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## Holiday Message from the MND

This holiday season, Canadians throughout the country will gather to celebrate and enjoy time with family and friends. This is a great, prosperous nation with so much to be proud of, and so much to enjoy. Many of the freedoms that we are able to enjoy are thanks to you, the men and women of the Canadian Forces, who give selflessly of yourselves so that we might safely enjoy our freedom.

Season's Greetings from the Chief of the Defence Staff.

It is with great pleasure that I take this opportunity to extend my best wishes for Christmas and the holiday season to all of our sailors, soldiers, airmen and airwomen, and civilian employees of the Department of National Defence.

### My Role: Improving Defence Programs through Evaluations

The evaluations that David Langlois' team conduct are an important part of the "bigger picture" at National Defence. It is through evaluations that the Department can determine if it is effectively delivering on the Canada First Defence Strategy (CFDS).

## Un message du ministre de la Défense nationale à l'occasion des Fêtes

Durant la période des Fêtes, les Canadiens partout au pays se rassembleront pour célébrer et pour passer du bon temps avec leur famille et leurs amis. Le Canada est un grand pays prospère qui inspire la fierté et qui a beaucoup à offrir. La liberté dont nous jouissons aujourd'hui, nous la devons aux hommes et aux femmes des Forces canadiennes, qui se sacrifient pour que nous puissions en profiter.

Un message du CEMD à l'occasion du temps des Fêtes. Je tiens à profiter de cette occasion pour souhaiter un joyeux Noël et une merveilleuse période des Fêtes à tous les marins, soldats, aviateurs et employés civils du ministère de la Défense nationale.

### Mon rôle: Améliorer les programmes de la Défense grâce aux évaluations

Les évaluations réalisées par l'équipe de David Langlois constituent une partie importante du « plan d'ensemble » de la Défense nationale. C'est grâce aux évaluations que le Ministère peut déterminer l'efficacité de la Stratégie de défense Le Canada d'abord (SDCD).

Journal de l'Afghanistan

Blogue sur l'Afghanistan : La rédactrice-révisure

### Afghanistan Journal

*Afghanistan blog:* ADM(PA) writer/editor Cheryl MacLeod embarked on a one-week assignment in Afghanistan with members of civilian media outlets from throughout Canada.

### Job Protection Legislation for Reservists

A new, easy to understand booklet has just been released to assist people affected by the legislation.

### New Software will Streamline DND Business Processes

Coming in April 2010, DND will combine its current Financial Management Accounting System and Materiel Acquisition and Support Information System into a single software platform. This harmonized system will consolidate business processes, while improving management practices across the Department.

### Affecting Change through Consultation

Procurement can be a long and complicated process, but DND is working to streamline and improve it by engaging the defence industry.

### Loi protégeant l'emploi des réservistes

Une nouvelle brochure facile à comprendre vient d'être publiée pour aider les gens concernés par la loi.

### Nouveau logiciel qui simplifiera les processus administratifs du MDN

En avril 2010, le MDN combinera son Système de comptabilité financière et de gestion et son Système d'information – Soutien et acquisition du matériel en une seule plateforme. Ce système harmonisé permettra de consolider les processus administratifs tout en améliorant les pratiques de gestion dans l'ensemble du Ministère.

### Des consultations facilitant le changement

L'approvisionnement peut être un processus long et compliqué, mais le MDN s'efforce de le rationaliser et de l'améliorer en demandant la participation de l'industrie de la défense.

## HAPPY HOLIDAYS!!!

Photo: Amber Gooding, Contact Staff



A big, beautiful Christmas tree adorns the main entrance to the 8 Wing/CFB Trenton Headquarters Building.

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# A SEARCH AND RESCUE CHRISTMAS

This poem was prepared for the 424 (Transport and Rescue) Squadron members and spouses, and was presented to them at the Christmas Party:

~ ~ ~

*'Twas the day before Christmas, and around the hangar floor, Not a SAR crew was planning, not even to Val D'Or. The overnight bags were hung in lockers securely, In hopes that no SAR calls would come -at least not early!*

*The airplanes were nestled in the barn for the night, Hoping the standby crews would take them for a flight. Gord Woods with his pace stick and I with my watch, Had just settled down for a wee dram of scotch.*

*When from Ops we heard such a racket, We sprang from my office, me forgetting my jacket. Through the OR we raced like spry little elves, Where Andrea and her team were stocking the shelves.*

*The SAR buzzer was pressed and rang off the wall, Crews were arriving, racing down the hall. Michel Landry said "come on guys, we've got to be quick, There's a sleigh down in North Bay, and I hear its St. Nick.*

*Wayne's Pilots, ACSOs, Engineers, Loadmasters too, Eric's SAR Techs, Riggers and Jen's Rotary Wing Crew. "To the Herc and the Griffon!" I heard Ray Stockermans call, "Now dash away! Dash away! Dash away all!"*

*They rose from the earth and northward did fly, And arrived on the scene in the blink of an eye. When out of the window, their eyes did behold, An orange toboggan and some guy who looked old.*

*He was dressed all in orange, from his head to his foot, And his SAR Kit was tarnished with ashes and soot. His eyes, how they twinkled, mais j'ai Remarque sa bouche, I could tell in an instant, it was Eric Larouche.*

*He had a broad face and a little round belly, That shook when he laughed, like a bowl full of jelly. He was chubby and plump, a right jolly old elf, And I laughed when I saw him, in spite of myself.*

*I asked why the fuss, and he said with chagrin, I didn't mean to, I tried not to plow the sleigh in. I was checking your response time, and something went awry, So then I was pleased to see you come from the sky.*

*To 424 sqn aircrew, and support personnel too, I appreciate your work ethic, and take my hat off to you. But it's some others I'll turn to, if you do not mind. I want to highlight those we leave behind.*

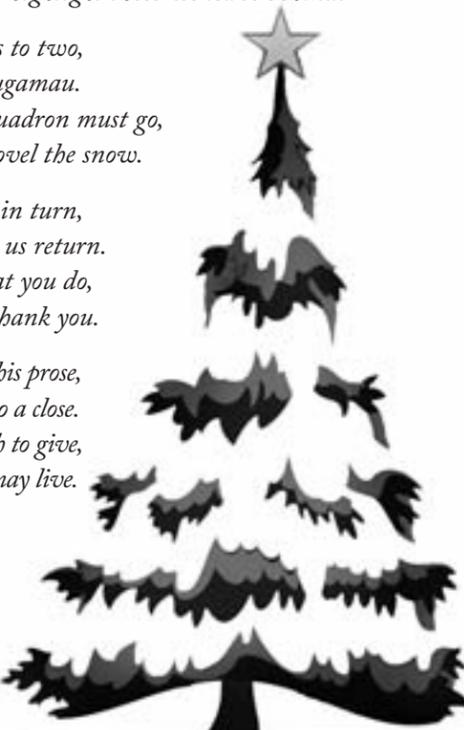
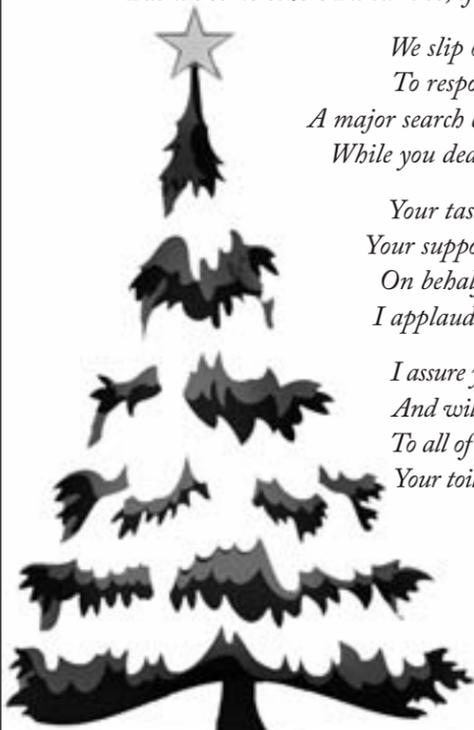
*We slip out of bed at twelve minutes to two,  
To respond to an overdue in Chibougamau.  
A major search comes calling, and all the squadron must go,  
While you deal with sick children, and shovel the snow.*

*Your task is a silent one, but crucial in turn,  
Your support keeps us going, and helps us return.  
On behalf of the squadron, for all that you do,  
I applaud your efforts, and sincerely thank you.*

*I assure you that I'm almost finished this prose,  
And will now endeavour to bring it to a close.  
To all of you Tigers, who have so much to give,  
Your toil is important, so that others may live.*

~ ~ ~

Lieutenant-Colonel  
Tom Dunne  
CO 424 Squadron



*Have a safe and happy holiday season, and all the best in 2010!*

# 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.



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## Central Registry: getting 8 Wing mail from here to ... anywhere

by Tom Philp,  
Contact Staff

Almost hidden in the basement level of the 8 Wing Headquarters building is a small room filled with benches, boxes, pigeon holes and packages, and three people who make sure your mail gets to its destination.

Wing Central Registry (WCR) is the mail "clearing house" run by Master Corporal Sandra Arsenault, capably assisted by Corporal Bob McGowan and long-time civilian employee, Nellie Brak.

Cpl McGowan said the days "pass quickly" in this pivotal mail outlet, as staff work steadily to distribute both internal and external mail, "quietly supporting the many sections on the base."

"Along with logging incoming official mail, and placing official postage on any outgoing mail, we are responsible to maintain, review and control all the files (including the many messages that come in via email, an average of 60 messages daily) in accor-

dance with the Defence Subject Classification and Disposition System, the DSCDS," he said. "And yes, we live in a world of acronyms."

"Certainly, we can have a problem with the number of acronyms used by the Canadian Forces," said MCpl Arsenault, "new ones challenge us regularly but we are able to determine what goes where, and to whom."

Cpl McGowan said one of the biggest and most challenging "ongoing problem (s)" is processing mail that has no proper mailing address or return address. Every day, WCR staff gets envelopes marked to "Michelle" or "Joe" with no other address information.

"That's when Cpl McGowan does his mind-reading trick," said MCpl Arsenault.

"I hold (the envelope) to my forehead and hope a proper name and address magically appears," Cpl McGowan said jokingly. "Miracles do happen daily, as we are able to identify the destination of some mail with limited information on



From left: Cpl Bob McGowan, Nellie Brak and MCpl Sandra Arsenault.

the envelopes."

The message WCR staff wants passed on to 8 Wing members is clear: address envelopes properly, with a complete name and destination address and a return address, or run the risk that your mail may be delayed.

Working closely with Astra Post Office and Wing Transport, WCR staff start a typical work day with the sorting of mail at the Astra outlet. The sacks of mail are then transferred to the WCR and sorted again by unit ... more than 50

of them.

"There are three base mail runs daily, with drivers doing a lot of walking, stair climbing and door opening while dealing with sometimes awkward mail made up of boxes and bags," Cpl McGowan said. "With most of the Orderly Rooms located on second or higher floors, the task of the drivers isn't easy."

Tracing mail also takes considerable time, said WCR staff. All letters addressed to 8 Wing/CFB Trenton – and to nobody in particu-

lar – are opened to determine the actual unit destination; a necessary, but time-consuming task for a three-person unit.

MCpl Arsenault said Ms. Brak has done "a tremendous job" of taking on the task of organizing the civilian Cheque Distribution Centre (CDC) system, ensuring 8 Wing civilian employees receive their paycheques on time.

"Nellie is retiring next March after 37 years of service here," MCpl Arsenault said. "She has done very time consum-

ing, very detailed work on the CDC. Hers will be huge shoes to fill when she leaves." But MCpl Arsenault says civilians should not worry ... she and Cpl McGowan have lots of experience in this area too.

MCpl Arsenault is also retiring next July after 25 years in the Canadian Forces, leaving Cpl McGowan – a 23-year CF veteran himself – manning the post, and presumably training new staff.

"Although the tasks may seem routine here, they are far from it," said Cpl McGowan. "The necessary tasks are just the framework of this section."

"It's always interesting here, as there is continually something to do," MCpl Arsenault said. "The personnel who drop by keep it a very refreshing place to work."

WCR staff sends a special "thank you" to all the people who help keep the 8 Wing postal systems running, and wish warm season's greetings to everyone at CFB Trenton.

## Search & Rescue UPDATE



424 Squadron had no callouts this past week.

Everyone at the squadron sends their warmest wishes for this holiday season.

Until next year, stay safe!

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

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## The Contact Newspaper

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

### The Contact Staff

**Editor-in-Chief:** Captain Mark Peebles  
**Managing Editor:** Andrea Steiner  
**Assistant Editor:** Amber Gooding  
**Reporter/Photographer:** Tom Philp  
**Advertising Production :** Lindsey White  
**Advertising Sales:** Patricia MacKie  
**Bookkeeper:** Marilyn Miron  
**Circulation:** Russell Webster  
**Translator/Proofreader:** WO Louise Fagan  
**PSP Manager:** John Snyder  
**Subscriptions:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.



### Guidelines for submissions: ARTICLES AND PHOTOS

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

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

### Letters to the Editor:

**Internet: ANDREA.STEINER@forces.gc.ca**  
**Intranet: STEINER.AL@CFBTrenton@Trenton**

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



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### message from the

## Editor

The last paper of the year. It's good to be done.

And now is the perfect time to send out warmest wishes to our readers, contributors and advertisers.

They say it takes a village to raise a child, well it also takes a village to build a newspaper. Each and every week, we couldn't do it without them. From our dedicated full and part time staff, to the talented folks at 8 Wing Imaging, to the savvy Public Affairs professionals, the steadfast contributors like the CRA, the Gym and the Health Promotion team, proofreader extraordinaire Sgt Louise Fagan, and of course our loyal clientele...

Thank you, Merry Christmas and Happy New Year!

### Have an opinion or story to tell?

Want to be published?

## Write a letter to the Editor

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

# Canadiana Crossword

## Glad Tidings

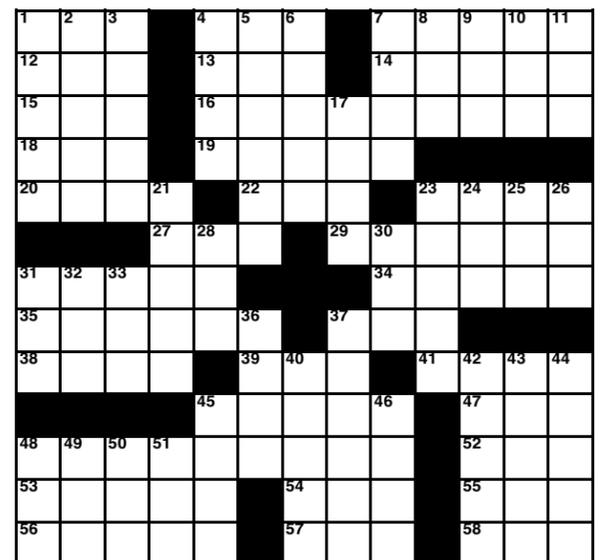
By Bernice Rosella and James Kilner

### ACROSS

- 1 Canner's container
- 4 Sib
- 7 Undresses
- 12 Salute to a matador
- 13 Tolkien creature
- 14 Muse
- 15 Silent movie star Gish to friends
- 16 Part 4 of our Christmas carol
- 18 Roman 56
- 19 Contaminate
- 20 Expression of distaste
- 22 Household god (Roman)
- 23 Opposed
- 27 Be indebted
- 29 Part 5 of our Christmas carol
- 31 Dipper
- 34 Saffron
- 35 Personas non grata
- 37 \_\_\_\_\_ gratias
- 38 Repudiate
- 39 Average
- 41 Part 7 of our carol
- 45 Part 1 of our Christmas carol
- 47 Annoy
- 48 Conclusion of our Christmas carol
- 52 Palm leaf paper
- 53 Axes
- 54 Rural address
- 55 \_\_\_\_\_ room
- 56 Decorates ( as a Christmas tree)
- 57 \_\_\_\_\_ Barrett of Pink Floyd
- 58 Thus far

### DOWN

- 1 Part 3 of our Christmas carol



- 2 Animated
- 3 Antiquity
- 4 Dissenting clique
- 5 Respire
- 6 Groove
- 7 Part 6 of our Christmas Carol
- 8 Creation
- 9 Thrust
- 10 Greek letter
- 11 Distress sig.
- 17 Crucifix inscription
- 21 Part 2 of our Christmas carol
- 23 Cravat
- 24 Last or greatest
- 25 One and only
- 26 Hair or perk add on

- 28 Small
- 30 Foot part
- 31 Guided
- 32 Can
- 33 Uproar
- 36 Alter
- 37 Cheerless
- 40 Says
- 42 Dentine
- 43 Disturbance
- 44 Precise
- 45 War criminal Rudolph
- 46 Dry
- 48 Poet's word for frequently
- 49 Conifer
- 50 Prefix for partite
- 51 Skirt part

See Answers, Page 19



## This Week in Contact

1979 – Members of the CFB Trenton Warrant Officers' and Sergeants' Mess, accompanied by their partners, traveled to Brighton for the annual Christmas luncheon and party for the residents of Century Manor. About 25 senior citizens enjoyed good food, music, carol singing, stories and an appearance by Santa Clause, who presented each resident with a gift.

1989 – The RCAF Memorial Library and Museum staff recommended reading for the Christmas holidays, with all books available from the base library. New "flight" books included The Jet Age, The Explorers, and Architects of Air Power. Fiction choices included Journey, by James Michener; A Twist in the Tale, by Jeffrey Archer; and Pass, by Leon Uris. Children's books available included Orson to the Rescue, Welcome Back Stacey, and The Mystery of the Missing Mummy.

1999 – One of the Christmas Facts appearing in this issue of The Contact: "Rudolph the Red Nosed Reindeer" began as a poem, written by Robert May in 1939 for the Montgomery Ward Department Store. More than two million copies of it were given away. First called Rollo, then Randolph, the reindeer finally was called Rudolph after May's four-year-old daughter suggested the other names were "silly".

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



## VIEW FROM THE PINE

Dear Santa,

Hey there big guy. Lil' Gilmour Tuttle here. Yes, THAT Gilmour Tuttle. I know the last time we talked things were not...pleasant. And yes, I will take more than my share of the blame for that.

But, c'mon, I have not asked for that much over the years, and all things being equal, I have been a good boy. Relatively speaking.

Last year, was it really too much to ask for a full head of hair for myself (someone my age shouldn't be practicing their comb-over yet) and for you to fix Mom's lazy eye (don't worry about Mom's hair. It all grew back following that unfortunate fireworks accident).

And no, I wasn't really going to release those pictures of you to the media. I promise. And was that restraining order really necessary?

So let's start over. No more fat jokes from me. I will take you at your word that it is a glandular thing.

If you could, I would be happy if you stop leaving those lumps of reindeer "coal" in my stocking. My parents always tend to throw some chocolate in there after you visit and the "coal" tends to get all over everything. Let's just say that I have had some interesting taste testing experiences the last couple of years.

And, if you promise to call off your lawyers, I will ensure that whoever has Rudolph will ensure he makes it back home in time for "the show".

And, from what I understand, you already have all of those pieces of his antlers that were mailed to you to show that whoever took him was "serious",

so if you just glue those suckers back on he should be ready to roll by Christmas Eve. Everyone wins, right?

So, like I said, I have been a pretty good boy. I helped a ton of little old ladies across the street, whether they wanted it or not. I even stopped making fun of Maple Leafs fans for a day or so.

Ok, it may have actually been a half an hour yesterday, but it is the thought that counts, right?

I guess what I am saying is that I have seen the light and have been on my best behaviour. Soooo, if you could find it in your heart to forgive me for our past "issues", I have put together some "Naughty" and "Nice" lists for you that might make your job a touch easier come Christmas Eve.

### NICE POTATOES

Montreal Canadiens. Yes, Santa, I know. I probably could count Andrei Markov being back a month and a half early as an early Christmas gift, but I have one more wish. Can we get a mulligan on the whole "100th Anniversary" thing? It really has been a train wreck and if "les boys" could just get back to focussing on playing hockey it would be greatly appreciated. Oh, and if you want to take those seizure-inducing "barber pole" retro jerseys to line the floors of the reindeer stalls that would be OK too.

Brad Richards. It may have been a long, bumpy road for Richards to get back to the levels of production he enjoyed in Tampa Bay, but he is back on track this season. His 39 points in 33 games is tops on the Dallas Stars and the coaching staff has to be happy with his 0 +/- rating

(Richards has only finished on the plus side of the ledger twice since the 2000-2001 season). Feel free to leave him a yo-yo or whatever it is kids are into nowadays.

Dustin Penner. Everyone keeps waiting for Penner to slow down but he keeps proving the doubters wrong. No, he won't reach the 40 goals and 80+ points he is on pace for, but considering his previous career high was 47 back in 2007/2008, anything north of 60 will be huge. It would probably be too much to ask for a team to play around him, but if you could throw in a new centreman, and maybe a replacement for Ales Hemskey, that would be fine.

Zach Parise. Yes, Santa, I was sceptical that Parise would repeat last year's 94 point performance under Jacques Lemaire, but he is on pace for 89 points. Good on him. I would still love to see the points he could put up in an offense-first system, though. Being a young'un I am sure he would love a video game system. Is Pong still all the rage?

Phil Kessel. Santa, not everyone on your "Nice List" can be "nice", you know. From all accounts Kessel, like all Maple Leafs players, hates puppies and doesn't recycle, but he has scored 13 goals and 21 points in only 24 games with the Buds. Was he worth a couple of first round draft picks? Probably not. But the more goals he pots, the less the loss of those two picks will sting down the road. I am 100 per cent positive he would giggle like a school girl if you could leave him a shiny new copy of "The Smurfs: The

Collected Works".

### NAUGHTY POTATOES

Toronto Maple Leafs. I can't stress enough, Santa, how bad the Leafs are. Push senior citizens and young children to the floor to get out of a burning building, bad. Pass gas in a crowded elevator and not claim it, bad. You get the picture. Anyways, if you could just ensure that Montreal trounces the Leafs on Boxing Day that would be just fine by me. Oh, and maybe a DVD copy of the Montreal Canadiens - 100th Anniversary Collector's Set - the French version.

Michael Del Zotto. The second coming of Brian Leetch teased us in October with four goals, eight assists and a +3 rating. Since then? One goal, seven assists and a whopping -15. All of that early "Rookie of the Year" talk seems like a distant memory now. Lump of coal, please.

Danny Briere. This was supposed to be a big comeback year for Briere but things are not exactly working out that way for the diminutive Flyers forward.

His 11 goals and nine assists in 27 games are OK, but I'm thinking Philly management was looking for more production, especially given the eight year, 52 million dollar contract they threw at him. No need for any coal for Mr. Briere, though, playing for the Flyers is punishment enough.

Steve Mason. Columbus Blue Jackets sophomore netminder has been in free fall in December with only one win in the entire month. This from a goalie with 33 wins and 10 shut outs last year. Since I drafted him in almost all of my hockey pools (sophomore jinx be damned) two lumps of your "special" coal please. And a new goalie coach.

Martin Havlat. OK, Havlat is no Gaborik but 19 points (only five goals) in 29 games should definitely land you on the Naughty List. Now granted, the Wild are not exactly an offensive powerhouse and were silly enough to give him a six year, 32 million dollar contract, so this is not all on Havlat. However, his team worst -11 has to earn him something. How about five more years playing in Minnesota?



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

## Canadian Forces Snowbirds announce 2010 show schedule

15 Wing Moose Jaw, Sask. - The Canadian Forces Snowbirds officially released their 2010 show schedule last week at the International Council of Air Shows (ICAS) in Las Vegas, Nevada.

The announcement was made to a rousing crowd of the biggest names in North America's air show industry. "2010 marks the 40th season for the Snowbirds and with that, we hope to continue to spark the imagination and pride of Canadians with our show," said Lieutenant Colonel Chris Bard, Commanding Officer, 431 Air Demonstration Squadron - The Canadian Forces Snowbirds. "We are looking forward to performing across North America, celebrating our

40th season as well as the Centennial of the Canadian Navy."

During the 2010 season, the Snowbirds are scheduled to participate in over 33 air shows in 30 locations, proudly telling the Canadian Forces story through their inspirational flying. As ambassadors of the Canadian Forces and Canada, the team will travel as far North as Anchorage, Alaska, as far South as Daytona Beach, Fla., as far West as Victoria, B.C. and as far East as Halifax, N.S. June 12 and 29 the Snowbirds will be in Victoria, B.C. and Halifax, N.S., respectively to celebrate the Centennial of the Navy.

During the team's 39-year history, the Snowbirds have performed in about 2,195 air



Photo: Cpl Igor Korpan, 8 Wing Imaging

### Snowbirds aircrafts (CT114 Tutor) on the tarmac while sun sets over the 8 Wing/CFB Trenton.

shows, before almost 135 million spectators.

The Canadian Forces Snowbirds' mission is to represent the skill professionalism

and teamwork of the Canadian Forces and to inspire Canadians to consider an exciting career in Canada's military. For a complete list of the

Canadian Forces Snowbirds' show sites, please visit the team's website at [snowbirds.dnd.ca/v2/as-sa/sch-cal-eng.asp](http://snowbirds.dnd.ca/v2/as-sa/sch-cal-eng.asp).



# Astra Lanes youth bowler earns early Christmas present

By Tom Philp, Contact Staff

At a time of year when the sports community is either focused on hockey or anticipating next year's Olympic Games, one local athlete got an early Christmas present by winning his own sport's zone championship.

Robert Roy is a 17-year-old student at St. Paul Catholic Secondary School in Trenton, and a member of the Youth Bowling League at 8 Wing/CFB Trenton's Astra Lanes Bowling Centre. The son of Master Bowler, Ray Roy, and the sister of Master Bowler, Marisa Roy, young Robert has been bowling since he was big enough to hold a five-pin ball.

"I think Robert was four when he first started to bowl here," said his mother, Barb Roy, who is a Level II bowling instructor herself. "He just took to it right away."

Robert has worked hard at his sport (he plays baseball, softball and basketball too) for the past 13 years, thanks in part to

the coaching provided by family members. His early and consistent exposure to Youth Bowling Canada's (YBC) programs has also helped him develop advanced skills in that sport.

YBC launched in 1963 to provide a friendly social and sporting environment for young bowlers. Each week, about 30,000 Canadian kids under the age of nineteen take to the lanes. Unlike most sports where only the "superstars" get to shine, YBC programs are structured so that everyone plays both as individuals and as team members, and is given instruction and opportunity to become better at bowling.

More skilled YBC bowlers, like Robert Roy, are encouraged to join the organization's '4 Steps To Stardom' initiative, a championship challenge which begins in-house, graduates to zone and then provincial competitions, and culminates at the annual YBC Nationals. It was his performance at a recent YBC Zone Champion-

ship that earned Robert his early Christmas gift.

On December 13, at a small bowling centre in Hastings, Ontario, Robert was pitted against the best of his Senior Boys class, facing bowlers from across South Central Ontario. Although he bowled well during the tournament, Robert found himself down by 93 pins entering the final game of the weekend event. That deficit seemed almost too large to overcome; then the lead bowler started making mistakes.

"I saw him faltering, and I knew that this was going to be my only chance, now or never," Robert said. "I guess it must have been written in the stars for me to win."

Robert also had to overcome his own frustration at being so far behind the leader entering the final round, something that manifested itself in him yelling at Marisa, who was coaching him at the tournament.

"She was trying to help, but I just turned on

her and yelled at her to stop talking to me," Robert said. "I apologized to Marisa later for losing my temper. It's something I have to work on."

Nevertheless, Robert regained his composure, concentrated on bowling that final game, throwing strike after strike, and ultimately won the event by more than 40 pins. He had bowled 269 out of a possible 300 points. The crowd, as they say, went wild!

"The highlight for me had to be that 10<sup>th</sup> frame," Robert said. "Pretty much everyone in the whole place was watching me, and when I (won), they were yelling and cheering for me."

"Bowling has taught me that as long as you're having fun, any sport can be enjoyable, and sometimes it's pretty exciting," he said.

An added bonus came with Robert's victory in Hastings. Along with his gold medal, Robert brought home the zone champion's banner, the first such banner earned by an Astra Lanes bowler



Robert Roy (left), with his Dad and coach, Ray Roy, proudly displays the gold medal he won December 13 at a zone youth bowling championship.

since 1992 ... coincidentally, the year Robert Roy was born.

Nicole Newmann, another '4 Steps' bowler from Astra Lanes, earned a bronze medal in her division during the December 13 event. Congratulations, Rob

and Nicole!

For more information about getting started, or rediscovering bowling, contact Ray or Barb Roy at Astra Lanes, located just inside the north side gates at CFB Trenton, (613) 392-2811, Ext 3305.



It's a family affair! The Roy clan, mainstays of 8 Wing/CFB Trenton's Astra Lanes Bowling Centre, are celebrating son Robert's recent Youth Senior Boys Zone Bowling Championship, bringing home the first victory banner since 1992, the year Robert was born. (left to right) Ray Roy, Marisa Roy (holding future bowler, Tyler), Robert Roy and Barb Roy. Robert started bowling at the age of four. He also enjoys playing baseball and basketball.

## 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!

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# SPORTS & RECREATION

## Special Olympians prepare to compete in Frankford

Submitted by  
Heather J. Landry  
Frankford Figure Skating Club

In February 2010, all Canada and the world will be celebrating the Olympic Winter Games in Vancouver but did you know that some very special Olympians will be travelling to Frankford?

That means Quinte West and area residents don't have to travel far to share in the spirit of sports celebration at its finest.

The Frankford Figure Skating Club (Frankford FSC) is extremely proud to announce that it has been awarded the honor of hosting the 2010 Skate Canada - Eastern Ontario Special Olympics Regional Qualifier and Invitational Skating Competition.

We will be doing this in conjunction with the Skate Canada-Eastern Ontario Section and Special Olympics Ontario at the Dr. McMullen Community Centre in Frankford, on Saturday, January 16, 2010 from 11 a.m. until 5 p.m.

Approximately forty-five athletes will compete for skating honours during this popular competition.

Each athlete has established personal challenges with strength, determination and fortitude, which allow them to achieve remarkable success in their skating. Along with these skaters, we are delighted to host two World Champion athletes. Kyle Mayhew, 2009 Special Olympics World Silver Medalist in Level Three Men and Thomas Babcock, 2009 Special Olympics World Silver Medalist in Level Two Men received their medals in Boise, Idaho February 4 to 14, 2009.

Over 100 clubs in the Eastern Ontario Section were eligible to host this event and Frankford FSC was among a very small number of clubs eager to host the Special Olympians athletes for this competition.

Due to our club's strong desire to give back to the skating

community, the club was rewarded for a third time in six years with this privilege.

In 2005 and 2007, we hosted very successful events, which were made possible by the generosity of local Community and Corporate Partnerships.

Our goal in 2010 is to attain or surpass our past achievements to ensure another rewarding and successful endeavour.

In addition to the many months of hard work and dedication by all members of the club, we take pride in the fact that all monies raised, after expenses, are donated to the Special Olympics Organization.

Through these funds, Special Olympian Figure Skaters, with developmental disabilities, are given an opportunity to experience and succeed in their sport. The previous support displayed by this community continues as we prepare for the 2010 event.

Most clubs are happy to secure one Title Sponsor for this event but we are extremely grateful that we now boast three Title Sponsors.

Frankford Foodland is a long-time sponsor of Frankford FSC and all their activities and is a three-time Title Sponsor of this Special Olympics Event.

The Trenton-Wooler Elks Lodge #486 approached our club in 2007 with their request to be a Title Sponsor and recently confirmed their generous support for the 2010 event.

Flex-Mor Industries is our third Title Sponsor and also supported our event in 2005. In addition to these bighearted supporters, we have confirmed donations from HAI Precision Waterjets Inc. who are Gold Sponsors along with Wooler Freeflow Petroleum, Cornerstone Builders and BMO Frankford who each offered their support as Silver Sponsors.

Frankford FSC can always count on The Frankford Lions Club who donated the use of their hall so that the athletes and their families have a place to



Photo: Submitted

**Heather Landry (left), Frankford Figure Skating Club volunteer celebrates with a Special Olympics figure skating competitor. The Frankford Figure Skating Club is asking the members of the 8 Wing/CFB Trenton community to support this very important community event by donating to the Special Olympics Organization or by attending the competition and cheering on the athletes.**

relax, enjoy some delicious food and refreshments and celebrate their achievements at the medal presentation.

Holiday Inn Trenton is the Official Sponsor Hotel and kindly offered the same support we enjoyed in 2007.

Numerous other businesses have offered their support in the way of prize table and goodie bag items, food and refreshments.

In order to keep the expenses to a minimum, additional support is needed and we are calling upon all local businesses, community groups and residents to express their warm Quinte West

hospitality by contacting us to find out how they can be part of this memorable occasion. All donations and sponsors will be acknowledged before, during and after the event.

If you never attended a Special Olympics event, you must experience the sheer joy and pride demonstrated by these athletes on and off the ice.

There will be no charge for spectators to attend this event, so we encourage everyone to join us for an extraordinary day as we celebrate the skating achievements of these special competitors.

Join us for the Opening Ceremonies, watch the Frankford FSC skaters perform their production number and cheer on the athletes as they compete in their favourite sport.

We look forward to sharing this unforgettable experience with you.

For more information about this event, contact Heather Landry, Local Organizing Committee Chair at 613-397-1818 or by email at heather.j.landry@gmail.com.

To learn about Special Olympics Ontario, visit their website at [www.osoinc.com](http://www.osoinc.com).

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# FITNESS & HEALTH PROMOTION



## Resolutions: How to stick to them, be more active

We've all done it, year after year - made resolutions for ourselves, stuck to it for a few months, days or sometimes just hours and become disappointed when we failed yet again!

Why on earth do we do it to ourselves? The start of a new year usually brings with it thoughts of rejuvenation, change and something better, and it seems like the perfect time to 'fix' our life.

So, this time, instead of failing again, what can you do so that you stick to your resolutions?

Start with a reality check. For example, if losing weight and becoming more physically fit is your personal goal, realize that you didn't become overweight and out of shape in two weeks, so don't expect to be slim and fit in two weeks!

Your excess pounds and poor muscle tone are the result of years of unhealthy eating and inactive habits, so a quick fix with radical changes to your eating and activity habits likely won't work.

Some simple yet effective rules to follow, to help you stick to your resolutions, include:

Keep it small and simple. Small

and simple changes are easier to achieve but make a huge difference.

For example, a change from two 8 ounce glasses of homogenized milk every day to two per cent milk will save you eight grams of fat a day and 26,280 calories in a year which can result in a 7.5 pound weight loss from this one small and simple change! Wow! If you currently take the elevator to your fifth floor apartment three times a day, try taking the stairs instead.

For the average adult, this extra 15 minutes of activity can burn up an additional 150 calories per day and can result in an approximate weight loss of 15 pounds in a year! These two small changes together can help you to lose you over 20 pounds in a year - not bad for a couple of small changes.

"Unpair" unhealthy behaviours. For example, if you know that you overeat calorie rich foods when you watch television change one of the behaviours - either watch television for less time, or remove some or all of the calorie rich food from your sight.

Proclaim your resolutions publicly and write them down. Writing



down your resolutions on paper shows that you are serious about following through with them.

Telling a friend or family member can also be helpful as they can be your cheerleaders, offering encouragement and putting you in circumstances that set you up for success instead of failure.

For example, if your friends know you're really serious about improving your eating habits and becoming more physically fit, they may offer a night out playing sports followed by a light snack instead of suggesting a movie followed by a rich dessert and coffee.

Stick to your resolutions! Taking a reality check along with small, simple steps that you publicly proclaim can start you on the road to success!

Source: Dietitians of Canada



## 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

## Did You Know?

In 2003/04, the average Canadian adult spent \$596 on gambling. You are gambling whenever you take the chance of losing money or belongings, and when winning or losing is decided mostly by chance. If you choose to gamble this holiday season, Set a limit - Stay within it.



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

## Daily EXPRES Testing

EXPRES testing is being offered daily. To book your test please email + PSP Expres Bookings to schedule testing.

## 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

## 100 DAYS, 3000 MINUTES CHALLENGE: LAST WEEK!

On September 23, 180 members of the 8 Wing community took the challenge to be active for an average of at least 30 minutes per day over a period of 100 days, and *BeneFIT* by the Minute as a result.

At the end of the Challenge, the goal is for each participant to have been active for a total of at least 3000 minutes. That is approximately one minute for each Canadian troop serving the Afghanistan mission.

We are almost there! December 31 is the last day of the 100 Days, 3000 Minutes Challenge. To date, participants have reported a total of 277,430 minutes.

**Participants:** It's not too late to send in your weekly minute totals. Use the reporting format outlined in your Participant Package to email your weekly totals to [healthpromotionTrenton@forces.gc.ca](mailto:healthpromotionTrenton@forces.gc.ca). Last day to report all minutes for the Challenge is January 6, 2010.



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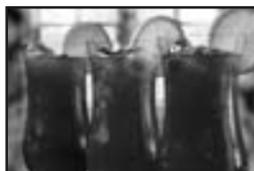
Register at [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com)

## Be the host with the most!

Celebrate safely and reduce the risk to yourself and your guests by offering everyone at your party - not just designated drivers - an assortment of alcohol-free drinks: mock-tails, non-alcoholic punch, bottled water and coffee.

### Holiday Stocking:

- 3 oz ginger ale (90 ml)
- 2 oz cranberry juice (60 ml)\*
- 1 oz pineapple juice (30 ml)
- dash of angostura bitters
- lemon wedges (optional)



Pour ginger ale, cranberry juice and pineapple juice over ice in a Collins-style (tall, thin) glass. Mix this drink with a swizzle stick before adding angostura bitters on top. Garnish with lemon wedge if desired.

\*Orange or mango juice can be used as a substitute



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HOLIDAY FEATURE

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Merry Christmas Happy New Year  
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**A Soldier Is A Gift**

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

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

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

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

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

By Joanna Fuchs  
 www.poemsource.com



# Commander LFDTS speaks to members of CFLAWC

by Captain Ian J. Laporte,  
CFPT SkyHawks PAO,  
CFLAWC

Major General Marquis Haines, Commander Land Force Doctrine and Training System (LFDTS), and Chief-warrant Officer Michael McDonald, LFDTS formation Chief, visited the Canadian Forces Land Advance Warfare Centre (CFLAWC) on December 8th.

His visit had two goals, the first was to take the season's opportunity to have an informal discussion with the troops, NCOs and officers who were assembled for the Army's annual ethics training. To start things off, MGen Haines presented LCol Kevin Brown with his CD1 clasp and rosettes: noting the importance of the CD1 as a recognition not only of the member's contribution but also "the sacrifices the members and their families have committed for the success of our mission."

One example readily apparent was LCol Brown's broken shoulder that was injured while performing his 3rd Static-Line parachute jump earlier this month while on his basic parachute course. MGen Haines and CWO McDonald then addressed the unit to express their gratitude for and praised the hard work they have done in the past three years to ensure the transforma-

tion of the center's mandate. They went on to answer questions from the floor before heading off for a formal briefing.

The second goal was to receive an update on the recent developments of the Arctic Operations Advisor course, which has been revamped over the last few years. This spring the Qualification Standard was thoroughly reviewed and the summer saw a re-write of the Training Plan. The January 2010 session has been reduced but will still receive eight candidates and accomplish the validation of the year's academic endeavours with the practical application of the newly designed curriculum.

Formerly known as the Canadian Parachute Center (CPC), CFLAWC was more accustomed to the training of soldiers in parachuting and parachute rigging skills... However, it has taken on additional tasks to become the Centre of Excellence for training in complex and harsh terrain (the Arctic, mountains, deserts, jungles) as well as operationally focussed courses such as Aerial Delivery, Helicopter Operations and Drop Zone/Landing Zone controller, and even the newly assigned topic of pack animals (the military is looking into training some of its soldiers to handle "pack animals" such as mules, donkeys, horses and



Photo: M. Rick Ruthven, CFLAWC Imaging Services

**Lieutenant-Colonel Kevin Brown receives his Canadian Decoration 1, clasp and rosettes, presented by MGen M. Haines, for "the sacrifices he and his family committed for the success of our mission" in his 22 years of loyal service.**

camels to carry loads in desert and mountain operations).

Indeed, through hard work and by learning from the experiences shared with personnel from various foreign military exchange programs, the members of CFLAWC are contributing to cutting edge doctrine and are enabling the

Canadian Forces to train and build on the necessary skill-sets to fight on the modern battlefield.

Resource reductions this year have postponed some training provided by CFLAWC, but the unit upheld its tempo by updating the curriculum of many of

these courses. As Chief McDonald said; "the members of CFLAWC are the unsung heroes that ensures our troops learn what they need to fight and live in tomorrow's conflicts".

*Ex Coelis ("Out Of The Clouds")*

# Good news of great joy from Kandahar Airfield

by Padre Sandy Scott  
Operational Mentor and  
Liaison Team / Military  
Police Company

Last week I returned to Kandahar Airfield after being at Patrol Base Wilson in the Panjwaii-Zhari area, and one of my colleagues told me I had received mail. Getting mail here is an event that stirs interest and draws attention, especially when the mail is boxes from home. It was a large delivery so my colleague decided that the parcels should be stacked in front of the door to my room. When I saw the boxes blocking my door I was surprised and grateful.

My home congregation, St. Paul's Presbyterian Church in Prince Albert, Saskatchewan, had sent me 15 boxes filled with gifts and goodies to give to soldiers in the units I serve. It was a generous act that inspired my neighbours and me.

My neighbours in the barrack block I live in were eager to help me open the

boxes and get them ready to send to our comrades spread throughout the region of Kandahar. We unpacked and repacked the provisions to be distributed to the Operational Mentor and Liaison Team and the Military Police Company. The generosity, not just of my home church, but also of Canadians in general, is experienced by many of us here in Afghanistan during this holiday season as we receive presents, care packages and cards with good wishes from home.

As we move towards the celebration of the birth of Jesus, in Afghanistan we are doing what we can to make this time a celebration of hope. At home in Canada we share the love Christmas inspires with our family, friends and those we hold dearest to us. The love revealed at Christ's birth is to be shared with people and a world in need, in need of Good News. This Good News of great joy is news of a liberating and redeeming



**MCpl Vi Sibley and Padre Jim McKay open boxes of gifts for the soldiers of the Operational Mentor and Liaison Team and the Military Police Company from Padre Scott's home parish, St. Paul's Presbyterian in Prince Albert, Sask. Credit/source: Capt RMA Scott, JTF-Afg**

love that transcends the plans, calculations, obsessions, fears and avarice of our world. It is news meant for those with the greatest need.

Our mission here in Afghanistan is all about security, rebuilding a country, and winning a war. That mission means everything we do is calculated, planned, double-checked and practised. Little is wasted and we

know everything comes with a sacrifice and cost. Like the birth of God in Jesus Christ, the gifts Canadians send us are free, abundant and unsolicited. Afghans I have met have told me that Canada's work here and reputation in the world is that of a country that is prepared to do the right thing for the sake of others.

One young leader I work

with inspired me with words like these recently after he experienced hardship and setbacks in his work with a local Afghan village. He said, "Padre, these people live in poverty and their need is so great it doesn't matter to me who they support or identify with. I am going to do what I have to do to help them." I think that might be what God was thinking when

Christ was born. Maybe God said, I am going to do what I have to do, even become one of them to reveal the depth of my healing and redeeming love. With reckless abandon, God became human in a vulnerable child, born in a poor occupied land that had been fought over by superpowers for years.

That same love born in the Bethlehem Child is alive today in the Holy Spirit, and lived out by those prepared to make a sacrifice for the sake of others. In a world that plans, calculates and hoards, those inspired by the self-giving love of Christ are called and enabled to work in ways that offer good news of possibility and hope to people and places in need. Humbly, I want to thank Canadians who support those who work and lay down their lives for the sake of others, in service to our nation and other nations.

May your Christmas be peaceful and merry. In faith, hope and service.



# Community Events

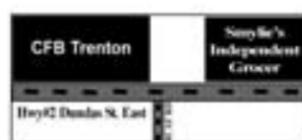
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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

**Are you a Military Family Member?**

**Do you have a small business?**  
**Would you like to start a small business?**  
**Do you need some business concept ideas?**



**We need your insight!**  
 Together with Loyalist College's SIFE (Student in Free Enterprise) [www.sifeloyalistcollege.com](http://www.sifeloyalistcollege.com) or [www.sife.org](http://www.sife.org) we will be hosting our 2010 Small Business Symposium.

**As a prelude to this event,** we invite you to share your desires for training and information.

**Please join us for a FOCUS GROUP**

When: Tuesday, January 12th/10 10:00 – 12:00  
 Where: Trenton MFRC/Siskin Centre 50 Rivers Drive East  
 To Register: Contact [Sonia.caron@forces.gc.ca](mailto:Sonia.caron@forces.gc.ca) or [Elizabeth.nicholas@forces.gc.ca](mailto:Elizabeth.nicholas@forces.gc.ca) or [Bonnie.fiedorec@loyalistc.on.ca](mailto:Bonnie.fiedorec@loyalistc.on.ca)



Daycare may be arranged through the Employment Program, please email either Sonia or Liz with your requirements.

## 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 prize. 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!*

## 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.

## 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.



### 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](http://www.linkstolearning.ca)



## 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.*

## 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](mailto: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: Snowman Kit



In the winter, when there is lots of snow on the ground, it is the perfect time to build a snowman!

It's easy to decorate a special box and collect a variety of materials so your preschooler can build a snowman at a moment's notice.

### YOU WILL NEED

Carrots for the nose, crackers for the eyes; different hats, mittens, scarves; shoes, boots, sandals; buttons, pompoms, glasses, coal, rocks, twigs; spray bottles containing coloured water.

### INSTRUCTIONS

- Roll three snowballs: a

large one for the base, a medium sized one for the middle and a small one for the head. Place the snowballs on top of each other, beginning with the largest.

- Use the materials in the kit you created to decide what the snowman will wear, or how its face might look. Decorate your snowman using art materials and tinted water.

- Use your imagination! The snowman can have a silly expression, or be wearing summer clothes.

Enjoy this more with Comfort, Play and Teach™.

### COMFORT

Outdoor play time is a wonderful way to show your child you enjoy his company. Ask him to teach you how to roll a snowball or decorate your snowman! He will love being able to demonstrate his skills for you.

### PLAY

Think of other snow people you can make. Create an entire snow family and then enjoy some pretend play, making up stories about what they are doing. They can prepare a meal or play a game together. The possibilities are endless!

### TEACH

Building a snowman is a great opportunity to talk about concepts like size, number and shapes. Ask your child, "Which snowball is the smallest? Which is the largest?" Count how many snowballs you made. Talk about their shape as you create them. Say, "This snowball is round like an orange. What other round things can you think of?"

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

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

## Mealtime.org Pizza-licious Pie

Forget about ordering a pizza. Save yourself some time and money by tossing this tasty, healthy version of your favourite pie into the oven for a big dance delight.

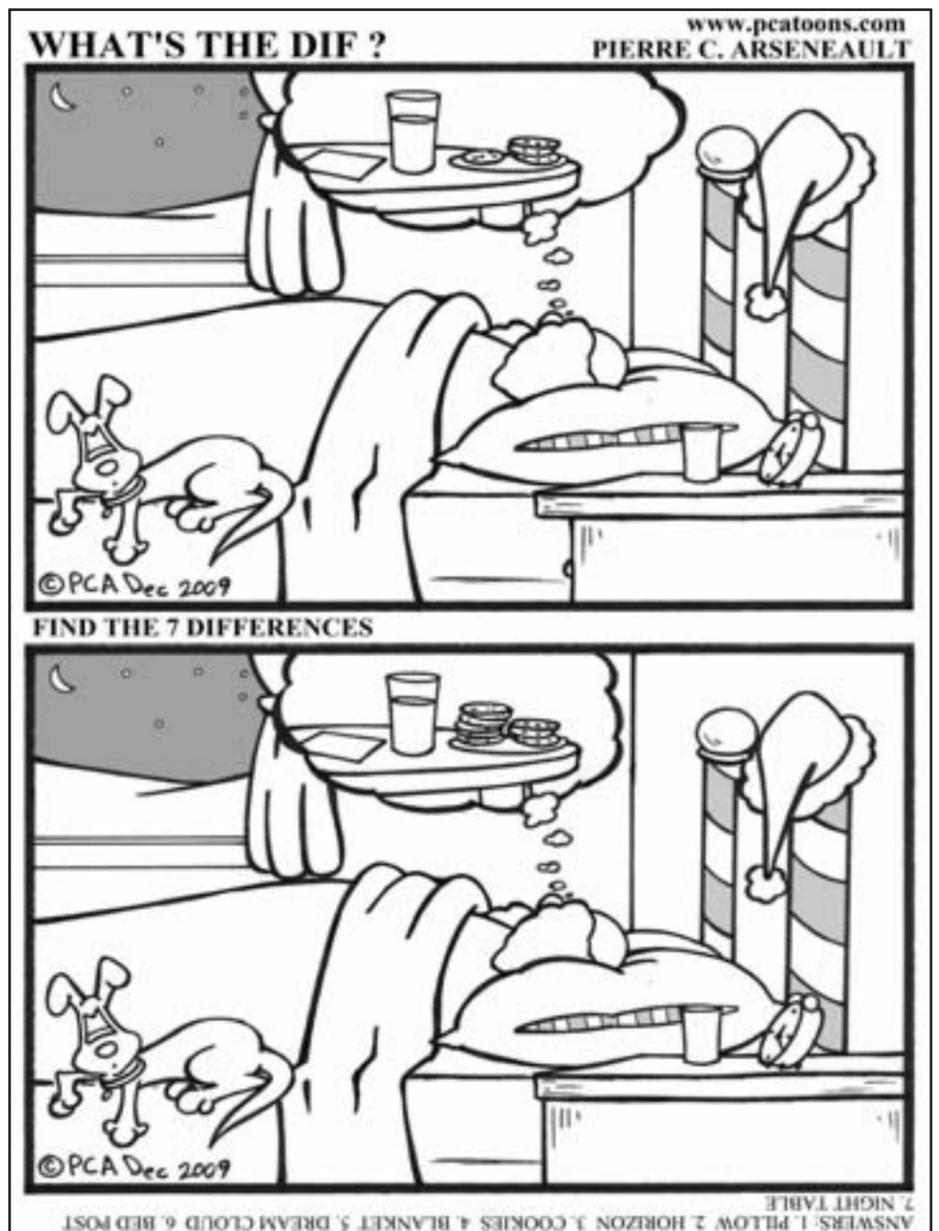
### Ingredients:

- 1 tablespoon olive oil, divided
- 1 package (13.8 ounces) refrigerated pizza crust
- 1 can (8 ounces) zucchini in Italian-style tomato sauce
- 3 tablespoons canned tomato paste
- 6 ounces (about 1 1/2 cups) shredded mozzarella cheese
- 1 can (7 ounces) sliced mushrooms, drained
- 1 can (8.25 ounces) mixed vegetables, no-salt added, drained
- 1 tablespoon grated Parmesan cheese

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

**Preparation:** Preheat the oven to 425°F. Oil a dark, metal-rimmed 10x15-inch cookie sheet with one teaspoon of olive oil. Unroll the crust onto the cookie sheet and press to cover the bottom of the cookie sheet, creating a slightly thicker rim around the edge for the crust. Brush another teaspoon of olive oil over the crust and set aside. Purée the zucchini and the tomato paste in a blender or food processor. Spread over the prepared pizza crust. Top with the shredded mozzarella, mushrooms, mixed vegetables, parmesan cheese and the remaining olive oil. Bake until crust is browned and topping is bubbling, about 15 minutes. Let the pizza rest for five minutes before serving. Cut in eight pieces. Serves: Eight

*Nutritional Information Per Serving: Calories 240; Total fat 8g; Saturated fat 3g; Cholesterol 10mg; Sodium 720mg; Carbohydrate 31g; Fibre 3g; Protein 11g; Vitamin A 80 per cent DV\*; Vitamin C 6 per cent DV; Calcium 20 per cent DV; Iron 10 per cent DV \*Daily Value.*



ANSWERS: 1. PILLOW 2. HORIZON 3. COOKIES 4. BLANKET 5. DREAM CLOUD 6. BED POST 7. NIGHT TABLE

Entertainment

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December 27 – January 2

*Theme of the Week: Mars is the celestial representative of the sacred masculine. No matter what gender you are, there is a principle within us all that has to do with taking action and moving forward. Mars recently began three months of retrograde travel. His current journey indicates a time of channeling our restless energy for its transformative possibilities. It will be a great week, enjoy!*

**ARIES** (March 21-April 19): You are in the midst of deciding on nothing less than your destiny. Big questions are going through your mind. You sense their weight on your future. You will need to release at least one situation in order to claim whom you were always meant to be.

**TAURUS** (April 20-May 20): You have a grand journey in mind. It may be well deserved, but there is at least one key detail you have previously overlooked. The exploration needs to be grounded in a practical plan. Use your gift of creating an inspired strategy as the first step to seeing it through.

**GEMINI** (May 21-June 20): There are times when we pursue something for an indirect reason. It is really about addressing some other need. Your true motivations are now coming to light. Once you know what you really want, you can go for it in a more direct manner. That will bring it closer to you.

**CANCER** (June 21-July 22): You sense a major change in the air. When it comes, it will be one of those moments that wash clear into your soul. You have been trudging along the road of life when it was always meant to be more dazzling. Here comes a resolution that initiates a brand new destiny.

**LEO** (July 23-Aug. 22): You have carried an indulgence far enough. It has reached the point where it is affecting your confidence, and a Leo without absolute confidence is not in their element. Acknowledge what is not working. A more empowered lived experience awaits you.

**VIRGO** (Aug. 23-Sept. 22): Your right to be creatively fulfilled that has been ignored for too long. You are ready to consider what you need to be happy. The question alone allows you to take some important steps towards a life more joyful than you have known before.

**LIBRA** (Sept. 23-Oct. 22): The week reaches right to your foundations and changes your direction. Whatever you have been doing for your career is about to come into alignment with what it is that you are called to do. That allows you to begin the path to creating a legacy.

**SCORPIO** (Oct. 23-Nov. 21): There is softness ready to meet your usual intensity. You put your barriers down long enough to see the changes that are long overdue. The process is positive, as you recognize the opportunity to know yourself better and use the insights to make meaningful alterations.

**SAGITTARIUS** (Nov. 22-Dec. 21): Values can be assigned various classifications. As a Sag, you are good at the big moral questions. However, your more immediate values, like those that concern material pursuits, have not always been so consistent, until now.

**CAPRICORN** (Dec. 22-Jan. 19): The past is something that is constantly being reconfigured in our minds. Whatever your past patterns in relationships have been, an intense insight leads to an important decision. It will require self-honesty. You have the bravery required.

**AQUARIUS** (Jan. 20-Feb. 18): All of us are intimately connected to each other and the entirety of the cosmos. This is a spiritual stance that affirms our self-value. However, there is a difference between egoism and honoring your inner voice above all things. You sense the truth of this. Put yourself first.

**PISCES** (Feb. 19-March 20): "Every person is in your life for a reason, a season, or a lifetime." This common cliché speaks to the meaning of friendships. You know your friendships are shifting, but you may not have had the clarity as to why until now. That makes it easier to accept what needs to change.

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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**.

**DOG COMPLEX** BY DAVE JOHNSON

THE FALLOUT FROM "SIDGATE"  
NO WAY AM I WEARING THIS. I THINK WE LOOK KIND OF CUTE.

SOME WERE PUT ON TAPE DELAY  
I'M NOT EVEN SURE WHAT A TAPE DELAY IS. THIS IS SO STUPID. WE DON'T EVEN USE A TAPE!

SOME SOUGHT AFFECTION  
I NEED A HUG. NOT WITH BIG BROTHER WATCHING. YEAH, NO WAY DUDE.

OTHERS STOOD DEFIANT  
CENSOR THIS, BUCKO!!!

APOLOGIES TO MR. CONLEY, MR. PASTIS, AND MR. THOMPSON

**Syntax Errors**

SO THAT IS REALLY A CLOCK? SURE IS!

IT'S A BINARY CLOCK. I CAN TELL WHAT TIME IT IS BY HOW MANY LIGHTS ARE ON FOR EACH ROW. BUT... BUT...

WHERE ARE THE HANDS? WHERE ARE THE DIGITS? ANY GOD MAN, WHERE IS YOUR COMMON SENSE?

NEW TECHNOLOGY HITS SOME PEOPLE HARDER THAN OTHERS  
THE DEVIL'S INSIDE! TELL YA! IT'S CURSED!!

**DuJour**

ROBERT SOMMER

Can we vote on it?

**Stuff!**

EY-CHENEY

The light at the end of the tunnel might be a train about to run you over !!!



# Do snow blowers eliminate risk for injury due to snow removal?



Submitted by  
8 Wing General Safety Office

Snow blowers were designed to replace or minimize shovelling and to make snow removal easier.

Snow blowers have various degrees of effectiveness depending on their design and price. If you use a snow blower it is important to recognize that this machine doesn't make snow removal either effortless or risk-free.

Nevertheless, while not as strenuous as manual shovelling. Using a snow blower remains physical labour that is done in the snow and cold.

Snow blowers can indeed make snow removal more efficient particularly where there is a large area to clean.

However, snow blowers do not eliminate manual snow shovelling completely.

Sometimes a snowfall is too light and sweeping away snow

with a brush or shovel is sometimes easier and faster than firing up a machine. Snow blowers also cannot remove the build-up of ice under the snow.

## How do I use a snow blower safely?

Once you decide to use a snow blower, whether your own, borrowed or rented, it is crucial to read, understand, and follow all safety practices in the owner/operator manual before starting and operating the unit.

Make sure you understand the functions of all controls and how to operate them, and how to stop in an emergency.

Failure to follow instructions could result in personal injury and/or damage to the unit.

What is the safe way of operating a snow blower?

Always allow unit and engine to adjust to outdoor temperatures before clearing snow.

Ensure proper guards, plates or other protective devices are in place and working properly

Stay alert for any unexpected hazard.

Always be aware of traffic and pedestrians when operating along streets, curbs, or sidewalks.

Always be sure of your foot-



Photo: sxc.hu

ing, especially when operating in reverse or leaving the operator's position. Walk, never run, during operation.

Avoid uneven and rough terrain. Be extra cautious while operating near drop-offs, ditches, or embankments. Units can suddenly turn over if a wheel is over the edge of a cliff or ditch, or if an edge caves in.

Use extreme caution on gravel surfaces. Adjust runners so a scraper blade does not contact gravel.

Keep all movement on slopes slow and gradual.

Use a slow speed to avoid stops or shifts on slope.

Always look down and behind before and while backing.

Disengage attachment drive when traveling from one work area to another.

Run the unit a few minutes after clearing snow to prevent freeze-up of attachment.

## How can you avoid troubles?

Abnormal vibrations are a warning sign. Striking a foreign object can damage a unit. Immediately stop the unit and inspect for causes or damage.

Before cleaning or inspecting turn off the machine remove key

allow all moving parts to stop allow hot parts to cool

remove wire from spark plug Always allow an engine to cool before servicing.

Do not use your hands to remove materials. Fingers have been amputated when the blade has rotated unexpectedly. Use a small shovel, tool, or stick instead.

## What is the proper way of fueling snow blowers?

**Do:** Fuel is highly flammable and its vapours are explosive. Handle with care. Use an approved fuel container.

Replace a fuel cap securely and clean up spilled fuel.

**Do not:** No smoking, No sparks, No flames.

Do not fill a fuel tank when an engine is running, or when hot from operating.

Do not fill or drain a fuel tank indoors.

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On average just under 4 Canadians are killed every day.

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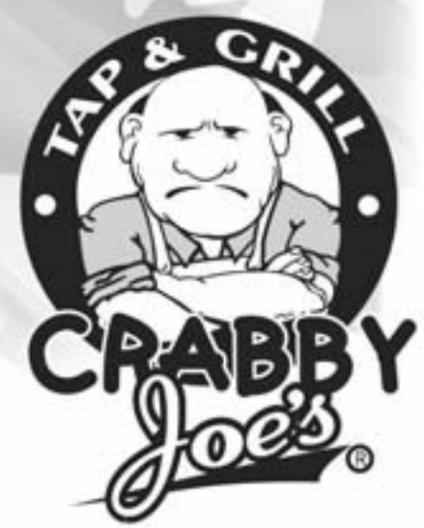


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## TRENTON Military Family Resource Centre



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The MFRC has now available for your convenience the Quinte West garbage tags. You can purchase them at the reception at the cost of \$2.50 each.

Vous pouvez maintenant vous procurer les étiquettes pour les sacs de vidange de Quinte West au bureau d'accueil du CRFM au coût de 2,50\$

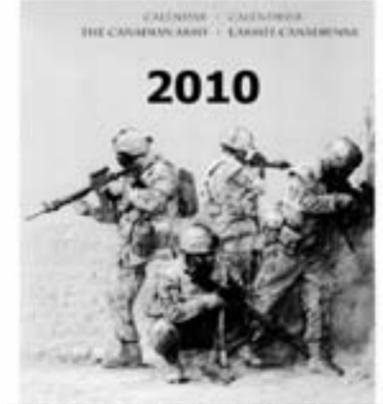


To know more about Military Discount Program, please visit the MFRC website!!!

If you know of any businesses offering discount to the military, tell them about this program or tell us about them. Thank you!.

Pour plus d'information sur le Programme de rabais pour les militaires, svp, visitez le site Web du CRFM. Si vous connaissez des entreprises qui offre déjà un rabais aux militaires, informez les de notre programme ou informez-nous de leur rabais. Merci!

2010



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## Le Bal des Masques

Saturday, 27 February 2010  
Le samedi 27 février 2010

CFB Trenton Officers' Mess / Mess des Officiers, BFC de Trenton

Cocktail at 5:30 pm, Dinner at 7:00 pm  
Cocktail à 17h30, Dîner à 19h

**\$60.00 each/chacun**

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Tickets on sale at the Trenton MFRC, starting December 14, 2009  
Les billets seront en vente au CRFM de Trenton à partir du 14 décembre 2009  
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O	L	E		E	N	T		E	R	A	T	O	
L	I	L		C	H	R	I	S	T	M	A	S	
L	V	I		T	A	I	N	T					
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				O	W	E		I	T	S	T	H	E
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D	E	N	Y		P	A	R		T	I	M	E	
				H	A	V	E	A		V	E	X	
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