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INSIDE

LOGISTICIANS CELEBRATE
51 YEARS



Story on page 5

DISCUSSING PTSD AND
MENTAL HEALTH



Story on page 6, 7

POND HOCKEY AND WINTER
JUBILEE FUN CONT'D



Story on page 10



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

Things heat up at annual Pond Hockey Classic and Winter Jubilee in Batawa



Photos by Makala Chapman

Members of 8 Wing Trenton, the Trenton Memorial Hospital Foundation, Wounded Warriors Canada and the City of Quinte West at the official puck drop for the 2019 CFB Trenton Pond Hockey Classic.

By Makala Chapman

This year's CFB Trenton Pond Hockey Classic has once again delivered on its promise to continue supporting veterans and the local hospital. The weekend tournament, held in Batawa, saw more than 26 teams face off on the ice in support of Wounded Warriors Canada (WWC) and the Trenton Memorial Hospital Foundation



Hockey players cheer on their teammates from the sidelines at this year's Pond Hockey Classic.



A mother and her child enjoy free skating at this year's Winter Jubilee.

Continued on page 10



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Photos of the Week

8 Wing women's hockey team hosting regionals



Photo by Makala Chapman

Contact news

8 Wing Trenton's women's hockey team hosted regionals at the RCAF Flyers Arena from Feb. 4-8. Amongst the competitors were players from CFB Kingston, CFB Petawawa and CFB Borden. Check next week's edition of the Contact for the final results.

Mission Support Squadron



Photo by Makala Chapman

By Petty Officer Second Class Wong

Mr. Tony Knox and Mrs. Stephanie Ruff (foreground) serve the troops hamburgers and fish tacos for lunch. Corporal Aiden Ozon and Sergeant Christopher Chipman (background) help to replenish the food on the streamline.

CFS Alert: Fire Awareness Training



Photo by Cpl. A. Medeiros

Pictured (from left to right) MCpl. A. Turta, Cpl. S. Marshall, Cpl. J. Hoshowski, Cpl. C. Duke, Sgt. J. Gilby

Content submitted

On Monday, Feb. 4, CFS Alert members took part in a live fire exercise to raise awareness of how fire can spread from room to room. The demonstration involved lighting a chipboard 'dollhouse' on fire, under close supervision of CFS Alert firefighters. Staff found the demonstration to be very informative. Being an isolated posting, CFS Alert relies heavily on the expertise of its own firefighters to provide guidance on preventing fires before they can begin. It's vitally important that everyone on the station knows how to minimize the chances of a fire, and how to fight fires if one does occur.

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Safety



Battery Boosting Can Have Explosive Results

Battery boosting is a common procedure, which most people take for granted, but it is important to be aware of the hazards. There is a risk of serious injuries, especially to the eyes, from incorrectly boosting a battery. Boosting a vehicle battery can set off an explosion. A vehicle battery generates hydrogen and oxygen while being recharged. This is an explosive combination, and can be set off by a spark. The spark could come from a cigarette, static electricity or even the booster cable connection.

Follow these guidelines for safer battery boosting:

1. Wear safety goggles to protect you from battery acid and fragments of the battery in case of an explosion. Store the goggles with the jumper cables so they will be readily available when you need them.
2. Before boosting, make sure the battery is actually dead. It is possible the terminals and clamps may be corroded and just need cleaning. Also check that the battery is not frozen. Attempting to boost a frozen battery can cause an explosion.
3. If necessary, fill the battery to the required fluid level. In the case of a sealed type of battery, you may not be able to fill it and will have to replace the battery.
4. Ensure both vehicles have electrical systems of the same voltage, and make sure both have a negative ground.
5. Put the two vehicles close to one another, but not touching.
6. Both vehicles should be in "park" or "neutral". Set the emergency brakes.
7. Turn both engines off; turn off any electrical devices such as interior lights, radio, etc.
8. Wear your eye protection as you approach the battery, and never lean over the battery because of the risk



9. of explosion, which could injure your eyes.
9. Open the battery vent caps to allow any build-up of gas to escape.
10. Cover the holes with a damp cloth, or replace the caps.
11. Attach the red clamps to the positive (+) posts of each battery. Be careful not to attach them to the wrong posts because this is an explosion hazard. Connect one of the black clamps to the negative (-) terminal on the good battery. Then attach the other black clamp to a good ground on the dis-

12. abled vehicle. This would be a clean, unpainted spot on the frame, engine or body of the disabled vehicle. It should be as far away as possible from the battery. The reason for this is to prevent sparks from occurring near the explosive gases. When you are attaching the clamps, make sure they do not touch any other metal, to prevent sparks.
12. Next, start the vehicle, which has the good battery.
13. After that, start the vehicle, which is disabled.

14. Finally, remove the cables in the reverse order from which you attached them. First detach the "-" cable from the car's frame.
15. Take the "-" cable off of the good car's negative battery terminal. Next remove "+" cable from the disabled car's battery.
16. Finally, remove the "+" cable from the good car's battery.

Remember a battery gives off explosive gases while it is being boosted. Use safe procedures and wear eye protection.

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.

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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.

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8 Wing Logisticians celebrate anniversary with custom cake



Wing Food Service's MCpl (ret'd) David Charron and Private Patrick Gonzalez with their custom cake for this year's cake competition.



An edible replica of a cup of coffee and sticky bun is just one of many fixtures on top of this year's custom cake made in celebration of the RCLS' 51st anniversary.



Lt.-Col. Teresa Brown thanks her fellow logisticians for all of their hard work.

Photos by Makala Chapman

By Makala Chapman

The logisticians of 8 Wing Trenton know that having a cake is a must at any good birthday celebration. In light of the Royal Canadian Logistics Service's (RCLS) 51st anniversary, a large celebratory cake was unveiled at 8 Wing Trenton on Feb. 1. Weighing in at approximately 50 pounds and taking close to 100 hours to construct, the custom creation was ready to impress the judges at this year's competition. Keeping up with tradition, Bases and Wings all across Canada submit custom cakes for review as a tribute to the RCLS' anniversary each year. Topped with layers of coloured fondant and a chocolate and vanilla swirled centre, this year's masterpiece hopes to uphold Trenton's status as reigning champions. But what makes this year's cake extra special is the attention to detail. Going with an office theme, the custom cake is shaped like a desk and decorated with all the every day office necessities, such as a cup of coffee, books, paperwork, family photos and more. Each handcrafted fixture is also edible, which is a testament to the

handiwork put in by the bakers, Wing Food Services Master Corporal (retired) David Charron and Private (Pte.) Patrick Gonzalez. Speaking to the jovial theme of the cake, MCpl (ret'd) Charron shared that the desk was in fact fashioned with "Private Bloggins" in mind. "History has it that the generic soldier is called 'Private Bloggins' and any time someone gets in trouble it's always him," he joked, "so we kind of came up with the idea that Private Bloggins is now a colonel and obviously a logistics officer. This is what we felt his desk would look like at this date and time." When asked why the two cooks chose to go with such a light-hearted theme, Pte. Gonzalez noted it came down to the personality of the cooks. "While the cakes in the past have all been very well done, they have had more serious themes," he said. "This year we just wanted to go in a different direction and make it fun. We're very proud of the work done considering the short amount of time we had." As a former graphic designer, he added he was responsible for a large portion of the artistry and design of the cake. "To implement art with cook-

ing was a blessing and a great opportunity," said Pt. Gonzalez. "Hopefully the judges will notice each little detail." With over 30 years of experience as a cook in the military, remaining modest, MCpl (ret'd) Charron chimed in that even he was able to learn a thing or two from the whole experience. "It was nice to do this project and give back," he said. "I haven't done this kind of thing in many years. I love baking and I learnt a lot of good stuff." One of the main fixtures on top of the cake that is sure to stand out is a carefully crafted crest, which pays tribute to the eight occupations that make up the RCLS. It is estimated that around 685 logisticians call 8 Wing Trenton home and

can be found working within trades like resource management support and traffic and mobile support equipment. During the cake unveiling, commanding officer of 2 Air Movements Squadron Lieutenant-Colonel (Lt.-Col.) Teresa Brown, took a moment to express her appreciation for all logisticians. "I'm really proud to stand here today and say thank you to each and every one of you for all the hard work that you do for the mission, your peers and your friends to take care of one another," she said. "Everyone here in this room, your fingerprints are on everything that goes out and around the world for every mission. Be proud of what you do."



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Mental health, PTSD, and Sexual

By Makala Chapman

It's not always easy talking about mental health, especially in the workplace. But 8 Wing community members are tackling the problem head on. In light of Bell Let's Talk Day, a national effort dedicated to raising funds and promoting education on mental health, an open discussion panel was held at the National Air Force Museum of Canada on Jan. 30. The forum was the first of its kind to be held in partnership with the Base and Personnel Support Programs (PSP) and proved to be a success, with over a hundred in attendance. While there were light-hearted moments, participants and the guest panellists weren't shy to voice their personal struggles when it came to mental health. No topic was off limits, as it became evident that mental health comes in all shapes and sizes. The topic of conversation ranged from those dealing with post-traumatic stress disorder (PTSD) to those who have struggled with addiction. In order to foster an inclusive environment, the guest panel was made up of both military and civilian members serving the 8 Wing community. Amongst those to share their stories was 8 Wing Chief Warrant Officer (WCWO) Troy Zuorro, parachute rigger Master Corporal (MCpl) Jeremy Canfield, 8 Wing Surgeon Major (Maj.) Ennis, Trenton Military Family Resource Centre (MFRC) board chair Linda Blanchette, 2 Air Movements Honorary Colonel (HCol) John Cairns and 8 Wing Padre Maj. Richard Bastien. First to take to the microphone to welcome all in attendance and open up the discussion

was WCWO Zuorro. "This is a topic that is very important not only to us as military members, but to us as Canadians, and quite frankly as human beings," he explained. "I do believe we have a responsibility to remain healthy physically and mentally, which really drives home the importance of this day." WCWCO Zuorro went on to share his own struggles with mental health and how he addressed the issue. "I've asked for help throughout my career three times in total," he shared. "I was in a dark place." He explained that a range of different things caused the struggles he faced, including reintegration after returning home from deployment and being posted to a new community by himself. He elaborated how each time he needed the help, he felt fortunate to be triaged to a network of support including those at the health services clinic and a Padre. "I'm personally of the belief that (mental health) isn't much different than any physical type of injury," he said. "We have PSPS, MFRC, Health Promotion and many centres on the Wing and I am here to say we have the absolute best (support) here in Canada and they offer incredible programs and services." Next to share his struggle with mental health in the form of addiction was MCpl. Canfield. He shared that a serious neck injury sustained while working as a Sky Hawk set in to motion major changes his life. "I was told I would never jump (parachute) again and it could have an impact on my mobility and future quality of life" he said. "I didn't process any emotions or any stress that came with that. I just basically buried everything and the only



Wing Chief Warrant Officer Troy Zuorro welcomes everyone to the discussion panel on mental health.



MCpl Jeremy Canfield shares his experience with addiction and the support he received from his chain of command.

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harassment highlighted at discussion panel



It was a full house at the inaugural Bell Let's Talk discussion panel held at the National Air Force Museum of Canada on Jan. 30.



Both military and civilian guest panellists were invited to speak out their personal struggles with mental health at this year's inaugural Bell Let's Talk discussion forum on Jan. 30.

thing on my mind was that I needed to get back to the team." MCpl. Canfield went on to share that he did in fact return to the job. But through the high-stress nature of his line of work in the years following, he soon began to feel something was wrong. It was last May that he said he had a severe panic attack and ended up on three months of stress leave. "I was having about seven or eight panic attacks a day," he said. "The feeling of just dread and terror was overwhelming." He went on to share that he began to seek regular mental health support and was just about to return to work when another personal issue immediately threw him off track. As a result, he said a series of poor choices led him to coming to the realization that he had developed a drug addiction. "I recognized I needed help," said MCpl. Canfield. "Sitting in from of my CO (commanding officer) was probably one of the toughest discussions I've ever had. But I got the support I needed." He finished his speech by encouraging and reassuring his colleagues that anyone suffering with mental health issues, like addiction, wouldn't have to fear being reprimanded. While he added he still struggles daily, he noted he couldn't be more grateful for the support he has gotten. "Even though you may be struggling with mental health, addiction or anything like that it's not the end of the road," he said. "There's always a way out. Coming forward and talking about mental health helps remove some of the stigma." Following the guest panel speeches, those in attendance were encouraged to engage in the discussion. A variety of topics were covered including how members could access mental health resources, ways to cope with PTSD and the need to improve the support given to victims of military sexual harassment. Having attended the panel to learn more about mental health was 436 Transport Squadron's MCpl. Steven Atchison. As a member of the general safety department at his squadron, he noted the forum was especially important. "I want to be able to share what was talked about when I return back to my unit," he said. "It's better to know this stuff now before something happens instead of after the fact when you're scrambling to find the help that you may need right away." For more information on the mental health resources available to the 8 Wing community, contact Health Promotion at 613-392-2811 ext. 3768. Alternatively, the Trenton MFRC can be reached at 613-392-2811 ext. 3575.



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STRONGER**

February 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18 MFRC CLOSED – Family Day (holiday)	19	20 Employment Café - Linkedin Community Connection What About Me?	21 Essential Oils: Mighty Moods	22	23 Babysitting Course
24 Creative Sunday Babysitting Course	25 Knit & Chat	26	27	28 Mindfulness Living Life to the Full Book Club	1	2 Home Alone Course
3	4	5	6 Community Connection What About Me?	7	8	9

● **Essential Oils: Mighty Moods**

February 21, 2019
Feeling moody? Learn to understand your moods and how to quell them with essential oils.
\$10 per person - Hands-on (and nose) experience with oils, including a free take home essential oil roll-on blend.
6:30-8:30 p.m.
Register by February 19, 2019

● **Babysitting Course**

Babysitting Course, with Level D CPR Infant & Child, is offered by the Canadian Safety Council and includes: Wall certifi-

cate, wallet card, reference manual, CPR wallet certificate & CPR reference book.

- February 23 & 24: Saturday and Sunday, 10 a.m. to 4 p.m.
- At the Trenton MFRC
- \$40 per child
- Lunch is not provided
- For youth 12+

To register, contact the MFRC reception or email Rabia with your questions at rabia.s@trentonmfr.ca. Deadline for registration is February 13, 2019.

● **Creative Sunday**

Sundays are meant for relaxation and fun projects! Join us to make a different crafty

creation every month. You will be guided through a unique project each class with a handmade take home. Every month will have a different theme; this month you will make and take home a clock using a 'wood-burning method'. One Sunday per month from 1 - 4 p.m.

● **Employment Café: LinkedIn**

With job seekers / entrepreneurs in mind, join us for this Employment Café special 2 sessions. We have a special guest speaker that will provide information about LinkedIn in the first session at the Trenton MFRC and the second session will allow you to have hands on support at a

Computer Lab at Loyalist College. Two sessions from 10 a.m. – 12 noon
Wednesday, February 20: Information Session at Trenton MFRC
Wednesday, February 27: Hands-on Session at Loyalist College
You'll learn:
- What LinkedIn is and why you should join
- What you should include in your profile
- How you can use it to build your professional network and connect with potential employers
- How to set up/enhance your LinkedIn account
Register by emailing elizabeth.nicholas@forces.gc.ca.

Home of the Week

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separated from the rest of the great-room area by an island with a three-seat eating bar.

An L-shaped counter configuration will save steps for the cook, who will also appreciate the roomy pantry. French doors open to the large patio that overlooks the front garden, making al fresco meals a breeze during the warmer months.

Also on the main floor is a two-piece powder room, as well as the laundry room. Upstairs, the master suite occupies a dormer, so the ceiling slopes in two directions.

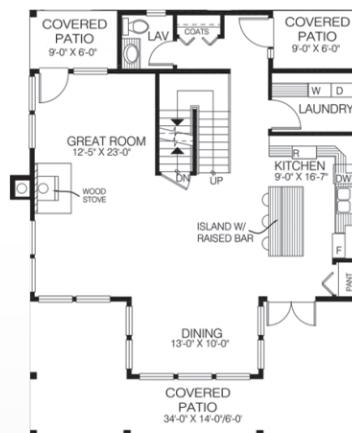
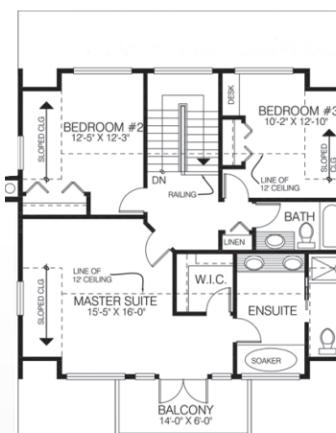
The en-suite includes an oval soaker tub with its own window, as well as double basins and a glassed-in shower stall. The walk-in closet will have plenty of room for clothing and accessories.

The secondary bedrooms also feature a sloped ceiling, and share a three-piece bathroom, with a linen closet conveniently located nearby. Both bedrooms look out to the back garden, as well as having windows to the side. The large landing area is protected by a railing.

Designed specifically for a narrow lot, this two-storey, three-bedroom family home boasts a glass-railed balcony outside the master suite, as well as three covered patios accessible from the main floor.

The home has three entries, each protected by a covered patio. At the front, the entry leads into the kitchen, while another entry at the back leads into the great room. The third entry opens into a corridor, with a coat closet nearby.

The great room, with six large windows, will receive plenty of natural light, and features a wood-burning stove. The dining room, located in a bayed-out area, will also be full of light, thanks to windows on three sides. The kitchen is



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Continued from page 1



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

(TMHF) from Feb. 1-3. While TMHF is one of the charitable arms of the Trenton's local hospital, WWC is a privately funded organization that helps fund mental health programs for members of the Canadian Armed Forces (CAF), veterans, first responders and their families across the country. Speaking to how pleased he was with this year's turnout was event organizer Captain (Capt.) Jeffrey Moorhouse. He noted things kicked off with a successful gala dinner held at the Batawa Community Centre prior to the start of the tournament. "The speakers were phenomenal and the atmosphere was just electric," he said. "We also had the best auction we've ever had." Crediting the generous donors, Capt. Moorhouse noted the auction itself brought in over \$11,000. With the ambitious goal of reaching \$80,000 throughout the weekend, Capt. Moorhouse expressed that every dollar counted and was certainly appreciated. To date, the Pond Hockey Classic has brought in more than \$272,000 since its inception. Taking to the podium to speak with guests at the gala was WWC's Wendy and Dan Hrechka. During their time with the crowd, the Hrechka's spoke in depth about the Couples Overcoming PTSD Everyday (COPE) program, which focuses on helping couples work through post-traumatic stress disorder (PTSD). "Spouses can also be affected (by PTSD), if not more," shared Capt. Moorhouse. Also appearing at the gala was former NHL player Laurie Boschman, who shared his experiences as an athlete both on and off the ice. "The gala reaches a different audience and raises awareness for our cause," said Capt. Moorhouse. "Overall it was a great evening." As for the tournament itself, he noted he couldn't believe how much it has grown since it all began eight years ago. He added that the most rewarding part of the event was seeing how the community continually comes together to support both the veterans and local hospital. "Military members are looked after by the base clinic," he explained. "But our families rely on the local health care system. Having your family looked after is one of the foremost important things in someone's mind, which is why it's key to have a good local health care system." Taking

a second to pause and reflect on this year's tournament, Capt. Moorhouse said he couldn't be prouder of everything the community has accomplished as a team and was already looking forward to next year. Once again joining forces to make this year's Pond Hockey Classic a success was the Trenton Military Family Resource (MFRC) and Personnel Support Programs (PSP). Together the two organizations hosted their annual Winter Jubilee in support of families in the community. Working with the theme of winter fun in mind, the families in attendance got the chance to take part in a multitude of free activities including crafts, horse-drawn wagon rides, skating, live entertainment and more. Speaking on how pleased she was with this year's event was the MFRC's communications and development coordinator Devon Taylor. "We're thrilled because the weather really pulled through," she said. "This is an excellent example of how the military community can come together to put on an event that not only raises money for a good cause, but also promotes this wonderful region that we live in." Further elaborating on the importance of events like the Winter Jubilee, Taylor shared that it served as a great opportunity for military families that may be new to the area to check out their new home. As for what it was like once again joining forces with the Pond Hockey Classic team, Taylor said it couldn't have been a better partnership. "Getting to work with Capt. Moorhouse, the staff and volunteers we have at the MFRC, as well as with PSP has made it a smooth ride and a fun one," she

said. "We would have not been able to pull it off alone." In attendance enjoying the festivities with her three young children was Laura Charette. As a military family frequently on the move, Charette said getting to embrace the community, through events like the Pond Hockey Classic and the Winter Jubilee, was always great. "It's nice to meet other families and get the kids out of the house," she said. "A lot of people don't have family in the area so this allows us to network with others." As for how her children were enjoying the event, she said they couldn't have been happier.



A family enjoys warming up and roasting marshmallows over an open fire.



8 Wing Trenton's Health Promotion team serve healthy snacks, like fruit kebabs, at the Pond Hockey Classic and Winter Jubilee in Batawa.

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“How much are you worth?”

By Lt (N) Pistruga

Shortly after my wife Joanna and I were married, we began dreaming about buying a small house and starting our family and, inevitably, the big financial question came up. Within a few weeks, we had an appointment with a mortgage specialist who, after looking at our financial statements, pointing at a number to my wife said “You are worth this much.” It was the first time that I had heard this expression and I found it to be peculiar and even somewhat offensive. To me, that phrase sounded as though my beautiful bride could be easily defined by a mere sum that she had accumulated in her bank account. Turning to Joanna, I joked, “You know, I think your worth is much more than that.” Overhearing me, the mortgage specialist skimmed through the statements again and, in a very authoritative voice said, “No, that is her precise worth.” On the way back from our meeting, I kept thinking about that expression and realized that in fact, it is very telling of the predominant mentality in our society today. How often do we consider someone better, more valuable and more successful based on how much money he/she makes, what kind of house he/she owns and car he/she drives? In other words, we put a price tag on an individual, rather than consider his/her true value as a person. I believe that we are dangerously close to becoming hopeless cynics; that is, “knowing price of everything, but value of nothing” (Oscar Wilde). The direct result of following this path is the devaluation of personhood. If, in each other’s eyes, we become just like goods that we own, we will start



Photos by Makala Chapman

A stock photo of the 8 Wing chapel.

treating each other as things by using one another rather than loving each other. In order to reverse this process, we should begin by rethinking our own personhood. According to Dostoyevsky, everyone without exception is constantly looking for something to revere / worship / model and in the process will gradually become that object which he/she reveres. For instance, if people choose to revere or

completely invest themselves into a lifestyle of brand names soon their personalities will be defined by these superficial possessions, and in turn they will begin to treat others according to what brands (or not) they display. Similarly, if we worship money more than anything else, we are likely to define worth in monetary terms; as a result, our own identities will be defined by how much each one of us

makes. On the other hand, if we revere and model God, we will become like God and, as God, we will value each other for what we truly are. Let us strive to become gods and to see God in each other. After all, if each one of us is like God—loving and self-giving—then we are worth much more than our bank accounts could ever hold.



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