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• December 1, 2006 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 41 Issue Number 46 •

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 7:15 p.m.* Sunday, 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.

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.

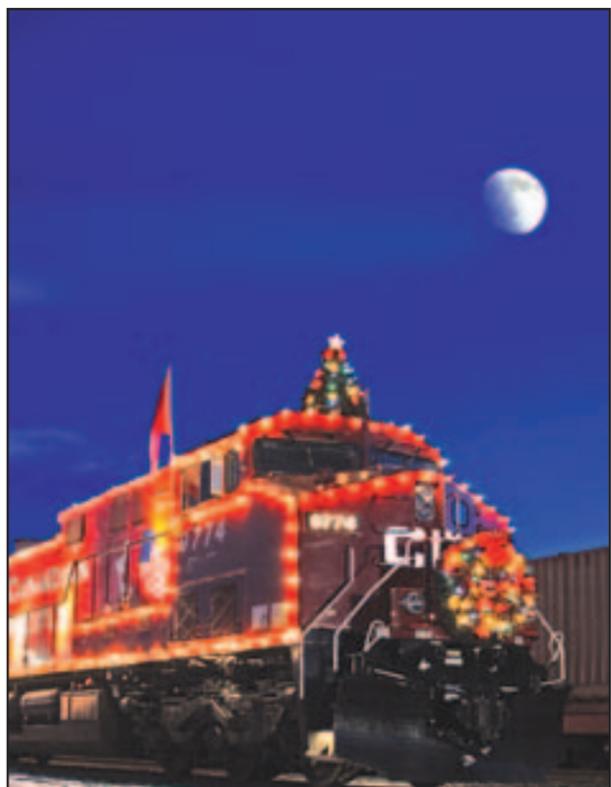
Thousands of LED Christmas lights will adorn the uniquely festive train, made up of a specially-prepared locomotive pulling 12 cars — including a stage car complete with self-contained lighting and audio systems.

This year’s performers include Canadian Blues rockers Wide Mouth Mason, country singer Lisa Brokop and Holiday Train Orchestra Conductor Mike Normand

Since its launch in 1999, CPR Holiday Trains have elicited donations of more than 1.2 million tons of food and almost \$2.4 million for North American food banks. All donations collected in a community remain in that community for distribution.

For the latest Holiday Train news and information, including pictures and route map, check out the 2005 Holiday Train website at: www.8cpr.ca.

*All times approximate. Plan to arrive at least 15 minutes early.



NOW THAT’S A WHOLE LOTTA MAIL!!



Photo: Submitted

Canadian Forces Postal Unit personnel, aka CF Posties, are a very busy group of people, especially during the Christmas mail rush. Each day the CFPU receives and processes about 150-300 bags of mail, with nine of the unit’s 22 personnel directly responsible for mail handling. The CFPU is the mail distribution depot for all deployed personnel, except for mail destined for Her Majesty’s Canadian Ships--this mail is distributed by the Fleet Mail Offices in Halifax and Victoria.

With the holiday season fast approaching, the Canadian Forces Postal Office 5058 at Kandahar Airfield faces a virtual mountain of mail. With such increased volume, Posties in theatre receive much welcome assistance from other troops to sort through the many letters and parcels that provide such an important morale boost to personnel deployed far from home.

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STREAM SHOWS SUPPORT FOR CF



Photo: Amber Gooding

From left to right: Lieutenant-Colonel C. Fortier, Wing Logistics and Engineering Officer, with Mark Bateman, HR Manager for Stream, and Kim McCann, Site Director, hold a banner presented on behalf of 1,300 employees from the technical support company located in Belleville, to show support for Canadian Forces troops. The banner was created by an employee of stream, and then signed by employees before it was presented to 8 Wing/CFB Trenton on Nov. 24, 2006.

WLEO Holiday Greetings

HO HO holy cow! – the snow has already started to fly, and I cannot believe how fast my first four months at this Wing have passed by – I am sure that a number of you who are also newcomers to Trenton are expressing a similar sentiment!

As I look back I am impressed with the number of things members of the Wing Logistics and Engineering (WLEO) Branch have accomplished – making incredible strides in planning for the arrivals of the C17 aircraft, leaping to the rescue for a fuel spill in Alert, taking the helm of the leadership team for a highly successful charity campaign, paying respects to our fallen comrades on a far-too regular basis,

and facing the challenges posed by manning shortfalls everywhere. Yet despite the high pace of activity, I see smiles and hear laughter as folks are obviously enjoying what they do. The pride and professionalism in the work the members of WLEO Branch perform is shining through every time – you have worked hard over the past year and for that I congratulate you for a job well done indeed!

As we look to the New Year, I am sure there will be more than our fair share of issues to resolve, but I am confident that the every day heroes I see within WLEO Branch are more than up to the challenge and we will tackle the job with the same incred-

ible tenacity I have seen since my arrival.

I know that each of us will choose slightly different ways to celebrate this season, but in whichever way you choose, as we embark upon the holidays, I wish every one of you a safe, healthy, happy break and hope that you are able to celebrate with friends and family in your own special way. You work incredibly hard during the year, and deserve a well-earned respite to recharge your system. Happy holidays, one and all!

IN OMNIA PARATUS (Prepared For All Things),
Lieutenant-Colonel Carrie Fortier
WLEO

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Sgt Terry Gracie (left) and Cpl Paul Wright get a little wet while performing a "Live Tap" of a 12" water main during the washroom addition to Bldg 311 on the north side of the Wing. Construction technicians, electricians, plumbing and heating technicians, and MSE OPs have all been playing key roles in the installation of underground services, footings and foundations for the washroom addition to 86 ASU.

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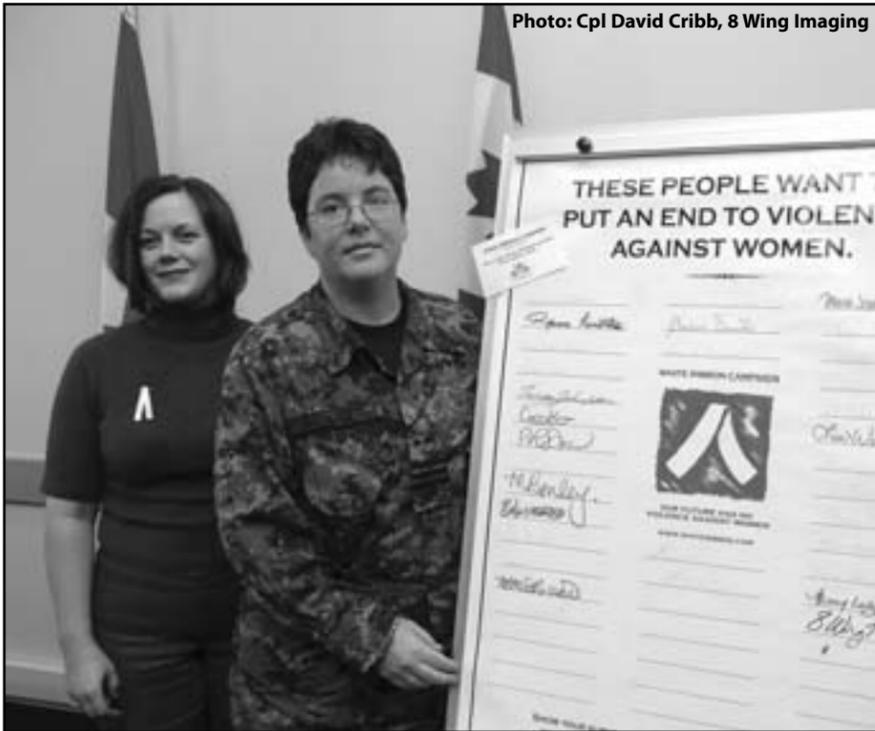


Photo: Cpl David Cribb, 8 Wing Imaging

Ms. Roxanne Lamothe, the Trenton Military Family Resource Centre's Bilingual Councillor for Violence Against Women presented Lieutenant-Colonel Carrie Fortier, Wing Logistics and Engineering Officer, with a white ribbon, the symbol of the White Ribbon Campaign to End Violence Against Women, on November 24, 2006. LCol Fortier also signed a poster, created for 8 Wing Trenton, giving the support of the entire base for the campaign. The campaign, which runs from Nov. 25 to Dec. 6, is intended to remind all Canadians of the terrible cost of this violence. Locally, the MFRC is working with a number of local groups (Three Oaks Foundation, the Sexual Assault Centre for Quinte and District, the Domestic Violence and Sexual Assault Project, and the Canadian Federation of University Women of Belleville and Hastings) to conduct a memorial service for "sisters, mothers, children and friends who have lost their lives as a result of violence against women." The service will be held at the Empire Theatre on Dec. 6 from noon until 1:00 p.m.

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Search & Rescue UPDATE

Photo: Sgt R. Ruthven, CFLAWC



It was another quiet week last week here at 424 Squadron. We had only one SAR mission that involved both our Herc and Griffon crews. JRCC tasked both our aircraft to the Cambridge area for a report of a possible aircraft crash. The Herc crew was first on-scene and after completing the assigned pattern with nothing sighted, the crew was told to return to Trenton. The Griffon was turned around enroute and returned home as well.

Until next week, stay safe!

Missions for 2006: 218 Missions for Nov.: 6 Persons rescued: 39



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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 T.J. Lawson, 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 disc 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

Intranet: 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.



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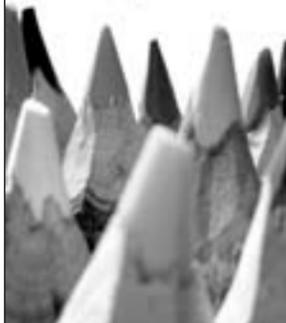
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Canadiana Crossword

The Campbells are Coming

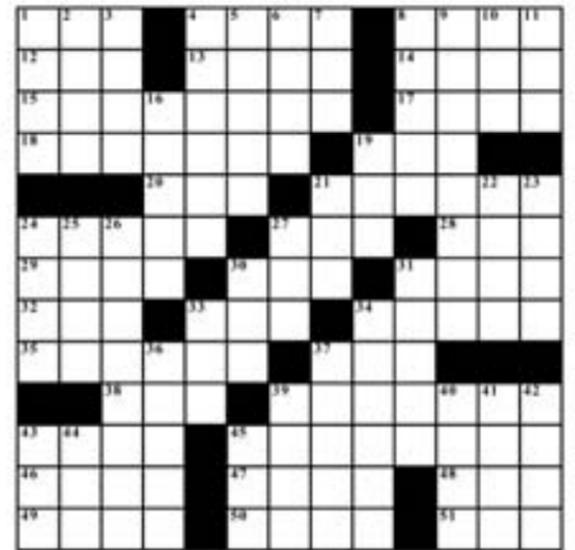
By Bernice Rosella and James Kilner

ACROSS

- 1 Distant
- 4 Hairdo
- 8 Actress Campbell
- 12 Macaws
- 13 Stratum
- 14 Neighbour of Saudi Arabia
- 15 Da Vinci portrayer Campbell
- 17 Creeper
- 18 Harvested
- 19 Americas advancement org.
- 20 Fisherman's friend?
- 21 Womens hockey medalist Campbell
- 24 Endorses
- 27 WW2 flyers
- 28 Drug retailing org.
- 29 Count on
- 30 Succour
- 31 Daw
- 32 Mortal sin
- 33 Duo
- 34 Ice Cream container
- 35 British Columbia Premier Campbell
- 37 Endangered food fish
- 38 It's sometimes lent
- 39 Stratford actor Campbell
- 43 Let
- 45 Diminish
- 46 Shoe or neck follower
- 47 Conspire
- 48 Newsp. carrier's concern
- 49 Takes to court
- 50 Sargasso and Caspian
- 51 Former Prime Minister Campbell

DOWN

- 1 Tooth
- 2 Plant part
- 3 Sprint



- 4 Repents
- 5 Boneless steak
- 6 Peruse
- 7 Hosp. facilities
- 8 Certain chevies
- 9 Discharge
- 10 Family veh.
- 11 Chemical ending
- 16 Panky preceeder
- 19 Lost
- 21 Bounder
- 22 Inactive
- 23 Feeds
- 24 Sailor's slammer
- 25 Bubbly bar
- 26 Legendary NHL Commissioner Campbell

- 27 Brazilian city
- 30 Plant part
- 31 Evade
- 33 Scottish hill
- 34 Woos
- 36 Matrimonial cake ingredient
- 37 Hot chocolate
- 39 PC key
- 40 Song bird
- 41 Italian wine region
- 42 Be apparent
- 43 Literary monogram
- 44 Water, in St Wenceslas
- 45 WW2 refugees



This Week in Contact

1976 – Bright yellow, visible in all seasons and in all weather, is the new dress for all Canadian Forces aircraft whose primary job is search and rescue (SAR). The new yellow birds are designed to be more readily spotted in the various colours and weather conditions of Canada's four seasons.

1986 – Transport Canada has spent the last year introducing several important initiatives to improve road safety. Among the changes include high-lights such as a federal proposal to make daytime running lights mandatory by 1989; efforts to encourage the use of seat belts and child restraint systems; and government announcements advising drivers not to drink. One study also revealed the percentage of drivers killed in road traffic accidents, where illegal blood alcohol levels were found, had decreased from 52 per cent in 1981 to 46 per cent in 1984.

1996 – For almost one half century, the Canadian Forces Parachute Maintenance Depot (CFPMD) has provided outstanding service and support to all parachutists throughout Canada. CFPMD was officially formed November 1, 1950, under its original name, 28 Central Ordnance Depot (28 COD), and was based in Shilo, Manitoba. On February 9, 1968 the depot became known as 28 Canadian Forces Supply Depot (28 CFSD) and then adopted the name CFPMD in July of 1972.

Created by Lt J. H. MacDonald,
 Compiled by Amber Gooding.



8 Wing Fuel Spill Response Team receives Commander's CFIOG Commendation

by Lt (N) Pierrette LeDrew
A1 Programs 2

TRENTON – The 8 Wing Fuel Spill Response Team has received a Canadian Forces Information Operations Group (CFIOG) Commander's Commendation and an 8 Wing Commander's Commendation for the exceptional work its members did in containing a significant fuel spill at Canadian Forces Station (CFS) Alert, which occurred on 8 September 2006.

Team members began deploying less than a day after receiving the initial call to action. Everyone was on the ground and working four days later. This relief was welcome by CFS Alert staff, who had been working around the clock to contain the spill.

"They were pretty tired when [the 8 Wing team] arrived," said Mr. Drew Craig, 8 Wing

Environment officer and Team Leader. For the first few days, his team, which included seven other members of the Wing, worked continuously to contain the spill and develop a recovery plan. His team was divided in two: a six-men clean up crew, which worked in shifts around the clock, and a two-men heavy equipment crew, who constructed an interception trench and diverted drainage.

The crews faced many practical challenges, according to Mr. Craig; the weather conditions were difficult due to the onset of winter, and snowfall complicated recovery from fuel recovery pits. There was a limited amount of heavy equipment at the disposal of the team.

Permafrost found at the site further complicated recovery efforts. It was important not to dig through this layer of frozen soil to prevent it from thawing, which



Photo: Submitted

would have allowed the spilled material to penetrate further into the soil.

"As the spill occurred near the Arctic Ocean, immediate intervention was essential to ensure fuel did not enter the waterway", said Mr. Craig. Not only did the

crews work at containing the spill, they also built a new drainage system to prevent spring runoff waters from carrying fuel into the ocean. Further, the team built an interception trench as an additional preventative measure.

"Pull out all the stops

– that's what CFS Alert and 8 Wing did to demonstrate due diligence, to do everything that you can to fix the problem", said Mr. Craig. He added that it was "tremendously satisfying professionally to work with such excellent people who saw what need-

ed to be done and did it. CFS Alert staff immediately understood the first steps to take; the 8 Wing team expanded on the work initiated."

Personnel will return this summer to remove contaminated soil from the site and set-up a bioremediation area.



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 December 2006

Monday	Tuesday	Wednesday	Thursday	Friday
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11 Cardio & Core	12 Master Class Holiday Bash	13 Spinning	14 Specialty Class	15 Spinning
18 Cardio & Core	19 STEP PLUS	20 Spinning	21 Specialty Class	22 Spinning
25 Stat Holiday	26 Stat Holiday	27 Spinning	28 No Class	29 Circuit

- Classes are held in the MPR from 12:00 to 12:50 p.m.
 - Remember to bring your own water bottle and sweat towel!
 - Noon hour fitness is open to all military and DND full-time employees!
 - Any questions or concern please contact Lisa at local 3328.

*Have a safe and happy Holiday Season,
 from the Fitness Staff of 8 Wing/CFB Trenton.*

Notice
 Community ice cancelled for family skating on December 3, 2006.
 The Learn to Skate program from 3 to 3:50 p.m. will be rescheduled to a different time on the same day.
 Please call the RecPlex at extension 3361 for an update on the new timing.

Much Music Video Dance
 The dance will take place on December 2, 2006, at the south side Gymnasium, from 6 to 10 p.m. Open for ages 9 to 16-years-old.
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Fitness, Sports & Recreation

Military Lane Swim Cancellations

Please note the following cancellations during the holiday season.

We are canceling our sessions at the pool during 1130 hrs and 1300 hrs on the following dates:

- Wednesday, December 27
- Thursday, December 28
- Friday, December 29

Have a safe and happy holiday season, from the Fitness and Sports Flight.

Drop-in ball hockey

The drop-in ball hockey program is designed to help develop hockey skills in a fun atmosphere.

Non-competitive game play and instruction will be included while the fundamentals of fair play and team work are stressed.

This program runs until December 14 at

the RecPlex gym.

The peewee division will play from 6 to 7:00 p.m.

The bantam and midget division will play from 7 to 8:00 p.m.

Cost is as follows: CRA members, \$1.00; military community non-members, \$2.00; general public, \$3.00. Hope to see you there!

Upcoming Paper Tole Course

You must be at least 18-years-old or older to participate. This course demonstrates the art of cutting, edging, shaping and sculpturing paper to achieve a 3D effect.

Students may complete two pictures during the course, depending on their proficiency.

The course will run from January 10 to March 7, and will take place on Wednesday evenings (nine Wednesdays) from 6 to 9 p.m. and on Monday, January 29, from 6 to 9 p.m.

Cost is as follows: CRA members, \$75; military community, non-members, \$85; general public, \$95, plus the cost of materials. (Materials for the course paid separately. For more information please contact Leona Burns at 613-475-2729.

WHL Statistics

As of November 23, 2006

A Division

Teams	GP	Wins	Loss	Ties	Points	Place
Para	13	10	3	0	20	First
436 Sqn	13	9	2	2	20	Second
WCE	13	9	3	1	19	Third
ATESS	13	8	3	2	18	Fourth
ATC	13	8	4	1	17	Fifth
2 AMS	13	6	4	3	15	Sixth

B Division

Teams	GP	Wins	Loss	Ties	Points	Place
Hangar Hogs	13	10	3	0	20	First
424 Sqn	13	9	2	2	20	Second
WCE	13	9	3	1	19	Third
ATESS	13	8	3	2	18	Fourth
ATC	13	8	4	1	17	Fifth
2 AMS	13	6	4	3	15	Sixth

Note: When two teams are tied in points, the winner of the game played between those two teams will determine the placing.

NHL Statistics

As of November 23, 2006

Teams	GP	Wins	Loss	Ties	Points	Place
Red Wings	11	8	1	2	18	First
Habs	11	4	4	3	11	Second
Bruins	12	3	6	3	9	Third
Flyers	10	2	6	2	6	Fourth

Upcoming Red Cross swim lesson registration

Attention 8 Wing community: The winter (2007) Red Cross swim lessons registration will take place on Thursday, December 14, from 4:00 to 6:00 p.m.

Registration for the 8 Wing community will continue from December 15 to 18, at the RecPlex, during regular hours of operation.

Registration will then open up to Quinte West residents on Tuesday, December 19, from 5:00 to 7:00 p.m. at the RecPlex.

Registration for all (both 8 Wing and Quinte West) will continue from December 20, 2006 to January 2, 2007, at the RecPlex, during regular hours of operation.

PSP Facility Memberships

Reduced by 20 per cent ~ 1 December 2006 - 31 August 2007

Gymnasium (Includes Arena)

Regular Members		Ordinary Members	
Infant (6 mo -5 yrs)	Free	Infant	Free
Youth (6-17 yrs)	\$26	Youth	\$34
Single (18 yrs+)	\$34	Single	\$50
Family	\$72	Family	\$114

RecPlex (Includes Arena & Outdoor Pool)

Regular Members		Ordinary Members	
Infant (6 mo -5 yrs)	\$9	Infant	\$15
Youth (6-17 yrs)	\$30	Youth	\$46
Single (18 yrs+)	\$38	Single	\$57
Family	\$83	Family	\$144

Combination

(Includes Gym, RecPlex, Arena, Outdoor Pool)

Regular Members		Ordinary Members	
Infant (6 mo -5 yrs)	\$9	Infant	\$15
Youth (6-17 yrs)	\$38	Youth	\$65
Single (18 yrs+)	\$50	Single	\$83
Family	\$106	Family	\$198

Membership upgrade: \$5+GST= \$5.3

Replacement for lost membership card:\$10+GST= \$10.60

Hoops program underway

The new Hoops program helps kids understand the game of basketball and develop skills. It's good for the beginner or advanced, and is designed for co-ed youth, to learn fundamentals and develop skills.

Each session includes 25 minutes of skill development and two 15 minute a scrimmage games.

Hoops is underway at

the RecPlex Gym on Tuesdays until March 6, 2007.

Participants ages 8 to 10, play from 6 to 7 p.m. and ages 11 to 13 play from 7 to 8 p.m.

Cost: CRA members, \$28; military community non-members, \$35; general public, \$42. Includes a t-shirt. Pre-registration is required.

Teen Swim

December 12, from 6:30 to 8:30 p.m. Entrance fee of \$5 per person, which includes a swim and snack.

Morning Aquafit

Morning Aquafit will take place on Wednesdays and Fridays, from January 3 to March 30, 2007.

There are three classes to choose from:

- Class 1 takes place from 7:45 - 8:30 a.m.
- Class 2 takes place from 8:40 - 9:25 a.m.
- Class 3 takes place from 9:35 - 10:20 a.m.

Cost: military personnel and CRA members, \$65; military community, non-members, \$70; general public, \$75.

Registration for the 8 Wing military community, with proof of qualification, will take place on Thursday, December 7, from 10 a.m. to 8 p.m.

Registration for non-8 Wing community will take place on Thursday, December 14, from 10 a.m. to 8 p.m.

Please recycle



Looking for ice monitors

Ice monitors are needed for family skating on Wednesdays from 4-5 p.m.; Fridays from 6-7 p.m.; Saturdays and Sundays from 1-3 p.m.

Monitors must be 16-years-old or older. Please contact Holly Lalonde at ext 3348 if you are interested.



Cranberries - the fruit of the season!

The many health benefits of this fruit include:

They are at the top of the list of highest amount of antioxidants per serving, full of carbs, high in vitamin C, and contain a natural preservative that extends their shelf life.

Refuel after a tough workout with cranberries in your trail mixes, muffins or in your rehydration drinks.

Aeromedical training is alive and well at 426 Squadron

by Capt Cheryl L. Grotsky
Flight Nurse Instructor
426 (T) Training Squadron

She was sitting down, relaxing in the back cargo compartment of the CC-130 Hercules, exhausted after a long day of flying.

Amidst the drone of the engines, thoughts of vacationing in the Bahamas floated through her head, when suddenly she heard her coworker scream, "I need some help. He's not breathing!!" Instantly she was jolted back into reality and the adrenaline was rushing. In a flash she was out of her

seat, grabbing the airway bag and an oxygen tank as she made her way up to the front of the aircraft. She arrived and indeed, the patient wasn't breathing, nor did he have a pulse. The patient was on the top litter, which towered well over her head. However, within seconds, she climbed up to the top, opened up his airway and started administering life-sustaining ventilations. Her other two crewmembers and the loadmaster helped lower the patient in order to initiate CPR and start an IV. Calls were made to the aircraft commander to divert to the nearest airport while

simultaneously pushing emergency medications. The patient was placed on a cardiac monitor and assessed. Suddenly she heard an evaluator reply, "He has a pulse and he's now breathing." Another life saved as well as an additional test passed.

This nurse and her crew are students at 426 (T) Training Squadron and are receiving their Strategic Aeromedical Evacuation (AE) evaluation. While the patient is actually another student acting as a simulated patient, the procedures followed are the same steps that they would take on a real aeromedical evacuation mission in the event of a medical emergency.

Students on the Aeromedical Evacuation course at 426 (T) Training Squadron go through seven weeks of intense training, covering areas ranging from basic aerospace physiology and taking care of patients in the airborne environment, to aircraft and medical emergencies. The first two weeks of the course are spent in class and equipment labs learning the basic foundations of aeromedical (AE) evacuation. Next, the students get the opportunity to perform simulated AE missions from beginning to end, in the cargo compartment trainer (CCT). The CCT is a CC-130 aircraft cargo compartment that has been restored to offer, in essence, a virtual training environment. The lighting, aircraft parts such as web seats, stanchion poles, straps and com-



AE students responding to a simulated medical emergency.

munication, provide a realistic aircraft setting. The AE staff can even close all the doors and actual CC-130 engine noise can be heard playing in the background.

A highly motivated group of personnel at 426 (T) Training Squadron have been instrumental in maintaining and improving this invaluable, prized training tool. After performing missions in the CCT, the students then are evaluated in the actual airborne environment. They receive a tasking message and work up the mission from beginning to end, while receiving personalized feedback from experienced AE instructor nurses and technicians. During the evaluation, students are subjected to various medical and aircraft emergency scenarios. In addition, students receive a week of tactical and helicopter training.

The quality of the course offered by the AETF is so highly rated

that there is a high demand from international allies. International students (nurses, medical technicians and physicians) regularly request and attend our course. This has now become our trademark, as we regularly incorporate them into our mixed Canadian/International serials.

With the recent involvement by Canadian Forces (CF) in overseas operations and the increase in wartime casualties, the need for AE trained personnel has drawn much attention. In addition, units deploying overseas have seen the need for AE training of ground personnel. With this requirement, 426 (T) Training Squadron has received numerous requests to participate in joint training exercises. Several joint training exercises involving 5 Fd Amb and 1 Cdn Hospital have occurred with the result being invaluable training

opportunities to both the field/hospital units as well as the AE students.

While the training provided at the school is primarily accomplished on the CC-130 Hercules and CH 146 Griffon, the basics that the students learn can be applied to practically any aircraft. After graduation, the students return to their home units and receive training on the aircraft specific to their bases. Training can range from the Cormorant and Buffalo to the Airbus and Challenger.

Many CF medical personnel have commented that the AE course at 426 (T) Tng Sqn is one of the best military courses that they have taken in their careers. When all is said and done, CF service members can do their job proudly and know for certain that in the event, heaven forbid, they will be well taken care of by their own.



Photos: Submitted

Here, MWO Bill Leahy takes care of a critically injured patient on a CC-150 Airbus.

Cours de conduite défensive pour dépendants

C'est à nouveau le temps de l'année où la section de la Sécurité MMS offre, aux personnes à charge SEULEMENT, un cours de conduite préventive (CCP) gratuit.

Le cours se donnera à l'Esc Trsp, 11, avenue Buffalo, de 18 h à 21 h, les 5 et 6 décembre 2006.

Les participants doivent détenir un permis de conduire G1 valide et assister aux séances de formation les deux soirs pour recevoir leur carte du CCP et leur certificat d'accréditation.

Ce cours, qui coûte normalement 100 \$ ailleurs, est approuvé et enregistré auprès du Conseil canadien de la sécurité.

Il est également reconnu par de nombreuses compagnies d'assurance automobile, permettant ainsi de réduire le coût des assurances jusqu'à

10 %, une économie substantielle si vous avez des adolescents ayant récemment obtenu leur permis de conduire!

Premier arrivé, premier servi: il n'y a que 30 places disponibles. Pour vous inscrire, vous devez communiquer avec la section de la Sécurité MMS de l'Esc Trsp, au poste 3470 ou 3347. Ce cours, très prisé, fait toujours l'objet d'un très grand intérêt.

Nous vous conseillons donc de vous inscrire dès que possible pour réserver votre place.

Si vous changez vos plans après avoir inscrit une personne à charge, nous vous invitons à en aviser la section de la Sécurité MMS sur-le-champ, de sorte que nous puissions offrir votre place à quelqu'un d'autre. Bonne conduite!

Defensive driving course for dependants

It's that time of year again - MSE Safety is offering a no-cost Defensive Driving Course for dependants ONLY.

This course will be held at Transport Squadron, 11 Buffalo Ave, from 1800 - 2100 hours on both 5 and 6 December 2006.

Registered participants must hold a valid G1 licence and attend both teaching nights in order to receive a DDC card and accreditation certificate.

This course would normally cost approximately \$100 elsewhere.

The course is approved and registered with the Canada Safety Council and is recognized by many Auto Insurance Companies for reduced insurance rates of up to 10

per cent - a great savings if you have newly licensed teenagers.

The course will be filled on a first come, first served basis, and has a limited seating capacity of 30 people.

To register, please contact Tn Sqn MSE Safety Section at local 3470 or 3347.

This all-time favourite course always receives overwhelming response, so you are advised to register as soon as possible in order to guarantee a seat.

If your plans change after you've registered a dependant, out of courtesy please advise MSE Safety right away so that your seat may be offered to another dependant. Safe Driving!



<p>2004 CHEV AVALANCHE Z71</p>  <p>0 down \$236.02 biweekly 84 months</p> <p>Electric Blue, with only 35,000 kms! Mint 1 owner, GMAC lease return, power heated memory dk. leather interior. Perfect upon arrival from manufacturer. MUST SEE! \$27,995 certified</p>	<p>2003 PONTIAC GRAND AM GTI</p>  <p>0 down \$115.31 biweekly 72 months</p> <p>SHARP! Ram air hood, power sunroof, high polish rims, Monsoon stereo, power seat, loaded with full power options. Inc. Leather! 77,000 kms. Fresh in off GMAC lease. \$11,495 certified</p>	<p>2004 FORD F-150 EXT. CAB</p>  <p>0 down \$181.91 biweekly 84 months</p> <p>SHORT BOX XLT 4X4. Very clean, off Ford lease! 4.6 V8, automatic, full power options, 2-tone paint, alloys, factory towing package and more! 81,000 kms. \$21,495 certified</p>	<p>2002 SATURN 3 DR. COUPE</p>  <p>0 down \$79.34 biweekly 60 months</p> <p>MINT SHAPE! 5 speed, A/C, tilt, CD, Electric Blue! Gas saver, smart buy! 76,000 kms. Off Saturn lease. \$6,995 certified</p>
<p>2006 COBALT</p>  <p>0 down \$115.31 biweekly 84 months</p> <p>WOW! 2 dr., automatic, loaded with every power option inc. alloys, rear spoiler. SHARP! Mint shape. Off GM Rental Return. 45,360 kms. Balance of warranty! \$13,495 certified</p>	<p>2004 CHEV SUBURBAN</p>  <p>0 down \$231.86 biweekly 84 months</p> <p>GORGEOUS! Only 68,000 kms. loaded, 4X4, power memory leather seats, TV, DVD & much more. MUST SEE! Off GMAC lease. \$26,995 certified</p>	<p>2005 FORD ESCAPE</p>  <p>0 down \$173.59 biweekly 84 months</p> <p>ESCAPE FROM BOREDOM! Limited 4X4, power leather seats, power sunroof, loaded with every power option inc. balance of warranty. 50,000 kms. Off Ford Rental Return. \$20,495 certified</p>	<p>2001 FORD F-150 REG CAB</p>  <p>0 down \$154.89 biweekly 60 months</p> <p>7700 GVWR 4X4, 5.4 V8 automatic, with A/C, CD, very clean truck from Alberta sold 2 yrs ago & traded in. Well maintained. 146,000 kms. VERY RARE! \$13,995 certified</p>
<p>2005 FORD F-150 SUPER CREW</p>  <p>0 down \$215.21 biweekly 84 months</p> <p>4X4 FX4! Fresh in off Ford lease. Mint! Loaded w/ every power option inc. pwr. seat, 5.4 V8, FX4 console shifter, shift on fly 4X4, pwr. seat, Leer matching cap, factory trailer tow & more! Extra clean! 75,000 kms. \$25,495 certified</p>	<p>2004 DODGE 3500 CREW CAB DUALY 4X4</p>  <p>0 down \$335.93 biweekly 84 months</p> <p>3500 Series 1 tonne SLT. Cummins diesel! You can't get lost! Navigation (rare option), pwr. heated leather, automatic after market 6" stainless exhaust, sport package. WHAT A TRUCK! MUST SEE! 74,000 kms. Just broke in! Come see! \$39,995 certified</p>	<p>2004 SCION (TOYOTA)</p>  <p>0 down \$161.10 biweekly 84 months</p> <p>VERY RARE! Real estate agents want to turn heads! Automatic, loaded up w/ full pwr. options inc. p/sunroof, high polish alloys & more! Only 45,000 kms. Balance of warranty! MINT SHAPE! Local trade! \$17,995 certified</p>	<p>2004 FORD F-350 EX. CAB</p>  <p>0 down \$283.76 biweekly 72 months</p> <p>Short box 4X4 Lariat. Powerstroke diesel! Fresh in off Ford lease. Power leather heated interior, full power options. MUST SEE! 99,000 kms. Bal. of warranty! \$30,995 certified</p>
<p>2004 CHEV EXT. CAB</p>  <p>0 down \$198.56 biweekly 84 months</p> <p>Short box Z71, 5.3, power heated leather, every option. Very clean. Off GMAC lease. MUST SEE! 80,000 kms. \$23,495 certified</p>	<p>2004 FORD F-150 CREW CAB</p>  <p>0 down \$177.75 biweekly 84 months</p> <p>Short box Lariat, local trade, very clean! 4X4, 5.4 V8, power heated leather, loaded w/ power everything. Every option exc. roof. Must see! 139,000 kms. \$20,995 certified</p>	<p>2003 GMC ENVOY XL SLT</p>  <p>0 down \$190.26 biweekly 72 months</p> <p>7 passenger seating 4X4, pwr. heated memory leather interior! Dual Zone climate control, 6 disc changer, high polish alloys, p/sunroof. Amazing shape. Off GMAC lease! 80,000 kms. Too many options to list. \$19,995 certified</p>	<p>2005 GMC YUKON XL LT</p>  <p>0 down \$269.33 biweekly 84 months</p> <p>7 passenger 4X4, only 23,000 kms! Pwr. heated memory leather, TV, DVD, Autotrac 4WD, factory towing, Dual Zone climate control, 6 disc changer, OnStar. Too many options to list. MINT SHAPE! Off GMAC Repo! Factory warranty! \$31,995 certified</p>

All payments based on bi-weekly payments: 2002/60 mths; 2003/72 mths; 2004-2005/84 mths. Admin., P.P.S.A. & taxes included. EG: \$10,000.00 + \$299.00 admin. + taxes \$1,441.86 + \$68.00 P.P.S.A. = \$11,808.86 financed over 60 months @ 8.4% = \$111.77. Bi-weekly with cost to borrow of \$2725.14 O.A.C.



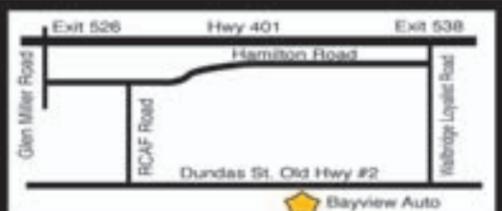
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CONGRATULATIONS



Photo: Cpl. David Cribb, 8 Wing Imaging

On November 24, 2006, Lieutenant-Colonel Carrie Fortier, Wing Logistics and Engineering Officer, presents Master Corporal Kimberly St-Denis, and Mr Bill Scholten, with VIP tickets to a Maple Leafs game at the Air Canada Centre in Toronto. The two were named Military and Civilian Employees of the Quarter, respectively, earlier this fall. The Employee Of the Quarter is an award given out every four months at 8 Wing/CFB Trenton, designed to promote Esprit Des Corps, and worker efficiency.

Mr Scholten, the Wing Asset Preservation Officer, very generously donated his tickets to the 8 Wing/CFB Trenton Government of Canada Workplace Charitable Campaign.

4 ON 4 Hockey Tournament

The Government of Canada Workplace Charitable Campaign 4-On-4 Hockey Tournament was an unqualified success for everyone involved.

Cpl J.S. Stenning, WO Mike Hamilton and Bryan Pearce spent countless time and energy organizing and perfecting this extremely successful and enjoyable GCWCC event.

With tremendous participation, more than \$1,900 was raised for charity. Four items were donated and raffled during this two-day hockey marathon.

A huge fundraiser during this event were the VIP Maple Leaf tickets Mr Bill Scholten graciously donated, as well as two hockey sticks donated from the Cutting Edge Pro Shop and a hockey bag donated by Labatt. The lucky winner for the hockey tickets was MCpl E.R. Carr, from ATESS, the hockey sticks went to MCpl C.S. Spooner, from 81 AEF and Maj F.D. Burley, OC Supply&FDS, and the hockey bag went to Sgt T.C. Healey, from Supply.

Congratulations to everyone!



Photo: Submitted

Cpl J.S. Stenning presented Maj F.D. Burley, Campaign Chairperson, with the monies--in excess of \$1,900--raised during this event.



Photo: Submitted

A DIVISION WINNERS...The Ice Dogs! The Ice Dogs defeated the 426 Thunderbirds 6 to 3. Pictured here are: Maj Dan Harris, LCol Jeff Stouffer, Sgt Tim Rice, WO Brian Frank, Maj Shawn Duffy, Cpl Rick Pyle, Sgt Bob Chrétien, Cpl Steve Owen (Goalie) and Sgt Rick Plante.



Photo: Cpl Halma Folfas, 8 Wing Imaging

B DIVISION WINNERS...JNBCD Lab Rats1 JNBCD Lab Rats defeated Team Steamey 5 to 3. Pictured above are: Capt Bridger, Cpl Fouqere, MCpl MacInnis, Sgt Schmit, Cpl MacDonald, Cpl Teer, Cpl Charlebois, MCpl Perrault, Capt Grieg, PO2 Morissette, MCpl Desjardins, MCpl Dickson.

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Go slowly when shoveling



Submitted by
Don Heans,
Wing General Safety
Officer

You wake up one morning to the heaviest snowfall of the season.

You have to shovel the car out of the driveway.

When you arrive for the early shift, no one has even cleared the snow away from the plant entrance, so you reach for a shovel again, even though your back is hurting and you feel slightly dizzy.

What should you do if moving to southern California is not an option?

Stop and think before you tackle these heavy jobs. Studies have shown shoveling snow can be as rough on you as a maximum-speed workout on a treadmill.

Every year people die of heart attacks when they

over-exert themselves while clearing snow.

Back injuries and strained muscles are also common injuries from this task.

For those who are out of shape or already have heart problems, the combination of heavy work and cold temperatures can bring on a heart attack.

Here are some tips for safer snow shoveling:

Get your doctor's okay for snow shoveling before you attempt it if you know you are out of shape or have a history of heart trouble.

Dress in layers so you can shed some clothing if you get too warm.

Don't rush into the job. Start slowly to give your body a chance to warm up.

You may be tempted to shovel quickly until the job is done so you can return to the comforts of indoors. Instead, work at a slow pace.

Stretch every few minutes and take breaks every 15 minutes or so.

Drink water on your breaks to replace fluids lost through sweating.

If the snow is deep or heavy with moisture, scoop some off the top and then

go back for a second load.

Maybe you don't have to do all the shoveling in one day. If the snowfall is moderate, you may be able to tackle half the driveway one day and the other half the next.

Use safe lifting techniques for snow shoveling. Bend your knees, not your back. Lift the shovel by straightening your legs.

Keep your feet apart to improve your balance. Keep the load close to your body.

Do not twist your body to toss the snow aside. Turn by moving your feet, and toss straight ahead.

Choose the right kind of shovel for the job. While steel shovels are sturdy, they are also heavy. Aluminum and plastic models are lighter but less durable.

To remove powdery snow you can push a large shovel shaped like a plow.

Wet snow requires a shovel designed for lifting.

For the safety of passersby, never leave a snow shovel where it can become a tripping hazard.

If you must shovel snow, do so safely. Remember the risks, and take your time.



Give a precious gift this holiday season.

Visit a blood donor clinic and brighten a life from December 4 to January 2.

Plus, send a special e-card to family and friends at www.blood.ca/ecards

'Brighten a Life' with an Early New Year's Resolution

Did you know every blood donation could save three lives? During this season of giving, Canadian Blood Services invites you to attend a clinic in your community.

December 12

**CFB Trenton
Officers Mess, 182 Yukon Rd
10:30am to 4pm**

Sign a special 'Brighten a Life' holiday card at the clinic and make an early New Year's Resolution to become a regular blood donor.

Call 1-888-2-DONATE to book your appointment or if you have questions about your eligibility to donate

Call today to book your appointment.
1 888 2 DONATE



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JR RANKS MESS

SUN MON TUE WED THU FRI SAT

Bar Hours
Saturday - Thursday: 1130-2400 hrs, and Friday: 1130-0100 hrs.
Office Hours
Monday-Friday: 0800-1200 / 1300-1600 hrs

3	4	5	6	7	8	9
				Show Tour	TGIF 1700 hrs Fish & Chips Sports 1800 hrs Euchre	
10	11	12	13	14	15	16
Children's Christmas Party!					TGIF 1700 hrs Lasagna Sports 1800 hrs Euchre	
17	18	19	20	21	22	23
					TGIF Cancelled	
24	25	26	27	28	29	30
	Merry Christmas	Boxing Day			TGIF Cancelled	
31						
New Year's Year Dance						

DECEMBER 2006

For More info on what's going on at the Messes and Base, go to cfbtrenton.com and follow the links.

WO & SGT'S Mess

SUN MON TUE WED THU FRI SAT

Bar Hours:
Monday - Thursday 1130 - 1330 & 1600 - 1900 hrs.
Friday 1130 - 2100 hrs, & Saturday & Sunday 1200 - 1500 hrs.
Office Hours:
Monday - Friday 0800 - 1600 hrs.
For Bookings (Wed Banquet/Conferences/Private Parties) Call (613) 895-2811 ext 2438/2768

					1	2
					Fireside Lounge Soup & Sandwich 1130 - 1330 hrs	Main Lounge 424 SQN Christmas Party Fireside Lounge 8AM/ACS Christmas Party
3	4	5	6	7	8	9
No Darts! WO & Sgt's Mess Children's Christmas Party 1230 - 1600 hrs			Main Lounge EME Briefing	TGIF Main Lounge Pot Luck	Fireside Lounge Soup & Sandwich 1130 - 1330 hrs Main Lounge Wuggly Christmas Party Fireside Lounge 8AM/ACS Christmas Party	Main Lounge CPC Christmas Party Fireside Lounge MP/SQJN Christmas Party
10	11	12	13	14	15	16
Games Room Mixed Darts 1300 hrs	Main Lounge Health Promotions 11 Dec - 15 Dec 06			PMIC Coffee Break 1000 hrs PMIC Christmas Binge! Doors open @ 1830 Binge Starts @ 1930hrs	Fireside Lounge Soup & Sandwich 1130 - 1330 hrs	Main Lounge W/ADMIN Christmas Party Fireside Lounge Remas Christmas Party
17	18	19	20	21	22	23
Games Room Mixed Darts 1300 hrs Last one for 2006 Starts back on 07 Jan 07						
24	25	26	27	28	29	30
	Merry Christmas	Boxing Day Mess Office Closed				
31						
New Year's Dance Doors open @ 1830 hrs Buffet Starts @ 1930hrs						

November 2006



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
December 3 - December 9

ARIES (March 21-April 19): Venture out and try your hand at something new on the 3 and 4. Take in a trade show or attend a function that'll allow you to meet people who have similar interests. An e-mail or phone call will have an impact on your future. Someone may try to slow you down on the 5 and 6. You have to follow your heart and intuition. Don't let an unusual set of circumstances throw you for a loop on the 7 and 8. Instead, follow through with your plans. A chance to make a deal, engage in romance, do something creative or even take on a new challenge will be stimulating and help you along your way on the 9.

TAURUS (April 20-May 20): You may not feel too sure about the way things will unfold on the 3 and 4 but, regardless, keep moving along the course you set for yourself. A setback may be due to a reason that you know nothing about. You may have to ask very personal questions to get a straight answer. Use your talents to benefit you instead of letting disappointment or anger get the better of you on the 5 and 6. Concentrate on what you can do to better a partnership or a legal matter that is pressing on the 7 and 8. A change may be required on your part. Don't let your emotions lead to a stand-off on the 9. Being stubborn won't get you ahead.

GEMINI (May 21-June 20): Spend time nurturing a meaningful relationship. Your reaction will be what counts on the 3 and 4. Emotional matters will lead to erratic behavior and poor personal decisions. You'll be high on life and love and can make some major headway in your personal and professional life on the 5 and 6 however be aware that someone may try to change your mind about something you believe in. A change in career may be what you need on the 7 and 8 if you're feeling stale. Organize what you have to get done on the 9 and don't make changes based on an emotional whim or false information.

CANCER (June 21-July 22): A change of plans on the 3 and 4 will lead to an exciting adventure that you won't want to miss. Get out and socialize. Communication will lead to interesting facts. If you can keep a secret on the 5 and 6, you'll be successful. You need to use your head, wisdom and know-how to get your way. An older individual will help you see things clearer. Don't let someone's comments bother you on the 7 and 8. Anyone who gives you a hard time probably is lacking in ability or ideas. Believe in yourself. Do something fun, exhilarating and a bit of a challenge on the 9. Put travel plans on hold.

LEO (July 23-Aug. 22): Take a stab at doing something creative, engaging or egocentric on the 3 and 4. Now is the time to try something you've always wanted to. Expect to have someone with more experience put restrictions on you. A challenge will put you in a better position on the 5 and 6. Emotions will be close to the surface, allowing you to get answers and clear the air. Your generosity will impress even the most skeptical person on the 7 and 8. Look for love or something creative to do. Take charge; make things happen. Plan a party or organize a get-together on the 9. Include people of all ages.

VIRGO (Aug. 23-Sept. 22): You may be treading on thin ice on the 3 and 4. Someone may give you the impression everything is OK when it's really dependent on how much you do or say. Overreacting or overindulging will work against you. Think fast and make changes to accomplish your goals on the 5 and 6. Do what it takes to control the situation. For what it's worth, truth may hurt on the 7 and 8 but, once faced, will help you move on. You have to be adaptable if you want to survive. Trying to get away with something on the 9 will be a waste of time. A sudden change regarding a partnership will leave you wondering what to do next.

LIBRA (Sept. 23-Oct. 22): Do something nice for a friend, neighbor or relative on the 3 and 4 and you'll get something in return. A new, challenging exercise will make you feel good. Stop procrastinating on the 5 and 6. Talk about your plans and you'll stir up interest. Love is on the rise and you'll feel much more stable in your efforts to succeed. Don't let your emotions interfere with what needs to be done on the 7 and 8. Business is business so follow through even if it means cutting out someone you like or being cut out yourself. Helping a cause you believe in on the 9 will impress others and put you in good company for future projects.

SCORPIO (Oct. 23-Nov. 21): Someone may be trying to sabotage what you're working so hard to develop on the 3 and 4. Being secretive will probably help you get more accomplished. Don't trust anyone who has too much to say or is overly opinionated. You can make money, change jobs, or even start your own business on the 5 and 6. Your focus should be on money and getting ahead. Put your heart and soul into what you believe in on the 7 and 8. Success can be yours if you lay down the guidelines for a deal you've been working on. A creative idea can be taken to the maximum on the 9.

SAGITTARIUS (Nov. 22-Dec. 21): You have to look at everything you do with impartial vision on the 3 and 4. A problem will arise if you take on too much or overreact. The 5 and 6 can be a highly progressive and passionate period. It's up to you. Stop and think about the end result and consequences before you make your move. You'll be surprised how well things work out for you on the 7 and 8 if you just give them a chance. A strong sense of belonging will end up giving you more freedom. A change in lifestyle will help turn over a new leaf and a beginning on the 9. You'll discover valuable information and make good connections while en route.

CAPRICORN (Dec. 22-Jan. 19): Lighten up a little on the 3 and 4 and you'll discover that people respond to you better. If you aren't enjoying yourself, move on. Someone is likely to make you think twice about what you're doing on the 5 and 6. If there's anything that isn't ethical about your dealings, now is the time to turn wrong into a right. A partnership may have to be altered to make things work. You can clear legal and financial matters up on the 7 and 8 as long as you're fair. A money deal is looking good on the 9 and a joint venture will pay off, however you should be a little secretive about what you're trying to do.

AQUARIUS (Jan. 20-Feb. 18): You can make changes that will alter the course of your life on the 3 and 4. This is a great time to check out something you've always wanted to do. You have lots going for you on the 5 and 6 but keep in mind that hard work will be required. Be patient and work your way up the ladder. You may want to change the way you do things on the 7 and 8. Branch out and try something different. Living in a rut will not lead to prosperity. Get serious about love, your professional direction or what you want to do creatively on the 9. If you want to make a commitment or promise to someone now is the time.

PISCES (Feb. 19-March 20): Get involved in whatever deal is on the table on the 3 and 4. You stand to make some money. Someone will give you a gift or turn you on to an investment. Don't go overboard. Stick close to home and keep your mind on the things you have to get done on the 5 and 6. A change may be overdue but making a poor choice will not be the answer. It may be time to shake things up on the 7 and 8. Your direction or even your geographical location may need an adjustment. Don't listen to someone who isn't thinking of your best interests. A problem with someone you thought you could trust may jeopardize your chance to get ahead on the 9. Be ready to adapt.

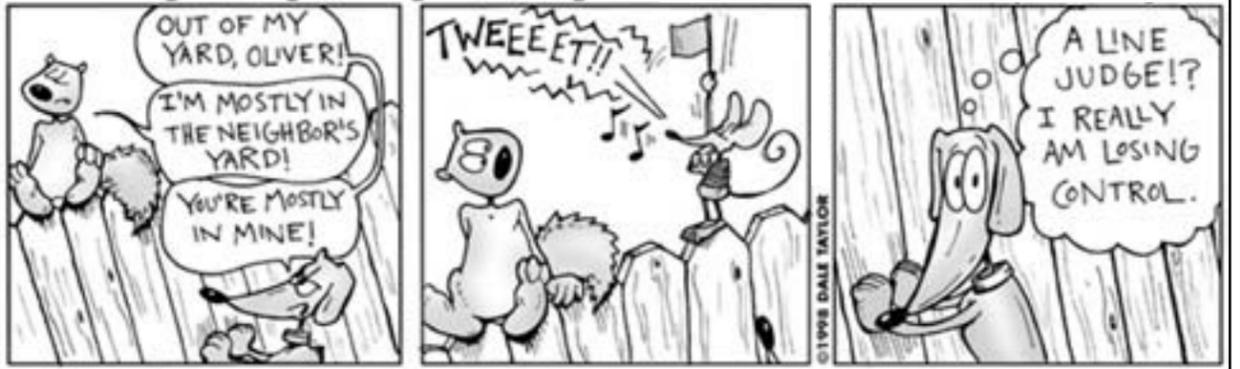
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our newest feature, **The Contact Comics**.

Not In My Backyard! by Dale Taylor



DuJour



Stuff!



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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at [613-965-7490](tel:613-965-7490) or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call [613-392-2811](tel:613-392-2811) Ext. 7005 for more information.

UNIFORM DRIVE

Your 8 Wing Band needs you help!

Are you about to retire and considering what to do with all those Air Force DEU items in the basement that supply let you have? Then the 8 Wing Band has a home for your Air Force DEU items.

We will be happy to receive any Air Force DEU item you no longer have a use for. Due to temporary changes the band is unable to access Air Force DEU for our new civilian volunteers and you can help us outfit them.

If you would like to participate please bring your Air Force DEU items, both male and female, to Sergeant Gord Smith, at local 3510, located at the 8 Wing Band room (North side, next to the bowling alley).

Your support of the 8 Wing Band Uniform Drive will be greatly appreciated!

December Wagon Rides

The following list contains the dates and times of each wagon ride. All rides will pick up and drop off at the DBIA office, located in the King Street parking lot in Trenton.

- | | |
|----------------------------|-----------------------------|
| - December 2: 12 to 3 p.m. | - December 7: 6 to 8 p.m. |
| - December 8: 6 to 8 p.m. | - December 9: 12 to 3 p.m. |
| - December 14: 6 to 8 p.m. | - December 15: 6 to 8 p.m. |
| - December 18: 6 to 8 p.m. | - December 19: 6 to 8 p.m. |
| - December 20: 6 to 8 p.m. | - December 21: 6 to 8 p.m. |
| - December 22: 6 to 8 p.m. | - December 23: 12 to 3 p.m. |

For more information, please call **613-394-4318**.

8 Wing Concert Band ~ La Musique de la 8 ième Escadre



Christmas Concert

Sun/Dim 10 Dec 2:00 p.m./1400 hrs

Concert will be held at 3 Lazo Cold RC Chapel/ancienne église), North side, off RCAF Road, CFB Trenton.

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

Must have photo ID to show at the gate.

Simply Strings Orchestra & the choirs of St. Peter's
Present

A Christmas in Afghanistan

Join the young string players, choristers and celebrity guests for a Christmas concert in support of our Canadian men and women of Charles Company, 1 RCR serving in Afghanistan.

Through funding from the Sophia Hilton Foundation of Canada, the performance will be filmed and sent to our troops in Afghanistan.

Sunday, December 10, 7:00 pm: St. Peter's Church, King St. East, Cobourg.
Reception to follow.

Donations to the Petawawa Military Family Resource Centre

Standard First Aid/CPR Recertification Course

Join us on Saturday, December 9, 2006 from 9 a.m. to 5 p.m. at 344 Front Street, McNabb Towers (lower unit) in Belleville for the Standard First Aid/CPR Recertification Course, which now includes the Automated External Defibrillator (AED) certification. Pre-registration is required. To register please call 613-966-0730.

CPR has changed and it's now easier! Take First Aid and CPR training and learn these life-saving skills. Learn more at www.redcross.ca/firstaid.



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Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS

Padre Frank Pellerin
Padre Mel Talan (deployed)
Padre Catherine Morrison

Advent & Holiday Season Church Celebrations Célébrations du Temps de L'aveit et du Temps des Fêtes

8 December 2006/8 décembre 2006

1205 hrs - Bilingual Mass (RC) - Immaculate Conception Messe bilingue (cr) - Immaculée conception

10 December 2006 - Advent 2/2e Dimanche de l'Avent 10 décembre 2006

0900 hrs - Anglophone mass (RC) - 1015 hrs - Messe francophone (cr) - 1130 hrs - Sunday Worship Service (P)
1400 hrs - Decorate the Chapel, Family celebration, pizza to follow - Décoration de la chapelle, célébration familiale, suivit de pizza

11 December 2006/11 décembre 2006

1900 hrs - Service of Reconciliation/Confession - - Célébration de réconciliation/confession

17 December 2006 - Advent 3/3e Dimanche de l'Avent 17 décembre 2006

0900 hrs - Anglophone mass (RC) - 1015 hrs - Messe francophone (cr) - 1130 hrs - Ecumenical Service of Lessons and Carols, cookie exchange / Service ecuménique - Lectures et chants, échange de biscuits

24 December 2006 - Advent 4/4e Dimanche de l'Avent 24 décembre 2006

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

24 December 2006 - Christmas Eve /Veille de Noël 24 décembre 2006

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

25 December 2006 - Christmas Day/Jour de Noël 25 décembre 2006

1015 hrs - Bilingual Mass (RC) - Messe bilingue (cr)

31 December 2006/31 décembre 2006

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

1 January 2007 - New Years Day/Jour de l'An 1 janvier 2007

1015 hrs - Bilingual Mass (RC) - Solemnity of Mary, Mother of God
Messe bilingue (cr) - Solemnité de Marie, mère de Dieu.

DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR

After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 613-392-2811 et demandez l'aumônier en devoir.

NOTICE/AVIS

It is now possible to have the Club Xtra points that are earned on all your purchases at CANEX go to the Chaplain Emergency Fund. Simply ask to have the points placed on the Chaplains' card. The Chaplain Emergency Fund is used to assist our military families during times of family crises. / Vous pouvez dès maintenant, lors de vos achats au Canex, donner vos points Club Xtra au Fonds d'urgence des aumôniers. Vous n'avez qu'à mentionner que vous désirez donner vos points sur la carte des Aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales.

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Classified

For Classified Information Call
392-2811 ext: 3976

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

Information

CLASSIFIED

AD RATES

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

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

ERRORS

& OMISSIONS

Advertisers should check their ad the first day it appears. The 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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& AD READERS

The CONTACT is not responsible for the products and/or services advertised. Readers should exercise their best judgement with the content. The CONTACT will not knowingly publish any advertisement which is illegal, misleading, or offensive. In compliance with the Human Rights Code, The CONTACT reserves the right to make necessary changes in ad copy.

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www.bellevillevw.com

Advertise in The Contact



Call Sheila
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Ext 7008

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2006

