looks out to a second covered patio at the back of the home. A doorway from the kitchen opens to the patio, making al fresco meals a breeze. A roomy pantry is located next to the kitchen, and includes a handy shelf. The master suite overlooks the front garden, and in-

cludes a three-piece en-suite and a walk-in closet. The second and third bedrooms share a three-piece bathroom. Closets for linens and towels are located near the secondary bedrooms. The double garage includes access to the main-floor foyer. Exterior finishes includes stucco with brick accents. Some windows are highlighted with wood accents. A painted pilaster with a brick base marks the entrance.

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Local MFRC putting government funding to good use



Photos by Makala Chapman
Families enjoy a Family Day hosted by the Trenton Military Family Resource Centre in the fall of 2017.

By Makala Chapman

Some much-needed government funding is being put to good use say staff at the Trenton Military Family Resource Centre (MFRC). At the end of January, the Department of National Defence announced that it would provide

\$6 million per year to help support military families all across Canada.

The money, which was shared between the nation's 32 MFRCs, was given to help enhance and modify the various programs and services offered by the non-profit organizations.

For Tamara Kleinschmidt, the Trenton MFRC's executive director, she said this funding couldn't have come at a better time.

"The funding will support, enhance and fill gaps at all MFRCs across the country," she said, "which is a direct result of families being added to the new defence policy – Strong, Secure, Engaged. We didn't anticipate that there would be funding dropping out of (the defence policy), especially as quickly as it did."

Kleinschmidt added that the financial boost worked out to around \$373,000 and is already being put to use.

Some of the MFRCs top priorities include ex-

panding their Special Needs Inclusion Program (SNIP), mental health support for children and enhancing their casual child care services.

To date, the funding has allowed the MFRC to hire a youth counselor, with the possibility of also hiring a child and youth worker.

On top of that, Kleinschmidt noted that the MFRC would be working with Dr. Kelly Schwartz, a researcher at the University of Calgary, to help identify some of the key factors that help make military youth and their families resilient.

"We're going to be working with his research and turn it directly into programming," she said. "His research focuses on the positives. Rather than looking at the youth that struggle and why they are struggling, he is looking at the ones that are succeeding and what it is about them that makes them resilient and strong. It's a really cool

project." In terms of enhancing the casual child care program, Kleinschmidt said they are currently working on ways to improve the frequency of the service and would hopefully be ready to implement the changes by April.

Working together with other MFRCs and community partners around the country when it comes to expanding their special needs programs will also be a reality made possible thanks to the additional funding.

Lastly, Kleinschmidt noted that some of the money would be used to help support services and programs offered by the MFRC's Belleville location.

As for why funding is so important, she noted that it came down to ensuring that military families, especially the youth, are strong and resilient both mentally and physically.

While the funding is greatly appreciated, Kleinschmidt stressed that it was important to know that the money is targeted specifically and would only be used for select programs and services.

As a result, the need for fundraising would still be key to help cover the cost of operations and other projects the MFRC is responsible for.

Kleinschmidt noted that operational funding doesn't cover all of the costs associated with things like respite and emergency child care, as well a couple of other different areas.

For military families interested in participating in Dr. Schwartz's research, contact the MFRC for more information at 613-965-3575.

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 Registration to Confirmation Sacramental Prep Classes (grade 6 +), contact ext. 4593.
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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)
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