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December 23, 2005 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 40 Issue Number 49•

CHRISTMAS CUTIES LIGHT UP THE STAGE DURING CONCERT



The 6th Annual Trenton MFRC Daycare Holiday Concert and Family Dinner was held at the 8 Wing Chapel on Thursday, December 15. Above: Children from the Busy Bees and Little Toads groups perform “Ten Little Reindeer.”



Photos: Laurie McVicar, Contact Staff

Boys and girls from the Flying Monkey/Junior Coolagers room mused over Santa’s weight during the hilarious song, “Santa Claus Jingle.” A few couldn’t resist sending a quick wave and smile to mom and dad, sitting in the crowd.

CAMPAIGN SURPASSES GOAL!



Photo: Cpl Jean-Francois Neron, 8 Wing Imaging

The United Way sign board for 2005 charitable campaign now reflects the true success of fundraising efforts at 8 Wing/CFB Trenton—to the tune of \$93,300 raised. Pictured above are members of the 2005 committee: Major John Campbell, Lieutenant Philippe Lemire, Lieutenant John Healey, Second-Lieutenant Brad Fee, Captain Gary Connolly, and at the back, Lieutenant Lee Mawhinney

ADOPT-A-FAMILY A SUCCESS



Photo: Laurie McVicar, Contact Staff

The Angela Hayden/8 Wing Adopt-a-Family once again received a tremendous response to requests for food and gifts for families in need. This year, 49 people within the military community will benefit from generous donations made by the squadrons and St. Paul’s Secondary School in Trenton. See page 13 for more details.

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"Your families are as proud of you as I am"

by LGen Steve Lucas
Chief of the Air Staff

This holiday season I would like to extend warm greetings to all members of the Air Force family—Regulars, Reserves, civilians, allied personnel serving with Canadian units and their families.

The holiday season is a special time especially for military personnel and their families. Many of you will be on duty over the holidays, either at home here in Canada, or conducting missions around the world. Perhaps no one knows better than military families what it means to have their loved ones home for Christmas, or how special those post-Christmas homecomings can be when loved ones are deployed during the holiday season. Regardless of where you are spending the holidays, please know that I am aware of the personal sacrifices that you make throughout the year, and I'm pleased that there is an increased awareness amongst those Canadians you are so proudly serving.

This holiday season is particularly meaningful for me, as your commander, because I truly feel as though the Air Force has made tremendous strides in the past year. I remain as optimistic now as I was upon assuming command back in May of this year. Since this time last year, the Canadian Forces received a commitment from government of \$12.8 billion of new money to fix, grow and transform the CF. Moreover, the government tabled A Role of Pride and

Influence in the World, the first review of Canada's defence policy in more than 10 years. These two events have set in motion a rapid pace of CF transformation, creating an irreversible momentum.

Most of the work on transformation to date has been focused on command and control and realignment of headquarters functions. To the greatest extent possible, we have strived to keep the pressure off of our Wings, where great work continues to be done by you, the men and women of the Air Force. Collectively, you have ensured that we continue to meet our operational commitments, around the clock, both here in Canada, and abroad.

In terms of specific transformational developments over the past year, we have reorganized 1 Canadian Air Division Headquarters, readying this formation to transform into the Combined Forces Air Component Command Headquarters. We have also consolidated select fighter, maritime patrol and transport squadrons across the Air Force in order to generate the required personnel to open the doors to the new Canadian Forces Aerospace Warfare Centre in Trenton. We have also made tremendous progress with respect to capability transformation. I am pleased with the recent announcement of new funding for the procurement of a new tactical airlift fleet to replace our older model Hercules aircraft. Earlier this year, government identified the need to acquire medium to heavy lift heli-

copters, uninhabited aerial vehicles, new Fixed Wing Search and Rescue aircraft and utility aircraft for the north. The Aurora and Hornet fleets are being modernized and a replacement for the Sea King fleet is already on the way. Things have not looked as good for the Air Force for a very long time.

Concurrent with all of this transformation, of course, has been the relentless pace of operations domestically and overseas. Not surprisingly, our members continue to rise to the occasion with professionalism, tenacity and an endless amount of energy. During my many visits during the year, this level of enthusiasm has been readily apparent to me. I have noted how motivated and committed you are in getting the job done.

So as we await the beginning of another new year, I want to commend you for your accomplishments over the past year, both at home and abroad. For those fortunate enough to be home this holiday season, I hope you find the time to rest and relax with family and friends. For those away from loved ones, I hope you take comfort in knowing that your efforts and sacrifices are truly making a difference. You represent your country with professionalism, dedication and excellence, and I know your families are as proud of you as I am.

I wish the very best of the season to each of you and your families, and my very best wishes for the New Year.

Sic Itur Ad Astra

Vos familles sont tout aussi fières de vous que je le suis

par LGen Steve Lucas
Chef d'état-major de la Force aérienne

Cette année, je tiens à transmettre mes vœux à tous les membres de la grande famille de la Force aérienne — les réguliers, les réservistes, les civils et le personnel des forces alliées qui servent dans des unités canadiennes.

Le temps des Fêtes est une période spéciale de l'année, surtout pour les militaires et leurs familles. Nombre d'entre vous serez déployés pendant les Fêtes, que ce soit au pays ou dans des opérations à l'étranger. Je crois que les familles militaires connaissent l'importance d'être entourées des leurs à Noël. Elles savent aussi combien il est bon de se retrouver après Noël lorsqu'un militaire était en déploiement durant la période des Fêtes. Peu importe où vous passez le temps des Fêtes, sachez que je suis conscient des sacrifices que vous faites durant toute l'année et que les Canadiens que vous servez avec fierté sont de plus en plus sensibles à vos efforts.

Cette période-ci est particulièrement importante pour moi, en tant que votre commandant, puisque je suis d'avis que la Force aérienne a fait d'énormes progrès au cours de la dernière année. Je suis tout aussi optimiste maintenant que je l'étais à mon entrée en fonction en mai. Depuis ce temps, les FC ont reçu un engagement du gouvernement de l'ordre de 12,8 milliards de dollars supplémentaire pour réparer, agrandir et transformer les FC. En outre, le gouvernement a présenté Fierté et influence : notre rôle dans le monde, le premier examen en matière de politique de défense

depuis plus de dix ans. Ces deux mesures ont donné le cadence pour la transformation rapide des FC, ce qui a créé un élan irréversible.

La plupart des efforts de transformation jusqu'à maintenant étaient axés sur le commandement, le contrôle et la restructuration des fonctions du quartier général. Dans la mesure du possible, nous avons tenté d'éviter d'exercer des pressions sur les escadres, où vous, les hommes et les femmes de la Force aérienne, continuez d'accomplir un excellent travail. Ensemble, vous avez fait en sorte que nous puissions continuer de respecter nos engagements opérationnels à toute heure ici au Canada et à l'étranger.

Au cours de la dernière année, nous avons réorganisé le quartier général de la 1re Division aérienne du Canada, afin de la préparer à devenir le quartier général du Commandement aérien des forces combinées. Nous avons également consolidé certains escadrons de chasse, de patrouille maritime et de transport de la Force aérienne, afin de disposer de l'effectif nécessaire pour mettre sur pied le Centre de guerre aérospatiale des FC à Trenton. Nous avons également réalisé des progrès formidables en ce qui concerne la capacité de transformation. Je suis ravi des nouvelles annonces pour le financement de l'acquisition d'une nouvelle flotte d'avions de transport tactique pour remplacer nos anciens aéronefs Hercules. En outre, plus tôt cette année, le gouvernement a reconnu le besoin de se pourvoir d'hélicoptères de transport moyen-lourd, de véhicules aériens téléguidés, de nouveaux aéronefs de

recherche et de sauvetage à voilure fixe et d'un nouvel avion polyvalent pour le Nord. On procède à la modernisation des Aurora et des Hornet et les remplacements pour la flotte de Sea King sont déjà commandés. Il y a longtemps que la situation n'a pas été aussi florissante pour la Force aérienne.

En plus de toute cette transformation, évidemment, le rythme des opérations n'a nullement ralenti au pays et à l'étranger. Comme il fallait s'y attendre, les militaires continuent de relever les défis avec leur professionnalisme, leur ténacité et leur énergie intarissable habituels. Durant mes nombreuses visites cette année, le niveau d'enthousiasme était très évident. J'ai remarqué à quel point vous êtes motivés et déterminés à accomplir votre travail.

À l'aube de la nouvelle année, je tiens à vous féliciter pour toutes vos réussites de l'année, au pays comme à l'étranger. À ceux qui ont la chance d'être à la maison durant le temps des Fêtes, je vous souhaite de pouvoir vous reposer et de vous détendre en compagnie de votre famille et de vos amis. À ceux qui sont loin de leurs proches, j'espère que vous trouverez un certain réconfort en sachant que vos efforts et vos sacrifices font une différence véritable. Vous représentez votre pays avec professionnalisme, dévouement et excellence. Je sais que vos familles sont tout aussi fières de vous que je le suis.

Je vous transmets mes meilleurs vœux du temps des Fêtes à vous et à vos familles et je vous souhaite une bonne et heureuse année.

Sic Itur Ad Astra



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Katimavik participants newest residents of Middleton Park

by Laurie McVicar
Assistant Editor

For the second time this year, Canada's leading national youth volunteer program is making its home in Trenton - this time among the military community in Middleton Park.

The Katimavik program gives young people ages 17 - 21 the opportunity to live in three different communities throughout the country. Participants are required to work 35 hours per week on volunteer projects, in addition to participating in structured learning activities. Currently, the participants are assisting at the Trenton Military Family Resource Centre and Daycare.

"The Katimavik participants enhance our programs by bringing extra, willing, helping hands. They energize us with their positive attitudes and serve as wonderful role models for the children and

youth," said Wendy Synnott, Volunteer Services Coordinator, MFRC.

Nineteen-year-old Alex Bondarenko, of Winnipeg, Manitoba, is hoping the greatest thing he takes away from the Katimavik experience is a direction in life.

"When I applied, I had no idea what I wanted to do in life. I hope Katimavik will give me some indication," he said.

Spending time at 8 Wing/CFB Trenton is beneficial for Bondarenko, who has been considering joining the military.

For Josee-Anne Martais, 19, living this close to a base is reminiscent of home. Martais is originally from Quebec City, home to CFB Valcartier.

Martais heard about the program from a family member and applied with hopes of improving her English language skills.

"I want to learn

English, I want to meet other people and learn to make it on my own," said Martais.

Homesickness is always an issue for the participants--some haven't been away from home for an extended amount of time.

"Once you get past the three week hump, you're ok," said Bondarenko. "The first month is critical. It's not as bad as it would be if I was here on my own. I have 10 other people to rely on."

To enhance the participants experience in their host communities, part of the program includes billeting with local families.

Families interested in taking part in the next round of billeting, January 29 - February 3, can contact Josés Martell at 242-9800 or Natalee Somenzi at 392-9629. Participants are expected to live as a member of the family, not as a guest. Katimavik pays \$10 a day to offset the cost of billeting.

Photo: Laurie McVicar



Katimavik volunteer Josee-Anne Martais reads to toddlers at the MFRC Daycare.

Search & Rescue UPDATE



It has been another very quiet week here at 424 Squadron with no SAR call-outs.

On behalf of the CO and all the Tigers of 424 Transport and Rescue Squadron, we would like to wish you all the very best of the holiday season.

Until next week, stay safe.

Missions for 2005: 170 Missions for Dec.: 7 Persons rescued: 124

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The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events 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.

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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:

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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.



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Christmas superstitions

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*Difficulty lighting the fire on Christmas Day is particularly unwelcome, as this presages a bad year ahead.

*As many mince pies as you sample at different houses during the festive season, so you will have happy months in the year to come. Mince pies must not be cut, however, lest you cut your luck. None must be eaten before Christmas Eve or after Twelfth Night.

*The doors of a home used to be flung open at midnight on Christmas Eve to let out any trapped evil spirits.

*Particularly good fortune will attach to the household if the first visitor on Christmas morning happens to be a dark-haired man. The arrival of a red-haired man is a bad omen, and it's utter catastrophe if the first foot is of a woman.

*It is very unlucky to send Christmas carolers away empty-handed, no matter how badly they sing. One could be a king in disguise. Offer food, a drink, or a bit of money.

*Singing Christmas carols at any time other than during the festive season is unlucky.

*It is unlucky to do any unnecessary work on Christmas Day. This day is deemed too holy for ordinary work.

*Those born on Christmas Day will never encounter a ghost, nor will they have anything to fear from spirits. They are also protected against death by drowning or hanging.

*Tie a sprig of holly to each leg of your bedstead, and before you go to bed eat a roasted apple. Your future partner in marriage will come and speak to you in your dreams.

Canadiana Crossword

A Christmas Lexicon

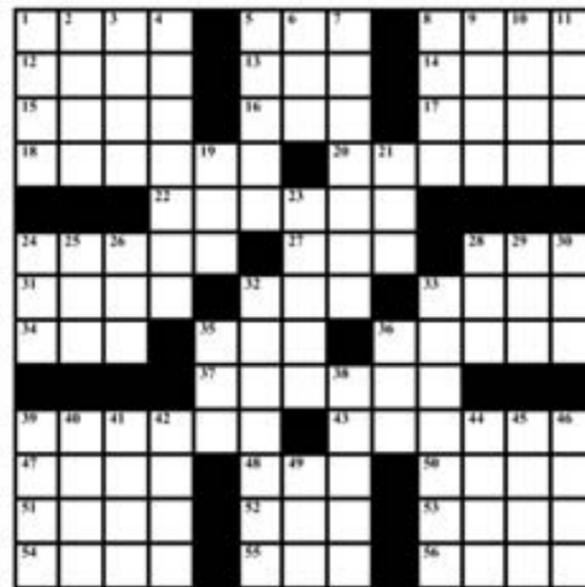
By Bernice Rosella and James Kilner

ACROSS

- 1 Whip
- 5 Ole, at Skydome
- 8 Prisoner's concern
- 12 Singer Paul
- 13 ___ a la Crosse
- 14 Arm bone
- 15 Trip
- 16 By way of
- 17 Is unable
- 18 Make possible
- 20 Jaunty
- 22 Giantess
- 24 Subject
- 27 Snooze
- 28 Meadow
- 31 Shakespearean king
- 32 Manger contents
- 33 Jerusalem, for one
- 34 Fall behind
- 35 Baby
- 36 Get up
- 37 One of seven
- 39 Christmas ___
- 43 Husband of Mary
- 47 Riser
- 48 Exploit
- 50 Christmas centrepiece
- 51 Sole
- 52 Muscle
- 53 Teen ___
- 54 Terminates
- 55 Take a chair
- 56 Jesus

DOWN

- 1 Tardy
- 2 At once
- 3 Gull
- 4 Keep safe, in a way



- 5 Jordan, for one
- 6 ___ Khan
- 7 Rumour
- 8 Hart
- 9 Jai ___
- 10 Hostels
- 11 Slat
- 19 Garment size, abbr.
- 21 Reptile
- 23 Born
- 24 Unwell
- 25 Red ___
- 26 Slump
- 28 Roman 52
- 29 UFO people, perhaps

- 30 Yes, at sea
- 32 Robberies
- 33 Natural glass
- 35 Sports net
- 36 Mil. address
- 38 Toss out
- 39 ___ of Hope
- 40 Card ___, Alberta
- 41 Impart
- 42 Orangoutangs
- 44 So
- 45 Nobleman
- 46 Collection of cows
- 49 Whale, in Trondheim



This Week in Contact

1995 – A group of search and rescue professionals in the Air Force are thinking seriously about the problems of saving downed aircrews in far-flung places. This would include remote peacekeeping or humanitarian operations, or more dangerous scenarios such as the former Yugoslavia. Search and rescue began in wartime, with Coastal Command of the Royal Air Force picking up ditched pilots in the Channel.

1985 – The Canadian Forces Community Collage Program (CFCCP) was established to provide service personnel and their dependants with a means to carry out academic upgrading at the college level. The training programme that was designed to conduct the Program was one based on the independent study method. The student is supported by an On-Base Learning Centre with is located in Building 23 and managed by the Base Training Section. Here CFCCP students can meet with tutors, play videotapes, conduct independent study, write term tests, etc. This learning centre is open to student on a 24-hour, seven-day a week basis.

1975 – LGen Wm K Carr inspected his Guard of Honour on his arrival at CFB Trenton 26 Nov. Guard Commander Capt Art Jordan accompanied him. LGen Carr was making his first official visit to CFB Trenton and ATGHQ since his appointment as Commander of Air Command.

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

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Santa pays a visit to the Daycare Holiday Concert



One of the Coolagers makes a "peace" sign during the group's performance of "Christmas Chaos Rap." They were a tough act to follow.



Photos: Laurie McVicar, Contact Staff

Santa made a special appearance at the MFRC Daycare Holiday Concert on December 15. The "Jolly Old Elf" was met by a roomful of excited children who were eager to share a hug and a few Christmas wishes. Reports from the North Pole indicated that all the daycare kids (and a few staffers) had made Santa's "nice" list this year.

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Yes, troops, this could be that moment

it's your Money



Garth Turner

So, the questions pour in again, in the wake of the most recent interest rate increase by the pointy-headed ones at the Bank of Canada. Is it time, yet, oh mortgage-challenged one, to lock into a fixed rate?

Hmmm. Not an easy query, for many reasons. Yes, the central bank is on a rate mission, and it will continue. The cost of money has now risen three times in Canada in the last few months, but a whopping 13 times south of the border. It is widely expected the Fed will continue to hike rates in the States, and our guys will have to follow suit in order to keep the currency stable.

Meanwhile, like it or not, there are inflationary pressures building. Government spending has been mushrooming higher, while increased energy costs have been snaking through the economy. And we have even been seeing

labour unrest – and some interesting wage settlements – which suggest many workers are looking for a 5 per cent annual raise these days. That expectation has not been around now for the last five years.

All this means the prime rate of 5 per cent could be at 6 per cent by the end of 2006 – which is just about exactly as I have been predicting for the last year. It also means a below-prime variable rate mortgage taken out in the summer of 2005, at 4 per cent or less, will be at least 1.5 per cent more expensive within the next year. That has the impact of raising monthly interest charges by a significant 30 per cent.

So, get ready for between four and six more bank rate increases. This will goose the value of the loonie, create some economic difficulties as exporting and manufacturing jobs are lost and seriously

erode the ability of homebuyers – especially first-timers – to jump into the market.

Sad, but inevitable. Interest rates have been at some of the lowest levels in a generation for six long years and cannot last. The increases we have seen, and are about to live through, are completely predictable and nobody should really be surprised, given what Ottawa has done in the last few months. In addition, Canada cannot remain a cheap-money oasis within a world which is starting to wean itself off the drug of give-away money.

This means mortgage rates will be rising again, along with lines of credit, home equity loans and business borrowings. The good news is the trip higher will be in baby steps – just quarter-point increments – which means everybody has time to plan their own strategy.

Should you convert a variable rate loan into a fixed one right now? Today? Ian asks that question from overpopulated Mississauga, where his banker has just offered him a three-year locked-in mortgage at 4.5 per cent. That compares with his existing vari-

able rate of 4.25 per cent, which is the result of his prime-minus-three-quarters of a point arrangement.

Well, as I have said in response to this question for more than the past year, there comes a point at which a VRM is equivalent to a locked-in loan and, baby, this is it! That means if you are staying up at night fretting about the next quarter-point adjustment in the Bank of Canada rate you should do two things: (1) Lock in, and (2) chill out, because you are seriously worrying about the wrong things.

As the bank rates rise, banks and other big lenders will be covering their positions by narrowing the spread between floating and fixed rates. Meanwhile, as mortgage lending inevitably declines thanks to a softening real estate market, the borrower also has more bargaining power.

So, go forth and lock in, troops. But do not accept the first offer you are given – haggle, threaten to take your business elsewhere and stand up for yourself. That should be good for at least a quarter point reduction of the initial offer and – I know it, a good sleep tonight.

**HO, HO, HOPE YOUR HOLIDAYS ARE MERRY!!
 SEASONS GREETINGS FROM THE STAFF HERE
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Fitness, Sports & Recreation

Bowling team competes at Regionals

The Ontario Region Bowling Championship was held in Borden from December 11 – 15.

The 8 Wing/CFB Trenton team managed a fourth place finish. The team was short one team member and was at a disadvantage in every game. Despite this set-back, the Trenton team fought very hard and still had a shot at second place up until the last frame of the last game. 8 Wing bowlers did manage some great individual accomplishments, with Mike Stoddart earning the High Average honours and Dave Elverson taking the High Triple for the event. Stoddart and Paul Gairdner were selected for the Ontario Region All-Star team.



Members of the 8 Wing/CFB Trenton bowling team had a fourth place finish at the Regionals.

Ladies Flyer team takes on Belleville

The Ladies Flyers would like to report their results from the final game of 2005.

Despite the snow storm of December 15, the ladies hosts a mixed team of gals from Belleville.

It was a well fought match, resulting in an 8-7 loss for Trenton.

Cpl Isabelle Langevin pocketed a hat-trick and two assists. Sgt Nicole Bureau finished the evening with one goal and two assists. MCpl Judith Arsenault,

Capt Annie Perry and Kristin Harriet each had one goal and one assist. 2Lt Allison Besnard had three assists and 2Lt Annie Morin had two assists. Cpl Inga Tonopa was the woman behind the mask, between the posts, and defender of the cage.

The team would like to wish readers the best of the holidays. We look forward to seeing you at the Ontario Region Women's Hockey Championship, to be held here in Trenton, January 29 - February 2.

Tips on sticking to your New Year's resolution

(NC)—Eating healthy and starting an exercise regimen are amongst the most common New Year's resolutions, and yet two of the hardest to maintain. Following through with renewed vows and fresh promises takes planning and commitment to succeed in the long term. Here are some simple tips:

- To improve your diet and lose weight, set measurable goals, like losing 2-3 lbs per month, dropping one clothing size in a month or reducing your cholesterol level by a reasonable number of points.

- Plan healthy snacks ahead of time. Take five apples to work with you on Monday for your 3 p.m. snack throughout

the week. Stock your desk drawer with dried fruit mixtures.

- Think about your dinner menus each week. Have two or three nights a week that include chicken and/or fish. For a quick dinner on busy nights include a meal such as pasta or omelettes. Once a week spend more time in the kitchen and make a big batch of chili, or a stew for two dinners.

- Keep a food journal using an easy online tool like the Centrum Nutrition Calculator at www.nutritioncalculator.ca. Record your food intake daily and look at your progress at the end of the week. Recognize

where you need to make changes to your diet to stay on track.

- Put aside time for exercise by writing workout times on your calendar. Treating exercise like an appointment will help you stick to your regimen.

- Take a daily multivitamin to complement your diet and ensure you are consuming the recommended amounts of vitamins and minerals for overall health and energy.

In order to make healthy food choices, it's important to familiarize yourself with the various food choices and the nutrients they provide. It's difficult to keep track of your nutrient intakes

and understand where the shortfalls may be on any given day. Multivitamins are formulated to top up a diet that may not meet all the needs everyday. Taking one every morning with your family at breakfast ensures that you and your loved ones are getting all of the required nutrients the body needs in order to live a long and healthy life.

Samara Felesky-Hunt is a prominent registered dietitian and author working in Calgary at the Downtown Sports Clinics. She specializes in weight management, heart disease, cancer, intestinal concerns, vitamin supplementation and sports nutrition.

PSP PIC OF THE WEEK

Sandra Puffer (right) and Jennifer Spearing kick off their holidays in a healthy way with a workout session at the RecPlex. In addition to pool privileges, members can enjoy the privacy offered by the small cardio room and the variety of machines found there.

For more information about RecPlex hours and equipment, call locals 2349/3348 or 3361.



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Christmas Carols

FROSTY THE SNOWMAN

Frosty the Snowman was a jolly, happy soul,
With a corncob pipe and a button nose
And two eyes made out of coal.
Frosty the Snowman was a fairy tale they say,
He was made of snow, but the children know
How he came to life one day.
There must have been some magic
In that old silk hat they found,
For when they put it on his head
He began to dance around.
Oh, Frosty the Snowman was alive as he could be;
And the children say he could laugh as play
Just the same as you and me.
Thumpety, thump, thump, thumpety, thump, thump
Look at Frosty go;
Thumpety, thump, thump, thumpety, thump, thump
Over the hills of snow.



Oh, Frosty the Snowman knew the sun was hot that day,
So he said, let's run and we'll have some fun
Now before I melt away.
Down to the village with a broomstick in his hand
Running here and there, all around the square
Saying catch me if you can.
He let them down the streets of town,
Right to the traffic cop.
And he only paused a moment when
He heard him holler "Stop!"
So, Frosty the Snowman had to hurry on his way,
But he waved goodbye, saying don't you cry
I'll be back again someday.
Thumpety, thump, thump...



JINGLE BELLS

Jingle bells, jingle bells, jingle all the way,
Oh, what fun it is to ride in a one-horse open sleigh!
Jingle bells, jingle bells, jingle all the way,
Oh, what fun it is to ride in a one-horse open sleigh!

Dashing through the snow, in a one horse open sleigh,
O'er the fields we go, laughing all the way.
Bells on bobbed tails ring, making spirits bright,
What fun it is to ride and sing a sleighing song tonight.
Jingle bells, jingle bells, jingle all the way...

A day or two ago, I thought I'd take a ride
And soon Miss Fanny Bright was seated by my side;
The horse was lean and lank, misfortune seemed his lot,
We ran into a drifted bank, and there we got upstot.
Jingle bells, jingle bells, jingle all the way...

A day or two ago, the story I must tell
I went out on the snow and on my back I fell;
A gent was riding by, in a one-horse open sleigh
He laughed as I was sprawling laid, but quickly drove away.
Jingle bells, jingle bells, jingle all the way...

Now the ground is white. Go it while you're young.
Take the girls tonight, and sing the sleighing song.
Just get a bob-tail bay, two-forty for his speed,
Then hitch him to an open sleigh, and Crack! You'll take the lead.
Jingle bells, jingle bells, jingle all the way...

LET IT SNOW



Oh, the weather outside is frightful,
But the fire is so delightful,
And since we've no place to go,
Let it snow, let it snow, let it snow.
It doesn't show signs of stopping,
And I brought some corn for popping;
The lights are turned way down

low,
Let it snow, let it snow, let it snow.
When we finally kiss goodnight,
How I hate going out in the storm;
But if you'll really hold me tight,
All the way home I'll be warm.
The fire is slowly dying,
And my dear, we're still goodbyeing,
But as long as you love me so,
Let it snow, let it snow, let it snow.



SANTA CLAUS IS COMING TO TOWN

You better watch out, you better not cry,
You better not pout, I'm telling you why,
Santa Claus is coming to town.
He's making a list, checking it twice,
Gonna find out who's naughty and nice.
Santa Claus is coming to town.
He sees you when you're sleeping,
He knows when you're awake.
He knows if you've been bad or good,
So be good for goodness sake!
Oh, you better watch out, you better not cry.
You better no pout, I'm telling

you why,
Santa Claus is coming to town.
With little toy horns and little toy drums,
Rooty toot toots and rummy tum tums,
Santa Claus is coming to town.
With curly head dolls and toddle and coo,
Elephants, boats and kiddie cars too,
Santa Claus is coming to town.
The kids in girl and boy-land
Will have a jubilee,
They're gonna build a toyland
All around the Christmas tree.
Oh you better watch out, you better not cry.
You better not pout, I'm telling you why,
Santa Claus is coming to town.

WINTER WONDERLAND

Sleigh bells ring, are you listening,
In the lane, snow is glistening;
A beautiful sight, we're happy tonight,
Walking in a winter wonderland.
Gone away is the bluebird;
Here to stay is a new bird.
He sings a love song, as we go along,
Walking in a winter wonderland.
In the meadow we can build a snowman,
And pretend that he is Parson Brown.
He'll say are you married? We'll say no, man,
But you can do the job when you're in town.
Later on, we'll conspire, as we dream by the fire,
To face unafraid, the plans that we made,
Walking in a winter wonderland.
In the meadow we can build a snowman,



And pretend that he's a circus clown;
We'll have lots of fun with Mr. Snowman
Until the other kiddies knock him down.
When it snows, ain't it thrillin',
Though your nose gets a chillin'.
We'll frolic and play, the Eskimo way,
Walking in a winter wonderland.

LITTLE DRUMMER BOY

Come, they told me,
Pa-rum-pum-pum-pum
Our newborn King to see,
Pa-rum-pum-pum-pum
Our finest gifts we'll bring,
Pa-rum-pum-pum-pum
To lay before the King,
Pa-rum-pum-pum-pum
Rum-pa-pum-pum, rum-pa-pum-pum.
So to honour Him,
Pa-rum-pum-pum-pum
When we come.

Pa-rum-pum-pum-pum
I played my drum for Him
Pa-rum-pum-pum-pum
I played my best for Him
Pa-rum-pum-pum-pum
Rum-pa-pum-pum, rum-pa-pum-pum.
Then He smiled at me,
Pa-rum-pum-pum-pum
Me and my drum.

Baby Jesus,
Pa-rum-pum-pum-pum
I am a poor boy too,
Pa-rum-pum-pum-pum
I have no gift to bring
Pa-rum-pum-pum-pum
That's fit to give a King
Pa-rum-pum-pum-pum
Rum-pa-pum-pum, rum-pa-pum-pum.
Shall I play for you,
Pa-rum-pum-pum-pum
On my drum?

Mary nodded,
Pa-rum-pum-pum-pum
The ox and lamb kept time,





MERRY CHRISTMAS TO ALL



Have yourself a merry little Christmas,
Let your heart be light
From now on,
our troubles will be out of sight

Have yourself a merry little Christmas,
Make the Yule-tide gay,
From now on,
our troubles will be miles away.

Here we are as in olden days,
Happy golden days of yore,
Faithful friends who are dear to us
Gather near to us once more.

Through the years
We all will be together,
If the Fates allow
Hang a shining star upon the highest bough.
And have yourself A merry little Christmas now.

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Lyrics from: Have Yourself a Merry Little Christmas



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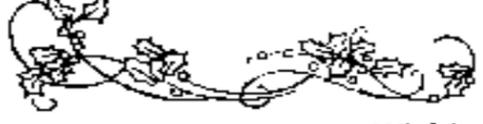
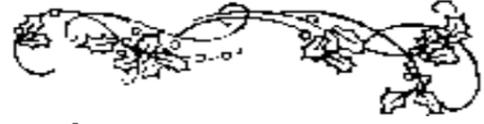
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 Peinture à l'huile sur toile
 "Autour de la table", partager un repas en bonne compagnie

The Military Family Resource Centre presents
A Conference Day for Francophones
 Saturday January 21st, 2006 10:00 am - 3:00 pm
 Siskin Centre
 \$15/person, Lunch is included

<p>Managing your stress Symptoms, reduce the effects, techniques.</p> <p>Facing changes - For adults and children</p> <p style="text-align: center;">With guest speaker from the Canadian Mental Health Association Come in and learn, in a relaxed atmosphere, how to use tools to increase your quality of life. Register at reception of MFRC. Your payment will reserve your place. Deadline for registration is Monday, January 16th, 2006. For more details, contact Caroline at 965-3899.</p>	<p>How to keep a positive attitude Internal messages, Happiness is a choice, Change your negative feelings into positive ones.</p>
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Le Centre de ressources pour les familles des militaires présente une
Journée Conférence pour les Francophones
 Samedi le 21 Janvier 2006 de 10h à 15h
 au Centre Siskin
 \$15/personne. Le lunch est inclus.

<p>Comment gérer son stress les symptômes, atténuer les effets et des - techniques de gestion</p> <p>Faire face aux changements pour les adultes et les enfants</p> <p style="text-align: center;">Avec conférencière de l'Association canadienne pour la santé mentale Venez apprendre à utiliser des outils pour une meilleure qualité de vie, dans une atmosphère détendue. Faites votre réservation à la réception du CRFM, 50 Rivers Drive Est, Trenton. Votre paiement assurera votre place. La date limite pour les inscription est le 16 janvier 2006. Pour plus de détails, contactez Caroline au 965-3899.</p>	<p>Demeurer positif langage intérieur, le bonheur est un choix, changer les sentiments négatifs en positifs.</p>
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Create a Peace Mural at the MFRC on January 5

A major UNESCO project to celebrate the UN's Decade of Peace by having young people create a Peace Mural is coming to the Trenton MFRC. The work will also be filmed as it is being done. It is called "My Hero Project" (and is part of The Art-Miles- Project). The goal (world wide) is to have young people create 12 miles of murals by the year 2010, and to wrap the pyramids in Egypt with the murals. We are inviting children and parents, especially those who have been or are involved in peacekeeping missions to participate (children) or watch. This is also a way to honour Canadian Peacekeepers.

Work will start at 1:30 and last about 1 1/2 hours (until about 3 p.m.). The work is to be done by children aged 6 -13 years. Please let us know if you or your child wants to volunteer to help. There will be a disclaimer for parents to sign for the filming of the project.

Création d'une murale de la paix au CRFM le 5 janvier

Un des projet important de l'UNESCO pour célébrer la décennie de paix de l'ONU est la création de murales de la paix par des jeunes, et ce projet vient au CRFM de Trenton. Le travail sera filmé. Cet activité appelé "My Hero Project", fait partie du projet "The Art-Miles". Le but mondial est de créer assez de murales pour couvrir 12 milles de distance par l'année 2010 et d'envelopper les pyramides en Égypte. Nous invitons les enfants et les parents, spécialement ceux et celles qui ont vécu un déploiement à participer ou chaperonner. Ceci est une belle façon d'honorer nos Bérésts bleus.

Le travail débutera à 13h30 jusqu'à environ 15h. Cette murale doit être peinte par des jeunes âgés de 6 à 13 ans. Laissez nous savoir de votre intérêt ou celui de vore enfant. Les parents devront signer un formulaire de permission pour le tournage du film.

INFORMATION; Susan Stoddard, 392-2811 ext. 2382 / www.my hero.com

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Front row: WO Hammy Hamilton, Sgt R. Keyes, 2 LT B. Fee, Capt S. Bronsard, Major J. Campbell, Cpl K. O' Donnell, and Cpl J. Stenning.



Cpl J. Mino-Lozada

received a promotion to that rank, presented by LCol W. Lewis, CO 8AMS, and MWO S. Roy.



Cpl R. Speitelbach

received a promotion to that rank, presented by LCol M. Roberts, WAdminO, and MWO B. Doggett.



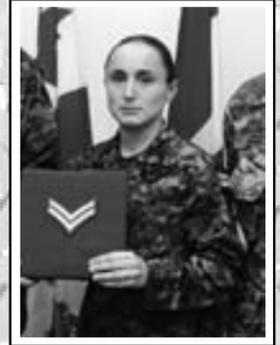
Pte(T) D. Langhill

received a promotion to that rank, presented by LCol M. Roberts, WAdminO, and MWO B. Doggett.



Pte(T) C. Maclean

received a promotion to that rank, presented by LCol M. Roberts, WAdminO, and MWO B. Doggett.



Cpl C. Parsons

received a promotion to that rank, presented by LCol M. Roberts, WAdminO, and MWO B. Doggett.



Cpl T. Sanford

received a promotion to that rank, presented by Maj J. Fernandes, AMSO.



MWO J. Ashbee

received a promotion to that rank, presented by LCol W. Lewis, CO 8AMS, and CWO M. Rodrigues.



Mr. Shawn Brewster

The 8AMS cook received a farewell gift, presented by LCol W. Lewis, CO 8AMS.



Capt K. Skirrow

received the Award of Excellence, presented by BGen T. Leversedge, D/Commander of Mission Support & Training Flight.



MCpl R. Malone

received the Award of Excellence, presented by BGen T. Leversedge, D/Commander of Mission Support & Training Flight.



MCpl B. Courchesne

received the Award of Excellence, presented by BGen T. Leversedge, D/Commander of Mission Support & Training Flight.

Congratulations! Félicitations!

HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
December 25 – December 31

ARIES (March 21–April 19): A big surprise awaits you on the 25th and 26th. Someone loves you a whole lot more than you realize. This is the time to rejoice, be thankful and to let loved ones know how happy you are to spend time with them. There is not the time to sit back on the 27th and 28th when there is so much you can accomplish. Get yourself geared up for the future and put all efforts into what you need to do to secure a brighter and better year ahead. A trip down memory lane will do you a world of good on the 29th and 30th. Once you look back, you'll realize how far you've come and how much you can accomplish. Do your best and promote whatever you believe in on the 31st.

TAURUS (April 20–May 20): You may feel a little let-down on the 25th and 26th. The thought of what you have to do in the future may be overwhelming. Problems with friends may be disconcerting. Watch what everyone else does on the 27th and 28th. This will give you a good indication of what you can do and how you can do it better. Emotional matters will crop up, so be ready to put someone's mind at ease. Tie up loose ends and finish off any personal paperwork on the 29th and 30th. This is a great time to invest in yourself, someone you love or your own home. Let an older relative help out. Overindulgence will lead to trouble on the 31st.

GEMINI (May 21–June 20): Take time on the 25th and 26th to do something special for those who have done so much for you in the past. You will have the perfect comment, gift or thought to touch everyone's heart. Traveling will be in your best interest on the 27th and 28th. The more people you get to see and talk to, the better. An older relative will do something special for you. Look to your friends for answers on the 29th and 30th. Understanding what other people want is half the battle. You will be flirtatious on the 31st, but be careful not to ignore or hurt the one who counts most in your life. Love can take a turn if you aren't thoughtful, generous and loyal.

CANCER (June 21–July 22): You don't have to do all the work yourself on the 25th and 26th. Give in and let someone else do the honors. Spend time with youngsters and you will have a good influence on them. Don't fret so much. You will be at an emotional high on the 27th and 28th, so take advantage of this and let others know how you feel. Be open, honest and to the point, and you will feel so much better about your own future. A chance to get a deal finished before the end of the year looks good on the 29th and 30th. Take a serious look at your future. A chance to do things a little differently on the 31st will lead to many more changes.

LEO (July 23–Aug. 22): Someone will be overindulgent and best avoided on the 25th and 26th. You don't want to ruin things by arguing about something that really doesn't matter. Diplomacy will make you look good in the eyes of those who count. You may have a lot of questions on your mind on the 27th and 28th, but now is not a good time to ask. Sit back and let nature take its course. To pursue something new now will only end in defeat and disappointment. Expect someone to be jealous on the 29th and 30th — stay calm and let your adversary be the one to look bad. Don't let anyone make you feel guilty on the 31st. Do your thing with friends, even if someone wants to ruin your plans.

VIRGO (Aug. 23–Sept. 22): Focus on the young and the old and you will have a great time on the 25th and 26th. If you get too involved in conversations that are controversial, you will end up in trouble with someone you truly do care about. Not everyone will agree with you on the 27th and 28th. Focus on yourself and lifting your own spirits. The people you are closest to will not understand your needs. Stick to what you know on the 29th and 30th, and don't let anyone lead you into unfamiliar territory. Trouble may be brewing at home. Be careful not to do anything that might get you into trouble on the 31st. This is a good time to reflect on days gone by.

LIBRA (Sept. 23–Oct. 22): You can be the life of the party on the 25th and 26th. Your quick wit and jovial attitude will help everyone enjoy the gathering you attend. You will have the most unique ideas, concepts and gifts. A chance to try something altogether new on the 27th and 28th will get you thinking about your future. Don't hesitate to follow through and check out the possibilities. You can make a decision regarding your work or a project you've been involved in on the 29th and 30th. Enjoy yourself. You need someone to make you smile for a change. You can have all the fun you want on the 31st, but make sure you have someone you can count on by your side.

SCORPIO (Oct. 23–Nov. 21): Reflect on the good instead of the bad on the 25th and 26th. You will realize you really should be proud of both yourself and your family. You are going to have to give others the benefit of the doubt on the 27th and 28th. Not everyone will want to do things your way. If you are difficult to get along with, someone close to you may not want to tell you the whole truth. Get your act together and go after your goals on the 29th and 30th. Recognition will be yours if you push for the spotlight. You won't be able to count on anyone on the 31st. Be responsible and you will start the new year off on the right foot. Listen to what others have to say.

SAGITTARIUS (Nov. 22–Dec. 21): Plans may change at the last minute on the 25th and 26th, but don't let that disturb you. Go whichever way the wind blows and everything will fall into place. Tell it like it is on the 27th and 28th and you will avoid any problems later on. It will be a perfect time to share with someone you really adore. Don't over-indulge or make promises that are ridiculous on the 29th and 30th. Sort out each issue one at a time until you feel comfortable that you are moving in a positive direction. Your mind should be on money and making more of it on the 31st. Attend any event and you may find yourself talking to someone who can alter the way things unfold for you.

CAPRICORN (Dec. 22–Jan. 19): You have added energy and the wherewithal on the 25th and 26th to carry out any plans that you have made. You will have everything organized and the stage perfectly set for remembering the past and discussing the future. Don't let your changing mood get you into trouble on the 27th and 28th. As long as you are consistent, you will remain in control. You'll have a lot to ponder over on the 29th and 30th. There are so many decisions to make and directions that you can take. You are overdue for a change. Make it and move forward. Clear the air and rid yourself of all the burdens you've been carrying on your shoulders on the 31st.

AQUARIUS (Jan. 20–Feb. 18): You will have plenty to contend with on the 25th and 26th if you haven't put the past behind you. The end of the year is closing in, so rid yourself of the problems you've been ignoring and begin to move forward. You can expect to have some problems with the people you hang out with on the 27th and 28th. Keep things in perspective and avoid arguments at all costs. Someone you thought you could trust will let you down on the 29th and 30th. Don't tell your secrets, and keep your resolutions for the new year to yourself. Overindulgence will be your demise on the 31st. Don't yield to temptation; be responsible. Abide by the rules.

PISCES (Feb. 19–March 20): Let others fuss over you on the 25th and 26th. It's time for a change. Stop being the martyr. Everyone will be happy if you start to take better care of you. You will be emotional and tend to change your mind a lot about personal matters on the 27th and 28th. Don't let anyone confuse you about what you can and can't do. Follow your heart. Lighten up on the 29th and 30th, smile and the whole world will smile with you. You set the atmosphere, and you will see how easy it is to get what you want. You are on a winning streak on the 31st. Play the odds, but don't bet what you can't afford to lose. Having fun is what it's all about. You are more than ready to make a change.

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The Contact Newspaper staff would like to welcome Royal LePage ProAlliance Realty as the weekly sponsor of our newest feature, **The Contact Comics**.



Not In My Backyard! by Dale Taylor



MISFITS BY BRIAN CODAGNONE



Community

Community Events

CENTRE THEATRE

Matinees
Saturday, Monday, Tuesday,
Wednesday, Thursday

MOVIES
MOVIES
MOVIES

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MOVIE LINE-UP

• Cheaper by the Dozen 2 (PG)	1:10	7:05	9:05
• Chronicles of Narnia (PG)	1:05	7:00	9:35
• King Kong (PG)	1:00	7:15	

Coming Soon: Fun with Dick & Jane
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, at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.

FE Annual December Bash

Royal Canadian Legion, Branch 110
Trenton

December 27 @ 1300 hrs

The \$5 admission pays for your food
and draws

The Angela Hayden/ 8 Wg Adopt-a-Family Committee's mandate is to provide Christmas gifts and food hampers to members of the 8 Wg community who find themselves in need at this time of the year. This year, as in past years, many sections on the base rallied together and provided Christmas to 49 of our children and their parent(s). Because of your generosity, we were also able to provide the Salvation Army and the Kinsmen with a cube van full of groceries and toys to help toward their community hampers. This program is a huge success because of dedicated, hard working people like the persons listed below. A great big thank you to the following section OPIs and their many elves: Sue Viner, MCpl Lesley Poper & Cpl Katherine Pilgrim - WHQ; Sgt Sharon Stewart - 424 Sqn, CWO Joyce Fowler and friends; Anne Pennington - 426 Sqn; Cpl Line Guillemette - CFPU; Georgia Hoyle - Dental; Cpl Ginger Fraser - 2 AMS; MCpl Theresa Nevills - 8 AMS; Cpl Julie Kelly - RCC; Cindy Berryhill - WFOods; Rhonda Bourbonnais & MCpl Stephen Hall - WCE; WO Donna Anstey - ATC; LS Nathalie Labonte - WHosp; MCpl Jeanette Burns - CCC; Sgt Ruth Wilson - CFAWC; MCpl Doreen Blouin - Wops; Sgt Sandy Driscoll - SOR 8 AMS and of course St Paul's High School, who provide food hampers for all these families.

Also donations from: Sgt Sandy Driscoll - SOR 8 AMS; MFRC, Officer's Mess Ladies Club; 2Lt Allison Besnard - ATESS; Pte Julie Rouseau - WSupply; Sgt Sharon Cain; Maj Nancy Isenor; Sgt Maury Harvey - EOA Det; MCpl Elaine Mercer - WTISS/ComCen; Mr & Mrs Rolsky, and Wing Transport who supplied us with a driver and a truck, and last, but certainly not least, all the helpers back at Santa's workshop. People like the persons listed and all their helpers in their respective sections put true meaning into Christmas & giving!

~The Angela Hayden/8 Wg Adopt-a-Family Committee~

GYMNASIUM-- ext. 3754

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.)
Sun	Dec 25	CLOSED	MERRY CHRISTMAS
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.)
Sun	Jan 1	CLOSED	HAPPY NEW YEAR
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.)

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

Sunday, Jan. 1
Family Skating - 1 - 3 p.m.

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.

**24 December 2005 - Christmas Eve -
Veille de Noël 24 décembre 2005**

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 --
Jour de Noël 25 décembre 2005**

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

**1 January 2006 - New Years Day -
Jour de l'An 1 janvier 2006**

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

UNIT CHAPLAINS /
AUMÔNIERS DES UNITÉS

Padre Mike Adamczyk
Padre Mel Talan

ORCHARD VIEW BAPTIST CHURCH
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 Pastor: Dr. Raymond Wilson *Worship Service: Sunday 10:30am*
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Classified

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business • for sale • wanted • equipment • automobiles • child care • for rent • employment

Information

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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.

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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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Announcements

Merry Christmas to my Singing Electrician!
My, my, my another year has come & gone and everyday a song,
How fortunate we are
Soon we'll be heading off to somewhere far.
Merry Christmas and Happy 2006!
Love your Blue Eyes

Please recycle this newspaper!

Crossword Answers

L	A	S	H		R	A	H		B	A	I	L
A	N	K	A		I	L	E		U	L	N	A
T	O	U	R		V	I	A		C	A	N	T
E	N	A	B	L	E		R	A	K	I	S	H
			O	G	R	E	S	S				
I	S	S	U	E		N	A	P		L	E	A
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					S	L	E	E	P	Y		
I	S	L	A	N	D		J	O	S	E	P	H
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L	O	N	E		P	E	C		A	G	E	R
E	N	D	S		S	I	T		L	O	R	D

Hear Ye, Hear Ye
The Contact
will be **CLOSING**
for Holidays
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Returning
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Have a Safe & Happy Holiday Season from the Staff at The Contact!!!



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A dream cherished by those of every faith

The Reverend Dr. Alan M. McPherson

If you could have just one wish for the whole world, what would it be?

There are lots of possible answers to this question, but there's one answer that's probably more common than most: "My wish for the world would be more love and more peace."

Every day, our eyes and ears are assaulted by news of terrible things. We see heart-rending pictures of famine and suffering in distant places. We hear about crimes of violence in our own neighbourhoods. And we know of places torn by the ferocity of civil strife and war, where CF personnel are in harm's way as they work to establish a more stable future for the countries where they're serving.

Sometimes we wish we could bury our heads in the sand and just forget all these conditions exist. In fact, it's because all these things do exist that we wish the world were more at peace, and there was a stronger spirit of care and co-operation between nations, between factions, between individuals.

More love, more thoughtfulness, more peace – that's been the dream of the ages. A dream not particular to one faith or to one nation but treasured and cherished by those of every faith.

The season of Christmas is widely shared and enjoyed, and not only by those who go to places of Christian worship. It is a time when countless personal tokens of genuine love and thoughtfulness are given and received with joy, and a time when things spoiling the harmony of personal relationships can sometimes be put aside and a new beginning made.

At Christmas, Christians celebrate love, peace and relationship. "God loved the world so much that he sent his Son," wrote John. "Peace on earth" was the angels' song. Christians believe Christmas marks God's gift of a new beginning – new ways to piece together broken relationships; ways to make a new beginning when we want to turn away from the mistakes and failures in our past. Christmas can remind us that a better world begins afresh each day with each act of thoughtfulness, understanding and generosity of spirit.

I hope that Christmas will be a time of real joy for you, and a time when you and yours are blessed by the security of love. May peace be with you.

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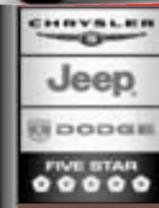
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- AIR CONDITIONING
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- POWER WINDOWS, DOOR LOCKS & MORE

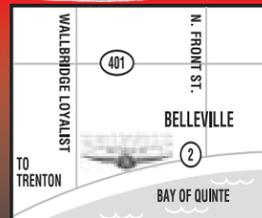


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