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Pond Hockey Classic gearing up for another year in Batawa



Photos by Makala Chapman
Members of 8 Wing Trenton, the City of Quinte West, Trenton Memorial Hospital Foundation, Trenton Military Family Resource Centre and Scotiabank at a media launch for the seventh annual Pond Hockey Classic at the Batawa Community Centre on Jan. 8, 2017.

By Makala Chapman

Despite the colder winter temperatures, things are sure to heat up at this year's CFB Trenton Pond Hockey Classic. The charity tournament, which is slated from Feb. 2 to 4, will feature 40 teams made up of non-military and military members as they duke it on the outdoor rinks at the Batawa Community Centre. While event organizers say it will be a time of both fun and games, what truly makes the event special is the fact that all funds raised will once again

go towards supporting both Wounded Warriors Canada (WWC) and the Trenton Memorial Hospital Foundation (TMHF). Wounded Warriors Canada 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. Last year's event brought in \$62,000 through the tournament and the Legends of Hockey dinner, which was held the night before the start of the games.

Organizers add that while this year's campaign goal is set at \$70,000, they are grateful for any contributions made. As for why the Pond Hockey Classic continues to support WWC and the TMHF, event coordinator Captain (Capt.) Jeffrey Moorehouse said it's all about supporting the community. "Everybody benefits from the hospital and so the TMHF was a very good choice for us," said Capt. Moorehouse. "As for Wounded Warriors Canada, we wanted to support something that was close to home for all military mem-

bers." He added because of the support from the community, the event has grown exponentially each year and has helped raised more than \$200,000 since its inception in 2012. "I would never have thought that when we started seven years ago that we would be here having our seventh annual tournament and that it would be as successful as it's been," he said. "Our sponsorship, registration and ticket sales are above what they have been in previous years."

Continued on page 5

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CFS Alert welcomes first female Station Warrant Officer

By Capt. Julie Brunet with content from Second Lieutenant Heather DeWolfe

A significant event has occurred at the most northerly, permanently inhabited location in the world.

On Monday, December 11th, 2017 a ceremony was held to highlight the change of appointment of the Canadian Station Forces (CFS) Alert Station Warrant Officer (SWO) position. On average, this position is changed twice a year.

The appointment was a common hand over from Master Warrant Officer (MWO) Keven Wezenbeek to MWO Renee Hansen, which was witnessed by Alert military personnel, civilian guests from Nasittuq and Environment, and Climate Change Canada – key integral operational partners at the Station.

However, what was uncommon was who the appointment was delegated to.

Since the Station's inception (in the early 1950s), MWO Renee Hansen was officially declared the very first woman selected in the SWO position – a huge milestone for CFS Alert.

To further compliment that achievement, statistics indicate that women now comprise 19.4 per cent of the personnel working at the Station, which is just slightly higher than the Canadian Armed Forces average at 16.4 per cent. In her closing remarks, MWO Hansen simply expressed her willingness to move forward in her new role by saying, "I'm ready" to the Station Commanding Officer Major Rubner.

MWO Hansen was recently invested with the Order of Military Merit at the level of Member (M.M.M.).

Created in 1972, the Order of Military Merit recognizes meritorious service and devotion to duty and commitment to Canada by members of the Canadian Armed Forces.



Photo by Corporal Josh Ferreira

Master Warrant Officer (MWO) Renee Hansen (left), Major Kevin Rubner (middle), and MWO Kevin Wezenbeek (right) sign scrolls to officially indicate the change of appointment at Canadian Forces Station (CFS) Alert, December 11th, 2017.

MWO Hansen, native of Brandon Manitoba, joined the Primary Reserve in 1992 as an Administration Clerk.

In 2001, she did a component transfer to the Canadian Army (CA) Regular Force as a Resource Management Support Clerk and was posted to Combat Training Center Gag-

etown, where she was employed as the Combat Vehicle Squadron clerk (Armour School).

Later she served with the 2nd Battalion Princess Patricia's Canadian Light Infantry as rifle company clerk, as well as being in charge of the Battalion orderly room.

Followed by postings in Ottawa as

the CA Headquarters Chief Clerk, the personnel evaluation report processing Team member, and Director

Senior Appointments Coordinator.

Upon her promotion to MWO and prior to her position as incoming Alert SWO, she served as the Superintendent Clerk at 8 Wing Trenton.

CFS Alert celebrates the New Year

Content submitted

Members of Canadian Forces Station (CFS) Alert brave the Arctic cold to ring in the New Year by participating in the 2018 Polar Roll.



Photo by Cpl Josh Ferreira

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8 Wing Fire Chief Urges Residents to Install Smoke Alarms and Practice Home Fire Escape Plans

Content submitted by 8 Wing Fire Hall Prevention Office

In the wake of a fatal fire in Oshawa, ON., (8 January, 2018) the 8 Wing Trenton Fire Hall wants to remind the public to make sure that they have working smoke alarms on every storey of their home, outside all sleeping areas and have practiced a home fire escape plan with everyone in their home.

It has not yet been determined if there were working smoke alarms in the fatal fire in Oshawa. An investigation is ongoing

“Fire moves so fast that you may have less than 60 seconds to safely escape a fire, so early warning is crucial to survival. “Only working smoke alarms give you that early warning.”

Equally important is to ensure that everyone knows exactly what to do and where to escape before a fire occurs. Practice a home fire escape plan with everyone in your home.

“It is up to you to make sure these types of tragedies do not happen in your residence.”



Simple smoke and carbon monoxide alarm tips:

- Install smoke alarms on every storey and outside all sleeping areas of your home. For added protection, install a smoke alarm in every bedroom according to manufacturer’s recommendations. Larger homes may require additional smoke alarms;
- Install carbon monoxide alarms outside all sleeping areas if your home has a fuel-burning appliance, fireplace or attached garage. For added protection, install a carbon monoxide alarm on every storey of your home according to manufacturer’s recommendations;
- Test smoke and carbon monoxide alarms monthly by pressing the test button, and change the batteries every year; and
- Smoke and carbon monoxide alarms wear out over time. Replace alarms according to manufacturer’s recommendations.

Simple steps for home fire escape planning include:

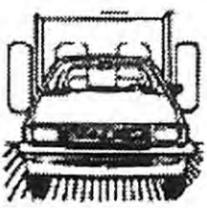
- Everyone should know two ways out of each room, if possible;
- All exits must be unobstructed and easy to use;
- If someone in your home has a disability, develop a home fire escape plan with your household that takes into account their unique needs. Determine who will be responsible for helping young children, older adults and anyone who needs assistance to escape;
- Choose a meeting place outside, such as a tree or a lamp post, where everyone can be accounted for;
- Call the fire department from outside the home, from a cell phone or a neighbour’s home;
- Practice your home fire escape plan; and
- Once out, stay out. Never re-enter a burning building.

For individuals who reside in quarters and require assistance to escape:

- Make sure your name is added to the list of persons who require assistance in the fire safety plan so that the fire department knows which room you are in; and
- Know the emergency procedures outlined in the building’s fire safety plan

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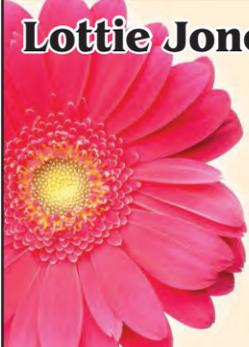
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Master the Art of Snow Shovelling

Many things require a technique - ° y ŷ shing, golŷ ng, bowling, and even snow shovelling.

Yes, according to the Canadian Physiotherapy Association, poor shovelling is something that requires good technique as the activity can place severe strain on both the heart and back.

Question: How much does one shovel load of wet snow weigh?

- A) 13 pounds (6 kilograms)
- B) 10 pounds (4.5 kilograms)
- C) 25 pounds (11.3 kilograms)
- D) 20 pounds (9 kilograms)

The answer is **C: 25 pounds**

"Shovelling snow requires as much energy as running 15 kilometres an hour (nine miles an hour)," according to the association. "Although 15 minutes of snow shovelling benefits a healthy heart, maintaining or increasing cardiovascular fitness, most people don't realize that shovelling snow is like picking up heavy weights."

Repetitive twisting, improper lifting and overexertion are common injuries among people who overdo it while shovelling.

But the association adds that many of these types of injuries are preventable by taking the time to prepare and think about how to move properly move the snow.

The following are techniques for shovelling snow:

- Choose the right shovel. The handle length is right for you if you can slightly bend your knees, bend forward less than 10 degrees and hold the shovel comfortably at the start of the shovel stroke. Don't use too large a shovel. Ergonomic shovels with bent shafts are recommended to ease strain on the heart and spine.
- Tackle heavy snow in two stages. First, skim it off the top and then remove the bottom layer. Don't overload the shovel.
- Place your hands at least 12 inches (30 centimetres) apart when gripping the shovel, to increase leverage and reduce strain. Always keep one hand close to the base of the shovel when lifting to balance the weight of the lift and reduce lower back strain.
- Lift the snow properly. Stand with your legs apart, knees bent and back straight. Lift with your legs. Don't bend at the waist. Scoop small amounts of snow and walk to where you want to place it.
- Step in the direction you are throwing the snow.
- If you can't say a long sentence in one breath, you're working too hard. **SLOW DOWN!**
- Take frequent breaks. Stand up straight and walk around to extend the lower back. Place your hands on your hips and bend backward slightly for several seconds.
- Dress warmly to conserve your body temperature. Wear wind-proof, water-resistant, multi-layered clothing that will take perspiration away from the body. Also wear a hat, scarf, appropriate footwear and two pairs of socks if it's really cold.
- If you have a health problem or are out of shape, don't shovel snow yourself.

Remember that safe snow shovelling requires proper preparation, the right tools, good technique and knowledge.



The Contact Newspaper

The CONTACT is an unofŷ cial 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.

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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 ŷ rst 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 ŷ les.

- 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 verifiŷ cation. 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

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Continued from page 1

Capt. Moorehouse also said he was looking forward to the two exceptional special guest speakers that have agreed to speak at this year's event. Taking to the podium on Feb. 2 at the annual dinner in support of the tournament will be former Wing Chief Warrant Officer (retired) Darcy Elder and former Minister of National Defence Peter Mackay. Both men are expected to speak about the importance of organizations like Wounded Warriors Canada. While spectators can expect to see the same great four on four hockey they've always enjoyed at the tournament, organizers noted that this year promises a few new changes. For starters, there will now be a competitive and non-competitive division so that players of all different skill levels will be able to participate. Each team taking part in the four on four event will also be guaranteed at least three games each. Also joining in on this year's fun will be the Trenton Military Family Resource Centre (MFRC) and their annual Winter Jubilee event. Over the past two years the MFRC has held a winter fes-

tival for local families at the end of January, but this year they said they were recruited to be a part of the Pond Hockey Classic on Feb. 3. "What a great opportunity to combine two successful events," said the MFRC's communications and development coordinator Devon Taylor. "We have lots of activities for all ages and it's going to be a great opportunity for all families to get out and mingle with other military families and enjoy what the region has to offer." The free activities being offered will include snowshoeing, wagon rides, hikes, musical entertainment and more. If that all wasn't enough to sell the tournament, Capt. Moorehouse added that a pub night featuring several local breweries and the band Moon Sugar would also be held on site on Feb. 3. "Come out because you're going to see some great hockey and spend some time in the great outdoors doing something truly Canadian," he said. "This is far beyond just a tournament." The official puck drop for this year's tournament will be at 8 a.m. on Feb. 3. For more information or to volunteer at this event, visit www.hockeyfortroops.com.



Capt. Jeffrey Moorehouse told members of the media that this year's CFB Trenton Pond Hockey Classic would feature both a competitive and non-competitive division.

Warrant Officer Bygrove to receive prestigious award

By Makala Chapman

It's not everyday that a member of the Royal Canadian Air Force (RCAF) is invested with the Order of Military Merit award. After five years in the infantry and 15 years of service as a search and rescue technician (SAR-tech), Warrant Officer (WO) Aaron Bygrove of 424 Transport and Rescue Squadron was officially announced as an upcoming recipient of the award on Dec. 21, 2017. In a small ceremony at the squadron's headquarters, WO Bygrove was congratulated by 8 Wing Commander Colonel (Col.) Mark Goulden. WO Bygrove was also given a letter of acknowledgment from RCAF Commander Lieutenant-General Michael Hood. In the letter, Lt-Gen. Hood noted that WO Bygrove had been selected for the award due to his "leadership, professionalism, and dedication" to his job. It was also noted that the long-time SAR-tech's contributions had left "positive impact on the Royal Canadian Air Force and Canadian Armed Forces." Upon hearing the news of his award, WO Bygrove said he was speechless and couldn't have been more thankful to his colleagues, family and friends who have assisted him in his career. "I'm very overwhelmed and I really appreciate being acknowledged for my efforts in the Canadian Armed Forces," he said. "I have a job that I believe in and am committed to, which means I've never had to work a day in my life." While the news of the award was certainly a nice way to finish of the year, WO Bygrove added that he's looking forward to what the future holds.



Photo by Makala Chapman
Wing Chief Warrant Officer Troy Zuorro (left) and Colonel Mark Goulden (right) announce Warrant Officer Aaron Bygrove (middle) as an upcoming recipient of the Order of Military Merit on Dec. 21, 2017.

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'Husky' Squadron welcomes new honorary colonel

By Makala Chapman

A squadron known for transporting high-ranking officials recently welcomed their very own VIP to the team.

Just before the holidays, 437 Transport Squadron said goodbye to their former honorary colonel and hello to their incoming one on Dec. 20, 2017.

In a special ceremony held at the Officer's Mess at 8 Wing Trenton, businessman Bruce Bowers took over the reins from Honorary Colonel Kenneth Ellis.

437 Transport Squadron, which is also the home of the CC-150 Polaris aircrafts, is responsible for conducting long-range transport of personnel and equipment.

In his departure speech, former Honorary Colonel Ellis noted that it had been a pleasure to serve the squadron over the past four years.

"It's rather difficult to express the experience in words, but I would say pride and fulfillment are at the forefront," said Ellis. "I will also dearly miss the camaraderie between my fellow honorary colonels who I have gotten to know."

Having previously served eight years in the Canadian Armed Forces (CAF), Ellis noted that he had begun to miss the military community once he had left it for a career in the civilian world years ago.

As the current managing director of World Association of Nuclear Power Operators, Ellis said he was thrilled when he was first given the opportunity to serve once again.

He noted that one of his most memorable moments was when he accompanied squadron members during a NORAD exercise over Quebec on a refueling mission.

In his final message, Ellis called the squadron's members "true ambassadors of the Royal Canadian Air Force" and noted he would miss them all.

During his time, Ellis helped raise more than \$210,000 for Wounded Warriors Canada – an organization dedicated to providing free programming and services for ill or injured veterans.

Not unaware of the prestigious honour bestowed upon him, incoming Honorary Colonel Bowers said he was more than thankful to be chosen for the job.

Having had a father in the military, Bowers noted that he understood the level of sacrifice made by both the CAF members and their families.

"Growing up in a military family I experienced firsthand how important the military community is and the families that serve it," he said. "I've always considered it a great privilege to be a part of that community."

As the CEO of AMJ Campbell Van Lines, a moving company, Bowers said he is also looking forward to his using his leadership skills to help further strengthen the relationship between the military and civilian community.



Photo by Makala Chapman

Bruce Bowers was appointed as the new honorary colonel for 437 Transport Squadron on Dec. 20, 2017.

As for the work he will be doing with 437 Transport Squadron, he added he was looking forward to meeting the members and to show them his gratitude for the work they do.

"I consider this appointment as your honorary colonel as one of the highest privileges I have ever been bestowed," said Bowers. "I am here to offer my help, to offer my assistance and to offer support in any way that I can."

The honorary colonel system in the Royal Canadian Air Force is made up of former Air Force officers or distinguished Canadian citizens.

Their role is to serve as mentors to commanding officers and squadron members, build relationships between other units, and to ensure that proper customs and traditions are upheld.

Based on information found on the RCAF's website, the act of appointing an honorary colonel can be traced all the way back to 1895.



Former Honorary Colonel Kenneth Ellis thanks 437 Transport Squadron for allowing him to serve them over the past four years on Dec. 20, 2017.

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RCAF Flyers take on U.S. team in rare matchup

By Makala Chapman

The friendly rivalry between Canada and the United States military hockey team will continue as the RCAF Flyers look to one day take back the victor's crown.

It was just before the holidays that the Canadian Armed Forces (CAF) accepted an invitation from the U.S. military to take part in a hockey tournament.

With bragging rights at stake, a team comprised mostly of members from 8 Wing Trenton was quickly assembled – the RCAF Flyers.

The team prepared for the final showdown the best they could and made their way to U.S. military base, Fort Drum, in the state of New York.

The unique opportunity was part of the U.S. All Army Hockey Team, a new program being implemented across the U.S. to collect the country's best military hockey players.

Included in their program was a selection camp, as well as an extensive three-week training session.

Although the Flyers were initially unaware they would be facing some of the top talent the U.S. army had to offer, they welcomed the challenge with open arms.

Accompanying the CAF team to cheer them on was 8 Wing Trenton's Chief of Staff, Lieutenant-Colonel (Lt.-Col.) David Alexander, who said he couldn't have been more proud of the Flyers' efforts.

While the U.S. team managed to topple Canada with a final score of 4-2, Lt.-Col. Alexander said the Flyers certainly made their opponents work for it.

He added that the atmosphere was electric as the friendly rivalry ended up attracting a crowd of more than 1,500 people to the Watertown Municipal Arena, where the game was held on Dec. 16, 2017.

"The RCAF Flyers were clearly played as the role of the villain," Lt.-Col. Alexander joked. "There were about four Canadian fans present, with me being one of them, but it was very fun and high tempo."

Although the game ended up becoming a full-contact match, RCAF Flyers' player Major (Maj.) Andrew Davidson said everyone abided by the rules and it ended up being a clean and fun game overall.

"We did very well considering we effectively had never all played together before," said Maj. Davidson. "We basically had one little quick practice before the game."

As for what the chemistry was like between the two teams, Maj. Davidson verified that while both teams were looking

to win, everyone was indeed friendly and gracious.

"Our team consisted of everyone from aviator to gunner and their team was similar," he explained, adding that there was also a diverse range in the age of the players. "There's no rank in the dressing room and it was just a place to gain camaraderie, to relax and have fun."

Following the game, he added most of the players took part in an impromptu sweater exchange as mementos of the monumental game.

In terms of gameplay, Lt.-Col. Alexander described watching the match and thinking that it was both high-tempo and spirited.

Although the Americans took two goals in the first period, with just two minutes left in the round, he noted Canada was quick to return the favour by putting a goal of their own into the opponent's net.

"It was clear at that point that it was game on," said Lt.-Col. Alexander.

The second period was nothing short of exciting as Canada's goalie, recruited from Canadian Forces Base Petawawa, was put to the test.

"He was phenomenal and just excellent and helped keep the Flyers in the game," said Lt.-Col. Alexander. "He was probably the MVP (most valuable player) of the game. Definitely one of the selected stars for sure."

Moving into the third period, Canada managed to tie things up when they pulled off their second and final goal of the game within just 20 seconds of the start of the period.

"It was very evident that the crowd was quite nervous at that point," Lt.-Col. Alexander chuckled, "but right around 10 minutes the Americans were able to score a lucky rebound and the crowd went nuts."

With just half a minute left in the third period, the Americans managed to sneak their final goal into an open net.

Reflecting on the game as a whole, Lt.-Col. Alexander said he couldn't have been more pleased with the efforts put forth by both the players and the coaches.

"It was an inspired performance by the RCAF Flyers," he said. "I also extend our thanks to the trainer and Ryan Meeks of Personnel Support Programs for a fantastic job coordinating this."

Moving forward, Maj. Davidson said the RCAF Flyers would definitely be open to getting the chance to reclaim Canada's title as the best military hockey team around.



Photos by Colonel Rob Worsham, U.S. Army
Members of team RCAF Flyers and U.S. All Army Hockey Team shake hands after a friendly match of hockey in December 2017.



The RCAF Flyers took on the U.S. All Army Hockey Team at the Watertown Municipal Arena in northern New York in friendly game of hockey in December 2017.



Lt.-Col. David Alexander gives Major-General Walter E. Piatt, Commander of 10th Mountain Division at Fort Drum, a Canadian sweater as a gift.

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8 Wing Trenton- Sports

Badminton playdowns 2017-18

Éliminatoires de Badminton 2017-18

We are looking for Badminton players to represent 8 Wing/CFB Trenton at the Ontario Regional Badminton Championship held in Trenton on Jan 29-Feb 2, 2018.

In order to select a team, playdowns will be played on :

- * **When / Quand:** Jan 18, 2018
- * **Time / Heure:** 0930-1200
- * **Where / Où:** South Side Gym

Playdowns is open to all CAF & Reserves Members. Please register, mentioning the category you would like to compete in, to the undersigned **NLT Jan 12, 2018** / **Les éliminatoires sont ouverts à tous les membres des FAC & Réserves. SVP, inscrivez-vous, en mentionnant la catégorie que vous voulez compétitionner, au plus tard le 12 Jan, 2018 au sous-signé**

Nous sommes à la recherche de joueurs/euses de badminton pour représenter la 8e Escadre/BFC Trenton au Championnat Régional de badminton de l'Ontario qui aura lieu à Trenton le 29 Jan -2 Feb, 2018.

Pour sélectionner l'équipe, des éliminatoires seront joués:

Category	Age
Open	Open Age
Senior	Men 35+
Masters	Men 45+
Women	Open age

8 Wing Trenton- Sports
 Caroline Houle-Laporte
 Mil Sport Coordinator
 Phone: 613-392-2811 x 2349
 Email: caroline.houle-laporte@forces.gc.ca




Finding your English ancestors

Jan. 20, 2018 - The Quinte Branch of Ontario Genealogical Society presents the Crouse Wanamaker Lecture "Making English Connections by using Free and Pay websites to find your English ancestors" by Bob Dawes. At the Quinte West Public Library, 7 Creswell Dr, Trenton from 1-3 p.m. Everyone is welcome, bring a friend. Visit www.roostweb.ancestry.com/~canqbgos

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

UPCOMING SPORTING EVENTS

Event	Date
Curling Playdowns for 8 Wing Trenton (Takes Place at Trenton Curling Club)	January 15
Squash Playdowns (Takes Place at the South Side Gym)	January 16
Badminton Playdowns (Takes Place at the South Side Gym)	January 18
Men Hockey Regional Championship (Hosted by Petawawa)	January 16-19
Women's Hockey Regional Championship (Hosted by Borden)	January 25-28
Curling Regional Championship (Hosted by Kingston)	January 22-26
Squash and Badminton Regional Championship (Hosted by Trenton)	January 29 - Feb 2

Playdowns is open to all CAF & Reserves Members.~ Please register, mentioning the category you would like to compete in, to the undersigned NLT Jan 12, 2018 Les éliminatoires sont ouverts à tous les membres des FAC & Réserves. SVP inscrivez-vous, en mentionnant la catégorie que vous voulez compétitionner, au plus tard le 12 Jan, 2018 au sous-signé

Home of the Week

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PlanNo:2-3-765

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

Services Times/ Heures des services religieux
 Protestant 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:
 Maj (Rev/Rév) Richard Bastien

Unit Chaplains/Aumôniers des unités:
 Capt (Rabbi/Rabbin) Bryan Bowley
 Capt (Fr/Père) John Funelas
 Lt(N)(Fr/Père) Félix Roberge
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Photos of the Week

8 AMS help at local toy drive

Photo by Makala Chapman
 Members of Air Maintenance Squadron helped the Trenton Kinsmen Club sort toys at their annual toy drive on Dec. 15, 2017.



A New Year! With new opportunities for Morale and Welfare Programming!

January is typically met with self-reflection and insight into behaviours that require resolve. Health Promotion provides health education on many topics that centre on our health improvement. Let us provide you with the necessary tools to make 2018 a great year for your health and wellness, **one step at a time**, one course at a time.

A look ahead into some of our upcoming courses:

- January 18 – Mission Nutrition** – a one day Nutrition course designed at optimal fitness and health.
- January 23 & 24 – Alcohol Other Drugs, Gambling and Gaming – Supervisor Training**
- January 29 & 30 – Mental Fitness and Suicide Awareness – Supervisor Training**
- February 2 – Launch of 6 Week Nutrition and Fitness Lifestyle Program**
- February 15 – Respect in the CAF – NEW COURSE!**

To register for a Health Promotion course call us at local 3768 or email us a + Health Promotion on the DIN, or online at hp.cfbtrenton.com. We are a team of 4 professionals with the mandate to provide a high quality morale and welfare programming to the 8 Wing community. **Happy New Year from Lisa, Brenda, Kari Anne and Issy.**




8 Wing Mission Support Squadron

By Cpl David Lovell, 8 Wing TEME Flight



Big things are coming to Canadian Forces Station (CFS) Alert, and the Transportation and Electrical Mechanical Engineering (TEME) Flight are going to help make it happen.

Master Corporal (MCpl.) Jimmy Legacy and Mr. William Granger are working in sync to remove the counter weight of the new crane, as the assembled weight of it is too much to ship as a whole. The unit is 50 tonne and whoever will assemble or disassemble it will have no issues because of its design. The unit was purchased as a pair and TEME Flight has the other one.

Photo by Cpl David Lovell, 8 Wing TEME Flight



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JANUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7 Al-Anon	8	9	10 Hello Wednesdays	11 Mindfulness Pops & Tots Knit & Chat	12	13
14 Al-Anon	15 HERCS – Winter Session Dance with France – Ladies Nights Bellydancing with Amara	16 Living Life to the Full Building Blocks Club – Trenton	17 HERCS – Winter Session HERCS – French session deadline to register	18 Pops & Tots Essential Oils – New Year, New You	19 HERCS – Winter Session	20
21 Creative Sundays Al-Anon	22 Dance with France – Ladies Night Bellydancing with Amara	23 Living Life to the Full Building Blocks Club – Trenton	24 Mental Health First Aid – Veteran Community Hello Wednesdays Picasso & Pinot	25 Mental Health First Aid – Veteran Community Mindfulness Knit & Chat	26	27
28 MFRC Ski Day at Batawa Ski Hill Al-Anon	29 Dance with France – Ladies Night Bellydancing with Amara	30 Living Life to the Full Building Blocks Club – Trenton	31			

New Programs at the Trenton MFRC

Visit our website - www.trentonmfr.ca - or our Facebook page to find new and returning programs or events for adults, children, and the whole family!

Nouveaux programmes au CRFM de Trenton

Visitez notre site internet - www.trentonmfr.ca - ou notre page Facebook pour trouver les nouveaux programmes et événements en plus de ceux qui nous reviennent, pour les adultes, les enfants et toute la famille!

MFRC Day at Batawa Ski Day

Sunday, January 28 is our annual Military Family Ski Day at Batawa Ski Hill. Military families can spend the day on the slopes and enjoy a hot lunch for a discounted price. \$40 or \$30 if you have your own equipment. This includes:

- lift ticket • equipment rental
 - group lesson • BBQ
- Vouchers on sale at MFRC reception.

Journée du CRFM à Batawa Ski Hill

Notre journée annuelle de ski des familles de militaires au Batawa Ski Hill aura lieu le dimanche 28 janvier. Les familles des militaires pourront passer la journée sur les pentes et savourer un dîner chaud à prix réduit. \$40 ou \$30 si vous avez votre propre équipement.

- Comprend :
- remonte-pente • location d'équipement
 - leçon de groupe • barbecue

• Les coupons sont en vente à la réception du CRFM

Winter Jubilee

This year, the Trenton MFRC and PSP are teaming up with the CFB Trenton Pond Hockey Classic on Saturday, February 3, 2018 to host winter activities for the military community and friends!

We invite you to join us at the Batawa Community Centre for the MFRC and PSP's third winter 'Jubilee' event. From 10 a.m. - 2 p.m., there will be plenty of winter (indoor and outdoor) activities for families and individuals with or without children to enjoy.

- Ice skating • Hockey demo
- Wagon rides • Nature walks
- Snow art and sculptures • Indoor games
- Indoor crafts
- Live music by Andie Forgie • And more!

Free hot chocolate and s'mores provided by the Batawa Lion's Club plus kids can enjoy a free lunch!

More details to come.

For more information on the Winter Jubilee, please call 613-965-3575.

Monthly E-News/Social Media

Get the latest news from the MFRC and community at large. Sign-up through our website www.trentonmfr.ca for the monthly E-News and to follow us on Facebook.

Nouvelles mensuelles et Facebook

Ne manquez pas les dernières nouvelles du CRFM et les communautés avoisinantes. Inscrivez-vous par notre site internet www.trentonmfr.ca pour les nouvelles mensuelles par courriel et suivez-nous sur Facebook et suivez-nous sur Twitter !

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