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Remembering the 1995 crash of Nimrod XV 239



Photo by Makala Chapman

A small ceremony was held at 8 Wing Trenton on Jan. 9 in remembrance of the victims of Nimrod XV 239 – a maritime patrol aircraft that crashed into Lake Ontario in 1995.

By Makala Chapman

8 Wing Trenton is doing its part to keep the memory of the crew of Nimrod XV 239 alive. On Jan. 9, members joined together in a small ceremony at 2 Air Movements Squadron to learn more about the Royal Air Force (RAF) aircraft's final flight in the summer of 1995. But what made the occasion all the more humbling was the presence of the tail fin of the aircraft

itself – a reminder of how precious life can be. Following a brief history of the Nimrod and its crew, 2 Air Movement Squadron's Padre Lt(N) Glib Pistruga blessed the tail fin before concluding the ceremony. The aircraft piece was then carefully loaded into the back of a CC-177 Globemaster where it would take one last flight – home to Scotland. It was Sept. 2, 1995 when the crew – seven members of the RAF's 120 Squadron based in RAF Kinloss, Scotland – par-

icipated in the Canadian National Exhibition's International Air Show in Toronto. The crew were tasked with displaying the aircraft's capabilities. Spectators at the time reported watching as the aircraft successfully demonstrated turns and a low-level pass over the crowd. But, as the Nimrod approached the end of its display, the same crowd watched in horror as the aircraft then plummeted into Lake Ontario. Having

CONTINUED ON PAGE 7

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2019: A year in review continued

By Makala Chapman

Last week's edition of the Contact certainly was a walk down memory lane. If anything, it was a reminder of all the great things that get accom-

plished here at 8 Wing Trenton and in the community. Let's keep up that momentum as this week takes a look at the second half of last year. Maybe even take the time to reflect on some of your own favourite memories. Enclosed in this week's edition are reflec-

tions of some of the top stories of the year. This includes welcoming new members to the 8 Wing community; exciting artifacts being donated to the local museum and more. With a new year upon us, imagine what great stories are yet to come.

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Photos of the Week



Photo by Cpl Sutton

CFS Alert: Polar Roll

Content submitted

On Jan. 1, 2020, CFS Alert members started off the New Year by braving the winter weather with temperatures of -39 degrees Celsius and rolling in the snow. One member in particular chose to channel their northern spirit by dressing as a polar bear, a symbol of the Arctic. Many chills and spills were had, as fellow 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.

Mission Support Squadron



Photo by Cpl Vega-Ortiz

By Sgt Johnson

Cpl Thériault a Materials Technician within 8 Mission Support Squadron, TEME Flt, is conducting welding repairs on a runway sweeper out in Mountainview Airfield on Sept. 17, 2019 in support SNIC readiness operations.

Winter Jubilee ahead



Photo by Makala Chapman

Contact News

The Trenton Military Family Resource Centre (MFRC), in partnership with 8 Wing Trenton's Personnel Support Programs, has announced the arrival of their annual Winter Jubilee event. This year's festivities will be held at the Batawa Community Centre from 10 a.m. – 2 p.m. on Sunday, Feb. 2, 2020. This event includes free indoor and outdoor winter activities such as skating and live music. In addition, youth 15 years and younger will receive a complimentary hot lunch on the day of the event. For more information on the Winter Jubilee, contact the Trenton MFRC at 613-965-3575.

July: Summer highs and final goodbyes

By Makala Chapman

While summer is traditionally the time to relax, this was not the case at 8 Wing Trenton. A constant hive of activity kept members and their families busy during the summer months. July began with 437 Transport Squadron's annual visit to the Canadian Warplane Heritage Museum in Hamilton, Ont. This visit was part of the museum's annual Air Force Day – an opportunity to showcase the RCAF's rich aviation history with the community. Members of 437 spent their time giving tours of the CC-150 Polaris and sharing their squadron's history. Also, at the museum, members of 437 took part in the dedication of the C-47 Dakota – the squadron's first aircraft.

Back at 8 Wing Trenton, on the north side of the Base, members of 2 Air Movement Squadron said goodbye to their Commanding Officer Lieutenant-Colonel Teresa Brown. Taking over the reins was Lt.-Col. Brandon Sing who, at the time, noted he was happy to be back at the squadron after having served as the Deputy Commanding Officer in 2015. Also on the north side, members of 8 Wing Trenton's Aerospace and Telecommunications Engineering Support Squadron (ATESS) were celebrated for leading the charge when it comes to 'Respect in the CAF' training. Health Promotion's manager Lisa Refausse congratulated the squadron for the fact that almost 100 per cent of the members at ATESS had signed up for the course. At the time, Commanding Officer Lieutenant-Colonel Guy Parisien said he couldn't have been prouder of his men and women for being excellent examples for the rest of the CAF.

July was also a big month as the community said farewell to 8 Wing Commander Colonel (Col.) Mark Goulden and Wing Chief Warrant Officer (WCWO) Troy Zuurro. After a busy two years together, it was time to pass the baton onto the incoming command team. It was at the July 26 ceremony that the community got its first introduction to 8 Wing Trenton's current commander Col. Ryan Deming and WCWO Dan Baulne. Together, they promised to continue on the great work of those before them and to ensure the members remained a priority

in all facets. July was also when members said a final goodbye to WCWO Zuurro as he concluded 33 years of service.

To finish off the month, members of 24 Canadian Forces Health Services Centre participated in the annual Bankers Bed Races in support of the Leon's Buy-A-Bed Campaign. The charitable event directly benefits the purchase of medical beds for the Trenton Memorial Hospital.



Photos by Makala Chapman



CLOCKWISE FROM TOP LEFT: Lt.-Col. Brown thanks the squadron for two successful years in July 2019. The dedication ceremony held at the Canadian Warplane Heritage Museum in Hamilton to honour the C-47 Dakota aircraft on July 6, 2019. Health Promotion manager Lisa Refausse (middle) and ATESS Commanding Officer Lt.-Col. Guy Parisien (right) and then Chief Warrant Officer Steve Compton (left) at ATESS Headquarters. Col. Deming assumes command of 8 Wing Trenton in July 2019.

August: Gliders, parachutes and bikes

Photos by Makala Chapman



TOP: A team from 424 Transport and Rescue Squadron arrived in a CH-146 Griffon Helicopter on Aug. 10 where they discovered the downed aircraft in a forested area near Gravenhurst, Ont.

BOTTOM: Cadets Daniel Tcherkezin and Rhea Panashtia in summer 2019.

By Makala Chapman

The summer months are a busy time for members of the Trenton Cadet Training Centre (TCTC). As they do each year, the cadets held their Ceremonial Trooping of the Banner. This year was made even more special because the cadets were celebrating the 78th year of the Air Cadet program. For many young Canadians, cadets is more than just a recreational program – it's a glimpse into their potential futures. Over at the Mountain View Cadet Flying Training Centre in Prince Edward County, over a dozen young cadets received their Transport Canada Glider Pilot Licence. For many of the 16 and 17 year olds in this program, that is a huge accomplishment,

considering most don't even have their driver's permit. August was also a busy month for the husband and wife duo of the Canadian Forces parachute demonstration team the Sky-Hawks. Master Seaman (MS) Bree Bent and Master Corporal (MCpl) Jason Bent spent their summer touring Canada and the U.S., showcasing and bringing awareness to the Canadian Armed Force's capabilities. Never a dull moment at 424 Transport and Rescue Squadron as August proved to be quite a busy time for its members. Joint Rescue Coordination Centre Trenton responded to a helicopter crash near Gravenhurst on Aug. 10. The helicopter had crashed in a remote forested area of Queen Elizabeth II Wildlands Provincial Park with two passengers on

board. A team from 424 Transport and Rescue Squadron arrived in a CH-146 Griffon Helicopter where they discovered the downed aircraft and were able to retrieve the passengers. At home in Quinte West, members of 424 also participated in the Canal Pursuit – an annual run in support of bringing awareness to mental health. This event is a relay run, 750 kilometres long, starting in Port Severn, Ont. and travelling along the Trent Severn and Rideau Canals, ending at Parliament Hill in Ottawa. To finish off the month, the annual Wounded Warriors Canada Highway of Heroes bike ride took place. More than 65 participants participated in either a 160 or 240-kilometre bike ride in honour of Canada's fallen soldiers.



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September: Childcare, charity and fall celebrations

By Makala Chapman

The month started off in a big way as members of 8 Wing Trenton once again kicked off their annual Government of Canada Workplace Charitable Campaign (GCWCC). To launch the first official day of the initiative, more than 140 participants gathered at the Wing's Roundel Glen Golf Course for the 20th Annual Wing Commander's Golf Challenge on Sept. 5. The GCWCC is an annual event created exclusively for federal public servants and federal retirees looking to make charitable contributions in their communities. Each year, throughout the fall, the Base holds a variety of local events to help raise money for the campaign. The benefactors of the money raised through the GCWCC are HealthPartners and the United Way of Hastings Prince Edward. The campaign concluded a few months later, with 8 Wing having raised over \$103,000.

The lives of fallen paramedics were also honoured in a ceremony at Bain Park in Quinte West on Sept. 14. The event was part of the Paramedic Ride Ontario initiative - an annual bike

ride, first conceptualized in 2012, that aims to raise awareness and funds for the Canadian Paramedic Memorial Foundation. More than 200 cyclists from 30 different paramedic services across Ontario stopped in for last year's ceremony.

Members of Personnel Support Programs (PSP) and Health Promotion took the month of September to reiterate the importance of staying active and fit. Together, they coordinated the annual CAF Sports Day at 8 Wing Trenton. On this day, members got the chance to step away from the workplace and enjoy a day of recreational activities including sports, yoga and more. At the event, 8 Wing Commander Colonel Ryan Deming spoke on the importance of remaining fit for both operational readiness and good overall mental health.

Over at local French immersion school, École secondaire publique Marc-Garneau, students celebrated Franco-Ontarian Day. Each year, members of the Franco-Ontario community gather to celebrate their more than 400 years of history and culture in Canada. Outside of Quebec, Ontario has one of the largest francophone communities in the country. The an-

niversary of the Franco-Ontario flag, a symbol of the collaboration of cultures, was also celebrated as it was first flown in 1975. It features a green band with a fleur-de-lis and a white band with a trillium.

September was also a great month for the Trenton Military Family Resource Centre. To start things off, they officially held their grand opening for their newest location in Batawa. Addressing a growing need for childcare in the region, staff at the time say it was a welcomed addition. The new 5,000 square foot facility boasts ample natural lighting, several fenced-in outdoor play areas, spacious playrooms and close proximity to Batawa Ski Hill and biking and hiking trails. The childcare facility can hold up to 75 licensed childcare positions. To finish off the month, the MFRC held their annual Family Day Block Party. This was an opportunity to give a final farewell to summer and a hello to all the new military families in the community. Also celebrating September, members of CFS Alert held a fall carnival. While the event was morale-boosting, it was also an opportunity to raise funds for Wounded Warrior Canada.



Photo by Second Lieutenant Sheila Tham



Photos by Makala Chapman

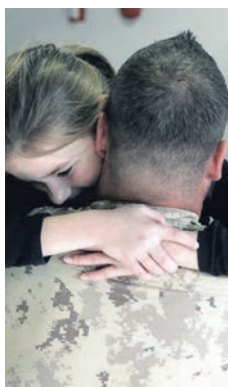
FROM TOP LEFT: A student poses with Master Corporal (MCpl) Denis Abazovic and waves a small Franco-Ontarian flag. Cpl Roxanne Gauvreau dressed up as a clown and offered free face painting to all carnival attendees. Then Aviator Luke Barrie and his daughter, Noa, enjoy the MFRC's annual Family Day Block Party in September 2019.

October: Town halls, celebrating fall and a hidden RCAF treasure

Photos by Makala Chapman



ABOVE: 426 Transport Training Squadron's 'Thunderbirds' take their shot at the Herc Pull in support of the United Way on Oct. 25, 2019. Family members greet returning members deployed on Op PRESENCE in Mali and Senegal at 8 Wing Trenton on Oct. 18, 2019.



By Makala Chapman

As the end of the year began to draw near, October was a great time for members to reflect on the fantastic year so far. With just a few months left, they ensured to keep pace and continue to work hard both at home and abroad. The month started with a visit from Royal Canadian Air Force (RCAF) Commander Lieutenant-General Al Meinzinger. During this time, he held a town hall where one of the messages he shared was the importance of innovation and the future of the RCAF. In addition, he welcomed members to share their ideas and ask questions.

Also in October, the remainder of the Air Task Force members deployed on Canada's peacekeeping operations in Mali returned home. Prior to their arrival, family and friends quickly began filling the passenger air terminal in anticipation. While overseas, Canadian Armed Forces (CAF) members primarily aided in aero-medical evacuations and aerial transportation of United Nations forces in what is known

as Op PRESENCE.

October was an eventful month for the ongoing Government of Canada Charitable Workplace Campaign (GCWCC). Several events were held throughout the month on Base. This included the annual Hercules' aircraft pull. This event saw teams trying to pull a CC-130 Hercules aircraft by rope in the fastest time. Hundreds stopped in at Hangar 1 on the Base's north side to watch as the teams flexed their collective strength.

The annual Poppy Campaign also kicked off at Quinte West City Hall. Led by members of Royal Canadian Legion Branch 110, this event holds significance for many reasons, said Legion president retired Master Corporal Douglas Duff. "The poppy is a symbol of caring and our freedom," he said at the time. "I would encourage everyone, especially the younger generation, to learn more about it so they understand the cost it took so we may enjoy the life we live."

To finish off the month, the National Air Force Museum of Canada came into pos-

session of an exceptionally rare artifact - a membership card to the caterpillar club, an artifact as rare as it is significant in the aviation community. The caterpillar club, first conceptualized in 1922, was created in part by parachutist Leslie Irvin - founder of the Irving Air Chute Company. Its purpose was to act as an exclusive club for anyone whose life had been saved by a parachute as a result of a stricken aircraft. The card was found by Loyalist College employee Jeremy Braithwaite in the back of an old truck that was once used for garbage disposal at the school in the late 1980s. The card belonged to Squadron Leader (S/Ldr) John E. Mahoney, a member of the Royal Air Force who joined in 1937, where he served as pilot in England, Egypt and India. He would later go on to move to Canada and join the Royal Canadian Air Force. As luck would have it, the NAFMC was already home to more than 200 artifacts of S/Ldr Mahoney's. As for how the card ended up in an old truck, forgotten for many years, well, that might just remain one of life's many mysteries.

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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.

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November: Remembrance and recognition

By Makala Chapman

With just two months left of the year, members of 8 Wing Trenton made sure to make the most out of 2019. November began with the welcoming of 436 Transport Squadron's newest member, Honorary Colonel (HCol) Cathie Puckering. The CEO of the John C. Munro Hamilton International Airport took over from local businesswoman HCol Julie Lange who had held the position for four years. In her farewell speech, HCol Lange noted she would never forget her time with the squadron and would always look fondly upon the experi-

ences and people she had met. Also taking the time to reflect was the City of Quinte West and 8 Wing Trenton during the annual Remembrance Day ceremony. Hundreds lined the streets as they took a moment to pause and commemorate all those that had given their lives since the beginning of the First World War. Celebrating his 100th birthday in November was retired Warrant Officer First Class (WO1) Edgar Clark. While most people turn to books or relatives to learn about Canada's rich history, 8 Wing Trenton's former right-hand man can boast that he has lived it. To help celebrate the momentous milestone and relive some of his greatest achievements,

a modest gathering of friends and family joined at Royal Canadian Legion Branch 160 in Wellington, Ont., on Nov. 5. In addition, members of 8 Wing Trenton stopped in to honour the veteran for his dedication to his country. Stopping in at 8 Wing Trenton before the year's end were members of the Belleville Senators hockey team and the local mayors of the region. Included in their separate visits were a tour of 426 Transport Training Squadron, where they got the chance to see one of the RCAF's state-of-the-art flight simulators in action and a familiarization flight with members of 424 Transport Squadron's highly-trained aircrew.



Photos by Makala Chapman



LEFT: Members of 8 Wing Trenton and Quinte West honoured Canada's fallen at the 2019 Remembrance Day ceremony in downtown Trenton. ABOVE: WO1 (ret'd) Edgar Clark cuts into his birthday cake with his daughter, Captain (ret'd) Lynnnda Biggin

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December: Holiday cheer and the of the year

By Makala Chapman

The last month of the year was certainly not a disappointment. While a relatively short month, due to holiday leave, members of the 8 Wing Community really stepped up and made the most out of December. Highlights included some of the ways that the Wing chose to give back to the community. For starters, the annual Toys for the North campaign once again made its way to 8 Wing Trenton. The charitable initiative, in its ninth year, brought in more than 15,000 toys for children living in Canada's most northerly communities. Similar to years past, 8 Wing Trenton's 436 Transport Squadron was quick to offer their support by delivering the toys via their CC-130 Hercules. December is also the month that the Government of Canada Workplace Charitable Campaign wrapped up at 8 Wing Trenton. Members celebrated as they were able to bring in over \$103,000 for the 2019 United Way - which directly benefits local services and programs for those in need in the community. Also, in the spirit of giving were personnel from the Canadian Advanced Army Warfare Centre (CAAWC). Together, they donated more than 3,000 pounds of food to Gleaner's Food Bank in Belleville.

the non-profit initiative calls upon the 8 Wing Community to "adopt" a military family in need. The result is an amazing collaboration of folks who care and wish to make the holiday season special for the children of the military community. To help close off the end of the year in an even more special way, members of 8 Wing Trenton welcomed five families from Make-A-Wish Canada to the area. The children were treated to an unforgettable experience as they got a behind-the-scenes look at Canada's largest military air base in action. Their visit included a ride aboard a CC-130 Hercules and a special catered lunch by 8 Wing Foods Services.



Members of the Angela Hayden Adopt a Family Christmas Program stand amongst the hundreds of gifts donated by both the military and civilian community in December 2019.



8 Wing Trenton's Lt.-Col. Jennifer Kennedy (right) and RCMP Constable Elise Boisclair (left) inspect some of the toys that will be sent up north.

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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.

Feb. 22 - UPSTANDING COMEDY night with comedian Timmy Boyle at the Trenton Curling Club, 293 King Street, Trenton. Join us for an evening of side-splitting entertainment and refreshments. Doors open at 6:30 pm and the show starts at 8:00 pm. For tickets or additional information, please call 613-392-5244 or email trentoncurling@hotmail.com.





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Welcome to the Trenton MFRC Youth Centre!

JANUARY 2020

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

Rabia Stobbar – Youth Services & Personal Development Coordinator
613-392-2811 x2568 | rabia.s@trentonmfr.ca



Sat/Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Happy New Year!	2 CLOSED	3 CLOSED	4 CLOSED
5 CLOSED	6 PJs & Popcorn Ages 6-8 6-8 p.m.	7 Twister Ages 7-9 6-9 p.m.	8 CLOSED	9 Game Night Ages 10-12 6-9 p.m.	10 Billiards! Ages 10-14 6-9 p.m.	11 CLOSED
12 CLOSED	13 Balloon Tennis Ages 6-8 6-8 p.m.	14 Mario Party Ages 7-9 6-9 p.m.	15 CLOSED	16 Energy Bites Ages 10-12 6-9 p.m.	17 'Chill Zone' Ages 10-14 6-9 p.m.	18 CLOSED
19 CLOSED	20 Brownies Ages 6-8 6-8 p.m. \$0.50	21 Winter Soccer Ages 7-9 6-9 p.m.	22 CLOSED	23 Positivity Boards Ages 10-12 6-9 p.m.	24 Minute to win it Ages 10-14 6-9 p.m.	25 Pirate Party Ages 6-10 1-3 p.m. \$3
26 CLOSED	27 BINGO Ages 6-8 6-8 p.m.	28 S'mores Ages 7-9 6-9 p.m.	29 CLOSED	30 Giant JENGA Ages 10-12 6-9 p.m.	31 Frosty Manhunt Ages 10-14 6-9 p.m.	

Welcome back for a new year of fun and games at the Youth Centre!

PLEASE NOTE: We are closed December 21-January 6 for Christmas Holidays.

Pirate Party!
January 25 : 1 - 3 p.m | \$3
Back by popular demand. Dress like a pirate and join us for our everything pirate themed event!

Don't forget to register by JANUARY 23 - Spaces are limited!

Dressing for the weather!
Please remember to wear appropriate clothing for the weather so we can enjoy outdoor games during screen-free time!

A Note to Parents:
Please keep all personal items and toys at home - there's plenty to do at the Centre. We are not responsible for lost or damaged items.

For canteen purchases: Please remember to send your kids

CONTINUED FROM PAGE 1

lost their lives in the incident were Flight Lieutenant (Flt.-Lt.) Dom Gilbert, Flt.-Lt. Glenn Hooper, Sergeant (Sgt.) Gary Moxham, Flt.-Lt. Nick Brooks, Sgt. Richie Williams, Sgt Craig Barnett and Flt.-Lt. Bernie Worthington. Speaking to how important it was to commemorate the airmen who lost their lives in the crash was Major (Maj.) Trevor Reid. He noted it was an honour to be able to carry on their memory and one that would not be taken lightly. "It's important to remember those that gave their lives in service to their country," he said. "We have an excellent relationship with the RAF and certainly the loss of these members struck a lot of RCAF members very closely when it happened. Our part here is to ensure this aircraft part gets overseas in a respectful man-

ner, especially noting its importance to the fallen member's families." Maj. Reid went onto explain that following the crash, the tail fin piece of the aircraft had been placed in an aerospace museum in Toronto. Following the closure of the museum some years later, the artifact then came into the possession of an individual who stored it at the Norwood Municipal Airport. Noting its significance to the Royal Air Force and a museum in Scotland which commemorates the Nimrod aircraft and the crews that served on it, the RCAF worked hard to see if it could be returned to its rightful place. "This is now going to be going to a museum in Scotland (Morayvia Science and Technology Centre), where it will be included in a commemorative display" said Maj. Reid.



Photos by Makala Chapman

The tail fin of Nimrod XV 239 is carefully handled by members of 2 Air Movement Squadron on Jan. 9.



Members of 2 Air Movement Squadron load the tail fin of Nimrod XV 239 into a CC-177 Globemaster at 8 Wing Trenton on Jan. 9.



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18 MANOR CRESCENT

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Hay Bay waterfront cottage with dock and access to Lake Ontario. A fisherman's dream!

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1071B LAKESIDE DRIVE

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January 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 French Film 'Menteur' – 10 a.m. at Centre Theatre	20 EarlyON: Explore with Korena	21	22	23 Prenatal Education Classes begin	24 YAS PA Day	25 Pirate Party in the Youth Centre Voyage à Kingston Spectacle de Guillaume Pineault
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 The Puzzle Project Mindful Masters begins	5	6	7	8 Wen-Do Women's Self Defense Workshop

● **Trenton MFRC – Trenton Location**

Monday – Thursday: 8 a.m. – 6:30 p.m.

Fridays: 8 a.m. – 5 p.m.

● **Francophone Movie Morning– Menteur *NEW DATE***

The Trenton MFRC brings one of the latest French comedies produced and filmed in Quebec (summer 2019) which will be presented at the Centre Theatre: 'Menteur' Sunday, January 19 at 10 a.m. Please purchase your tickets at the Trenton MFRC prior to January 10.

\$5/regular ticket or \$8 combo - Tickets in advance
\$6/regular ticket or \$10 combo - Tickets at the door
Come to laugh, relax and practice your French!

● **Military Family Ski Day at Batawa Ski Hill**

Sunday, January 26 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 (no lesson)

This includes:

- lift ticket
- equipment rental
- group lesson • BBQ lunch

Vouchers on sale at MFRC reception. Call 613-965-3575 for more information.

● **SNIP: Building Blocks (in French!) *NEW DATE***

*Please note, this session of Building Blocks is offered in French.

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 Monday, January 20 and runs every Monday from 6 p.m. to 7 p.m. and runs for 8 weeks. The program is being held at the Trenton MFRC Site.

For more information or to register, please contact Brittany.j@trentonmfr.ca.

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