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## 424 Squadron SAR-Techs first in CF to receive new rain suits



Photo: Andrea LeBlanc, Contact Staff

SAR-Techs from 424 Transport and Rescue Squadron pose in their brand new rain/wind suits in front of a Griffon helicopter. From left to right: MCpl Shane McAleer, Sgt Dana Kelly, WO Gavin Lee (up top) and MCpl Glenn Hood.

by Andrea LeBlanc  
 Managing Editor

It was another first for 8 Wing/CFB Trenton.

Four Search and Rescue technicians (SAR-Techs) at 424 Transport and Rescue Squadron were the first in the Canadian Forces to be outfitted with new, state-of-the-art rain/wind suits.

Major Geoff Carter, Project Director for the Clothing and Equipment Millennium Standard (CEMS), arrived at 424 Squadron on January 11 bearing "gifts" for the four lucky SAR-Techs—MCpl Shane McAleer, Sgt Dana Kelly, WO Gavin Lee and MCpl Glenn Hood.

The high-tech rain suit

constitutes just one of 24 separate, distinct items that comprise the CEMS project. Other items include boots, flight clothing, gloves, socks, fleece, wide-brimmed combat hats, and balaclavas.

Maj Carter explained about the new rain/wind suits, and outlined several highlights of the new design.

"This is the first converged pattern for the rain suit (the design is approved/suitable for both army and air force) and the first in the SAR orange colour to be produced. They were made in Winnipeg, by Peerless Garments, the same company that produced the

See New suits, page 2

## Daycare participates in international mural project

by Laurie McVicar  
 Assistant Editor

Slater Jewell-Kemker is not your average 13-year-old. While the thoughts of many children her age revolve around the latest game trend or newest crush, Slater is focused on something much more important – world peace.

Slater is the Peace Paint Ambassador for the Art Miles Project, a global art project creating 12 miles of murals for the International Decade of Peace, 2001-2010. The murals will then be wrapped around an Egyptian pyramid in a record-breaking display.

Slater first heard of the project while attending a conference in Slovakia with her home-schooling group, Learn (International Education and Resource Network). The initiative

was started by Joanne Tawfilis and Dr. Fouad Tawfilis at an orphanage in Bosnia and has grown by leaps and bounds.

"When we look at the murals, each of them, we see something new each time and savour the joy of children being together unaffected by the barriers the world so readily constructs around them.

"By growing up in a world of bigotry and racism, sexism, and all the other 'isms' that exist, this mural project works like an electric eraser. It washes away the years of tears, the injured heart, the clipped wings, the prisons and ropes that always get in the way of letting us care, really care, about each other," stated Joanne in an article written by Slater.

"I think it's cool to be part of this," said Slater.

"There's so much joy and friendship coming through. It's very inspiring to see kids doing great paintings."

Slater visited the Trenton Military Family Resource Centre (MFRC) on January 5 to involve daycare children in her portion of the project – the "peace mile."

"I've always heard that the Canadian Forces are known internationally as peacekeepers. Since I wanted to do a mural that was based on peace, I thought it would be good (to involve the military community)," she stated.

Although the main images on the mural will be two doves holding olive branches, the daycare children were asked to draw what peace meant to them.

"To me, peace means the earth, trees and the nature that surrounds me,"

said Slater. "It means not so many wars going on."

Slater, along with her parents Wendy Jewell and David Kemker, also took the opportunity while at

the daycare to film the mural painting for MY HERO, a not-for-profit educational web project that celebrates the best of humanity. Participants are

asked to tell about heroes in their communities through short films or stories. For more information, log on to www.myhero.com.



Photo: Laurie McVicar, Contact Staff

Children at the Trenton MFRC were asked to paint what peace meant to them as part of an international mural project that will be displayed in Egypt in the year 2010.

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# 8 Wing Trenton Auto Hobby Club

by Captain Gary Connolly  
Club Vice President

One of the best kept secrets at 8 Wing is tucked away on the northwest corner of the air base and might be of interest to you. It is the 8 Wing Auto Hobby Club.

The facility has four bays: two maintenance bays with hoists, one bay for body work and finally, one bay for tire changes and wheel balancing. All bays are fully equipped with the best of hand and air tools. Special equipment such as welders and diagnostic tools are available to allow you to safely carry out simple to complex tasks in relative comfort (heated bays).

Membership is open to all 8 Wing employees (mil and civ) and the facilities are available to members 24/7 on a user-fee basis. We are a non-public funded entity in existence for the members of 8 Wing so we aim to keep our fees reasonably low enough to make it attractive for members while still providing the club with a source of operating income. This ensures that necessary inspections are carried out on our equipment and that tools are replaced as required.

To have access to one of our bays, you will need a current membership, (temporary memberships provided to members on TD) make a reservation and pay a modest bay rental fee. This will cover the use of tools and special equipment to allow you to complete your task. The club does not have professional mechanics on staff but if help is required, members are generally available and within reason, willing to lend a hand, if able.

Save your money and join the 8 Wing Trenton Auto Hobby Club. For more information, please contact WO Paul Nesbitt at local 3829 or Capt Gary Connolly at 2678.

## Is this your year?

by Kirk Canning, TRCIO

Perhaps the most challenging exercise in any fitness program involves just one repetition and one set. This fundamental exercise is considered by many, including some who are already fit, to be the most challenging exercise of their entire fitness program.

It can best be described as a "pulling" exercise. What I am referring to of course, is pulling the handle to open the front door of the gym. Amazingly enough, once you've completed this exercise, the remainder of your work takes care of itself. If 2006 is your year to get fit, start by talking with the fitness experts at the gym before starting a new program. They know their stuff and can design a program that's right for you, one that will help you achieve your fitness goals and prevent injury. Aside from the physical benefits, fitness goes a long way in helping to reduce stress, provides the opportunity to make new friends and meet old ones, helps us get a better night's sleep and perhaps most important, we feel good about ourselves. Psychologists tell us that it takes 21 days to form a habit. Why not put it to the test and give it a try? The benefits of fitness are something we can all handle. See you at the gym!

## New suits for SAR-Techs continued from P. 1

new green combat uniform, flight suits and the new winter gear."

Many of the new features of the rain/wind suits are tailor-made to the SAR-Tech trade, which sees its personnel in extreme weather situations year round. For example, the suits are what is termed WMVP—water moisture vapour permeable—which means that personnel can wear this material and perspire, and the moisture passes through the material and out—but nothing (rain, wind) comes back in. In addition the suits are electrostatic dissipated, a fancy way of saying that the suits will not generate static electricity, due to a state-of-the-art carbon filter lining.

The two-piece suit, which features both jacket and pants, is also POL-phobic—the material is resistant to petroleum, oil and lubricants—and boasts underarm zippers (to allow ventilation and increase air flow to reduce the temperature inside the suit).

The suit seems extremely well designed, with radio pockets on both arms, reinforced elbows (and

knees in the pants) to extend the life of the garment, plus a valuable feature referred to as a "beaver tail" at the back of the jacket.

This beaver tail is simply (but ingeniously) an extra length of fabric that extends the jacket lower in the back. This serves three purposes—it ensures that water runs completely off the back of the jacket rather than collecting at the waist; it provides ground protection should personnel have to sit in damp or wet areas; and it also allows for something called a jump bib, which attaches the jacket between the legs—very useful for parachuting, in that it keeps the jacket from riding up during descent.

All four SAR-Techs seemed quite pleased with the new suits, as did MWO Mike Maltais, SAR-Tech Leader, who says he is looking forward to receiving the suits for the rest of 424 Squadron's SAR-Techs.

According to Maj Carter, all of these rain suits "have been received off contract from Peerless and will be distributed to all SAR-Techs in the CF in the near future."

## WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Shown here are Downing Drilling personnel installing a monitoring well at the EOD range. This area is a contaminated site which is constantly monitored to ensure that no ground water impact is migrating from the property limits. This is one of the many sites which WIng Environment is investigating with the intent to remediate.



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# Raytheon Canada chosen for \$12.4 million DND contract

D-News

Ottawa — (Jan 03, 2006) Raytheon Canada has been selected by the Department of National Defence (DND) to provide an enhanced APG-73 Test Bench capability to the Canadian Air Force. The contract is valued at C\$12.4 million (\$10.5 million USD).

"This is an example of what we like to call 'reachback'," said Ron Guidinger, vice president of Raytheon Canada Limited. "Through partnership with our U.S. parent, in this case its Space and Airborne Systems business (SAS), we are able to leverage our global strengths in technology to respond to our customer's needs while providing solutions that enhance performance."

SAS will be working in concert with

Raytheon Canada employees to design and build this specialized equipment for the Canadian military. Once complete, it will be housed at the company's Calgary site, significantly expanding that facility's airborne radar capability and establishing in-country depot level support for this evolving Air Force program. The Test Bench will enable diagnostic testing of the radar, which is located in the nose of the CF-18 aircraft. It will also permit target simulation and generation, troubleshooting, technical investigations, and the provision of software and engineering support. For the past 13 years, Raytheon Canada has provided similar support to the APG-65 radar program.

Raytheon Canada employs 1400 people at seven sites across the country, serving the defence, security and aerospace sectors.

## MILITARY POLICE TIP LINE



Since 18 June 2005, the Military Police has been offering a new service that can be utilized to report any criminal or illegal activity anonymously by calling 613-392-2811 ext 4400. All calls will be accepted via answering machine only, and messages will be screened on a daily basis. Persons who wish to remain anonymous can utilize this service to report either a National Defence infraction or a Criminal Code offence. Callers are asked to leave a detailed message, and the caller's identity will not be required. The information provided will be screened by the Military Police and if warranted, an investigation will be launched.

## Search & Rescue UPDATE



On January 10 while conducting training near Sherbrooke, Quebec, Tiger 307 was tasked to conduct an ELT search. The Hercules picked up a sporadic signal and attempted to track the source of the beacon. Rescue 307 was eventually called off of the scene by RCC and returned to Trenton safely.

Until next week, Ops out.

Missions for 2006: 1 Missions for Jan.: 1 Persons rescued: 0

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## The Contact Staff

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## Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) and as "text only" on a 3.5" disk and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.

Jpeg-Maximum (8X10), 300 dpi

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

## Letters to the Editor:

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

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

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



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## LETTERS

I am writing to thank you and your staff for the support you have provided the Hastings Prince Edward County Branch of the Canadian Cancer Society throughout the past year.

As a not-for-profit organization, it is imperative that we have the assistance of the local media to ensure we obtain adequate public communication and promotion within our local communities.

When someone is diagnosed with cancer, it is often a traumatic experience. The Canadian Cancer Society staff and volunteers want cancer patients to know we are there for them.

Our successes are attributed to the community support we receive from our donors, volunteers, business partners and organizations. We also recognize and appreciate the value of gifts-in-kind and the generosity that our community has extended to us throughout the year.

As we look forward to 2006, we reflect on our past accomplishments and would like to take this opportunity to thank our media supporters – and your readers – for their support.

Best wishes to all in the New Year! Together. Strong. Let's make cancer history.

**Heather Gray**  
**Unit Manager**  
**Hastings Prince Edward**  
**County Unit**  
**Cdn Cancer Society**

Sunday 07 Jan seemed to be a good day to work out the kinks and shed the extra pounds of the holiday. Not a bad thing in itself--my body didn't even suffer any permanent damage! I wish I could say as much for my truck!

Coming out of the SS Gymnasium around 1 p.m., all proud of my achievement, I was surprised at the way my pickup was parked. Did I have too much spirits during the holiday or did I suffer from oxygen deprivation from the exercise? A closer look revealed that my vehicle had graciously been repositioned by the force of an impact.

Well obviously, the offending vehicle did not keep its New Year's resolution as it left the parking lot as quickly as it entered--but not without body aches. The poor thing left behind its left front signal light, part of its front grill with serial number, tire tracks and even a bit of paint. Thank God for Wing photo techs.

My next year's resolution...I'm going to walk to the Gym...not....or maybe walk around the PMQs looking for a light coloured pickup, van or SUV..

**Pierre Bouchard**  
**426 Sqn (Loc 4239)**

## Canadiana Crossword

### The Envelope Please

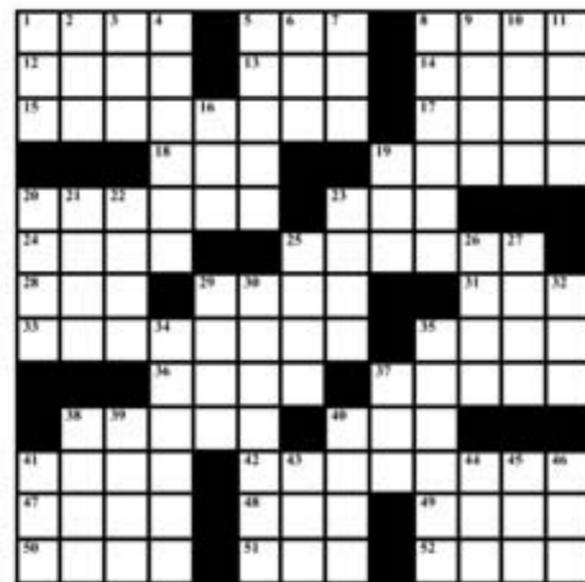
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Printer's measure
- 5 Spitfire flyers, abbr.
- 8 Partner of dashes
- 12 Saddam, for one
- 13 Era
- 14 Entity
- 15 Oscar nominee for best actress in "Prince of Tides"
- 17 Regulation
- 18 Bullring shout
- 19 Playwright Henrik
- 20 Oscar nominee for best actress in "Anne of a Thousand Days"
- 23 Smallest prov.
- 24 Test
- 25 Essence
- 28 Pareil preceder
- 29 Shade
- 31 Swear
- 33 Oscar for best actress in "Min and Bill"
- 35 Uris novel, \_\_\_ 18
- 36 Actor Danny
- 37 Oscar nominee for supporting actress in "Agnès of God"
- 38 Prepare for war once more
- 40 Donkey
- 41 Entente
- 42 Oscar winner for best actress in "Coquette"
- 47 Suffer
- 48 Here, in Hauterive
- 49 Notion
- 50 Lions
- 51 Ruminant's rechewer
- 52 Tykes

#### DOWN

- 1 Search for gold
- 2 Rage



- 3 Coolidge or Murphy, familiarly
- 4 In flower
- 5 Threw a tantrum
- 6 Eastern ruler
- 7 Bog
- 8 Mini Oscar winner for "Spirit and personification of youth."
- 9 Responsibility
- 10 Flooring material
- 11 Machine pistol
- 16 Unwell
- 19 Might or craft follower
- 20 Give in
- 21 Latin for wife
- 22 Ms Doe
- 23 One's equal
- 25 Leg part
- 26 Wrongdoing
- 27 Lounge about
- 29 Peter or Ivan
- 30 Coveted medal
- 32 Manner
- 34 Gear for Brinker
- 35 Oddball
- 37 Partner of tsk?
- 38 Marathon
- 39 Reverberation
- 40 A kind of test
- 41 Chum
- 43 Hosp. facility
- 44 Harem
- 45 Eye or neck preceder
- 46 \_\_\_ Boot (movie)

## This Week in Contact

1996 – The UNHCR airlift to Sarajevo began on 3 July 1992. On 8 October 1993, it surpassed the Berlin airlift of 1948/1949 in duration. It is now the longest running airlift in history and is expected to officially end on 10 January 1996. As of the end of the day on 2 January, a total of 160,505 metric tons of humanitarian aid had been flown into Sarajevo aboard 12,941 flights.

1986 – For over a decade Communications Command has deployed units to the Arctic to hone the skills of its communicators and practice the vital role they would play in case of a major disaster in the North. This fall, three regular and one reserve detachment opened their nets at Watson Lake, Dawson City, White Horse and Old Crow in the Yukon.

1976 – Capt John Connors, 27, of Ottawa and Winnipeg, is a real lifesaver. He rescued four persons, three of them children, from a burning downtown apartment building here early Jan 21 – his third life-saving deed in about five years. Four years ago, he dived into the Petawawa River Rapids after a boy fell in while fishing. And a year earlier, he dragged the victim of an automobile accident in Montreal to safety, seconds before the wreck exploded in flames.

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



# 2005 was a very busy and productive year at 8 ACCS

Another year has come and gone at 8 ACCS. Just like all squadrons in the air force, we have had our share of challenges and successes throughout 2005.

Here are a few of the things we've been up to in '05:

- 3 BTAT courses, communications support, Trenton.
- Ex Cooperative Investment, communications support for CELE Air trg, Mountain View.
- Ex Gypsy Wanderer, Navaid's installation and ATC training, Borden.
- TACAN Relocation, St. John's, Nfld.
- Ex Ti-Pic Sauvage, communications support to 425 ETAC, Key West Florida.
- SAREX, communications support, Gatineau, Que.
- Ex Alouette Mobile, communications support to 425 ETAC, New Orleans.
- Op Boxtop I & II, Navaid's install, PAR, and flight following, Alert and Thule.
- EALS installation,

Sheawater.

- Ex Crouching Lion, communications support to 427 THS, Borden.
  - Op Calumet, member of TAV maintenance team.
  - Op Hurricane, ATC support, Alert.
  - JRTC, communications support, Arkansas.
  - Op Augural, strategic recce and communications support, Ethiopia.
  - Ex Phoenix Ram, ATC and communications support to 438 ETAH and the Army, Wainwright.
  - Op Danaca, communications support, Golan Heights.
  - Ex Sprinting Jimmy, communications demo at TIPS conference, Winnipeg.
  - Ex Combat Hammer, communications support to 416 TFS, Eglin AFB, Florida.
- In addition to the list of significant tasks, we also completed various in-house projects, a couple of special operations, and provided periodic navaid's support to the Trenton airfield, and trained on a

wide variety of courses.

On the morale-building side, we had an eventful field mess dinner with 8 ACCS HCol Barry Brock as the guest of honour. We also had the annual hockey game where the junior ranks cheated and beat the senior NCMs and officers.

8 ACCS also experienced a high turnover during the APS. Seventeen of the unit's 51 members are new, including the CO and DCO. Most of those posted out

were also promoted. And there were two members who had babies born in '05 - a direct correlation to all the travelling, with a few more due in 2006.

It has been another busy, eventful year at 8 ACCS, but very rewarding for all members. After a holiday rest, everyone is recharged and ready to go again in '06. In fact, two teams are packing up gear for exercises in Greenwood and Florida as I type. On the road again...



Ex Ti-Pic Sauvage: Installing the VSAT dish.



Photos: Submitted

Ex Gypsy Wanderer: Borden, February '05



Ex Phoenix Ram: Installing the VSAT dish in Wainwright.

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# Election outlook good either way

## it's your Money



**Garth Turner**

So, what difference will the federal election make to your mortgage rate or the value of your investments? To the currently high-flying loonie, or the stock market which has recently been flirting with the moon? Does it really make any difference which set of suits occupies the government benches in the House of Commons?

Now, I write this column with trepidation, and under immediate threat of being eviscerated by the editor's knife - because I am a candidate in this election.

A Conservative, nonetheless, running in an area just outside of the Big Smoke known as Toronto. This will not shock those familiar with my career, which included a stint in Parliament more than a decade ago - a fling which ended with me actually being in charge of the tax system. (Hey, stop throwing those rocks...)

Anyway, I have apparently lost my mind again. Currently I spend my nights roaming the streets like a homeless person, knocking on every door I can find, and handing out brochures with pictures of myself on

them. It's a strange existence, but I have my own private reasons for this self-destructive behaviour.

However, am I man enough to look dispassionately at the post-January 23rd results, whatever the outcome? You bet, I am, and whatever the outcome I happen to think that

some other charges. In both cases, after-tax income will be higher - giving us more money to spend and invest (at least \$5 billion), which is good for the economy

(2) **Investment income**

The pending election already made the Liberals do the right thing - which was to drop plans to tax income trusts, and improve the tax treatment of dividend-paying socks. Good for them, and the Conservatives are on record as keeping to exactly the same policy. The Liberals are now

accusing the Conservatives of spending so much that we will return to budget deficits. The Tories say this is fearmongering and they will actually be cutting federal spending. In any case, election promises are inflationary, and we all know how the Bank of Canada feels about that - so I would keep a beady eye focused on my mortgage rate, which is still likely to travel northward for the next six to nine months. Then we will see whose economic agenda has prevailed.

(4) **The dollar**

It's going up. Already near a 14-year high, the loonie will rebound after the election because the outcome is likely to yield a more stable government than the last time. Yes, even if it is a Liberal or Conservative minority, there will be no appetite for another election for years to come, which means a working coalition in the Big House.

*All in all, there is reason to feel good about this election, since I think the economic consequences will be generally positive - given the assurances of (almost all) politicians that taxes will be coming down and some shackles will be lifted from the backs of corporations.*

the economic situation for most people will be brighter. Here's why:

(1) **Tax cuts**

Both the Grits and the Tories have unveiled elaborate schemes to cut the amount of coin you drop with the federal government. The Liberals have ushered in income tax cuts and are hinting at more, while the Conservatives have vowed to cut the GST as well as sweeten seniors' pensions and drop

committed to raising the capital gains tax break for small business and farmers, while the Conservatives have vowed to chop the business tax rate. All of this is very positive for corporations and, by extension, the stock market.

(3) **Interest rates**

Hmmm. Less certain here, since both major parties have promised (as usual) a big whack of new spending. The Liberals, in fact, are

All in all, there is reason to feel good about this election, since I think the economic consequences will be generally positive - given the assurances of (almost all) politicians that taxes will be coming down and some shackles will be lifted from the backs of corporations. It is a rare election, indeed, when policy rises to be the main thrust, instead of who has more hair. And we all know who that is.

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PSP

# Fitness, Sports & Recreation

## Maybe mom is in need of the lesson



**Laurie McVicar**

### Confessions from the Gym

I learned a very valuable lesson over the holidays – if you are going to teach your children a new activity, you had better darn well be sure you’ve mastered it beforehand.

“Santa” was kind enough to leave a new pair of skates for my son under our tree this year. I was thrilled at the idea of sharing the activity with

Aidan, who, at four years of age, has yet to set a blade on any type of ice. He was equally excited at the prospect of emulating some of his favourite hockey players and assured me that he was ready to take the first step of his journey to the NHL.

So, during Christmas holidays in Quebec City,

off we went to the outdoor rink at the Valcartier base. Before engaging in the labourious effort of putting a pair of skates on a squirming youngster, I noted happily that there was a separate, smaller rink for beginners.

Eventually, after much complaining, slipping and sliding down the path, we made it on the ice, at least briefly, in the vertical position. I, of course, had neglected to tell Aidan that his mommy had just made the switch to hockey skates and was still unable to stop. In the attempt to show him how easy skating was, I tried to demonstrate the move

and wiped out in front of him. After that, there was no way he was going to rely on just my hands for support.

With the offering of a chair from the rink manager, we tried again. We hadn’t gotten far before the frustration set in and my son decided it was far more entertaining to watch from his perch on top of the boards. After realizing that my chiding wasn’t going to work and the NHL would have to wait a little longer for this player, I conceded and let him watch. Admittedly, the chair didn’t go to waste – I’m seeing improvements already!

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## Astra bowling report

It is now the busiest time of year with all the new tournaments starting.

Pat's Pets have a 14.5-point lead but there are still four weeks remaining. An amazing 416 game was rolled by Jim Edworthy several weeks ago.



**Men's High Averages:** Mike Stoddart, 264; Pat Carey, 227; Ernie Strocel, 224.

**Ladies' High Quad:** Edie Rathbun, 984; Cathy Stoddart, 931; Lorraine Beckman, 885.

**Ladies' High Averages:** Cathy Stoddart, 214; Edie Rathbun, 204; Lorraine Beckman, 199.

**Men's High Singles:** Jim Edworthy, 416; Mike Stoddart, 341; Pat Carey, 306.

**Men's High Quad:** Mike Stoddart, 1221; Jim Edworthy, 1089; Pat Carey, 1034.

**Ladies' High Singles:** Edie Rathbun, 308; Cathy Stoddart, 293; Lorraine Beckman, 282.

## Time to get on the ball

(NC)—Some new fitness trends bounce in and then out of popularity just as quickly because they just don't work. According to a recent North American survey of health and fitness professionals, small weighted balls, traditionally used in sports conditioning and rehabilitation programs, are emerging as a popular new fitness trend. Toning balls, which consumers can fill with water, sand, salt or other similar materials and turn into weights, are becoming hot fast, and it's easy to see why:

- They are a soft and comfortable alternative to traditional dumbbells
- Toning balls allow for smooth, controlled, full movements that improve muscle tone and strengthen core muscles
- They gently increase exercise resistance
- The balls are compact, lightweight, and easy to use at home or to take with you when traveling
- Toning balls can be incorporated into aerobic classes, yoga, Pilates routines and everyday activities.



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### STRESS: TAKE CHARGE

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### WEIGHT WELLNESS

Are you interested in... achieving a healthy weight? Developing healthy physical activity and eating habits? Weight Wellness takes a self-management approach to behaviour change. The program consists of 12 group meetings over 12 weeks. Session One begins 9 Feb 06, 9:30 - 11:30 a.m. Please register @ Local 3768 or by e-mail: pitt.l@forces.gc.ca.

### MAM - MANAGING ANGRY MOMENTS

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We are now located in the hospital, Bldg 451, 50 Yukon Street, or visit us at [www.cfbtrenton.com](http://www.cfbtrenton.com) HEALTH PROMOTION

## Fight unhealthy winter habits

(NC)—With temperatures dipping below freezing point, shorter days and more quiet time after the hectic holiday rush, many Canadians find themselves settling into a nesting state of mind. Many tend to become more sedentary with stronger cravings for comfort foods; which plays havoc on nutrition and fitness regimes.

Canadians have a tendency to eat more, especially carbohydrates, and become less active once the cold weather hits. In fact, an increased appetite helps to fulfill an instinctual need to conserve energy and is a survival mechanism that kicks in at the onset of winter. Research studies over past decades have examined this phenomenon and it has been shown that in cold weather people experience a delayed sense of feeling full after eating, despite larger meals.

Jean LaMantia, a registered dietitian and certified personal trainer, urges people to enjoy the winter sea-

son by staying active and pursuing a balanced diet that incorporates plenty of nutrient-rich vegetables and fruits, including fresh fruit juices like purple grape juice.

Here are some tips to help keep you motivated and healthy during the winter months:

- Regular exercise and nutritious meals don't just happen naturally for everyone so the best advice is to come up with a plan that works for you

- As the season changes think how your eating habits may change with it. Prepare a weekly meal plan before you hit the grocery store

- Think of fitness in terms of time management. Pull out your calendar and schedule your exercise time

- When thinking of how to get five-to-ten fruit and vegetable servings daily, take a look at the grocery shelves not just the produce aisles. A daily glass of pure fruit juice is a convenient way to get a fruit

serving. Choose a juice with maximum nutritional value and taste like purple grape juice

- Think convenience in your quest for a balanced diet. Chop and bag vegetables to take to the office for an afternoon snack or to have on hand when the evening munchies hit. Make a batch of meals ahead or use a crock-pot so you won't be tempted to rely on fast food when pressed for time

- Comfort food doesn't have to be laden with calories. When making casseroles or stews, add in as many vegetables as possible. Nutrient-rich purple grape juice and seasonal root vegetables pack a lot of flavour when added to stews or sauces

- Be opportunistic in your approach to fitness, grabbing bits of exercise wherever you can: a twilight walk to help keep away those drowsy, couch-potato feelings or a Saturday afternoon family outing to the local skating rink.

## Healthy cooking

(NC)—Heart healthier cooking is easiest when you follow three basic principles. Whatever you are cooking, try to:

1. Reduce fat, especially saturated fat.
2. Of the fat you do use, choose unsaturated fat.
3. Boost your fibre intake.

With these principles in mind, try to use these heart healthier cooking methods when you prepare your family's meals:

- Grill, barbecue, or roast meats and allow the fat to run off.
- Try steaming foods instead of frying.
- Braise meat in broth or tomato juice instead of frying it.
- Refrigerate soups and stews overnight, and skim off any fat before serving.
- Try to prepare foods without deep-frying.
- Use non-stick frying pans or woks so you'll need very little added fat.
- Remove all visible fat from meats, and the skin from poultry and fish (this will significantly reduce the saturated fat in your food).



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**Vous pouvez voter avant le jour d'élection,** si vous le désirez. Le vote par anticipation aura lieu le vendredi 13 janvier, le samedi 14 janvier et le lundi 16 janvier, de midi à 20 heures. Les adresses des bureaux de vote par anticipation sont inscrites au verso de la carte d'information de l'électeur.

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Pour voter, vous devez être citoyen canadien et avoir au moins 18 ans le jour d'élection.

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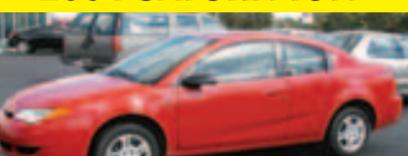
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## Stay safely on your feet - tips on preventing falls



Submitted by  
Don Heans,  
Wing General Safety  
Officer

Falls are a leading cause of injury in all kinds of work places. They can be caused by slipping on a slick surface so that your feet go out from under you. Falls can also be caused by tripping on an obstacle; your feet get caught but your body keeps on going. Falls also can occur when you step off an elevated surface.

Follow these tips to prevent falls:

Keep pedestrian traffic areas free of obstacles and clutter. This can include scrap, trash, stored materials, tools and equipment.

Don't store things on the floor. There should be adequate shelving or other storage space for materials, tools and equipment.

Keep walking surfaces clean and dry. They should be free of water, ice, mud, oil and grease. Pay special attention to entryways.

Areas where floors are being cleaned should be blocked off.

Clean up any spills promptly, or barricade the area until it can be taken care of.

Report any hazards

on the surfaces for floors such as loose carpeting or tiles which are starting to lift.

Avoid running cables and cords across traffic areas. If these must cross walkways, run them overhead or use conduits. As a last resort, make sure cords are taped down to reduce tripping hazards.

Keep trash and scrap cleaned up and disposed of.

Always close drawers promptly. Leaving a lower drawer open can cause a serious accident if someone stumbles over it.

Use ladders safely. Choose the right ladder for the job and make sure it is set up properly on a firm surface. Don't stand on the top few

rungs, and do not lean away from the ladder.

Set up scaffolding safely. Use approved scaffold designs and use them correctly.

When working at heights, use approved fall protection and fall arrest equipment. Maintain this equipment well and check it regularly for defects.

Wear proper footwear to prevent falls. Shoe soles should be made of non-slip material. Shoes should have low heels, fit well and be kept fastened.

Long, loose pant cuffs present a tripping hazard; don't wear them.

Maintain adequate lighting. Report any problems such as burned out light fixtures or obstructed windows.

This is especially important in hallways and stairwells.

Don't jump down from elevated surfaces such as vehicles or loading docks. Take the stairway or ladder.

Walk, don't run up or down stairs, and use the handrail.

Never store items on the stairs, even temporarily.

Make sure any floor openings are correctly covered and barricaded.

Never engage in horseplay. Pranks have led to many serious falls and other accidents.

Slips, trips and falls occur in all kinds of workplaces, from offices to construction sites. Be aware of fall hazards, and repair or report them promptly.

## Winter cycling

by Sgt. Steve Leblanc  
MSE Safety

Some of us choose to ride our bicycle on a daily basis. Everybody has his or her reason; it could be to help save the environment, to keep in shape, or for the simple pleasure of it. Whatever the reason, cycling in weather hazards demands skills and commands respect to the elements. Here are some tips and suggestions you should consider and adhere to if you are going to cycle in adverse weather conditions.

In this area, in winter, you will surely encounter wet weather. Wet weather makes roads slippery. Light rain brings oil to the surface of roads, making them especially treacherous. Heavy rains means wet rims and poor braking. You need to ride differently in the rain because of these factors. Braking: most bicycle brakes poorly in the rain. If you have steel rims, ride slowly and apply brakes gently at least 50 metres from intersections. Brake hard only after your brakes start to grab. Try your brakes out in the rain on a deserted street to discover how they work when wet. Aluminium rims provide the best wet weather braking. Cornering: you have less traction on wet roads, so corner slowly with less leaning. Puddles: can hide holes in the pavement, broken glass and other nasty surprises. Avoid puddles or go through them slowly. Visibility: visibility is poor in wet weather; wear bright yellow or fluorescent outer garments so that drivers can see you better.

In the late fall and winter, cold weather will also be a part of your cycling experience. When the temperatures drops to freezing or below, traction problems, and the danger of hypothermia and frostbite appear. Ride carefully and slower than normal in these conditions. Frost and black ice: Overnight freezes can leave patches of frost and black ice on the road. On frost, ride slowly, using a medium gear and the rear brake only. Corner carefully, without leaning. You will have some traction, but not a lot. On black ice, go straight. Avoid any braking or turning. You have no traction at all. On extensive patches, walk your bike. Be especially careful crossing bridges. Snow: Even hard packed snow provides some traction, but it is limited and your wheels slide around as you ride. Go slowly in a medium gear and corner carefully, without leaning. Use your front brake delicately. Your best choice as for tires would be, fat, heavily treaded tires. Thin tires can be unstable and make pedalling difficult. When you ride in cold weather hypothermia and frostbite is also something to think about. Your extremities lose heat fast. Wear good headgear, mitts and footgear, and keep rides short.



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**392-2811 Ext 2748/7008**



**VOTING IS ON MONDAY, JANUARY 23. YOU CAN ALSO VOTE IN ADVANCE.**

You can vote before election day, if you wish. Advance voting will be held on Friday, January 13, Saturday, January 14, and Monday, January 16, from noon to 8:00 p.m. Locations of advance polling stations appear on the back of the voter information card.

If you haven't received this card, you are probably not on the voters list. To be able to vote, all you have to do is go to your polling station and present an official document that includes your name, address and signature.

You can also vote by mail or in person at your local Elections Canada office if you make the request before 6:00 p.m. on Tuesday, January 17. Download the Application for Registration and Special Ballot form at [www.elections.ca](http://www.elections.ca) by clicking on the "I'm Mailing My Vote!" icon or call us now.

To vote, you must be a Canadian citizen and be at least 18 years old on election day.

For more information, please visit our Web site or contact your local Elections Canada office. You'll find the telephone number at [www.elections.ca](http://www.elections.ca) by clicking on the Voter Information Service icon.

**[www.elections.ca](http://www.elections.ca)**

**1 800 463-6868 toll-free in Canada and the United States**  
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**TTY 1 800 361-8935 for people who are deaf or hard of hearing**  
**toll-free in Canada and the United States or (613) 991-2082 from anywhere**



Showcase

# Showcase



**MCpl M. Staffen**

received the Red Seal for Aerobic Achievement, presented by Maj S. Raby, WTnO.



**MCpl A. Sargent**

received a promotion to that rank, presented by Maj J. Beauchesne and CWO A. Begg, ATESS.



**Cpl G. Aikens**

received a promotion to that rank, presented by Maj J. Beauchesne and CWO A. Begg, ATESS.



**Cpl J. Starrett**

received a promotion to that rank, presented by Maj J. Beauchesne and CWO A. Begg, ATESS.



**Cpl D. Noel**

received a promotion to that rank, presented by Maj J. Beauchesne and CWO A. Begg, ATESS.



**Cpl D. MacDonald**

received a promotion to that rank, presented by MWO F. Barrett and Maj D. Black, 8AMS.



**Cpl L. Fontaine**

received a promotion to that rank, presented by Maj J. Campbell, 8 Wing Supply Officer.



**Cpl J. Small**

received a promotion to that rank, presented by Maj J. Campbell, 8 Wing Supply Officer.



**Cpl D. Baril**

received a promotion to that rank, presented by Maj J. Fernandes, 8AMS.



**PO2 B. Denyes**

receives a gift of recognition of achievements and The 2005 CCC Annual Recognition Certificate, presented by LCol G. Roberts, and CWO E. Simmons, CCC.



**Cpl B. Perry**

received The Canadian Peacekeeping Medal, presented by Maj C. Harris, CO 2 Air Mov Sqn.



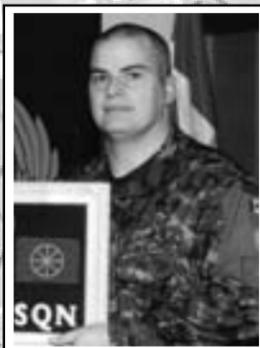
**2LT R. Christie**

received his CD for 12 years of service, presented by Maj C. Harris, CO 2 Air Mov Sqn.



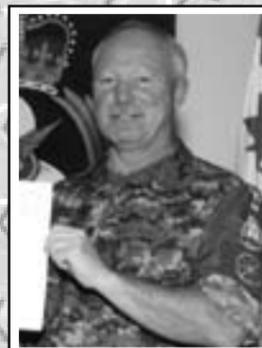
**Cpl C. Ridings**

received a promotion to that rank, presented by Maj C. Harris, CO 2 Air Mov Sqn.



**Cpl S. Amos**

received a promotion to that rank, presented by Maj C. Harris, CO 2 Air Mov Sqn.



**Sgt E. Baker**

received the 5 Level Seal for CF Physical Fitness Award, presented by Maj C. Harris, CO 2 Air Mov Sqn.



**Cpl C. Neilson**

received a VE Day and Liberation Certificate, presented by Maj C. Harris, CO 2 Air Mov Sqn.

***Congratulations! Félicitations!***

# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
January 15 - January 21

**ARIES** (March 21-April 19): You'll be in a bit of a push-pull situation and, the more you try to sort things out, the worse they will become. You are best suited to having fun and refusing to become too serious about anything on the 15th and 16th. Consider the promise you made yourself at the beginning of the year. If you haven't stuck to it, take the time to get back on track on the 17th, 18th and 19th. Don't let other people's agendas take precedence. Stick to your game plan. Try to take a practical approach to everything you do. A self-improvement project will get you moving. Quiet observation on the 20th and 21st will lead to the answers you've been looking for.

**TAURUS** (April 20-May 20): You can expect to have some problems with loved ones or something that needs fixing at home on the 15th and 16th. Where work, money and getting ahead are concerned, you should have clear sailing. Don't overreact to personal issues. Don't wait for others to do things for you on the 17th, 18th and 19th. Take the initiative and you will get results. If there is something you've been longing for, now is the time. A tough attitude will get you a long way. Don't put up with anyone trying to feed you a line. New opportunities will develop but be careful that you get everything in writing. Promises made on the 20th and 21st may not be honored.

**GEMINI** (May 21-June 20): You can make some adjustments to your living arrangements that will put your mind at ease on the 15th and 16th. Talk to people in the know who can give you the information you need to move into a more suitable direction. Question but don't abandon your current beliefs. You can expect to feel a little left out on the 17th, 18th and 19th. So much will be going on but it will be difficult for you to get a piece of it. Don't think so much about what everyone else has. Consider your own attributes. Use your wisdom from past experience to lead you in the right direction. You should travel if possible on the 20th and 21st. Romance is looking very promising.

**CANCER** (June 21-July 22): Someone you think you can trust or rely on will let you down on the 15th and 16th. Go through legal documents and prepare to make some updates. Ask questions if you are confused by someone's actions. Home will be where the heart is on the 17th, 18th and 19th. You should make a few adjustments to your surroundings that will make you more comfortable. Take the time to deal with someone you love in a positive way. You will avoid unnecessary upset later. Don't get caught up in emotional melodrama on the 20th and 21st. Allow other people the space they require or you will face opposition. Do something that will make you feel good about yourself.

**LEO** (July 23-Aug. 22): You may be questioning your personal life on the 15th and 16th. Concentrate on making money, changing your direction or finding a position that will raise your earning ability. Don't let someone's negativity stop you. Don't even think about taking a break on the 17th, 18th and 19th. You have to put your heart into a job that requires your undivided attention. By following through with a business plan, you will get things moving in a positive direction. You may only be kidding yourself regarding a partnership on the 20th and 21st. Let the other person do a little work. You want the people in your life to be there because they like you, not because they want to use you.

**VIRGO** (Aug. 23-Sept. 22): You can have lots of fun on the 15th and 16th if you get involved in activities that allow you to show some of your talents. Doing things with friends or the youngsters in your family will open your eyes to other possibilities. Love, money, fame and taking a creative step into the future are possible on the 17th, 18th and 19th. You will discover something or someone who will grab your interest. You should mix business with pleasure if at all possible. Check out any investment opportunities on the 20th and 21st. A short trip will have a lasting impression on you. You will get a favorable response from someone you like or want to get to know better.

**LIBRA** (Sept. 23-Oct. 22): Volunteer work will make you feel good on the 15th and 16th but trying to help the people closest to you will result in resentment. Get involved in something you know will make a difference to society or the environment. You will do much better dealing with acquaintances on the 17th, 18th and 19th rather than with those close to you. A problem with your home or personal life appears to be pressing. You can move forward with a financial deal but do check the fine print. Stop turning your back on the possibilities on the 20th and 21st. A little work is no reason to shy away. A partnership may turn out to be totally different than what you expect.

**SCORPIO** (Oct. 23-Nov. 21): Do not overindulge or take a chance on the 15th and 16th. An unusual approach to something you do well will turn out to be in demand. Getting something you want to pursue off the ground looks positive. Form alliances or talk matters over with people you want to do things with in the future on the 17th, 18th and 19th. A partnership is looking good but set up rules and boundaries. Change will be necessary but also very good for you. Someone may try to take advantage of your generosity on the 20th and 21st. Don't be too quick to offer your services. Networking your way to a better position should be on your agenda.

**SAGITTARIUS** (Nov. 22-Dec. 21): You should have a greater concern about where your money is going on the 15th and 16th. Go through your papers and you will discover where you can cut corners. Setting up a tight budget will pay off quicker than you think. Seal a deal or advance your position on the 17th, 18th and 19th. Discussing your plans with the people you feel will play a role in what you do should be your top priority. Being knowledgeable and informative will do the trick. Be careful how you present your thoughts on the 20th and 21st. Someone may take you the wrong way. Diplomacy and charm and give-and-take will give you the edge.

**CAPRICORN** (Dec. 22-Jan. 19): You may not be feeling all that secure on the 15th and 16th about your future but you have nothing to worry about. Keep your eye on someone trying to make you feel inadequate. You will learn much through your observation. You see it, you want it, you take it. That should be the flavor on the 17th, 18th and 19th. Rethink why you have been watching out for everyone else. Don't forget to make special plans for two. Do what you can to fix things at home both physically and personally on the 20th and 21st. Don't limit yourself — keep an open mind and you will discover some valuable information. Anger will never get you what you want.

**AQUARIUS** (Jan. 20-Feb. 18): Avoid overeating, drinking or overdoing anything on the 15th and 16th. Exaggeration will lead to trouble. Don't make a rash decision. Bide your time. Don't let innuendos confuse you on the 17th, 18th and 19th. Think about how you can make improvements to your life and your surroundings. This is a perfect time to make changes that will help you move in a more lucrative direction. Don't think about what you can't do on the 20th and 21st, think about what you can. You will impress the people around you if you aren't afraid to take on a little extra work or responsibility. Someone you like will make you think about future possibilities.

**PISCES** (Feb. 19-March 20): Put greater emphasis on the truth on the 15th and 16th not what you may have fabricated in your own mind. Face the music and rid yourself of the past mistakes you made so you can help yourself and those who count on you. There will be no room for lies. Emotional ups and downs will leave you confused on the 17th, 18th and 19th. Try not to read something into what's being discussed. Keep things simple and you will stand a much better chance with both money matters and relationships. A little can go a long way if you are resourceful on the 20th and 21st. Don't expect your family or friends to understand why you are obsessing over someone or something.

## Royal LePage ProAlliance Realty



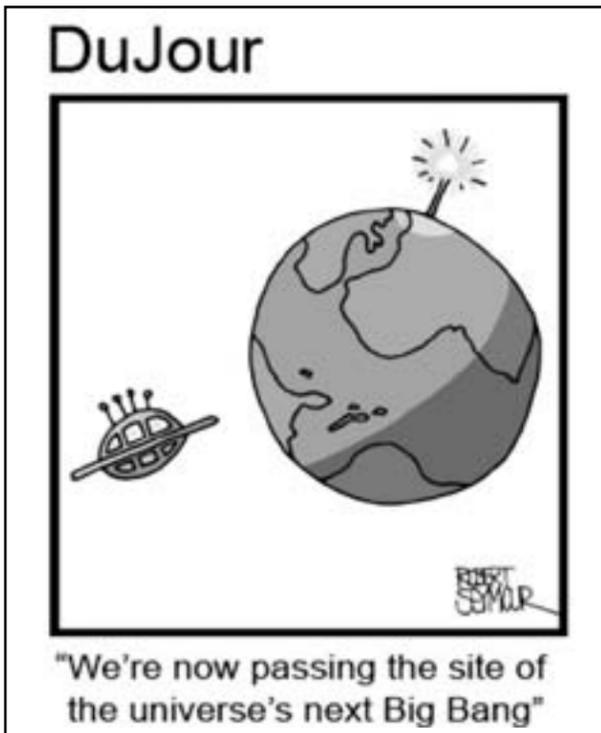
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our newest feature, The Contact Comics.



### SI019 BY BRIAN CODAGNONE



# Community Events

**CENTRE THEATRE - TOTALLY RENOVATED INCLUDING D.T.S. SOUND BIRTHDAY PARTIES ARE NOW AVAILABLE**

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*Matinees Saturday & Sunday*

**MOVIES MOVIES MOVIES**

**MOVIE LINE-UP**

- Fun with Dick & Jane (PG) 1:05 7:05 9:05 (weekend)
- The Chronicles of Narnia (PG) 1:00 7:00 9:35 (weekend)
- Hoodwinked (G) 1:10 7:10 9:10 (weekend)

Coming Soon: Big Momma's House 2  
Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

**CALL 392-4211 FOR INFORMATION**

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

**Spaghetti Dinner and Dance**  
sponsored by: Free to Be, MCC  
*January 28 2006*  
Odd Fellows Hall  
39 Elgin St Trenton  
Dinner served at 7 p.m.  
Dance: 9p.m.- 1a.m.  
DJ and cash bar

**Valentine Dance**  
sponsored by: Free to Be, MCC  
*February 18 2006*  
Bohemian Penguin, Belleville  
DJ and cash bar  
9 p.m.-2 a.m.

**THE TOWN & COUNTRY CAMERA CLUB meets the first Wednesday of each month at 7:30 p.m. at the Dufferin Centre, Trenton. New members welcome.**

**HMCS/CFB Cornwallis Reunion**

The Cornwallis Reunion Association is planning a reunion from Friday, August 25 to Sunday, Aug. 27, 2006 to be held in Cornwallis, Nova Scotia. During the fifty years that the base was in operation over 500,000 military and civilian men and women worked and trained at HMCS/CFB Cornwallis.

Early registration is encouraged, as we are limited to 800 registrants.

Information may be obtained by:  
**Mail:** Cornwallis Reunion Association  
PO Box 33  
Cornwallis N.S.  
B0S 1H0

**Tel:** 1 902 638 3434 // **Fax:** 1 902 638 3101  
**E-mail:** [cornwallisreunion@fundymail.ca](mailto:cornwallisreunion@fundymail.ca)  
**Website:** [www.cornwallisreunion.ca](http://www.cornwallisreunion.ca)

**ORCHARD VIEW BAPTIST CHURCH**  
178 Lester Rd. Trenton, 392-5284  
*Pastor: Dr. Raymond Wilson Worship Service: Sunday 10:30am Everyone Welcome!*

"The Multiple Sclerosis Society of Canada – Hastings Chapter will be having its monthly Board Meeting on Monday January 16, 2006. Any parties interested in or considering holding a volunteer position on this Board are invited to phone Chapter Chairperson, Denise Nicholls, at 962-2224 to set up an appointment to attend. Meetings are held at 99 Sidney Street in Belleville's West End at 7pm. Board meetings are held on the 3<sup>rd</sup> Monday of every month. For information about Multiple Sclerosis and its affects on you and those you love, please e-mail Chapter Education Director, Melissa Watson-Whaites, at [info.hastings@mssociety.ca](mailto:info.hastings@mssociety.ca)

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For more info call 394-5870

**Tuesday Quilters' Meet:**

The Trent Valley Quilters' Guild will hold its monthly meeting on January 17th, at 1 p.m. at the King Street United Church (side door). New members are always welcome. For more information call Joyce at 966-7179.

**ATTENTION: PIPERS & DRUMMERS**

8 Wing Pipes & Drums is continually looking for pipers and drummers, both military and civilian, who would like to play in a well established and sought after pipe band. The band plays for Wing, local, national and international events. If interested please contact MWO Ron Reedy at local 7282 or Pipe Major Jim Macintyre at local 3387.





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**Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490**  
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Padre Mike Adamczyk  
Padre Marc Torchinsky

**WORSHIP SERVICES**

<p><b>OUR LADY OF PEACE (RC)</b> <b>NOTRE-DAME-DE-LA-PAIX (CR)</b></p> <p>Chapel Life Co-ordinator Padre Frank Pellerin</p> <p><b>MASS</b> Sunday Mass (English) 1130 hrs Messe Dominicale: 0900 hrs</p> <p><b>CONFESSION</b> At all times</p> <p><b>PARISH ORGANIZATIONS</b> Parish Council 4th Sun 1330 hrs Knights of Columbus 1st Thurs 1900 hrs CWL 2nd Tues 1900 hrs Chorale Merc 1900 hrs Choir Tues 1900 hrs</p>	<p><b>ST CLEMENT ASTRA (PROTESTANT)</b></p> <p>Chapel Life Co-ordinator Padre James Craig</p> <p><b>WORSHIP SERVICE</b></p> <p>Divine Worship (Sun) 1015 hrs Holy Communion 1st Sunday of the month</p> <p><b>PARISH ORGANIZATIONS</b></p> <p>Chapel Guild Last Tues 1930 hrs</p>
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**BAPTISM/BAPTÈME**  
Please allow 30 days notice for preparation. / Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.

**MARRIAGES / MARIAGES**  
It is necessary to contact the chaplains' office prior to setting a date. Failure to do so could result in disappointment. Afin d'éviter des déceptions, il est important de communiquer avec le bureau des aumôniers avant de choisir votre date.

**DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR**  
After working hours, for emergency only, please call the base operator at 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 392-2811 et demandez l'aumônier en devoir.



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 OR Email: [donwyld@kos.net](mailto:donwyld@kos.net)  
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**Sample Photo**  
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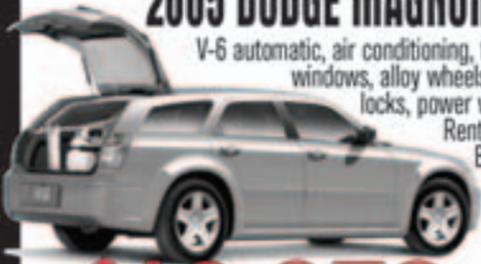
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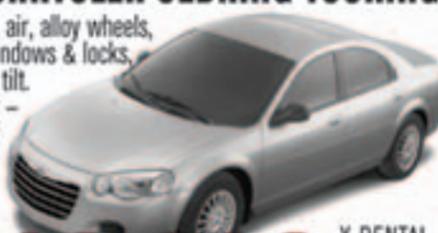
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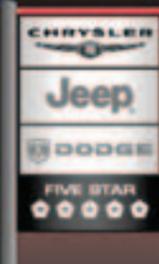
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