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Transforming Canada's Air Force - A vision for future effectiveness

by Lieutenant-General Ken Pennie
 (1st published in Bravo Defence Fall 04)

In May 2004, Air Command released a significant package of publications that outlined a vision for the future of Canada's Air Force, and discussed how we will transform our organization to implement this vision.

"Transformation"—in the context of a 21st Century military organization—can be defined as a fundamental shift in how that organization does business, and is driven by changes in technology, society, budgetary funding, and the threat environment. While hackneyed phrases like "working smarter, not harder" and "getting more bang for the buck" may come to mind, transformation encompasses much more than just a tactical re-organization.

We will continue to be a quality force based on teamwork, excellence and professionalism.

Strategic Vectors is the title of one of those publications unveiled this past May, and it contains both the overall vision of Canada's future Air Force as well as eight specific "vectors" or courses of action that will get us there over the next 20 years.

Here's how we see the way ahead.

The Air Force needs to transform from a primarily static, platform-based organization into an expeditionary, network-enabled, capability-based and results-focused "Aerospace Force"—one that will effectively contribute to security at home and abroad well into the 21st Century. We will continue to be a quality force based on teamwork, excellence and professionalism.



LGen Ken Pennie

The mission of this Aerospace Force will be to control and exploit the aerospace environment for military purposes that contribute to Canadian security and national objectives. The attributes of this force will include combat capability as the basis for all other capabilities; interoperable and networked forces; meaningful and sustainable forces; expeditionary reach and power; and responsiveness in operations.

Some of the above

terms are key to understanding this new way that the Air Force will do business, therefore let's define them:

Aerospace Force (compared to "Air" Force): This means providing our personnel with the space-oriented knowledge and understanding required for effective Canadian Forces operations involving space-based surveillance, communication, navigation and similar systems.

Expeditionary force: This means having the capabilities to be responsive, deployable, supportable and sustainable wherever the government sends us, whether within Canada or anywhere overseas.

Network-enabled: We need systems that will better link sensors, operators, and decision-makers in order to share higher-quality and more timely information, thereby improving joint situational awareness, decision-making, collaboration, synchronization, and operational effectiveness.

Capability-based and results-focused: The first part means focusing on our core competencies, and having the capabilities to meet our national-security responsibilities; the latter refers to focusing on strategic-level outcomes that effectively contribute to Canadian security.

These descriptions are extremely condensed summaries of the goals

See A Vision, page 5

CPR HOLIDAY TRAIN LIGHTS UP TRENTON



Santa gives a joyful hug to James Johnston of Trenton after the Canadian Pacific Railway Holiday Train made a scheduled stop in Trenton on Monday at the RCAF Road crossing. In addition to raising money and food for the Trenton Food Bank, the special 14-car freight train - decorated with about 10,000 Christmas lights, also provided musical entertainment courtesy of The Moffatts, Tracey Brown, and The Ennis Sisters.

Photo: Cpl Gayle Wilson, Wing Imaging



Two 8 Wing personnel receive Canada's newest honours

by Holly Bridges (Maple Leaf) and Laurie McVicar (Contact)

On November 29, 45 members and supporters of the Canadian Forces became the first recipients of the General Campaign Star and General Service Medal - including two personnel from 8 Wing/CFB Trenton.

During the ceremony at Ottawa's Rideau Hall, Sgt Virginia Hicks of ATESS received a star while Captain Ihor Kozak of 8AMS was presented a medal by Her Excellency the Right Honourable Adrienne Clarkson, Governor General of Canada.

The General Campaign Star recognizes military service in a theatre of operations in the presence of an armed enemy. The General Service Medal acknowledges civilian and military service in direct support of operations in the presence of an armed enemy. Both are

issued with bars identifying specific operations.

In a press release issued by the Governor General prior to the event, the Commander-in-Chief of the Canadian Forces expressed her delight in bestowing these prestigious awards.

"The General Campaign Star and the General Service Medal are being awarded to the men and women who serve Canada courageously and contribute to the international public good," stated the Governor General. "They act with determination in the exercise of their duties often performed in harm's way, and, for that, they deserve our unqualified support and our heartfelt recognition. Together with all Canadians I am proud of them."

It was a pride deeply felt by Sgt Hicks, whose family has been forever altered by the ongoing war against terrorism.

See 8 Wing personnel, page 2

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8 Wing personnel honoured by Governor General...continued from page 1

The Supply Technician lost her daughter, Mariebeth Short, a 22-year-old Army Sapper, in a training accident at CFB Petawawa in 2002, while her unit was preparing to deploy to Afghanistan. Then, her daughter's father-in-law, Sergeant Robert Short, died while on patrol in the hills near Kabul, Afghanistan.

It was a cruel hand that dealt the double blow to Sgt Hicks, her husband, Warrant Officer Brian Hicks, and their other daughter, Valarie. It should come as no surprise, then, that her family was more than a little leery when Sgt Hicks was asked to accept a two-month tour to Afghanistan last year to help clear up some supply and procurement problems at Camp Julian, in Kabul.

"My daughter, Valarie was terrified," recalls Sgt Hicks. "She said, 'I just lost Mariebeth and I don't want to lose you, too'. We had just come back from Rob's



Sergeant Virginia Hicks receives a General Campaign Star from Her Excellency, the Right Honourable Adrienne Clarkson, Governor General of Canada, during a ceremony in Ottawa.

funeral in Petawawa when my Chief asked me to consider the deployment so things were still really fresh in my mind. I only thought about it for about 30-seconds and said 'yes'. This would be my way of finishing off what Mariebeth trained for and honouring what Rob died for." And so, off she went, seven days after being asked.

"I think it was the quickest DAG (Departure

Assistance Group) I've ever been through," says Sgt Hicks. Sgt Hicks also served in the 1991 Gulf War, but says Afghanistan was far more austere than Saudi Arabia.

"I have never seen poverty like that in my life, ever. I don't think there was a single building in Kabul that hadn't been shot at or bombed. The vehicles are absolutely ancient, butchers were cutting meat right there in the street, sanitation didn't exist. I thought I had seen a lot going to Saudi Arabia in '91. That was nothing compared to Afghanistan."

During the presentation, Sgt Hicks carried a picture of Mariebeth in her pocket and one of her engineer's collar dogs around the neck of her collar.

"All I kept thinking was, 'Mariebeth, we made it. We did it.' Mariebeth did the training and I just carried out what she was supposed to be doing. We were very proud of her. She was always really upbeat and positive. It was a great honour for her to do what she did in her short life and the fact that I was able to pick up the family staff I guess, and finish the job ... that's exactly what I was thinking. She was there in spirit and in my heart all day long."

For Capt Kozak, the honour of receiving the General Service Medal is the finale to "the best experience" of his life. During a six-month tour with Op Apollo/Op Athena, he served as Maintenance Flight Commander for the Hercules fleet in South-West Asia.

"I was very fortunate to have the opportunity to cover the entire spectrum of my job as an AERE Officer. In one hand I was working with technology and business aspects of aircraft maintenance, in the other I was dealing with personnel, from the management and leadership perspective. I even had a chance to do patrols in Kabul - it doesn't get any better," said Capt Kozak. "It was the best opportunity I've ever had (in terms of) doing the right thing as well as my professional and personal development. Working in the Middle East in a NATO environment was an experience onto itself."

Capt Kozak was fresh from training as an AERE Officer when he was deployed in July 2003.

"For me it was a very unique opportunity. As a rule, after completing the training you have to be employed in your unit for a certain period of time before you can deploy; and thus I am very grateful to my superiors for giving me the privilege to deploy right away," he stated.

It is a privilege that has left a lasting impression on Capt Kozak.

"8 AMS and 8 Wing operate in a very dynamic environment. The 24/7 operational tempo places a lot of stress and pressure on people. However, being deployed, whether doing patrols in Kabul or working in Camp Mirage in a 50-

degree (Celsius) heat, definitely puts things in perspective; especially after you see the misery and destruction in Afghanistan and what the local people put up with. That was the biggest lesson I learned - it's all relative. Being in the Persian Gulf definitely reemphasized my belief that Canada is one of the best places in the world, and we should appreciate what we have here."

Capt Kozak also points out that, although the

medals were presented to them, everyone was clapping, showing them respect. It was a very touching moment, the best part of the whole ceremony," said Capt Kozak.

During her speech, Her Excellency paid tribute to the spouses of Tina Beerenfenger, Candace McCauley and Susan Short.

"I am so glad that you are here with us. All of us know that military service calls for regular sacrifices,



Captain Ihor Kozak poses with Lieutenant Colonel Michel Latouche, former J3 of Camp Mirage.

General Service Medal was presented to him, many people deserve recognition for it.

"If I could, I would split this medal into two halves. I would present one half to my parents for all their support and patience. I would definitely give the other half to those men and women of the Camp Mirage Hercules Maintenance Flight, who served with me at the time. They are the ones who made it happen. They are the ones who deserve the praise," said Capt Kozak.

The parents of Capt Kozak were fortunate enough to see their son accept his medal from the Governor General, as did the wives of three soldiers killed while on duty in Afghanistan.

"While their (husbands')

large and small, not just by those serving directly, but also for their spouses, family and friends. We are painfully aware today, much more than we would like to be, that this profession carries with it not only family dislocation and hardship, but also danger and the ever-present possibility of loss," said the Governor General.

"For the world continues to suffer from regional hatreds, inequities and strife and Canada remains committed to international action that can begin to provide the peace that we treasure here at home...Canada is known and honoured as a steadfast and skillful advocate for international collaboration, reconciliation and the promotion of peace. Today's recipients are practitioners of these ideals."

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Don Ross of Almon Equipment is pictured in his glycol recovery truck waiting for an aircraft to be de-iced. Once the de-icing has been completed, he will vacuum the glycol from the tarmac and transport it to the glycol tank farm located to the west of 9 Hgr. After washing the de-icing area using a high powered pressure wash system, the residual water and glycol is removed, leaving the area free of all contaminants. This is another example of 8 Wing's commitment to pollution prevention.

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Making Choices: The state of the CF

DND-CF

On 6 December 2004, the Minister of National Defence released the annual report of the Chief of the Defence Staff, General Ray Henault, on the state of the Canadian Forces.

In Making Choices, his third annual report, General Henault describes key achievements of the Canadian Forces in 2003-2004, including contributions to the international campaign against terrorism and ongoing transformation efforts. He also examines the challenges that the Canadian Forces is currently facing.

Particular attention is paid to the immediate priorities for the Forces, which are to continue to invest in our people, transform and modernize the Canadian Forces, continue to deliver on operations, and continue to adapt to the evolving security environment and enhance our strategic

relationships.

In welcoming General Henault's report, Minister Graham praised the efforts of the Canadian Forces.



General Ray Henault

"I am continually impressed by the work performed by the men and women of the Canadian Forces. They continue to meet the many challenges they face with dedication and professionalism. Through his annual report, the CDS makes it clear that while the Canadian Forces has made great progress in transforming and modernizing, the Forces will

continue to face challenges and that difficult choices have to be made."

General Henault stressed that the Canadian Forces must continue to move forward, stating, "It is now more important than ever that we make choices that favour transforming the Canadian Forces." He warned, "Opting for the status quo will seriously hamper our efforts to stay relevant in the future security environment." At the same time, he applauded the efforts of the men and women of the Canadian Forces for the significant progress made in recent years to prepare for the future. He encouraged all Canadian Forces personnel to embrace the changes and choices required to further strengthen the Forces.

The CDS Annual Report is available online at www.forces.gc.ca and on the CDS Web page at www.cds.forces.gc.ca.

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The CONTACT delivers news and information about 8 Wing / CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos. We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) and as "text only" on a 3.5" disk and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
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- Please label all disks and hard copies with article name, contact person and phone numbers, date.
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Send greetings to our troops

DND-CF

OTTAWA — (December 2, 2004) Defence Minister Bill Graham, and the Chief of the Defence Staff, General Ray Henault, have announced details on how Canadians can send greetings to Canadian Forces (CF) personnel deployed overseas.

"Throughout the year, and especially during the holidays, many Canadians want to express their support for our deployed troops," said Minister Graham. "Posting an electronic message is a simple, quick, and cost-effective way for Canadians to acknowledge the efforts of the approximately 1400 Canadian Forces members who are currently serving overseas."

"The CF is making a difference around the world by contributing to 17 international missions," General Henault explained. "I know how much it means to Canadian Forces members to receive encouraging messages from Canadians back home, throughout the year and especially during the holiday season."

Canadians are encouraged to post messages on the Department of National Defence's (DND) electronic "Write to the Troops" message board. To post an electronic message, visit the website (www.forces.gc.ca) and click on the "Write to the Troops" button located on the main page. Individuals who cannot access the Internet can send postcards to "any CF member." Mailing addresses for postcards can be obtained by telephoning the DND/CF General Inquiries line at (613) 995-2534.

Due to security requirements, the CF cannot accept sealed letters or parcels that are not addressed by name, rank, and unit, to specific CF members.

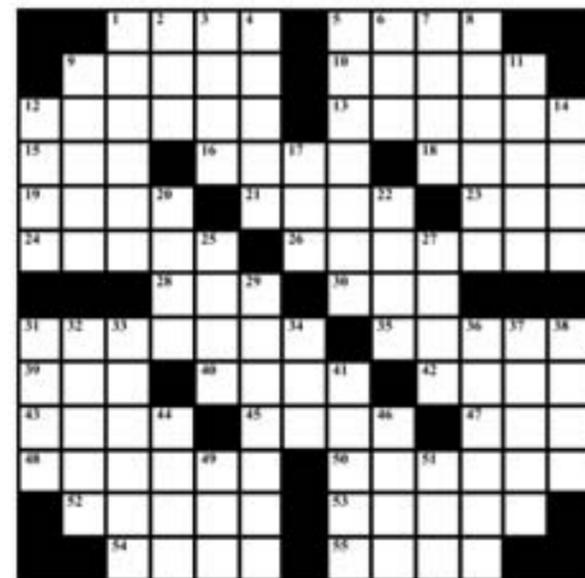
Canadiana Crossword

Vive Les Quebecois

By Bernice Rosella and James Kilner

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 12 Chanteuse Dion
 13 Canadian icon Trudeau
 15 Each
 16 Elation
 18 Murky
 19 Sow
 21 Jail sentence
 23 Foot part
 24 Impressionist Gagner
 26 Composer and poet Cohen
 28 Hymenopter
 30 Ms Rabbit
 31 Overseers
 35 Identities
 39 Fuss
 40 Spirit
 42 Metropolitan maker?
 43 Civil disorder
 45 Hard of hearing
 47 Toronto mkt.
 48 Publisher Black
 50 Biathlete Bedard
 52 River of France
 53 Salty
 54 Horse colour
 55 Lily bulb

- DOWN**
 1 Bequeathed
 2 Mr. Onassis, familiarly
 3 Drat
 4 Food fish
 5 Frolicked



- 6 Fuel system, for short
 7 Bound
 8 Print errors
 9 Woman of Troy
 11 Mistake
 12 Home, in Hidalgo
 14 Scrimped
 17 Conger
 20 Mild expletive
 22 Iago, for one
 25 Compass pts
 27 Sign of the times?
 29 Subjugated
 31 Astronaut Garneau
 32 Goodbye in Gibraltar
 33 Earlier
 34 Take to court
 36 Italian or spaniard
 37 Literary composition
 38 Eldest son of Noah
 41 Easter arrivals?
 44 Threesome
 46 Can
 49 Collection
 51 Contraption



This Week in Contact

1974 — Defence Minister James Richardson had some glowing praise for Canadians serving in Cyprus and the Middle East in reporting to the House of Commons Nov. 13, following an 11-day trip to Cyprus, Egypt, Syria and Israel. "In numerous conversations with members of the Canadian Armed Forces in these four countries, I found that, generally speaking, morale is high, and it is clearly evident that our personnel are convinced that they are engaged in useful and worthwhile work."

1984 — Base Commander. Col GRJ King, guests and members of 426 Sqn gathered to dedicate a cairn to honour the memory of Herc 309. On the 27th of April 1967, after numerous take-offs and landings, Herc 309 developed a trim switch failure on take-off and crashed. The entire crew of six, staff and students of 4 (Transport) Operational Training Unit, were killed on impact.

1994 — The Canadian Officer who commanded the United Nations force in Rwanda says the aircraft and people of Air Transport Group kept his mission alive. MGen Romeo Dallaire told assembled ATG personnel at Trenton that he would have had to pull out of the war-torn country had the Hercules transports stopped flying.

Created by Lt J. H. MacDonald,
 Compiled by Laurie McVicar



A vision for the future..cont. from page 1

expressed in Strategic Vectors and our associated vision documents, but they provide at least a basic understanding of how the Air Force intends to transform.

It is important to realize that, while we have now formulated a general vision of the future Air Force, this is not a specific, detailed plan. That will evolve through future actions (and documents), and will, of course, be closely integrated with associated developments such as the results of the current Defence Policy Review.

Eight "strategic vectors" will help the Air Force achieve these goals:

1. Acquiring a results-focused operational capability will let the Air Force help keep Canadians secure domestically and to protect our national interests abroad. This means first determining exactly what operational outcomes the Air Force needs to achieve, and then working back to create the resources, organization, and doctrine that will ensure we achieve them.

2. A responsive expeditionary capability will let the Air Force swiftly and effectively respond to challenges at home or abroad by being globally deployable, supportable and sustainable.

3. We will develop transparent interoperability, so as to effectively operate with the United States armed forces, coalition partners, our own Army and Navy, and other government departments and agencies.

4. The Air Force will transform its aerospace capabilities by exploiting advanced technologies, evolving new concepts of operations, and adopting synthetic (i.e., "virtual") as well as distance and e-learning computer-based environments to significantly enhance our effectiveness in operations.

5. Achieving transformation-enabling leadership means nurturing competent, thoughtful and ethical leadership to effectively conduct complex, high-technology operations and run the Aerospace Force of the future.

6. The Air Force will further develop multi-skilled and well-educated personnel to provide us maximum flexibility, versatility and competence at all levels of the organization for future aerospace opera-

tions.

7. We will actively engage Canadians—our business and political leaders as well as society at large—to increase their understanding of how the Air Force contributes to our national security and general well-being.

8. Improving resource stewardship will let the Air Force become even more efficient with the national resources—budgetary and other—with which we are entrusted.

However, there are several specific elements of our thinking that reflect the kind of innovation on which bravo Defence focuses, and I'd like to highlight a few:

Our determination that the Air Force of the future will need to be much more expeditionary-oriented (i.e., mobile) than ever before has resulted in plans to develop what we call Air Expeditionary Units (AEU). These won't be formal, standing units in the traditional sense, but nevertheless will be specific, "pre-planned" configurations of personnel and equipment—what we are calling "designated units of operational capability"—that can be assembled and deployed on short notice for urgent deployed operations, at home or abroad. The AEU concept means that our traditional formed squadrons will be seen as force-generation resources, but the actual force-employment resource will be the AEU...a building block of capability that we can configure however we need for the assignment at hand.

Another key goal is to develop a highly networked and computerized synthetic environment for risk-assessment, operational training, and for use during actual combat, peace-enforcement or humanitarian-relief operations. In support of this, the Air Force plans to establish a Canadian Forces Aerospace Warfare Centre, to develop the necessary systems and train the required personnel to let us operate in this manner.

Integral to such activity will be our development of closer intelligence, communications, and operational-philosophy integration with the Army and Navy than we have ever had before, in order that commanders and staff at any joint operations centre can achieve the best-possible

"big picture".

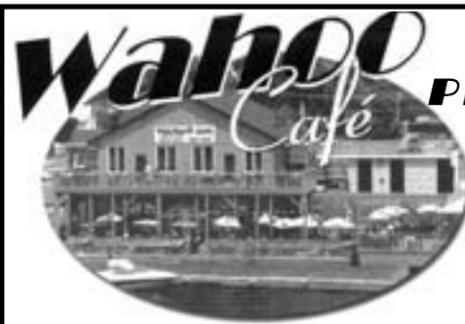
In a related development, Canada's Air Force is participating in September 2004 with seven other NATO air forces in Exercise First Wave, where an entire—and highly realistic—operational mission will be conducted via networked simulators spanning all eight countries—and not a single actual aircraft will leave the ground.

The need for high-quality real-time intelligence will lead the Air Force into an unprecedented focus on multi-sensor-equipped, unmanned aerial vehicles (UAVs). We are looking at potential resources including satellites, high-altitude airships, and both long-range and short-range jet or propeller-driven pilotless reconnaissance platforms. Data from such sources will be vital for missions ranging from homeland security to combat operations across the globe.

The Air Force needs to transform from a primarily static, platform-based organization into an expeditionary, network-enabled, capability-based and results-focused "Aerospace Force"—one that will effectively contribute to security at home and abroad well into the 21st Century.

While an article of this size can only sketch the bare outlines of the Air Force of the future, I've tried to emphasize our dedication to moulding an organization that builds on our current strengths—in equipment and, especially, people—while pursuing a fresh, innovative vision that will meet the challenges of the future.

The Air Force needs to transform from a primarily static, platform-based organization into an expeditionary, network-enabled, capability-based and results-focused "Aerospace Force"—one that will effectively contribute to security at home and abroad well into the 21st Century.



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holiday greetings

Give the gift of a healthy retirement savings

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Garth Turner

Yeah, I hate to bring this up just a bit before Christmas, when you credit cards are smoking, but we have to talk. It's about your retirement – that giant chunk of your life which, for about a third of the population, is rapidly approaching.

A generation ago, this was not so much of a big deal. On average, you worked until you were 65, and then you lived until you were 72. That meant you had an entire lifetime to save enough money to survive another seven years. And, way back then, a lot more people had corporate pensions than is

the case today. In fact, right now, a very small minority of working Canadians have any pension at all, other than the few small peanuts the CPP provides.

Today retirement is a huge deal. The average worker now hangs up his keyboard at age 62, and life expectancy is approaching 80 for men and beyond that for women. With advances in health care and nutrition, somebody who looks after themselves can reasonably expect to hit 90 – and still be bopping around in their jeans.

So, now retirement

can last for three decades – 30 years, without any earned income. These are years you won't want to sit on the verandah, either. They are supposed to be the payoff for a life of employment, filled with travel, adventure, entertainment and exploration.

How much money will you need to afford to retire? There is a real debate swirling around this question, with some media wimps insisting that if you lead a modest lifestyle and spend with frugality, you could actually get by on the public pension and relatively little in retirement savings. But for those of us who do not want to bicycle to the library for a free event or shop for day-old bread, this sucker of a retirement is going to take some serious financing. I think it is reasonable for a 60-year-old to start with a

million dollars in investible assets.

How do you get that much cash? Obviously not by doing what Canadians are busy at currently. Last year the amount of money people put into registered retirement plans actually went down. We invested less than 8% of what the RRSP rules allowed, and left 92% of our contributions unmade. This is bizarre, when every dollar put into an RRSP can be deducted from your taxable income, directly cutting your tax bill and increasing your disposable income.

It's even more strange when you think that you don't need money to contribute to an RRSP. Virtually any financial asset that you own – be it a GIC, savings bond, stock or mutual fund – can be swapped into an RRSP account with just a phone call. And for sell-

ing yourself something you already own, you still get to deduct the full value from your taxable income. And then, you can borrow to invest in your retired future. Today interest rates are unbelievably cheap, and you can use the tax refund you get from taking a loan and making an RRSP contribution, and use it to pay down the loan.

And remember – all of the growth on the money that you invest inside an RRSP, whether it's from interest on a bond or capital gains on a bank stock – is yours to keep, tax-free. This means cash accumulates far more rapidly inside your retirement plan than outside. And, come retirement – when you have less earned income and are in a lower tax bracket – the cash can be removed at a lower rate than might have been the case during

your working life.

Then there is the spousal RRSP. Contribute to your sweetie's retirement fund every year up to your own limit, and deduct all that from your own taxable income. After three years that money becomes his or her property, and can be taken out at your spouse's lower tax rate. You got the big tax deduction, and your spouse gets the money. Can you afford not to do this?

And I haven't even yet mentioned the ability you have to take that mortgage on your house and put it inside your RRSP, letting you make mortgage payments into your own retirement plan. But enough excitement for now.

Just make sure, this holiday season, you leave some cash left for the real gift.

Get a head start on education savings with an RESP

(NC)-Current estimates indicate that by 2021, a post-secondary education in Canada will cost approximately \$96,000*. This is a startling reality for many parents, but Registered Education Savings Plans (RESPs) can offer an effective savings solution.

Providing a smart, convenient way to invest in your child's education, RESPs offer a maximum contribution of \$4,000 per child per calendar year, up to a lifetime limit of \$42,000. The money you invest in an RESP grows

tax-deferred so you save taxes now and in the future. When funds are withdrawn to pay for post-secondary schooling, the growth of your investment is taxed as income to the student, not to you, and usually at a much lower rate. Depending on the individual circumstances of the student, taxes may not be payable at all.

As an added incentive, the federal government provides additional contributions to an RESP under the Canadian Education Savings Grant

(CESG) program. Currently the federal government contributes an additional 20% on the first \$2,000 in contributions made into an RESP each year on behalf of an eligible beneficiary. This means the grant can be as much as \$400 each year, and over the years could amount to a total of \$7,200.

"The CESG program is a great way for parents to top up their savings," says Tobi McGrory, Senior Manager, BMO Mutual Funds. "Combining the CESG

with an RESP, such as our BMO Intuition RESP Portfolio, is part of an effective solution to the education savings dilemma."

Even extended family and friends can help you save for your child's education. To help make giving the gift of education easier, BMO Bank of Montreal offers BMO Education Savings Gift Certificates, which can be redeemed into a new or existing BMO RESP. The certificates make it easy for others to contribute towards a child's future – a

great gift idea for the holiday season.

To find out which education savings plan is right for you, visit an investment professional at your local bank branch. Depending on your specific goals, time horizon, risk tolerance and the age of your beneficiary, you will be matched to a portfolio of investments that has been designed to help maximize your potential return while managing volatility.

By seeking professional advice, you will be on the road to developing a

fully diversified portfolio and a savings plan that will help you reach your education savings goals.

*Figures provided by BMO Bank of Montreal Economics Department in conjunction with the Association of Universities and Colleges of Canada and Statistics Canada.

Information provided by BMO Mutual Funds. For more information visit your nearest BMO Bank of Montreal branch, call 1-800-665-7700 or visit www.bmo.com/mutualfunds.

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National Day of Remembrance and Action on Violence Against Women

by Lt I. Dieryck

Have you ever wondered why the flags fly at half-mast on December 6th? Hopefully most of you remember December 6th, 1989 when fourteen young women were shot to death by one man at l'Ecole Polytechnique in Montreal because they were female. This year marked fifteen years since this tragedy occurred, yet violence against women continues at alarming rates in our society.

Although random violence against women is not as pervasive as violence against women in familial or other relationship contexts, it continues to be of great concern. More often than not, women and other vulnerable people in society, including children, the elderly, and the disabled, must engage a safety plan just to go to the corner store. Although total safety is guaranteed to no one in Canada, it is women who experience more severe and repeated forms of violence than that directed at men (see).

In spousal and dating relationships violence against the female partner can begin with various other forms of abuse. Emotional

and psychological abuse includes behaviours such as verbal attacks, threats, social isolation, intimidation, and stalking. Economic abuse involves the control and withholding of money and/or the prevention of access to money or work in order to further control the partner. Sexual abuse and exploitation is also common and can take many forms ranging from ridicule and objectification to sexual assault. Spiritual abuse can range from ridiculing religious beliefs to preventing her from practicing them. Many abusers use a combination of these tactics to wear down the partner and gain control.

There is much that we as individuals can do to prevent violence against women and other vulnerable people in our society. Some of these include: 1) Report violence to the authorities. Although many continue to believe that it is none of their business, violence is a social issue and costs society as a whole in terms of lost productivity, medical treatment, psychiatric treatment, and the extensive use of social services, to name a few. Violence also affects children who are victims and/or witnesses and greatly reduces their chances of a

healthy and happy adulthood. 2) Speak out against the objectification of women. Women are often objectified in various ways because it is easier to devalue and hurt an object than it is another human being. 3) Participate in making your community a safer place. Many organizations need volunteers to assist in activities ranging from one-day events e.g. demonstrations against violence, to ongoing projects such as fund raising and the sharing of expertise.

8 Wing Trenton has a Family Violence Crisis Team (FVCT) that consists of professionally trained personnel and is strongly partnered with the civilian community (see DAOD 5044-4). The FVCT is available 24/7 to respond. The FVCT Leader, Lt I. Dieryck at local 3045 will be happy to answer any questions and organize any awareness training and or educational activities for your unit, section, or group.

There are many ways that people can assist in the abatement of violence in our society. If you would like to discuss this issue further, please call Lt Dieryck or Mental Health Services at local 3651.

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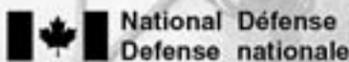
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Gingerbread Cookie Cutouts

1 cup	Crisco shortening	250mL
1 cup	packed brown sugar	250mL
2	eggs	2
1 1/4 cups	molasses	300mL
6 cups	Robin Hood all purpose flour	1.5L
2 1/2 tsp	ground ginger	12mL
2 tsp	ground cinnamon	10mL
1 tsp each	baking soda, salt, ground cloves	5mL



1. Beat shortening and brown sugar in large bowl until creamy. Add eggs and molasses, beating until smooth. Combine remaining dry ingredients. Gradually add to molasses mixture, stirring in the last portion with a wooden spoon. Knead dough with hands if necessary to make a smooth dough. Wrap dough in plastic wrap and chill 1 hour for easy rolling.
2. Roll out dough, a portion at a time, on floured board to 1/4" (6mm) thickness. Cut into desired shapes. Place on lightly greased baking sheets. Cut a hole on top of cookie using a straw.
3. Bake in centre of 350°F (180°C) oven for 12-15 minutes, or until firm (time will vary with size of cookies). Recut hole with straw. Transfer to racks; cool completely. Decorate as desired. String ribbon through hole for hanging. Makes 9 dozen (recipe can be halved) Preparation time: 25 mins. Baking time 15 mins. Freezing : Excellent More festive recipes and baking tips are available online at www.robinhood.ca or call 1-800 268-3232

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Healthy holiday eating tips



the Fit Stop

Scott Burns

The holidays are a time of temptation. Shortbread cookies, chocolates and eggnog await us at every turn. Don't despair or deprive yourself – try these holiday eating tips.

No Skipping

While its fine to eat a lighter breakfast or lunch prior to a large holiday meal, opting out of these meals entirely can often lead to overeating. Regular mealtimes and even a light snack before the main meal, such as a piece of fruit (a recent study gave apples and oranges especially high marks for keeping people full), helps check your appetite.

Go Slow On Snacks

Appetizers are often a calorie disaster waiting to happen. While nuts, for example, are a nutritious and helpful food, a mere handful contains about 120 calories and 11 grams of fat. Try to stay clear of potato chips and cheesies. Go easy on the cheese-and-cracker tray and minimize your intake of anything wrapped in pastry, such as sausage rolls. Focus on veggies served with a low-fat dip, pretzels, baked potato chips and baked tortilla chips with salsa. If you're looking for something more decadent, shrimp cocktail is a low-fat, low-cal and tasty alternative.

Booze Alert

Too much alcohol can go

to your waistline as well as your head. So, lighten up your drinks and go easy on the quantity. Shave off about 60 calories by having a wine spritzer instead of a glass of wine. Mix your liquor with either tomato juice or diet pop instead of fruit juice or regular pop and save yourself 70-100 calories. Be wary of liqueurs – most are high in calories and those made with cream are also high in fat. Watch the eggnog – just one cup (250 ml) racks up more than 400 calories and 20 grams of fat. Fortunately, there are many lower-fat brands now available. Water is the great thirst quencher and, according to a University of Toronto study, also a great tool for taking the edge off your appetite.

Pick Your Portion

Research tells us that as the number of people at the table increases, so does the average amount of food consumed. Come mealtime, it's a good idea to take a little of everything and always start with less food than you want. Eat slowly while enjoying the conversation around you – and then decide if you really need more. Moderation is the key word for happy holiday eating.

There are lots of things you can do to lighten up the traditional Christmas meal. Take the skin off the turkey (about half the fat is in the skin) and

choose white meat more often than dark. Use butter on your rolls or vegetables sparingly. Add a lower-fat dressing to your salad. Cranberry sauce, applesauce or chutney are great low-fat alternatives to gravy. Eat stuffing in small amounts – just one scoop can set you back 200 calories and 10 grams of fat. Replace some of the fat in holiday baked goods with pureed fruit or low-fat yogurt. Use evaporated skim milk instead of cream when making soups, sauces or pumpkin pie (you can save as much as 80 grams of fat and 600 calories for every cup used).

If you love desserts as much as we do, enjoy them, but practice some restraint. Limit your selection to one or two items. Have a sliver of something instead of a slab (a typical serving of pumpkin pie with whipped cream contains more than 500 calories and 30 grams of fat). And resist the urge for second helpings.

Move Your Body

Whether it's a family walk around the block or an afternoon skate at the local rink, the holidays are one time when burning extra calories becomes a must. Make

regular activity a priority in your daily plans. Take advantage of all the sports that winter has to offer, such as skating, skiing or tobogganing. Also, take advantage of the base aquatic centre and South Side Gymnasium which will be open for family use over the holidays to play some volleyball, badminton, indoor soccer, basketball or squash. Each half-hour spent on the rink, hills, pool or gym may burn up about 300 calories (or the equivalent of that handful of chocolates you enjoyed after dinner).

Plan Ahead

Holidays are an opportune time to spend time with your family. The Christmas Holiday Schedule for the base gym and pool will be advertised throughout the holidays so try and take advantage of this time to engage in healthy recreational activities. For those of you who have a tendency to make a "New Years Resolution" (in Jan) to start a personal exercise program, why wait – make an appointment now with one of the PSP Fitness Instructors at 7160 or 3328 and get a head start. Have a Happy, Healthy and Safe Holiday.



Northern Lodge - book now!

As Trenton's skies turn cold and gray, thoughts of summer vacation seem far away. Though with the start of the New Year, CFB Trenton Fish and Game Club accepts bookings for the upcoming summer season at Northern Lodge. And due to its popularity, early bookings are the only way to guarantee a cabin during prime rental periods. Bookings begin the first business day of 2005 (4 Jan 2005).

Approximately two hours north of Trenton off Hwy 41 (near Bon Echo Provincial Park) lays the Northern Lodge facility, a somewhat rustic but cozy collection of six cabins on beautiful Shabomeka Lake. Fish the area's many lakes for abundant bass, pike and lake trout or hike to scenic McDowel Lake for challenging brook trout and splake. Explore a multitude of hiking trails by foot, or bring the Quad and experience some truly technical trails. Canoes are available free of charge for members. The row boats have a nominal charge.

Fall and winter are the best kept secret at Northern Lodge. Stay in the heated cabins and enjoy the solitude and mountains of snow with your snowmobile, skis or snowshoes. Regardless of the time of year, Northern Lodge offers a memorable getaway.

Membership rates for the upcoming season are as follows:

\$26.75 Military, \$43.20 retired Military and Federal Employees, and \$69 for civilians annually.
Cabin rental: Not yet set for 2005
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For info, contact MCpl Davis Elverson at ext. 2627.
Note: General meeting scheduled for 13 December, 2004 at the Candlelight Lounge at 1900hrs

Please support your local United Way!

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- 27 Dec 04 - 0900 - 1600 hrs
- 28 Dec 04 - 0900 - 1600 hrs
- 29 & 30 Dec 04 - 0600- 2200 hrs
- 31 Dec 04 - 0600 - 1600 hrs
- 1 Jan 05 - Closed**
- 2 Jan 05 - 0900 - 1600 hrs
- 3 Jan 05 - 0900 - 1600 hrs
- 4 - 7 Jan 05 - 0600 - 2200 hrs
- 8 & 9 Jan 05 - 0900 - 1600 hrs

Season's Greetings from the Gym Staff!



There's still time to get your tickets to win the elliptical trainer displayed in the foyer of the Gym. Help out the United Way AND stick to your impending New Year's resolution to get in shape! Tickets: 3 for \$2, 8 for \$5

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Happy New Year



Local food banks the benefactors of Holiday Train

On December 6, the country's largest rolling fundraiser made Trenton one of its stops among the 6,000 kilometre trek through 50 Canadian communities. This is the sixth year of CPR's Holiday Train. Since its launch in 1999, the Holiday Train program has raised close to 213 tons of food and over \$1.5 million for North American food banks. All donations from a community remain in that community for distribution. CPR will also make cash donations to local food banks in addition to the food and money collected along the way. "At CPR, we recognize the issues that matter to the communities in which we live and do business," said CPR President and CEO Rob Ritchie. "The issue of those forced to turn to food banks is a reality that impacts all of us in some way. We feel it is important to show our support for local food banks, especially at this critical time of year."

Photos by Cpl Gayle Wilson, & Wing Imaging



Mrs Claus pays some special attention to Jessica Sobczyk during the stop of the CPR Holiday Train in Trenton on Monday. Jessica's Dad, Cpl Dave Sobczyk, was working, but took a couple of minutes to pose with Mrs. Claus and his daughter after the show.



Colonel Andre Deschamps, Commander of 8 Wing/CFB Trenton, accepts a wreath from the CPR Holiday Train staff. The presentation was made in recognition of Canadian troops around the world.



The Trenton Care and Share Food Bank was the lucky recipient of a \$3000 cheque from CPR. Accepting was manager Al Teal.



Performers for the evening included international recording artists The Moffatts, Canadian Country Music Association Hall of Fame member Tracey Brown, and Canadian country music award winners The Ennis Sisters. Garnering even more popularity, of course, were Mr. and Mrs. Claus.



Brittany and Janelle May (front centre), daughters of Cpl Dennis May of 8 Wing Transport, wait for the Holiday Train.





HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
December 12 – December 18

ARIES (MARCH 21-APRIL 19): Start getting ready for all the upcoming events on the 12th. Do whatever you can to restore your youthful appearance. If you look good you'll feel good. You may be quick to respond on the 13th and 14th but the problems will begin if you promise to much, spend to much, indulge too much or argue too much. Connections made on the 15th and 16th will invariably benefit you. You have to deal with issues that haunt you on the 17th and 18th in order to move forward. Your actions will lead to a better and prosperous future.

TAURUS (April 20-May 20): You will feel obligated to help someone on the 12th. Think twice before you give up something to do something nice for some undeserving. Promote your beliefs on the 13th and 14th and you will get people to listen. What you want everyone to know and what they find out will differ on the 15th and 16th. Don't make a decision in haste. Partnerships will be highlighted on the 17th and 18th. Your outstanding efforts in your community will attract some interesting prospects. Spend a little time helping an older relative.

GEMINI (May 21-June 20): Respond with love and compassion on the 12th and you can avoid discord. Do something nice for an older relative on the 13th and 14th. Your effort will lead to some interesting offers. Money or gifts can be expected. Communication will be your lifeline on the 15th and 16th. Get in touch with old friends and you will pick up right where you left off. An old romantic partner may still be interested. Not everyone will be on the same page as you are on the 17th and 18th but don't let that stifle what you are trying to do.

CANCER (June 21-July 22): Give yourself the once over on the 12th and change whatever you aren't happy with. Someone will throw a wrench into your plans on the 13th and 14th. Prepare for the unexpected. Money must be carefully distributed on the 15th and 16th. Any funds that are not checked or put to proper use will end up being lost one way or another. You may have to answer for someone else's mistake. Shopping should be your goal on the 17th and 18th. Make plans with someone you adore or treat youngsters to something special.

LEO (July 23-Aug. 22): Don't give up on the 12th. What you want you can get if you let your dynamic personality lead the way. Rely on your own merit on the 13th and 14th and you will not only meet any challenge you face but you will impress, advance and find your way through any challenge you face. A partner you thought you could count on may let you down on the 15th and 16th. Don't make promises that will bind you. You can make money if you get involved in an unusual investment on the 17th and 18th. A gift or winning is in the stars.

VIRGO (Aug. 23-Sept. 22): Tension will mount on the 12th if someone is too demanding. Stop yourself from doing too much for too many. Love will catch you off guard on the 13th and 14th. Enjoy the festivities going on at the places you frequent. Be a part of what's happening instead of an onlooker. Someone may lead you astray on the 15th and 16th. Check the facts before you proceed. Stick to precise orders and rules. You will be hot and right on target when it comes to ideas, dealing with people and getting the support you need on the 17th and 18th.

LIBRA (Sept. 23-Oct. 22): You will find out something about your family history on the 12th. Not everyone will agree with what you are trying to do on the 13th and 14th. Get a trustworthy and knowledgeable opinion before you proceed. You're confident approach will surpass the competition on the 15th and 16th. Someone you'd like to know better will show interest in you as well. You will come up with a unique way to get yourself back on track, in shape and looking your best on the 17th and 18th. Compliments are headed your way.

SCORPIO (Oct. 23-Nov. 21): You may be at odds about your direction on the 12th. Couple your attributes with doing something you enjoy and you'll find a new occupation. Talk to friends about your concerns and your solutions on the 13th and 14th and the information offered will help you summarize what needs to be done. Don't let the pressure get to you on the 15th and 16th. Personal matters may escalate if you shut out the ones who care. Sign up for something that intrigues you on the 17th and 18th. The more obscure the entertainment or company the more you will learn. Share your feelings and your intentions with someone you love.

SAGITTARIUS (Nov. 22-Dec. 21): Diplomacy is one of your strong points so put it to good use on the 12th. Think about what you want to accomplish on the 13th and 14th. Organize your game plan for the future and start to put your plans in motion. Secrets may leave you guessing on the 15th and 16th. Problems with authority must be avoided. Help others but don't ask for anything in return. Your life may be in chaos on the 17th and 18th. Don't get flustered – instead do what you can and leave it at that. Tomorrow is another day.

CAPRICORN (Dec. 22-Jan. 19): Don't be too eager to share your thoughts on the 12th until you know where you stand. Better to be safe than sorry. Don't let someone's comments confuse you on the 13th and 14th. Do your own thing and focus on success. Money opportunities are available on the 15th and 16th but the competition will be fierce and you will have to be up for the challenge. Your positive attitude will draw the attention of someone who is interested in a partnership on the 17th and 18th. The future looks bright..

AQUARIUS (Jan. 20-Feb. 18): Someone may be more interested in what they can take from you not what they can contribute on the 12th. Put yourself first. You will attract the wrong people on the 13th and 14th. Don't be too trusting. Rely on your own abilities and don't take shortcuts. You have plenty to think about on the 15th and 16th. Don't feel pressured but do give your dilemmas full attention. You may question what you are doing with your life on the 17th and 18th. Reevaluate what you've already done and decide what you can do to make things better in the future.

PISCES (Feb. 19-March 20): Focus on love, learning and talking to people who have chosen a different lifestyle on the 12th. You really have to get involved in new interests. Your ability to help others will be noticed and bring about an invitation to try something new on the 13th and 14th. Love is present. Travel plans may run amuck on the 15th and 16th. A chance meeting will change your future. Romance should be in your plans. Past memories will occupy your mind on the 17th and 18th. Deep emotions will surface. It's time to make amends.

Safety

Winter holiday child safety tips



Submitted by
**Doug Bird, Deputy
Wing General Safety
Officer**

The winter school break is an opportunity for your family to get away together for a vacation — to a warm weather destination, a theme park or a ski resort.

While you are unwinding, do not relax your protection of your children. Even establishments designed for children harbour many hidden dan-

gers.

Here are some reminders about child safety on your winter vacation:

- Always use the appropriate child restraint while traveling by automobile or airplane. Try to keep your child belted in throughout the flight because air turbulence can cause severe injuries.

- Keep your child under control at all times when traveling on a public conveyance. On an aircraft an unattended child could enter the kitchen galley and encounter hot and sharp items. Seat the child away from the aisle so he will not be bumped by flight attendants or passengers.

- Carry onto the aircraft any items your child might need on the flight or later

in case luggage is lost. Pack nutritious snacks and beverages, medications and other necessary supplies.

- Listen to emergency instructions on planes and other forms of transit.

- In case you and your child are separated, make sure your child knows this information: Full name, address including city and home telephone number including area code. The child should also know how to contact the telephone operator.

- Point out to your child "safe strangers" to whom they can go for help. Uniformed police officers, security guards, firefighters, store employees, park rangers, resort hosts, desk clerks, bellpersons and public transit drivers are

some examples.

- Carry your child's photo and be aware of what they is wearing each day in case you are separated.

- Accompany your child to a public washroom or ask a trusted adult. Never allow your child to play near public washrooms or changerooms.

- Make sure your child follows the safety instructions on amusement park rides. "Guest error" is the leading cause of injuries according to a recent survey.

Your child is your responsibility, even at the most child-friendly resort. At the hotel pool, on the ski slopes or in the airport, your child's safety and security must come first.

Let it snow, let it snow, let it snow - outdoor safety tips

Turn off, plug in: Before working with outdoor wiring, turn off the electricity to the supply outlet and unplug the connection.

Look for the CSA Mark: Ensure that light strings, cords, spotlights and floodlights are CSA certified and marked for outdoor use or wet locations.

Up, up and away: When hanging lights outdoors, keep electrical connectors above ground, out of puddles and snow, and away from metal eaves troughs.



Use friendly fasteners: Use insulated fasteners rather than metal nails or tacks to hold light strings in place.

Pack away for another day: Remove outdoor lights within two weeks after the holidays so that they are not damaged by extended exposure to harsh weather conditions.

Timing is everything: Use a CSA-certified outdoor timer to switch lights on and off. Lights should be turned on after 7 p.m. to avoid the electricity rush hour.

The right receptacles: Whenever possible, connect all outdoor lighting into receptacles protected by weatherproof ground fault circuit interrupters (GFCI).

These can provide protection from electric shock by sensing ground leakage and cutting electrical power.

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Community Events

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BIRTHDAY PARTIES ARE NOW AVAILABLE

Matinees
Friday,
Saturday, Sunday
& Tuesday

**MOVIES
MOVIES
MOVIES**

MOVIE LINE-UP

• Christmas with the Kranks (PG)	1:05	7:05	9:15
• Ray (14A)			9:10
• The Polar Express (G)	1:00	7:00	
• Bridget Jones 2 (14A)	1:10	7:10	9:20

Coming Soon: Lemony Snicket's & Spanglish
Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

**CALL
392-4211
FOR INFORMATION**

Welcome to the Contact Newspaper's Community Events page! Thanks to the generosity of Trenton's Centre Theatre, we can now feature (space permitting) public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 965-7490 or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.

Postcards From Home Great gift idea!!



Postcards designed by local children with their images of Canadian Peacekeeping.
Buy your cards at the reception desk.
8 cards for \$10.00 / 1card for \$1.50

Show your support for the troops by sponsoring a postcard at \$1.50 that will be sent overseas with words of support and best wishes.
Thank you to QuintEssential Credit Union for sponsoring this project.

Des cartes postales de chez-nous Une idée de cadeaux!

Des cartes postales créées par les enfants de la région représentant leurs vues du maintien de la Paix dans le monde.
Vous pouvez vous procurer les cartes à la réception du CRFM.
Le coût est de 10,00\$ pour 8 cartes ou 1,50\$ l'unité.
Offrez votre soutien à nos troupes en parrainant une carte postale à raison de 1,50\$. La carte sera envoyée outre-mer avec vos souhaits et messages de réconfort. Merci à QuintEssential Credit Union de parrainer ce projet.

Trenton MFRC Drop "N" Shop Childcare



When: Saturday, December 4th, 11th, 18th
Time: 9:30 am -2:00pm
Where: Playroom, 18months-5yrs - \$4 per hr /per child
(Free for all families with a deployed spouse)
Youth Centre, 6 years-10 yrs - Cost- Free
Snacks and lunches not included.

Register by calling 965-3575 ASAP to ensure a spot.

Service de gardiennage "Halte magasinage"



Quand: les samedis, 4, 11 et 18 décembre
Heure: 9h30 à 14h
Dans la salle de jeux - 18 mois à 5 ans - 4,00\$ de l'heure/par enfant (Gratuit pour toutes les familles dont un parent est déployé)
Dans le Centre des jeunes 6 à 10 ans - gratuit
Vous devez apporter les collations et le dîner.
Téléphonez au 965-3575 pour les inscriptions, premier réservé, premier servi.

Wednesday Night Out! 6 p.m. to 8 p.m. in the Bistro

Please register for the workshop and childcare by calling 965-3575/965-3595. There is no cost for childcare for families of deployed members.
December 15 - Hand Made Cards -

Take a break and join us as we create thank you cards in which you can express your appreciation for the blessing of gifts, friendship and fellowship which you received over the holidays. Class fee: \$5 for supplies. (Extra card kits will be available)
Limited registration - call today!

Upcoming dates at the Belleville Library

Please join us at the **Belleville Public Library Art Gallery** for a very special BROWN BAG LUNCH! On Wednesday, December 15th, from noon to 1p.m., we will present local musical performers for our annual Christmas Variety Show. This year we welcome *harpist and soloist Sharon Wickett*, "*Belleville Idol*" guitarist and singer *Peter J. Fox* and pianist *Esmond Skidmore*, who will offer a fine selection of Christmas and seasonal music for our enjoyment.

Monday December 20th, from 6:30 - 7:30 pm join us for a Christmas Family Night with local journalist and author *Sheila Gregoire*. Christmas music, a children's choir and family sing-along will be offered as well as refreshments and Christmas goodies. Sheila will be signing copies of her new book and reading excerpts pertaining to Christmas.
Admission is free for both events and everyone is welcome. For further information, please call 968-6731 or drop by at 223 Pinnacle Street.

Are you interested in losing weight?

Come to Trenton Trimettes. We meet on Mondays from 6.45 p.m. to 8.30 p.m. at St.Clement Astra Chapel, Namao Drive, 8 Wing Trenton. We are a support group that encourages weight loss through healthy eating and exercise.
Contact Sheila at 392- 0353. Money goes to support: Girls Home in Conseccon, Three Oaks, two Adopted Children through Salvation Army and also the St.Clement Astra Chapel.



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COMMUNAUTÉ CHRÉTIENNE
Padre Bastien Leclerc (RC)
Padre Catherine Morrison (P)

HOLIDAY WORSHIP SERVICES

In addition to the special Christmas/New Year services noted below, services will be held at the regular hours each Sunday.

12 December Advent 3
0900 hrs Divine Worship Protestant
Guest Preacher Padre Laurelle Calaghan I
CAD Chaplain

24 December 2004 Christmas Eve
1730 hrs - Bilingual Family Mass (RC)/
Messe familiale bilingue (cr)
1930 hrs - Christmas Eve Service (P)
(Communion)

2130 hrs -English Christmas Mass (RC)
2400 hrs -Messe de Noel francophone (cr)

1 January 2005 New Years Day
1030 hrs - (RC) Bilingual Mass/Messe
bilingue (cr)





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Information

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Word ad: 20 words \$3.00 per insertion. GST included. Cash or cheque to be paid at time of insertion.

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All advertising must be dropped off at CONTACT 142 Yukon Street, South Side Room 26 before noon Wed. for the next edition and payment should be made at that time. In the event of a statutory holiday all deadlines are advanced by one day.

ERRORS & OMISSIONS

Advertisers should check their ad the first day it appears. CONTACT shall not be liable for failure to publish an ad or any typographical errors in the publication except to the extent of the cost of the ad for the first day's insertion. Adjustments for errors are limited to the cost of the ad wherein the error occurred.

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from all the staff at the **Contact**

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Coming Events

R&J Christmas Party & New Year's Eve!
Singles New Years Eve Party!! Champagne balloon drop, B&W theme! All of your party favours! Midnight Buffet! Dress Code: No blue jeans, caps or running shoes. Tickets on sale \$22 each Sat Dec. 18th's Christmas dance Belleville Legion 9pm. 392-9850
www.romeoandjuliet.com

Crossword Answers



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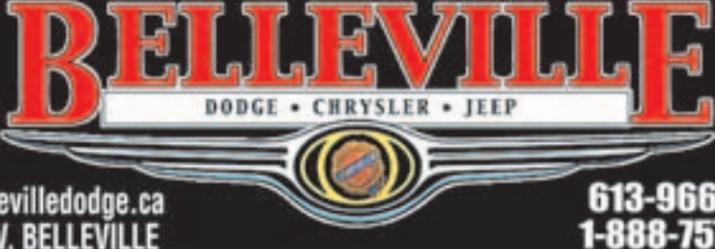
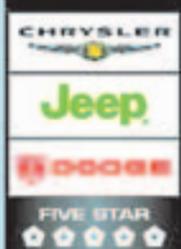
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* All prices plus applicable taxes, licence, dealer administration, \$1,000 cash or trade down, payments based on bi-weekly terms up to 64 months. Purchase any retail used vehicle in the month of December and you will receive one 46 inch Philips HDTV subject to supply. The TV will be provided by Leon's in Trenton and delivered to your home. Subject to availability. See dealer for details, some conditions apply. Vehicles purchased before December 1, 2004 do not qualify.