

# HEALTHY BITS

OFFICIAL HEALTH PROMOTION BULLETIN OF 8 WING CFB TRENTON  
177 HERCULES AVENUE, BUILDING 119, ASTRA, ONTARIO K0K 3W0

January 2026

613-392-2811 EXT. 3768 | HEALTH.PROMOTION.TRENTON@FORCES.GC.CA

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## 8 Wing Trenton's Bell Let's Talk Event

21 January 2026

0930 - 1100

National Air Force Museum of  
Canada



## 'Taking a moment for mental health'

### Welcome to 2026!

Health Promotion wishes you the very best for the year ahead, and we want to help you start off on the right foot. January often feels like a fresh start, and many people set goals for behavior changes or personal resolutions.

When setting your goals, make sure they are **SMART**: Specific, Measurable, Attainable, Realistic and Timely. Goals are personal, so choose something meaningful to you. Many people focus on improving physical health and nutrition. If that's your goal this year, here are a few tips to avoid common mistakes:

- **Don't skip meals:** It can lead to fatigue, irregular blood sugar, and overeating later in the day.
- **Avoid fad diets:** They may promise quick results, but they're rarely sustainable.

Remember, healthy living is a lifelong journey, not a final destination. It's about making daily choices that support both your physical and mental well-being. Think of wellness as a gift to yourself and your family. Every healthy choice is a step toward a stronger, more fulfilling life.



## UPCOMING HP PROGRAMMING

Respect in the  
Canadian Armed Forces  
**RitCAF**  
14 January

Mental Fitness  
Suicide Awareness  
**MFSA**

22 & 23 January  
Managing Angry Moments  
**MAM**

2 x 1/2 days  
20 & 27 January  
Alcohol Other Drugs  
Gambling and Gaming  
**AODGGA**

28 & 29 January

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**WHAT'S**  
*happening?*

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## Healthy Eats!



### Quick & Easy Pho

Source: [onceuponachef.com](http://onceuponachef.com)

#### Ingredients

- 1 medium yellow onion, quartered, divided
- 1 (14.5 oz) can low-sodium beef broth (1¾ cups)
- 1 (14.5 oz) can low-sodium chicken broth (1¾ cups)
- 2 cups water
- 1 tablespoon fish sauce
- 1 (1-inch) piece fresh ginger, thinly sliced (no need to peel)
- 1 cinnamon stick
- 2 teaspoons sugar
- 1 star anise pod
- 4 whole cloves
- 7 oz flat rice noodles
- 8 oz very thinly sliced beef, such as flat iron or flank steak
- Salt, to taste
- ½ cup bean sprouts
- ¼ cup chopped fresh cilantro leaves
- Lime wedges, for serving
- Hoisin sauce and sriracha, for serving

#### Instructions

Slice one of the onion quarters as thin as possible; set aside. In a large pot, bring the remaining 3 onion quarters, beef broth, chicken broth, water, fish sauce, ginger, cinnamon stick, sugar, star anise, and cloves to a boil. Reduce the heat to medium-low and simmer, uncovered, for 30 minutes.

Meanwhile, bring a large pot of water to a boil. Off the heat, add the noodles. Let sit, stirring regularly to prevent sticking, until the noodles are soft and pliable but still not tender, 5 to 10 minutes. Drain and rinse well with cold water. Set aside.

Over a large bowl, strain the broth through a fine mesh strainer. Discard the solids and pour the clear broth back into the pot.

Bring the broth to a boil and add the noodles; cook until the noodles are just tender, 30 seconds to 1 minute. Using tongs lift the noodles from the pot and divide evenly into bowls. Reduce the heat to a simmer and add the sliced beef to the broth; let simmer until no longer pink, about 1 minute. Using a slotted spoon, remove the beef from the broth and divide between the bowls. Taste the broth and adjust the seasoning with salt, if necessary. Ladle the broth over the noodles and beef. Top each bowl with the reserved thinly sliced onions, bean sprouts, and cilantro (you may not need all of the onions). Pass the lime wedges, hoisin, and sriracha at the table.

Serves 2 x dinner sized bowls or 4 small bowls

## The statutory holidays in Canada for 2026 include:

- New Year's Day: January 1
- Good Friday: April 3
- Easter Monday: April 6
- Victoria Day: May 18
- Canada Day: July 1
- Civic Holiday: August 3
- Labour Day: September 7
- National Day for Truth and Reconciliation: September 30
- Thanksgiving Day: October 12
- Remembrance Day: November 11
- Christmas Day: December 25
- Boxing Day: December 26

These holidays may vary by province, so it's advisable to check local observances.



## Did you know.....

There are different dimensions to health.

### 1- Physical Health

Involves regular exercise, balanced nutrition, adequate sleep, and preventive care

### 2- Mental/Emotional Health

Focuses on managing stress, building resilience, and maintaining emotional balance

### 3- Social Health

Building strong relationships and a sense of belonging

### 4- Financial Health

Managing money wisely, budgeting, and planning for the future

### 5- Spiritual Health

Finding meaning, purpose, and alignment with values

### 6- Environmental Health

a. Living in harmony with your surroundings

### 7- Occupational Health

Satisfaction and balance in your work life

### 8- Intellectual Health

Lifelong learning, creativity, and critical thinking

**How are you doing in each dimension?**