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## 436 Transport Squadron 75th ANNIVERSARY 75e anniversaire du 436e Escadron de transport

# Make-A-Wish families visit 8 Wing Trenton



Photo by Makala Chapman

8 Wing Commander Colonel Ryan Deming greets Make-A-Wish families on Dec. 18.

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By Makala Chapman

On Dec. 18, five families from the Ontario region visited 8 Wing Trenton for an unforgettable experience. With a full itinerary planned, the group spent the day getting a behind the scenes look at how the Royal Canadian Air Force operates. This included a hands-on tour at the 8 Wing Fire Department and a familiarization flight aboard 424 Transport and Rescue Squadron's CC-130 Hercules aircraft. This visit was made possible by the Make-A-Wish Canada – a national organization that grants wishes to children battling critical illnesses. The group began their tour bright and early with greetings by 8 Wing Commander Colonel Ryan Deming and Wing Chief Warrant Officer Dan Baulne. Together, they welcomed the families and made the children honorary members of the Base for the day.

Continued on Page 9



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## Trenton MFRC: Holiday Wreath and Table Raffles

Content courtesy of  
the Trenton MFRC

A big thank you to everyone who supported our annual

Holiday Wreath and Table Raffles in support of our Child Care Program! Together we raised \$2,190 which will help Santa bring

gifts to each of our childcare rooms, an annual tradition we are so happy to continue with!



Photo by Mike Deschamps

(Front row L-R): Aviator (Avr) Reid, Corporal Flynn, Avr Burchell. (Rear row L-R): Private Lajoie, Sergeant Power, Master Corporal Lloyd.

## Mission Support Squadron

By Mike Deschamps

Members of the 8 Mission Support Squadron, Wing Replenishment, enthusiastically went shopping for a very special family recently, in support of the Angela Hayden Adopt a Family Christmas Program initiative.

With money

raised by the unit, along with gifts purchased by members, MCpl Lloyd was able to arrange for some wonderful presents that will surely make a family's Christmas that much merrier.

The Angela Hayden Adopt a Family Christmas Program initiative assists our

Regular, Reserve and Civilian employees of 8 Wing Trenton who may be unable to provide what their children (13 and younger) require for Christmas.

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## CFS Alert: Christmas Card Party

Content submitted

Personnel CFS Alert were humbled by the number of holiday cards filled with well wishes and support that were received from Canadians over the last few weeks.

Station members took an afternoon together in the Mess to read the cards and letters and to answer as many as possible. It was a lot of fun, and everyone was truly touched to know how many people are thinking about

CAF members working away from home during the holidays. The men and women of CFS Alert truly appreciate this support and wish everyone a joyous holiday season and happy New Year.

# 436 Transport Squadron members recognized for hard work and dedication

By Makala Chapman

Daily operations at Canada's largest air base would not be possible without the hard work and dedication of its members. Amongst those working around the clock to ensure the job gets done are members of 436 Transport Squadron. Since they are responsible for operating the CC-130 Hercules aircraft and ensuring equipment and personnel make it where needs to go, both in Canada and abroad, it's no surprise they are one of the RCAF's busiest squadrons.

In recognition of the hard work and achievements of the squadron's personnel, an honours and awards ceremony was held at 8 Wing Trenton on Dec. 5. Hosted by the squadron's Commanding Officer, Lieutenant-Colonel (Lt.-Col.) Andy Bowser, he opened up the ceremony by thanking his members for a great

year. "The accomplishments of the squadron resonate far above the squadron itself," he said. "It's quite humbling seeing what you guys do each and every day." He added he was especially grateful to the families that continue to support the members. Lastly, Lt.-Col. Bowser reminded his squadron to enjoy the holiday season and as they head into the new year, to remember to keep up their continued record of excellence.

Various medals were given out during the ceremony, including several Canadian Forces Decorations (CD). This medal is awarded to members for every 12 years of service they complete in the Canadian Armed Forces. Receiving a certificate of recognition and a coin for her participation in this year's Aerospace Maintenance Competition was Corporal (Cpl) Diana Meuret. The event was held in early spring and saw some of the industry's brightest minds come together from all

across the world. Cpl Meuret, at the time, had said it had been one of the highlights of her career and something she was proud to have had a part in.

Also receiving an award for his dedication to the job was Aviation Systems Technician (AVN tech) Master Corporal (MCpl) Simon Bilodeau. He was presented with his first CD medal for his 13.5 years of service in the military. When asked to reflect on his career, he noted he couldn't have been prouder to do the job he does and enjoys working on the CC-130 Hercules. "Being in the military has been a great opportunity for me to do the things I love like travelling, meeting new people and this job," he said. "If it weren't for the military, I also wouldn't have met my wife, Devon, and that is something I am grateful for." When asked what message he would give to those who are just starting out in their military careers, he smiled, and noted to always



Photos by Makala Chapman

take advantage of any opportunity presented. "Don't be scared of anything that life puts in front of you," he said. "It will be worth it if you put yourself out there and try your best." In addition to his CD, MCpl Bilodeau also received the Commander's Commendation for exceptional work done. He was

given it as a result of his quick thinking when an engine fire erupted during maintenance on the CC-130 Hercules last summer overseas. Crediting his years of training, MCpl Bilodeau said he was able to extinguish the fire before any serious damage to the aircraft was caused. "I was just doing my job," he said modestly.

"We are trained for these situations, so it makes it easier to react if we need to." When asked what he hopes to achieve in his next 12 years of service, MCpl Bilodeau said he was unsure, but is excited for whatever the future holds. "I'm here to serve my country and I'll take anything that comes my way," he said.



BOTTOM LEFT: Cpl Diana Meuret (middle) is presented with an award by Honorary Colonel Cathie Puckering (left) and Lt.-Col. Andy Bowser. TOP RIGHT: MCpl Simon Bilodeau says he's honoured to be recognized for his service and adds it is made all the more special by the support he receives from his wife, Devon.

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# Safety



## Winter Safety: Snowblowers

Snow blowers were designed to replace or minimize shovelling and to make snow removal easier. Snow blowers have various degrees of effectiveness depending on their design and price. If you use a snow blower it is important to recognize that this machine doesn't make snow removal either effortless or risk-free. Nevertheless, while not as strenuous as manual shovelling. Using a snow blower remains physical labour that is done in the snow and cold. Snow blowers can indeed make snow removal more efficient particularly where there is a large area to clean. However, snow blowers do not eliminate manual snow shovelling completely. Sometimes a snowfall is too light and sweeping away snow with a brush or shovel is sometimes easier and faster than firing up a machine. Snow blowers also cannot remove the build-up of ice under the snow.

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

Once you decide to use a snow blower, whether your own, borrowed or rented, it is crucial to read, understand, and follow all safety practices in the Owner/Operator Manual before starting and operating the unit. Make sure you understand the functions of all controls and how to operate them, and how to STOP in an emergency. Failure to follow instructions could result in personal injury and/or damage to the unit.

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

- Always allow unit and engine to adjust to outdoor temperatures before clearing snow.
- Ensure proper guards, plates or other protective devices are in place and working properly
- Stay alert for any unexpected hazard.
- Always be aware of traffic and pedestrians when operating

along streets, curbs, or sidewalks.

- Always be sure of your footing, especially when operating in reverse or leaving the operator's position. Walk, never run, during operation.
- Avoid uneven and rough terrain. Be extra cautious while operating near drop-offs, ditches, or embankments. Units can suddenly turn over if a wheel is over the edge of a cliff or ditch, or if an edge caves in.
- Use extreme caution on gravel surfaces. Adjust runners so a scraper blade does not contact gravel.
- Keep all movement on slopes slow and gradual.
- Use a slow speed to avoid stops or shifts on slope.
- Always look down and behind before and while backing.
- Disengage attachment drive when traveling from one work area to another.
- Run the unit a few minutes after clearing snow to prevent freeze-up of attachment.



ment.

### How can you avoid troubles?

- Abnormal vibrations are a warning sign. Striking a foreign object can damage a unit. Immediately stop the unit and engine and inspect for causes or damage.
- Before cleaning or inspecting
- Turn off the machine
- Remove key
- Allow all moving

parts to stop

- Allow hot parts to cool
- Remove wire from spark plug
- Always allow an engine to cool before servicing.
- Do not use your hands to remove materials. Fingers have been amputated when the blade has rotated unexpectedly. Use a small shovel, tool, or stick instead.

### What is the proper way of fuelling snow

blowers?

#### DO

- Fuel is highly flammable and its vapours are explosive. Handle with care. Use an approved fuel container.
- Replace a fuel cap securely and clean up spilled fuel.

#### DO NOT

- NO smoking, NO sparks, NO flames.
- Do not fill a fuel tank when an engine is running, or when hot from operating.

## 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 Colonel Ryan Deming, OMM, CD. The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CAF or other agencies.

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

The CONTACT is produced weekly under a Publication Service Agreement with a division of Metroland Media Group.

### 8 Wing Personnel

**Publisher:** Colonel Ryan Deming, OMM, CD

**Proprietor:** Her Majesty the Queen, in right of Canada, as represented by the Commander of 8 Wing, Canadian Forces Base Trenton, P.O. Box 1000 Stn. Forces, Astra, ON K0K 3W0 Canada

**Public Affairs, Internal Comms:** 8 Wing Public Affairs

**PSP Manager:** Todd Peddle

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**Circulation:** Abe Fakhourie 905-215-0443

845 Farewell Street, Oshawa Ontario L1H 7L5, CANADA

**SUBSCRIPTIONS:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

## 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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# Caring for military families in need this holiday season

By Makala Chapman

Christmas morning will be nothing short of magical for some very special military families at 8 Wing Trenton. In fact, thanks to the volunteers and the Angela Hayden Adopt a Family Christmas Program (AHAFCP) a total of 10 families are set to be treated to an unforgettable Christmas.

But, while Christmas should be a time of cheer, that's not always the case says the program's coordinator retired Warrant Officer (WO) Sandy Driscoll. Instead, it might be a time of stress and hardship. This especially holds true in the mili-

tary community where families are often faced with a myriad of different challenges including deployments or postings. In addition, families may also be dealing with things such as unexpected illnesses and family emergencies. As a result, finding the time to ensure gifts are bought and wrapped becomes that much more challenging. But it's through initiatives, such as the AHAFCP, that military families in need don't have to be shy to ask for a helping hand when they need it the most.

The not-for-profit program has been in place for more than 25 years and has since helped bring relief to hundreds of families. "This is meant to be a one-time thing for

our reserve or regular force members, as well as DND (Department of National Defence) civilian families, in need," explained WO (ret'd) Driscoll. "Anybody can fall on hard times so it's important that those of us who are in a good position help by stepping up." But, she noted that the program has only been made possible with the help of the community and members of 8 Wing Trenton. Each year, various squadrons and units volunteer to "adopt" a family and purchase gifts for the children in need. In addition, as tradition would have it, students at St. Paul's Secondary School provide food hampers so that families may also enjoy a Christmas meal.

This year was certainly no exception as WO (ret'd) Driscoll noted that over dozens of gifts had been donated, wrapped and ready for their forever homes. "I'm always overwhelmed by how generous the units are," said WO (ret'd) Driscoll. "I just hope that when these children get up on Christmas morning and see how much people have cared for them, they will be reminded that there is good in this world." As for the most touching part of the whole experience, WO (ret'd) Driscoll said it was seeing the overwhelming emotions of gratitude from the families on the receiving end. She added that this year's campaign was especially heartwarming as one of last

year's families, who had been recipients of the program, stepped up to pay it forward and volunteer their time. "As long as there's the need, even if it's just one family," said WO (ret'd) Driscoll, "this program will be here for our military families."

Speaking to how honoured he was to be volunteering his time with the program, as he has done for more than 20 years, was Chris Kulbach. What makes him an especially important member of the Christmas program is the fact that he is the nephew of the late Angela Hayden – founder of the charitable initiative and a former civilian employee at 8 Wing Trenton. In 2004, Hayden, Kulbach and his mother, Heather,

were involved in a serious car crash. Kulbach was the only survivor of the tragic event. While the loss is still hard to think about, taking a moment to reflect, Kulbach said he was confident that both his aunt and mother would have been proud to see the program running to this day. "I volunteer every year as a way to honour their legacies," he said. "My aunt didn't have children, but through this program, she treated all the families she helped as if they were her very own." He added that he was especially grateful to WO (ret'd) Driscoll for carrying on the program and noted he was already looking forward to next year's event – should the need be there.



Photos by Makala Chapman



LEFT: Members of the Angela Hayden Adopt a Family Christmas Program stand amongst the hundreds of gifts donated by both the military and civilian community in December 2019. RIGHT: Warrant Officer (ret'd) Sandy Driscoll and Sergeant (ret'd) Ashley Martin help organize the dozens of gifts donated to this year's families in need.



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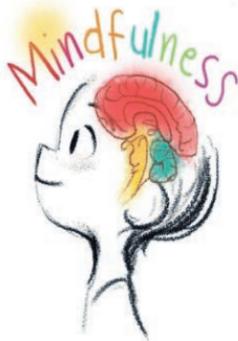


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8 Wing Trenton- Sports

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**Where:** CFB Kingston

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**Où:** BFC Kingston

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8 Wing Trenton- Sports

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# Happenings at the Falcon's Nest: 412 Transport Squadron

By Major Eric Martinat

Receiving "Wings" is a regular occurrence in the Air Force. Aircrew Wings standard is the goal of all aviators. Being airborne is where aircrew long to be and the coveted "wings" is our ticket to ride. So, imagine someone who has spent their entire career in the Army or Navy and is now transplanted to an operational Air Force squadron. A place where they are expected to carry out their duties in a new and unfamiliar environment, in turbulence at 36,000 feet above the North Atlantic for example. Add to that the expectation of providing impeccable service to VVIP passengers like the Prime Minister of Canada or the Governor General and there you have the job requirements of a 412 Sqn Flight Steward.

Made up of almost entirely Army and Navy cooks, 412 Transport Squadron's (Sqn) Flight Stewards perform culinary miracles daily and provide 5 Star service

to 412's clients. After intensive training on subjects including aircraft safety, passenger handling, emergency procedures, the Flight Stewards conduct training missions domestically and internationally and, once they are deemed to have the requisite knowledge, skills and abilities, they are awarded their coveted "wings". At 412 Sqn, Commanding Officer Lieutenant-Colonel (Lt.-Col) Al Merilainen awarded Flight Steward Wings to 3 successful candidates: Sergeant (Sgt) Dany Cabana, Master Corporal (MCpl) Steven Sevigny and MCpl Eric Charest. 412 Sqn also awarded CD medals to Captain (Capt) Nick Fisette, MCpl Stephan Potvin, Master Seaman (MS) Karen Boot and a Platinum Force Test certificate and Clasp to Capt. Patrick Robichaud.

In closing, 412 said goodbye to MS Karen Boot as she is posted to 437 Transport Squadron at 8 Wing Trenton. On behalf of the Sqn, Sgt. Cabana thanked her for her exemplary service and wished her the best at her new Sqn. Congratulations to all.



Photos by Major Martinat



Master Seaman Karen Boot is awarded her CD medal from LCol Merilainen

Below: MCpl Stephan Potvin is awarded his CD medal from LCol Merilainen



From top down: MCpl. Eric Charest receives his Flight Steward Wings from LCol Merilainen  
Sgt. Cabana honours MS Karen Boot's contribution to Service Excellence at 412 Sqn on her departure  
MCpl Steven Sevigny receives his Flight Steward Wings from LCol Merilainen  
Sgt. Dany Cabana receives his Flight Steward Wings from LCol Al Merilainen



Capt Patrick Robichaud is awarded his Platinum Level Forces Test certificate and clasp from LCol Merilainen

Below: Capt Nicholas Fisette is awarded his CD medal from LCol Merilainen



**\*From the Staff and Management of Canadian Tire Trenton\***

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# A message from the 8 Wing Trenton Commander



Members of 8 Wing / CFB Trenton,

While it seems like only yesterday that I stood before you proudly as your new Commander, during the past 5 months you have accomplished great things. Whether your role is that of essential support or on the forefront of delivering effects, your dedication and professionalism continues to be inspiring – both from a military/defence perspective as well as that viewed through the lens of Canadian citizens.

Despite the challenges you have encountered, you have overcome adversity and delivered in spades. You have embraced your responsibility to the mission, our people, our community and our history and future.

As the holiday period quickly approaches, I wish to take a moment to thank you. Thank you for your tireless efforts, thank you for putting service before self and thank you for enabling the 8 Wing and CAF missions. While I am cognisant that many of you will maintain a high operation-

al tempo over the festive season, I have a personal request. Please take a moment to thank your family and friends for their endless support and encouragement. Without them, our organization would not be effective. Please pause to salute those deployed on operations both nationally and internationally, those that are enabling us to down tools for a brief period. Finally, reflect on unit and personal accomplishments. Be proud of the leadership you have demonstrated and how you have made a difference. The WCWO and I are amazed and humbled by the entire team that represents our wing and base – regardless of whether you are a military member, DND employee or one of our important defence partners. A special thank you to 412 and 440 Squadrons who wear the 8 Wing crest with pride and to “the frozen chosen” maintaining our foothold in the north.

Happy holidays to you and all yours, I am honoured to be your Commander!

À l'intention des membres de la 8e Escadre et de la BFC Trenton,

J'ai l'impression qu'hier encore, je me tenais devant vous avec fierté en tant que votre nouveau commandant, mais au cours des cinq derniers mois, vous avez accompli de grandes choses. Que vous jouiez un rôle de soutien essentiel ou de premier plan pour obtenir des résultats, votre dévouement et votre professionnalisme demeurent une source d'inspiration, aussi bien du point de vue des militaires et de la défense que de celui des citoyens canadiens.

Malgré les difficultés que vous avez rencontrées, vous avez surmonté l'adversité et accompli un excellent travail. Vous avez assumé votre responsabilité à l'égard de la mission, de nos concitoyens, de notre communauté, de notre histoire et de notre avenir.

À l'approche de la période des Fêtes, j'aimerais prendre un moment pour vous remercier de vos efforts inlassables, de mettre le service avant vous et de contribuer aux missions de la 8e Escadre et des FAC.

Je sais que bon nombre d'entre vous maintiendront un rythme opérationnel

élevé pendant la période des Fêtes, mais j'ai une demande personnelle à faire. J'aimerais que vous preniez quelques instants pour remercier votre famille et vos amis de leur soutien et de leurs encouragements. Sans eux, notre organisation ne serait pas aussi efficace. Je vous invite également à saluer les soldats qui participent à des opérations nationales et internationales et qui nous permettent de prendre une courte pause.

Enfin, réfléchissez aux réussites de l'unité ainsi qu'à vos réalisations personnelles. Soyez fier du leadership dont vous avez fait preuve et de la façon dont vous avez fait une différence. L'adjudc Ere et moi sommes ébahis devant toute l'équipe de notre escadre et de notre base, que vous soyez un militaire, un employé du MDN ou un de nos principaux partenaires en matière de défense. Un merci tout spécial aux 412e et 440e Escadrons qui portent fièrement l'écusson de la 8e Escadre et aux « élus du Grand Nord » qui maintiennent notre présence dans le Nord.

Joyeuses fêtes à vous et à tous les vôtres! Je suis honoré d'être votre commandant!

**Continued from page 1**

Next, the special visitors were taken to their first stop – the 8 Wing Fire Department. There, the children got the chance to try on different equipment, climb aboard a firetruck and take pictures with ‘Sparky’ the mascot. They also met some of the on-duty firefighters who shared what it’s like to do their job and the importance of fire safety. The group then headed over to 424 Transport and Rescue Squadron where they got the chance to climb aboard a CC-130 Hercules aircraft. Taking to the skies for a familiarization flight, the families were given a birds-eye-view of the Bay of Quinte region, as well as the opportunity to see the aircrew staff in action. Speaking to how much her 14-year-old daughter, Milana, had enjoyed the flight was Michelle Scheidegger. “She loves flying,” she said with a smile. “She just closes her eyes and finds it so relaxing.” Taking a moment to pause, Scheidegger said she couldn’t have been more grateful to the foundation for making the day at 8 Wing Trenton possible. “For the families receiving a wish, the trip they go on is truly life-changing,” she said. “It’s memories built, family bonding and connecting with other families that understand what you may be going through.” When asked what it meant for children, like her daughter, to have their wishes granted, she smiled and said it was something they would remember for the rest of their lives. “It’s heartwarming that everyone came together to coordinate this event,” said Scheidegger.

After the flight, the group then visited the south side of the Base where they met with the Military Police (MP) and the Explosive Ordnance Disposal unit. Similar to at the fire department, the children were given a behind the scenes look at the equipment used on a day-to-day basis. Following their visit with the MPs, the guests made their way to the Yukon Galley for some lunch. As soon as they arrived, they were welcomed



*Photos by Makala Chapman*

*Families with Make-A-Wish Canada stopped in at 8 Wing Trenton’s Fire Department for a tour on Dec. 18.*

with warm smiles, Christmas music and gifts from the 8 Wing Foods team who came together to make the day as special as possible. Responsible for ensuring thousands of meals are prepared each day, both on Base and aboard the aircrafts, this was a great opportunity for 8 Wing Foods to demonstrate their training in hospitality and food preparation. The children were presented with classics like gourmet macaroni and cheese, hand-breaded chicken fingers and oven-baked pizza slices. “This is all for the kids and we were so happy to make this special for them,” said the Yukon Galley’s Sergeant (Sgt) Martine Boily. “We love what we do here, we love to cook and know how much food can bring people together. I just love seeing the smiles on the faces of the kids.” Also noting how honoured she was to help make lunchtime special

for the families was the Yukon Galley’s Chief Petty Officer Second Class (CPO2) Isabelle Allaire. She noted she couldn’t have been prouder of her team for stepping up and making the meal a memorable one. “Everyone here (the staff) have kids and know the importance of a special day and the impact it can have on a child,” she said. “This is our first time we have ever done something like this, and we hope they remember this day because we certainly will.” To make the day even more special, she added that the 8 Wing Foods team collectively decided to donate their unit fund to buying the families a special gift. Each family was sent home with a gift card to Toys R’ Us so they could enjoy some gifts around the holiday. In addition, the Yukon Galley teamed up with the CANEX military store, who also donated five electronic tablets for each family.

“Everyone on my team contributed,” said CPO2 Allaire. “This is all for the kids and we were so proud to be a part of their special day.” Following lunch, the visitors headed to their last stop of the day at 426 Transport Training Squadron. There, the families enjoyed learning about the state-of-the-art flight simulators and some of the elements needed to train future pilots, technicians, and loadmasters. Speaking to how pleased he was to have the Make-A-Wish families visit for the day was 8 Wing Trenton Public Affairs Officer Captain Graeme Scott. “Everyone involved went above and beyond to make sure the day was as special as possible for the families involved,” he said. “CFB Trenton personnel are always willing to go the extra mile when needed and that was clearly on display today.”



*Families enjoy a meal prepared by the 8 Wing Foods team at the Yukon Galley with a special visit from Santa Claus.*



*Make-A-Wish families visited the 8 Wing Fire Department and took photos with Sparky the mascot.*



*Members of 8 Wing Foods at the Yukon Galley say they were honoured to make the day special for the Make-A-Wish families.*

*Hair Central*  
*welcomes Pam to our awesome team.*  
*Merry Christmas &*  
*Happy New Year to everyone.*  
*See you in the New Year.*  
*Walk-Ins or By Appointment*  
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**December 2019/January 2020**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22	23 MFRC	24 CLOSED	25 FOR	26 THE	27 HOLIDAYS	28
29	30 MFRC	31 CLOSED	1 FOR	2 THE	3 HOLIDAYS	4
5	6 MFRC is open 8 a.m. - 5 p.m. *Register for Second Language Classes	7 MFRC is open 8 a.m. - 5 p.m.	8 MFRC is open 8 a.m. - 5 p.m. Dance with France Couples lessons begins	9 MFRC is open 8 a.m. - 5 p.m. Knit & Chat	10 MFRC is open 8 a.m. - 5 p.m.	11
12 Francophone Film 'Menteur' at Centre Theatre Trenton Dance with France - Ladies Night begins	13 Mindful Masters begins	14 Kids Have Stress Too begins	15	16	17	18

● **Trenton MFRC - Trenton Location**

Monday - Thursday: 8 a.m. - 6:30 p.m.  
 Fridays: 8 a.m. - 5 p.m.  
 Child care hours remain the same

● **Holiday Hours**

Trenton MFRC  
 OPEN: December 16 - 19, 8 a.m. - 5 p.m.  
 OPEN: December 20, 8 a.m. - 4 p.m.  
 CLOSED: December 23 - January 5  
 OPEN: January 6 - 10, 8 a.m. - 5 p.m.  
 REGULAR HOURS: January 13

● **Dance with France - Ladies Latin Dance**

Ladies Latin Dance: Beginning Sunday, January 12, 2020, 3 - 4 p.m.  
 \$70 for 10 weeks  
 Belleville MFRC, 610 Dundas St. E  
 Treat yourself to a night out each week and learn to dance with France!  
 Course includes 10 weeks of choreographed instruction.  
 Register at the TRENTON MFRC by January 8, 2020  
 Note: No classes Family Day, February 17 & March Break, March 15.

● **Dance with France - Couples Ballroom Dance**

Couples Ballroom Dance (Smooth & Latin); Beginning Sunday, January 12, 2020  
 4 p.m. - 5 p.m.  
 \$120 per couple for 10 weeks  
 Belleville MFRC, 610 Dundas St. E  
 This class is designed for couples who want to learn Latin dancing.  
 Bring a partner and your dancing shoes! Course includes 10 weeks of instruction.  
 Register at the TRENTON MFRC by January 8, 2020  
 Note: No classes Family Day, February 17 & March Break, March 15.

Trenton Child Care & St. Mary's Program

CLOSED: December 23 - January 5  
 OPEN: January 6

Belleville Child Care

CLOSED: December 23 - January 5  
 OPEN: January 6

Batawa Child Care

CLOSED: December 24 - January 1  
 OPEN: January 2

● **Second Language Classes**

Learn a new language in 2020!  
 Whether it be French, English or Spanish, we will assist you every step of the way. The next Second Language Training session begins January 13.  
 Registration deadline is January 6.  
 To register, please contact Nathalie Vadeboncoeur:  
 • 613-392-2811 ext. 3855  
 • nathalie.v@trentonmfr.ca

● **Francophone Movie Morning- Menteur**

The Trenton MFRC brings one of the latest French comedies produced and filmed in Quebec (summer 2019) which will be presented at the Centre Theatre: 'Menteur' Sunday, January 12 at 10 a.m.  
 Please purchase your ticket at the Trenton MFRC prior to January 10.  
 \$5/regular ticket or \$8 combo - Tickets in advance  
 \$6/regular ticket or \$10 combo - Tickets at the door  
 Come to laugh, relax and practice your French!

**DANCE WITH FRANCE**  
 Sundays beginning January 12, 2020  
 Danse avec France- Les dimanches débutant le 12 janvier, 2020

**Couples Ballroom Dance (Smooth & Latin)**

4 p.m. - 5 p.m. | \$120 per couple for 10 weeks  
 Belleville MFRC, 610 Dundas St. E  
 Register at the TRENTON MFRC by January 8, 2020

**Couples Latin Dance**

16h - 17h | 120\$ par couple  
 CRFM de Belleville, 610 Dundas St. E  
 Inscrivez-vous au CRFM Trenton d'ici le 8 janvier 2020



**TRENTON MFRC SKI DAY**  
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# A message on wellness over the holidays

Fellow 8 Wing/CFB Trenton members,

We have had a typically busy year here at 8 Wing/CFB Trenton and in the coming days it will be time for many of us to take a much-deserved break. Let's not forget those members from Trenton who will be deployed this holiday season, nor those who will be hard at work enabling and executing air operations over the leave period.

Chers membres de la 8e Escadre/BFC Trenton,

Comme toujours, nous avons eu une année chargée ici à la 8e Escadre/BFC Trenton, mais beaucoup d'entre nous jouirons bientôt d'une pause bien méritée. Ayons une pensée pour nos confrères et consœurs qui seront en affectation à l'étranger pendant les fêtes, ainsi que pour ceux et celles qui continueront de travailler fort et de veiller au déroulement des opérations pendant cette période.

N'oublions pas cependant que le temps des fêtes n'est pas toujours

We must recognize that the holidays are not always a happy time for everyone, nor should we stigmatize those for whom this time is difficult. Rather, we encourage you to reach out to your squadron-mates, co-workers, friends and family members who may be having difficulties and make yourself available. Even simple things like a phone call or coffee can make a difference for those in need.

If you find yourself struggling or in need of someone to talk to over the

synonyme de réjouissances pour tout le monde. Pour certaines personnes, cette période de l'année est particulièrement difficile, et nous devrions être sensibles à cette réalité. Nous vous encourageons à aller vers vos collègues, vos amis et les membres de votre famille qui vivent peut-être des moments difficiles. Passez-leur un petit coup de fil ou invitez-les à prendre un café : ce sont là des petits gestes qui peuvent apporter beaucoup de réconfort.

Si vous vivez vous-même une période éprouvante ou si vous avez simplement besoin de parler à quelqu'un,

holidays, the Wing Duty Chaplain is available 24/7 by calling Wing Operations at 613-392-2811x 2232. Member and Family Assistance Services are also available for military and civilian employees at 1-800-268-7708. For families in need of support contact 1-800-866-4546.

Please make safe and responsible decisions over the holidays and remember that there are many alternatives to driving in order to get home after parties. These options include desig-

nated drivers and taxi cabs. Driving impaired is never an option. Chief Warrant Officer Baulne and I wish you a safe and restful holiday and we thank you and your families for the dedication and commitment to the mission shown each day.

vous pouvez communiquer en tout temps avec l'aumônier de service de l'Escadre au 613-392-2811, poste 2232. Les militaires et les employés civils peuvent également communiquer avec les Services d'aide aux militaires et aux familles au 1-800-268-7708. Les familles peuvent obtenir de l'aide en composant le 1 800 866 4546. Soyez sages et responsables pendant vos vacances, et n'oubliez pas qu'il existe d'autres solutions pour rentrer à la maison que de prendre le volant; par exemple, en taxi ou avec un conducteur désigné. Conduire avec les facultés affaiblies ne devrait jamais

être une option.

L'adjudant-chef Baulne et moi-même vous souhaitons de très bonnes vacances! Soyez prudents et reposez-vous bien! Nous vous remercions, ainsi que vos familles, pour votre dévouement à la mission dont vous faites preuve chaque jour.

Col R. G. Deming, commandant de la 8e Escadre/BFC Trenton  
Adjuc D. Baulne, adjudant-chef de la 8e Escadre Trenton



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