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A new model for health care delivery comes to 8 Wing Trenton

by Cathy Yeager
Quality Improvement
Coordinator
24 CF H Svcs C

The Canadian Forces Health Services (CFHS) is implementing a new CF-wide health care delivery model aimed at improving how we deliver health care.

The focal point of this new model of care is the Care Delivery Unit (CDU). The CDU ideally consists of the following team members per 1,500 population: two General Duty Medical Officers (GDMO), one civilian Medical Doctor (MD), one Nurse Practitioner (NP), one Primary Care Nurse (PCN), one Physician Assistant (PA), three Medical Technicians and two Administrative Clerks. This mixed team of military and

civilian staff works together to provide improved continuity of care to its designated patient population. 24 CF Health Services Centre has two CDUs and each CF member has been rostered to one of them by virtue of the unit they belong to. If you are uncertain which CDU you belong to, please check our website at http://trenton.mil.ca/lodger/MedSqn/CDU_e.htm.

In 'Our Contract With You,' the CF health care covenant specifically states that as a CF member, you can expect to be involved in decisions about your care and treatment. Your continuity of care will be enhanced by a close affiliation between yourself and your CDU team of professionals.

Another important change is shifting away

from sick parade and towards scheduled appointments. Sick parade is a pre-defined period when the CF member may present, without appointment, for assessment of health concerns of less than 48 hours duration. Using sick parade inappropriately for health concerns that have been in existence for greater than 48 hours detracts from continuity of care. CF members must book appointments for such health concerns. Each CDU will have appointments available on a daily basis for members who need to be seen quickly for concerns that do not fit into the sick parade definition but can't wait until the next available appointment.

These appointments can be booked through your CDU. As a CF member, what

should you expect? This new model of health care delivery will facilitate optimal continuity of care, improve wait times, provide you access to a comprehensive spectrum of care, create a user-friendly health care system, foster continuous quality improvement, and ensure excellence in health record keeping.

The new clinic model will enable 24 CF Health Services Centre to meet its mission of providing appropriate, timely and efficient health services while supporting unit operations both domestically and overseas. If you would like to learn more about these changes, please visit the Canadian Forces Health Services website at: http://hr.dwan.dnd.ca/health/information/engraph/PCRI_home_e.asp?Lev1=8&Lev2=7.

Photo: Pte Isabel Lavallee-Raby, 8 Wing Imaging



CDU 1 : Back Row (L-R) - M.L. Miles (Nurse Practitioner), Roxanne St-Laurent (CDU clerk), Cpl F. Charest (Med Tech), Lisa Lewis (CDU clerk), Stacey Peck (Primary Care Nurse). Front Row (L-R) - Sgt L. Rose (Med Tech), Dr T. Brereton (Physician), WO D. Fulford (Physician Assistant), Dr I. Feltham (Physician). Absent: Capt E. Smith (Physician), Capt W. Swales (Physician), and Cpl C. Couture (Med Tech). See additional photo on Page 16.

Keeping them flying: Getting the aircraft off the ground, on time

by Lt(N) Pierrette LeDrew
CFAWC UPAO 2

SOUTHWEST ASIA – One of the most critical aspects of any military operation is the ability to keep people, equipment and supplies moving. Today, when the battlefield is thousands of kilometres away, over land and sea, transport by air plays a crucial role.

Nowhere is this more evident than here. This camp is the link between Canada and Afghanistan. Everything and everyone is processed through here on the way there from home and back home from theatre. So it is no surprise that getting the airplanes off the ground on schedule is the priority for most, especially for those who maintain them.

The man responsible for all maintenance activities of the CC-130 Hercules knows this first hand. Captain Eric Bellavance is

the Aircraft Maintenance Officer for this deployment. Since June, he and his staff have worked diligently to keep those planes going. And they have been very successful at it.

"We have maintained an average serviceability rate of 86 percent for three aircraft," says Capt Bellavance. Even more impressive is the 93 per cent serviceability rate that they posted during the challenging Relief in Place (RIP) operations of the summer. This is no small feat anywhere, let alone in a theatre of operations away from home, under relentless heat, and where resources are somewhat more limited.

While maintenance personnel have the tools and most of the equipment needed to do their jobs, as well as adequate office space, they do not have a hangar. All maintenance and servicing functions are done outdoors. Most of the time, this is not a problem.

However, on two separate occasions, the assistance of a local company, which has hangars that can accommodate the CC-130, was required. Both problems were rectified quickly and professionally. Both instances were weather-related: it was simply too hot to conduct any significant maintenance activity without proper shelter.

The heat was everyone's biggest challenge here, but it was not the only one. The RIP was such a busy time that it necessitated the addition of a fourth aircraft. Adding to the pressure were repatriation ceremonies and visits. To make it all happen, ground crews had to work around the clock for months. Their efforts under such pressure were remarkable and effective; so effective that there were no mission cancellations related to maintenance issues.

"Everything went very well; we have an excellent team here," says

Capt Bellavance. "These guys are focussed on the operation. They are ready to work, and they are dedicated to the task. They understand what is going on because they spend a lot of time in Kandahar Airfield (KAF) and they see it directly," he adds.

Ground crews made up of 30 technicians deploy here for 56 days at a time. Each one spends 18 of those days in KAF. During that time, they gain a lot of experience, and they rely on each other, on colleagues from other coalition forces, as well as on their own expertise and resourcefulness to keep everything running smoothly. While the working conditions are better here, there is no shortage of volunteers for KAF. Most of the technicians want to be there. According to Sergeant Keith Neuman, spending time in KAF helps them "get the big picture. We really get what's going on."

This extends to the officer in charge and the Master Warrant Officer, who also goes to KAF on occasion.

However, unlike the Aviation and Avionics technicians, the maintenance officer and the MWO are deployed here for six months, as are the AMCRO and the ACS technicians. This ensures continuity and a smooth transition between rotations. While ACS technicians do not go to KAF, they are an essential part of the team, since they handle tool control and supply, in addition to their own duties.

Together, the members of the aircraft maintenance team of this rotation surpassed all expectations and kept those aircraft flying. They were up for the challenge, and faced it enthusiastically and successfully. The serviceability rate they achieved speaks to their dedication and professionalism.

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Wing Commander's Column

A message from Colonel Mike Hood



The weekend rush at the malls has begun, a sure sign that the holiday season is upon us. And I won't make any secret of the fact that it is my favourite time of year! I find the excitement that surrounds the holidays, particularly of our little ones, to be quite infectious.

The spirit of giving and the many special events that occur in December are longstanding traditions with members of the Canadian Forces – and for those of us here at 8 Wing. In the coming weeks I know that many of you will open your hearts and help make the holidays a happier time for those less fortunate in our community. Your kind donation of gifts for families who would otherwise do without, and your support to local food banks, are traditions we should all be proud of.

Another fine example of giving to the community is set by our Senior NCMs each year, as they selflessly dedicate their time by "deploying" to local seniors' homes to spend time with that great generation of Canadians who made our country what it is today.

On the 19th of December, the Senior Officers of the Wing will take the time to serve our junior members at the All Ranks Festive Meal. Traditionally, this meal was a symbolic gesture by those in positions of authority to give something back to those they have had the privilege to lead throughout the year – a way for them to say "thanks!" for all the hard work the team has accomplished over the past year. This year will be no exception as all of us in leadership positions owe our thanks and gratitude to the entire 8 Wing team for the outstanding accomplishments of 2007.

This year, the Warrant Officers and Sergeants will host the ever-popular Trenton tradition of "At Home" as they invite the officers to their mess for a glass of good cheer. This is an important tradition that provides the two groups an opportunity to share in the holiday spirit and relax together in a social environment.

But perhaps our most cherished tradition will be the time spent at home with our loved ones.

Those in uniform know all too well how precious time with family is. I encourage all of you as we lead up to these treasured days, to take advantage of all the military has to offer in terms of holiday spirit. Take pride in your accomplishments and enjoy some well-deserved time off with your family, friends and comrades.

Lastly, I will ask you to remember the many men and women from 8 Wing who will spend this holiday season abroad in service to their country.

Remember most of all their families and what they will unfortunately miss out on due to the many demands of our military profession. I expect each and everyone of you, supervisors and peers alike, to make sure you look after these families – help ease the burden that separation inevitably brings. I'll be joining these families for Christmas Dinner at the MFRC on December 12 and I would encourage you all to find similar opportunities.

Happy Holidays – Joyeuses Fêtes!

Golf balls...with a message

by LCol D. Miller
8 Wing Administration Officer

Donations, in support of the troops, come in all sizes, colours, forms, and packages. They take no specific forms and fit no particular mould. They are given with care, concern and consideration of those deployed. More often than not, they are the result of someone hearing something from the troops in theatre saying, "boy would it be nice to have this or that".

'Tim Hortons' is the first major example that springs to mind. This is where it starts. We find more and more Canadians want to get involved in supporting the troops, at home and abroad, with items. One such individual is Mark Guy from

the Pines of Georgina Golf Club (near Pefferlaw), who recently donated one thousand golf balls and some clubs.

Mr. Guy sent the golf balls to the students of *Morning Glory Elementary School*, in Georgina, ON, to have them decorate the balls and write letters to the troops.

Mr. Guy is one of the growing number of Canadians that would like to show their support to the troops by donating comfort items from home, however, when Canadians look to donate items to the troops overseas, we need to remind them that that the procedure for doing this is found on the www.cfpsa.com web site.

Canadians can donate to the troops by clicking on the donations button and filling out the form.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Eric Debouer, of the WCE Paint Shop, is seen here painting Building 22. This is a part of ongoing maintenance and base beautification program.

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December 9, 2007

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Holiday safety: Trees and lights

As the holidays draw near, decorative lighting and special effects become important components of the festive season. Christmas trees, in particular, are a traditional part of the season. And although they are special, trees pose a definite safety risk. If you're using a natural tree this year, reduce the risk of a tree fire by taking the following precautions:

Choose a freshly cut green tree, not one that has dried out through weeks of storage. If you are buying one from a tree lot, tap the trunk on the ground; if several needles fall off, it's too dry. Needles that bend and are not easily pulled off indicate a fresh tree.

Consider a potted Christmas tree so you can plant it in your yard once the holidays are

over.

Before setting it up, cut two inches diagonally off the butt. The tree will draw water more easily from a fresh cut.

Stand the tree in a tub or bucket of water and keep the tree trunk immersed to prevent the tree from drying out.

Select a safe location for the tree, away from drapes and curtains and from drying and heating sources such as registers, radiators and television sets. Don't block doors or windows which might be used to escape in an emergency and never put a tree near a fireplace.

Use a tree stand with widespread legs for better balance and a large water reserve in which to immerse the tree butt.

Check the water level every day and add more as required.

Check your Christmas lights for defects. Spread them out on a non-flammable surface before installing them. Make sure there are no broken bulbs, all electrical cords are free of cuts or frays and the plugs are in good condition.

Extension cords should never be placed under carpets or where they could be a tripping hazard.

Don't leave the Christmas tree lights on if there is no one in the room.

If the tree begins to lose an excessive amount of needles, remove it immediately.

Never burn your tree in the fireplace.

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

Some sobering thoughts about drinking and driving

Party animals turn into dangerous beasts when they get behind the wheel of an automobile.

Drinking and driving causes countless tragedies every year from traffic accidents resulting in death, injury and suffering.

Many of these accidents are caused by people who party it up with their friends and try to drive home. Both party hosts and guests must take responsibility for preventing these accidents.

Here are some ideas for party hosts to discourage drinking and driving during the holiday season and year-round:

Take charge of the party. Tell the guests you have house rules which include no one driving away while impaired by drugs or alcohol.

Collect car keys from your guests as they arrive, and don't return them to drivers who might be impaired.

Designate drivers at the beginning of the evening. These drivers will remain sober and drive the others home.

Provide a choice of attractive non-alcoholic drinks for the designated drivers and for all guests.

Also provide a variety of food high in protein and starch, to delay the absorption of alcohol. Limit the foods which are salty; they increase thirst.

Plan activities to take the emphasis off drinking. Encourage guests to participate in games, entertainment, food preparation and other activities.

Control your bar by serving guests yourself or hiring a bartender. Measure

all drinks. Stop serving drinks early in the evening. Never serve a drink to a guest who appears intoxicated.

Arrange rides with sober guests or call cabs for guests who appear intoxicated. Allow guests to sleep over if they have had too much to drink.

Do not invite people who you know drink too much.

Here are some additional ideas for party guests to avoid drinking and driving:

Plan your transportation before you leave home for the party. If you are going to be drinking, make definite plans to ride with a sober friend or to take a cab.

Eat a snack at home before you leave for a party so you won't overindulge in salty snacks which increase thirst.

Alternate your alcoholic drinks with other beverages such as fruit or vegetable juice. Don't chug down alcoholic beverages just because you are thirsty. Fill up on water instead.

Stay sober and help volunteer to drive for others. Help your host to arrange transportation for other guests.

Never ride with someone who has been drinking, even if you arrived with that person.

Remember only time can reduce impairment. Hot coffee, cold showers and fresh air do not sober you up.

Parties are bright spots in our lives during the December holidays and throughout the year. Make sure they remain bright memories, not darkened by a drinking and driving accident.

Search & Rescue UPDATE



424 Squadron had a relatively busy week involving the tasking of three missions.

The first mission was stood down before the crew could get airborne on Friday.

The last two missions involved a joint effort between the Griffon and Hercules in locating a missing kayaker on Lake Ontario, just off the coast of Grimsby. The Griffon conducted a shore crawl, while the Hercules completed search lines in the tasked area. The individual was located by our crews the next day.

Until next time, stay alert and stay safe.

Missions for 2007: 214 Missions for Nov.: 21 Persons rescued: 31

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

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

The Contact regrets an oversight in the 'WTISS and its commitment to Unit PT' article published in the November 23, 2007 issue. The article incorrectly identified Cpl D. Murray as a participant when it should have read Cpl N. Murray.

Have an opinion or story to tell?

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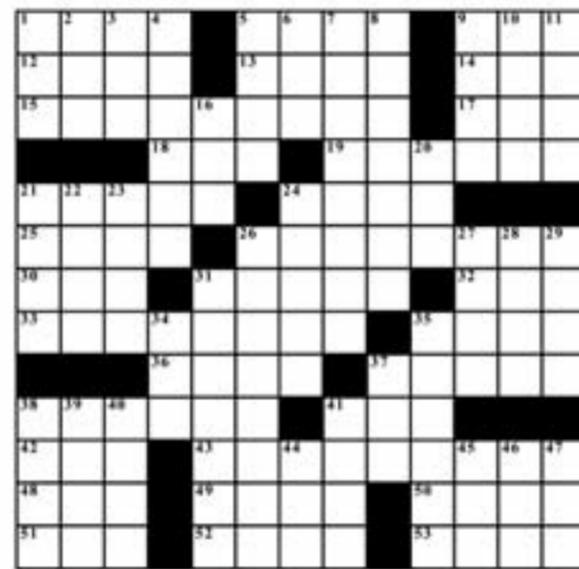
Bernice Rosella and James Kilner

ACROSS

- 1 Young salmon
- 5 ___ On (Santana top ten hit by Canada's Ian Thomas)
- 9 Photog's concern
- 12 Engrave
- 13 Jewish month
- 14 Toilet on the Thames
- 15 Golf or curl?
- 17 Egg cells
- 18 QB's quest
- 19 Post Lent celebration
- 21 Guru Nanak followers
- 24 General MacNaughton, familiarly
- 25 Prissy
- 26 Take a break
- 30 Bee follower?
- 31 Terminated
- 32 Go wrong
- 33 Moved forward
- 35 Ski lift
- 36 Ordinals
- 37 Sinatra hit by Canada's Paul Anka
- 38 Mould
- 41 Salt?
- 42 Wedding words
- 43 ___ Now (Judy Collins hit by Canada's Joni Mitchell)
- 48 Unprecedented
- 49 Soft cheese
- 50 Mitchell plantation?
- 51 German article
- 52 Music award
- 53 Ogled

DOWN

- 1 Vim
- 2 The A in AST
- 3 Canadian Forces unit



- 4 ___ Of My Heart (Rod Stewart hit by Canada's Mark Jordan)
- 5 Crones
- 6 Harem
- 7 Mourned
- 8 Feared
- 9 Word after mail and before machine
- 10 ___ Child (Supremes hit co-written by Canada's Dean Taylor)
- 11 Rapids racket
- 16 Promos
- 20 Pres. Assad's nation
- 21 Animal protection org.
- 22 Enraged
- 23 City southwest of Moscow
- 24 Mountain range
- 26 Caterpillar
- 27 Cat call?
- 28 Bombeck et al
- 29 Platter
- 31 Israeli hostage rescue locale
- 34 Plus
- 35 Fool's gold
- 37 Moms
- 38 On My ___ (We Five hit by Canada's Sylvia Tyson)
- 39 Brain wave
- 40 Moos
- 41 Those ones
- 44 Buck or Horton
- 45 Stockwell ___
- 46 Ever, poetically
- 47 Morose

Answers found on page 22



This Week in Contact

1977 – The season's first serious storm crashed into Winnipeg and tried to bring Winnipeggers to their knees. It did not succeed. A total community effort was needed to keep essential services in operation. The CF, especially the Second Battalion Princess Patricia's Canadian Light Infantry, were truly part of the community emergency team. In response to the Manitoba Emergency Measures Organization, 2 PPCLI provided four-wheel drive vehicles for emergency transportation. The city's emergency co-ordinating committee pulled from the roads all 200 snow-removal ploughs, graders, trucks, and related equipment.

1987 – Captain Bruce Nolan, plus crew, departed Trenton via CAM 6436, destination Lusaka, Zambia, with a specific mission: the salvage of a Zambian Air Force aircraft. For that, crews flew three shuttles to Mongu, a small village 600 km west of Lusaka, where the Buffalo crashed, and brought back wings, empennage, parts, etc. to Lusaka Int'l Airport, to be flown back to Canada at a later date. Once again the "Mighty Hercules" was going to the rescue of a Buffalo.

1998 – During the past few months, several of our Pass Gate Commissionaires have been relieved of their jobs at 8 Wing, as a result of the new Open Base Policy adopted by 8 Wing. This policy, as many people feel, will allow anyone access to the administrative and technical side of the wing. Several occupants within the Married Quarters believe that the commissionaires were acting as their first line of defence from unknown/unwanted persons, and now that this is gone, more criminal activities may fall on them and their co-workers. However, the Wing Security and MP Squadron have no available records to reflect an increase in crime on other bases who have adapted the Open Base Policy.

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



PEOPLE AT WORK



Capt Mike Maynard most certainly has the best office on the base—he works in the control tower with a 360-degree view. Capt Maynard is a Visual Flight Rules (VFR) controller at 8 Wing/CFB Trenton. His journey in the CF started in 1982 as an Air Traffic Assistant and then as a Precision Approach Radar (PAR) controller before obtaining his commission in 2003. Capt Maynard has always enjoyed working in an Air Traffic Control (ATC) environment because of the essential service he provides to flyers. He has participated in Box Top and MARCOT exercises and has provided help during the Winnipeg floods and after Hurricane Mitch in Honduras. For leisure activities, Capt Maynard plays hockey, golf, scuba dives and reads but spending quality time with his family is also very important.

426 (T) Squadron Combat Ready Course – Nav Perspective

Over the course of the last two years, changes in training objectives have resulted in a major overhaul of several courses taught by 426 (T) Squadron.

Operation Revamp, a 1 Canadian Air Division directed tasking, has resulted in the new Combat Ready Course (CRC). This new course is a significant milestone for CC-130 navigators, as they are trained to a combat ready, deployable standard in less than six months.

Prior to Op Revamp, it could take up to two years to train a navigator to the combat ready standard. Currently, navigators can look forward to successfully completing a challenging course, then being able to use their new operational skills immediately on squadron.

The new Combat Ready Course ensures that our new navigators are experts in flight planning, avionics, and navigation in all phases of flight. Once they have proven themselves on the basics of CC-130 operations, they quickly “graduate” to the tactical flying phase, where they are challenged with the task of operating as part of a com-



Photo: Submitted

Navigators participate in the new Combat Ready Course at 426 Squadron.

bat capable crew in a hostile environment. In the tactical phase, our navigator students are trained in CC-130 defensive tactics, low level navigation, and air-land/airdrop procedures for the delivery of troops or equipment to those we support.

Additionally, the navigators are trusted with the crucial task of operating the CC-130 Defensive Electronic Warfare Suite (DEWS), which has been designed to protect the aircraft and its crew from threats such as infrared missiles and anti-aircraft artillery.

The new training syl-

labus offered by 426 (T) Squadron allows our operational units to employ newly graduated navigators immediately in deployable roles into a variety of non-permissive environments. This is an accomplishment that 426 (T) Squadron takes great collective pride in.

426 (T) Squadron will continue to provide top-notch training to our young navigators in an effort to enhance and support the operational effectiveness of our operational squadrons, who carry the bulk of the deployment load.

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Fitness, Sports & Recreation

VIEW FROM THE PINE

By Gilmour Tuttle

I am going to take a little poetic license with the VFTP this week and not discuss hockey for a change.

Although there was a lot happening around the NHL to comment on (bad soap opera that is the Toronto Maple Leafs provides me with an endless supply of material), this week was all about the 95th Grey Cup and the Saskatchewan Roughriders (and to a lesser extent the Winnipeg Blue Bombers).

The Grey Cup, to me, is the ultimate Canadian sporting event, surpassing even the Stanley Cup Finals. Just think back to the last Canadian team to win the Stanley Cup (Habs, baby, Habs) and how hard everyone has been praying since 1993 for a Canadian team (even the Leafs) to just make the finals to validate my previous statement. The Holy Grail of Canadian football has it all.

National media coverage? Check. Week long party? Check. Fans flying in from across the country to celebrate, whether or not their team is in the

final? Check. Grey Cup parties with families and friends gathered around their televisions on November 25, across this great land? Check. Entire provinces hanging on every play? Check.

Now, I'll admit that being from Saskatchewan I'm a bit biased as, I was born and bred a Roughriders fan. Note I said "Roughriders" fan and not "Rough Riders" (sorry, Ottawa). Heck, one of my uncles is named after a former Roughies coach.

Nevertheless, I've watched a lot of sports, including a lot of NFL games and a lot of Super Bowls, and I'll take the Grey Cup every time, hands down.

Hey, the NFL may be one of the premier sports leagues in the world, but the Super Bowl is not the Grey Cup.

Anyone who has watched a Super Bowl knows that the games are usually over-hyped snore fests with the greatest importance placed on what new commercial some company is paying millions of dollars to broadcast in primetime or

what new shows are being touted for the upcoming TV season.

The Bud Bowl? Whatever. The Lingerie Bowl? Genuinely intriguing, but still, please. So little focus of the Super Bowl is actually on the football anymore that it has become an ever-growing, all-consuming, unstoppable corporate beast.

The Grey Cup, on the other hand, truly is a time-honoured national event that brings the country together.

All you had to do was walk around downtown Toronto in the days and hours leading up to kickoff to realize this.

If you ignored the stunned looks of the chai latte-toting locals wondering what the heck was going on you would have observed fans, and a lot of fans, from every city in the league whooping it up all over Toronto.

It didn't even matter that their teams weren't in the final. By kickoff there were over 52,000 fans jammed into the Rogers Centre respectfully honouring a minute of silence for our fallen service personnel and then

belting out the national anthem.

In my small Section alone (no Press Box for me as my Contact credentials did not cut it) we had Bomber, Roughrider, Tiger Cat, Argonaut and Lion fans from across the country. No animosity. No fights. Just some good, wobbly-pop-fuelled mayhem and a love of the game.

I'll admit that the Grey Cup, especially this year's event, was somewhat slicker (Lenny Kravitz at half-time) and more commercialized than in the past, but this was largely reflective of Toronto playing host.

But hey, until such time as the CFL has Justin Timberlake and Janet Jackson ripping each other's clothes off at a half-time show in Winnipeg in November, the Grey Cup will be my choice.

As for the product on the field, the CFL almost always offers a better game (although I will give the CFL a mulligan for this year's defensive tilt).

NFL fans (and remember I am one as well) can yap all they

want about the individual skill level of the players but there are not too many Super Bowl games that stand-out as barn burners. And besides, who gets emotionally invested in a NFL team based in the United States and staffed entirely by overpaid millionaires from the United States?

Who could not cheer for CFL teams based in Canadian cities and manned by players, American and Canadian, making an average salary of \$55,000 a year and who usually work another job to support their families?

So the NFL can keep the Super Bowl and whatever team of prima donnas happens to win any given year. I don't care.

I will take the Grey Cup and the 2007 Champions, my Saskatchewan Roughriders. All the time. Every time. Even if I have to wait 18 years between Grey Cup wins.

Because I care. Because I am Canadian.

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

NOTICE

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.

The Family Skating session, originally scheduled to be held on Saturday, December 1, from 1:00 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 8:00 a.m. to 8:50 a.m.

The Family Skating session, originally scheduled to be held on Sunday, December 2, from 1:00 p.m. to 3:00 p.m., is cancelled.

The Learn to Skate, from 8 to 88, is rescheduled for Sunday, December 2, from 3:00 p.m. to 3:50 p.m.

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

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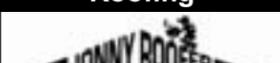


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Fitness, Sports & Recreation

Noon Hour Fitness Schedule

December 2007

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cardio & Core	4 STEP PLUS	5 Spinning	6 Specialty Class	7 Spinning
10 Cardio & Core	11 STEP PLUS	12 Master/Bash Class	13 Specialty Class	14 Spinning
17 Cardio & Core	18 STEP PLUS	19 Spinning	20 Specialty Class	21 Spinning
24 NO CLASS <i>Christmas Eve</i>	25 NO CLASS <i>Christmas Day</i>	26 NO CLASS	27 Specialty Class	28 Spinning
31 NO CLASS <i>New Years Eve</i>	~ Classes are held in the MPR from 12:00 to 12:50 p.m. ~ Open to all military and DND full-time employees. ~ For any questions or concern please contact Lisa at local 3328.			

Have a safe and happy Holiday Season from the Fitness Staff of 8 Wing/CFB Trenton!

PSP Facility Memberships

1 December 2007 - 31 August 2008

Gymnasium (Includes Arena)

Regular Members	Ordinary Members
Infant (6 months - 5-years-old): Free	Infant (6 months - 5-years-old): Free
Youth (6 - 17-years-old): \$28	Youth (6 - 17-years-old): \$36
Single (18+): \$32	Single (18+): \$48
Family: \$72	Family: \$112

RecPlex (Includes Arena and Outdoor Pool)

Regular Members	Ordinary Members
Infant (6 months - 5-years-old): \$10	Infant (6 months - 5-years-old): \$16
Youth (6 - 17-years-old): \$28	Youth (6 - 17-years-old): \$48
Single (18+): \$36	Single (18+): \$56
Family: \$80	Family: \$144

Combination (Includes Gym, RecPlex, Arena and Outdoor Pool)

Regular Members	Ordinary Members
Infant (6 months - 5-years-old): \$10	Infant (6 months - 5-years-old): \$16
Youth (6 - 17-years-old): \$36	Youth (6 - 17-years-old): \$64
Single (18+): \$48	Single (18+): \$80
Family: \$104	Family: \$196

Membership Upgrade: \$5 plus GST = \$5.30
Replacement for lost membership: \$10 plus GST = \$10.60

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 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; Practice of physical postures (or poses) while connecting the mind, body and spirit.

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

8 WING CHRISTMAS FITNESS CLASS

Please join us on Tuesday, December 10, at 0800 hrs, for an All Unit Fitness Class to launch the holiday season. We will be collecting Food Bank items that day. Unit Reps, please encourage your members to attend our festive fitness workout. For more information, please call Fitness Coordinator, Lisa Refausse at local 3328.

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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 note: This will be an adult supervised event.

Ski trip to Devils Elbow

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

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

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

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

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

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

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

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

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

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Some holiday traditions in the Canadian Forces

By 2Lt Annie Morin

Have you ever wondered where some traditions are from or why we do certain things?

One of the traditions that I was curious about was the Christmas Dinner, which is done every year on every base. I knew that during the meal, the officers would serve dinner to the non-commissioned members and that the two youngest members would switch places with the Wing Commander and the Wing Chief Warrant Officer, but I didn't know anything more. Some research was in order.

Apparently, these traditions stem from the ancient Roman custom of Saturnalia, which honours Saturn and falls at the same time as Christmas period.

During the time of Saturnalia, the parents, children and servants would trade places in a role reversal that was symbolic and for small privileges only. The children would, for example, lead the rituals, a task that would normally be done by the parents.

The Canadian Forces, just like the ancient Romans, are following similar practices of role reversal, which include minor privileges, all for purpose of boosting morale.

This practice became a standard around the 18th century. Officers took it upon themselves to boost the

morale of the troops and show their appreciation, and organize festivities for the enlisted members.

The Christmas Dinner was one of those traditions that has been observed over time where the officers would prepare and serve dinner to the junior ranks of their units.

Another tradition from the Christmas dinner is the trade of tunics between the youngest member of the unit and the Commanding Officer. This is done in order to bend the rules in a playful way where the soldier becomes an honorary commander for the day.

This practice has evolved and now includes the exchange of tunic between the WCWO and the second youngest member.

"Our customs and traditions are what binds the Canadian Forces together through time, its past, its present and its future, says WCWO Tom Secretan. "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."

Traditions for Christmas vary considerably between the different elements of the Canadian Forces, but they are nonetheless done in the spirit of the cheerful and giving time of the holidays.

'TIS THE SEASON

Photo: Joel Wiebe, Contact Staff



Shown above is the Holiday Tree on display in the main entrance of 8 Wing/CFB Trenton's Headquarters building. Complimentary of Air Force colours, the tree stands from floor to ceiling. With December upon us, the holiday season seems to be in full-swing. Whether you celebrate Christmas, Kwanzaa, Hanukkah, Winter Solstice or something else, sharing this time of year with family and friends is what its really all about.

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As the holiday season approaches show appreciation and respect for the health and happiness of yourself and others. Choose a designated driver.



Jeopardy, handouts, and training course raise addictions awareness

by Joel Wiebe
Contact Staff

National Addictions Awareness Week may be over, but the issues last all year.

The promotional side of the week was kicked off on Tuesday with a supervisor training course. Roger Mageau, the Wing Addictions Councillor, talked about responding to early warning signs of addiction. Capt Leanna Scherr spoke about the various policies in the CF regarding drugs and alcohol. PO2 Shawn Brown discussed the subject of responsible drinking. National addictions educator Deanne Chafe and Health Promotions Manager Kendra Lafleur also spoke to the wide ranging crowd about vari-

ous issues. People from various parts of the base that ranked from corporals to lieutenant-colonels signed up for the all-day event.

On Wednesday morning, volunteers gave out various handouts to people entering the base and the south and north gates. The volunteers included: LCol Miller, Deanne Chafe, Wing Surgeon Chris Hayman, WO Fulford, several PSP workers, and a couple MPs.

"We just wanted to make sure we had a unified approach," said Lafleur.

Though it was scheduled to take an hour, the handouts were gone by 7:20 a.m. The handouts included information on responsible drinking,

MADD supplied information on breaking the law, contact information for services at the base, and a gift. The gift was a cup holder with responsible drinking information on it.

People entering the Yukon Galley on Friday afternoon were asked if they would like to play Jeopardy. Lafleur and PSP Health Assistant Lisa Pitt hosted the game, which had questions about alcohol and its use. The prize depended on the amount of points shown on the cards, from 200 to 1,000. For 200 points, if the right answer was given, the participant received a pen and note pad. The other prizes were: calendars, drink holders, relaxation CDs, and water bottles.

Photo: Joel Wiebe, Contact Staff



Pte Brittany Purchon attempts to answer questions posed by Kendra Lafleur in Nov 23's Jeopardy game at the Yukon Galley.

"It was great!" said Lafleur. "We had phenomenal support."

Promotional displays were in various places around the base for the

week.

She said they had good responses from all three events. The supervisor training course filled up quickly, prompting

Lafleur to begin organizing another one.

Personnel and units looking for more information can contact 613-392-2811 local 3768.

Fetal Alcohol Syndrome and Fetal Alcohol Effects

You may have heard of Fetal Alcohol Syndrome (FAS) as it's been on the news with some frequency these days. Children can be affected by FAS in the womb by mothers who drink alcohol during pregnancy. The effects of the syndrome may not be immediately obvious, but are usually far reaching in the child's life. A newer diagnostic category, Fetal Alcohol Effects (FAE), is similar to FAS, but generally results in less severe symptoms of the disability.

FAS/FAE may present with many symptoms, and the symptoms vary from child to child. However, symptoms most often encountered

include facial abnormalities (e.g., minor ear abnormalities, short nose, low nasal bridge, flat midface), growth deficiencies (e.g. small for gestational age, low weight to height ratio), and neuro-developmental deficiencies (e.g., poor memory, clumsiness, small brain size, impaired fine motor skills). Children with FAS/FAE can also suffer from hearing and sight problems, compromised immune systems, learning disabilities, behavioural problems, and language delays.

If you are thinking of getting pregnant, and you are wondering if it is safe to drink alcohol, there is no known safe amount of alcohol to

drink. Most information available today suggests that it is safest *not* to drink if you are pregnant or while breastfeeding. If you are pregnant or thinking about becoming pregnant, no alcohol whatsoever is best. And if you are already pregnant, it is never too late to stop drinking. Cutting back on how much you drink or stopping altogether—at any time—will help.

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.

Le syndrome d'alcoolisme foetal et les effets de l'alcool sur le foetus

Vous avez peut-être entendu parler du syndrome d'alcoolisme foetal (SAF) puisqu'il revient assez fréquemment dans les nouvelles ces jours-ci. Les enfants peuvent souffrir du SAF dans l'utérus parce que leur mère consomme de l'alcool pendant sa grossesse. Les effets du syndrome peuvent ne pas être apparents immédiatement, mais ils se répercutent plus tard dans la vie de l'enfant. Une nouvelle catégorie diagnostique, appelée effets de l'alcool sur le foetus (EAF), est semblable au SAF, mais en règle générale, le handicap s'accompagne de symptômes moins graves.

Les SAF/EAF peuvent s'accompagner de nombreux symptômes, et ces derniers varient d'un enfant à l'autre. Cependant, les symptômes que l'on rencontre le plus souvent sont les anomalies

faciales (p. ex., légères difformités des oreilles, nez court, voûte nasale basse, milieu du visage sans relief), les retards de croissance (p. ex., petite taille pour l'âge gestationnel, rapport poids-taille faible), et les déficiences neurodéveloppementales (p. ex., mémoire déficiente, maladresse, petite taille du cerveau, motricité fine altérée). Les enfants souffrant de SAF/EAF peuvent aussi être atteints de problèmes auditifs ou visuels, d'un système immunitaire affaibli, de difficultés d'apprentissage, de troubles comportementaux et de retards de langage.

Si vous songez à devenir enceinte et que vous vous demandez s'il est sécuritaire de boire de l'alcool, sachez que l'on ignore quelle est la quantité d'alcool qui est sans danger. La plupart des renseignements dont on

dispose aujourd'hui suggèrent qu'il est plus prudent de ne *rien* boire d'alcool pendant la grossesse et l'allaitement. Si vous êtes enceinte ou que vous songez à le devenir, il vaut mieux vous abstenir carrément de boire de l'alcool. Et si vous êtes déjà enceinte, il n'est jamais trop tard pour arrêter de boire. Le fait de diminuer votre consommation ou de l'arrêter complètement — quel que soit le stade de la grossesse — sera utile.

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.



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Generals visit Canadian Forces Aerospace Warfare Centre

by 2Lt Annie Morin

“CFAWC was part of the missing piece where we would have a lot of smart folks to think about issues and the transition that we will have to go through. The world is changing, air power kinetics is changing, so we wanted to have a lot of people with a lot of experience and put them together to have them look at problems aside from the every day activities where everyone is rushing around” says Major-General Joe Hincke, Assistant Chief of the Air Staff (ACAS).

MGen Hincke, accompanied by Brigadier-General Dwight Davies, Director General Air Force Development, visited the Canadian Forces Aerospace Warfare Centre (CFAWC) on November 21, 2007.

Both generals, who are newly appointed to their current positions, came to visit the unit to learn more about its capabilities and accomplishments.

Many of us are unaware of what CFAWC is all about. The unit was stood up in October 2005 to be the tool for the Air Force transformation.

As noted on the Air Force website, “the ultimate aim of the CFAWC is to be recognized as the Canadian Centre of Excellence for Aerospace Power by acting as a catalyst for

Aerospace Power Development and as steward for Aerospace Power Knowledge” with a clear mission of ensuring the evolution of Canadian Aerospace Power.

“In the Air Force (AF), we didn't have, for quite a while, a dedicated place where we could undertake concept development and put enough brain power together to look at the future” says MGen Hincke.

As a new unit, “CFAWC is currently working towards reaching its full complement of personnel, and identifying projects that can be undertaken by the current personnel and others that will be pursued once the remainder are in place.” says BGen Davies.

It is all about reaching a balance between the available resources and the need of the service.

During the visit of the two generals, Lisa Moulton, from CFAWC, received a certificate of Recognition from the Helicopter Interservice Working Group (HISWG) for her outstanding contribution to the complete and thorough editorial review and correction of Allied Tactical Publication 49 (E) – Use of Helicopters in Land Operations.

The final product of this publication is far superior to the original version in both its readability and its accuracy, thanks to Lisa

Moulton.

Major Richard Hagerman also received an Air Command Commendation for exceptional leadership, dedication and extraordinary effort in developing all aspects of the transfer of operational command of 427 Special Operations Aviation Squadron.

Maj Hagerman's professional determination and dedicated efforts of gaining strategic level approval of concise document in such a short timeframe were instrumental in the punctual completion of the inaugural operational activity within Canadian Forces transformation.

Top right: Lisa Moulton (right), Canadian Forces Aerospace Warfare Centre, was presented with the NATO Standardization Agency Certificate of Appreciation from MGen J.D. Hincke, ACAF, at the Officers' Mess on November 21, 2007.

Bottom right: Major Richard Hagerman (right), Canadian Forces Aerospace Warfare Centre, is presented with the Air Command Commendation from MGen J.D. Hincke, ACAF, at the Officers' Mess on November 21, 2007.



Photos: Cpl David Hardwick, 8 Wing Imaging

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8 Wing takes conflict resolution head-on

by Major Kevin McDonald

First there was Major Suzanne Raby, commander of 8 Wing/CFB Trenton MSS, who deployed to Camp Mirage earlier this year with 33 per cent of her team trained in Alternative Dispute Resolution (ADR).

Her goal was to effectively manage the potential conflict during the deployment of her unit by embedding conflict management skill-sets within her unit. She knew that, statistically, having 25 per cent or more of a given population trained with specific skill-sets can affect a culture shift within that population. Her target was met – and exceeded.

The jury is still out on how effective this embedded capacity has been, but early signs show that it will likely be a ‘two-thumbs-up’ result.

Where else at 8 Wing are leaders striving to effectively manage conflict in the workplace?

Confidentially precludes me from giving specific names or units, but suffice it to say there are leaders of a variety of units who continue to rely on the Trenton Dispute Resolution Centre (DRC) to help keep their units operating at peak efficiency.

They encourage their management team to become skilled in ADR. They direct personnel in conflict to avail themselves of the DRC services, setting the example that managing conflict effectively and at the earliest stages ensures a harmonious work environment.

They invite DRC personnel to attend unit training events in order to further disseminate the message that conflict must be managed effectively.

ADR is not about bringing people together as best friends. In fact, it really doesn't matter if people in conflict ever really like one another.

What is important to the DRC and also important to supervisors, Commanding

Officers, the Wing Commander and the Chief of Defence Staff, is that the work environment is harmonious for all. A harmonious work environment promotes maximized productivity and, consequently, maximized operational effectiveness

Did you know that soldiers returning from the front lines are reporting that they are prepared to deal with enemy fire, but not with the conflict they have to deal with among their brothers-in-arms?

That definitely says something about the negative effects of conflict when it is poorly managed.

Some commonly held statistics regarding conflict are strained relationships between employees as opposed to deficits in skill or motivation are the root cause of 65 per cent of performance problems.

Managers spend 30 to 42 per cent of their time reaching agreement with others. Unresolved conflict is a decisive factor in at least 50 per cent of departures (people choosing to leave the workplace).

Absenteeism has been shown to correlate with job stress, especially the stress associated with anger toward co-workers.

You might say these are just examples from industry, and the military is not like industry.

Workplace relationships are workplace relationships, no matter what the forum or environment.

How comfortable would you feel knowing that the riggers who packed your parachute may have been embroiled in a workplace conflict, or the technicians servicing your aircraft, or the controllers who are ensuring safe separation within a given airspace.

This is not meant to malign any given trade or unit, just to provide concrete examples of where conflict might have direct operational and safety implications.

At a recent quarterly Wing Flight Safety Committee meet-

ing, I attempted to encourage those present to consider the potential for workplace conflict to impact flight safety, along with the more standard considerations of technical malfunctions, and aviation procedures and techniques.

The WFSO provided statistics that demonstrated that human factor considerations were by far the most prevalent causes of flight safety incidents, and that within the broader scope of human factors the overwhelmingly most prevalent elements included attention, mental state and level of supervision.

All of these elements have the propensity to be adversely affected by workplace conflict.

I am not trying to paint a dismal picture, just trying to encourage all leaders and members to be cognizant of the potential for conflict to affect the workplace within the context of Canada's principal base of operations for military global transport.

What happens here affects the soldiers on the front lines. We owe it to them to do our part to make the Canadian Forces culture one of harmonious workplace interaction.

What can each of you do? Well, you could do as some units have done by including the DRC in your unit training days.

This can be done when there is absolutely no overt evidence of unresolved workplace conflict and it would show your unit members that you are willing to invest in them.

Even if conflict has already reared its ugly head in your unit, you can invite us to do some customized training that will meet the specific needs of your unit.

Unresolved, conflict will only fester and escalate. It is almost never too late to address it for positive results, but the process is much less painful when it is addressed early.

So please, as the festive season approaches...take on conflict...head-on.

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Photo: Submitted

Major (Ret'd) C.L. (Tommy) Thomas (left), Sergeant-at-Arms and Past President of 413 (A/C Leonard Birchall) Wing of the Air Force Association of Canada, presents Sergeant Don MacLean with a plaque awarding him as 413 Wing's Air Person of the Year. Sgt MacLean is a loadmaster with 436 (Transport) Squadron at 8 Wing/CFB Trenton.

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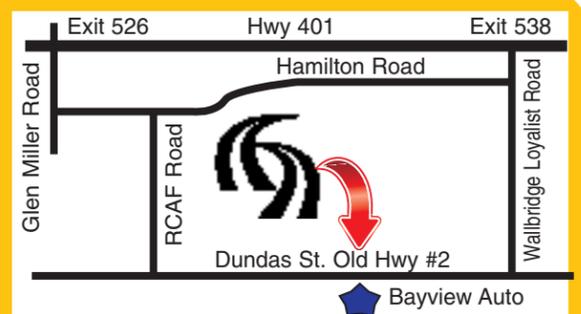
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From the outside looking in

by Lt(N) Pierrette LeDrew
CFAWC UPAO 2

SOUTHWEST ASIA – On a typically hot and sunny day, life here seems to follow a quiet and casual pace, on the surface. But there is nothing quiet or casual about this place, or the group of people who call this home, if only temporarily.

The illusion is easy to believe and is created by the high level of professionalism exhibited by everyone. From the lowest ranked person in the camp to the Commanding Officer, everyone works to maintain this finely-tuned machine working as smoothly as humanly possible. And considering the importance of what they do – to support the troops in Afghanistan in every way they can – nothing less would be acceptable to these people.

The work done here is nothing short of extraordinary. Not only is this obvious through observation; it is also the message that comes through loud and clear in every discussion with those in charge. From aircraft maintenance to repatriation ceremonies, from VIP visits to months of Relief in Place flights, they do it all, and they do it well under environmental conditions that are often extreme. Experience, dedication, pride in their work and professionalism are the common threads that unify the more than 150 individuals who work here, whether

military or civilian. Foremost in everyone's mind is the absolute belief that they must do everything in their power to support those on the ground in Afghanistan, no matter the working conditions and challenges they face here. Because no matter how hot it gets or how tired they are, things are worse in Afghanistan, and everyone knows it.

Aircraft technicians see this first hand. They spend an average of 18 of their 56 deployed days at Kandahar Airfield (KAF), directly supporting operations there. Here, they have certain facilities, like offices and proper storage for their equipment and parts. At KAF, they have no such luxuries. For instance, the few spare parts that they have are stored in sea containers, which are inconvenient and inadequate. According to Capt Eric Bellavance, Aircraft Maintenance Officer, the challenges at KAF are significant. In his words, "the technicians do everything with little." The conditions are austere, and support for their activities is minimal. Yet, many of them would not have it any other way. They welcome the challenge, and they see the benefits of their efforts, as well as the tolls of war, directly. This brings the value of their work home in a way that nothing else could.

Just as the maintenance facilities are better here than at KAF, so is the rest of the camp. While not luxurious, it is a good place to be, considering its

humble beginnings. It is comfortable, and has every basic amenity needed. People have added personal touches that give it a homey feel.

The improvements of successive rotations are visible everywhere. When this camp was established several years ago, there was little comfort to be found anywhere. There was no building – only tents; and no road – only sand. It was as inhospitable as it was dusty. Facilities were primitive and support was minimal.

Today, there is a small village feel to it. There are good sleeping quarters, an excellent dining hall, laundry facilities, office buildings, entertainment sites, a well-equipped gymnasium, patio areas, paved roads, a medical facility, a chapel, etc. People can use the Internet, go to the library, watch movies, or simply relax on the patio. While things can always be improved, they have come a long way.

Given the calibre of the work that these people do every day, seven days a week, for months in the searing heat, they deserve every small comfort that this camp offers them. They also deserve the highest praise, and public recognition for a job extremely well done.

Capt Terry Muldoon, Engineering Services Officer, said it best: "we can hold our heads up knowing that we did a good job and supported the mission as best as we could."

Relief In Place (RIP) – A raison d'être

by Lt(N) Pierrette LeDrew
CFAWC UPAO 2

SOUTHWEST ASIA – As a transit point for cargo and personnel going back and forth between Canada and Afghanistan, this camp plays an essential role. During the Relief In Place (RIP), this takes on a whole new meaning.

The RIP is the operation that brings soldiers out of theatre back to Canada at the end of their tour, and brings their replacements in simultaneously. By all accounts, this RIP was larger and went on longer than most, as it happened at a time when the end of a six-month rotation coincided with the return of large numbers of people who were returning from nine-month tours.

Logistically and operationally, it was an enormous undertaking, which required a lot of organisation and coordination, especially when competing priorities, such as repatriation ceremonies, arose. According to Major Apollo Edmilao, RIP director, everyone here was involved in some capacity. From the time the first CC-150 Polaris carrying replacement troops landed here, until two months later when the last plane full of returning soldiers left for Canada, the RIP had priority over everything else.

The goal of the RIP was to get

soldiers and their gear off the Polaris, put them through a number of stations where they would receive additional kit, put them on the CC-130 Hercules and get them on their way to theatre as fast as possible. Timings were important, and a lot of work went into making sure that the flights schedules coincided. Efforts were made to have as many flights as possible during the evening, to take advantage of the slightly cooler temperatures, but it was not always possible. As with everything else here, the summer heat was a significant stressor.

However, it was also a strong motivator for these people to get the job done quickly. Soldiers arriving from Canada had no time to acclimatise to the heat. According to Maj. Edmilao, they were also nervous and anxious to get going. It was crucial to provide as smooth and comfortable a transition as possible for them, and everybody understood that.

For the ground crews maintaining, unloading, loading and refuelling the aircraft, the challenge was to keep them going on time. As Captain Eric Bellavance, Aircraft Maintenance Officer, and Master Warrant Officer Benoit Thauvette, senior maintenance technician explained, any delay would have created an immediate and significant backlog of people and cargo, adding to the stress

already felt by the soldiers on their way. This was simply not acceptable for the men and women here.

The fast turnaround of each chalk is a testament to the efforts of the technicians. Soldiers were usually on their way within two to three hours after landing here. Each chalk consisted of 140 soldiers or so, and there were usually three chalks going each way every day.

Aside from the aircraft, traffic and refuelling technicians, supply technicians played an important role as well, as they issued the soldiers weapons, ammunition and protective gear. To facilitate this, two teams, working shift, were set up, one for the incoming Francophones and one for the outgoing Anglophones. Additionally, everyone in the camp supported these efforts, whether through their own functions or while helping out those directly involved.

In the end, the RIP was an incredibly challenging time for everyone on the camp. Many of them worked for the better part of two months without a day off. But there is a general consensus among them. They made it work, and it worked well. As time went along, they got into a routine and got very good at it. They got the troops on their way without any significant delay. Of this tour, the RIP was one of the most rewarding experiences for all those involved.



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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. This is part three of the "great movies you may have missed" series, and it will be the last. I will be looking at moving on to some recent movies I've seen.

Yes, that's right. Movies that are actually in theatres. I still stick with my original feeling about everyone already commenting on movies out there, but there's one movie that exceeds expectations – but I'll talk about it next week.

The Insider (1999)

Starring Russell Crowe, this film is based on true events surrounding a scientist for a tobacco firm who decides to do a 60 minutes expose on cigarettes. The fallout from that appearance is when things get interesting. The lead character is just a normal man thrust into an extraordinary situation, but it is real, live people having their story told. Truth is sometimes much more incredible than fiction. Sure, Beowulf slew Grendel. Let's see him stand up to one of the most powerful institutions in America. This film is incredible. Russell Crowe received an Academy Award nomination for his role and the film itself was nominated for a total of seven Academy Awards.

Crimson Tide (1995)

I think this film did well in theatres, but I have to bring it up as a truly exceptional film. With the threat of war hanging about them, a submarine Captain (Gene Hackman) and his XO (Denzel Washington) wage war amongst themselves and the crew in a race against the

clock. This film is awesome. Just watching Gene and Denzel go at it is enough. Wow.

Mystery, Alaska (1999)

What a surprise: Russell Crowe again. Well, this film is just so darn enjoyable. It's about a small town in Alaska, graced with truly exceptional skaters. The hallmark event in the town is a weekly hockey game, and they are very good. So good in fact, that the town is convinced to challenge the New York Rangers to a game in their town. I just liked everything about this film, from the acting to the story to the hockey. The town comes alive in a way that makes the characters real and authentic. There are a lot of funny moments tempered by moments of sadness.

K-19: The Widowmaker (2002)

I'm not really surprised that this film didn't do all that well. Perhaps it was the unappealing title or not being able to embrace Harrison Ford as a Russian, who knows? Again, based on a true story, this movie is about the ill-fated maiden journey of K-19: A Russian nuclear submarine that was a disaster waiting to happen. What I do know is that this is a truly remarkable story and is filled with real, live, breathing people of extraordinary courage and valour, fighting to stay alive and keep the 'cursed' sub afloat. Is Ford the enemy or the hero? It will be up to you to decide. Sometimes it's more important to know how a story unfolds than to know the outcome.

WHAT'S THE DIF ? PIERRE C. ARSENEAULT



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Mealtime.org Cheese Ravioli

with Tomatoes, Artichokes and Roasted Pepper Sauce

Ingredients:

- 1 pound cheese or spinach ravioli
- 1 tablespoon olive oil
- 2 tablespoons fresh rosemary, chopped or 1/2 teaspoon dried rosemary
- 1 cup halved red cherry or yellow teardrop tomatoes, or a combination
- 1 can (8 ounces) small artichoke hearts, sliced
- Grated parmesan cheese, if desired, for garnish
- Freshly ground black pepper
- Fresh basil sprigs, for garnish

For sauce:

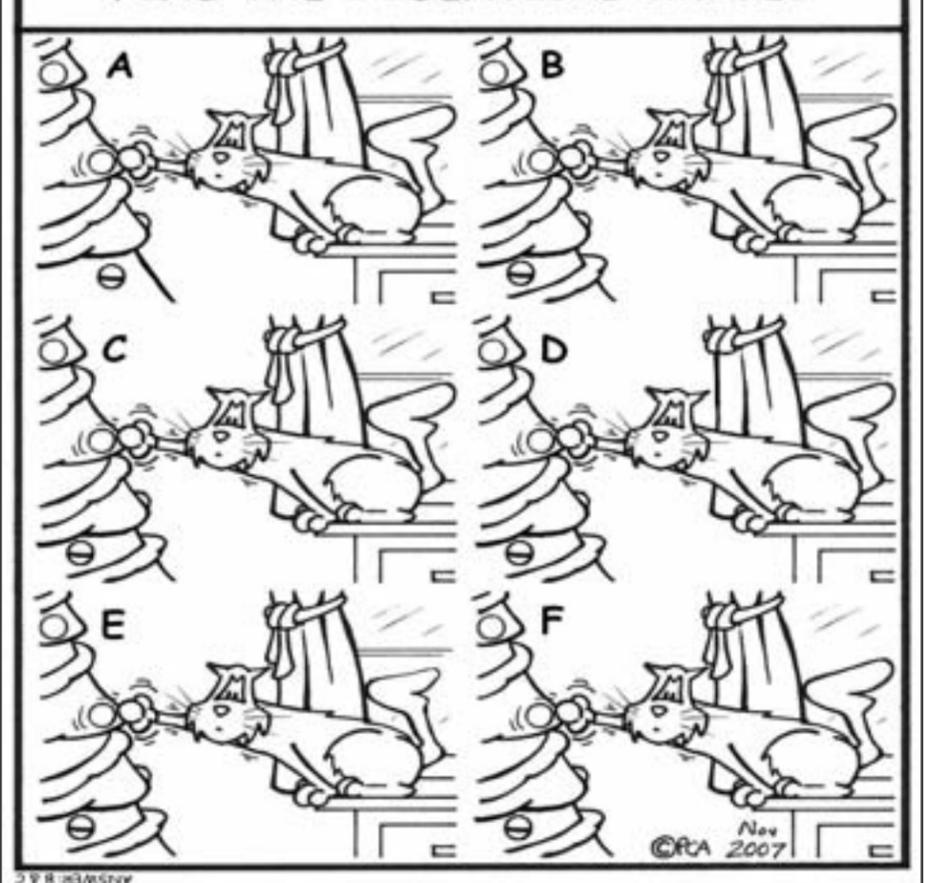
- 1 cup canned roasted red bell peppers, drained
- 1 cup fresh basil leaves, loosely packed
- 1/4 cup grated Parmesan cheese
- 1 tablespoon olive oil
- 2 cloves fresh garlic

Preparation Time: 15 minutes **Cook Time:** Approximately 10 minutes
Preparation: Cook ravioli as directed on the package. Rinse with cold water; drain. Toss with olive oil and rosemary. For sauce: Combine red bell pepper, basil, Parmesan cheese, olive oil and garlic in a blender. Use the pulse action to coarsely blend the ingredients. Heat sauce or serve it at room temperature, as desired. Spoon 1/4 cup bell pepper sauce on four plates. Arrange ravioli over sauce. Top with tomatoes and artichokes; drizzle remaining sauce over vegetables. Sprinkle with parmesan cheese, if desired, and ground pepper. Garnish with basil. Variation: Top with canned, drained baby shrimp or albacore tuna if desired. Serves: 4

Nutritional information per serving: Calories 250; Total fat 12g; Saturated fat 3.5g; Cholesterol 20mg; Sodium 510mg; Carbohydrate 27g; Fiber 4g; Protein 10g

NOTXACTLYDASAME PIERRE C. ARSENEAULT

FIND THE 2 IDENTICAL IMAGES



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8 WING ADMINISTRATION

Receiver General Team visits Trenton

What exactly does RGDF stand for anyway? Well, RGDF stands for 'Receiver General Deposit Facility'.

Here in Trenton, there is one office located in the Wing Headquarters that collects all the public money and revenue that is generated on the base.

This is the RGDF office and it is manned by one corporal, one civilian and one officer.

Why do you care about RGDF? You care because you will likely (if you haven't already) owe money to the crown if: you are over advanced on a claim, you have lost your SAP, you make personal phone calls on your business cell phone, and the list goes on.

RGDF also collects all of the revenue generated at Wing Accommodations, Wing Foods and Personnel Support Programs (PSP), just to name a few.

Not only do we deposit all of this money into the bank, but we also reconcile all of the paperwork that goes along with each transaction we complete.

This is often a time consuming process, especially since RGDF is only open in the afternoons.

On October 23 to 25, the Trenton RGDF office was visited by an Ottawa Receiver General Deposit Facility team.

During the three-day visit, Annie Brodeur and Louise Jodoin were able to enlighten the RGDF staff here in Trenton, as well as those that attended their presentation, on all that goes on in an RGDF office, both on a Wing level and in Ottawa, where all banking information is reconciled.

There is no formal training for RGDF clerks so this short visit was very important to ensure that the service we provide is kept to a high standard.

There have been some issues with RGDF in Trenton in the past. This informative visit has provided us with the tools we need to overcome any issues that come our way.

After learning more of what is expected from us and what is expected from those people who send money to RGDF, there will be a few changes made to our service.

We often receive cash or cheques without information on where it came from, who it belongs to and what financial coding the money is supposed to be credited to.

All of this information is pertinent to our processing of the money.

Therefore, we will no longer be accepting cheques that come to our office with no information and/or documentation to back up the payment.

Why write an article in The Contact newspaper about RGDF? Well, because this is a service that not many people know about, and this is something we would like to change.

We want you to know what you have to do if you do owe money to the crown.

Our office is open from 1300 to 1500 hrs, Monday through Friday. We accept cash, cheques and money orders accompanied by some kind of written substantiation for the payments.

Please contact local 3755 for the RGDF Clerk or local 3547 for the RGDF Supervisor, regarding any questions you may have.

CDU: HERE FOR YOU



The Canadian Forces Health Services (CFHS) is implementing a new health care delivery model, known as the Care Delivery Unit (CDU). 24 CF Health Services Centre currently has two CDUs, where each Canadian Forces member has been rostered to one of them by virtue of the unit they belong to. Shown above, back row, from left to right, is Master Corporal A. Carrier (Med Tech), Ann-Marie Gould (CDU clerk), Dr. G. Ducros (Physician), Private S. Pare (Med Tech). Front row, from left to right, Dr. P. Weatherall (Physician), Leslie VanMeer (CDU clerk), Corporal M. Oake (Med Tech). Absent from the photo are Captain N. Pritchard (Physician), Captain C. Boyd (Physician), Warrant Officer G. Bureau (Physician Assistant), Deborah Searle (Primary Care Nurse), Master Corporal D. vanStam (Med Tech).

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Children's Christmas Party	Officers' Mess Bridge Club 13:00-16:00		Ladies Club 	TGIT Roast Chicken on Focaccia with Havarti	Sandwich Bar 11:30-13:15	
	Officers' Mess Bridge Club 13:00-16:00			TGIT Perk N Beans with buttery toast	Sandwich Bar 11:30-13:15	Wing Cmdr's Reception - by invitation only
	Officers' Mess Bridge Club 13:00-16:00		"At Home" hosted by WO's & Sgts' Mess	TGIT Chili and fresh bread	Officers' Coffee 09:30 Sandwich Bar 11:30-13:15	
					Sandwich Bar 11:30-13:15	
New Year's Party Farnel Ball Uptown Back the night away Downtown						It's a New Year!



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Captain committed to sending 100 per cent of donations to cause

by Joel Wiebe, Contact Staff

While many people are simply content to donate to charities, there are those who go the extra mile to make sure their donated funds make it to their intended use.

Frustrated with large portions of his donations going to cover administrative and other costs, Capt John Risk joined International Children's Awareness Canada.

"I was a little disillusioned with some of the charities I'd been donating to," said Capt Risk, who works in Air Traffic Control at 8 Wing/CFB Trenton.

Though the organization already existed in Europe, the organization came to Canada with the help of Capt Ed Smith (North Bay) and others. Capt Risk jumped on board in 1993, not long after it started.

The ICAC boasts that 100 per cent of funds are used for projects that range from helping educate orphans to bringing safe drinking water to resource stricken communities in third world countries. ICAC is able to make this happen through the generosity of its volunteers, who pay for their own trips and administrative costs.

"The ICAs credo has always been: whatever money we collect all goes to the projects," he said.

Though the bulk of the work has been done in Romania and Cameroon, projects have started up in Jamaica, Haiti, and Ghana.

The original European organization started with the fall of communism, when TV cameras entered orphanages and revealed the horrible conditions.

Much of Capt Risk's work has been in

Romania, largely dealing with orphans by trying to improve their lives. The organization's website cites that over 300,000 children were abandoned to orphanages under the rule of former dictator Nicolae Ceausescu, who instituted a mandatory amount of births per woman. With thousands still suffering in under-resourced orphanages, this is a big job.

A lot of clothes and beds have been sent by ICA, but there are more than just physical needs to be taken care of. Capt Risk said there is also a need for education, specifically among women. He said many girls were forced to leave the orphanages when they finished school or turned 18, often resulting in them living on the streets. By opening a basic computer course, the youth are able to gain valuable skills that lead to good jobs and a new life. It has also motivated some to go on to university, where the organization continues to help them. ICAC also has links through the country to help the young women get jobs.

"It's been going well," said Capt Risk.

While abroad, it is not uncommon for people to approach ICAC volunteers with medical concerns. Though it isn't their focus, the volunteers won't say no, and end up doing medical work as well. The organization has even helped bring people to North America for surgeries that couldn't be done in their home country.

"We don't say no, we just see how we can help," he said.

Capt Risk makes a trip to visit these children almost every year for a couple of weeks.

"It's hard to deal with a lot of the things from here," he said.

The children in the orphanages enjoy the visits as well. He said many of them look up to the volunteers as parent figures. One aspect he enjoys is seeing the children succeed.

"It's very rewarding working with them, seeing them grow," he said.

Capt Risk said ICAC has about eight or nine core members, four of whom travel regularly. Though he and Capt Smith are military, the rest are civilians. The organization is not military affiliated, nor is it religiously based.

The ICAC members do a lot of emailing, phoning, and faxing, since they are in various places around the province. Capt Risk is the only one currently in the Quinte area, with several in North Bay. Since it is all done in spare time, it can be very busy at times. Capt Risk said it is busiest before and after he travels.

Another difference between ICAC and many other charities is the fact that they do not keep a pool of money. They find a project and then raise the necessary funds. Some financial donors are individuals, while others are corporations. ICAC recently received a \$28,000 donation for a waterline project in Cameroon. Similar size donations have happened in the past.

"Most of our money is raised in Canada," Capt Risk said.

Canadian rock band Nickelback made a large, public donation with their Internet release of the song "If Everyone Cared."

The band donated proceeds to Amnesty International and ICAC. Though the exact amount of money has not been totalled up, Capt Risk said it is in the hundreds of thousands of dollars.

Though funding is welcome, Capt Risk does not want the organization to grow so big that donated money will need to be used to cover administrative expenses.

"We don't want to grow too quickly," he said.

Despite the busy schedule of work and volunteering, Capt Risk is a family man. He has two young children and a supportive wife.

"I try to keep as much family time as possible," he said.

In what extra spare time he has, he enjoys woodworking, especially cabinet making.

Some future work the ICAC is working on is malaria awareness and more waterline work in Cameroon. Capt Risk would also like to see solar lighting sent, which would allow people to work at night, and light their homes.

Though occasionally outside contractors are hired to do some of the work, often a whole village will come out to help do things like digging.

One problem the communities face in terms of education is a lack of school supplies. Capt Risk said they try to make deals, asking the community to build the school building, and ICAC will fit it out.

Despite the challenges of doing the work, Capt Risk said it is very rewarding to see those helped by the ICAC succeed. One benefit of the work he said is he has traveled to places he would never have been.

Despite the broadening scope of the organization, he said ICAC does not go out of its way to seek publicity.

"We're not in it for publicity, we're just in it to do what we do," he said.

JR RANKS MESS

SUN	MON	TUES	WED	THURS	FRI	SAT
						¹ Astra Christmas Party Children's Aid Society
	³	⁴ Northern Show Tour	⁵	⁶ Astra WSupply DA Brief	⁷ TGIF Fish & Chips Sports - Euchre Astra 2 Air Mov Sqn Christmas Party	⁸ Astra WTN/EME Christmas Party
⁹ Children's Christmas Party	¹⁰	¹¹	¹²	¹³ Astra WSupply DA Brief	¹⁴ TGIF Donairs Sports - Pool Astra - JNBCD Christmas Luncheon Astra - 426 Sqn Christmas Party	¹⁵ Astra ACS Workshops Christmas Party
¹⁶ 	¹⁷	¹⁸	¹⁹ Living-in Christmas Dinner Assembly Astra Lounge 1100 hrs	²⁰ Astra 429 Sqn Christmas Party	²¹ TGIF food & Sports Cancelled	²²
	²⁴	²⁵ Merry Christmas!	²⁶ BOXING DAY	²⁷	²⁸ TGIF food & Sports Cancelled	²⁹
³⁰	³¹ New Years Eve Dance	^{01 Jan 08} New Years' Levee (hosted by WO/SGTS)				

December 2007

December 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						¹
WO & SGTS' MESS						
²	³	⁴	⁵	⁶ TGIT Wings & Salad Main Lounge	⁷ Toonie Lunch Subway Fire side Lounge	⁸
⁹	¹⁰ 	¹¹	¹²	¹³ TGIT CHINESE FOOD Main Lounge	¹⁴ Toonie Lunch Jim's Pizza Fire side Lounge	¹⁵
¹⁶	¹⁷	¹⁸	¹⁹ At Home with the Officer's	²⁰ TGIT Cancelled	²¹ 	²² Mess Closed
²³ Mess Closed	²⁴ Mess Closed	²⁵ Mess Closed	²⁶ Mess Closed	²⁷ Mess Closed	²⁸ Mess Closed	²⁹ Mess Closed
³⁰ Mess Closed	³¹ New Years Dinner & Dance	<u>Upcoming Events</u> 1 Jan 08 - New Year's Levee				



HOROSCOPES

Weekly Astrology by Christine Davison

December 2 - December 8

ARIES (March 21-April 19): It may feel as if the past while has made old dreams into a new reality. All of your wishes may soon be fulfilled, even the ones that no one besides yourself is aware of. You and those you care for may remember this week for quite awhile to come. The weekend will be filled with fun, new friendships and festivities.

TAURUS (April 20-May 20): You may wish to look deep inside yourself; explore your innermost feelings. It is alright to do whatever you want to do to get what it is or who it is, that you desire most; just remember to listen to your conscience when making decisions that affect others. Use secrets and clandestine knowledge to your advantage.

GEMINI (May 21-June 20): This will be a week full of new and old friendships. What was started the other week will come full circle during this one. This is a wonderful opportunity to celebrate what you have together. Throw a party or get together this weekend and you'll be happy that you did. You and those you love deserve to have some fun!

CANCER (June 21-July 22): You may wish to look into different career choices over the next few days. A change of vocation may be just what the doctor ordered. You would do well at a job that made use of your traditional skills, such as nurturing, cleaning, craftwork or cooking. You may wish to join family members in business, this week.

LEO (July 23-Aug. 22): You would be wise to follow the advice of someone you live with, whether it is a family member, a roommate or a houseguest. If a travel opportunity presents itself then you should indulge your curiosity. What you do this week may make you and your family members some money. A brief journey may become profitable.

VIRGO (Aug. 23-Sept. 22): You may wish to travel the tried and true route this week, Virgo. This is not the correct time to make risky investments or to place your faith in unsure schemes or shady dealings. Look over documents carefully before signing. Trust your instincts; use your head. You're a moral and intelligent person. Do the right thing.

LIBRA (Sept. 23-Oct. 22): You may be overcome by feelings of insecurity, suspicion or jealousy, this week. Try to remain patient and keep a level head as you will soon realize that those you saw as suspects were honest, true and on your side from day one. Base your decisions upon logical thoughts; don't rely upon intuition alone.

SCORPIO (Oct. 23-Nov. 21): Your mind may fill with fantasies that are positive and passionate at some points and negative and suspicious at others. You may wish to wait until next week before making up your heart or mind. What you believe to be true over this week may be proven to be all in your head. Positive thinking will yield positive results.

SAGITTARIUS (Nov. 22-Dec. 21): You may wish to act now to get a head start on the competition this week, Sagittarius. This is your week to succeed. Others have complete faith in you and your abilities. You could be asked to lead in your professional or personal life. You will come out smelling like a rose at the end of the race.

CAPRICORN (Dec. 22-Jan. 19): This week will be filled with love, inner peace and happiness. Cherish others and the wonderful times you have together, as this is the sort of week that memories are made from. There are many fortunate occurrences that may happen over the next little while that will bring you and your loved ones closer together.

AQUARIUS (Jan. 20-Feb. 18): You may find true love and happiness if you decide to travel to meet a potential lover. An infatuation with your high school sweetheart may be revisited. There is an excellent chance that you'll meet the love of your life overseas or over the internet. Open your heart and mind to new horizons and possibilities.

PISCES (Feb. 19-March 20): News that you learn this week from a maternal relative may turn out to be highly valuable or lucrative information, indeed. Something that was told to you in the recent past may prove to be profitable, as well. Try to sort out the facts from the gossip. A lover may be secretive, intriguing or hidden somehow.

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

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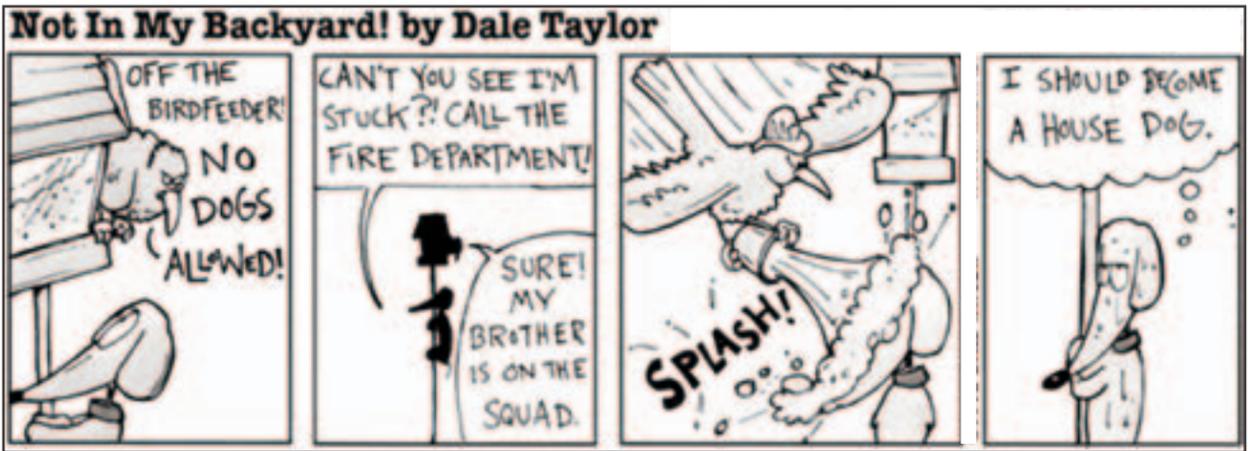
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

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!

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8 Wing Chapel – Christian Churches Celebrations December 2 – January 1 2008

Chapelle 8e Escadre – Horaire Des Célébrations Liturgiques Chrétiennes 2 Décembre 2007 – 1^{er} Janvier 2008

Dec 2 déc. – 1st Sunday of Advent
1er dimanche de l'Avent
09:00 hrs – Sunday Worship
Communion (P)
10:15 hrs – Sunday Mass (RC)
11h30 – messe dominicale (CR)
19:00 hrs – Special Advent Service (P)

Dec 3 déc. – 12:00 hrs – Daily Mass
(RC) – *messe du jour (CR)*

Dec 4 déc. – 08:15 hrs – Daily Mass
(RC) – *messe du jour (CR)*

Dec 5 déc. – 12:00 hrs – Daily Mass
(RC) – *messe du jour (CR)*

Dec 9 déc. – 2nd Sunday of Advent
2ième dimanche de l'Avent
09:00 hrs – Sunday Worship (P)
10:15 hrs – Sunday Mass (RC)
11h30 – messe dominicale (CR)

Dec 16 déc. – 3rd Sunday of Advent
3ième dimanche de l'Avent
09:00 hrs – Sunday Worship (P)
10:15 hrs – Sunday Mass (RC)
11h30 – messe dominicale (CR)

Dec 17 déc. – 19:00 hrs – Advent
Penitential Celebration (RC) – bilingual
– *Liturgie du pardon de l'Avent (CR) – bilingue*

Dec 20 déc. – 11:00 – 13:00 hrs –
Sacrament of Confession (RC) – *individ-*
ual – sacrement de confession (CR) – indi-
viduelle

Dec 23 déc. – 4th Sunday of Advent
4ième dimanche de l'Avent
09:00 hrs – Sunday Worship (P)
10:15 hrs – Sunday Mass (RC)
11h30 – messe dominicale (CR)

Dec 24 déc. – Christmas Eve
Veille de Noël
17:00 hrs – Family Mass (RC) – bilin-
gual – *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 25 déc. – Christmas Noël
10:15 hrs – Nativity of the Lord (RC) –
bilingual – *messe de la nativité du Seigneur*
(CR) – *bilingue*

Dec 30 déc. – Holy Family Sunday
dimanche de la Sainte Famille
09:00 hrs – Sunday Worship (P)
10:15 hrs – Sunday Mass (RC)
11h30 – messe dominicale (CR)

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) – bilin-
gual – *Liturgie du Jour – Célébration de la*
Parole (CR) – bilingue

The city of Quinte West Presents

Frost Fest

On the go, in the snow!

Free entertainment for all ages

Saturday, December 8, 2007

Batawa Community Centre – 8 a.m. to 2 p.m.

includes: pancake breakfast with Santa, Evans and Evans Magic Show, wagon rides, childrens crafts, Pockets the Clown balloon artist, DJ the face painter, Chili and hotdog lunch, and the Doug Barr Children's show (solo)

2 p.m. to 3:30 p.m. - Frost Fest Free Skate at the Frankford Arena

Evening Program:

End the day with a magical tour of the Christmas Fantasy displays in Frankford and Trenton and return to enjoy a cup of hot chocolate from 6 p.m. - 8 p.m.

Planning to get married?

If you are planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic Party must contact first the Wing Chaplains' Offices at 613.392.2811, Ext.2490 to begin the pre-nuptial process six months prior to the wedding day. That is to provide you with time to take the pre-marriage class (which must be attended) and the padre to complete the marriage file, which must be sent to the Military Ordinariate's Chancery Office *no less than three months prior to the wedding day. Please, keep in mind that pre-marriage classes are not offered from May to September.* This is applicable to all members falling under Military Ordinariate's jurisdiction; that means for all CF personnel and DND employees who are RC. The later have the choice between their Wing Chaplains' Pastoral Services and their civilian parish's. If a Catholic party wants to get married under the Rite of a particular Protestant denomination, the above still applies.

If the marriage file is not processed on time the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and from. . . to the church of your wedding).

If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

Vous planifiez de vous marier?

Si vous projetez de vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, la partie catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au #613.392.2811, poste 2490. Ce premier contact, qui enclenchera l'ouverture du dossier pré-nuptial, devrait être fait six mois avant la date de la célébration du mariage. C'est le temps minimum pour planifier la session de préparation au mariage (à laquelle les fiancés doivent participer et qui ne sont pas dispensées entre les mois de mai et septembre.) et de préparer le dossier de demande de mariage. Le dossier doit être envoyé au bureau du Chancelier de l'Ordinariat militaire du Canada, à Ottawa, au moins trois mois avant la date choisie. Ce qui précède s'applique à toute personne assujettie à la juridiction canonique de l'Évêque du Diocèse militaire du Canada; en d'autres mots, à tous les membres des FC et aux employés du MDN qui sont CR. Cependant, ces derniers ont le choix de faire appel aux services des aumôniers CR de l'Escadre ou de s'adresser au bureau du pasteur de leur paroisse civile. A noter que si la partie catholique veut se marier selon le Rite d'une Église protestante, ce qui précède s'applique encore.

Il importe également de prendre note que si le dossier pré-nuptial n'a pas été complété et envoyé dans les délais requis, le bureau de l'Aumônier de l'Escadre ne pourra être tenu responsable de toute complication et des coûts qui pourraient y être reliés. Trois mois précédant la date : voilà le temps souhaitable que les bureaux de l'aumônier et du chancelier ont besoin pour préparer et acheminer un dossier de demande de mariage.

Si vous appartenez à une Église de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le padré de votre confession religieuse le plus tôt possible.

SHOWCASE

Showcase



Capt S. Yon
received the General Campaign Star, his 20 Years of Service Pin and a letter from the Prime Minister on his retirement, presented by LCol F. Martineau, CO 436(T)Sqn.



Capt B. Crosier
received the General Campaign Star, presented by LCol F. Martineau, CO 436(T)Sqn.



Capt M. Besnard
received the General Campaign Star, and his 1000 Hrs CC-130 Certificate, presented by LCol F. Martineau, CO 436(T)Sqn.



Sgt J. Robb
received the General Campaign Star, and his 1000 Hrs CC-130 Certificate, presented by LCol F. Martineau, CO 436(T)Sqn.



WO J. Watt
received the General Campaign Star, presented by LCol F. Martineau, CO 436(T)Sqn.



MWO A. Whitehall
received his Certificate of The Order of Military Merit, presented by LCol J. Rancourt, CFLAWC.



Sgt T. Hegland
received a promotion to that rank, presented by LCol J. Rancourt, CFLAWC.



WO M. Lodder
received the Commander's Commendation, presented by Col S. Bowes, CO Combat Training Centre.



MCpl C. Thomson
received the Commander's Commendation, presented by Col S. Bowes, CO CTC.



WO G. Lapierre
received the Commander's Commendation, presented by Col S. Bowes, CO CTC.



Cpl W. Van Dyk
received the Commander's Commendation, presented by Col S. Bowes, CO CTC.



Cpl Sevigny
received a promotion to that rank, presented by Maj D. Perrault, A/CO Camp Mirage.



Sgt P. Beyette
received his 20 Years of Service Certificate, presented by Capt S. Craig, A/DCO CMED Petawawa.

Congratulations! Félicitations!



GCWCC Update



This year's Government of Canada Workplace Charitable Campaign has come to an end. It was with a lot of work and dedication to the cause that we were able to raise an impressive amount of money that will in turn help others. To date, the campaign has raised a total of **\$81,542.59** and 70 per cent of all 8 Wing/CFB Trenton personnel have been canvassed! The final amounts will be announced at a later date. We wish good luck to all of you that have purchased tickets for the various basket draws, including the Mega 50/50. The pot is now at **\$1,500!**

There are two more events left on our calendar. The family bowling is our final activity for this year's campaign and promises to be a fun time that can be enjoyed by the whole family.

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 Beupré 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 or by email.

FIRST STRIKE OF THE CHAMPIONSHIP

Photo: Cpl Frieda Van Putten, 8 Wing Imaging



Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, opens the 2007 Ontario Regional Bowling Championship with the first strike of the tournament on November 26, 2007. The championships were held at 8 Wing/CFB Trenton Astra Lanes Bowling Centre, from November 26 to 28, 2007. Please see next week's issue of The Contact newspaper for more details and a list of results.

HAIRCUTS FOR CANCER

Photos: Joel Wiebe, Contact Staff



Grade 7 students Nickolas Roy and Kelly Brett from Breadner Public School raised \$900.41 for the Canadian Cancer Society. Brett, who had been growing her hair for four years for this event, received a haircut with her two long braids being donated to make wigs. Roy got his hair buzzed right off.

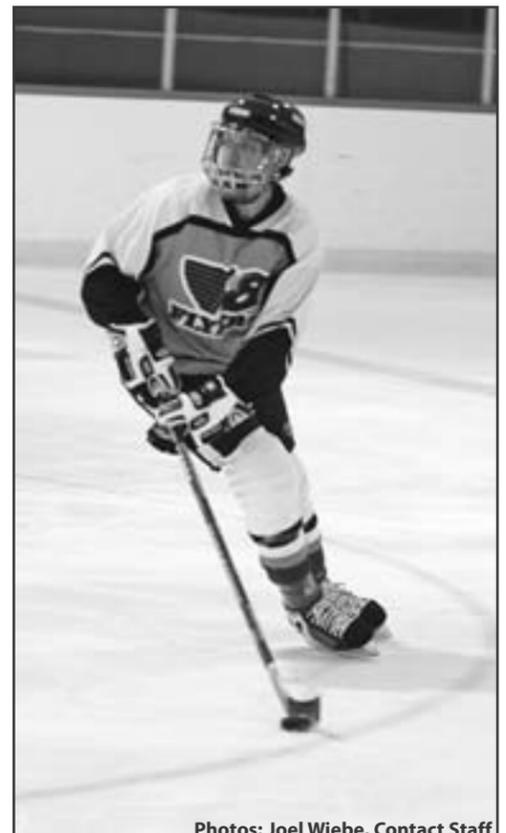
"That's the shortest I've ever gotten my hair (cut)," said Roy. "It feels cold."

"It feels really, really light," said Brett.

The two children's decision was supported by their encouraging parents - Maj Jeremy and Stephanie Brett, and Sgt Derek and Tammy Roy. The families were thankful to Roy's barber and Brett's hairdresser - Jim Gilchrist and Peggy Brown - for donating their time. Both have been cutting Roy's and Brett's hair since they were very young.



Hockey games raise money for charity



Photos: Joel Wiebe, Contact Staff

Players took to the ice from November 21 to 23 at the RCAF Flyers Arena. The teams were a maximum of eight players plus a goalie for the 4-on-4 tournament. All proceeds went to the 8 Wing GCWCC Campaign, with over \$2,000 raised. The final game came down to The Ice Dogs and More Cow Bell, with the Ice Dogs edging out a 1-0 win. Top: The Ice Dogs and More Cow Bell team members pose for a picture together after the final game. Above Left: Matt Thompson tries to keep the puck away from Sgt Stephen Wakeling. Above Right: Pte Micky Lagace skates with the puck.

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

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E	T	C	H		A	D	A	R		L	O	O	
P	L	A	Y	A	G	A	M	E		O	V	A	
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N	E	W			B	R	I	E		T	A	R	A
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Oil heat is in demand in modern homes

by J.C. Carroll

(NC)-Collecting information is a valuable first step when buying a new, or resale home.

The only way to match your needs to the right house is by getting all of your questions answered.

"The furnace and the fuel requirements are important features for buyers," says Dave Frittenburg, president of the Canadian Oil Heat Association (COHA) Ontario Chapter. "And in recent years, there have been so many technological developments in this field, realtors everywhere find it quite a challenge to keep up. In the oil heat sector for example, a complete refresher course is the only way to keep up to date with all its advancements."

Purchasers need that information too, so here's a snapshot on the newest oil heat from a realtor tip-sheet:

Clean burning: Oil heat produces fewer green-

house gas emissions than ever before and residential oil burner particulate emissions are now at near zero levels.

Efficient: Oil heat burns hotter than natural gas, propane and electricity. As a result, it delivers about 100 gallons of hot water per hour compared to only about 30 gallons from an equivalent gas-fired water heater.

Warmer: Oil-fired water heaters are five times faster than electric models – and air exiting from registers can be as much as 30 per cent warmer than air heated by other fuels.

Safe: Unlike natural gas and propane, oil heat is non-explosive, non-flammable at room temperature, and it poses a very low risk for carbon monoxide poisoning.

Competitive: According to COHA, the cost of oil, adjusted for inflation, has risen less dramatically than natural gas.

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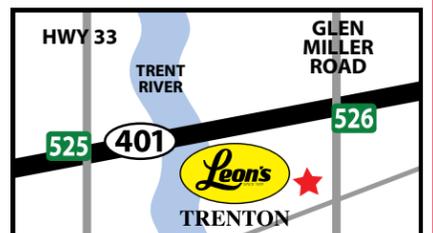
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