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OLYMPIC FLAME BURNS BRIGHTLY AS IT PASSES 8 WING



Photo: Cpl P.C. Carandang, 8 Wing Imaging



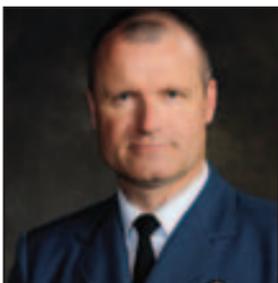
Photo: Cpl Drew Deics, 8 Wing Imaging

At left: Olympic torch bearer Master Warrant Officer James Whalen (left, representing 8 Wing/CFB Trenton), passes on the torch to Tom Hoppe, torch bearer 089, during the 2010 Olympic Torch Relay in RCAF Flyers Arena parking lot on the afternoon of December 15, 2009. At right: Bevin Stephenson (right) from 8 Wing TIS receives the flame to start her portion of the Olympic 2010 Torch relay across Canada. Many people, friends and family turned out to support her during her run down Front Street in Belleville.

A Christmas message

As the end of 2009 approaches we would like to take this opportunity to wish all 8 Wing/CFB Trenton team members and their families the very best for the upcoming holiday season.

This is the time of year to reflect upon our collective accomplishments and to look toward the future. In our first six months at the Wing we have had the opportunity to meet many of you, and we have been thoroughly impressed. 8 Wing/CFB Trenton continues to enjoy great operational success, and it is your professionalism and positive attitude that have been the keys to that success. You have been involved in virtually all aspects of Canadian Forces operations, at home and abroad. We have maintained the support lifeline to



Colonel Russ Williams

our mission in Afghanistan, saved fellow Canadians through Search and Rescue operations, conducted all aspects of Air Mobility support, whether VIP or materiel transport, and returned to Canada our fallen with honour and dignity.

Looking ahead, 2010 promises to be as challenging as 2009. We will continue to support operations throughout the world, maintaining the standard of excellence you have all set.

At the same time we will introduce a new aircraft fleet, and continue what can only be described as an unprecedented infrastructure renewal program.

For now, this season will provide most of you a wonderful opportunity to enjoy some well-deserved rest in the company of friends and family. We know that many of you will be thinking of our comrades serving elsewhere, away from their loved ones. We thank you for the support we know you will provide their families here at home.

We wish all of you and your families a Merry Christmas and a healthy, prosperous 2010.

Colonel Russ Williams
Wing Commander
CWO Kevin West
Wing Chief Warrant Officer

Un message des Fêtes

À l'approche du temps des Fêtes, nous aimerions profiter de l'occasion pour souhaiter à tous les membres de l'équipe de la 8^e Escadre/BFC Trenton et leur famille nos meilleurs vœux en cette saison de réjouissances.

C'est aussi un moment privilégié pour vous féliciter des réalisations de l'année qui s'achève et pour regarder vers l'avenir. Dans nos six premiers mois, nous avons eu l'occasion de rencontrer plusieurs d'entre vous et avons été profondément impressionnés par les efforts extrêmes mis de l'avant sur une base quotidienne par chacune et chacun d'entre vous. Votre professionnalisme et votre attitude sont les facteurs les plus importants qui ont permis à la 8^e Escadre/BFC Trenton d'atteindre le succès dans sa mission. Vous avez été impliqués dans les Opérations des Forces Canadiennes ici et à l'étranger. Nous avons maintenu



CWO Kevin West

le soutien à notre mission en Afghanistan, avons sauvé des canadiennes et canadiens grâce aux opérations de recherche et de sauvetage, mené toutes les opérations de la mobilité aérienne à l'appui au transport de matériel et le transport VIP et avons rapatrié nos soldats tombés au champ de bataille avec honneur et dignité.

Comme en 2009, les défis seront de taille en 2010. Nous continuerons à soutenir des opérations à travers le monde dans la norme d'excellence que

vous avez tous démontré tout en introduisant une nouvelle flotte d'aéronefs et en soutenant un nombre de projets d'infrastructure pas vu depuis des décennies.

Vous avez maintenant l'opportunité de prendre une pause bien méritée et de passer des moments heureux avec vos familles et vos amis. La plupart d'entre vous aurez une pensée pour nos camarades qui seront loin des leurs durant ce temps des fêtes. Nous vous remercions du soutien que vous apportez à ces familles qui supportent la mission à leur façon.

Nous vous souhaitons à vous et vos familles un Joyeux Noël et une année 2010 en santé et des plus prospères.

Colonel Russ Williams
Commandant de l'Escadre
Adjuc Kevin West
Adjuc de l'Escadre



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Chief of the Air Staff thanks members for outstanding service

Greetings and Happy Holidays from Ottawa!

It gives me great pleasure to bring you, the members of the Air Force, special greetings this holiday season, especially if you are reading this away from home.

Being deployed over the holiday season is one of the toughest things we ask our people to do and I want you to know how sincerely I appreciate the tremendous work you are doing and the sacrifices being made by you and your families.

Rest assured that your work really makes a difference and that your efforts and your families' efforts have not gone unnoticed. Your superiors, our allied friends, the entire Canadian population and I all owe you a debt of gratitude.

Whether tasked with accomplishing a search and rescue mission at 2 a.m., transporting troops and provisions on the Globemaster, flying over the Afghanistan desert or scouring the skies here in Canada to identify suspect aircraft, the Air Force and its members are always there; you have a very real effect on the lives of people both here and elsewhere.

As you well know, its been a very busy year with a lot going on. Aside from our ongoing domestic responsibilities in search and rescue, long range patrol, maritime surveillance, air defence and air transport, we established the Air Wing in Afghanistan; we deployed the first Unmanned Aerial Vehicle flight using the Heron; we signed a contract for new Chinook helicopters; we worked with industry for their input on a new fixed-wing search and rescue aircraft which we are now reviewing; and we continued

to work on preparing to accept the first C-130J Hercules this coming summer, as well as the first Cyclones a few months later, in the fall of 2010.

Looking ahead, of course we are now spooling up for the Olympics next February, and the G-8 Summit shortly after that.

There is no doubt that the operational pace will remain brisk and that our tasks at hand will continue to increase. As I said during the change of command parade in October, I have three key priorities as the new Commander: success in operations, integration of new capabilities and human resources.

Those three things combined operations, equipment and people along with the will and the desire by all of us to move the yardstick even further to become best in class around the world, will enable our success in all areas.

Its going to be challenging. Integrating new capabilities while maintaining operations will have an effect and that's where you come in.

With your continued support, your professionalism, your can-do attitude and a commitment to your future within the organization, we can meet our goals and objectives and those outlined in the Canada First Defence Strategy.

In this context, we must remember that it is good to be a member of the Air Force at this time: we have or will be getting most of the new equipment we had requested, our staff programs have been designed to take our new reality into account, our world-class training continues to improve thanks to modeling and simulation exercises, and we are blessed to have strong



Lieutenant-General André Deschamps, Chief of the Air Staff

support from the public.

Part of that public support has to do with the outstanding Canadian Centennial of Flight celebrations which were held throughout Canada over the past year. By using the centennial as a rallying point, we were able to connect with millions of Canadians face-to-face at air shows, on-line and through the national media to show Canadians what we have done in the past and what we are doing as an Air Force on their behalf.

It has been an outstanding year for the Air Force, and an even better year is waiting in the wings.

On behalf of my wife, Gayle and our two children, I wish you and your family the very best of the holiday season and encourage you to enjoy some well-deserved rest. For those of you who will be on duty at home or abroad, I sincerely thank you for your dedication and sacrifice to ensure that the Air Force mission is successful.

Merry Christmas, Happy Holidays and Best Wishes for 2010.

-Lieutenant-General André Deschamps

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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Faced with continual breakdowns of old SMP ambulances required for operational support to 8 Wing, MWO Sampson of Tn/EME Sqn identified their immediate replacement requirement to 1 Cdn Air Div. Cpl Sewell of 24 CF H Svcs C made the MWO aware of possible replacements available through a CANSOFCOM surplus. Armed with this info, MWO Sampson coordinated the anticipated purchase of two ambulances needed, valued at \$275K. When funding was threatened at the last possible minute, the MWO suggested a partial trade to CANSOFCOM. This included a surplus Air Force Cruiser Bus worth \$175K going to the Army, and \$100K available from D Air Prog. This was agreed upon by all parties. The ambulances have been delivered, prepared and are now in full service, thus leading to uninterrupted operational support to the Wing.

Downed aircraft near St-Honore Airport

by Captain Steve Eyre
424 (T&R) Squadron

During the evening of December 9 and 10, Joint Rescue Coordination Centre (JRCC) Trenton was advised of the activation of an aircraft Electronic Emergency Transmitter.

Further investigation revealed that the beacon belonged to a King Air aircraft, which was on a flight from Val D'Or to St Honore near Chicoutimi, Quebec.

The aircraft had been cleared for an approach to the St Honore airport but had not yet landed and was no longer in communications with air traffic controllers.

Based on this information, JRCC immediately tasked Rescue 313, a CC130 from 424 (Transport and Rescue) Squadron to proceed to St Honore to attempt to locate the missing aircraft.

The crew of R313 consisted of Aircraft Commander Captain Martin Turpin, First Officer Capt Paul Jackson, ACSO Capt Steve Eyre, Flight Engineer Master Warrant Officer Gord Woods, SAR Tech Team Leader Sergeant Dave Payne, SAR Tech Team Member Master Corporal Dan Dicerni and Loadmaster Sgt Chad Ingram.

Ground teams from the Surete de Quebec were also dispatched. While SAR assets were still

enroute, the SQ advised JRCC that a 911 call had been received from one of the passengers of the King Air indicating that the aircraft had indeed crashed and that there were at least two survivors amongst the four people on board.

Unfortunately the two passengers were unable to provide an exact location of the crash site.

They were also unable to extract themselves from the wreckage to confirm the condition of the pilots or to signal to searchers.

As R313 approached St Honore, the emergency signal from the King Air's ELT was received, allowing R313, at 21,000' altitude, to confirm the approximate location. R313 then descended through clouds and encountered visual flight conditions at approximately 4000' above ground.

Ground search resources could be seen in the area by R313 but no one had yet succeeded in visually locating the crash site. R313 continued electronic homing of the ELT signal and was able to localize the signal to within an area of approximately half mile square.

Darkness and deteriorating weather made visual search conditions difficult and R313 was unable to immediately locate the crash site visually.

After slightly over an hour of visual search utilizing NVGs and

illumination flares, Sgt Ingram spotted the crash site. The King Air was upside-down and located in a wooded area.

R313 began to direct ground teams to the site and to assess the requirement to dispatch SAR Techs by parachute.

As these actions were underway, R489, a Griffon helicopter from nearby Bagotville began to proceed towards the crash site.

Due to the proximity of the helicopter, R313 decided not to dispatch their own SAR Techs and instead directed the Griffon, also carrying two SAR Techs, to the site.

R489 and ground personnel both arrived at the crash at approximately the same time.

SAR Techs from R489 investigated the crash site, determined that there were only two survivors, and began medical treatment and preparation for evacuation. R489 extracted the survivors, one at a time, and transported both to hospital in nearby Chicoutimi.

Unfortunately, the two pilots of the King Air did not survive.

Although darkness and weather conditions had rendered the visual search extremely challenging, fortunately two lives were saved by the SAR system and the combined actions of JRCC Trenton, 424 Squadron, 439 Squadron, the SQ and other emergency responders.

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Attention Readers

The Contact office will be closed for the holidays beginning at noon on December 24, 2009. We will re-open on January 4, 2010. 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.

Search & Rescue UPDATE



424 Squadron flew two missions last week starting with a call out for our Herc to St. Honore, QC, to investigate the loss of communication and eventually an ELT from a King Air aircraft. The crew was able to home the ELT signal and locate the aircraft with the use of Night Vision Goggles. A Griffon helicopter from Bagotville was directed to the crash site and they recovered two survivors of the four persons on board.

Next mission was again for the Herc. While conducting SAR training east of Lake Nipissing, they were asked, by the OPP to investigate an object sighted in the west end of the lake. No signs of distress were found and they were eventually released to continue training.

Until next week, stay safe!

Missions for 2009: 221 Missions for Dec.: 3 Persons rescued: 40

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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 Russ Williams, Wing Commander, 8 Wing / CFB Trenton.

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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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CORRECTION

A story about National Addictions Awareness Week that appeared in the November 20, 2009 issue of The Contact contained several factual errors, including a statement attributed to Health Promotions Manager Angela Prescott that was actually provided by one of the participants in one of the "beer goggle" exercises held at the gymnasium. The figures for a "Warn Range" of blood alcohol concentration while driving a motor vehicle in Ontario should have read 0.05 to 0.08. The article also suggested that Health Promotions could be contacted by anyone wanting information about dealing with addictions, when such queries should be directed to the Canadian Forces Member Assistance Program. The Contact regrets the errors.

Canadiana Crossword

Blasted Rattyfratz!

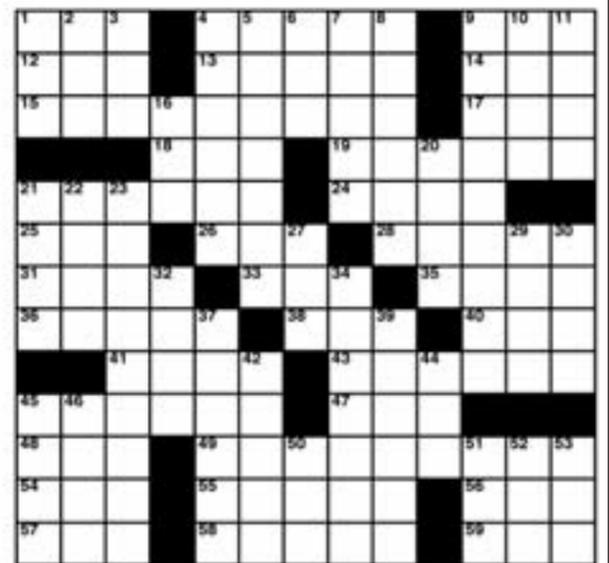
By Bernice Rosella and James Kilner

ACROSS

- 1 Vessel
- 4 Embarrass
- 9 _____ Fonz
- 12 Kind
- 13 Mr. Claus
- 14 Of she
- 15 Medieval incantation
- 17 European free trade org.
- 18 Frodo friend
- 19 Yukon neighbour
- 21 Pumper
- 24 New Mexico aboriginals
- 25 AKA Clay
- 26 Calendar ref.
- 28 Pair
- 31 Classify
- 33 Turf
- 35 Canadian expletive expressing annoyance
- 36 American expletive expressing annoyance
- 38 Ang _____ (famed filmographer)
- 40 Employ
- 41 Beurling and Bader
- 43 Hexes
- 45 Temple name
- 47 Macaws
- 48 Here to Henri
- 49 Well _____ anyway!
- 54 About hearing
- 55 Legally impede
- 56 Enemy
- 57 Male child
- 58 French river
- 59 Cask

DOWN

- 1 _____ Rail
- 2 European mountain



- 3 Ring ref's ruling
- 4 _____ a mother can!
- 5 Indulges in give and take
- 6 Some
- 7 Ermine
- 8 Towed
- 9 Synonym finder
- 10 What the _____
- 11 Ms Bombeck
- 16 Crossed out
- 20 Revered
- 21 I don't give a _____
- 22 Wings
- 23 Chemical process
- 27 Sun god
- 29 Shipping container
- 30 Summers to Sylvain
- 32 Inscribe
- 34 Ten sided object
- 37 Planter
- 39 Continent
- 42 Slop
- 44 Sought public office
- 45 Life stories
- 46 Prefix denoting outer
- 50 Sixties GM muscle car
- 51 Salamander
- 52 Gambler's acronym
- 53 Integer

See Answers, Page 23

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This Week in Contact

1979 – Minister of National Defence, Hon Allan McKinnon, announced that rents for Married Quarters would be revised downwards after members of the Canadian Forces expressed concerns about unfairly high charges. As an example of how rents would be affected, a Warrant Officer occupying a 1,000 square foot MQ would pay \$200, rather than \$280 per month; and a Private occupying the same space would pay \$150 instead of \$240.

1989 – CFB Downsview Curling Club was the venue for the rejuvenated Royal Canadian Military Institute/ CFB Trenton Curling Challenge. Trenton "hammered" out a victory through the efforts of "The Wrench" Brett, "Bullseye" Jensen, "Slim Pickings" Ritzel and "The Hammer" Buziak. Downsview was "soundly trounced" by one-quarter of a point!

1999 – Four 8 Wing/CFB Trenton personnel were honoured for their problem-solving abilities and cost-saving ideas. The awards given to MCpl Richard MacCormack, Cpl Charles Rumney, Cpl Dave Devries and civilian technician William Payne coincided with the launch of 8 Wing's TIPS (Trenton's Innovative Practices and Suggestions) Program. MCpl MacCormack's software development saved the Wing about \$250,000.

Created by Lt J. H. MacDonald,
 Compiled by Tom Philp.



New Honorary Colonel choice continues 429 Squadron's strong ties with Southern Alberta

The City of Lethbridge's adopted squadron has picked a new honorary colonel with strong ties to both the squadron and southern Alberta.

Major General (Ret'd) H.C. (Skip) Armstrong, who lives in Calgary, is currently Chairman of the Board, SolaCom Technologies and Chairman of the Board of Governors, Southern Alberta Canadian Corps of Commissionaires. He is also a former Commanding Officer of 429 Squadron.

429 Squadron is based in Ontario at 8 Wing CFB Trenton. Two years ago, the squadron renewed its historic ties with southern Alberta when it was adopted by the City of Lethbridge.

"For me, it is indeed an unexpected privilege to put on an air force uniform again," General Armstrong said. "I am eager to learn in greater detail what the squadron is doing and to better understand their challenges so I can promote them in the community."

Following his retirement from the Canadian Forces, General Armstrong was Director Business Development and Director Homeland Security with General Dynamics Canada in Calgary. He is a past member of the Sharing Our Military Heritage campaign and a past Director of the Air Force Museum Society of Alberta.

In his role as honorary colonel of 429 Squadron, General Armstrong will be a fundamental link between the squadron and the Canadian public.

"I am deeply honoured to be appointed the Honorary Colonel of 429 Sqn," he said. "I thank them for nominating me for this prestigious appointment."

The man he will replace as



Photos: Tom Philp, Contact Staff

Left to right: Lieutenant-Colonel Iain Huddleston, Commanding Officer, 429 Squadron watches as outgoing 429 Squadron Honorary Colonel, Major General (Ret'd) Marc Terreau, Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, and incoming Honorary Colonel, Major General (Ret'd) H.C. "Skip" Armstrong sign documents during an investiture ceremony held December 11 at the National Air Force Museum of Canada.

honorary colonel, Major General (Ret'd) Marc Terreau, said General Armstrong has some wonderful experiences ahead, especially when it comes to telling Canadians about the great work being done by the military.

"I was always energized when talking with technicians and air crew," General Terreau said. "It's been far more than I ever expected. It was an honour and a privilege."

429 "Bison" Squadron formed overseas during the Second World War, but it soon "belonged" to the city of Lethbridge. Adopted by Lethbridge in 1944, the city took the unit into its heart, sending care packages of razor blades, cigarettes, socks and mittens and following its wartime exploits

through the local newspaper.

Lethbridge 429 "Bison" Squadron disbanded after the war, and reformed in St. Hubert, Quebec in 1967 as 429 Tactical Transport Squadron flying the CC-115 Buffalo.

It was renamed 429 Transport Squadron in 1981, and moved to 8 Wing CFB Trenton in 1990 flying the CC130 Hercules until 2005, when, once again, it was disbanded. However, in 2007, the squadron reformed to fly the CC177 Globemaster III.

In 2008, 429 Squadron came home to Lethbridge. The City of Lethbridge invited the squadron to Remembrance Day ceremonies that year to renew its tie with the city. 429 Squadron was also granted "Freedom of the Skies" over Lethbridge.



Left to right: Lieutenant-Colonel Iain Huddleston, Commanding Officer, 429 Squadron presents a framed photograph of a CC177 Globemaster III to the outgoing 429 Squadron Honorary Colonel, Major General (Ret'd) Marc Terreau and his wife.

AIR FORCE TRANSPORTS HELICOPTERS FROM EAST TO WEST FOR 2010 OLYMPICS



Photo: MCpl Danny Shouinard, 14 Wing Imaging

Canadian Forces members from 8 Wing/CFB Trenton and 14 Wing Greenwood - Air Movements Sections load a CH124 Sea King for transportation into a CC177 Globemaster III to Victoria, British Columbia.



Photo Credit: Sgt Pete Nicholson, 14 Wing Image Tech



Trickle-down effect of support helps feed local community

by 2Lt Vincent Bédard
Public Affairs OJT

Quinte West OPP officers supported by Quinte West Community Police and volunteers from 8 Wing/CFB Trenton hosted the annual Christmas food drive in the parking lot of Smylie's Independent Grocer last Saturday between 9 a.m. to 1 p.m.

The food drive was in support of the Trenton Care & Share Food Bank. The OPP represented by Constable Dave Sneider, were hoping to fill their 30-foot trailer with donations of food.

Al Teal, general manager of Trenton Food Bank, expressed gratitude to the volunteers and to Mr John Smylie for the time and effort put towards the food drive.

Bank, which supplies food for the Quinte West region, has struggled to meet the demand over the past year. Teal said the economic situation has caused hundreds of new families to seek help over the last year.

Teal added the food bank receives significant donations throughout the year but, on average, the amount donated hasn't kept up with the increased demand. During the last 11 months, Teal and his staff have helped over 5,000 adults and almost as many children in need of food bank services, an average of 3 visits per family.

"This is a 20 per cent increase over last year which brings the total number of families to 923 of which 181 are new families in need of our help," said Teal.

The food bank manager added it's too early to say whether Care and Share will have enough food to meet demand this Christmas but Saturday's gatherings will definitely help a great deal.

Proceeds from the 8 Wing/CFB Trenton



Photos: by 2Lt Vincent Bédard, Public Affairs OJT

Shown above from right to left: Lieutenant-Colonel Ross Fetterly and his wife Sherry Fetterly, Al Teague General Manager of the Trenton Care & Share Food Bank, John Smylie, owner of Smylie's Independent Grocers, and Joy Peloquin.

Left: Joy Peloquin, one of the links in this chain of volunteers, is shown hard at work loading the OPP's 30 foot trailer.



Headquarters' canteen, Celebrity barbecue and Family Basket have been given to Trenton Food Bank. This is a testament to the hard work and determination of people like Joy Peloquin, who organizes those events at 8 Wing.

Since its creation, in October of 2006, the Headquarters' canteen has donated over \$3,000 to the Trenton Care and

Share Food Bank. Peloquin, volunteer canteen manager, originally opened the canteen with the intention of supporting the military and to provide the second language school students with some much needed coffee.

For Peloquin, the choice of where to donate the profits from the canteen was an easy one. She remembered working in a

soup kitchen in downtown Trenton with her husband, and the need for food that faces many people in the community.

One goal Peloquin set was to keep everything \$1 and under, making the items affordable. With the canteen's success, Peloquin plans to carry on providing food to people in the headquarters building and to those in the local community.

FAMILY TRADITION CONTINUES



Photo: Amber Gooding, Contact Staff

The spirit of Christmas sharing has moved to the forefront of what matters most to those involved with an incredibly cherished annual initiative - the Angela Hayden 8 Wing Adopt-a-Family program.

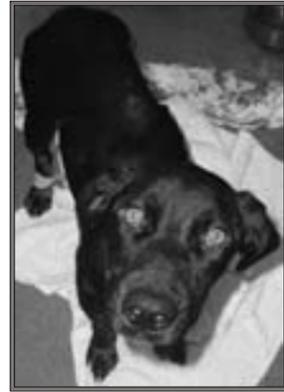
This year's initiative is preparing to help lighten to load of 17 military families that could use a little more this time of year. Within those 17 families, 39 children's smiles will hopefully shine a little brighter with the unexpected surprise.

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 to all sections on base that supported families this year, as well as the staff and students of St. Paul's Secondary School in Trenton, for helping to supply groceries. Your generosity is very much appreciated by committee members, the families in which you've helped to support, and those who know just how much this can mean - especially this time of year. Without such dedication and support, moments like this may not be possible.



PET OF THE WEEK



My name is Sierra! I am a 1 1/2 year lab/doberman/hound mix who was brought to the shelter with a litter of newborn pups. I had been tied up outside and was forced to give birth in an old dog house. Luckily someone complained and I was given up for adoption. Happily my kids have all found new homes, but I would love one as well! I am good with other dogs, cats, and kids but do require a bit of houstraining. Please come visit me at the shelter and take me home for the holidays!

Contact the Quinte Humane Society for more information.

Animals are from the Quinte Humane Society
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SPORTS & RECREATION

424 (T&R) Squadron and 426 (T) Training Squadron meet at centre ice



The 'Thunderbirds' from 426 (Training) Squadron issue a yearly challenge to "pretenders to the hockey throne" from other squadrons at 8 Wing/CFB Trenton. This year's challenge was picked up by the 'Tigers' from 424 (Transport and Rescue) Squadron, who took to the ice full of confidence that they would emerge victorious. Alas, what was needed even more than confidence was a hockey team that actually had players who had skated at least once or twice in the past couple of years. Nevertheless, after donning their ominously dark hockey sweaters and posing at centre ice with their rivals for a ceremonial faceoff (bottom photo), the Tigers rushed from their bench with authority, and skated with abandon ... well, mostly abandoning their goalie. Things did not look good for the T&R players, as shot-after-Thunderbird-shot bombarded the Tigers' netminder, with a good many of them (as in the photo below) finding their way home. Still, the Tigers famous tenacity prevailed, as did their fine faceoff form, and they held their heads high at game's end, leaving the RCAF Flyers Arena unbowed, but still defeated 8-0. Maybe next year, Tigers.



Photos: Tom Philp, Contact Staff

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FITNESS & HEALTH PROMOTION



Low Risk Drinking Guidelines Reduce the risk, stay safe

If you choose to drink, follow the Low Risk Drinking Guidelines (LRDG).

- Zero drinks = lowest risk
 - Two Standard Drinks/day (maximum)
 - Nine Standard Drinks/week for women (maximum)*
 - 14 Standard Drinks/week for men (maximum)*
- *Drinks are not to be saved up and consumed in quantities higher than two standard drinks per day.

These are low risk drinking guidelines - not no risk drinking guidelines.

Tips for following these guidelines include: Know what a standard drink is, keep track of how much you drink: daily and weekly, never drink and drive or ride with a driver who has been drinking, don't drink if you are pregnant or planning to become pregnant, be a responsible host: encourage your guests to follow these guidelines, talk to your kids

1 standard drink = 13.6 grams of alcohol =

wine	spirits	beer
5 oz/142 mL of wine (12% alcohol)	1.5 oz/43 mL of spirits (40% alcohol)	12 oz/341 mL of regular strength beer (5% alcohol)

Higher alcohol beers and coolers have more alcohol than one standard drink.

about alcohol, find out about programs and policies that support low risk drinking, and develop and alcohol policy for your home.
Source: Centre for Addiction and Mental Health



8 Wing Health Promotion 2010 Courses

Watch for the 2010 Health Promotion course schedule coming soon. Wishing you and yours a safe and happy holiday season!

Kendra Lafleur
Health Promotion Director

Angela Prescott
Health Promotion Manager

Jessica Ivanko
Health Promotion Administrative Assitant

Staying positive during the holidays

Whatever holiday is on your calendar in December - Christmas, Hanukkah, Kwanzaa- it is sometimes a challenge to stay positive in the midst of the commercialism and general hub-bub.

Here are a few ways to stay positive during the holidays:

Avoid over-scheduling yourself. Use an agenda to keep track of your holiday commitments so that you can physically see what you are committing yourself to.

Along with your commitments to others, make sure to include some downtime for yourself -even if it is half an hour here and there. Knowing that you have some personal time will

help you to stay positive.

Lower your expectations. Don't strive for perfection, good enough is okay. Don't expect your family to be perfect during the holidays.

Be realistic about who they are and what your relationship is like with them all year around. That is especially true for step-families.

Make a budget and stick to it. The price of the gift is not equal to how much you love them. Focus on the people that you care about instead of the stuff that really doesn't matter. Beware of the joy-to-stuff ratio: more stuff doesn't equal more joy.

Spread your socializing in the

months after the holidays. Don't try to pack a year's worth of socializing into a few weeks. Start a new tradition with friends and make a date with friends for mid-January or early February.

Get as much sleep as you can. Schedule one or two pyjama days for yourself or for the whole family -stay in your pj's and stay home and give yourself permission to rest and enjoy some time together without rushing about.

Holidays are for celebrating what is truly important to you, your family, and friends. Make it the holiday you want it to be and chances are you will keep a positive attitude.

Did You Know?

Experts say that everyone in North America has a 40 per cent chance of being in a crash involving alcohol use sometime in their life. Reduce the risk. Make a plan. Follow the Low Risk Drinking Guidelines, use a designated driver, call a cab, or use another holiday safe ride program. Keep yourselves, and the ones you love, safe over the holiday season.



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

Holiday Punch Mocktail

WHAT YOU NEED:

- ~ 1 large jar cranberry-grape juice
- ~ 1L bottle ginger ale
- ~ 1 container orange sherbet
- ~ Whole cranberries

INSTRUCTIONS:

Combine juice and ginger ale. Add sherbet by small scoops. Top with cranberries.



Gymnasium Holiday Hours of Operation

Thursday, December 24: Gym closes at 1400 hrs
 Friday, December 25: Gym Closed
 Saturday, December 26: Gym re-opens at 0900 hrs
Regular hours through until Thursday December 31
 Thursday, December 3: Closed at 1400 hrs
 Closed New Years Day
 Gym Re-opens Jan 2 at 0900 hrs

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One Shot Tactical caters to equipment needs of soldiers, police

by Tom Philp, Contact Staff

Darren Cole, a former Canadian Forces reservist from Richmond Hill, last week officially launched a retail outlet in Trenton for One Shot Tactical, the company he started four years ago to provide top quality gear to members of the military and police services.

"I had been operating out of the basement of my home in Brighton, but the business has grown so much that I needed to find the right retail space to accommodate all of these products," Cole told The Contact during official opening ceremonies on December 10.

That launch of retail space, located on the third floor at 45 Front Street in Trenton, was also attended by John Williams, Mayor of Quinte West, and Erica Meekes, representing Northumberland-Quinte West Member of Parliament, Rick Norlock.

"I've been looking forward to this day, ever since I first met Darren and he told me about his plans for the store," Williams said.

Cole started his business in Richmond Hill after discover-

ing he often faced lengthy delays in upgrading his own military equipment through private companies. He was a member of the Queen's York Rangers at the time.

Cole believed that a business that was "tailor made" for customers like him could provide a more "immediate" response to consumer requests, lessening the time that the enhanced safety of soldiers and police officers might be jeopardized.

In the four years since starting his business, Cole (who is no longer a reservist) has developed his product lines to serve not only military and police needs, but also those of nuclear security teams, extreme sports participants, some NATO (North Atlantic Treaty Organization) military forces, and member of the public who have a general interest in tactical gear.

"We want people to understand that we are not a military surplus outlet," Cole said. "We offer the best quality professional equipment and gear at very competitive prices."

Cole, and his assistant, Brenda Mills, offers full lines of cargo, tactical and protective



Photo: Tom Philp, Contact Staff

Left to right: Erica Meekes, Executive Assistant to Member of Parliament Rick Norlock, and Quinte West Mayor John Williams presented Darren Cole with official certificates of congratulations during the grand opening of Cole's One Shot Tactical store, located at 45 Front Street, third floor, in Trenton. Mayor Williams took time to try on some protective gear.

gear that includes belts, armoured vests, rifle slings, notebooks computer carriers, backpacks and a huge variety of specialized clothing. Customers may also find such items as Aimpoint weapon

kits, footwear, watches and binoculars; and One Shot Tactical is the exclusive Canadian dealer for Blue Force, a brand name synonymous with firearms accessories and professional-grade tactical gear.

For customers who prefer to do their tactical shopping online, Cole's company has a website oneshottactical.com; or for more information, you can stop by the Front Street location, or call One Shot Tactical, 613-394-5023.

VIEW FROM THE PINE

First off, I would like to sincerely thank the one, terribly lonely reader who wrote in questioning my prolonged absence (thanks Ma! You just bought yourself an old folk's home upgrade. No more half-a-star accommodations for you!). However, unlike the rest of my extended family back on the homestead who are still in the midst of an alcohol fuelled wake following the Roughriders' Grey Cup loss, I have an honest-to-goodness job to return to (and no, no prairie unemployment jokes here. They're all farmers and its winter! Time to go Curling!).

Besides, it was nice to return to the missus and rink rats so I could at least check my e-mails which had been virtually piling up the last couple of weeks. It is a relief to know there are so many people in the world who are: a) wanting (begging?) me to be their friend on Facebook; b) worried about erectile dysfunction; and c) suddenly an infinite source of Saskatchewan Roughrider jokes. My personal favourite? The e-mail containing information on a new case of 13 beer so that you can "choke the extra one back". Classy.

Anyways, back to reality. Or maybe not. I had a quick look at the Northeast Division standings today and was left a bit more stunned than usual.

The Bruins sitting at 16-9-6 and second place I get. I expected a bit of a drop off from last year and although they are 7-1-2 in their last 10 games, they are not quite as scary as in 2008-2009. Ottawa in third slot is not a huge surprise and some might argue that they are even lucky to be there with Mr. Porcelain (Pascal Leclaire

on the shelf and both Spezza and Kovalev still (always?) underachieving.

Heck, I will even take the Habs at .500 hockey (for today, at least) and fourth place and the Leafs in fifth as being within the realm of reason (although the Leafs are starting to make me nervous with a 7-3 record in their last 10 matches).

No, the one thing that is keeping me up at night, besides those 1-800 chat lines (where are the women? The commercial said there would be women. A lot of women.

Not a bunch of overweight, hairy, 40 year olds sitting around in their boxer shorts, eating cold pizza and talking on the phone), is the Buffalo Sabres. They are sitting pretty at 19-9-2 with what could generously be called a mediocre line-up.

The Sabres do not have one player with double digits in goals. Not one (Thomas Vanek, their perennial 30+ goal man has a measly nine). Their leading scorer (Derek Roy) has only 24 points (the Leafs have five skaters with 20+ points).

Yes, Ryan Miller has been lights out at 18-6-2 and is being worked like a government mule, but the other shoe will have to drop at one point. He is always a threat to record 30+ wins but it is a stretch to think he will run up the 49 wins he is on pace for.

And this Sabres team is not the one that played in front of Miller during the 2006-2007 season when he tallied 40 wins. Not even close (no Briere, Drury or Campbell). Expect a market correction in

the second half of the season.

Until then, fear the Buffaslug! Fear it!

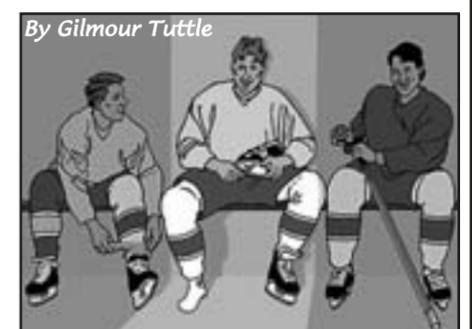
MEAT AND POTATOES

Bell Centre Fans (Yes, I may still be a touch apoplectic about the Roughriders' loss in the Grey Cup but I can man up and give kudos to the fans for their emotional standing ovation for the Champion Alouettes. Another big plus? No riots!), Jason Arnott (Back from injury Arnott has been lighting it up with eight goals and 6 assists in his last 13 games. If he can stay healthy for the rest of the year he should be a lock for at least another 25 + goal season. That's a big "if" though), Jimmy Howard (Red Wings' back-up may not be filling that role much longer with a 6-2 record in November and a 2-2 mark in December. His competition? Osgood was 2-3-1 in November and 1-0-1 in December), Andrei Markov (Now THAT'S a trooper! Originally forecasted to be out until February with a lacerated tendon Markov has already started practicing with his teammates. A return before Christmas may be on the horizon. Habs fans can rejoice accordingly), Montreal Alouettes (Yeah, yeah. Congrats. You won the big game. With some help from Saskatchewan math).

CHARLIE POTATOES

Alexander Ovechkin (The Hockey Gods obviously glanced up from their dog eared copies of "101 Toronto Maple Leaf Jokes" to send Ovie a message following his knee-on-knee hit on Hurricanes'

defenceman Tim Gleason. The League decided to send another with a two game suspension. Ovie may be "the next big thing" but it is hard scoring highlight reel goals sitting in the press box or a hospital bed), Philadelphia Flyers (I am not sure if they gave up on Coach Stevens but they are nowhere near as bad as their 14-15-1 record. I mean, this is a team who can ice Pronger, Carter, Richards, Briere and soon, Simon Gagne. What are they missing? Oh yeah, a goalie), Keith Ballard (Hey, if you REALLY don't like your goalie just shoot the guy a dirty look or something. Tell him off, you know? No need to decapitate him live on TV), Vinnie Lecavalier (Seriously man, what is up with you? Do you really miss Prospal THAT much? Betcha Lighting management wish they have pulled the trigger on the mega-deal with the Habs earlier in the year), Saskatchewan Roughriders (See, I told you that Grade 6 Saskatchewan math was hard. If you have 12 men on the field and you add one extra man, how many men do you have? Damn it...).



By Gilmour Tuttle

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



Fuel Farm Transferred back to Wing Supply

by 2Lt Mike Carroll
TN/EME Sqn

In the early 90s the Fuel Farm was a function of Wing Supply. Supply techs in charge of the Fuel Farm were responsible for receiving fuel from the suppliers and the accounting of POL/fuel products within the supply system.

It was a turbulent time for the Canadian Forces which was mandated to reduce its strength to approx 65,000 members as part of the Force Reduction Plan (FRP).

With the FRP in full force in the mid 90s, supply was beginning to experience personnel issues. The anticipated reduction of the Supply trade presented many challenges at that time and Transport Squadron graciously offered to alleviate some of the pressures being felt.

It was at this time that the reins of the Fuel Farm were officially passed over from Supply to Transport.

Transport Sqn experienced many challenges at the time of the transfer. They took over the Fuel Farm with no extra positions and minimal training.

The personnel embraced the challenge and quickly developed the Fuel Farm responsibilities to reflect the change to the Transport world. MSE Ops were now being trained to assume the responsibility of ordering, testing, receiving and accounting of all POL/fuel products at the Fuel Farm.

In close cooperation with the Refuelling section, the Fuel Farm has grown to be able to handle the dramatic increase in operations now being experienced here at 8 Wing/CFB Trenton.

Operations have rapidly increased since the mid 90s and the amount of fuel being issued has increased dramatically as well.

In fact, with the arrival of the CC177 Globemaster, the amount of fuel being issued has increased from 31 million litres in 2007 to nearly 41 million litres in 2009. The amount is expected to steadily increase for the near future with the arrival of the new CC130J Hercs.

In the interim, a fourth one million litre bulk fuel tank is being constructed to handle the expected increase in fuel requirements. Long term, a new fuel

farm is being implemented into the 8 Wing construction project.

The increase in operations has put a great deal of strain on Tn/EME Sqn as they struggle to operate at the minimum manning level. Supply is now in a position to resume what is essentially a Supply function and take up the reins of the Fuel Farm.

In so doing Supply personnel will now be afforded the opportunity to further develop their skills in a demanding and critical part of the support to Wing operations. Careful coordination between Tn/EME Sqn and Wing Supply has allowed the Fuel Farm to return to Supply where it belongs permitting WTn/EME Sqn to focus solely on refuelling operations as they maintain control of the Refuelling section.

The official transfer occurred on Wednesday, November 25, 2009 with a modest ceremony at the Fuel Farm involving Capt Pepin A/OC Tn/EME Sqn and Maj Lefebvre OC Supply and Foods.

With a handshake, the Fuel Farm was back with Wing Supply which is prepared to face the challenges ahead.

Padres in the Far North: The Chaplaincy at CFS Alert

by 2Lt Cynthia Kent
8 Wing PAO-OJT

Eight hundred kilometres from the North Pole is perhaps not the first place one would expect to find a religious service.

However, thanks to the work of the Canadian Forces Chaplain Branch, personnel at CFS Alert can participate in such a service several times during the year.

CFS Alert has no full time padre. However, several times during the year a chaplain visits the station for approximately three weeks at a time.

The aim is to foster the religious, spiritual and moral well being of personnel and to boost morale. That is especially important during holidays such as Christmas when personnel are far away from family.

Captain Mario Gaulin is a padre based in Winnipeg. He recently returned from his second trip to CFS Alert. He said because they are so isolated, it's important for people in Alert to look out for each other.

"People have to be very aware of loneliness,"

he said.

When a padre goes to Alert, he or she will assess the level of morale and get a sense from the staff of what issues there may be for which the Branch can provide resources or contacts from the "South."

That can be challenging. The padres are usually not there for more than three weeks at a time. As a result, they have to establish contact quickly in order to get a sense of any issues "not just on the surface."

Another role is to hold services while in Alert. The Chaplain Branch is interfaith, so the type of service depends on the personnel present on base.

Padre Gaulin said it was a good experience to go to Alert to feel what it's like to live in an isolated community with 24 hour darkness.

"Not everywhere can you get that sense of interdependence because survival depends on it," he said. "People there, because of that, tend to be quite friendly so you can build up some pretty good friendships."

Photo: Submitted



Each of the three Bulk Fuel Tanks located in the Fuel Farm at CFB Trenton have a holding capacity of 820,000 litres of fuel. The construction of a fourth tank will commence in the near future.

WRITE TO THE TROOPS ~ MORALE BY MESSAGE BOARD!

The men and women of the Canadian Forces have demonstrated time and again that they will rise to any challenge. Let your Canadian Forces members know you appreciate their service by sending a message using the monitored message board available at www.forces.gc.ca/site/commun/message/index-eng.asp.

Canadian Forces Morale Mail: The Morale Mail service provides families and friends within Canada a cost-free alternative to using Canada Post to send care packages to those serving at a CF deployed operation. Morale Mail can be dropped off typically at a Base or Wing Military Family Resource Centre, Mail Room, or Military Post Office.

ÉCRIVEZ AUX MILITAIRES ~ LE MORAL PAR BABILLARD ÉLECTRONIQUE!

Les hommes et les femmes des Forces canadiennes ont démontré maintes et maintes fois qu'ils sont à la hauteur de tout défi. Faites savoir aux membres des Forces canadiennes que vous appréciez leur service en leur envoyant un message à partir de ce babillard électronique surveillé forces.gc.ca/site/commun/message/message-add-ajout-fra.asp

Le service de courrier d'encouragement vise à permettre à la famille et aux amis des militaires affectés à une opération déployée des FC de leur envoyer gratuitement des produits de réconfort, plutôt que d'avoir recours à la Société canadienne des postes. Le courrier d'encouragement peut être déposé au Centre de ressources des familles des militaires de la base ou de l'escadre, salle du courrier ou Bureau de poste militaire.



Photo: 2Lt Cynthia Kent

Padre Mario Gaulin at the Chapel at CFS Alert.

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Protect your loved ones: Give the gift of safety



Submitted by 8 Wing
General Safety Office

Making sure the toys you buy are safe is not the end of your responsibilities, it is only the beginning.

You need to think of toy safety as a daily concern — a concern that lasts for the life of the toys.

Here are some tips to help you through this process, from start to finish. Let's begin at the store when you are first buying toys:

No exceptions

Read the labels on toys and follow the age recommendations. No child is an exception.

Look for safety qualities of toys like "flame resistant and flame retardant" for fabrics and "washable" and "hygienic materials" on stuffed toys.

Think big for toddlers!

Remember, most toddlers will try to put almost anything in their mouths, so stay away from toys small enough to swallow.

Even if the toy is too large for your child to put in his or her mouth, inspect it for small parts that, if broken off, will

pose a hazard. Do not purchase toys with sharp points for children under eight years of age.

Battery-safe

Batteries in a toy must be secured out of the reach of your child. Old batteries can leak and cause burns.

Any battery is hazardous if swallowed. If your child swallows a battery, call your local poison information line.

Cords and strings

Toys and clothing with cords or strings pose a very serious safety threat for young children and toddlers.

Remove any cords or ribbons from young children's clothing. Any string, cord, ribbon or similar material is dangerous when used in a crib and can result in strangulation.

At home develop safety habits

Make a habit of regularly checking your children's toys for damage.

Broken toys can have sharp edges that can cut. Broken pieces can be small enough to swallow. Your safest bet is to throw the broken toy away. Check wooden toys for splinters and sharp edges.

Storage

If you have children of different ages, keep toys for older children out of reach of the younger

ones.

If you store toys in a toy box, the box should be sturdy. Do not store it up high where it could fall on your child's head.

Large toy boxes must be properly ventilated so your child won't suffocate if he or she becomes trapped inside. Ensure the hinges on the box don't create spaces where your child's fingers could be crushed.

Electric toys

Electricity can shock and kill. Opt for battery operated toys when buying for children.

Even if one child in the household is old enough to respect electricity, consider the other children who may come in contact with the toy. Issues such as where the toy is used and stored should be considered.

Remember, your child's safety is in your hands. Make sure you consider safety when you are in the store and continue to maintain toy safety for the life of the toy.

Seniors can be the difficult persons on your holiday gift list: They've seen it all, had it all and don't need another pair of socks or bottle of perfume.

But they are likely to appreciate the kind of gift which helps them to live more safely and healthy. Consider these safety presents:

A smoke detector or carbon monoxide detec-



Photo: sxc.hu

tor. Installation of the detector should be part of the gift.

When you check the detectors in your own home semi-annually, check those at the senior's home as well.

Installing hand grips for the bathtub or shower stall can help prevent falls. A non-slip rubber mat or a seat for the tub or shower are other possibilities.

Perhaps handrails for stairways could be installed. Many older homes are not fitted with them.

Here's an idea which won't cost you a cent but would be a great help for the older adult in your life: Promise to regularly help shovel the snow

from the person's sidewalk and driveway this winter.

Also plan to apply sand or salt to remove ice.

Summer may seem a long way off, but a cooler home would be a safer place to be when the heat waves hit. Consider the gift of a portable fan or installed air conditioning.

A bedside telephone extension is also a good safety item. Look for a phone with a light and large dial buttons.

Night-lights for bedrooms, halls and bathrooms are another possibility, along with bedside flashlights.

Walkers are used by many elderly people and

would make an excellent gift.

Here are some suggestions about gifts for elderly recipients:

Make sure gifts are not heavy or difficult to handle or open.

Don't expect the person to assemble the gift - do it yourself.

Look for large print books for persons with vision impairment.

Specialty shops carry many devices to make life easier for persons with arthritis or other disabilities. Call your local hospital or health agency for information about these stores.

Make the holidays a little brighter and a little safer for the older adult in your life.

Check before buying hazardous, prohibited products

(NC)—Certain consumer products are prohibited or regulated in Canada for safety reasons.

Some of the items you, as a parent, go looking for in the United States or other countries could be illegal because they could put your child at risk.

Before you go cross-border shopping, make a note of the products that are prohibited or regulated in Canada, to prevent surprises when re-entering Canada.

These are some examples of products that are prohibited in Canada:

- Baby walkers — children have either fallen down stairs in a baby walker or have increased access to hot surface and liquid or electrical cords;
- Infant self-feeding devices — structural devices to position feeding bottles, which allow

babies to feed themselves while unattended;

- Yo-yo balls — risk of strangulation;
- Balloon-blowing kits that contain a poisonous organic solvent;
- Novelty candles that re-light spontaneously once extinguished;
- Jequirity beans, including items containing these poisonous beans (sometimes used in jewellery and artwork) — native to the Caribbean; and
- Lawn darts with elongated tips can cause serious injuries, including skull punctures.

Regulated Products

These are examples of regulated products that must meet Canadian safety standards:

- Children's sleepwear — must meet flammability requirements;
- Cribs — cribs should have the

manufacturer's label indicating the model number, date of manufacture and assembly instructions;

- Strollers — must meet labelling and performance requirements;
- Toys — must meet mechanical, electrical, toxicity and flammability requirements;
- Hockey helmets and face protectors — must meet the requirements of the Canadian Standards Association; and
- Playpens — must meet labelling and performance requirements.

We put so much time and effort into planning what to pack for vacation that many of us forget to think about what we can bring back.

The Health Canada website, www.healthcanada.gc.ca/travellingcanadians, explains all of this and has links to the lists of prohibited and regulated products in Canada.

The gift that never starts giving

(NC)—Did you know that gifts sent and received from outside Canada may be subject to the Hazardous Products Act?

The Act covers products that are either prohibited in Canada or strictly regulated for safety reasons. Tell your relatives and friends in other countries about these regulations to save them from the possibility of having their gifts detained at the border.

More information about hazardous products as they relate to crossing the Canadian border can be found at healthcanada.gc.ca/travellingcanadians. There is a handy link to the Hazardous Products Act, which explains everything in detail.





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<p>06 CHEV COBALT LT</p> <p>10184 Automatic, 4 cyl., 4 dr., alloy wheels, steering wheel controls, AM/FM/CD, air, cruise, tilt, pwr windows, mirrors, locks, keyless entry, only 26,000kms!!</p> <p>\$9,495</p>	<p>07 SATURN ION</p> <p>10196 Air, cruise, tilt, steering wheel controls, AM/FM/CD, pwr mirrors, locks, windows, only 18,000kms!!</p> <p>\$10,995</p>	<p>06 PONTIAC VIBE</p> <p>10193 Manual transmission, 4 cyl., 4 dr., alloy wheels, air, tilt, cruise, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 72,000kms.</p> <p>\$9,995</p>	<p>07 SATURN ION</p> <p>10246D Automatic, 4 cyl., 4 dr., air, tilt, cruise, steering wheel controls, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, only 10,000kms!!!</p> <p>\$11,495</p>
<p>07 BUICK ALLURE LX</p> <p>A9956 Pwr seat, alloy wheels, steering wheel controls, OnStar, wood grain trim, tilt, cruise, air, traction control, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 93,000kms.</p> <p>\$10,995</p>	<p>06 SATURN ION</p> <p>10278 Automatic, 4 cyl., 4 dr., steering wheel controls, alloy wheels, cruise, air, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, only 22,000kms!!</p> <p>\$8,995</p>	<p>08 DODGE CALIBER SXT</p> <p>D10370 Automatic, 4 cyl., 4 dr., pwr heated seats, pwr sunroof, alloy wheels, blue tooth, cruise, tilt, air, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, only 35,000kms!</p> <p>\$13,495</p>	<p>06 CHRYSLER 300 TOURING</p> <p>10111 Pwr heated leather seats, pwr sunroof, chrome wheels, dual climate controls, steering wheel controls, AM/FM/CD, air, tilt, cruise, pwr mirrors, windows, locks, keyless entry, 50,000kms.</p> <p>\$14,995</p>
<p>07 DODGE CALIBER SXT</p> <p>D10227 Automatic, 4 cyl., 4 dr., pwr sunroof, alloy wheels, AM/FM/CD, cruise, air, tilt, pwr locks, mirrors, windows, keyless entry, only 32,000kms!</p> <p>\$12,495</p>	<p>06 PONTIAC G6</p> <p>10299 Pwr seat, pwr sunroof, alloy wheels, steering wheel controls, pwr pedals, factory remote start, AM/FM/CD, air, tilt, cruise, pwr windows, mirrors, locks, keyless entry, 55,000kms.</p> <p>\$9,995</p>	<p>07 MAZDA 3</p> <p>D10225 Manual transmission, 4 cyl., 4 dr., alloy wheels, steering wheel controls, cruise, air, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 78,000kms.</p> <p>\$10,495</p>	<p>09 CHRYSLER SEBRING TOURING</p> <p>D10209 Pwr leather seats, pwr sunroof, alloy wheels, blue tooth, flex fuel, satellite radio, CD/MP3, steering wheel controls, air, cruise, tilt, pwr windows, mirrors, locks, keyless entry, only 31,000kms!</p> <p>\$15,995</p>
<p>06 PONTIAC GR. PRIZ</p> <p>10301 Pwr seat, pwr sunroof, chrome wheels, OnStar, steering wheel controls, factory remote start, air, tilt, cruise, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 84,000kms.</p> <p>\$10,995</p>	<p>09 CHEV COBALT LT</p> <p>10304 Automatic, 4 cyl., 4 dr., steering wheel controls, alloy wheels, pwr mirrors, locks, windows, AM/FM/CD, air, cruise, tilt, keyless entry, only 39,000kms!</p> <p>\$11,995</p>	<p>09 PONTIAC G8</p> <p>10166 V6, Pwr heated leather seats, alloy wheels, OnStar, steering wheel controls, traction control, factory remote start, air, tilt, cruise, satellite radio, CD, pwr locks, windows, mirrors, keyless entry, only 35,000kms!</p> <p>\$27,995</p>	<p>09 PONTIAC G5</p> <p>10305 Automatic, 4 cyl., 4 dr., alloy wheels, steering wheel controls, cruise, tilt, air, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, only 33,000kms!</p> <p>\$11,995</p>
<p>06 SATURN ION</p> <p>D10308 Manual transmission, 4 cyl., 4 dr., air, tilt, cruise, steering wheel controls, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 51,000kms.</p> <p>\$6,995</p>	<p>07 CHRYSLER 300 TOURING</p> <p>10338 Pwr leather seats, chrome wheels, tilt, cruise, air, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, only 34,000kms!</p> <p>\$15,995</p>	<p>06 PONTIAC G6 GTP</p> <p>10309 Manual transmission, 6 cyl., 2 dr., pwr heated leather seats, pwr sunroof, wood grain trim, alloy wheels, steering wheel controls, traction control, air, tilt, cruise, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 84,000kms.</p> <p>\$11,995</p>	<p>06 CHRYSLER 300C</p> <p>D10153 5.7L V8 Hemi, pwr heated leather memory seats, pwr sunroof, chrome wheels, wood grain trim, park aid, steering wheel controls, dual climate controls, air, cruise, tilt, AM/FM/MP3 disc changer, pwr windows, locks, heated mirrors, keyless entry, 68,000kms.</p> <p>\$15,995</p>

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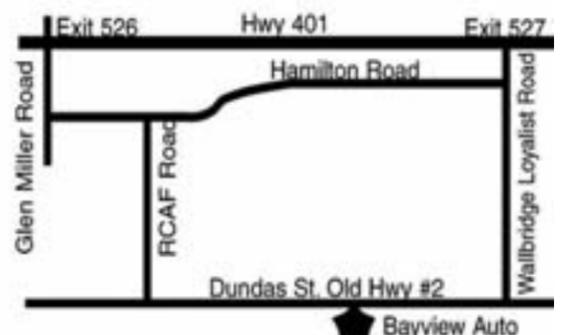
All payments based on bi-weekly payments: 2003 - 48 mths, 2004 & 2005 - 60 mths, 2006 & 2007 - 72 mths, 2008 & 2009 - 84 mths. Admin. PPSA, and taxes included. EG: \$10,000 + \$299 admin. + taxes \$1338.87 + \$65 PPSA = \$11,733.40 financed over 60 months at 6.50% = \$105.65 bi-weekly with a cost of 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. Bayview Auto is not responsible for any errors in pricing. See dealer for details.



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Community Events




Community Events

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

Wagon Rides

Santa has agreed to help out the DBIA with appearances around the Downtown area during the hours of the Wagon Rides as well as Thursday evenings. Everyone is welcome – bring your family and enjoy Seasons Greetings from all the businesses in Trenton's Downtown!

All rides will pick up and drop off at the DBIA Office in the King Street Parking lot as follows:

Friday, December 18 from 6 p.m. to 8 p.m.
 Saturday, December 19 from 12 p.m. to 3 p.m.
 Sunday, December 20 from 12 p.m. to 3 p.m.
 Monday, December 21 from 6 p.m. to 8 p.m.
 Tuesday, December 22 from 6 p.m. to 8 p.m.
 Wednesday, December 23 from 6 p.m. to 8 p.m.



Trenton Trimettes

Trenton Trimettes "Readers Choice" Award for 2009 is a support group that encourages weight loss through healthy eating and exercise, with guest speakers.

Monthly dues are \$8. Free registration and dues for the month of January 2010.

Trenton Trimettes meets Monday evenings from 7 to 8:30 p.m. at Bethel Church (located at the corner of Herman and Dundas Street East).

For further information please contact Sheila at 613-392-0353 or Sue at 613-394-3992.



Attention All Aircrew - Retired/Serving

You are cordially invited to attend the Annual Flight Engineer Hosted Aircrew Christmas Gathering on December 27, at 413 Wing AFAC (located at 230 North Murray Street in Trenton).

Dress is casual and the day's events will begin at 1300 hrs (running through until 1700 hrs).

Cost is \$5 (to cover the cost of pizza).

Come on out and catch up with old friends. Five dollars will get you some food and a chance to win a door price. It doesn't matter if you can stay one hour or four hours, come out and enjoy the max-relaxed atmosphere and good company. Helmets are allowed and war stories are encouraged.

Merry Christmas and Happy New Year!



Operation Red Nose Quinte

To access the service, dial between 2100-0300 hrs (613) 962-4334

Call 613 962 4334 when needing a ride for you and your car. A team of 3 Red Nose volunteers will pick you up and drive you in your own vehicle to the destination of your choice, for free.

List of the communities where the service is provided by Operation Red Nose Quinte: Belleville, Quinte West, Frankford, Stirling, Deseronto, Madoc, Tweed, Picton, Ameliasburg, Consecon, Wellington, Brighton.

Days of operation:

December 3, 4, 5, 10, 11, 12, 17, 18, 19, 31

*PLEASE DON'T DRINK AND DRIVE.
REMEMBER, THERE ARE OTHER OPTIONS AVAILABLE.*



FREE CHILD ID CLINIC

These clinics are held the last Saturday of each month at the Community Policing Office at 29 Dundas St. West, Trenton, from 10 a.m. to 2 p.m. For more information call 613-392-0911.



Family Literacy Day?

January 27, 2010

Monday, January 25 ~ Join us for a fun sing-a-long with local musician Louise Ford, from 10:30 to 11:30 a.m. Free song book to take home!

Tuesday, January 26 ~ Join us for a Family Concert with Children's Performer Gerry Mitchell, from 10:30 to 11:30 a.m.

Wednesday, January 27 ~ Join our OEYC staff Thelma and Kathy for a little ukulele sin-a-long fun, from 6:00 - 6:30 pm. Free song book to take home.

Link to Learning Reading Program

Links to Learning Resource Centre will be running a weekly no cost reading program for children of all ages. All books will be provided in a variety of levels.

This is a drop in program so children who are interested can come between 1:30 to 3:30 p.m. every Saturday. They will be either read to or listened to as they read.

Link to learning is located at 188 Victoria Ave, Belleville (use the side door off the parking lot in the Quinte Bible Chapel).

www.linkstolearning.ca

Seeking Post Secondary and Non-Graduate Mentor Applications

The YMCA Federal Public Sector Youth Internship Program has been renewed for five years which is a testament to the great job all of our Mentors are doing.

We are presently seeking individuals who work in the Federal Public Sector to volunteer to mentor an intern for employment experience. We are recruiting mentors in the Belleville and Trenton area as well as in the Lindsay and Peterborough area. We are also recruiting in the Durham Region, including Ajax, Whitby, Pickering and Oshawa.

We have positions available for:

- High School graduates for 6-month internship
- Non-Graduates for 9-month internship

Please have a look at our website for more information on Mentoring an intern, or contact: Elaine Power at 613.392.2811 Ext 3834 or via email to power.ea1@forces.gc.ca; or Liz Semark at 613.392.2811 Ext 7640.

Please visit our website at: <http://www.canada.fpsyip.com>

If you would like to apply for an intern, please fill out the RFI (Request for Internship) application (found online), along with a description of the internship. Please fax applications to 613.965.3733. Thank you.

FAMILY



Activity: Mystery Box Fingerplay



Finger plays are an excellent way to Comfort, Play with and Teach your child.

They enrich children's vocabulary, expose them to different sounds, and are a wonderful way for grown ups and children to laugh together and interact.

The following rhyme can be adapted for infants, toddlers or preschoolers:

Here is a box, open the lid; I wonder whatever inside is hid (make an animal sound); Why, it's a (name the animal); Without a doubt; Open the lid and let him come out!

For infants, make a fist and pretend it is a box, holding your other hand over it like a lid. Make the animal sound (i.e. cat, frog, chicken), and then lift the 'lid' and pretend to

peek inside the 'box'. Reveal the name of the animal and then tickle your baby while making the animal sound some more.

For toddlers, you can do the finger play as for infants, or you can put some finger puppets into a small box, to make them curious.

Say the rhyme, and make the animal sound, giving your child the opportunity to guess what it is before sharing the answer.

If your child doesn't know the answer, they soon will with enough repetitions. Then put the puppet on your finger and give your toddler finger puppet kisses!

For preschoolers, do the same as for toddlers. To extend the activity, leave the last word off the end of each line and encourage your child to fill in the blanks.

This will help to increase their attention and memory. Soon they

will be reciting the rhyme all by themselves!

Enjoy this more with Comfort, Play and Teach™:

Comfort: Finger plays invite grown ups and children to interact, tickle each other, make silly sounds and giggle. They're a very fun way to play together!

Play: With or without puppets, this activity encourages children to use their imaginations, and allows them to learn new words, to practice their fine motor skills and explore animal sounds.

Teach: As children learn the words to the rhyme, they also learn to identify different kinds of animals by their sounds and to label them.

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

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

Mealtime.org Potato Causa

Ingredients:

- 2 cans (14 ounces each) diced potatoes
- Juice of 2 limes, divided
- 1 teaspoon dried tumeric
- 1 can (12 ounces) canned tuna in spring water, drained*
- 2 green onions, chopped
- 1/4 cup light mayonnaise-type salad dressing
- Vegetable oil spray
- 1/2 cup roasted red bell pepper, chopped
- 1 ripe (but slightly firm) avocado, peeled and sliced
- 1/4 cup chopped fresh cilantro

* Substitute canned chicken, shrimp or crabmeat, if desired.

Preparation Time: Approximately 15 minutes

Preparation: Drain the potatoes, reserving liquid. In a food processor mash the potatoes, adding about one tablespoon of the reserved liquid; use the pulse action to get a somewhat smooth consistency. Mix in the juice of one lime and turmeric to blend the flavours and create a uniform yellow color. Set mixture aside.

In a medium bowl combine tuna, green onions and mayonnaise-type salad dressing. Spray an 8x4-inch loaf pan with vegetable oil. Spread half the potato mixture in the pan, pressing firmly to fill the corners. Layer the tuna mixture over the potatoes. Top with the remaining potato mixture. Cover with plastic wrap; chill for at least one hour prior to eating.

In a medium pan combine the red peppers, avocado, juice of other lime and cilantro. Chill for an hour. To serve, remove the causa from the mould and onto a serving plate, or slice and serve six individual portions. Top with the red pepper-avocado mixture.

*Nutritional Information Per Serving: Calories 370; Total fat 15g; Saturated fat 2.5g; Cholesterol 40mg; Sodium 880mg; Carbohydrate 37g; Fibre 9g; Protein 25g ** Daily Value*

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FIND THE 7 DIFFERENCES



ANSWERS: 1 SAC 2 TFOUR 3 STOCKING 4 FIREPLACE 5 CANDLE 6 CURTAIN 7 GARLAND

DEAD END ?

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Nadiya's Zodiac Starcast

Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC.
For expanded forecasts visit www.nadiyashah.com

Theme of the Week: This week's new Moon in Sagittarius falls close to the Galactic Center, a place of power and potency in cosmic symbolism. Most New Moons provide a powerful time to start a fresh new chapter. Many of us just cannot wait to start living our New Year's resolutions. There is no time like the present. It will be a great week, enjoy!

ARIES (March 21-April 19): The one thing you are lacking is adventure. This is also the one thing you are going to be exceedingly determined to attract. It starts by choosing a journey that will advance your understanding of your place in the world. You obtain the experiences you crave.

TAURUS (April 20-May 20): Change can be a scary word. It can have the connotation of uncontrollable factors. Often overlooked about change is that it can be liberating. You are about to recognize what lies at the heart of the matter. That will lead to a wonderful, positive change.

GEMINI (May 21-June 20): It is by being exposed to others that stimulus for personal growth is established. Strive to share one on one this week to reach consensus where there has been confusion. The process will lead you to see yourself in a more affirming light.

CANCER (June 21-July 22): Your habits have a way of feeding your self-esteem. It is in the daily environment that you define integrity in our own eyes. You desire to live more consistently. You are blessed with the insight to take the actions you need.

LEO (July 23-Aug. 22): Some connections are sheer fun. Others appear more meaningful. Do not underestimate the significance of light moments of attraction. Connections that appear superficial on the surface can be absolutely redefining this week. Allow yourself a flirtation.

VIRGO (Aug. 23-Sept. 22): When you come home, you exhale, and fall on your couch. You look around at where you live. Do you like what you see? Regardless of how you feel right now, fresh changes to your home environment are indicated. Change that will inspire you.

LIBRA (Sept. 23-Oct. 22): There are things about ourselves we can take for granted because we seem to be naturally good at them. If it is easy, how can you trust it? You are about to be made aware of an overlooked talent you hold. It is there that you will find a key to your prosperity.

SCORPIO (Oct. 23-Nov. 21): There is something that you tell yourself you would like to have but have not been pursuing it with everything within you. Examine your resistance so that you can be free of it and move closer to your desired aim. As Jillian Michaels says, "The only failure is not trying".

SAGITTARIUS (Nov. 22-Dec. 21): The aspirations we hold for our lives are not always something to strive towards. Sometimes, you just have to stand in the present moment of your life because this really is all we have. You are making a decision as to who you are now and who you no longer are. Own it.

CAPRICORN (Dec. 22-Jan. 19): Freud and Jung had an infamous falling out. They disagreed as to the fundamental human drive. Freud thought it is the libido, while Jung, a desire to know the Divine. Your own drives confront you. Chances are, you are more mystical than you had previously acknowledged.

AQUARIUS (Jan. 20-Feb. 18): Your sign holds an interesting dichotomy. It is notorious for caring about humanity, and yet, there is a fierce individualism that lies at the root. This is a powerful week where you connect with what makes you unique and how, by being you, you benefit us all.

PISCES (Feb. 19-March 20): Opportunities are sometimes prepared for in faith that they will arise. At other times, we can see them in your sights and work diligently towards them. Regardless of which it is for you, you are about to be granted a spot light. You are ready. Shine your light.

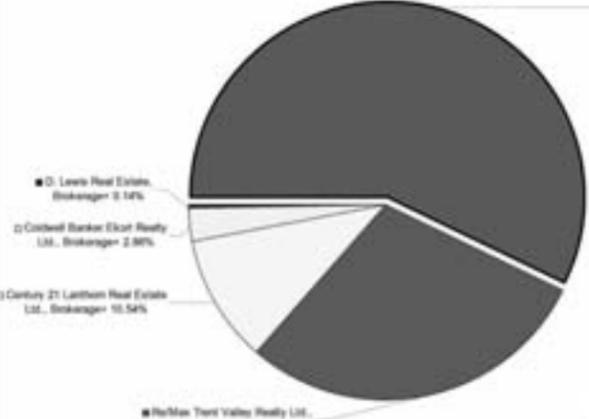


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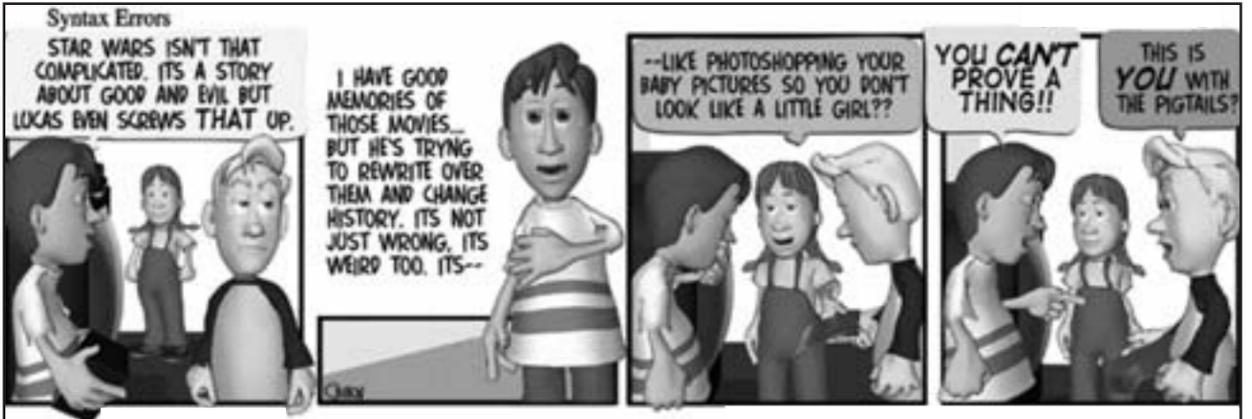
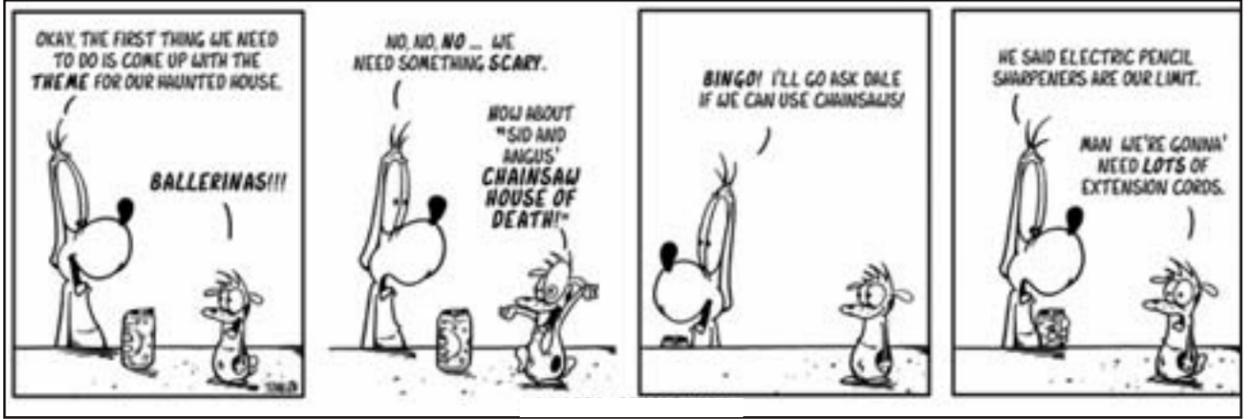
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, **The Contact Comics**.





NORAD fosters the magic of Christmas for millions

by Steve Fortin
The Maple Leaf

There is one evening in December when millions of children scan the sky for the sight of a rather plump, bearded gentleman said to be strangely attired in a red suit and a red toque with a big white pompom.

He is also reputed to be boundlessly generous and able to delight multitudes of children by dipping into his huge bag of gifts.

At last! Can that be him on the horizon? Even the keenest eyes cannot be sure, but on this enchanted Christmas night, anything is possible!

How would it be if we could use the latest technology to track Santa's movements as he goes about his task?

Now, there are millions of eyes following Santa's progress on Christmas Eve through the North American Aerospace Defense Command (NORAD) and its Operation Santa Tracker.

NORAD offers the young and not-so-young everywhere an Internet site and a toll-free telephone line through which they can track the epic journey of this loveable character who embodies the spirit of Christmas.

The tradition behind this NORAD operation dates from December 24, 1955.

On that day, the Continental Air Defense Command Operations Center in Colorado Springs received a strange call.

It was not from the President or a high-ranking military commander, but from a little girl trying to find out how far along Santa was on his journey. She was responding to an advertising campaign in a local newspaper which listed a telephone number for children to call to monitor Santa's trip, but she had got through to NORAD instead; the number had been misprinted!

No one could have suspected that this confusion would give rise to one of NORAD's most interesting public relations operations, which now reaches thousands of children thanks to hundreds of volunteers and the operation's own official Web site, which registers hits in the millions.

Each year, NORAD's Santa Tracker operation is modernized, and this year is no exception.

"The purpose of the operation remains unchanged; it is to allow kids to follow Father Christmas," says 17 Wing Winnipeg's Lieutenant Jordan Woodman.

"Among this year's innovations is a partnership with Onstar corporation, enabling

drivers equipped with the Onstar device to see where Santa is going.

We are also using social media, posting updates on Facebook, Twitter and YouTube."

Captain Mathieu Maurice, from 3 Wing Bagotville, got to see Santa close-up last year. The F-18 pilot was assigned to welcome Santa into Canadian air space and ensure his safety.

"The most striking thing up there was the glow of the nose of the lead reindeer in Santa's team; you can see it a very long way off," Capt Maurice says.

The entire operation would be impossible without the participation of hundreds of volunteers.

This year, there should be more than 1,200 pitching in to field calls and e-mail and update the social media sites. It's quite an undertaking, serving a good cause: enhancing the magic of Christmas!

Visit NORAD's Santa Tracker site at noradsanta.org. You can also send Santa an e-mail. The site offers children's games and is constantly being updated.

On Christmas Eve, in addition to tracking Santa's real-time progress on the website, you can dial 1-877-HI-NORAD to talk to one of the jovial old fellow's elves!

Photo: Cpl Julie Belisle



Top right: Captain Yannick Jobin, a pilot trainee from 425 Squadron, 3 Wing Bagotville, dresses for the season in front of a CF18 during Op NORAD Santa tracker.

Photo: Submitted



Santa Claus visits NORAD HQ for a pre-flight brief before setting out on his annual Christmas Eve flight.

EVERGREEN MEMORIES 2009



Colonel Russ Williams, Commander, 8 Wing/CFB Trenton (above), expresses his season greetings on behalf of 8 Wing personal during Evergreen Memories 2009 Tree Lighting Ceremony, at the National Air Forces Museum of Canada. A Christmas tree shines on display (left) as Ballroom dancers perform (below) as part of the ceremony.



Photos: Cpl Igor R. Korpan
8 Wing Imaging

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MUSEUM RECEIVES SUPPORT



The National Air Force Museum of Canada (NAFMC) received a donation from Scotiabank on December 9, that will assist in furthering the construction of its expanding facility. John Scott, the manager of Scotiabank's downtown Trenton branch (second from the right) and Barry Lessard, manager of Scotiabank's Trenton Town Centre branch, visited the museum to present a \$5,000 cheque to Ken Kee (centre), former board chairman and NAFMC fundraising committee chair. This donation is part of Scotiabank's commitment of \$25,000 over five years.

Important Notice: Holiday Hours 24 CF H Svcs C

Minimum manning (urgent care only): December 21 to 31, 2009
 Closed: December 25, 28, 2009 and January 01, 2010
 OPI: Lt CB Mitchell, local 4316

Avis Importants : Heures d'ouverture et de fermeture au 24 Svcs S FC pendant les fêtes

décembre 21-31, 2009 - effectif minimum (soins urgents seulement)
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TRENTON Military Family Resource Centre



MFRC-EVENTS & INFORMATION

Upcoming Entertainment for Evergreen Memories 2009

8 Wing Band: Wednesday, December 16th, 1-2:30pm
 Walter Weller: Thursday, December 17th 2-3pm
 Anita Halfpenny: Thursday, 17th, 7-8pm
 Brittany Jordan Wade: Friday, December 18th, 6-6:30pm
 Deidrey François: Friday, December 18th 7-8pm

Friends and Neighbours Night

A night to say "Thank You" to all those who show their support for our troops.

Friday, December 12th 6:00 - 8:30

Entertainment, Refreshments and Door Prize
 Sponsored by: Trenton Holiday Inn

CFRM-Événements et Information

Les activités pour Mémoires de sapins de Noël 2009

8 Wing Band: Wednesday, December 16th, 1-2:30pm
 Walter Weller: Thursday, December 17th 2-3pm
 Anita Halfpenny: Thursday, 17th, 7-8pm
 Brittany Jordan Wade: Friday, December 18th, 6-6:30pm
 Deidrey François: Friday, December 18th 7-8pm

Soirée "Friends and Neighbours"

Une soirée pour remercier ceux qui démontrent leur soutien envers nos troupes.

Vendredi, le 12 décembre 18h - 20h30

Amusement, rafraîchissements et prix d'entrée
 En collaboration avec le Holiday Inn de Trenton

"Caring Comforting Canadian"

Pewter Ornament
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 50 Rivers Drive East, Trenton

"Assistance, soutien et réconfort Canadien"

Ornement en étain
 Un nombre limité est disponible
 12,00 \$



En vente au Centre de ressources pour les familles des militaires de Trenton
 50 Rivers Drive Est, Trenton



For additional information:
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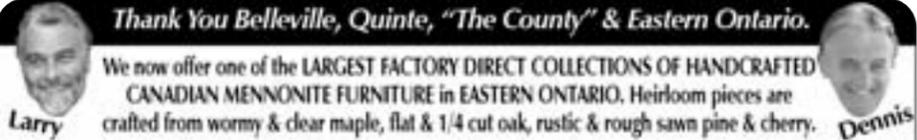
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8 Wing/CFB Trenton Chaplain Services

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; Capt Padre Blair Ross (P)

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

**St. Clement Astra
Christmas Eve Service - 1500h**

Confession - Réconciliation

Please, contact the Wing Chaplain's 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.*

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, godparents (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.

Planning to get married?

If you are planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic party must contact first the Wing Chaplain's Offices at 613-392-2811, Ext 2490 to begin the pre-nuptial process six months prior to the wedding day. That is to provide you with time to take the pre-marriage class (which must be attended) and the padre to complete the marriage file, which must be sent to the Military Ordinariate's Chancery Office no less than three months prior to the wedding day. Please, keep in mind that pre-marriage classes are not offered from May to September. This is applicable to all members falling under Military Ordinariate's jurisdiction; that means for all CF personnel and DND employees who are RC. The latter have the choice between their Wing Chaplain's Pastoral Services and their civilian parish's. If a Catholic party wants to get married under the Rite of a particular Protestant denomination, the above still applies.

If the marriage file is not processed on time, the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and from... to the church of your wedding). If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

Vous planifiez de vous marier?

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

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

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

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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.

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MCpl V. Laprade
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Maj C. Blue, CO 8ACCS.



CWO C. Campaigne
received his CD2, presented by
Maj C. Blue, CO 8ACCS.



Capt D. Lincoln
received a General Campaign Star (GCS) decoration,
presented by LCol Frank Martineau, CO 436(T) Sqn,
with CWO Dan Daniels, 436(T) SCWO, present.



WO M. Morrisey
received his CD1, presented by
LCol Frank Martineau, CO 436(T) Sqn, with
CWO Dan Daniels, 436(T) SCWO, present.



Sgt M. Lavictoire
received a General Campaign Star (GCS) decoration,
presented by LCol Frank Martineau, CO 436(T) Sqn,
with CWO Dan Daniels, 436(T) SCWO, present.



Capt C. Ketterer (American)
received a General Campaign Star (GCS) decoration,
presented by LCol Frank Martineau, CO 436(T) Sqn,
with CWO Dan Daniels, 436(T) SCWO, present.



Sgt K. Ryan
received a General Campaign Star (GCS) decoration,
presented by LCol Frank Martineau, CO 436(T) Sqn,
with CWO Dan Daniels, 436(T) SCWO, present.



Capt D. Rood
received a Certificate from JTF-Afghanistan Air Wing
/ Milestone Award for 25 Op Athena, presented by
LCol Frank Martineau, CO 436(T) Sqn, with CWO
Dan Daniels, 436(T) SCWO, present.



Sgt K.J. Ryan
a Certificate of Achievement for C-130 2000 Flying
hours, presented by LCol Frank Martineau, CO 436(T)
Sqn, with CWO Dan Daniels, 436(T) SCWO, present.



Capt D. Rood
received a Certificate of Achievement, presented by
LCol Frank Martineau, CO 436(T) Sqn, with
CWO Dan Daniels, 436(T) SCWO, present.



**Capt J. Bowser,
Sgt C. Kingston,
Capt W. Freeland,
Capt H.Schmoll,
MCpl P. Weir,
WO M. Kovacic**
received a Commander's Commendation
from JTF-Afghanistan Air Wing
recognizing their significant contribu-
tion to the mission as Combat CC130 -
Technical Aviators, presented by LCol
Frank Martineau, CO 436(T) Sqn, with
CWO Dan Daniels, 436(T) SCWO,
present (not pictured).

Congratulations! Félicitations!

Feature

Showcase



Maj D.J. Bouchard

received a Certificate of Achievement for 10,000 flying hours, presented by LCol Frank Martineau, CO 436(T) Sqn, with CWO Dan Daniels, 436(T) SCWO, present.



Maj D.J. Bouchard

received a Certificate of Achievement for CC 130 Hercules - 5,000 flying hours, presented by LCol Frank Martineau, CO 436(T) Sqn, with CWO Dan Daniels, 436(T) SCWO, present.



Sgt R. Gauthier

received a with a JTF-Afghanistan Air Wing Milestone Award for 100 Op Athena-Combat Airlift Missions, presented by LCol Frank Martineau, CO 436(T) Sqn, with CWO Dan Daniels, 436(T) SCWO, present.



Capt M. Houle

received a Certificate of Achievement from JTF-Afghanistan Air Wing Milestone Award for 100 Op Athena-Combat Airlift Missions, presented by LCol Frank Martineau, CO 436(T) Sqn, with CWO Dan Daniels, 436(T) SCWO, present.



Sgt T. Fleck

received a Certificate of Achievement from JTF-Afghanistan Air Wing Milestone Award for 100 Op Athena-Combat Airlift Missions, presented by LCol Frank Martineau, CO 436(T) Sqn, with CWO Dan Daniels, 436(T) SCWO, present.



Sgt K.J. Ryan

received a Certificate of Achievement from JTF-Afghanistan Air Wing Milestone Award for 100 Op Athena-Combat Airlift Missions, presented by LCol Frank Martineau, CO 436(T) Sqn, with CWO Dan Daniels, 436(T) SCWO, present.

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

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