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437 Transport Squadron  
**75<sup>th</sup> ANNIVERSARY**  
75e anniversaire du 437e Escadron de transport

## Trenton MFRC to host annual Winter Jubilee



Photos by Makala Chapman

Trenton MFRC staff members Rabia Stobbart (left), Devon Taylor (middle) and Amy LeGresley (right) say they are excited to help celebrate the winter season at this year's Winter Jubilee.

By Makala Chapman

If anyone knows how to make the most of winter, it's members of the Trenton Military Family Resource Centre (MFRC) and 8 Wing Personnel Support Programs

(PSP). Once again, the two organizations will be joining forces to bring families together for some winter fun at the annual Winter Jubilee. Offering activities such as ice skating, snowshoeing, wagon rides and nature

walks, staff with the MFRC promise there will be a little something for everyone. The event is set to run from 10 a.m. to 2 p.m. at the Batawa Community Centre on Feb. 2. But

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what makes this event more special is the fact that it will once again run alongside the CFB/8 Wing Trenton Pond

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# Conflict and Complaint Management Services stress importance of good mental health

## Conflict and Complaint Management Services

Conflict and Complaint Management Services (CCMS) cultivate a healthy workplace that contributes to the positive mental health of employees. This is achieved by supporting the Defence Team to effectively manage their conflicts and complaints early, locally, and informally (ELI). It is an approach that enhances operational effectiveness and encourages a more trusting and enjoyable workplace where employees feel valued and respected. Disagreements and conflicts between people in the workplace are inevitable. When they are not well managed or resolved in an efficient and timely manner, they can have a negative impact, especially when they're associated with unacceptable conduct such as harassment, discrimination, bullying, and workplace violence. This can cause excessive stress and trigger both mental and physical illnesses. The resulting organizational impact can include but is not limited to absenteeism, attrition, low morale, reduced productivity and significant financial costs. Some successful ways in which the CCMS helps to reduce harmful workplace conflict and contribute to



Photo by Makala Chapman

Members of 8 Wing Trenton and staff from the Conflict and Complaints Management Services celebrate the soft-launch of the service at the Yukon Galley on June 5, 2018.

the well-being of personnel includes helping them to navigate conflict and complaint management mechanisms within the organization. It provides Alternate Dispute Resolution (ADR) services including Conflict Coaching, Mediation, Facilitation, Leadership Assistance and Group Intervention. Finally, it offers preventative training that addresses inappropriate behavior, which encourages a healthy workplace and enhances the wellness of both managers and employees. Our CCMS Agents and ADR Practitioners will help you to manage the negative consequences of conflict, and support a mentally healthy workplace. Those looking for the Conflict and Complaints Management Services office at 8 Wing Trenton can find it located at Rooms 5 and 7a at 8 Wing Headquarters (Building 29), 142 Yukon Street.

## Call for upcoming regional/national events

### Curling Ontario Regionals

Playdowns: Jan 16 and Jan 18 (if needed) 2019, 0800-1600  
Location: Trenton Curling Club  
Regionals: 27-30 Jan at CFB Kingston

### Badminton and Squash Ontario Regionals

Badminton playdowns: Jan 18 1000-1500  
Squash playdowns: Jan 23 0800-1200  
Location: South Side Gym  
Regionals: Feb 10-13 at Garrison Petawawa

### Running Nationals

Submission of running times and athlete information  
NLT Jan 24 2019  
Nationals: May 24-26 in Ottawa

To enter any of the above events, contact Rachael Bertram at rachael.bertram@forces.gc.ca, x2349

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**17 ANDERSON LANE**

# Reflecting on 'Thunderbirds' participation in Christmas food drive

By Cindy Leonard

Prior to the winter holidays, members of 426 Transport Training Squadron and the Air Mobility Training Centre (AMTC) made a significant donation to the local food bank in Trenton.

CAE Trenton site manager Mike MacNeil, in collaboration with 426 Transport Training Squadron's Commanding Officer Lieutenant-Colonel (Lt.-Col.) Erik Rozema-Seaton, worked hard to conduct the food drive, which ran from Nov. 26 to Dec. 21 2018. CAE organizers, Sandra Knautz and Cindy Leonard, spearheaded the campaign. To add interest and to remind folks of the initiative, a wooden Christmas tree was placed in the main lobby of the building where donations in support of the local food bank were collected. Les Stykel and Bryan Hupe, the resident CAE wood working "go to guys" built the tree. The campaign format was conducted through

a series of weekly challenges with the end result culminating to receive enough food to fill the bed of a pickup truck. Week one focused primarily on all types of canned goods. The second week highlighted some of Santa's favourites. This included items ranging from PB&J (peanut butter and jam) to canned milk and cookies. Also during

the second week, since the AMTC is a simulation environment, we selected Dec. 4 as "Hunger Simulation Day". Members volunteered to go without lunch to see what it felt like to be hungry. It was certainly not as easy as it seemed. The third week was focused around the theme "Penne for your thoughts". Dried pastas, sauces, rice, and mac and cheese dinners were amongst the requested items. The final week was "Christmas Dinner", with donated items including what you would traditionally have for your holiday dinner. The donations from this week were also went to support the 426 Sqn Adopt-A-Family initiative. Stuffing mixes, cranberry sauce, fresh vegetables, potatoes, and of course a few sweets were thrown in for good measure. It was a tremendous success and inspirational to participate in. Yes, we did indeed fill the back of that pickup truck! Our wish is that you all enjoyed a wonderful, refreshing holiday break with friends and family and that the only time you find yourself hungry, is when you choose to be!



CAE Site Manager: Mike MacNeil (left), 426 Sqn CO: Lt.-Col. Rozema-Seaton.



Santa's Elves: Les Stykel (left) and Bryan Hupe (right)

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# Safety



## Safety tips for travelling in blizzards and heavy snowfall

For most of us living in Canada, blizzards are an accepted part of life. But every year blizzards and excessive cold in Canada claim more than 100 lives. This is more than the combined total from hurricanes, tornadoes, floods, extreme heat and lightning. In Canada, blizzards can hit almost anywhere, but are especially common in the southern prairies, Atlantic Canada and the eastern Arctic.

Blizzards deserve the same respect that we would pay a tornado. Many of us who hear of a blizzard warning will carry on as if there weren't any danger, but blizzards warrant preparation and caution. The combination of snow, strong winds, cold temperatures and reduced visibility (due to the blowing snow) can be deadly.

Here are a few recommended precautions for driving in Canadian winter:

- Don't travel in a blizzard unless it's absolutely necessary. If you must travel, call the local authorities to see what condition the roads you are planning to travel are in. Monitor conditions on the radio.
- Always travel with a full tank of gas, extra warm clothes including winter boots, mitts and a sleeping bag.
- Also carry a shovel, tire chains, road flares, a bag of sand, an emergency food pack, booster cables,



matches and a lighter, a candle, a flashlight, a fire extinguisher, and a hatchet or axe.

- If you get stuck in a blizzard, stay in your car, run it for 10 minutes with the heater on then shut it off. You don't want to waste gas. Make sure you keep the exhaust pipe clear of snow and keep a window open on the leeward (downwind)

side of the vehicle. This will help ventilation and reduce the chance of carbon monoxide poisoning.

- Be prepared to build a snow shelter if ever you run out of gas and are stranded in a blizzard. At temperatures approaching -30 C a candle just won't give you enough warmth to survive if you're in a vehicle made of two tons of steel and glass.

Your vehicle will quickly turn into one large icebox.

- Not planning to travel? It's still a good idea to blizzard-proof your home or workplace. Stock up on necessities - fuel, oil, food, medications, diapers for the kids, milk - whatever you need to make sure everyone is fed, safe and warm until the danger passes.

### 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.

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

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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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# Mr. Moosey becomes an honorary military police officer in Trenton

By Makala Chapman

Members of 21 Military Police Services at 8 Wing Trenton recently named their newest honorary member to the force – Mr. Moosey. Standing no taller than a foot and soft as cotton, it's safe to say he will likely be put on desk duty. It should also be mentioned that Mr. Moosey is a stuffed toy moose from Pennsylvania, United States. But despite his inability to walk, Mr. Moosey has spent the last two years travelling across the U.S. and now Canada. It was on Dec. 5, 2016 when five-year-old Mackenzie Brown, Mr. Moosey's owner, first entrusted her trusty sidekick to Towamencin, Pennsylvania police officer James Gibbas. The idea was that the stuffed animal would keep the officer safe. Fast forward to present day, Mr. Moosey has served as a talisman of safety for police officers and emergency personnel all over North America. Having made stops in British Columbia, Yukon Territory, Northwest Territories, Alberta, Saskatchewan, Manitoba, and now Mr. Moosey's very first stop in Ontario is Trenton. As for how he arrived in the care of the military police (MPs), it turns out an Alberta sheriff with ties to the Base was the key. "Sheriff Butcher out in Alberta was trying to find a point of contact in Ontario," said MP officer Corporal (Cpl.) Jason Barnim. "It just so happens that his brother is a lieutenant-colonel on the Base, so naturally, he contacted him, who then contacted us." During his stay with the MPs, the stuffed animal also met members of the Quinte West Ontario Provincial Police, Quinte West Fire Department and the Hastings Quinte Paramedic Services on Jan. 10. "We work together all the time and have a very

good relationship," said Cpl. Barnim. "Mr. Moosey is a protection charm and we couldn't hog that all to ourselves. We wanted to include our partner services because in the end, we're all on the same team." As for Mr. Moosey's next stop, Cpl. Barnim said he would be spending some time with the Belleville Police Service before making his way throughout the rest of Ontario and onto Quebec, Nova Scotia, New Brunswick and Prince Edward Island. He will end his Canadian tour with the Royal Newfoundland Constabulary. "At this point it's not confirmed, but we do have the intent to possibly bring him overseas with us to give him a little worldly experience," said Cpl. Barnim. But until then, Mr. Moosey will keep serving in his role as a guardian and safety beacon. As a thank you, the stuffed animal often receives small tokens of appreciation. In fact, he travels with a suitcase full of all the pins, shoulder flashes (embroidered patches worn on uniforms), challenge coins and other items given to him by each emergency service he visits. As a memento of his time with the MPs, Mr. Moosey was gifted his own police beret. He was also given a custom made identification pass, a unit patch and several commemorative coins specific to the military police. "We really like being a part of this sort of imitative," said Cpl. Barnim. "In the end this is for Mackenzie and for someone with such kind intentions, we want to reward that. The best way we can do that is through maximum participation." Those interested in following the rest of Mr. Moosey's journey can do so online through the Mr. Moosey's World Tour Facebook page.



Cpl. Jason Barnim (left), Quinte West OPP officer D. Osmond (middle) and Sergeant Matt Tremblay (right) with Mr. Moosey on Jan. 10.



Mr. Moosey is adorned with pins and patches from all the stops he has made at different emergency services across the U.S. and Canada.



The dozens of patches and shoulder flashes that have been gifted to Mr. Moosey and Mackenzie as a memento of each stop made.

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# Photos of the Week

## CFS Alert: Polar Rolling



Photo by Corporal Brunet Saint-Jean

Pictured (from left to right) Cpl. Berry, Cpl. Hung (front), WO. Swanson (rear) and Avr. Williams.

### Content submitted

On Jan. 1, Canadian Forces Station (CFS) Alert members started off the New Year by braving the winter weather and rolling in the snow. Many chills and spills were had, as station members cheered each other on as they tumbled through the snow. This annual event tested the fortitude and esprit de corps of participants, enabling them to earn coveted station bragging rights. The event concluded with celebratory hot foods and beverages, proving once again that every snow day is a great day at CFS Alert.

## Mr. Moosey welcomed in Quinte West



Photo by Makala Chapman

### Contact news

Members of the Quinte West Ontario Provincial Police, Quinte West Fire Department, Hastings Quinte Paramedic Services and 8 Wing Trenton's 21 Military Police Flight gathered at the city's Fire Station 1 on Dixon Drive to greet Mr. Moosey on Jan. 10. The stuffed moose has been travelling across Canada and the U.S. to various emergency services since 2016.

## Mission Support Squadron



Photo by Major John Lewis

### By Warrant Officer Glenn Duggan

Once a year Transportation and Mechanical & Electrical Engineering (TEME) Flight personnel drop their tools and park their trucks to participate in our annual Christmas Party. This year was a tremendous success due to the hard work of the OPI (event coordinator) Sergeant Tanya Davis, with over a 100 in attendance. Laughs were had and new friendships made.

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The Winter Jubilee is a free event open to all families in the community and will include activities such as ice-skating, snowshoeing and more.

Continued from page 1

Hockey Classic. This means in between all the live music, balloon animals and other activities, families will get the chance to cheer on the various teams facing off on the outdoor rinks. "It's going to be the place to be," said the MFRC's communications and development coordinator Devon Taylor. "Winter can be long in Canada, so we wanted to offer something to get military families out and enjoying this winter season." Taylor went on to share that events, such as the Winter Jubilee, were essential tools in bringing the community together and so they can learn what their community has to offer. She added that the event would not have been possible without partners like PSP. "We love working with PSP," said Taylor. "We work really closely with them to help ensure we have lots of services and events available to our military families. It's really nice when we can show our support through collaborative events such as this." While the Winter Jubilee will in fact be all about fun and games, putting on an event of this magnitude is no easy task – just ask the MFRC's special events coordinator Amy LeGresley. "Every time we host an event like this, it takes hours and hours of manpower and volunteers," she explained. "You'll see volunteers working weeks in advance to the event to ensure things run smoothly for our families." LeGresley noted that without the volunteers, the event would simply not be possible. Those interested in volunteering can contact LeGresley at 613-392-2811 ext. 4635 or through email at

amy.l@trentonmfrc.ca. Coming from a military family, LeGresley added she couldn't be more appreciative of events that get her family out into the community. "It's just so much fun and we get to meet new friends every time we come out to events like this," she said. "Put on those boots and warm coats because there's always something new to learn and fun to be had." In addition to all the free activities, children ages 15 and under will be treated to a free lunch on the day of the event. Also speaking to how pleased they were to once again be partnering with the MFRC was PSP's manager of business development Jacqueline St. Pierre. She noted that the Winter Jubilee is an event she and her team look forward to all year. "Our partnership with MFRC for this outdoor event brings together our military members and their families," she said. "It's an amazing opportunity to enjoy the great outdoors – and be active this winter. We invite our military community to join us for an entertaining day." The Batawa Community Centre can be located at 81 Plant St., Batawa, Ont.

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# Voyage en autobus au Elgin Theatre



# TRENTON Military Family Resource Centre

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## January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21 Knit & Chat	22	23	24 Herbal Health & Medicine Making	25 YAS Workshop (PA Day)	26 Pirate Party (Youth Centre)
27 MFRC Day at Batawa Ski Hill Creative Sundays	28 Building Blocks Club – Belleville	29 Mental Health First Aid – Veteran Community	30 Vaccination Clinic Mental Health First Aid – Veteran Community Community Connection What About Me?	31 Managing Powerful Emotions Mindfulness Book Club	1	2 Winter Jubilee
3	4 Kids Have Stress Too!	5	6 Manulife Information Briefing Communication Connection What About Me?	7 Knit & Chat	8	9

● **MFRC Ski Day at Batawa Ski Hill**

Sunday, January 27 is our annual Military Family Ski Day at Batawa Ski Hill. Military families can spend the day on the slopes and enjoy a hot lunch for a discounted price.

\$45 or \$35 if you have your own equipment. \$20 - 5 years old and younger. This includes:

- lift ticket
- equipment rental
- group lesson • BBQ

Vouchers on sale at MFRC reception.

Information: 613-965-3575

● **Winter Jubilee**

The Trenton MFRC and PSP, in partnership with the CFB Trenton Pond Hockey Classic, are hosting Winter Jubilee on Saturday, February 2, 2019!

We invite you to join us for free winter activities for military families and community friends! From 10 a.m. - 2 p.m., there will be plenty of indoor and outdoor activities for families and individuals with or without children to enjoy.

- Ice skating
- Wagon rides
- Snow shoeing

- Indoor games, crafts, & activities
- Live music by Andie Forgie
- And more!

Free hot chocolate and s'mores provided by the Batawa Lion's Club plus kids (15 and under) can enjoy a free lunch!

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

● **Pirate Party**

Arrrgh! Get in the swashbuckling spirit with the Youth Centre at our Pirate Party. Enjoy an afternoon of fun activities & snacks; everything but walking the plank!

Ages 6-12 \$3 per person  
Register by January 23, in the Youth Centre or email rabia.s@trentonmfr.ca.

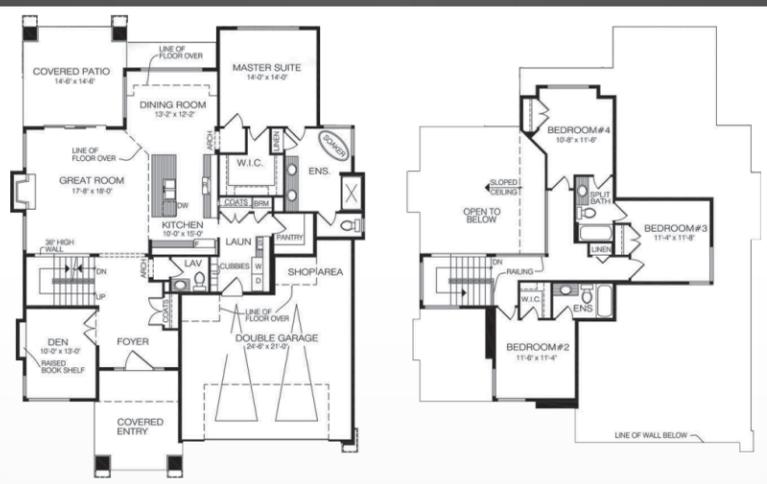
● **Building Blocks Club – Belleville**  
Building Blocks Program is an evidence based social skills program using Lego to assist in the development of communication and appropriate social interaction.

It starts January 28th and goes from 6 p.m. to 7:15 p.m. and runs for 8 weeks. The program is being held at the Belleville MFRC site - 610 Dundas St. E.

Register at www.aeose.eventbrite.ca.

# Home of the Week

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Plan No: 7-4-1006

With an unfinished basement, this attractive multi-roofed, four-bedroom home offers lots of room for a growing family.

The covered entry, set of by brick pillars, leads into a spacious foyer with a coat closet to the right. Adjacent, through an arch, is a two-piece lavatory. To the left is a den, featuring a raised book shelf in a bayed-out niche.

Beyond the foyer is the great room, where the double-height ceiling adds a touch of drama and sets this room off from the dining area and kitchen, with nine-foot

ceilings. The great room's sliding glass doors lead to a covered patio and a gas fireplace will cast its glow into the dining area and kitchen.

A prep island with a double sink and dishwasher separates the great room from the kitchen, and will allow the cooks to chat with family or guests while clearing up after a meal. The dining area features large window that look out to the patio and back garden.

A spacious pantry is close to the laundry room, which includes a useful shelf for sorting and fold-

ing, as well as a row of cubby holes.

Through another arch is the master bedroom, with a view to the back garden. The spacious ensuite bathroom includes a soaker tub, a shower stall and double basins, always welcome during the morning rush hour. The toilet occupies a separate space.

A U-shaped stairway to the floor is located off the foyer. Upstairs, a railing protects the area open to the main floor. Bedroom No.

2 will be sought after as it features a three-piece en-suite and a walk-in closet. The third and fourth bedrooms share a three-piece bath. A linen closet is close at hand.

Exterior finishes include stucco and wood siding, and windows with painted trim. The entry is flanked by brick pillars, which are echoed by pillars that mark the covered patio in the back.

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# Sports & Recreation



## CFB/8 Wing Trenton triathlete of the week: Corporal Espinosa

By Master Corporal Mikael Charbonneau-Lemaire

In 2018, five Triathletes from CFB/8 Wing Trenton competed in various triathlons around the globe. Each member is passionate, dedicated and extremely determined. Their love for the sport continues to inspire others, and promotes health and well-being within the Canadian Armed Forces. For this week, we recap the seasons of an amazing triathlete. At 45 years of age, Corporal (Cpl.) Gonzalo Espinosa has been a proud Canadian Armed Forces (CAF) member for over eight years. His athleticism and fitness level is a prime example of a soldier's ability to stay operationally fit, as they get older. Like most athletes, he has a secret weapon. Freckles, his training partner, is a mixed hound who loves pushing the pace during long runs. Able to compete at the elite level, Cpl. Espinosa took part in the 2018 Tamarack Ottawa marathon finishing with a time of 3:13:47. He ranked 41 out of 349 in his age group, and 229 overall out of 2,832 participants. Not just a great runner, Cpl. Espi-

nosa also raced in the annual CFB Trenton Surf N Turf in 2018. This famous endurance event includes a total of eight legs and a multitude of sports that test even the bravest athletes. Cpl. Espinosa was no first timer, having completed this particular race multiple times, he raced aggressively and managed to beat the 3rd Tinman by over 13 minutes, completing the race in a blistering time of 4:04:22! On the July 7, 2018, it was time for the CAF Triathlon Nationals

in Gatineau. The morning of the race, the organising committee announced a non-wetsuit swim so Gonzalo decided to show up on the start line ready to go with nothing else but a speedo. Out of the water in 30 minutes, he rushed through transition and tackled the bike portion. After 1 hour and 11 minutes of biking, he used whatever was left in his tank for the 10-km run. Cpl. Espinosa crossed the finish line under a blazing sun in 2 hours and 29 minutes af-

ter the gun went off. A solid performance earning him a 4th place in his age group and a 28th place overall. Recently posted to Canadian Forces Northern Area Headquarters (CFNA HQ) Yellowknife, Cpl. Espinosa was asked what races he would do next year to which he replied "All of them". On behalf of CFB Trenton and the CAF Triathlon community we thank you for such great representations and wish you the best.



Photos by 8 Wing Imaging

Cpl. Espinosa racing at the 2018 CFB Trenton Surf N Turf.



Cpl. Espinosa racing at the 2018 CAF Triathlon National.



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## 8 Wing Chapel / Chapelle de la 8e Escadre

**Location/Adresse:**  
 91 Namao Drive East / 91 Promenade Namao Est

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

**Services Times/ Heures des services religieux**  
 Protestant Sunday Service: 1100 hrs (English)  
 Service Protestant du dimanche: 11 h 00 (en anglais)

**RC Sunday Mass: 0900 hrs (English)**  
 1000 hrs (French)

\*Last Sunday of each month: 0900 hrs (Bilingual)

**RC Weekday Mass: Tues, Wed, Thurs at 1200 hrs**  
 (Subject to change without notice)

**Messe CR du dimanche : 9h00 (en anglais)**  
 10h00 (en français)

\*Dernier dimanche de chaque mois : 9h00 (bilingue)

**Messe CR en semaine: mardi, mercredi et jeudi à midi (12h00)**  
 (peut changer sans préavis)



Quinte West Jewish Community at 8 Wing, various services, call for details.  
 Communauté juive de Quinte West à la 8e Escadre, divers services, appelez pur plus de détails

**Wing Chaplain/Aumônier de la 8e Escadre:**  
 Maj (Rev/Rév) Richard Bastien

**Unit Chaplains/Aumôniers des unités:**  
 Capt (Rabbi/Rabbin) Bryan Bowley  
 Capt (Fr/Père) John Funelas  
 Lt(N)(Fr/Père) Félix Roberge  
 Lt(N)(the Rev./Rév.) Mary Anne VanHeuvelen  
 Capt (the Rev./Rév.) Daniel Walton

**Phone/Téléphone:**  
 Administrative Assistant/  
 Adjointe administrative  
 Brigitte Gamache,  
 (613) 392-2811 ext/  
 poste 2490/4593

## Wear your pride on your sleeve

### RCAF Public Affairs

The rules governing Royal Canadian Air Force personnel wearing badges or insignia on their operational uniforms are about to change.

An upcoming amendment to the Canadian Air Division Orders (CADO) on operational dress will allow aviators who wear flight suits and Enhanced Combat Uniforms (ECUs)/CADPAT to add certain optional Velcro-backed badges and insignia on their sleeves. This change in the CADO is intended to enhance squadron and tactical unit morale and esprit de corps. The spirit of the RCAF unit is centred on the members and how well they work together. Part of this spirit comes from the symbols they wear: the badges and crests of the unit. The CADO amendment will allow badges, especially a unit's heraldic badge, to be embroidered in full colour as well as low visibility green.

All other badges can be embroidered in full colour, which will be up to the unit as part of their design process. Yes, a unit can design their own patch! So, what other kinds of patches can there be? Units can now create and wear badges to mark a special anniversary or participation in an exercise or operation. Courses could have their own patch as well. In addition, personnel at wings, squadrons and tactical units will soon be able to wear blue t-shirts with an embroidered logo at the neck—or, on Fridays, their own squadron coloured T-shirt!

and tactical units within the RCAF. As such, this forthcoming direction will serve to enhance esprit de corps and identity." RCAF aviators are encouraged to "take the opportunity to embrace and contribute to this next chapter of our traditions". Each new patch design must be endorsed by the chain of command and approved by 1 or 2 Canadian Air Division or the RCAF Aerospace Warfare Centre as applicable. Some items will be available through the Canadian Forces Supply System, while others will be available through unit kit shops or through CANEX. This change could mean that some badges currently in use may become obsolete. For example, the multi-colour (low-visibility green and colour mix) heraldic badge will be phased out over the coming year, to be replaced with the full-colour heraldic badge and/or the low-visibility green heraldic badge.



An example of a unit heraldic badge embroidered in low visibility green (the 1 Canadian Air Division badge, left) and full colour (the 425 Squadron badge, right). An upcoming amendment to the Canadian Air Division Orders on operational dress will allow aviators who wear flight suits and Enhanced Combat Uniforms/CADPAT to add certain optional Velcro-backed badges and insignia on their sleeves.



Samples of aircraft or employment designator patches in low visibility green. An upcoming amendment to the Canadian Air Division Orders on operational dress will allow aviators who wear flight suits and Enhanced Combat Uniforms/CADPAT to add certain optional Velcro-backed badges and insignia on their sleeves.



Samples of aircraft or employment designator patches in full colour. An upcoming amendment to the Canadian Air Division Orders on operational dress will allow aviators who wear flight suits and Enhanced Combat Uniforms/CADPAT to add certain optional Velcro-backed badges and insignia on their sleeves.

Samples of unit identifiers embroidered on the necks of T-shirts. Personnel at wings, squadrons and tactical units will soon be able to wear blue t-shirts with an embroidered logo at the neck—or, on Fridays, their own squadron coloured T-shirt.

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## BOOKING DEADLINES

### 8 Wing Welcome Book:

Ad Copy: February 28, 2019  
 Ad Approval: March 19, 2019  
 Publishing: April 8, 2019

### 8 Wing Community Program Guide:

**Spring Issue:**  
 Ad Copy: February 28, 2019  
 Ad Approval: March 7, 2019  
 Publishing: March 28, 2019

### Summer:

Ad Copy: May 13, 2019  
 Ad Approval: May 22, 2019  
 Publishing: June 13, 2019

### Fall:

Ad Copy: July 22, 2019  
 Ad Approval: August 2, 2019  
 Publishing: August 29, 2019

### Winter:

Ad Copy: November 8, 2019  
 Ad Approval: November 15, 2019  
 Publishing: December 12, 2019

### 8 Wing Matters:

**Spring/Summer:**  
 Ad Copy: April 15, 2019  
 Ad Approval: April 25, 2019  
 Publishing: May 15, 2019

### Fall/Winter:

Ad Copy: September 12, 2019  
 Ad Approval: September 20, 2019  
 Publishing: October 17, 2019



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