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FORMER NHL PLAYER
ADVOCATES FOR MENTAL HEALTH



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Trenton MFRC announces plans for upcoming gala



Photos by Makala Chapman

Members of the Trenton Military Family Resource Centre announced that this year's title sponsor would be Dibbitts Excavating and Landscaping Supply during a media launch on Feb. 27.

By Makala Chapman

On Feb. 27, staff with the Trenton Military Family Resource Centre (MFRC) announced that they would be hosting their annual Invisible Ribbon Gala and revealed that this year's theme would be in celebration of Canada.

All throughout Canada, from coast to coast, MFRC's work hard to deliver programming and services to military members and their families. Whether it's emergency childcare programs or counseling services, these centres are critical in military communities. 8 Wing Trenton is no exception. Speaking to the importance of this year's chosen theme was the MFRC's Communications and Development Coordinator Devon Taylor. She noted for many military families, home isn't always one place. "A military family could start their journey in Saint-Jean-sur-Richelieu, Québec, then be posted to Borden, Ontario, or Shilo, Manitoba," she explained. "For most, the simple answer is 'Home is Canada.'" Taylor went on to add that there are multiple other things that can come to mind when one is asked to think about what

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A letter from Canada's Chief of Defence Staff

General J.H. Vance

February 27, 2020

To our families in Trenton,

Canadians who returned on flights from China, and were under medical observation at Canadian Forces Base (CFB) Trenton, have now departed for their final destinations. I want to personally thank everyone who worked so hard to welcome our fellow citizens home and to make them feel as comfortable as possible during their two-week observation period.

To the local Trenton community and our military families, your support and kindness shown to strangers throughout this time is an example for all Canadians. CFB Trenton received multiple charitable offers and your thoughtfulness was felt and appreciated by those who made Trenton their temporary home.

Over the coming days, all the facilities used will be appropriately cleaned and measures taken to ensure that they can be safely used again. I would like to express my continuing thanks to CFB Trenton, and in particular the medical teams, who played a pivotal role during this important mission.

We remain responsive to the needs of the Government of Canada and are continuing to provide assistance to those agencies supporting Canadians under medical observation at the NAV Centre in Cornwall, Ontario. The support provided to help with the return of Canadians has truly been a com-

munity response, involving all levels of government as well as various non-government organizations.

As we continue to monitor the global situation regarding the spread of COVID-19, you can be confident in the preparedness of the Canadian Armed Forces as well as the safety protocols that were employed during the return of Canadians and during their two-week medical observation period.

It is truly an honour for all of us in uniform to support Canadians when they need us most. Thank you once again, family and friends, for demonstrating your support for the work of your Canadian Armed Forces.



A file photo of 8 Wing Headquarters.

Contact file photo



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C&C

Pond Hockey tournament raises \$70,000

By Makala Chapman

Organizers of this year's CFB Trenton Pond Hockey Classic are once again celebrating reaching this year's campaign goal. With a large cheque in hand, retired Captain (Capt.) Jeffrey Moorhouse, the event coordinator, announced that the tournament raised \$70,000 at a media event in Batawa on March 2.

Now in its ninth year, the charitable hockey tournament returned to the Batawa Community Centre and was held from Jan. 31 to Feb. 2. This annual event raises funds for the Trenton Memorial Hospital Foundation (TMHF) and Wounded Warriors Canada. While the first organization focuses on local health care, the other sees to it that Canada's ill veterans, first responders and their families are taken care of in time of need.

This year was exceptionally exciting as many new milestones were reached, noted Capt. (ret'd) Moorhouse. This year, a record number of teams hit the ice for some good old-fashioned hockey. Thirty-nine teams competed in four divisions that consisted of competitive, non-competitive, old timers and a youth division. This was also the first year the rinks were open to youth teams. Players came from all across the province, including eight teams from Oshawa, Ajax, Kingston and Ottawa. This year's pre-tournament dinner was also a success and saw more than 180 people come out to the Batawa Community Centre for an evening of fun and fellowship. During the auction portion of the dinner, over \$14,000 was raised. "Overall it was a great weekend," said Capt. (ret'd) Moorhouse. "Our goal, including this year and next year, will be to hit the half a million-dollar mark, in celebration of our tenth anniversary." He then noted how important the funds were to both organizations receiving the donations and added that he couldn't have been more grateful to the community for their support. "Every dollar we raised will go towards purchasing equipment that people will use when they go to the hospital," he explained. "As for Wounded Warriors Canada, they have exceptional programming and they're doing a lot of great things both nationally and locally."

Also new to the tournament was a partnership with 8 Wing Personnel Support Program and the Trenton Military Family Resource Centre for their annual Winter Jubilee event. Hundreds of families got to enjoy a myriad of free winter activities, all while supporting this year's pond hockey event.

This donation now brings the total donated in the first nine years of the tournament to \$422,000. Next year will mark the 10-year anniversary of the CFB Trenton Pond Hockey Classic, which is slated for Feb. 5-7, 2021.



Photos by Makala Chapman

Pond2: Event organizer, Captain (retired) Jeffrey Moorhouse says the funds raised will go towards supporting the military community both nationally and locally.



Pond3: Members of the Batawa Development Corporation, the City of Quinte West, 8 Wing Trenton, the Trenton Memorial Hospital Foundation and the CFB Trenton Pond Hockey Tournament celebrate this year's funds raised on March 2.

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Former NHL player advocates for mental health

By Makala Chapman

Severe injuries, depression, abuse and addiction are just a few of the things that Daniel Carcillo says he had to overcome in order to be the best version of himself – which is happy and healthy. The former NHL star visited the National Air Force Museum of Canada to speak about his mental health journey with members of the public on Feb. 25. Following his speech, members of the public were able to ask Carcillo questions and share stories of their own experiences. In addition, Ducky Brand Apparel – a local company – were on site to discuss their company. The clothing brand donates 30 per cent of all proceeds earned to charities that support mental health programming and services. Speaking candidly, Carcillo detailed his life and career, which included both the highs and the lows. Despite being a two-time Stanley Cup champion – earned during his time playing with the Chicago Blackhawks – he shared that he still didn't feel fulfilled. Instead, the demands of being a professional athlete wore thin on his physical and mental health. "What almost killed me were the mental health complications derived from the seven diagnosed concussions that I had," he explained to the crowd, "as well as the hundreds of hits that went undiagnosed during my career." Carcillo noted he tried to push through his injuries for the love of the game as it had always been a great emotional release for him in times of anger and frustration. But, eventually, pushing past the pain and just getting by were no longer options Carcillo wanted for his life. However, the road to recovery wasn't any easier as he explained that he was forced to deal with a lot of issues that had followed him since the beginning of his career. One of these things included addressing the mental harm caused by being physically and sexually abused by coaching staff when he was just a teenager. "Not knowing it, it really catapulted me into the person that I was starting to become, which was even angrier, frustrated and sad," he said. "This translated into this person on ice that some of you may know as 'car bomb'. I was pretty unpredictable and even I didn't know when I was going to blow up." The next test to overcome

was getting a handle on his substance abuse problems. Carcillo said a back injury in his 20s led him to being prescribed opioids for pain management – which was the beginning of his journey battling through addiction. He noted through addiction support groups and his friendship with fellow NHL player Steve Montador, he eventually learned how to begin the process to living a "happy and fulfilling life." Carcillo shared that he and Montador would often talk about life after hockey and how it had impacted their lives – both the good and the bad. Montador had also suffered from several concussions and game-related injuries. "When he retired, he was really suffering, and that was hard for me to watch," said Carcillo. But, the true turning point for Carcillo was when he had gotten the news that Montador had died in 2015. He was 35 years old. "I was spiritually, mentally, physically dead," he said. "From that moment on, I wanted nothing to do with hockey." Unsure of what laid ahead, Carcillo explained that the transition period from life after the game also had its challenges. But, through support, he said he finally made it through to the other side. One of the things he credits is the non-profit organization he started up, in Montador's honour, to assist former NHL players suffering from mental health issues. "It's called Chapter 5 Foundation," he said. "It represents the next chapter in these guys lives and the number 5 because that was Steve's number. I also created it partly for me because I needed help. But it was also really great to get out of my own head and help other people." In addition, he said he had to make some other important changes which included everything from his diet to learning to meditate. "Recovery wasn't this straight and amazing arch," he said. "It deviated sometimes. But, in the world that we're living in, we really have to take our own recovery into our own hands. If there's one thing you can take out this, it's to be conscious, be awake and be aware." Even to this day, Carcillo said he works every day to maintain his mental health and is hopeful his story can help others in similar situations. For more information on Chapter 5 Foundation, visit them online at chapter5foundation.com.



Photos by Makala Chapman

Former NHL player Daniel Carcillo shares his story with members of the public at the National Air Force Museum of Canada on Feb. 25.



Daniel Carcillo shares how he had to turn his life around in order to become mentally and physically healthy.

The Contact Newspaper

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

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

The CONTACT is published every Friday with the kind permission of Colonel Ryan Deming, OMM, CD. The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CAF or other agencies.

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

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Metroland Media Staff:

General Manager: Adam Milligan 705-761-7990

Advertising Sales: Orlinda Johnston 613-966-2034 ext: 795015

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

- Articles should be typed in upper and lower case (not all caps) and in plain black text. Acronyms should be spelled out on 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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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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Welcome to the Trenton MFRC Youth Centre!

MARCH 2020

For more information about our Youth Centre & Programs, please contact:

Kameel Sharma - Youth Services and Personal Development Coordinator
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1 CLOSED	2 Balloon Basketball Ages 6-8 6-8 p.m	3 Statues Ages 7-9 6-9 p.m	4 CLOSED	5 All About Me BINGO! Ages 10-12 6-9 p.m	6 Mario Party Tag Team Ages 10-14 6-9 p.m	7 CLOSED
8 CLOSED	9 Rock Painting Ages 6-8 6-8 p.m	10 Mirror Challenge Ages 7-9 6-9 p.m.	11 CLOSED	12 Charades Ages 10-12 6-9 p.m	13 Tape Art Ages 10-14 6-9 p.m	14 CLOSED
15 CLOSED	16 Board Games Night Ages 6-8 6-8 p.m	17 Capture the Leprechaun! Ages 7-9 6-9 p.m	18 CLOSED	19 Icecream Sundae Bar! Ages 10-12 6-9 p.m \$2	20 Chill Zone Ages 10-14 6-9 p.m	21 SPY PARTY!! Ages 8-12 1-3pm \$3
22 CLOSED	23 Snap Shot! Ages 6-8 6-8 p.m	24 PJS & Popcorn Ages 7-9 6-9 p.m	25 CLOSED	26 Board Games Night Ages 10-12 6-9 p.m	27 Brownies Ages 10-14 6-9 p.m \$1	28 CLOSED
29 CLOSED	30 Sparkly Stars Ages 6-8 6-8 p.m	31 Foosball Tournament Ages 7-9 6-9 p.m	CLOSED			

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8 Mission Support Squadron

By Master Warrant Officer Patrick Griffin

Mr. Corey Maggiolo, the Water Fuel and Environmental Section 2 I/C, is show casing the newly installed pool filtration system at the Recplex located at 8 Wing. This system was installed in the basement of Bldg 362 replacing the twenty-year-old system that was in place. These filters seen in the background are filled with sand and rocks as part of the system. (Real Property Operations Unit (Ontario) Detachment Trenton- RPOU (O) Det Trenton)



8 Wing squash players win big

Content courtesy of CFB Kingston Personnel Support Programs

CONGRATULATIONS to Captain (Capt.) Burke, Master Corporal (MCpl) Vince and Chief Warrant Officer (CWO) Creamer with medal finishes at the Regional Squash Championships. The Ontario Region Squash Championship came to a close on Feb. 21 with a tie-breaking final game between Capt. Burke of Trenton and Major Begin of Kingston. Maj. Begin was the ultimate Gold Medalist in the Open Category,



taking back his win from Capt. Burke, who finished with Gold last year. The Gold Medal winners of the other categories are as follows: Women's - Capt. Whynott of Kingston Junior - Private Belshaw of Petawawa Senior - MCpl Vince of Trenton Masters - CWO Creamer of Trenton

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Volunteer Services Coordinator
kate.b@trentonmfr.ca

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Photos by Makala Chapman

ABOVE: The Trenton Military Family Resource Centre, Dibbits Excavating and Landscaping Supply and members of 8 Wing Trenton excitedly announced that this year's gala theme would be dedicated to celebrating all things Canadian.

BELOW: Lt.-Col. Jennifer Kennedy notes how important Military Family Resource Centre's have been to her family throughout her career.



Continued from page 1

makes Canada unique. But, one of the most important, to both the military and civilian community, is access to universal health care. However, due to the unique challenges presented to military families, they are often at a higher disadvantage when trying to obtain a primary care physician, she added. "There's a common misconception that military families receive healthcare through their (Canadian Armed Forces) Base," Taylor said. "To offset this challenge, the MFRC has made it a goal to create sustainable health care solutions for military families." In order to achieve this, Taylor explained that the MFRC has identified a short-term and long-term approach. This includes developing partnerships with health care officials and regional health agencies, as well as access to virtual care and tools. Speaking to the importance of improving access to health care for military families was Trenton MFRC's Executive Director Tamara Kleinschmidt. She explained that this was one of the primary stressors that families experience when they move into the area. "Twenty-four per cent of (military) spouses do not have a primary care physician," she said. "When you compare us to the average Canadian, we are definitely at a disadvantage. This also translates to 17 per cent of kids living in military families not having a primary care physician." Kleinschmidt added that she and her team would work hard to bring to the region, but, noted it would take the community's support to help turn their dream into a reality.

Now in its 16th year, the MFRC's Invisible Ribbon Gala will once again be raising funds for the Trenton MFRC. The event will take place at the National Air Force Museum of Canada and will be held on May 9. Like in previous years, attendees will be treated to a catered meal, a live auction, an

opportunity to learn how their contributions directly impact military families and much more. Noting how honoured he and his team were to be this year's title sponsors was Joe Dibbits from Dibbits Excavating and Landscape Supply in Quinte West. "It is truly an honour," he said. "I stand here today and can say without a doubt that the freedom I enjoy today is a direct result of the sacrifice of our men and women in uniform and their families." Dibbits went on to add that it was he and his family's privilege to offer their support and were looking forward to celebrating at this year's gala.

Noting how touched she was by this year's theme and the generosity of those that support military families was 8 Wing Trenton's Deputy Wing Commander Lieutenant-Colonel (Lt.-Col.) Jennifer Kennedy. Having moved several times throughout her career, she

said she understood how important an MFRC could be when new to the area. "Home for us is the community we live in, wherever we are posted," she said. "Those MFRC's that we connect with become the stable part of that move. Their involvement and partnerships that they have with the community make it our home." Lt.-Col. Kennedy went on to explain that during a posting season – the period in which most military families are likely to move – as many as 800 families will come either in or out of the community each year. "The support that the MFRC gives is tremendous and we couldn't do our jobs without them," she said. For more information on the Invisible Ribbon Gala and how to obtain tickets, visit the MFRC online at trentonmfrfc.ca/invisibleribbon. Alternatively, the special events coordinator can be contacted by phone at 613-392-2811 ext. 4635.

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Sacred Space coming to CFB Trenton

By Lt(N) Mary Anne VanHeuveln

CFB Trenton has a beautiful building, located at 91 Namao Dr. E., that houses a lovely Christian sanctuary. There are currently four communities that worship there weekly; French Roman Catholic, English Roman Catholic, Protestant, and Friday Jumaa Prayer. The sanctuary space is bright and inviting, with lots of natural light, and comfy chairs. The congregations are friendly, and faithful. Although this building has served faithfully for many years, it is now time for it adapt to the changing dynamics of the Canadian Armed Forces (CAF).

Dedicated Sacred Space for everyone has been lacking for our non-Christian members, but that is changing. The Chaplain Team has been hard at work having their spaces assessed by the Senior Iman and Rabbi of the CAF to determine how to make our spaces more inviting. Briefing Notes have been sent to both the military and the Chaplaincy Chains of Command seeking approval for these changes.

The current Christian Sanctuary will not be changing. We will still have this amazing space for Sunday morning worship for the communities who gather there. What we will have in addition to this is dedicated Sacred Space that will be open to anyone seeking to use it. There will be cupboards to house required items for multiple groups, carpeted floor for prayers, and other resources will be acquired as the needs become known.

From the outside, some changes may be noticed. There are signs along RCAF Rd., indicating a Christian Cha-



Photo courtesy of the 8 Wing Chaplain's Team

pel. These will be changed to reflect the more inclusive nature of the spaces. The most notable exterior change will be white cross on the outside of the building. That cross has made this building identifiable since it was first opened. It is part of the heritage and identity of this place. But it is also a

limiting symbol. We are more diverse, even as a Chaplain Team, than that cross would have most believe. The cross will eventually be removed from the wall. When that happens, it will not simply disappear. It will be brought into the sanctuary space as a reminder of the history of this build-

ing, and as a celebration of all that this place has been.

This journey into Sacred Space is not one that is being undertaken lightly. Nor is it intended to dismiss the past. It is meant to be a celebration of the diversity that makes the CAF stronger, and our spiritual lives more complete.

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