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INSIDE

FREE WINTER SPORTS DAY
COMING UP



Page 3

Q&A: AIR OPERATIONS
SUPPORT TECHNICIAN



Page 5

BELL LET'S TALK CAMPAIGN
APPROACHING



Page 12

New RCAF Reserve Chief Warrant Officer appointed



Photos by Makala Chapman

Chief Warrant Officer McKenzie (left) and Brigadier-General Rafter (right) sign documents at the RCAF Reserve Chief Warrant Officer Change of Appointment ceremony at 8 Wing Trenton on Jan. 21, 2020.

By Makala Chapman

There's a new chief in town – although to many at 8 Wing Trenton he's both a friendly and familiar face. On Jan. 21, Chief Warrant Officer (CWO) James McKenzie was appointed as the new RCAF Reserve Chief Warrant Officer at a special ceremony held on the Wing. Invited guests and spectators watched on as CWO McKenzie accepted a ceremonial cane, symbolic of his acceptance of the new role, by presiding officer Brigadier-General (Brig.-Gen.) Rafter, the RCAF's Director of General Air Staff. In his new position,

CWO McKenzie will be recognized as the most senior Non-Commissioned Member of the RCAF Reserve. CWO McKenzie, born and raised in Nova Scotia, first joined the Canadian Armed Forces in 1985 as an Aero Engine Technician. Later in his career, he re-mustered into the Flight Engineer occupation and was posted to 427 Tactical Helicopter Squadron at Canadian Forces Base Petawawa. Over his career, CWO McKenzie has spent over 2,300 hours aboard the likes of the CH-135 Twin Huey, the CH-146 Griffon helicopter and the CC-130 H Hercules aircraft. Since 2002, CWO McKenzie has, for the

most part, called the Trenton area home and has assumed various roles and responsibilities across the Wing. The only exception was when he was posted to 1 Canadian Air Division Headquarters in Winnipeg as the Air Tasking Order Production Master Warrant Officer in the Directorate of Plans from 2006 to 2009. In 2012, CWO McKenzie retired from the Regular Force and joined the RCAF Reserve, where he was appointed as the 8 Air Reserve Flight Squadron Warrant Officer in Trenton. In this role, he was responsible for helping oversee recruitment to the local reserve unit. Prior to

Continued on page 11



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Photos of the Week

8 Wing Imaging abroad



Photo by Corporal Ken Beliwicz

Contact News
8 Wing Trenton is home to a group of highly trained imagery technicians. Whether it's capturing moments at home or abroad their skills are undeniable. Through their pictures, they can tell a story of their own.

A Canadian Armed Forces member deployed on Operation PRESENCE-Mali on the training range using the M-134 from a CH-146 Griffon helicopter on August 26, 2018.

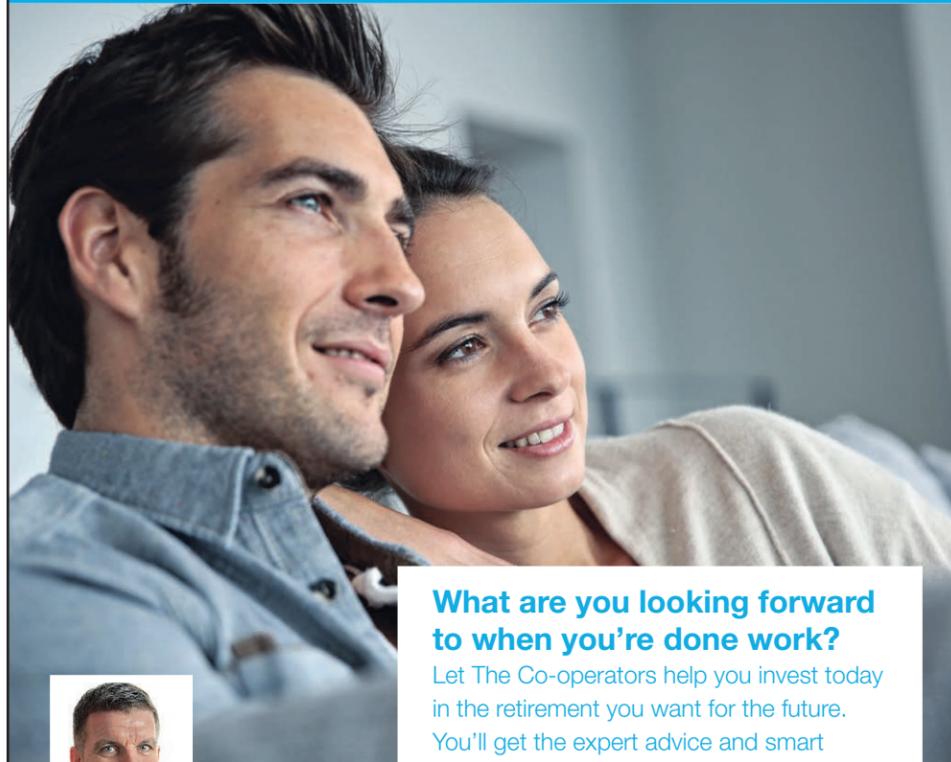
CFS Alert: Show tour



Photo by Cpl Tolstoy

Content submitted
In December CFS Alert personnel hosted the well-known cover band Ambush and comedian Lars Callieou. The PSP Show Tour band rocked the Arctic Club Mess, playing a wide variety of hits, including their own original song "Top of the world," written to commemorate their first trip to CFS Alert in 2016. Station members had a great time with the band and Lars. In addition to the main performance the band held a jam session with enthusiastic Station personnel. Lars held a comedy workshop. Lynda Manser who was the PSP escort for the Show Tour graciously devoted her time in assisting with morale initiatives at Alert.

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Mission Support Squadron



Photo by Lt Mahon

(Top row left to right): MCpl Williamson, Cpl Holmes-Makcrow, Cpl Morey, Avr Aultman, MCpl Jobin, Cpl Crocker and MCpl Morreale. (Bottom row left to right): Pte Buteau, MCpl Vadnais, Cpl Larade, Cpl Guérin, Cpl Tulip, and Avr Slood.

Content submitted
Members of 8 Mission Support Squadron - 81 Construction Engineering Flight competed a training exercise at the Northern Lodge from Nov. 12-22, 2019. The flight completed several projects including the construction of two large retaining walls for RV parking, re-siding and replacing windows on Cabin 6, and repairing a large drainage systems for the cabins.

Take part in a day of free winter sports next week

By Makala Chapman

Members of the military community are being encouraged to make the most out of winter. To help get everyone in the spirit, 8 Wing Trenton and Personnel Support Programs (PSP) will once again host their annual Sports Day at the Batawa Ski Hill on Jan. 30. This free event is open to all military members and Department of Defence civilians and promises a little something for everyone. It should be noted that the ski hill will also be accessible to family members and friends wishing to participate, at their own expense.

This year's lineup of winter activities includes: skiing, snowboarding, skating, pond hockey, yoga, snowshoeing, snow rugby and curling. In addition, an Amazing Race event will be hosted by PSP's Health Promotion Team at the Batawa Community Centre and surrounding area. In order to secure a spot in an activity, members are being encouraged to register through unit representatives, who can be found online through the Wing's internal website – the Splash Page. Opening ceremonies for this year's event will take place at the Batawa Community Centre, which includes a warm-up, and is scheduled to begin at 9 a.m. A free lunch will also be held on the premise from 12:15 p.m. – 1:15 p.m.

Speaking to how excited he was to help coordinate this year's event was 8 Wing Trenton's Chief of Staff Lieutenant-Colonel (Lt.-Col.) David Alexander. He

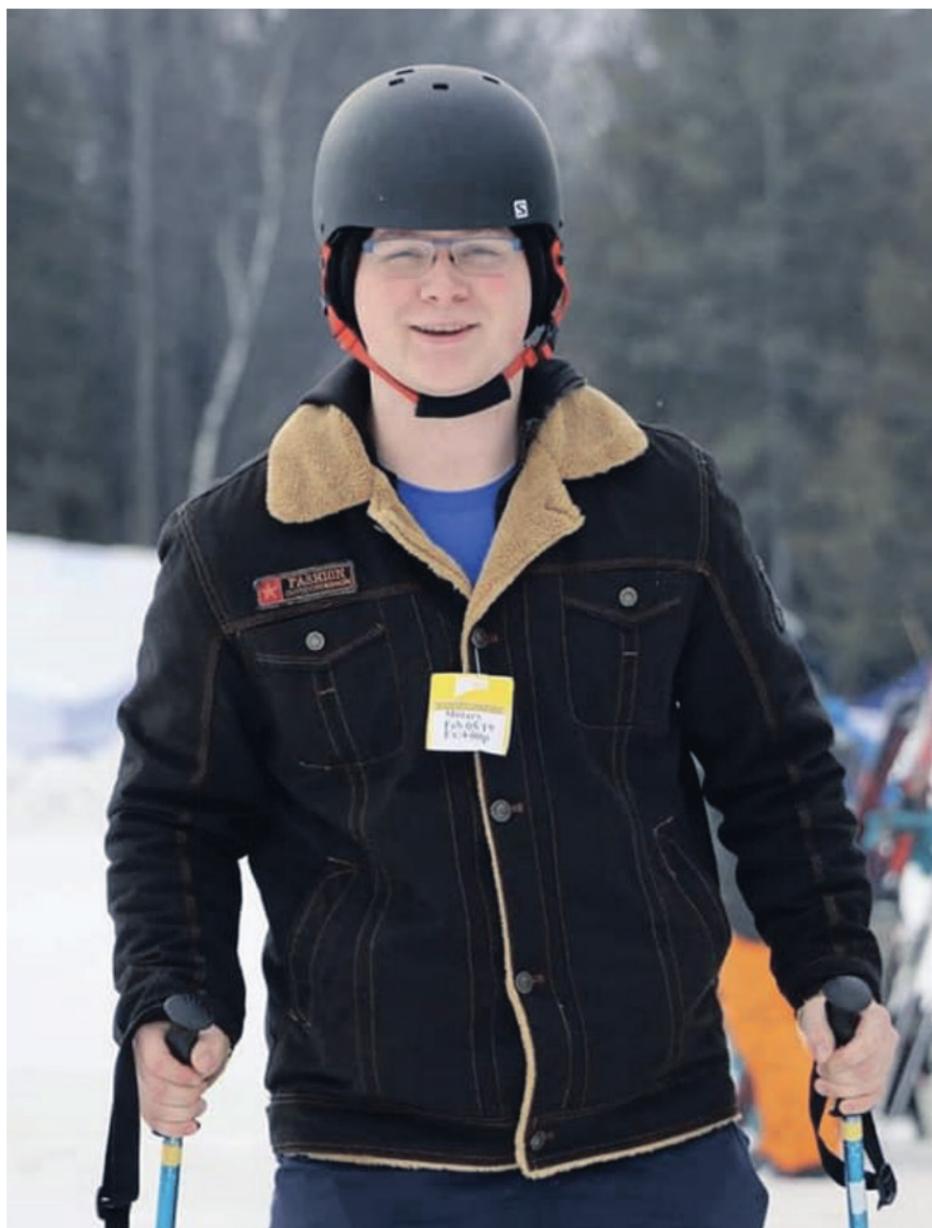
noted he would highly encourage any members that are able to participate in the event to do so. "Balance is a big focus of the Canadian Armed Forces," he said. "This includes looking after yourself through fitness, which is something you need to attend to through the whole course of your life." In addition, Lt.-Col. Alexander went on to share that finding ways to be active was an important component to be considered for other reasons apart from the physical aspect. "I think a reasonable to high level of fitness allows people to be more robust and meet the mental challenges of our personal and professional lives," said Lt.-Col. Alexander. "Personally, I like to swim, as it provides both a psychological and physical release from the stresses of life. Some people achieve this through running, fishing or other ways. Everyone is different so you just have to find the mechanism that works best for you." In light of the upcoming Bell Let's Talk campaign, which also launches next week, Lt.-Col. Alexander also invited members to participate in a planned open forum on mental health. This event, now in its second year, is being held at the National Air Force Museum of Canada and begins at 11 a.m. on Jan. 29.

In addition to the various activities being offered on Sports Day, thanks to the event sponsors, free hot chocolate and lunch will also be available to the members. On behalf of 8 Wing Trenton and PSP, a special thanks goes to Bay Marine, Bank of Montreal, Century 21, Williams Hotels and Medigas.



Photo by Makala Chapman

Members of 8 Wing Trenton enjoy skiing and snowboarding at the Batawa Ski Hill during Sports Day 2019.



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Safety

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his winter promises to be good for skiing and skating in many parts of the country, with lots of snow and cold weather expected. But, you won't have much fun if you get injured. Take extra safety precautions for both of these popular sports.

Ski Safely:

- Get in shape before you hit the slopes. Do exercises to build strength, endurance and flexibility to avoid muscle strains, sprains and other injuries.
- A few loosening-up exercises prior to skiing or skating would be helpful.
- Learn to ski correctly. Take professional ski instruction if you are a newcomer. Experienced skiers can benefit from a refresher course, too.
- Check weather and snow reports before you set out. Be prepared for a sudden change of weather.
- Learn the layout of the ski hill to keep you from getting lost.
- Ski with companions. Tell someone where you are going.
- Plan to ski well within your abilities. Choose the slopes you can handle safely.
- Don't ski out of designated areas.
- Quit for the day before you get exhausted.

Sharp Skating:

- Wear well-fitting skates which provide adequate ankle support.
- Keep the blades professionally sharpened.
- Skate only where you are sure the ice is strong enough to support your weight. Check for any cracks or holes in the ice or debris which might cause a fall.
- Don't skate alone.

Skiing and skating are fun ways to spend a winter day. Put safety first so you can enjoy the entire season.





8 WING CFB TRENTON

Winter Sports Day

AT BATAWA COMMUNITY CENTRE + SKI HILL

Thursday, Jan. 30, 2020

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The Contact Newspaper

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

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

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

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

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

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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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Max Flex: The Air Operations Support Technician

By Major Holly Brown

The Air Operations Support Technician (AOS Tech) is an exciting new occupation that is the first of its kind in its ranks are filled exclusively by reservists. These members are playing an important role in helping the RCAF address capability gaps at the tactical level.

Corporal Travis Valliquette joined the RCAF Reserve in September 2017 and is an AOS Tech at 424 Transport and Rescue Squadron at 8 Wing in Trenton, Ontario. For this issue of Excelsior, we asked him to describe his occupation as he has experienced it:

Cpl Valliquette, what was it about the Air Operations Support Technician occupation that attracted you?

What attracted me most was the fact that I would be able to be a part of the military, while at the same time getting an education to follow my passion for Animation by studying at Loyalist College. The flexible hours and the full-time employment in the summer were a big help as well. I've always had a thing for the military, so it was perfect for me to scratch that itch while also furthering my education.

Who was most instrumental in helping you decide to become an AOS Tech?

For me, my family was a big supporter in my joining the RCAF Reserve, as I was not happy in my civilian job. Once I found out about the new AOS Tech trade, Chief Warrant Officer James McKenzie at 8 Wing [Trenton, Ontario] was very helpful in getting me all the info I needed about the trade and how I could get started. Overall, there were a lot of people involved with getting me into the new AOS Tech trade.

How has your training been so far?

My training so far has been both fun and challenging. I have been through all of the AOS training, and I am currently in the middle of my SAR Support training. Personally, I think the training is the best part of the trade, because you get exposure to all sorts of occupations within the military, like Avionics Systems (AVS) and Aviation Systems (AVN) Technicians, SAR Techs, and Riggers.

How did the occupation's employment flexibility (ability to work nights and week-ends, for example) help you balance your schedule between being a full-time student and a member of the military?

The flexible hours is one of the best things about this trade in terms of balancing work with school or even another part-time job. It was one less thing that I had to worry about while I was in school, as I was able to work as much or as little as I needed, depending on my school schedule. I was able to pick my hours for the month and be able to focus on my studies. The guaranteed four months of full-time employment in the summer was helpful; I didn't have to worry about finding another summer job. This is when the bulk of my training took place. I was also able to see how the unit and base operate on a daily basis.

What do you find most interesting in your daily work routine? Does this occupation provide you



Photo by Leading Seaman Paul Green, 8 Wing Imaging

Cpl Travis Valliquette is an Air Operations Support Technician at 424 Transport and Rescue Squadron, 8 Wing at Trenton, Ontario where he routinely performs servicing tasks on the CC-130H Hercules aircraft.

with a challenging environment?

I find the most interesting part of my job is working in the SAR section, with the variety of tasks that there can be. One day I'll be doing administrative tasks, and the next day I could be assisting in packing cargo parachutes or supporting a drop zone, where we will be collecting the cargo drops and assisting in SAR Techs' jumps.

This occupation does have some challenging environments. Walking through a wooded area retrieving a cargo drop can be physically challenging, and packing the cargo parachutes can be mentally challenging - you have to pack the 'chute correctly so that it opens properly in the air.

What it is like to be a member of the air operations team, and how do you think you contribute to your wing's operations?

Being a part of the air operations team is really fun, and the people are great. On the maintenance side, we help out the technicians with their CC-130H Hercules servicing tasks, such as refuelling them or launching them as part of the aircraft ground party, as well as

other tasks so that they can focus on fixing our planes. We even take up Wing Auxiliary Security Force (WASF) tasks to further help those technicians out. On the SAR side, the SAR Techs - in my personal experience - have been very happy to have me around, helping in support of drop zones and maintaining their droppable kits. Overall, I feel that we AOS Techs have a very positive impact on wing operations.

What words of advice/encouragement would you have for someone thinking of becoming an AOS Tech?

I would have to say to that person, "Just do it!" It gives you exposure to a lot of different occupations to help you choose what you want to do in the military. It's perfect for students, because it's a flexible part-time job that will give you a lot of experience to take back to your civilian job, or maybe you will find your love for the military and decide to stay in. It's a great experience, and an amazing way to start your military career if you're not sure what you want to do. Either way, there are a ton of opportunities, whatever you decide to do.

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Upcoming events

Jan. 31 – “Legends of Hockey” dinner featuring special guest speaker, former NHL player Jim Kyte. This evening is in support of the Trenton Memorial Hospital Foundation and Wounded Warriors Canada. For information on tickets go online to hockeyfortroops.com or tmhfoundation.com.

Feb. 1 – Opening day of the 9th annual CFB Trenton Pond Hockey Classic at Batawa Community Centre.

Feb. 2 – Trenton MFRC and 8 Wing PSP bring you their annual Winter Jubilee. A free event open to the military community. The festivities will include all sorts of winter fun, games and activities from 10 a.m. – 2 p.m. For more information, contact the Trenton MFRC at 613-965-3575.





WINTER JUBILEE

at the CFB Trenton
Pond Hockey Classic

Sunday, February 2, 2020
10 a.m. - 2 p.m.
Batawa Community Centre

JUBILÉ D'HIVER

au 'CFB Trenton
Pond Hockey Classic'

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January-February 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 MFRC Day at Batawa Ski Hill	27 EarlyON: Explore with Korena Building Blocks Club (French) begins Knit & Chat	28	29 RDSP Info Session	30 Book Club	31 YAS PA Day Vaccination Clinic	1
2 WINTER JUBILEE	3 EarlyON: Explore with Korena	4 Mindful Masters begins	5	6	7	8 Wen-Do Women's Self Defense Workshop
9 Wen-Do Women's Self Defense Workshop	10 EarlyON: Explore with Korena	11 From the Ground Up begins	12 Painting 2.01	13 Knit & Chat	14	15
16	17	18	19	20 Manulife Information Briefing	21	22

● **Trenton MFRC – Trenton Location**
Monday – Thursday: 8 a.m. – 6:30 p.m.
Fridays: 8 a.m. – 5 p.m.

● **Winter Jubilee**
The Trenton Military Family Resource Centre - MFRC and 8 Wing PSP are teaming up again with the CFB Trenton Pond Hockey Classic on Sunday, February 2, 2020 to host free winter activities! We invite you to join us in Batawa at the Batawa Community Centre for a day of true Canadian fun! From 10 a.m. - 2 p.m., there will be winter (indoor and outdoor) activities for families and individuals with or without children to enjoy.

- Ice skating
- Wagon rides
- Indoor & outdoor activities
- Colouring station
- Balloon arts & animals by Christopher the Twistopher
- Live music by Andy Forgie
- A hot lunch
- And more!

Free hot chocolate and s'mores plus kids (15 & under) can enjoy a free lunch! For more information, you can call 613-965-3575.

● **Mindful Masters**
This program provides easy strategies to help children, aged 9 - 12, focus their attention, improve on self-regulation, build resiliency and develop a positive mindset. Every Tuesday for eight weeks beginning February 4. Please register by February 3 by contacting Kendra at kendra.b@trentonmfr.ca.

● **Y.A.S (Young And Skilled) PA Days**
Looking for somewhere to send your

children on their next PA day? Sign them up for the Young And Skilled (Y.A.S) PA Days! Children/Youth ages 9-16 will learn simple skills to be healthy, happy, and helpful through physical activity, healthy eating, self care, and contributing to the community. Snacks and lunch will be provided. \$10/student. Register and pay at MFRC reception by January 21 or January 28. If you have any questions, please email kendra.b@trentonmfr.ca.

● **Women's Wen-Do Self Defence 2-Day Workshop**
February 8 & 9, 2020, 9:30 - 5 p.m. both days
\$20 per person
Registration deadline: January 31, 2020
Dark winter nights, living and traveling alone, working late. There are never enough reasons to learn to protect yourself when facing real-life situations. How do you respond to wrist grabs, multiple attackers and ground or bed attacks? Don't let yourself freeze or be a vulnerable target! This course is designed to offer women physical practice as well as discussions about stereotypes, the law and self-defense, as well as debunking myths about sexual assault and relationship abuse. Email rabia.s@trentonmfr.ca for more information.

● **From the Ground Up**
Manage negative self talk, assertive communication, and nurture healthy self-image, and positive relationships. February 11 – March 31, Tuesdays from 1 – 2 p.m. at the Trenton MFRC Register today by calling 613-392-2811 ext. 4017.



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9th Annual CFB Trenton



POND HOCKEY CLASSIC

January 31st = February 2nd, 2020

The annual CFB Trenton Pond Hockey Classic is lacing up its skates for the 9th premiere charity tournament and winter jubilee January 31st to February 2nd in Batawa to help raise money in support of the Trenton Memorial Hospital Foundation and Wounded Warriors of Canada.

For those interested in supporting the event, but not playing, a dinner will be held at the Batawa Community Centre January 31st. It features a gourmet meal by Chef Nicholas Loshak as well as guest speaker retired NHL player and first legally deaf NHL player Jim Kyte, live music and a live auction. Tickets for the evening and dinner will go on sale for \$100 per person. Cocktail hour begins at 5:30 p.m. with the "Legends of Hockey" dinner at 6:30 p.m. For tickets go to: www.hockeyfortroops.com or www.tmhfoundation.com.

Mission Statement: We inspire our community to help us achieve sustainable healthcare excellence for our community.

Our goal is to raise \$80,000 for Wounded Warriors Canada and the Trenton Memorial Hospital Foundation through individual fundraising and corporate sponsorship. We are excited to make this event a success and bring awareness to the sacrifice soldiers and their families make on a daily basis. To be part of this event contact: info@hockeyfortroops.com



WOUNDED WARRIORS OF CANADA

Founded in 2006, Wounded Warriors Canada is a national

Non-profit organization that supports Canada's ill and injured Canadian Armed Forces military members, veterans and their families. Through a wide range of national innovative and pioneering programs and services, Wounded Warriors proves a spectrum of care that is focused on mental health, particularly, Post Traumatic Stress Disorder.



TRENTON MEMORIAL HOSPITAL FOUNDATION

The Trenton Memorial Hospital Foundation is a non-profit service organization that was incorporated on December 4, 1983. The Foundation functions exclusively for charitable purposes. It is responsible for fundraising to finance priority care medical equipment, construction, and education to benefit the Quinte Health Care Trenton Memorial Hospital and health related activities within the community. While the government funds the operation costs for the hospital our tax dollars do not pay for much needed medical equipment.



Friday, February 1st Hockey Themed Fundraising Dinner

At the Batawa Community Centre.

Cocktail Hour at 5:30
Three course Dinner to follow at 6:30
Semi-Formal dress code in effect,
However hockey jerseys are encouraged.
Dinner Tickets \$100.00

LIVE MUSIC

WWC Speakers: **Dan & Wendy Hrechka**
NHL Speaker: **Jim Kyte**
Live auction, 50/50



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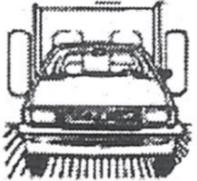
THE TOURNAMENT



More than 50 teams are expected to play at the Pond Hockey Classic this year. The games will be played on the Batawa Lions Community Rinks located in Batawa, Ontario. The tournament features classic pond hockey at its finest, including night games under stadium lighting. This 4 on 4 event feature Canadian Pond Hockey rules and will guarantee three games for each team during the round robin play. This year will see four divisions compete. On Saturday, February 1, adult competitive, non-competitive and old timers (35+) will be competing. A sudden death playoff format for the top teams will take place for the adult competitive and non-competitive divisions. On Sunday, February 2, the youth division (atom age) will be competing. The Youth division will also include a pizza lunch courtesy of Little Ceasars Trenton as part of the registration. Trenton Military Family Resource Centre (MFRC) and 8 Wing PSP have teamed up with the Pond Hockey Classic to host the annual Winter Jubilee on Sunday, February 2. From 10 a.m. – 2 p.m., the Trenton MFRC and PSP will offer free winter activities for the entire family including wagon rides, skating, s'mores, balloons by Christopher the Twistopher, music by Andy Forgie, and more indoor and outdoor activities. Winter Jubilee welcomes all military and civilian families and offers something for everyone and all ages. Full details and a schedule of activities for the Winter Jubilee can be found at www.trentonmfr.ca.

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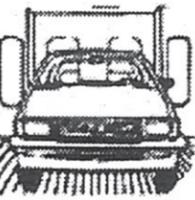
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Padre's Corner



A Muslim's reflection on the holidays

By *Chaplain (Imam) Mustafa Kaya*

In Canada where all different faiths and spiritualities are present, as a Muslim chaplain I have been asked many times: how should Muslims react to Christmas? Is it wrong to be respectful to our Christian neighbours and even share their holy day?

Respect to other religions is a virtue. We can share our neighbours' and friends' holy days, especially Christmas, because it is the celebration of the miraculous birth of Jesus PBUH (peace be upon him), which is an influential matter not just in the New Testament, but also in the Holy Qur'an. Two chapters of the Muslim scripture make explicit narration of the birth of Jesus PBUH.

The Qur'an even calls the Jesus PBUH "Word of God", and intensify on his extraordinary nature. Muslim theologians have been puzzled by this term, which the scripture uses for no one else. Christian theologians also have been intrigued, for it evokes the Gospel of John, which defines Jesus PBUH as the Word of God who "became flesh and dwelt among us." Jesus's PBUH return is mentioned in the Islamic tradition. The nature of the return has been disputed, but agreed considerably on that, He will come and embrace everyone with love, mercy and compassion.

The messenger of God, Muhammad PBUH (peace be upon him), also faced this question when Muslims established the first peace sanctuary at Madinah, where the majority of the society were not Muslims. He said about the Christians of Najran (Yaman): "Najran has the protection of God and pledges of Muhammad, to protect their lives, faith, land, property, those who are absent and those who are present, and their clan and allies. They do not change anything of their past customs. No right of theirs or their religion shall be altered. No church leader, monk or church guard shall be removed from their position." It is historical commitment towards people of other faiths that formed the ideals of Islam regarding other faith groups. The messenger harmoniously allowed a Christian delegation to celebrate their religious services in the very first Mosque of the Prophet according to classical historians.

It is critical for Muslims to remember that a person is not considered a Muslim unless they believe in Jesus PBUH (as a messenger of God). This love for this noble Prophet ties us to the Christian faith and community in a special way.

Muslims and Christians around the world have been waiting for the return of Jesus PBUH. No one knows when Jesus PBUH will come again, but we can do our best together to be ready.

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Continued from page 1
 his current role as the RCAF Reserve Chief Warrant Officer, he was the Canadian Forces Liaison Counsel CWO for Ontario and the Special Projects Officer for Director Air Reserve. His tasks included helping to establish the newly created Air Operations Support Technician occupation. In 2018, in honour of his exceptional service, CWO McKenzie was recognized as a Member of Military merit – a prestigious honour awarded to very few each year. In his welcome address, Brig.-Gen. Rafter noted that CWO McKenzie's role would be integral to the RCAF and its Air Reserve. He went on to explain that his presence would help supplement a need for quality leadership in a time of great change and advancements. "I can't explain how happy I am with (CWO McKenzie's appointment)," said Brig.-Gen. Rafter. "He was selected from a group of highly qualified people. He brings a wealth of experience and I couldn't think of a better person to do this."

Taking to the podium to express how humbled he was to be accepting his new role was CWO McKenzie. He noted it was an honour he would not take lightly and a job he would do with great pride. "I realized I have a great challenge ahead of me as I have witnessed the tremendous accomplishments of (the former RCAF Reserve Chief Warrant Officers)," said CWO McKenzie. "I feel I am ready for this challenge and will do everything I can to move the yard stick forward." He then took the time to thank his mentors for their help in getting him to this point in his career, but noted it was to his family he owed the biggest gratitude. "I want to thank you for your continued support and sacrifice," he said. "No words can express my gratitude for your constant support." He once again thanked all those in attendance and noted the door to his office, located at 8 Wing Trenton, would always be open and encouraged those within the Reserve Forces to feel free to share their concerns or ideas for the future.



Photos by Makala Chapman

Chief Warrant Officer McKenzie thanks all those for their support over the years, including from his family, who look on at him as he speaks at his Change of Appointment ceremony.



Guests and spectators look on as Chief Warrant Officer McKenzie accepts the role of RCAF Reserve Chief Warrant Officer on Jan. 21, 2020.



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Veteran memorial banners available for purchase

By Makala Chapman

The local legion is giving those with a veteran in their life a unique opportunity to honour their service. For the two weeks surrounding Remembrance Day, custom vinyl banners will be hung from the street lamps in downtown Trenton. The double-sided banners will include a photo of the veteran, their name, their military affiliation and the sponsor's name. The large banners are good for five years and will be hung each year by the City of Quinte West. Each month the Royal Canadian Legion Branch 110 will then choose a banner to display. The banners will cost \$200 and are available to all past and current-serving members of the military. For further inquiries contact Duff at 613-848-5454 or email the Legion at Debbie@rcl110.ca.

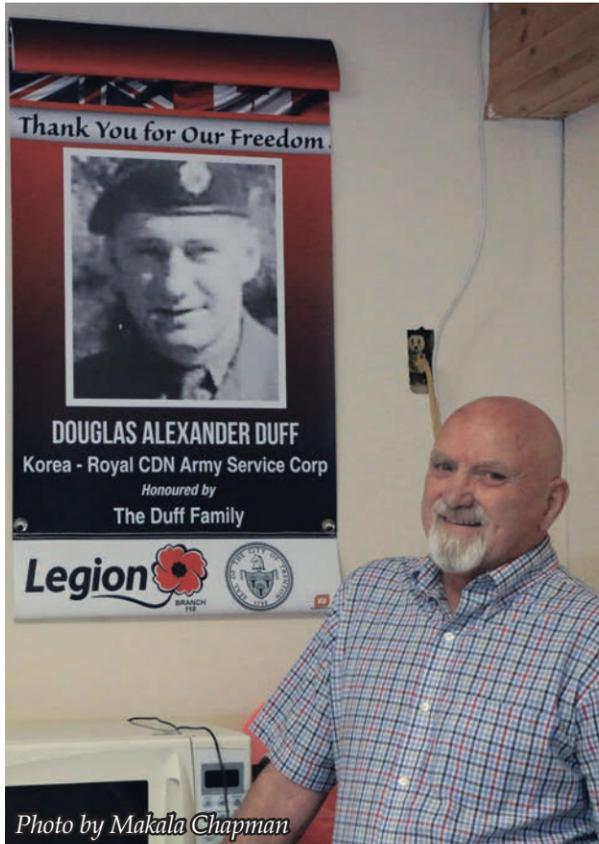


Photo by Makala Chapman
Legion president Douglas Duff with the veteran memorial banner he purchased for his father.

Facts and Requirements:

- Provide a 5 x 7 photo of the veteran (military uniform preferred)
- Fill out the sponsor form and include

- veteran's military affiliation
- The vinyl banner is double-sided and 22 x 44"
- Banners will be stored with care and re-erected annually

Bell Let's Talk Campaign coming to 8 Wing

By Makala Chapman

The Bell Let's Talk campaign is once again coming to 8 Wing Trenton. This initiative is a national effort dedicated to raising funds and promoting education on mental health. Since its inception, the Bell Let's Talk Campaign has raised more than \$86 million for mental health research. To get the conversation started, members of 8 Wing Trenton are invited to attend a forum and discussion panel, hosted by the senior leaders of the Wing. This event

is set to take place at 11 a.m. at the National Air Force Museum of Canada on Jan. 29.

Department of National Defence staff looking for more information and local resources regarding mental health can do so by logging onto the Splash Page. Health Promotion also has a variety of resources to offer including seminars and information pertaining to social wellness, mental fitness, suicide awareness, and more. For more information, visit Health Promotion at www.hp.cfbtrenton.com or by calling 613-392-2811 ext. 3768.



Photo by Cpl Chris Hilchey
A crew from 436 Transport Squadron prepares for takeoff in a CC-130J Hercules while sporting their toques in support of Bell Let's Talk Day.

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