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• December 15, 2006 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 41 Issue Number 48 •

## Live from 8 Wing/CFB Trenton, it's "The National" on CBC

by Capt Nicole Meszaros,  
8 Wing PAO

10 Hangar was transformed Tuesday night into a bonified broadcast studio when news anchor Peter Mansbridge hosted CBC's The National live from 8 Wing/CFB Trenton.

The news broadcast was the second of three special editions of the popular and respected news program. The first was broadcast Monday evening from CFB Edmonton, and the third and final in the series featured CFB Petawawa.

The series focussed on the Canadian Forces from the homefront, and included a variety of interviews with soldiers, airmen and women and family members.

One highlight of the Tuesday night broadcast was the live delivery of a special message from Sgt Michael Morrisey, a Flight Engineer currently forward-deployed in Kandahar, to his wife and two young children in the audience at 3 Bay.

Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton, was also featured on-air, interviewed by Peter Mansbridge, about the important role 8 Wing plays in Canadian Forces operations worldwide.

The setup for the 60-minute broadcast consumed an entire day, with approximately 25 CBC staffers and numerous 8 Air Maintenance Squadron personnel turning 10 Hangar into a virtual bee hive of activity.

Aside from the hectic day Tuesday, planning and coordination for this news event began weeks ago, with involvement and assistance from across the Wing, including personnel from Wing Telecommunications and Information Services Squadron, Aerospace Telecommunications and Engineering Support Squadron, 424 Squadron, 436 Squadron, 426 Squadron, Wing Operations, 2 Air Movements Squadron, Canadian Forces Postal Unit, and Camp Mirage. Padre Mike Adamczyk also played a key role in the newscast, speaking eloquently about repatriation of fallen troops.

Thanks to all who made the evening such a success.



Photo: Cpl Halina Folfas, 8 Wing Imaging

Peter Mansbridge, anchor of the Canadian Broadcasting Corporation (CBC) newscast "The National," talks to the audience before going live with the broadcast. One hundred military and civilian personnel attended the taping, serving as the studio audience for viewers across the country.

## OVERWHELMED BY WELL-WISHING CANUCKS

Photo: MCpl Yves Gemus



The Canadian Task Force Padre in Kandahar, Major (Maj) Robert Lauder, gets buried in good will from well wishing Canadians. People from across Canada sent shoebox size parcels to Kandahar for distribution to Canadian soldiers serving in Afghanistan. Maj Lauder has been awed and overwhelmed by his festive workload after having received several hundred of these gracious gifts from caring folks back home. His office has become a makeshift clearing house for parcels as he works to find new ways to keep ahead of the inflow of Christmas cheer for the troops. Padre Lauder spearheaded the "parcels for troops" program which pairs willing gift givers in Canada with those soldiers in Kandahar who are happy to receive.

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in this issue of  
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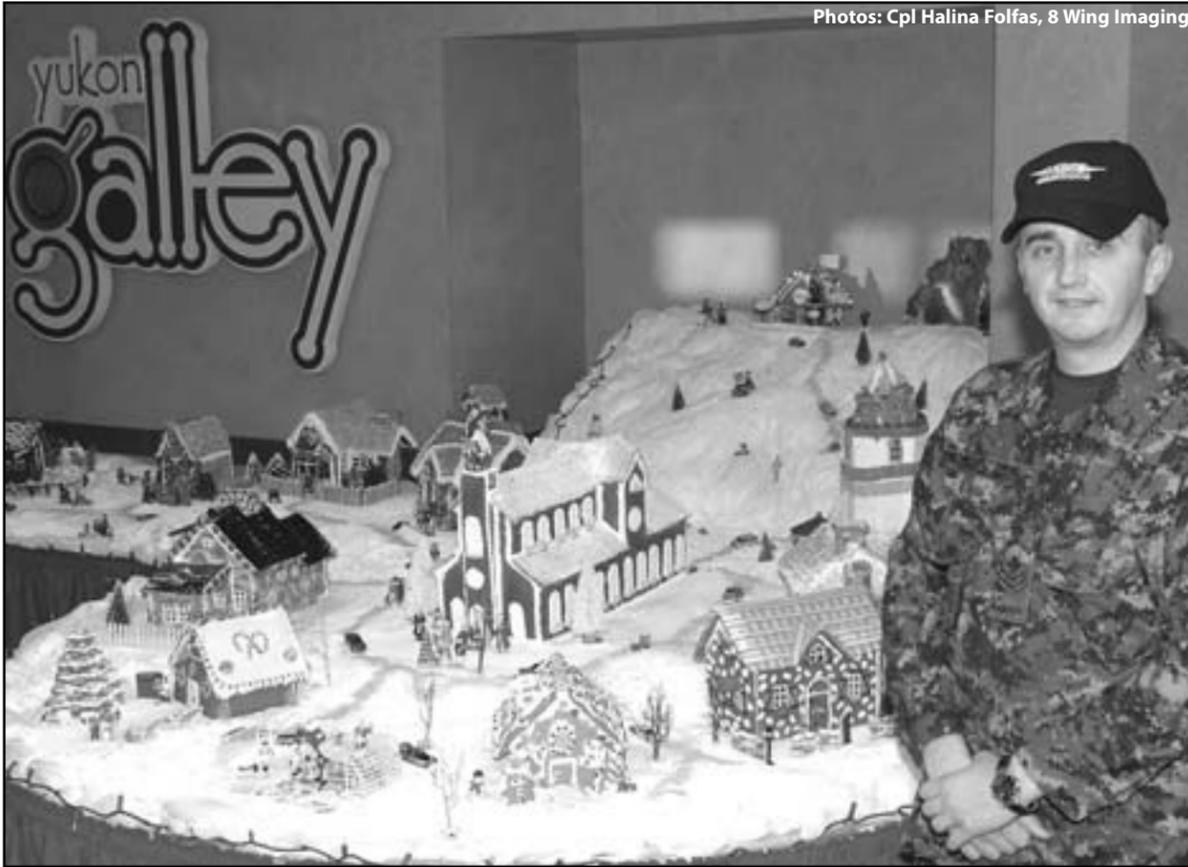
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# A GINGERBREAD VILLAGE

Photos: Cpl Halina Folfas, 8 Wing Imaging



Sergeant René Fortier stands proudly in front of the gingerbread village display at the Yukon Galley. Sgt Fortier and his staff put many hours of work on their own time into preparing this display.



## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



With the annual fall rotation of personnel well underway in the Wing Transportation Squadron, Pte Sandra Boulay of the Refuelling Section receives training on fuel recirculation and Exxon water testing to ensure there is no water in the fuel. Refuelling Section crews are responsible for providing clean, dry fuel to all flying operations at the Wing, as well as aircraft de-icing duties during the winter months.



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# VISITING FROM OTTAWA



Photo: Cpl Frieda Van Putten, 8 Wing Imaging

Major Tim Gushue (centre), from the Dispute Resolution Centre at 8 Wing/CFB Trenton, played host to visiting guests Mr. Chris Ford (right), Director General Alternative Dispute Resolution, and CPO1 Serge Joncas, DGADR 7, on December 5, 2006.

# Search & Rescue UPDATE



424 Squadron had only two missions in the last week. The first was near Cardinal, Ontario for a possible boat in distress. The US Coast Guard in Buffalo heard a distress radio call and our Griffon was tasked to investigate. Rescue 491 searched the area but nothing was seen or heard and the crew returned to base after being released.

The second mission was for three overdue hunters in the Cape Dorset, Nunavut area. Fortunately, local search teams found the hunters while our Herc was still enroute. Rescue 332 was stood down and safely returned to Trenton.

Until next week, stay safe!

Missions for 2006: 226 Missions for Dec.: 8 Persons rescued: 39

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## The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel T.J. Lawson, CD, Wing Commander, 8 Wing / CFB Trenton.

### The Contact Staff

**Editor-in-Chief:** Capt Nicole Meszaros  
**Managing Editor:** Andrea LeBlanc  
**Reporter/Photographer:** Amber Gooding  
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**Circulation:** Keith Cleaton  
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**Subscriptions:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.



### Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) and as "text only" on a 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](mailto:LEBLANC.AL@forces.gc.ca)

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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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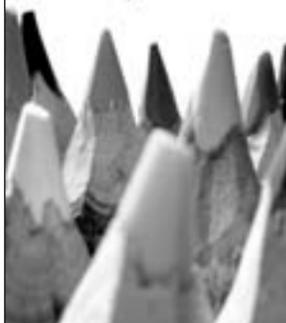
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# Canadiana Crossword

## A Band of Bands

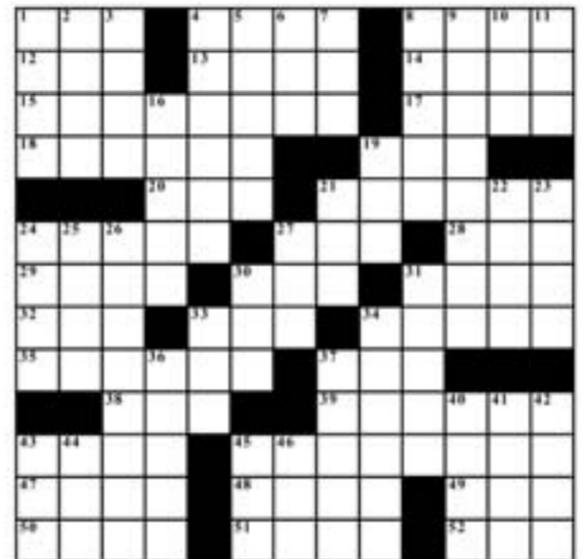
By Bernice Rosella and James Kilner

### ACROSS

- 1 Ms Leghorn
- 4 Chaucer or Milton
- 8 Rears
- 12 Literary collection
- 13 Stringy
- 14 Impale
- 15 Music Hall of Fame inductee 1987
- 17 Spoil
- 18 Swindle
- 19 The p in mph
- 20 Theodore, so to speak
- 21 Fired
- 24 Grants
- 27 Pale
- 28 Calendar mo.
- 29 Alliance
- 30 Diffident
- 31 Inspiration
- 32 English Breakfast, for one
- 33 \_\_\_\_\_Paulo
- 34 Possession
- 35 Heavy metal
- 37 Actress Gardner
- 38 Ace
- 39 Angry bear or bull
- 43 The \_\_\_\_\_ 1989 Music Hall of Fame inductee
- 45 The \_\_\_\_\_ 1984 Music Hall of Fame inductee
- 47 Language of Sanskrit
- 48 Charlie's woman
- 49 Popular veh.
- 50 Host
- 51 Transaction
- 52 Cool, in a way

### DOWN

- 1 Part of a Roughrider game
- 2 Organic compound
- 3 Accuse
- 4 Locations



- 5 Propelled a dory
- 6 Finale
- 7 Boxing ref's call
- 8 Come to terms
- 9 The \_\_\_\_\_ 1984 Music Hall of Fame inductee
- 10 Pod or motor preceder
- 11 Part of a yen
- 16 Some are noir
- 19 Play on words
- 21 Delicately unbalanced
- 22 Fencing weapon
- 23 Mild expletive
- 24 Roman statesman
- 25 Previous spouses
- 26 The \_\_\_\_\_ 1984 Music Hall of Fame inductees

- 27 The Guess \_\_\_\_\_ 1987 Music Hall of Fame inductee
- 30 The record man
- 31 Newton, for one
- 33 Go to court
- 34 Oath
- 36 Asian river
- 37 Hockey venue
- 40 \_\_\_\_\_ 1994 Music Hall of Fame inductee
- 41 Handbag
- 42 Invitation acronym
- 43 Derelict
- 44 Macaws
- 45 Endangered food fish
- 46 Caviar



## This Week in Contact

1976 – Four members of the Canadian Forces have been awarded the Medal of Bravery, third highest Canadian decoration of heroism. The award went to Captain J.J. Connors of Ontario, Master Corporal W.P. Graham and Private G.B. Lewis, both of New Brunswick, and Master Corporal A.J. Sheppard of Newfoundland.

1986 – This Christmas marks the 31st year whereby the men and women of the North American Aerospace Defense Command (NORAD) will watch for a friendly launch from the North Pole. For 365 days a year, the men and women of NORAD scan their scopes watching for worldwide launches and reporting to their commander in chief.

1996 – The Trenton Amateur Radio Club held a demonstration for the students of Prince of Whales Public School in Belleville. The Grade 8 students were given an opportunity to use amateur radio equipment with the guidance of club members. The demonstration introduced students to some of the older methods of communications, which included Morse Code to the more modern method known as Paket radio.

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



## Life of a CC-150 loadmaster

by Sgt Darren Sangollo  
437(T) Squadron

I have been asked to write an article for the Contact about 437(T) Squadron and I am thinking to myself, they realize that I am a loadmaster and not paid to be literate. I will try my best to come up with some ideas that will help you understand what happens at the squadron and how things work.

I would like to talk about the life of a CC-150 loadmaster and the people we work with during the course of a mission. I never thought I would be flying as an Airbus loadie. My flying career started on the Hercs back in 1995 and I always felt that the Herc was the only aircraft for me. We would tell jokes about the “pantyhose wearing” Airbus loadmasters and that all they did was eat filet mignon and sleep in cozy hotels (actually we do).

The main similarity of the Hercules and Airbus is that both aircraft carry personnel and material to designated areas for distribution. Before I left the Herc world, I had the opportunity to fly some missions into Afghanistan. I have nothing but the utmost respect and admiration for those individuals who carry on that tradition. I hear the jokes now and have no problem taking the heat from these individuals, as I sit in a nice cozy seat on my new plane.

I have been part of 437(T) Squadron for close to three years now, and am

starting to feel more comfortable with the job. The tempo for the squadron has increased each year and there is no sign of it letting up in the near future. Unfortunately, this year we have had to carry out many medical evacuations (medevac) missions and the very sombre duties of repatriation (repat) flights.

The loadmasters work very closely with flight stewards, whose job it is to order and prepare meals for passengers and crew. This section is made up of mostly Navy personnel with a sprinkling of Army and Air Force added to the mix. The flight attendants (FA), who can come from various trades in the military, look after the needs of our passengers. They have chosen to leave their trades to become FAs for the opportunity to see the world. Most of our Navy flight stewards enjoy the break from being at sea and experiencing things through the Air Force side of the house. I have had a chance to work with all the flight stewards in the squadron and have become accustomed to the naval terms that surface every now and again. They have asked me, “can we land the gash ashore?”, which means, they are going to put the garbage at the top of the stairs for somebody to pick up. They love to have “duff” (dessert) with their “scran” (dinner) and make sure there is lots of “Navy gravy” (ketchup). They are a fun bunch that keep me on my toes and feed me well.

In the last year or so, with the changing times and conflicts around the world, we have had to do more medevacs than in the past. On these flights, cabin crew assist medical staff in the difficult task of looking after the wounded. It’s the little things that are appreciated, like covering the exposed feet of a patient with a blanket or offering our personal DVD players to watch a movie, or sometimes just shaking their hand and telling them we care. The way we help may be minor in the big scheme of things, but we hope it will bring a little comfort to an injured member of our military family.

When we have to bring home one of our fallen comrades, it is a difficult task, but one we know must be carried out. We have carried the family and comrades of the fallen and try to make their journey home as peaceful as possible.

In summary, the job of a 437(T) Squadron loadmaster is more demanding than I could have imagined and although I find myself, on occasion, missing the low level fun of being a tactical loadmaster, I would not change jobs at this point in my flying career. I still have much to accomplish at 437 Squadron and look forward to the challenges that will be coming in the very near future.

I hope that I have enlightened you about the people that we meet and work with on each mission.

## COOKIES FROM HOME



Christmas comes early for MCpl Pat McMahon, a postal clerk at the Kandahar Airfield, and Captain Annie Maheux as they rummage through recently arrived goodies. MCpl McMahon lost count of how many cookie tins he received after at least a hundred were delivered to his office.



Photos: MCpl Yves Gemus

MCpl Pat McMahon has been buried in the numerous boxes of Christmas cookie tins he received from home. The tins, sent by a community group back home, are to be distributed to Canadian soldiers serving in Afghanistan.

## CAF helps Jamaican pilot training program take off

Canadian Air Force

KINGSTON, Jamaica, 07/12/2006 – Dignitaries from Jamaica, Canada and other Caribbean nations today attended official opening ceremonies for the Jamaica Military Aviation School (JMAS). JMAS, the only such facility in the Caribbean, was created in part thanks to the Canadian Forces’ Military Training Assistance Program (MTAP), a highly effective defence diplomacy tool.

“The Canadian Air Force has trained Jamaica Defence Force

(JDF) pilots and aircraft maintainers in Canada for more than 35 years,” Maj.-Gen. Charlie Bouchard, Commander, 1 Canadian Air Division, explained during the opening ceremonies. “Jamaicans are clearly more than ready to help a new generation of military pilots earn their wings at home. Indeed, JMAS Commandant-designate Capt. Brian Creary just completed a three-year exchange with the Canadian Air Force in Portage la Prairie, Manitoba, training Canadian military pilots.”

“This would not have been possible without MTAP assistance,” JDF Air Wing Commanding Officer Lt.-Col. Geoffrey Roper observed. “Canada has nurtured a centre of technological and military excellence in Jamaica. This is a turning point that will ultimately benefit the entire Caribbean.”

“JMAS will use Canadian standards to train military pilots from their primary flying training to Wing standards on helicopter and multi-engine aircraft. Canada’s decision to contribute pilot training curriculum, com-

puter equipment, and to refurbish the school building—which had been ravaged by Hurricane Ivan—helped us to get this project off the ground.”

JDF Air Wing pilots play a vital role in Jamaican counter-narcotics operations and small-arms smuggling interdiction, and they have also flown numerous search and rescue, disaster relief and environmental protection missions.

“It’s a close relationship,” added Maj.-Gen. Bouchard. “Besides imparting Air Force skills second to none, Canada has

— through MTAP — long supported the professional education of the region’s military officers at the Caribbean Junior Command and Staff College in Jamaica.”

Canada’s Military Assistance Training Program, which is active in 61 countries, pays rich dividends whenever these nations’ forces work together. It also helps to improve joint international peace support operations and promotes Canadian values, such as democracy, the rule of law, international stability and human rights.

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December 30, 2006	12:30 p.m. to 8:30 p.m.
December 31, 2006	12:30 p.m. to 3:30 p.m.
January 2 - 5, 2007	8:30 a.m. to 9:00 p.m.
January 6, 2007	12:30 p.m. to 3:30 p.m.
January 7, 2007	12:00 p.m. to 4:30 p.m.

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December 23, 2006	1:00 p.m. to 3:00 p.m. 5:30 p.m. to 8:00 p.m.
December 24, 2006	1:00 p.m. to 3:00 p.m.
December 27 - 29, 2006	1:00 p.m. to 3:00 p.m. 6:30 p.m. to 8:30 p.m.
December 30, 2006	1:00 p.m. to 3:00 p.m. 5:30 p.m. to 8:00 p.m.
December 31, 2006	1:00 p.m. to 3:00 p.m.
January 2 - 5, 2007	1:00 p.m. to 3:00 p.m. 6:30 p.m. to 8:30 p.m.
January 7, 2007	1:00 p.m. to 3:00 p.m.

**Parent and Tot Swim (warm-up pool)**

December 23, 2006	3:00 p.m. to 4:00 p.m.
December 27 - 29, 2006	3:00 p.m. to 4:00 p.m. 5:30 p.m. to 6:30 p.m.
January 2 - 5, 2007	3:00 p.m. to 4:00 p.m. 5:30 p.m. to 6:30 p.m.
January 7, 2007	3:00 p.m. to 4:00 p.m.

**Adult Lane Swim**

December 23, 2006	3:00 p.m. to 4:00 p.m.
December 27 - 29, 2006	3:00 p.m. to 4:00 p.m. 5:30 p.m. to 6:30 p.m.
January 2 - 5, 2007	3:00 p.m. to 4:00 p.m. 5:30 p.m. to 6:30 p.m.
January 7, 2007	3:00 p.m. to 4:00 p.m.

The RecPlex will be closed for the holidays on the following dates:  
December 25, 2006  
December 26, 2006  
January 1, 2007

**RCAF Flyers Arena ~ Holiday Schedule ~**

**Shinny Hockey**

The following times are in regards to Shinny Hockey, which will take place on December 28 and 29, 2006 and January 2 to January 5, 2007 throughout the holiday season. .

Tyke/Novice	9:00 a.m. to 10:00 a.m.
Atom	10:00 a.m. to 11:00 a.m.
PeeWee	11:00 a.m. to 12:00 p.m.
Bantam	3:00 p.m. to 4 p.m.

**Figure Skating ~ Open Ice Times**

December 28 - 29, 2006	4:00 p.m. to 5:00 p.m.
January 2 - 5, 2007	4:00 p.m. to 5:00 p.m.

**Family Skating**

December 23 - 24, 2006	1:00 p.m. to 3:00 p.m.
December 28, 2006	1:00 p.m. to 3:00 p.m.
December 29 & 30, 2006	1:00 p.m. to 3:00 p.m. 6:00 p.m. to 7:00 p.m.
December 31, 2006	1:00 p.m. to 3:00 p.m. 6:00 p.m. to 9:00 p.m.
January 1 - 4, 2007	1:00 p.m. to 3:00 p.m.
January 5, 2007	1:00 p.m. to 3:00 p.m. 6:00 p.m. to 7:00 p.m.
January 6 - 7, 2007	1:00 p.m. to 3:00 p.m.

**Military Noon Hour Shinny Hockey**

December 28 - 29, 2006	12:00 p.m. to 1:00 p.m.
January 2 - 5, 2007	12:00 p.m. to 1:00 p.m.

**FIT TIPS**

Keep exercising during the holiday season!

Try to add more physical activity to your routine throughout the next month. Play outside with your family, go skiing or skating, especially on big feast days. And remember, have a safe and happy holiday season!

Military Lane Swim will be cancelled from December 27 until December 29, 2006.

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# Fitness, Sports & Recreation

## Senior Lane Swim returns to the RecPlex

The Senior Lane Swim will take place on Mondays, Wednesdays and Fridays. The program begins on January 3, 2007 and runs until March 30, 2007 at the RecPlex.

Register for one of the following times. There are a total of 12 spaces available for each class:

- 7:05 a.m. to 8:05 a.m.
- 8:10 a.m. to 9:10 a.m.
- 9:15 a.m. to 10:15 a.m.

This program is free for Rec association members; military community, non-members, \$65; general public, \$70.

Registration for 8 Wing military community, with proof of qualification, is ongoing at the RecPlex from 10 a.m. to 8 p.m.

Registration for non-8 Wing community will take place on Tuesday, December 19, from 10 a.m. to 8 p.m.

## Upcoming Red Cross swim lesson registration

Attention 8 Wing community members: The winter (2007) Red Cross swim lesson registration is currently underway at the RecPlex during regular hours of operation until December 18.

Registration will open to residents of

Quinte West on December 19, 2006, from 5:00 to 7:00 p.m. at the RecPlex.

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

## Youth Aquatic Club begins early 2007

The Youth Aquatic Club is open to those ages 8 to 16-years-old.

The program takes place on Mondays, Wednesdays and Fridays from 5 to 6:15 p.m., beginning Wednesday, January 3, 2007 and running through until Friday, March 9, 2007.

This program will run in sessions in the fall, winter and spring.

# of Nights per Week	CRA Members	Military Community Non Members	General Public
One (1)	\$25	\$40	\$55
Two (2)	\$30	\$45	\$60
Three (3)	\$35	\$50	\$65

*Club t-shirts are available for \$15. Cost applies to all CRA members, military community non-members and the general public*

## Upcoming Paper Toile 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 in total), 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.

## Morning Aquafit classes

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 8 Wing military community members is ongoing at the RecPlex, from 10 a.m. to 8 p.m.

Registration for non-8 Wing community is also underway at the RecPlex between 10 a.m. to 8 p.m.

## Learn to skate for youngsters

The Learn to Skate for Youngsters program is for those between the ages of 4 and 7-years-old.

The program will take place on Fridays from 5 to 5:50 p.m. beginning January 5 to March 16, 2007.

There are two lesson

times available, from 5 to 5:25 p.m. and from 5:25 to 5:50 p.m.

Cost is as follows: CRA members, \$50; military community non-members, \$60; general public, \$70. Please note there will not be a class held on Friday, February 9.

## Astra Lanes 5 Pin Bowling

Please contact the Bowling Alley, at extension 3305, for more information in regards to open bowling times.

## Looking for ice monitors

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

Ice monitors must be at least 16-years-old, or older.

Those interested in becoming an ice monitor, or to obtain more information, please feel free to contact Holly Lalonde, Community Recreation Coordinator, at 613-392-2811 ext. 3348.

## Evening Aquafit classes

Evening Aquafit classes are returning at the RecPlex and will take place on Tuesdays and Thursdays, from January 9 to March 15, from 7 to 8:00 p.m.

Cost is as follows: CRA members, \$40; military community non-members, \$45; general public, \$55.

There will be a drop-in fee option, space permitting, at a cost of \$4 for military community with ID and \$5 for the general public.

## Noon Hour Fitness Schedule

December 2006

Monday	Tuesday	Wednesday	Thursday	Friday
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.*

## Power Skating

Power Skating for Kids is a 10-week course which will take place on Monday evenings from 5 to 5:50 p.m.

The program begins on January 8, 2007 and will run until March 19, 2007.

Participants must be at least 5-years-old, be able to skate forwards, backwards and be able to come to a stop. Full hockey equipment is required, including sticks and mouth guards.

Cost is as follows: CRA members, \$55; military community, non-members, \$60; general public, \$70. Please note, there will be no classes held on Monday, February 5, 2007.

## Learn to Skate, from 8 to 88

The Learn to Skate program is great for those ages 8 to 88-years-old.

The 10-week program begins on January 7 and runs until March 18, with the exception of February 4, when there will not be a class held.

Cost is as follows: CRA members, \$55; military community, non-members, \$60; general public, \$70.

## Learn the skills and drills

The 10-week Skills and Drills program offers two different times.

Participants must be between the ages of 9 and 16-years-old and have complete command of balance on skates.

The first group will begin on Sunday mornings, starting January 7 and running until March 18, 2007.

The second group will begin on Monday

evenings, starting January 8 and running until March 19, 2007.

Please note there will not be classes held on Sunday, February 4 or Monday, February 5, 2007.

Cost is as follows, and applies to both the Sunday and Monday program times: CRA Members, \$55; military community non-members, \$60; general public, \$70.

## Twaddlers on Ice begins January

The Twaddlers on Ice program runs for 10 weeks, each Tuesday, beginning on January 9 and running until March 20, 2007.

Ice times for this program are between 10 and 11:20 a.m. with lesson times broken down in the following categories: 10:00 to 10:20 a.m.; 10:30 to 10:50 a.m.; 11:00 to 11:20 a.m.

Cost is as follows: CRA members, \$55; military community, non-members \$60; general public, \$70.

Please note there will not be a class held on Tuesday, February 6, 2007.



## ENERGY MATTERS: Lighting

by WO D. Carlson

Ever wonder how the tradition of lighting up our Christmas trees all began? Then read on...

Using small candles to light up the Christmas tree dates back to the middle of the 17th century. The custom was only really firmly established at the beginning of the 19th century in Germany and soon after in the Slavic countries of Eastern Europe.

The first candles were glued with wax or pinned to the end of the tree branches. Little lanterns and small candleholders then appeared to make putting up the tapers easier. Candleholders with clips appeared around 1890. Glass balls and lanterns were created between 1902 and 1914. The first time a Christmas tree was lit by electricity was in 1882 in New York. Edward Johnson, a colleague of Thomas Edison, lit a Christmas tree with a string of 80 small electric light bulbs, which he had made himself. These strings of light began to be produced around 1890. One of the first electrically lit Christmas trees was erected in Westmount, Quebec in 1896. In 1900, some large stores put up large illuminated trees to attract customers.

Once begun, the custom spread in Canada wherever electricity came to towns and the countryside. Because of the risk of fire, trees were not usually put up until December 24. This technical innovation altered the custom since it was now possible to put

the tree up earlier and leave it up longer, until the day before Epiphany.

Here are some tips to save you a few dollars when lighting up your tree, whether it's inside or out. Power Smart outdoor holiday lights use 5-watt lamps instead of the conventional 7-watt lamps. They come in 25-light strings, and you will use 50 watts, or 30 per cent less energy, than the same length of 7-watt lamps. This adds up when you take into account the number of strings normally used on a house. Then take into consideration the number of hours per day and the number of weeks the lights are on during the festive season. A timer with a photocell is also a smart addition to your holiday lighting system. You can program this energy-saving device to turn lights on automatically at dusk, and then turn them off at a scheduled time. Be sure the timer is designed to operate the amount of wattage you need. Be aware the 5-watt and 7-watt lamps are not interchangeable on a string, as the screw bases are different sizes. It's important to realize that using Power Smart holiday lights does not mean sacrifice. You achieve the same decorative effect with the energy-efficient lights and they are friendlier on the environment. The next time you are purchasing holiday lights, be sure to look for the 5-watt lights. They are easy to spot with the "Power Smart Saves" label right on the packaging.

Chimo!

## Kids' car seat safety - The ABCs

1. Get the facts from the experts, not friends or family. Dr. Snowdon says the best national resource is Safe Kids Canada @ <http://www.safekidsCanada.org>
2. Don't be fooled by age. A child can be legally old enough to be out of a booster seat, but too small (less than 80 lbs., or less than 57-inches tall) to safely use a lap-belt.
3. Don't switch seats too soon. Infants must stay in a rear facing seat until at

least one year of age, and toddlers in five-point restraint seats until they're at least 40-pounds.

4. Stand your ground on safety. Dr. Snowdon says the most difficult thing for many parents is dealing with kids' arguing about sitting in car seats.
5. Keep them comfortable. Dr. Snowdon helped design a new super safe, more kid-friendly booster seat, the Clek, sold at Canadian Tire stores.

*News Canada*

# Contact

keeping you up-to-date on health, fitness & well-being.



## Fireplaces rank the highest among heating fires

**HEATING EQUIPMENT IS** a leading cause of home fires during the months of December, January and February, and trails only cooking equipment in home fires year-round.

In 2002, heating equipment was

involved in an estimated 45,500 home structure fires reported to U.S. fire departments. These fires caused an estimated 220 civilian fire deaths, 990 civilian fire injuries, and \$449 million in direct property dam-

age.

These fires fell 14 per cent from the 2001 total to the lowest point since data collection began. Deaths from these fires fell 12 per cent and injuries fell 11 percent.

Fireplaces or

chimneys rank first in the number of fires among types of heating equipment. Most of these were caused by creosote build-up.

Portable and fixed space heaters, including wood stoves, caused a dis-

proportionate share of the home heating fire deaths. Space heaters were involved in 25 per cent of the home heating fires but 74 per cent of the deaths.

The leading cause of space heater fires

was combustibles too close to the heater, except for wood stoves, where the leading cause was creosote build-up, and fixed electric space heaters, where the leading cause was equipment left unattended.

## Fire Extinguishers: Be sure you know your A, B, C And Ds



Submitted by  
Don Heans,  
Wing General Safety  
Officer

Regardless of where you work, fire is always a serious threat. Even items in a wastepaper basket can be a fire hazard. In 1991, the National Safety Council reported that an estimated 327 workers lost their lives in workplace fires, accounting for 3.3 per cent of all workplace fatalities that year.

The best way to save your life in a fire is to sound the fire alarm and exit the building, leaving the fire to trained professionals. If however, the fire is contained in a small space like an ashtray or a wastepaper basket; if you have quick access to an unblocked exit and if you know how to use a fire extinguisher, you may be able to extinguish the fire yourself.

Many people have thought they can put a fire out, only to find it raging out of control seconds later. It's important to remember that fire extinguishers are only for small, contained fires. If the fire cannot be put out in a few seconds, leave the area immediately and call for help. Here is some important information you should know about fire and fire extinguishers:

There are four different types of fires, "A, B, C, D," each requiring a particular type of fire extinguisher. Using the wrong type of fire extinguisher can actually make the fire worse and put your life in

serious jeopardy.

### Types of fires

Type A: wood, paper, cloth, rubbish

Type B: flammable gas, grease and liquids

Type C: electrical fires

Type D: Combustible metals such as sodium, magnesium, potassium and sodium potassium alloys

Remember, each type of fire requires a particular class of fire extinguisher. Know you have the right class of extinguisher before you pull the trigger. If you don't know, don't use it. Leave the area and call for help. Ask yourself right now if you know the types of fire extinguishers in your work area. If you don't, talk with your supervisor and find out. Knowing this information can save your life.

### Type A Fires

Type A fires require a Class A fire extinguisher filled with pressurized water or foam and marked with a green label. These work by cooling the material below its ignition point and then soaking it. Plain water is still the best for ordinary Class "A" combustibles. Class ABC fire extinguishers, multipurpose extinguishers, will also put out a Type A fire. But make sure that the multipurpose rating includes A-type. Using just a BC multipurpose extinguisher will not extinguish this type of fire.

### Type B fires

Type B fires require a Class B extinguisher. There are several types of Class B extinguishers. They generally contain a powder to smother the fire and separate it from

oxygen. Foam is also used and does the same job. Class B extinguishers are marked with a red label. A Class B extinguisher filled with foam is used primarily on large flat surface fires; farm oil tanks and oil fires at sea are examples. Ordinary BC-rated dry-chemical, multipurpose dry-chemical and halon extinguishers will also extinguish a B-type fire. Halon and carbon dioxide are agents commonly used and rated for electrical fires. Because CO<sub>2</sub> is a gas, this type of "B" class extinguisher is better used indoors away from strong winds. It is also a clean substance making it excellent on electrical equipment like a computer.

### Type C fires

Type C fires require a Class C extinguisher marked with a blue label. These work by using an agent that will not conduct electrical current. Class C fire extinguishers will also extinguish type A and B fires. An ABC-rated multipurpose dry-powder extinguisher will also work on a C-type fire. NEVER use water extinguishers on electrical fires.

### Type D fires

Metal fires require a special Class D dry-powder extinguisher marked with a yellow label. Know the location and class of fire extinguishers in your workplace. Don't wait for a fire to remind you. Get the training you need to learn how to properly use a fire extinguisher.

If you have any doubts when faced with a fire, sound the fire alarm and exit the building. Better safe than sorry is the best way to save your life.



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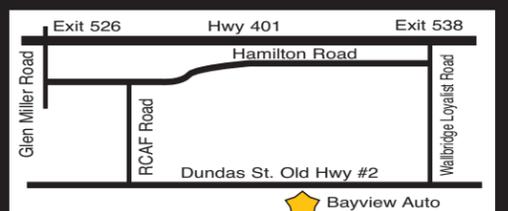
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# Wishing everyone a Merry Christmas and All That Jazz

by Lt(N) Pierrette LeDrew  
A1 Programs 2

Big band music lovers young and old enjoyed an afternoon of jazzy renditions of old Christmas favourites (and a few less traditional offerings) presented by the 8 Wing Concert Band this past Sunday.

The concert was a treat for all those present. Under the direction of Band Master Sergeant (Sgt) Gordon Smith, the band performed *White Christmas*, *Santa Baby*, and *Merry Christmas and All That Jazz*, among many others.

Besides being the conductor for the ensemble, Sgt Smith is also its male vocalist. He stepped off the podium a few times to perform, to the crowd's delight. His *You're a Mean One*,

*Mr. Grinch* was true to the song's namesake. With *What A Wonderful World*, he paid a fitting tribute to jazz great Louis Armstrong; but with it, he also reminded the audience that at this time of year, in spite of all that is going on in the world, it is important to take a moment in time to appreciate the simple things in life.

Vocalist Irene Fulton, who joined the band a month ago, performed *Christmas Time is Here*, *White Christmas* and *Santa Baby*, which drew much applause from the crowd. This was her first concert with the band, and she was pleased with the experience. "I enjoyed the concert very much and am impressed with the professionalism of the band - they sound great, and it was a pleasure to sing at the event,"

she said. The Master of Ceremony (MC) for the concert was Mr. Andy Sparling, who kept everyone entertained, in spite of being called to fill in for the usual MC at the last minute. The second conductor was Major Don Embree, stepping up to the podium during Sgt Smith's vocal performances.

The 8 Wing Concert Band performs 60 to 70 concerts every year. It is made up of seven regular force members, four reservists, as well as more than 20 civilian musicians. The latter come from all walks of life: many are retired military members, three are Second World War veterans, one is a veteran of the Korean War, and one is an RCMP officer. All are volunteers, and talented, dedicated musicians.



Photo: Submitted

Members of the 8 Wing Concert Band

JR RANKS MESS

# NEW YEARS EVE DANCE

SUNDAY, 31 DECEMBER 06  
ASTRA LOUNGE

**\$15.00 Per Member/Guest**  
Doors Open: 1830 hrs  
Buffet Starts: 1930 hrs  
"Roast Beef Dinner"

Music by DJ "Greg Bemis"  
Great Door Prizes!  
Courtesy Buses Available

Tickets on Sale at Mess Office  
04 Dec 06  
"No Reservations"

## Loyalist College Continuing Education Winter 2007

**Focus**  
on Lifelong Learning - Winter 2007

Don't be disappointed... register early

Distance classes begin January 12th  
Regular classes begin January 15th

Continuing Education  
www.loyalistfocus.com

**There's something for everyone at Loyalist this winter.**

We offer over 600 courses at nine locations throughout the Quinte region, and on-line. Whether you're looking to enhance your career, upgrade your skills or fulfill an artistic passion - we're sure to have something for you. Check out what's new and what's hot, including:

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- Fun With Mixed Media
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**Why not consider a gift certificate for someone special on your list?**

Join us at the Quinte Mall for our Continuing Education Information Day - on Friday January 5th from 9:00 am to 9:00 pm

Register on-line. No line ups or phone calls - Plus an instant confirmation and receipt.  
(613) 969-7900 • TTY (613) 962-0633  
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Season's Greetings!

Debra O'Brien-Darling, Sales Rep.  
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Building lot in Gossport \$55,000. mls 2068357

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I love 1st time home buyers!

Showcase

# Showcase



**Cpl J. Veilleux, Cpl J. St-Onge, MCpl P. Sweeting and Cpl D. Skinner**  
received the South-West Asia Service Medal, presented by LCol B. Lewis, CO 8 AMS.



**Cpl K. Seleski, Sgt K. Roth and MCpl D. Robertson**  
received the South-West Asia Service Medal, presented by LCol B. Lewis, CO 8 AMS.



**Cpl S. Neville, Cpl M. Paul and Cpl J. Mcdevitt**  
received the South-West Asia Service Medal, presented by LCol B. Lewis, CO 8 AMS.



**Cpl J. Hamley, Cpl S. Hart and Cpl J. Laflamme**  
received the South-West Asia Service Medal, presented by LCol B. Lewis, CO 8 AMS.



**MCpl D. Buchanan, MCpl J. Breznik and Cpl C. Barabé**  
received the South-West Asia Service Medal, presented by LCol B. Lewis, CO 8 AMS.



**Cpl D. Gilbert and Sgt D. Elliot**  
received the South-West Asia Service Medal, presented by LCol B. Lewis, CO 8 AMS.



**Cpl L. Price**  
received the Commanding Officer's Commendation, presented by LCol B. Lewis, CO 8 AMS.



**Cpl D. Knockleby**  
received his promotion to that rank, presented by Maj E. Morris, SOPSO 8AMS, also present was MWO D. Knockleby, TRSET.



**Pte F. Bresson**  
received her first hook, presented by LCol D. Miller, WAdminO, and MWO B. Doggett, WAdmin SWO.



**Pte R. Peddle**  
received his first hook, presented by Sgt S. Cupit, ATESS CCSIF.



**MWO K. Halliburton (Ret'd)**  
received his CD3, presented by LCol Peter van Haastrecht, RC AIR OPS O/CO CRGS.



**Pte(T) N. Brockowski**  
received his promotion to that rank, presented by Capt K. Bishop, ARO, and MWO S. Roy, D/ARO.

***Congratulations! Félicitations!***



# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
December 17 - December 23

**ARIES** (March 21-April 19): All you need to do is harness your talent on the 17 and you'll find it easier to make money. Make opportunities on the 18 - 20 and you'll get ahead. Take what you do and get it out to the public. Keep your secrets to yourself but be a team player at the same time. Don't take what everyone says too literally on the 21 and 22. Something that interests you may be impossible to follow through with right now. Store the information for a later date. A trip to old familiar places on the 23 will turn out to be surprisingly good. Someone you like will do something special for you.

**TAURUS** (April 20-May 20): Expand your creative awareness on the 17. Observe what others do and you'll discover a new way to proceed. Emotional matters will take you by surprise. Be honest with yourself and the people around you on the 18 - 20 if you don't want to find yourself in the middle of a messy situation involving money and partnerships. Your indecisiveness will be what holds you back. Do your best but ask for help. A sudden and unexpected chance to contact someone you admire is apparent on the 21 and 22. Don't let anyone thwart your plans. Don't worry about things left undone on the 23. Your presence will be enough for the people who love you.

**GEMINI** (May 21-June 20): Someone you know through work may be plotting to make you look bad on the 17. Control the situation by being prepared to show your worth. Don't get overly confident on the 18 - 20. As long as you continue to question and adapt to whatever is going on around you, everything will be fine. Don't take others for granted. Pampering, making personal changes, relaxing and rejuvenating will do you a world of good on the 21 and 22. This is a busy time of year and you want to be at your best. You don't have to spend to make good impressions on the 23. Make or do something special and you'll be remembered for your thoughtfulness. **CANCER** (June 21-July 22): Love is looking interesting on the 17. Don't pass up a chance to do something with someone you love. You may be caught up in the moment on the 18 - 20 but don't miss an opportunity to get ahead at work or school. A great idea must be put into play. Talk to anyone who shows promise to help you. Emotional matters must be dealt with on the 21 and 22. A change at home will bring a happier environment. Tie up loose ends on the 23 and prepare to kick back for the festive season. An extra something for an elderly individual will be appreciated and leave a great impression.

**LEO** (July 23-Aug. 22): Don't hesitate to tell people what it is you want on the 17. You can wangle your way in and out of anything on the 18 - 20. Your ability to talk up a storm and lead people will be helpful but, if you exaggerate, will be lost. Play it safe. Shopping, getting in the spirit and having fun are all looking very good on the 21 and 22. Don't be fooled by hidden costs or feeling that you have to be more generous than need be. Everyone loves you regardless of your offerings. Try not to go overboard on the 23. You don't have to impress anyone at this stage in the game.

**VIRGO** (Aug. 23-Sept. 22): Your heart may be in the right place but you're likely to be chastised for your choices on the 17. Expect the unexpected and you won't be surprised on the 18 - 20 by what happens. Your personal life may raise some uncertain issues. Sudden changes due to older relatives will surface. Take time out on the 21 and 22 to nurture a relationship you care about. The time spent with someone you love will be the most valuable gift you can offer. Sticking around the house on the 23 will lead to arguments and possibly a change of heart. Play it cool and get out. If you have someone you love, take this person with you and make a day of it.

**LIBRA** (Sept. 23-Oct. 22): Pleasure trips or getting in touch with people from your past will be rewarding on the 17. Don't sit around doing nothing on the 18 - 20 when there's much to be done. Someone you help will offer something in return. A clever idea will lead to an unorthodox but interesting proposal. Accidents are likely if you. Overly excited individuals in your family will drive you to distraction on the 21 and 22. The busier you are, the better you'll feel. You'll be the center of attention on the 23. Shopping and travel will bring joy, happiness and some interesting new connections.

**SCORPIO** (Oct. 23-Nov. 21): You will be able to formulate a sound business arrangement on the 17 even if it's Sunday and not appropriate to submit it. You probably won't notice anything going on around you on the 18 - 20 if it doesn't pertain to work or money. You have to make changes regarding lifestyle if you want things to fall into place and change for the better. A change in your household may come as a surprise on the 21 and 22. Don't let added responsibilities of elders in your family get you down. Visit friends on the 23 and it will help you get through the next couple of days dealing with the more difficult family members.

**SAGITTARIUS** (Nov. 22-Dec. 21): You may have trouble keeping a secret on the 17 and, if you do, you're sure to ruin a surprise for someone. You have a powerful persona on the 18 - 20 so line up everything you want to accomplish and start making things happen. You can convince others to help you. Take precautions while traveling. Someone you look up to or who has more experience than you will help you on the 21 and 22. Take any opportunity to meet with someone who can change your future. Travel back to your roots on the 23 and you'll discover things about you and your family you never realized before. An offer you can't refuse may be put on the table.

**CAPRICORN** (Dec. 22-Jan. 19): You can make money grow on the 17 if you invest in something solid and secure before year end. Put emphasis on what you can do for others on the 18 - 20. The more giving you are, the better your returns will be. Be willing to see the big picture. A prosperous deal can be started. Make your purchases count on the 21 and 22. Don't buy frivolous items. You have to be practical and do what's best for everyone including your own bank account. A secret that's been in the closet for a long time will probably be revealed on the 23. Don't be surprised - offer assistance and support.

**AQUARIUS** (Jan. 20-Feb. 18): A promise must be kept on the 17 if you want to keep things moving along positively. A proposal should be considered. Use your past experience to help you make the right choices on the 18 - 20. Make changes that'll influence the way you live. A job change or trying something new will work out better than anticipated. A partnership or relationship will take a serious turn. Something isn't adding up quite right on the 21 and 22. Don't let an older family member take advantage of you. Your emotions may be difficult to deal with on the 23. A gift you pick for someone you love will be the best surprise ever.

**PISCES** (Feb. 19-March 20): Travel isn't in your best interest and purchases made on the 17 will not be satisfactory. Refrain from making any changes or traveling far from home on the 18 - 20. Now is not the time to exaggerate or take on more than you can handle. Overspending on family and friends will leave you feeling anxious in the new year. The 21 and 22 may be a festive time of the year but, if you can do business or make some professional changes, do so. You'll meet someone who interests you for many different reasons. Don't fight the inevitable on the 23. A change in direction is looking good. Don't reveal your true feelings just yet.

## Royal LePage ProAlliance Realty



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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**.

**IN THE ZONE BY BRIAN CODAGNONE**

NEW TEAMS OFTEN HOLD CONTESTS FOR FANS TO COME UP WITH A NAME. I HOPE THEY PICK ONE SOON!

SUGGESTIONS FOR THE BUFFALO SABRES INCLUDED BEES, COMETS, MUGWUMPS, FLYING ZEPPELINS, BORDER RAIDERS AND HERD. NAMES FOR THE ATLANTA FLAMES INCLUDED REBELS, GRITS AND AARDVARKS. AARDVARKS? WHEW!

LUCKILY, THE NEW JERSEY TEAM BECAME THE DEVILS, NOT THE MEADOWLANDERS, COLONIALS, MEADOWLARKS OR COASTALS.

©2002 BRIAN CODAGNONE

**DuJour**

**LUNCH TAB**  
(accountants)

My part is \$8.67391

Mine is 22.161% Let's split it EVENLY

ROBERT SEYMOUR

**Stuff!**

Copyright © 2005 E.L. Cheney

"They sure appreciate a good tip here!"

**Not In My Backyard! by Dale Taylor**

THE YORKSHIRE TERRIER BOYS CHORUS SINGS AT THE PARK. I DON'T GET IT. THEIR MOUTHS ARE MOVING, BUT NOTHING IS COMING OUT. APPARENTLY THEIR VOICES ARE SO HIGH EVEN DOGS CAN'T HEAR IT.

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# Community Events

generously sponsored by...



# independent

YOUR INDEPENDENT GROCER



President's Choice

CFB Trenton
Smylie's Independent Grocer

Hwy#2 Dundas St. East

293 Dundas St. East,  
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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](mailto: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.

### Quilters' Holiday Meeting

The Trent Valley Quilters Guild will be holding its Christmas Pot-Luck Luncheon on Tuesday, December 19, at noon. The luncheon will be held at the King Street United Church (please use the side door). Members are reminded to bring their own dishes and utensils, as well as, servicing utensils for their pot-luck dish. New members are always welcome. For more information call Joyce at 613-966-7179.

### Temporary closure of Yukon Galley

Due to equipment maintenance, the Yukon Galley, building 120, 75 Yukon St, will be closed during the period of 18 December to 22 December 2006 inclusively. Wing Food Services will be happy to meet all your dining needs and serve both cash paying and ration card customers from the Officer's Mess, building 182, 38 Yukon St, during this time frame. Hours of operation will remain the same. Flight Feeding and administration will remain unchanged. We apologize for any inconvenience this may pose.



**CHAPLAIN SERVICES**  
**SERVICES OFFERT PAR L'AUMÔNERIE**  
 Wing Chaplain/ Aumônier de l'escadre – Major Lloyd Clifton  
 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 Fetes**

### Fermeture temporaire de la cuisine Yukon

Dû aux besoins d'amélioration de notre équipement, il est nécessaire de fermer la cuisine Yukon Galley, édifice 120, 75 rue Yukon durant la période commençant le 18 décembre jusqu'au 22 décembre 2006 inclusivement. Les services alimentaires de la 8ème Escadre seront heureux de servir les clients payants et ceux possédant une carte de ration au Mess des Officiers, édifice 182, 38 rue Yukon pendant cette période. Les heures de services seront identiques à celles en place présentement. Les services aux vols et l'administration demeurent les mêmes qu'auparavant. La gestion s'excuse pour toute inconvenance posée par ces démarches.

- 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 œcuménique - 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 - English Christmas Mass (RC)  
 2400 hrs - Messe de Noël francophone (cr)
- 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.

### December Wagon Rides

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

- 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.**

### 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.

### + First-Aid Instructor Course + January 2007

The Canadian Red Cross, Quinte branch, will be holding a course for new first aid instructors in January. Those interested in registering for this course may contact the Quinte branch at 613-966-0730. The course will be held at 344 Front Street (located in McNabb Towers, lower unit) in Belleville. Please note that pre-registration is required.

### 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.

### UNIFORM DRIVE

Your 8 Wing Band needs your 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!

Classifieds

# Classified

For Classified Information Call

613-392-2811 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.

**ORDERING AN AD**

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.

**USERS**

**& 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.

**Business Services**

**NEW & USED REFRIGERATORS**

Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees. Fridges \$100 and up

**NEW APPLIANCES**

at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from.

**PAYS CASH**

for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices. Open 7 days a week & evenings. We deliver. We like Base people.

**SMITTY'S APPLIANCES LTD.**  
613-969-0287

**BOARDING**

Dogs & cats. Individual exercise. Secluded country setting. Airport service available. 5 mins. from 401 Brighton. Call **EDDYSTONE KENNELS** 613-475-4405

**RUSHNELL FUNERAL HOME & CREMATION CENTRE**

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**Great value!**  
1&2 bdrm apts  
ADULT OR FAMILY BUILDINGS  
clean & quiet  
utilities & cable included  
CLOSE TO BASE  
**KLEMENCIC PROPERTIES**  
**613-392-7839**

**Great Deal**

Excellent split level home. 3 + 1 Bedroom, 2 full bath, gas fireplace, attached garage, 2 appliances, landscaped yard. In great family neighbourhood in Trenton. 5 minute to base.  
**\$850/ month + utilities**  
Avx end of January 2007  
Call Anne at **613-392-5024**  
And leave a message.

**For Sale**

Belleville Volkswagen  
**Just Arrived... New to Belleville Volkswagen**



**2004 Touareg**  
V6 fully loaded. Full size. All Wheel Drive and Navigation System. VW Certified Warranty. only \$1,000/KM **\$39,900**



**2006 Jetta**  
2.5i 5 cyl, 5 Speed manual, with Alloy's, Sunroof, BSP. Balance of New Car Warranty to 80K, only 15,000/KM **\$23,900**  
**Call Paul at**  
613-966-3333  
239 Wexford Front  
Belleville  
[www.bellevillevw.com](http://www.bellevillevw.com)

**1996 Dodge Avenger ES**  
Sport Model, Automatic, 6-cylinder, Deep tint glass 189,000 km  
Safety and e-tested  
**\$2,500.00**  
Call: **613-827-2474**

**1998 Mercury Mystique**  
4-Door, 4-Cylinder, Automatic, 235,000 km  
**\$2,800.00, as is.**  
Please call: **613-967-2229**

**For Sale or Trade??**

1953 Chev Half Ton - Two thirds complete restoration. Everything new, too much to list here - asking \$5000, or trade, or partial trade for enclosed cargo trailer suitable for hauling motorcycles. Call Steve at local 7641 or **613-394-6172** after 5 pm

**Wanted**

**Wanted to Buy**  
Fridges, stoves, washers, dryers in working order and clean. Will pay good price. No dealers. Please call 1-613-969-0287 or 613-968-4183

**Sony Playstation 3**  
New in Box. 20 GB  
**\$1,200.00 OBO**  
call: **613-921-2468**

**Cleaning Services**

**Tammy's Cleaning Service**  
Years of 100% successfully passed Marchout Inspections. & 20 years of housecleaning in the Quinte Area. (limited spaces available)  
**"I likely clean for someone you already know."**  
Call Tammy @ **613-392-0759**

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**FURNITURE & APPLIANCES**  
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**BIG 30% OFF ON FURNITURE**  
50 Mile FREE DELIVERY  
Open 7 days a Week  
Thurs & Fri 9-8  
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Yes We Have No Interest No Payment See Store for Details

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Hwy. 33 just south of 401  
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**NO GST NO PST** 1/2 PRICE MATTRESS SALE ON SERTA & SIMMONS MATTRESSES & ALL FURNITURE

**ALL APPLIANCES AT BLOW OUT PRICES**  
• Fridges • Stoves • Washers • Dryers  
**WE FINANCE** S.A.C. ON APPROVED CREDIT

It is possible to fly without motors, but not without knowledge and skill.  
— Wilbur Wright



**Accommodations**

**Bayside Motel**

2 minutes from base. Housekeeping Facilities. Daily, Weekly, Monthly Rates. Free Storage.  
**613-392-9281**

**Comm. Events**

**Romeo & Juliet's New Year's Eve!**

Sat. Dec 31st.  
Tickets available at the door.  
Top Floor  
Belleville Legion  
8pm

[www.romeoandjuliet.ca](http://www.romeoandjuliet.ca)  
Details: **613-392-9850**

**Advertise in**

**the Contact**



Call Sheila  
**613-392-2811 Ext 7008**

**Crossword Answers**

H	E	N		P	O	E	T		A	F	T	S	
A	N	A		L	A	N	K		G	O	R	E	
L	O	M	B	A	R	D	O		R	U	I	N	
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			T	E	D			F	U	E	L	E	D
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M	A	S	S			D	E	A	L		H	I	P



# La Force aeriennne du Canada permet au programme d'instruction au pilotage militaire de la Jamaïque

La Force aeriennne du Canada

**KINGSTON, Jamaïque, 07/12/2006** – Des dignitaires de la Jamaïque, du Canada et d'autres pays des Caraïbes ont assisté aujourd'hui à la cérémonie d'ouverture officielle de l'école d'aviation militaire de la Jamaïque (Jamaica Military Aviation School – JMAS). La mise sur pied de cette école, la seule du genre dans les Caraïbes, a été rendue possible grâce au Programme d'aide à l'instruction militaire (PAIM) des Forces canadiennes, un outil de diplomatie de défense particulièrement efficace.

« La Force aeriennne du Canada a formé, au Canada, les pilotes et les techniciens chargés de la maintenance des aéronefs de la Force de défense de la Jamaïque (FDJ) pendant plus de 35 ans », a précisé le major-général Charlie Bouchard, commandant, 1re Division aeriennne du Canada, à la suite de la cérémonie d'ouverture. « Il est clair que les Jamaïcains sont fin prêts à aider une nouvelle génération de pilotes militaires à recevoir leurs ailes dans leur propre pays. D'ailleurs, le Commandant désigné de la JMAS, le Capt Brian Creary, a récemment achevé un pro-

gramme de formation de trois ans destiné aux pilotes militaires canadiens dans le cadre d'un échange avec la Force aeriennne du Canada à Portage la Prairie, au Manitoba ».

« Ce projet n'aurait pas été possible sans l'apport du PAIM, a souligné le lieutenant-colonel Geoffrey Roper, commandant de l'escadre aeriennne de la FDJ. « Le Canada a offert son soutien pour la mise sur pied d'un centre d'excellence technologique et militaire en Jamaïque. Il s'agit là d'un tournant décisif dont toute la région des Caraïbes tirera profit ».

« L'école d'aviation militaire de la Jamaïque utilisera les normes canadiennes pour former des pilotes militaires, et ce, tout au long de leur instruction au pilotage d'hélicoptères et d'aéronefs multimoteurs. La décision du Canada de fournir le programme d'enseignement destiné aux pilotes de même que le matériel informatique requis, et de remettre à neuf le bâtiment hébergeant l'école, qui a été endommagé lors du passage de l'ouragan Ivan, nous a aidé à réaliser ce projet ».

Les pilotes de l'Escadre aeriennne de la FDJ jouent un rôle capital pour ce qui est des opérations de lutte anti-drogue et d'interdic-

tion de la contrebande d'armes légères. L'Escadre aeriennne a également effectué un grand nombre de missions de recherche et sauvetage, de secours aux sinistrés et de protection de l'environnement.

« Les liens sont étroits », a ajouté le major-général Bouchard. « En plus de permettre le développement de compétences de haut niveau pour les besoins de la Force aeriennne, le Canada, par l'intermédiaire du Programme d'aide à l'instruction militaire, soutient depuis longtemps la formation professionnelle des officiers de la région au collège des Caraïbes qui offre un cours élémentaire de commandement et d'état-major (Caribbean Junior Command and Staff College – CJCSC), en Jamaïque ».

Le Programme d'aide à l'instruction militaire du Canada qui existe dans 61 pays, s'avère fort bénéfique lorsque les armées des nations participantes coopèrent entre elles. De plus, il aide à améliorer les opérations internationales de soutien de la paix interarmées et fait la promotion des valeurs canadiennes, comme la démocratie, la primauté du droit, la stabilité internationale et les droits de la personne.

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