

“Delivering news and information. At home and around the world.” • “Des nouvelles d’ici et de partout ailleurs.”

the Contact

www.thecontactnewspaper.cfbtrenton.com

Discover The CLEARING House
New Selections Daily. Outlet Pricing Always.

CFB Trenton Discount

Bedroom Suites, Area Rugs
Dinettes, Mattresses
Pool Tables, X-Mas Trees,
Exercise Equip, Power Tools
Fireplaces, Dressers,
Armoires, And much more...
Items Don't Last

360 Pinnacle St
Belleville ON
613-210-2622
www.clearinghouseoutlet.com

• December 12, 2008 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 43 Issue Number 48 •

Headquarters' staff show their generosity to local food bank

by Andrea Steiner
Managing Editor

It was a wonderful show of generosity and community support, and just in time for Christmas!

The Trenton Care and Share Food Bank received a welcome boost recently, thanks to the generosity of personnel from the 8 Wing /CFB Trenton Headquarters building

Using the impressive \$1,600 that was raised via sales at the Headquarters canteen and the extremely popular Wednesday barbeques held throughout the summer, the money was used to purchase just over 1,700 pounds non-perishable food items at

Smylie's Independent Grocers.

Numerous Wing volunteers, including Lieutenant-Colonel (LCol) Debbie Miller, Wing Administration Officer, and LCol Chantal Fraser, were on hand at the local grocery store on December 6 to help load the bags, boxes and cases of food items into the OPP Community Response Unit trailer to be delivered to the food bank.

In addition to the food items purchased with the money raised, the Wing also donated non-perishable items collected over time at the headquarters building.

John Smylie, owner of the local grocery store,

also came up with the idea of pre-packaging bags of foodstuffs and selling them to members of the public who wished to donate them to the food drive.

Mr. Al Teal, who manages the local food bank, was quick to thank everyone who contributed their time, money and food items, singling out civilian Wing personnel Mrs. Joy Peloquin, for spearheading the canteen and the summer barbeques, and for selecting the food bank as a worthy cause.

He presented her with a certificate of appreciation on behalf of the Care and Share Food Bank.

See Pg. 16 for more photos.



Photo: Andrea Steiner, Contact Staff

Local base personnel were on hand to help load donations to the local food bank.

LOTS OF WINNERS AT FINAL UNITED WAY CHILI LUNCHEON

Photos: Private Tina Gillies, 8 Wing Imaging



Colonel Mike Hood, Commander, 8 Wing/CFB Trenton (on the right), congratulates Corporal Tammy Bolduc (on the left) from Wing Transport for winning the 50/50 draw, which was a cash prize of over \$2,000.00. The raffle took place during the Chili Lunch for The United Way event at the Yukon Galley on December 5, 2008, at 8 Wing/CFB Trenton.



Major Phil Baker (on the right), Wing Construction Engineering Officer, presents Master Corporal Rick Amyotte (on the left) from Wing Transport with a woodcarving that was donated by the Wing Construction and Engineering Squadron. The unit-sponsored events wrapped up the raffles during the Chili lunch for The United Way event last Friday.

2EXL HAIR & ESTHETICS SALON
2 EXL WITH PROFESSIONALS

2 Exl welcomes experienced stylist Erin Wallworth to our team. Erin looks forward to seeing all past, present and future clients at our salon.

Hwy #2 in the Appledene Plaza, Trenton (across from Walmart)
613-392-2263

Visit Our **FRUITS & PASSION**
Christmas Kick in the Quiet Mall

cucina
SOUTHWEST BORDERS

613-966-9972 or 1-877-966-9972
MILL FRONT CENTRE 386 North Front Street Belleville, Ontario (adjacent to Canadian Tire)

McKeown's
CHRYSLER
Jeep DODGE

View our entire inventory at:
www.mckeownmotorsales.com
www.wheelsonline.ca

HWY 14, 10 kms North of Stirling
613-395-5355 • 1-800-465-9297
For 75 YEARS We keep doing what we're doing at McKeown's

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



The Year in Review!

This will be my last article for 2008. As I was thinking about what to

write, I took a few minutes to re-read my first article from the year.

At that time I expressed the work done by 8 Wing as "OUTSTANDING." To tell the truth, in my opinion there was no way for us to do better. Just goes to show you even the WCWO can miss the mark by a huge margin.

The past year has been unprecedented in our efforts. We currently have several large construction projects ongoing,

429 Squadron is now up and operational, plus the implementation planning for the new J model Herc is now a full-time job. Our operational tempo has increased, etc, etc. Yup, we are the busy spot in the Air Force and the Canadian Forces.

The next few weeks is our time to take a pause and focus on that most important of all issues, our families! I for one am very excited about traveling to

Winnipeg and meeting up with my two sons, who will be driving in from Cold Lake. My time with my family is what rejuvenates me, and provides me with the second breath to meet the next set of challenges.

In closing, Maggie and I wish you and yours the very best during this holiday season.

Just a thought.

CWO Tom Secretan
WCWO

Charitable campaign wraps up at 8 Wing

On Friday, December 5, the final Government of Canada Workplace Charitable Campaign (GCWCC) wrap-up event was held at the Yukon Galley.

It was in front of a large crowd that Major Damon Perrault, co-chair of the 8 Wing campaign committee; Connie Reid, United Way of Quinte Campaign Director; and Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, officially closed this year's campaign.

The various raffles

were drawn, making some winners very happy while the crowd cheered. As of December 5, 2008, Wing/CFB Trenton raised \$94,166.65, with 96 per cent of all personnel canvassed.

The final amount will be announced next week after everything is finally counted.

Listed here are the lucky GCWCC raffle winners:

Mega 50/50 :

- Jackpot: Corporal Bolduc from WTN/EME

Stretch trainer: Mr.

Macpherson from 2 AMS

Hockey tickets: Pte Laurent from 8 AMS
- Printer: Mrs. Alexiuk from DRC

WCE Wood carving:

- MCpl Amyotte from WTN
- Mr. Turner from WCE

24 CF H Svcs C Dental basket:

- Captain Sexsmith from 426 Squadron

EME trailer:

- Captain Kozicki from A3 RTF

CFLAWC tandem jump:

- Mr. John Maracle from WCE
- Corporal Bilodeau from 8 AMS
- Captain Emond/Ocld Emond from 8 AMS
- Major Nolan from 424 Squadron

A3 RTF Prints

- Master Corporal Jagat from 2CER Petawawa
- Mr. Barling from Petawawa
- Captain McGill from 436 Squadron

Congratulations to all of this year's winners!

NAPA AUTOPRO
CORMIER'S AUTO REPAIR
Trenton's #1 Choice
For Quality Auto Service For Over 23 Years

Complete professional service to all makes and models, Drive clean test & repair facility, Certifications, Courtesy Shuttle, Mon. to Sat.
276 Front St., Trenton 613-392-2766

MASSAGE
Silver Star Studio
Licensed Oriental Massage
Relaxing Shiatsu Massage
Open Daily 9 am - 9 pm
56 Elgin St., Unit 2, Trenton
Across from Quinte Hotel 613-392-7119

Best Quality Best Price
"The Only Place To Go"
SMITTY'S
WAREHOUSE OPERATION
For NEW or GOOD USED Appliances
Smitty's has been keeping customers happy for 28 years in the appliance business. This proves Smitty has the Best Price, Selection, Guarantee, Quality & Price plus Same Day delivery, seven days a week. Smitty plans to be around for another 28 years. Now he has in-house financing at NO INTEREST. These are just a few of the many reasons to visit Smitty's for your new or used appliance purchase.

Best Selection Best Guarantee Best Service
SMITTY'S
KING OF APPLIANCES
Open Evenings & Seven Days A Week
River Road-Corbyville (just N. of Corby's)
613-969-0287

Give yourself peace of mind with the right coverage for you.
Bill Doyle Insurance Agencies Inc.
17538-B Hwy 2 Trenton
613-392-3501
600 service offices across Canada to serve your military families.
The leading Canadian-owned multi-product insurer.
the co-operators
A Better Place For You
Home Auto Life Investments Group Business Farm Travel

START YOUR OWN BUSINESS
START YOUR OWN BUSINESS
With a quality pre-owned vehicle from Baz Auto
OVER 150 VEHICLES TO CHOOSE FROM
www.bazauto.com
OPEN SATURDAYS & SUNDAYS
Mon.-Fri. 8 am-8 pm
Sat. 8 am-4pm
Sun. 10 am-3 pm
Call Dan Rounding
BAZ AUTO 613.966.4500

Contact Wondering where to find The Contact? Check out some of these off-base locations.
Belleville Locations
Belleville Public Library
Belleville Legion 99
QHC Belleville General
Dewey's Independent
Trenton Locations
Smylies Independent A&P
QHC Trenton Memorial
Shopper's Drug Mart

Check out next week's issue of The Contact for your copy of the **2009 Commemorative Calendar**
Celebrating the Anniversaries for the Canadian Air Force and 8 Wing/CFB Trenton.



WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



The sign project at 8 Wing/CFB Trenton, has been ongoing for the past two and a half months and is about 50 per cent complete. Signs are being installed on the Wing in accordance with the standard set out in Wing Standing Order 23.07 - Procedures for Unit Signs, which outlines size, colour, language and layout. If your unit requires a new sign, the procedures to have a sign designed, constructed and installed can be found at Wing Standing Order 23.01 - Constructing Engineering Work Request Procedures. The "sign project crew" Steve Thompson, Paul Bowness, Joal Weinber and co-op student James Sadler are erecting the sign for the base medical unit this fall.



The 100th Anniversary of Powered Flight in Canada

by Jim Griffith
Member Board of Directors, AEA 2005

To commemorate the centenary of powered flight in Canada, February 23, 1909, a group of aviation enthusiasts in the Niagara Peninsula are building a replica of the Silver Dart, the first aircraft to achieve controlled, heavier-than-air powered flight in Canada.

Circa 1909, a successful flight was defined as an aircraft taking off, attaining level flight and landing, under its own power, without mishap. Since Canada was and is a member of The British Commonwealth it was also the first successful powered flight in the British Commonwealth outside of the mother country.

Alexander Graham Bell formed a syndicate of like-minded adventurers in 1907 and with his wife's money they set about to explore the mysteries of powered flight. They called themselves Aerial Experiment Association (AEA). It was an eclectic group, including three Americans, Alexander Graham Bell himself; Lieutenant Thomas Selfridge, an artillery officer in the American Army; and Glenn Curtiss, a famous motorcyclist. Two Canadians, J.A.D. McCurdy and F.W. "Casey" Baldwin, both recent mechanical engineering graduates, made up the rest of the AEA.

The Silver Dart was one of five aircraft built by the group and was first flown off lake Keuka, Hammondsport, New York, December 8, 1908. They dismantled the Silver Dart in January of 1909 and moved it to Bell's summer home on Baddeck Bay, Bras d'Or Lake, Nova Scotia.

There, on the cold afternoon of February 23, 1909, from the frozen waters of the lake, J.A.D. McCurdy piloted the first successful flight of an aircraft capable of sustaining flight under its own power in Canada and the British Commonwealth.

Here in Niagara we formed the AEA 2005 and commenced work on a full scale, flying replica of the Silver Dart, hopefully to be flown on the anniversary date of February 23, 2009 from Baddeck Bay, Nova Scotia. We built the aircraft from copies of the original draw-

ings, using as many of the original materials as possible. We have had to compromise a bit in that respect in order to comply with current safety standards. We have used bamboo for the fuselage and spruce for the wings, both products still being available. The original wing fabric is no longer produced so we have used contemporary sail material. Unfortunately the engine built by Glenn Curtiss, later to distinguish himself as a manufacturer of aero engines, was a hand built, one off. After the AEA had completed their experiments on the Silver Dart, the engine was put to good use in a Nova Scotia fishing vessel which eventually sank.

Many years later the engine was recovered and now rests with the Canadian Aviation Collection in Ottawa. It is doubtful that we could have persuaded the collection to attempt a re-build which in any case would have been far too costly for our project. We were lucky enough to have a 65 hp Lycoming aero engine donated to us and even luckier to have it rebuilt by another benefactor, Leavens Brothers of Toronto.

One of our skilful artisans has built a detailed replica of the original engine rigorously correct to the last millimetre. It looks so real it even feels like metal to the touch. Another of our woodcrafters has built exact copies of the control wheel and seat which, by the way, is extremely uncomfortable. The laminated, soft maple wooden propeller for display will be shaped using a laser device guided by a CAD software program.

Again, to make it safe to fly we have added brakes, a more ergonomically designed seat and rudder pedals. When the flights are finished the Lycoming will be replaced by the replica Curtiss engine with the display prop and the copies of the original control wheel and seat will be re-installed. The rudder pedals and brakes will be removed and the Silver Dart will be placed in the Bell Museum at Baddeck.

Our pilot is Bjarni Triggvason, Canadian astronaut, aerobatic pilot and professor of aerodynamics at Western University. Bjarni's credentials, degrees and awards, like the rest of our Canadian astronauts, are too numerous to list here. Using the original drawings and a CAD design

technique known as stereo lithography Bjarni has been able to construct a model to verify the aerodynamics of the Silver Dart's flying surfaces in the wind tunnel at Western University. A wind tunnel test is also being done on one of the actual full size wings of our Silver Dart.

All the work, except rebuilding the donated Lycoming engine, has been done by volunteers. We have had funding from the Ontario Trillium Foundation which gets its revenue from provincial lotteries, Pratt and Whitney Canada, Leavens Brothers Toronto, Bombardier, the Air Force Association of Canada, Wings Magazine, our own pockets and we've been given discounts from others in the purchase of certain materials needed for the project.

The Russell Aviation Group (RAG) has graciously donated space in their hangar to do the final assembly of the Silver Dart. It is quite an honour to be a stable mate of such other historic thoroughbreds as a Spitfire, a Hurricane, a Messerschmitt 109 and a magnificent example of the most prolific trainer of the allies in WWII, a snarling Harvard.

The second part of the project involves promoting aviation and more specifically the history of Canadian aviation to school children from junior kindergarten to grade eight. In all, nearly 300 class rooms in the Niagara Peninsula have been visited by members of our association over a four year period.

We were met with enthusiasm and respect by the staff and students. It was rewarding and gratifying to those involved to note how keenly interested and hungry present day children are for Canadian history and how respectful they were of us older folks.

The Canadian Broadcasting Corporation (CBC), has already filmed our work in progress, will cover our test flights and of course, the re-enactment of the historic event, for inclusion in a documentary celebrating 100 years of powered flight in Canada.

As a former Air Cadet, member of the RCAF and Air Canada Pilot I'm proud to be part of this group of dedicated aviation aficionados.

Search & Rescue UPDATE



424 Squadron had two missions in the past week.

Rescue 319 (CC-130 Hercules) was tasked to help Greenwood aircraft in the search for Cessna 337 with two POB (persons on board) that crashed near Iqaluit. The two men were found alive by the vessel "Atlantic Enterprise". They were in good condition with mild frost bite. A Cormorant from Greenwood, Rescue 903, evacuated them to Iqaluit for medical attention.

The next tasked was an ELT Search by Rescue 324 (CC-130 Hercules); the ELT was homed to the Brantford Airport where they notified the airport authorities and then returned home.

Until next week, stay safe!

Missions for 2008: 231 Missions for Dec: 5 Persons rescued: 41



Serving Quinte's Military Families Since 1973

Canniff Mill Estates, a community worth looking into...

Multiple phases with over 100 choice addresses
Various all clay brick models of bungalows & two stories
available for quick occupancy
Lots range from 50' to 75' frontages standard sized,
prime riverside, and walkout lots available

Buy Direct From the Builder... with guaranteed closing dates.
Begin Creating Your Dream Home Today by contacting us at...

www.staikoshomes.com - email: info@staikoshomes.com

STAIKOS
HOMES LTD.

- 613-967-6560 -

Office and Model Home at
59 Simcoe Dr., Belleville

Take Hwy. #62 North, turn right on Maidland
and follow the signs. Off Farnham Road
Weekdays Mon-Fri 9am - 4:30pm
Sat 11am-4pm Sun 12pm-4pm





The Contact Newspaper

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

The Contact Staff

- Managing Editor: Andrea Steiner
- Assistant Editor: Amber Gooding
- Reporter/Photographer: Vacant
- Advertising Production Asst: Adriana Sheahan
- Advertising Sales: Patricia MacKie
- Bookkeeper: Marilyn Miron
- Circulation: Russell Webster
- Translator/Proofreader: WO Louise Fagan
- PSP Manager: John Snyder
- Subscriptions: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.



Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do **not** include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.
Jpeg - Maximum (8X10), 300 dpi
- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- **ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

Letters to the Editor:

Internet: STEINER.AL@forces.gc.ca

Intranet: STEINER.AL@CFBTrenton@Trenton

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



A Military Community Newspaper



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



The Contact
 Wing Headquarters Building Annex
 8 Wing / CFB Trenton
 PO Box 1000, Station Forces
 ASTRA, ON K0K 3W0
 Editorial: 613-392-2811 Ext. 7005 Fax: 613-965-7490
 Advertising: 613-392-2811 Ext. 7008

Have an opinion or story to tell?

Want to be published?

Write a letter to the Editor

Email: Steiner.AL@forces.gc.ca
 Fax: 613-965-7490
 Mail: The Contact Newspaper
 Wing Headquarters Building Annex
 8 Wing / CFB Trenton
 PO Box 1000, Station Forces
 Astra, ON K0K3W0

All letters must be signed and the names will be published unless otherwise requested. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, fax, email or drop it off in person.



WANTED!

Volunteers of all ages, with and without construction experience, from all across Canada to work with families in need to help build their first safe, decent, affordable home.



Must be willing to get sore, tired muscles plus have a lot of fun!

Celebrate the International Year of the Volunteer by coming out to a Habitat for Humanity build.



For more information on Habitat for Humanity and to contact your nearest affiliate, contact us at 1-800-667-5137
 Email: habitat@habitat.ca
www.habitat.ca

Canadiana Crossword

Eureka!

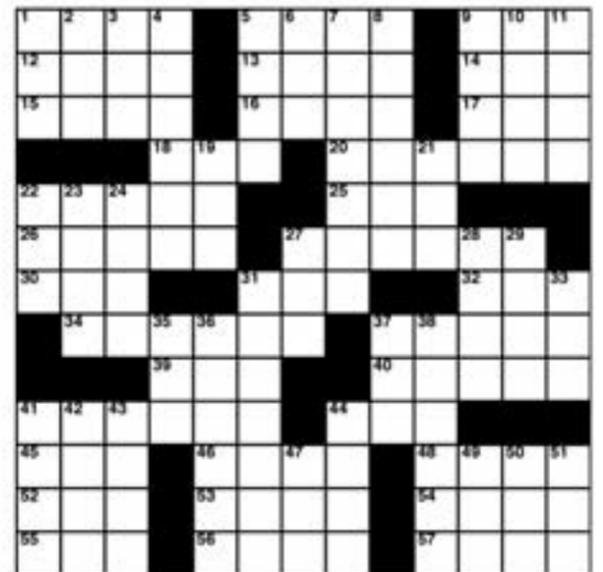
By Bernice Rosella and James Kilner

ACROSS

- 1 Inhalation
- 5 Flea
- 9 With ginger, Invention of Canada's J. McLaughlin
- 12 Largest toad
- 13 Deserve
- 14 With horn, invention of Canada's R. Foulis
- 15 With cobalt, Invention of Canadians (at U of S)
- 16 Huff
- 17 Actress Gardner
- 18 Musical syllable
- 20 Swerved
- 22 Belgian city
- 25 Anger
- 26 Natural resin
- 27 Lowest
- 30 Dickensian expletive
- 31 Dance in Bellechasse
- 32 Tune
- 34 Vibration
- 37 Common herb
- 39 Mend
- 40 Snooped
- 41 Prayer book
- 44 Sask bus company
- 45 Adder
- 46 Cairo's river
- 48 English county
- 52 Lensman's acronym
- 53 Privy to
- 54 Pitcher
- 55 Opener
- 56 Ova
- 57 Himalayan hunk?

DOWN

- 1 Chitchat
- 2 Back then
- 3 Total
- 4 Canada's Brown, Tisdale and Drake invention



- 5 Interlock
- 6 Author Fleming
- 7 With Pursuit, invention of Canada's Haney and Abbott
- 8 Enrolls
- 9 Distant
- 10 Amour
- 11 Mild curse
- 19 Jackie's man
- 21 Shoe size
- 22 Napkin ring
- 23 Landed
- 24 Prefix for schaum or kat
- 27 Estop
- 28 Avers
- 29 With standard, Invention of Canada's S. Fleming
- 31 With five pin, Invention of Canada's T. Ryan
- 33 Leftist
- 35 Alphabet's 19th letter
- 36 Grinch
- 37 A. Nobel invention
- 38 With table, invention of Canada's D. Munro
- 41 With goalie, Invention of Canada's J. Plante
- 42 Belle or Grosse follower
- 43 Agile
- 44 Ottawa hockeyists
- 47 Diary
- 49 Ms Merino
- 50 After expenses
- 51 Motor or partite preceder

See Answers, Page 18



This Week in Contact

1978 - Hercules and Boeing 707 crews of the Air Transport Group are on standby in Lahr and Ankara, Turkey this week. The current situation in Iran has prompted the Department of External Affairs to have airlift ready to evacuate Canadian nationals should the need arise. Trenton crews left late Saturday night.

1988 - Between 40 and 50 percent of people who enrol in supervised exercise programs drop out in the first six to 12 months. The biggest obstacle to sticking to an exercise program - in insufficient time. In one survey, nearly half the dropouts gave lack of time as their reason for quitting. In another survey that polled people who did not exercise, 40 per cent said they would start to do so if they had more time.

1998 - During the past two months the Military Deployment Committee at the Military Family Resource Centre (MFRC) have been very busy with their Bags to Bosnia project. Private Kevin Chaisson of 3RCR Battalion and a member of the Trenton Military Board of Directors, presently in Bosnia, requested gifts for the children who needed it most, instead of having them sent for the members. The Deployment Committee used to send packages to the men stationed in Bosnia through Operation Santa Claus which as been taken over by the military support system in Ottawa.

Created by Lt J. H. MacDonald,
 Compiled by Grace La Rose.



Sears: Bringing military families together over the holiday season

by Lieutenant-Colonel D. Miller
8 Wing Administration Officer

Earlier this week I had occasion to visit Sears in the Quinte Mall, not to complete my holiday shopping but to be part of a great initiative started by Sears Canada.

It is this initiative that I would like to share with you in the following lines.

But first off, I would like say a special word of thanks to Store Manager John Wells and Public Relations Rep Sherry Scott for their hosting of not only myself but several members of the Trenton MFRC – Exec Director Susan Sweetman, Board Chair Tammy Morrissey (and Mike), along with Eve Lawrence from deployment services.

I don't know if you know about the support that Sears is bringing to military families so please let me let you in on a very innovative and glad tiding initiative that Sears has developed.

Personally, I think it is a brilliant idea that now allows for no excuses why you, while on deployment, cannot complete your holiday shopping.

And it was all the brainchild of a long retired catalogue sales person from eastern Canada.

In 2006 Sears launched "OPERATION WISH" in co-ordination with the Canadian Forces Personnel and Family Support Services (CFPFSS).

The program allows Canadian Troops stationed abroad to place online orders for their loved ones from the Sears Wish Book® catalogue and www.sears.ca.

Copies of the catalogue were sent to Canadian soldiers, sailors and air force personnel deployed to operational missions in Afghanistan, Africa, and the Balkans, the Caribbean, the Middle East, Southwest Asia and the Arabian Gulf region.

"OPERATION WISH" allows Canadian troops deployed abroad to play Santa to their family back home by placing a customized order from the Sears Wish Book online, including a special 10 per cent discount.

"We began "OPERATION WISH" as a way of providing Canadian Soldiers stationed abroad with a connection to their families back home," said Dene Rogers, President and CEO, Sears Canada. "It has proven to be a success and we have formed a great alliance with the Canadian Forces who has been invaluable in helping us to connect with deployed troops and their families at home. We have been overwhelmed with support from our customers and associates for this initiative."

Deployed troops who choose to order from the Sears Wish Book catalogue or sears.ca receive a special discount of 10 per cent off their online merchandise order placed from November 1 until December 19, 2008 as Sears' gift to them.

Sears Canada is also proud to contribute to CFPFSS morale and welfare programs. In 2007, Sears made a donation of \$60,000 to these programs that provide services and assistance to Canadian Forces and their families.

In addition to this support, this year, Sears decided to show their additional support and encouragement to the Canadian Troops by unveiling a national banner in two parts, sending each part to the east and west coasts to begin their journey to be reunited in Toronto and sent to Kandahar – complete with signa-



Photos: LCol D. Miller, 8 Wing Administration Officer

Sears Store Manager, John Wells prepares to unveil the banner at the Sears Store in Belleville, along with Tammy Morrissey from 24 Canadian Forces Health Services Centre, and Susan Sweetman (far right), Executive Director, Trenton MFRC.



tures and well wishes. The banner features pictures of the families of Canadian soldiers who will be away from home this holiday season and was unveiled at the Quinte Mall store on Tuesday, December 9, for all to sign. The banner had just arrived from Ottawa.

So what was on the banner besides signatures? Well families of soldiers deployed abroad submitted their photos to Sears, which created the banner. Local family members and members of the general public were encouraged to add their words of support.

"Sears is proud to support "OPERATION WISH" once again this year," said John Wells, Store Manager, Sears Canada. "The program is about families and caring and it's our way of making the season a little brighter for the personnel deployed overseas and their families who won't be able to spend the holidays together. The spirit of the program is captured in this banner and we are overwhelmed with the support demonstrated by our customers, associates and Canadians for this initiative."

"It means a lot to our deployed troops when they receive well wishes from people back home," said Susan Sweetman, Executive Director, Trenton MFRC. "Seeing their family members' pictures on the banner, coupled with signatures and notes from Canadians, will certainly bring a smile to the soldiers' faces. But the



Shown above is the large banner that is making its way across Canada in support of Canadian troops, which showcases the signatures of people from across the country showing their support and love this holiday season.

thoughts and support will also be very meaningful to all military families, whether their loved ones are deployed or not."

There are approximately 2,900 troops deployed in 2008 to various Canadian missions around the world.

Cities selected reflect bases/wings that have a large number of troops deployed on military missions around the world.

In addition to "OPERATION

WISH" participated in nationally by all Canadian Sears operations, the Belleville Sears also sponsors the MFRC Deployed Family Christmas dinner.

Thank you Sears, for all you do for the Canadian troops at home and abroad.

So the next time you're out of the country, deployed to a part of the world that just wasn't on your top 500 places to visit, and can't get to the local market, think "OPERATION WISH" and Sears – jump online.



8 Wing Personnel at Work: Master Corporal Barb Tanner-Fougere

There's money missing on your pay? Master Corporal Barb Tanner-Fougere is definitely someone you'll be happy to see if you notice a pay related discrepancy.

Why? Well, because she's the Resource Management Support (RMS) Clerk in charge of the pay and records section at the Wing Orderly Room (WOR) and she will either fix your problem or help you understand the reason for the discrepancy.

She joined the reserves in 1996 as what was then called, a Financial Clerk but in November of 2000 joined the Regular force in the now amalgamated trade of RMS Clerk.

"The decision to join as an RMS Clerk was an easy one for me due to my previous experience as a clerk in the public sector," she noted.

First posted to 8Wing/CFB Trenton in 2004, she then worked at the Central Medical Equipment Depot Detachment.

In 2006 she received a promotion to her current rank and was posted to the WOR.

As the RMS Clerk in charge of the Pay and Records Section, MCpl Tanner-Fougere has to maintain the Wing's military members' records such as their pay documents, terms of service and personal files.

She supervises a busy team of RMS Clerks who are responsible to start or cease allowances, rations and quarters, pay transactions, military quarters and mess dues to name a few. She also handles promotions, specific pay problems and special cases.

She liaises with the pay and PeopleSoft help desks in Ottawa as well as other outside resources. She also provides training and guidance to her staff. On a bi-monthly basis, she has to conduct a very thorough pay system verification.

In 2007 she deployed for the first time of her career as part of the 8 Wing Mission Support Squadron (MSS) at Camp Mirage, and occupied the role of Camp Orderly Room Chief Clerk.

"While supporting the mission in Afghanistan, I had the chance to meet and help many members serving in that country and gained a lot admiration for them and what they are doing over there," she said while commenting about her experience.

She has already commenced training for an upcoming deployment and is looking forward to being deployed again in the near future.

MCpl Tanner-Fougere really enjoys her job because of the customer service aspect of it,



Photo: Cpl Simon Duchesne, 8 Wing Imaging

Master Corporal Barb Tanner-Fougere (left), a Resource Management Support Clerk at the 8 Wing/CFB Trenton Orderly Room, speaks to Private Tina Gillies about her pay increase. MCpl Tanner-Fougère, who is originally from Westville, Nova-Scotia, has been in the Canadian Forces for 12 years and at 8 Wing/CFB Trenton since 2004.

she loves meeting and working with new people.

"I like knowing I've helped solve someone's problem and seeing the satisfaction on their face when they leave as a happy customer," she said.

Although it is a very busy workplace, she finds the teamwork, the experience growth and the professional development opportunities very rewarding.

"I am lucky to be working with such a good and productive staff," she said before pointing out that the Wing Orderly Room team also won the last Service Members of the Quarter award.

If you ask her where she's from, she proudly proclaims "I'm a proud Bluenoser from Nova Scotia".

She and 8 Wing firefighter husband, MCpl Benji Fougere

currently live in Trenton.

Her eldest son Nathan has left the household to pursue university studies while her youngest son Garry and her two stepsons; Devin and Brady still all live at home.

Her hobbies include photography and ballroom dancing, while the rest of her spare time is mostly spent keeping up with the day-to-day activities of family life.

PROMOTING AWARENESS



Wednesday, December 3, 2008, marked the annual observance of the International Day of Persons with Disabilities. The aim of the day was to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. The Defence Team theme for the event this year was "Invisible Disabilities". Members of the 8 Wing Employment Equity Advisory Group (EEAG) and the Defence Advisory Group for Persons With Disabilities (DAGPWD) were on hand at the entrance of the Yukon Galley during the lunch break that day to promote the observance and try their hand at winning a prize. Comedian Shaun Majumder (middle), who was in town for the most recent Show Tour, stopped by the kiosk to test his skills and meet with Wendy MacNeil, Co-chair of DAGPWD and Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer and Senior Advisor for the EEAG.



PET OF THE WEEK



Kahuna is a very large & unique adult male cat with red lynx point siamese markings. He is a big sweetheart and loves to cuddle. Kahuna loves visitors and would love even more to go home with you for the holidays!

Contact the Quinte Humane Society for more information.

Animals are from the Quinte Humane Society
527 Avonlough Rd., Belleville 613-968-4673

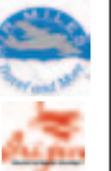
This feature is wonderfully sponsored by Global Pet Foods



10% OFF EVERYDAY
for Military Personnel

470 2nd Dug Hill Rd., Trenton (Walmart Plaza)

613-392-9191



**Please Recycle
this Newspaper**



SPORTS & RECREATION

Morning Aquafit Classes

Morning Aquafit Classes will take place on Mondays, Wednesdays, Fridays from January 5 to March 13.

Class One will take place from 7 to 7:50 a.m.; Class Two* will take place from 7:55 to 8:45 a.m.; and Class Three* will take place from 8:50 to 9:40 a.m.

*Class Two and Three will be a deep water class in the main pool. Participants will wear a buoyant belt and do not need to know how to swim.

Cost is as follows: \$80 for military community and \$90 for the general public.

There is a drop-in fee option avail-

able for \$3 (for military community) or \$4 (for the general public), space permitting.

A maximum of 15 passes per class will be sold for Class One. A maximum of 20 passes per class will be sold for Class Two and Class Three.

Registration will take place at the RecPlex. Proof of qualification for 8 Wing military community is required.

Registration for all military community members will take place on Thursday, December 11, from 10 a.m. to 8 p.m.

Registration for the general public will take place on Thursday, December 18, from 10 a.m. to 8 p.m.

Red Cross Swim Lessons Registration

Registration for the military community for the winter session of Red Cross Swim Lessons will be held on Wednesday, December 10, from 4 to 6 p.m. at the RecPlex.

Numbers for service will be handed out starting at 3 p.m.

Registration will open up to the general public on Tuesday, December 16, from 5 to 7 p.m.

Numbers for service will be handed out starting at 4 p.m.

Registration for all will continue until the start of lessons in January.

Volunteers needed: RCAF Flyers Arena

Volunteers are still needed to assist with the shinny hockey program for kids and also to act as skate monitors during the family skating timings at the RCAF

Flyers Arena.

Those interested in assisting are asked to contact the Community Recreation Director at 613-392-2811 local 2349.

Gymnasium Holiday Hours

The following schedule pertains to the upcoming holiday hours for the Southside Gymnasium.

Wednesday, December 24: Closed at 1400 hrs

Thursday, December 25: Closed

Friday, December 26: Open 0900 to 1600 hrs

Saturday, December 27: Open at 0600 hrs, 24/7

Wednesday, December 31: Closed at 1400 hrs

Thursday, January 1: Closed

Friday, January 2: Open 0800 to 2200 hrs

Saturday, January 3: Open at 0600 hrs, 24/7 hours

Have a safe and happy holiday season, from all of us!

Christmas Shopping? We can help!

The Youth Council of CFB Trenton is hosting a day of babysitting for children four to 12 years of age.

This event will be a fundraiser for our youth.

This will take place on Saturday, December 13, 2008 from 9 a.m. to 5 p.m. at the Youth Centre (east end door of the Siskin Centre).

Cost for one child is \$25 for the day, two or three children from the same family at a cost of \$40 for the day.

Extra siblings will be an additional \$10 per day. Partial day is available a \$5 per child, per hour.

Parents are asked to bring two snacks and a healthy lunch for their children. Breakfast will be provided.

Pre-registration is required by



December 12, 2008. Register at MFRC Reception.

For more information please contact Debbie Schaap at 613-392-2811 local 2929.

This will be an adult supervised event.

Water Safety Instructor Re-certification

The Water Safety Instructor Re-certification course will take place on Wednesday, December 17, from 5 to 9:00 p.m.

Cost is \$70 for military community and \$85 for the general public. Please register at the RecPlex.

Contact

It is possible to fly without motors, but not without knowledge and skill.

— Wilbur Wright

Pat Morgan

We would like to invite all CFB Trenton Military Personnel to visit our dealership. We have a bilingual sales person on staff to assist you with all your automotive needs.

Nous souhaitons la bienvenue à tous le personel militaire de la BFC Trenton et nous vous invitons à visiter notre concessionnaire. M. Pat Morgan pourra vous servir en français.

MCCURDY
 McCURDY CHEVROLET • PONTIAC • BUICK • GMC LTD.
 "Multiline Supermarket of Cars & Trucks"

174 Trenton Frankford Rd. Hwy 33, Trenton
 613-392-1245

Easily accessed location just South of exit 525 off of Highway 401

BRUNO'S
Classic Cuts
 30 years serving the Quinte area.
 Barbering & Styling for the whole family.
 Open 6 days a week

Monday -Wednesday
 9 am -5:30 pm
 Thursday & Friday
 9 am -7pm
 Saturday
 9 am - 4pm

TRENTON TOWN CENTRE
 Next to Dollarama **613-392-0165**

MARINOVICH DENTAL

Drs John and Sue Marinovich and staff have been serving the dental community of Quinte since 1994. We offer complete dental care for all ages. We are now accepting new patients at our office at the M&M's plaza.

613-392-3939
 257 Dundas St E
 Trenton
 K8V 1M1

Weaver Family
 Funeral Homes
 Cremation Services

24/7 Compassion.
 24/7 Accessibility.

Our website does many things. But the one thing it does best is show how important the families we serve are.

A Legacy of Life...

weaverfuneralhomes.com
 East Chapel 613-394-2433
 West Chapel 613-392-3579



FITNESS & HEALTH PROMOTION



Food Bank benefits from festive SPIN Challenge



Photos: Amber Gooding, Contact Staff

8 Wing/CFB Trenton Personnel participated in the first ever SPIN Challenge on December 10, at the Southside Gymnasium. The event took place from 1000 to 1500 hrs, with teams of four from the 8 Wing community, peddle for one hour each during the five allotted hours of this spinning extravaganza.

The challenge helped to gather non-perishable food items (as well as cash donations), which will be donated to the Trenton Care and Share Food Bank.



Healthy holiday hints

The festive season is here once again and we all know what that means – food, food and even more food with chocolate!

This is not the time to start a diet or to give up on all your hard work from the rest of the year.

Here are a few simple tips to keep from starting the New Year with tight clothes and that diet resolution again this year!

Don't try to diet during the holidays, just try to maintain your weight. Continue with sensible eating and make allowances for a few indulgences. Perhaps share dessert with a partner.

Don't go to a party hungry. Have a nutritious snack before hand so you won't overeat. Also, don't skip meals, you are more likely to overeat foods higher in fat and calories if you have skipped breakfast or lunch. Remember it takes 20 minutes to feel full.

Skip the dip and eat from the vegetable tray. Take smaller portions and be sure to balance high and low fat foods.

When preparing your favourite holiday treats, substitute low fat ingredients whenever possible.

The calories consumed from alcohol are easily stored as fat. Limit yourself

to two drinks or have a glass of water in between.

If you do over do it, don't give up entirely. Learn from the experience and carry on with your healthy eating goals.

To balance all the excesses of the holidays, don't forget to include some physical activity into your routine.

Exercise will not only burn up the extra calories but can also help you cope with the stresses associated with the season.

A few simple ways to incorporate physical activity into your day are:

Park further away from where you are shopping.

Bicycle to the outdoor markets.

Make a point of taking a 20-minute walk everyday.

Find ways to keep moving. Turn up the Christmas tunes and dance while doing household chores, or walk the long way back to your office.

Keep track and walk 80 miles over the 12 days of Christmas (the distance from Nazareth to Bethlehem).

Most of all this holiday season make time for yourself.

Politely decline a few invitations to parties and take time to put your feet up and enjoy the glow of Christmas lights.

Fitness Development

Fitness Development will run throughout the holidays on December 22, 23, 29 and 30, (due to the STAT holidays). Regular routine will resume on January 5, 2009.

2009 Schedule: PT Tests

PT Tests will run every morning, Monday through Friday, right through the calendar year at 0830 hrs.

To book your 20 MSR email + PSP EXPRES Bookings on the DIN.

To book a personal trainer please email Lisa at refausse.e@forces.gc.ca

Workshop: Eating triggers

Have you ever wondered why you are eating even though you really aren't that hungry? Examine personal eating triggers and discover strategies to change trigger eating behaviours by attending this interactive Health Promotion workshop on December 16, from 1100 to 1200hrs. Although this workshop is part of the Holiday Challenge series, everyone from the 8 Wing/CFB Trenton community is welcome to attend.

Register online at healthpromotion.cfbtrenton.com.

Military Lane Swim

Military Lane Swim will be cancelled during the holiday season from the December 22, 2008, through until January 2, 2009. We will resume on January 5, 2009.

Did You Know?

Experts say that everyone in North America has a 40 per cent chance of being in a crash involving alcohol use sometime in their life.

Reduce the risk. Make a plan. Follow the Low Risk Drinking Guidelines, use a designated driver, call a cab, or use another holiday safe ride program.

Keep yourselves, and the ones you love, safe over the holiday season.



"Did You Know?" is brought to you by your 8 Wing Health Promotion department.



Watch for the 2009 Health Promotion course schedule coming soon. Wishing you and yours a safe and happy holiday season!

Kendra Lafleur, HP Director	Angela Prescott, HP Manager	Shalyn Mann, Admin Assistant
--------------------------------	--------------------------------	---------------------------------



VIEW FROM THE PINE



Ahhh, Sean Avery. What would the sports media do without you?

Another week and another Avery induced firestorm following his off-colour comments about other NHL players dating his ex-girlfriends.

Frankly, although definitely over-the-line in the public domain, I'm sure that had Avery chosen to save this particular trash talk for the ice he would have: a) gotten away with it, at least from an NHL disciplinary perspective (what happens on the ice stays on the ice); and b) been beaten into a vegetative state by a suitably irked Dion Phaneuf.

In fact, I'm sure as Dion rained blows down upon poor Sean that the viewing audience would have been asking themselves, "Gee, what brought that on?" I mean, besides the fact that it is Sean Avery.

But that is the problem with Avery. He is, unfortunately, what he is, and he is not going to change anytime soon.

Brett Hull had to know that when he brought him onboard (or at least should have), but now finds himself burned with an overpriced super-pest that is not even welcome in his own dressing room.

Good luck trying to offload that horror show on another team. So what to do? Ship him off to the minors? Send him home to collect his millions?

Heck, at this point Dallas should be exploring the depths of Siberia to see if there are

any needy Gulag intramural teams in need of an agitator.

At least Avery's verbal side show would be falling on deaf ears...unless he learned Russian.

Well if you are the Tampa Bay Lightning, your 2004 Stanley Cup victory must seem like decades ago. If you look up the definition of "free-fall" you will see a Lightning team picture.

The wheels really came off last year with a serious injury to their power play quarterback, Dan Boyle, and an absolutely horrendous season by the 2004 Con Smythe winner, Brad Richards (a grizzly 18 goals, 33 assists and -25 in 62 games before being shipped to Dallas).

Drafting Stamkos was nice, but things did not really improve in the off season as new owners engaged in a wild spending and trading spree for players such as Vinny Prospal (again!), Olaf Kolzig, Gary Roberts, Mark Recchi, Ryan Malone and Radim Vrbata. Nice.

Top it off with a coaching hire based on the infamous "mullet factor" (Barry Melrose, if you have to ask), and how could you not succeed?

It is a good thing that Lecavalier, Smith and St. Louis are all relatively young as it may be a few years, and a few drafts, before Tampa challenges again in the East.

Well, the great Sundin wait is almost over. I have been waiting with bated breath for Mats to reveal to the world where he plans to sign. Well,

that might be a bit of an exaggeration.

OK, a total exaggeration. But Sundin and his agent, J.P. Barry, try hard. It seems almost every day there is another tidbit of useless information released to wet the appetites of interested GMs and drive up Mats' price. Today is the day he announces his plans. Nope, not today. Maybe tomorrow. OK, next week.

My money is on the Swedish Cue Ball signing with a Western Conference team.

He has done the East thing and it did not work out that well. There is nothing left for him in Toronto and although a team like Montreal would offer him a shot at the Cup, they are not as strong an option as the Ducks or Sharks.

Anaheim would probably have a more difficult time making salary cap room than the Sharks and San Jose has some parts it can move to clear space (an underachieving and injury prone Jonathan Cheechoo anyone?).

Could you imagine a Sharks line-up with Marleau, Thornton, Boyle, Blake and Sundin?

If anyone can give Detroit a run for their money, it could be San Jose.

CHARLIE POTATOES

Sean Avery (Goes without saying, no pun intended. Needs some extra strength Depends for his verbal diarrhea. His days in Big D are numbered. Will Brett Hull be

forced to follow him out of town?). Danny Briere (Out again four to five weeks with a groin strain. Philly seems to be doing OK without him with the emergence of Jeff Carter and his 19 goals. Is Briere now expendable?), Zdeno Chara (four goals, eight assists and +5 are OK, but Chara will need to pick it up if the B's want to sustain their winning ways in the second half of the season. Good thing Dennis Wideman has been picking up the offensive slack), Daymond Langkow (Flickering flame off his normal 30 goal pace with only six so far this year. Only a matter of time before he picks it up playing with Iginla), Radim Vrbata (Sucking hard so packing it in and heading back to the Czech Republic to get his game back).

MEAT AND POTATOES

Matt D'Agostini (Young Hab making the most of his time

after being called up with three goals, one assist and a +3 in four games. My money is on him staying up for the year), David Krejci (Bruins resurgence being led by youngsters like Krejci with 23 points and a whopping +15 rating in 26 games. Pick him up in your hockey pools if he is still a free agent), Pekka Rinne (Finnish Phenom sitting at 6-0-0 with a 2.25 GAA and .917 SV per cent. Nashville's yearly turnover in goalies looks to continue with Ellis in danger of losing the starting gig), Jiri Hudler (Second round 2002 pick is making his mark on the Red Wing line-up with 12 goals and 12 assists in 26 games. Detroit remains a contender year after year because they are among the best NHL teams at evaluating and drafting talent), Patrick Marleau (Bombed last year. Killing this year. 2007-2008 was an aberration and the kid from Aneroid, SK is rolling again).

By Gilmour Tuttle



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

8 WING/CFB TRENTON PERSONNEL PARTICIPATE IN 'GLOBAL VILLAGE'

Photo: 2Lt Jennifer Jackson, 8 Wing Public Affairs, OJT



Shown above (front row, from left to right), Wendy Synnott and Caroline Barrette, both from the Trenton Military Family Resource Centre (MFRC) with (back row, from left to right), Corporal Jacques Caron, 8 Wng Firehall, Corporal Stanley Potocnik, 8 AMS, Corporal Deborah Godwin, 8 AR Flight, Sgt Douglas Buchanan, 8 AMS and MWO Joe Proulx, ATESS. The group of personnel represented 8 Wing/CFB Trenton on United Nations Day, which was held on Saturday, November 29, 2008, at Centennial Secondary School in Belleville, and spoke of their UN Peacekeeping experiences. The Global Village was put on as part of the presentation of "Silent Hugs...", a community event aimed to show understanding and support for the children of military families. This event was sponsored by the United Nations Association of Canada Quinte Branch, the Trenton MFRC, and the Elementary Teachers' Federation of Ontario, all of which also contributed displays to the Global Village.



Tigger missing: WOR IC concerned for safety of beloved

by Pte Dion Ward,
WOR Claims R&D Clerk

We took the WOR IC's (Petty Officer 1st Class Amyotte's) stuffed Tigger (which she adores) for kidnapping.

It started on Monday November 24, when she first received a message taped on her desk which read:

"We have your Tigger. You have by Friday to give everyone in the Wing Orderly Room coffee or Tigger gets it."

PO1 Amyotte displayed much pain in her facial expression after reading the ransom

note.

Then Day 2 came along and another note was given to her (by the WOR clerks that is), which read out the list of coffee orders written across a cartoon picture of Tigger. This gave her the hint the kidnappers were serious.

Day 3 - PO1 Amyotte received another note telling her that Tigger was okay but that time was getting short. Day 4 - PO1 Amyotte started to get really worried about her Tigger, when she received six pictures of Tigger tied up to a chair with the kidnappers' picture (Pte D.R Ward, from the

WOR). The kidnapper was dressed in an Air Force rain suit, blue toque and scarf covering his face, and this brought a little chuckle to the clerks in the Wing Orderly Room.

Pte Danny Young from Pay and Records section noted that "it was funny to see PO1 running around looking for her Tigger.

Day 5 finally came, November 28, 2008, but Tigger still hadn't surfaced. PO1 Amyotte did bring the coffee, as requested, with a bonus of a box of donuts (just to ensure Tigger's safe return) but alas, a final note telling her

"Like I promised, you will see Tigger!

This indicated that the games had just begun. Written in the note was the following instructions:

"Go to the place were the bars are standing, they hold money and sometimes pay us!. When you get there, ask the nice lady for your next clue."

PO1 Amyotte looked all happy knowing that they were talking about the Cashier Office. On her way, she went to get her next clue from the Head Cashier.

The next clue read :Cashier cage. Good. Now go get your next clue before the MAIL is sorted.

After reading that PO1 Amyotte knew the only place where mail is sorted is Central Registry (CR).

After getting her next clue from the CR Supervisor, she was relieved there was only one more stop to go.

The last note read : Central registry - you are getting close! Cpl McGowan almost shipped Tigger to St. Johns. For your final stop go see the lady who wears the black cap...down the hall in front of the Captain."

As the PO walked to the taskings cell where she knew the only navy person she could think of who would be there and... there was Tigger in front of PO2 Wheeler, who was wearing the black cap. This brought much laughter to the Wing Orderly Room and definitely increased the morale.

PO1 Amyotte will be kept on her toes wondering how she will keep her beloved Tigger safe in the future. Will she get the clerks back during the Christmas desk decorating contest? Drop by and see what happens.

WOR IC COMMENTS TO KIDDNAPPING:

You cannot imagine my angst....

I was given a beautiful gift to add to my collection by a wonderful child who remembered that I love Tigger. I gently posed my new acquisition in my chair so that I could admire him until I could get him safely home.

I trusted the clerks to keep him safe while I went to lunch. But no... As soon as I came back from lunch my prize was gone, absconded with, stolen, ripped from his new home! Needless to say, I was devastated. The heinous villains then started leaving notes with pictures of my beautiful Tigger with his trusting eyes pleading for me to help him. I was heartsick! I could only imagine the unspeakable atrocities being done to my lovely orange wonder. (And I have a very vivid imagination).

I was away on course for the next three days and all the while, all I could think about was my poor, poor Tigger. Left in the clutches of those beasts; Friday could not come soon enough in order to pay the ransom of Timmies. But, you never know, there may have been something extra in the cups... Hell hath no fury like a PO1 scorned.



Advertise in **the Contact** Call Patricia 613-392-2811 Ext 7008

Grab your copy of the **2009 DESKTOP CALENDAR** will be appearing in a this week's issue of **Contact**

Country Fixin's
Canada's Largest Country Store

Custom Furniture
We manufacture our own line of pine furniture and can custom design and produce anything for you.

Frozen Food Outlet
Steaks, chicken, fruit and veggies, large selection of pre-made meals and ready-to-eat foods.

Bakery
Great tasting selection of baked items, breads, tarts, pies, cookies and more baked right on our premises.

OPEN
7 Days a week
Mon. - Wed. & Sat. 9am to 5:30pm
Thurs. & Fri. 9am to 7:30pm
Sun. 10am to 5pm
5 min. south of 401 Exit 29 Richardson St. Brighton, ON
613.475.2455

DISCOVER THE FREEDOM OF BEING WELL

Bellwood Health Services specializes in the treatment of PTSD and substance abuse, alcohol and drug dependence, compulsive gambling and other addiction issues.

You can regain your healthy lifestyle.

BELLWOOD HEALTH SERVICES INC.

Proudly Serving CF Members and their families for over 25 years.

416-495-0926 or 1-800-387-6198
www.bellwood.ca

Celebrating Over 850 House Sales

**Hurry
Only
2 Weeks
Left**

***Choose from a...**

Free

\$5000 Travel Package

From McCarten Travel Group & Air Canada Vacations

or Free

\$5000 Furniture Shopping Spree

From The Brick Furniture Superstore in Belleville

*New contracts must be signed between September 30th 2008 and December 31st, 2008. Vouchers given at date of closing before December 31st, 2009. No cash value. Non-transferable. Appliances and electronics excluded. Regular retail pricing only.



**For complete details and to view our many available homes
visit www.hildenhomes.com**

Brighton

1512 Sq. Ft.



**2 Models to View
Open House
Sat. 12-1:30**

Beacon Drive (off Cedar St.) \$267,900

Trenton

1298 Sq. Ft.



**2 Models to View
Open House
Sat. 2-3:30**

Parkview Heights (off Tripp Blvd.) \$249,900

Belleville

1400 Sq. Ft.



**2 Models to View
Open House
Sat. 1-2:30**

Parkwood Gardens (off Finch) \$234,900

HILDENHOMES

393 Sidney Street, Belleville 613.962.4600 www.hildenhomes.com



HOROSCOPES

Weekly Astrology by Christine Davison

December 14 – December 20

ARIES (March 21-April 19): Conversations this week may take on dark and intense tones. Traditional modes of transportation may be best. You may reach positions of power through surreptitious, wilful ways. Trust those who have more experience than you and you may develop large amounts of wisdom or reward as a result. Romance blooms Saturday.

TAURUS (April 20-May 20): Strange secrets may be revealed on Monday and Wednesday. You may find yourself becoming interested in ardent or forceful conversations with someone you have not spoken with in a long period of time. The weekend may bring surprising results in new directions and transformations may soon be in store for you.

GEMINI (May 21-June 20): Wishful thinking may actually get you someplace. Something that was once a fantasy has been shown to manifest results when a little hard work is put towards dreams and ambitions. Last week's results may be propelling you forward. A secret may be revealed this weekend leading to interesting, passionate conversations.

CANCER (June 21-July 22): A romantic rendezvous may start this week off right. Conversations and messages from the past may involve you. You may find yourself drawn to places that you have not seen or visited for many years. Profitable advice and a change in your environment may occur due to previous experiences later on in the week.

LEO (July 23-Aug. 22): Someone near and dear to your heart may have a message for you. Conversations and movements may take on wise or stoic forms. You may become involved with a lesser experienced individual who wishes to tell you what to do. Don't give in to feelings of self-doubt or unfounded criticisms. Your future lies straight ahead.

VIRGO (Aug. 23-Sept. 22): This week could be filled with good news from afar and interesting conversations with someone from your past. A lovely walk by the sea or ride in the country may occur this weekend if you forgive yourself for a mistake. Learn from what happened and give yourself time to heal. Perhaps you weren't really at fault.

LIBRA (Sept. 23-Oct. 22): Conversations may take on a stern and somewhat wizened undertone. Secrets may be revealed, however, if you focus too much on the negative points, then you may not be able to put the pieces together into a positive picture for the future. The weekend may revolve around your home and family or something from your past.

SCORPIO (Oct. 23-Nov. 21): You may focus on sensual delights. A large group of people may approach you towards the weekend. They may ask for your help or they may want to assist you in some way. There may be a change in your immediate environment or with job opportunities this weekend that revolve around past conversations or your home.

SAGITTARIUS (Nov. 22-Dec. 21): You may feel it's time to throw a party. Lots of people seem to be focusing their energy and efforts your way. There may be something dark about you lately; something mysterious and controlling. Take advice from more experienced, wizened individuals and beautiful conversations and outings may be had this weekend.

CAPRICORN (Dec. 22-Jan. 19): People will respond to your words and actions in a loving and forgiving way. You are able to get on the good graces of anyone you know, this week. Legal difficulties may be awarded in your favour. Try not to become overly boastful or listen to gossip this week lest unpleasant conversations happen this weekend.

AQUARIUS (Jan. 20-Feb. 18): Something that was meant to occur further down the road may seem to speed up and happen now. Don't take on an immodest or harsh tone lest people alienate you. Some see you as beautiful and admire your intelligence, inventiveness, and kind ways. People may wish to share your goals or extend a helping hand on Friday.

PISCES (Feb. 19-March 20): You may find yourself becoming involved in overseas interests or with foreign people. Something beautiful may occur that involves somebody who is close by to you or who is dear to your heart. Something that you were emotional about last week may involve something or someone from the past. Trust in yourself.

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

On the move with 

ROYAL LEPAGE



NOW
is the time to list!

ProAlliance Realty, Brokerage
INDEPENDENTLY OWNED AND OPERATED

Trenton 613.394.4837
Brighton 613.475.6242
Toll Free 1.800.263.2177

www.DiscoverRoyalLePage.com



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

DEAD AIR



...AND WE'LL JUST TAKE THE LAST OF THE BANDAGES OFF HERE... THIS SURE IS EXCITING!

...AND VIOLA!

WOW! DALE, YOU LOOK TOTALLY DIFFERENT. YOU SORT OF LOOK LIKE LIONEL RICHIE.

I AM LIONEL RICHIE.

OH MY LORD! WHY DIDN'T YOU TELL ME?!

I COULDN'T. I WAS ALL WRAPPED UP.

WELL NEXT TIME TRY AND BANG IT OUT ON A BEDPAN IN MORSE CODE OR SOMETHING, LIONEL!

GINGER & SHADOW BY BARRY CORBETT



ALL RIGHT, KITTY. LET'S GET ONE THING STRAIGHT BETWEEN US. I'M NOT A CAT PERSON.

I'LL STAY OUT OF YOUR WAY AND YOU KEEP OUT OF MINE AND WE'LL GET ALONG JUST FINE.

YOU'RE NOT LISTENING, FUR BALL.

OH, YEAH. THIS IS GOING TO BE ALL KINDS OF FUN.

DuJour

INFORMATION DESK



Ask someone else

I'd love to have seen THAT job posting

Stuff!



Copyright © 2005 EL Cheney

What does it take to be a safe driver in California?
Answer: Totally empty roads!



Community Events

generously sponsored by...

independent

YOUR INDEPENDENT GROCER

President's Choice

CFB Trenton

Smylie's Independent Grocer

11472 Dundas St. East

**293 Dundas St. East,
Trenton • 613-392-0297**

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 steiner.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.

Operation Red Nose

Last call before you hit the road!
Call a friend, a cab or Operation Red Nose
613-962-4334

Service from Belleville, Quinte West, Frankford, Stirling, Tyendinaga, Deseronto, Shannonville, Madoc, Tweed, Wellington, Carrying Place, Trenton, Ameliasburgh, Consecon and Brighton.

All rides must start or end in Belleville or Trenton.

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

Sounds of the Season

Come and enjoy Holiday music performed by the
8 Wing Concert Band 14 Dec 08
Lazo 3 (old chapel north side) 1400hrs
Admission is a none perishable food item for the food bank.

Evergreen Memories 2008 Mémoires de sapins de Noël 2008

December 15th to 28th
Closed / Fermé: December 24th & 25th

Open to the public: Weekdays / jours de semaine 5:30pm – 8:30pm
Ouvert au public: Weekends / fins de semaine 12am – 4pm

**Trenton Town Hall – 1861
55 King Street, Trenton**

Children's Crafts, Cookie Decorating and Face Painting:
Bricolages pour enfants, décorations de biscuits et peinture faciale

Saturday, December 20, 1pm – 4pm
le samedi, 20 décembre, 13h-16h
Story Time / contes de Noël :
Sunday, December 28, 2pm-3pm
le dimanche, 28 décembre, 14h-15h

TIM HORTONS FREE SKATE DAYS

Saturday December 20, 2-4 pm, Yardmen Arena
Monday December 22, 1:15-3:15 pm, Wally Dever Arena
Tuesday December 23, 10 am-12 pm, Dick Ellis Arena
Wednesday December 24, 10 am-12 pm, Dick Ellis Arena
Monday December 29, 2 - 4 pm, Dick Ellis Arena
Tuesday December 30, 11 am - 1 pm, Memorial Arena
Wednesday December 31, 10 - 12 pm, Memorial Arena

For more information call Belleville Recreation 613-966-4632

Quinte West Station No. 3 Santa Tour

They will be collecting food for the local food banks starting at approximately 4:00pm each night.
Bring the kids out to meet Santa!

December 14: Sunny Creek Estates, Whites Rd, Jeffery Dr, Lester Rd, Quinte View Rd, Meyers Creek Rd, Hamilton Rd, Frost Rd, Potash Lane, Settlers Landing.

December 15: Kenron Estates, Bayview Estates, Ghent Dr, Bayview Dr, Baylea Dr, Dorthy Dr

December 16: Burns Ave, Montrose Subdivision

Military Standard First Aid and CPR

The two day course for Military Standard First Aid and CPR.
Held on December 22 to 23, 2008, located at 105 Yukon St. Bldg 56,
has been filled. Thank you for your participation.

Savour the Chill

The Souper Soup Contest
Serving from 11:30 a.m. till the soup runs out!

Ice Carving
Starting at 10:00 a.m.
located in Conner Parkette and Century Place Plaza

Free Family Skating
7:00 p.m. to 9:00 p.m. at the Memorial Arena

February 21st, 2009

www.rediscoverdowntown.ca



Making the best decision when choosing a babysitter



Submitted by
Don Heans,
Wing General Safety
Officer

Selecting an appropriate sitter to trust with the care and safety of your child is the key to providing proper care when parents cannot be at home.

Pick a sitter carefully. Ideally, you will select someone you already know and trust. If this is not possible, ask for references.

Listed below are a few pointers for selecting an appropriate child care in your absence.

Parents should always consider the length of time and the time of day when the sitter will work, along with the ages and number of children who will be in the sitter's care.

For some situations, an older teen or a mature

adult may be the best choice.

A sitter should be old enough and mature enough to handle the many responsibilities in the care and safety of your child.

Babysitters should be at least 12-years-old. By the same token, an older, more mature sitter should be alert, mobile, and responsible.

When using a young sitter, ensure that he or she has taken a babysitting course. Many of these courses require that the student be at least twelve years old.

The Trenton Military Family Resource Centre offers a list of prospective babysitters who have taken such a course.

When you require a sitter, you should select one well in advance of the first time you require their services.

Don't wait until the last minute to contract a sitter.

It will take the sitter a little time to become familiar with your children and house.

Interview the potential

sitter well before you need them. Watch to see how they interact with your children.

You should not expect a sitter to feel comfortable after a five minute briefing.

Have them over before you actually need him so they can meet the children and you'll have ample time to show them around the house and explain what you expect.

Tell any sitter (including friends or grandparents) what you expect for child safety.

Tour the house with your sitter, pointing out possible hazards, special features, or areas that are "off-limits" for your child.

Get a list of references from other families your sitter has worked for.

Don't be shy about checking out those references.

A reference should indicate a proven record of good judgment, maturity, and ability to follow rules and directions.

After you've tried out a sitter, ask the child how they liked the experience.

Sometimes children can

alert us to situations in which they feel threatened or uncomfortable.

Many cities and towns have babysitting courses.

These courses provide insights into the responsibilities of babysitting and topics range from basic child and/or infant care to what to do in case of a fire.

Even if the sitter has taken a course, discuss the following points: be reached, a nearby friend or relative, and the family doctor or pediatrician.

Directions to the sitter should include house rules, what allergies the children have, what the children may eat, when bed time is, and the appropriate manner of discipline.

A primary instruction should be that the children should never be left alone, not even for a minute.

Instruct the sitter to never give medication to the children unless they are instructed to do so by you. If you wish them to administer medication, make sure they know how to give it and how much to

give and when to give it.

Instruct the sitter in the use of all baby products and equipment.

Make sure instructions for using the security system, stereo equipment, microwave and the stove are clear.

Sitters need to know how to handle minor emergencies, including basic first aid; they should know where the first aid kit is in your home.

Sitters should know where the flashlight is in case of a power outage.

Show your sitter what exits to use in case of fire. Instruct her to get the children out and not to go back in, and to have a neighbor phone the fire department.

Smoke detectors should be in good working order and the sitter should know the locations of your fire extinguishers.

The sitter should know how doors lock, where keys are kept, and how to get out of the house in an emergency.

The doors must be kept locked at all times and never opened for strangers. It's generally

recommended that your friends and the sitter's should not come to visit. Distractions could mean that the sitter is not paying attention to your child

Should a person unknown to the sitter call your home, ask the sitter to take a message.

The sitter should not let the caller know that she is alone with the children. An answering machine can be used to screen calls.

Develop a policy for telephone use with your sitter prior to hiring.

Instruct your sitter on what to do if someone knocks on the door.

Be sure to alert the sitter to any callers or deliveries that you are expecting and when you are expecting them while you are gone.

Remind sitters not to be afraid to call for help.

Give a copy of 'Kids for Keeps' to your sitter to read after the children are asleep and let the babysitter keep it as a "tip" above and beyond her pay the first time you hire them.

Always choose wisely – Sobering thoughts about drinking

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. Party hosts and guests both 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.

MENNONITE FURNITURE

Collection

• Tables & Chairs • Bedrooms • Occasional & Unique Home Accent Pcs

RUTTLE BROTHERS FURNITURE

SINCE 1974

www.ruttlebrothersfurniture.com

1 mile N. of WALMART on HWY 62, Belleville • 969-9263

425 Sidney St., Trenton
6 am to 11 pm • Open 7 Days a Week
Dine in, take out or delivery
Call ahead for pick up order
613-965-1701

THE BEST ALL DAY BREAKFAST IN TOWN

Sub Special
Buy one, get the second 1/2 price (same kind)
with 2 pops from \$11.78 taxes included.

Walk-in Special
Med Pizza 4 topping with spaghetti, chef salad and garlic bread \$19.95

Fish & Chips
1 pc \$8.25
2 pc \$9.95

LUNCH SPECIALS DAILY
Fresh Deli with 2 Homemade Soups to Choose from.

You'll Never Leave Hungry
Good Canadian Dishes with that Mediterranean Flavour
Authentic Home Cooking

Pizza by the Slice
from \$2.95

Feature

FAMILY



Activity: Funny Little Snowman



Reciting the words to this wintery action rhyme will build your child's love of language as you share some Comfort, Play and Teach™ time together! You will need the following rhyme:

A funny little snowman, he had a carrot nose; along came a bunny, and what do you suppose?

That funny little rabbit, was looking for some lunch; he ate the snowman's carrot nose, nibble, nibble....CRUNCH!

Instructions: Hold up one fist to represent the

snowman.

Bend the index and middle fingers of your other hand to represent the rabbit.

As you say the words, make up actions to accompany them (e.g. a rabbit hopping).

On the last line, pretend to nibble your child's carrot nose!

If you have finger puppets, these can be used to bring the rhyme to life. Older children can create their own simple finger or popsicle stick puppets too!

Enjoy this more with Comfort, Play and Teach™:

Comfort

Your child will love the special attention she receives when you join her

in reciting her favourite action rhymes.

Let your child know how much you enjoy their company!

Play

Role playing the rhyme using gestures and actions encourages your child to use their imagination and it will help him to remember the words!

Teach

Sharing simple poems with your child helps your child listen to and use language and to notice words that rhyme.

Courtesy of the D-News Network, DND-CF Public Affairs Newswire.

All text by Invest in Kids. www.investinkids.ca

Mealtime.org Tomato Crostini

These Italian-inspired baguettes use only a few simple ingredients but add a Mediterranean flair to any meal. Serve this appetizer with a chopped Italian salad and whole-wheat pasta for a hearty, well-balanced feast.

Ingredients:

- 1 large French bread baguette cut in 24 (1/2-inch thick) slices
- 1 can (14 1/2 ounces) Italian-style diced tomatoes, drained
- 1 can (2 1/4 ounces) sliced ripe olives, drained
- 2 tablespoons chopped Italian (flat-leaf) parsley
- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil
- 1/4 teaspoon crushed red pepper
- 24 small slices (about 4 ounces total) fontina or provolone cheese

Preparation Time: 15 minutes **Cook Time:** 10 minutes

Preparation: Heat oven to 350°F. Place baguette slices on a baking sheet. Bake for eight to 10 minutes or until toasted, turning once. Meanwhile, combine tomatoes, olives, parsley, vinegar, oil and red pepper in a medium bowl. Place one cheese slice on each toasted baguette slice; return to the oven. Bake for two to three minutes or until the cheese begins to melt. Top each with about one tablespoon of the tomato mixture. Serve immediately as an appetizer. Servings: 24

Nutritional Information Per Serving: Calories 120; Total fat 3.g; Saturated fat 1g; Cholesterol 5mg; Sodium 300mg; Carbohydrate 18g; Fibre 1g; Protein 4g; Vitamin A 4 per cent DV; Vitamin C 4 per cent DV; Calcium 6 per cent DV; Iron 6 per cent DV.*

WHAT'S THE DIF ? www.pcartoons.com
PIERRE C. ARSENEAULT

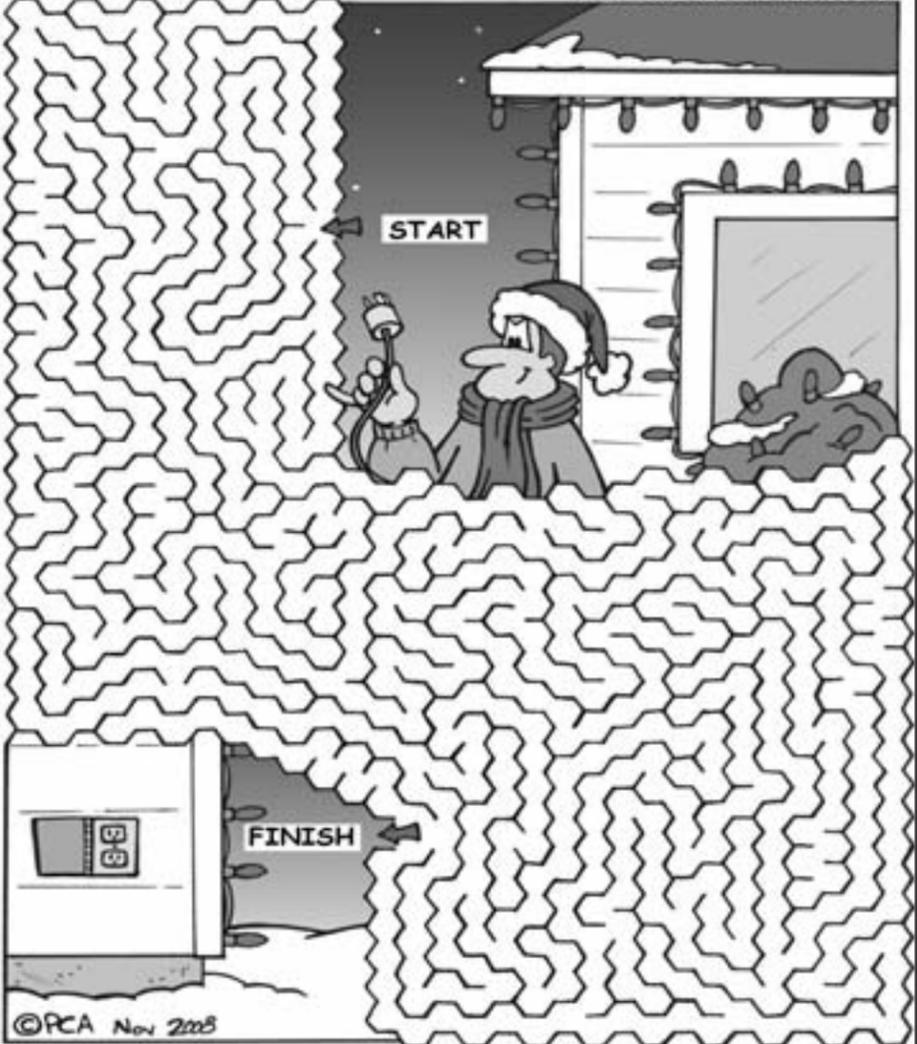


FIND THE 7 DIFFERENCES



ANSWERS: 1. HORN OF COAT 2. WEATHER 3. FIGURE 4. SUN 5. LIGHT PLUG 6. MAN'S MOUTH 7. NIVVWONS

DEAD END ? www.pcartoons.com
PIERRE C. ARSENEAULT



**Every Tuesday is
MILITARY
MOVIE NIGHT**

\$5.00 per person

(Military ID required. Up to a family of 4, tax included)

**CENTRE
THEATRE**

Regular Adult \$7.50 • Youth & Seniors \$6.00
Matinees & Wednesday
Adults \$6.00 Youth \$5.00



THE DAY THE EARTH STOOD STILL (PG)

Matinee • 1:10 • Everyday 7:10 • Fri. Sat. 9:20

FOUR CHRISTMASSES (PG)

Matinee • 1:05 • Everyday 7:05 • Fri. Sat. 9:15

BOLT (PG)

Matinee • 1:00 • Everyday 7:00 • Fri. Sat. 9:10

Matinees are Saturday, Sunday

120 Dundas West, Trenton • 613-392-6100 • www.centretheatre.ca



8 Air Maintenance Squadron names a new Honorary Colonel

by 2Lt Wes Stubbs

On Thursday, December 4, 2008, 8 Air Maintenance Squadron (8AMS) named Lieutenant-Colonel (Ret'd) J.A.G.F (Fern) Villeneuve their Honorary Colonel at an investiture ceremony held at the Astra Lounge at 8 Wing/CFB Trenton.

In the words of Lieutenant-Colonel A. Agnew, Commanding Officer of 8AMS, the position of Honorary Colonel is awarded to, "a person, who has rendered distinguished service to Canadian forces or who, from an educational or administrative point of view, and is likely to promote the well being of the Canadian Forces".

HCol Villeneuve embodies this description given his service in the Royal Canadian Air Force (RCAF) from 1950-1982 and his involvement in the Cadet Instructor List (CIL) from 1983-1993.

Among the many achievements in his career, HCol Villeneuve was awarded the Canadian Decoration (CD), the Air Force Cross (AFC), the NATO Special Service Medal and was inducted as a member of the Canadian Aviation Hall of Fame.

He is perhaps most well known for his role as the first Squadron Leader and appointed Team Leader of the RCAF Golden Hawks aerobatic team that was formed in 1959.

In this position HCol Villeneuve was responsible to lead, form, train and choreograph the Golden Hawks for air displays throughout Canada and the United States.

Colonel M. Hood, Commander, 8

Wing/CFB Trenton, served as the Presiding Officer for the investiture ceremony and noted that, "there are a few recognizable names in the history of the RCAF. Fern Villeneuve is one of those names".

In the selection process to appoint an Honorary Colonel many various aspects are taken into consideration, such as, active community involvement and a continued dedication to the CF. In the opinion of LCol Agnew, HCol Villeneuve possessed all of the requisite qualities.

"In the end we picked Col Villeneuve because he brought everything to the table," said LCol Agnew. He continued by saying, "his dedication to aviation, and at 81, still trying to improve himself is really the spirit that embodies 8AMS and that's why, ultimately, we wanted him as our Honorary Colonel".

HCol Villeneuve was grateful for the recognition and viewed his new position as, "...an honour and a challenge that I am looking forward to".

Top: Colonel Mike Hood, Commander, 8 Wing/CFB Trenton and Honorary Colonel Fern Villeneuve, 8 Air Maintenance Squadron, sign the Honorary Colonel Certificates during the investiture ceremony.

Bottom: Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, presents Honorary Colonel Fern Villeneuve, 8 Air Maintenance Squadron with a framed parchment certificates during the investiture ceremony held at the Astral Lounge Junior Ranks Mess on December 4, 2008.



Photos: Private Tina Gillies, 8 AMS Imaging



8 WING PERSONNEL, WITH HEARTS AND MUSCLE



Photos: Andrea Steiner, Contact Staff



8 Wing Headquarters personnel braved a wintry morning on December 6, lending hands to help load just over 1,700 pounds of non-perishable food items destined for the Trenton Care and Share Food Bank. The large donation was thanks to \$1,600 raised by Wing Headquarters staff, which was used to purchase the groceries, plus actual donated items collected just outside the building's canteen on the first floor. Thanks to all who so generously contributed.

Chaplain Services

8 Wing/CFB Trenton Chaplain Services

services offerts par l'aumônerie de l'escadre

WING CHAPLAIN SERVICES

SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

Wing Chaplain- *LCdr Steve Merriman* -Aumônier de l'Escadre
Administrative Assistant - adjointe administrative
613-392-2811 local 2490

Unit Chaplains – aumôniers d'unités

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

As support staff - comme personnel de soutien

Rev Jim Craig, P Civilian Officiating Clergyman – membre du clergé civil

WORSHIP SERVICES

Our Lady of Peace (RC)
Christian community – communauté catholique

Notre-Dame-De-La-Paix (CR)

Chapel Life Co-ordinator

Father Philippe Boudreau

Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 0900h

Sunday Mass at 1130hrs

Monday through Friday at 12:00hrs

Third Sunday bilingual Mass at 0900 hrs and coffee

3ième dimanche messe bilingue: 09h00 et café

St. Clement Astra (P)

Protestant Community

Chapel Life Co-ordinator

Padre Jim Craig

Worship Service

Sunday Divine Worship, 1015hrs

Holy Communion:

First Sunday of the month

Confession - Réconciliation

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

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. *Après les heures de travail, pour les urgences seulement, svp appelez le téléphoniste de la Base au 613-392-2811 et demandez l'aumônier en devoir.*

8 Wing Chapel – Christian Churches Celebrations

chapelle 8e escadre – horaire des célébrations liturgiques chrétiennes

Dec 14 déc. – Third Sunday of Advent / 3ième dimanche de l'Avent

09:00 hrs – Sunday Worship (CR)

10:15 hrs – Sunday Mass (P)

11h30 – messe dominicale (RC)

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

Dec 21 déc. – Fourth Sunday of Advent / 4ième dimanche de l'Avent

09:00 hrs – Sunday Worship (CR)

10:15 hrs – Sunday Mass (P)

11h30 – messe dominicale (RC)

Dec 24 déc. – Christmas Eve / Veille de Noël

17:00 hrs – Family Mass (RC) bilingual messe familiale (CR) bilingue

19:30 hrs – Christmas Eve Service (P)

24:00 hrs – Nativity of the Lord Mass (RC) Bilingual

Dec 25 déc. – Christmas / Noël

11:00 hrs – Nativity of the Lord (RC) – bilingual

– messe de la nativité du Seigneur (CR) – bilingue

Dec 28 déc. – Holy Family Sunday / dimanche de la Sainte Famille

09:00 hrs – Sunday Worship (CR)

10:15 hrs – Sunday Mass (P)

11h30 – messe dominicale (RC)

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

11:00 hrs – Liturgy of the Day – Celebration of the Word (RC) – bilingual

– Liturgie du Jour – Célébration de la Parole(CR) – bilingue

SACRAMENT OF BAPTISM

Parents wishing to have their child baptized are to contact the parish through the Wing Chaplain's Administrative Assistant at local 2490 at least two weeks prior to the desired date. After completing the request form, the dates for both the pre-baptismal session and the baptism will be booked. The pre-baptismal session is mandatory for both parents; however, god-parents (one of them at least must be RC) are invited to participate. Proxy might be an option if godparents cannot attend.

For liturgical reasons and the baptism sacramental theology, baptisms are not celebrated during the Lent Liturgical Season. Civilian parents who wish to have their child baptized at our military facility must first contact their civilian parish (whether or not they are active at that parish) before contacting our chapel. As Our Lady of Peace belongs to the Military Diocese of Canada, a letter of canonical jurisdiction from your civilian pastor giving the reasons supporting your request will be needed.

SACREMENT DU BAPTÊME

A tous les parents désirant faire baptiser leur enfant, svp communiquez avec notre assistante de bureau au moins deux semaines avant la date désirée au poste 2490 pour entreprendre les démarches. Une rencontre est nécessaire avec le padré pour faire l'inscription. Il vous avisera de la date de la rencontre pré-baptismale obligatoire ainsi que de la date du baptême. Une rencontre pré-baptismale est obligatoire pour les deux parents (père et mère), tandis que les parrains sont invités à y participer. Au moins un des parrains doit être Catholique romain. Il est possible de désigner des mandataires si les parrains ne peuvent être présents. Pour des raisons liturgiques et de théologie sacramentelle, il n'y a pas de baptême célébré durant la période du Carême. Les parents civils qui souhaitent faire baptiser leur enfant à la chapelle de l'Escadre doivent contacter leur paroisse civile (étant pratiquants ou pas) avant de communiquer avec notre secrétariat. La communauté de chapelle Notre-Dame-de-la-Paix de la 8ième Escadre appartient à une juridiction canonique différente qui est celle du Diocèse militaire du Canada. Une lettre/courriel de délégation canonique de la part du prêtre de votre paroisse civile (appuyant votre démarche auprès de cette chapelle militaire) devra être envoyée à l'aumônier catholique de l'Escadre.

CHAPLAIN EMERGENCY FUND

You can help the chaplains help our military families most in need. *How?* Every time you make a purchase at our CANEX, ask to have the *Club Xtra* points put on the Chaplain's *Club Xtra* Card. The points will be used to help our military families during times of family crisis. For more information, ask one of the Canex employees.

FONDS D'URGENCE DES AUMÔNIERS

Vous pouvez aider les aumôniers à aider les familles de nos militaires qui en ont le plus besoin. *Comment?* Chaque fois que vous faites un achat dans notre CANEX, demandez que les points du *Club Xtra* soient crédités à la carte *Club Xtra* des aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales. Pour avoir des renseignements supplémentaires, demandez à l'un des employés du Canex.

PERFORMANCE
Sales & Leasing
FULL LINE ACCESSORY STORE
NOW OPEN

- Hitches • Caps • Wheels
- Tires • Lift/Lowering kits
- Programmers & more

28 Farnham Rd. Belleville
613-962-3235

AUTO - HOME - BOAT - LIFE - INVESTMENTS

WHITLEY INSURANCE & FINANCIAL SERVICES
392-1283
(1-800-663-1384 Toll Free)

SINCE 1949 Visit our Website at www.whitley.net
E-mail: info@whitley.net

"SAVE MONEY, CALL FOR A QUOTE"
41 Dundas Street W. Trenton

AUTO - HOME - BOAT - LIFE - INVESTMENTS

• Desktop Publishing • Posters • Laminating • Digital Copies

OP office plus **Randall's**

Darling's Copy Depot is now part of Randall's Office Plus and Gift Store. Come on in for some great deals on printing services, office supplies

Call Today 613-392-7273
Fax service: 613-392-3837

Trenton Town Centre • 266 Dundas St. E., Trenton
• Fax Service • Enlargements • Scanning • Canon Laser Copies

Photograph Photocopying-Full Colour • Engineering & 36" Copies Format

Classified

Classified

For Classified Information Call
392-2811 ext: 3976

business • for sale • wanted • equipment • automobiles • child care • for rent • employment

Information

CLASSIFIED AD RATES

Word ad: 20 words \$3.00 per insertion. GST included. Cash or cheque to be paid at time of insertion.

ORDERING AN AD

All advertising must be dropped off at The CONTACT, 142 Yukon Street, Room 26, before noon Wed. for the next edition and payment should be made at that time. In the event of a statutory holiday all deadlines are advanced by one day.

ERRORS

& OMISSIONS

Advertisers should check their ad the first day it appears. The CONTACT shall not be liable for failure to publish an ad or any typographical errors in the publication except to the extent of the cost of the ad for the first day's insertion. Adjustments for errors are limited to the cost of the ad where in the error occurred.

USERS

& AD READERS

The CONTACT is not responsible for the products and/or services advertised. Readers should exercise their best judgement with the content. The CONTACT will not knowingly publish any advertisement which is illegal, misleading, or offensive. In compliance with the Human Rights Code, The CONTACT reserves the right to make necessary changes in ad copy.

Business Services

Rebecca's Portraits
Oil paintings and Charcoal portraits



Invest in a family heirloom
Call 613-965-6345
jr.boland@sympatico.ca

NEW & USED REFRIGERATORS

Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees. Fridges \$100 and up

NEW APPLIANCES at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from.

PAYS CASH

for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices. Open 7 days a week & evenings. We deliver. We like Base people.

SMITTY'S APPLIANCES LTD.
613-969-0287

RUSHNELL FUNERAL HOME & CREMATION CENTRE

60 Division Street
Trenton
613-392-2111

Holiday Gift Certificates

Introduce your child to the world of Horses. Gift packages available. Call 613-394-5587 for details

BOARDING

Dogs & cats. Individual exercise. Secluded country setting. Airport service available. 5 mins. from 401 Brighton. Call **EDDYSTONE KENNELS** 613-475-4405

Coming Events



Want a Christmas Photo of your Canine Companion?
Paws Active Doggie Daycare invites you to our **Christmas Doggie Picture Day!**
December 13
11 am - 3pm
11 Canal St. Trenton

Cleaning Services

Tammy's Cleaning Service
Years of 100% successfully passed Marchout Inspections, & 20 years of housecleaning in the Quinte Area. Opening and closing services available. "I likely clean for someone you already know."

Call Tammy
613-392-0759
Cell: 613-847-7670

Child Care

Nurturing mother of two available for home day care, Monday to Friday 6:30 a.m. to 5:30 p.m. Smoke-free, clean home on Spring Valley bus route. Nutritious meals and daily crafts and activities. Competitive rates. 613-475-3581

For Sale

Belleville Volkswagen



2004 Jetta's
6 to choose from

3 Red, 3 Beige
1 Wagon, 5 Sedans
2 Diesel, 4 Gas

Financing from 1.9% oac

Call Paul for details...

613-966-3333
239 North Front
Belleville
www.bellevillevw.com

1995 GMC Sonoma
Reconditioned engine 2006, new brakes, springs, heater blower. Fiberglass Cap. \$2750
Cell 613-323-4510 or local 3835

Wanted

Wanted to Buy
Fridges, stoves, washers, dryers in working order and clean. Will pay good price. No dealers. Please call
1-613-969-0287
or 613-968-4183

For Rent

ADULTS!

1 bedroom apts. from \$595
2 bedroom apts. from \$675

Utilities & cable included
Affordable, quiet & secure

CLOSE TO BASE

KLEMENCIC PROPERTIES
613-392-7839

HOUSE FOR RENT

2 bedroom + double car garage and sunroom. Includes 5 appliances, brand new wood insert & electric heat. Located in Brighton, Presquile Park residential area. \$900/mth + heat & hydro 613-475-0564

Belleville East Hill

Executive 2 1/2 storey unspoiled house, 4 bedrooms, 3 bedrooms, large kitchen, living, & dining. Finished attic with 2 pc bath. Approx. 2200 sq ft of living space. \$1200/mth + utils. References required. Available Immediately. Short term negotiable. 613-967-2065

FOR RENT

New, spacious executive one bedroom apartment, 12 minutes to the Base. Gas fireplace, laundry, open concept, all inclusive \$675. No smoking, no pets. chelsea@davidweir.com or 613-922-9347

Beautiful

Non-smoking 2 bedroom apt. Available in Trenton utilities, washer & dryer included. Double parking, no pets. \$800/mth 613-392-0840

Three bedroom bungalow - Parkdale area, Belleville

\$1250/mth + utils Available immediately, immaculate, newly decorated brick home on a fully fenced lot with paved drive, patio and utility shed. One of 6 houses on dead end street with a public school. L/R and bedrooms have hardwood floors. Eat in kitchen and 4 pc bath.

Full basement with finished rec room and gas fireplace. Features central air, heat pump with FAG furnace and central vac. Includes fridge, stove, washer, dryer and freezer. Require quality non-smoking tenant(s) with references. 1st & last month's rent.

Inquire by email llaw1660@rogers.com or phone 905-987-4752

Large 2 bedroom Apt.

10 Mins North of Belleville. 4 appliances, private drive and parking. Mature working couple, references required. no pets/smoking. Available Feb. 1/09 \$980 all inclusive. 613-398-1356

LAKE BREEZE COURT

Brand new condos available!

\$995/mth + gas & electricity. Quiet area, close to downtown Wellington. Access to private deck 1&2 bedrooms. Brand new, Energy efficient appliances including stove, microwave, dishwasher, refrigerator, washer, dryer & AC! Visit us at www.royalpm.ca and apply online or call 613-969-1144 ext 23

Crossword Answers

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



Please recycle this newspaper!

Advertise in the Classifieds
Call Adriana 613-392-2811 ext. 3976



Don't let your Christmas tree lead you to a tragedy



Canadians lose their lives in an accidental household fire. In fact, it's during the holiday season that the number of deaths caused by accidental household fires is at its highest.

Patrice De Luca, vice president of marketing and business development for Reliance Protectron Security Services, says the major culprit for this significant increase is the famed Christmas tree.

"You need to take every possible precaution to minimize the risks of fire, especially if you choose a natural tree," he added. "Fire is one of the greatest threats to your family and home. People do not realize the emotional toll a fire can take, even if there is no loss of life."

Here are safety tips to consider from Protectron's free "Saving Lives Program":

- If possible, consider an artificial tree. They are much safer and cleaner.

- Leave the tree outside until you're ready to decorate.

- The tree stand should hold at least 1 gallon of water. It's crucial to check the water level every day.

- Detectors for smoke and carbon monoxide should be installed at strategic locations - your kitchen, stairwell, bedroom hallways and other high-traffic household areas.

Monitored smoke detectors can save lives by having operators standing by 24-7 and dispatching emergency services if required (for example if fire occurs while sleeping).

- Keep the tree away from floor heaters, fireplaces, or other heat sources.

- Use only CSA-listed lights, and no more than three strands linked together.

- Use miniature lights-which have cool-burning bulbs.

- Turn off the Christmas lights

when you sleep, or if you leave your home for very long.

- Examine light strings each year, discard worn ones.

- Fasten the bulbs securely and point the sockets down to avoid moisture build up.

- Avoid overloading wall outlets and extension cords.

- Have an operable fire extinguisher readily available.

- Practice an escape plan at least once a year. Make sure the whole family is involved.

- Finally, make sure to dispose of your tree properly at the end of the season.

Protectron's "Saving Lives Program" is offered free to families considering home security solutions.

More information on the program or on fire safety and home security is available online at www.protectron.com.

(NC)-It's our most treasured time of the year - the Christmas holiday season.

Unfortunately, this important time can also be one marked by tragedy if precautions are not taken against accidental fire.

According to the Canadian Safety Council, every year about 400

Tips for year-end giving

(NC)-As we near Christmas and the end of the calendar year, many people are considering making a charitable donation as a feel good gesture for the season, or to maximize tax savings in 2008.

Whatever your motivation, here are some tips to help you get the most out of your donation:

Calculate your income - Many people don't think about making a donation until they prepare their annual tax return.

Taking time to calculate your income and what you can offset that amount with via charitable donations before year-end can potentially save you lots of money on your next tax return.

Timing - To get a tax credit for a gift it has to be in on time. In most situations, a charitable gift is considered complete when control of the gift has been received by the charity from the donor.

If you are sending a gift by mail, make sure the envelope is

postmarked by December 31.

The postmark is the official date of the donation - not the date on the cheque.

Every penny counts - We've all dropped money into donation boxes by cash registers or purchased almonds from someone at our door, but have you ever stopped to think how this adds up during the year?

Some estimates suggest Canadians donate small amounts over the year totaling \$200 or more that they never get credit for on their tax return.

Rather than dropping \$10 here and there, consider visiting an online charitable gift catalogue like the one at www.ccfcanada.ca.

Take those small amounts of cash and buying things like a piglet or school books for children and families in Africa.

The person you buy the gift for will receive an impressive Christmas card and you will receive a tax receipt for your generous donation.



14 Hope Street
Brighton

Very desirable area of Brighton. 3 bedroom bungalow + 2 bedroom in-law suite with own garden and patio. New roof (07), new laminate flooring up & down (07) Immediate possession.
A MUST SEE! \$236,900 613-475-3406

Contact
Advertise your listings with us!

Call Patricia
613-392-2811 Ext 7008

More sales means more experienced agents.

RE/MAX
agents sell three times more properties than the average agent.*

*Based on N.S. sales. Each office is independently owned and operated.

Anything less is second best!

Remax Trent Valley Realty Ltd., Brokerage
Independently Owned & Operated

Trenton 447 Dundas St. W. **Brighton** 41 Main St. **Toll Free:**
613-392-6594 613-475-6594 1-800-567-0776
Check us out at... www.remaxtrent.com

Contact

It is possible to fly without motors, but not without knowledge and skill.

— Wilbur Wright

Century 21
Lantern Real Estate Ltd. Brokerage

tel: 613-392-2511
cell: 613-922-9428
toll free: 1-888-792-5499
kimberlycollins@century21.ca
www.century21.ca/kimberlycollins

Kimberly Collins
Sales Representative

47 Strachan St.,
Belleville

SOLD
\$164,000 mls#2087175

ROYAL LePAGE
ProAlliance Realty, Brokerage

833 Dundas Street East,
Trenton, Ont. N4V 1M1

Roxee Morden
Sales Representative
Office tel: 613-394-4837
Cell no: 613-969-2537
DND BRP Registered

Please Recycle this Newspaper

As the holiday season approaches show appreciation and respect for the health and happiness of yourself and others. Choose a designated driver when attending a party and, when hosting a party, be sure to supply non-alcoholic beverages for guests who are driving.

MADD CANADA

From the Management and staff of Personnel Support Programs



CASHLESS CHRISTMAS

ENDS MONDAY AT 9 PM



BONUS COUPONS

SAVE \$100

on any furniture purchase \$1499 or more



Good on any purchase \$1499 or over (excluding taxes). Limit one coupon per household. Not redeemable for cash. Valid until Monday December 15th, 2008.

SAVE \$100

on any mattress and boxspring \$1499 or more



Good on any purchase \$1499 or over (excluding taxes). Limit one coupon per household. Not redeemable for cash. Valid until Monday December 15th, 2008.

SAVE \$50

on any appliance purchase \$1299 or more



Good on any purchase \$1299 or over (excluding taxes). Limit one coupon per household. Not redeemable for cash. Valid until Monday December 15th, 2008.

SAVE \$50

on any electronic purchase \$1299 or more



Good on any purchase \$1299 or over (excluding taxes). Limit one coupon per household. Not redeemable for cash. Valid until Monday December 15th, 2008.

PLUS! NOW! PAY ABSOLUTELY NOTHING! NOT EVEN THE TAXES! FOR 16 MONTHS!

TAKE 2 1/2 YEARS TO PAY! NOTHING DOWN! NOT EVEN THE TAXES!

OR



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



*O.A.C. Total purchase including all applicable taxes, disposable surcharges where applicable and a processing fee of \$79.95 (Eg. \$1500 purchase with \$79.95 PF equals an APR of 4.0%) are due 16 months from the date of purchase. All items available while quantities last. Prices, terms and conditions may vary according to region. Selection may vary from store to store. Pick-up discounts not available on some items. * No extra charge for delivery on most items if purchase amount, before taxes and any fees, is \$499 or more. See store for delivery included areas. Not applicable to previous purchases and markdown items. See store for other convenient payment options. All first time buyers in Ontario must put down a 15% deposit on any financed pick-up purchase over \$1,000.