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Museum board looking for input on new “all-encompassing” logo

by Joel Wiebe, Contact Staff

A new logo for the National Air Force Museum of Canada is in the works.

Since the name changed from the RCAF Memorial Museum, the museum’s board of directors decided the current logo cannot remain, because it retains the old name.

“We want to encompass all the air forces, from the original (Royal) Flying Core, to the RCAF, to the Canadian Armed Forces, rather than just narrowing it down to the RCAF,” said Bob Burke, Public Relations Manager and member of the Board of Directors.

The first logo is a twist on the current symbol used by the Air Force, using only half of the circle around the maple leaf. This was done to represent the new forward look of the museum.

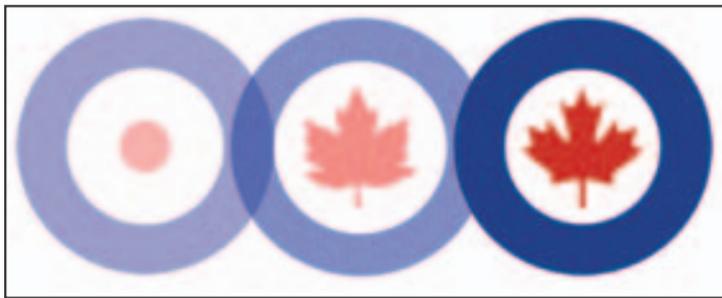
The second logo features the three circular symbols used by the air force over the years, fading



into the current one.

In 1920, the air force adopted the first symbol, which was replaced in 1924 with the red-coloured silver maple leaf rather than a circle in the centre. The silver maple leaf was used until 1966, when it was changed to a “stylized” red-coloured maple leaf to compliment the new Canadian flag.

The third option is the same as the current symbol, only changing the name on it. This is complicated by the fact the original symbol has the crown of the King, rather than the Queen. In order to change the name and



crown, it would have to be passed by Ottawa, which could take some time.

The concept for the first two logos were thought up by Chris Colton, Executive Director of the museum, with the graphic work done by Henry Mitchell.

Currently, the board members are looking for input from the public by displaying the options on a desk in the gift shop at the museum.

“What we’re trying to do is encourage people on the base today to come to the museum, because we want it to represent them as well as the RCAF,” said

Burke.

Burke said he favours the second logo. As a retired member of the RCAF, he feels he understands the concerns of the change of name and symbol, but wants to include all of the stages of the air force in Canada.

“That’s what the logic of the logo is, we want to show we encompass everybody,” said Burke

One concern is the growing age of the volunteers. As time goes on, new people will be needed to keep things going. Burke is concerned that if new people are not included soon, there aren’t going to be any new volunteers.

Not only does he want to change the name to get volunteers, but Burke does not want to exclude those fighting in Afghanistan.

“We have a whole brand-new bunch of people we want to incorporate into the museum,” said Burke.

He also wanted to stress that the museum is not turning its back on the RCAF, rather, it plans to keep the RCAF as the focus. The name will be: National Air Force Museum of Canada, home of the RCAF Memorial Collection.

While Burke said he originally wanted the change to have been completed by October 1, the board plans to reach a decision at the end of November or early December. The new logo must be ready soon in order to be incorporated into the various newsletters and print publications the museum is featured in or advertises in.

“We’re under the gun,” said Burke.

OUTREACH VISIT



Photo: Cpl David Hardwick, 8 Wing Imaging

Peter Tinsley (right), Chair of the Military Police Complaints Commission (MPCC), speaks during the November 9, 2007 outreach visit to 8 Wing/CFB Trenton explaining the role and functions of the MPCC as Julianne Dunbar, General Counsel of the MPCC, looks on. The Military Police Complaints Commission provides independent oversight over the Military Police.

TOLL BOOTH FOR FOOD



Photo: Joel Wiebe, Contact Staff

Cpl Joanna Smith takes donations as Cpl Nicole Faradeau looks on. Thank you to everyone who donated either food or cash to our 11th Annual Food Bank Toll Booth which was held at the North Gate on Friday, November 16, 2007. We collected \$1,257.00 and approximately 1280 lbs. of food in support of the Trenton Care & Share Food Bank. Once again, on behalf of ATESS, Mr AlTeal and the Staff of the Food Bank, we would like to thank you all for helping to make the Food Bank Drive such a success. We hope to see you all again next year.

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



Customs & Traditions

The other day I was sitting in the Yukon Galley and quietly drinking my coffee, thinking of this article. Since it's the festive season and we have just finished Bosses' Night, I thought I would talk a bit about customs and traditions.

All societies have customs and traditions, whether it is a polite bow or a handshake when you meet someone. Well, the military is no different. We in the military have thousands of customs and traditions. So many in fact there is a thick little book titled "Customs and Traditions of the Canadian Forces." Many of these customs and traditions we all know about, like mess dinners, the All Ranks Festive Meal (formerly known as the Junior Ranks Christmas Dinner) at home to the officers, crossing the line, etc. But the real question is WHY do we have customs and traditions?

Our customs and traditions are what binds the Canadian Forces together through time, its past, its present and its future. Customs and traditions are our direct link to those who have gone before us, and by practicing them we instill in the next generation of serving members our time-honoured and time-tested military values. The All Ranks Festive Meal is the best example of this. On this day, the Officers, Warrant Officers and Sergeants honour the women and men of their units by serving them a meal.

So does that mean we follow all customs and traditions blindly? Of course not. There are times when a custom or tradition should be allowed to die, and in some cases it should be crushed. For example, weights for bloused pant legs or no comfort break at mess dinners died a legitimate death, while things like hazing are rightfully crushed. It is the responsibility of the leadership to periodically look at our customs and traditions and ensure that they are instilling the core values of the CF. Both the Wing Commander and myself feel that Bosses' Night is such a vehicle that builds core values, and that although the last one was a great success, some of the tradi-

tions involved in this event have been lost. In fact, for a senior member to enter a different mess, they need to be formally invited. On Bosses' Night the PMC extends this authority to all his/her mess members. They in turn should be inviting their bosses to attend. A small but a very important point.

It is also the responsibility of leadership to build new customs and traditions. An example from my past, when I was the SCWO for XXX Squadron in XXXXXXXX,, the unit had a chant for sporting events etc.: "XXX Sucks." I was astounded that a unit would say that about itself, let alone the leadership would tolerate it. To me this was a direct indication of the unit morale. I knew this had to go. During my tour we replaced "XXX Sucks" with the unit motto call back. Someone would call out the unit motto and the whole unit would roar back the unit motto. If you don't respect yourself, no one else will. Basic leadership and team building principles.

This leads us to the question: when does something become custom or tradition? Quite simply, when it starts, and is accepted by the unit and usually a begrudging nod from

higher HQ. Again, from my past. My squadron was to receive its Standard. (Air Force colours) The unit was presented a Viking helmet, battle-axe and broadsword, indicative of the unit crest. (these items are on display in the National Air Force Museum of Canada). The unit only paraded with weapons. The tradition that was started was the CO carried the broad sword instead of a CF-issue sword, and the Squadron Warrant Officer carried the battle-axe on parade. (we just couldn't get the DCO to wear the helmet LOL) But I digress. Not right you may think, but I have observed 100-year-old regiments lead their unit mascot on parades and that isn't in the drill manual. Back to leadership and team building principles.

Where does that leave us? Our customs and traditions are to be valued, observed and never scorned. And yes some of these traditions will cost us financially, but to ignore our customs and traditions, would leave us no better than a civilian company, and I for one did not join the Canadian Forces Corporation.

Just a thought!
T.J. (Bull) Secretan
CWO
8 WCWO

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK

Cpl McCormack of 8 WTISS is seen here completing the installation of two surveillance cameras on the North Commercial Gate. The cameras are part of the Wing security system and are used to record the details of vehicles as they enter CFB Trenton. All three of the commercial gates will be connected to the Commissionaires dispatcher, with many units on the base planning to add similar systems in the near future.



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Mark your calendars for December 2: 8 Wing Concert Band Christmas Concert

The 8 Wing Concert Band will be performing their 9th Annual Christmas Concert on December 2 in aid of the Trenton Food Bank.

Last year's performance was very well attended and resulted in a large donation for the food bank. For the price of a non-perishable food item, you can enjoy the seasonal sounds of one of Eastern Ontario's premier concert bands.

The 8 Wing Concert Band is known for its versatility and the ability to perform music that appeals to audiences of all ages. Included in the program, in addition to a variety of some more modern festive songs, will be several good old-fashioned Christmas tunes.

Not to overlook anyone's tastes the band will play tunes from recent Disney movies and "The Grinch", for the young and young at heart. Many of the standard Christmas songs are set to a swing rhythm, stirring up memories of the popular Big Band Era from days gone by.

One of the key highlights of the 8 Wing Concert Band is our vocalist Anita Halfpenny. Hailing from Nova Scotia, Anita earned her Bachelor of Music Degree from Mount Allison University.



She is no stranger to the stage, having performed in many stage productions including *The Sound of Music* & *Crazy For You*, on the East Coast. Since moving to Ontario, Anita has performed at the Pinnacle Playhouse and has been a member of the Cadillacs Showband since 2003.

Anita is currently teaching Grade 7/8 and Instrumental Music at Prince Charles School in Trenton. She will be performing her renditions of many yuletide favourites, including *White Christmas* and *Santa Baby*.

Seating is limited, so come

early and don't be disappointed!

Date: Sun Dec 2, 2007.

Time: 2:00 p.m.

Place: 8 Wing Concert Band Building

Directions: The 8 Wing Concert Band building is located on the north side of CFB Trenton. Enter the base at the traffic lights on RCAF Rd just north of the museum. The bandroom is the old RC Chapel directly west of the entrance to the base.

Admission: A non-perishable food item for the Trenton Food Bank.

For more information call Sgt Smith at 392-2811 ex3510.

GCWCC update



For this weekly update, we are pleased to announce that so far, the campaign has raised a total of \$67,441.59 and that 51 per cent of all 8 Wing/CFB Trenton personnel have been canvassed! This is the final week in the year's campaign but there is still plenty of time to give donations, participate in events, buy tickets for the various basket draws and buy your ticket for the Mega 50/50. The pot is now at \$1,200!

Make sure not to miss the following upcoming events!

Nov 23 – Pizza & Pasta Friday lunch

Every Friday lunch starting Nov 9 until Nov 30, the Galley will offer an all-you-can-eat Pizza & Pasta for a \$5 donation.

Nov 30 – EME Car Crush

Need to let some steam out? No problem! Every \$1 donation will give you a chance to crush a car with a bulldozer! For more info call Heavy equipment at local 7669 or MCpl Beaupré at local 2299.

Dec 1-2 – Family Bowling

This is the final event for this year's GCWCC. Come out and bowl at the Astra Lanes. Saturday from 1000-1800 and Sunday from 1000-1700. You can enjoy one hour of fun with your family for the cost of a donation. To make a reservation, contact 2Lt Annie Morin at ext 5051. No walk-ins, by reservation only.

Search & Rescue UPDATE



424 Squadron had another very quiet SAR week. There were no call-outs at all, which allowed the crews to catch up on rest and training. Until next time, stay safe.

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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 in rich text format (.rtf) or as "text only" on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.
Jpeg-Maximum (8X10), 300 dpi

• Please label all disks and hard copies with article name, contact person and phone numbers, date.

• **ARTICLES MUST BE RECEIVED BY TUESDAY AT 4PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

Letters to the Editor:

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



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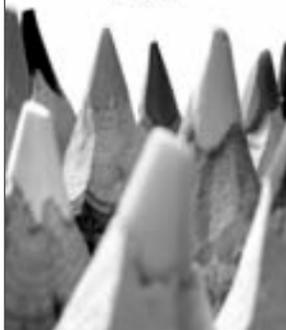
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Canadiana Crossword

Notable Nobelists

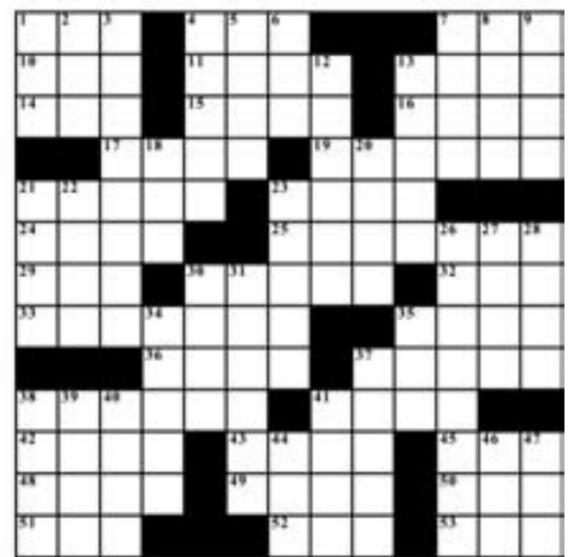
By Bernice Rosella and James Kilner

ACROSS

- 1 Cinder
- 4 Grand Turismo, abbr.
- 7 Fuss and bother
- 10 Seafood, of sorts
- 11 Israeli folk dance
- 13 Stepped
- 14 Mongrel
- 15 German auto
- 16 Frost
- 17 Supreme Greek god
- 19 1990 physics nobelist Richard
- 21 1981 medicine nobelist David
- 23 Yellow Dog author
- 24 Sheltered
- 25 1923 medicine nobelist Frederick
- 29 Damage
- 30 Haggard
- 32 Ruff's mate
- 33 Absorb
- 35 Civil wrong
- 36 Ameliorate
- 37 Dispatches
- 38 Upper house
- 41 Diving duck
- 42 Worshipped one
- 43 Rice wine
- 45 Often, to Standish O'Grady
- 48 Semester
- 49 Slap
- 50 Repeat
- 51 Bambi's aunt
- 52 The greatest
- 53 Malaysian isthmus

DOWN

- 1 Circle section
- 2 French monetary unit
- 3 1971 chemistry nobelist



- Gerhard
- 4 Grave robber
- 5 Simply the best
- 6 Mined material
- 7 Plant part
- 8 Major _____
- 9 North sea feeder
- 12 1989 chemistry nobelist Sid
- 13 Romantic encounter
- 18 Shoe size
- 20 Aren't, slangily
- 21 Harness part
- 22 Mongolian cavalryman
- 23 Maltreat
- 26 Ornamental gate or grill
- 27 Wonk
- 28 Fetches
- 30 Blame taker
- 31 Evaluate
- 34 Kingdom
- 35 Nog
- 37 1993 chemistry nobelist Michael
- 38 Locum
- 39 Early garden
- 40 Mystery writer, _____ Kelly
- 41 Card game
- 44 Plant part
- 46 Pelt
- 47 Earl Grey, for one

See Page 19 for answers



This Week in Contact

1977 – Canadian Forces' Air Defence Group aircraft, radar and people fought a mock air war on Nov 14 – 17 when NORAD tested its aerospace warning and defence systems. The full-scale exercise, called Vigilante Overview, is conducted by the US-Canadian command headquarters in Colorado Springs, Colorado to provide a realistic picture of how well NORAD performs its mission of providing immediate warning of an air, space or missile attack.

1987 – The Honourable Perrin Beatty, Minister of National Defence, stressed in a speech to the Nova Scotia Social Studies Teachers Association, in Halifax, the necessity for Canada's continued participation in NATO and the collective defence of the west - noting that 60 per cent of Canadians, including himself, were born after the Second World War, and that we often take peace for granted in this country. He also reaffirmed the government's commitment to the White Paper, rebuilding the navy to reflect Canada's status as a three ocean country, revitalizing and enlarging the reserves and making sure Canada's contribution to NATO has teeth.

1997 – At 0745 hrs on 3 November, the Contingency Capability Centre (CCC) deployed to Mountainview via DND ground support to begin a five day, four night fresh air getaway, officially known as Ex KIWI LAAGER under the command of LCol FM Boomer. The 25 CCC participants were eagerly joined by invitees from 8 TIS (Capt King), 8 ACSS (Maj Buonamici), and 4 AES (Capt Cumpsty, MWO Pirie and WO Stasiuk).

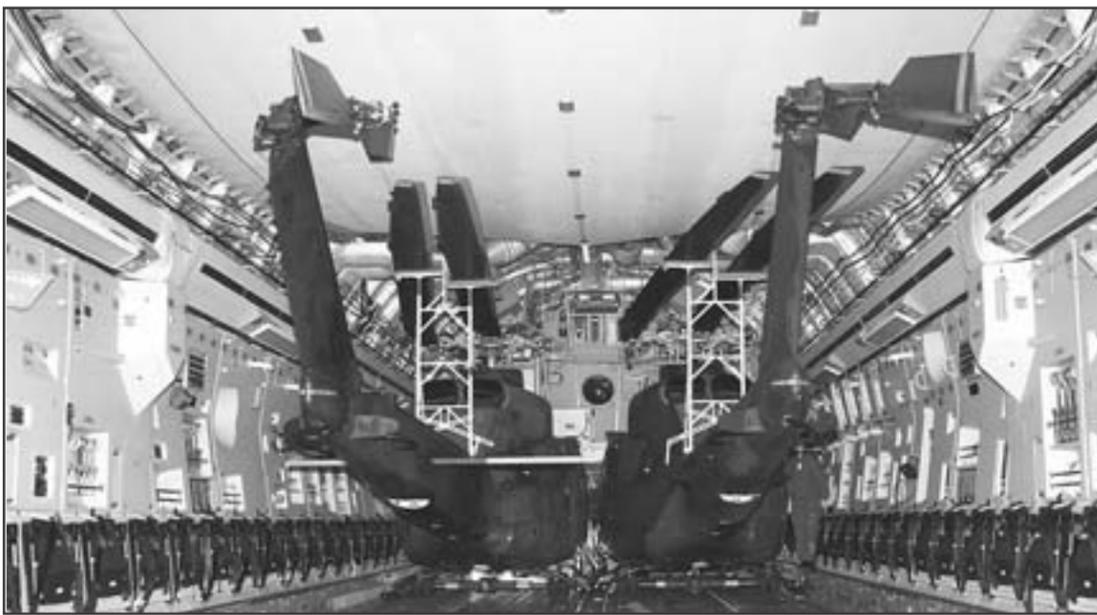
Created by Lt J. H. MacDonald,
 Compiled by Joel Wiebe.



Three CH-146 Griffons loaded successfully onto CC-177



Photos: Cpl Frieda Van Putten, 8 Wing Imaging



Thanks to the combined efforts of three Canadian Forces (CF) squadrons, the first-ever load verification involving CH-146 Griffon helicopters and a CC-177 was an unqualified success here at 8 Wing/CFB Trenton on November 13, 2007. According to Master Warrant Officer Luanne MacKinney, Training and Standards Officer at 2 Air Movements Squadron (2 Air Mov Sqn), four Traffic Technicians from 2 Air Mov Sqn, one American loadmaster temporarily assigned to 429 Squadron, and about 30 maintainers from CFB Petawawa's 427 Squadron participated in the load verification, involving three CH-146 Griffons and one HLVW (heavy load vehicle wheeled), a fuel delivery truck. The four Traffic Techs were Sergeant Kirk Marsh, Sergeant Drew Hine, Master Corporal Don Sharma and Corporal Mike Hill. The U.S. loadmaster was Master Sergeant Karl Eckberg.



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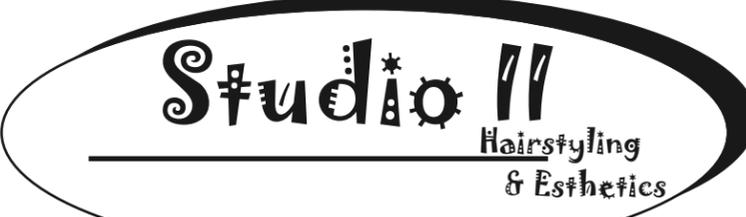
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VIEW FROM THE PINE



So, seeing as how it is now the quarter mark of the NHL season in terms of games played, I figured it was an appropriate time to go out on a limb and make some mildly bold predictions. Yes, I am not exactly living life in the fast lane as I usually wait a month or two before deciding on my favourites for the conference champions and Stanley Cup winner. Besides, anyone can pick Ottawa and Anaheim (again) in June or July.

Western Conference Finalist

Pre-season experts' pick the Anaheim Ducks or Detroit Red Wings. Who I would love to see? The Calgary Flames. Who I think will win? The San Jose Sharks. Dark Horse Special, Colorado Avalanche.

The Ducks and Red Wings are the "duh" picks so there is no point going over their strengths. I do not see the Ducks repeating, even if they get Selanne and Niedermayer back.

The long haul from last season's playoffs usually catches up with a team at some point in the season. As for Detroit, their chances rely on Hasek, and well, Hasek is as old as my

Ukrainian Baba (less the constant perogy smell).

I would love to see Calgary pick up their play but that will be a bit of a stretch. I was no fan of the Iron Mike signing and he does not seem to have this team firing on all cylinders. Not sure what the deal is with the Calgary as on paper they should have a contender.

My real pick is San Jose, as I think this is the Sharks' year. They are currently sitting just shy of Detroit, and that is with a sub .500 record at home. When Cheechoo and Marleau finally heat up and start winning at home, watch out.

Although I am still leery of the Avalanche's goalie situation (Budaj and Theodore do not exactly put the fear of God in you) they could be a sneaky play with Sakic, Smyth and Stastny leading the way.

Eastern Conference Finalist

Pre-season experts' pick the Ottawa Senators. Who I would love to see? The Montreal Canadiens. Who I think will win? Ottawa. Dark Horse Special, Carolina Hurricanes.

Ottawa is Canada's best,

and only chance of winning the Stanley Cup before 2010. They have the scoring, defence, coaching and goaltending (I still prefer Emery over Gerber, however) to win now.

I think last year's trouncing at the hands of the Ducks was a tough pill to swallow, but it was one of those team defining learning experiences that they can draw upon during the 2008 playoffs.

Although I am born and bred fan of Les Habitants, I am also a realist. Montreal has a good team but they are missing a few pieces, including an actual superstar and one or two power forwards (Plekanec and Kostitsyn are not power forwards).

One of my pre-season sleepers was Carolina, and many of my hockey pools reflect this fact. Losing Erik Cole is a big hit and they have cooled off lately, but I predicted a bounce-back year from both Cam Ward and Eric Staal and so far they have delivered.

With good goaltending, an underrated defence and a solid core of forwards, they could surprise.

Stanley Cup Finals

The Ottawa Senators over the San Jose Sharks in six

games. Ottawa has the experience and the defence. I don't trust Nabokov for the Sharks.

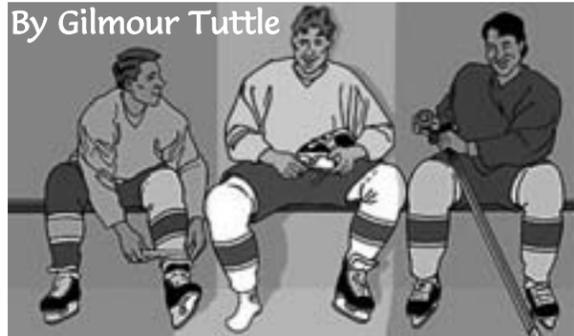
Charlie Potatoes

Mattias Ohlund (did his best Bobby Clarke impersonation and was awarded a four game suspension for his efforts); Mike Keenan (given the big money and a team loaded with talent at all of the key positions and still can't win); Montreal Canadiens (there is a tear in my eye as I write this but to wait this long to retire Robinson's No. 19 is criminal); Zdeno Chara (goon, goon I say); Jay Boumeester (42 points last year, on pace for 23 this year....ouch).

Meat and Potatoes

Larry Robinson (Jersey was finally retired on

Monday night - about freakin' time); Toronto Maple Leafs (I just puked a little while writing this but they did pull out a gutsy win against the Sens on Saturday); Mike Richards (I watched the Flyers-Devils game on Saturday and although Philly lost, this kid is impressive. Power play and penalty kill time, he was all over the ice); Olli Jokinen (called out his team for their poor play to start the season. He is entitled as he's the only one producing for the Panthers); Saskatchewan Roughriders (two weeks in a row, the Football Gods were listening to my prayers - that and all of the beakin' by the Lions at how good they were just ticked the Gods off...even without Kevin Glenn, the Bombers vs. The Riders will be a classic).



By Gilmour Tuttle
Any responses can be sent to the Editor at steiner.al@forces.gc.ca

Upcoming CRA Cancellations

Please be advised of the following cancellations and/or the rescheduled dates for various skating lessons and programs, as they relate to Community Recreation Association (CRA) ice times:

Learn to Skate lessons, for those between the ages of four and seven years old, are rescheduled for Friday, November 30, from 5 to 5:50 p.m.

The Family Skating session on Saturday, December 1, from 1 to 3:00 p.m. will be cancelled.

The Learn to Skate program for those between the ages of four and seven years old, is rescheduled for Saturday, December 1, from 8 to 8:50 a.m.

Family Skating on Sunday, December 2, from 1 to 3:00 p.m. is cancelled.

Learn to Skate, from 8 to 88, is rescheduled for Sunday, December 2, from 3 to 3:50 p.m.

Learn to Skate, from 8 to 88, is rescheduled for Sunday December 2, from 8:30 to 9:30 a.m.

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Fitness, Sports & Recreation

The Gymnasium - Fitness Class Schedule

Brought to you by the Fitness and Sports Flight

The following classes are available at the south side Gymnasium.

Fitness Development weekdays at 0630 hrs

Monday: Resistance Training; This class focuses on building up muscular strength and endurance using the equipment in the S&C room. It is also designed to inform you of proper technique and new exercises.

Tuesday: Spinning; This class will challenge and strengthen your cardio system, helping you achieve higher levels in the 20 MSR and step test. Spinning is a low impact activity that is suitable for anyone.

Wednesday: Circuit Training; This is a combo class combining both strength and cardio elements – it's something new every time.

Thursday: Mock EXPRES/Instructors Choice; Variety is key to fitness, but so is practice.

Depending on numbers and interest, the class will be either EXPRES practice or a cardio activity of the instructor's choice.

Friday: Pool Training; This training is perfect for anyone with joint injuries as it is zero impact. Combining both cardio and some strength training exercises; the pool is ideal for all.

Noon Hour Fitness weekdays at 1200 hrs

Monday: Circuit Training; Combo class combining both strength and cardio elements.

Monday: Cardio and Core; Let our instructors motivate you while you strengthen and develop your cardio and core.

Tuesday: Step; A fun cardio workout that utilizes an adjustable step.

Wednesday: Spinning; Stationary cycling that can be a maximum

leg/lung workout.

Thursday: Specialty Class; Each week the class will change depending on the instructor's specialty and/or interest. The class may also include kettle bells, Pilates, rebounding, etc.

Friday: Spin Plus; Spinning plus a little bit more. Instructor's choice to add muscular strength, endurance, core, abdominals, etc interspersed with Spinning.

After-hours Fitness Classes throughout the week at 1610 hrs

Monday: Spinning; Stationary cycling that can be a maximum leg and lung workout.

Wednesday: Yoga; The practice of physical postures (or poses) while connecting the mind, body and spirit.

Thursday: Step; A fun cardio workout that utilizes an adjustable step.

WTISS and its committment to Unit PT

Recently, the Wing Telecommunications and Information Service Squadron (WTISS) inquired about a unique opportunity available to them as they scheduled in their weekly unit fitness classes.

This unit is exemplary in their diverse and innovative approach to PT, as they have a rotational schedule that includes everything from spinning, circuit, core, and swim classes.

In an effort to work on their pool fitness, we proposed two lifesaving awards – the Bronze Medallion and Bronze Cross courses.

The unit proposed the idea to the Chain of Command and we immediately started working towards these awards.

The lifesaving courses included fitness challenges and endurance swims, along with the obvious rescues, searches, first aid and spinal injury management to name a few.

As the weeks went by the unit became more and more fit in their endurance swims, and had no problem with the fitness challenges while, at the same time, they fine tuned their ability as lifesavers.

The successful lifesavers that achieved these certifications are as follows: Corporal C.G. Serre, Master Corporal P. Poliquin, Corporal J.D.



Photo: Submitted

Corporal McCormack rescues his victim Corporal Hamelin, both from WTISS.

Hamelin, Master Corporal P.B. Kelly, Corporal D. Murray, Master Corporal B.S. Beaton, and Corporal M.D. McCormack.

Congratulations to WTISS for their initiative and to the seven members that were examined and passed both their Bronze Medallion and Bronze Cross in just two short months.

Great work, by all of those involved!

Much Video Dance

Join us at the south side Gym on Saturday, December 1, for the Much Video Dance.

The dance will open to those between the ages of 9 and 12 years old from 5:30 to 7:00 p.m., at a cost of \$5 per person. A Digital MP3 player will be given away.

The dance will then open to those between the ages of 13 and 16 years old from 7:30 to 10:30 p.m., at a cost of \$10 per person. An iPod will be given away.

Draw tickets will be handed out at the door. You must be present with your ticket to win.

Please be advised that this will be an adult supervised event.

Activities

A different activity is available each Monday, from 6:30 to 8:30 p.m. for youth ages 13 to 18 through the CRA.

Floor hockey is available on the first Monday; volleyball is available the second week; basketball the third; dodge ball the fourth week; and player's choice during the fifth week. User fees apply to all youth.

20 MSR Bookings

Please note that 20 MSR Bookings are available now Monday through Fridays at 0830 hrs.

Please book through +PSP Expres Bookings on the DIN and/or have your Unit Coordinators block book your unit in for your annual Fitness Test. We will accommodate your requests.



Notice TO ALL VETERANS

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

**8:00 a.m - 4:00 p.m
Tuesday, Dec. 4, 2007**

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

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Squadron Updates



426 Squadron News

joined by TIF members Sergeant Bradley and Sergeant Shewaga, earned a Flight Safety Award for Professionalism.

During ground instructional duties, Sgt Marin and WO Sturgeon noticed a deficiency with regards to the Quick Donning oxygen mask system on the CC-130.

Further investigation with Sgt Bradley and Sgt Shewaga revealed a large number of mask mount anomalies across the fleet of 8 Wing CC-130s, with potential safety issues during an emergency.

Bravo Zulu to everyone.

Ground has been broken and construction is underway for the new Herc training facility on the north side, with an expected

completion date of June 2008.

This new facility will provide a state-of-the-art training facility for the CC-130 AVN and AVS trades, and free up precious space at 8 AMS.

The TIF flight currently has nine Flight Systems students on course who are due to graduate November 27, 2007, and five students on the Propulsion course until December 5, 2007.

They are also conducting the Level C Release course, which deals with final signing authority to release the aircraft to the crew.

Our congratulations to former Warrant Officer Bush who recently traded his rank after 21 years of service to Officer Cadet, as he will be commissioned

to pursue a career as an AERE officer.

The loadmaster section currently has three students on the Flight Attendant course and another three students on the CC-150 Flight Steward course, both 11 weeks in duration.

On the pilot and navigator side, the Combat Ready (CR)0702 course moved into Phase 3, which is the tactical side of CC-130 ops, and a new CR0703 course started October 15.

The Aeromedical Training flight concluded its seven-week course on October 29, graduating nine students, including two foreign Dutch personnel.

426 Squadron had its annual family day on September 29 and

there was a huge turnout and a myriad of activities were lined up.

Members and their families enjoyed a relaxing day, while kids had a blast.

Our sincere appreciation goes out to 8 Wing Ops, 8 AMS and 429 Squadron for providing CC-130 and CC-177 static aircraft displays for all the families to enjoy, and the fire department for the popular fire truck rides.

Many thanks to Master Corporal Reid who organized the United Way jack-o-lantern pumpkin carving event last week.

Scary faces made their way to 426 Squadron and money was raised for a good cause.

Moving to flying, there have been numer-

ous Canada-Arctic-USA-Caribbean trips, all of which combined training from all MOCs in unison.

All missions were accomplished thanks to the flexibility of the crews and the dedication of the maintainers.

It is always rewarding and challenging to fly up north where austere conditions constantly prevail.

The Pilot Advanced Course is currently underway with challenging destinations into busy aerodromes in order to prepare pilots for the future Aircraft Commander role.

These trips provide crews with exposure to foreign procedures and contingency situations while representing our flag with dignity.

Until next time!

Greetings from 426 Squadron.

As usual, there has been a lot of activity over the past month.

Of notable mention, Sergeant MacGregor headed to Ottawa on October 12 to receive the prestigious Air Person of the Year Award for his "exemplary dedication" to the Air Force as well as his volunteer work.

His wife Debbie shared this important moment with him.

Also of interest, Sergeant Marin and Warrant Officer Sturgeon from the Loadmaster section,



8 AMS Squadron News

to welcome each person into the 8 AMS family:

Lieutenant-Colonel A. Agnew; Captain C. O'Grady; Lieutenants A. Emond, M. Engelbrecht, C. Garrison, J. Nickerson and A. Oliver;

Second Lieutenants L. Hsiao, F. Parenteau and B. Tang;

Master Warrant Officers K. Muehlgassner

and G. Rodrigue;

Warrant Officers J. Doubleday and J. Parent; Sergeants L. Harrison, P. Hart, L. Hynes, G. Kato, P. MacGregor, R. Pomeroy, J. Shewaga, M. Vidotto and A. Whynott;

Master Corporals E. Babineau, R. Babineau, R. Fredette, M. Kenney, B. Kerekes, G. McNeil, M. O'Toole, M. Parent,

A. Plante, T. Purcell, S. Sampson and M. Turner; Corporals J. Amos, W. Ashton, M. Bebee, S. Bessette, F. Corona, Y. Couturier, K. Docherty, C. Fredette, M. Garipey, J. Giguere, J. Hyatt, A. Larocque, J. Lewis, M. Loubier, M. Manship, B. McCullagh, A. Miller, L. Nicholas, S. Provencher, M. Quirion, J. Riach, C. Sanders, P. St-Jean, C.

Stuart, E. Thorold, G. Vanderkamp, S. Vaughan, and S. Wagner;

Privates T. Willard, D. Opazo, T. Tijanic, D. Whiteway, T. Richer, J. Kettle, C. Borquez, D. Levesque, S. Jung, D. Dumais, M. Dionne, J. Julien, D. Sharma, D. Bouchard, D. D'Entremont, A. Moran, N. Lehnen, D. Bergeron, D. Burke, M. Varley, P.

Carson, V. Belisle, G. Autmizguine, G. Robert, P. Desrochers, D. Bouchard, V. Huygens, I. Dresler, J. Gillman and P. Gillespie.

We hope that everyone will enjoy their time here at 8 Air Maintenance Squadron, and that your stay with 8 AMS is both a productive and an enjoyable time.

The following personnel have been posted to 8 Air Maintenance Squadron (8 AMS) this past APS period and we would like to take this opportunity



437 Squadron News

Force, it seems like every task occurring around us carries with it the weight of some higher purpose.

For us Huskies, this is as true for November as it was for October, as it was for August, as it was for.

Thank God for spousal support that understands the importance of what we do.

Before launching

into a survey of the important tasks being served to us this month, I would like to first welcome Second Lieutenant Kevin Mulkins, a young pilot-to-be awaiting his Multi-Engine wings training, and welcome back Master Warrant Officer (Ret'd) Ron Sampson to our operations team.

Ron recently left the

squadron when he retired from the CF, but has returned to us as a civilian. Not since Mario Lemieux put his jersey back on to help the Penguins, has such joy erupted within a team at the return of a star.

Most of us may proudly claim years of experience in ops, but the decades of insight brought by Ron will be

of enormous assistance to the unit.

With that said, 437 Squadron will be operating in most corners of the globe this month.

We will be taking the Governor General to Indonesia for a state visit. We will also be taking Prime Minister Stephen Harper to Uganda for a meeting of government heads of C o m m o n w e a l t h

nations, as well as the usual runs to everyone's favourite sunshine destination - Camp Mirage.

This month however, we are afforded the additional privilege of delivering a show tour and a Team Canada visit of national sports celebrities to our members serving overseas.

It's work you can feel good about!

Omnia Passim

424 Squadron News



and cottage closures for the year, Squadron members have been kept busy with other endeavours such as flying the Grey Cup!

A 424 Squadron Griffon commanded by Capt Barry Tolmie had the privilege of transporting the Grey Cup from Hamilton to Toronto Island, and needless to say

the football fans on the crew wasted no time in applying a squadron zipper and exploiting the great photo op.

On a more serious note, on the CC-130 side of the house we have been busy putting five pilots and two loadmasters through their paces on a SAR OTF, and exploiting rare opportunities for flying

overseas by manning not only an aircraft swap to Camp Mirage but also an 85/86 to Alert that morphed into an NFA (Non-Forecast Airlift) to Greece.

On the personnel side, Capt Neal Matthews has recently returned to the squadron fold after completing a six-month deployment in Afghanistan, working as

the Air Chief in the Combined Rescue Coordination Centre, and Capt Steve MacLean is enjoying the balmy temperatures in Kandahar until February.

Stepping outside the SAR box, Major Micky Colton did a great job acting as the Air Mobility subject matter expert, assisting the Joint HQ

from Kingston in running a recent Non-Combatant Evacuation Operation exercise and has finally recovered from three days of eating MREs and sleeping on a cot in the deployed HQ (otherwise known as the Peterborough Armouries).

Until next time – fly safe and if you don't then call the Tigers! RESCUE!

While actual SAR call-outs and activity levels have decreased with the advent of colder weather

2 Air Movements Squadron News



2 Air Movements Squadron (2 Air Mov Sqn) is the only Air Movements Squadron remaining in the CF and, as a designated High Tempo Unit, it accomplishes a remarkable range of tasks at home and abroad.

With a squadron strength of 196 Regular, Reserve and civilian employees, 2 Air Mov Sqn supports CF air mobility operations

worldwide. In addition to our steady state deployments to Camp Mirage, Kandahar, the Kandahar Combined Air Terminal Operation (CATO) and CFS Alert, we support a wide range of airlift operations including Op BOXTOP, JRTC, Ex HUSAR and Ex POTENT NIGHT.

The Squadron has also been very active in supporting 1 Cdn Air Div/CANR flying oper-

ations in Canada's North as well. Needless to say, with further deployments on Technical Assistance Visits (TAVs), Task Force Afghanistan rotation surges, Show Tours and training, Squadron personnel's time at Trenton is limited.

With 8 Wing serving as the hub for all CF air mobility operations, the squadron maintains a hectic operational tempo

here at home station. To date, Squadron personnel have been responsible to ship approximately 15,003,411 lbs of freight and process 61,105 passengers. Whether it be processing passenger applications for the upcoming Christmas Flight Program or receiving, preparing and loading cargo destined for combat operations in Afghanistan, there is never a dull moment at 2

Air Mov Sqn.

In recognition of its outstanding and meritorious achievements in the field of air transportation, the Air Force Association of Canada recently awarded the Gordon R. Macgregor Trophy to 2 Air Mov Sqn. This award was a clear recognition of the vital support 2 Air Mov Sqn provides globally to the CF's air mobility community.

In an organization designed to move people, vehicles, freight and baggage, sometimes it seems that our personnel are shipped around more than cargo!

The Operational Stress Injury and Support Program

Injuries caused by operation stress and trauma have always been a part of warfare. These are not wounds caused by enemy weapons but wounds that injure the mind and spirit. These wounds can be fatal.

An operational stress injury (OSI) is any persistent psychological difficulty resulting from operation duties performed by members of the Canadian Forces. The term OSI describes a host of problems including anxiety, major depression, alcohol or substance abuse and post traumatic stress disorder (PTSD).

The effect of trauma on the human mind is well documented from the dawn of civilization. As far back as the

16th century, military doctors have described the psychological effects of nervousness, depression, nightmares and disturbed sleep resulting from war. It was only due to the vast number of psychological injuries from the First World War that military doctors were forced to confront and establish treatment and rehabilitation of operation stress injuries.

However, the stigma of mental illness is sometimes so strong that military members and their families are often unwilling to admit they are injured which can often affect the member's work and home environment.

This is where the Operational Stress Injury and Social Support (OSISS) pro-

gram can help. Because of Canada's involvement in areas of conflict, thousands of military members and veterans have lived through the brutality of World War II, Korea, Rwanda, the Former Yugoslavia, Afghanistan and others. While some OSI sufferers, such as Romeo Dallaire, have made the news, thousands more have suffered in silence.

In 2001, the Department of National Defence and Veterans Affairs Canada joined forces to create The Centre and OSISS. While each work to help soldiers and their families, the main mission of OSISS is to create local support groups for psychologically injured soldiers and families, edu-

cate military and civilian organizations on the emotional and physical difficulties associated with an OSI, and remove the stigma attached to mental illness. Retired military personnel, who have suffered an OSI, are employed by OSISS to make this possible. These Peer Support Coordinators (PSC) know first-hand the difficulties and stigmas encountered.

The first role of the PSC is to listen, without judgment, to what the soldier and the family have to say. This is done during a confidential one-on-one meeting. Secondly, the PSC will assess what services or supports may be required, and thirdly, the PSC will informally refer the soldier and his/her

family to a person or agency that can help.

At the present time, OSISS employs 19 PSCs across Canada who are responsible for organizing support groups, conducting local educational briefings, training peers for volunteer positions, and working in conjunction with various military and civilian organizations to assist with meeting the needs of the soldier and the family.

The PSC for the Trenton area is Robyn May and she can be contacted at 613-392-2811 local 5060, or 613-242-9689 (cell) or by e-mailing a message to peersupport-tnt@aol.com. The Centre/OSISS office is located at 20 Cosmo Dr. across from the Base Hospital.

Six family members have also been employed as Family Peer Support Coordinators (FPSC) to assist spouses and parents with accessing community resources and providing social support and understanding when a loved one is injured. FPSCs are individuals who have lived with a member suffering from an OSI and know quite well the implications of such a condition.

The family PSC for Trenton is Michelle Edwards, who can be contacted at 613-687-7373. Michelle's email address is family-pscpet@aol.com

For further information on the OSISS program, visit the website at www.osiss.ca or call The Centre at 1-800-883-6094.

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CF Show Tour prepares for Afghanistan

By 2Lt Annie Morin

The support given to our deployed troops can take many forms, but all have the same effect; boost the morale of CF members overseas. The CF Show Tour, organized by the Canadian Forces Personnel Support Agency (CFPSA), came to 8 Wing/CFB Trenton on Nov. 14 for its dress rehearsal. During the same event, the CEO of Sears Canada unveiled three giant greeting cards that have been sent to Afghanistan with the CF Show Tour.

The CFPSA has for years been putting together CF Show Tours for CF members deployed overseas and in isolated locations, bringing a small piece of Canada with

them. This edition of the tour is comprised of 11 talented Francophones who perform a variety of musical, comedic and dance acts. The show line-up includes performances by Pascal Babin, Alex Lapointe, Rémi Théberge, Claudine Bourdage and Véronique Labbé, to mention a few.

The giant Christmas cards, signed by Sears' employees and customers, were presented by the CEO of Sears Canada, Dean Rogers, to the President of Canex, Gerry Mahon. The signatures were collected from various Quebec and Montreal-area stores, part of Sears' "Operation Wish" program.

"It's very tough to be away from home during the holidays, as is the case

for thousands of Canada's military personnel serving overseas," said Rogers. "This is our small way of helping Canadians reach out to support the troops and their families. Support from our customers and associates has been overwhelming and that's why we have chosen this way of sending the thoughts and best wishes directly to the soldiers overseas."

"Receiving good wishes from people back home means a great deal to our troops overseas", said Jim Peverley, CFPSA, Director of Deployment Support. "Canadians' thoughts and support are also very meaningful to all military families, whether their loved ones are stationed outside Canada or not."



Photo: Joel Wiebe, Contact Staff



Photo: Cpl David Cribb, 8 Wing Imaging



Photo: Joel Wiebe, Contact Staff



Photo: Cpl David Cribb, 8 Wing Imaging



Photo: Joel Wiebe, Contact Staff



Photo: Cpl David Cribb, 8 Wing Imaging

Clockwise from top right: Véronique Labbé, Claudine Bourdage sings lead vocals while Alexandre Lapointe sings backup, Les Prezz guitarist Jimmy Lahaie plays on with Bourdage in the background, comedian Pascal Babin strikes a pose for the camera, Rémi Théberge, CANEX president Mr Gerry Mahon signs one of the oversized cards bound for Afghanistan.



PEOPLE AT WORK



Photo: Sgt Paul MacGregor, 8 Wing Imaging

Sgt Tony Savard, senior Precision Approach Radar (PAR) Controller with 8 Wing Air Traffic Control (ATC) Squadron, sets up a radarscope in preparation for an aircraft on instrument approach. It's just another day at the office for this PAR controller of 16 years, and a busy one at that! In October, Sgt Savard performed 107 runs, the most of any PAR controller at the unit that month. "There are plenty of runs here in Trenton... it's probably the busiest place I've been for PAR," says Sgt Savard. Needless to say, PAR is a critical service provided by military air traffic control. There has been talk within the ATC community of phasing out PAR since the 1980's but military facilities continue to rely on the service. "At some point they must have realized its vital role," adds Sgt Savard. He began his career with 403 Helicopter Operational Training Squadron at Canadian Forces Base Gagetown as a flight advisor in 1989. It was there that he met his wife the following year. Over the course of his career Sgt Savard has had the honour of serving on overseas deployments to Rwanda in 1994 as well as the Sinai, Egypt in 2001. Sgt Savard is a tremendous movie lover and the father of two lovely daughters aged 16 and 10.

PEOPLE AT WORK



Photo: Cpl David Cribb, 8 Wing Imaging

The office of Cpl Carolyn Shier is not your typical one. Ovens, steamers, grills, spatulas, and pots and pans are some of the things that surround her at work. Cpl Shier is a cook at 8 Wing/CFB Trenton, where she likes to interact with customers in a great working environment. Some of her duties include baking, flight feeding and the pizza-pasta area. In the Reserves for 14 years, she has been posted to Cold Lake, Germany and Trenton, preparing meals for our troops. Cpl Shier's passion for cooking doesn't end at work. She also enjoys cooking at home for her daughter and husband, and participating in the yearly Warkworth charity pie cooking contest. In her time off, she stays fit by going to the gym regularly.

PEOPLE AT WORK

A VIEW FROM CAMP MIRAGE



Photos: MCpl Brisson



(Top) Cpl Derek Cox (2AMS) and Cpl Christa Cox (WCE) after our medals parade on Nov. 19. We're "Married to the military-and each other."

(Above) The Engineer Services Flight at Camp Mirage: (L-R Front Row) Cpl Nick Dugas (WgFirehall), Cpl Phil St-Denis (86ASU), Sgt Tom Smith (Wg Firehall), Zac (Locally Employed Pers), Capt Terry Muldoon (WCE), Cpl Christa Cox (WCE), Sgt Pernel Frantz (81 AEF), WO Glenn Baird (WCE).

(L-R Rear Row) Sohaib (Locally Employed Pers), Tanwir (Locally Employed Pers), MCpl Tony Samms (81 AEF), Cpl Chris MacKenzie (86ASU), Cpl Nick Panasky (86ASU), Cpl Greg Evans (81 AEF) and Cpl Joel Fitzgerald (81 AEF).



Photo: Cpl David Cribb, 8 Wing Imaging

Shown above is Cpl Christine Rooney, an aviation (AVN) propulsion technician, working on a CC-130 Hercules engine in 2 Bay of 8 Air Maintenance Squadron's 10 Hangar. Cpl Rooney is in her fourth year at 8 AMS after a ten year retirement from the Canadian Forces. Her military career of 16 years prior to retirement was spent as an Aero-engine technician, a trade later renamed to AVN tech. With 20 years total in the Forces, she began her career at 8 Wing Trenton working on the CC-130 Hercules before transferring to Ottawa to work on the CC-109 Cosmopolitan, and then "it was onto T-birds and Hueys at 12 Wing/CFB Shearwater." After a break from the military, Corporal Rooney returned to the Hercules at 8 Wing.

Cpl Rooney has deployed on two Boxtop missions and may deploy overseas in the upcoming year. Her favourite aspect of AVN work is running the engines up after maintenance; the accomplishments of her and her team mates satisfyingly result in serviceable engines. Despite the physical labour being quite demanding at times (parts can be heavy!), she truly enjoys the mechanical aspects of the job, and is back for her second go-around. Proud to be doing her part in Air Mobility, Cpl Rooney excitedly awaits the arrival of new aircraft in the upcoming future. She lives in Trenton with one son at home, and has a young granddaughter.



HOROSCOPES

Weekly Astrology by Christine Davison

November 25 - December 1

ARIES (March 21-April 19): You must recognize that problems that face yourself or those who rely upon you are beyond your control, this week. Everything will even out in the end. Time heals all wounds and rights all wrongs. Worrying over little details and predestined things will not help anything or anyone. This may be a blessing in disguise.

TAURUS (April 20-May 20): You must remain courageous this week, even if you are feeling doubtful of your abilities. There may be something this week that will demand your immediate attention, don't let this opportunity pass you by or you may regret it later on. You may benefit from trusting someone or giving them the benefit of the doubt.

GEMINI (May 21-June 20): This is the time to buy or sell things to do with property, antique possessions, or items you made at home or with your family. You will get the price you hoped for if you try to make a profit this week. There is a chance that you'll receive gifts or a piece of real estate from a relative. Success and security are yours.

CANCER (June 21-July 22): You may feel as if one of your favourite relatives, perhaps a sibling, is given to flights of fancy and innocent distractions. You will receive interesting news this week. This is a fertile and artistic week for Cancer. A sister may wish to help you out or repay you for past kindnesses through her services.

LEO (July 23-Aug. 22): This may be a week to try your hand at artistic activities and creative pursuits. You'll feel your happiest this week if you play or listen to music. Try to make decisions later in the week. Don't feel pressured to act like everyone else; you don't have to please conservative others. Do what you feel like.

VIRGO (Aug. 23-Sept. 22): This week may bring an emotional or sentimental time. Try to take some moments out for yourself. You deserve some peace, quiet and solace. You may wish to make decisions early on in the week or over the weekend. Try to identify what brings you the most joy. Pursue your heart and follow your dreams.

LIBRA (Sept. 23-Oct. 22): Use discretion to your best advantage over the next few days. This may not be the best time to make decisions as too many emotions may be involved. Try to open up and examine your own interests and desires this week. You may discover secrets about yourself that you never knew existed. Let your imagination soar.

SCORPIO (Oct. 23-Nov. 21): You are a kind, generous and loving person. You tend to be giving and open with your wealth and resources, while remaining practical. You may become successful in business ventures at some point during this week. You may experience love and comfort at home and abroad. The next seven days may be wonderful ones.

SAGITTARIUS (Nov. 22-Dec. 21): You might receive a gift or a valuable object from someone who loves and admires you this week. You may receive an interesting and profitable piece of information or you might go upon a successful business trip at some point this week. Others will see this as the beginning of a prosperous period for you.

CAPRICORN (Dec. 22-Jan. 19): Approach your goals this week carefully and moderately. Practice temperance in all that you say and do. You will recover from unfortunate events or situations. You will be able to manage resources appropriately as they come your way. This is the beginning of a period of luck, good fortune, balance and harmony.

AQUARIUS (Jan. 20-Feb. 18): You will uncover hidden details or information that may teach you where your best or true interests lie. Try to spend any newfound wealth carefully. You will do well if you save money or share it with maternal relatives. Feel free to enjoy the good things in life. A lover may desire your attention this week.

PISCES (Feb. 19-March 20): You may become involved in a new successful love affair or a beneficial partnership. You may make many new acquaintances this week, one or two of which may eventually become close friends. You will do well if you trust your intuition this week. Helpful advice or assistance may come when you would least expect it.

Astrological queries can be directed to Christine at www.moonsignastrology.ca

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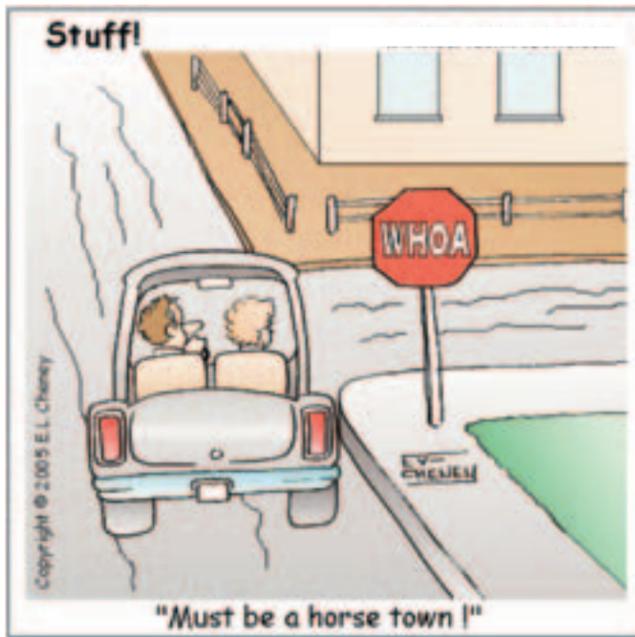
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

Come celebrate the Holiday Season

with an afternoon of family fun and entertainment

Downtown Trenton
Sunday, Nov. 25, 2007
Festivities begin at 3 p.m.

Streetscape Grand Opening

Corner of Dundas and Albert
Opening ceremonies at 3 p.m.
The Wannamakers and refreshments at 3:30 p.m.

Trenton Santa Claus Parade

Starting in Centennial Park at 4:30 p.m.
Arriving downtown after 5 p.m.

New this year: people's choice award
vote online: www.quintewestchamber.on.ca

Christmas Fantasy Opening Ceremonies

Fraser Park
Community refreshments at 6 p.m.
Lighting of the park at 6:15 p.m.

For more info, contact the City of Quinte West at
613-392-2841

Catholic Women League OLOP Council

Celebrating 50 Years of Service!

On Dec. 2, the 8 Wing Chapel, Trenton, will open its doors to welcome all who would like to celebrate our 50th Anniversary with us. We are inviting all past Spiritual Advisors and members to come and share an afternoon of fellowship and memories. We are inviting parish community members as well as neighbouring CWL Councils.

We will start with a Spiritual Opening at 13:00hrs, followed by coffee, goodies and a lot of great stories. If you are able to attend or have questions, please RSVP with Susan at local 2382 by Nov. 30.

We thank everyone for your prayers and support throughout the years. We have made it this far, in part, because of all of you. God bless you all!

Operation Red Nose

Last Call before you hit the road for 2007!

Call a friend, a cab or
Operation Red Nose

Hours of operation: 9 p.m. to 3 a.m.

Dates of Operation for 2007: Nov. 30, Dec. 1, 6, 7, 8, 13, 14, 15, 20, 21, 22, 27, 28, 29, 31

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8 Wing Chapel – Christian Churches Celebrations

Dec. 2, 2007 – Jan. 1, 2008

Chapelle 8e Escadre – Horaire Des Célébrations Liturgiques Chrétiennes

2 Déc. 2007 – 1er Jan. 2008

Dec 2 déc. – 1st Sunday of Advent 1 ^{er} dimanche de l'Avent 0900 hrs – Sunday Worship Communion (P) 1015 hrs – Sunday Mass (RC) 11h30 – messe dominicale (CR) 1900 hrs – Special Advent Service (P)	11h30 – messe dominicale (CR) Dec 24 déc. – Christmas Eve Veille de Noël 17:00 hrs – Family Mass (RC) – bilingual – messe familiale (CR) – bilingue 19:30 hrs – Christmas Eve Service (P) 21h00 – messe de la nativité du Seigneur (CR) 22:30 hrs – Nativity of the Lord Mass (RC)
Dec 9 déc. – 2nd Sunday of Advent 2 ^{ième} dimanche de l'Avent 0900 hrs – Sunday Worship (P) 1015 hrs – Sunday Mass (RC) 11h30 – messe dominicale (CR)	Dec 25 déc. – Christmas Noël 1015 hrs – Nativity of the Lord (RC) – bilingual – messe de la nativité du Seigneur (CR) – bilingue
Dec 16 déc. – 3rd Sunday of Advent 3 ^{ième} dimanche de l'Avent 0900 hrs – Sunday Worship (P) 1015 hrs – Sunday Mass (RC) 11h30 – messe dominicale (CR)	Dec 30 déc. – Holy Family Sunday dimanche de la Sainte Famille 0900 hrs – Sunday Worship (P) 1015 hrs – Sunday Mass (RC) 11h30 – messe dominicale (CR)
Dec 17 déc. – 1900 hrs – Advent Penitential Celebration (RC) – bilingual – Liturgie du pardon de l'Avent (CR) – bilingue	Jan 1 jan. – New Year's Day Jour de l'An Mary, the Mother of God Fête de Marie, Mère de Dieu World Day of Prayer of Peace Journée mondiale de prière pour la paix 10:15 hrs – Liturgy of the Day – Celebration of the Word (RC) – bilingual – Liturgie du Jour – Célébration de la Parole (CR) – bilingue
Dec 20 déc. – 1100 hrs – 1300 hrs – Sacrament of Confession (RC) – individual – sacrement de confession (CR) – individuelle	
Dec 23 déc. – 4th Sunday of Advent 4 ^{ième} dimanche de l'Avent 0900 hrs – Sunday Worship (P) 1015 hrs – Sunday Mass (RC)	

WING CHAPLAINS SERVICES SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

Wing Chaplain- *LCdr Steve Merriman* – Aumônier de l'Escadre
Administrative Assistant – *Mrs. Manon Pilon* – adjointe administrative
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Unit Chaplains – aumôniers d'unités

LCdr Padre Steve Merriman, P; Capt Padre Mike Adamczyk, P;
Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate / Agent de pastorale

As support staff – comme personnel de soutien

Rev. Jim Craig, P & Fr Julien R. Beaulieu, RC;
Both are Civilian Officiating Clergymen / membres du clergé civil



WORSHIP SERVICES

Our Lady of Peace (RC)
Christian community – communauté
Notre-Dame-De-La-Paix (CR)

St. Clement Astra (P)
Protestant Community

Chapel Life Co-ordinator
Father Julien Régis Beaulieu
Coordinateur de Vie de Chapelle

Chapel Life Co-ordinator
Padre Mike Adamczyk

Masses-messes
Sunday Mass (E) at 1015hrs
Messe dominicale: 11h30
Monday & Wednesday at 12:00hrs

Sunday Divine Worship, 0900hrs
Holy Communion:
1st 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

After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplain. / *Après les heures de travail, pour les urgences seulement, svp appelez le téléphoniste de la Base au 392-2811 et demandez l'aumônier en devoir.*

Health

Nine drinks for women, fourteen for men: why the difference?

According to the *Low Risk Drinking Guidelines*, women should consume no more than nine standard drinks per week, but men get to have up to 14. Why is this? Is the recommendation based on solid scientific evidence? Turns out it is, and the reasons might surprise you.

Women generally have less body water than men of a similar weight. This means that they reach higher concentrations of alcohol in their blood after consuming equivalent amount of alcohol. Furthermore, women eliminate the alcohol from their bodies faster than men, as a result of having larger livers (per unit lean body mass). So given the same length of time and the same body weight, a woman's liver will process more alcohol than a man's. This puts more

stress on women's livers than on men's. However, an enzyme called alcohol dehydrogenase, which is found in the liver and is responsible for breaking down alcohol into its non-active (i.e., non-intoxicating) products, appears to be less active in women. Therefore, it is possible that once consumed, more alcohol is able to move into a woman's bloodstream than a man's.

Aside from these effects, women are generally more susceptible to many forms of alcohol-related organ damage. For example:

Women are more susceptible to developing alcoholic hepatitis and dying of cirrhosis of the liver, after ingesting less alcohol and over shorter periods of time, than men. It is thought that this increased susceptibility may be linked to the

effects of estrogen.

Some MRI (Magnetic Resonance Imaging) studies suggest that women may be more susceptible to alcohol-related brain damage than men. This is especially evident in areas of the brain that are involved in coordinating the brain's activities.

Alcohol-associated heart disease is equally present among men and women, in spite of the fact that, on average, female heavy drinkers have 60% less lifetime alcohol use than men. This means that women are much more susceptible to alcohol-associated heart disease than men.

Consumption of moderate or heavy amounts of alcohol (i.e., two or more standard drinks per day or bingeing) is associated with higher rates of breast cancer.

Given the above evidence, it is clear that the effects of alcohol are much different for women and men, and these differences are reflected in the recommendations of the Low Risk Drinking Guidelines. Remember, always stop and think before you drink. For more information on Addictions Awareness Week and the Health Promotion program, please contact your local health promotion office or visit our website at http://www.forces.gc.ca/health/services/engraph/health_promotion_home_e.asp

Nov. 18 to 24, 2007, is National Addictions Awareness Week and I have also attached the link: http://www.cf-comunitygateway.com/en/Trenton/Health%20Promotion/NAAW07_e.asp

Neuf verres pour les femmes et quatorze pour les hommes: Pourquoi cette différence?

Selon les Directives de consommation d'alcool à faible risque, les femmes ne devraient pas boire plus de neuf consommations standard par semaine, tandis que les hommes peuvent aller jusqu'à 14. Pourquoi cela? La recommandation est-elle fondée sur des preuves scientifiques solides? Il s'avère que oui, et les raisons pourraient vous étonner!

Pour un même poids, les femmes ont généralement moins d'eau dans le corps que les hommes. Cela signifie qu'elles obtiennent de plus fortes concentrations d'alcool dans le sang après avoir consommé des quantités équivalentes d'alcool. De plus, les femmes éliminent l'alcool plus rapidement que les hommes, c'est pourquoi leur foie est plus gros (par unité de masse maigre). Alors, à même durée et à même poids, le foie d'une femme traitera plus d'alcool que celui d'un

homme. Cela impose un plus grand stress au foie de la femme qu'à celui de l'homme. Cependant, une enzyme appelée alcool déshydrogénase, qui se trouve dans le foie et qui est responsable de la décomposition de l'alcool en produits inactifs (c.-à-d. non intoxicants), semble être moins active chez la femme. Il est donc possible qu'une fois consommée, une quantité supérieure d'alcool puisse se déplacer dans le corps de la femme que dans celui de l'homme.

Outre les effets, les femmes sont généralement plus susceptibles de subir des dommages aux organes liés à l'alcool. Par exemple :

Les femmes sont davantage susceptibles de développer une hépatite d'origine alcoolique et de mourir d'une cirrhose du foie, après avoir ingéré moins d'alcool et pendant moins longtemps que les hommes. On croit que cette susceptibilité accrue

pourrait être liée aux effets des oestrogènes.

Certaines études d'IRM (imagerie par résonance magnétique) suggèrent que les femmes peuvent être plus susceptibles de subir des dommages au cerveau liés à l'alcool que les hommes. Cette atteinte est particulièrement manifeste dans les zones du cerveau participant à la coordination des activités cérébrales.

Les cardiopathies liées à l'alcool sont également présentes chez l'homme et la femme malgré le fait qu'en moyenne, les femmes boiveuses consomment 60 p. 100 moins d'alcool à vie que les hommes. Cela signifie que les femmes sont beaucoup plus susceptibles de subir une cardiopathie liée à l'alcool que les hommes.

La consommation d'alcool en quantités modérées ou fortes (c.-à-d. deux consommations standard ou plus par jour

ou une cuite) est associée à des taux plus importants de cancer du sein.

Compte tenu des preuves susmentionnées, il est clair que les effets de l'alcool sont bien différents pour les femmes et les hommes, et ces différences sont prises en compte dans les recommandations des Directives de consommation d'alcool à faible risque. Et surtout, pensez-y deux fois avant de consommer.

Pour de plus amples renseignements sur la Semaine de sensibilisation aux toxicomanies et le Programme de promotion de la santé, veuillez communiquer avec votre bureau local de la Promotion de la santé ou visiter notre site Web : http://www.forces.gc.ca/health/services/frgraph/health_promotion_home_f

Le 18-24 novembre 2007 sont des Semaines Nationales de Consciences de Dépendances.



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Defensive Driving Course

MSE Safety is offering at no cost, a defensive driving course for dependants only. This course will be held at WTn, 11 Buffalo Ave, on Dec 3 and 4, 2007 from 1800 to 2100 hrs.

Participants must attend both teaching nights in order to receive their DDC cards and accreditation certificates.

This first come, first serve format has a limited seating capacity of 30 persons. All interested personnel are to be pre-booked for subject class by contacting Wing Tn MSE Safety Section at local 3470/3347 to secure a seat.

This all time favourite always receives overwhelming response, therefore if you reserve a seat and then have a change of plans, please advise us soonest so we can offer the seat to someone else.

NOTE: This course is registered with Canada Safety Council and may be recognized by some Auto Insurance Companies for cost reductions.

Cours De Conduite Préventive

La Section de la sécurité MMS offre aux personnes à charge seulement, un cours de conduite préventive gratuit.

Le cours se donnera à l'Ere Trsp, 11, avenue Buffalo, de 18 h à 21 h, les 3 et 4 décembre 2007.

Les participants doivent assister aux séances de formation les deux soirs pour recevoir leur carte du CCP et leur certificat d'accréditation.

Premier arrivé, premier servi: il n'y a que 30 places disponibles. Tous les employés intéressés doivent s'inscrire à l'avance en communiquant avec la Section de la sécurité MMS de l'Ere Trsp, au poste 3470 ou 3347. Ce cours, très prisé, fait toujours l'objet d'un très grand intérêt. Si vous changez vos plans après vous être inscrit, nous vous prions donc d'en aviser la section le plus tôt possible, de sorte que nous puissions offrir votre place à quelqu'un d'autre.

NOTA: Ce cours est accrédité par le Conseil canadien de la sécurité, et il peut vous valoir une réduction de prime auprès de certaines compagnies d'assurance automobile.

Winter driving tips from the experts

(NC)-The Canadian winter is often marked by fierce winter storms and blizzard conditions that can appear without warning. We are often reminded of the snow, sleet and black ice that can make winter driving dangerous. This year ensure you are prepared to withstand even the harshest of winter weather conditions.

"Our couriers know all too well the unpredictable winter weather and subsequent driving conditions that can occur without warning," says Peter Furtner, managing director for FedEx Canada.

Furtner, who ensures FedEx couriers are well equipped to weather any emergency on the road, encourages drivers to consider these winter safety tips to withstand the tough conditions of the season:

- Make sure your tires have enough tread on them to avoid sliding and enough traction for braking.
- Take an extra minute to clear all the snow and ice from your car before driving. This will help avoid sheets of ice flying off your car and onto the other drivers behind you. Also be sure to check that front and rear lights are unobstructed by snow and ice.
- Make sure your heater, defroster and rear defogger are working properly to avoid steamy windows, which can severely limit your visibility.
- Always try to keep your gas tank more than half full. If you do get stuck or stranded, the engine will be your only source of heat. Be sure to crack open a window if you're sitting in the car with the engine running.

- Check your spare tire for air and make sure you know how to change it.
- Check weather and travel conditions before heading out on the road. Don't take chances if the weather is bad. Either allow yourself extra time for travel, or wait until conditions improve.
- Never use cruise control in the winter. Winter driving requires you to be in full control at all times.
- Be prepared for unexpected emergencies - always carry a first aid kit, flashlight, battery jumping cables and a warm blanket just in case.

Furtner explains that no matter the distance you drive, preparation is essential to a safe winter driving plan.

For more information, go to www.fedex.ca.
credit: www.newscanada.com

Battery boosting dangers



Submitted by
Don Heans,
Wing General Safety
Officer

Battery boosting is a common procedure, which most people take for granted, but it is important to be aware of the hazards. There is a risk of serious injuries, especially to the eyes, from incorrectly boosting a battery. Boosting a vehicle battery can set off an explosion. A vehicle battery generates hydrogen and oxygen while being recharged. This is an explosive combination, and can be set off by a spark. The spark could come from a cigarette, static electricity or even the booster cable connection. Follow these guidelines for safer battery boosting:

Wear safety goggles to protect you from battery acid and fragments of the battery in case of an explosion. Store the goggles with the jumper cables so they will be readily available

when you need them.

Before boosting, make sure the battery is dead. It is possible the terminals and clamps may be corroded and just need cleaning. Also check that the battery is not frozen. Attempting to boost a frozen battery can cause an explosion.

If necessary, fill the battery to the required fluid level. In the case of a sealed type of battery, you may not be able to fill it and will have to replace the battery.

Ensure both vehicles have electrical systems of the same voltage, and make sure both have a negative ground.

Put the two vehicles close to one another, but not touching. Both vehicles should be in "park" or "neutral." Set the emergency brakes.

Turn both engines off; turn off any electrical devices such as interior lights, radio, etc.

Wear your eye protection as you approach the battery, and never lean over the battery because of the risk of explosion, which could injure your eyes.

Open the battery vent caps to allow any build-up of gas to escape. Cover the holes with a damp cloth, or replace the caps.

Attach the red clamps to the positive (+) posts of each battery. Be careful not to attach them to the wrong posts because this is an explosion hazard. Connect one of the black clamps to the negative (-) terminal on the good battery. Then attach the other black clamp to a good ground on the disabled vehicle. This would be a clean, unpainted spot on the frame, engine or body of the disabled vehicle. It should be as far away as possible from the battery. The reason for this is to prevent sparks from occurring near the explosive gases. When you are attaching the clamps, make sure they do not touch any other metal, to prevent sparks.

Next, start the vehicle, which has the good battery. After that, start the vehicle, which is disabled.

Finally, remove the cables in the reverse order from which you attached them. First detach the "-" cable from the car's frame.

Take the cable off of the good car's negative battery terminal. Next remove "+" cable from the disabled car's battery. Finally, remove the "+" cable from the good car's battery.

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November 28 - Auto Assist

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

Soutien au déploiement / Les sorties du mercredi soir.

Le 28 novembre - Auto Assist

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

The Belleville Bulls support the Military Community / "Les Belleville Bulls" appuient la communauté militaire



Come to the MFRC to purchase your voucher for any 2007 - 2008 Regular Season Home Games
Venez au CRFM pour acheter vos coupons pour les parties à la maison de la saison régulière 2007 - 2008.

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Visit their website for the dates / Visitez leur site web pour les dates www.bellevillebulls.com/schedule.html

To know more about Military Discount Program, please visit the MFRC website!!!
Pour plus d'information sur le programme de rabais pour les militaires,
svp, visitez le site Web du CRFM

Volunteer Opportunity

Youth Dance Chaperones - Due to the popularity of these dances, we are in need of more volunteers to assist with chaperoning. These dances are held once per month at the South Side Gym, usually on a Saturday night from 5-11 pm. The dances are for 9-16 yr olds. The next dance will be held on Dec 01/07. Mature teens can use this volunteer activity toward school community involvement hours. Volunteers will be screened for suitability to work with children/youth. Please contact Wendy at 613-392-2811 ext. 3557 if you are interested.

Opportunité de bénévolat

Chaperons aux danses des jeunes - Due à la popularité de ces danses, nous avons besoin de plus de personnes bénévoles pour agir comme chaperons. Ces danses ont lieu une fois par mois, au gymnase du côté sud, habituellement le samedi soir de 17 h à 23 h. Ces danses sont pour les jeunes de 9 à 16 ans. La prochaine danse sera le 1er décembre 2007. Pour les ados plus âgés, ces activités bénévoles peuvent être incluses au nombre d'heures requises dans le programme communautaire scolaire auquel ils doivent s'impliquer. Les bénévoles seront soumis à une évaluation en vue d'établir leur habileté à travailler avec les enfants et les ados.

Evergreen Memories of Home

A holiday salute to our deployed soldiers

Staff and volunteers of the Trenton Military Family Resource Centre are busy putting together the final touches to a unique tribute for our deployed soldiers who will be away for the holiday season.

"Evergreen Memories of Home - a holiday salute to our deployed soldiers" is a display of fourteen Christmas trees decorated to represent the ten provinces and three territories. The fourteenth tree is a Peace Tree and will honour our fallen soldiers.

With the generous support of the Trenton Historical Society the display will be held at the historical Town Hall on King Street from December 10 -28th. The general public will be able to visit the display during weekdays from 5:30pm - 8:30pm and on Saturdays and Sundays from 10am-4pm. The display will be closed on Christmas Eve and Christmas Day.

If a community group would like to request a private showing outside of the scheduled visiting times they should contact the Trenton MFRC to make arrangements. Family events such as Christmas Story Time, Children's Crafts and Cookie Decorating are also being planned during this time. A detailed schedule of events will be circulated to the public very soon.

While the goal of this project is to support our serving members and their families, the Trenton MFRC also wants to recognize the generous and heartfelt support of the local community throughout the year. The success of so many of the MFRC's programs has been achieved through the positive relationship between 8 Wing Trenton and the community. For more information on this project contact:

Jaimie Corriveau, Project Organizer 613-392-2811 ext. 4299
corriveau.JA2@forces.gc.ca



Mémoires de sapins de Noël d'antan

Un hommage pour les Fêtes à nos soldats déployés

Les employés et les bénévoles du Centre de ressources pour les familles des militaires s'activent à mettre les touches finales à cet unique hommage pour nos soldats déployés durant la saison des Fêtes. "Mémoires de sapins de Noël d'antan - Un hommage pour les Fêtes à nos soldats déployés" est une exhibition de quatorze sapins de Noël décorés pour représenter les dix provinces et les trois territoires. Le quatorzième est l'Arbre de la Paix pour honorer les soldats tombés au champs d'honneur.

Les sapins de Noël seront exposés à l'Hôtel de ville historique sur la rue King du 10 au 28 décembre, une offre généreuse du "Trenton Historical Society". Le grand public est invité à visiter l'exhibition du lundi au vendredi de 17h30 à 20h30 et les samedis et dimanches de 10h à 16h. L'exhibition sera fermée la veille et la journée de Noël.

Pour un groupe communautaire qui souhaiterait une visite privée en dehors des heures d'ouverture, contactez le CRFM pour faire les arrangements nécessaires. Des activités familiales telles que la lecture de contes, du bricolage pour les enfants et la décoration de biscuits sont planifiées. Un horaire détaillé des événements sera bientôt disponible.

Ce projet a pour but de démontrer un appui à nos militaires et leurs familles, en même temps le CRFM de Trenton veut reconnaître le généreux et sincère soutien de la communauté locale tout au long de l'année. Le succès de plusieurs programmes du CRFM fut accompli grâce à la positive collaboration entre la 8e Escadre et la communauté

Pour plus d'information sur ce projet, contactez:

Jaimie Corriveau, organisatrice du projet, 613-392-2811 poste 4299
Corriveau.JA2@forces.gc.ca

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FAMILY

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



UTVOPIA: What to watch

by Capt James Smith

Good day fellow movie lovers. So, as I stated in my last article, I wanted to cover a number of films that I thought were not nearly as successful as they should have been. This is part two of my extensive list.

Snatch (2000)

The second major outing by director Guy Ritchie, multiple characters and story arcs revolve around a huge diamond and some underground boxing.

Despite belonging to a very distinctive genre, I felt this film was seriously under-appreciated by everyone.

Ritchie's unique direction, awesome dialogue, and stellar acting make this movie rock in every way. Check out Brad Pitt with an unusual accent. Go rent it now.

Gone in 60 Seconds (2000)

This film was far less successful than it's action predecessors (The Rock, Con Air, Bad Boys). However, again this is a movie that just gets better and better every time I see it.

The story is simple, a retired car thief (Nicholas Cage) returns to his roots to save his troubled kid brother (Giovanni Ribisi). To do so, he has to steal 50 high-end cars in one night.

The film is literally teeming with highly respected actors, and

the storyline is great. All-round, this is a movie I can watch over and over again.

Cinderella Man (2005)

During the depression of the 30s, a washed up boxer by the name of Jim Braddock did the impossible...he came back, won the world heavyweight champion of the world and became a hero to the masses.

You could say that Crowe's off-stage antics were responsible for the horrible box office returns. Either that or the name of the film sucks.

Say what you will, but Russell Crowe is an incredible actor. This film is just so darn inspirational.

It doesn't hurt to have an incredible turn by Paul Giamatti, who was nominated for an Oscar for his role as Braddock's friend and manager.

Kung Fu Hustle (2004)

This film was very successful overseas and won a lot of awards. However, it saw limited success in America.

I bring it up because it has some truly spectacular fight scenes. If you see it for no other reason - do it for the choreography. It doesn't hurt that the film is also funny, serious and perplexing.

Just watch it. You'll see what I mean.

WHAT'S THE DIF ?

PIERRE C. ARSENEAULT



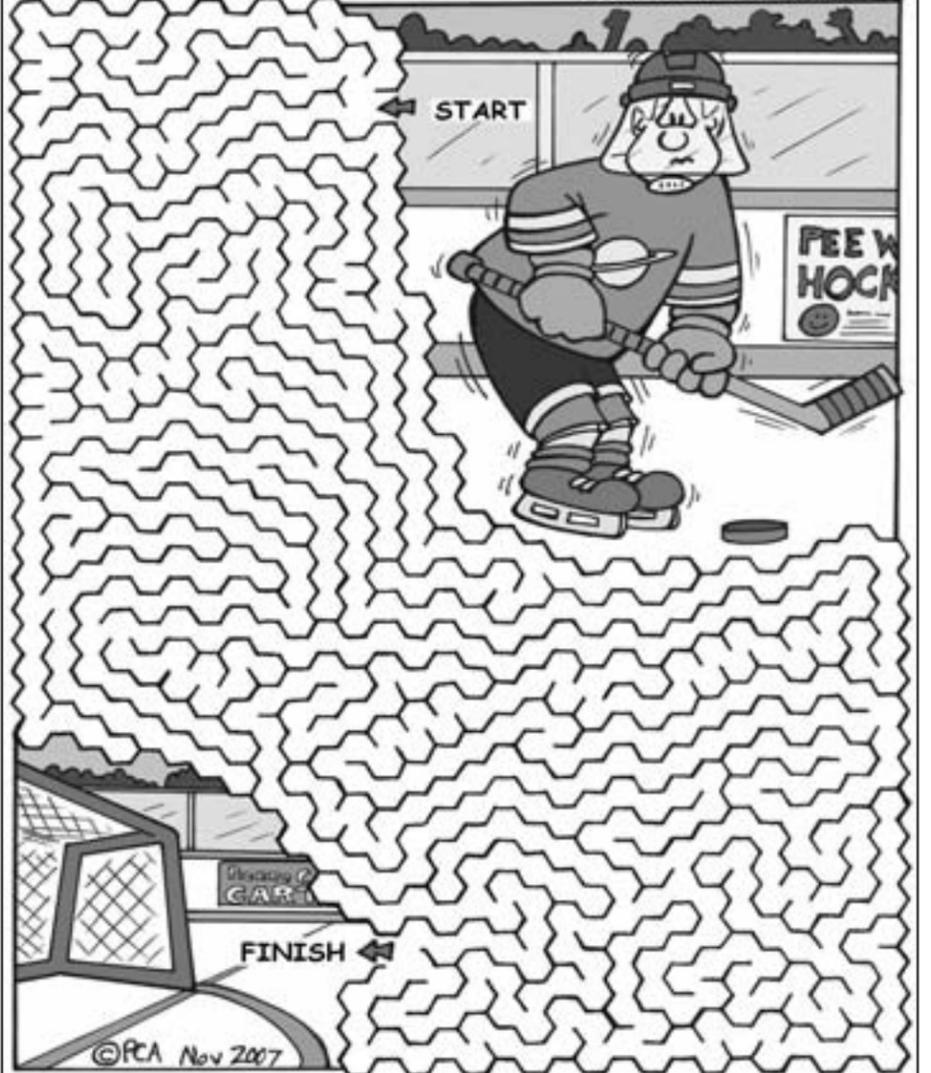
FIND THE 7 DIFFERENCES



ANSWERS: 1. HOCKEY STICK 2. SKATE BLADE 3. SLEEVE STRIPE 4. HOCKEY PUCK 5. REFEREE'S SHIRT 6. GLASS POST 7. CUP

DEAD END ?

PIERRE C. ARSENEAULT



Mealtime.org Italian Vegetable Soup

Ingredients:

- 1 tablespoon vegetable oil
- 1 small onion, diced
- 2 stalks celery, sliced
- 1 carrot, halved lengthwise and sliced
- 1 clove garlic, minced
- 2 cups canned, reduced-sodium chicken or beef broth
- 2 cups water
- 1 can (15 ounces) black-eyed peas, drained and rinsed
- 1 can (14 1/2 ounces) diced tomatoes with juices
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried thyme or oregano
- Salt and pepper, to taste
- 1/2 cup dry elbow macaroni
- Parmesan cheese, optional

Preparation Time: 15 minutes Cook Time: 30 minutes

Preparation: Heat oil in a Dutch oven or a large, heavy saucepan over medium heat. Add onion, celery and carrot; cook and stir until tender, about 5 minutes. Add garlic and cook another 30 seconds. Add broth, water, black-eyed peas, tomatoes, basil, thyme and salt and pepper if desired. Bring to a boil; simmer for 10 minutes. Add macaroni and cook 10 to 15 minutes, stirring occasionally until macaroni is tender. Serve in soup bowls; garnish with Parmesan cheese, if desired. Serves: 6

Nutritional information per serving: Calories 140; Total fat 2.5g; Saturated fat 0g; Cholesterol 0mg; Sodium 480mg; Carbohydrate 24g; Fibre 4g; Protein 6g

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Warm up cold rooms this winter season

(NC)-They're the places you often pass but seldom go - the cold rooms in your home.

It may be your attic, basement, or a common room such as a family room over the garage. No matter what the space, you can increase your usage of these rooms by warming them up following these simple tips:

Use your fireplace. A fireplace can warm up a room very quickly, but if you don't have a built-in fireplace, gas fireplaces are widely available at building supply or furnishing stores for reasonable prices.

To make rooms cozier, change the layout of your furniture. Place your seating area and coffee table around your fireplace for you and your friends to huddle around and keep warm.

Consider insulating walls and floors over cold spaces. Undertaking a home renovation to add warmth to cold rooms can help increase your use of the space in your home.

Consider installing PINK Fiberglas batt insulation from Owens Corning in both the walls of your home and in floors over cold, uninsulated areas. PINK Fiberglas insulation provides excellent thermal



performance and can also be used to insulate other cold rooms such as the basement, crawlspace and garage.

Use warm fabrics to add comfort. Bring out your cotton, wool or fleece throws and blankets to help you to stay warm. There are plenty of decorative throws on the market made of heavier fabrics like velour or corduroy. These are perfect items to keep you warm while resting on a bed or couch and can also act as accents

to a room when they are neatly arranged.

Canadian winters can be cold and unpredictable. Keep warm and comfortable this season and enjoy all the areas that your home has to offer.

More information on how to stay warm by installing PINK Fiberglas insulation can be found at www.owenscorning.ca. The colour PINK is a registered trademark of Owens Corning.



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