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437 Transport Squadron 75th ANNIVERSARY 75e anniversaire du 437e Escadron de transport

Emergency housing unit renovated for military families in need



Photos by Makala Chapman

Members of 8 Wing Trenton celebrate the re-opening of 2 Godfrey Drive as an emergency housing unit on March 26.

By Makala Chapman

Military families in need of emergency housing can once again call 2 Godfrey Drive home. The detached house, located just steps from amenities like the Trenton Military Family Resource Centre, recently underwent extensive renovations due to a fire that ravaged the home in 2016. As a result, the three-bedroom house is now arguably the envy of the block. The finished product was officially unveiled at a ribbon cutting ceremony and open house event held on March 26. Those in attendance

were also showcased. As an example, the home now boasts light-emitting diode (LED) lights, an on demand hot water heater, spray foam installation and a heat recovery ventilation system (HRV). In attendance to inspect the handiwork of 81 CEF was 8 Wing Commander Colonel (Col.) Mark Goulden. He noted he couldn't have been more appreciative of all those that had a hand in renovating the home. "This project is very important to us because it supports our families in times of need," he said. "It's not a resource that's very common and it's something we're very proud to have." Also on hand at the open house to talk

Continued on page 6



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Sat/Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Balloon Stomp Ages 8-12 6-9 p.m.	2 CLOSED
3 CLOSED	4 Apple volcanoes Ages 6-8 6-8 p.m.	5 Chill Zone Ages 12-16 6-9 p.m.	6 CLOSED	7 Two Truths and a lie Ages 10-14 6-9 p.m.	8 Would you rather? Ages 8-12 6-9 p.m.	9 CLOSED
10 CLOSED	11 Balloon Art Ages 6-8 6-8 p.m.	12 Chill Zone Ages 12-16 6-9 p.m.	13 CLOSED	14 Dodgeball Ages 10-14 6-9 p.m.	15 St. Patty Cakes Ages 8-12 6-9 p.m.	16 CLOSED
17 Saint Patrick's Day CLOSED	18 Whimsical Rainbow Shaker Wands Ages 6-8 6-8 p.m.	19 Chill Zone Ages 12-16 6-9 p.m.	20 CLOSED	21 Charades Ages 10-14 6-9 p.m.	22 CLOSED For Spring Fling Dance	23 CLOSED
24/31 CLOSED	25 Balloon Rockets Ages 6-8 6-8 p.m.	26 Chill Zone Ages 12-16 6-9 p.m.	27 CLOSED	28 Red Cup Stem Challenge Ages 10-14 6-9 p.m.	29 Minute to Win it! Ages 8-12 6-9 p.m.	30 Brunch and Ball Hockey Ages 6-12 \$5.00 pp

<p>Attention: Please note the age changes on the weeknight events - changes are made to better meet the needs of our youth.</p>	<p>Mondays: 6-8 years Tuesdays: 12-16 years Wednesdays: CLOSED Thursdays: 10-14 years Fridays: 8-12 years</p>	<p>Brunch and Ball Hockey Join us for a day of fun outdoors! 11 a.m. - 2 p.m. \$5.00 pp Register by Mar. 27</p>	<p>'Chill Zone' Now TUESDAYS Don't miss out on a night of fun. You set the theme of the night; board games, video games, food or just 'chilling', we're in!</p>
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Attention membres de la communauté des Vétérans

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Mais sauriez-vous comment aider quelqu'un qui a une attaque de panique?

Devenez certifié en Premiers soins en santé mentale

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Les Premiers soins en santé mentale communauté Vétérans sont les premiers secours offerts aux personnes en voie de développer un problème de santé mentale ou traversant une crise de santé mentale. Cette formation n'enseigne pas à devenir thérapeute ni intervenant mais permettra aux membres de la communauté Vétérans d'être en mesure d'intervenir auprès d'une personne qui traverse une crise ou qui manifeste les premiers signes d'un trouble mental.

Pour plus de renseignements et afin de vous enregistrer pour cette session, SVP communiquer avec :

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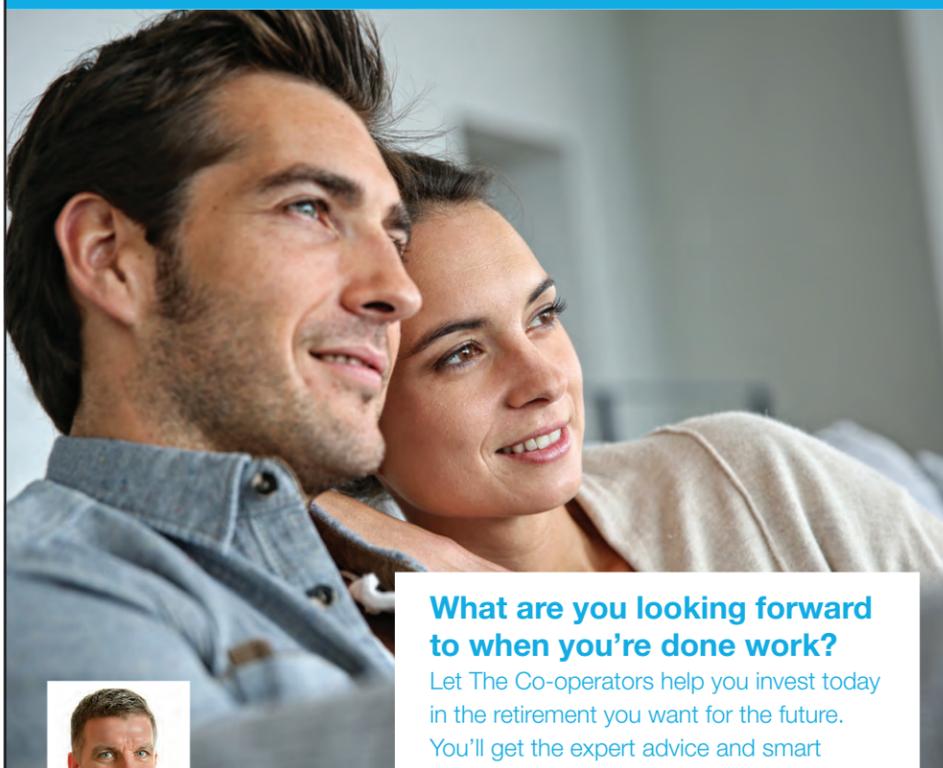
Rejoignez-vous afin de devenir certifié en PSSM. La formation sera offerte gratuitement aux membres de la communauté Vétérans. Merci de noter que les sièges seront attribués sur la base du premier arrive, premier servi en raison de la capacité limitée de la formation.

Date : 2 & 3 avril 2019
Date limite d'inscription : 19 mars 2019
Heure : 08h30 – 16h30
Endroit : Chapel Notre-Dame-de-la-Paix
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Pond Hockey Classic scores serious funds for veterans and local hospital

By Makala Chapman

Organizers with the CFB Trenton Pond Hockey Classic can now breathe a sigh of relief as they've once again reached their annual campaign goal. On March 4, members of the Quinte West community and 8 Wing Trenton gathered at the Trenton Memorial Hospital for the official cheque unveiling. The modest crowd erupted in applause when it was revealed that this year's tournament, which was held from Feb. 1-3, had brought in \$80,000 in donations. It was also unveiled that since the event's inception, almost a decade ago, more than \$372,000 has been raised. Like in previous years, the funds will be split between the Trenton Memorial Hospital Foundation (TMHF) and Wounded Warriors Canada (WWC). On hand to accept the donation on behalf of WWC was Steve Topham, the organization's national partnerships director.

He noted that the funds were crucial in helping WWC deliver the various programs to the more than 2,000 veterans, first responders and their families they've aided since the organization's inception. "This is all due in part to the fact that we have these incredible sponsors and partners throughout the community that put on events like this," he said. "The funds raised today will 100 per cent go into programming." Also noting how grateful the foundation was

to be chosen as this year's recipients was Wendy Warner, TMHF's Executive Director. "We have been so fortunate that our community continues to step up," she said. "It's coming back leaps and bounds and is securing our hospital for the future." Warner added that as the charitable arm of the hospital, the foundation is responsible for helping secure the money needed to acquire new medical equipment and tools. She went on to explain that both last year and this year's contributions from the

erized tomography (CT) scan, also known as a CAT scan. "It's the core of an emergency department in a hospital because at least 60 per cent of all emergency cases use it," she said. "It's a vital piece of equipment for us and 100 per cent covered by donations." As for the future needs of the hospital, she noted there was always more equipment and tools to buy. This year's focus will be on acquiring items such as an ultrasound machine, x-ray machine and more. Event organizer Captain (Capt.) Jeffrey Moorhouse was also on hand at the cheque unveiling and noted he was grateful to have been a part of help pay for a new comput-

paigned reach its goal, but also, the silent auction portion of the tournament had shattered its previous record of \$16,000 by raising more than \$21,000 this year. He also estimated that more than 1,000 people came through the Batawa Community Centre to enjoy the hockey tournament, as well as the Trenton Military Family Resource Centre's 'Winter Jubilee', which was also held on premise. "The military is very appreciative of when we get support from the community," said Capt. Moorhouse, "so this is just one little way we can give back to our community." As for next year's event, he said the dates were already set and the planning committee would be meeting soon to get things underway.



Photos by Makala Chapman

Members of 8 Wing Trenton, Trenton Military Family Resource Centre, Scotiabank, Wounded Warriors Canada, City of Quinte West and Trenton Memorial Hospital Foundation celebrate reaching the event's campaign goal.



Capt. Moorhouse is all smiles as this year's CFB Trenton Pond Hockey Classic was able to reach its goal of \$80,000.

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These are signs of an emergency, which requires first aid and prompt medical attention: A person collapsing, unable to get up. Chest pains lasting two minutes or more, indicating a possible heart attack. Uncontrolled bleeding. A fracture.

Here's what to do first:

- Look after your own safety first. Do not put yourself in danger by entering a hazardous accident scene or coming into contact with another person's blood.
- Call for emergency help.
- In many areas, dialing 9-1-1 will put you in touch with the ambulance, police or fire departments.
- Be prepared to give this information: What happened, where it happened and your telephone number. Stay on the line until the dispatcher tells you to hang up. If you are in a building such as your home, turn on the outside lights so emergency responders can find you.
- If possible, have someone help direct the emergency responders to the scene.

Here are some quick tips on giving first aid to care for the person until medical help arrives:

- Do not move the patient unless he or she is in immediate danger such as fire, drowning or being struck by a vehicle.
- If there is a chance the person has received an injury to the head, back or neck, immobilize the injured area. Any movement may result in a spinal cord injury causing paralysis.
- If the person is not breathing or does not have a pulse, begin rescue breathing and/or CPR (CardioPulmonary Resuscitation) if you are trained to do so.
- If the person is bleeding heavily, apply a sterile bandage.
- If you can, elevate the injured part and apply direct pressure to the wound.
- Important note: Try not to come into contact with blood or other bodily fluids from the injured person because



Photo by Makala Chapman

Members of 24 Canadian Forces Health Services go through a mock scenario where they practice administering medical care to a patient. This is a training exercise conducted in December 2017.

- of the risk of bloodborne diseases such as HIV which causes AIDS or HBV which causes Hepatitis B.
- If a fracture occurs, keep the injured area still. If you are far from medical help, you may have to make a splint to prevent further injury. Do not attempt this unless you know how.
- Protect the patient. Keep him or her covered for warmth.

- Have ready access to a first aid kit, including gloves to protect you from contact with blood. Post emergency numbers, as well as your own address, near phones in your workplace and home.

Be prepared for a first aid emergency. Get training in first aid and CPR.

The Contact Newspaper

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

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

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

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

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ARTICLES AND PHOTOS

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

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

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

Letters to the Editor:

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



A Military Community Newspaper

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



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Local high school competes in regional tournament



Photo by Alexandra Bradbury

Members of the École secondaire publique Marc-Garneau volleyball team.

By Fiona Patterson

Two local volleyball teams went head to head in a nail-biting match in Peterborough on Feb. 22 for the girl's junior Central Ontario Secondary Schools Association (COSSA) A title. École secondaire publique Marc-Garneau (ESMG) and defending champions Quinte Christian High School battled it out in a close five set game that saw ESGM claim the 2019 trophy. Also at Junior COSSA A this year, the hosting school, Kenner Collegiate Vocational Institute (KCVI), finished in 4th,

and Campbellford District High School in 3rd after defeating KCVI in two sets in the consolation match. COSSA is the highest level of competition for high school varsity junior girls volleyball, and covers the areas of Hastings and Prince Edward counties as well as the Kawarthas. ESGM is a grades 7-12 French first language high school located in Trenton, with an enrollment of about 120 students. The ESGM junior girls team also claimed the Bay of Quinte championship title in Madoc last month, advancing them to COSSA.



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Continued from page 1

about the renovation project was Captain (Capt.) Peter Warford from 81 CEF and Major Brent McIntyre, the Officer Commanding of 8 Construction Engineering Support Flight (8 CESF). Both agreed that while the renovations on the home had been a large undertaking, it had served as an excellent training opportunity for their men and women. "There was some issues with the electrical and when the walls were opened up for repair, it was noted that the damage was much larger than originally thought," said Capt. Warford. "But I'm extremely proud of the work and couldn't be happier." As a unit comprised of several apprentice carpenters, electricians and plumbers, he noted that this housing project had been 60 per cent of their on the job training. Speaking to how happy she was to have the home finished was Leah Howe, 8 Wing Trenton's hospitality and services director. She noted that having the emergency house was the ideal option as it would give families going through challenging times a little more space and privacy than a hotel room. "There's room for children to play and it's more of a sense of home," she said. "This will give families a chance to regroup and hopefully move forward positively." As for the next steps, Howe said ensuring all the furnishings were in place was the main goal so that the home could be fully operational and ready within the week. She added that when the home is not being used as an emergency shelter, visiting family and friends to the area are welcomed to rent it. The only stipulation being that if there is a crisis, in which a family would need the home, anyone else would have to vacate the premise. "There have been some opportunities in the last couple of years where it would have been a benefit to have it," she explained, "so I'm glad the house is back."



Colonel Goulден is shown some of the features that make the house both economically and environmentally friendly.



Colonel Goulден speaks with Leah Howe on the importance of having emergency housing available to military members in need.



The finished kitchen of 2 Godfrey Drive.



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Hasty Ps Pic of the Week

Content submitted

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Mission Support Squadron



Photo by Master Corporal Rosebush

By Aviator Autumn-Rose Flynn

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CFS Alert: Sunrise Ceremony



Photo by Chris Seymour

Content submitted

On March 3, CFS Alert held their annual Sunrise Ceremony to celebrate the sun once again shining on the station. The ceremony was held to coincide with the 'solar noon' of 11:21 a.m. Unfortunately, overcast skies prevented the sun's appearance as scheduled. Nevertheless, station personnel persevered with the help of a raging bonfire, games, and snacks on the edge of the Arctic Ocean. Members took this opportunity to breathe the fresh arctic air and explore the fields of ice in the area. Thanks to everyone who organized the event.

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Upcoming local events

March 14 - Michael Runtz presents "Algonquin Wild: A visual exploration of the changes in Algonquin Park's flora and fauna through the four seasons". Part of the Hastings Stewardship Council Winter Speaker Series. 7-9 pm at the Community Hall, 11379 Hwy 62, Ivanhoe, north of Belleville. For information, contact 613-848-7697 or info@hastingsstewardship.ca.

March 15 - The Quinte Branch of Ontario Genealogical Society will feature a digital presentation "Organizing your DNA Matches" by Diahhan Southard. Held at Quinte West Public Library, 7 Creswell Dr, Trenton 1-3 pm. Everyone welcome.

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March 21 & March 28
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Information:
Marya Peters, Women's Services Coordinator
marya.p@trentonmfrfc.ca

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6:30 P.M. | 18H30

REGISTER BY MARCH 19, 2019 | LA DATE LIMITE D'INSCRIPTIONS EST LE 19 MARS, 2019

LA TERREUR DES HORMONES

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March 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 Babysitting Course	11	12 Deadline to order Good Food Box	13 Community Connection What About Me?	14 Special Needs Parent Support Group	15	16
17	18 Knit & Chat	19 Deadline to register for Mental Health First Aid	20 Good Food Box Pick-Up Community Connection What About Me?	21 Essential Oils: Hormone Horror	22 ASIST	23 ASIST
24 Creative Sunday	25	26	27 Budgeting for Release Picasso & Pinot	28	29	30

● **Knit & Chat**

Our next group for knitting and crocheting is on March 18 from 6 – 8 p.m. This is a free group and open to knitters and crocheters of any level but registration is required. Please register by calling reception at 613-965-3575.

● **Hormone Horrors**

March 21, 2019, 6:30-8:30 p.m. Every month they come around and wreak havoc: learn to manage your hormones naturally. Go from a hot mess to cool, calm and collected with a little help from essential oils. \$10 per person - Hands-on (and nose) experience with oils, including a free take home essential oil roll-on blend. Register by March 19, 2019

● **Healthy Relationships 101**

Healthy relationships begin at a young age. Youth aged 12 – 14 are invited to learn about how to use technology safely in their relationships and learn fun, self-defense tricks. This program is for youth ages 12 – 14 years old. March 19 & March 26, 5:30 – 7:30 p.m. – girls March 21 & March 28, 5:30 p.m. – 7:30 p.m. – boys For more information and to register, please email marya.p@trentonmfr.ca.

● **ASIST**

ASIST (Applied Suicide Intervention Skills Training) teaches participants to recognize when someone may have thoughts of suicide

and work with them to create a plan that will support their immediate safety.

Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model. March 22 and 23, 2019 from 8:30 a.m. – 4:30 p.m. Registration fee: \$100 Lunch is not provided. To register and make inquiries: 613-965-3575

● **Budgeting for Release**

The Veteran Family Program & SISIP Financial present this workshop. March 27, 2019 from 6 – 8 p.m. At the Trenton MFRC. Child care available upon request.

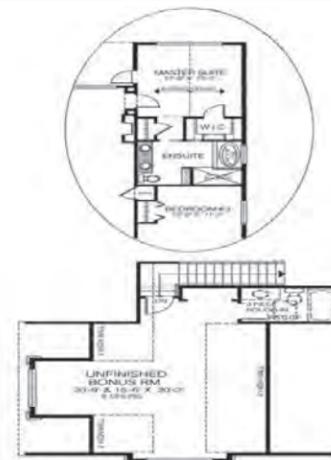
Please register prior to March 20 by emailing tanya.b@trentonmfr.ca.

● **Window of Tolerance and EFT Tapping**

Are you often overwhelmed? Do you need techniques to stabilize your mood? Learn how to maintain calm in your life with the Window of Tolerance and EFT Tapping. This is a free workshop for Veterans and Spouses presented by Linda Reade, Family Liaison Officer at the CAF Transition Centre. Saturday, March 30, 9:30 a.m. – 2:30 p.m. Lunch is provided and child care may be arranged upon registration. Please register by emailing linda.r@trentonmfr.ca or tanya.b@trentonmfr.ca.

Home of the Week

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This charming home offers the prospective homeowner plenty of choice, thanks to an unfinished bonus room over the double garage, as well as an alternative plan for the en-suite in the master bedroom.

Entry is through a covered porch set off by brick pilasters. The foyer includes a coat closet to the left. Directly ahead is the staircase to the second-storey bonus room and beyond is the great room.

The great room features a sloped ceiling, as well as a gas fireplace that will cast its warmth into the dining area and kitchen. French doors open

to a partially covered patio and the back garden beyond.

A large window in the dining area looks out to the patio, and natural light will filter through the two narrow windows that look to the side garden.

The kitchen, separated from the dining area and great room by an eating bar, is illuminated by a skylight and includes generous counter space. An eating bar with a double sink on one side separates the kitchen from the dining area, which features a large window overlooking the patio.

The laundry room has access to the double garage. A mud room with a coat closet is located nearby.

The master suite also has a sloped ceiling, as well as a doorway to the patio. Windows overlook the back garden. Both plans for the en-suite include double basins, a shower stall and a soaker tub with its own window. The walk-in closet is located either in a corner of the suite, or with access from the en-suite.

The second and third bedrooms

share a three-piece bathroom, with a linen closet situated at its entrance. The third bedroom has a window with an extra-deep sill, which could double as a window seat.

The unfinished bonus room includes a roughed-in three-piece bathroom, allowing it to serve as a guest room or fourth bedroom. Exterior finishes include horizontal siding with shingle accents around the front windows. Brick pilasters flank the arched front porch, which also features shingle accents.

Plan No: 5-3-686

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Open discussion held on the future of active and transitioning members

By Makala Chapman

Understanding Canada's new defense policy and what it means for both active and transitioning members is a priority says Colonel (Col.) Krista Brodie. As the Director of Strategic Communications and Engagement for the Canadian Armed Forces (CAF), she has been tasked with explaining how the policy plans to take care of Canada's military members, veterans, and their families. In addition, her goal is to help CAF members better understand their role in serving Canada. Together, these two ideas formulate what Col. Brodie calls the 'Journey' and, ultimately, the name of the campaign being shared nationally to help spread that very message. It was a full house as Col. Brodie explained and discussed the initiative at the National Air Force Museum of Canada on Feb. 28. Noting that she felt the presentation went well, Col. Brodie said she was happy to see that members of 8 Wing were both engaged and interested in the future. "It's a great opportunity to be able to communicate the work we are doing at the strategic level and to make it relevant and accessible for those people that are actually living the experience at the tactical level," she explained. "We've taken a renewed focus on recognizing that people are fundamentally important in delivering the operational effect." While intimidating at first glance, the 'Journey' campaign can be broken down into six pillars of thought. Each theme is a reflection of the promises and plans for the future of Canada's military and its personnel, which were outlined in the defense policy dubbed 'Strong, Secure, Engaged'. In essence, the policy acknowledges the importance of Canada's military community and the need to provide them with appropriate resources. In regards to the 'Journey', the six themes covered during the seminar included: personnel generation, employment model, military families, health and wellness, transition experience, and enduring affiliation. The first topic, personnel generation, looks at reforming the

recruitment process to help attract a more diverse set of people to the CAF. The second theme is directed at those currently in the CAF and what can be done to modernize the current employment model. The aim of this idea is to "provide a more flexible and adaptive career path". The third theme tackles and addresses the importance of military families and how to address their needs. The fourth topic looks at not just the physical health of a member, but also their mental well-being in the workplace. The fifth idea looks at members in the transition period of their career and what can be done to help streamline their move from the military to civilian life. Some of the ideas suggested during the seminar included making it easier to get medicals records from the CAF to civilian doctors. The last theme, enduring affili-



Photos by Makala Chapman

Col. Brodie says the 'Journey' is a campaign that stresses the importance of addressing the needs of military members, their families and veterans.

ation, looks at how veterans are treated and how to ensure that those members and their sacrifices are not forgotten. "If we want to be better, we have to invest in our people in a dynamic new way in order to attract, recruit and retain the diverse group of talent that we need in order to serve the nation," said Col. Brodie. Moving forward, she added that she en-



Hundreds of members of 8 Wing came to listen to Col. Brodie speak about the 'Journey' at the National Air Force Museum of Canada on Feb. 26.



8 Wing Commander Col. Mark Goulden speaks to the importance of understanding the options and resources available to active military member and those in the transition process.

courages all members within the military community to reach out and either provide feedback or to ask questions if they feel so inclined. "We make sure we provide informed responses," she explained. "That input (influences) the work we are

doing and the priorities we are working on." For more information on the 'journey', those working internally can reach out through email at +Journey Engagement - Mobilisation Le Cheminement@CMP DHSD@Ottawa-Hull.

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Canada-US relationship summits

By NORAD Public Affairs

For more than 60 years, Canadian military members and their families have been present in southern Colorado, US, typically stationed at the headquarters of the North American Aerospace Defense Command (NORAD). New Year's Eve 2018 presented a first-of-a-kind opportunity for one member of this group. Canadian Armed Forces Lieutenant-General Christopher Coates, deputy commander of NORAD, received one of the few invitations to participate in the annual AdAmAn Club ascent of Pikes Peak, which was the first time a Canadian or any international climber has been included in the event. The two-day climb culminates with the lighting of New Year's Eve fireworks from the summit. The Pikes Peak AdAmAn (add-a-man) tradition started in late December 1922, when a group of five men from Colorado Springs, seeking a novel, adventurous way to celebrate the New Year, decided it would be interesting to attempt to climb Pikes Peak in the dead of winter. Following their astonishing feat, they resolved to repeat the climb, adding one person to the group each year. "While I have summited all [58] of the 14,000-foot peaks in Colorado, in a variety of conditions in both summer and winter," Lieutenant-General Coates said, "it was incredibly special to join this group for such a remarkable tradition." The ascent was difficult for the original group, given relatively challenging conditions and the clothing and equipment at their disposal. Nonetheless, the frozen five, as they became known, attained the summit and proceeded to light fireworks and create a bonfire, much to the concern and amazement of the surprised residents of the town 8,000 feet (2,438.5 metres) below. "Celebrating the New Year in this way is a tradition that the entire Pikes Peak Region enjoys," said Dan Stuart, president of the AdAmAn Club. Having Lieutenant-General Coates join us this year was an honour for all of us. An especially memorable part of this year's adventure for the club was singing 'O Canada' in his honour at 14,000 feet [4,267.2 metres above sea level]." For more



Photo submitted

Although weather conditions worsened, the morale of Canadian Armed Forces Lieutenant-General Christopher Coates (foreground) and members of the Pikes Peak AdAmAn Club did not, as they climbed Colorado's Pikes Peak on December 31, 2018.

than 90 years, the AdAmAn Club has perpetuated the tradition of the original frozen five. The 101st member was added to the club in 2018, and nearly 400 guest climbers have completed the summit with the group over the years.

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