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“Op-Timism”: 8 ACCS’s Experience on Operation Stability

by Sgt Greg White

The end of every deployment for 8 Air Communications and Control Squadron (8 ACCS) is surrounded with anticipation and excitement. We look back at our accomplishments and look forward to going home. This past August, Operation BOXTOP at Canadian Forces Station Alert, NU, was no exception. The 24 hours of sun, summer snow and Arctic wildlife is something 8 ACCS personnel had become familiar with, but it was time to go back to the beautiful southern Ontario summer.

Leaving Alert on a Friday evening, we took the scenic route back to Trenton. Before flying home to 8 Wing, we stopped in Comox, B.C., to drop off equipment for another deployment to come in October. Despite the delay in getting home, we were all thrilled to take in the sheer beauty of the Rocky Mountains as we sipped on our first Tim Hortons coffee in over a month. Never tasting better, it served as a concrete reminder that we were on our way home to our families.

Like we usually do after Operation Box Top, we went into

work on Monday expecting to be sent home on much deserved time off. Instead, by Monday afternoon we found ourselves scrambling to prepare for another deployment.

The Instrument Landing System (ILS) in Inuvik, N.W.T. had been declared unavailable for use. 8 ACCS was tasked to set up one of our two deployable radar systems to provide Precision Approach Radar (PAR) services to 409 Squadron from Cold Lake, Alta. until the ILS was available again.

For the first time in recent memory, our squadron was asked to meet our minimum notice to move time of 72 hours.

The Air Traffic Control section worked tirelessly to design a safe approach to the runway while the Air Telecommunications and Information Systems technicians prepared the radar and ancillary equipment to be loaded on a CC-130 Hercules.

After three very long days of careful planning and preparation, our team consisting of MCpl Kevin Philip, MCpl Reno Lyon, MCpl Marvin Castillo, Cpl Alex Nemet, Cpl Jason Calder, Pte Scott Campbell and myself, Sgt Greg White were en route to Inuvik,



Photo: Corporal Alex Nemet, 8ACCS

8 ACCS’s MPN-25 Deployable Radar providing Precision Approach Radar services in Inuvik, N.W.T., under the Northern Lights.

radar in tow.

With very little time to prepare and little information to go on, we knew that this deployment was going to be one of the most chal-

lenging in 8 ACCS’s history. The effectiveness of radar is sensitive to where it is located on the airfield and we were uncertain if we could find a proper position. Having to

design an approach from scratch in a short time period as well as never having controlled aircraft in that area, all amounted to mountains of

See Precision, Page 5

ALL FOR A GOOD CAUSE: ON THE ICE AND IN “THE PENALTY BOX”



Photo: Cpl David Hardwick, 8 Wing Imaging



Photo: Submitted

Far Left: LCol John MacCaul (centre left), Commanding Officer of Aerospace and Telecommunications Engineering Support Squadron (ATESS), and LCol Arthur Agnew (centre right) Commanding Officer of 8 Air Maintenance Squadron (8 AMS), make the official puck drop at the ATESS Hockey Challenge Cup on November 21. Facing off against each other are MCpl Eric Robichaud (left) #17 on the ATESS team, and Cpl Donald Rankin (right) #12 on the 8 AMS team. The ATESS and 8 AMS hockey teams were competing to win the ATESS Hockey Challenge Cup. Proceeds from this event are earmarked for the United Way as part of the Canadian Government Workplace Charitable Campaign (CGWCC).

Left: Wing Logistics and Engineering Branch Chief Warrant Officer, CWO Charlie Fleming, hopes (in vain) for a pardon during the Jail & Bail.

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



E-mail Etiquette

I know, I know, how ironic that the Wing Chief Warrant Officer is writing a column on e-mail etiquette.

After all, I can and often do get misspelled words out regardless of spell check.

Trust me it has been and continues to be a point of conversation at all my PDRs and PER interviews. But enough about me.

So what points besides spelling do I want to make in regards to e-mail etiquette.

Well let's start with the "To:" and "CC:" boxes.

Your 'To' box is for those who needs to take action, or supply a response to you query.

Your 'CC' box is your info box. Those persons listed there are only expected to read the e-mail and not action or comment.

This is important. For example I get a lot of e-mails in a day, and I will scan them and read the ones that are addressed to me in the 'To' box.

Those where I'm 'CC' I will read later. This type of vetting is a must in most senior positions.

Next, know your audience. If you are sending an e-mail or replying to an e-mail, and you do not personally know the individual, then check their profile.

I know of several senior female officers who take exception to being addressed as "Sir" and vice-versa.

So you need to look up their address profile and their first name. If say their name is Alex, and you're not sure how

to address them. Then use their rank.

Also if you're forwarding direction to a higher rank than yourself at the direction of a superior, place a reference or disclaimer in the heading.

When I am forwarding the Wing Commander's intent to the Unit COs, I will reference a conversation or e-mail so the COs realize I am not giving them direction but passing it on, on behalf of the WComd.

Another common mistake - properly spelling a word, but it being the wrong word. i.e. "here" as opposed to "hear".

When it is a long complex e-mail, have someone else proof read it. Also never use all upper case, "IT LOOKS LIKE YOU'RE BEING YELLED AT!"

Lastly, all e-mails on the DND system are public record, and may be requested by the public thru the Access to

Information (ATI) act. Just a thought.

The Chief noticed a new seaman one day and barked at him to get over here.

What is your name?' was the first thing the Chief asked the new guy.

'John,' the new guy replied.

The Chief scowled, 'Look, I don't know what kind of bleeding-heart, liberal stuff they're teaching sailors in boot camp today, but I don't call anyone by their first name. It breeds familiarity and that leads to a breakdown in authority. I refer to my sailors by their last name only - Smith, Jones, Baker - that's all. I am to be referred to only as Chief. Do I make myself clear?'

'Aye, aye, Chief' 'Good! Now that we got that straight, what is your last name?'

The new guy sighed and said, 'Darling. My name is John Darling, Chief!'

'Okay John, here's what I want you to do...'

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Pictured is Private Seymour working diligently to complete her QL3B Qualification Dinner. At the completion of her Cook's QL3B Training, Pte Seymour has to perform a confirmation dinner for six to 12 personnel, normally reserved for her supervisors along with invited guests. This dinner consists of a four-course meal; a soup, salad/entrée, main course and a dessert. The QL3B students must make their own menu, prepare a ration order and then complete the dinner service as the final step in their training. After eighteen months of training, Pte Seymour will be relieved to finish her dinner and be subsequently booked on her QL5 course.

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Quarterly Awards presented at 24 CF Health Services Centre

by Cathy Yeager
Quality Improvement Manager
24 CF H Svcs C

Quarterly awards for the period of July to September 2008 were presented to staff members at 24 Canadian Forces Health Services Centre last week.

The first award presented was the Award of Clinical Excellence.

The criterion includes providing exceptional support to the team environment; consistently contributing to a positive work/team environment through inspiration, professionalism, dedication and leadership; successfully introduce/implement a best practice that improves service delivery and/or go over and beyond their normal roles/responsibilities to provide excellent patient care.

Mrs. Deb Searle, a Primary Care Nurse in CDU 2, has provided consistent, outstanding clinical support to the team and patients by delivering compassionate, comprehensive patient care.

Mrs Searle is highly respected by her colleagues and consistently demonstrates a positive attitude and sincere willingness to go the extra mile. Patients have communicated that she takes the time to ensure they understand their health care plan and the process involved which helps them feel empowered. Patients have often mentioned it is the type of care they have not felt on any other base. For her exceptional performance, she is the recipient of the Third Quarter Award of Clinical Excellence.

The second award presented was the Award of Support Excellence.

The criterion includes providing exceptional support to the team environment; consistently contributing to a positive work/team environment through inspiration, professionalism, dedication and leadership and/or consistently recognizing excellence in others.

Mrs. Tracey Courneyea is the Case Manager's Assistant who continues to demonstrate a professional, positive attitude and is extremely efficient in her position.

Without hesitation, Mrs Courneyea is always willing to help out other team members and consistently supports patients as the initiator of the Case Management partnership which is an important part of the program.

She also makes patients feel at ease which at times can be a very difficult task. For her outstanding performance she is the recipient of the Third Quarter Award of Support Excellence.

The clinic awards and recipients pictures are on display in the clinic as you make your way to the pharmacy, lab or x-ray department.

Please help support our program by nominating our staff members who meet the criteria for the Chief Warrant Officer Bradford Annual Award.

Nomination forms and information are available in the clinic and on our website at http://trenton.mil.ca/lodger/MedSqn/Bradfordaward_e.htm.

Once you complete a nomination form please forward it to the Quality Improvement Manager, Ms Cathy Yeager by mail or by email at yeager.ca@forces.gc.ca. You can nominate our staff at any time throughout the year.

Photos: Cpl Simon Duchesne, 8 Wing Imaging



Maj Derek Miller, 24 CF H Svcs Commanding Officer (left) presents Debbie Searle with a 24 CF H Svcs Award of Clinical Excellence for the third quarter of 2008. WO Glenn Bureau and Capt Chris Hayman are shown on the right.



Maj Derek Miller, 24 CF H Svcs Commanding Officer (left) presents Tracy Courneyea with a 24 CF H Svcs Award of Support Excellence for the third quarter of 2008. WO Glenn Bureau and Capt Chris Hayman are shown on the right.

Search & Rescue UPDATE



424 Squadron only had one mission last week.

Rescue 493 was tasked to search for an overdue airplane on a flight from God's Lake, Manitoba to Thompson, Manitoba. Also, glow on ground seen from highflyers. A Hercules dispatched from Winnipeg and a Griffon was dispatched from Trenton. After an hour of flying, the Griffon was stood down and returned to Trenton as a ground party reached the crash site. All five occupants had survived.

Until next week, stay safe!

Missions for 2008: 226 Missions for Nov: 8 Persons rescued: 32

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved 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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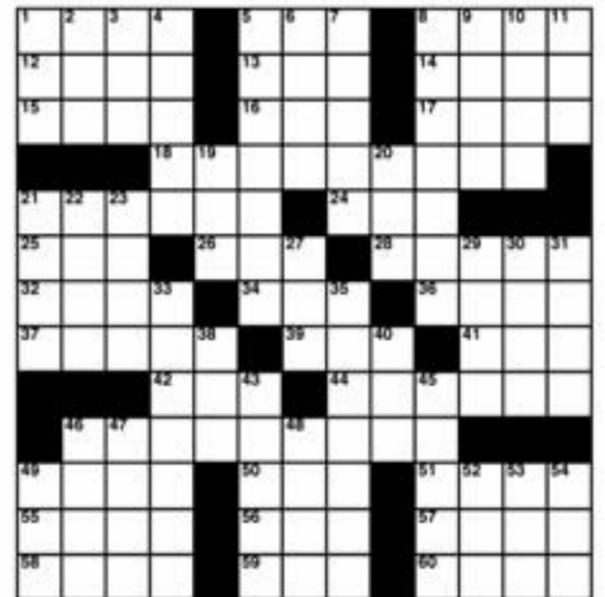
By Bernice Rosella and James Kilner

ACROSS

- _____ de suite
- Global monetary org.
- Spy
- Jewish calendar month
- Mal de _____
- Pro _____
- Husband, to Henriette
- Pressure meas.
- Strays
- Bonjour _____
- Water-base paint
- Golfer Ernie
- Kernel
- In the past
- Chercher la _____
- Acid linked to gout
- Wife of 37 Across
- Precious
- Juan _____
- Bon _____
- Canadian Forces org.
- Roman 104
- Fermer la _____
- Collecting
- Faith and charity pal
- C'est la _____
- Deceiver
- Arab oil org.
- Sportscaster MacLean
- Whit
- Major league pitcher Carlos
- Tolkien tree person
- Fat

DOWN

- Tobermory topper
- Harem
- Pan arabian org.
- Stale



- Trespass
- Officers canteen
- Pomme de terre _____
- Squeezed
- Hearing aids?
- The verb to be (in Vercheres)
- Faux _____
- Ocean inlet
- Sprite
- _____ d'etat
- Rhine feeder
- Agitate
- Eggs
- Ford model, slangily
- The speed of sound
- Sea eagle
- Comme ci _____
- Encompassing
- Partner of tuck
- Charged particle
- Joie de _____
- Fruits
- Contend
- Frank
- Leo
- Kangaroo manoeuvre
- Promissory note?
- Consumed
- Tattle

See Answers, Page 18



This Week in Contact

1978 - Five crews of 437 Husky Squadron are strung out along a 10,000 mile route between here and Kuala Lumpur for "Operation Magnet" an air-lift for 604 Vietnamese refugees who have been stranded in Malaysia. The first crews departed last week by commercial air to Yokota AFB in Japan and Kuala Lumpur, Malaysia where Major Ron Williams, the detachment commander, will oversee four flights by a specially configured Boeing 707 aircraft.

1988 - Uninhibited by gale force winds, Col Diamond cut the ribbon officially opening the CFB Trenton Community Support Services building. Located beside the Yukon Lodge, the building contains the offices of the MPCC mayor and family services co-ordinator, as well as a meeting room and information centre. The opening establishes the first official home for the MPCC and community support services.

1998 - At a recent meeting of the Wing Council, Lieutenant-Colonel F.C. Colton, CD, Acting Wing Commander inaugurated the new CFB Trenton pipe banner. The pipe banner is a special unit identifier flown from the bass, or large drone of the bagpipe. It is a heraldic flag under the jurisdiction of Lord Lyon, King of Arms - the same authority sanctioning the RCAF Tartan, squadron colours and crests, and indeed the arms of Canada. Like colours, banners are used to represent a particular military body by displaying crests, badges, symbols, and Battle Honours unique to the owner, and are paraded with dignity and fanfare for all to see.

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

Precision Approach Radar provided

Continued from Page 1

obstacles which we would have to overcome to achieve mission success. Due to the rapidness with which this operation was established, it had not yet been titled. Our team insightfully coined it unofficially as "Op Timism," making strong reference to the immense challenges we faced.

Upon arriving on the ground our fears were confirmed. The chosen location was far from ideal but our options

were very limited.

With extraordinary effort and ingenuity put forth by the 8 ACCS team, the radar was flight checked and we began operating.

Watching fall in Inuvik was like watching a magician on stage: You blink and you miss it. When we arrived the leaves on the trees were green. Within two weeks, the green turned to bright red and orange then fell to the ground.

By mid-September

we were shovelling snow...again. By the end of September, our mission was complete and it was time pack up for the journey home.

Arriving home from the gripping cold in early October, we finally learned that the operation was officially and suitably named "Stability."

Due to the outstanding work of 4 Wing Cold Lake, 409 Tactical Fighter Squadron and 435 Transport and

Rescue Squadron along with the assistance of our team from 8 ACCS, Op Stability was deemed a success.

This was certainly a true real-world test of our ability to meet our mandate, which is to deploy a fully functional, network enabled airfield to any austere environment the world has to offer with only 72 hours notice to move. All that was required was a little "Op Timism" and a lot of hard work.

8 WING/CFB TRENTON 2008 UNITED WAY UPDATE

This year's Government of Canada Workplace Charitable Campaign (GCWCC) is coming to an end, with a few events and raffles still to take place. However, each year personnel from 8 Wing/CFB Trenton generously donate and commit to ensuring a successful campaign - and with that commitment and co-operative effort we have been able to help provide funding and support to various local programs and services throughout the Quinte area to help people from all walks of life.

Thank you - to all that have helped to make a difference. If you have not yet been canvassed, please contact your local unit representative. If you don't know who your rep is, please contact Mr. Chris Koopman (WTISS), canvasser coordinator at local 2971.

The following events will take place as the campaign draws to a close. Final totals, and results from raffles, will be published in next week's issue of the Contact.

November 29: United Way Family Bowling Day, 1200 to 2000 hrs. Come and enjoy an hour of fun with your family at Astra Lanes, for a donation to the United Way.

This event is open to all 8 Wing/CFB Trenton personnel and members of the local community. Reservation is for a one-hour period.

For more information, or to make a reservation, contact Lieutenant Annie



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November 30: Saddle up for United Way, 1000 to 1700 hrs.

Ride your horse and help support the over 80 programs in 50 health and social service agencies across Hastings and Prince Edward Counties funded by the United Way, at the Batawa Ski Hill.

Pledge sheets are available at Bridle Path Tack Shop, Double Horseshoe Tack Shop, and Stirling Feed and Seed.

For more information, contact Connie Reid or Meridith Bower at 613-962-9531 or 613-398-6568.

December 5: Come and join us at the Yukon Galley for the wrap up of this year's 8 Wing/CFB Trenton United Way campaign. For \$5 you can enjoy some great chilli. Lunch begins at 1100 hrs and all the raffles will be drawn at 1230 hrs. Don't miss this final event!

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BAND BIDS FAREWELL

Bruce Parsons, a long time member of the 8 Wing Concert Band, passed away on Friday, November 14, 2008, at the age of 82.

He was a man that was loved by all, full of life, always had a smile on his face, and the energy of a man more than half his age. He has been playing the trumpet from the time he was a young boy and it became a passion for him.

In his 20's Bruce joined the Commodores Orchestra, a local 18-piece dance band, and also played in the Men of Note, Concert Brass, Quinte Brass, Quinte Living Centre Band as well as the 8 Wing Concert Band. In addition to all his music, he played golf, was a curler, and the founder and owner of Parsons Cleaners and Launderers on Sydney St. in Belleville. Bruce will be greatly missed by everyone he has touched in his life.

Bruce is predeceased by his loving wife Betty (Acheson), parents Frank and Mary Parsons, brothers; Barney, Buck and Jack, sisters; Grace Holden, Dora Langabeer and Maida Sunderland. He is survived by his sister, Mary Young and sister-in-law Christina Parsons. Bruce was a very special uncle of Gail and Jerry Rollins, as well as many other nieces, nephews and great nieces and nephews.



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8 Wing Personnel at Work: Master Warrant Officer René

Master Warrant Officer Jacques René is a seasoned firefighter having served twenty-four years in the Canadian Forces.

MWO René joined the CF in 1984 and after basic training he completed his firefighters training at the Canadian Forces Fire Academy (CFFA) at CFB Borden. In the fall of 1985, MWO René was given his first posting to CFB North Bay.

In his twenty-four years as a member of the CF, MWO René has served with the Army, the Navy, and the Air Force, and served as an instructor with the CFFA at CFB Borden.

As a result of working with the three different elements of the CF, he has seen many different parts of Canada and has been able to deploy to various locations around the world.

While posted at CFB Halifax from 1999 to 2001, MWO René was deployed throughout the Caribbean, the Mediterranean and the Persian Gulf.

"Every ship that requested a firefighter, I always volunteered for," MWO René said when explaining how he was able to deploy to so many locations during his posting.

In the thirty-six months he was posted to CFB Halifax, he was at sea for twenty-eight of them, serving on five different ships. When asked what his



Photo: Cpl Simon Duchesne, 8 Wing Imaging

Master Warrant Officer Jacques René, Deputy Fire Chief and Chief of Operations of the 8 Wing/CFB Trenton Fire hall is shown in front of two Aircraft Rescue Firefighting (ARFF) trucks.

favourite posting over the course of his career was, MWO René was unable to pick a specific one. Instead, he offered that, "Everywhere I've been so far, there is always something good somewhere. [Things were] Different, but always good."

One aspect in particular that he enjoyed was that challenge of being posted to somewhere new.

"I like challenges. I like to learn new stuff, adapt to new stuff. Deal, adapt and overcome,"

he said.

In 2005, MWO René deployed to Kabul, Afghanistan at Camp Julien on Roto 3 on Operation ATHENA with the Royal Canadian Regiment (RCR) based out of CFB Petawawa.

In Afghanistan, he augmented the Petawawa contingent and acted as the Task Force Fire Marshal. The fire services of Camp Mirage in the United Arab Emirates (UAE) fell under

his responsibility as well.

MWO René arrived at 8 Wing/CFB Trenton on June 25, 2008 from CFB Bagotville. In his current role as the Deputy Fire Chief (DFC) at 8 Wing/CFB Trenton, he oversees four platoons of firefighters ensuring that they are prepared and equipped to handle any potential emergency that may arise on base.

He makes sure that his platoons are well balanced in their number of members, their quali-

fications and their language profiles.

The compositions of the platoons are constantly in a state of flux as members are often posted in and out of 8 Wing/CFB Trenton or are away on course for further trades qualifications and leadership training.

As the DFC, MWO René accompanies his platoons on the scene of an emergency where the fire or incident is over-tasking the duty crew at the scene, also known as a Code 3 emergency or higher. In this situation a full Fire Department recall is required and MWO René acts as the Chief of Operations at the scene.

One aspect of the job that he misses in his roll as DFC is the shift life that firefighters have to work.

"Life on shift is good, it's a good life," says MWO René.

The camaraderie between fellow firefighters and the adrenalin rush in responding to an emergency are a few of the aspects that make shift life exciting and rewarding to a firefighter.

MWO René admits that he is still settling in the local area spending a lot of his free time working on renovations.

In his spare time he loves cycling, especially along the pathways that are in the Quinte West area and is an avid fan of martial arts.



8 WING QUESTION OF THE WEEK



QUESTION:

What is your favourite mess function?



MCpl Christine Dube
Wing Food Services

"I'm a Cook, so anytime I can sit down!"



MCpl Eddie Jacques
ATESS

"The Air Force Mess Dinner."



MWO Darryl Foster
WCE

"The Engineers Mess Dinner."



Lt Gavin Ellis
WTISS

"Definitely TGI Thursdays."



Capt Earendil Underwood
WTISS

"The Wing Commander's Mess Dinner."



PET OF THE WEEK



Hi, I'm Gandi, a 4-6 year old neutered male siamese. I was brought in because my owner went to a nursing home. I am currently staying in the office because being in a cage stresses me out. I am quite friendly but it takes me a few days to settle in to a new place. I don't really mind dogs but I'm not very fond of other cats.

Contact the Quinte Humane Society for more information.

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Sports

SPORTS & RECREATION

Red Cross Swim Lessons registration

Registration for the military community for the winter session of Red Cross Swim Lessons will take place on Wednesday, December 10, from 4 to 6 p.m. at the RecPlex. Numbers for service will be handed out starting at 3 p.m.

Registration will then open up to the general public on Tuesday, December 16, from 5 to 7 p.m. Numbers for service will be handed out starting at 4 p.m.

Registration for all continues until the start of lessons in January.

Volunteers still 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. Please call the Recreation Director at extension 2349.

Water Safety Instructor Re-certification Course

The re-certification course will take place on Wednesday, December 17, from 5 to 9 p.m. Cost: \$70 for military community members, and \$85 for the general public

RCAF Flyers Arena Family Skating

Family Skating at the RCAF Flyers arena takes place on Fridays from 6 to 6:50 p.m.; Saturdays from noon until 1:50 p.m.; Sundays from noon to 1:50 p.m.

Much Video Dance

The Much Video Dance will take place at the South Side Gym on Saturday, December 6, from 5:30 to 7:00 pm for kids between the ages of nine and 12 years old.

The dance will then open from 7:30 to 10:30 p.m. for youth between the ages of 13 and 16 years old.

Admission is \$10 per person.

Please note that this dance will be an adult supervised event.



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ATESS HOCKEY TOURNAMENT BENEFITS UNITED WAY

Photo: Cpl David Hardwick, 8 Wing Imaging



Lieutenant-Colonel John MacCaull (left), Commanding Officer of Aerospace and Telecommunications Engineering Support Squadron (ATESS), presents the ATESS Hockey Challenge Cup to Sergeant Leo Hynes, #19 team captain of the 8 Air Maintenance Squadron (8 AMS) hockey team. The 8 AMS team beat the ATESS team six to three, winning the ATESS Hockey Challenge Cup. Proceeds from the ATESS Hockey Challenge are being donated to help support the United Way of Quinte as part of the Canadian Government Workplace Charitable Campaign (CGWCC).



Pat Morgan

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**Notice
TO ALL VETERANS**

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

**8:00 a.m - 4:00 p.m
Tuesday, Dec. 2, 2008**

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

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FITNESS & HEALTH PROMOTION



Know the terms: Everything old is new again

Have you ever noticed how many names there are for various drugs? For example, marijuana may be called ganja, hemp, Mary Jane, skunk, dope, grass, etc.

With all the slang terms for drugs that are out there, it can be downright confusing trying to figure out what kids are talking about sometimes.

Recently, the Canadian Government has come up with a marketing campaign aimed at making adults (and especially parents) aware of some of the popular terms they may hear their kids using.

In that spirit, the following is a list of some of the terms that are commonly used but with a twist: all of these are things from our past (distant or recent) that are now used to mean something completely different.

Term	What it meant then	What it means now
AC/DC	A band famous for hits like "You shook me all night long"	Cough syrup containing codeine
Bart Simpson	The trouble-making young boy on "The Simpsons"	Heroin
Beam me up Scotty	Something that Captain Kirk said on the original "Star Trek" series	Mixture of crack cocaine and PCP
Care Bears	Cute, furry cartoon characters with pictures on their bellies who always taught you a lesson about caring	Ecstasy
Casper	A friendly ghost	Crack cocaine
Cocoa Puff	A cereal you went coo coo for	Smoking a mixture of cocaine and marijuana
Elvis	A rock singer known for his gyrating hips	LSD (acid)
Henry VIII	An English king known for divorcing his wives or, failing that, having them executed	Cocaine
Jerry Springer	Host of the trashiest of trashy talk shows	Heroin
KGB	The Soviet secret police	Marijuana (stands for "killer green bud")
Kokomo	An island the Beach Boys told us about where we wanted to go on vacation but were saddened to find out didn't exist	Crack cocaine
Mellow Yellow	A soft drink similar to Mountain Dew	LSD (acid)
Pee Wee	Mr. Herman	PCP
Queen Anne's Lace	A pretty white flower popular for weddings	Marijuana
Roxanne	A song by the Police about a prostitute	Cocaine
Smurfs	A race of tiny blue creatures that inexplicably survived despite having only one female in their population	MDMA (ecstasy)
Tootsie Roll	A delicious caramel-chocolate candy	Heroin
Top Gun	A movie starring Tom Cruise that is required viewing for all pilots prior to receiving their wings	Crack cocaine

As you can see, things have changed! It is important to really listen to your kids. If you hear them talking about something that sound harmless (like "Care Bears", for example), but the context doesn't seem normal, talk to them about it.

If you're not sure how to approach the subject of drugs or alcohol with your kids, the Government of Canada has put out a document with tips on how to go about this. You can find it at <http://www.nationalantidrugstrategy.gc.ca/pdf/parents/talking-aborder>.

Did You Know?

The pressure in a bottle of champagne (90 pounds per square inch) is about three times the pressure in car tires.



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

Couples and Communication

"When what you heard is not what I said"

On Friday, December 5, from 0900 to 1600 hrs, Health Promotion is offering a one day workshop based on the key concepts from our Basic Relationship Course.

This workshop offers the couple an opportunity to improve communication skills. Looking at communication danger signs and problem solving, participants will learn techniques designed to enhance one's ability to clearly express their thoughts. With discussions on issues and events, friendship and fun as well as forgiveness, this interactive course is *not* counselling. The focus is on preventing problems before they start.

Online registration is available at healthpromotion.cfbtrenton.com.

SPIN Challenge

A Festive Fitness Event open to the 8 Wing/CFB Trenton community will take place on Wednesday, December 10, from 1000 to 1500 hrs.

Register teams of four to take up four bikes, one hour each during the five allotted hours of this spinning extravaganza.

Honorary Guests and the Fitness and Sports Flight will lead you through this awesome workout.

Your donations are needed for this event to help support the Food Bank this Christmas.

No registration fee is required, just a food bank donation. Please register your unit/team of four and pick your hour. There will be great giveaways and prizes for this great, high energy workout!

For more information please email Lisa at refausse.e@forces.gc.ca or call local 3328

New SPIN Classes

New Spin Classes will take place on Tuesdays and Thursdays at 0630 hrs at the Gym.

There is no fee for these classes. Admission is free for military members and the DND community. No registration is required, just show up and participate.

For more information on Military Fitness programming contact Lisa Refausse at 3328.

20 MSR Testing daily

20 MSR Testing is being offered daily at 0830 hrs and will continue to be offered daily right up until December 31, 2008.

However, we will not have testing on December 25 and 26. All other days testing is available.

To book your test now please email +PSP Expires Bookings on the DIN.

Military Lane Swim

Military Lane Swim will be cancelled from December 22 to January 2. Military Lane Swims will resume on January 5 at 1200 hrs and run daily.



Upcoming Health Promotion Courses

Holiday Challenge:

Ongoing for the month of December

Mini Weight Wellness – Everyday Eating:

December 4, from 1100 to 1200 hrs

Basic Relationship Training:

December 5, from 0900 to 1600 hrs

Mini Weight Wellness – Social Events:

December 11, 1100 to 1200 hrs

Managing Stress for Success:

December 12, from 0900 to 1130 hrs

Manage your Pocketbook, Manage your Stress:

December 12, from 1300 to 1400 hrs

Mini Weight Wellness – Eating Triggers:

December 16, from 1100 to 1200 hrs

Butt Out - Self Help (Smoking Cessation Program):

By appointment on Tuesdays and Fridays, from 0800 to 1100 hrs

Register online at healthpromotion.cfbtrenton.com



VIEW FROM THE PINE



Well, with all of my NFL football pools firmly in the tank, my bitter memories of Montreal's early playoff exit sufficiently fading, and two months of procrastination out of the way,

I figured it was about time to resurrect the View From The Pine for another NHL season. And what a start to the season it has been.

Montreal underachieving. Toronto overachieving. Boston elevating their game and Detroit basically picking up where they left off at the end of the Stanley Cup Playoffs in June.

Oh, and if big, bald Swedish guys are your thing, Mats Sundin is still playing the wallflower and waiting for someone to ask him to dance. Not that there is anything wrong with that.

Well, kudos to the Toronto Maple Leafs, for the most part, to undertake the rebuilding process in earnest this year. I believe they have one of the better coaches in the league in Ron Wilson and he seems to be getting the most out of a line-up fairly void of any real offensive talent.

Not that you could tell there is a lack of star power by some of the scores the Buds have been throwing up. 6-5 over New Jersey? 6-3 over Montreal? A handful of four and five goal games? Who are they kidding?

All things being equal, sitting near .500 at the end of November must be a moral victory for embattled Leaf fans who must surely have expected the Apocalypse with the departure of Mats.

It will definitely be interesting to see what effect the impending hiring of Brian Burke as GM has on the chemistry of a young Leafs team. If anything, the Toronto media must be absolutely orgasmic at the thought of the outrageous quotes and sound bites that Wilson and Burke will be providing on a daily basis, neither man being short of an opinion.

I would like to say that I am happy with Montreal's 11-5-3 record right now, but I can't. I have watched a lot of Montreal's games and I think they have been sleepwalking through most of the season thus far. In particular the Habs' go-to guys like Kovalev and Plekanec have been MIA and Montreal's power-play is stumbling along at only 15.1 per cent.

The cause? Believing the media hype. I have no doubt that Montreal has another shot to repeat as Eastern Conference Champions but they will have to get on their horse and start working to score some goals instead of believing their talent alone will carry them to the Promised Land.

If anything, they have to get back to their winning ways against teams like Philly and Boston, clubs they dominated last year. Montreal's latest home loss to the B's was particularly galling, especially considering that Milan Lucic, or Millie as I like to call him, managed to pot a marker.

I will take a little consolation in that Millie did manage to slink away from Georges Laraque each and every time the two were on the ice. Lucic may like to play the role of a fighter, but quite obviously he only plays a tough guy on a part time basis.

Well, ladies and gentlemen, mark it on your calendars. Saturday night represented the third time in my life I actually got choked up. King Patrick has always been one of my favourite Hab players and to finally see his Number 33 deservedly retired to the rafters of the Bell Centre was quite the emotional event.

Especially for many of us who followed Patrick Roy's career in Montreal from his early days, to his controversial departure, and who thought that such an honour would never be bestowed upon him.

Love the Canadiens or hate them,

they know how to throw a respectful, classy shindig (yes, I know those three words don't necessarily go together. I'm from Saskatchewan, give me a break). Family, friends, former teammates and coaches from the Stanley Cup glory days were all in attendance.

And not to mention that standing ovation which at one point I thought may hit Maurice Richard levels (if you have to ask, I'm not going to tell you). Well done to bring Patrick home, Montreal, well done.

Now, please contrast Patrick Roy's ceremony in Montreal with that of Wendel Clark in Toronto. Talk about night and day. And please don't think I am bashing on Toronto just because I hate the Leafs (which I do).

We are talking about Wendel Clark here. Wendel gets a pass from me, even if he was a Leaf, because he: a) is from Saskatchewan; b) is a farmer; c) had one of the meanest mullets of all time; d) had one of the coolest 'staches at one point (George Parros from the Ducks is the new Lord of Facial Hair); and e) could score, fight and hit in equal measure.

That's why I was so PO'd at the rinky-dink presentation done by the Leafs. Talk about insulting. Watching a cheap Rock 'Em, Sock 'Em video montage on the big screen with Aerosmith's 'Dream On' blasting is not exactly a great reflection on your organization's ability to pay sufficient tribute to one of your most beloved players of all time. I could have come up with that disaster in my basement. I may have used AC/DC's 'Thunderstruck' instead of Aerosmith, however. Yeesh.

CHARLIE POTATOE

Alexei Kovalev (with only 5 goals, 9 assists and 6 power play points this year, he is one of the major reasons Montreal's powerplay is in the tank. I'm

expecting a big second half). Milan Lucic (you can run but you can't hide from big Georges. If you are going to talk the talk you will need to walk the walk). Jason Blake (from 40 goals and 69 points with the Isles in 2006-2007 to filling the role of super-pest in Toronto in 2008-2009? That is a considerable fall from grace and a far cry from the five year/\$20 million contract he signed in 2007). Toronto Maple Leafs (Wendel deserved so much, so very much, more). Ryan O'Byrne (Scoring into your own net? C'mon man! Only Oilers do that).

MEAT AND POTATOES

Kris Versteeg (seven goals, 13 assists and 20 points for the youngster. The Blackhawks have crazy amount of young talent up front right now). Luke Schenn (18 year old putting up top four D-man numbers and making Toronto management look good for leaving him in the line-up. Definitely a keeper). Teemu Selanne (Finnish Flash is proving to be ageless in Anaheim with 20 points, including 13 on the power play, so far). Roberto Luongo (11 wins and five shutouts already in 2008. His groin injury shouldn't slow him down too much). Derick Brassard (another early Calder candidate playing in obscurity in Columbus. More impressive than his eight goals and 20 points? A +9 rating).

By Gilmour Tuttle



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

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Ten thousand hours in the clouds for Major Latulippe

by Capt Tyler Thorbergson

It was just another flight for the mighty CC-177 Globemaster III: fly into Kandahar Airfield, carrying a load of humanitarian aid supplies for the Afghan people, and return to its staging base.

The "Bisons" of 429 Transport Squadron (Bison Squadron), whose home base is 8 Wing/CFB Trenton, have become extremely familiar with this type of mission since the unit was reformed last year.

The CC-170 Globemaster III, a tactical airlifter and the largest aircraft in the Canadian Forces' fleet, performed admirably, as usual.

But for one crew member, it was a flight that he won't soon forget. During the flight Major John Latulippe surpassed the significant milestone

of 10,000 hours of total flying time.

Maj Latulippe, an aircraft commander at 429 (Transport) Squadron, started his flying career more than 22 years ago. His extremely rare feat represents more than a solid year of time in the air.

In other words, he has flown an average of more than 450 hours annually throughout his 22-year career with the Air Force.

In total, Maj Latulippe has spent 17 years flying the CC-130 Hercules, three years on the CC-150 Polaris, and the two years on the CC-177 Globemaster III.

Having flown for such a long time, it is hard for Maj Latulippe to point to one specific mission or operation as his most memorable moment. However, he is quick to point out one specific aspect of his job.



Photo: Submitted

Major John Latulippe is shown above during training with the United States Air Force (USAF).

"I'm constantly impressed with the calibre of people that I work with," he says, "They are

such professionals."

"I knew 10,000 hours was within reach but I didn't join the Forces to

gain flying hours," says Maj Latulippe.

He does say, however, that 15,000 hours is also within reach as long as he stays in a flying position for the remainder of his career!

NORAD Tracks Santa website to go live

NORAD, Peterson Air Force Base, Colo. – The North American Aerospace Defense Command is again getting ready to track Santa.

On December 1, the NORAD Tracks Santa (NTS) Web site, www.noradsanta.org, will go live and feature fun holiday games and activities that will change daily.

On December 24, Christmas Eve, NORAD will begin tracking Santa Claus' journey via live video feeds that begin at the following times:

3 a.m. Pacific Standard Time; 4 a.m. Mountain Standard Time; 5 a.m. Central Standard Time; 6 a.m. Eastern Standard Time; 11 a.m. Greenwich Mean Time.

The website, designed by Booz Allen Hamilton, allows fans of all ages to get up-to-the-minute reports and streaming videos from key stops on Santa's trip around the world. Google software will output live images from NORAD's high-speed digital "Santa Cams," and Google Maps and Google Earth will follow Santa as he travels around the world.

All of this information is available in English, French, German, Italian, Japanese, Spanish, and new this year, Chinese. In addition, for the first time, Canada Post will partner with NORAD to ensure chil-



Photo: sxc.hu

dren around the world can send an email to Santa through the NTS website. The NTS program is carried out with the assistance of many corporate partners.

The NORAD Tracks Santa (NTS) program began on December 24, 1955, after an errant phone call was made to the Continental Air Defense Command (CONAD) Operations Center in Colorado Springs, Colo.

The call was from a local youngster who dialled a misprinted telephone number in a local newspaper advertisement. The commander who answered the phone that night gave the youngster the information requested – the whereabouts of Santa Claus.

This began the tradition of tracking Santa Claus, a tradition that was carried on by NORAD when it was formed in 1958. This Christmas marks the 50th anniversary of NORAD tracking Santa Claus as he goes around the world delivering presents.

The NTS program has grown immensely since first presented on the Internet in 1998. In 2007, the Web site received 10.6 plus million unique visitors from 212 countries and territories.

In addition, the NTS Operations Center, occupied by 1,012 volunteers on Christmas Eve, answered nearly 95,000 phone calls and received 140,000 emails from families around the world.

New member appointed to the CF Grievance Board

Ottawa – The Honourable Peter Gordon MacKay, Minister of National Defence and Minister for the Atlantic Gateway, today announced the appointment of a new member to the Canadian Forces Grievance Board.

Ms. Carina De Pellegrin was appointed as a part-time member to the Board effective 20 November 2008, for a three-year term. A legal professional, Ms. De Pellegrin has worked as a corporate counsel and litigation lawyer and appeared before government administrative boards and tribunals, the Federal Court of Canada and the Federal Court of Appeal.

She is also a former aeronautical engineering officer in the Canadian Forces and a graduate of the Royal Military College.

"The Canadian Forces Grievance Board plays an important role in ensuring our military personnel are treated fairly," said Minister MacKay. "The experience and qualifications Ms. De Pellegrin will bring to the Canadian Forces grievance system will be most useful and I am pleased to welcome her to the Board."

The Canadian Forces Grievance Board is an administrative tribunal, with quasi-judicial powers, independent from the Department of National Defence and the Canadian Forces. Board members review certain categories of military grievances and issue findings and recommendations to the Chief of the Defence Staff. The Board's external review adds transparency and fairness to the grievance process.

The creation of the Board in 2000 made Canada the first country in the world to have a civilian body mandated to review military grievances.

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HOROSCOPES

Weekly Astrology by Christine Davison

November 30 – December 6

ARIES (March 21-April 19): The week ahead will be an adventurous, well-travelled time. Something that you do on Sunday may make you want to travel on Thursday or Saturday. There is a very good chance that you will become well-known for something on Monday or Wednesday. Tuesday and Friday may be great times for social gatherings and get-togethers.

TAURUS (April 20-May 20): Mysteries and secrets may be underfoot on Sunday, Thursday, and Saturday. Something private may become well-known or you may be recognized for your talents on Tuesday. Others will make use of your superior intellect and abilities. There is an excellent chance that you will make new friends on Monday or Friday.

GEMINI (May 21-June 20): Romance and passion can fill your week. Somebody that you meet earlier may wish to get to know you a lot better by the time the weekend rolls around. Mysteries and secrets may preoccupy your heart and mind mid-week. There may be opportunities for travel. You'll become well-known on Friday due to hobbies or friends.

CANCER (June 21-July 22): You will have an opportunity to blow off some steam with friends and loved ones. People may find you unusually attractive. There is a secretive and mysterious air about you that may help you to unlock mysteries on Tuesday. Somebody may want to get to know you. Try to take a little bit of time for yourself.

LEO (July 23-Aug. 22): Children may draw your attention. You may be asked to mentor or teach someone. This may not be the most fertile week if you are looking to increase the size of your family. However, creative projects may net you applause and good fortune. Love interests may occupy your heart on Tuesday. Mysteries may involve you on Friday.

VIRGO (Aug. 23-Sept. 22): Something from your past may preoccupy your mind. Children may wish to get to know you better on Monday. There is an excellent chance that you may learn something good about yourself that may have healthy and happy results mid-week. Love may loom large on Friday. Try to make sure you take it easy on the weekend.

LIBRA (Sept. 23-Oct. 22): This week may be full of social visits, conversations, and group gatherings with friends and favourite family members. Thursday and Saturday may bring a reunion. You may feel as if you are being talked about but don't worry, only positive news can be spoken. Try to watch that you don't overdo it too much on Friday.

SCORPIO (Oct. 23-Nov. 21): Try to begin new financial projects or pursue other job opportunities. A conversation on the first and third may help to bring you closer with a favourite person. Someone may get to know you better than they once did when you were younger on Tuesday. Creative projects and love interests may preoccupy your time on Friday.

SAGITTARIUS (Nov. 22-Dec. 21): Mercury in your sign will make this a time full of conversations, social gatherings and family visits. This is a great time to explore, investigate, and travel. You will learn many new things. The weekend may bring a tempestuous, tumultuous time and new frontiers and passions. Remember to be bold and not brash.

CAPRICORN (Dec. 22-Jan. 19): Many people may ask you for your advice. Try to meditate and relax. You may be attracted to artistic people and places. Good luck and fortune may follow you if you choose to indulge yourself. If you speak about problems openly, then solutions may come to you and those you love. Friday is a great time to party.

AQUARIUS (Jan. 20-Feb. 18): Something that you do for yourself may help out others in your community at the same time. The Moon in your sign on Tuesday will make this an interesting time indeed. People may judge your cold, aloof ways at first, but they will see that you have the heart of a true genius and humanitarian underneath it all.

PISCES (Feb. 19-March 20): Something personal about you may become well-known. The Moon in your sign over the weekend will make this a time to dream, fantasize, and become inspired. Others see you as a muse and may ask you to join activities with them on Wednesday. Try not to drink too much or take intoxicating substances this weekend.

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

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Syntax Errors



THE SHREK BOBBLE HEADS, THE SHREK BACKPACKS, THE SHREK PLUSH TOYS, THE SHREK WATCHES, THE SHREK MAGIC EIGHT BALL, THE SHREK UNDERWEAR...

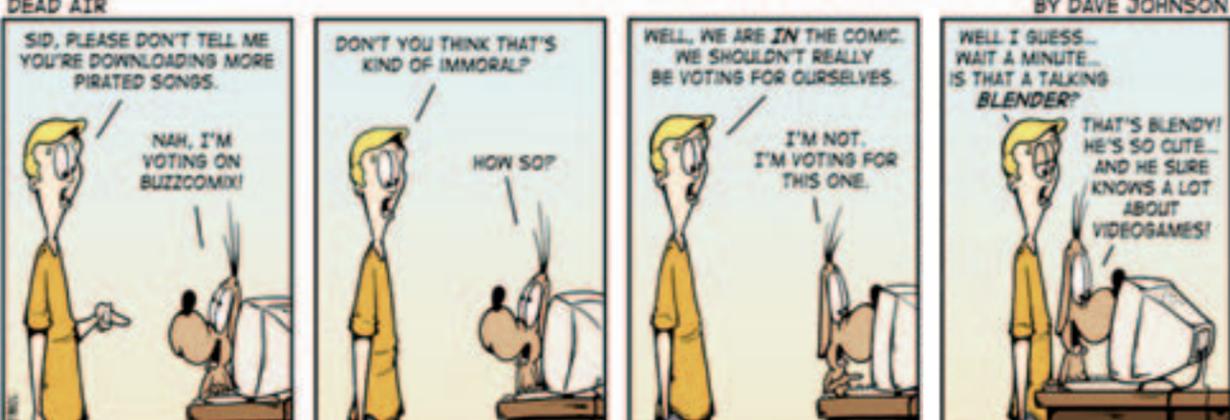
I REALLY DON'T MIND ALL OF THE SHREK MARKETING--THE SHREK SOAP, THE SHREK LUNCH PAILS, THE SHREK SLIPPERS...

...THE SHREK OPERATION GAME, THE SHREK CHESS SET, THE SHREK ETCH-A-SKETCH, THE SHREK SKATE BOARDS...

I JUST WISH HE'D CHANGE HIS EXPRESSION ONCE IN AWHILE.

LOOK WHO'S TALKING MR. NON-ANIMATED.

DEAD AIR



SID, PLEASE DON'T TELL ME YOU'RE DOWNLOADING MORE PIRATED SONGS.

NAH, I'M VOTING ON BUZZCOMIX!

DON'T YOU THINK THAT'S KIND OF IMMORAL?

HOW SOP?

WELL, WE ARE *IN* THE COMIC. WE SHOULDN'T REALLY BE VOTING FOR OURSELVES.

I'M NOT. I'M VOTING FOR THIS ONE.

WELL I GUESS... WAIT A MINUTE... IS THAT A TALKING BLENDER?

THAT'S BLENDY! HE'S SO CUTE... AND HE SURE KNOWS A LOT ABOUT VIDEOGAMES!

BY DAVE JOHNSON

DuJour



Yes we "dumped the gas hogs". That'll be 50 bucks for sarcasm

Stuff!



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WHEN: December 1st, 2008 5:35 pm
WHERE: RCAF Road, Base Trenton
BENEFITING: Trenton Care & Share Food Bank



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SEE PERFORMANCES BY
 Johnny Reid & Tracey Brown

Community Connect: 1-800-766-7912
www.cpr.ca

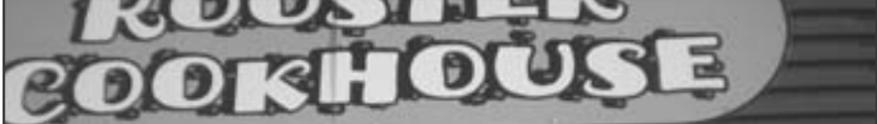




Les 6 et 7 décembre
 Coop des Francos, au bureau du Franco-Phare
 Au 84, rue Dundas Ouest, Trenton
 6 décembre – 10h à 17h
 7 décembre – 11h à 17h
 Pour plus d'information, composez le 613-848-5080

Le Franco-Phare will be holding a book sale «La Coop des Francos» on December 6th & 7th at 84 Dundas St West, Trenton. Hours for Dec. 6th: 10 am to 5 pm and for Dec 7th: 11 am to 5 pm. For more information please call 613-848-5080.

HELPING THE FOOD BANK




Third Annual Santa Claus Parade Food Drive (front row left) Katlyn Hollett , Megan White, Brittni Hollett, Carlye Hanthorn,(back row left) Rachel Belfall, and Chelsea Foley of Trenton are asking residents to bring non- perishable items to this year's Santa Claus Parade, where they will be collecting donations for the Trenton Care and Share Food Bank. If you are unable to attend the Rooster Cookhouse will be accepting food items on their behalf.



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 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



Weatherwise...be prepared: National Safe Driving Week, December 1 to 7

OTTAWA – Have you ever driven up to an intersection on a frosty morning and applied the brakes only to find that a thin sheath of ice on the road has caught you off guard and led to a temporary loss of control of your vehicle?

Almost every Canadian driver has had at least one experience of failing to adjust driving behaviour to climatic change. Every season presents different conditions that affect the way one should drive. Winter driving is one of our biggest challenges.

CSC is bringing awareness to the importance of preparing for safe winter driving. This includes maintaining your vehicle for optimum performance, equipping it with necessary safety items and adjusting driving habits consistent with the challenging conditions.

Maintaining your vehicle: CSC recommends beginning in the fall to prepare your vehicle for winter weather. You need a complete car engine tune-up. All systems should be checked: exhaust, fuel and cooling systems. Brakes, car batteries, tires and windshield wipers are all especially important to check before venturing out.

Brakes must be faultless as they are crucial for safe winter driving. Have the brake linings and equalization checked. Read your car owner's manual for proper use of new technologies such as Antilock Braking Systems (ABS), traction control and the new option of Electronic Stability Control (ESC).

Car batteries have added strain during these cold months. Make sure that the condition of the battery is adequate and it does not need to be replaced. Tires must have the proper pressure. Make sure that your four snow tires are for Canadian winters, look for a snowflake-inside-mountains symbol on the tire sidewalls.

Windshields and wipers play a crucial role in properly scrutinizing the road ahead. Take the time to clear the snow and ice off all windows before driving and be sure that the defroster is working efficiently. Replace worn wipers and have plenty of wiper fluid good for temperatures of -35°C or below. Remember that 95 percent of the information you need to drive safely comes through your eyes.

Equip your vehicle:

Remember to have the most basic equipment on hand to drive at optimum safety and to be able to get yourself back on the road if you should get stuck in the snow or ice. This would include: ice scraper and brush, shovel, gritty substance such as sand, road flares, jumper cables, flashlight, gasoline antifreeze and extra washer fluid with anti-freeze solvent.

Of course you should also have a spare tire, wheel wrench and tire jack. Survival gear such as warm blankets, fresh water, matches, first aid kit, and a well-charged cell phone are important to have available in the car at all times.

Adjusting driver habits: The safest scenario for motorists always lies in preventing a collision in the first place. When weather presents challenging conditions such as a winter storm that minimizes the view of the road ahead or early morning ice patches that are undetectable, CSC asks motorists to take more time driving to their destination. Speed is the Achilles' heel of safe driving.

You may not be able to control the weather and road conditions but you can control

the speed at which you drive. Leaving plenty of buffer room between your car and the car you are following can also make the difference between having a collision or not.

Other driver-behaviour that favours a safe outing includes wearing your seatbelts properly, keeping distractions to a minimum and be weatherwise... be prepared.

For National Safe Driving Week, CSC is offering a poster and an informational pamphlet entitled: Weatherwise... Be Prepared. Share this valuable information with your family, friends and staff.

New technology keeps drivers safe, electronic stability control: Electronic Stability Control (ESC) has the potential to significantly reduce single vehicle road crashes. The US and Canada will soon mandate ESC in motor vehicles. This new technology which is already in some cars, will be mandated in Canada by 2012. Look or ask for this new technology on your next vehicle purchase.

What is this new technology?: ESC is a safety feature that is installed on a vehicle and helps the driver stay in control during an emergency

manoeuvre by the automatic braking of individual wheels and/or reducing of engine power. If for example while taking a curve in the road, your car is not going in the direction that you intend and you begin to lose control, the ESC can redress your driving and prevent a complete spin out of control. It is automatic and happens so quickly that drivers do not even perceive the need for steering corrections.

Transport Canada claims that "in 2005, single vehicle crashes resulted in the death of 850 vehicle occupants in Canada, as well as causing serious injuries to 4,802 persons. ESC can prevent many types of crashes, but it is especially effective in preventing single vehicle crashes that result from a loss of control. Transport Canada estimates that there would have been at least 170 fewer deaths and 1000 fewer people seriously injured on our roads if all passenger vehicles had been fitted with ESC that year.

For a more in depth view of the features of ESC please refer to: <http://www.tc.gc.ca/roadsafety/tp/tp14651/vs200701/menu.htm>

La météo...pensez-y à l'avance: La Semaine nationale de la sécurité routière, du 1er au 7 décembre

OTTAWA – À l'approche d'une intersection, vous est-il déjà arrivé par un matin glacial d'être obligé de freiner, pour ensuite découvrir à votre grande surprise la présence d'une mince couche de glace et perdre momentanément la maîtrise de votre véhicule ?

Presque tous les automobilistes canadiens ont omis au moins une fois de modifier leur comportement au volant en fonction de la météo. Si chaque saison comporte son lot de conditions qui influent sur la conduite, c'est l'hiver qui donne le plus de fil à retordre aux automobilistes.

Le CCS tient à sensibiliser les automobilistes à l'importance de miser sur la prudence au volant en hiver, en s'assurant entre autres que leur véhicule est en excellent état de fonctionnement, en le dotant des articles de sécurité nécessaires et en modifiant leurs habitudes au volant en fonction des conditions de conduite difficiles.

L'entretien de votre véhicule: Le CCS vous recommande de préparer dès l'automne votre véhicule à affronter l'hiver en lui faisant subir une mise au point complète et en faisant notamment vérifier les systèmes suivants : le système d'échappement, le système d'alimentation et le système de refroidissement. Il est notamment important de faire vérifier les freins, la batterie, les pneus et les essuie-glaces. Les freins doivent être en parfait état de fonctionnement puisqu'ils sont essentiels à une conduite hivernale prudente. Une vérification des garnitures de frein et l'équilibrage des freins s'avèrent aussi essentiels. Il est également important de consulter le guide de conduite et d'entretien relativement à la bonne utilisation des nouvelles technologies, telles que le

système de freinage antiblocage (ABS), le système d'antipatinage à l'accélération et la toute nouvelle option de contrôle automatique de la stabilité (ESC).

La batterie perd de sa puissance par temps froid. Assurez-vous qu'elle est en bon état de fonctionnement et qu'elle n'a pas besoin d'être remplacée. Les pneus doivent être gonflés à la bonne pression. Assurez-vous que les quatre pneus à neige sont conçus pour affronter les hivers canadiens, en vérifiant si le pictogramme représentant une montagne et un flocon de neige apparaît sur le flanc.

Le pare-brise, la lunette arrière et les essuie-glaces vous permettent de bien voir la route. Prenez le temps de déglacer et de déneiger toutes les glaces avant de prendre la route et assurez-vous que le dégivreur fonctionne bien. Remplacez les essuie-glaces usés et assurez-vous que vous avez amplement de liquide lave-glace conçu pour braver des températures d'au moins - 35 °C . N'oubliez pas que 95 pour cent des informations nécessaires à la conduite prudente passent par la vue.

Le matériel: Ayez à portée de la main le **matériel de base** pour la sécurité optimale au volant et pour pouvoir reprendre la route, au cas où vous resteriez pris dans la neige ou sur la glace. Munissez-vous d'un grattoir, d'une pelle, d'une substance granuleuse telle que du sable, des fusées lumineuses, des câbles d'appoint, une lampe de poche et des bouteilles d'antigel de canalisation de carburant et ayez une bonne provision de liquide lave-glace.

Assurez-vous d'avoir un pneu de secours, une clé pour écrous de roues et un cric. Il importe aussi d'avoir en tout temps dans votre véhicule les **articles de survie** suivants : couvertures chaudes,

eau embouteillée, allumettes, trousse de premiers soins et téléphone cellulaire bien chargé.

Modifier vos habitudes au volant: La prévention constitue le moyen le plus sûr pour tout automobiliste d'éviter une collision. Lorsque dame nature fait des siennes (par exemple, une tempête de neige qui réduit la visibilité devant vous ou des plaques de glace imperceptibles qui se forment tôt le matin), le CCS encourage les automobilistes à redoubler de prudence et à prévoir plus de temps pour se rendre à destination.

N'oubliez pas que la vitesse est le talon d'Achille de la prudence au volant. Même si vous ne pouvez contrôler le temps qu'il fait et l'état des routes, vous pouvez contrôler la vitesse à laquelle vous roulez. Conserver suffisamment d'espace entre votre véhicule et celui qui vous précède peut, par exemple, faire toute la différence lorsqu'il s'agit d'éviter une collision.

Au nombre des autres comportements au volant qui favorisent la sécurité, on compte le port de la ceinture de sécurité, une réduction au minimum des distractions et la météo ... pensez-y à l'avance.

Dans le cadre de la Semaine nationale de la sécurité routière, le CCS offre une affiche et une brochure d'information ayant pour titre : La météo... Pensez-y à l'avance. Nous vous invitons donc à communiquer ces précieux renseignements aux membres de votre famille, amis et employés.

Une nouvelle technologie pour une conduite plus sécuritaire, le contrôle électronique de la stabilité : Le contrôle électronique de la stabilité (ou ESC pour *Electronic Stability Control*) permet de réduire sensiblement les accidents impliquant un seul véhicule. Les É.-U.

et le Canada introduiront bientôt l'obligation de munir les automobiles du contrôle de la stabilité électronique. Il s'agit d'une nouvelle technologie déjà offerte dans certains véhicules et qui sera obligatoire au Canada en 2012. Exigez-la donc lors de l'achat de votre prochain véhicule.

De quoi s'agit-il au juste?: L'ESC est un dispositif de sécurité qui aide le conducteur à conserver la maîtrise de son véhicule lors d'une manœuvre d'urgence. Il agit automatiquement en appliquant brièvement les freins sur une ou plusieurs roues et/ou en réduisant le régime du moteur. Si vous négociez un virage et que le véhicule ne se dirige pas dans la direction voulue et que vous commencez à perdre la maîtrise, l'ESC peut corriger la trajectoire de votre véhicule et prévenir un dérapage. L'ESC est automatique et agit si rapidement que le conducteur ne perçoit même pas son action.

Selon Transports Canada, « en 2005, les accidents impliquant un seul véhicule ont entraîné la mort de 850 occupants au Canada, en plus de causer des blessures graves à 4 802 personnes. L'ESC peut prévenir divers types d'accident, mais il est particulièrement efficace pour éviter les accidents impliquant un seul véhicule qui résultent d'une perte de contrôle.

Transports Canada évalue que, si tous les véhicules avaient été équipés d'un ESC en 2005, au moins 170 décès auraient pu être évités sur nos routes, en plus de réduire, d'au moins 1 000, le nombre de personnes grièvement blessées.

Pour en savoir davantage sur les caractéristiques de l'ESC, rendez-vous à : <http://www.tc.gc.ca/securiteroutiere/tp/tp14651/vs200701/menu.htm>

Feature

FAMILY



Activity: Eye Dropper Planets



Here's an activity that will encourage your child to explore a rainbow of colours and create their own solar system!

Mixing colours and making designs is a wonderful way to spend Comfort, Play and Teach™ time together!

You will need: eye droppers; food colouring (primary colours); muffin tins; coffee filters; plastic place mat; hole puncher; string.

Instructions: Pour a different colour of food colouring into each cup

of a muffin tin. You can create different colours by combining primary colours.

Show your child how to use an eye dropper. First squeeze the bulb and then dip the end of it into the food colouring. Release the bulb to fill the dropper. Your child can also use a plastic spoon to scoop and pour the food colouring.

Place a coffee filter onto the plastic mat. Your child can squirt different colours onto the coffee filter, creating interesting designs.

Allow the coffee filter to dry and then display it by punching a hole in the top, affixing a string and dangling it from the ceiling.

Your child can make several eye-dropper

planets and create her own solar system!

Enjoy this more with Comfort, Play and Teach™:

Comfort: Comment on what your child is doing as they choose different colours and creates unique patterns.

Play: Make up stories together about what happens on each planet that your child is creating.

Teach: Encourage your child to identify different colours. Talk about what happens when two colours are combined to create a new one.

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

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

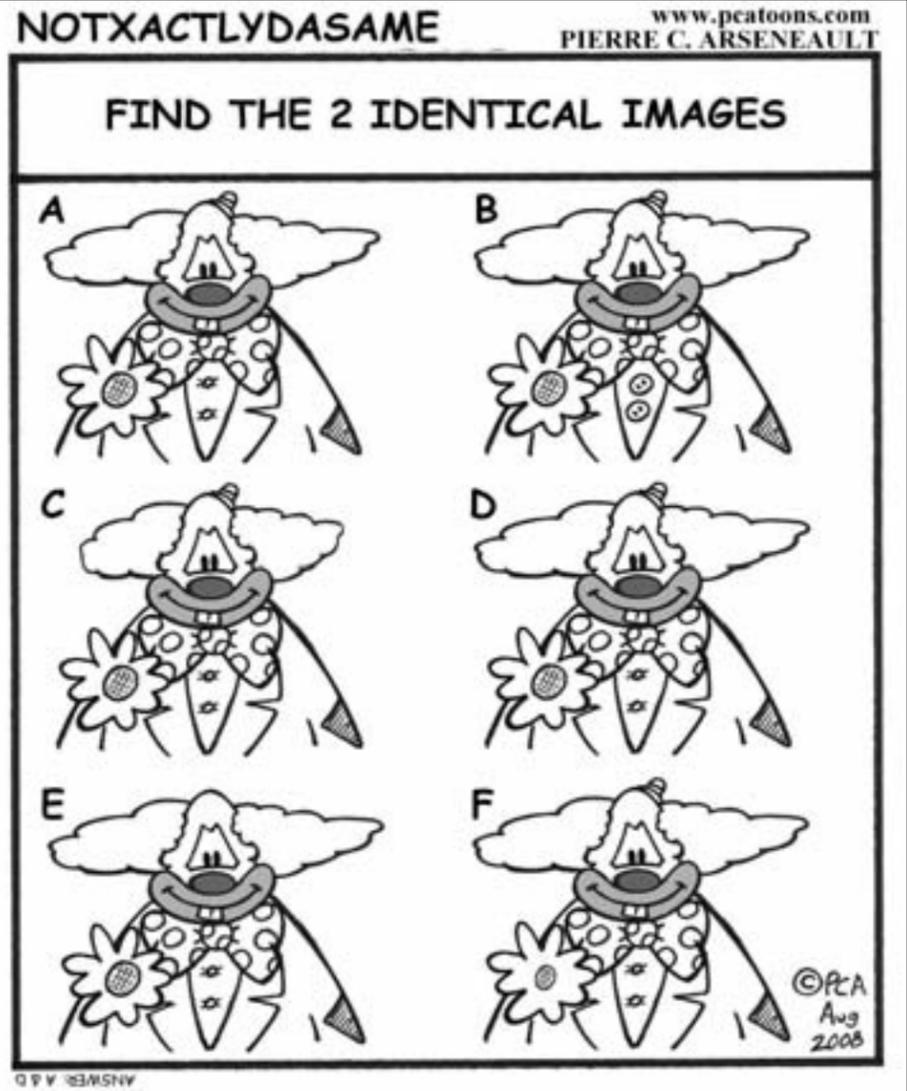
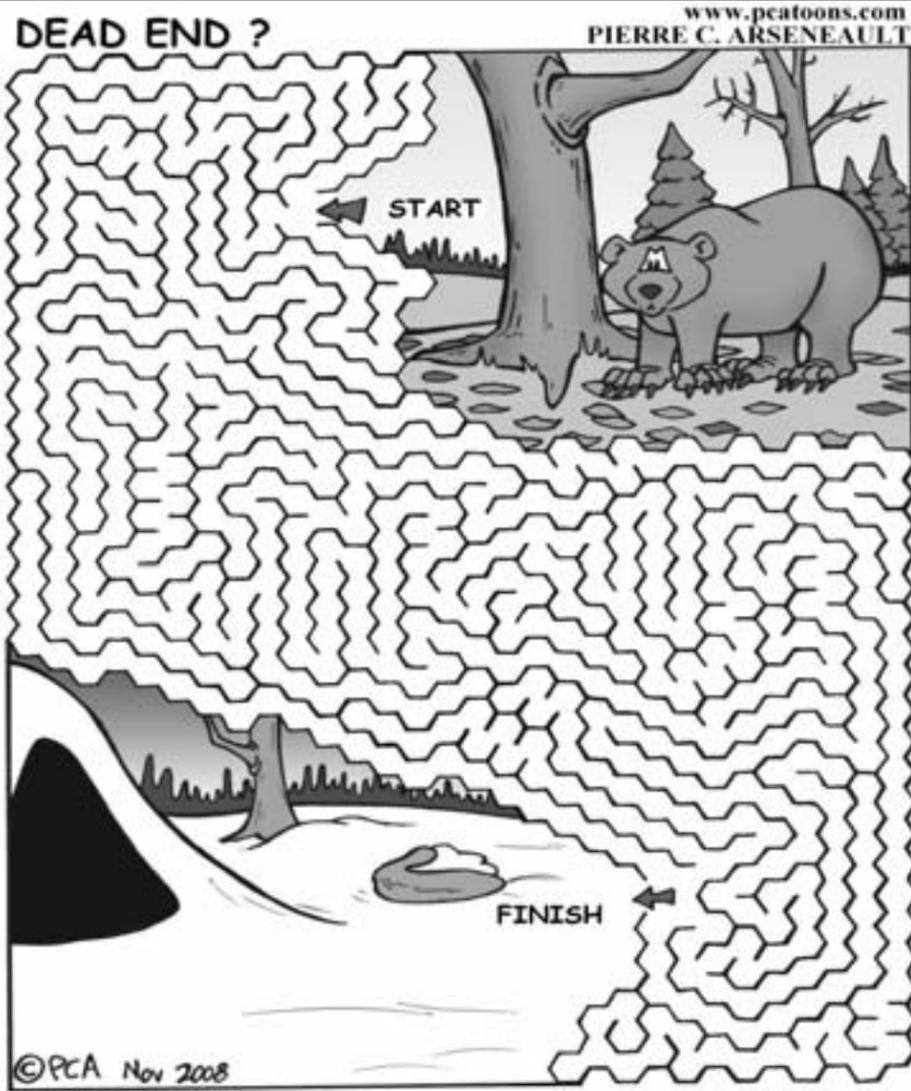
Mealtime.org Chili Bruschetta Pizza

Enjoy chilli in a new way, in a bruschetta-style pizza! Made with the convenience of canned vegetarian chilli, this flavourful pizza gives you another way to get the health benefits of fibre-rich beans.

- Ingredients:**
- 1 unbaked (12 inch), whole-wheat or traditional pizza crust
 - 2 tablespoons olive oil
 - 1 can (15 ounces) vegetarian chili*
 - 1/3 cup chopped, sun-dried tomatoes
 - 1/3 cup shredded, part-skim mozzarella cheese
 - 3 tablespoons shredded Parmesan cheese
 - 2 cloves garlic, minced
 - 1 tablespoon dried oregano
 - 1 can (4 ounces) sliced black olives, optional
 - 1/4 cup fresh basil leaves

Preparation Time: 5 minutes **Cook Time:** 20 minutes
Preparation: Heat oven to 425°F. Put pizza crust on a baking sheet or pizza pan. Brush olive oil evenly over crust. Spread chilli and tomatoes on top. Combine mozzarella, Parmesan, garlic, oregano and black olives, if desired; sprinkle over pizza. Bake 15 to 20 minutes until golden brown. Garnish with basil. *If chili needs thickening, simmer until the desired consistency is reached. Other varieties of chili may be substituted for vegetarian chili, such as no-bean chili or turkey chili (with consequent changes to the nutrition information). Serves: Five

Nutritional Information Per Serving: Calories 310; Total fat 11g; Saturated fat 2.5g; Cholesterol 5mg; Sodium 720mg; Carbohydrate 43g; Fibre 8g; Protein 14g



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CDS honours VQD at sea

by Lt(N) Chris Gabriel and Lt(N) Francis Turcotte, HMCS Ville de Québec

On November 21, 2008, a visit by the Chief of the Defence Staff, General Walter Natynczyk, to HMCS Ville de Québec at sea off the south coast of France culminated in the presentation of a Canadian Forces Unit Commendation for excellent performance of duty.

Flown aboard on 20 November by the ship's CH-124 Sea King helicopter, the CDS made a grand entrance on the flight deck, wearing a naval uniform.

Ville de Québec is currently deployed on Operation SEXTANT with Standing NATO Maritime Group 1 in the Mediterranean Sea.

The award of the CF Unit Commendation arises from an emergency tasking, from August 10 to October 29, 2008, when the Halifax-based frigate was diverted from Op SEXTANT to the pirate-infested waters off east Africa.

She was then attached to the Canadian flotilla deployed on Operation ALTAIR (Canada's naval participation in the campaign against support to terrorism), and assigned to escort freighters transporting humanitarian aid supplies for the World Food Programme from Mombasa, Kenya to Mogadishu, Somalia.

During his two-day visit to the ship, Gen Natynczyk toured the flats (hallways)

to visit crew members at their duty stations, congratulate them individually for their excellent work on the humanitarian mission, and present CDS Coins to those who performed with particular distinction.

The visit's main event was an all-ranks gathering held in the ship's hangar in a Town Hall format that combined an address from the CDS with questions and comments from the crew. It was in this forum that Gen Natynczyk sprang his big surprise: the presentation to Commander Chris Dickinson, the ship's commanding officer, of the gold-embossed scroll of the CF Unit Commendation along with the symbols of the honour, a special commemorative flag and a gold medallion.

"You overcame the operational difficulties associated with simultaneously providing World Food Programme vessels with on-board security and naval escort," said Gen Natynczyk. Emphasizing that the award is for every member of the ship's company, he went on, "Thanks to your dedication and flexibility, food was able to travel through those pirate-infested waters, bringing new hope to hundreds of thousands of people and shining a very favourable light on Canada and the Canadian Forces."

HMCS Ville de Québec is now in the last phase of her deployment. She is scheduled to return to Halifax, her home port, just in time for Christmas.



Chief of the Defence Staff General Walter Natynczyk (right front) presents Commander Chris Dickinson, commanding officer of HMCS Ville de Québec, with the flag symbolizing the Canadian Forces Unit Commendation; behind the flag is the frigate's Coxswain, Chief Petty Officer 1st Class Keith Davidson, with the official gold-embossed scroll.

Le CEMD honore le VQD en mer

Lt(N) Chris Gabriel and Lt(N) Francis Turcotte, HMCS Ville de Québec

Le haut point de la visite du 21 novembre 2008 du Chef d'état-major de la Défense, le Général Walter Natynczyk, au NCSM Ville de Québec au large de la côte méridionale de la France a été la présentation d'une mention élogieuse à cette unité pour avoir si bien rempli son devoir.

Le CEMD est arrivé le 20 novembre par l'hélicoptère CH 124 Sea King du navire et a fait une entrée remarquée sur le pont d'envol, vêtu de l'uniforme de la Marine.

Le Ville de Québec est actuellement déployé dans le cadre de l'opération Sextant avec le 1er Groupe de la Force navale permanente de réaction de l'OTAN dans la mer Méditerranée. La présentation de cette mention élogieuse découle d'une mission d'urgence entreprise par cette unité du 10 août au 29 octobre 2008, quand la frégate basée à Halifax a été détournée de l'opération Sextant vers les eaux infestées de pirates au large de l'Afrique de l'Est. Le navire a ensuite été attaché à la flottille canadienne déployée dans le cadre de l'opération Altair (la participation maritime du Canada à la campagne contre l'appui au terrorisme) et affectée à l'escorte de cargos transportant des articles d'aide humanitaire pour le compte du Programme alimentaire mondial de Mombasa, au Kenya, à Mogadiscio, en Somalie.

Au cours de sa visite, qui a duré deux jours, le Gén Natynczyk a arpenté les couloirs pour rendre visite aux membres

d'équipage à leur poste, pour les féliciter personnellement pour leur excellent travail lors de la mission humanitaire et pour remettre des pièces du CEMD à ceux qui se sont particulièrement démarqués.

L'événement principal de la visite a été un rassemblement ouvert à tous les grades dans le hangar du navire et au cours duquel le CEMD a prononcé un discours et l'équipage a pu poser des questions et formuler des commentaires. C'est à cette occasion que le Gén Natynczyk a dévoilé sa grande surprise : la présentation au Capitaine de frégate Chris Dickinson, le commandant du navire, du parchemin gaufré d'or portant la mention élogieuse à l'intention de l'unité, ainsi que des symboles de cet honneur, soit un drapeau commémoratif spécial et un médaillon d'or.

« Vous avez été en mesure de surmonter les difficultés opérationnelles liées à l'accompagnement de navires du programme alimentaire mondial tout en assurant leur sécurité à leur bord », a déclaré le Gén Natynczyk. Il a continué, insistant que la récompense était destinée à chaque membre de la compagnie du navire : « Grâce à votre dévouement et à votre faculté d'adaptation, la nourriture a pu traverser ces eaux infestées de pirates, ce qui a fait renaître l'espoir chez des centaines de milliers de personnes, en plus de rejaillir très favorablement sur le Canada et les Forces canadiennes. »

Le NCSM Ville de Québec en est maintenant à la dernière phase de son déploiement. Il devrait être de retour à Halifax, son port d'attache, juste à temps pour Noël.

Remembrance Day in Lethbridge

by Capt Steve Radvak
429 (Transport) Squadron

It was in the early morning darkness of Remembrance Day that 45 members of 429 (Transport) Squadron embarked on their journey to stand in front of the city of Lethbridge, Alberta, to take part in the commemoration for the veterans who served and died in service of Canada.

In June of 1944, during the Second World War, the city of Lethbridge adopted 429 Squadron - which was based in England at the time. With the rebirth of 429 (T) Sqn in July of 2007, it was a natural path for the Commanding Officer of the squadron, Lieutenant-Colonel David Lowthian, and Honorary Colonel Marc Terreau, to re-acquaint 429 (T) Sqn with its city of adoption.

Utilizing Canada's brand new CC-177 Globemaster III, the members embarked on a four-hour trip to Lethbridge to reunite with the city of Lethbridge and personally show the people their Air Force's brand new capability.

The mayor and members of the city council of Lethbridge had previously granted to 429 (T) Sqn the 'Freedom of the Skies' which entailed a fly-past during the ceremony.

Seeing the hundreds of faces looking up to the sky as the CC-177 Globemaster III was flying over the cenotaph and being able to witness their amazement was a great reminder of the notable accomplishments that 429 (T) Sqn has made in the last year.

To see so many people from the town of Lethbridge with their sons and daugh-



ters to remember those who have fallen was impressive.

The Squadron was welcomed by a thunderous applause as they marched from the cenotaph in conclusion of the ceremony.

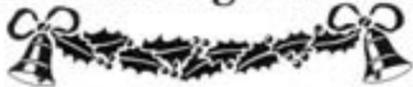
After the ceremony, 429 (T) Sqn was invited to the local legion to meet and chat with veterans and members.

It was at the legion that Bob Tarleck, the mayor of Lethbridge, gave, as a symbol of recognition, the Key to the City to mark the reunification of the 429 (T) Sqn with Lethbridge.

To have been able to go across Canada and back home on the same day has shown the capabilities of the Air Force with its CC-177 Globemaster III to reach any part of the country rapidly and efficiently.

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Chaplain Services

8 Wing/CFB Trenton Chaplain Services

services offerts par l'aumônerie de l'escadre

WING CHAPLAIN SERVICES

SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

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

Unit Chaplains – aumôniers d'unités

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

As support staff - comme personnel de soutien

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

WORSHIP SERVICES

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

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

Chapel Life Co-ordinator

Father Philippe Boudreau

Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 0900h

Sunday Mass at 1130hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 0900 hrs and coffee

3ième dimanche messe bilingue: 09h00 et café

St. Clement Astra (P)
Protestant Community

Chapel Life Co-ordinator

Padre Jim Craig

Worship Service

Sunday Divine Worship, 1015hrs

Holy Communion:

1st Sunday of the month

Confession – Réconciliation

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

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

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

8 Wing Chapel – Christian Churches Celebrations

30 November 2008 – 1 January 2009

chapelle 8e escadre – horaire des célébrations liturgiques chrétiennes
30 nov 2008 – 1er janvier 2009

Nov 30 nov. – 1st Sunday of Advent 1er dimanche de l'Avent

09:00 hrs – Sunday Worship Communion (CR)

10:15 hrs – Sunday Mass (P)

11h30 – messe dominicale (RC)

Dec 07 déc. – 2nd Sunday of Advent 2ième dimanche de l'Avent

09:00 hrs – Sunday Worship (CR)

10:15 hrs – Sunday Mass (P)

11h30 – messe dominicale (RC)

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

09:00 hrs – Sunday Worship (CR)

10:15 hrs – Sunday Mass (P)

11h30 – messe dominicale (RC)

Dec 17 déc. – 19:00 hrs – Advent Penitential Celebration (RC) – bilingual

– Liturgie du pardon de l'Avent (CR) – bilingue

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

09:00 hrs – Sunday Worship (CR)

10:15 hrs – Sunday Mass (P)

11h30 – messe dominicale (RC)

Dec 24 déc. – Christmas Eve Veille de Noël

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

19:30 hrs – Christmas Eve Service (P)

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

Dec 25 déc. – Christmas Noël

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

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

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

09:00 hrs – Sunday Worship (CR)

10:15 hrs – Sunday Mass (P)

11h30 – messe dominicale (RC)

Jan 1 jan. – New Year's Day Jour de l'An

Mary, the Mother of God Fête de Marie, Mère de Dieu

World Day of Prayer of Peace Journée mondiale de prière pour la paix

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

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

SACRAMENT OF BAPTISM

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

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

SACREMENT DU BAPTÊME

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

CHAPLAIN EMERGENCY FUND

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

FONDS D'URGENCE DES AUMÔNIERS

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

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Crossword Answers

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A	D	A	R		M	E	R		R	A	T	A	
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Protect your home away from home

(NC)-When you're going away on your annual vacation you want to rest - and rest easy too.

You want peace of mind that your home is as safe as it can be from burglary or other damage.

According to Patrice De Luca, vice president of marketing and business development for Reliance Protectron Security Services, there are several key steps Snowbirds should take to ensure peace of mind when away from home.

The following Protectron home safety checklist can help you plan important safety measures before your departure:

Did you suspend your newspaper and mail delivery; or have a neighbour collect them for you?

Does the house look lived in? That means having someone shovel the walk, clear your car off if it snows, or park their car in your driveway if you're taking yours. You can even ask a neighbour to put a bag of garbage at your curb on garbage day.

Did you set your lights on timers, in various rooms?

With some timers, the lights go on and off at different times each day, which means a burglar can't pick up on a pattern.

Motion sensor lights outside can also deter a burglar. Consider installing them in front and back.

Did you ensure that all your doors and windows are locked and secure?

Don't forget about the garage. To be extra safe, place a bar or stick of wood in the lower track of sliding doors or windows.

Did you turn off the water-main and unplug the major appliances as an added precaution?

Did you inform a neighbor when you're leaving and returning, and ask

them to keep an eye out for anything suspicious?

Leave them a phone number where you can be reached, and a spare set of your keys in case of an emergency.

Did you consider a home security system?

A home security system is a very effective deterrent. When looking for their targets, thieves usually select an unoccupied home with the easiest access.

Why not make it difficult for them. A home protected by a monitored security system is less susceptible to a break in than one without a system. Security system decals and signs are also an effective deterrent.

Make sure your security system includes a loud inside alarm, detectors at all exterior doors, and motion sensors in the master bedroom and main living areas.

De Luca says the latest technology in security systems can now allow the monitoring of your home from a distance by wireless transmission (SkyGARD) if you have a cell phone as your primary line for example.

The alarm system is linked to a remote monitoring centre that protects your home 24 hours a day against burglars, fire, carbon monoxide poisoning and floods by supervising the temperature, electrical system and point of entries of your home.

"We can even configure the system to alert you by e-mail of the duration of comings and goings in your home, (cleaning staff, neighbours, family) with the TeleGARD service," De Luca added.

More information on protecting your home while you're away is available online at www.protectron.com.

Bring your kitchen to life

(NC)-Haven't you heard? Kitchen parties are the new dinner parties!

According to GE Appliances, Canadians are having their next party in the kitchen instead of setting their dining room tables.

Kitchen parties get the guests involved in preparing and serving the food for a more casual get-together over drinks, conversations and of course, noshing.

No longer about the presentation of chinaware on the table, or perfectly-placed settings for six, evening parties involve fresh ingredients being chopped, sizzles on the stoves, and shared plates being passed around the kitchen.

"A growing trend is the 'entertainer' kitchen," says Philippe Meyersohn, General Manager Brand, MABE Canada, the manufacturer and distributor of GE Appliances in Canada. "People want to upgrade their kitchens to pursue their passion of

cooking and entertaining for family and friends in their kitchen."

Because of this, people's kitchens are increasingly more the focus of the home - and Canadians are paying more attention to what their kitchen says about their personal style.

It's important to have both function and style in order to throw the ultimate kitchen party.

In keeping with this trend, GE Appliances is introducing GE Café, a new line of kitchen appliances designed with the home chef and entertainer in mind.

"The GE Café series is an innovative, affordable new line of appliances which speaks to home chefs who want the look and feel of a modern restaurant kitchen combined with the latest cooking advantages available to professional chefs," says Philippe Meyersohn.

Find more information at www.geappliances.ca.



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— Wilbur Wright

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8420 Pwr sunroof! Chrome wheels, pwr heated leather seats, pwr pedals, spoiler, radio & cruise steering controls, pwr windows, locks, mirrors, traction control, 74,000kms.

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06 CHRYSLER 300

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05 SATURN ION L-3

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06 BUICK ALLURE CXL

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05 SATURN ION L-2

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05 BUICK ALLURE CXS

8296 Pwr Sunroof, Leather heated pwr seats, factory remote start, OnStar, steering controls, dual climate control, heated mirrors, traction control, 82,000kms.

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05 CHEV MALIBU MAXX LS

8396 Pwr sunroof, alloy wheels, pwr seat, AM/FM/CD, air, cruise, pwr, locks, windows, mirrors, 76,000kms.

\$9,450

All payments based on bi-weekly payments: 2002 - 48 mths; 2003 & 2004 - 60 mths; 2005 & 2006 - 72 mths; 2007 & up - 84 mths. Admin. P.P.S.A. and taxes included. EG: \$10,000 + \$299 admin. + taxes \$1338.87 + \$65 P.P.S.A. = 11,703.48 financed over 60 months at 6.50% = \$195.65 bi-weekly with a cost of borrowing of \$2021.10 on approved credit. All cash deals are price plus administration + taxes. Terms & rates current at time of print. 0 down, taxes included.

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