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## 2009 COMMEMORATIVE CALENDAR



Photo: Cpl Simon Duchesne, 8 Wing Imaging

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton (centre), was presented with the 2009 Commemorative Calendar on December 17. From left to right, Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer; Adriana Sheahan of The Contact Newspaper; Chief Warrant Officer Tom Secretan, 8 Wing Trenton CWO; Colonel Hood; Captain Steve Morrow; and Jody Ann Eskritt, 8 Wing Heritage Office. Calendars accompany this issue of *The Contact*.

## SMALL VOICES SPEAK VOLUMES



Photo: Adriana Sheahan, Contact Staff

Children from the Trenton Military Family Resource Centre send their love and best wishes to our deployed troops this holiday season, during the finale of the Annual MFRC Holiday Concert held on December 11 at the Southside Gymnasium. See Page 5 for more photos.

## Sounds of Christmas enjoyed by many

by 2Lt Jennifer Jackson  
8 Wing Public Affairs OJT

Jingle bells, horse whips, kazoos and a solo by an audience – it sounds like a typical Friday night out on the town, but on Sunday, December 14, all those sounds put people in the festive mood during the 8 Wing Concert Band’s annual “Sounds of Christmas” concert and food drive.

For a donation of a non-perishable food item, concert-goers were treated to just over an hour of Christmas music ranging from Leroy Anderson’s “Sleigh Ride” to a version of “O Holy Night” for vocal solo and band, arranged by 8 Wing Concert Band Director Warrant Officer Brian Coughlin, which he dedicated to his mother who was in the audience.

“O Holy Night” was one of four vocal solos sung by Anita Halfpenny, a music educator in the district. The concert also featured a kazoo choir in “The Chipmunk Song,” and even 8 Wing Chief Warrant Officer Tom Secretan could be seen joining in with the sing-along that featured a surprise audience solo in “Silent Night,” when the band was cut off by WO Coughlin.

“This is a busy time of year for myself,” said WCWO Secretan to open the concert, “This is my favourite holiday event, and a must-attend for every member of 8 Wing.”

Master of Ceremonies, retired Captain George McRae kept the mood light, encour-



Photo: Cpl David Hardwick, 8 Wing Imaging

### 8 Wing Concert Band musicians during “Sounds of Christmas”.

aging laughter with banter between himself and WO Coughlin between pieces, while prompting the audience to listen up for specific sound effects and solo features in the songs.

Held in the Band’s home, the old 8 Wing Chapel at Lazo 3, food donations of over 50 pounds from eager audience members covered a large table at the door, and even a reindeer could be seen keeping a watchful eye.

The Christmas concert marks the end of a busy year for the 8 Wing Concert Band, but if your New Year’s Resolution is to get back in touch with your musical self, rehearsals will resume on 15 January at 1900.

The band welcomes any volunteers with high school band experience, and has some instruments available for band members.

See 8 Wing Concert Band, Page 6

## SPREADING SOME HOLIDAY JOY



Photo: Amber Gooding, Contact Staff

The generosity of 8 Wing/CFB Trenton personnel has proven to be tremendous, yet again, as the Angela Hayden 8 Wing Adopt-a-Family initiative wraps-up in time for distribution of gifts and food to a number of families that could use a little extra help this holiday season. The Angela Hayden Adopt-a-Family program has been helping to ensure Christmas is merry for over two decades now. Personnel from various sections throughout the Wing, as well as students from St. Paul’s Secondary School in Trenton, have pulled together this holiday season, providing an incredible amount of support to help keep this initiative going. The late Angela Hayden was an active member of the group, and was also incredibly passionate about looking after others. She was very involved with the Adopt-a-Family program and after she passed away in 2003, the program incorporated her name into the official title and has been operating as the “Angela Hayden Adopt-a-Family” initiative ever since. A very sincere thank you goes out to those that have helped to make this another successful year for the program. Without the dedication and support, moments like this wouldn’t be possible. Best wishes to all, for a safe and happy holiday season!



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## Wing Commander's Column

A message from Colonel Mike Hood



The holiday season has finally arrived and another chapter of our busy lives draws to a close.

After a year of hard work and effort, now is the perfect time to take a well-deserved break and spend time with our loved ones. For those fortunate enough to be home during this holiday season, cherish this opportunity that you have to make new memories and recharge your batteries for the upcoming year.

During this special time of year, family and friends come together to celebrate, but for others, this season also means helping people in need. I would like to express my deepest gratitude for the generosity that you have

demonstrated, in the spirit of giving, in participating in programs such as Adopt-a-Family and United Way. Through your kindness towards other members of your community, you have strengthened the bonds by which we are all linked. You make me proud to be part of this community.

I know that many of you will be on duty during the festive times, either at home or on missions around the world. Regardless of where you will be spending the holidays, know that you and your family are in our thoughts.

The WCWO and I wish you and your loved ones the very best

during the holiday season. We will see you back in 2009 for what we expect will be another busy and exciting year at 8 Wing/CFB Trenton.

In the past, holiday messages also included a review of our accomplishments for the past year. Since this year was such a busy time for 8 Wing/CFB Trenton, make sure that you read the next issue of the Contact where you will find a two-page spread of 2008 in review.

Sincerely,

Colonel Mike Hood  
Commander  
8 Wing/CFB Trenton

## CF leadership see air warriors off at 8 Wing

by Capt. Mark Peebles  
8 Wing Public Affairs

TRENTON – The leadership of the Canadian Forces and the Air Force came to 8 Wing Trenton on December 17 to say farewell to members of Joint Task Force Afghanistan's Air Wing as they departed for Kandahar.

Chief of Defence Staff General Walt Natynczyk, Chief of Air Staff Lieutenant-General Watt, Commander 1 Canadian Air Division Major-General Marcel Duval and their Chief Warrant Officers were on hand for what Gen. Natynczyk described as a "historic day"

"This is a special day because we are starting out the Joint Task Force – Afghanistan Air Wing," he said. "This is about Canadians taking care of Canadians, and you will be doing just that."

Approximately 75 people from Edmonton, Greenwood and other locations departed on a CC-150 Polaris on their way to Kandahar, Afghanistan. The Wing will bring air support to the Canadian mission in the form of CH-47D Chinook and CH-146 Griffon helicopters as well as unmanned aerial vehicles.

Lieutenant-General Angus Watt impressed upon the deploying airmen and airwomen that they are part of the most significant mission the CF has conducted in decades.



Capt Andrew Michener (left), Pilot, and MCpl David Williams (centre), Flight Engineer, from 408 Squadron, speak with Gen Walt Natynczyk, Chief of the Defence Staff, before their departure from 8 Wing/CFB Trenton as part of the stand up of the Joint Task Force Afghanistan (JTFA) - Air Wing.



Gen Walt Natynczyk, Chief of the Defence Staff, speaks to members of the Joint Task Force Afghanistan (JTFA) - Air Wing before their departure from 8 Wing/CFB Trenton.

"It's an important mission. It's a tough mission, but I know you will succeed," he said. "The number one question soldiers in Afghanistan have asked me is 'When are the heli-

copters coming?'. Well, now you have the answer." Canadian Forces Chief Warrant Officer Greg Lacroix saw the Airforce personnel off with some guidance:

"Trust your training. Trust your equipment. Trust your leadership. Above all, trust yourselves," he said. "You are going to save a lot of soldiers' lives."

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## Season's Greetings from MGen Duval

The Division Chief Warrant Officer and I would like to thank the personnel of 1 Canadian Air Division/Canadian NORAD Region for their hard work and dedication over the past year.

Air men and women across the country, along with our civilian colleagues, have demonstrated their commitment to our country and our communities time and time again.

Our combined support for the Government of Canada Workplace Charitable Campaign and the many local community initiatives demonstrate that we are united in the spirit and joy of giving throughout the entire year.

In that same spirit, we must not forget the selfless efforts of our Canadian Forces members overseas who, throughout the year, sacrifice so much in order to create a more peaceful world. Please have them in your thoughts and prayers during this holiday season.

2008 was a great year for the Air Force, and we celebrated important milestones such as the 50th anniversary of NORAD, the arrival of the final two CC-177 Globemasters, and



**Major-General Marcel Duval, Commander, 1 Cdn Air Div/CANR.**

the procurement of six Chinook helicopters and new unmanned aerial vehicles to assist in Afghanistan.

2009 will be an equally exciting year, as we significantly increase our Air Force role in Afghanistan. It's also a milestone year as we will celebrate the Canadian Centennial of Flight and the 85th anniversary of Canada's Air Force.

On behalf of the entire

1 Cdn Air Div/CANR Command Team, Merry Christmas, Happy Chanukah, and best wishes for a healthy and happy new year. Please take the time to celebrate this festive season with your families and friends, and relax and reflect upon a wonderful year.

Sincerely,  
Major-General Marcel Duval, Commander, 1 Cdn Air Div/CANR

## Voeux du commandant à l'occasion des fêtes

L'adjudant-chef de la division se joint à moi pour remercier les membres du personnel de la 1re Division aérienne du Canada/Région canadienne du NORAD de leur travail acharné et de leur dévouement au cours de la dernière année.

La contribution de notre organisation à la Campagne de charité en milieu de travail du gouvernement du Canada, en septembre et octobre, ainsi que les dons en argent, jouets et conserves ayant été faits au Christmas Cheer Board et à la Care and Share Foundation de la 17e Escadre, au cours des dernières semaines, démontrent que nous sommes unis dans l'esprit et la joie de donner tout au long de l'année.

Dans le même esprit, il ne faudrait pas non plus oublier les efforts désintéressés que déploient les militaires canadiens servant outre-mer, qui, à longueur d'année, font des sacrifices énormes pour construire un monde plus pacifique. Veuillez bien les porter dans vos pensées et vos prières pendant les fêtes de fin d'année.

La Force aérienne a connu une excellente année en 2008, qui a marqué d'importantes étapes, comme le 50e anniversaire du NORAD, la livraison des

deux derniers CC177 Globemaster et l'acquisition de six hélicoptères Chinook et de nouveaux engins télépilotés qui serviront en Afghanistan.

L'année 2009 promet d'être tout aussi palpitante, étant donné le rôle accru que devra jouer la Force aérienne en Afghanistan. Il s'agit en fait d'une autre année-jalon, car nous célébrons l'année prochaine le Centenaire de l'aviation canadienne et le 85e anniversaire de la Force aérienne du Canada. Au nom de l'équipe de la 1 DAC/RC NORAD, je vous souhaite joyeux Noël et joyeuse fête des Lumières, ainsi que santé et bonheur pour la nouvelle année.

Pendant les fêtes, prenez le temps de célébrer en famille et avec vos amis, de vous reposer et de contempler le fruit de ce qui a été une excellente année.

C'est avec plaisir que j'envisage la possibilité de collaborer avec vous encore l'année prochaine à l'atteinte des buts de la Force aérienne.

Je vous présente mes salutations distinguées.

Major-général Marcel Duval  
Le commandant de la 1 DAC/RC NORAD,

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## Search & Rescue UPDATE

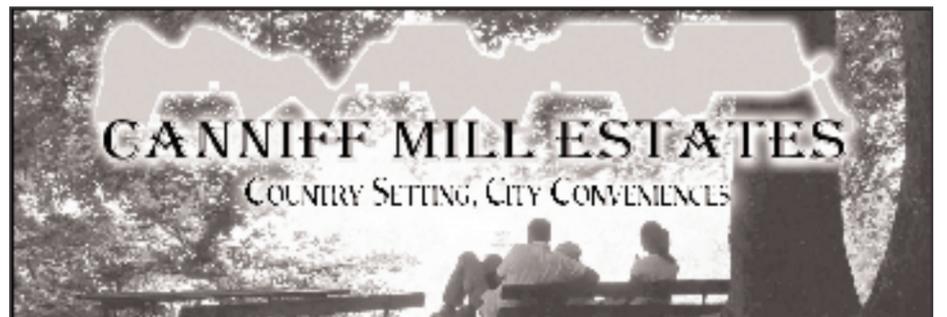


424 Squadron had one short SAR mission this week.

A CH-146 Griffon was tasked to investigate a 406 signal near Hawksbury, Ontario. It turned out the ELT belonged to a B737 in British Columbia. Upon learning this information, Rescue 493 was stood down.

Until next week, stay safe.

Missions for 2008: 232    Missions for Dec: 6    Persons rescued: 41



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

### The Contact Staff

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- Assistant Editor: Amber Gooding
- Reporter/Photographer: Vacant
- Advertising Production Asst: Adriana Sheahan
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### Guidelines for submissions: ARTICLES AND PHOTOS

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

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

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



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### message from the

## Editor

Though the new, eagerly awaited CANEX Supermart is not yet open, what you may not know is that customers can still purchase items, either online at [www.canex.ca](http://www.canex.ca) or through the southside CANEX ExpressMart.

This means that you can still take advantage of the terrific *No Interest Credit Plan* (OAC), choosing one of the three convenient payment schedules – for 12, 24 or 36 months. This also means that you can avail yourself of the many business “partnerships” the CANEX enjoys, including Carms Pools (Pools and Spas), Cutting Edge Iron Works (Custom Trailers), D&K Heating (CA, Fireplaces, Stoves), Frost Auto (Tires and Accessories), Smart Distribution (Air Compression & Tools) and Trent Pools and Spas (Pools and Spas).

For more information, just pick up the telephone and call 613-392-1608.

So even though you can't physically enter and shop yet at the new SuperMart yet, you can still benefit from all that CANEX has to offer.

And be sure to mark March 4, 2009 on your calendar, the date that the new SuperMart will open its doors for business.

*(Note: The SuperMart opening has been delayed until March due to internal construction issues -- not attributed to Wing Construction and Engineering Squadron.)*



# Contact

## Canadiana Crossword

### A Flurry of Firsts

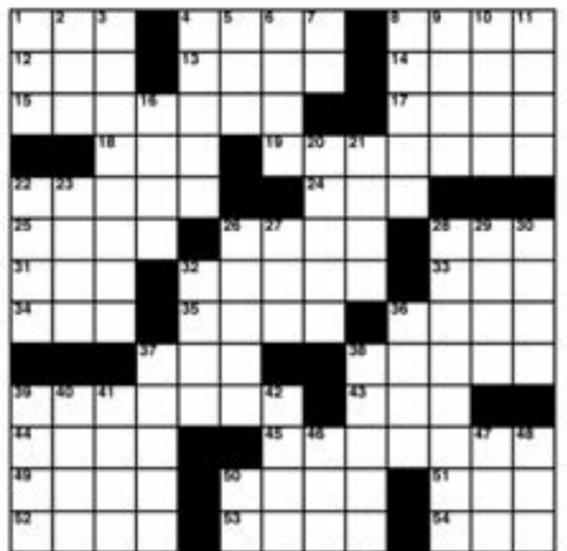
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Radon, for one
- 4 Pater
- 8 Shopping venue
- 12 Squid juice?
- 13 Strays
- 14 Dwarf buffalo
- 15 First Canadian astronaut
- 17 Tend
- 18 Corn cob
- 19 Paint roller inventor
- 22 Squander
- 24 Outs opposites
- 25 Competent
- 26 First Canadian woman atop Everest
- 28 Hayloft
- 31 Word with whizz
- 32 Matches
- 33 Chemical ending
- 34 Summer time in Ont.
- 35 Friends, en Francais
- 36 Pacific island
- 37 Prospector's quest
- 38 Sylvan deity
- 39 First Canadian enshrined at Cooperstown
- 43 Lube
- 44 Mimic
- 45 First to span the Atlantic wirelessly
- 49 2nd Greek letter
- 50 Badgers company
- 51 Swiss river
- 52 Dried hemp
- 53 Is indebted
- 54 Agio

#### DOWN

- 1 Small boat
- 2 Collection
- 3 First Canadian man atop Everest



- 4 Green machine maker
- 5 Macaws
- 6 Defeat decisively
- 7 Word in a simile
- 8 Ewes or does
- 9 First Canadian space satellite
- 10 Single
- 11 Lord's mate
- 16 Essayist Hawthorne or lexicographer Webster, familiarly
- 20 Debaucheries
- 21 Objectives
- 22 Perpetrate
- 23 In the sack, slangily
- 26 Female persons
- 27 Yes, to Yves
- 28 Bat Out of Hell band
- 29 Sole
- 30 First Canadian winner at Augusta
- 32 Italian seaport
- 36 Tibeto-Burman tongue
- 37 Gumbos
- 38 Lesions
- 39 Stabs
- 40 Fencer's concern
- 41 Court features
- 42 Expert diver?
- 46 Fed
- 47 Glaswegian's no
- 48 Wrath
- 50 Cobalt symbol

See Answers, Page 22



### This Week in Contact

1978 - Four of the long-awaited Leopard C-1 main battle tanks were officially handed over to operators of First Troop, First Squadron, The Royal Canadian Dragoons, at Canadian Forces Europe. Earlier models of the refined Canadian version of the German Leopard had been retained at the Krauss-Maffei factory for quality control models or have been shipped to Canada to provide training for armoured units there.

1988 - During Safe Driving Week, MSE Safety section borrowed the OPP Seat Belt Convincer. It was on display in various areas of the Base. During the week, approximately 125 personnel rode on The Convincer and approx. 500 more saw the results of an object (Convincer Sled) moving at less than 10 MPH and striking a fixed object.

1998--The role of the DART and Joint Task Force (JTF) in the humanitarian mission in Honduras ended last Friday. "What we have to do is coordinate all the flights to get all the people and equipment back. Our mandate is to have them back no later than the 22nd of December so that people can be home for Christmas," said Major Georgie Henderson, A3 Ops Task. Fortunately, to make this possible National Defence Headquarters has come up with some additional money to charter a civilian aircraft to do a lot of the lifts. "Otherwise we would have to cancel a lot of other things that we are trying to do at same time," said Henderson.

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



# Holiday cheers for the Trenton MFRC concert



Photos by Adriana Sheahan, Contact Staff



It was a successful night December 11, 2008 as the Military Family Resource Centre (MFRC) Holiday Concert was enjoyed by many, with cheerful music from the children, a delicious turkey dinner, and of course donated gifts and prizes were won. All the talented groups sang holiday songs that were video taped, which will be sent to our deployed troops for them to enjoy over the holiday season. Groups shown above from left to right are the Wildcats performing "Holidays in the House," the Breadner group singing Mele Kalikimaka (Hawaiian Song), Zane Miller with Santa, Enyazena Sheahan from the Wildcats belting out the tune and the Busy Bees and Little Toads singing "We wish you a toad's Christmas".

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Merry Christmas & Happy Holidays from all of us at



The Contact office will be closed for the holidays beginning December 24, 2008. We will re-open on January 5, 2009. Please note, there will not be a paper during this time. Thank you, and have a safe and happy holiday season, from our family to yours.



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# 8 Wing Personnel at Work: Corporal Jessica Walker

Have you ever wondered how an aircraft gets from here to there without road signs to guide it?

Corporal Jessica Walker is an Aerospace Telecommunications and Information Systems Technician (ATIS Tech) who is responsible for keeping one of the many types of radars working to keep aircrafts on the "skyway."

Cpl Walker works as a Tactical Air Navigation Systems (TACAN) Maintenance Technician with the Aerospace and Telecommunications Engineering Support Squadron (ATESS). ATESS is responsible for third line maintenance on all military TACANs across Canada.

Cpl Walker joined the Canadian Forces in September 2005 as a direct-entry ATIS Tech. Because of her Electronic Engineering Technology diploma from the Nova Scotia Community College in Halifax, NS (from what school?), she was able to bypass both her initial trade qualification and the Performance Oriented Electronic Training (POET) course. Consequently, she was posted directly to Canadian Forces Base Trenton after completing her Basic Military Qualification in December

2005.

"I love the diversity of what I do; every day is different from the day before," says Cpl Walker. "I really enjoy the travel. It can be stressful sometimes, but I still love it," she added.

When required, Cpl Walker travels within Canada to fix ailing TACANs as part of a Mobile Repair Team. ATESS also ensures that every radar has a full antenna change every five years, and Cpl Walker has participated in four changes since being posted to Trenton.

An antenna change involves an ATIS Tech working 40 feet in the air assisting a crane with the removal and replacement of the old antenna.

Some of the sites Cpl Walker has worked at have been located changed antennae in Shearwater NS, Comox BC, Kenora ON, and Enderby BC. She was also deployed to Cold Lake to participate in Exercise MAPLE FLAG earlier this year.

"I love the diversity of what I do; every day is different from the day before," says Cpl Walker. "I really enjoy the travel. It can be stressful sometimes, but I still love it," she added.

She particularly enjoys the fact that that her trade deals



Photo: Pte Tina RJ Gillies, 8 Wing Imaging.

**Corporal Jessica Walker, an Aerospace Telecommunication Information System Technician (ATIS) from Aerospace Telecommunication and Engineering Support Squadron (ATESS), is working on the Tactical Air Navigation set (TACAN), which is designed to provide bearing, identity, and distance information to equipped aircraft, enabling the pilot to determine the geographic position of the aircraft. She has been with the CF since September 2005.**

with everything from radars to radios to computers.

"This trade has really given me an overview of how technology works in the Air Force," she continues, "and how important this technology is for aviation navigation."

Cpl Walker is passionate

about her posting in Trenton and relishes the opportunity to perform third line maintenance.

"Being third line maintenance lets me fix something that is broken, instead of performing regular maintenance in order to keep something work-

ing well. By doing this [third line maintenance], I get plenty of variety and learn a lot."

When not fixing TACANs across Canada, Cpl Walker lives on base and is a leader with the Second Trenton Brownie Unit in her spare time. She is originally from Scotchtown, NS.

## 8 Wing Concert Band, Continued from Page 1



Photos: Cpl David Hardwick, 8 Wing Imaging



The 8 Wing Concert Band marks the end of a very busy year with the annual "Sounds of Christmas" concert and food drive, which took place on Sunday, December 14.



## PET OF THE WEEK



I am a medium sized lab/collie mix named Devine Taffy. I'm a sweet yet somewhat timid young girl, good with other animals and children, affectionate, energetic and obedient.

Contact the Quinte Humane Society for more information.

Animals are from the Quinte Humane Society  
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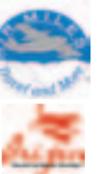


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# SPORTS & RECREATION

## Swimming Championship Registration

The Canadian Forces Swimming Championship will be hosted during the Ontario Masters Swimming Championship, which is being held from March 20 to 22, 2009, in Nepean.

Qualifications for this event are as follows: 100 metre, 400 metre, and 1500 metre freestyle, 100 metre back, 100 metre breast and 100 metre fly; and 200 metre IM.

For those of you who are not Masters registered for the year (as of September 1, 2008) and have qualified in one of the CF swimming events will need to register with the CF Masters Swim Team.

Registration forms are available at the Gymnasium. For further information regarding this event, please call local 3373.

## Bronze Medallion and Emergency First Aid

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

Bronze Medallion is the first step toward a National Lifeguard Certification and is also a pre-requisite for the Bronze Cross Award.

Bronze Medallion and Emergency First Aid course will take place from

January 7 to March 11, 2009, on Wednesdays, from 6:30 to 9:00 p.m. (10 weeks).

There is a pre-requisite for this course. Participants must be 13 years of age. Attendance at all sessions is mandatory.

Cost is \$190 for military community members and \$210 for the general public. *Please note that manuals are included in the cost.*

## Bronze Cross and Standard First Aid Course

Bronze Cross is designed for lifesavers that want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities.

Bronze Cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures, and teamwork. Bronze Cross is a prerequisite for the NLS Course.

The course will take place from January 10 to March 14, every Saturday

from 1:30 to 4:30 p.m., for a total of 10 weeks.

There is a pre-requisite for this course. Participants must be 14 years of age and have completed the Bronze Medallion and Emergency First Aid course.

Cost is \$150 for military community members and \$170 for the general public. Manual fees extra if required. (The manuals used are the same as Bronze Medallion)

## RecPlex Pool Holiday Schedule

### Rec Swim ~ Both Pools Open

December 20, 27; January 3	1 to 3 p.m.; 5:30 to 8 p.m.
December 21, 28; January 4	1 to 3 p.m.
December 24, 31	1 to 3 p.m.
December 22, 23	1 to 3 p.m.; 6:30 to 8:30 p.m.
December 29, 30; January 2	1 to 3 p.m.; 6:30 to 8:30 p.m.

### Parent and Tot Swim (warm-up pool)

December 20, 27; January 3	3 to 4 p.m.
December 21, 28; January 4	3 to 4 p.m.
December 22, 23	3 to 4 p.m.; 5:30 to 6:30 p.m.
December 29, 30; January 2	3 to 4 p.m.; 5:30 to 6:30 p.m.

### Adult Lane Swim

December 20, 27; January 3	3 to 4 p.m.
December 21, 28; January 4	3 to 4 p.m.
December 22, 23	3 to 4 p.m.; 5:30 to 6:30 p.m.
December 29, 30; January 2	3 to 4 p.m.; 5:30 to 6:30 p.m.

#### Drop-in Fee, Military Community (non-members):

\$1 for children ages six months to five years old; \$2 for youth ages six to 17 years old; \$3 for those 18 years of age and older

#### Drop-in Fee, General Public:

\$2 for children ages six months to five years old; \$3 for youth ages six to 17 years old; \$4 for those 18 years of age and older

Please note that the RecPlex will be closed on the following days: Christmas Day, Boxing Day and New Years Day

## 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!

## RCAF Flyers Arena

~ Holiday Schedule ~

### Shinny Hockey

The following times are in regards to Shinny Hockey, which will take place from December 22 to December 24, as well as December 26; and from December 29 to December 31, as well as January 2, 2009. *Note: On Wednesday, December 24, the Bantam/Midget Shinny from 3 to 4 p.m. is cancelled*

Tyke/Novice	9:00 a.m. to 10:00 a.m.
Atom	10:00 a.m. to 11:00 a.m.
PeeWee	11:00 a.m. to 12:00 p.m.
Bantam	3:00 p.m. to 4 p.m.

### Figure Skating ~ Open Ice Times

December 22, 23 26	4:00 p.m. to 5:00 p.m.
December 29, 30, 2008; January 2, 2009	4:00 p.m. to 5:00 p.m.

### Family Skating

December 20 - 23	1:00 p.m. to 3:00 p.m.
December 26 - 31	1:00 p.m. to 3:00 p.m.
New Years Day: January 1	1:00 p.m. to 3:00 p.m.
January 2 - 4	1:00 p.m. to 3:00 p.m.

## Red Cross Swim Lessons Registration

Registration for the military community for the Winter session of lessons began on Wednesday, December 10.

Registration for the general public began on December 16 from 5 to 7 p.m. Registration for all will continue until the start of lessons in January.

## Volunteers needed

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.

## RecPlex ~ Hours of Operation

~ Holiday Schedule ~

Saturday, December 20, 2008: 12:30 to 8:30 p.m.  
 Sunday, December 21, 2008: 12:30 to 4:30 p.m.  
 Monday, December 22, and Tuesday, December 23, 2008: 9:00 a.m. to 9:00 p.m.  
 Wednesday, December 24, 2008: 10:00 to 3:00 p.m.  
 Saturday, December 27, 2008: 12:30 to 8:30 p.m.  
 Sunday, December 28, 2008: 12:30 to 4:30 p.m.  
 Monday, December 29 and Tuesday, December 30, 2008: 9:00 a.m. to 9:00 p.m.  
 Wednesday, December 31, 2008: 10:00 to 3:00 p.m.  
 Friday, January 2, 2009: 9:00 a.m. to 9:00 p.m.  
 Saturday, January 3, 2009: 12:30 to 8:30 p.m.  
 Sunday, January 4, 2009: 12:30 to 4:30 p.m.

**Closed: Christmas Day, Boxing Day and New Years Day**



## Know the signs – know you are not alone

Are you at risk...or are you concerned about someone being suicidal?

If someone was to ask you right now if you are having thoughts of suicide, what would your honest answer be?

If yes, this is likely a difficult time for you. You do not need to go through this alone.

If you have thought about this seriously enough to have come up with a plan about how you will carry it out, you need to talk to someone.

Being alone with thoughts of suicide is one thing that is known to increase the risk of harm or death.

Find someone you are comfortable talking to: someone who will work with you to prevent the risk of these thoughts leading to suicidal actions.

It could be a loved one, a friend, a co-worker or a helper in the commu-

nity. Because suicide is not often discussed in society, they may initially be surprised.

However, they are likely to show more concern for you than themselves. If you don't find the support you need, don't give up.

There are trained resources in your community available around the clock. Once you have found someone, don't expect that the helper is going to keep the danger secret or not want extra help.

You want a helper who is honest about how much they can do.

Lastly, be honest. Don't say anything just to please the helper or promise anything you can't or won't do. Everyone needs to take the time to find what will really help. Suicide is not the only way out.

The following is a list of resources available to you, if you need help.

### 8 WING COMMUNITY

24 Health Services:  
613-392-2811 local 3651

On-duty MO or Padre (after hours):  
613-392-2811  
local 2219 or 3316/0

Health Promotion:  
613-392-2811 local 3767

### COMMUNITY RESOURCES

Hastings/Prince Edward Crisis  
Line: 613-962-7227

Open Mind, Open Line:  
310-open (6736)

Centre for Addiction and  
Mental Health Services:  
613-392-0277

Kids Help Phone:  
1-800-668-6868

## Temporary Cancellation: Military Lane Swim

Please be advised that the Military Lane Swim is cancelled until January 5, 2009.

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29 Richardson St. Brighton, ON  
613.475.2455

## CF EXPRES Testing

Canadian Forces EXPRES Testing (CF EXPRES Testing), will run daily at 0830 hrs, throughout the holiday season, with the exception of December 24, 25 and 26, 2008 and January 1, 2009.

8 Wing/CFB Trenton Personnel Support Programs (PSP) staff would like to wish you and your family a very happy holidays and all the best in 2009.

Health Promotion in the Canadian Forces  
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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

**Holiday Challenge**

**MAINTAIN!**  
Avoid the holiday gain  
Take the Holiday Challenge

**Weight Status:**  
-.38 lbs  
(group average)

The 2008 Holiday Challenge, is in full swing. Members of 8 Wing/CFB Trenton have chosen to set the goal to maintain their weight over the holiday season and avoid the holiday gain.

Keep up the great work everyone!

2008

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The 8 Wing Health Promotion office is located at 177 Hercules, Bldg 119 (South side CANEX).

Visit [www.cfbtrenton.com](http://www.cfbtrenton.com) to learn more about the programs and services offered by 8 Wing Health Promotion, or feel free to contact your Health Promotion team.

## Did You Know?

In 2003/04, the average Canadian adult spent \$596 on gambling. You are gambling whenever you take the chance of losing money or belongings, and when winning or losing is decided mostly by chance.

If you choose to gamble this holiday season, Set a limit - Stay within it.

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

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## Chief of the Defence Staff holiday message 2008

Leslie and I would like to offer our best wishes for the Holiday Season to all of our sailors, soldiers, airmen, airwomen and civilian employees of the Department of National Defence.

During my first months as Chief of the Defence Staff, I have had the privilege of meeting with many of you, in theatre and here in Canada, to see firsthand the wonderful work you are doing. In all cases, I left inspired. These visits have reinforced what I already knew; that you are the most professional, dedicated and best-trained personnel in the world. You are doing a terrific job!



This season, during which family, peace, and goodwill are promoted, only reinforces the importance of our mission and service to Canada. You can be proud of your accomplishments, for you are making an incredible difference in the lives of others.

To those here at

home, I hope you will take every opportunity to rejuvenate and to enjoy your time with your loved ones, of whom we ask so much throughout the year. To those of you who are deployed, know that you will draw your strength from your families, friends, comrades, and the sense of duty to each other that you share. Thank you for your sacrifices, and the sacrifices of your families, to secure Canada and all Canadians.

I wish you a Merry Christmas and a Happy 2009. God bless!

*W.J. Natynczyk  
General  
Chief of the Defence Staff*

## Message du temps des fêtes de 2008 du Chef d'état-major de la défense

Leslie et moi souhaitons adresser nos meilleurs vœux du temps des Fêtes aux marins, aux soldats, au personnel de la Force aérienne et aux employés civils du ministère de la Défense nationale.

Pendant mes premiers mois comme Chef d'état-major de la Défense, j'ai eu le privilège de rencontrer bon nombre d'entre vous, dans le théâtre et au Canada, et j'ai constaté directement l'excellent travail que vous accomplissez. Dans tous les cas, je suis parti inspiré. Ces visites ont renforcé ce que je savais déjà, c'est à dire que vous êtes le personnel le plus professionnel, le plus

dévoué et le mieux entraîné dans le monde. Vous faites un travail remarquable!

Cette saison où la famille, la paix et la bonne volonté sont mises en valeur, renforce l'importance de notre mission et de notre service pour le Canada. Vous pouvez être fiers de vos réalisations, car vos efforts font toute une différence dans la vie des gens.

Pour ceux qui sont au pays, j'espère que vous prenez toutes les occasions offertes pour vous régénérer et pour apprécier le temps passé avec vos proches dont nous exigeons tellement pendant l'année. À ceux

qui sont déployés, sachez que vous puiserez des forces auprès de vos familles, amis et camarades militaires et dans le fort sentiment d'engagement et de devoir que chacun d'entre vous partagez. Je suis reconnaissant des sacrifices que vous faites et des sacrifices de vos familles pour assurer la sécurité du Canada et des Canadiennes et Canadiens.

Je vous souhaite un très joyeux Noël et une bonne année 2009. Que Dieu vous bénisse!

*Le Général W.J. Natynczyk  
Chef d'état-major de la  
Défense*

## VIEW FROM THE PINE



Bah. Christmas sucks. Really, really sucks. I guess you could call me a bit of a scrooge. I can't be bothered to put up Christmas decorations (or Halloween, or Easter, or Thanksgiving, for that matter) and if it were not for the rink rats skittering around the homestead, there would probably not be a Christmas tree either.

The NHL schedule slows, as does NHL news (with Avery undergoing treatment and Sundin returning to Sweden for the holidays, what is left to talk about?).

Undoubtedly, another year will pass and I will still not get that Millennium Falcon I have been wanting for the last 30 or so years. I mean, c'mon Santa! You make one fat joke in 1978 and that's it? For God's sake, you are chronically obese! I know whales that have less body fat than you. Besides, I know where you live. Just give me the damned Falcon and no one has to get hurt.

Anyways, I digress. The only thing I actually look forward to at this time of the year is

the World Juniors, and even now I will only tune in for the tournament playoffs (I'm making the assumption, of course, that Team Canada is always in the playoffs). That, and phoning my Maritimer friends to make fun of them for tuning into the Rita MacNeil Christmas Special every year. Because they do. I can hear it in the background when I call.

Speaking of telephone calls, Angelo Esposito was able to deliver an especially satisfying one to his father this year after finally being selected to play for Team Canada. You know what they say, fourth time is a charm. I have a feeling that Angelo will still have something to prove and will have an especially nice tournament to reward his coaches for their confidence in him. Full marks to Esposito for his dedication and determination. Others, many others, would have packed up in anger and disappointment following a first, second or third snub, and would have never returned.

No big surprise out

of Dallas this week with the Stars announcing that Sean Avery would not be making a return to the club. At this time it is hard imagining any scenario that would involve Avery making a return to the NHL. At best, and putting aside his whole super-pest persona, he was a third or fourth line player with some limited offensive upside. That same description could probably apply to half the players in the league. It was obvious from the reaction of the Dallas players during the last couple of weeks that Avery was not a team player and was not welcome in the dressing room. Their statements, maybe more so than the suspension, could be the final nail in the coffin of Avery's career. Teams are willing to overlook a lot of faults in a player if the talent is there, but keeping a potentially cancerous player in a locker room is not one of them. Who knows, though? Avery, who is currently undergoing counselling, may make a triumphant (if somewhat subdued) comeback to the NHL at some point in the

future.

OK, Santa. I apologize for the veiled threat earlier. You obviously have some sort of glandular issue going on so the wise crack about your weight was out of line. I will tell you what. Pony up with the goods and I will call off Gino (Odjick) and Tony (Twist). And, as an added bonus, if you throw in a Stanley Cup Championship for my beloved Canadiens, I will make those pictures of you disappear. You know. THOSE pictures.

### Naughty and Nice Picks of the Week:

Naughty: Chris Osgood (He may have 12 wins backing Detroit's high-powered offense, but his 3.20 GAA and .875 SV% is simply awful). Todd Bertuzzi (No goals since November 2 and a -15. Blech. He is plugging away with assists but in most hockey pools the lack of goals and horrible +/- make him expendable). Montreal Canadiens (16-8-5 is nice, but it could be a lot better. They seem incapable of getting their power play on

track. Did the loss of Streit make that much difference? Really?). Chris Drury (Granted, he has bounced around the line-up quite a bit, but with only 8 G, 9 A and a -8, the Buffalo glory days are long gone. The silver lining? With 96 shots on net he is still firing away and eventually you would think his goal total should see a spike). Sam Gagner (Young Oiler was never going to be the Second Coming but after a promising rookie campaign with 49 points in 79 games last year, only has 6 through 25).

Nice: Vincent Lecavalier (You always expect the points, and he has a nice tally with 26 in 30 games despite playing under two dif-

ferent coaches and with a bunch of, err, plugs. His +2 rating is especially good considering he was -17 last year). Phil Kessel (I probably should have had him on this list much, much earlier. But hey, I hate the Bruins. 19 G, 12 A and a +12 is outstanding for a player that had 19 G in 82 games last year!). Alexander Semin (After sitting out for almost a month, storms back with 1 G, 2 A and +2 in his first 3 games back). Petr Sykora (5 G and 5 A through 7 games in December. The light seems to have come on. Finally). Marian Hossa (Quietest 30 points in the league. Hard to argue with his choice not to resign in Pittsburgh).

By Gilmour Tuttle



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



## Message de Noël 2008 du Chef d'état-major de la Force aérienne

La période des fêtes approche a grand pas. C'est le moment de réfléchir aux événements de l'année qui se termine, de pondérer les leçons que nous avons apprises et de compter les bénédictions dont nous jouissons.

C'est également l'occasion d'offrir nos meilleurs souhaits à nos familles et à nos amis (es). Je profite donc de cette occasion pour vous offrir à tous, les membres de la famille de la Force aérienne - le personnel militaire, les employés civils et vos familles - mes salutations les plus chaleureuses, un joyeux Noël ainsi qu'une nouvelle année remplie de bonheur et prospérité.

Ce fut une autre année remarquable pour la Force aérienne et les Forces canadiennes. À nouveau, les Canadiens et les Canadiennes ont pu constater le dévouement des hommes et des femmes de la Force aérienne.

Cependant, avant que j'examine les événements de l'année qui vient de se dérouler, j'aimerais parler de quelques



Lieutenant-général Angus Watt

événements importants survenus un 25 décembre au cours de notre histoire.

Par exemple, en 1535, Jacques Cartier et son équipage ont célébré le premier Noël consigné du Canada à Stadacona, au Québec. Plus de 300 ans plus tard, en 1855, les soldats à Kingston, en Ontario, ont joué une des premières parties de hockey du Canada,

Avec des bâtons et des balles de crosse. En 1914, les troupes allemandes et alliées sur le front ouest en Europe ont baissé les

bras et commencé à chanter des chants de Noël. Elles ont serré les mains de leurs ennemis, échangé des cigarettes et même joué au soccer.

La trêve de Noël fut de courte durée, ce qui illustre le fait que nous ne pouvons nous permettre de prendre notre sécurité nationale et notre défense pour acquises. Nos soldats n'ont pu les prendre pour acquises dans les tranchées en 1914 et, comme eux, nous ne pouvons les prendre pour acquises aujourd'hui.

C'est vous, les hommes et les femmes de notre Force aérienne qui contribuez à fournir cette capacité de sécurité et de défense, jour après jour, ici au Canada et dans le monde entier. En qualité de Commandant, je suis extrêmement reconnaissant et fier de votre enthousiasme, de votre dévouement, et de votre professionnalisme inégalé. Vous pouvez également être assurés que votre travail est grandement apprécié des Canadiens et Canadiennes, de tous vos collègues des Forces

canadiennes, du ministère de la Défense nationale ainsi que par nos alliés.

Lorsque nous, les membres de la Force aérienne, revoyons l'année écoulée, nous avons maintes raisons d'être reconnaissants et fiers. Nous avons signé un contrat pour l'acquisition d'hélicoptères Chinook et la location d'une nouvelle flotte de drones pour le Service en Afghanistan. Nous avons signé un contrat pour l'acquisition de nouveaux avions de transport tactique Hercules et nous avons reçu nos quatre magnifiques avions de transport stratégiques C-17 Globemaster III. Nous nous assurons également que nos systèmes d'instruction et nos politiques relatives au personnel soutiennent la Force aérienne, vos carrières et vos familles.

La nouvelle année s'annonce tout aussi prometteuse.

À compter de février, nous célébrerons le Centenaire de l'aviation canadienne et nous déploierons nos premiers équipages d'hélicoptères Chinook, ainsi que huit

hélicoptères escortes Griffon, en Afghanistan. Nous allons aussi mettre en service nos premiers drones au-dessus de l'Afghanistan et nos principaux programmes d'équipement continueront d'aller de l'avant.

Tout cela ne serait pas possible sans vous. Tout aussi important, rien ne serait possible sans l'appui des familles qui vous entourent.

J'ai donc un souhait de Noël à vous offrir: si vous le pouvez, profitez de cette période de congé avec vos familles et vos proches, reposez-vous, détendez-vous et refaites le plein. Si vous êtes de service à proximité de vos domiciles ou au loin, soyez assurés que vous êtes dans les coeurs et les pensées de ceux qui vous aiment et qu'ils attendent votre retour sain et sauf, avec une grande impatience.

Joyeux Noël, heureuses fêtes et meilleurs voeux pour 2009.

Lieutenant-général Angus Watt - Chef d'état-major de la Force aérienne.

Anglais, P. 20

## Major Raby receives commendation for her DRC initiative

Paraphrased from an article by John Towne of the 14 Wing VOXAIR on 17 December 2008 by Capt Sharon Agnew-O'Brien, Administration/Operations Officer of 8 Mission Support Squadron Trenton

Solving conflict with your peers can be difficult at any time, but when you're halfway around the world and you're spending virtually 24 hours a day with those peers, it can become even more challenging.

That's why, when 8 Mission Support Squadron (MSS) was going overseas in 2007, the Officer Commanding at that time, Major Suzanne Raby, decided to make sure that she and her senior staff had extra tools at their disposal for dealing with personal conflicts. Maj Raby, who is now in Winnipeg, took the initiative to work in conjunction with the Trenton Dispute

Resolution Centre (DRC) to ensure that the 8 MSS senior leadership staff was trained in methods to help resolve disputes without the assistance of either their supervisors or an outside agency.

In recognition of her initiative, Maj Raby was presented with a Chief of Military Personnel Commendation by Mr. Chris Ford, the Director General of Alternate Dispute Resolution, who made the presentation on 9 December in Winnipeg.

Maj Raby said she saw the need to have more problem-solving tools for the senior leadership, after hearing from Major Tim Gushue, who was then OC of the Trenton DRC, that when a unit came back from deployment, they (DRC) cleared their calendars for weeks to deal with issues that had arisen on

deployment. She said that due to the demanding nature of a deployment, it is extremely important to be able to resolve disputes quickly to avoid adding more stress to an already stressful environment.

"Everywhere you go where there's a high operational tempo - or even when there's not - there is conflict that's going to take place," she said. "And when you're working with the same people for 18-hour days and you're living with these people, and you're eating with these people; you really can't get away from each other. So if there's conflict that develops in the workplace, it really is more critical to deal with it immediately in a deployed situation than it would be at home."

Training Mission Support Squadrons in methods of conflict resolution has since become



On December 9, 2008, Chris Ford, Director General of Alternate Dispute Resolution, and General Duval, Commander 1 Canadian Air Division, presented Maj Suzanne Raby with a Chief of Military Personnel Commander's Commendation.

common practice before a deployment, thanks in part to 8 Mission Support Squadron's experience. The Wing Logistics and Engineering Officer in Trenton has stated that she has had no follow on problems or situations from the deployment since the MSS has returned almost a year ago.

"The whole idea here is to help people better deal with conflict as it arises, whether it's here in Winnipeg or Camp Mirage or wherever it is," said Ford. "It's to enable people themselves to deal with the issues rather than to have to resort to some other office or process."

Maj Raby added that the success of the

Conflict Resolution training was made possible due to the support received from the WLEO and the WAdminO, as well as the efforts of all the participating members of 8 MSS. The next rotation of 8 Wing MSS personnel will also go armed with this essential toolkit from the DRC when they deploy next.

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## Anniversary Anecdotes

# Remembering... Signing BCATP Agreement

by Jodi Ann Eskritt  
8 Wing Heritage Office

17 December 1939 - Quietly, the clock ticked.

Arthur Balfour, the first Baron Riverdale and head of the United Kingdom Air Training Mission, stood inside the Prime Minister's Office along with his fellow negotiators. They had been called here earlier that night, after a long day's negotiation, and were met by Prime Minister William Lyon Mackenzie King and his team.

Perhaps the day's deliberations were not at an end after all.

In 1917 and 1918, the RFC/RAF Scheme had set a precedent for training air-crew and mechanics in Canada for service overseas in the Royal Flying Corps (later Royal Air Force). When, in 1933, Adolf Hitler assumed power in Germany, a similar scheme seemed an expedient means of rebuilding hitherto neglected air forces. By 1937, the British had put forward three separate proposals; all containing some hope of recruiting Canadians into the British RAF. But King's government was reluctant simply to train then ship Canadians off to serve in another air service; these same men might be needed one day in the RCAF, all but forsaken during the difficult years of the Depression.

The declaration of war, first, by Britain on 3 September 1939 followed by Canada on 10 September, changed his outlook. King was anxious to avoid the enormous casualties of trench warfare and the resulting Conscription Crisis of 1917. Air power might just be his perfect political solu-

tion - a means to make a significant contribution to the war effort without sending limitless numbers of Canadian youth into the carnage of the front lines. The proposal drafted that September by the Canadian and Australian High Commissioners, Vincent Massey and Stanley Bruce, calling for an empire wide air training effort appeared destined to answer everyone's needs.

Lord Riverdale and his team were quickly despatched by Britain to Canada. But if he thought King's change of heart on air issues would ease discussions, he had greatly underestimated King's determination to have the deal on his terms.

Lord Riverdale, himself, did not always help matters. On the trip across the Atlantic, his team worked out the details of their proposal which Riverdale presented as a *fait accompli* on arrival in Ottawa. Canada was asked to contribute \$340 million (entire federal budget for 1939 was only \$500 million), to provide the bulk of the trainees and then to allow Canadian graduates to join the RAF.

King was not prepared to allow the British to dictate terms. If he could not win with pure logic alone, he was quite prepared to wear the British down through diplomatic attrition. His position was only bolstered when the Australian and New Zealand representatives arrived and echoed King's concerns.

Six weeks of hard bargaining followed. The percentage of trainees from each country was reworked twice. Budgets were proposed, rejected, recalculated and argued

again. The location of elementary training schools, particularly important to Australia and New Zealand, was resolved in their favour. Provision of graduates to national overseas squadrons threatened to derail talks until a compromise was found in Article XV guaranteeing each participant their own squadrons - albeit under RAF command and control. Even the price of wheat, vital to underwriting Canada's war effort, made it on to the table.

It had all brought Lord Riverdale and his team to this hard-won moment, 16 December 1939, with an Agreement finally in place. Australia and New Zealand had already given their assent and departed. All that remained was to get the signatures of the principal parties. What could the Prime Minister possibly want at this late stage?

The clock chimed midnight. King continued speaking. He was concerned about which date to affix to the Agreement - 16 or 17 December. His 65th birthday fell on 17th and the number 17 held special significance for him. Dating the Agreement to his birthday, he believed, would be an auspicious sign.

Lord Riverdale, undoubtedly with some sense of relief, quickly agreed and the Agreement Between the Governments of the United Kingdom, Canada, Australia and New Zealand, Relating to Training of Pilots and Aircraft Crews in Canada and Their Subsequent Service, inaugurating history's largest international training effort, was duly signed on Sunday 17 December 1939.

Photo: Library and Archives Canada (LAC CO 16761)



Lord Riverdale and Prime Minister King are seen here signing the BCATP Agreement.

# WLEO Holiday Greetings

HO HO HO...hold on...it can't be December already...I don't know about you, but I'm certainly not ready for winter! It seems this year after finally shovelling out from the near record amounts of snow in March, and a really wet summer, that it is far too soon for that fluffy white stuff to fly. I cannot believe how quickly another year at this Wing has passed by; a sentiment that I am sure most in the WLE Branch are expressing - probably even more so in the snow and ice removal crews!

What an incredibly busy year this has been - great strides in ADP(S&T) project support have taken place with very visible signs of change everywhere we look (or try to park). Whether it is working on CC-177 support, CC-130 J transition issues, Alert modernization, introduction of the MEUF, JTF2 relocation or struggling with the high tasking rates, 8 Wing Logistics and Engineering Branch has lived up to its motto - "WE DELIVER"!

There is no doubt that the activity level is high and the pace is fast; yet despite the challenges, the motivation level is obvious - every visitor to the Wing remarks upon the smiling faces encountered and the laughter that abounds as the enthusiasm for the changes at 8 Wing spreads. There's just something about seeing all these positive changes coming to fruition - despite the constantly rerouted traffic patterns and construction vehicles

everywhere (along with the big yellow cable-finders), being there when a new building is taking shape is a sign of hope and forward momentum for the Air Force in general and 8 Wing in particular. Folks at 8 Wing obviously enjoy what they are doing and the pride and professionalism in the work the members of Wing Logistics and Engineering Branch perform is shining through every time - you have worked hard over the past year and for that I congratulate you all for a job well done indeed! As we look to the New Year (and hopefully minimal snow), I am sure there will be more than our fair share of new challenges to face, but I am confident that the every day heroes I see within WLE Branch are more than up to these challenges and we will tackle the job with the same incredible tenacity I have personally witnessed over this past year.

I know that each of us will choose slightly different ways to celebrate this season, but in whichever way you choose, as we embark upon the holidays, I wish every one of you a safe, healthy, happy break and hope that you are able to celebrate with friends and family in your own special way. You work incredibly hard during the year, and deserve a well-earned respite to recharge your system.

*Happy holidays, one and all!*

LCol Carrie Fortier,  
Wing Logistics & Engineering Officer

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HOLIDAY FEATURE

# Happy Holidays



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 Council, Staff  
 and the Citizens of Quinte West

## A Soldier Is A Gift

As we celebrate Christmas, and we open our gifts, we realize what priceless gifts a soldier gives to our country—the gifts of patriotism, service, and deep dedication to our nation.

As we feast on a variety of fine Christmas delicacies, we acknowledge that a soldier personifies a variety of fine qualities: courage, good character, honour, fortitude amidst hardship, persistence in subduing evil, and bravery in the face of danger.

A soldier is a cut above the rest of us, doing jobs we could not or would not do. While we are surrounded by Christmas comforts, we remember soldiers in places we would not want to be, bringing the gift of adaptability to any situation, no matter how harsh or difficult.

As we "ooh" and "aah" over the Christmas lights and shiny ornaments we recognize that a soldier gives us the most cherished gift of all, the shining light of freedom.

At Christmas, let us wrap our hearts and minds around our treasured soldiers. May they understand how very much their service means to us. Let us send the Christmas gifts of love, respect and admiration to our steadfast, loyal, magnificent warriors and their essential civilian support staff.

They themselves are the most precious Christmas gift of all, our protectors—our soldiers.

By Joanna Fuchs  
 www.poemsource.com

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

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All rides must start or end in Belleville or Trenton.

### 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

All Aircrew welcome to the Annual Aircrew Bash at Branch 110, Royal Canadian Legion, Trenton, on December 27, 2008 from 1300 to 1600 hrs.

## ANNUAL AIRCREW BASH

## Canadian Red Cross Centennial Celebration

Red Cross wants to hear from those touched by its services and programs. 2009 will be the 100<sup>th</sup> Anniversary of the Canadian Red Cross. During these years of service, many people have served and were helped by the Red Cross. To help us celebrate our years of service in the community, we are presently looking for people that were touched by Red Cross.

If you were a volunteer, a member of the Red Cross youth, a Corps member during the Second World War, a veteran that received Red Cross packages in POW camps, Red Cross nurses in outpost hospitals, a Canadian or immigrant reunited with his or her family, a blood donor up until 1998, or simply a recipient of one of our programs, if you have a story to share, we would be happy to hear from you!

Please call 613-966-0730 or email us at [Shirleygregg@redcross.ca](mailto:Shirleygregg@redcross.ca) and let us know how to Red Cross touched you!

## "A Celtic Evening"

### Dinner and Dance in celebration of Robbie Burns' 250th Anniversary

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Feature

# FAMILY



## Activity: One is an Ant



This is a Comfort, Play and Teach™ activity that will encourage children to pretend to be different creatures as they explore a variety of actions.

### Instructions

One is an ant who's oh so small; Two's a giraffe who is tall, tall, tall!

Three is a fish who swims around; Four is a bunny jumping up and down!

Recite the rhyme a few times over, demon-

strating the actions for children to imitate if they wish. Some of these actions could include crouching, reaching, swimming and jumping.

Children can join you in saying the words and doing the actions, creating their own movements.

Children will be encouraged to explore different ways to move in space as they imagine being different animals.

Enjoy this more with Comfort, Play and Teach™:

### Comfort

Children can proudly demonstrate their developing physical skills when they participate in creative movement activities such as this.

### Play

Pretending to move like different creatures helps children to use their imaginations. It also helps them to explore different ways to move their bodies.

### Teach

Moving and reciting rhymes helps children to learn the words to poems, and also helps to represent what they know about familiar things.

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

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

## Mealtime.org Stuffed Chicken-Zucchini

### Ingredients:

- 8 large, savoury cabbage leaves
- 1 tablespoon olive oil
- 1 can (12 ounces) chunk chicken, drained
- 1 garlic clove, diced
- 1 can (14 1/2 ounces) zucchini with peppers
- 2 cups cooked brown rice
- 1/4 cup chopped basil
- 1 cup canned diced tomatoes with chillies
- 2 tablespoons Parmesan cheese
- 2 tablespoons chopped Italian parsley

Preparation Time: 20 minutes Cook Time: 25 minutes

**Preparation:** Preheat oven to 350°F. Remove main stem from cabbage leaves. Bring water in a medium saucepan to boil; lower heat and soften cabbage leaves in boiling water for 2 to 3 minutes. Remove from water with a slotted spoon; set aside until cool enough to handle. Heat olive oil in a medium, non-stick skillet. Add chicken and garlic; cook and stir until lightly browned. Remove from heat. Cool slightly. Mix zucchini, rice and basil into chicken-garlic mixture. Place about 1/3 cup of chicken mixture on each cabbage leaf. Wrap, tucking the edges in, to make a small package. Arrange cabbage rolls in a baking dish, seam side down. Pour tomatoes over cabbage rolls. Cover. Bake at 350°F for about 25 minutes. To serve, sprinkle with Parmesan cheese and parsley. Serves: Four

Nutritional Information Per Serving: Calories 340; Total fat 8g; Saturated fat 2g; Cholesterol 75mg; Sodium 880mg; Carbohydrate 38g; Fibre 7g; Protein 29g; Vitamin A 25 per cent DV\*; Vitamin C 50 per cent DV; Calcium 10 per cent DV; Iron 15 per cent DV; Folate 17 per cent DV; Potassium 15 per cent DV. \*Daily Value

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# HOROSCOPES

Weekly Astrology by Christine Davison

December 21 – December 27

**ARIES** (March 21-April 19): You'll be overcome by crowds or queues this week. Try to spend time with only a select few whom you care for in deep and intimate ways. Your popularity may net you a plethora of party initiations. Try to begin projects on the weekend and you may gain success as a result. Presents may reflect your social status.

**TAURUS** (April 20-May 20): You might enjoy spending time in foreign places with old family or new friends. Traditions observed in far-off parts of the world may mingle with ones that are closer to home. You may become enlightened in some way due to travel. Try to give gifts that reflect your worldly views. Begin projects on the weekend.

**GEMINI** (May 21-June 20): You may uncover family secrets or skeletons in the closet over the next little while whether you mean to or not, though you more than likely mean to. Don't allow for jealousy or suspicion to cloud your heart and mind or the way others behave. This could be a profitable, loving, intimate time. Open your heart.

**CANCER** (June 21-July 22): You may become involved with charitable groups or people who care as deeply as you do. You might begin new projects or relationships. You may wish to introduce your new belle or beau to your family. If they appear too radical for your traditional loved ones, then still be yourselves, just tone it down a little.

**LEO** (July 23-Aug. 22): You may overspend a little bit this month, so try to give traditional gifts, that hold a great deal of personal value, but that won't harm your budget. You may become involved with someone who is a bit too radical, intense, conservative or jealous. Avoid over drinking or eating. Give hugs, kisses and expect presents!

**VIRGO** (Aug. 23-Sept. 22): You may focus a lot of attention over the next few days upon creative projects and traditional festivities. This is a fun, magical time for you and your children. Crafty, clever presents may be given and received. You'll be under the mistletoe more than once, this year. New relationships and plans begin on the weekend.

**LIBRA** (Sept. 23-Oct. 22): You may feel closer with someone from your past that you once held at arm's length for some unfathomable reason. Now that you and your loved ones are spending more time with each other, you may feel regretful for what had been said or done in the past. Previous relationships may reveal much. Gifts may be given.

**SCORPIO** (Oct. 23-Nov. 21): You may be involved with secret conversations and struggles for power within your family, especially amongst siblings or close cousins. This is a good time to express your feelings, while remaining tactful and conservative with words and gestures. Gossip may reveal secrets. Many gifts or hugs will be given.

**SAGITTARIUS** (Nov. 22-Dec. 21): This is a good time to follow business plans and established ways of making money. You may experience a luxurious change in your immediate surroundings that involves some form of traditional trimmings and transformations. Give something sweet and you may receive a gift that will help your immediate environment.

**CAPRICORN** (Dec. 22-Jan. 19): Happy Birthday Capricorn! You are seen as a perfect example of leadership, conservation, tradition, will, passion and strength. People may wish to follow your lead where style, speech and work are involved. You're highly attractive. People comment upon your charm and beauty. Expect gifts that reflect your tastes.

**AQUARIUS** (Jan. 20-Feb. 18): You may be in danger of alienating those you care most about if you act in a haughty, clandestine, overly eccentric or aloof way. You may meet someone special who shares your ideals volunteering at a favourite charity. Try to become more involved with friends and family in warm, intimate ways. Start things on Friday.

**PISCES** (Feb. 19-March 20): This is a wonderful time to give and receive. You may meet many new people through charitable works. You may feel pressured to join others' opinions and leave yours by the wayside. Speak up for yourself and express your feelings. Someone you love will give you their support and praise. You may be given a clever surprise.

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

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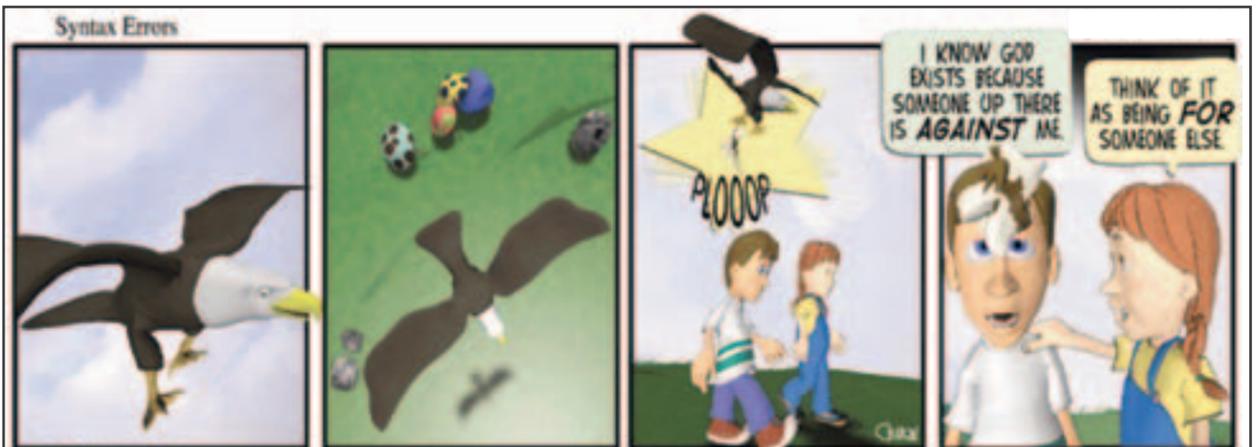
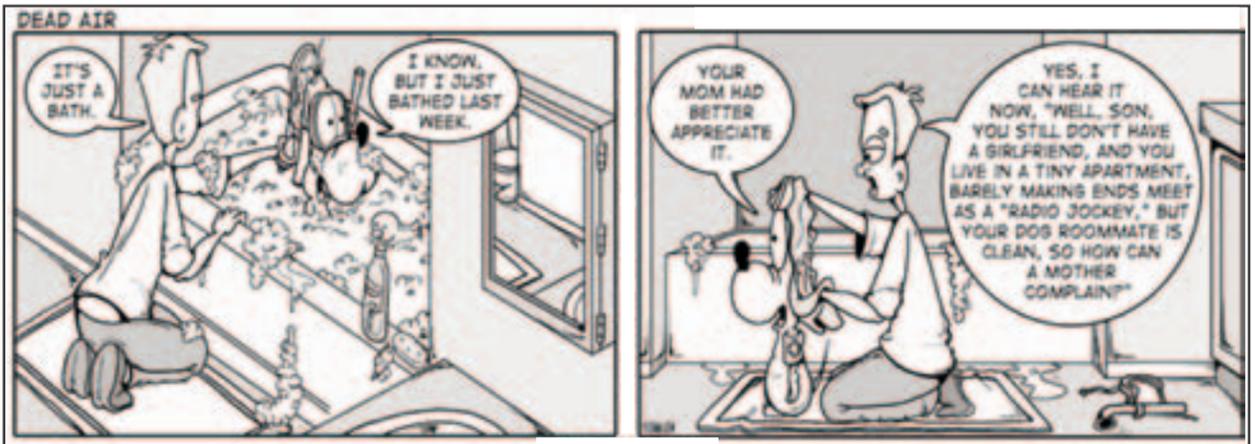
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**06 CHRYSLER 300**

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8393 Alloy wheels, factory remote start, pwr sunroof, air, cruise, traction control, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 76,000kms.

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**05 CHEV MALIBU LS**

8475 Factory remote start, cruise steering control, pwr seat, alloy wheels, AM/FM/CD, air, cruise, tilt, pwr locks, mirrors, windows, traction control, 79,000kms.

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**06 BUICK ALLURE CXL**

8468 Chrome wheels, factory remote start, pwr sunroof, OnStar, cruise & radio steering controls, pwr heated leather seats, air, AM/FM/CD, cruise, pwr mirrors, windows, locks, 75,000kms.

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**04 SATURN ION L-3**

7814 MP3, cruise steering control, automatic trans. Alloy wheels, fog lights, A/C, AM-FM, CD, pwr windows, locks, mirrors, 61,000kms.

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**06 CHRYSLER 300 TOURING**

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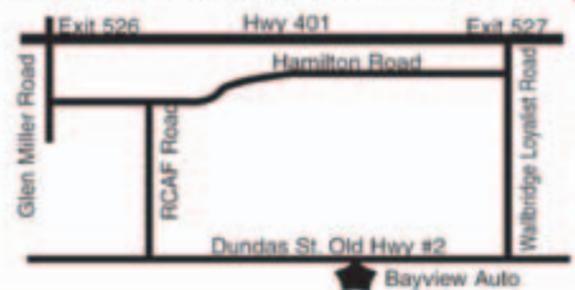
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**Tai Chi with Joceline Granger**

Noon Hour Classes Monday and Wednesday  
January 5 – February 23, 12:00-12:50  
Cost will be \$70 for reduced session, \$35 for one day or a drop-in fee of \$5. 8 week session will be \$80 for full session, \$40 for one day a week or drop-in fee. Registration is advised to reserve a spot.

**Ballroom Dance Lessons**

Couples and Singles are welcome. Tuesday or Wednesday, 6:30 - 8 p.m. or 8 - 9:30 p.m. January 6/7 - February 24/25 (one week off)  
Cost: \$80 per couple or \$40 per single

**Yoga with Kellie Dearman**

Noon Hour Classes Tuesday and Thursday  
January 13/15 - March 10/12, 12:05 – 12:50 p.m. Cost is \$60 per session. Save when you sign up for Tuesday and Thursday. 18 sessions for \$90. Drop-in fee will be \$7. Registration is advised to reserve a spot.

**Interview Workshop**

Let's look at several types of interviews, especially the Behavioural Based Interview that is being so widely used.  
Objective: To provide an overview on this new interview format, answer some questions and gain some valuable insight.  
Date: Tuesday, January 13, 12:30 – 2:30 p.m.  
Registration Deadline: January 6th, 2009.  
Please advise if childcare is required.

**Pilates with Roxinne**

Monday and Wednesday 6:30 – 7:30pm  
January 5/7 – February 9/11  
Cost is \$60 for both sessions, \$5 drop-in fee.

**Tai Chi avec Jocelyne Granger**

Lundi et mercredi midi, 5 janvier au 23 février 2009, Midi à 12h50. Coût: 70 \$ pour la session écourtée, 35 \$ pour une journée de cours par semaine ou un frais d'entrée unique de 5 \$. Le coût de la session complète de 8 semaines est de 80 \$, 40 \$ pour une journée de cours par semaine ou un frais d'entrée unique. Il est conseillé de s'inscrire pour réserver une place.

**Leçons de danse sociale**

Ouvert aux couples et célibataires. Mardi ou Mercredi, 18h30 à 20h ou 20h à 21h30 du 6/7 janvier au 24/25 février (1 semaine de congé). Coût: 80\$ pour le couple / 40\$ pour célibataire

**Yoga avec Kellie Dearman**

Mardi et jeudi midi, 13/15 janvier au 10/12 mars 12h05 à 12h50  
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**Atelier d'entrevue**

Un atelier informatif sur les différentes méthodes d'entrevue, plus spécialement sur le type comportemental qui est de plus en plus utilisé. Objectif : d'offrir une présentation de ce nouveau type d'entrevue et de répondre à vos questions. Date: mardi 13 janvier 2009 de 12 h30 à 14h30. Inscription avant le 6 janvier 2009. SVP, contactez-moi si vous avez besoin d'un service de garde.

**Pilates avec Roxinne**

Lundi et mercredi 18h30 à 19h30, 5/7 janvier au 9/11 février. Coût: 60 \$ pour les deux sessions ou un frais d'entrée unique de 5\$

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We have a new program starting at the Youth Centre. It is for youth, 12 to 15 years of age. Monday to Friday 2:45 to 5:15 PM. The cost is \$5 a day, which includes a snack. You will need to register your child and we will need a schedule and payment in advance. Contact Susan for more information.

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Nous avons un nouveau programme au Centre des Jeunes pour les 12 à 15 ans, les lundis après-midi de 14h45 à 17h15. Les frais seront de 5 \$ et une collation est incluse. L'inscription de votre enfant est nécessaire. Vous devez fournir un horaire et un paiement à l'avance vous sera demandé. Contactez Susan pour plus d'information.

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# 424 (Transport and Rescue) Squadron airlifts gifts of love

by Bill Freeman  
Courtesy of Shield EMC

It was an airlift that will touch lives around the world.

Members of 424 (Transport and Rescue) Squadron's Search and Rescue Technicians descended on the Norwood Fairgrounds enthralled students and adults from Norwood, Hastings and Havelock ready to hand off their Operation Christmas Child shoeboxes in a show of love and support for needy children in far-flung lands.

It was nothing short of amazing with 233 gift boxes piled into the helicopter and Peterborough EMS ambulance.

The helicopter was practical but also symbolic, says Samantha Cameron, who along with husband Mark helped bring the Air Force to Norwood. She also got a big boost from Ilona Bennett of Norwood who organizes the local shoebox campaign.

"Helicopters, canoes, camels and donkeys are used in other countries," Cameron said. "We picked [the helicopter] as a visu-

al representation of how the boxes continue in their chain and we can be part of that – hands on the boxes, hand to hand – and be part of the link that travels around the world.

"It's pretty overwhelming actually. We had planned for a while but to actually see it come to fruition. The day is perfect. There's been a lot of organization and a lot of people involved."

Along with 424 Sqn, EMS, Peterborough County OPP and Peterborough-Lakefield Police had a hand in the event.

"It's just great to see it all come together."

And the kids with their desire to help others made it all worthwhile, Cameron emphasized.

"You hear so much in the media about how youth are at risk and to see them here and excited and willing to do that, to give part of what they have – it's wonderful."

"It's not about me, or Peterborough EMS, we just want to be used as part of the cycle of getting these [shoe-

boxes] to change lives."

Cameron recalls reading about a boy in Costa Rica who couldn't go to school because he had no supplies. He needed a calculator. He got one in an Operation Christmas Child shoebox.

"Sometimes I think we have no idea that something so little can matter but it does change lives. For me personally, every extra shoebox collected that we didn't collect last year means another life can be touched and potentially changed."

Bennett has been an Operation Christmas Child volunteer for ten years and gets emotional when thinking about the children.

"I do this straight from God. I do it for that reason," she said. "We're very excited about this happening. The military is excited as well to be part of this."

The helicopter landing shines a spotlight on the local campaign, she adds.

"This is probably one of the biggest years because of the military helping us out. We have new schools this year, which I'm

Photo: Bill Freeman, Shield EMC



Mackenzie Cameron and Delaney Cameron of Peterborough help load Operation Christmas Child shoeboxes during a helicopter airlift by the 424 (Transport and Rescue) Squadron at the Norwood Fairgrounds. The boxes were taken by air and ambulance to the Peterborough EMS base.

very excited about. It's just a hub-bub everywhere you go."

Bennett travels to the giant Kitchener warehouse to help load boxes for shipment. Her long-term goal is to fly to Costa Rica to distribute shoeboxes.

"When I go to sort it's amazing how much heart is in those shoeboxes."

Since 1993, supporters

worldwide have shipped over 60 million shoeboxes to more than 100 countries. This year, Canadian boxes will reach more countries than ever with four new destinations added in Africa and another four in South America. Last year Canadians shipped over 600,000 boxes to Vietnam and Central and South America.

## 8 WING COMPTROLLER BRANCH SUPPORTS ADOPT-A-CHILD



Photo: Cpl Simon Duchesne, 8 Wing Imaging

Major Gwen McEachern, the 8 Wing Comptroller (front right with Santa hat), and personnel of the Wing Comptroller Branch present Mr. Rick Kevan (front left with Santa hat) of ROCK 107 radio station a stocking with \$632.00 for the Adopt-A-Child Program. The money was raised with different activities like, a silent auction, a 50/50 draw, survivor pool and biggest loser. The Rock 107 Adopt-A-Child program has been running in Quinte West for over 18 years in conjunction with the OPP and Salvation Army, helping to provide indoor clothing, such as pants, tops, pj's, socks and underwear, to all types of families; some are single income, no income, single parents etc. To date the program has helped over 800 families during the holiday season.



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## Holiday Message from the CAS

Another holiday season is upon us. It is a time to reflect on the year that is drawing to a close, ponder the lessons we have learned and count the blessings that we enjoy.

It is also a time to extend best wishes to our families and friends. I would like to send all of you in our air force family - military personnel, civilian employees and your families - the warmest of greetings and best wishes for Christmas and the holiday season, and for a safe and prosperous new year.

It has been another outstanding year for the air force and the Canadian Forces. Once again, Canadians have seen the dedication of the men and women of the Air Force.

But before I look at the events of this past year, I would like to touch on some of the significant events that have happened on December 25, throughout our history

For instance, in 1535 Jacques Cartier and his crew celebrated Canada's first recorded Christmas at Stadacona, Quebec. More than 300 years later, in 1855, soldiers in Kingston, Ontario played one of Canada's first hockey games, using sticks and lacrosse balls. And in 1914, German and allied troops along the western front in Europe laid down their arms and started singing Christmas carols. They shook hands with their enemies, swapped cigarettes, and even played soccer.

The Christmas truce lasted only a short time, which serves to illustrate that we can't take national security and defence for granted. They couldn't take it for granted in the trenches in 1914 and we can't take it for granted now. It's likely we won't be able to take it for granted in the future.

It's you, the men and women of our Air Force, who help deliver that security and defence capability, day in and day out, here at home and around the world. As your commander, I am extremely grateful for

and proud of your enthusiasm, your dedicated service and your unparalleled professionalism. You may also rest assured that your work is deeply appreciated by Canadians, by your colleagues throughout the Canadian Forces and Department of National Defence, and by our allies.

As we in the Air Force look back at the past year, we have many things to be thankful for and proud of. We've signed a contract to purchase Chinook helicopters and leased a new fleet of unmanned aerial vehicles for service in Afghanistan. We've signed a contract to acquire new Hercules tactical airlifters, and we now have all four of our magnificent Globemaster III's strategic airlifters. We're also making sure our training systems and personnel policies are dedicated to supporting the Air Force, your careers and your families.

Next year looks equally promising.

Beginning in February we'll celebrate the Canadian Centennial of Flight and will deploy our first Chinook helicopter crews, along with eight Griffon helicopters as escorts, to Afghanistan. We'll also put our new unmanned aerial vehicles into the air over Afghanistan, and our major equipment programs will advance even further.

None of this would be possible without you. Equally important, none of this would be possible without the support of your families who stand by you.

Therefore, I have a Christmas wish for you. If you can, enjoy your holidays with your families and loved ones: rest, relax, and recharge. If you are on duty near your homes or far away, be assured that you are in the hearts and thoughts of those who love you, and they are eagerly awaiting your safe return.

Merry Christmas, happy holidays and best wishes for 2009.

*Lieutenant-General Angus Watt, CD  
The Chief of the Air Staff (CAS)*

## MAJORS TAKE FINAL FLIGHT



Photo: Submitted

Two of 436 (T) Squadron's Flight Commanders took their last flight as Regular Force pilots Friday, 5 December at 8 Wing Trenton. Major Paul Anderson has been in the Regular Force for 20 years, and has logged over 5,700 hours of flight time on the CC-130. During his last posting alone he deployed eight separate times in support of our current mission in Afghanistan. This turning point in his career will see him manage the family horse farm. Fortunately, his departure from the Squadron will be short lived due to his joining the Reserve Force, and immediately rejoining the ranks of the Canucks Unlimited. Coincidentally, Major Jeremy Brett joined the Canadian Forces on 19 December 1988 and went through both basic and advance pilot training phases with Major Anderson. Over his military flying career he logged a total of 6700 hours. His contribution to our current mission has been equally impressive. In his capacity as a tactical CC-130 aircraft commander his involvement to Canada's mission in the Middle East resulted in 16 months of deployed operations. Major Brett is leaving the Air Force to pursue a career in commercial aviation. The Commanding Officer of 436 (T) Squadron, LCol Frank Martineau, says that the departure of these two key Unit members will have a direct impact of both personnel and tactical capability. The tenacity and commitment to duty displayed by both members will be greatly missed by all. However, it is with a sense of profound gratitude and respect to their military legacy that we bid them farewell, and "happy landings" in this new phase of their lives. Both members were honoured with the traditional "hosing down" upon completing their last CC-130 flight.

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*To all of our readers*

**Happy Holidays &  
All the best in 2009!**

From The Contact Staff  
Andrea Steiner, Amber Gooding, Adriana Sheahan,  
Marilyn Miron, Patricia MacKie, Russell Webster



# Defining Holiday Traditions

by Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer

If you haven't noticed there are a lot of traditions around this time of year. Where do they all come from? Why do we continue the tradition? What do they all mean?

Well the last question is easy, they mean a host of different things to different people given your culture and you upbringing.

Take **Christmas Trees** for instance. They have a long and exciting history. During the pre-Christian era, people and tribes often had holy groves and trees where they sacrificed to the gods.

The trees were most often oak or ash, and they symbolized a connection between heaven and earth. Similar ideas are found in the Old Testament – trees symbolized wisdom and life.

In **16th Century Germany** fir trees were decorated, indoors and out, with apples, roses, gilded candies, and colored paper. In the Middle Ages, a popular religious play depicted the story of Adam and Eve's expulsion from the Garden of Eden. A fir tree hung with apples was used to symbolize the Garden of Eden — the Paradise Tree.

The play ended with the prophecy of a saviour coming, and so was often performed during the Advent season. It is held that Protestant reformer Martin Luther first adorned trees with light. While coming home one December evening, the beauty of the stars shining through the branches of a fir inspired him to recreate the effect by placing candles on the branches of a small fir tree inside his home.

In the 15th and 16th centuries, German tradesmen began to hold parties where a spruce was placed inside a home. Another story tells of how the German theologian and reformer, Martin Luther, put candles on the leaves as symbols of the stars twinkling among the forest's trees.

In the 17th century, the tradition of decorated Christmas trees in connection with festivities spread out to the German towns, and from there, to other parts of Europe. A lonesome Prince Albert, husband of Queen Victoria, brought the Christmas Tree to England from his native Germany as a way to rekindle his childhood and bring a new tradition to his children.

The famous *Illustrated News* etching in 1848, featuring the Royal Family of Victoria, Albert and their children gathered around a Christmas tree in Windsor Castle, popularized the tree throughout Victorian England. It was not until the mid-19th Century that the Pennsylvania Germans brought the Christmas tree to America.

Of course we cannot forget **Santa Claus** and his origins in the 4th Century with Saint Nicholas, Bishop of Myra, an area in present day Turkey. By all accounts St. Nicholas was a generous man, particularly devoted to children. After his death around 340 A.D. he was buried in Myra, but in 1087 Italian sailors purportedly stole his remains and removed them to Bari, Italy, greatly increasing St. Nicholas' popularity throughout Europe.

His kindness and reputation for generosity gave rise to claims he that he could perform miracles and devotion to him increased. St. Nicholas became the patron saint of Russia, where he was known by his red cape, flowing white beard, and bishop's mitre.

In Greece, he is the patron saint of sailors; in France he was the patron of lawyers, and in Belgium the patron of children and travelers. Thousands of churches across Europe were dedicated to him and some time around the 12th century an official church holiday was created in his honour. The Feast of St. Nicholas was celebrated December 6 and the day was marked by gift giving and charity.

After the Reformation, European followers of St. Nicholas dwindled, but the legend was kept alive in Holland where the Dutch spelling of his name Sint Nikolaas was eventually transformed to Sinterklaas. Dutch children would leave their wooden shoes by the fireplace, and Sinterklaas would reward good children by placing treats in their shoes.

Dutch colonists brought brought this tradition with them to America in the 17th century and here the Anglican name of Santa Claus emerged. Other countries feature different gift-bearers for the Christmas or Advent

season: La Befana in Italy – The Three Kings in Spain, Puerto Rico, and Mexico ~ Christkindl or the Christ Child in Switzerland and Austria ~ Father Christmas in England – and Pere Noël, Father Christmas or the Christ Child in France. Still, the figure of Santa Claus as a jolly, benevolent, plump man in a red suit described in Moore's poem remains with us today and is recognized by children and adults alike around the world.

And it was in 1822 that Clement C. Moore composed the poem *A Visit From Saint Nicholas*, published as *The Night Before Christmas* as a gift for his children. In it, he portrays Santa Claus:

*He had a broad face and a little round belly; That shook when he laughed, like a bowl full of jelly; He was chubby and plump, a right jolly old elf; And I laughed when I saw him, in spite of myself; A wink of his eye and a twist of his head; Soon gave me to know I had nothing to dread.*

And what of the scented **Christmas Wreaths**, the word wreath most often invokes thoughts of Christmas, but its roots can be traced back to the ancient cultures of the Persian Empire, where they were originally used as a sign of importance and victory. Originally, the circlet was called a "diadem" and took the form of fabric headbands, which were sometimes adorned with jewels. Beginning around 776 B.C., The Greeks placed wreaths made of laurel on the heads of victorious athletes in the original Olympic Games.

Later, when the Games began to move to different cities, each host city would award head garlands made of branches of local trees. In ancient Rome wreaths were worn on the heads of leaders such as Julius Caesar much like the crown of a king. Exactly when the transition from head ornament to wall decoration occurred is unclear. It probably came about when a warrior or athlete decided to save his or her award as a memento of victory.

Perhaps the loveliest use of this symbol is the Advent wreath. The origin of the advent wreath is claimed by several groups although it is now thought of as a Catholic custom. It probably originated in Northern Europe at a time when Pagan customs were practiced. The evergreen circle or wheel was a symbol of the recurring seasons or the "circle of life" and the candles were to symbolize the coming of light, or spring. The candles were lit to ward off the dark and cold of the winter night in anticipation of the light and warmth of the coming season.

The Swedish custom of the wearing of the crown of lights by young girls on St. Lucia's Day is another popular explanation for the origin of the Advent wreath. Which explanation is the true one will probably never be known. Most likely it evolved from all of them into what is known today as the Advent wreath, the circle of greens decorated with four candles to signify the four weeks prior to Christmas as the Advent weeks and the coming of light. Today, beautifully decorated wreaths are popular throughout the year, having taken on many different meanings plus using many different types of vegetation. But by far the most popular use is the Christmas wreath made from evergreen boughs, which is hung on a wall or door to invoke warm feelings of Christmas cheer.

Do you hang a **Christmas stocking**? Well according to legend, a kindly nobleman grew despondent over the death of his beloved wife and foolishly squandered his fortune. This left his three young daughters without dowries and thus facing a life of spinsterhood (a very archaic word). The generous St. Nicholas, hearing of the girls' plight, set forth to help. Wishing to remain anonymous, he rode his white horse by the nobleman's house and threw three small pouches of gold coins down the chimney where they were fortuitously captured by the stockings the young women had hung by the fireplace to dry.

Druid priests used **mistletoe** 200 years before the birth of Christ in their winter celebrations. They revered the plant since it had no roots yet remained green during the cold months of winter.

The ancient Celts believed mistletoe to have magical healing powers and used it as an antidote for poison, infertility, and to ward of evil spirits. The plant was also seen as a symbol of peace, and it is said that among Romans, enemies who met under mistletoe would lay down their

weapons and embrace.

Scandinavians associated the plant with Frigga; their goddess of love, and it may be from this that we derive the custom of kissing under the mistletoe. Those who kissed under the mistletoe had the promise of happiness and good luck in the following year.

In Northern Europe Christmas occurred during the middle of winter, when ghosts and demons could be heard howling in the winter winds.

Boughs of **holly**, believed to have magical powers since they remained green through the harsh winter, were often placed over the doors of homes to drive evil away. Greenery was also brought indoors to freshen the air and brighten the mood during the long, dreary winter.

A native Mexican plant, **poinsettias** were named after Joel R. Poinsett, U.S. ambassador to Mexico who brought the plant to America in 1828. Mexican Franciscans likely used poinsettias in their 17th Century Christmas celebrations.

One legend has it that a young Mexican boy, on his way to visit the village Nativity scene, realized he had no gift for the Christ child. He gathered pretty green branches from along the road and brought them to the church. Though the other children mocked him, when the leaves were laid at the manger, a beautiful star-shaped flower appeared on each branch. The bright red petals, often mistaken for flowers, are actually the upper leaves of the plant.

And who hasn't got a sweet tooth during the holidays for **Candy Canes**? It was not long after Europeans began using Christmas trees that special decorations were used to adorn them. Food items, such as candies and cookies, were used predominately and straight white candy sticks were one of the confections used as ornamentation. Legend has it that during the 17th Century, craftsmen created the white sticks of candy in the shape of shepherds' crooks at the suggestion of the choirmaster at the Cologne Cathedral in Germany.

The candy treats were given to children to keep them quiet during ceremonies at the living crèche, or Nativity scene, and the custom of passing out the candy crooks at such ceremonies soon spread throughout Europe. According to the National Confectioner's Association, in 1847 German immigrant August Imgard used the candy cane to decorate a Christmas tree in Wooster, Ohio. More than 50 years later, Bob McCormack of Albany, Georgia supposedly made candy canes as treats for family, friends and local shopkeepers. McCormack's brother-in-law, Catholic priest Gregory Keller, invented a machine in the 1950s that automated the production of candy canes, thus eliminating the usual laborious process of creating the treats and the popularity of the candy cane grew.

More recent explanations of the candy cane's symbolism hold that the color white represents Christ's purity, the red the blood he shed, and the presence of three red stripes the Holy Trinity. While factual evidence for these notions does not exist, they have become increasingly common and at times are even represented as fact. Regardless, the candy cane remains a favourite holiday treat and decoration.

One cannot forget about **Christmas cards** and the greetings they bring. A form of Christmas card began in England first when young boys practiced their writing skills by creating Christmas greetings for their parents, but it is Sir Henry Cole who is credited with creating the first real Christmas card. The first director of London's Victoria and Albert Museum, Sir Henry found himself too busy in the Christmas season of 1843 to compose individual Christmas greetings for his friends. He commissioned artist John Calcott Horsley for the illustration. The card featured three panels, with the center panel depicting a family enjoying Christmas festivities and the card was inscribed with the message "A Merry Christmas and a Happy New Year to You."

In the 19th Century, the British Post Office used to deliver cards on Christmas morning.

And the first Christmas stamp was released in Canada in 1898.

So whatever traditions you hold during this festive season, they had their beginning some where in time.

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G	A	R	N	E	A	U			M	I	N	D	
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# 8 AMS personnel use their heads to help others

by 2Lt Andre Kratochvil  
8 Air Maintenance Squadron

Back in September a sly captain came to me excited to suggest having the CO's head shaved for the United Way.

A couple days later he had mustered the Air Maintenance Officer and Deputy Commanding Officer into the ploy. The trick was I had to market the idea now.

Well the squadron has had me hassle them at every occasion I could for money for the United Way.

Just when you thought I was having a pleasant breakfast with you out came a payroll deduction form or other pleasantries.

Needless to say I have temporarily reduced my number of friends for the duration of the campaign.

The head shaving event was our last event and needed the most creative marketing.

I had put multiple comical presentations out on emails and visited my section reps to aid in promoting the event. The usual response was I already took all their money. I couldn't argue.

So to adapt and overcome I had a new spin. First the CO offered to guarantee his hair would go and for a reduced amount of \$800.

Next, I had to have some fun with the instigator of this event, Captain Emond. For those of you who don't know, his haircut was genetically chosen for him.

Needless to say offering up his hair to be shaved may only produce pennies. Instead I proposed a trade off, he would get hair but in the way of a mullet wig to be worn for a shift.

This new campaign now had to be marketed to succeed. At the 8 AMS mess dinner there were rumours that some

Photo: Cpl David Hardwick, 8 Wing Imaging



8 Air Maintenance Squadron held a Head Shaving event to raise money for the United Way, as part of the Government of Canada Workplace Charitable Campaign (GCWCC). Pictured above are 8 Wing members who willingly gave up their hair, or moustache, for charitable reasons, flanking one of the temporary barbers. From left to right: Major Loic Roy, Major Andrew Wedgwood, Captain Adam Emond (who had to wear a mullet wig), Lieutenant-Colonel Arthur Agnew, Commanding Officer of 8 Air Maintenance Squadron (8 AMS), and Lieutenant-Colonel David Cochrane, Commanding Officer of 426 Squadron.

of the CO's "friends" were willing to "help" out the cause. I confirmed this rumour and had them pledging money.

One of our more docile members of the unit is the Administration Officer, Capt Rhonda Flatman, who had been buying tickets at each opportunity her pockets weren't empty.

I was still falling short of my goal so I revisited the big spenders and begged for more money. I don't care if it was pity for me or generosity on her part but our AdminO put forth the largest pledge thus far.

Now I had ammo to make other contributors squirm until they increased their donations. Moral persuasion, pity, annoyance, and persistence seemed to have worked.

Friday morning during the 8 AMS Christmas breakfast the shaving commenced. Tickets were raffled off for the first swipe with the clippers then our Wing Chief took over.

Judging by his hairstyle I had little doubt he knew how to finish the job.

While the fur was flying, Master Warrant Officer Robertson was being taunted

by the DCO Major Wedgwood who thought he was in the clear from being scalped.

Suddenly, MWO Robertson sprung to his feet and emptied his wallet. I made sure the rest of the crowd was aware of this side show and amazingly more wallets opened until we had sufficient funds to shave.

Although the AMO Maj Roy was quiet, he got dragged into this due to the enthusiasm of the crowd generating enough money to take both the DCO and AMO's hair.

The CO's friends had made back room bets. One bet that

backfired was a doubt that sufficient funds would be raised by LCol Cochrane of 426 Squadron.

In this bet he lost his 20 year moustache. Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, had assured me there was help on his part to achieve the goal.

In total the original amount of \$1,200 was surpassed by over \$300 for the three shaved heads, one mullet victim and a twenty year old moustache.

The moral of the story is don't bet against 8 AMS you will lose and it was all for charity.

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— Wilbur Wright

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