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## SHOW TOUR DAZZLES



Photo By: Cpl David Cribb, 8 Wing Imaging

Celtic fiddler Jennifer Roland had everyone dancing with some fast-paced jigs and reels. The Northern Show Tour opened with its dress rehearsal in The Astra Lounge, at 8 Wing/CFB Trenton December 5. Giving a powerful performance, the entertainers delighted the members of the 8 Wing Community, and filled the dance floor for the evening.

## EAST RAMP RETURNED



Photo: Submitted

The East Ramp was returned to 8 Wing on November 30, 2007 from Defence Construction Canada after several months of construction that began here on 27 June with a ministerial announcement; the project total cost is \$16.9 million dollars, which includes contract, management fees and overhead. On hand to accept the ramp with Colonel Mike Hood, Commander, 8 Wing/CFB Trenton (Centre), and LCol Carrie Fortier, W LEO (right end), were from left to right: Captain Rick Leighton, representing WCE, and two members of Wing Operations, who have been instrumental in managing flying operations vis-à-vis the construction, Captain Richard Dumais, A3 Ops and Captain Bernie Castonguay, A5 Plans (Infrastructure). Members of Defence Construction Canada, James Hand and Allan Lloyd, Contract Coordinators and Heidi Shacklady, Administrative Assistant were present to turnover the ramp to DND/CF. Absent from the picture is Steve Chinnatamby, the CE project coordinator.

## Traffic technicians – the backbone of this organization

by Lt(N) Pierrette LeDrew  
CFAWC UPAO 2

**SOUTHWEST ASIA** – Ask anyone here who works the hardest, and they'll say that everyone works hard. Ask anyone who has the hardest job to do, and the answer is unanimous – the traffic technicians deployed here with the Mobile Air Movement Section do.

The job of a traffic technician is never easy. It is physically demanding, and requires much coordination, organisation and flexibility. Responsible for passenger and freight movement, they are essential to the success of this mission. And they are keenly aware of it.

“Ours is a crucial mission that has to be done. We play an important role,” says Private Colin Horne. As with the aircraft maintenance personnel, their job is to keep the aircraft flying on schedule. However, while their maintenance peers do not always

have to perform major maintenance functions during regular flying operations, traffic technicians have to move large quantities of cargo every time, and many passengers most of the time. During the Relief In Place (RIP) of the summer, every one of them worked, without a day off, for almost 60 days straight. It was a Herculean effort, but one that they are proud of.

“I am very proud of our team. Traffic technicians are not lazy people,” says Master Warrant Officer (MWO) Wayne Malashevsky. “When you have a bunch of guys like you have here, who never complain no matter what, you have a great team that can do the job. This went extremely fast. Everyone got along well and worked great together. People make all the difference.”

Captain Rob Christie, the leader of this group, echoes MWO Malashevsky's sentiments. “We came here with a great team and they did a lot of great work. It's been awesome.” This team consisted of 14 indi-

viduals, including Capt Christie and MWO Malashevsky, as well as many young privates on their first tours. Most had worked together before, so there was already a strong bond between them when they arrived here. Sitting with them, this bond was palpable.

As a result, their achievements so far have been impressive. In six months, they have processed more than 400 aircrafts, 20 000 passengers and 2 500 000 pounds of passenger luggage, almost 2 900 000 pounds of freight and over 300 000 pounds of mail. And some of this luggage, freight and mail had to be loaded and unloaded by hand.

This occurred on occasion when they worked on charter aircraft that were not equipped with cargo containers. An arduous task at best, it increased the technicians' work load significantly during the high tempo of the RIP, especially in the heat of the summer. Fortunately, they were usually able to find people to give them a hand

when it was needed.

When asked about the challenges that they faced during this tour, they agree that the heat of the summer was their biggest one, followed by the many repatriation ceremonies that were, sadly, required during that time. But they are also very quick to point out the rewards. One of the highlights for many of them was to hear the camp's commanding officer, Lieutenant Colonel Mario Fortin, say that without the MAMS and the maintenance crews, the mission could not have happened, comments that were reiterated by the Chief of the Defence Staff, General Rick Hillier. It was also rewarding to see all the flights go out on schedule.

Like everyone else in this camp, these people feel that they just did their job. Ask anyone else about the work done by the traffic technicians in the past six months, and the response will be much less subdued – extraordinary is what they will say.

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## From the Bull's Pen A message from the 8 Wing Chief Warrant Officer



### DUTY

The concise Oxford Dictionary says duty is "3. Moral or legal obligations, what one is bound or ought to do."

The 1957 airman's handbook says "Duty is a wish that one is bound to do, by moral or legal obligation. That every right and privilege that you have is balanced by a duty and responsibility."

William Shakespeare wrote in Henry the VIII "every subject's duty is the King's, but every subject's soul is his own".

There are as many different meanings for duty as there are people. Everyone has his/her own sense of duty.

The duty I'm talking about is the duty we in the military follow. To me, the 1995 airman's handbook has the best

definition of duty in the military: "it's the quality which causes a person to carry out their responsibilities without regard to personal consequences or advantages," and "sense of duty is based on personal honesty and courage."

Just a thought!

T.J. (Bull) Secretan  
CWO  
8 WCWO

## NEW SIDEWALK BESIDE 1 HANGAR



Photo: Submitted

WCE Roads and Grounds and Carpenter Shops have been busy preparing and pouring a new 300 foot long concrete sidewalk beside Hangar #1 and North Star Drive. The concrete was placed and finished during a very brief period of clear weather on Tuesday, November 27, and the sidewalk was expected to be open to pedestrian travel by December 3. The job was done at the request of WOPS to provide a safer means of pedestrian travel for people who utilize parking at the PAX terminal and have to walk to their place of employment. The area is also very busy with vehicle traffic, PMV's, delivery trucks, etc. Pictured here are: (foreground) Ron Campbell, Fred Sanders (with bull float), Colin Millican (co-op student), Fred Squier, Darrell Turner, Lee Pugsley, Brian Miron, and Bryce Milligan. Hidden from camera are Albert Ruckstuhl and Gary Smith.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



During the 07/08 pre-Snow and Ice Control (SNIC) training, Mobile Support Equipment Operators (MSE Ops) and Vehicle Technicians from 8 Wing Transportation/Electrical Mechanical Engineering Squadron had the opportunity to tour Pearson International Airport. The aim of this visit was to have the crew observe and learn from the impressive snow removal techniques, operations and different types of equipment used at Canada's busiest international airport. All involved were quite impressed with the ongoing re-texturing of one of the main runways and the scale of operations performed on a daily basis. This visit proved to be an excellent overview of the two-week training prior to commencing SNIC season.

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# A Christmas Carol to benefit all

by Nigel Sivel  
Prince Edward-Hastings  
Habitat for Humanity

An organization associated with community spirit and helping others in need, at local, national and international levels, has called upon Ebenezer Scrooge, Bob Cratchit, Tiny Tim and a bunch of really weird ghosts for help this December, so that future area low-income families can build and buy new homes.

The help doesn't stop there. Members of the Canadian Forces, local medical community members, the clergy, a local radio broadcaster, a former federal government cabinet minister and a national radio celebrity are joining in as well.

Habitat for Humanity and CBC Radio have teamed up to present two dramatic readings of Charles Dickens' *A Christmas Carol*. The first reading took place in Bloomfield on December 1, and the second will take place on December 12 at St. Thomas Anglican Church in Belleville.

"We were looking for a way to help fund future Habitat for Humanity builds in our area," said Norah Buckley, President of Prince Edward-Hastings Habitat for Humanity. "The CBC's Christmas Carol dramatic reading is a good fit for us. We've been serving low-income members of our community since 1995 and we want to keep on doing that."

Dickens wrote the story in 1843 and originally started presenting public readings of *A Christmas Carol* to raise money for charities, mostly in aid of education or hospitals at the time. He produced an 80-minute version for public reading, the same version used today across Canada each Christmas season, and which continues to raise funds for various charities.

CBC Radio's Eric Friesen, host of Studio Sparks on Radio Two, will be joined by host Lyle Vanclief, former Liberal Minister of Agriculture, accompanied by readers Colonel Mike Hood, Commander of 8 Wing/CFB Trenton; Reverend Margaret Goodwin, a Minister from College Street United Church; Marilyn McDougall, a retired physiotherapist currently raising a family; Dr. Bob Goodall, long-time Belleville family physician; and Bill Holland, CJBQ/Mix 97 news broadcaster.

Music will be provided by St. Thomas Senior Choir and Just Friends.

"I have wanted to be involved with CBC's dramatic reading of Dickens' *A Christmas Carol* ever since these were initiated by CBC's Judy Maddren in 1990," said Bonnie Dobson, board member for Prince Edward-Hastings Habitat for Humanity. "When it was available for us to do this year, I jumped at the chance as we're always looking for ways to help fund future Habitat

for Humanity builds in our area."

Prince Edward-Hastings Habitat for Humanity volunteers completed a home last month in Flinton thanks to the generous donations of land and materials from Chisholm's Lumber (of Roslin) and a dedicated team of Flinton area Habitat volunteers. Work is now beginning for the next build in Belleville, slated for 2008. Funds raised at the December 12 show will be applied to the build.

St. Theresa Secondary School in Belleville is sponsoring the 2008 build. This will be the second area high school to build a Habitat house, joining Trenton's St. Paul Catholic Secondary School which built a home in 2003.

All funds raised through the two shows will help build Habitat for Humanity homes in Prince Edward and Hastings counties.

The show will be at 7:30 p.m. Tickets are \$10 per person and are available at the information kiosk at the Quinte Mall, Quinte Arts Council, Greenley Booksellers, Special Days Cards and Gifts, and the Habitat ReStore located on Sidney Street in Belleville. Tickets are also available before noon at St. Thomas Anglican Church. There has been a Trenton ticket location set up at J&B Book Exchange as well, located at 48 Quinte Street.

For more information, please contact the Habitat for Humanity office at 613-969-1415 or visit our website at [www.habitatpeh.org](http://www.habitatpeh.org).

## NORAD Santa Trackers

As the Holiday Season approaches, Santa himself has once again asked North American Aerospace Defense Command (NORAD) to track his sleigh as he makes his annual gift-giving journey, so millions of children throughout the world will be able to follow his progress.

The Canadian Air Defence Sector Operations Centre at 22 Wing North Bay, ON, will use satellite and radar systems to alert NORAD when Santa enters Canadian airspace.

Two CF-18 Hornet fighter jets from 3 Wing (Bagotville, QC) will meet Santa as he enters Canadian airspace off the coast of Newfoundland and Labrador. As Santa flies across North America from east to west, two CF-18 Hornets from 4 Wing (Cold Lake, Alta.) will escort him out of Canadian airspace and turn over escort duties to the Continental U.S. NORAD Region so that he may continue his Yuletide trip.

Santa estimates he'll begin his journey at around 4 a.m. EST, December 24. Once he begins, curious kids will be able to get updates by calling the "NORAD Tracks Santa" hotline at 1-877-HI NORAD, or by visiting [www.noradsanta.org](http://www.noradsanta.org). Starting Dec 1, the website will also feature interactive games and activities.

This year, Google Earth and Google Maps will assist in presenting Santa's magical trip. The website is featured in English, French, German, Italian, Japanese and Spanish.

The NORAD Tracks Santa tradition began in 1955. Since then, the folks at NORAD have been fielding calls from children around the world asking about Santa's journey. Today, over 700 volunteers help answer calls and e-mails. Last year, the Tracks Santa website logged over 940 million hits from 210 countries, while NORAD Santa Trackers received over 12,500 e-mails and more than 85,000 phone calls.

For more information on NORAD Tracks Santa, please visit [www.noradsanta.org](http://www.noradsanta.org), or contact Canadian NORAD Region Headquarters in Winnipeg, at 204-833-2500 ext. 6795.

## Search & Rescue UPDATE



424 Squadron had a relatively busy week involving the tasking of three missions. The first mission tasked the Griffon to proceed to Port Colborne to investigate a possible ELT. After an extensive search of the area, no signs of distress were detected. The crew was then released by RCC. On the same day, the Hercules was tasked to search for an overdue aircraft.

Rescue 323, a Hercules from Winnipeg, arrived on-scene first and found the three missing persons. The Hercules was stood down and returned to base. The next day, the Griffon was tasked to airlift a male with a broken femur and two SAR-Techs out of a remote area 100 km north of Thunder Bay. The crew was stood down, as a provincial air ambulance was able to make it on-scene. Until next time, stay alert and stay safe!

Missions for 2007: 228 Missions for Dec.: 7 Persons rescued: 31

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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 (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents 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 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

### Letters to the Editor:

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Intranet: Steiner.AL@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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## CORRECTION

Incorrect information appeared in the November 23, 2007 article entitled "Museum board looking for input on new 'all-encompassing' logo." The information provided to The Contact by the museum at the time was incorrect. The museum regrets the erroneous information and has updated the description as follows. The first logo was used from 1920 until 1946, the second replaced it and was used exclusively by the RCAF until 1965 when it was replaced by the third and current roundel. The museum regrets the error.

## Write a letter to the Editor

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 www.habitat.ca

## Canadiana Crossword

### Prolific Passers

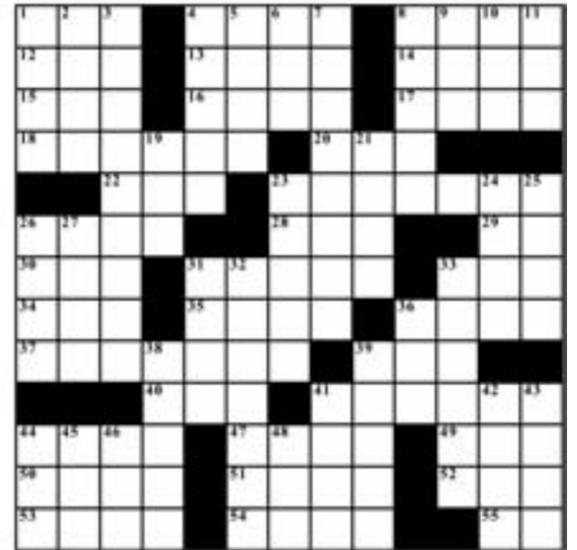
By Bernice Rosella and James Kilner

#### ACROSS

- 1 East coast provs.
- 4 Duceppe's Parti
- 8 CFL's Warren \_\_\_\_\_
- 12 \_\_\_\_\_ Rail
- 13 Lounge
- 14 It runs through Florence
- 15 Ocean eagle
- 16 Pinnacle
- 17 Deride
- 18 Fanciful ornamentation
- 20 Cow conversation
- 22 Noah's concern
- 23 With lassitude
- 26 Disoriented
- 28 Some are carpenters?
- 29 Alcoholic's option, for short
- 30 Act of creation
- 31 Emends
- 33 Ambiance
- 34 Decorate a cake
- 35 Furrows
- 36 Elmer, of cartoon fame
- 37 Copies
- 39 MacInnes and Waxman
- 40 King, in Kamouraska
- 41 CFL's Doug \_\_\_\_\_
- 44 Nimbus
- 47 Female child
- 49 Sign
- 50 Word after smart
- 51 It's a sin to tell \_\_\_\_\_
- 52 Bancroft to Pembroke dir.
- 53 Docile
- 54 Certain signage
- 55 Nazi special forces org.

#### DOWN

- 1 Allege
- 2 Novice



- 3 CFL's Ron \_\_\_\_\_
- 4 Conrad, for one
- 5 Crazy
- 6 Salamander
- 7 CFL's Tom \_\_\_\_\_
- 8 Of great import
- 9 Metals source
- 10 Small integer
- 11 Neither
- 19 Scrap
- 21 Cereal grains
- 23 Bides
- 24 Placed
- 25 It has 3 feet?
- 26 Not clerical

- 27 Killer whale
- 31 Buck or switch follower
- 32 CFL's Matt \_\_\_\_\_
- 33 CFL's Kent \_\_\_\_\_
- 36 Winter bug
- 38 CFL's Dieter \_\_\_\_\_
- 39 CFL's Damon \_\_\_\_\_
- 41 Cold, in Cordova
- 42 Resorts
- 43 Scrimps
- 44 CFL's Tracy \_\_\_\_\_
- 45 Word with India Pale
- 46 Sheltered side
- 48 \_\_\_\_\_ Montreal

Answers found on page 22



## This Week in Contact

1977 – They called off the search for flyers Cal Gavine and Eric Lind this week – leaving the taxpayer with a bill for \$1,314,114 and two families in a state of agonizing uncertainty. And most of that cash and that uncertainty could have been saved by a \$150 locator device that was removed from the men's plane just 12 days before it took off on its fateful trip.

For Rent: 2 bedroom apartment in Bayside. Stove and fridge, cablevu included. \$175 monthly. Near airbase. Call 392-5365 after 4 p.m.

1987 – The Minister of National Defence, the Honourable Perrin Beatty, visited Halifax on Monday, November 23 to observe the French nuclear-powered submarine SAPHIR. Mr. Beatty toured the submarine along with the senior defence and government officials. He spent the day at sea in SAPHIR and received in-depth briefings on the operation and capability of the Rubis-Amethyste class submarine. The submarine visited the Halifax area from November 17 – 26.

1997 – The call came in to the 8 Wing Hospital at noon and within 54 hours an 8 Wing nurse and a medical assistant had already travelled to Italy and back to conduct an aeromedical evacuation. On the morning of Tuesday, Nov 18, a Canadian Forces service member stationed at Aviano, AFB in Italy sustained a non-life threatening injury which required an aeromedical evacuation back to Canada.

Created by Lt J. H. MacDonald,  
 Compiled by Joel Wiebe



## Potential household poisons



Submitted by  
Don Heans,  
Wing General Safety  
Officer

Thousands of household products available today make life easier, but many of them can be killers.

Most often small children, one to four years old, are the victims. Almost every area in your home has something dangerous in it. Go through it room-by-room and pick out the potential killers.

Here are some possibilities:

**Kitchen:** Drain cleaner; detergents; scouring powder; oven cleaner, waxes and polishes, disinfectants and deodorants,

solvents and cleaning supplies, food extracts, nutmeg and other condiments, alcoholic beverages.

**Bathroom:** All drugs and medications; rubbing alcohol; antiseptics; hair remover, bleaches and dyes; laxatives; ointments; shampoo; after shave lotion; hair spray; hair tonic. **Bedrooms:** Nail polish and remover; face cream; birth control pills; anti-moth preparations; cologne and perfume; skin freshener; sleeping pills.

**Living room:** Cigarettes; medications (left in handbags or on the coffee table by visitors); alcoholic beverages; household plants including caladium, castor bean, dieffenbachia, elephants ear, lantan, mistletoe and philodendron.

**Utility area, laundry, workshop, garage, garden shed:** Gasoline, paints and removers, auto waxes and polishes, turpentine, solvents, dyes, glues, bar-

becue starters, weed killers, garden sprays, dyes, bleaches, drain openers, pesticides.

Make sure potentially dangerous substances are stored properly.

This means locked storage in basement, garage, and workshop and high shelves for cleaning fluids, polishes, bleaches and similar house-cleaning aids.

Take the time to explain to your youngsters why they must not touch anything that might be harmful.

By age three or four years old, your child will be able to recognize the symbols for hazardous products. And never, never transfer harmful substances to cups, milk cartons, pop bottles, or other food containers.

Develop safe habits and keep a list of emergency numbers by the phone in case of an accidental poisoning.

You can prevent poisoning!

## Know the legal risks: Office parties and mess functions

As we approach the holiday season, we thought it would be a good idea to remind members and staff of the DND/CF that we should all be mindful of the potential legal risks flowing from the serving of alcohol at office parties, mess functions or other activities.

It's legally recognized that a person who organizes a social event, such as a party or a mess function, must take reasonable steps to prevent harm as a result of the event.

An office party/mess function is not dangerous in itself, but can give rise to risks, particularly when alcohol is served. An employer has a special obligation to safeguard its employees, and in some cases could be held accountable for harm caused by an employee or CF member who drives drunk after leaving an office party or a mess function.

To a large extent, this is an issue of prudence and common sense. The most important issue is control. Providing alcohol, failing to monitor its consumption, and not taking the necessary measures to prevent drunken employees from driving is a sure recipe for problems.

If alcohol is to be served, a responsible person must be put in charge, and

clear rules must be set out before the party begins and enforced during the party.

The following tips may be of use to units and organizations planning office parties.

Do ensure that supervisors set a good example by remaining sober. Provide a selection of non-alcoholic beverages. Also, appoint designated drivers and, where necessary, arrange alternate means of transportation. Ensure that the bar closes well before the end of the party and that any person who leaves the party drunk is accompanied by a responsible person who takes them straight home.

Please do not allow guests to drink to the point of being drunk. Don't continue to serve alcohol to a visibly drunk person. Don't hesitate to use your authority to prevent a drunken employee or CF member from driving. Do not leave the decision to drive in the hands of a drunken person. Never hesitate to call the police if a drunken person insists on leaving with their car.

*This list is based on similar recommendations found in an article published on the web site of the law firm Pushor Mitchell of Kelowna BC.*

## How to be the host with the very most this holiday season

We've all, at some point in our lives, been at a bar when there was some really loud, obnoxious, very obviously drunk person making a fool of themselves, possibly even causing trouble.

Generally speaking, the bar staff, at this point, will refuse to serve this individual any more alcohol that night.

Why? Do they refuse out of consideration for the enjoyment of their other customers, concern for safety, or out of a sense of social responsibility?

Although all of the above may very well enter into the decision, the major factor influencing this decision is a legal one: as servers of alcohol, they are responsible for the actions of that individual while they are intoxicated.

What this means is that if this person gets drunk in their bar and then goes and drives and hurts themselves or someone else, the bar that served them the alcohol is also legally responsible.

Most people already know this. What many people don't know is that you, as a host of a private party at your own home, are in the same position. If you serve alcohol to others in your house, you're responsible for them until they're sober again. In fact, it's actually illegal to serve or give alcohol to someone who appears intoxicated.

So, if you have a party and one of your guests drinks and drives, you can be held responsible for any damage they cause.

This does not mean that you cannot have alcohol at your parties, but it does mean that you should take some precautions to make sure both you and your guests remain safe and happy.

Here are some guidelines for responsible hosting:

When your guests arrive, ask them how they're planning to get home. Talk to your guest about your house rule. When you offer drinks, you make sure everyone gets home safely.

You can ask your guests for their car keys to keep in a safe place until it's time to go home.

Serve food with alcohol, especially fruits, vegetables, and other non-salty foods (salt makes you thirsty and encourages more drinking).

Offer a variety of non-alcoholic beverages, including mocktails.

As a host, do not drink. This way, your judgment will not be impaired.

If a guest has had too much to drink, offer them a place to stay, pay for a cab ride home, or find some other way of getting them home. Do not let them drive.

Reason with them, block them from leaving, try to take their keys, or do whatever else it takes to stop them from driving. If they drive away anyway, despite your best efforts, call the police and tell them what has happened.

When buying supplies for the party, you can buy a "responsible host pack" including an extra toothbrush, travel-

sized toothpaste, mouthwash, shampoo and conditioner, as well as a disposable razor and an extra comb or hairbrush.

If you have a guest bed, make sure it is made up before the party begins. By making it more attractive for your guests to stay, they will be more likely to be responsible themselves.

By keeping your guests safe, you're keeping yourself safe. Parties are a great way to enjoy time with your friends and family, but if someone does something stupid, it ruins the party for everyone.

As a good host, you want to make sure everyone is having the best time possible, and that means keeping them safe.

Always remember to stop and think before you or your guests drink!

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# VIEW FROM THE PINE



I must admit that I'm still reeling from the affects of the Saskatchewan Roughriders victory at the 95th Grey Cup and although I couldn't make it home to the promised land to take part in the -30 degree victory celebrations at the Legislature, I was there in spirit.

So, in general, what little I have left of my mind is not totally in the game this week. Some may say I am pulling a John Ferguson Jr. here but I will let you decide as you read my Random Thoughts From Around The NHL (cue drum roll):

**Sushi? I Don't Need No Stinkin' Sushi!** I was busy watching the Devils and Thrashers play Sunday night when a channel to remain nameless decided to broadcast a new segment on NJ's new arena. One of their key selling points, I was led to believe, was that hockey fans could get their fill of sushi while enjoying the game.

Now, first off, there are certain words that should never go together in a sentence, and three of them are hockey, fill and sushi. Secondly, the announcer eating the sushi in the segment identified himself as hailing from Regina, Saskatchewan. I am certain this must have been a mistake because people from Saskatchewan only eat raw meat, right off the bone. He must have been from Toronto and was just too embarrassed to admit it.

**Goons They May Be But Broad Street Bullies They Are Not.** Another week, another Flyer suspension. I have pretty much given up any hope that the league will take action against the team management or coaching staff as we are now up to five suspensions against a single club in the span of a couple of months and nothing's been done. Downie, Boulerice, Jones, Hartnell and Côté aren't exactly Clarke, MacLeish, Leach, Schultz and Barber, you know?

At any rate, although the team is sup-

posed to be "on notice" unless someone dies I see no repercussions from the NHL head shed. Opposing teams will obviously have to take matters into their own hands and that's not good for anyone, let alone the Flyers' skilled players like Richards, Brière, Knuble and Gagné (when he gets back).

**As The Leafs World Turns.** I must admit to a certain degree of happiness listening to the Toronto Maple Leafs world implode around them. Nice to know that in the middle of a tough stretch that the team could count on their management to support them.

Nope, not in Toronto. The GM has to deny trying to fire the coach and the President of Maple Leafs Sports and Entertainment admits that hiring the GM was a mistake. And throw in the media frothing at the mouth instigate...err reporting it all. I'd write more but I have Guy Lafleur on the phone telling me I am a fourth line columnist.

**Bury The Hatchet.** The Chicago Blackhawks continue to impress. Now with Havlat back in the fold for at least a couple of weeks before he suffers his next in a long line of injuries, they sure seem to be sporting a potent offence. Kane and Toews are leading the charge, and of course, I was way off base on how good these kids are. Patrick Sharp and his five SHGs have been huge in many of my hockey pools.

### Charlie Potatoes

Maple Leaf Management (self-destructing from within; why would anyone want to work for this organization, let alone play for them?); Guy Lafleur (calling out Montreal's current line up of players as a bunch of fourth liners? Use your inside voice, Guy, inside voice); Colin Campbell (inability or lack of desire to punish the Flyers organiza-

tion for having five players suspended this season, and two for over 20 games, sends the wrong message to the rest of the league); Patrick Elias (when did he inherit Ken Daneyko's offensive abilities? Poolies, don't dump him yet but if he doesn't pick it up by mid-January); Cristobal Huet (another blown third period lead means another step closer to the Carey Price era).

### Meat and Potatoes

Chicago Blackhawks (Kane, Toews and company making a determined push to be considered playoff worthy. Heck, they're ahead of Anaheim in the Western Conference standings); St. Louis Blues (fourth in the Western Conference. Wow. I mean, wow); Brad Boyes (with 21 points, including 15 goals, six assists and +6, do you think Toronto, San Jose and Boston are kicking themselves for letting him go?); Roberto Luongo (showing why a great goaltender can make a mediocre team a playoff contender every time); Edmonton Oilers (The Oil win three in a row. Must be the apocalypse. In other news, Toronto starts planning the route for their Stanley Cup Parade).

By Gilmour Tuttle



Any responses can be sent to the Editor at [steiner.al@forces.gc.ca](mailto:steiner.al@forces.gc.ca)

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# Fitness, Sports & Recreation

## ONTARIO REGION BOWLING CHAMPIONSHIP



Photo: Submitted

The Ontario Region Bowling Championship was held at Astra Bowling Lanes from Nov 25 to 28, 2007. CFB Kingston took top honour with 100 points. In second place with 88 points was North Bay, and in third place with 81 points, Borden. The 8 Wing/CFB Trenton Team made up of (standing) Sgt James Peddigrew, Cpl Tanya Logan, Sgt Mike Jarvie, MCpl Wayne Fenton, (kneeling) Sgt Carol Hill, and MCpl Kim Doucette. MWO Judy McNicol from Kingston earned the high single. Sgt William Hutchinson from Kingston earned the high triple and Capt Mike Stoddart from North Bay earned the high average honours.

## Ski trip to Devils Elbow

Join us on Friday, Feb 1, 2008, (a scheduled P.A. day for school boards throughout the area), for a ski trip to Devils Elbow.

This day trip is open to youth between the ages of 13 and 18 years old.

Please note that the trip does require a minimum of 20 participants in order for the group to receive exceptional lift ticket and rental rates.

Rates are as follows: Group rate, with your own equipment, at a cost of \$45; Group rate and rental skis at a cost of \$55; Group rate and rental snowboard at a cost of \$60; Travel on

bus, rental skis and buy own lift ticket at a cost of \$83; Travel on bus, rental snowboard and buy own lift ticket \$93.50.

All participants must take a one-hour lesson (included in price) to receive a ski lift ticket.

Pre-registration is required for this event, by Wednesday, January 30, 2008.

The bus is scheduled to leave the RecPlex at 8:00 a.m. and return at approximately 6:00 p.m.

For more information, please feel free to contact Debbie Schaap at 613-392-2811 ext. 2929.

## Evening Aquafit classes

Evening Aquafit will take place on Tuesdays and Thursdays, from January 8 to March 13.

The majority of these classes will be taught in the warm-up pool, from 7 to 8 p.m. In order to add some variety to the classes, some may be taught in the main pool (deeper water) using the floatation belts.

Cost is as follows: \$40 for military and CRA members; \$45 for military community non-members; and \$55 for the general public. A drop-in fee option is available, space permitting, at a cost of \$4/class for military community with ID; and \$5/class for the general public. Register now at the RecPlex.

## 2008 CISM Women's Soccer Training/Selection Camp

The 2008 CISM Women's Soccer Training/Selection Camps will be held from February 16 to 23, at CFB Esquimalt; from April 25 to 27 at CFB Kingston; and from May 17 to 27, again at CFB Kingston.

The 2008 CISM World Championship will be held from May 28 to June 9, 2008, in the Netherlands. These camps are open to all CF and Reserve class A, B, and C women soccer players. All interested players must have completed the 20 MSR evaluation between Dec 10, 2007 and Jan 9, 2008.

Bookings of 20 MSR can be done by calling locals 3328, 7160 or 2822. For registration and an information sheet, contact Dan Cormier, Military Sports Coordinator, at local 3373.

## Red Cross Swim Lessons

Registration for the 8 Wing Community will take place on Thursday, December 13, from 4 to 6 p.m. at the RecPlex. Registration for the 8 Wing community will continue from December 14 to 18 at the RecPlex according to the Recreation Association hours of operation.)

Registration for the General Public will take place on Wednesday, December 19, from 5 to 7 p.m. at the RecPlex.

Registration for all will continue from December 20 to January 4, at the RecPlex according to the Recreation Association hours of operation.

## Swimming Cancelled

Please note: All swimming will be cancelled beginning at 4:30 p.m. on Friday, Dec 14, until 6 p.m. on Sunday, Dec 16, due to a swim competition.

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# Car crush caps off GCWCC campaign



Annual Car Crush organized by WEME and WTN to raise funds for the GCWCC. Each year a winner gets picked to drive the bulldozer. This year's winner is Mcpl Vanmeer from 8 AMS (standing to the left with his arm raised, next to co-driver Sgt Sherwin from heavy equipment in the centre photo). The GCWCC campaign helped raise over \$95,000 this year alone.

Photos: Pte Isabel Lavallee-Raby, 8 Wing Imaging



## PLAYING HOCKEY FOR GCWCC



Photo: Pte Isabel Lavallee-Raby, 8 Wing Imaging

Lieutenant-Colonel Yvan Choiniere, Acting Commander, 8 Wing/CFB Trenton, drops the puck at the final game of the tournament to team captains Major Shawn Duffy (left, from the Ice Dogs) and Sergeant Wayne Jarrett (right, from More Cow Bell). Standing behind, from left to right, are Warrant Officer Michael Hamilton, United Way representative Mr. Sylvain Collard, and Corporal John Stenning. A 4-on-4 hockey tournament was held at 8 Wing/CFB Trenton to help raise money for the GCWCC. The event took place from November 21 to 23, and helped raise over \$2,000.

## GCWCC Update



This year's Government of Canada Workplace Charitable Campaign is now over and after this busy and very successful time, we can all be proud of the efforts we have put in raising money for the less fortunate of our society.

GCWCC is one of the most flexible and efficient workplace fundraising campaigns in the country, so you can be reassured that your donation will help the community of your choice and it will be distributed quickly and efficiently.

Our final numbers are not in yet, but 8 Wing/CFB Trenton has raised an impressive \$95,227.94 so far and 100 per cent of the base has been canvassed!

This year's campaign might be over, but it is definitely not too early to start thinking about next year.

What event could we do as a unit next year? What can I do as an individual to help others?

"When you support the GCWCC, you're helping to create hope and change lives in your community".

## Loyalist College Continuing Education Winter 2008



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## Branch Updates



### Wing Comptroller

#### Seasons Greetings from the Wing Comptroller Branch

As we commence the season's festivities, I would like to take the opportunity to pass warm wishes to all members of the 8 Wing/CFB Trenton community. This past year has been prosperous for the W Compt Branch with a significant increase in our personnel.

With new staff filling key positions in our Post Payment

Verification (PPV) Section, the Branch is better prepared to address the needs and concerns of Wing and Lodger Units by providing more detailed feedback, and where required, additional training and briefings. Again, the Branch survived a considerable change in personnel brought on by the APS and the deploy-

ment of one section head; as always new faces and experiences have resulted in better business practices and enhanced customer services.

Expansion of the Resource Analysis and Compliance services (RACS) section into areas such as Business Case Analysis and Cash Forecast Preparation Training by the

Management Services Section have increased our visibility. As a result, we now are able to provide CO's and Resource Managers with more accurate and timely information.

We look forward to the challenges that the New Year will bring and anticipate further efficiencies in Business Planning, Service Level

Agreement (SLA) costings and further Devolution of Authorities in the very near future.

On behalf of the entire Wing Comptroller Branch, I wish you and your family a very Merry Christmas and a Prosperous New Year.

*SERVICE SECOND TO NONE!*

### Wing Logistics & Engineering

#### Return of the Mission Support Squadron

The Wing has been patiently awaiting the return of 8 Mission Support Squadron (MSS) who have been deployed from 8 Wing since June 2007 and our 85 members are expected to return to Trenton this month.

A Wing welcome back committee will be standing on the tarmac to offer them a warm welcome when they step back on Canadian soil again marking the end of their 6-month tour with Task Force Afghanistan. After the short official welcome back, Wing personnel will step quickly out of the way to allow the families and friends of our returning personnel to reunite.

The first flight is expected to depart Camp Mirage on the 3rd of December, the second and third flights on the 16th and 17th of December respectively. Although we doubt that our returning MSS personnel are looking forward to the cold Canadian weather; hopefully, the festive season and the enthusiastic welcome that friends and family will be providing upon their return will help them to warm up. Our MSS personnel are all likely planning to spend the holidays enjoying dinner in their warm homes filled with loved ones as they spend well earned time

reintegrating with family and friends. In addition, they will probably need time to adjust to the sight of a winter wonderland after the day-to-day view of endless sand, sunshine and camels.

In theatre, the MSS kept very busy adjusting to their deployment jobs, coping with the extreme desert heat, working all hours on the Relief In Place for Task Force Afghanistan, transporting a vast array of VIPs, supporting the never-ending supply and ammo requirements, initiating contracts for new camp infrastructure and managing the occa-

sional Mosque tour to further understand the local culture. The camp is looking better due to their contributions to new aircrew accommodations and a new Relief in Place facility to assist the rotations. Other recent accomplishments of the about to return 8 MSS are covered under the further article submitted by Maj Suzanne Raby, the Officer Commanding the Support Services Company at Camp Mirage.

In the rotation of all the Mission Support Squadrons, 8 MSS is not due for deployment again until early 2010, with annual training requirements

and exercises in the next year planned as well as readiness workups followed by a period of high readiness liability period in mid 2009 for approximately six months prior to deployment. Between now and then, the personnel of the MSS will be maintaining their readiness levels, attending special courses, and continually building their equipment holdings and exercising their deployable skill sets in order to remain versatile, flexible, employable and rapidly deployable for a broad range of operations.

*WELCOME HOME 8 MSS!*

### Wing Operations

The Wing Operations Branch has been busy supporting squadron missions throughout the year.

However with the holiday season fast approaching, we are all looking forward to the Christmas break, spending time with our families and loved ones, and recharging our batteries.

As family travel arrange-

ments are being made, the leave passes are flying across our supervisors' desks, but before we head out for some well deserved time off, we must ensure that those less fortunate receive some holiday cheer.

Thus in support of Adopt-A-Family, this year our WOps Branch senior Non Commissioned Member, Master Warrant Officer John

Campbell and our senior Air Traffic Control Officer, Major Donnie Munore are willing to cook you up some breakfast every Wednesday and Friday for a donation to a less fortunate military or public service family.

Similarly, Petty Officer, 2nd Class Dawn Wheeler, our Chief Clerk and co-chairperson of Adopt-A-Family will take any

of your donations as well.

In keeping with the holiday cheer, we will celebrate the past hectic year with some down time of our own. The A3 Branch Christmas parties give us the great opportunity to enjoy our accomplishments with our co-workers and to have a little fun before the extended break.

With the Military Police

Squadron Christmas party now over, we are still looking forward to the ATC Christmas party at the Ramada Inn (in Belleville) on Saturday, December 8, the A3 RTF party on Thursday, December 13, at 413 RCAF Association Trenton, and the 4 Hangar WOps party on December 15 at Capers in Belleville.

Until Next Time.

## 2008 NORTHERN SHOW TOUR VISITS 8 WING/CFB TRENTON

Photo By: Private Tina Miller, 8 Wing Imaging



From left to right, base player Grant Lesley, Comedian Pete Zedlacher, fiddler Jennifer Roland, guitarist Thomas Wade, singer Ginette Genereux, blues artist Matt Minglewood, country singer Carolyn Dawn Johnson, keyboardist and band leader Jim Ralph. The Northern Show Tour opened with its dress rehearsal in The Astra Lounge, at 8 Wing/CFB Trenton on December 4, 2007. Giving a powerful performance, the entertainers delighted members of 8 Wing community, and filled the dance floor for the evening. The Department of National Defence (DND) and the Canadian Forces Personnel Support Agency (CFPSA) has a long tradition of providing show tours for Canadian Forces members serving overseas and in isolated locations. Over the course of a six-month rotation, a CF Show Tour plays an important part of every major operation and is always a big morale booster. CF show tours bring a small piece of Canada to our deployed members wherever they may be stationed.



## PEOPLE AT WORK



Photo: Cpl David Hardwick, 8 Wing Imaging

Master Corporal Brian Beaton stands in front of a rack containing all telephone connections on base. Building and maintaining the telecommunications network is a massive task for the members of the 8 Wing Telecommunication and Information Services Squadron (WTISS) linecrew. MCpl Beaton is second-in-command of the section. Their job comprises building new network connections, adding and switching telephone locals as well as maintaining the integrity of the telecommunication system here at 8 Wing/CFB Trenton. MCpl Beaton enjoys his job because of the great work environment. He appreciates the people he works with, the diversity and travel associated with what he does. MCpl Beaton has done two full tours in his military career, to Kosovo and Afghanistan, along with another two-month Technical Assistance Visit (TAV) to Aghanistan. He just moved to Trenton this year from Shilo, Manitoba along with his wife, MCpl Jenn Beaton, a clerk at 24 Canadian Forces Health Services Clinic (24 CF H Svcs C) and their 14-month old son.

## Festive RIDE program (Reduced Impaired Driving Everywhere)

Part of the Military Police mandate is the reduction of drinking and driving offences. The RIDE program is an excellent way to educate the public in regards to this message and to effectively reduce drinking and driving offences.

Each year a number of RIDE programs are set up especially during the holiday season 2007/2008.

The Military Police will be performing a large Festive RIDE from the last week in November 2007 to the first week of January 2008. This large RIDE initiative is able to target strategic areas within the base.

The Festive RIDE initiative provides a strong police presence and deterrent message to all those who see and hear about it.

Military Police are committed to a 'Zero Tolerance' policy regarding impaired driving.

*The RIDE campaign started in 1977 as "Reduce Impaired Driving in Etobicoke". The program is now a provincial campaign led by the police community that runs all year long and involves police spot checks where vehicles are stopped and drivers are checked for impairment.*

En partie, le mandat de la Police Militaire à la 8e Escadre/Base des Forces Canadiennes Trenton, est de réduire l'ivresse au volant.

Le programme est une bonne initiative pour l'éducation du public pour effectivement réduire l'ivresse au



volant.

Ce programme sera mis en place à tous les ans à travers l'Escadre. Pendant la saison des fêtes 2007/2008, ce programme sera mis en vigueur par la Police Militaire à partir de la dernière semaine de novembre 2007, jusqu'à la première semaine de janvier 2008 et visera des points stratégiques au sein de l'Escadre.

L'initiative de ce programme saisonnier a pour but de démontrer au public une présence policière, afin de dissuader et passer le message à tous que l'ivresse au volant n'est pas tolérée.

*Cette campagne a débuté en 1977. RIDE signifiait alors Reduce Impaired Driving in Etobicoke. Maintenant élargie à l'échelle provinciale, la campagne RIDE dure toute l'année et permet à la police de faire des vérifications ponctuelles au cours desquelles elle arrête des véhicules et vérifie si les conducteurs sont en état d'ébriété.*

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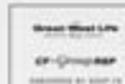
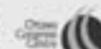
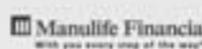
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## CANEX DONATIONS FOR CHARITY



Photo: Joel Wiebe, Contact Staff

For about a year and a half, shoppers at Canex have had the option of donating their Canex points to the Chaplain Emergency Fund. Pictured above are chaplains LCdr Padre Stephen Merriman and Capt Padre Mike Adamczyk receiving a cheque for \$775.11 from Andy Moreau, manager of Canex at the base. The money goes to help people from 8 Wing who have financial problems and are in need of items like diapers and food, in which case they receive gift certificates for Canex. This cheque was for the money collected from April to September.

Capt Padre Adamczyk said the need is more sporadic than constant, but said it is good to have the resources. He also said the size of the donation was very welcome, and is looking forward to the donations people will make as Christmas draws near.

## LES ÉLÈVES DE L'ENVOI JOUENT AU PÈRE NOËL



Photo Submitted

Pour la deuxième année consécutive, les élèves de l'École élémentaire catholique L'Envol de Trenton ont participé à l'Opération Enfant de Noël. Cette année, nous avons remis 47 boîtes à chaussures remplies de petits cadeaux pour des enfants vivants dans des pays sous-développés - une moyenne d'une boîte par deux familles de notre petite école. Sans la générosité de participants au programme Opération Enfant de Noël, ces enfants ne recevraient aucun cadeau à Noël. Quel bel exemple de partage!



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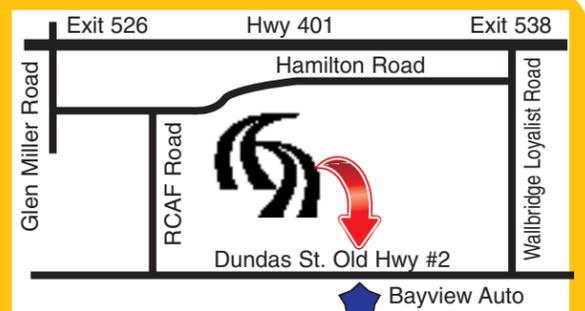
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# Theatre Support Element – Joint Task Force Afghanistan

by Major Suzanne Raby  
Officer Commanding  
Support Services Company

In a few short weeks, 8 Wing/CFB Trenton will welcome home members of 8 Mission Support Squadron who deployed to Theatre Support Element Camp Mirage Roto 4 (TSE CM) in support of Joint Task Force Afghanistan from June to December 2007.

Members are anxiously anticipating their return to families and loved ones in Canada and will be acclimatizing to living, once again, in the cold Canadian winter.

Six months have gone by quickly and our personnel have proved their mettle by demonstrating their professionalism and

dedication time and time again. Every Flight and Section has a right to be proud of its accomplishments. The most visible improvements were in the way of infrastructure, spearheaded by the Engineers.

During the tour, CIS Flt was key in ensuring the IT Recapitalization Project was successful, changing out 50 PCs and monitors, wiring the new RIP building and numerous Technical Assistance Visits to Liaison Officers.

The Engineers completed a plethora of projects, but the most important was the resolution of a lack of accommodations, which was solved by the construction of three new transient quarters, saving the Canadian Forces over \$600,000 per year.

They further ensured that a Relief in

Place building was erected to the benefit of troops transiting through Camp Mirage and onwards to Afghanistan.

From the Logistics Flight, the Food Services Section was responsible for ensuring quality food was provided to our members.

Noteworthy accomplishments were special meals for Canada Day, Labour Day, Thanksgiving, Halloween, Remembrance Day and an early Christmas dinner, all prepared with the utmost culinary professionalism and creativity.

Refueling Section issued over nine million litres of fuel during the tour and kept up the operational tempo during the Relief in Place even though they were faced with only 2/3 capacity.

EME developed and initiated a plan to provide support to the TAU detachment located in Kandahar, as well as completing a Vehicle and Equipment rotation plan that had been initiated by ROTO 2.

With the end of the tour upon us, the Task Force Commander, Brigadier General Laroche, presented campaign medals to our members on November 19, 2007.

We can look back with pride and a sense of accomplishment on our six months in the desert, having experienced a new culture, tested and extended our job knowledge and forged new friendships all while maintaining primacy of operations and ensuring that Camp Mirage is a better place for our successors. And that is what it's all about.



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Feature

FAMILY



The Contact would like to introduce our latest feature page: FAMILY

**UTVOPIA: What to watch**  
by Capt James Smith

Good Day fellow movie lovers. So, believe it or not, I've seen some recent films out in theatres and would like to talk about a few of them. Don't look for me to give reviews on kids movies or "girl" movies. Just ain't going to happen. Sorry. Unless they come out with Incredibles Two. The first one rocks! Anyways, I'll use the old five-point system, and remember – my definition of a good movie is determined by a lot of different factors.

**No Country for Old Men. (13+)**

This movie's one of the best I've seen in a very long time. Directed by the Cohen Brothers (Fargo), this film's very simple, direct, tense and brilliant. The dialogue is engaging, the characters' behavior is believable and camera work is deceptively simple. A smart man finds a lot of money – that belongs to someone else. Soon, he finds a very dangerous killer on his trail. The "bad guy" in this movie is very scary. He's positively lethal. It's hard to say what makes this film amazing, but I guess the short answer is everything. 5/5

**The Mist (13+)**

As a friend has aptly noted, Steven King movies tend to be really good or really bad. I agree and this one falls into the good category. This isn't "The Fog." This is a much superior story. After a nasty storm, a mysterious "mist" rapidly engulfs a small town and the residents band together in the safety of a grocery store. Can the residents survive the mist? Or will they destroy themselves first? I liked the characters in this. At the onset, the story may seem predictable, but it never goes quite the way you expect it to. Lots of twists, turns and revelations make this

film quite entertaining. 3.8/5

**American Gangster (13+)**

In case you haven't noticed, I'm a huge Russell Crowe and Denzel Washington fan. I loved their first pairing in "Virtuosity" and am quite happy with the outcome in this film. I'm not a big fan of period pieces, but this film's really good. The story is simple and based on a true story. A low level enforcer becomes one of the most powerful drug dealers in America. This is the story of his rise and the straight cop who tries to bring him down. There's a lot going on here, but what keeps me engaged is how colourful and real the characters are. There's no clear black and white. There's no absolute right or wrong. That's life. 4/5.

**Beowulf (13+)**

A stunning spectacle. The CG in this was definitely the right move. I'm not certain that a live action version would have been as successful. A story about a great warrior and his battle with a feared monster. Simple right? Nope. There's more to the story. You'll just have to watch it and find out. Beowulf proves he's a hero and the story is quite fascinating. All round, great and enjoyable film that I liked a lot. 3.5/5.

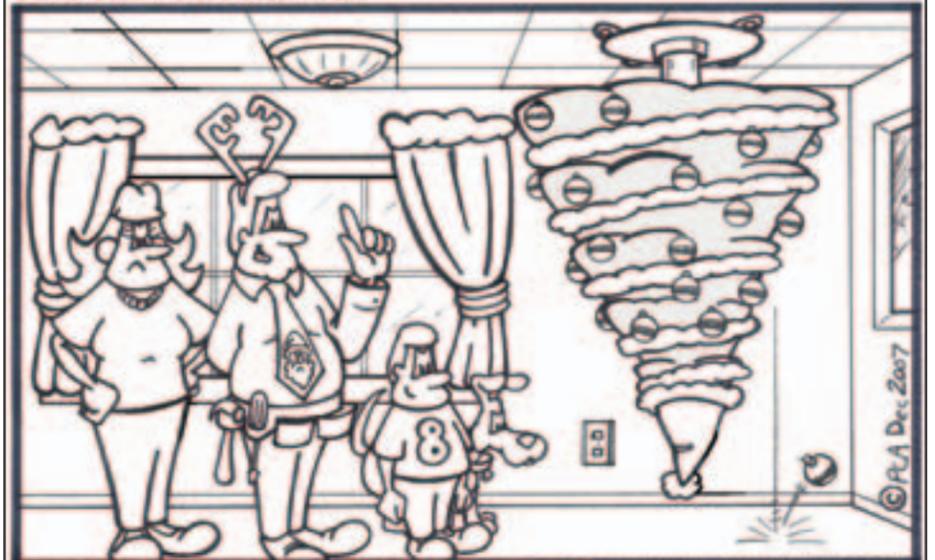
**Hitman (13+)**

Misses the mark. Ergo, it sucks big time. This really bugs me because I'm a huge fan of video games and I am still waiting for a decent film to be made from a video game. (Well, actually Silent Hill was pretty good). How do you screw up a story about a "Hitman?" Watch this movie and you'll see how it can be done. 2/5

**WHAT'S THE DIF ?** PIERRE C. ARSENEAULT

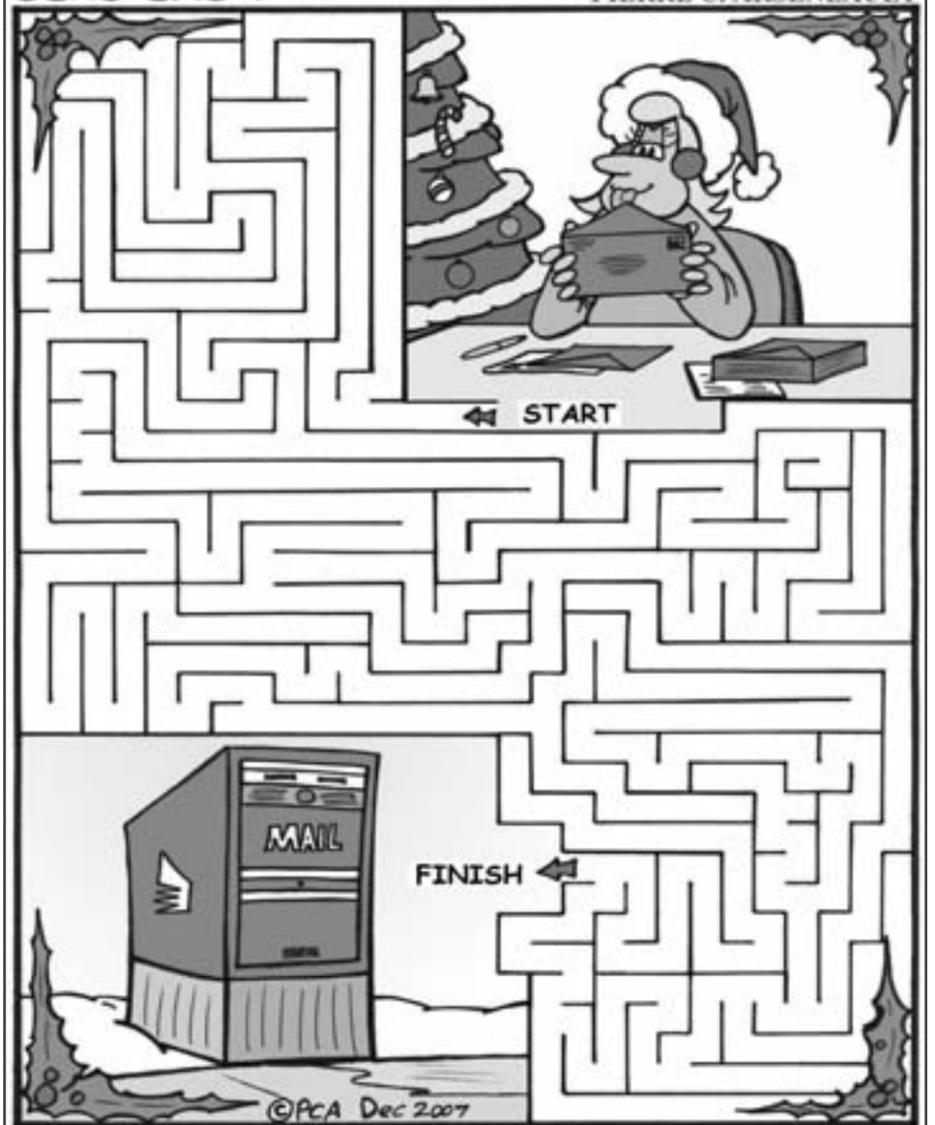


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**DEAD END ?** PIERRE C. ARSENEAULT



**Mealtime.org Chicken Pasta Arabica**

**Ingredients:**

- 8 ounces pasta shells, ziti, or favourite shaped pasta
- 2 tablespoons olive oil
- 1 large onion, halved and thinly sliced
- 1 pound chicken tenders, cut into 1/2-inch chunks
- 1/4 teaspoon pepper
- 1/2 teaspoon salt
- 1 can (14 1/2 ounce) diced tomatoes, unstrained, no-salt added
- 1 can (8 ounce) low-sodium tomato sauce
- 1/2 teaspoon ground cinnamon
- Pinch ground cloves
- 3/4 cup feta cheese crumbles

**Preparation Time:** 15 minutes **Cook Time:** 15 minutes

**Preparation:** Cook the pasta according to package directions. While the pasta is cooking heat a large non-stick skillet over medium-high heat and add the oil. Add the onion and cook for about 2 minutes, stirring often, until just tender. Stir in the chicken, and sprinkle with the pepper and salt. Cook, stirring often, until the chicken is white throughout, about 3 minutes. Stir in the diced tomatoes, tomato sauce, cinnamon, and cloves; bring to a boil. Reduce the heat to low and simmer, uncovered, until lightly thickened, 10 minutes. Drain the pasta and toss with the sauce. Sprinkle with the feta and serve. Serves: 4

**Nutritional Information Per Serving:** 536 calories; 17 g fat; 88 mg cholesterol; 666 mg sodium; 59 g carbohydrate; 5 g fibre; 36 g protein.



# 50 years of service to God and Canada



Far left: Original base CWL member Rita Fellows and current president of the base CWL Susan Stoddard pose for a few pictures. Near left: All past and present members who braved the bad weather, as well as Father LCol Alain Guèvremont.

Photos: Joel Wiebe, Contact Staff

by Joel Wiebe

Black and white photos with worn, brown edges and newspaper clippings, now golden with age, filled a dozen scrap books and albums perched on a table in the base chapel, proudly displaying the history of Trenton's Catholic Women's League.

It's been half a century since Our Lady of Peace CWL started on the base, and a special Sunday service paid tribute to the event on December 2.

The league officially started on Dec 10, 1957, when the founding member received their charter and had their first meeting.

Despite bad driving conditions on Sunday, more than two dozen women were able to make it to the celebration. Others had hoped to come from as far away as Ottawa, Kingston, and other places through the province, but the long distance on icy roads deterred

some, including the guest speaker. Though it was a CWL celebration, there were some men in the audience, representing the Knights of Columbus, who volunteered to serve the women refreshments.

Rita Fellows was there when it started. She said one of early ministries was conducting Meals on Wheels, which the league still does.

"There's a lot of memories," she said.

Fellows said in some ways a lot has changed, but in other ways, it's still the same. The name has changed, the people have changed, and even the building has changed.

"They have the same goals they had then . . . all CWL work is pretty much the same," she said.

Though she is no longer a member at the base CWL, she still keeps tabs on what is going on. When she moved off base, she had to change her membership, and went to the St. Peter's CWL.

"I hear from different people, and know people that belong here," said Fellows, who was warmly welcomed by the other women.

There are a variety of services that the CWL performs, which range from luncheons for funerals to fundraisers for charity.

"We help out at the masses if the priest needs our assistance," said Susan Stoddard, President of the CWL at the base.

Some functions they perform at mass include participating in the church choir and Eucharistic ministries. Though there is a definite focus on helping out in the church, the league has a strong focus on the community as well. "For us, the big thing is doing some fundraising and giving to various charities," said Stoddard.

She said members of the league, about 14 in total, do work collectively and individually. They reach out to the communi-

ty, bringing the Gospel message with them. Stoddard said they help out in the community to make sure it is a healthy one.

"Every person that's on the league does various things out in the community, so you are keeping the community healthy by going out and volunteering and helping collectively, we do that as a group," she said. "Plus, we do some ministry."

The CWL supports several charities, such as the Coady International Institute, World Peace and Development Holy Father's Relief Fund, Trenton Pro Life, and bursaries for local Catholic Schools. She also said some of the women help at the Salvation Army, while others help at women's shelters. Some of the women serve on boards or do various other activities outside of the CWL.

"There are some regular charities we (donate to), that are within the

Catholic community," she said.

Stoddard, who has been with the base CWL since 1990, said one event that stands out in her mind is Operation Common Ground. This was when the new chapel was built and the Catholics and Protestants came together on May 3, 2001.

Information on the special anniversary was sent out nationally, while invitations were sent to

CWLs at bases around the province, as well as to local civilian CWLs.

The structure of a CF CWL is different from that of a civilian league. While the civilian organizations are divided up by province, which are under the guidance of a Bishop, military CWLs are united across the country under one Bishop (meaning they are treated like a province). Women can transfer their membership if they get restationed.

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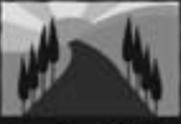
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 December 19 at the Old Town Hall  
**Visit to see the trees and cookie decoration for adults and children.**  
 December 26 - Closed  
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 A variety of activities coming up,  
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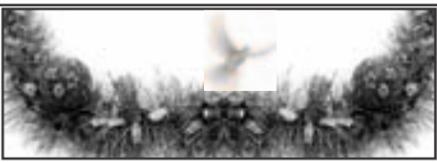
**Soutien au déploiement / Les sorties du mercredi soir**  
 Le 19 décembre - Old Town Hall.  
**Visitez l'ancien immeuble pour admirer les arbres de Noël et décorer des biscuits, activité destinée aux adultes et aux enfants.**  
 Le 26 décembre - Le Centre est fermé  
 Téléphonnez pour savoir ce qui s'en vient comme activités, 613-965-3595 ou 613-965-3575.  
 Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, [www.trentonmfrf.cfbtrenton.com](http://www.trentonmfrf.cfbtrenton.com)

**The MFRC would like to thank the following for their ongoing support of the "Family Deployment Christmas Dinner 2007"**  
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**Christmas Trees for Troops Families**  
 Canadian Christmas Tree Growers Association partnering with Somerville Nurseries, Kol Tree Farm and the Department of National Defence.  
 "Trees for troops families", the Honourable Peter Mackay will be at CFB Valcartier on December 7, 2007 to show his support  
 Deployed families of 8 Wing/CFB Trenton can come to the Trenton MFRC to pick their tree up on Friday, December 7, from 1pm - 8pm and Saturday December 8 from 9am to noon.. Please go to the reception first for instructions.  
 For more information, call 613-965-3575 or 613-965-3595.

**Sapins de Noël pour les familles des troupes**  
 L'Association canadienne des arboriculteurs de sapins de Noël en partenariat avec "Somerville Nurseries", Kol Tree Farm et le Département de la Défense nationale.  
 "Sapins de Noël pour les familles des troupes", l'Honorable Peter Mackay sera à la BFC de Valcartier le 7 décembre pour montrer son soutien.  
 Les familles des membres déployés de la 8e Escadre/BFC Trenton pourront venir chercher leur sapin le 7 décembre de 13h à 20h et le samedi 8 décembre de 9h à midi au CRFM de Trenton. S'il vous plaît, présentez-vous en premier au bureau d'accueil pour les instructions.  
 Pour plus d'information, téléphonez au 613-965-3575 ou 613-965-3595.

**Evergreen Memories of Home**  
**A Holiday Salute to our Deployed Soldiers**



Come view our display of fourteen Christmas Trees decorated to represent the ten provinces and three territories.  
 The fourteenth tree is a Peace Tree to honour our fallen soldiers.  
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*The staff of the Trenton MFRC wants to thank the following organizations and individuals for supporting this project.  
 Le personnel du CRFM de Trenton remercie les organisations et les personnes suivantes pour leur appui avec ce projet.*

- Trent Port Historical Society
- Kinsmen Club of Trenton
- Trenton Knights of Columbus
- Lorraine O'Quinn - Royal LePage
- Pickering Sam's Club
- Trenton Lions Club
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# HOROSCOPES

Weekly Astrology by Christine Davison

December 9 - December 15

**ARIES** (March 21-April 19): You are a wise and caring person who is even handed and fair minded in all that you do. Your sense of right and wrong will serve you well over the next week. If you are involved with legal issues, then you may win out in the end or be successful in your endeavours. Follow your true course. Karma may reward kind acts.

**TAURUS** (April 20-May 20): You may need to say exactly how you feel this week to be able to resolve a situation with maternal relatives that has been bothering you. Money may come to you from hidden sources or surprise places. Open up your heart and mind; avoid jealousy and petty squabbles. You'll be well rewarded for your wisdom.

**GEMINI** (May 21-June 20): You'll feel an urge to reject the people around you, when faced with difficulties this week. If you take a deep breath and try to look at things from a different perspective, then you will soon realize that your love burns as strongly as ever for those you care about. You may wish to follow a more moral and spiritual path.

**CANCER** (June 21-July 22): You may wish to guard yourself against setbacks this week. You are a wise person who will make good choices if you think things through to their proper conclusions. Try looking from a different point of view. Sometimes things are beyond our control. Remain optimistic. The weekend brings a loving and compassionate time.

**LEO** (July 23-Aug. 22): You may become involved with someone who has dark hair or dark eyes. You are a successful person who your loved ones regard as being trustworthy and wise. You will gain many admiring glances from potential lovers who are attracted to your kindness and intelligence. Don't be afraid to express your feelings and opinions.

**VIRGO** (Aug. 23-Sept. 22): You would be wise to follow your instincts, intuition and your own good advice, this week. You may wish to tread carefully when dealing with strangers or unknown situations. Do not take unnecessary risks. Try to be with honest, fun and kind people. Remain positive as things will soon work out for the best.

**LIBRA** (Sept. 23-Oct. 22): You need to lighten your workload this week, Libra. You work too hard and for little reason or reward. There is no sense in working for the sake of work, alone. Try to delegate responsibilities to others when and where you can; you and those you love will be far happier. You deserve to unwind and have some fun.

**SCORPIO** (Oct. 23-Nov. 21): You'll attain lasting success and wonderful rewards, this week. You may be granted whatever your heart desires most of all. You may help out someone or let them borrow money on Friday. Gifts given from the heart are worth the most. You may benefit in financial ways from your friendships or your loved ones.

**SAGITTARIUS** (Nov. 22-Dec. 21): Others may see you as receiving unexpected aid or good fortune and news. People are glad as they wanted good things to happen for you. Open your heart and you may receive what you desire most of all. People will freely express their love to you. The weekend may bring a social gathering. Someone may give you a gift.

**CAPRICORN** (Dec. 22-Jan. 19): Others will automatically understand your point of view today in ways you would not usually expect. Feel reassured that if you are feeling a certain way about something or towards someone that others are probably feeling the exact same way as you are. Follow your intuition and listen to your memories and dreams.

**AQUARIUS** (Jan. 20-Feb. 18): Try to follow your heart no matter where it takes you. You are a kind, intelligent and compassionate person who makes wise and thoughtful decisions. You will be asked to help out someone you know this week. The gifts you give in friendship are worth more than anything else on Earth. You will be well rewarded.

**PISCES** (Feb. 19-March 20): Try to embrace avant-garde ideas and progressive actions this week. You may wish to seek out artistic and exciting people and eccentric places, projects and conversations. This is not a time to cling to the past or outdated ways. You may become unusually popular this weekend, if you decide to follow your own path.

Astrological queries can be directed to Christine at [www.moonsignastrology.ca](http://www.moonsignastrology.ca)

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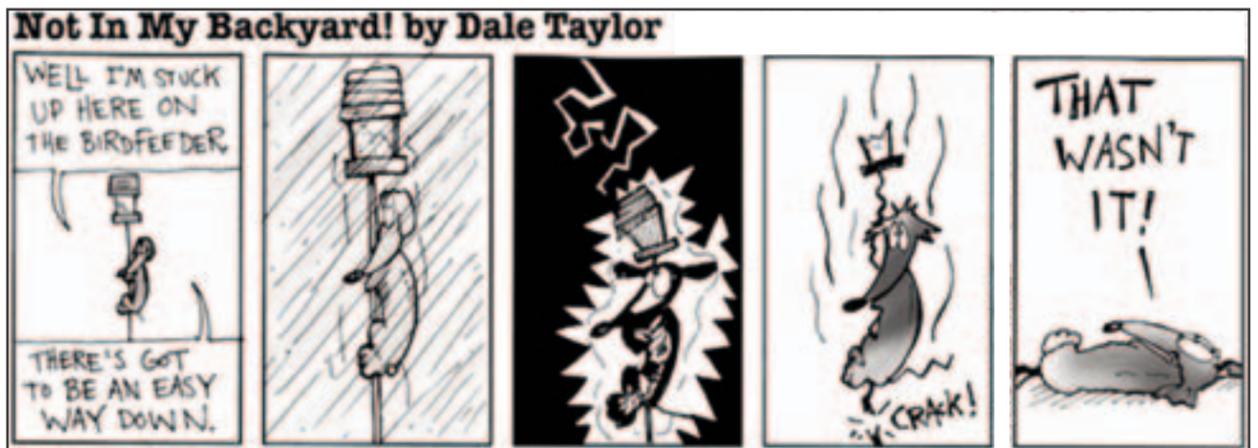
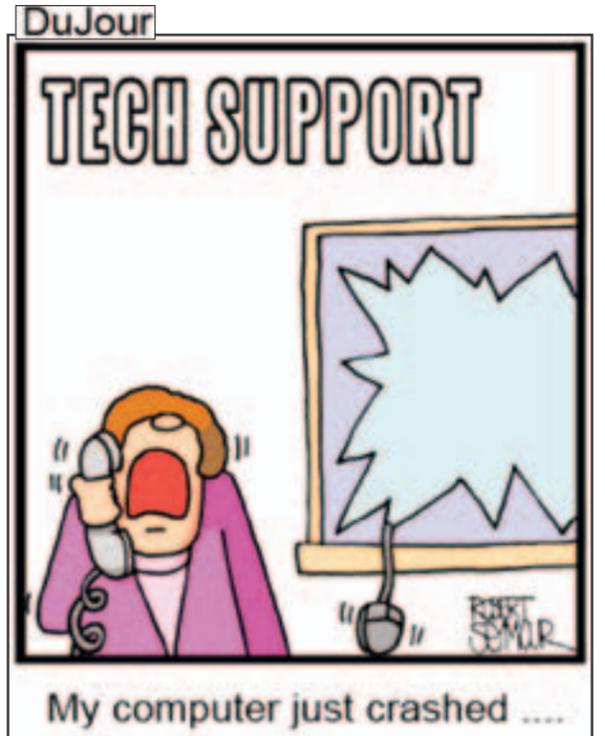
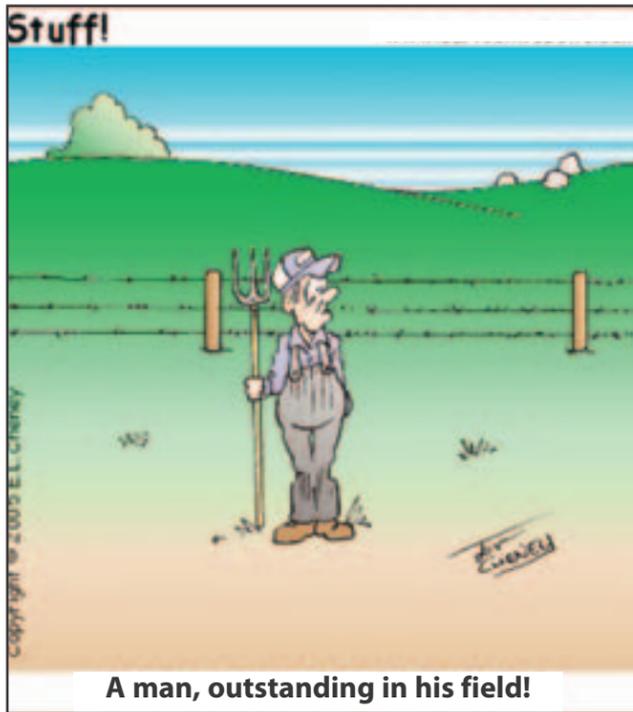
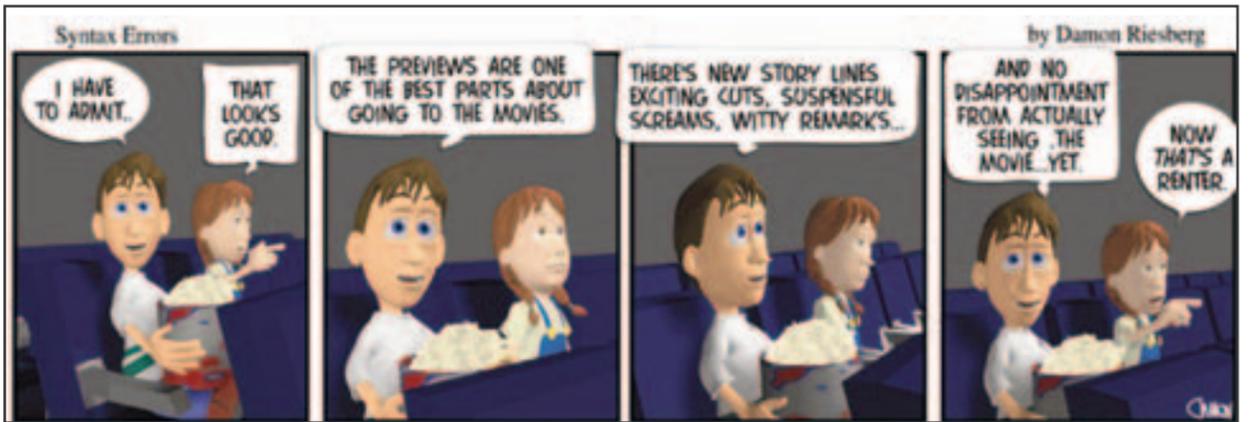
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## Branch Updates



### Wing Comptroller

#### Seasons Greetings from the Wing Comptroller Branch

As we commence the season's festivities, I would like to take the opportunity to pass warm wishes to all members of the 8 Wing/CFB Trenton community. This past year has been prosperous for the W Compt Branch with a significant increase in our personnel.

With new staff filling key positions in our Post Payment

Verification (PPV) Section, the Branch is better prepared to address the needs and concerns of Wing and Lodger Units by providing more detailed feedback, and where required, additional training and briefings. Again, the Branch survived a considerable change in personnel brought on by the APS and the deploy-

ment of one section head; as always new faces and experiences have resulted in better business practices and enhanced customer services.

Expansion of the Resource Analysis and Compliance services (RACS) section into areas such as Business Case Analysis and Cash Forecast Preparation Training by the

Management Services Section have increased our visibility. As a result, we now are able to provide CO's and Resource Managers with more accurate and timely information.

We look forward to the challenges that the New Year will bring and anticipate further efficiencies in Business Planning, Service Level

Agreement (SLA) costings and further Devolution of Authorities in the very near future.

On behalf of the entire Wing Comptroller Branch, I wish you and your family a very Merry Christmas and a Prosperous New Year.

*SERVICE SECOND TO NONE!*

### Wing Logistics & Engineering

#### Return of the Mission Support Squadron

The Wing has been patiently awaiting the return of 8 Mission Support Squadron (MSS) who have been deployed from 8 Wing since June 2007 and our 85 members are expected to return to Trenton this month.

A Wing welcome back committee will be standing on the tarmac to offer them a warm welcome when they step back on Canadian soil again marking the end of their 6-month tour with Task Force Afghanistan. After the short official welcome back, Wing personnel will step quickly out of the way to allow the families and friends of our returning personnel to reunite.

The first flight is expected to depart Camp Mirage on the 3rd of December, the second and third flights on the 16th and 17th of December respectively. Although we doubt that our returning MSS personnel are looking forward to the cold Canadian weather; hopefully, the festive season and the enthusiastic welcome that friends and family will be providing upon their return will help them to warm up. Our MSS personnel are all likely planning to spend the holidays enjoying dinner in their warm homes filled with loved ones as they spend well earned time

reintegrating with family and friends. In addition, they will probably need time to adjust to the sight of a winter wonderland after the day-to-day view of endless sand, sunshine and camels.

In theatre, the MSS kept very busy adjusting to their deployment jobs, coping with the extreme desert heat, working all hours on the Relief In Place for Task Force Afghanistan, transporting a vast array of VIPs, supporting the never-ending supply and ammo requirements, initiating contracts for new camp infrastructure and managing the occa-

sional Mosque tour to further understand the local culture. The camp is looking better due to their contributions to new aircrew accommodations and a new Relief in Place facility to assist the rotations. Other recent accomplishments of the about to return 8 MSS are covered under the further article submitted by Maj Suzanne Raby, the Officer Commanding the Support Services Company at Camp Mirage.

In the rotation of all the Mission Support Squadrons, 8 MSS is not due for deployment again until early 2010, with annual training requirements

and exercises in the next year planned as well as readiness workups followed by a period of high readiness liability period in mid 2009 for approximately six months prior to deployment. Between now and then, the personnel of the MSS will be maintaining their readiness levels, attending special courses, and continually building their equipment holdings and exercising their deployable skill sets in order to remain versatile, flexible, employable and rapidly deployable for a broad range of operations.

*WELCOME HOME 8 MSS!*

### Wing Operations

The Wing Operations Branch has been busy supporting squadron missions throughout the year.

However with the holiday season fast approaching, we are all looking forward to the Christmas break, spending time with our families and loved ones, and recharging our batteries.

As family travel arrange-

ments are being made, the leave passes are flying across our supervisors' desks, but before we head out for some well deserved time off, we must ensure that those less fortunate receive some holiday cheer.

Thus in support of Adopt-A-Family, this year our WOps Branch senior Non Commissioned Member, Master Warrant Officer John

Campbell and our senior Air Traffic Control Officer, Major Donnie Munore are willing to cook you up some breakfast every Wednesday and Friday for a donation to a less fortunate military or public service family.

Similarly, Petty Officer, 2nd Class Dawn Wheeler, our Chief Clerk and co-chairperson of Adopt-A-Family will take any

of your donations as well.

In keeping with the holiday cheer, we will celebrate the past hectic year with some down time of our own. The A3 Branch Christmas parties give us the great opportunity to enjoy our accomplishments with our co-workers and to have a little fun before the extended break.

With the Military Police

Squadron Christmas party now over, we are still looking forward to the ATC Christmas party at the Ramada Inn (in Belleville) on Saturday, December 8, the A3 RTF party on Thursday, December 13, at 413 RCAF Association Trenton, and the 4 Hangar WOps party on December 15 at Capers in Belleville.

Until Next Time.

## 2008 NORTHERN SHOW TOUR VISITS 8 WING/CFB TRENTON

Photo By: Private Tina Miller, 8 Wing Imaging



From left to right, base player Grant Lesley, Comedian Pete Zedlacher, fiddler Jennifer Roland, guitarist Thomas Wade, singer Ginette Genereux, blues artist Matt Minglewood, country singer Carolyn Dawn Johnson, keyboardist and band leader Jim Ralph. The Northern Show Tour opened with its dress rehearsal in The Astra Lounge, at 8 Wing/CFB Trenton on December 4, 2007. Giving a powerful performance, the entertainers delighted members of 8 Wing community, and filled the dance floor for the evening. The Department of National Defence (DND) and the Canadian Forces Personnel Support Agency (CFPSA) has a long tradition of providing show tours for Canadian Forces members serving overseas and in isolated locations. Over the course of a six-month rotation, a CF Show Tour plays an important part of every major operation and is always a big morale booster. CF show tours bring a small piece of Canada to our deployed members wherever they may be stationed.

Showcase

# Showcase



**WO D. Culver**  
received the Certificate of Recognition,  
presented by Maj R. Struthers, TRSET.



**Sgt M. Hambley**  
received his CD1,  
presented by  
Maj R. Struthers, TRSET.



**WO L. Harvey**  
received her CD1,  
presented by  
Maj R. Struthers, TRSET.



**Sgt R. House**  
received the Land Force  
Command Recognition,  
presented by  
Maj R. Struthers, TRSET.



**Cpl F. Bresson**  
received a promotion to that rank, presented by  
LCol D. Miller, W Adm O, and MWO B. Doggett.



**Cpl K. Grant**  
received a promotion to that rank,  
presented by LCol D. Miller, W  
Adm O, and MWO B. Doggett.



**MCpl G. Hatton**  
received the Commanders' Commendation, presented by  
Col S. Bowes, CO Combat Training Centre.



**Capt J. Jackson**  
received the CC-130 Hercules 2000 Hrs Certificate,  
presented by Maj J. Latulippe, A/CO 429 Sqn.



**Sgt McCarthy**  
received a promotion to that rank, presented by LCol  
Lowthian, CO 429 Sqn.



**Cpl O. Beaudry**  
received a promotion to that rank, presented by  
Maj A. Spott, CO 2 Air Mov Sqn, and  
CWO G. Picard, SCWO 2 Air Mov Sqn.



**Maj R. Hagerman**  
received the Air Commendation Award, presented by  
MGen J. Hincke, ACAS.



**Mrs Lisa Moulton**  
received the Certificate of  
Recognition, presented by  
MGen J. Hincke, ACAS.

***Congratulations! Félicitations!***



# Showcase



**LCol D. Cochrane**  
received 426 Sqn's AF 9000 Certificate of Registration, presented by Col M. Hood, Commander, 8 Wing/CFB Trenton



426 Personnel received the AF 9000 Certificate of Registration. (L to R) WO K. Booth, WO G. Bush, Sgt K. Canning, Sgt M. Bradley.



**MCpl L. Leighton**  
received her 2000 Hrs Airbus Certificate, presented by LCol Y. Choiniere, CO 437 Sqn.



**Sgt S. Mareau**  
received his 1000 Hrs Airbus Certificate, presented by LCol Y. Choiniere, CO 437 Sqn.



**MWO(Air Reserve) R. Sampson**  
received his Certificate of Service, presented by LCol Y. Choiniere, CO 437 Sqn.



**MCpl R. Desforge**  
received his 1000 Hrs Airbus Certificate, presented by LCol Y. Choiniere, CO 437 Sqn.



**LS P. Greene**  
received his 1000 Hrs Airbus Certificate, presented by LCol Y. Choiniere, CO 437 Sqn.



**MCpl A. Willey**  
received his 1000 Hrs Airbus Certificate, presented by LCol Y. Choiniere, CO 437 Sqn.



**Sgt J. Perry**  
received a promotion to that rank, presented by LCol C. Collings, CO 424 Sqn, and MWO V. Trevors, SWO 424 Sqn.



**MCpl B. Fraser**  
received a promotion to that rank, presented by Maj B. Tucker and CWO J. Girodat, 8AMS.

***Congratulations! Félicitations!***

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## Information

### CLASSIFIED

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Watch for the **2008 DESKTOP CALENDAR** will be appearing in a December issue of **Contact**

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## Energy-saving tips for homeowners

(NC)-The cost of a home is an expensive proposition and when you factor in taxes, insurance and monthly maintenance, the financial weight may seem unbearable. Nevertheless, resale and new home purchases in Ontario are forecasted to reach record levels in 2008. One way to make home ownership more affordable is to reduce your ongoing expenses by focusing on areas with the greatest payback – with energy being a good place to start.

Install a programmable thermostat – Heating and cooling your home accounts for 40 per cent of your energy bill, which means big opportunities to save money. A programmable thermostat raises and lowers the temperature in your home automatically at night or during times when you're not home. Lowering the temperature of your home by just a few degrees can make a very big difference in your heating bill. In fact, just a couple of degrees lower at night can mean up to ten percent savings.

Fix your rate - In addition to controlling the amount of energy you consume, you can also control the amount you pay per unit of consumption. With energy prices projected to rise over the long term, locking in a price today might be a good option. Energysshop.com offers independent information and comparisons of fixed natural gas and electricity rates. Natural gas supplier RiteRate.ca has consistently offered fixed rate contracts at much lower prices than larger competitors. At [www.riterate.ca](http://www.riterate.ca) they also provide consumers with accurate and easy to understand information on how to choose the right natural gas contract option.

Get an energy audit – Hiring an expert to conduct a professional, room-by-room audit or energy use assessment can mean big savings over the long-term. Depending on their findings and the types of improvements you make, an energy advisor will pinpoint the issues that could reduce energy bills significantly.

By using a certified energy advisor, Ontarians may even be eligible for a 50 percent rebate off the cost of the audit.

Know your energy tax credits – Did you know you are eligible for cash back on your home energy improvements? Governments and utilities offer many grants, rebates and other incentives for home retrofits. For example, installing new storm windows and insulation can not only keep your house warmer, a grant can help foot the bill for the upgrade.

Here are some of the renovation grants you may be eligible for. You can learn more at [www.ecoaction.gc.ca/ecoenergy](http://www.ecoaction.gc.ca/ecoenergy).

- \$30 - for each replacement window and door
- Up to \$500 - for installing an energy efficient natural gas furnace
- Up to \$600 - for roof and attic insulation
- Up to \$1,500 - for exterior or wall insulation
- Up to \$1,000 - for basement insulation.

- News Canada -

## Heat your home with the help of Mother Nature

(NC)-If you are considering heating and cooling options for your home or are looking for ways to reduce your energy bills, you could consider a heat pump. Despite its name, heat pumps are unique equipment that can provide both heating in the winter and cooling in the summer. Heat pumps are not new; the first unit came off the production line more than three decades ago.

In size and appearance, a heat pump looks like a central air conditioner. A heat pump takes the place of both furnace (with a supplementary heating system) and central air conditioning equipment with a single heating-cooling system. This appliance can pump heat into the home in the winter and pump heat out in the summer. Heat pumps are typically operated electrically; however, a limited number of gas-fired heat pumps are available in Canada. Some types can also provide supplementary hot water heating. Heat pumps transfer heat from natural heat sources in the

surroundings, such as the air, ground or water to the home. In cooling, a heat pump transfers heat in the opposite direction, from the home to the surrounding air, ground or water.

There are two main types of heat pumps: air-source and ground-source (also referred to as an earth-energy system). The only difference between the two types is the place or "source" to where heat is either taken from or moved to (air or ground) in the heat pump operation.

It is most important that the heat pump for your home is the proper size to provide enough heat on the coldest winter night and enough cooling on the hottest summer day. Because the performance of some types of heat pumps decreases during the coldest portion of Canadian winters (less natural heat from the heat pump to source), most heat pump installations have a supplementary or auxiliary heating system in the form of a gas or oil furnace or an electric heater.

To determine your home's proper sizing, your installing contractor should perform a "heat loss/heat gain" calculation. To locate a qualified heating, ventilation and air conditioning (HVAC) contractor consult members of the Heating, Refrigeration and Conditioning Contractors of Canada (HRAC) who carry relevant trade, fuel safety and municipal licences. You can locate a residential heat pump specialist in your area online at [www.hrac.ca](http://www.hrac.ca) or toll-free at 1-877-411-HRAC (4722).

Heat pumps benefit the environment by using the heat in the surrounding air, water and ground to warm your home. The sun continually replenishes these heat sources; therefore, the extracted heat is renewable energy as compared to heat that must be produced from fuels or electricity.

Employ what Mother Nature has to offer to heat and cool your home comfortably, efficiently and economically.

- News Canada -



**Open House Saturday Dec. 8 1:30 to 3:30 pm**

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**Open House Sunday Dec. 9 1:30 to 3:30 pm**

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