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## A Christmas message from the Wing Commander

As we look back at the past year of activity here at 8 Wing, I am sure that you will agree that we can all take pride in reviewing the significant accomplishments achieved by the Airmen and Airwomen during 2007.

Domestically, our Search and Rescue forces have been active, undertaking more than 230 missions throughout the past 12 months, saving 31 lives. Our transport squadrons have been active supporting operations in Afghanistan and flying our CC-177 Globemasters, CC-150 Polaris and CC-

130 Hercules aircraft throughout the world in support of Canadian Forces missions. The 8 Wing Mission Support Squadron deployed to Camp Mirage and raised the bar for this most important expeditionary capability. On top of this, it is important to remember the changing face of the Wing as construction abounds – welcoming the next proud era of 8 Wing and Air Mobility operations.

As 2008 approaches, I am confident that we will continue to meet the many

challenges with a positive outlook and our customary "can do" attitude. Our operational tempo will remain high in the New Year but I am confident 8 Wing/CFB Trenton will continue to live up to the Air Force tradition of excellence, dedication and professionalism.

To all of you and yours, please enjoy a safe and happy Holiday Season.

Sincerely,

Colonel Mike Hood  
Commander  
8 Wing/CFB Trenton

## A JOYFUL FAMILY REUNION



Photo: Pte Isabel Lavallee-Raby, 8 Wing Imaging

Major Damon Perrault, from 436 Squadron, has a joyful reunion with his wife Christine and his children Evan and Holly, after his return from Camp Mirage on December 17, 2007. Members of the Mission Support Squadron returned to Canada via a CC-150 Polaris after a six-month deployment to Camp Mirage. The MSS, comprising approximately 90 personnel primarily from 8 Wing/CFB Trenton, provided administrative and logistical support to Task Force Afghanistan. See story and more photos on Page 8.

## BOSSSES FOR THE DAY



Photo: MCpl Halina Folfas, 8 Wing Imaging

Acting Wing Commander, "Colonel" Jaymie Jakubiec and Acting Wing Chief Warrant Officer, "Chief Warrant Officer" Brandon Banfield carve the turkey as Colonel Mike Hood, Commander, 8 Wing/CFB Trenton and CWO Tom Secretan, WCWO, look on. Jakubiec and Banfield, both from Wing Operations, were the youngest NCMs on base this year and had the privilege of assuming the Wing Commander and Wing Chief Warrant Officer positions for the day. The Junior Ranks Festive Meal / Appreciation Day was held at the Yukon Galley with an attendance of close to 200 members and 38 servers. The dinner is an occasion each year when officers and unit SWOs can make an extra effort to show their appreciation by serving dinner to the Junior Ranks.

## A message from the Wing Chief

First let me start with, both my wife Maggie and I want to wish you and yours the very best for the holiday season. We look forward to another great year with everyone on the Wing.

For those of you that have been following my byline, you will note that my subject today is not my normal military motherhood issue. The title is actually from my belief in how we cope with stress. You may know it as, "All Work And No Play Makes Jack/Jill A Dull Boy/Girl". In no occupation is laughter more required than in ours. As I look around the Wing and observe the huge amount exceptional work being accomplished I also note that it has come at the expense of .... well FUN. I believe we need a healthy balance, and there is nothing I enjoy more than a good joke, some even at my expense. So from time to time I will pass on a joke or two in this column just to remind everyone to laugh or you'll cry. Below is my small gift to you this holiday

season. I hope it brings a smile or maybe a quiet laugh.

### BEST EVER FRUIT CAKE

- 1 cup butter
- 1 cup sugar
- 4 large eggs
- 1 cup dried fruit
- 1 tsp baking powder
- 1 tsp salt
- ¼ cup lemon juice
- 1 cup brown sugar
- ½ cup walnuts
- 1 or 2 quarts of Crown Royal whiskey

— before you start, sample the whiskey to check for quality.

Good isn't it? Now go ahead.

— select a large mixing bowl, measuring cup, etc. Check the whiskey again as it must

See Best Ever Fruit Cake, Page 2

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# WINTER STORM BLANKETS 8 WING

Photo: Joel Wiebe, Contact Staff



Crews work to clear the runways at 8 Wing after a major winter storm arrived as predicted on Dec. 16.

## Best Ever Fruit Cake, continued from Page 1

be just right. To be sure the whiskey is of the highest quality, pour 1 level cup into a glass and drink it as fast as you can. Repeat.

— with an electric mixer, beat 1 cup butter in a large fluffy bowl. Add 1 tsp thugher and beat again.

—mean while make sure the whiskey is of the highest quality. Cry another tup. Open second quart if necessary.

—add large leggs, 2 cups fried druit and beat till high. If druit get stuck in beater, just pry it loose wit drewsdriver. Sample whiskey again, checking for tonscisticity.

—next shift 3 cups salt, or anything it really doesn't matter. Sample the whiskey.

—shift ½ cup lemon juice, fold in chopped budder, and strained nuts. Add one babblespoon of brown

thugher, or whatever colour you can fins. Now mix me.

—grease oven and turn cake pan to 350 greedees. Now pour the whole mess into the coven and ake. Check whiskey again. Go to bed.

Seasons Greetings!

T.J. Secretan  
CWO  
8 WCWO

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## CHRISTMAS PAST



Photo: Submitted

The late Captain (Ret'd) R.S. Aver, father of Contact bookkeeper Marilyn Miron, is seen here in the early 1950s dressed as Santa in a Harvard aircraft at RCAF Station Centralia, an RCAF training base located just outside the village of Centralia, near Exeter, Ontario. According to Marilyn, her dad would spread Christmas cheer each year by dressing up in the much-loved red suit.

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# Safe Driving Week 2007

by Sgt Larry Kidd  
8 WTN MSE Safety

During the recent Safe Driving week, held December 1-7, 2007, MSE Safety conducted daily patrols of 8 Wing property and the connecting roads in search of DND vehicle drivers who qualified for a gift by driving legally and defensively.

We searched very diligently and found Master Corporal Steven Blake, of Canadian Forces Land Advanced Warfare Centre, worthy of the honour and as such received an Auto Safety Kit awarded by Maj T.M Brown, OC TN EME and MCpl G.E (Kip) De Dieu MSE Safety.

During our patrols we did witness the following unsafe driving practices, : (keeping in mind that they were DND vehicles, not privately-owned motor vehicles).

Improper lane change (failing to signal).

Failing to come to a full stop prior to turning right at a red light.

Illegal left turn on two lane highway to the far lane. (from RCAF east on Hwy 2)

Failure to signal prior to turning.

Tailgating

Not properly removing snow from vehicle.

Driving over the posted speed limit.

Each year, DND vehicle collisions cost the CF a significant portion of the operating budget that could be better spent on essential equipment. Each member that holds a DND licence should be familiar with Defensive Driving techniques. Please put these techniques to practice and keep our roadways and training areas safe for all.

Congratulations go out to all safe drivers at 8 Wing Trenton.

For all those drivers who weren't recognized, and drive defensively, congratulations and thank you for making our roads a safer place.

8 Wing MSE Safety will continue to conduct Safety patrols to monitor DND drivers on a routine basis.

*Remember – safe and courteous driving habits cost nothing but a moment of your day. Dangerous driving can cost you or others the rest of your lives.*

Photo: Submitted



The 2007 Safe Driver of the Year, MCpl Steven Blake is presented with his prize by Major Brown, O/C Tn/EME, and MCpl De Dieu from MSE Safety.

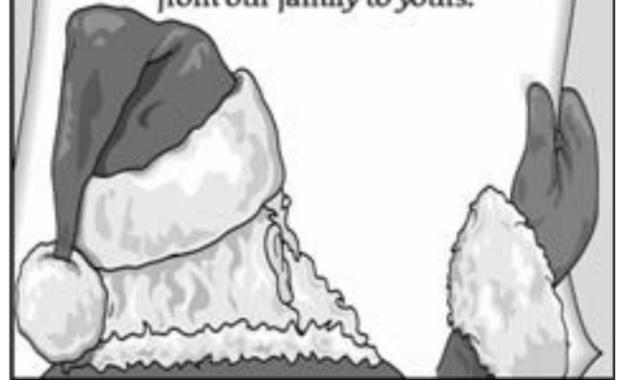
Merry Christmas  
& Happy Holidays  
from all of us at

**CONTACT**

The Contact office will be closed for the holidays beginning December 24, 2007. We will re-open on January 2, 2008.

Please note, there will not be a paper during this time.

Thank you, and have a safe and happy holiday season, from our family to yours.



## Search & Rescue UPDATE



424 Squadron had a relatively quiet week involving the tasking of two missions.

The Griffon was required for two separate missions last Friday. Firstly, the Griffon was tasked to Dunnville, ON, for a person who fell through the ice. While en-route, the crew was stood down.

The second involved a reported balloon crash in the Montreal area, however, the mission was stood down before the crews could launch.

Until next time, stay alert and stay safe.

Missions for 2007: 233 Missions for Dec.: 5 Persons rescued: 31

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The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel M.J. Hood, CD, Commander, 8 Wing / CFB Trenton.

### The Contact Staff

Managing Editor: Andrea Steiner  
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 PSP Manager: John Snyder  
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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:

Internet: Steiner.AL@forces.gc.ca

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.



### A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.

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### Best wishes

Wishing our friends at 8 Wing and abroad a Merry Christmas and a safe and happy holiday.

From Jerry & Della Manuel, and Kevin & Rikki-Lee Leger

Have an opinion or story to tell?

Want to be published?

Write a letter to the Editor

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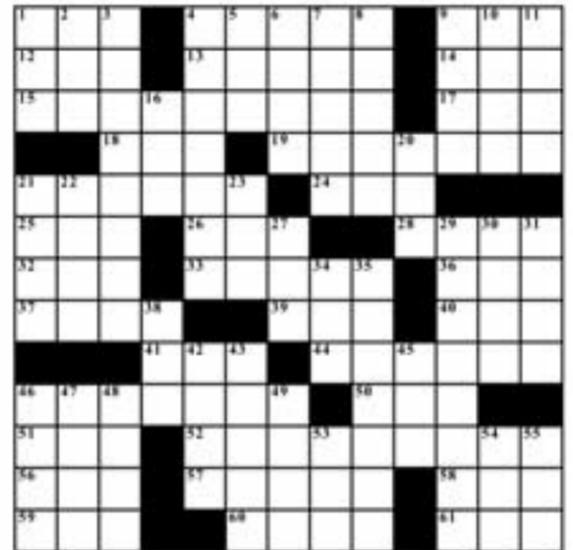
For more information on Habitat for Humanity and to contact your nearest affiliate, contact us at 1-800-467-5137  
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## Canadiana Crossword

### Quirky Cuisines

By Bernice Rosella and James Kilner

**ACROSS**  
 1 Work unit  
 4 Cleaves  
 9 Dandy  
 12 Labrador \_\_\_\_\_  
 13 Accustom  
 14 Anger  
 15 Newfoundland treat  
 17 Word between ready and go  
 18 Insane  
 19 Cattle farms in Catalonia  
 21 Musical dramas  
 24 Tai  
 25 Racket  
 26 Napkin ring  
 28 British boys school  
 32 Is, in Iberville  
 33 Winterlude's Beaver \_\_\_\_\_  
 36 Nigerian ceremonial hut  
 37 Woodworker's implement  
 39 Street music  
 40 Salon stuff  
 41 Mirvish, and others  
 44 Calgary \_\_\_\_\_  
 46 Westcoast bar?  
 50 Rent  
 51 Hoo-ha  
 52 The new Cambodia  
 56 Encountered  
 57 Mexico's Monte \_\_\_\_\_  
 58 Large deer  
 59 London to Kitchener dir.  
 60 Stalk, in a way  
 61 Coastal feature



5 Mandela org.  
 6 German valley  
 7 Juror's concern  
 8 Herbal laxative  
 9 Newfoundland's \_\_\_\_\_ and brewis  
 10 Common cookie  
 11 Quebec's \_\_\_\_\_ de soeur  
 16 Arab Nations org.  
 20 Golfer, \_\_\_\_\_ Jones  
 21 German river  
 22 Leaning tower locale  
 23 Strand  
 27 Common conifer  
 29 United  
 30 Love honour and \_\_\_\_\_  
 31 Cairo's river  
 34 Roman God  
 35 Explore caves  
 38 Quebec's \_\_\_\_\_ soup  
 42 African wild mango  
 43 Diminutive  
 45 Calendar ref  
 46 Appellation  
 47 Arabian Gulf port  
 48 Billet, in Beausejour  
 49 South American evergreen  
 53 Golfer's quest  
 54 Inventor Whitney  
 55 Letters denoting alias

Answers found on page 22



### This Week in Contact

1977 – A team of aircraft testers based at CFB Cold Lake has been busy working relatively unnoticed since they were tasked in early 1977 to have a hard look at current fighter interceptor aircraft for possible acquisition by the Canadian Forces. The team of five are all members of Aerospace Engineering Test establishment (AETE) Cold Lake. The team consists of: a leader, LCol Len Novakowski; two pilots, Maj John Aiken and Capt Gordon Todd, along with two engineers, Capt Jim Thompson, flight test engineer and Capt Larry Bunce, systems test engineer. They have a set pattern laid down to test the various aircraft types. According to LCol NovaKowski the team allots two weeks to each aircraft.

1987 – IBM COMPATIBLE COMPUTERS: Office pro/Turbo XT System only \$1,395. Includes 640k memory; dual 360k drives; phoenix bios; colour graphics; 83 key keyboard; monochrome monitor; clock; printer, modem, and joystick ports plus one-year warranty. All options and configurations available to suit your needs. We stock a complete line of Roland printers (with a 2-year warranty) as well as a large selection of books, software and accessories. Call us for your computing needs at Klus Computers 394-2386.

1997 – To all of you who live in constant fear that if you screw up, it's death by firing squad, you're in luck as the minister of National Defence, the honourable Art Eggleton, recently announced revisions to the National Defence Act; one of which includes the abolishment of the death penalty. These announcements follow through on the recommendations in the Minister's report to the Prime Minister of March 1997, and the two reports from the Special Advisory Group on Military Justice and Military Police Investigations Services. They also respond to the recommendations of the Somalia Commission of Inquiry.

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



# 8 Wing Air Mobility Conference Centre officially opens

by Amber Gooding  
Assistant Editor

One of the latest revitalization projects at 8 Wing/CFB Trenton has been completed with the grand opening of the new Air Mobility Conference Centre.

Originally built in the 1930s, this heritage-designated building had been slowly deteriorating throughout the years. Prior to sitting vacant, the large white house was used for 70 years as officers' housing, with such visitors as Air Marshall William (Billy) Bishop, who stayed at the house while on a visit to CFB Trenton as Director of Recruiting for the Royal Canadian Air Force. It was also the official residence of the Commander of Air Transport Command, and subsequently the Commander of Air Transport Group.

The house has been a home, a gathering place, and an important piece of history for the many men and women of air mobility.

"This is a very significant building in (air mobility) history," said Colonel Mike Hood, Commander, 8 Wing/CFB Trenton. "Our goal with the Air Mobility Conference Centre is not only to hold conferences, meetings and other functions, but to recognize those who have played such a significant role. And not to take away from any of the great work that Chris Colton, his staff and the museum do on a regular basis in preserving air force history, but we have one particular chapter - air mobility, to remember."

The large facility, located at 18 Caribou on the south side of the base just past the Officers' Mess, has a number of conference

and break-out rooms, a large kitchen, five bathrooms and enough room to hold more than one function at a time. The rooms have been dedicated to prominent figures from Air Transport Command and Air Transport Group, explains Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer.

Ultimately the brain child of LCol Miller, the idea to use this valuable house as the location for the new conference centre was far more important than simply tearing it down. It was a mere 10 months ago that LCol Miller started this project and regardless of who you speak with, everyone is incredibly thankful for her hard work and dedication.

"I think this is a good tribute to those who have helped to shape where we are today," said LCol Miller.

As you walk through the halls of the house and look into the rooms, each one has been personalized with memorabilia from those they have been named after. From Brigadier-General (Ret'd) J.C. Brace, CD, and Brigadier-General (Ret'd) G. Diamond, to Major-General A.C. Hull, and former Chief of the Air Staff Lieutenant-General Steve Lucas.

From awards, pictures and paintings, there is no shortage of history anywhere you look.

Col Hood lived next door from 2003 to 2005, during which time the house sat empty. When he was named Wing Commander, he remembers thinking that he had to do something with this facility. Well, upon arrival he quickly learned that somebody had already been looking after it.

"An incredibly intrepid logistics officer had taken it upon herself to renovate the building," said Col Hood. "I commend her (LCol Miller) for the fantastic work she has done. It has been through her drive and determination that this project has gotten this far."

Giving a face to the names of those figures that helped to shape Canada's unique Air Mobility history will also help to introduce the next generation of air lifters into the family.

BGen (Ret'd) Brace's room is located on the top floor. As he recalls his time spent as the last commander to occupy the house, he's pleased to see the facility put to such great use.

"I think the work that's been done in here is absolutely astounding," he said. "This is a big house and they needed a centre where they can hold conferences of different sizes, so to put this house to such good use is fantastic."

With photographs of some of his career highlights, such as flying the Prime Minister, Queen Elizabeth II, Prince Charles and Princess Diana, it's men and women alike, the ones behind the aircraft, that the walls of the Air Mobility Conference Centre recognize so well.

"It was completely overwhelming for me when I first entered the completed facility. This place is gorgeous. It's very practical and I know it will be put to good use," said BGen (Ret'd) Brace. "LCol Miller deserves a great deal of credit for what she has done."

One of the larger rooms located on the main floor is dedicated to BGen Diamond, who followed in his father's footsteps, W/C Gerald Gordon Diamond, in more ways than one.

"My father and I commanded the same squadron, the same base and the same group," explained BGen (Ret'd) Diamond. "He was commander of RCAF Station Trenton, I was commander of CFB Trenton; he was commander of Air Transport Command and I was commander of Air Transport Group; he was CO of 442 Squadron's predecessor in Victoria during the war, and I was CO of 442 Sqn, on the west coast."

One of the pieces BGen (Ret'd) Diamond chose to bring into the room contains an astounding piece of history from his father's time.

Framed photographs accompany a hand-written letter from then Prime Minister Mackenzie King, expressing his warm appreciation of the trip he took with Diamond, Louis St Laurent and other dignitaries, to San Francisco in 1945 to establish



Photo: Amber Gooding

Photographs displayed in BGen Diamond's room at the new Air Mobility Conference Centre.

the United Nations Charter.

"They have done a really great thing in bringing back the history," said BGen (Ret'd) Diamond. "We do tend to focus on airplanes and not people. We all have to remember the people."

Although there are still a few rooms that have yet to be named, they will soon follow suit, focusing on the people associated with air mobility heritage.

"If you look around the base, every road has an aircraft name - and this is throughout the Air Force. We remember aircraft well, which is not always the case for remembering people," said Col Hood. "If you were to ask the young people coming onto base they could probably rattle off some DC winners from the Second World War but they probably couldn't rattle off many of the really great men and women who have made significant contributions to both the Air Force and RCAF, and more in particularly the group with air mobility."

As Canada's largest air base launches into this next great chapter of air mobility, with new aircraft and accompanying facilities, moving forward is done so in forms of our past. Our history is what we look to - to learn from the past and expand in our future, one must not lose sight of what brought us to where we are today.



Photo: Cpl David Cribb, 8 Wing Imaging

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, and 8 Wing Chief Warrant Officer Tom Secretan unveil the new conference centre.

Artist Doug Comeau Introduces:

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## Holiday Message from the Chief of the Defence Staff

As the 2007 holiday season is upon us, Joyce and I wish to extend best wishes to our soldiers, sailors, airmen and airwomen, civilian employees, and their families, who serve Canada so well.

This is a time to reflect, to count our blessings, and, where possible, to enjoy the company of those we love.

To those deployed, this may be a particularly challenging time for you. Whether on operations or training, overseas or across North America, on the ground, the seas or in the skies, your thoughts will natu-

rally turn to home and your loved ones who are without you. We hope you will draw strength from knowing that you are in our thoughts and that you will draw comfort from your comrades serving beside you.

To those at home, on Christmas morning, perhaps as you prepare for a day of feasting and gift giving, take a moment to remember your fellow servicemen and women who are currently deployed around the world, and their families who are without them. You, more than anyone, know what they are going through.

Be proud of the work that you are doing on behalf of all Canadians. We are an important part of what is Canada, and we articulate through our actions the values that Canada represents. Whether at home keeping Canadians safe or on operations abroad, you embody what it means to serve. I am proud of you, your accomplishments, and am honoured to be your Chief of the Defence Staff.

May you have a happy and prosperous 2008.

*General R.J. Hillier  
Chief of the  
Defence Staff*

## Message des Fêtes du Chef d'état-major de la Défense

À l'aube de la période des Fêtes de 2007, Joyce et moi transmettons nos meilleurs vœux à nos soldats, marins, aviateurs et employés civils, hommes et femmes, ainsi qu'à leur famille, qui servent le Canada de façon distinguée.

C'est le temps de réfléchir, de compter nos bénédictions et, autant que possible, de profiter de la compagnie de ceux que nous aimons.

À tous ceux qui sont déployés, cela peut être un temps particulièrement difficile. Que vous soyez affectés à une opération ou à l'instruction, outre-mer ou à travers l'Amérique du Nord, en mer ou dans les airs, vos pensées se tourneront naturelle-

ment vers votre foyer et vos êtres chers qui sont en votre absence. Nous espérons que vous serez revigorés en sachant que vous êtes dans nos pensées et que vous tirerez réconfort auprès de vos camarades qui servent à vos côtés.

À tous ceux qui sont au pays, au matin de Noël, peut-être lorsque vous vous préparerez à une journée de festins et de cadeaux, prenez un moment pour vous souvenir de vos collègues qui sont actuellement déployés à l'échelle de la planète, ainsi qu'à leurs familles qui sont en leur absence. Plus que quiconque vous pouvez comprendre ce qu'ils vivent.

Soyez fiers du travail que vous accom-

plissez au nom de tous les Canadiens et Canadiennes. Nous sommes un élément important de ce qui constitue le Canada et exprimons, à travers nos gestes, les valeurs qui représentent le Canada. Que ce soit au pays, où vous assurez la sécurité de nos concitoyens, ou à l'étranger, où vous êtes affectés à des opérations, vous incarnez le service dans tout son sens. Je suis fier de chacun d'entre vous, de vos réalisations et je suis honoré d'être votre Chef d'état-major de la Défense.

Que l'année 2008 vous soit heureuse et prospère!

*Le Général R.J.  
Hillier  
Chef d'état-major de  
la Défense*

## VIEW FROM THE PINE

There is a Santa Claus. There really is. All of those lines my parents fed me growing up that Santa and his reindeer had been killed in a tragic sleigh roll-over accident in 1974 (I had a fairly disturbed upbringing) were lies! All lies! I'm now wondering if Dad really did run over the Easter Bunny back in 1976 or if that was a lie as well. Anyways, I now know the real truth about Santa Claus. He exists. And Mr. Claus is a Montreal Canadiens fan.

How do I know this, you might ask? Well, the realization struck me Saturday night as I was sitting in the Bell Centre Desjardins Club Seats watching Montreal score its third goal of the night. The Habs, who had previously been mired in a six game home winless drought, were dominating the Leafs. The Montreal faithful, who had previously booed the team off the ice were mercilessly alternating between chants of "67" and "Leafs Suck" (although in fairness you could hear these chants at any NHL arena where the Leafs are playing). Toronto looked completely lost. The Canadiens looked like they had finally found their "A" game. And I had been granted an opportunity to witness the whole thing. A gift, if you will. A gift from Santa.

Santa can be fickle, though, and I did get a bit of coal in my stocking as well. I had to endure the game sitting next to an OLF (obnoxious Leaf fan). To his credit, he was not one of those OLFs completely decked out in Leaf paraphernalia with his face painted, wearing a blue wig and who was probably three sheets to the wind by noon. No, he was more of a YOLF (yuppie obnoxious Leaf fan). Although he was generally quiet (he really didn't have much to cheer about) he did come up with a few doozies that made me contemplate how much trouble I would get into for slapping him upside the head.

I must admit that I have never heard anyone, anywhere, ever, actually critique a Tim

Bits between-periods hockey game. God help the team of four or five years olds that this YOLF would coach. Dryland training. Skating lines. It would be hell.

Besides enlightening everyone on his critical assessment of the hockey prowess of toddlers, my YOLF also had a disturbing love affair with his cellular phone. So much so that he spent almost the entire second period trying to give a play-by-play over the phone to a latté sipping acquaintance back in Toronto.

Under normal circumstances, his constant yapping would have earned me a trip to the Crowbar Hotel, but since Montreal was generally carrying the play, I was able to spend the majority of time cheering enthusiastically in his free ear. At one point the YOLF actually had the audacity to look perturbed at everyone around him because he could not hear his buddy on the other end of the line. Yes, life is tough when you are a Leafs fan. Life is tough.

So, I did receive my early Christmas gift and it was a heck of a lot better than a nose hair trimmer, back shaver or that time a family member gave me a bunch of VCR movies when I did not own a VCR.

So, in keeping with my Christmas theme, Santa's Naughty and Nice List for the week:

### NAUGHTY

Bell Centre (there was something lost in the move from the forum. It is a first-class facility and they have tried to instil some of the team history in the building but it is a bit too antiseptic for my taste); Michael Ryder (his time in Montreal is at an end. As soon as he pots a few goals and brings up his trade value he will be moved); my YOLF (with the weather and his wife being a Habs fan, it would have been a long, long drive back to Toronto), Chris Simon (I know he has issues

that need to be resolved, but stomping on a guy's leg? Was he talking on his cell phone for 20 minutes or something?); every trucker driving over 80 km/hr on the 401 on Sunday (there is a special place reserved in the after-life for you. A really, really, hot and smelly place where you have to sit next to some knob giving a play-by-play of a Timbits hockey game on his cell phone for all eternity).

### NICE

Those two Habs fans who threw beer on the Leafs bench (I bet you Maurice was thinking, "Where's Tie Domi when you need him?"); Saku Koivu (great time to break out of a slump with two timely goals in a big game); Jarome Iginla (NHL Star of the Week and is absolutely on fire right now. Only downside is Alex Tanguay has moved off his wing and has been demoted to the second line. Huselius is now reaping the dividends of playing on the top unit); Henrik Zetterberg (quietest 45 points in the NHL); Santa Claus (Santa, you rock! You can forget about the Transformer I asked you for but I still need a replacement back shaver).

By Gilmour Tuttle



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

## Pre-school Stomp and Romp

Come and enjoy a fun exercise program with your children!

An introduction to stretches and dance, followed by free-time with lots of great play equipment to use.

Stomp and Romp will take place on Wednesdays, at the RecPlex Gym, from January 9 to March 19. Classes will run for 10 weeks. Each class will start at 10 a.m. and end at 11 a.m. Please note, there will not be a class on March 12.

Cost: \$15 for CRA members; \$20 for military community non-members; and \$25 for the general public. Drop-in fee option, \$4/class.

## Cardio Combo

Cardio Combo takes place on Tuesdays and Thursdays, from January 8 to March 13, from 6:30 to 7:30 p.m. Classes are held in the studio at the Gym.

Cost is as follows: \$40 for CRA members; \$45 for military community non-members; \$50 for the general public.

Drop-in fee, space permitting: \$4 for military community with ID, \$5 for the general public.

# Fitness, Sports & Recreation

## Power Skating for Kids

Power skating provides coed instruction covering power development, power strides, starting, stopping, lateral mobility and power drills.

This program will benefit kids who play hockey. Skaters must be at least five years old, be able to skate forwards, backwards and come to a stop without running into the boards.

Skaters will be broken up into groups depending on age, skill and ability.

Power Skating for

Kids will run from January 7 to March 24, 2008, each Monday from 5 to 5:50 p.m. for a total of 10 weeks. Please note: no classes will take place on February 4 and March 10 (March break).

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

Full hockey equipment is required, including sticks and mouth guards.

## March Break Kids Kamp

Are you ready? It's coming! The March break will be here before you know it and we want your kids.

Our program is a high energy, fun-filled week with a new adventure each day. Remember to bring a lunch, snacks and to dress for playing outside.

The Kids Kamp will take place at the RecPlex (21 Namao Dr East), from Monday, March 10 to Friday, March 14, from 8:00 a.m. to 4:00 p.m.

Before and after care is available from 7 to 8:00

a.m. and from 4 to 5:00 p.m. at a cost of \$2 per hour, per child.

Registration for military community begins on Monday, January 14, 2008. Registration will open to the general public on Monday, February 11, 2008.

Cost for military community: \$85 for one child; \$155 for two children and \$200 for three children. Cost for the general public: \$90 for one child, \$165 for two children and \$215 for three children.

## Learn to Skate from 8 to 88

Ever wanted to learn to ice skate? Haven't laced up the skates in a while and are feeling a little rusty? Why not come out and give it a try.

This is a great time for parents and children to learn to skate together. This program will take place on Sundays from January 20 to April 13, from 3 to 3:50 p.m. Please note, there will not be any classes held on March 9 and 16 (March Break) and March 23 (Easter).

Cost: \$55 for CRA members; \$60 for military community non-members; and \$70 for the general public.

## Learn to Skate for Youngsters

This program is divided into four levels. Skaters are evaluated weekly by their coach. There are no formal "testing sessions" for Learn to Skate.

The program will take place on Fridays from January 25 to April 4, 2008, for a total of 10 weeks. Please note, there will not be any classes held on March 14. Ice times are from 5 to 5:50 p.m. with lesson times running from 5 to 5:25 p.m. and from 5:25 to 5:50 p.m.

Cost: \$55 for CRA members; \$60 for military community non-members; and \$70 for the general public.

## Bronze Medallion and Emergency First Aid

The Bronze Medallion course teaches an understanding of lifesaving principles embodied in the four components of water rescue education: judgement, knowledge, skill and fitness.

Bronze Medallion is the first step toward a National Lifeguard Certification and is a prerequisite for the Bronze Cross Award. Participants must be 13 years of age or older.

The course will take place on Saturdays from January 5 to March 8, from 1:30 to 4:00 p.m. for a total of 10 weeks.

The exam date is scheduled for Saturday, March 8.

Cost is as follows: \$175 for military and CRA members; \$185 for military community non-members; and \$205 for the general public. *Manuals are included in this cost.*

## 2008 Skills and Drills

Skills and Drills is a newly designed program for hockey players to practice drills and develop new skills.

The program will focus on individual skill, body checking, angling, passing, shooting, scoring, and defending.

This program is not a power skating or learn to skate program, and participants must be between nine and 16 years of age and have complete command of their balance on skates. An evaluation of

skating ability will be done on the first class by the instructor.

Skills and Drills will take place at the RCAF Flyers Arena on Mondays for 10 weeks, running from January 7 to March 24, from 6 to 6:50 p.m. There will not be any classes held on February 4 and March 10.

Cost: \$55 for CRA members; \$60 for military community non-members; and \$70 for the general public.

## Upcoming Spinning classes

Spinning is an exercise program that utilizes a specially designed stationary bicycle and a series of cycling movements that provide the participant with both a physical and mental workout. The program will take place on Mondays and Wednesdays, from January 7 to March 12, from 6:30 to 7:30 p.m. Classes will be held in the studio at the Gym. Cost: \$40 for CRA members; \$45 for military community non-members; \$50 for the general public. Drop-in fee, space permitting: \$4 for military community with ID; \$5 for the general public

## Body Sculpting classes

An intensive but easy to follow body sculpting class utilizing various resistance apparatus to tone and sculpt. Focus is on muscular endurance and strength.

Classes will take place on Mondays and Wednesdays in the studio at the Gym, for 10 weeks, from January 7 to March 12. Cost: \$40 for CRA members; \$45 for military community non-members; \$50 for the general public. Drop-in fee, space permitting: \$4 for military community with ID; \$5 for the general public.

## Bronze Cross/Standard First Aid

Bronze Cross is designed for lifesavers that want more advanced training, including an introduction to safe supervision in aquatic facilities. It teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures and teamwork. It is also a prerequisite for NLS.

Participants must be 14 years of age or older and have completed the Bronze Medallion and Emergency First Aid course.

Bronze Cross and Standard First Aid will take place on Thursday evenings, from January 10 to March 20, from 5 to 7:30 p.m. for a total of 11 weeks. The exam will be held on Thursday, March 20.

Cost is as follows: \$130 for military and CRA members; \$140 for military community non-members; and \$150 for the general public. *Manual Fees (if required) are \$40 for the lifesaving manual, and \$15 for the First Aid.*

## First Aid Instructors Course and Examination Standards Clinic

In order for a lifesaving instructor to examine their advanced aquatics classes, the instructor must participate in an Examination Standards Clinic (ESC). Prerequisite: Current Lifesaving Instructor Certification.

Course will take place on Friday, January 18, from 5 to 9 p.m.; and on Saturday, January 19, from 9 a.m. to 5 p.m., at the RecPlex pool and Conference Room.

Cost is as follows: \$100 for military and CRA members; \$110 for military community non-members; and \$160 for the general public.

## Twaddlers on Ice program

This program is designed for pre-school children, to give them the basic skills of skating in a fun and safe environment.

Please note: A helmet is recommended for all participants.

Twaddlers on Ice will take place on Tuesdays from January 8 to March 25, 2008, for a total of 10 weeks.

There will not be a class held on February 5 and March 11)

Ice times are from 10 to 11:20 a.m. with lessons times running from 10 to 10:20 a.m., and from 10:30 to 10:50 a.m.

Cost: \$55 for CRA members; \$60 for military community non-member; \$70 for the general public.

## Basketball Hoops Program

The Hoops program helps kids to understand the game of basketball and develop skills. The program is good for the beginner right up to advanced.

There will be 25 minutes of skill development and a scrimmage consisting of two 15-minute halves.

Hoops will take place on Tuesdays, from January 15 to March 25, for 10 weeks in the RecPlex Gym (no class on March 11, 2008).

Players ages 8 to 10 will place from 6 to 7:15 pm. Players ages 11 to 13 will place from 7:15 to 8:30 p.m.

Cost: \$30 for CRA members; \$35 for military community non-member; \$45 for the general public. Includes a t-shirt. Pre-registration required.

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# Support personnel return home



Photo: Pte Isabel Lavallee-Raby, 8 Wing Imaging

by Joel Wiebe  
Contact Staff

A large crowd gathered in the 8 Wing passenger terminal, waiting for the personnel of 8 Mission Support Squadron to return home after six months overseas.

Some passed the time by reading, while others made small talk – all were anxiously waiting for the deployed personnel to return. The sounds of children playing jumped out from the dull roar of chit-chat and nervous laughter.

Delayed a day due to weather, the CC-150 Polaris landed in the early afternoon on December 17. As the tan-coloured camouflaged personnel stepped out of the plane and onto the packed down snow and ice that covered the runway, some stepped carefully while others took the opportunity to build up speed and slide around. Laughter abounded from the many smiling faces.

Children waited with welcoming signs and loved ones perked up for a better view when the personnel emerged into the terminal. Hugs, kisses, and tears filled the moment with emotion.

Major Damon Perrault described what he has most looked forward to:

“Coming back and seeing my wife and kids at the airport waiting for me,” he said, which is exactly what he got.

When Maj Perrault left, his daughter was only five months old.

“It is very nice to get back and see my family,”

he said.

“We’re just happy to be reunited before Christmas. But, of course, we’re thinking of everybody else that have to spend Christmas apart,” said his wife, Christine.

She said it was the first time they had been apart for six months. Taking care of their two young children was no small task, but she was grateful for the support of neighbours and her husband’s unit.

“I had great support from family and friends. Fortunately, I was off on maternity leave, so I was able to stay at home with the kids,” she said.

Communicating with each other was easy enough she said, allowing them to talk or email each other almost every day.

The family plans to stay home for Christmas and enjoy family time.

“We’re happy that he came home a few days early, and glad we can have him home,” Christine said.

Master Seaman Dave Clark was also greeted by his family. When asked how it felt to be here in Trenton, he said:

“Cold. Actually, let’s change that to warm, our hearts are lit right up,” he said.

MS Clark also said it was easy to keep in touch with his wife and two girls.

“It’s just a matter of timing. You have seven and eight hour time zone changes. It usually meant I called the girls at breakfast time, because breakfast time here was supper time there,” he said.

When he stepped out onto the runway, he said: “I walked carefully.”

While overseas, he sent back various souvenirs, and has brought some back to give as a quick way of saying thank you to people.

“(They are) things that cost nothing over there, but make people smile over here,” he said.

The travelling doesn’t end for him now that he is in Trenton. MS Clark and his family plan to head 2,000 km to Digby, Nova Scotia, when the girls are done school. The whole family will be there this year.

“One thing I’ve been looking forward to is sunsets over the Boar’s Head, looking over the Bay of Fundy,” he said.

Master Warrant Officer Mike Samson, who is currently posted in North Bay, said it is going to be a time for re-adjustment now that he is home. It was 31 °C to 35 °C over there, and now he will be living in sub-zero weather.

“It’s Christmas spirit. It’s hard to have Christmas spirit back there, but here they’ve got snow,” he said.

This was MWO Samson’s second tour.

“It was a bit tough, but it was a good go,” he said.

Corporal Sandra Page had a bit of a change, going from the Yukon Galley to Camp Mirage. She said at first it dragged on, but then time went by quickly. She said she had been thinking about her kids and husband, and now it felt “so good,” to be home.



Photo: Cpl David Hardwick, 8 Wing Imaging

Photo: Pte Isabel Lavallee-Raby, 8 Wing Imaging



Photo: Pte Isabel Lavallee-Raby, 8 Wing Imaging

**On December 17, the Mission Support Squadron repatriated to Canada via CC-150 Polaris after a 6 month deployment at Camp Mirage. The MSS composed of approximately 90 personnel primarily from 8 Wing/CFB Trenton provided administrative and logistical support to Task Force Afghanistan. Clockwise, from top left corner: Adriana Burns, daughter of Cpl Mike Burns, jumps into her daddy's arms as soon as he passed through customs after arriving home from Camp Mirage; Canadian Forces members walking in front of a CC-150 Polaris after having just returned to Canada; Maj Damon Perrault from 436 SQN kisses his daughter Holly, age one, after returning home; MWO Mike Samson is happy to meet his wife Shelly after his return from Camp Mirage.**



# Christmas message from the Chief of the Air Staff

1. As we approach the Christmas season and our thoughts turn to family and friends, I extend the warmest of holiday greetings to all members of the Air Force family – those of you in uniform, civilian members of our Air Force team, your families who support you and our many friends across the country.

2. It's been another outstanding year for the Air Force and the Canadian Forces. Once again, Canadians have been reminded and have seen first-hand the dedication and sacrifice of the men and women in Air Force blue.

3. Every day, you carry out your duties on behalf of Canada and Canadians, sometimes in demanding and dangerous situations. My thoughts are with all of you who have been injured in the line of duty, and those of you who have lost a friend or member of your family over the past year.

4. For those of you who are away from your loved ones this

holiday season – whether on duty in Canada or in far-off countries – take comfort in knowing that your families, Canadians, and I appreciate the work that you are doing every day. It's not easy and the sacrifices can be immense, especially at this time of year.

5. My family and I are also thinking of our Air Force families here at home, as they bravely carry on during this special season. Being away from loved ones at Christmas is the toughest kind of separation, but again, with the love and support of our military families, we are able to carry out the duties we are entrusted to deliver throughout the year.

6. The holiday season is also a time to reflect on what we have accomplished over the past year and what lies ahead in 2008 and the years to follow. For me, 2007 stands out as a banner year. We accepted our first strategic airlifter, the CC-177, and began using it operationally within a matter of days, marking the start of a whole

new era of air transport and indeed an entirely new capability for the Canadian Forces.

7. In addition, staff work continues at a rapid pace to bring in other new capabilities that are on the horizon – the CH-148 Cyclone, the medium-to-heavy lift helicopter, and the J-Model Hercules. Of course, we are still working hard to find a new fixed wing search and rescue aircraft.

8. Our Mission Support Squadrons from various wings have proven over the last year that the expeditionary concept was the right way to go for the Air Force. Now that we have deployed at least three of our Mission Support Squadrons, the concept is now a reality, which enhances operational effectiveness and provides a more predictable deployment cycle for our Air Force personnel.

9. Our members overseas at Camp Mirage continue to provide outstanding support to operations in Afghanistan. I

know the days are long and the work is demanding, but you are making a difference, so please remember that. Here at home, our Search and Rescue Squadrons continue to provide outstanding support to Canadians and their families, continuing to hold standby 24/7. Lives have been saved and families returned to their loved ones because of your work and dedication – so that others may live. In addition, renewed Russian strategic aviation in the Arctic has seen our fighter force deploy to Inuvik and Anchorage, Alaska – a first in the history of NORAD. Thank you for your focus and professionalism.

10. It's because of operations like search and rescue and like Afghanistan that public support is at an all-time high for the Air Force and the Canadian Forces. Much of that support comes because Canadians can see what you are doing, day in and day out...whether it is through the media, at large-scale events like the Grey Cup and the Calgary Stampede or

through our Air Force websites. Canadians can see for themselves what you are doing and the support we are receiving is unprecedented.

11. You, the members of the Air Force at all levels, truly are our most valuable resource. And we continue to be blessed by the high quality of people who choose to serve our country as members of the Air Force team.

12. I thank each and every one of you for your enthusiasm, your professionalism, your hard work and the sacrifices you make each and every day. And I thank your families and loved ones who contribute so much to our mission by supporting you in the work you do.

13. Over this holiday season I hope you find time to relax and connect with your loved ones. My family and I wish you and yours the very best holiday season, and health and happiness in the new year.

*Lieutenant-General Angus Watt  
Chief of the Air Staff*

## Message de Noël du Chef d'état major de la Force aérienne

1. À l'aube de la période des fêtes, alors que nos pensées se tournent vers nos parents et amis, je désire offrir mes plus chaleureux souhaits du temps des fêtes à tous les membres de la grande famille de la Force aérienne – les militaires, le personnel civil de notre équipe de la Force aérienne, leur famille qui les appuie et nos nombreux amis d'un bout à l'autre du pays.

2. Ce fût une autre année marquante pour la Force aérienne et les Forces canadiennes. Cette année encore, les Canadiens se sont vus rappeler les sacrifices et le dévouement dont font preuve les hommes et les femmes qui portent l'uniforme bleu de la force aérienne, et en ont été les témoins directs.

3. Chaque jour, vous exercez vos fonctions dans l'intérêt du Canada et des Canadiens, parfois dans des situations dangereuses et exigeantes. Mes pensées vont à tous ceux et celles qui ont été blessés dans l'exercice de leurs fonctions, et à toutes les personnes qui ont perdu un ami ou un membre de leur famille au cours de l'année qui s'achève.

4. Pour ceux et celles d'entre vous qui seront séparés de leurs proches pendant les fêtes cette année – que vous soyez en service au Canada ou en mission dans un pays lointain – j'espère que vous trouverez un certain réconfort en sachant que votre famille, les Canadiens et moi-même vous sommes reconnaissants du travail que vous accomplissez quotidiennement. Vous n'avez pas la tâche facile, et les sacrifices sont parfois considérables, en particulier en ce temps de l'année.

5. Ma famille et moi songeons également aux familles de la Force aérienne qui demeurent ici, au Canada, et qui poursuivent courageusement leurs activités pendant cette période spéciale de l'année. Être loin des êtres qui nous sont chers à Noël est la pire des séparations, mais une fois de plus, grâce à l'amour et au soutien de nos familles de militaires, nous sommes en mesure de nous acquitter, tout au long de l'année, des fonctions qui nous sont confiées.

6. Le temps des fêtes est également le moment de faire le bilan de ce que nous avons accompli au cours de l'année, et de réfléchir à ce qui nous attend en 2008 et pour les années à venir. À mon avis, l'année 2007 fût particulièrement exceptionnelle. Nous avons approuvé notre premier avion de transport stratégique, le CC-177, et avons commencé à l'utiliser de façon opérationnelle en l'espace de quelques jours après sa livraison, ce qui marqua le début d'une nouvelle ère pour le transport aérien et, à vrai dire, d'une toute nouvelle capacité pour les Forces canadiennes.

7. En outre, le personnel a poursuivi son travail à un rythme effréné afin de mettre au point d'autres nouvelles capacités qui se profilent à l'horizon, soit le CH-148 Cyclone, l'hélicoptère de transport moyen à lourd et le Hercules, modèle J. Bien entendu, nous nous efforçons toujours de trouver un nouvel avion de recherche et de sauvetage à empenage fixe.

8. Nos Escadrons de soutien de mission provenant de différentes escadres ont su prouver, pendant la

dernière année, que le concept expéditionnaire était tout indiqué pour la Force aérienne. Aujourd'hui, à la suite du déploiement d'au moins trois de nos quatre Escadrons de soutien de mission, le concept est devenu réalité, ce qui accroît l'efficacité opérationnelle et procure un cycle de déploiement plus prévisible pour notre personnel de la Force aérienne.

9. Nos membres qui se trouvent à l'étranger, au Camp Mirage, continuent de fournir un appui remarquable aux opérations en Afghanistan. Je sais que les journées sont longues et que le travail est exigeant, mais vos efforts portent fruit, et c'est ce que vous devez garder à l'esprit. Ici, à la maison, nos escadrons de recherche et de sauvetage sont encore et toujours en alerte, prêts à intervenir 24 heures sur 24 en vue de prêter un précieux secours aux Canadiens et à leurs familles. Grâce à vos actions et à votre dévouement, vous avez contribué à préserver de la mort des vies humaines et à réunir des familles – pour qu'ainsi d'autres puissent vivre. De plus, nos chasseurs se sont déployés à Inuvik, et Anchorage, Alaska, une première dans l'histoire de Norad, de par l'activité accrue de l'aviation stratégique russe. Merci pour votre ténacité et professionnalisme.

10. C'est en raison d'opérations comme celles de recherche et de sauvetage et celles se déroulant en Afghanistan que l'appui du public à l'égard de la Force aérienne et des Forces canadiennes est à son plus haut niveau de l'histoire. Ce soutien est attribuable, en grande partie, au fait que les Canadiens sont à

même de constater ce que vous réalisez jour après jour, que ce soit par le biais des médias, d'un événement d'envergure comme la Coupe Grey ou le Stampede de Calgary, ou des sites web de la Force aérienne. Les Canadiens peuvent voir ce que vous faites, et l'appui qu'ils nous manifestent est sans précédent.

11. Vous, membres de la Force aérienne de tous les grades et de tous les niveaux, êtes véritablement notre ressource la plus précieuse. Et nous continuons d'être privilégiés de pouvoir compter sur des gens de qualité qui choisissent de servir leur pays en se joignant à l'équipe de la Force aérienne.

12. Je vous remercie, chacun et chacune, pour votre enthousiasme, votre professionnalisme, votre travail acharné et les sacrifices que vous faites jour après jour. Je tiens également à remercier les membres de vos familles, ainsi que vos proches parents et amis qui prennent une importante part à notre mission en soutenant le travail que vous effectuez.

13. J'espère que vous trouverez le temps de vous détendre et de prendre contact avec les personnes qui vous sont chères pendant cette période des fêtes. Ma famille et moi vous souhaitons, ainsi qu'aux vôtres, un joyeux temps des fêtes, une bonne santé et du bonheur pour la nouvelle année.

*Lgén Angus Watt  
Chef d'état major de la Force aérienne et  
commandant du Commandement  
Aérien*



## Holiday Greetings from Wing Admin

Ho ho ho and mistletoe and presents for pretty girls, is how the line in Charlie Brown's *A Christmas Story* goes and how we hope it goes for you and yours this holiday season.

As we all get ready to close out this year of 2007, we must pause and take a moment to look back at all the activities in which this Wing has been involved, feeling good in everything we've done.

There are the major accomplishments – MSS trained and out the door to Camp Mirage in support of Task Force Afghanistan, the arrival of the CC-177s, the massive amounts of infrastructure changes, the influx of new personnel, the departure of posted personnel, and the major role that this Wing has played in the strategic planning of the CF and the Air Force.

Wing Admin has been there through the good and bad. Wing Admin has not been without its achievements and accomplishments in support of approximately 3,000 regular and reserve troops, as well as 600 members of the civilian defence partnership. We've passed through all of

the files, looked into your pay, worked to get you on the right flights and done the paperwork if you were tasked off the Wing, we've ensured that you've done your PT test (whichever one that is) and helped you when you stumbled. We've helped you to take courses, we've found you some great reserve staff to augment your unit, we've patched up the divots on the golf course, seen that the ice is just right for those inter-league hockey games, filled the Yukon and Hercules Lodges almost nightly and made sure all your needs were looked after. We've seen to your spiritual needs, housed you in some of the older and refurbished MQ, moved you and seen to the specialties of your move when required, and helped you to learn or brush up on your second language. This list could go on and on, but you get the idea – as ground OPS supporters we're everywhere you want to be.

We are who you call when you have questions on: pay, taskings, an occupational transfer, language requirements, reserves, golf times, ice times, pool schedules and classes, community recreation

courses, daycare assistance, charities, sponsorship, honours and awards, employment equity, special interest groups, visits, visits, visits, MQ needs, fitness and sports, health promotion sessions, morale and welfare events, harassment, alternate dispute concerns, safety sensitive drug testing, claims, CANFORGENs /CANAIRGENs, documents, central registry, ecclesiastical ponderings, and a great many more. So keep on calling us because our mandate is to continue to provide customer service to our customers – you and that will not change as we move into 2008.

And things can only get better with the MSS back, returning our staff to their particular duties. We look forward to a whole new raft of activities, courses, people, structures, paperwork, a new hotel or two, and of course, a little planning for 2009 and all that particular year brings to the Air Force and Trenton.

Thank you for all your support throughout the year and we look forward to supporting you in the new year. From all of Wing Administration, best wishes for a wonderful holiday season and a very happy 2008.

## Minister of National Defence Holiday Message Message du ministre de la défense nationale à l'occasion du temps des Fêtes

The holiday season is a special time, time for family and friends, and as Canadian families gather together this year, they will enjoy the wonders that this country has to offer.

Notre nation a prospéré dans la liberté et la démocratie, elle a prospéré notamment grâce aux Forces canadiennes qui ont toujours défendu nos intérêts et nos valeurs.

Your efforts are making a difference at home and abroad, Canadians are more secure and the world is a better place because of what you do.

On behalf of all Canadians, I want to thank you, and I especially want to thank those of you who cannot be with your families and loved ones during the holiday season.

Votre dévouement est un très bel exemple de ce qu'il y a de mieux dans ce grand pays.

To you and your families, I wish you the very best for the holiday season and a happy and safe new year.

Thank you.  
Merci.

*The Honourable Peter Gordon MacKay*  
*L'honorable Peter Gordon MacKay*

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Sears Canada helps keep military families connected this Christmas with Sears Operation Wish 2007

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*Opération Rêve*

Deployed troops can send gifts to their families back home by visiting [www.sears.ca](http://www.sears.ca) and shopping the Sears Wish Book Catalogue online

Les soldats en mission peuvent envoyer des cadeaux à leur famille au Canada en visitant le site [www.sears.ca](http://www.sears.ca) et en commandant en ligne à partir du catalogue Cadeaux de Rêve Sears.

[www.sears.ca](http://www.sears.ca)



# Stop and think before you drink...and drive

**Are you prepared to pay the price?**

Item	Cost
Your Licence Suspended for 1 year	Inconvenience, embarrassment and must rely on others, bus, walk or take a taxi to arrive at your destination.
Criminal Code Fine	\$600
Remedial Measure Program (Back on Track)	\$475
Licence Reinstatement Penalty Fee	\$150
Ignition Interlock (for 1 yr after licence reinstated)	\$1,300
Increased Insurance Cost (\$4,500.00 extra per year for 3 years)	\$13,500 (estimate)*
Legal Costs (estimated range)	\$2,000 – \$10,000 or more
<b>Total <u>Minimum</u> Cost</b>	<b>\$18,000</b>

There are many other costs that are associated with impaired driving:

- Property damage
- Loss of employment
- Uninsured medical costs
- Physical and relationship injuries

## Health Promotion is offering: Stress: Take charge

This course is beneficial to anyone who encounters stress in their lives, either personally or in those around them. It will help individuals increase performance and decrease stress. Combined, this can increase productivity and decrease absenteeism.



Four Sessions beginning Jan 10, 2008.

Please call the Health Promotion Office at 3768 to register or online at [www.cfbtrenton.com](http://www.cfbtrenton.com)

## Make this Holiday a Healthy One

The holiday season is here, and along with it can come lots of festivities and indulgences. However, there are still ways to enjoy get-togethers and not lose track of your healthy living goals. The holidays are a time for socializing with friends and family – focus on the occasion, not on the over-abundance of rich foods. The Dietitians of Canada have the following 10 tips to help you and your family make healthy choices as a guest or host.

1. Keep your eye on portion sizes – it's often not what you eat, but how much, that can lead to overindulgence at any time of the year. Use Canada's Food Guide as your guide to serving sizes. For those extra treats that are not considered part of the Guide, enjoy a small portion, such as one piece of shortbread or a small portion of the mince meat pie.

2. Make health and road safety a priority when serving or consuming holiday beverages. Non-alcoholic lower fat egg-nogs, 'virgin' caesars, sparkling water, and cranberry juice spritzers are great choices in keeping with the season. If you do drink alcohol, do so in moderation. Plan to have water or soda water with a slice of lemon or lime between each drink to pace your intake.

3. Use fresh zucchini or cucumber sticks, broccoli flowerets, carrot curls, red and green peppers with a low fat dip or spread such as hummus, yogurt with herbs, fat-free sour cream, or fresh salsa, rather than chips and cream-laden dips.

4. Serve crispy pita triangles, flatbread and Melba toast as alternatives to salty, high-fat snack crackers. Be aware of the calorie content of some holiday foods and beverages.

5. A beautiful array of exotic fresh fruits is a wonderful and refreshing end to any meal – pineapple, kiwi, mango, pomegranate, blood

oranges, and grapes are a colourful feast for the eyes and taste buds.

6. Let the holiday spirit move you! Enjoy regular activity during the holidays – strive for 30 to 60 minutes of moderate activity a day. Regular exercise not only will give you more energy to cope with the stress of the holiday bustle, but it can also help to compensate for some of your food over-indulgences. Every bit of physical activity you can sneak in counts. If you can't get out of the house, do indoor exercise while watching your favourite TV show or chatting on the phone – squats, stretches, legwork, sit-ups, push-ups, treadmill – the possibilities are endless.

7. Make physical activity part of the holiday fun to provide a balance to eating. Plan a cross-country ski afternoon, skating or a hike combined with a potluck.

8. Maintain your weight throughout the holidays by being careful about your choices. Have breakfast and several small meals throughout the day so you are not tempted to overeat later in the day. Limit the number of appetizers you eat, especially if you are planning to have a full meal later. If you are having a buffet, choose the smaller size plate, survey the choices before you start filling your plate and take only what you need to feel satisfied.

9. Give a gift of health that will last the whole year – an exercise ball is great for stretching; a yoga video and mat; golf lessons; some light weights for strength training; pedometer for someone who enjoys walking.

10. Track your eating and activity level over the holiday season to help you stay on track. Dietitians of Canada EATracker at [www.dietitians.ca/eatracker](http://www.dietitians.ca/eatracker) is a convenient and easy to use tool.

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Season's Greetings & All the best in 2008 to all CF & DND personnel at home & around the world.

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Happy Holidays Bonnes vacances





# Need hangar, will travel!!!

by Sgt Dean Desaulniers  
429 Squadron  
Home Station Check

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Air National Guard Base. There we found excellent support in terms of a big shiny new hangar, consumables, and years of technical experience to help us with our very first HSC inspection. Big Hey Ya'll and thank you to our Guard Brothers!

Traveling in an aircraft with a trunk space approximately five times that of a Herc, it was easy to pack everyone and everything up that we needed and head south. On November 25, with tools, parts, and techs loaded up, we left Trenton, and three hours later we hit the ground running, setting up our office space, finishing the post flight inspections, and unpacking everything getting ready to start the HSC.

For those of you who have stood next to the Globemaster, you can appreciate how big it really is, but to fully appreciate it you need to wash one, it's huge! The complete wash job took two full days of 12 maintainers working at a safe, but feverish pace. It is amazing how dirty a brand new plane can get in only 120 days! Thousands of gallons of water and two barrels of soap later, it was like a shiny new grey penny! A quick 10-hour grease job and it

was then time to remove the panels necessary for the inspection. I believe the final count was 16,300 screws to be removed or opened, no small task on a freshly painted aircraft. Working from stands 60 feet in the air to sliding back and fourth on the maintenance trolley in the belly of the aircraft, there were a lot of areas to inspect. The HSC inspection itself was straightforward, but there was still the newness of it all.

After the opening night jitters had subsided, the 429 techs put the pedal to the metal, their noses to the grind stone, got jiggy with it and 10 days later history was made with the signing off of the paperwork for CC-177-701's first Home Station Check. There was a collective sigh of relief, followed by a well deserved feeling of pride for a job well done, one that can be shared by so many people who made it possible. The list of names stretches far beyond 429 Squadron. We have received incredible support from many sections on the wing, and across the Canadian Forces.

Have a safe holiday season and a toast to all of you from the BISONS!

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by 2Lt Peter Wright

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The Flight Engineers were content, another year of safe flights, and Load Masters head to Family, Food and Christmas Lights.

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For the Squadron Orderly Room, finally a break. A full year of drafting claims, is about all they could take. From Imaging to Standards, Canteen and Aero-med, Thank goodness tomorrow, no one has to get out of bed.

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But something tells me, they're going to make it today. Just before they closed the lonely control Tower. All the radios seemed to come alive, with noise and power. A voice, clearly heard over static and snow. Called for a tactical approach and landing below.

He barked out his transmission, so lively and without fear. All flights were supposed to be cancelled...Hey, Junior is here. The Herc looked so graceful, it put a tear in your eye. Is this how 426 Squadron teaches you to fly?

The beast entered the 'sixty-and-two', as quick as a fox. Now I know why they made it so early; the Nav was "Shack-in-a-Box." The crew experienced minor issues, with this respectable plane, but they were 'switched-on' and prepared; they engaged the ol' brain.

The heat had stopped working, and it didn't feel nice. The crew were all shaking - like a cat, sitting on a sheet of ice. The plane slowed and

levelled, preparing to drop the gear. A textbook manoeuvre, which brought them much cheer.

The pilot barked "Flap 50!" as he saw - two red and two white. Their families were waiting and they're home! It's going to be a good night. You should have seen the landing, it was like the runway was greasy. The 2Lts were so happy, they may have let out two drops of

The landing was sick, the co-pilots eyes were sparkling. They turned left at Charlie, and taxied to parking. They all started to smile as they could see the Steel Aux. And the crew was never more excited, to see that crew bus.

The four Allison engines, hushed from their roar. Thank goodness we could finally stand, our butts were really sore. To come home to family, friends and people you love, Was the best Christmas present you could ever think of.

We hung up our headsets and gathered our stuff. Just in time for the snow, the much anticipated white fluff. As we deplaned, we knew we had accomplished a good flight. So until the New Year at 426, Merry Christmas to all and to all a Good Night.

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He barked out his transmission, so lively and without fear. All flights were supposed to be cancelled...Hey, Junior is here. The Herc looked so graceful, it put a tear in your eye. Is this how 426 Squadron teaches you to fly?

The beast entered the 'sixty-and-two', as quick as a fox. Now I know why they made it so early; the Nav was "Shack-in-a-Box." The crew experienced minor issues, with this respectable plane, but they were 'switched-on' and prepared; they engaged the ol' brain.

The heat had stopped working, and it didn't feel nice. The crew were all shaking - like a cat, sitting on a sheet of ice. The plane slowed and

levelled, preparing to drop the gear. A textbook manoeuvre, which brought them much cheer.

The pilot barked "Flap 50!" as he saw - two red and two white. Their families were waiting and they're home! It's going to be a good night. You should have seen the landing, it was like the runway was greasy. The 2Lts were so happy, they may have let out two drops of

The landing was sick, the co-pilots eyes were sparkling. They turned left at Charlie, and taxied to parking. They all started to smile as they could see the Steel Aux. And the crew was never more excited, to see that crew bus.

The four Allison engines, hushed from their roar. Thank goodness we could finally stand, our butts were really sore. To come home to family, friends and people you love, Was the best Christmas present you could ever think of.

We hung up our headsets and gathered our stuff. Just in time for the snow, the much anticipated white fluff. As we deplaned, we knew we had accomplished a good flight. So until the New Year at 426, Merry Christmas to all and to all a Good Night.

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Pour obtenir tous les détails relatifs aux postes mentionnés, veuillez consulter le site internet du CECLFCE au [www.ecolecatholique.ca](http://www.ecolecatholique.ca) à la rubrique «Emplois». Il est également possible d'obtenir une copie des offres d'emploi à la réception du Centre éducatif du CECLFCE, situé au 4000, rue Labelle, Ottawa (Ontario), entre 8h et 17 h.

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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

The past weekend's number one movie was Will Smith's "I Am Legend."

The latest outing from the box office champ raked in almost \$80 million, setting a record for the month of December.

Reviews on the film have been mostly positive, with some negative votes. Word of mouth, however, has been glowing. The question is – is this movie really that good? Well, simply stated... yes it is.

In fact this movie is better than good. It's excellent. I would – and do – strongly recommend it to everyone.

Will Smith is Robert Neville; presumably the last man alive after a vicious virus kills most of the people on earth, and turns the remaining survivors into undead monsters.

Neville is a Military Scientist and he spends his days trying to survive while working to find a cure.

How would you categorize this film? Well, it's horror meets suspense meets action meets Cast-Away. We follow Neville through his daily life. The movie moves fairly rapidly though, with claustrophobic camera work and a steady build-up of suspense.

The special effects that rendered New York uninhabitable are incredible. It's almost as if they built an empty city

just for this film.

Will Smith IS Robert Neville. You don't see an actor. You see a man with a heavy weight on his shoulders.

But who is Robert Neville? How did this happen? How does he survive day after day alone?

You will find yourself wanting answers and caring about what happens to him.

On the surface, maybe this film is simple: Man versus Evil Creatures. In fact the concept isn't even new. The book was written over a half-century ago. And this is, in fact, the third movie treatment for the book.

The Omega Man (1971, Featuring Charlton Heston) and The Last Man on Earth (1964, featuring Vincent Price) are also movies made based loosely on the book.

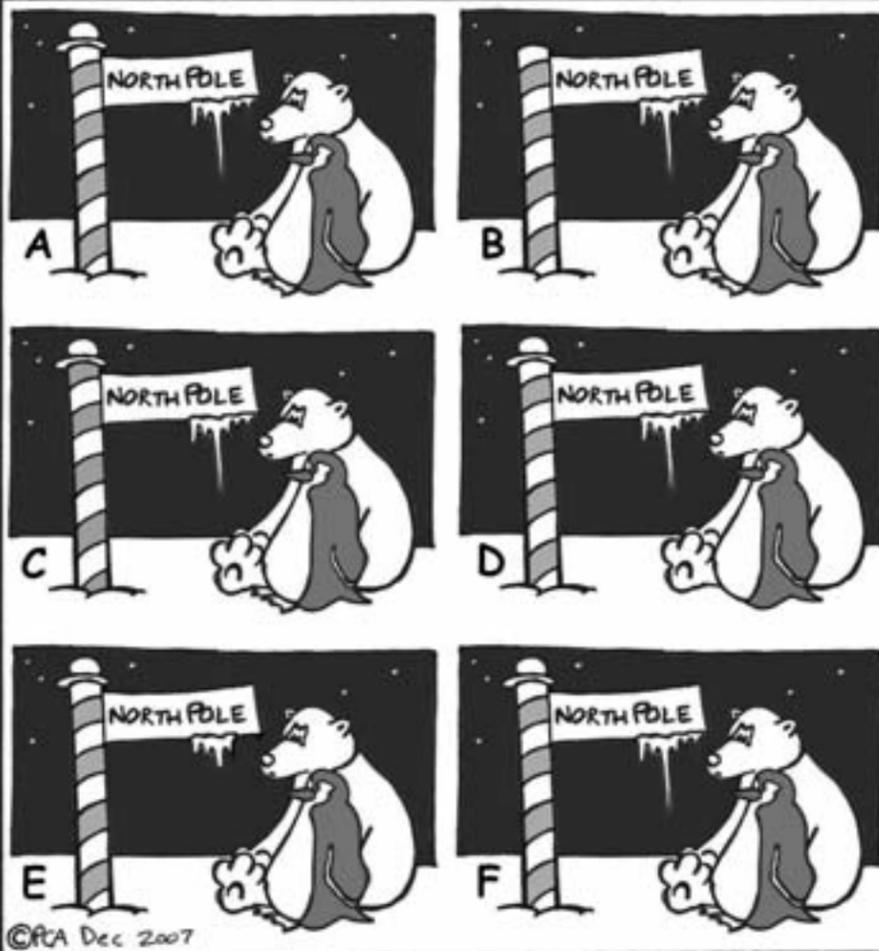
Throughout the film, I found myself riveted to the screen, each heart pounding moment leaving you wondering what will happen next. His best friend is his German shepherd – Sam. And I think that Sam helps Neville endure. And Sam rules. What a great dog.

So, the fact is that this film is incredible for a lot of reasons, not least of which is Will Smith's role. The guy should win an Oscar for his performance. 5/5

**NOTXACTLYDASAME**

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**FIND THE 2 IDENTICAL IMAGES**



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**WHAT'S THE DIF ?**

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**FIND THE 7 DIFFERENCES**



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ANSWERS: 1. BELT 2. CHIMNEY BRICKS 3. ROOF 4. BAG 5. MOON 6. TREE #1 7. FOOT

**Mealtime.org Cabbage Rolls**

**Ingredients:**

- 1 large head cabbage
- 1 small onion, chopped
- 2 stalks celery, chopped
- 1 tablespoon vegetable oil
- 1 can (15 ounces) corned beef hash
- 1 cup canned spaghetti sauce, divided
- 1/4 cup dry breadcrumbs
- 1/3 cup chopped parsley

**Preparation:** Separate 12 outer leaves from cabbage; set aside remaining. Remove center vein so it becomes more pliable. Soften leaves in boiling water for two to three minutes. Remove from water; set aside until cool. Chop one cup of cabbage. Cook chopped cabbage, onion and celery in oil over medium heat in a non-stick skillet until onion is translucent, about 10 minutes. Add corned beef, break up with a spoon; mix gently. Heat over medium heat for five minutes. Add 1/4 cup sauce and breadcrumbs, mix well. Cool slightly. Spoon 1/4 cup of mixture onto each cabbage leaf. Roll, tucking ends in. Arrange rolls, seam side down, in shallow baking dish. Pour remaining sauce over and bake at 350°F covered for 25 minutes, until heated through. Spoon sauce over cabbage rolls; sprinkle with parsley. Serves: Six  
**Nutrition Info:** Calories 210; Fat 11g; Saturated fat 3.5g; Cholesterol 25mg; Sodium 570mg; Carbohydrate 20g; Fibre 4g; Protein 9g.

**Side Dish - Savoury Potatoes**

- 5 cups small red potatoes, diced
- 1 can (14 1/2 ounces) diced tomatoes
- 1 leek, washed and sliced, separated into rings
- 3 garlic cloves, minced
- 1/2 teaspoon dried thyme
- 1/4 teaspoon each dried oregano, salt and ground black pepper
- 1 can (14 ounces) beef broth
- 3 tablespoons butter, cut into six pieces

**Preparation:** Heat oven to 450°F. Grease 13 by 9-inch baking dish with non-stick cooking spray. Add potatoes, tomatoes and leeks. Sprinkle with garlic, thyme, oregano, salt and pepper. Pour broth over vegetables, mix. Scatter butter pieces over top. Bake uncovered, for 50 minutes. Serve immediately. Servings: Six  
**Nutrition Info:** Calories 210; Fat 8g; Cholesterol 15mg; Sodium 790mg; Carbohydrate 30g; Fiber 3g; Protein 3g.



# Adopt-a-Family helps brighten Christmas spirits

Photos: Joel Wiebe, Contact Staff



by Joel Wiebe, Contact Staff

Twenty families and 45 children on the base who are experiencing financial difficulties can have a brighter Christmas, thanks to the generous donations of fellow Canadian Forces members.

The Angela Hayden 8 Wing Adopt-a-Family initiative has been operating for 20 years, helping to ensure Christmas is merry for everyone.

"The military looks after its own," said Liz Hayden, one of the workers in the program.

Different sections around the base can decide to adopt a family and buy them Christmas presents. Most of the groceries are donated by St. Paul's Secondary School, which has done so for a number of years. Perishable items are purchased with cash donations.

Last year, the organization helped 17 families and 36 children.

The gifts are a one-time deal, and are only available for a second Christmas if there are extenuating circumstances to warrant a need for it.

"Normally, it's one year, to help families get on their feet after some problems or that kind of thing," said

Hayden.

People approach social workers and the chaplains in order to get their family into the initiative. Sometimes there are medical issues that bring about the financial hardships, or a family may have been recently posted here and is not yet financially up and running. Whatever the issue, members of the CF community help each other to enhance the Christmas experience.

"I think these families are really well looked after," said MCpl Theresa Nevills, one of the workers in the program.

The program is not to be confused with the Quinte West Adopt-a-Child Program, a similar program for the non-military members of the community.

It may have been two decades since the organization started, but it hasn't always had the name Angela Hayden in front of it. Angela Hayden was an active member of the group who was very passionate about looking after others and was very involved in the Adopt-a-Family program. Unfortunately, she passed away in a tragic car accident, along with her sister, Heather Kulbach-Howe, in 2003.



## MFRC presents 8th annual holiday concert & dinner



The annual MFRC Daycare Christmas Concert was held at Breadner Elementary School on December 13. Far left: The Busy Bees and Little Toads sing Jingle Bells. Left: The Breadner group sings the Twelve Days of Daycare.

Photos: Cpl David Hardwick, 8 Wing Imaging



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Pour plus d'information, téléphonez au 613-392-2811 poste 4299

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  
Trenton Lions Club

Kinsmen Club of Trenton  
Frankford Lions Club

Trenton Knights of Columbus  
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Que la paix soit votre cadeau à Noël  
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**Deployment Support / Wednesday Night Out**

- December 26 Closed

- January 2 - Coffee Time and Planning

Call to find out what is coming up 613-965-3595 or 613-965-3575

A variety of activities coming up, please visit the MFRC website calendar  
[www.trentonmfr.cfbtrenton.com](http://www.trentonmfr.cfbtrenton.com)

**Soutien au déploiement / Les sorties du mercredi soir.**

- Le 26 décembre - Le Centre est fermé

- Le 2 janvier - Café causerie et planification

Téléphonez 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.trentonmfr.cfbtrenton.com](http://www.trentonmfr.cfbtrenton.com)



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Visit their website for the dates / Visitez leur site web pour les dates [www.bellevillebulls.com/schedule.html](http://www.bellevillebulls.com/schedule.html)

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# HOROSCOPES

Weekly Astrology by Christine Davison

December 23 - December 29

**ARIES** (March 21-April 19): This week may be filled with cheer, love and care though it may also be filled with responsibilities. Try to get work out of the way whenever it threatens to infringe upon social plans. Don't feel guilty, however, if you do have to deal with a few work related matters over the holidays. A gift may be received.

**TAURUS** (April 20-May 20): You may wish to spend a little time alone with a special someone this holiday season. Try to break away for a little while to visit relatives and friends whenever you can. It's alright to bring your new romantic partner along to enjoy time with your other loved ones; just remember to bring along the mistletoe.

**GEMINI** (May 21-June 20): This is a highly social, fun and festive time for anyone born under the bright, vivacious and charming sign of Gemini. You may wish to plan ahead for outings and visits with those you love and care for. Someone may surprise you with a gift when you weren't expecting anything from them at all. This is a romantic week.

**CANCER** (June 21-July 22): You may be pleasantly surprised by what you receive from loved ones as gifts this week. Try to be as original in return when giving presents to those you care for. The best tokens of appreciation and affection are the ones you express all year round. You're well known and well loved for your nurturing and kind ways.

**LEO** (July 23-Aug. 22): You may be able to do as much as you would like to this holiday season, Leo, but you need to take a moment or two to yourself to rest and relax when you have any chance to at all. You truly detest the idea of disappointing any of your fans, though you also need to take care of yourself. It's okay to be a little selfish.

**VIRGO** (Aug. 23-Sept. 22): You may be so busy rushing around that you feel as if you don't have the time to sit down and relax. Listen to the advice that your loved ones are giving to you and let them take over some of the work and responsibilities when they offer to help out. Things may not be perfect as you would like, but you'll be far happier.

**LIBRA** (Sept. 23-Oct. 22): Try to go out with friends and family as often as you can over the next few days. This weekend may bring a chance to rest and relax. Feel free to indulge your senses with food and drink this holiday season; just try to make sure you don't eat too much gingerbread or have too many glasses of the hard stuff this week!

**SCORPIO** (Oct. 23-Nov. 21): A maternal relative may reveal a family secret to you or an interesting piece of gossip if you go over to her house to visit, this week. You might be given gifts or something to do with property over the next few days. You may be surprised by how strange or eccentric someone who is usually warm may behave this week.

**SAGITTARIUS** (Nov. 22-Dec. 21): What you do this week may speak volumes about you! Youngsters may crowd around you to hear tall tales when you go to visit relatives this weekend. You may be far more content spending time at home this holiday season, then out traveling. Happiness is a warm fire, a comfy chair and a large plate of cookies.

**CAPRICORN** (Dec. 22-Jan. 19): You may impress older or more mature members of your family this week. If someone has ever thought that you were unsuccessful or lacked motivation, then their opinion of you may completely change during the week. You will prove to be a valuable and popular member of the family. Others were wrong, while you were right.

**AQUARIUS** (Jan. 20-Feb. 18): You may sometimes feel as if you have been branded the black sheep of the family, but nothing could be further from the truth. There is a huge amount of care, appreciation and concern shown to you by your loved ones, however they aren't able to understand your point of view at times and this may cause tension.

**PISCES** (Feb. 19-March 20): This may be a dreamy and sensual time for you. Try not to take presents or time spent with those you love for granted. There is a lot of hard work that goes into making the holidays a success. Try to help out a relative in the kitchen or with a kind word or compliment. You may develop closer familial ties this week.

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

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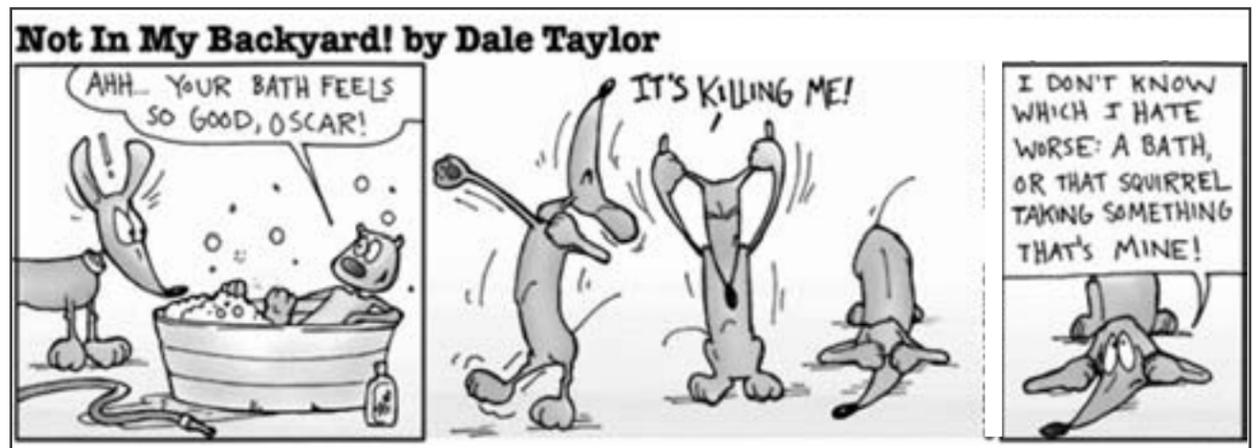
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## Sunny Winter Weekend Getaway to Quebec City Gift of Sight Fundraiser

LensCrafters, Quinte Mall, has partnered with CAA and the Trenton Lions Club for a local Gift of Sight Fundraiser. Bring in a pair of used glasses or make a donation to the Gift of Sight Foundation and receive a ballot for the draw. The prize will be a pair of prescription or non-prescription LensCrafters sunglasses, two first-class Via 1 passes from Belleville to Quebec City, and a two-night stay at the Fairmont Chateau Frontenac, courtesy of CAA. The value of the prize is estimated at \$2,500.

Donations will be accepted from December 26 to January 11. Donations will be accepted at LensCrafters, Quinte Mall, and the CAA office on the corner of Wallbridge-Loyalist Rd and Hwy 2. The prize draw will take place at 12 p.m. on Friday, January 11, at LensCrafters, Quinte Mall

Contact Donna Anstey or Christine McArthur at 613-771-1792 for further details.

## 8 Wing Chapel – Christian Churches Celebrations December 23 – January 1, 2008

### Chapelle 8e Escadre – Horaire Des Célébrations Liturgiques Chrétiennes 23 décembre 2007 – 1<sup>er</sup> janvier 2008

<p><b>Dec 23 déc. – 4th Sunday of Advent</b> <i>4ième dimanche de l'Avent</i> 0900 hrs – Sunday Worship (P) 1015 hrs – Sunday Mass (RC) 11h30 – messe dominicale (CR)</p> <p><b>Dec 24 déc. – Christmas Eve</b> <i>Veille de Noël</i> 1700 hrs – Family Mass (RC) – bilingual – messe familiale (CR) – bilingue 1930 hrs – Christmas Eve Service (P) 21h00 – messe de la nativité du Seigneur (CR) 2230 hrs – Nativity of the Lord Mass (RC)</p> <p><b>Dec 25 déc. – Christmas – Noël</b> 1015 hrs – Nativity of the Lord (RC) – bilingual – messe de la nativité du Seigneur</p>	<p>(CR) – bilingue</p> <p><b>Dec 30 déc. – Holy Family Sunday</b> <i>dimanche de la Sainte Famille</i> 0900 hrs – Sunday Worship (P) 1015 hrs – Sunday Mass (RC) 11h30 – messe dominicale (CR)</p> <p><b>Jan 1 jan. – New Year's Day</b> <i>Jour de l'An</i> Mary, the Mother of God <i>Fête de Marie, Mère de Dieu</i> World Day of Prayer of Peace <i>Journée mondiale de prière pour la paix</i> 1015 hrs – Liturgy of the Day – Celebration of the Word (RC) – bilingual – <i>Liturgie du Jour – Célébration de la Parole (CR) – bilingue</i></p>
---	---

## Operation Red Nose

Last Call before you hit the road for 2007!



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Dates of Operation for 2007: Dec. 14,  
15, 20, 21, 22, 27, 28, 29, 31

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## Season's Greetings Trenton Lions Annual

### Christmas Buffet Breakfast

Monday, December 24  
77 Campbell Street  
Join us from 6:30 a.m. until 10:30 a.m.

Menu:  
Ham and eggs, pancakes, toast, juice, coffee

Adults – \$6  
Children 5 to 12 – \$3  
Children under 5 – FREE

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Chapel Life Co-ordinator  
*Padre Mike Adamczyk*

Masses-messes  
Sunday Mass (E) at 1015hrs  
Messe dominicale: 11h30  
Monday & Wednesday at 1200hrs

Worship Service  
Sunday Divine Worship, 0900hrs  
Holy Communion:  
1<sup>st</sup> Sunday of the month

#### Confession – Réconciliation

Please, contact the W-Chaplains' Receptionist to get in touch with a RC priest prior to coming over. *Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.*

#### Chapel organisations (RC)

Chapel Pastoral Council: third Tues – 1900hrs  
Knights of Columbus: first Thurs – 1900hrs  
CWL: second Tues – 1900hrs  
Chorale : mercredi – 19h00  
Choir: Monday – 1900hrs

#### Parish organisations (P)

Chapel Guild: last Tues – 1930hrs

#### DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR

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# Holiday Symbols from Wing Administration

At this time of year we busily go about our business meeting, greeting, wishing, wanting, wrapping, shopping, eating, and of course, pausing to reflect on the year that has passed so quickly.

We sometimes forget to consider why we do things at this time of year, why do we put up a tree, where do carols come from, what are the significance of gifts?

I had an occasion a couple of weeks back to participate in a tree lighting ceremony that saw fourteen trees all decked out for the season – they represented all of our provinces, territories, and honoured those who have fallen in service to the mission to Afghanistan. It was very poignant, but in my research on the Christmas tree I was delighted to learn just a couple things I had not known about trees.

Long before the advent of Christianity, plants and trees that remained green all year had a special meaning for people in the winter. Just as people today decorate their homes during the festive season with pine, spruce, and fir trees, ancient peoples hung evergreen boughs over their doors and windows. In many countries it was believed that evergreens would keep away witches, ghosts, evil spirits, and illness.

In the Northern hemisphere, the shortest day and longest night of the year falls on December 21 or December 22 and is called the winter solstice. Many ancient people believed that the sun was a god and that winter came every year because the sun god had become sick and weak. They celebrated the solstice because it meant that at last the sun god would begin to get well. Evergreen boughs reminded them of all the green plants that would grow again when the sun god was strong and summer would return.

The ancient Egyptians worshipped a god called Ra, who had the head of a hawk and wore the sun as a blazing disk in his crown. At the solstice, when Ra began to recover from the illness, the Egyptians filled their homes with green palm rushes which symbolized for them the triumph of life over death.

Early Romans marked the solstice with a feast called the Saturnalia in honour of Saturn, the god of agriculture. The Romans knew that the solstice meant that soon farms and orchards would be green and fruitful. To mark the occasion, they decorated their homes and temples with evergreen boughs. In Northern Europe the mysterious Druids, the priests of the ancient Celts, also decorated their temples with evergreen boughs as a symbol of everlasting life. The fierce Vikings in Scandinavia thought that evergreens were the special plant of the sun god, Balder.

Why do we have a decorated Christmas Tree? In the 7th century a monk from Crediton, Devonshire, went to Germany to teach the Word of God. He did many good works there, and spent much time in Thuringia, an area which was to become the cradle of the Christmas Decoration Industry. Legend has it that he used the triangular shape of the Fir Tree to describe the Holy Trinity of God the Father, Son and Holy Spirit. The converted people began to revere the Fir tree as God's Tree, as they had previously revered the Oak. By the 12th century it was being hung, upside-down, from ceilings at Christmas time in Central Europe, as a symbol of Christianity.

Germany is credited with starting the Christmas tree tradition as we now know it in the 16th century when devout Christians brought decorated trees into their homes. Some built Christmas pyramids of wood and decorated them with evergreens and candles if wood was scarce. It is a widely held belief that Martin Luther, the 16th-century Protestant reformer, first added lighted candles to a tree. Walking toward his home one winter evening, composing a sermon, he was awed by the brilliance of stars twinkling amidst evergreens. To recapture the scene for his family, he erected a tree in the main room and wired its branches with lighted candles. In the mid 16th century, Christmas markets were set up in German towns, to provide everything from gifts, food and more practical things such as a knife grinder to sharpen the knife to carve the Christmas Goose! At these fairs, bakers made shaped gingerbreads and wax ornaments for people to buy as souvenirs of the fair, and take home to hang on their Christmas Trees.

Most 19th-century Americans found Christmas trees an oddity. The first record of one being on display was in the 1830s by the German settlers of Pennsylvania, although trees had been a tradition in many German homes much earlier. The Pennsylvania German settlements had community trees as early as 1747. But, as late as the 1840s Christmas trees were seen as pagan symbols and not accepted by most Americans.

It is not surprising that, like many other festive Christmas customs, the tree was adopted so late in America. To the New England Puritans, Christmas was sacred. The pilgrim's second governor, William Bradford, wrote that he tried hard to stamp out "pagan mockery" of the observance, penalizing any frivolity. The influential Oliver Cromwell preached against "the heathen traditions" of Christmas carols, decorated trees,

and any joyful expression that desecrated "that sacred event." In 1659, the General Court of Massachusetts enacted a law making any observance of December 25 (other than a church service) a penal offense; people were fined for hanging decorations. That stern solemnity continued until the 19th century, when the influx of German and Irish immigrants undermined the Puritan legacy.

In 1846, the popular royals, Queen Victoria and her German Prince, Albert, were sketched in the Illustrated London News standing with their children around a Christmas tree. Unlike the previous royal family, Victoria was very popular with her subjects, and what was done at court immediately became fashionable—not only in Britain, but with fashion-conscious East Coast American Society. The Christmas tree had arrived.

By the 1890s Christmas ornaments were arriving from Germany and Christmas tree popularity was on the rise around the U.S. It was noted that Europeans used small trees about four feet in height, while Americans liked their Christmas trees to reach from floor to ceiling.

The early 20th century saw Americans decorating their trees mainly with homemade ornaments, while the German-American sect continued to use apples, nuts, and marzipan cookies. Popcorn joined in after being dyed bright colors and interlaced with berries and nuts. Electricity brought about Christmas lights, making it possible for Christmas trees to glow for days on end. With this, Christmas trees began to appear in town squares across the country and having a Christmas tree in the home became an American tradition.

## The Christmas Truce of 1914

During World War I, on and around Christmas Day 1914, the sounds of rifles firing and shells exploding faded in a number of places along the Western Front in favor of holiday celebrations in the trenches and gestures of goodwill between enemies.

Starting on Christmas Eve, many German and British troops sang Christmas carols to each other across the lines, and at certain points the Allied soldiers even heard brass bands joining the Germans in their joyous singing.

At the first light of dawn on Christmas Day, some German soldiers emerged from their trenches and approached the Allied lines across no-man's-land, calling out "Merry Christmas" in their enemies' native tongues. At first, the Allied soldiers feared it was a

trick, but seeing the Germans unarmed they climbed out of their trenches and shook hands with the enemy soldiers. The men exchanged presents of cigarettes and plum puddings and sang carols and songs. There was even a documented case of soldiers from opposing sides playing a good-natured game of soccer.

Some soldiers used this short-lived ceasefire for a more somber task: the retrieval of the bodies of fellow combatants who had fallen within the no-man's land between the lines.

The so-called Christmas Truce of 1914 came only five months after the outbreak of war in Europe and was one of the last examples of the outdated notion of chivalry between enemies in warfare. It was never repeated—future attempts at holiday ceasefires were quashed by officers' threats of disciplinary action—but it served as heartening proof, however brief, that beneath the brutal clash of weapons, the soldiers' essential humanity endured.

Figgy Pudding (Just in case you were wondering what Miss Piggy was singing about). Note: Figgy pudding is a bread-like pudding of English origin, not a custard as those used to American-style puddings might expect.

1 lb. fresh large black mission figs, 3/4 cup milk, 1 1/2 cups flour (all-purpose), 1 cup sugar, 2 1/2 teaspoons baking powder, 1 teaspoon cinnamon, 1/2 teaspoon nutmeg, 1/4 teaspoon ginger, 1/4 teaspoon cloves, 1 teaspoon salt, 3 eggs, 1/2 cup melted butter, 1 1/2 cups dried bread crumbs, 1 tablespoon fresh lemon zest, Preheat oven to 350 degrees F.

With kitchen shears, remove stems from figs and cut into chunks. Generously grease the interior of a bread or pudding mold or a two quart oven-safe bowl and set aside.

Over medium to medium-low heat, combine figs and milk and gently simmer for 8 to 10 minutes, until soft. Do not bring to a boil.

While figs are simmering, combine flour, sugar, baking powder, spices and salt in a medium mixing bowl and stir to combine. In a large bowl, beat together the egg and melted butter until frothy. Gradually add the breadcrumbs and lemon zest, then add the fig mixture and combine.

Spoon batter into mold. Cover the mold and place it into a large shallow pan. Place pan in oven, then fill it about halfway with boiling water. Bake at 350 degrees for 2.5 hours. Allow pudding to cool for 15 to 20 minutes before inverting to remove from mold. Cut, top with fresh whipped cream and serve.

Yields 8 to 10 servings.



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## Part II: The faces of 8 Wing/CFB Trenton personnel deployed overseas

by Lt(N) Pierrette LeDrew, CFAWC UPAO 2

Unfortunately, the two weeks I spent in Camp Mirage was not long enough for me to speak to everyone, or to cover everything that goes on in Mirage. And since I was there at the end of the rotation, I only saw a fraction of the amazing work that these people have been doing since June.

In spite of this, I was able to gather enough information to write several articles and profiles of some of the excellent people I met. Some of these pro-

files were included in last week's issue of The Contact.

I would like to thank Lieutenant-Colonel Mario Fortin, Commanding Officer of Camp Mirage, for giving me the opportunity to experience Camp Mirage as I did.

I would also like to thank everyone who took time off from their ever-busy schedule to speak to me about their experiences. I truly appreciate the trust and confidence that you put in me. Now that I know a lot more of what goes on in Camp Mirage, I thank you all for all the work that you do.



### Corporal Jay Paterson

Deployed to SW Asia in June 2007,  
back in December.

Stationed at 8 Wing/CFB Trenton.

Hometown: Kingston, ON

Time in: 4 years

MOC: ATIS Technician

Section: CIS

"This is my first tour, and it is different from working at home. There, I have 3,000 customers, and here, I only had 100. Our purpose is to support the camp, so that the camp could support the mission, and we worked hard to do it. Having a tour is a good step when you are starting your military career. It is rewarding."



### Sergeant Lisa Leroyer

Deployed to SW Asia in June 2007,  
back in December.

Stationed at 8 Wing/CFB Trenton.

Hometown: Montreal, QC

Time in: 17 years

MOC: RMS Clerk

Section: I/C Finance Services

"The highlight of my tour was the Next-of-Kin visit, where eight relatives of deceased soldiers visited the camp for a day. We spent a lot of time with them, and it was quite emotional at times. I was very fortunate to be part of that, and it was a great honour to spend time with them."



### Master Corporal John Savitzski

Deployed to SW Asia in June 2007,  
back in December.

Stationed at 8 Wing/CFB Trenton.

Hometown: Sydney, NS

Time in: Unknown

MOC: Cook

Section: I/C rations

"We have many local people working in the kitchen; we also work along with many coalition partners. It's been great, and we all work well together. We play an important role in the mission. Without us, the soldiers wouldn't be able to get there. When they're here, we treat them well. Their favourite is ice cream. In the summer, we always put out 14 to 18 tubs of ice cream when they came through. Most of it went. I've learned we must tell people back home not to send perishables in care packages. The heat destroys everything, especially when stuff sits on the tarmac for any amount of time."



### Corporal Sandra Pagé

Deployed to SW Asia in June 2007,  
back in December.

Stationed at 8 Wing/CFB Trenton.

Hometown: St-Eustache, QC

Time in: 7 years

MOC: Cook

Section: Kitchen

"I was on the guard of honour for every repatriation ceremony while I was here. It was difficult, because we did two ceremonies for each of them. But I am very proud to have done it. It was very emotional, but it was also very important to be there for the people returning from KAF [with the deceased soldiers]. With this experience, I have grown enormously. It has really grounded me towards my life and my kids. And professionally, I learned a lot. It was a great experience."



### Private Tyler Ashbee

Deployed to SW Asia since June 2007,  
back in December.

Stationed at 8 Wing/CFB Trenton.

Hometown: Moose Jaw, SK

Time in: 2 years

MOC: Traffic Technician

Section: Mobile Air Movement Section

"I cannot wait to go home, but this was a lot more fun than I ever thought it would be. The routine starts to grow on you. You are almost happy to be back [from R & R or HLTA]. These guys are like family, and it was awesome."



### Captain Rob Christie

Deployed to SW Asia since June 2007,  
returning home in December.

Stationed at 8 Wing/CFB Trenton

Hometown: La Baie (Saguenay), QC

Time in: 13.5 years (combined)\*

MOC: MSE Ops

Section: A/C Refuelling

"We had many young privates on this tour, but they were excellent. I deployed with most of these guys on Box Top; here, we have a few more players, but it has worked out great." \*11 years as a Reservist; 3.5 years as Regular Force member.



### Private Karl Verreault

Deployed to SW Asia since June 2007,  
back in December.

Stationed at 8 Wing/CFB Trenton

Hometown: Sherbrooke, QC

Time in: 2.5 years

MOC: Traffic technician

Section: MAMS

"I can't wait for the next deployment. I really enjoyed it. I feel fortunate to be part of 2 Air Movement Squadron, because there are lots of taskings. I don't have to wait for the next one to come. I will volunteer to deploy again."



### Master Warrant Officer Wayne Malashevsky

Deployed to SW Asia since June 2007,  
returning home in December.

Stationed at 8 Wing/CFB Trenton

Hometown: Burlington, ON

Time in: 25 years

MOC: Traffic Technician

Section: MAMS

"Team work is what gets it all done. I am very proud of our team. I had the opportunity to go up [to Afghanistan] many times, but I felt that my work was here with these guys. So I stayed."

*Wishing you a safe and happy holiday season. Thank you for all that you do!*

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

### Holiday Greeting

To My Singing Electrician, This year so different from the rest, It's been one of the best, You got it started, we made the plans, And before you know it the cruise was over, Then we were on the desert trip. Thanks for it all, we sure had a ball!  
 Maerry Christmas and Have a great 2008!  
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# Fire Extinguishers: Know your A, B, C and Ds



Submitted by  
Don Heans,  
Wing General Safety  
Officer

Regardless of where you work, fire is always a serious threat.

Even items in a wastepaper basket can be a fire hazard.

In 1991, the National Safety Council reported that an estimated 327 workers lost their lives in workplace fires, accounting for 3.3 per cent of all workplace fatalities that year.

The best way to save your life in a fire is to sound the fire alarm and exit the building, leaving the fire to trained professionals.

If however, the fire is contained in a small space like an ashtray or a wastepaper basket; if you have quick access to an unblocked exit and if you know how to use a fire extinguisher, you may be able to extinguish the fire yourself.

Many people have thought they can put a fire out, only to find it raging out of control seconds later.

It's important to remember that fire extinguishers are only

for small, contained fires. If the fire cannot be put out in a few seconds, leave the area immediately and call for help. Here is some important information you should know about fire and fire extinguishers:

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

### Types of Fires

Type A consist of wood, paper, cloth, rubbish; Type B fires consist of flammable gas, grease and liquids; Type C fires consist of electrical fires; Type D fires consist of combustible metals such as sodium, magnesium, potassium and sodium potassium alloys.

Remember, each type of fire requires a particular class of fire extinguisher. Know you have the right class of extinguisher before you pull the trigger. If you don't know, don't use it.

Leave the area and call for help. Ask yourself right now if you know the types of fire extinguishers in your work area. If you don't, talk with your supervisor and find out.

Knowing this information can save your life.

Type A fires require a Class A fire extinguisher filled with pressurized water or foam and marked with a green label. These work by cooling the material below its ignition point and then soaking it.

Plain water is still the best for ordinary Class "A" combustibles. Class ABC fire extinguishers, multi-purpose extinguishers, will also put out a Type A fire. But make sure that the multi-purpose rating includes A-type. Using just a BC multi-purpose extinguisher will not extinguish this type of fire.

Type B fires require a Class B extinguisher. There are several types of Class B extinguishers.

They generally contain a powder to smother the fire and separate it from oxygen. Foam is also used and does the same job. Class B extinguishers are marked with a red label.

A Class B extinguisher filled with foam are used primarily on large flat surface fires, like farm oil tanks and oil fires at sea. Ordinary BC-rated dry-chemical, multi-purpose dry-chemical and halon extinguishers will also extinguish a B-type fire.

Halon and carbon dioxide are agents commonly used and rated for electrical fires.

Because CO2 is a gas, this type of "B" class extinguisher is better

used indoors away from strong winds. It is also a clean substance making it excellent on electrical equipment like a computer.

Type C fires require a Class C extinguisher marked with a blue label.

These work by using an agent that will not conduct electrical current. Class C fire extinguishers will also extinguish type A and B fires.

An ABC-rated multi-purpose dry-powder extinguisher will also work on a C-type fire. Never use water extinguishers on electrical fires.

Metal fires require a special Class D dry-powder extinguisher marked with a yellow label.

Know the location and class of fire extinguishers in your work-

place. Don't wait for a fire to remind you. Get the training you need to learn how to properly use a fire extinguisher.

If you have any

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

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# SPECIAL BOXING DAY PREVIEW!

**TODAY THROUGH SUNDAY!**

**CLOSED MONDAY & CHRISTMAS DAY!**  
DOORS OPEN WEDNESDAY AT 8 AM



**WOW!**  
ONE PER HOUSEHOLD!  
NO DEALERS PLEASE!



Now Only \$26<sup>63</sup> mth<sup>†</sup>

**RCA 52"**

Lowest Price Ever!  
**\$799**  
Only

**PICK UP ONLY!**  
\*See store for details.

**40 INSTOCK!**

**52" HDTV Widescreen**  
Enjoy the thrill of sports, movies and music on this giant HD widescreen! Uncomparable value!  
16805276



Now Only \$13<sup>30</sup> mth<sup>†</sup>

**Amazing But True!**

This full size sofa features generously padded pillow top seats, arms and a pub back covered in ultra soft microsuède fabric.  
Chair \$329 Loveseat \$379 Cocktail Table \$169 End Table \$149  
708-50000 / 255-47503

Super Comfy Sofa  
**\$399**  
Only



Now Only \$23<sup>30</sup> mth<sup>†</sup>

**Lowest Price Ever!**

Beautiful Cabernet Sauvignon finish with antique grey hardware. Package includes dresser, mirror, headboard and one night table. Optional Chest \$249  
077-31660

Wow! All 4 Pieces!  
**\$699**  
Only  
No Extra Charge For Delivery!



Now Only \$33<sup>33</sup> mth<sup>†</sup>

**42" LCD TV**

**TOSHIBA**

- CineSpeed™ 8ms for fast moving images
- Cable Clear™ DNR noise reduction
- HDMI input and PC input.

86842157  
Incredible Value  
**\$999**  
Only

**21 INSTOCK!**



Now Only \$59<sup>97</sup> mth<sup>†</sup>

**50" PLASMA TV**

**Panasonic**

- 720p high definition panel
- Long life 60,000 hr panel lasts about 27 yrs.
- C3 image enhanced for true-to-life colour
- 2 HDMI inputs and SDHC photo viewer.

49337489  
Incredible Value  
**\$1799**  
Only

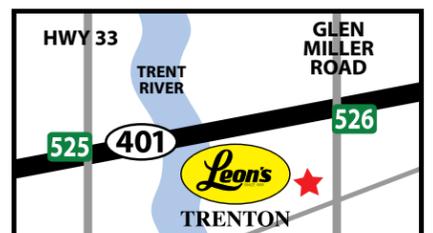
**26 INSTOCK!**

**PAY NOTHING! NOT EVEN THE TAXES!**  
FOR **15 MONTHS** OR TAKE **2 1/2 YEARS TO PAY!**  
WITH 30 EQUAL MONTHLY PAYMENTS  
**NOTHING DOWN! NOT EVEN THE TAXES**



CANADA'S ONLY FURNITURE SUPERSTORES

**Hwy. 401 & Glen Miller Rd. Trenton**  
**613-394-3322 or 1-877-394-3322**  
Monday to Friday 9am-9pm Saturday 9am-6pm, Sunday 12-5pm



\*O.A.C. All applicable taxes, disposable surcharges where applicable and a processing fee of \$79.95 (Eg. \$1500 purchase with \$79.95 PF equals an APR of 4.92%) are due at the time of purchase. Balance is due March 2009. All items available while quantities last. Prices, terms and conditions may vary according to region. Selection may vary from store to store. Pick-up discounts not available on some items. No extra charge for delivery on most items if purchase amount, before taxes and any fees, is \$498 or more. See store for delivery included areas. Not applicable to previous purchases and markdown items. See store for other convenient payment options. All first time buyers in Ontario must put down a 15% deposit on any financed pick-up purchase over \$1,000. † Payments shown do not include taxes or financing fees.