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December 2, 2005 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 40 Issue Number 46•

## A sombre homecoming for Private Braun Woodfield

by Captain Nicole Meszaros, 8 WPAO

The airfield of 8 Wing/CFB Trenton was the destination of a 437 Transport Squadron Airbus that carried the remains of Private Braun Woodfield, 24, home to his family from Afghanistan last weekend. The sombre homecoming was marked by grey skies and cold, damp winds that left those standing on the tarmac appropriately uncomfortable as the flag-covered casket was moved off the jet.

The ever-professional women and men of 2 Air Movements Squadron lowered the body of the fallen soldier to the awaiting pall bearers from 2nd Battalion, The Royal Canadian Regiment (2RCR), who carried it slowly and honourably to a waiting hearse.

“We’re here today to bring him home with dignity...and to say farewell,” said General R.J. Hillier, Chief of the Defence Staff, speaking on behalf of all members of the Canadian Forces (CF).

The trip home for the young soldier was ceremonial from the beginning. Canadian and Coalition troops paid their respects to Pte Woodfield at a ceremony on the ramp at the Kandahar Airfield November 26, prior to his remains being loaded on a CC-130 Hercules aircraft there. Another nod of respect for the

deceased occurred in Germany as Pte Woodfield’s remains transited that country en route to Canada.

Four other soldiers were injured in the Light Armoured Vehicle (LAV III) accident that claimed the life of Pte Woodfield on November 24. Injured were Sergeant Tony McIver, 31, of Fredericton, New Brunswick, Corporal James McDonald, 32, of Pembroke, Ontario, Corporal Shane Jones, 30, of White Rock, British Columbia and Private Paul Schavo, 24, of London, Ontario.

The four injured soldiers involved in the accident are members of Golf Company, 2 RCR, from Camp Gagetown, New Brunswick and were serving with Task Force Kabul at the time of the accident.

Canada’s mission in Afghanistan is part of the contribution to the international campaign against terrorism. There exist significant risks in the operations of the campaign but the CF members there are among the most experienced in the world and have been helping the Afghan people achieve peace and security. Pall Bearers from 2 RCR included: Pte Clance, Pte Lurette, Pte Kilby, Pte Earle, Cpl McNiven, Capt Horton, Sgt Simmons, Pte Sanson, Pte Whitehall, and Pte Wellman.



Photo: MCpl David Hardwick, 8 Wing Imaging

Pall Bearers from 2nd Battalion of the Royal Canadian Regiment (RCR) carry the remains of Private (Pte) Braun Scott Woodfield from the CC-150 Airbus to the hearse at 8 Wing/CFB Trenton, Ontario, on Sunday, November 27, 2005. Pte Woodfield, a member 2RCR serving in Afghanistan under the command of Task Force Kabul, died as a result of injuries sustained after the Light Armoured Vehicle (LAV III) he was riding in on November 24, 2005, rolled over about 45 kilometres northeast of Kandahar City, Afghanistan during a routine patrol. Numerous family members of Pte Woodfield were at 8 Wing/CFB Trenton to meet his remains upon repatriation to Canada. The Honorable Bill Graham, Minister of National Defence, and the Chief of the Defence Staff, General R. J. Hillier, were also in attendance.

## Medical emergency responses at 8 Wing

by Col Andre Deschamps, Commander,  
8 Wing/CFB Trenton

The trouble with medical emergencies is that they happen when you least expect them and can lead to disastrous consequences if handled incorrectly. The key is to be prepared for the unexpected with procedures clearly laid out for such situations. The Wing has always had an emergency response process and this time of year is an appropriate time to review and refresh our knowledge of this important aspect of our daily lives.

Basically, 9-1-1 should be called in the event of a life-threatening emergency occurring anywhere on the base at any time of day. The first responders to all such calls will be the 8 Wing Fire Department and the Military Police. The commissionaires who receive 9-1-1 calls will simultaneously contact Emergency Health Services, a civilian agency, if an ambulance is required for transport to the nearest suitable med-



Colonel André Deschamps

ical facility.

The process is simple and the goal is to pro-

vide appropriate emergency and medical responses to ensure the safety and well being of all people on the base. This process does not preclude base military personnel from attending the Wing Hospital, during normal work hours, for situations that do not fall into the emergency response process.

Currently, the on-line version of the Wing Standing Orders (WSO) found on the 8 Wing Splash Page does not have a specific article pertaining to emergency responses. However, this will be rectified in the near future with the promulgation of WSO 22.

The stated goal of Wing/Base Safety and Health Protection policy is to eliminate accidental losses in our work place and to ensure a safe working environment for all. The simple process laid out for emergency response will help to ensure a safe work environment for all members of 8 Wing/CFB Trenton and is consistent with the Wing Safety Policy.

See Pages 16  
and 17 for a  
full listing of  
upcoming  
holiday  
events and  
timings in  
and around  
the 8  
Wing/CFB  
Trenton  
community.

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# What can I say...amazing...simply amazing

by Major John Campbell  
GCWCC Chairman

Not too many weeks ago in this very paper I was questioning whether or not "donor fatigue" was setting in around the Wing, and encouraging personnel and sections to make a final push on completing canvassing and staging events during the final weeks of the campaign.

Well, with a sigh of relief and a renewed faith in the generosity and caring attitude of the 8 Wing Trenton military community, I am ecstatic to report that not only did the Wing meet its target of \$80,000, but is fast approaching \$90,000. Our secondary goal of 100 per cent canvassing is also nearing success as over 95 per cent of the wing population has been canvassed.

Less than two weeks ago on 21 November our totals were \$66,480 and 80 per cent, respectable but not spectacular, and I was simply hoping to arrive in the neighbourhood of our pre-campaign goals. Wiser and more experienced folks around the Wing told me not to be concerned, that this was the norm, and that a "white knight" would come forward at the end and push the campaign over the top.

Well, in our case, a "Squadron of White Knights" has galloped over the horizon as our GCWCC/United Way coffers have bulged with over \$22,000 in new donations in just two weeks.

On behalf of the Wing GCWCC/United Way Executive Committee, I thank everyone on the Wing for their efforts and



Photo: Cpl Jean-Francois Neron, 8 Wing Imaging

**Col André Deschamps (centre), Commander, 8 Wing/CFB Trenton, flanked by Maj John Campbell GCWCC/United Way Campaign Chairperson (left) and Wing Chief Warrant Officer CWO Don Cheverie, making the draw for the winner of the Mega Payday 50/50 draw. The winner was Lt Philippe Lemire, WtN Sqn, who walked away with a cool \$2,177.50.**



Photo: Cpl Gayle Wilson, 8 Wing Imaging

**The Mac Daddy Staulkers entertained 8 Wing/CFB Trenton personnel at the Astra Lounge November 25, 2005 during the Battle of the Bands—held annually in support of the Government of Canada Workplace Charitable Campaign.**

participation - big and small - in making this year's campaign a resounding success. As I've said from the start, the success of the campaign will not happen because of anything I or the team do individually - but only from the entire 8 Wing community working together.

And finally, I'd like to announce the winners of

the various draws and competitions held during the final days of the campaign. First of all, congratulations to the Canadian Parachute Centre (CPC) Hockey Team for winning the 1st annual 24-Hour Hockey Marathon. Lt Lee Mawhinney is the proud new owner of an acoustic guitar donated by Harmony Music Plus, drawn at the Battle of the

Bands. Winner of the Wing Supply Raffle Basket is Capt Annie Perry, while the 1 Dental Unit "Basket for Charity" was won by Capt Mike Stoddart. And, drum roll please, winner of this year's Mega PayDay 50/50 draw, worth \$2,177.50, is Lt Philippe Lemire. Congratulations to all these winners and winners of our earlier draws.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



**Wing Transportation Squadron personnel recently travelled to Pearson International Airport for a tour of its Snow and Ice Control (SNIC) maintenance facilities, equipment storage areas and snow command post. This tour was very beneficial to both organizations as it was a chance to exchange ideas and procedures. The tour is an annual event which is scheduled in conjunction with the Heavy Equipment Section's training session. The Heavy Equipment Section is now on shift ready for the winter. Let it snow!!! Pictured here are the members of Wing Transportation with one of Pearson's million dollar snow plows.**



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# Search & Rescue UPDATE



The Tigers of 424 Squadron had a fairly quiet week.

The only tasking from the Rescue Centre was for an ELT search near Sudbury. The emergency signal was homed with help of civilian search and rescue and found to be emanating from a floatplane. The signal was accidentally activated. RSCU 328 was called off scene and returned safely to Trenton.

Until next week...stay safe.

Missions for 2005: 163 Missions for Nov.: 18 Persons rescued: 124



Photo: Laurie McVicar

For the third year in a row, CANEX is partnering with the Military Police Fund for Blind Children (MPFBC) for the "Trim Our Tree for a Toonie" campaign. By purchasing a paper ornament at the outlet, you can provide assistance to young people with visual impairments. Pictured from left are Andy Moreau, Trenton CANEX Manager, Corporal Lyne Papineau, Community Relations Officer, and Cpl Luc Whalen, Blind Fund Representative.

## Trim the tree, help the blind

by Stephanie Webster  
CFPSA

In 1957 the Military Police Fund for Blind Children (MPFBC) was created to provide assistance to young persons with visual impairments. For the past three years, the MPFBC has partnered with CANEX at the National level for their annual fundraising campaign.

This year CANEX has unveiled a new poster and paper ornaments for the campaign. There are three types of paper ornaments – a green Christmas tree, a red ball, and a yellow square. CANEX is involved in the campaign and at every CANEX outlet customers may make donations by purchasing paper ornaments to decorate Christmas trees.

"CANEX is standing behind this campaign 100%. We think it's a worthy cause," says Jacques

Croizet, Advertising & Sales Promotion Manager for CANEX.

The funds raised through the CANEX "Trim our Tree for a Toonie" campaign go directly to the MPFBC, a charitable foundation, which provides computers, equipment, and distributes grants to enhance the lives of visually impaired children.

All Military Police Units across Canada are involved in collecting funds. LCol Shuster, Chairman of the MPFBC says, "I am always amazed at the amount of volunteer time that our regional and units reps put in. What amazes me the most is our brand new military recruits. We've had a single class that have raised over seven thousand on their own."

LCol Shuster explains that the fund helps kids build confidence through

grants to assist them to attend summer camps, field trips and visits to meet Parliamentary Senators in Ottawa. As well, the group provides laptop computers for youth to attend classes and to facilitate the use of brail.

This Military Police-backed initiative has partnered with CANEX to raise funds for this year's 'Trim our Tree for a Toonie Campaign'. "The aim of the project is to enhance the quality of life for youth with visual impairments in Canada," says Jacques Croizet.

On now, the 2005 'Trim our Tree for a Toonie Campaign' runs until December 26th.

For more information on the MPFBS visit [www.mpfbc.com](http://www.mpfbc.com).

The Canadian Forces Exchange System (CANEX) is a division of the Canadian Forces Personnel Support Agency.

## MILLION DOLLAR DONATION



Photo: MCpl David Hardwick, 8 Wing Imaging

Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton, shakes hands with Paul Macklin, Member of Parliament for Northumberland - Quinte West, following an announcement last Saturday that the federal government will contribute one million dollars to the RCAF Memorial Museum in support of its multi-million dollar expansion.



## The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and 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 Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel J.P.A. Deschamps, CD, Wing Commander, 8 Wing / CFB Trenton.

## The Contact Staff

**Editor-in-Chief:** Capt Nicole Meszaros  
**Managing Editor:** Andrea LeBlanc  
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**Assistant Translator/Proofreader:** vacant  
**PSP Manager:** Bob Payette  
**Subscriptions:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

## Guidelines for submissions: ARTICLES AND PHOTOS

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 #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.

Jpeg-Maximum (8X10), 300 dpi

- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- Articles must be received by Tuesday at noon prior to print date at The CONTACT office.

## Letters to the Editor:

Internet: [LEBLANC.AL@forces.gc.ca](mailto:LEBLANC.AL@forces.gc.ca)

Intranet: [LeBlancAL@CFBTrenton@Trenton](mailto:LeBlancAL@CFBTrenton@Trenton)

All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.



## A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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## LETTER

I would like to compliment you and the staff of the "Contact" for the excellent issue published on November 11, 2005. It is a fine tribute to both "Remembrance Day" and to the concept, execution and unveiling ceremony of the Halifax Aircraft.

In particular, I appreciated the article "History Unveiled..." Also appreciated was the extensive article that Laurie McVicar wrote on my contribution to WWII, including the photographs. Her interview brought back many memories.

I hope to see the pilot that I flew with, Earl Mayo, next week. He is now 88 years of age. I have a copy of the "Contact" for him, along with photos of the Halifax unveiling.

Again, thanks.

Sincerely,  
Allan Todd

P.S. Compared to the TV media and our Ottawa Citizen, your "Contact" provides a very positive outlook for a change.

## From the CDS

International Day of Disabled Persons (IDDP) will take place on December 3, 2005. The purpose of this important occasion is to promote a better understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities.

It is estimated that more than two per cent of serving military members, and more than six per cent of DND employees, currently have some type of permanent disability. Frequently, the disabilities of CF members originate from injuries incurred as a direct result of their service to Canada during operations and training. Notwithstanding, these men and women continue to serve their country with pride and commitment.

The world theme of this year's observance is "Rights of Persons with Disabilities: Actions in Development." I view recognition of persons with disabilities contribution as another important element of our leadership responsibility. I strongly encourage all base, wing, unit and station commanders to support commemorative IDDP events and to ensure high levels of participation by all DND employees and CF soldiers, sailors and air men and women.

## Canadiana Crossword

### Hills For The Head

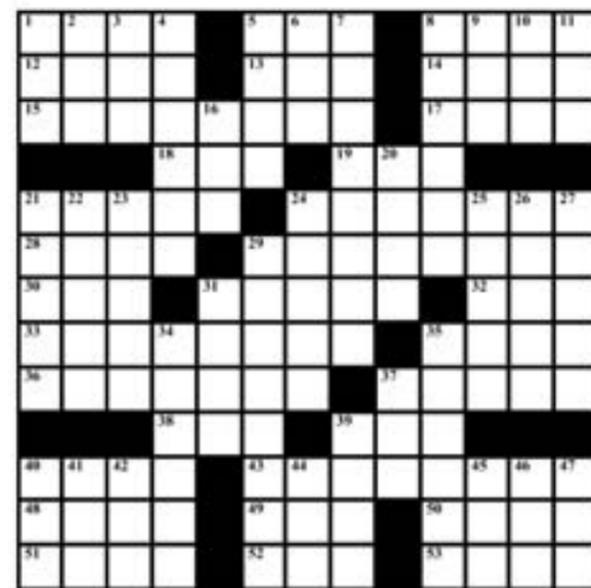
By Bernice Rosella and James Kilner

#### ACROSS

- Newfoundland's \_\_\_\_\_ Hill
- Mediocre mark
- Fri. refrain?
- Delvecchio or Trebek
- Possess
- Tiny amount
- On a leash
- Versifier
- Actress Sothorn, for one
- Elect
- Ontario's \_\_\_\_\_ Hill
- Phenolic ether
- Scarce
- Adjourn sine die
- Lennon's lady
- Rants
- Biography, for short
- Replied
- Trotsky, for one
- Aged
- Pouch
- Planted
- Not excluded
- Persona non grata
- Red or Black follower
- Gown
- Inclinations
- More than two cras
- English river

#### DOWN

- Chapeau
- Brew
- Soak
- Breath out
- New Brunswick's \_\_\_\_\_ Hill



- Ms Sussex
- Approved
- Ontario's \_\_\_\_\_ Hill
- Stickum
- Adherent
- Porky
- Chemical ending
- Dogs and cats
- Het up
- Velvet
- German toast
- Secretly desire
- Serious
- Pungent vegetable
- Sierra \_\_\_\_\_

- Saskatchewan's \_\_\_\_\_ Hill
- Winder
- Torts
- Ontario's \_\_\_\_\_ Hill
- A dance, in Dorval
- Examine hastily
- Saskatchewan's \_\_\_\_\_ Hill
- Crude metal
- Triumph
- Prefix denoting new
- Stockwell, for one
- Sea eagle
- Expire

## This Week in Contact

1975 – Summer '75 was a long, hot one; a time for sun and leisure. That's what Sentinel staffers thought, until it was over and they began putting issue 1975/76 together. The cover story deals with the shakedown for those who will be involved with the Canadian Olympic Regatta at Kingston. The 1975 regatta tested their equipment the expertise for the big show next year.

1985 – On 27 Nov, five members of the Jamaican Defence Force visited 426 Squadron. Maj KX Frater, Maj OX Derby, Lt H Wilson, Lt D Thomas and Cpl M Smith were visiting Canada under the Military Training Assistance Programme in order to receive aero medical training at CFB Trenton. The Jamaicans participated in a standard CF pressurized transport AMT course, which was expanded to provide them opportunity to carry out a hypoxia demonstrated at 25,000 feet, and to experience "Barany Chair" induced disorientation, after an unexpected delay that caused them to remain in Trenton during the first significant winter weather of the year.

1995 – An Argus maritime patrol aircraft that has been sitting on the tarmac at Mountain View for the better part of two decades is about to be reborn. Members of 8 Air Maintenance Squadron are taking the plane apart, ready to move it back to 8 Wing/CFB Trenton for re-assembly and renovation. It is hoped to have the completed aircraft on display at the RCAF Memorial Museum in time for Armed Forces day next June.

Created by Lt J. H. MacDonald,  
Compiled by Jason Newman.



# The military family: resilient and unique

by Capt I. Dieryck

**RESILIENT FAMILIES** – the ability to bounce back, stretch, bend, and recover. Note that resilient does not mean problem free.

I am continuously amazed at the creativity and abilities of military families as they face unique lifestyle challenges. Coping with issues such as separations as a result of deployments, temporary duty, imposed restriction, and long work hours and/or shift work may be very stressful. This is often compounded by postings, which leave families with the task of rebuilding their community connections, and locating resources such as a family doctor and child care providers.

Military families are often faced with very difficult decisions such as whose career will take precedence, where is the best area to reside in relation to the base and available childcare, and what will be the family's place within the larger 'military family'? These are only a few of the

challenges faced, however the creative ability of people to deal with problems in a positive way and maintain resiliency is a strength that needs to be continuously nurtured.

Families come in many different varieties so each faces their own unique twist when coping with the military lifestyle. Heterosexual, homosexual, with or without children or pets, blended families, extended families...you get the picture.

All have their own unique set of dynamics. Understanding how your family works best under the current circumstances can lead to higher levels of resiliency. Appropriate communication skills most often help in problem solving and maintaining strong family functioning, even while under a lot of strain.

Families that focus on their strengths, and work on action plans for their problems, avoid ignoring problems and the various types of abuses that can occur. There are as many varieties of problem solving

as there are families, leaving each to map out their own route to the 'land of the resilient.'

The holiday season can also add more stressors like travel, money, and how to celebrate. All of these can lead a family to the 'outer limits' and often require extra care and attention. It is normal for families to get stuck when stressors outweigh strengths and also to ask for help from trusted others in order to regain optimum functioning. There are many resources that can assist, both on and off the Wing. The Wing Mental Health Team (3651) can assist you in locating resources as well as offering various forms of counselling for both individuals and families. We wish to thank all those who have taught us much about resilience and creativity in dealing with the unique stressors of military life.

From the Wing's Mental Health Services Team and Family Violence Crisis Team, we wish everyone a very Safe and Happy Holiday Season!

# The new Veterans Charter



This new Veterans Charter is a broad 'wellness' package of services and programs that have been carefully developed to promote independence and dignity, not disability and dependence. CF veterans and their families will have "one-stop" access to the services they need through a dedicated case manager employed by Veterans Affairs Canada.

Case management has long been an important part of the way of how VAC provides service. The case manager will work with you and your family to identify your needs and help you access the services and programs to meet these needs. To see how this might work in real life, let's look at what happens when a still-serving member is ready to leave the Forces.

--There are many CF members and their families who leave the Forces and never need help. But if you do need support, VAC, in cooperation with DND, will work with you and your family to help make it easier for you to begin your new life. You will be introduced to Veterans Affairs through a Transition Interview. This sounds very formal, but it is really just a chance for you to meet with one of VAC's Area Counsellors on base/wing and talk about your transition plan to civilian life. It is a chance to learn more about how Veterans Affairs Canada can help you.

--One of the first goals is to help you identify the services and programs you need to be well, stay well, and live

as full a life as possible. Your Client Service Team will work together to make this happen. The first thing they will do is to talk with you and your family about your needs. This is called an assessment. Then we will work with you to build a plan that meets your needs. This is called case planning.

--Next, VAC will work with you and your family to coordinate the resources you will need. Sometimes, these will be directly available from Veterans Affairs Canada. Other times, they may be offered through agencies that are located in your community.

--A big part of case planning is to monitor your progress and ensure your needs are being met to the extent possible. For example, as you take part in the programs and services offered under the new Charter, VAC will keep in touch with you, and with the folks who are helping you, to learn how you are doing. If you are doing well - great! If your plan needs to be changed, VAC will be there to help.

--The goal of the new Charter is to help you become independent and self-sufficient, but you are always welcome to come back to Veterans Affairs for support if you need to. There is no time limit on providing you the support and care you need.

For more information on the new Veterans Charter and the case management process, please visit the Veterans Affairs Canada web site at [www.vac-acc.gc.ca](http://www.vac-acc.gc.ca)

## NEW AND IMPROVED BAKER ISLAND



Photo: Laurie McVicar

An appreciation luncheon was held on November 24 for members of the Construction and Engineering Squadron who assisted in major renovations of the Baker Island Community Centre. During the luncheon, organized by PSP, a ribbon was cut to mark the grand re-opening of the building. Pictured, from left to right, are Bob Payette, PSP Manager; Lieutenant-Colonel Mark Roberts, Wing Administration Officer; Fred Lord, CE; Chief Warrant Officer Don Cheverie, Wing Chief Warrant Officer; Leading Seaman Jeff Landry, Manager of Baker Island; and Bill Scholton, CE.



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## HOLIDAY CHEER HEADED OVERSEAS

Photo: Laurie McVicar



The Trenton Military Family Resource Centre could have easily passed for the North Pole on November 23 as 135 Christmas care packages were prepared by volunteers for personnel deployed on missions overseas. The MFRC received an overwhelming response to a request for donations from local businesses and churches. In addition, letters and post cards flooded in from local school children wishing personnel the best for the holiday season and expressing their admiration for the important work being done by the soldiers. Above, Wendy Synnott and Kathy McGrath assist with the care packages.

## Write to deployed troops

by Lt(N) Paul Pendergast

Messages, postcards and letters from home are very important to the morale of Army, Navy and Air Force personnel deployed on operations, especially as the holiday season approaches.

As ambassadors for the CF, we can provide helpful direction to family, friends or members of the public who want to show their support for our deployed troops.

There is a "Write to the Troops" electronic message board that provides Canadians with a simple, quick, and cost-effective way to send greetings to CF members. Since October 2001, more than 27 000 "Write to the Troops" messages have been posted, including those from well-known Canadians such as Prime Minister Paul Martin

and astronaut Marc Garneau.

A "reply" capability has been added to the message board. All "Write to the Troops" users can now post replies to specific messages.

The CF Postal Service has recently changed its policy and will now accept sealed envelopes, post cards, letters, and parcels containing bundled letters, addressed to "Any CF Member". Individuals, schools and organizations often conduct letter-writing campaigns to our deployed personnel and prefer to bundle the letters (or cards) in a parcel as a cost-saving measure.

Note that parcels addressed to "Any CF Member" cannot contain items other than cards and letters. If enclosures other than cards or letters are detected, the

parcel will be returned to sender. This restriction does not apply to friends and family members, who can send parcels to individual CF members overseas by following guidelines available at local CF Base Postal Sections, Military Family Resource Centres, or through the "Write to the Troops" Web site at .

The Canadian public often want to demonstrate their generosity by donating items to the local population where CF members are deployed. This is especially prevalent during the holiday season. Security concerns and limited air cargo space preclude the CF Postal Service from transporting these items. They will be returned to sender.

*Lt(N) Pendergast is a PAO at ADM(PA) in Ottawa.*

## PSP PHOTO OF THE WEEK



Photo: Laurie McVicar

Family Skating takes place at the RCAF Flyers Arena on Wednesday 4 - 5 p.m., Friday 6 -7 p.m., Saturday and Sunday from 1 - 3 p.m. See page 17 for a list of times for the holiday season.

*The Old Lumber Mill*  
 Restaurant & Lounge  
 www.oldlumbermill.com  
 227 Front St. West Stirling,  
 613 395-6362  
 Call For Reservations

### Christmas Buffet

Every Wednesday to Saturday in December

Enjoy our Roast Beef & Turkey.

includes Soup & salad bar, dessert & coffee or tea

Begins at 5:00 pm \$14.99



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**New Year's Eve Special Buffet**  
**Make your Reservations today!**

*We are closed from December 22nd to December 27 for Christmas Holidays*

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PSP



# Fitness, Sports & Recreation



## Recreation Council Clubs

### Amateur Radio

Capt Mark Weidenborner, President 3731 398-1283

### Auto Hobby

WO Paul Nesbitt, President 3829 392-8859

### Ceramics

Jennifer Girardeau, President N/A 394-3957

### Fish & Game Club

Cpl Lee Leroux, President 7513 475-5172

MCpl Dave Elverson,  
(Northern Lodge Bookings) 2627 394-4325

### Gourmet

Sgt Pierre Allard, President 3292 398-1323

### Martial Arts

Sgt Mike Cordick, President 3643 394-6573

### Mixed Martial Arts

Sgt Jay Chin-Leung, President 2109 966-0369

### Scuba (Flying Frogmen)

Sgt Pete Leadbeater, President 3711 968-3783

### Wood Hobby

Capt Pete Bouchard, President 4239 394-6414

## Hockey Canada Recognizes the RCAF Flyers - Olympic Champions 1948

Wednesday, December 7th at 0930 hrs

Please join us for this celebratory event,  
and stay for the Annual Officers and  
NCM's Hockey Game!

More information:  
Fitness and Sports Office  
Local 3467

## Curling competition coming up

The Wing/CFB Trenton Curling Team will represent 8 Wing/CFB Trenton at the Ontario Regional Curling Championships held at CFB Kingston from January 22 - 25, 2006. Slide, sweep and curl your way to the championship. Competition is open to all CF, Class B & C Reserves Members.

A playdown will be held at the Trenton Curling Club on Tuesday, December 20 from 1300- 1600 hrs. Curlers must register no later than Dec. 16. For registration or information contact Dan Cormier at local 3373.

## Red Cross Swim lessons registration

8 Wing Military Community - registration for the Winter 2006 session of lessons, which will begin in January, will be held at the RecPlex on Tuesday, December 13 from 4 to 6 p.m. Registration for the military community only will continue until just prior to registration for the General Public on Tuesday, December 20. General Public - registration will be held at the RecPlex on Tuesday, December 20 from 5 to 7 p.m. Registration for all continues December 21 to January 6.

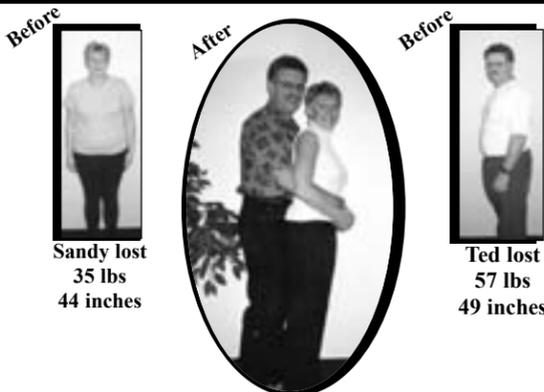
## Blind Volleyball is Back!

Supporting the Local Food Banks.  
Start recruiting your teams for  
Tuesday, December 13th!

More details to follow:

POC and Information: Tammy Whalen local 2822.

## LOSE 15 LBS BY CHRISTMAS!



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LOSS OFFER**  
only a  
**\$1 a day\***  
\*Based on full program

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175 Main St. Picton 476-9975  
690 Sidney St. Belleville 968-5020  
469 Dundas St. W. Trenton 394-1818

## JR Ranks New Year's Eve Dance

Saturday, 31 December 05  
Astra Lounge

Cost: \$15.00/person

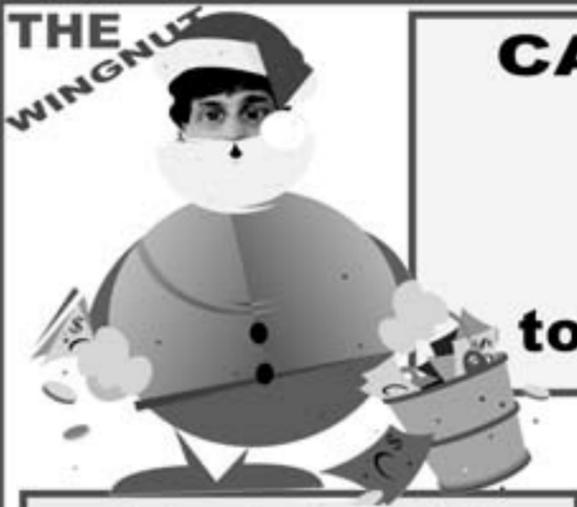
Doors Open: 1900 hrs Buffet Starts: 1930 hrs

Great door prizes!

Music by DJ: Rob Pond

Tickets now on sale  
at Mess office.

Courtesy Buses Available



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\$500 BONUS**

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(See home office letter 2005-093)

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preferred price  
**gas card**  
See Store for Details

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And  
WIN!**  
on most new  
05's & 06's<sup>o</sup>

\* Bank financing only, subject to credit approval. \*\* Prior sales excluded, see store for details. †† Cash purchase price. ‡ MSRP refers to using all cash incentive purchase options. Bank finance rate 7.5%. Example \$10,000 over 60 months payments are \$200.38 per month @ 7.5%, cost of borrowing over 60 months is \$2,822.77 @ 7.5%, OAC. → Add \$1,100. freight charges. All sales prices add \$348 admin, \$269 etching and all appropriate taxes. \* In stock only, all factory incentives included \* offer ends December 10, 2005 \* GM Program.

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Wednesday 8 am - 7 pm, Saturday 8 am - 4 pm

# Reducing your energy costs

by WO. D. Carlson

'Tis the season. Fall is upon us with Old Man Winter right around the corner. We are so busy in our daily lives with work, kids, clubs, and volunteering that we tend to over-look many chores. All of us, to some extent, try to shop wisely. Whether it's groceries, clothing or a new car, we want the "best bang for our buck"! And rightfully so, we work hard for our money so why not try and keep as much of it as possible.

I urge you, to take some time to look at the various ways in which you can reduce your yearly energy costs. Whether you are living on the base or own a home, you can literally save yourself hundreds of dollars a year. With simple, relatively easy, and proven methods you can reduce your gas, electrical, and water consumption dramatically.

With the increase in natural gas prices this coming heating season, you as the consumer should take the necessary steps to reduce the amount of money you pay to the vari-

ous utility companies. One way of doing this is by sealing the building envelope as it is called. If you live in an R 2000 energy conscious built home, than you are already reaping the benefits of a well sealed, low energy consuming home. The other 95% of us who live in a relatively standard built home, really should consider better alternatives. There are many ways to reduce the consumption of our planets natural resources. In short, we can ultimately extend the life of our resources, become more comfortable, and have a little extra money to spend on the things that count. Here are a few ways to get you started.

- Set your thermostat back. For each 4oC you turn back the thermostat each night, you save up to 10% in energy costs.

- Install low-flow showerheads. Efficient showerheads can cut water use by up to 60% compared to conventional fixtures.

- Clean or replace your furnace filter. If you have a forced air system, the filter should be cleaned or replaced once a month

during the heating season.

- Seal heating ducts. If you find a drafty seam, seal it with high-quality duct tape (wide metal duct tape is best) or approved mastic specifically for duct sealing.

- Stop cold air blasts from switches and outlets on exterior walls. Install low-cost, high-density foam gaskets and seal them into place with clear caulking.

- Insulate your hot-water storage tank. Wrap your hot water tank in a thermal blanket and insulate hot water pipes.

- If your refrigerator-freezer is more than 20 years old, consider buying a new one. Fridge's today use at least 55 percent less energy than those built in the 1970s.

- Keep your dollars from escaping. Weather-strip your doors and windows to keep the cold air out and warm air in.

- Stop air conditioning your home year-round. Window air conditioners let in cold air and should be removed for winter.

- Attic hatches should be weather-stripped and the back of the hatch insulated as much as possible.

## JR RANKS MESS

SUN MON TUE WED THU FRI SAT

BAR HOURS Saturday-Thursday 1130-2400 hrs OFFICE HOURS Monday -Friday 0800-1200/1300-1600 hrs For Bookings (wed/Recep/Conferences/Private Parties) Call (613) 392-2811 Ext: 3700 or 3881							1	2	3
					Astra 2 Air Mov Sqn Christmas Party				
4	5	6	7	8	9	10			
	Astra Op Danaca & Calumet Show Tour	Astra TRSET Conference	Astra WOSGTS Mess At Home w/Officers	Astra TRSET Conference	Jr Ranks Christmas Party TGIF Sports-Cancelled Astra IAMS Christmas Party	Astra WTISS Christmas Party			
11	12	13	14	15	16	17			
Astra Children's Christmas Party				Astra All Ranks Christmas Cheer	Astra JNBCD Christmas Luncheon TGIF/Sports Cancelled				
18				22	23	24			
					TGIF Sports Cancelled				
25	26	27	28	29	30	31			
Merry Christmas!	Boxing Day Office Closed	Office Closed			TGIF Sports Cancelled	New Year's Eve Dance			

# DECEMBER 2005

## OFFICERS' MESS

SUN MON TUE WED THU FRI SAT

On behalf of the Officers' Mess Executive Committee and staff we would like to wish everyone a safe & happy holiday season

Please note that an error was made on the Nov. calendar. The WCOMD Christmas cheer is an invite only event.

On behalf of the Officers' Mess Executive Committee and staff we would like to wish everyone a safe & happy holiday season ***** Please note that an error was made on the Nov. calendar. The WCOMD Christmas cheer is an invite only event.						
1	2	3	4	5	6	7
MTGIT Chinese Food 1730 hrs	Sandwich Bar 1130-1315					
8	9	10	11	12	13	14
MTGIT Quizno's Subs 1730 hrs	Sandwich Bar 1130-1315					
15	16	17	18	19	20	21
MTGIT Arby's 1730 hrs	Sandwich Bar 1130-1315 **** Associate Members Luncheon					
22	23	24	25	26	27	28
MTGIT Pizza 1730 hrs	Sandwich Bar 1130-1315					
29	30	31	Mess Closed for the Holiday Season			
						New Year's Eve Ball 1800 hrs

# DECEMBER 2005

## WO & SGTs MESS

SUN MON TUE WED THU FRI SAT

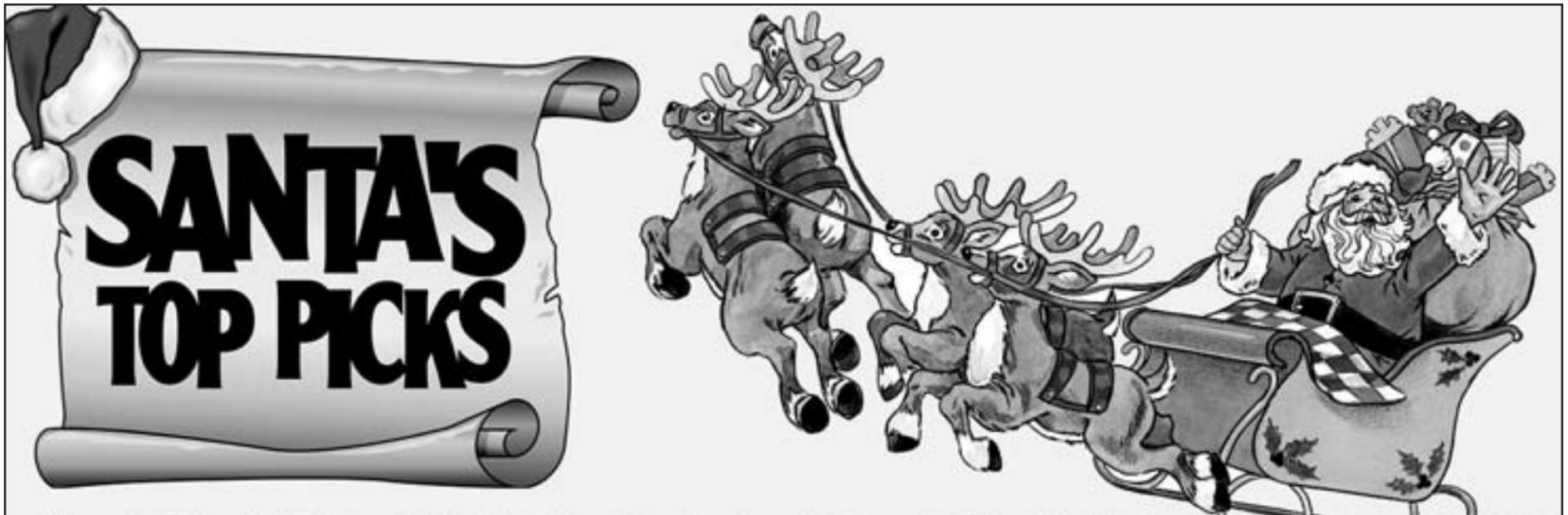
BAR HOURS:  
Monday - Thursday 1130-1330 hr & 1500-1930 hr  
Friday 1130-2130hr Saturday & Sunday 1200-1530 hr

OFFICE HOURS:  
Monday -Friday 0800-1600 hr

BAR HOURS: Monday - Thursday 1130-1330 hr & 1500-1930 hr Friday 1130-2130hr Saturday & Sunday 1200-1530 hr OFFICE HOURS: Monday -Friday 0800-1600 hr						
1	2	3	4	5	6	7
	Fireside Lounge TGIF Chicken Breast 1700 hrs					
8	9	10	11	12	13	14
	TGIF Roast Beef 1700 hrs					
15	16	17	18	19	20	21
Astra Lounge ALL RANKS Christmas Cheer Main Lounge Christmas Party	Fireside Lounge TGIF Fish & Chips 1700 hrs					
22	23	24	25	26	27	28
	TGIF CANCELLED					
29	30	31	Main Lounge New Year's Eve Ball Doors Open: 1830 hrs Buffet Starts: 1930 hrs			
	TGIF CANCELLED					

# DECEMBER 2005





# A DECEMBER TO REMEMBER!

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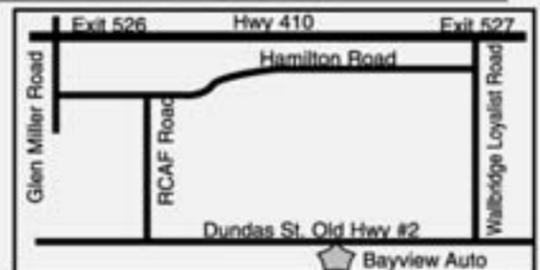
<p><b>2003 FORD EXPEDITION</b></p> <p>0 down \$221.18 Monthly 72 months</p> <p>Eddie Baur! WOW! Only 49,000 kms! Fully loaded inc. power heated &amp; cooled memory leather, 3rd row seating, entertainment package, TV DVD, power sunroof. Mint shape off Ford lease. @26,995 cert.</p>	<p><b>2003 CHEVY S10 LS</b></p> <p>0 down \$112.04 Monthly 72 months</p> <p>Extended cab, 2nd. Smart Buy! V6, automatic, tilt, cruise, a/c, mags, CD &amp; more. Mint condition! GMAC lease return. 76,000 kms. Fully reconditioned! @43,495 cert.</p>	<p><b>2002 FORD F150 4X4</b></p> <p>0 down \$180.76 Monthly 72 months</p> <p>Super crew King Ranch! Saddle leather, power heated interior, too many options to list. Fully reconditioned! 93,000 kms. @21,995 cert.</p>	<p><b>2002 GMC Z71 4X4</b></p> <p>0 down \$172.67 Monthly 72 months</p> <p>reg. cab, short box, stepside, V8, automatic, black beauty! only 35,000 kms. Must see! Mint 1 owner GMAC lease return. Rare! @19,995 cert.</p>	<p><b>2002 BUICK CENTURY</b></p> <p>0 down \$87.79 Monthly 72 months</p> <p>4 door, 3.1L, automatic, loaded with full power group inc. keyless entry &amp; CD player. Mint shape off GMAC lease. Only 66,000 kms. @10,495 cert.</p>	<p><b>2002 OLDS ALERO</b></p> <p>0 down \$81.80 Monthly 72 months</p> <p>4 cyl, 4 door, auto, a/c, locks, CD tilt, 53,000 kms! Mint shape off GMAC lease. @9,795 cert.</p>
<p><b>2003 CHEVY AVALANCHE Z71 4X4</b></p> <p>0 down \$777 Monthly 72 months</p> <p>WOW! Power heated leather memory seats, power sunroof. Every option available. Mint shape off GMAC lease. 90,000 kms. @23,495 cert.</p>	<p><b>2002 GMC ENVY 4X4</b></p> <p>0 down \$148.33 Monthly 72 months</p> <p>Sharp! High polish 17" alloys! Power sunroof! Onstar, fully loaded with every option inc. power seat, keyless, CD player &amp; more. 91,000 kms. Off GMAC lease. @46,995 cert.</p>	<p><b>2002 CHEVY VENTURE LS</b></p> <p>0 down \$91.83 Monthly 72 months</p> <p>Sharp! Pewter with alloy wheels, loaded with full power group inc. keyless entry, CD, quad seats &amp; more! Mint 1 owner GMAC lease return. 80,000 kms. Fully reconditioned! @10,995 cert.</p>	<p><b>2002 DODGE CARAVAN SE</b></p> <p>0 down \$95.97 Monthly 72 months</p> <p>3.3L V6, automatic! Smart buy! Only 62,000 kms! Balance of 5 yr/100,000 km power train warranty. Full power group interior. Fresh off Dodge lease. @11,495 cert.</p>	<p><b>2002 MAZDA PROTÉGÉ 5</b></p> <p>0 down \$116.08 Monthly 72 months</p> <p>Smart buy! 4 cyl, automatic, loaded with power sunroof, windows, locks, a/c, cruise tilt, mirrors, CD keyless, alloys &amp; more. 75,000 kms. Mint shape! Fully reconditioned! @13,495 cert.</p>	<p><b>2002 DODGE CARAVAN SE</b></p> <p>0 down \$91.83 Monthly 72 months</p> <p>Smart buy! 75,000 kms. Balance of 5 yr/100,000 kms factory warranty. Full power group interior inc. keyless &amp; Cd &amp; much more! Fresh off Dodge lease return. @10,995 cert.</p>

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# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
December 4 – December 10

**ARIES** (March 21–April 19): Use your energy wisely on the 4th and 5th and begin making some of the changes you've been planning to do to your home. Make a point of letting the people in your life know how you feel and what your intentions are. Money is coming your way on the 6th and 7th. You've been through a lot in the past, and now it's time to say enough is enough, I want things my way. Take care of pending problems on the 8th and 9th. Don't take what others say seriously. Trust in your own judgment and follow through with your own plans. A short trip on the 10th will pay off in what you learn, who you meet or a purchase you make along the way.

**TAURUS** (April 20–May 20): Stay active on the 4th and 5th. Downtime will lead to dissatisfaction. Visiting friends or attending an interesting exhibit will stimulate ideas. A relationship with someone special will take an interesting turn. Not everyone will understand what you are trying to do on the 6th and 7th. In fact, someone is likely to stand in your way. Don't neglect what's important. Do something to boost your morale on the 8th and 9th. Socializing will bring good results and possibly a new connection that will develop into a worthwhile endeavor. Private discussions on the 10th regarding money, ideas or a pending settlement will be favorable.

**GEMINI** (May 21–June 20): Put a little extra push on a pending deal. The more you do on the 4th and 5th to position yourself, the better. An opportunity will develop through someone you used to work with. Emotional matters can be dealt with. You have everything and everyone under control on the 6th and 7th, so make your move and get what you want. A new look or way of doing things will bring you compliments. Learn to say no if too many people are asking for too much on the 8th and 9th. Emotional matters will escalate if you can't be firm and back away to give yourself a breather. Your emotional reaction toward others will be your downfall on the 10th.

**CANCER** (June 21–July 22): Something very unusual will surround financial or legal matters on the 4th and 5th. Take a closer look and do whatever you can to sort out anything that doesn't look quite right. Avoid getting involved in a joint venture. Don't get all worked up over nothing on the 6th and 7th. You will take things the wrong way. You know thoughts are followed by actions. New acquaintances will leave you with some excellent ideas regarding your lifestyle. Size up your situation on the 8th and 9th, and do whatever it takes to get what you want. You are in a high cycle regarding partnerships. You may feel uncertain about your future on the 10th. You need some peace and quiet.

**LEO** (July 23–Aug. 22): You may find yourself thinking more about someone you met through work. Don't miss out on an opportunity because you don't know how to approach this person. Your determination will bring good results on the 4th and 5th. Money is the key on the 6th and 7th. Do whatever you must to get things off the ground. Investments, rebates, winnings are all looking very favorable. Focus on your own personal gain and you will succeed. Arguments will flare up on the 8th and 9th if you jump to conclusions. Give others a chance to explain and you will spare yourself grief. Do your best to make amends on the 10th. A little thoughtfulness will go a long way.

**VIRGO** (Aug. 23–Sept. 22): Much will evolve from the conversations and interactions you have with others on the 4th and 5th. Get involved in community events or social activities that interest people from all different backgrounds. Don't take on so much on the 6th and 7th that you may fall short. Too much, too fast can result in a situation that will leave you feeling worried about your future. Don't expect anyone to come to the rescue. Stick to your own devices on the 8th and 9th, and steer clear of working with people who don't see things the same way you do. An unexpected change may occur. Put your efforts into love, relationships and getting along with someone who interests you on the 10th.

**LIBRA** (Sept. 23–Oct. 22): Everyone will look to you for advice on the 4th and 5th. Your wide variety of answers will put you in a category by yourself. Money can be made if you put a new spin on something you have been doing for some time. Don't be afraid to venture off the beaten track. Be a trendsetter on the 6th and 7th. It's your spontaneity that will get you further ahead, so be yourself and everyone will recognize your talent. Preparation will be the key to handling the unexpected on the 8th and 9th. Your emotions will be close to the surface. Combine work with pleasure on the 10th. The more networking you do, the further you will go.

**SCORPIO** (Oct. 23–Nov. 21): Be direct if you want to get things done right on the 4th and 5th. You can expect someone to give you a hard time. Don't let any little mishap turn into a fiasco. Control whatever situation you face as best you can. You can accomplish so much on the 6th and 7th if you are prepared, organized and willing to just do it. There will be no time to stop and think. Be willing to act on your impulses and intuition. Don't get caught up in other people's melodramas on the 8th and 9th. You have far too much going for you to waste time on someone else. A little effort will go a long way on the 10th. You will please everyone if you discuss your plans and get them involved.

**SAGITTARIUS** (Nov. 22–Dec. 21): Changes in your personal life will take you by surprise. Secrets may be revealed on the 4th and 5th, giving you a much better understanding. A partnership will develop. Exploring new avenues on the 6th and 7th may be your choice, but think before you go down that road. You will be caught up in the moment and miss some very important facts along the way. A problem will develop if you neglect the people who have always been there for you. You may want to protect what you have on the 8th and 9th and keep a close eye on the people around you. This is not the time to trust. Do your best to help others on the 10th. You will be rewarded.

**CAPRICORN** (Dec. 22–Jan. 19): Someone you thought you could count on is not likely to come through for you on the 4th and 5th. A secret you are told must be kept. You can make some interesting observations on the 6th and 7th. An older friend or relative will be an asset. Experience will be what keeps you moving in the right direction. Communications will be your vehicle to future success on the 8th and 9th. Talk, e-mail, travel and research should be your intent. You have lots to offer -- let everyone know. Participation will be the key on the 10th. A personal connection will make a difference to the way you think. Don't make decisions based on anger.

**AQUARIUS** (Jan. 20–Feb. 18): You will have plenty on your mind on the 4th and 5th, but if you neglect the people you are closest to, you will face difficulties. An older relative will need your help and your advice. You will probably change your mind on the 6th and 7th about what you want to do with your future. Check out the options available to you and follow through this time. Someone older will help you along the way. Question what you are doing with your life on the 8th and 9th. If you are stale or not moving in a positive direction, do something about it. Look at your lifestyle on the 10th and make a list of what you need to do to raise your standard of living. The hardest step is the first.

**PISCES** (Feb. 19–March 20): You'll have plenty of opportunities on the 4th and 5th when it comes to love, friendship or even business partnerships. Money is coming in your direction but not for the reason you expect. A fast reaction may be required. You may have a change of heart or feel indifferent about your personal life on the 6th and 7th. Don't act too fast or you may make a mistake that will cost you emotionally. You will be sensitive to other people's thoughts and feelings on the 8th and 9th. This is an ideal time to find out exactly where you stand. Anything is possible on the 10th if you just take the time to follow through. Hard work will pay off.

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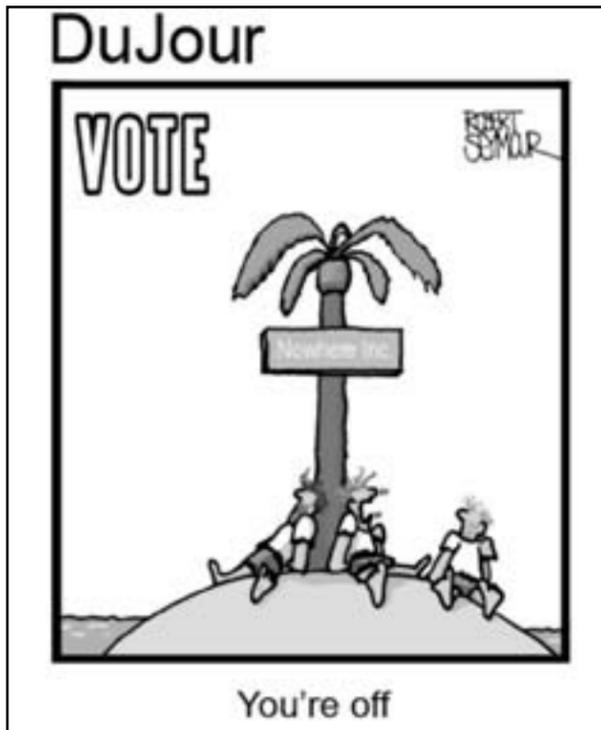
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## MISFITS BY BRIAN CODAGNONE



Community

# Community Events

## CENTRE THEATRE

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**BIRTHDAY PARTIES ARE NOW AVAILABLE**

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Matinees  
 Saturday & Sunday

MOVIES  
 MOVIES  
 MOVIES

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**MOVIE LINE-UP**

• Harry Potter & The Goblet of Fire (PG)	1:00	7:15
• Aeonflux (PG)	1:10	7:10 9:00
• Yours, Mine & Ours (G)	1:05	7:05 9:05

Coming Soon: Chronicles of Narnia, Walk the Line  
 Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

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](mailto:leblanc.al@forces.gc.ca), at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.

LE  
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 Heure : 19h  
 Lieu : École élémentaire L'Envol sur la base  
 45 Promenade Johnson à Trenton  
 Prix : 10,00\$ pour les adultes  
 3,00\$ pour les enfants  
 25,00\$ pour une famille

The Hastings County Chapter of the MS Society will hold its' Support Group meeting at Eastminster United Church on 8 Dec 2005 at 7:00 p.m.

The Hastings County Chapter of the MS Society will hold its' Board of Directors Meeting in the common room of 95 Sidney St on 15 Dec 2005 at 7:00 p.m.

## Make way for the Holiday Train!

The Trenton Care and Share Food Bank, the men and women of 8 Wing CFB/ Trenton and the Canadian Pacific Railway (CPR) are teaming up again this year to bring the CPR Holiday Train back to Trenton at 6:30 p.m. Saturday, Dec. 3. The show will take place at the same location as last year – the railway crossing on RCAF Rd. at the north end of the base.

Live performances by The Ennis Sisters and Tracey Brown will highlight the train's visit, part of a Canada-U.S. goodwill tour designed to throw the spotlight on hunger close to home, and

what communities are doing about it.

Through joint efforts with the Canadian Association of Food Banks, the CPR uses the Holiday Train program to promote the vital work done by community food banks year-round. Food bank volunteers will be on hand to receive donations of non-perishable food items at the event.

Thousands of LED Christmas lights will adorn the uniquely festive train, made up of a specially-prepared locomotive pulling 12 cars — including a stage car complete with self-contained lighting and audio systems.

More than 60 towns, cities and villages in Canada will experience the magic of Holiday Train performances this year. The 2005 Holiday Train program ends Dec. 17 in Port Moody, B.C.

Since its launch in 1999, CPR Holiday Trains have elicited donations of more than 375 tons of food and almost \$(Cdn) 2 million for North American food banks. All donations in a community remain in that community for distribution.



# Christmas Concert

Sunday December 4<sup>th</sup> 2:00PM/14:00h

CFB Trenton Band Hall, 3 Lazo Road (old RC Chapel / ancienne église) Northside Gate, off RCAF Road.

**A newly released CD by the band will be on sale at this event.**

*8 Wing Concert Band*  
*La Musique de la 8<sup>e</sup> Escadre*

Admission:  
 A non-perishable food item for the Trenton Food Bank.

Un item de nourriture non-périssable pour la Banque de nourriture de Trenton.

*The Wannamaker Sisters*

## CHAPLAIN SERVICES

### SERVICES OFFERT PAR L'AUMÔNERIE

Wing Chaplain/ Aumônier de l'escadre – Major Lloyd Clifton (Presbyterian)  
 Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490  
*In addition to the special Christmas/New Year services noted below, services will be held at the regular hours each Sunday.*

UNIT CHAPLAINS /  
 AUMÔNIERS DES UNITÉS

Padre Mike Adamczyk  
 Padre Mel Talan

**4 December 2005 - Advent 2**  
 0900 hrs - Messe francophone (cr)  
 1015 hrs - Sunday Worship Service  
 1130 hrs - (RC) Anglophone mass

**8 December 2005**  
 1900 hrs Light Up For Christ Rosary Novena

**11 December 2005 - Advent 3**  
 0900 hrs - Messe francophone (cr)  
 1015 hrs - Sunday Worship Service  
 1130 hrs - (RC) Anglophone mass  
 1600 hrs - Ecumenical Service of Lessons and Carols

**13 December 2005**  
 1900 hrs Bilingual Service of Reconciliation RC

**18 December 2005 - Advent 4**  
 0900 hrs - Messe francophone (cr)  
 1015 hrs - Sunday Worship Service  
 1130 hrs - (RC) Anglophone mass

**24 December 2005 - Christmas Eve**  
 1730 hrs - Bilingual Family Mass (RC)/  
 Messe familiale bilingue (cr)  
 1930 hrs - Christmas Eve Service (P) (Communion)  
 2130 hrs - Messe de Noël francophone (cr)  
 2400 hrs - English Christmas Mass (RC)

**25 December 2005 - Christmas Day**  
 0900 hrs - Messe francophone (cr)  
 1015 hrs - Sunday Worship Service  
 1130 hrs - (RC) Anglophone mass

**1 January 2006 - New Year's Day**  
 0900 hrs - Messe francophone (cr)  
 1015 hrs - Sunday Worship Service  
 1130 hrs - (RC) Anglophone mass



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# Is it time to trust the market again?

## it's your Money



Garth Turner

The Toronto stock market soared to its highest point in five years last week. That's right – back to the heady days of when we were all loading our RRSPs full of Nortel stock, and using the grocery money to buy dot-coms. Those companies may have been losing money but the media was all agog, flooding us with stories of billionaires with search engines and acne.

Truth be told, the market back then was nuts. Over-valued by investors who forgot the fundamentals of investing, like the wisdom of buying into companies that are actually profitable. Too many people ignored the cardinal rule of diversification, loading up on turkeys like Book4Golf or go.com. And then there were those who dumped these questionable things into their retirement plans, preventing them from even claiming a capital loss when the inevitable financial armageddon arrived.

So, here we are with the market at the same level as then – after five

years that included Nine Eleven, SARS, mad cow, power black-outs, the war on terrorism, corporate scandal and corruption and now avian flu, an Iraq crisis and talk of a global pandemic. What the heck are investors so happy about, that shares are back in hot demand?

Well, a few things, actually. For starters, there are lots of solid companies making good money – banks, industrials, resource companies and the oil guys. Second, the economic climate is amazingly calm, given all the mess of the world. North America has stable inflation, good resistance to recent oil shocks, reasonable interest rates (although on the rise) and growing markets. Finally, the population of both Canada and the States is growing older, and people need places to put their money so will it will grow and look after them in retirement.

That is not bonds. It ain't GICs, treasury bills or savings bonds. It's not high-yield bank

accounts. Instead, the movement is back on towards "growth" assets – stocks, well-managed mutual funds and, once again, income trusts.

In fact, the breakout on the market last week was directly attributable to Ottawa's statement that it was abandoning a contemplated new tax on income trusts, and also ushering in a more favourable tax treatment on the income people get from corporate dividends. That sparked a rush into stocks that pay dividend income – like the Big Banks – and also squeezed the value of the whole trust sector higher.

Of course, this was the right decision to make. During the two months that the feds mulled taxing the hot income trust sector, the value of those investments plunged and people – many of them seniors – coped with financial coronaries as a result. The outpouring of indignation and angst was enough to force the pointy-headed bureaucrats in the Department of Finance to rethink their positions, and let those popular trusts be.

So, the happy news today is that for the foreseeable future, there will be no tax on income trusts. Should the Liberals win the election, they can hardly reverse a pre-election decision. Should the

Conservatives form government, no worries since they've already vowed no tax. If the NDP win Ottawa, then you might want to buy a shovel to bury your nestegg.

Seriously, though, things are looking very positive for the financial markets over the next months and years. The demographics are bullish, as nine million aging Baby Boomers try desperately to grow their money; rampant technological advance is dampening inflation which should keep interest rates moderate; stock market governance has been tightened dramatically in recent years, giving investors more confidence; and as global free trade spreads, we are clearly into a generation of sustained economic growth.

So, get with the program, and realize that money parked in interest-bearing assets like savings bonds and GICs is dead cash. After inflation and taxes, there will be no return and no growth. Unless you already have enough put away for retirement, you need exposure to stocks – through mutual funds, direct investing or trusts.

Too many Canadians forget what the biggest risk is: Not losing money, but running out of it.

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# "TORNADO" TOUCHES DOWN AT 8 WING

Photo: Cpl Simon Duchesne, 8 Wing Imaging



8 Wing/CFB Trenton was visited by nine Royal Air Force aircraft on Nov. 23 as they transited from Nellis Air Force Base, Nevada, to their home units. On the left, a Tornado GR4 is being secured with chaulks by an RAF technician while a pilot stands on the wing of the Harrier GR9. Six fighter jets in total arrived with two C-130 Hercules aircraft and one Tristar aircraft. For more information on the Royal Air Force, please visit [www.raf.mod.uk](http://www.raf.mod.uk).

## Some thoughts on impaired driving

A Message from the OC Transportation & EME Squadron

The Canada Safety Council has designated the first week of December each year as "Safe Driving Week", with the intent of heightening awareness of safe driving practices that Canadians use on a daily basis.

The theme for this year's campaign is impaired driving. This theme has recurred throughout the years and has been pivotal in changing attitudes, penalties and injuries and death with regard to drinking and driving. For example, the rate of impaired driving incidents has decreased by 65 per cent from its peak in 1981, while the number of deaths and injuries related to impaired driving is down by almost half since 1986.

Harsher fines and penalties also serve as a deterrent to impaired driving. Did you know that impaired driving accounted for 12 per cent of all cases heard in court, making it the largest category of

offences, according to the Canada Safety Council? As well, impaired driving had the highest conviction rate - 73 per cent, compared to 60 per cent for all Criminal Code offences. Although in most cases a fine was accorded, the average length of a prison sentence for cases of impaired driving was 73 days.

Even so, there is still room for improvement. Statistics tell the story - a study commissioned in December 2003 reported that 16 per cent of all Canadian drivers reported operating a vehicle within two hours of consuming alcohol; 1.4 million drivers reported driving when they thought they were impaired, of which 21 per cent stated that they did so four or more times.

What does this mean to you? As a parent, perhaps it is important for you to know that young drivers have the highest rates of impaired driving, accounting for 56 per cent of occurrences. Ensure that your teen knows the facts: drinking and

driving is a criminal offence with serious consequences. Have an agreement with your teenaged children where they can count on a parent to pick them up if they have been drinking. Ensure they understand the concept of a designated driver.

For the more mature drivers, the message is clear: if you drink, do not drive. We cannot be complacent: Statistics Canada reported approximately 77,000 people were charged with impaired driving in 2003.

Accidents never take a holiday and it is our duty to be constantly vigilant, especially during the holiday season. Each and every one of us can make a difference. You are called to set the example for others. Through your actions and attitude, you can demonstrate to your children and friends that impaired driving is irresponsible and unacceptable. Drive sober, arrive alive - pass the message on and make our streets a safer place for pedestrians and motorists alike.

## TOLL BOOTH COLLECTS DONATIONS

Photo: Submitted



ATESS personnel extend their thanks to everyone who donated either food or cash to their 9th Annual Food Bank "Toll Booth" held November 22. Thank you as well to all the volunteers, who did a great job. During the two hours that the volunteers were at the north side gate, there was approximately 1,100 lbs of food and \$1,307 collected. More than \$8,400 and 7,600 lbs of food have been raised in the nine years since the event began. Pictured are Lieutenant-Colonel Frances Allen, Commanding Officer, ATESS, her son Nick, and Karen Brake.

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Look for the 2006 Desktop Calendar in our December 16, 2005 issue of The Contact

**PSP HOLIDAY EVENTS**



*Have a Safe & Happy Holiday*

**Check out all these events & timings for your holiday schedule**



**REC PLEX-- ext. 2349**  
 Saturday Dec 24 Noon - 4 p.m.  
 Tues to Fri Dec 27 - 30 8:30 a.m. - 9 p.m.  
 Saturday Dec 31st Noon - 4 p.m.  
 Mon to Fri Jan 2 - 6 8:30 a.m. - 9 p.m.  
 Closed Christmas Day Boxing Day New Year's Day

**JR RANKS MESS-- ext. 3700**  
*Bar Hours:* Saturday - Thursday: 1130-2400 Hrs  
 Friday: 1130 - 0100 hrs  
*Office Hours:* Monday - Friday: 0800-1200 / 1300-1600 Hrs  
**Boxing Day (Office Closed) Dec 27 05 (Office Closed)**

**December 2:** Astra Lounge, 2 Air Mov Sqn Christmas Party  
**December 5:** Astra Lounge, Op Danaca & Calumet Show Tour  
**December 6:** Astra Lounge, TRSET Conference  
**December 7:** Astra Lounge, WO/Sgt Mess At Home w/Officers  
**December 8:** Astra Lounge, TRSET Conference  
**December 9:** Jr Ranks Christmas Dinner  
 Astra Lounge, 8 AMS Christmas Party  
**December 10:** Astra Lounge, WTISS Christmas Party  
**December 11:** Astra Lounge, Childrens Christmas Party  
**December 15:** Astra Lounge, All Ranks Christmas Cheer  
**December 16:** Astra Lounge, JNBCD Christmas Luncheon  
**December 31:** New Year's Eve Dance

**WOs' & SGTs' MESS-- ext. 2768**  
*Bar Hours:* Monday-Thursday 1130-1330 hr & 1500-1930 hr  
 Friday 1130-2130 Saturday & Sunday 1200-1530 hr  
*Office Hours:* Monday - Friday 0800-1600 hr  
**Starting 22 Dec 05 until 03 Jan 06: 1530 - 1930 hrs**  
 Christmas Day the Bar and Mess office will be closed. 01 Jan 06 there will be the New Year's Levee in the Main Lounge of the WO/Sgt's Mess from 1300 - 1600 hrs.

**December 2:** Fireside Lounge, TGIF Chicken Breast, 1700 hrs  
**December 7:** Astra Lounge, At Home With The Officers  
**December 9:** TGIF Roast Beef, 1700 hrs  
**December 14:** Main Lounge, Christmas Bingo PMC Draw.  
 Doors Open 1830 hr  
**December 15:** Astra Lounge, All Ranks Christmas Cheer  
 Main Lounge, Christmas Party  
**December 16:** Fireside Lounge, TGIF Fish 'n Chips, 1700 hrs  
**December 18:** Main Lounge, Children's Christmas Party, 1230 - 1600 hrs  
**December 31:** Main Lounge, New Year's Eve Ball.  
 Doors Open 1830 hrs, Buffet Starts: 1930 hrs

**OFFICERS' MESS-- ext. 2205**  
 December 25 thru December 30 Mess closed for Holiday Season

**December 8:** MTGIT Quizno's Subs, 1730 hrs  
**December 11:** Children's Christmas Party, 1000 hrs  
**December 15:** MTGIT Arby's, 1730 hrs  
**December 16:** Associate Members Luncheon  
**December 22:** MTGIT Pizza, 1730 hrs  
**December 31:** New Year's Eve Ball, 1800 hrs

**CONTACT NEWSPAPER-- ext. 7005**  
 The Contact office will be closed  
 December 23 and will re-open January 3 at 8 a.m.

**December 16:**  
 Christmas Issue  
 2006 Desktop Calendar inserted into paper

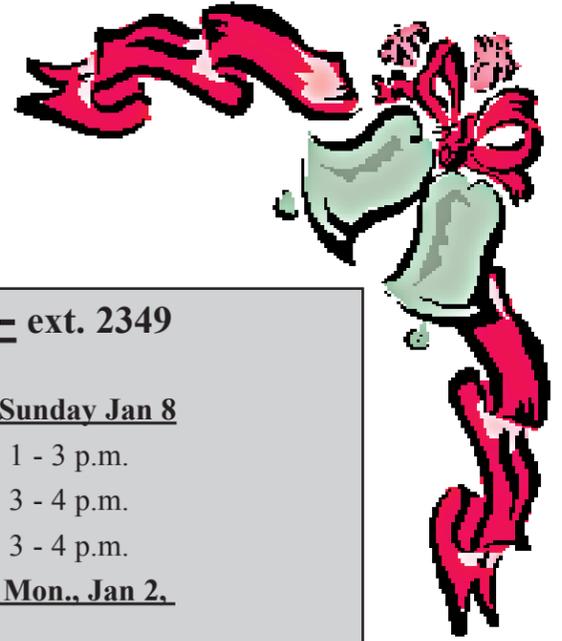
**December 22:**  
 Last issue of the year  
 \* January 6 will be the first issue of 2006.

**MFRC-- ext. 3575**  
 Day care closed Dec 23 at 5:30 p.m. and re-opens  
 Jan 3 at 6:45 a.m.  
 MFRC closed at 1200 on Dec 23 and re-opens at 7:30 a.m. on Jan 3

**December 15:** Daycare Christmas Concert  
**December 21:** Christmas get-together & gift exchange for the families of deployed members  
**December 22:** Playroom Christmas Party



**PSP HOLIDAY EVENTS**



**BAKER ISLAND COMMUNITY**

**CENTRE--** ext. 2756

- December 2:** 86 ASU Christmas Party
- December 3:** ATC Christmas Party
- December 5:** Meet & Greet TRSET Conference
- December 10:** 424 SQN Christmas Party
- December 11:** Christmas Dinner - Private Function
- December 12:** Flying Frogmen Meet & Greet
- December 14:** 81 AEF Christmas Party
- December 15:** 426 SQN Luncheon
- December 16:** 437 SQN Christmas Party
- December 17:** MSE Christmas Party
- December 18:** Kente Kiwanis Christmas dinner

**POOL--** ext. 2349

**Saturday Dec 24 & 31 and Sunday Jan 8**

- Rec Swim 1 - 3 p.m.
- Parent & Tot Swim 3 - 4 p.m.
- Adult Lane Swim 3 - 4 p.m.

**Tues., Dec 27--Fri., Dec 30, Mon., Jan 2,**

**Tue., Jan 3, Thurs., Jan 5**

- Rec Swim 1 - 3 & 6:30 - 8:30 p.m.
- Parent & Tot Swim 3 - 4 & 5:30 - 6:30 p.m.
- Adult Lane Swim 3 - 4 & 5:30 - 6:30 p.m.

**Wed., Dec 28 - Fri., Dec 30; Tue., Jan 3 - Fri., Jan 6**

Military Fitness Lane Swim 1130 - 1300 hrs

**Closed**

Christmas Day Boxing Day New Year's Day

**RCAF FLYERS ARENA--** ext. 7699

**Saturday, Dec. 24**

Family Skating 1 - 3 p.m.

**Monday, Dec 26 to Friday, Dec. 30**

- Tyke/Novice Shinny Hockey 9 - 10 a.m.
- Atom Shinny Hockey 10 - 11 a.m.
- PeeWee Shinny Hockey 11 a.m. - noon
- \*Family Skating 1 - 3 p.m.
- Bantam/Midget Shinny Hockey 3 - 4 p.m.
- Figure Skating Open Ice 4 - 5 p.m.
- \* Evening Family Skating Friday, Dec. 30 from 6 - 7 p.m.

**Saturday, Dec. 31**

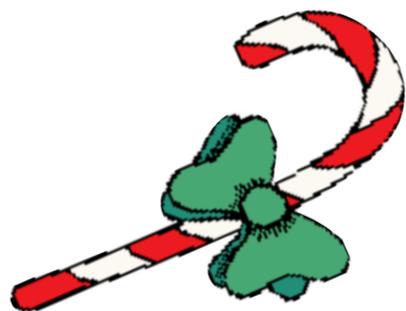
Family Skating 1 - 3 p.m. and New Year's Eve Family Skating 6 - 9 p.m.

**Sunday, Jan. 1**

Family Skating 1 - 3 p.m.

**ASTRA LANES--** ext. 3705

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**Dec. 27 - 30**  
**Jan. 3 - 5**



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**HOLIDAY HOURS**

Mon to Fri	Dec 19 - 23	0600 - 2200 hrs	(6:00 a.m. - 10:00 p.m.)
Sat	Dec 24	0900 - 1600 hrs	(9:00 a.m. - 4:00 p.m.)
<b>Sun</b>	<b>Dec 25</b>	<b>CLOSED</b>	<b>MERRY CHRISTMAS</b>
Mon & Tue	Dec 26 - 27	0900 - 1600 hrs	(9:00 a.m. - 4:00 p.m.)
Wed to Fri	Dec 28 - 30	0600 - 2200 hrs	(6:00 a.m. - 10:00 p.m.)
Sat	Dec 31	0900 - 1600 hrs	(9:00 a.m. - 4:00 p.m.)
<b>Sun</b>	<b>Jan 1</b>	<b>CLOSED</b>	<b>HAPPY NEW YEAR</b>
Mon	Jan 2	0900 - 1600 hrs	(9:00 a.m. - 4:00 p.m.)
Tue to Fri	Jan 3 - 6	0600 - 2200 hrs	(6:00 a.m. - 10:00 p.m.)
Sat & Sun	Jan 7 - 8	0900 - 1600 hrs	(9:00 a.m. - 4:00 p.m.)

**CHAPEL--** ext. 2490

**December 4: Advent 2**

0900 hrs - Messe francophone (cr) 1015 hrs - Sunday Worship Service  
 1130 hrs - (RC) Anglophone mass

**December 8:**

1900 hrs Light Up For Christ Rosary Novena

**December 11: Advent 3**

0900 hrs - Messe francophone (cr) 1015 hrs - Sunday Worship Service  
 1130 hrs - (RC) Anglophone mass 1600 hrs - Ecumenical Service of Lessons and Carols

**December 18: Advent 4**

0900 hrs - Messe francophone (cr) 1015 hrs - Sunday Worship Service  
 1130 hrs - (RC) Anglophone mass

**December 24:**

1730 hrs - Bilingual Family Mass (RC)/Messe familiale bilingue (cr)  
 1930 hrs - Christmas Eve Service (P) (Communion)  
 2130 hrs - Messe de Noël francophone (cr)  
 2400 hrs - English Christmas Mass (RC)

**December 25:**

0900 hrs - Messe francophone (cr) 1015 hrs - Sunday Worship Service  
 1130 hrs - (RC) Anglophone mass

**January 1:**

0900 hrs - Messe francophone (cr)  
 1015 hrs - Sunday Worship Service  
 1130 hrs - (RC) Anglophone mass



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T	E	T	H	E	R	E	D		P	O	E	T
		A	N	N		O	P	T				
A	P	P	L	E		C	R	E	O	S	O	L
R	A	R	E		P	O	S	T	P	O	N	E
O	N	O		R	A	V	E	S		B	I	O
A	N	S	W	E	R	E	D		L	E	O	N
R	E	T	R	E	A	T			B	O	R	N
			O	L	D		S	A	C			
S	O	W	N			I	N	C	L	U	D	E
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**EMPLOYMENT ASSISTANCE SERVICES COUNSELLOR**  
(24-hours a week, unionized position, \$17.25 to \$19.60/ hour)

The successful candidate will be skilled in helping members of military families conduct effective job searches, advising them re resume preparation and interview skill development. S/he will face special challenges: military families move frequently and some family members may not be sufficiently fluent in English to pursue previous careers. The ability to identify transferable skills and help clients understand how their existing skills meet the needs of a new employment market is critical. In addition, s/he will work with the business community to identify job opportunities and will expand/develop the MFRC hiring "bank" to help bring prospective employers and employees together. S/he will also conduct workshops on topics of interest, e.g., resume writing. S/he must have:

- a broad understanding of the Quinte West and Belleville employment markets together with a broad local network of professional contacts to assist in job searches.
- a good understanding of resources needed to support an effective employment assistance program, as well as to assist clients with associated problems, e.g., with Employment Insurance matters
- The ability to work independently as well as work effectively as a member of a larger staff team. S/he will be expected to liaise internally to help clients meet their needs
- developed communication skills, including oral and written fluency in both official languages
- progressively responsible, professional experience in the staffing field; CHRP designation is desirable
- Standard computer skills.

Please submit your resume to Mary Lazier Corbett, Executive Director, Trenton Military Family Resource Centre, P.O. Box 1000, Station Forces, Astra, Ontario K0K 3W0 by 4:00 p.m. on December 9th, 2005.

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# Letters to Santa Claus

Christmas is fast approaching and it is time for children to send their letters to Santa Claus.

The Astra Post Office, located at the rear of headquarters building, is an official drop off for Santa Claus mail. Bring your letters for Santa to the Astra Post Office with your return address clearly marked on the envelope and your child will receive a response from Santa in the mail.

For those wishing a personalized response, please include any information you would like added to Santa's response (good grades at school, lost tooth, scoring a goal...) and we will try to include it in the letter.

If you have any questions or for more information, contact Corporal Smith at 3586, or via e-mail at [Smith.JDE@forces.gc.ca](mailto:Smith.JDE@forces.gc.ca).

# La poste au Père Noël

Noël s'en vient rapidement et c'est le temps pur que nos enfants écrivent leurs lettres au Père Noël.

Le bureau de poste d'Astra, ce trouve vers l'arrière du quartier-général. Nous sommes un local pour déposer la poste au Père Noël. Vous avez seulement à amener vos lettres au bureau de poste d'Astra avec votre adresse de retour bien indiquer, et votre enfant va recevoir une réponse du Père Noël dans la poste. Pour ceux qui

désirent une réponse personnelle, veuillez inclure toutes informations que vous désirez être ajoutées aux réponses du Père Noël (les bulletins scolaires, dent perdu, un but marqué au sport...) Tous que vous désirez.

Si vous avez des questions ou voudriez avoir d'autre information, contactez Caporal Smith à l'extension 3586 ou par électronique [Smith.JDE@forces.gc.ca](mailto:Smith.JDE@forces.gc.ca). Merci et joyeuse fête.

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**\$7,995**



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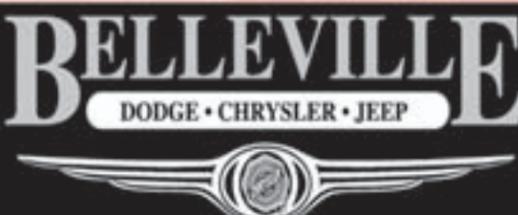


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