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24 CF Health Services Centre to be evaluated

by Cathy Yeager
Quality Improvement
/Risk Management
Coordinator
24 CF H Svcs C

Canadian Forces Health Services Group Headquarters has mandated through a CF-wide health reform project as part of the Quality Improvement (QI) process, that all CF in-garrison medical clinics will participate in the accreditation process through the Canadian Council on Health Services Accreditation (CCHSA) program. The CCHSA program is designed to help healthcare organizations examine their services and improve the quality provided to their specific population. This is accomplished by promoting a culture of continuous improvement and learning whereby staff and patients actively engage in improving the delivery of care in the clinic. Specific actions of this program identify, implement, monitor and evaluate improvement ideas.

So how does the accreditation program work? Accreditation is a two-phase process that includes a self-assessment on the services we provide, followed up by an on-site survey conducted by CCHSA affiliated health professionals. CCHSA has developed Canadian national healthcare standards in the form of a self-assessment that has given us the opportunity to evaluate our services against these standards. The stan-

dards for assessing CF clinics are the same used to evaluate civilian health care agencies across Canada. The QI teams have spent considerable time and effort over the past year evaluating and answering the standards as well as providing evidence in order to prepare for phase 2 of this process.

Phase 2 will take place the week of 4-7 Dec 06. During this week, CCHSA health professionals known as ‘surveyors’ will visit the clinic in Trenton and our detachment clinic in North

Bay. The visit will include a review of our self-assessment, tours of specific areas in the clinic, team interviews and individual patient interviews. There will also be 3 focus groups conducted; a community partners focus group, a patient focus group and a staff focus group. This means that there will be participation from both the CF and civilian community to give the surveyors a wide perspective on our services. Patients and CFB Trenton community participants are encouraged to speak open-

ly with the surveyors and all information provided remains confidential. Does it end in Dec 2006? No, absolutely not. Part of CCHSA’s mandate is to provide the clinic with a post-survey report that outlines recommendations to help us maintain and improve the quality of our services. Those recommendations, as well as the areas of improvement identified by the clinic quality teams will help the clinic move forward with our continuous quality improvement program.



Photo: Contact archives

This program runs on a continuous 3-year cycle which means Phase 1 begins again in the fall of 2008 and the clinic will be surveyed again in December of 2009. From the clinic perspective, it means we are committed to continuously improving the delivery of our health care services. From the CF Health Services perspective, it means that every time a CF member walks through any CF clinic door, there will be consistent quality health care services.

STOCKING THE FOOD BANK

Photo: Amber Gooding, Contact Staff



Corporal J. Rankin helps unload food donations after the Aerospace and Telecommunications Engineering Support Squadron’s (ATESS) annual two-hour food drive, which took place on November 16, 2006. This year’s food drive raised over \$1404 and 1247 lbs of food for the Trenton Food Bank. Over the last 10 years, ATESS has managed to raise more than \$10,000 and 9380 lbs of food.

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8 Wing Employment Equity Advisory Group

by Maj Sylvain Morin

The 8th Wing Employment Equity Advisory Group (EEAG) has embarked on its fifth year, yet few wing personnel really know the purpose or raison-d'être of the group and what type of work and activities are performed behind the scenes. This article was put together to hopefully provide more background information as well as the various ways in which the group provides advice to the wing leadership on issues relevant to their membership and to the implementation and support of Employment Equity (EE).

Canadian society in the New Millennium is evolving into a rich, diverse culture due to immigration, changing attitudes towards gender equality, improved relationships with First Nations peoples, and advances in attitudes to those with physical challenges. All of these add to the greatness of our country, and represent a marked improvement in society as a whole. As our society evolves, it only stands to reason that its institutions keep pace. The military has found this quite challenging. Traditional military philosophy was based on uniformity of dress, grooming, and behaviour. The entire purpose of Basic Training was to rid us of our individuality and mold us into disciplined service personnel. We are, however, drawn from the diverse Canadian population. As such, a cross section of today's Canadian Forces (CF) as compared to the CF of 20 years ago has changed considerably as well. Women, for example, are now employed in what were once considered "non traditional occupations," i.e.: Combat Arms Trades. This has benefited and influenced our military society as well as added a new cultural richness to the Canadian society as a whole, clearly reflecting some of our changes in attitudes towards our diverse cultures and the roles they each play within our country.

With society rapidly changing, the Government of Canada felt it was imperative that a strategy was required to address the removal of

barriers to equality in the workplace and, in 1996, created the Employment Equity Act for all government departments. This strategy has been designed to eliminate discrimination or barriers and open the competition for employment and advancement opportunities to those who might otherwise be excluded. More specifically,

"The purpose of this Act is to achieve equality in the workplace so that no person shall be denied employment opportunities or benefits for reasons unrelated to ability and, in the fulfillment of that goal, to correct the conditions of disadvantage in employment experienced by women, Aboriginal peoples, persons with disabilities and members of visible minorities by giving effect to the principle that employment equity means more than treating persons in the same way but also requires special measures and the accommodation of differences." The Department of National Defence, as with other departments, worked towards a CF which reflects the representation of designated groups (Women, Visible Minorities, Aboriginal People, and Persons with Disabilities) in the Canadian workforce.

Unfortunately, traditional conservative military attitudes have made this transition to diversity quite difficult. We found ourselves reacting to change thrust upon us rather than embracing it positively, and making these changes into strengths. This was recognized, and our attitude towards this evolution has changed. We have implemented a plan that will allow us as an organization to take advantage of this diversity in culture.

To support this initiative, an Employment Equity Advisory Group (EEAG) was formed in 2002 at 8 Wing. The group meets monthly with a view to work towards being an effective advisory group, but the word is slow in spreading. Its main purpose is to provide advice and insight to the Wing Commander on issues relevant to the Wing and the implementation of EE and removal of

systemic barriers. It further provides issue identification and recommends solutions as advisors to the Wing senior and management staff.

The group is still looking for participants/volunteers who are interested in this cause, and willing to work towards implementation of all EE initiatives. We currently have two co-chairpersons (1 each, civilian and military) and official points of contact for specific issues dealing with aboriginals, persons with disabilities, visible minorities and women.

- DWAO - Defence Women's Advisory Organization
- DAAG - Defence Aboriginal Advisory Group
- DAGPWD - Defence Advisory Group Persons with Disabilities

- DVMAG - Defence Visible Minority Advisory Group

Anyone at 8 Wing / CFB Trenton who is interested in participating in this group, has issues or subjects worthy of discussion can contact the OPIs for the specific interest group.

If you have an issue to bring up to the advisory group, bear in mind the group's mandate, which is to advise on issues with regards to policy, and not to act as a part of any grievance process. The group will not take part in individual conflicts or grievances. Regardless, it must be said that all systemic issues will manifest themselves as grassroots level problems, so letting us know about these things may open the door to bigger issues.

The Combined Advisory Group meetings are held the first Wednesday of every month at 1300 hrs in the Wing Chapel at 91 Namao Dr.

The individual sub-groups contact can be contacted for meeting time and locations.

Interested participants may contact their respective OPIs for their specific group, or the civilian co-chairperson (Ms Kym McClinton, WCE Contracts, Local 3501) or military co-chairperson (Maj Sylvain Morin, ATESS HQ CJSF, Local 2995) for more information.



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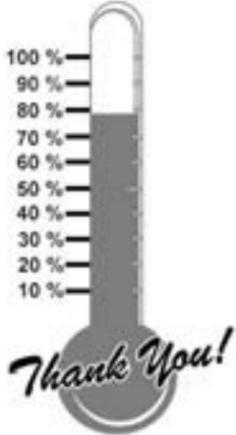
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There will also be raffles for a hockey stick, posters and other assorted items. Something for everyone, and could even make some great Christmas gifts.

Search & Rescue UPDATE

Photo: Sgt R. Ruthven, CFLAWC



424 Squadron had another quiet week last week. There was only one SAR mission in the past seven days. Rescue 491 (Griffon) was tasked to search for a PIW (person in water) near Cornwall where there was a reported collision between two boats. While enroute, everyone was recovered by the Canadian Coast Guard, and Rescue 492 was stood down and returned to 8 Wing.

Until next week, stay safe.

Missions for 2006: 216 Missions for Nov.: 4 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.

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

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

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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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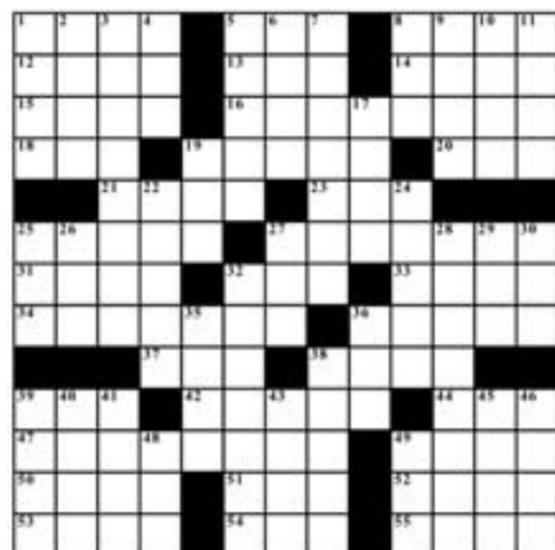
By Bernice Rosella and James Kilner

ACROSS

- 1 Mortgage
- 5 Rocky peak
- 8 All-inclusive
- 12 Neighbour of Saudi Arabia
- 13 Room in a harem
- 14 Zone
- 15 Filth
- 16 Oshawa _____ (Memorial Cup winners 1990)
- 18 Legendary Bruin
- 19 Ocean transporter
- 20 Partner of caboodle
- 21 Ratites
- 23 Dempster stat
- 25 Peterborough _____ (Memorial Cup winners 1979)
- 27 Swift Current _____ (Memorial Cup winners 1989)
- 31 Drenches
- 32 Iron symbols
- 33 Net
- 34 Rimouski _____ (Memorial Cup winners 2000)
- 36 Cluttered
- 37 Sacha to Pierre
- 38 Ointment
- 39 Prov. legislator
- 42 Steep slope
- 44 Ms Braun
- 47 Spa worker
- 49 Article
- 50 Resound
- 51 Student apartment
- 52 Identify
- 53 Observes
- 54 Evian or St Moritz
- 55 Image

DOWN

- 1 Extinct bird
- 2 Eastern ruler



- 3 Hair pin
- 4 A. Nobel invention
- 5 Robes
- 6 Baltic Sea feeder
- 7 Kitchener _____ (Memorial Cup winners 1982)
- 8 _____ won ton
- 9 Neighbour of Iran
- 10 Grocery
- 11 It can be near or far
- 17 Architect Saarinen
- 19 Urban transporter
- 22 Plateaus
- 24 Broadway investor, slangily
- 25 Paid player, for short
- 26 Euro alliance
- 27 Beak, in Bonsecours
- 28 Lipstick or eye shadow
- 29 America's org.
- 30 Guileful
- 32 Hamilton _____ (Memorial Cup winners 1976)
- 35 Proboscis
- 36 Chart
- 38 Netherlands city
- 39 Women, in Trois Pistoles
- 40 Shoe part
- 41 Tennis great
- 43 Request in many a bus. memo
- 45 Kill a bill
- 46 Prayer ender
- 48 Distress signal
- 49 Here, to Henri



This Week in Contact

1976 – In a world without women, the soothing tones of a girl vocalist over the airwaves help to make a six-month isolation posting almost bearable. CHAR radio, the "Voice of the Chosen Frozen" at Canadian Forces Station Alert, the most northerly permanent settlement in the world, is a fully-licensed station, run by 44 volunteer station personnel on a 24-hour a day basis. The station is supported by non-public and public funds and runs equipment worth more than \$80,000.

1986 – Royal New Zealand Air Force recently treated CFB Trenton and 426 Squadron to a visit. Aside from touring, other activities included simulator familiarization, local flying and of course, socializing. The Kiwis brought along their own C-130, which was quickly, and thoroughly examined by Trenton's personnel who were interested in their new avionics, particularly in their internal navigation system and new model of Doppler.

1996 – The task of preparing an air bridge from Canada to the troubled heart of Africa has periodically occupied virtually every unit at CFB Trenton. Despite steady barrage of new information and changing circumstances, Air Transport Group's task is clear. Prepare the road for the United National humanitarian mission, dubbed Operation Assurance.

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



Remembering...8 Wing Trenton in the 1990s

by Captain Randy J. Henning

If one phrase could describe the Canadian Forces in the 1990s, it would be, "doing more with less." Fearful of a growing deficit and citing what many saw as a "dramatic improvement in the international situation," the Canadian government made deep cuts to its military. The 1995 budget alone took \$7 billion from defence spending over five years, slated 21 bases and stations for closure, and sharply reduced the total numbers of military and civilian personnel. Personnel reductions were felt keenly at 8 Wing, where the need to maintain flying operations meant that even deeper cuts were required to the support side of the house, especially in the areas of logistics and administration.

But even as Canadians were cashing in their "peace dividend," the international situation grew steadily worse. Ethnic tensions and territorial disputes, long held in check by the world's two super-powers, turned violent. Iraq invaded Kuwait in 1990. The Canadian Forces were called upon to contribute to the UN blockade of Iraq and also contributed to the coalition that freed Kuwait in 1991. We participated with other NATO countries in forcing the Serbs to withdraw from Kosovo in 1999. And Canada also took on new UN and NATO led missions in Somalia, Rwanda, the Congo, East Timor, and the Former Yugoslavia.

Trenton, meanwhile, was becoming the centre of strategic airlift for all these missions.

429 Transport Squadron moved to Trenton from St-Hubert in 1990. The October 5th, 1994 Contact reported the recent arrival of two additional CC130 Hercules aircraft from 18 Wing Edmonton. It also noted that the Tactical Airlift (TAL) School had moved from Edmonton to become part of 426 (Training) Squadron in Trenton. Now known as Tactical Training Flight, it teaches aircrew the skills they need to fly missions to places like Sarajevo, Rwanda, and these days, Afghanistan. The Contact also reported that the 8 Wing Rescue Coordination Centre (RCC) had taken over duties from Edmonton, making them responsible for coordinating search and rescue (SAR) activity over all of central and northern Canada and concluded that 8 Wing had become "Canada's most operational Air Force Base, a centre of excellence for strategic airlift and Search and Rescue."

Adding to the strategic airlift requirement in the 1990s was the stand-up of the Disaster Assistance Response Team (DART) in Trenton in 1996. The aim of the team, as stated in the 19 June 1996 Contact, is to "Provide emergency humanitarian relief assistance anywhere in the world for up to 40 days. The DART deployed to Honduras (OP CENTRAL) following the devastation of Hurricane Mitch in 1998 and to Turkey



Doing more...DART brings humanitarian assistance to Honduras in 1998. Photo courtesy of DART website.

(OP TORRENT) on earthquake relief in 1999.

Trenton and the local area opened their doors and their arms to the world in 1999, as Canada accepted thousands of Kosovo refugees who were fleeing the squalor of the refugee camps in Albania. Those arriving in Trenton were given temporary lodging in the 8 Wing Cadet Camp. Many members of the military community helped the Red Cross hand out clothing and other supplies, and organized sports and social events to occupy the new arrivals until they could be moved to more

permanent reception areas.

Yet, as its responsibilities grew in the 1990s, 8 Wing was also saying goodbye to a number of its historic players. Air Transport Group was disbanded in July 1997, with the creation of 1 Canadian Air Division/Canadian NORAD Region. And in April of that year, 437 Transport Squadron held a "send-off ceremony" to mark the retirement of the venerable Boeing 707 (CC137) after 27 years of service.

Thanks to Ms Jodi Ann Eskritt for her research assistance with this article.

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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.; bantam and midget 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!

Hoops program returns to the RecPlex

The new Hoops program helps kids understand the game of basketball and develop skills. It is good for the beginner or advanced.

The program is designed for co-ed youth, to learn fundamentals and develop skills.

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

Hoops takes place on Tuesdays at

the RecPlex Gym, and runs for 14 weeks, from November 21 until March 6, 2007.

This program is open to children ages 8 to 13, will take place from 6 p.m. to 7 p.m.

Cost is as follows: CRA members, \$28; military community non-members, \$35; general public, \$42. These costs also includes a t-shirt. Pre-registration is required.

Notice: Community Ice Cancelled

Family skating will be cancelled on Sunday, 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.

Instructor Recertification Course

This recertification course is scheduled to take place on Sunday, November 26, from 4:15 p.m. to 8:15 p.m.

Cost is as follows: CRA members, \$60; staff and non-members, \$65; general public, \$75. The course will be directed by instructor Tanya Grierson.

Ice monitors

Ice monitors are needed for family skating which takes place 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.

World Championships in Las Vegas

by Cpl Jacques Caron

After a long season of weekly workouts, training camp, regional events across Eastern Canada and the National Championships in Niagara Falls, it was on to the World Championships in Henderson, Nevada.

Conveniently located eight kilometres south of Las Vegas, Henderson is a suburb of Las Vegas and is very quiet.

I flew in the evening of Monday and arrived pretty late, found the hotel and fell asleep very fast. The next morning, I woke up to the beautiful scenery of the desert and found my way to the site.

I was to do a tandem event with my brother-in-law, which consisted of doing half the challenge and then do it again on the other side since there are two sides of the course. We eventually finished eighth in the over 40 category.

The next day was the wild card entry for individuals, with more than 145 people registered. It was a very hot day but I was able to stay in the shade and drink lots of fluids.

I did have a good run with no penalty but with no time to practice on this somewhat different and slow course, I ended up 14th out of 21 in the over 45 category with a respectable time of 2:47. Only the top seven in each category advanced to the final day. I then cheered the rest of the Canadians competing.

More than 500 firefighters from all over the world competed in this year's world championships and no records were broken.

I would like to personally thank the Wing Logistics and Engineering Officer, Lieutenant-Colonel Carrie Fortier for helping me participate in this once-in-a-lifetime opportunity, as well as the Fire Chief, Captain Jesses Grondines and blue crew for their help.



Shown above, Corporal Jacques Caron during the World Championships held in Henderson, Nevada.

Youth clinic

A Youth Strength and Conditioning Clinic will take place this Wednesday, November 29, 2006, at 1530 hrs.

This clinic will be conducted by instructor Todd Peart.

The clinic is one hour in length and is open to interested youth 13 to 17 years of age.

To register, please contact Todd at local 7160.

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Fitness, Sports & Recreation

Stoddart elected to Bowling Hall of Fame

On November 4, 2006 Harold Stoddart was elected to the Ontario Five Pin Bowlers Association Hall of Fame. Below is an excerpt of the reasons for his election.

Harold Stoddart joined the Canadian Air Force in 1954 at the age of eighteen and, in a thirty-two year military career, began a bowling involvement that continues to this day.

As part of basic training, the young cadets were offered some sports options and five pin bowling was one of the choices. Harold volunteered to look after the bowling activity and subsequently bowled in leagues in Trenton, Downsview, Ottawa and Edmonton.

This familiarity with bowling led to Harold's appointment, in 1977, as manager of Astra Lanes on the base of Trenton. The centre became a decentralized association under the umbrella of the Ontario 5 Pin Bowlers' Association.

At the same time, Harold was introduced to the upper level of the organizational side of five pin bowling through another member of the military, Hall of Famer Walter Knapp.

Walter invited Harold to attend his first Ontario 5 Pin Bowlers' Association (O5PBA) Convention and, in 1977, Harold became involved in the local scene as well.

In Trenton, Harold was president of the Bay of Quinte 5 Pin Bowlers' on two different occasions before joining the Board of

Directors of the O5PBA specializing in the area of lane certification.

Ultimately, he succeeded his mentor, Wally Knapp, as provincial Tournament Director.

Harold was program director of the Youth Bowling Program at Astra Lanes and, at its peak, registered 212 youth bowlers in the four lane centre.

From the YBC program, Harold joined the Master Bowlers' Association and has bowled in both teaching and tournament divisions.

In the tournament division, Harold was able to bowl with his son, Michael, and also excelled on the lanes by winning the 1994 Oktoberfest Classic.

In recent years, Harold also coached Michael on the Ontario teaching division men's team and this group won a bronze medal in 2005 at Red Deer, Alberta.

At the open, Harold has both coached and bowled, and overall has been to the Provincial Championships on seventeen occasions, seven as a bowler and ten as a coach.

The most memorable team was in 1982 when, as a member of the Bay of Quinte men's team, Harold won the provincial championships and represented Ontario in the Canadian Championships that was bowled in Calgary.

Throughout his career, Harold has been recognized for his achievements.

In 1988, the Calgary Olympic year, Harold was recog-

nized by the City of Trenton for his contribution to amateur sport and specifically five pin bowling.

Two years later, Harold received the prestigious Base Commander Award at CFB Trenton for his volunteerism.

In addition, Harold is a charter member of the Zone K, YBC Hall of Fame, having been inducted in 1989.

Harold and his wife Donna recently celebrated fifty years of marriage, and Donna has been a supportive and contributing partner over the years.

Harold and Donna are life members of both the Bay of Quinte and Astra 5 Pin Bowlers' Associations. As well, Harold was recognized in 2005 with Life Membership provincially.

Just this year, the Ontario Government recognized Harold's contribution to amateur sport with the prestigious Syl Apps Award for Volunteerism.

In fifty years, Harold and Donna raised five children - Beth, Dale, Carmen, Patrick and Michael, and only Beth is not a member of the military. In addition, there are now six grandchildren and nine great grandchildren to make the family gathering large affairs.

In retirement, Harold has become an accomplished woodworker and cabinet maker, and a large collection of memorabilia allows both Harold and Donna to relive their lifetime of memories on an ongoing basis.

OPENING CEREMONIES

Photo: Amber Gooding, Contact Staff



Bagpiper Joe Maynard (front) and Major Pat Bouffard (left) lead a group of DND firefighters down the sheet during the opening ceremonies of the 41st Annual Firefighters Bonspiel, which is also hosted in memory of the late founder John Cowell. Firefighters from bases across Canada attended the weekend tournament, which was held at the Trenton Curling Club from November 17 to 19, 2006.

First loss, with heads held high

The Lady Flyers took their first loss of the season when Colbourne visited us at the RCAF Flyers Arena and came from behind to win 4 to 3.

Two Flyers goals were delivered by 'Top Gun Izzy' (Corporal Isabelle Langevin - "I'll hit the brakes and she'll fly right by"). Sergeant Nicole Bureau scored the third goal.

Assists were provided by Corporal Joan Flecknell, Private Shelley McCammon and Corporal Isabelle Langevin.

Captain Gill Parker delivered an outstanding performance as goalie.

The team would like to wish Private Claudia Côté-Pellerin the absolute best as she moves on to Kingston for her POET course.

The team is still seeking an additional goalie. Anyone interested is encouraged to come on out.

We practice each Tuesday at 15:30 and play on Thursday's at 19:30 at the RCAF Flyers Arena.

Noon Hour Fitness Schedule

November 27 - December 1, 2006

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	1
Cardio and Core	STEP PLUS	Spinning	Specialty Class	Spinning

- 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.

United Way Raffle Tickets

Tickets are available at the Gymnasium. Cost for one (1) ticket is \$2 or buy three (3) for \$5.

Prizes include: Elliptical Trainer, Bosu Ball and a Fitness Step.

For more information, please contact Apollo at local 2289.

EXPRES test information

Important numbers in regards to booking information for EXPRES test:

Fitness Coordinator:

- Lisa Refausse ext 3328

Fitness Instructor/EXPRES Coordinator:

- Mat Cassidy ext. 7517

Members: Please liaise through your EXPRES Coordinators.

Expres Coordinators: We are block booking times for Units, please request your timings.

Pool notice to all parents

An adult must accompany any children 6-years-old and under into the water and must stay within one arms length at all time.

NEW: Children under the age of 10-years-old must be accompanied on the pool deck by an individual who is at least 12-years-old, or older, who is responsible for the child's direct supervision while at the pool.

Much Music Video Dance

December 2, at the south side Gym, from 6 to 10 p.m. For ages 9 to 16. \$10/person



Holiday Season Nutrition Tips

With the holiday season ahead, pass on the heavy appetizer's and have a healthy snack before eating those big meals.

Do your best to keep to your fitness regime throughout the season and add in some fitness times on those feast days and Christmas party occasions to avoid the need for a New Year's resolution.



Souvenons-nous...8e Escadre Trenton durant les années 90

par le Capitaine Randy J. Henning

Si l'on décrivait en quelques mots les Forces canadiennes pendant les années 90, ce serait : « faire plus avec moins ». Craignant un déficit grandissant et invoquant ce que plusieurs voyaient comme « une amélioration marquée de la conjoncture internationale », le gouvernement canadien a sabré dans le budget militaire. Seulement dans le budget de 1995, on a amputé les dépenses militaires de sept milliards de dollars sur cinq ans, annoncé la fermeture de 21 bases et stations et réduit considérablement le personnel militaire et civil. Les réductions d'effectifs se sont fait sentir à la 8e Escadre, où le besoin de maintenir les opérations aériennes signifiait que des réductions encore plus importantes étaient nécessaires au niveau du soutien, notamment

à l'égard de la logistique et de l'administration.

Toutefois, alors que les Canadiens encaissaient leurs « dividendes de la paix », la conjoncture internationale s'empirait graduellement. Les tensions ethniques et les revendications territoriales, qui avaient été tenues en échec pendant longtemps par les deux superpuissances du monde, ont tourné à la violence. L'Iraq a envahi le Koweït en 1990. Les Forces canadiennes ont été sollicitées pour participer au blocus des Nations Unies exercé contre l'Iraq et à la coalition qui a libéré le Koweït en 1991. Elles ont également aidé d'autres pays de l'OTAN à forcer les Serbes à se retirer du Kosovo en 1999. De plus, le Canada a pris part à de nouvelles missions, dirigées par les Nations Unies et l'OTAN, en Somalie, au Rwanda, en République démocratique du Congo, en

République démocratique du Timor-Leste et en ex-Yougoslavie.

Entre-temps, la 8e Escadre Trenton était en train de devenir le foyer des activités d'aérotransport stratégique pour toutes ces missions. Le 429e Escadron de transport a quitté Saint-Hubert pour s'installer à Trenton en 1990. Dans le numéro du 5 octobre 1994 du Contact, on annonçait l'arrivée récente de deux avions CC-130 Hercules additionnels de la 18e Escadre Edmonton. On mentionnait également dans ce numéro que l'École de transport tactique avait quitté Edmonton pour venir s'intégrer au 426e Escadron (entraînement), à Trenton. Maintenant connu sous le nom d'Escadrille d'entraînement tactique, elle transmet aux membres d'équipage les connaissances dont ils ont besoin pour exécuter des missions de vol à

des endroits tels que Sarajevo, le Rwanda et de nos jours, l'Afghanistan. Le Contact a également fait remarquer que le centre de coordination des opérations de sauvetage (RCC) de la 8e Escadre avait pris en charge les responsabilités d'Edmonton, ce qui signifiait qu'il devait désormais s'occuper des activités de recherche et sauvetage pour tout le Centre et le Nord du Canada. Le Contact a conclu que la 8e Escadre était devenue « la base aérienne la plus opérationnelle au Canada, soit un centre d'excellence pour l'aérotransport stratégique et la recherche et sauvetage. »

Les besoins en matière d'aérotransport stratégique des années 1990 se sont amplifiés avec la création de l'Équipe d'intervention en cas de catastrophe (EICC) à Trenton en 1996. L'objectif de l'équipe, comme il en est fait mention dans le

numéro du 19 juin 1996 du Contact, est « d'offrir des services de secours humanitaire d'urgence partout dans le monde pendant des périodes pouvant atteindre 40 jours ». L'Équipe d'intervention en cas de catastrophe a été affectée au Honduras (Op Central) après le passage de l'ouragan Mitch en 1998 et en Turquie (Op Torrent) après un tremblement de terre en 1999.

Trenton et ses environs ont accueilli chaleureusement le monde en 1999 lorsque le Canada a logé des milliers de réfugiés du Kosovo qui fuyaient les conditions d'hygiène déplorables des camps de réfugiés en Albanie. On a hébergé temporairement ceux qui sont arrivés à Trenton au camp de cadets de la 8e Escadre. De nombreux membres de la communauté militaire ont aidé la Croix-Rouge à distribuer des vêtements et d'autres approvision-

nements et ont organisé des activités sportives et sociales pour occuper les nouveaux venus en attendant qu'ils soient réinstallés dans des zones d'accueil plus permanentes.

Toutefois, à mesure que ses responsabilités augmentaient pendant les années 90, la 8e Escadre devait également se détacher d'un bon nombre de ses partenaires historiques. Le Groupe de transport aérien a été dissous en juillet 1997 au moment de la création de la 1re Division aérienne du Canada / Région canadienne du NORAD. En avril de la même année, le 437e Escadron de transport a organisé une « cérémonie d'adieu » pour souligner la mise hors service du vénérable Boeing 707 (CC-137) après 27 ans de service.

Nous remercions Madame Jodi Ann Eskritt pour les recherches qu'elle a effectuées pour cet article.

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« Faire plus... » l'Équipe d'intervention en cas de catastrophe offre de l'aide humanitaire au Honduras en 1998. Photo : site Web EICC.

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NATIONAL ADDICTIONS AWARENESS WEEK NOVEMBER 19 - 25, 2006

Strengthening the Forces, Health Promotion, Local 3768

Cannabis: The most widely used illegal drug

Get the facts:

- Cannabis is classified under two drug categories: Depressants and Hallucinogens.
- Cannabis is used in three forms. It is used as marijuana (the dried leaf of the plant), hashish and hash oil (both from the plant resin).
- Marijuana and hashish are usually smoked, while hash oil is usually added to marijuana or tobacco cigarettes.
- The chemical ingredient in cannabis that produces the high is called THC (delta-9-tetrahydro-cannabinol). New growing methods have been developed in recent years and the percentage of THC found in cannabis has increased making it even stronger.

Short terms effects

- Feeling relaxed and free. People sometimes experience a heightened sense of smell and vision. Normally these effects last two to four hours.
- Cannabis makes users clumsier and significantly slows their reaction times therefore adversely

affecting operational readiness and safety. Driving and operating machinery while stoned is not safe, especially if cannabis is combined with other drugs, including alcohol.

- When cannabis enters the brain the short-term effects include memory problems, distorted perception, difficulty thinking, impaired concentration, loss of coordination and interference with normal muscle functioning. Memory loss due to marijuana use can last up to one week.

- While high on cannabis, many people will lose some of their ability to learn and will forget things and have trouble concentrating.

- Some users feel severe anxiety and high doses can cause panic attacks, fearful, suspicious feelings (paranoia) and temporary psychosis.

- These effects can persist long after the initial high has worn off. In fact, they may last 24 hours or more.

Long-term effects:

- Cannabis smoke contains

cancer-producing chemicals that damage the lungs and can lead to chronic coughing, lung infections and cancer of the lungs, neck and head.

- Regular/heavy use of cannabis is associated with decreased manual dexterity and a decreased ability to incorporate feedback to correct incorrect responses. For example, when playing a game, cannabis users will have greater difficulty changing their strategy based on what their opponents are doing.

- Many long-term cannabis users develop problems with short-term memory, concentration and abstract thinking.

Cannabis Use in the military

- The Canadian Forces has a ZERO TOLERANCE policy regarding the use of cannabis and other illegal drugs.

For more information on this or other topics, contact your HP staff local 3768 or visit our website at: http://hr.ottawa-hull.mil.ca/health/Services/Engraph/health_promotion_home_e.asp

Cannabis – Sachez à quoi vous en tenir

- Le cannabis est la drogue illégale la plus largement répandue.

- Le cannabis comporte deux catégories de drogues : les neurodéresseurs et les hallucinogènes.

- Le cannabis peut se présenter sous trois formes : la marijuana (la feuille séchée de la plante), le haschish et l'huile de haschish. La marijuana et le haschish sont habituellement fumés tandis que l'huile de haschish est habituellement ajoutée à la marijuana ou au tabac de cigarette.

- Le THC (delta 9-transstétrahydrocannabinol) est l'ingrédient chimique du cannabis qui produit l'euphorie. De nouvelles techniques de culture ont été mises au point au cours des dernières années et le pourcentage de THC que l'on trouve dans le cannabis a augmenté, ce qui rend les doses plus fortes.

Effets à court terme

- Relaxation et sensation de liberté Il arrive que le cannabis augmente la perception olfactive et visuelle. Ces effets durent normalement de deux à quatre heures.

- Le cannabis rend les usagers plus maladroits et ralentit de façon importante leur temps de réaction. Il a donc des effets négatifs sur l'état de préparation

opérationnelle et la sécurité. Conduire de l'équipement ou le faire fonctionner pendant que l'on est « parti » n'est pas sécuritaire, surtout si le cannabis est combiné avec d'autres drogues, y compris l'alcool.

- Lorsque le cannabis pénètre dans le cerveau, des effets à court terme se font sentir : altération de la mémoire, perception déformée, difficulté à penser, baisse de concentration, perte de coordination et interférence avec le fonctionnement normal des muscles. Les troubles de mémoire résultant de la consommation du cannabis peuvent se faire sentir pendant une semaine.

- Beaucoup de personnes vont moins bien apprendre, oublier des choses et avoir des problèmes de concentration quand elles sont dans un état euphorique.

- Certains consommateurs ressentent un état d'anxiété profond. De fortes doses peuvent causer des attaques de panique, rendre craintifs et développer des états de méfiance (paranoïa) et une psychose temporaire.

- Une fois que l'état euphorique initial est disparu, les effets peuvent persister. En fait, ils peuvent durer 24 heures ou plus.

Effets à long terme

- La fumée de cannabis contient des agents chimiques cancérigènes



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Safety around the holidays



Submitted by
Don Heans,
Wing General Safety
Officer

As the holidays draw near, decorative lighting and special effects become part of the festive season. Christmas trees, in particular, are a traditional part of the season. Although they're special, they pose a safety risk.

If you're using a natural tree, reduce the risk of a tree fire by taking the following precautions: Choose a freshly cut green tree, not one that has dried

out.

If you're buying one from a lot, tap the trunk on the ground; if several needles fall off, it's too dry. Needles that bend and are not easily pulled off indicate a fresh tree.

Before setting it up, cut two inches diagonally off the butt. The tree will draw water from a fresh cut. Stand the tree in a tub or bucket of water and keep the trunk immersed to prevent it from drying out. Consider a potted tree so you can plant it in your yard once the holidays are over.

Select a safe location, away from drapes, curtains and from drying and heating sources such as registers, radiators and television sets.

Don't block doors or windows which might be used in an emergency. Never put a tree near a fireplace!

Use a tree-stand with widespread legs for better balance, with a large water reserve. Check the water level every day and add more as required.

Check your lights for defects. Spread them out on a non-flammable surface before installing.

Make sure there are no broken bulbs, electrical cords are free of cuts or frays and the plugs are in good condition.

Extension cords should never be placed under carpets or where they could be a tripping hazard. Don't leave the tree lights on if no one is in the room.

If the tree begins to lose an excessive amount of needles, remove it immediately. Never burn your tree in the fireplace!

These safety tips will help prevent your Christmas holiday plans from going up in smoke!

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 approx \$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!

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!

NEW METHOD FOR FIGHTING FIRES



Photo: Amber Gooding, Contact Staff

FireFlex Systems Inc., a company specializing in the integration of fire protection systems, along with Defence Construction Canada performed a foam test with the newly installed fire suppression system in Building 354 on November 14, 2006. The new system uses a compressed air foam system for fixed piping networks, which minimizes the water volume normally used in fire related emergencies. The first and only test conducted on base, to date, was a success.

Fire safety tips for babysitters

Planning and prevention are key to fire safety. Protect yourself and the kids you're watching by taking these precautions. Plan your escape. Every household should have an escape plan. When you babysit, discuss the plan and be familiar with their home.

Learn the exits and how to unlock doors and windows, and know two ways out, especially out of bedrooms. All households should have a meeting place outside. Have the adults show you and don't confuse children with a different plan. Make sure children know where to meet.

Put away matches and lighters. Never smoke while babysitting. If you find smoking materials, put them where children can't access.

Give space heaters space. Keep anything that can burn, three feet away and keep children away too.

Be kitchen wise. Cook only if you have permission. Never leave cooking unattended. Remember to turn everything off. Don't let handles stick out where they can be bumped or grabbed.

Be microwave safe. Paper, glass, and microwave proof earthenware are safe. In many cases, metals aren't. Read instructions and be careful when removing covers from containers; escaping steam can cause burns. Cool foods sufficiently before serving.

Never leave children alone. Keep them in your sight until you're sure they are asleep. Make sure you can hear if they wake up.

In case of fire, get out and stay out! If you smell smoke, hear an alarm, or see flames, get everybody out! Crawl low under

smoke. If you encounter smoke, use another exit route. If you must escape through smoke, remember heat and smoke rise. Go first making sure the children follow you.

Take the kids to a neighbour's and call 911. Give them the address and stay on the phone until you're told to hang up. Then call the children's parents.

Watch children carefully while waiting for the fire department. If you can't get to the children and smoke or flames are blocking you, use the phone in the home or go straight to the neighbour's. Tell them the children are trapped and where they are. When you babysit, you must act on your own and right away.

Keep the following emergency tips in mind. Stop, drop and roll. If clothing catches fire, don't run. Drop and cover your face with your hands. Roll over until the fire goes out.

Babysitters help children do this. Pull the child to the ground and roll them to smother the flames. The best first aid treatment for burns is to run cool water over the area for 10 to 15 minutes. If a blister appears or the skin looks charred, get medical help immediately.

Complete the following information on a piece of paper and carry it on you: Fire and police emergency numbers; doctors name and number; poison control number; where parents can be reached, including telephone numbers; the children's family name, address and phone number; neighbour's name, address and phone number and any other special instructions.

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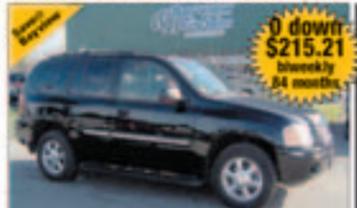
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4X4 FX4! Fresh in off Ford lease. Mint! Loaded w/ every power option inc. pwr. seat, 5.4 V8, FX4 console shifter, shift on fly 4X4, pwr. seat, Leer matching cap, factory trailer tow & more! Extra clean! 75,000 kms.
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\$140.29
biweekly
64 months

4X4. RARE! 4 cylinder, 5 speed, Air conditioning and more. Just in. Mint shape. Off GMAC lease. 78,000 kms.
\$15,495 certified

2004 GMC 1500 REG. CAB 2WD



0 down
\$119.47
biweekly
64 months

Only 48,000 kms! 6 cyl., automatic, with A/C. Very clean. Off GMAC lease.
\$13,995 certified

2003 GMC SAFARI SLE



0 down
\$124.65
biweekly
72 months

All-wheel drive! RARE! Loaded with full power options inc. power seat, alloys & more! MUST SEE! Fresh in off GMAC lease. MINT SHAPE! 91,000 kms.
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VERY RARE! Real estate agents want to turn heads! Automatic, loaded up w/ full power options inc. p/sunroof, high polish alloys & more! Only 45,000 kms. Balance of warranty! MINT SHAPE! Local trade!
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SHARP! Charcoal w/ tan two-tone! Power heated memory leather, OnStar, 6 disc changer, Dual Zone climate control, pwr. seats, running boards & much more! Too many options to list. Very clean. Off GMAC lease! 81,000 kms.
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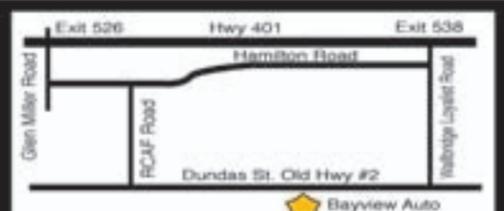
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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
November 26 - December 2

ARIES (March 21-April 19): You can do no wrong on the 26 and 27 so get things out of the way. Say what needs to be said and move on and upward. It's your time, so enjoy the moment. Look for any opportunity to branch out and try something new on the 28 and 29. You'll be in dire need of a challenge and, if you don't get it, you'll probably make poor choices out of boredom. You'll react emotionally regarding a love interest. Love, romance, intrigue and adventure can be yours on the 30 - 2. Sharing ideas, concepts and thoughts will be eye opening. You'll have a far better idea what you want to do with the rest of your life if you mingle, research options or travel.

TAURUS (April 20-May 20): Think twice before you make a promise that might be difficult to keep on the 26 and 27. You don't want to disappoint someone who depends on you. A problem with finances is apparent. Don't get angry get busy. Arguments can be avoided on the 28 and 29 do a lot to make the people around you happy and content. An older or younger person in your life may be a burden. Set some time aside to deal with other people's problems. Keeping things a secret on the 30 - 2 will help you avoid a difficult situation. A chance to come into extra cash or to invest well is evident. An older or more experienced person will help you make the right choice.

GEMINI (May 21-June 20): Don't expect everything to go according to plan on the 26 and 27 and you'll be prepared to adjust to whatever comes your way without much thought. A partnership appears to be developing or the chance to turn a troubled relationship into something workable is apparent. You'll be pulled in several different directions on the 28 and 29 and, if you don't make a choice, someone will try to make one for you. Be careful whom you trust. A wrong move could cost you down the road. If you aren't happy with your current situation on the 30 - 2 do something about it. A new partnership is looking very positive. Clear up past emotional issues.

CANCER (June 21-July 22): Socializing with your peers on the 26 and 27 will do you good and could even prompt a change in your current position. Delays, wrong turns and getting lost along the way are all a possibility. A comrade will pass along some valuable information. A change in your lifestyle, friendships or even your beliefs concerning children will take place on the 28 and 29. Someone will recognize your talent if you present what you can do. An older friend or relative will help you make a decision. Less talk and more action will be required on the 30 - 2. Be honest about what you can and can't do and move on quickly. A clear mind will help you do what's right.

LEO (July 23-Aug. 22): Do something with children or get involved in something that will be just as much social as business on the 26 and 27. Get away from anyone who puts too much pressure on you. Overspending will add to your problems. It will be difficult for anyone to say no to you on the 28 and 29. Talks, travel and putting plans in motion should be scheduled in. Take note of someone who may think you're moving too fast. Speak your mind, go after your goals, take a chance or fall deeper in love. Anything and everything is possible on the 30 - 2. Put in time and effort and, presto, you'll have your way and get what you want. Don't take a foolish risk.

VIRGO (Aug. 23-Sept. 22): Be sure of what you say and do before you proceed on the 26 and 27. This is not the time to make rash decisions or to jump from one thing to another. A reliable friend will shed some light on your situation if you really don't understand what's going on. Changes at home won't be as easy as you think on the 28 and 29. The people that your alterations will affect, you will probably face opposition. A short trip on the 30 - 2 will help bring a lot of sense to something you've been considering. Look outside your home and ask for help from people you aren't related to. The people closest to you will not understand what you're trying to do.

LIBRA (Sept. 23-Oct. 22): If you aren't traveling or attending a social function on the 26 and 27, you should be. This is a perfect time to hook up with people who interest you. Someone will give you an excellent idea or offer you a lucrative proposal. Problems will crop upon the 28 and 29 if you have to deal with peers. If you can work alone, do so. You will be easily misunderstood if you try to push something you want to do. Publish, write a paper or travel to a destination that will bring you added knowledge on the 30 - 2. A money matter can be resolved. A love connection can be made, rekindled or taken to the next level.

SCORPIO (Oct. 23-Nov. 21): Not everyone will be in agreement with what you want to do on the 26 and 27. Someone close to you will use emotional blackmail to get you to do things his or her way. You're the best judge of what's right for you. Observe, listen and make your decision based on what you've seen and heard on the 28 and 29. A change at home should be made to make your life easier. Someone will hide the truth to avoid getting into trouble with you. You may find yourself emotionally torn between what you have to do and what you want to do on the 30 - 2. Get your work out of the way first. Someone you care about may question your motives.

SAGITTARIUS (Nov. 22-Dec. 21): You'll attract attention on the 26 and 27 and should be able to convince others to see what you have to offer. Travel, presentation and promotion are all in a high cycle along with love and romance. Don't even think about getting in the middle of someone else's argument on the 28 and 29. Travel plans should be put off until a more suitable time. Emotional blackmail is present. Be careful what you promise. You'll find it difficult to sit still on the 30 - 2 and, although you'll be up for a challenge, you must be honest with yourself and others as to how much you're willing to do.

CAPRICORN (Dec. 22-Jan. 19): What you offer in assistance on the 26 and 27 will be paid twofold when you are in need yourself. Take a moment to clear your head and to realize your own potential. A chance to make some money is apparent on the 28 and 29 if you deal with someone older and more experienced. Someone is checking you out and considering you for a position that will help you long-term. Contracts can be formulated and signed. Nothing will be done on time or on schedule on the 30 - 2. Prepare to wait and, most of all don't let stress get to you. Not everyone will agree with you but if you believe in what you're doing, follow through.

AQUARIUS (Jan. 20-Feb. 18): Everything will be cloudy on the 26 and 27, especially if you've been counting on things being a certain way. You may have to rethink your strategy or realign yourself with someone who is potentially better for you. You may find yourself trapped in a web of deceit on the 28 and 29 if you've been making up stories to avoid trouble. Face up to whatever it is you've done and put it behind you. Honesty, integrity and remorse will help you turn things around. Don't look back at past mistakes or trials on the 30 - 2. Instead, consider what you can do to get ahead and change your life for the better.

PISCES (Feb. 19-March 20): Be secretive about money on the 26 and 27. How much you make shouldn't be public. Someone may try to take advantage of you to pay his or her way. Think about what you can do, not what you can't. If someone tries to block you, take a different route. You have to outmaneuver and manipulate on the 28 and 29 if you want to get things done and get ahead. If you slow down you'll lose ground, time and support on the 30 - 2. If you're too erratic or unpredictable you'll not be able to finish what you start. Talk from the heart and don't give false impressions. Beware of fast-talking salespeople.

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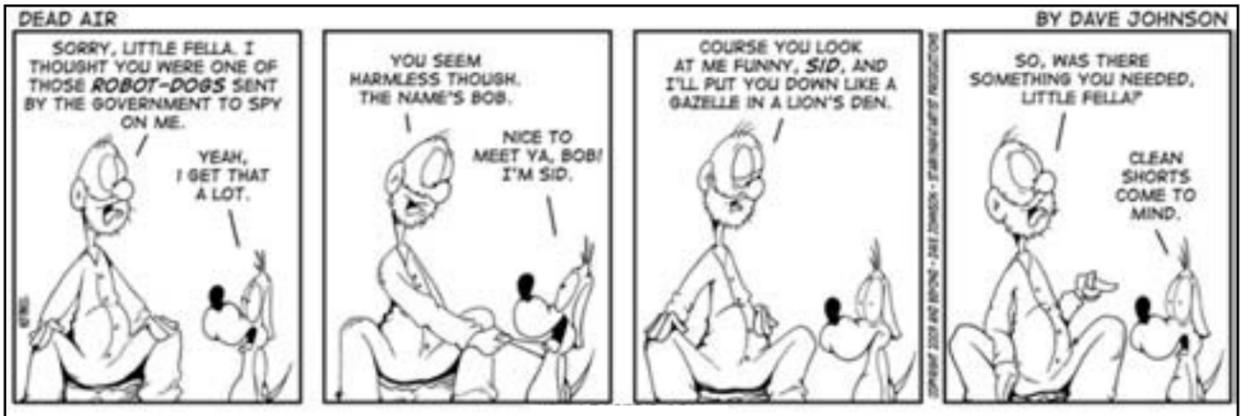
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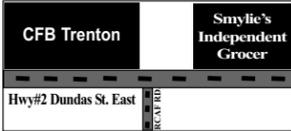
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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



Trenton Santa Claus Parade November 26, 2006

The parade will begin at Centennial Park and will travel through the downtown core, ending at Queen Street.

For more information please call 613-392-2841 or visit www.quintewestchamber.on.ca

CHRISTMAS FANTASY ~ FESTIVAL OF LIGHTS

Join us for the spectacular launch of the Festival of Lights, after the Santa Claus Parade, at Fraser Park in Trenton. The lights will be lit up throughout the holiday season, starting on November 26 until January 2, 2007.

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.

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!

Canadian Blood Services

NEEDS VOLUNTEERS

Volunteer and save lives! Volunteers are needed monthly at our 8 Wing/CFB Trenton Blood Donor Clinics. Clinic Volunteers are our goodwill ambassadors in the blood donor clinics. The position is essentially one of customer service. The clinic volunteer is not involved in anything that requires medical/technical skills, dealing with blood or movement of heavy equipment.

The volunteer's role is to provide individual attention to the blood donors ensuring that he or she feels well and is happy with their experience so that they will continue to donate, fulfilling an ongoing demand for blood and blood products.

If you are interested, please call 416-313-4641 or 1-800-701-7803 ext. 4641 to volunteer. We look forward to hearing from you, and to you joining our team!

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.

SEE THE AVRO ARROW!!!

413 (A/C Leonard Birchall) Wing of the Air Force Association of Canada has organized a Chartered Coach Trip to the Toronto Aerospace Museum

November 28, 2006

Cost: \$30 per seat (includes coach with washroom, lunch at 420 Wing Oshawa, and admission to the museum)

For more information, call 613-392-1947.



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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

WORSHIP SERVICES

OUR LADY OF PEACE (RC)
NOTRE-DAME-DE-LA-PAIX (CR)

Chapel Life Co-ordinator

Padre John Tracey

MASS

Sunday Mass (English) 0900 hrs

Messe Dominicale: 1015 hrs

CONFESSION

At all times

PARISH ORGANIZATIONS

Parish Council fourth Sun 1330 hrs

Knights of Columbus first Thurs 1900 hrs

CWL second Tues 1900 hrs

Chorale Merc 1900 hrs

Choir Tues 1900 hrs

ST CLEMENT ASTRA (PROTESTANT)

Chapel Life Co-ordinator

Padre Mike Adamczyk

WORSHIP SERVICE

Divine Worship (Sun) 1130 hrs

Holy Communion 1st Sunday of the month

PARISH ORGANIZATIONS

Chapel Guild Last Tues 1930 hrs

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.

SAR-Tech runs to raise awareness of "Soldier On" initiative

by Avery Wolaniuk
VOXAIR

Tattooed on his leg are the five Ds he lives by: dedication, desire, discipline, durability, determination. They are words he'll have plenty of time to dwell on during his 460 mile run through the Yukon next February. They're also words that describe Paralympians.

Sgt Andrew McLean, a SARTECH stationed at 17 Wing Winnipeg, is using the arctic run to raise awareness for a new initiative by the Canadian Paralympic Committee (CPC) called 'Soldier On.' The program is designed to aid the recovery and rehabilitation of CF members who have been injured. "If you're deployed overseas, if you're working here, if you're driving to work and you get disabled, you'll qualify for this," says Sgt McLean.

The history of using sports as a rehabilitative outlet for soldiers heralds back to World War II. When soldiers returned home from the war and learned to live with their disabilities, doctors found that traditional methods weren't working. The Stoke Mandeville hospital in Great Britain started using sports in 1944 to help the recovery and rehabilitation process. Through 'Soldier On,' the CPC aims to continue that tradition in Canada.

Sgt McLean became interested in the program after searching the Internet for a cause to dedicate his 13-day run from Whitehorse to Dawson

City. The ultra-runner found a program on the American Paralympic site, but nothing similar on the Canadian website, so he called the organization and learned they had a program waiting to get off the ground. After reading their proposed initiative, he found what he was looking for. "It encompasses everything—the whole spectrum of recovery and getting back into the athletic field," he said. "I'd promote that anyway I can."

The idea is that a Canadian paralympic athlete would visit a soldier in their hospital room within days of an injury and share the possibilities available to them through sports programs. "Our goal is to contribute in any way that we can to the recovery of the soldiers that have been injured, to help expand and ennoble their lives through sport," said Barry Winfield, CEO and president of the Canadian Paralympic Foundation. He said that participation in this kind of program has been shown to speed up the emotional and physical recovery and help improve the psychological outlook of people who have been disabled. "It has an enormous rehabilitative potential for the people who have been injured."

The initiative lists the start-up costs at \$100 000. For Sgt McLean, who has raised smaller amounts of money for other organizations through his previous runs, that's an overwhelming number. "I'm scared of saying \$100 000 — that's so huge," he said. So he's broken it down Terry Fox-style,



Photo: Submitted

Sgt Andrew McLean, a SAR-Tech stationed at 17 Wing Winnipeg.

asking for one dollar from every Canadian Forces member. Then there are friends, families, businesses and corporations to ask. The Yukon Arctic Ultra is one way to get the word out. "Sometimes you've got to do a little something a little extreme, a little bit out of the ordinary, for people to pay attention," he said.

There are always challenges for a program like this. Letting potential athletes know they are available is just the beginning. Are facilities willing and able to accommodate paralympic sports? Is the volleyball net low enough for sitting volleyball? Will the gym allow wheelchair basketball? Sure there are ramps into the building, but how does the swimmer with a disability get into and out of the pool? Are there individuals who know the rules that are willing to coach? Are there programs to train the trainers? The goal of the CPC is to

work with local grassroots organizations to develop these programs locally, said Mr. Winfield.

Sports are a door to a new community, a way to gain confidence and independence, and a way for young soldiers who have become disabled to continue living an active lifestyle. "There is no level of disability that would preclude a person from participating," Mr. Winfield said. If you can move your head, you can sail, or play boccia. There are 22 sports currently available to paralympic athletes.

The point of the CPC isn't to make everyone a competitive athlete, but the potential is there for some. Canadians brought home 13 medals from the 2004 Paralympics in Torino. With the winter Olympics and the Paralympic Games coming up in Vancouver in 2010, Sgt McLean said that the soldiers coming home from overseas with dis-

abling injuries now could very well be competing in those games.

But the program is planning for the future. "It's not just the people in Afghanistan that this program is for; it's for past members, present members, and future members. We're always going to do UN peacekeeping, we're always going to go on NATO tours, we're always going to be going around the world," said Sgt McLean. "The reality is that some day, I could benefit from this program."

To donate to 'Soldier On' visit www.paralympic.ca. Follow the links to the Paralympic Foundation, to the "How to Give" page. Donations, either online (in the instructions box) or through the mail, must be directed specifically to the 'Soldier On' program. If you would like further information feel free to contact Sgt McLean at acmclean@shaw.ca



Notice TO ALL VETERANS

Please be advised that Mr. Scott Young, Provincial Service Bureau Officer from Aurora Ontario, will be at Trenton Legion Br. 110 from the hour of:

8:00 a.m - 4:00 p.m
Tuesday, Dec. 5, 2006

Anyone wishing more information, advice or assistance regarding War Disability Pensions, Treatment, Allowances etc. is requested to contact the Branch 110, to arrange for an interview. We urge you to take advantage and get some valuable advice concerning your problems.

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in collaboration with the Quinte branch of
United Nations Association of Canada

Take a well-deserved break and come to the Siskin Centre for a nice cup of coffee and some sweets.



The purpose of this organization is to relieve poverty and preserve the native environment of communities in Central America. The name Los Frutos del Café (The Fruits of Coffee) comes from the inspiration and determination that these coffee communities demonstrate. They are working hard so that the fruits of their coffee labours can provide their children with a better future.

www.frutosdelcafe.org

Dégustation de café

le 6 décembre de 10h à 19h

en collaboration avec la branche de Quinte de
l'Association des Nations Unies du Canada

Prenez une pause bien méritée et venez au Centre Siskin pour une bonne tasse de café et quelques sucreries

Le but de cette organisation est d'enrayer la pauvreté et de préserver l'environnement naturel de communautés en Amérique centrale. Le nom Los Frutos del Café (Les fruits du café) vient de l'inspiration et la détermination que ces communautés de café démontrent. Ils travaillent fort pour que le fruit de leur ouvrage au café procure un futur meilleur à leurs enfants.



Wednesday Night Out

Pre-register please by calling 613-965-3595 or 613-965-3575.

November 29: **Relaxation techniques.** We will explore a number of different relaxation techniques and hope you can find one that will help relieve your stress.

December 6: **Cardmaking**

A variety of activities coming up, please visit the MFRC website calendar:
www.trentonmfr.cfbtrenton.com

Les sorties du mercredi soir.

Veillez vous inscrire à l'avance en appelant au 613-965-3595 ou 613-965-3575

Le 29 : **Techniques de relaxation.** Nous étudierons différentes formes de relaxation et espérons que vous trouverez celle qui vous aidera à diminuer votre stress.

Le 6 décembre : **Confection de cartes.**

Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, www.trentonmfr.cfbtrenton.com

Volunteer Opportunity

If you are one of those people who loves to cuddle babies and little toddlers, the Daycare could use your volunteer assistance in the Infant Room. We are looking for 1-2 volunteers to cuddle and rock the babies before nap time, approx 11:30 a.m. -1:00 p.m. Volunteers will supplement, not replace staff, staff do diapers, and all volunteer will be screened.

Volunteers can work on an occasional or regular basis, as suits their availability.

If interested, contact Wendy at the MFRC, 613-392-2811 ext. 3557.

Opportunité de bénévolat

Si vous êtes une de ces personnes qui aiment dorloter les bébés et les bambins, la Garderie aimerait de l'aide dans la salle des tous-petits. Nous recherchons un ou deux bénévoles pour cajoler et bercer les bébés durant les siestes, de 11h30 à 13h. Les bénévoles ne remplacent pas les employées, les employées changent les couches, mais complètent les services. Tous les bénévoles doivent être sélectionnés. Les bénévoles peuvent aider de façon régulière ou occasionnelle, selon leur disponibilité.

Si vous intéressé, téléphonez à Wendy au 613-392-2811 poste 3557.

Co-operative Bilingual Nursery School

January - June 2007

Register now for winter sessions. Space is limited to 16 children for both programs.

The English program operates Tuesday and Thursday and the French program operates Monday and Wednesday.

Children are engaged in various activities that will help promote their self-help, small and large motor movements and language skills as well as develop and evolve their creativity and imagination.

We ask that parents who are available to participate in the program to volunteer one morning a month to assist with its implementation.

Nursery School runs from January to June from 9:00 a.m. - 11:30 am.

For more information or to register, please call 613-965-2442.

Garderie éducative bilingue co-opérative

de janvier à juin 2007

Incrivez votre enfant maintenant pour la session d'hiver. Chaque programme a de l'espace pour 16 enfants. Le programme en français sera les lundis et mercredis, le programme en anglais sera les mardis et jeudis.

Les enfants participeront dans des activités diversifiées pour promouvoir leur autonomie, le mouvement de leurs petits et grands muscles, leur habileté de langage ainsi que développer leur créativité et imagination.

Nous demandons aux parents qui sont disponibles de participer au programme en offrant une matinée par mois pour aider à la mise en oeuvre de celui-ci.

La garderie éducative fonctionnera du mois de janvier au mois de juin, de 9h à 11h30.

Pour de l'information ou pour l'inscription, téléphonez au 613-965-2442.

Please read our newsletter "Touching Base" or visit www.trentonmfr.cfbtrenton.com for more information
S'il vous plaît, consultez notre bulletin de nouvelles "Touching Base" ou visitez www.trentonmfr.cfbtrenton.com

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Showcase



MCpl J. Taylor

received his promotion to that rank, presented by Maj T. Home, AMSO 8AMS, and WO Gallant, ARO PU2 8AMS.



PO2 D. Fowler

received her promotion to that rank, presented by LCol D. Dagenais, CO 412(T) Sqn.



Cpl D. Charron

received his received his Aircrew Wings, presented by presented by LCol D. Dagenais, CO 412(T) Sqn.



Cpl K. Lemay

received his received his Aircrew Wings, presented by presented by LCol D. Dagenais, CO 412(T) Sqn.



Cpl J. Groenberg

received his promotion to that rank, presented by Maj S. MacEwen, WCEO.



Pte(T) M. Fortuna

received his promotion to that rank, presented by Maj E. Morris, SOPSO 8AMS, and MWO S. Budykin, ASO 8AMS.



Capt E. Conrad

received his promotion to that rank, presented by Maj A. Tanguay OIC CMCC/SARNOCC.



Mr S. Pennington

received his Long Service Award for 25 years, presented by LCol F. Allen, CO ATESS.



Cpl C. Landry

received his CD1, presented by LCol F. Allen, CO ATESS.



MCpl T. McGowan

received his CD1, presented by LCol F. Allen, CO ATESS.



MCpl S. Tucker

received her CD1, presented by LCol F. Allen, CO ATESS.



Cpl M. Kenney

received his CD1, presented by LCol F. Allen, CO ATESS.



Cpl D. Simpson

received his CD1, presented by LCol F. Allen, CO ATESS.



MCpl J. Major

received his ISAF Medal, presented by LCol F. Allen, CO ATESS.



Capt D. Horne

received his CD, presented by LCol F. Allen, CO ATESS.



Cpl R. Parks

received his CF Physical Fitness Award, presented by LCol F. Allen, CO ATESS.



Cpl D. Noel

received his CF Physical Fitness Award, presented by LCol F. Allen, CO ATESS.

Congratulations! Félicitations!

*Honours & Awards***Showcase****Sgt M. Wright**

received the Prime Minister's Letter, a Certificate of Service, and an Air Command Certificate of Appreciation, presented by LCol B. Lewis, CO 8 AMS.

**Sgt C. Ackerly**

received the Prime Minister's Letter, a Certificate of Service, and an Air Command Certificate of Appreciation, presented by LCol B. Lewis, CO 8 AMS.

**Cpl M. Paul**

received the Commanding Officer's Commendation and the Canadian Peacekeeping Service Medal, presented by LCol B. Lewis, CO 8 AMS.

**Cpl J. St-Onge & MCpl D. Robertson**

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

**Cpl B. Stephenson**

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

**Sgt D. Linney**

received his Canadian Forces Decoration First Clasp (CD1), presented by LCol B. Lewis, CO 8 AMS.

**MCpl B. Price**

received her CD1, presented by LCol B. Lewis, CO 8 AMS.

**MCpl F. Roy**

received his CD1, presented by LCol B. Lewis, CO 8 AMS.

**Cpl K. Dierijck**

received her CD1, presented by LCol B. Lewis, CO 8 AMS.

**MCpl J. Swyers**

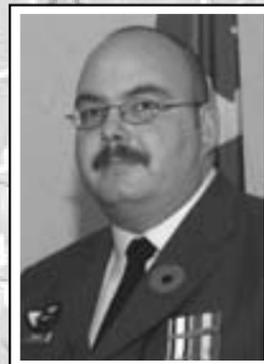
received his CD2, presented by LCol B. Lewis, CO 8 AMS.

**Cpl R. Sweeney**

received his CD1, presented by LCol B. Lewis, CO 8 AMS.

**MCpl J. Breznik**

received his CD, presented by LCol B. Lewis, CO 8 AMS.

**Cpl D. Graham**

received his Canadian Peacekeeping Service Medal, presented by LCol B. Lewis, CO 8 AMS.

**Cpl S.M. Marryatt**

received his General Service Medal with the International Assistance Security Force Bar, presented by LCol B. Lewis, CO 8 AMS.

**Cpl J. Jolicoeur**

received his General Service Medal with the International Assistance Security Force Bar, presented by LCol B. Lewis, CO 8 AMS.

**Mr. D. Craig**

received the Wing Commander's Commendation, presented by LCol T.J. Lawson, Commander, 8 Wing/CFB Trenton.

**Mr. D. Kovanen**

received the Wing Commander's Commendation, presented by LCol T.J. Lawson, Commander, 8 Wing/CFB Trenton.

**MCpl S. McLeod**

received the Task Force Afghanistan Commander's Commendation, presented by LCol T.J. Lawson, Commander, 8 Wing/CFB Trenton.

**Cpl D. Skinner**

received the Task Force Afghanistan Commander's Commendation, presented by LCol T.J. Lawson, Commander, 8 Wing/CFB Trenton.

Congratulations! Félicitations!

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Crossword Answers

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O	M	A	N	O	D	A	A	R	E	A	
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NORAD's 2006 Santa website goes live

PETERSON AIR FORCE BASE, Colo. – In advance of holiday season and the 51st season of NORAD tracking Santa Claus on his annual journey around the world, the bi-national command tasked with providing aerospace security for North America announced that the NORAD Tracks Santa website www.noradsanta.org is now live.

The NTS program began in 1955 when an errant phone call was made to NORAD's predecessor, the Continental Air Defense Command (CONAD) Operations Center in Colorado Springs, Colo.

The call was from a local child who dialed a misprinted telephone number in a local newspaper advertisement.

Although the wrong number, the commander who answered the phone that night gave the youngster the information he requested – the whereabouts of Santa Claus... thus the tradition of NORAD tracking Santa began.

The program has grown immensely since it was first presented on the Internet in 1998. In 2005, the website received a whopping 912 million hits from 204 countries and territories.

In addition, the NTS Operations



Photo: PO 1st Class Shane Wallenda

Riley and his sister Katie help Santa take off his boots during the kickoff of the NORAD tracking site at the Citadel mall in Colorado Springs, Colo.

Center, occupied by 550 volunteers on Christmas Eve, answered nearly 55,000 phone calls and nearly 98,240 emails from children around the world.

The website features the history of the program, information on how NORAD tracks Santa and interactive games. On December 24, beginning at 2:00 a.m. Mountain Standard Time (4 a.m. Eastern Standard Time, 9 a.m. Greenwich Mean Time), the website will feature a minute-by-minute update on

Santa's travels around the world.

All of this information is available in English, French, German, Italian, Japanese and Spanish.

The NORAD Tracks Santa website and program would not be possible without the support and generosity of the following organizations: Island Web Studios, America On Line, Akami, Analytical Graphics, Inc, Globelink Language and Cultural Services, Inc., Qwest Communications, Verizon and Microsoft Virtual Earth.

How to instill generosity in your child this holiday season

(NC)—With so many presents, the holidays can turn the focus for some children into "getting" instead of "giving".

Christian Children's Fund of Canada, an organization that helps children in need around the world, has some helpful hints to use during the gift-giving season as a way to instill generosity in your child:

Teach them to count their blessings.

Remember those less fortunate at home and around the world. Children can identify with a child their own age living in another country.

The idea that some children don't have any toys on Christmas is a big shock for many children.

Needs vs. Wants. Help children think about those who are truly needy of gifts. Have them consider the basic items they really need everyday. Ask them what they need this Christmas,

not just what they want.

Develop a new gift-less or gift reduced tradition. Create a new family tradition where instead of yet another gift, a gift to a child in need is made in the name of your son or daughter.

Children are often excited to know that they gave a piglet or baby goat to a child their age in a poor country.

Involve them in the donation choice. Going online to www.ccfcanada.ca is a way to make donating to a charity fun.

Instead of another box of chocolates, have kids select a gift for their teacher like sending school supplies in their teacher's name to a school in Sri Lanka.

Have them make a donation in your name. Suggesting children set aside money throughout the year or use the money they would spend on another tie for their Dad to purchase a duckling for a child living in poverty is a great way for



parents to lead by example.

For more ways to help you involve your children in giving generously, visit www.ccfcanada.ca or call 1-800-263-5437.

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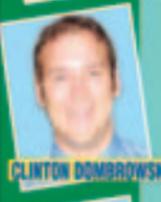
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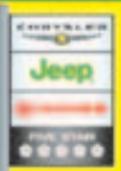
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