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Brigadier-General Thuen launches 8 Wing projects with ribbon cutting, sod turnings

by Tom Philp, Contact Staff

Friday, November 20 proved to be a busy day for Brigadier-General Eldren Thuen, Deputy Commanding Officer, Mission Support, 1 Canadian Air Division, as he visited 8 Wing/CFB Trenton to officiate at one ribbon cutting and four distinct sod turnings for new construction projects.

"To turn sod for four projects in one afternoon is an incredible pleasure," BGen Thuen said. "The CE staffs at the Wing and at the Air Division are incredibly focused and deserve far more praise than they often get. And Defence Construction Canada (DCC) and everyone involved deserve to be recognized for near herculean efforts."

Cutting the ribbon at 8 Wing's new Air Traffic Control (ATC) Tower, BGen Thuen was joined by Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, and James Paul, president of Defence Construction Canada (DCC).

The same group, assisted by additional 8 Wing staff and various project managers and construction personnel, then moved on to turn the sod at north side sites set for the development of the new 1 Hangar, the largest project of its kind, financially, in Air Force history; the future home of 8 Wing Transportation/Electrical Mechanical Engineering (Tn/EME) Squadron's shops and offices; and the area destined to facilitate the new 8 Wing Aerospace Telecommunications Engineering Support Squadron (ATESS) Refinishing Facility.

The launch party then traveled to the south side of the Wing, where BGen Thuen dug in his ceremonial spade to kick off construction of Trenton's new Air Mobility Training Centre (AMTC).

The new tower, approved in 2007 and completed this fall, is expected to be operational later this winter. It was fitting that BGen Thuen preside over the ATC ribbon cutting, since he was the staff officer attending its sod turning in August 2007.

"It was a special pleasure to cut the ribbon at the new control tower as I was in Trenton two years earlier to turn the



Photo: Corporal Drew Deics, 8 Wing Imaging

Brigadier-General Eldren Thuen (centre) digs in November 20 at the sod turning for 8 Wing/CFB Trenton's new Air Mobility Training Centre, the last of four such events at which he officiated in his capacity as Deputy Commanding Officer, Mission Support, 1 Canadian Air Division, and the officer in charge of all construction projects across the Canadian Forces.

sod for this project, which was one of the first in the significant investment in infrastructure at Trenton," BGen Thuen said. "To see a project go from a small hole in the ground to a brand new facility is heartwarming."

But construction is just beginning, or set to begin, for the other four facilities, projects that were approved this year by the Department of National Defence, and announced here in September by Defence Minister, the Hon. Peter MacKay.

At that time, Minister MacKay said approval of the four "major" construction projects visited last week by BGen Thuen demonstrated the federal government's ongoing "commitment to providing the Canadian Forces with the infrastructure required to maintain a first-class modern military;" projects that will bring "tremendous economic benefits to the region, generating direct employment opportunities over the course of this work."

A contract to build the new \$22 million ATESS refinishing facility was recently awarded to Buddy Haegele Enterprises Ltd, Belleville, with construction expected to be complete in the summer of 2011, according to Major Phil Baker, 8 Wing Construction Engineering Officer.

The contract for the new 1 Hangar, valued at \$84.7 million, was awarded to

Bird Construction last month; and Maj Baker expects the contract award for the Tn/EME building to be announced in early December.

Mark Brant, the DCC engineer responsible for the ATESS project, said specific challenges for this construction will include the "large and very expensive" plenum doors that require special attention from design to function.

The doors will be designed to act as a plenum to ventilate paint and chemical vapours, with the back wall of the hangar bays acting as the return side of the ventilation system.

"This system is used to help produce exceptional paint jobs," Brant said. "This building will be a state-of-the-art paint shop facility and has been a long time in the making. I'm very excited to see this awesome building come to life."

The massive hangar project is part of the Canadian Forces Airlift Capability Project Strategy, a purpose-built, environmentally-controlled hangar that will accommodate all maintenance requirements of the newly acquired CC177 Globemaster III aircraft, Maj Baker said.

Beginning so many new, large projects at almost the same time presents unique challenges, said David Case, Deputy Project Manager with DCC Trenton.

See "New 8 Wing projects" Page 3

Rocking for United Way

by 2LT Cynthia Kent
8 Wing Public Affairs OJT

A benefit concert for the United Way was a huge success, thanks to some very talented musicians, including the Honorary Colonel of 424 Squadron and some friends.

HCol Ed Robertson of the Barenaked Ladies, along with two of his band mates, drummer Tyler Stewart and bass guitarist Jim Creeggan put on a show for close to 400 people at the Astra Lounge on November 20.

Tickets were a bargain at \$10 each, with proceeds going to the Government of Canada Workplace Charitable Campaign and United Way, Quinte Region.

From old favourites, like "If I had a Million Dollars", to new songs soon to become favourites, the band had the crowd eating out of its hand. There was even a hopping and very funny little reggae tune, "Junior Ranks", apparently made up on the spot, and a humorous, tongue in cheek tribute to the Antonov aircraft.

The music was interspersed with some funny

stories and jokes from the band as well as some more serious words of praise for Canadian Forces personnel, in particular the Search and Rescue Technicians and crews of 424 Squadron. At one point, the band invited a SAR Tech on stage to help them play a song.

The majority of the crowd stayed on its feet throughout the set and many sang along with the band.

When the main act called it a night, the dance floor continued to jump to the classic rock music of Chatterbox, a four piece band based in Trenton.

The evening began with the very talented up and comer Sarah Cripps whose beautiful voice charmed the crowd.

The money raised during the benefit concert, along with all the money raised for the GCWCC and United Way, Quinte, will go to help people in our community.

A big thank you to 424 Squadron and all the musicians, concert organizers, volunteers and everyone else who helped make the evening such a success!



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2009 United Way Campaign: One week left

It's down to the wire for 8 Wing/CFB Trenton's fundraising drive for the Government of Canada Workplace Charitable Campaign and the United Way of Quinte.

The final day of the campaign is December 4 and there will be a closing ceremony at the Yukon Galley during the Pizza/Pasta luncheon.

There have already been several successful fundraising events including a benefit concert featuring 424 Squadron's Honourary Colonel Ed Robertson and friends which raised, after costs, nearly \$ 3,000!

There are two more fundraising lunches: chilli on November 27 and pizza/pasta on December 4, both at the Yukon Galley. You have until 13:00 hrs, on December 4, to go the 8 Wing splash page to bid on a tandem freefall parachute jump being offered by the Canadian Forces Land Advanced Warfare Centre.

There is still time to buy a raffle ticket for the EME trailer (3 tickets for \$10), or the Dental Basket. And the Mega 50/50 pot is still growing! Those draws will all happen during closing ceremonies on December 4.

For more fundraising events check out the 8 Wing splash page.

So far the GCWCC at 8 Wing/CFB Trenton has raised \$89,911.13 for the United Way of Quinte.

The Mega 50/50 pot is at \$4,242.55 (that's \$2,121.28 in your pocket!) and 80 per cent of personnel have been canvassed. Our goal is 100 per cent canvassed.

To help, speak with your unit rep about donating money, or participate in one of our fundraising events. Remember: the money raised helps people in our community.

For information follow the link on the 8 Wing splash page.



Photo: Submitted

Raffle tickets for both the Dental Basket (shown above) and the EME trailer (shown below) are still available.



Photo: Tom Philp, Contact Staff

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



One of the many areas of responsibility of the 8 Wing Fire Department is Hazardous Material (Haz Mat) Response. Green Platoon regularly conducts training and familiarization of equipment and procedures to be carried out during Haz Mat emergencies at 8 Wing Trenton by setting up decontamination corridors. This application of Haz Mat response is also expected by the neighbouring communities from 8 Wing as per the mutual aid agreement. Cpl Beauclair instructs Pte Lunn on assembling the scoop stretcher used for unconscious casualties, while the rest of the crew is getting instructions from Cpl Chafe on the sequence of events following the set up of the decontamination corridor.



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SAR-Techs assist in crash

by Capt Pawel Bienkowski
424 Squadron

A Cessna 310 aircraft crashed on Friday, November 6 as two passengers and one pilot were returning to Cat Lake from Sioux Lookout.

When the plane did not arrive at Cat Lake airport on time, JRCC was notified and launched the CC130 Hercules and the Griffon Helicopter around 23h30 on November 6.

Capt Jackson's CC130 Hercules crew and the CC130 Hercules from Winnipeg were able to make it on-scene a few hours later scouring the area for the downed Cessna 310.

The Griffon helicopter could only make it as far as Marathon before Capt McKinley's crew ran into low ceilings and bad visibility. The helicopter crew was delayed for almost nine hours before being able to make it to their next stop in Thunder Bay.

At this point in the search, JRCC decided to hand over the rescue coordination to 424 Squadron and a search headquarters was established in Thunder Bay.

Two CC130 Hercules were operating out of Thunder Bay while one Griffon helicopter was operating out of Sioux Lookout and another was on its way from Trenton. A third Hercules out of Winnipeg and local CASARA airplanes also assisted with the search.

On Sunday evening, over two days into the search, Captain Jackson's crew members were on the last leg of their search pattern when they heard an ELT signal.

A second pass was made when the Hercules crew spotted the wreckage of the Cessna 310. With little daylight left, Tiger 337 prepared its SAR-Techs for a night jump into the heavily wooded crash site. Sergeant Bryson and Sgt Miller parachuted onto the scene but had difficulty locating it and



each other.

Capt McKinley's Griffon crew was already on the way to assist.

Once the Griffon arrived on-scene, Sgt Payne and Master Corporal Neal were hoisted down to the crash site just as the SAR-Techs from Tiger 337 were reaching the scene. Soon after, the SAR-Techs reported that all three persons onboard the Cessna 310 from Lockhart Air Services were deceased.

The four SAR-Techs were recovered by the Griffon with the CC130 Hercules from 435 Squadron providing flare support once Tiger 337 hit bingo fuel. Capt McKinley's Griffon crew had to stop at Cat Lake Airport to refuel before returning to Sioux Lookout.

424 Squadron received great support from 8 Wing, 435 Squadron, CASARA, Lockhart Air Service and the local Thunder Bay, Cat Lake and Sioux Lookout communities.

We wish the outcome could have been better and our condolences go out to the families that lost their loved ones, as well as the co-workers of Lockhart Air Service.

New 8 Wing projects, Continued from Page 1

"The first challenge we have is dealing with so many projects working in such a confined area," Case said. "We have the ATESS and EME projects starting up west and north of us, and before 1 Hangar is complete we'll be starting 2 Hangar immediately to the south."

Case said it is critical to ensure that each contractor has access to the individual sites, and adequate space for both materials and equipment. He said items such as vertical fabric doors, or the telescoping work platforms used by construction personnel "could take a year or more for delivery from the time they start the design, get it reviewed and approved, and then manufactured."

The DCC project supervisor is enthusiastic about working on what will be one of the largest hangars ever in Canada's Air Force.

"The spirit of cooperation that I've seen

to date from 1 Canadian Air Division and Construction Engineering, our consultants and contractors, as well as our own Defence Construction (Canada) group gives me great confidence that we will have one amazing building when we are through," Case said.

"There will undoubtedly be challenges for the Wing Commander and his command team to ensure that the projects remain on schedule and that the other projects associated with the infrastructure projects are delivered on time as well, and that we will have appropriate numbers of trained personnel to put these new projects to optimal use," BGen Thuen said. "I have every confidence that Col Williams and whoever may follow him ... will be able to meet these challenges with their usual aplomb, and that Trenton and the Air Force will be significantly better off because of the projects that began today."



Brigadier-General Eldren Thuen (centre, with scissors) cuts the ceremonial red ribbon to officially launch 8 Wing/CFB Trenton's new Air Traffic Control Tower. BGen Thuen was assisted by Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, Wing staff and representatives from Defence Construction Canada.

Search & Rescue UPDATE

424 Squadron was involved in five missions this past week. In the first mission, the Hercules aircraft was tasked to search for a possible downed aircraft east of Val D'or. The search was for an aircraft that had made a distress call and announced it was conducting a forced landing. The Hercules searched the area and was eventually stood down when nothing was found.

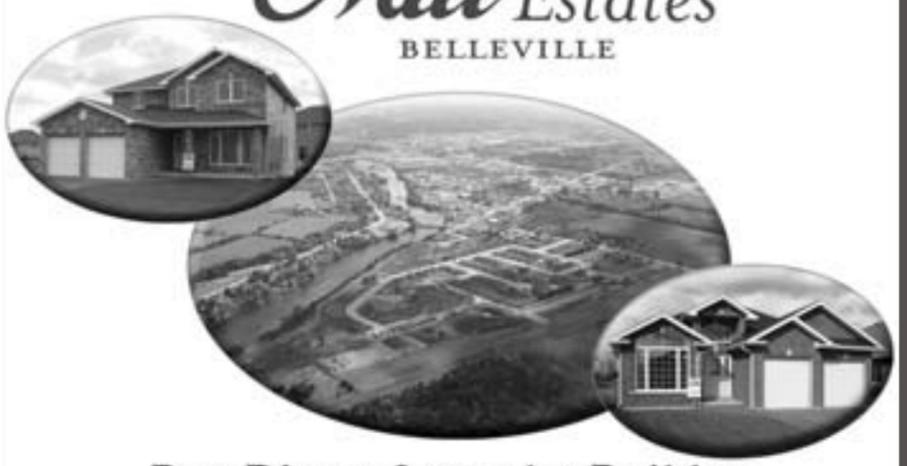
The second search involved the Griffon helicopter which was tasked to look for a person in the water near Iroquois. While enroute, the Griffon heard that the male had been located and picked up by another vessel, however there was still a search underway for a second female. Five minutes prior to arriving on-scene it was heard that the female had been located and the Griffon returned to base.

The next case involved both the Hercules and the Griffon. They were tasked to Medevac an 82-year-old male with heart problems from an area near Earlton. Shortly after takeoff, the case was stood down and both aircraft returned to base.

The Hercules was then tasked to search for an ELT in the Goderich area, however, while homing the ELT was re-tasked to search for a 40-foot overdue catamaran on Lake Michigan. The boat was located by the US Coast Guard prior to the arrival of the Hercules and the crew returned to base.

Until next week, stay safe.

Missions for 2009: 215 Missions for Nov: 9 Persons rescued: 38

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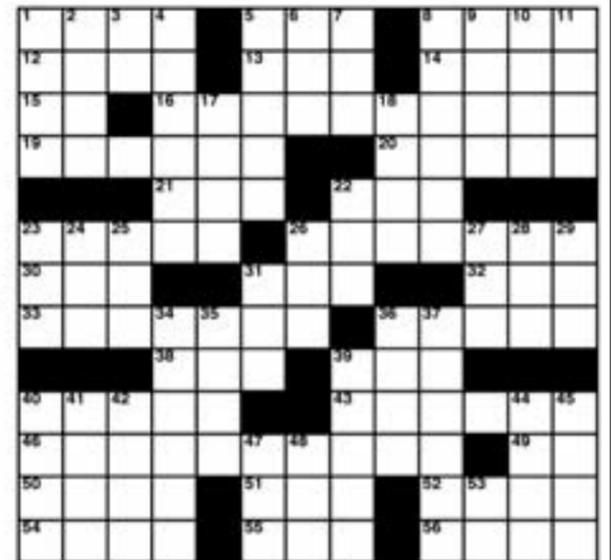
By Bernice Rosella and James Kilner

ACROSS

- Colourless
- Magnon preceder
- Ceremony
- Hawaiian feast
- Of she
- Coup d' _____
- Overhead railway
- Quebec town whose sign boasts a giant canoe
- Island town whose sign boasts a giant hockey stick
- Manitoba town whose sign boasts a giant viking
- Constellation near Norma and Telescopium
- Pot
- Roche Perce locale
- New Brunswick town whose sign boasts a giant lobster
- Riverine island
- Srs. sustenance
- Ocean inlet
- Alberta town whose sign boasts a giant perogi
- Rascal
- Cereal grain
- Half a laugh
- Decorous
- Prince Edward Island town whose sign boasts a giant potato
- Yukon town boasting a giant sign-post forest
- That man
- Away from wind
- Knight's title
- Infantry weapon
- Mind
- Slightly insane
- Adult females

DOWN

- Drained
- Lallapaloosa
- Drinkers org.
- Car part
- Asian nation
- Female ruff
- Tolkien creature
- Prompt
- Unit
- Afrikaans
- Hand bag
- Swiss river
- Giant
- Radio frequency
- Practical joke
- Suffer
- RC honouree
- Err
- Irish paramilitary org.
- Objective
- Kepi
- Decompose
- Bruited about
- Pane
- Polio conquerer
- Stilton or gorgonzola
- Grizzled
- Strike
- Narration
- Egyptian Sun god
- Korea's Syngman _____
- Urges
- Reason for bouncing a chq.
- Falsify
- D. Cherry medium



See Answers, Page 22



This Week in Contact

1979 – A bit of east coast flavour was available at the Warrant Officers' and Sergeants' Mess, thanks to the annual CFB Trenton 'Down Homer Night.' The "grand affair" celebrated "down home" culture and food, shared with the likes of The Flatlanders, The West Coast Bunch, Those Folks from Upper Canada.

1989 – Colonel Jeff Brace, Commander, CFB Trenton, officially launched Safe Driving Week 1989. The theme that year was "Courtesy Is ...," a definition and lesson that might well be taught and applied today. Colonel Brace offered tips for both safe and courteous driving at all times, and encouraged "positive efforts" on the part of base personnel.

1999 – Major Georgie Henderson, A3 Ops Task (now LCol Georgie Jones, CASAirDiv CMB Ottawa/Hull), and her staff were preparing for "anything and everything" when the new millennium arrived at one second after midnight on December 31, 1999. One of her tasks was to ensure 8 Wing readied three "Y2K" Airlift Control Elements (ALCEs) capable of deploying on a 12-hour notice for (primarily) "domestic operations."

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



Senate security and defence committee visits 8 Wing/CFB Trenton

by Tom Philp, Contact Staff

The Senate of Canada was well represented at 8 Wing/CFB Trenton last week as members of the Standing Committee on National Security and Defence (SCONSAD), made their annual military fact-finding trip to this nation's largest air base.

SCONSAD members include Senators Tommy Banks (Alta.), Pamela Wallin and David Tkachuk (Sask.), Rod Zimmer (Man.), Michael Meighen and Colin Kenny (Ont.), Joseph Day (N.B.), Wilfred Moore (N.S.) and Fabian Manning (N.L.).

The mandate given to SCONSAD members by the 40th Parliament of Canada in March of this year was to "examine and report on the national security policy of Canada." That direction to examine national security brought the committee to 8 Wing/CFB Trenton on November 18, preceded by similar fact-finding visits to CFB Petawawa and CFB Kingston, and followed by a November 19 tour of CFB Borden.

Included in the Senators' tour of 8 Wing was a visit to the Canadian Forces Aerospace Warfare Centre (CFAWC) where Lieutenant-Colonel Jim MacAleese, Commanding Officer, CFAWC, briefed the committee members on lessons learned in theatre; the employ-

ment of unmanned aerial vehicles (UAVs); and the impact of the Joint Unmanned Surveillance Target Acquisition System Project.

"We had a good discussion on UAV operations and the Air Force Lessons Learned Campaign Plan. The committee was already well informed on UAVs, but was interested in hearing what the Air Force plans are for the future," LCol MacAleese said. "Although it was a short visit, I feel the SCONSAD now has a good appreciation for the efforts that the Air Force is undertaking to make best use of our limited resources through the lessons learned process."

Senator Kenny (SCONSAD chair) and colleagues met with Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, members of his 8 Wing Executive including LCol Ross Fetterly and Wing Chief Warrant Officer, CWO Kevin West, LCol Dave Murphy, Officer Commanding, 8 Wing Operations, and Major Phil Baker, 8 Wing Construction Engineering Officer in the afternoon after touring the base briefly. Col Williams and his staff briefed SCONSAD members on the operation and maintenance of 8 Wing's transport fleet, and the Wing's support for both overseas and domestic operations.

Following Col Williams briefing with the committee, Senator Kenny met with members of the local media, telling them "how very impressed" he and his colleagues are with how well 8 Wing/CFB Trenton is being "managed." Senator Kenny spoke about the "challenges" of managing Canada's largest air base, with various commanders trying to "juggle" an influx of new aircraft, equipment and infrastructure "without getting any additional staff."

"That's a huge challenge," he said, "but there are some very impressive leaders here who are used to handling significant challenges."

"It is an awesome challenge for the Wing Commander and his staff to manage both old and new equipment at the same time, and to plan for the tremendous changes taking place here," he added.

Senator Kenny said the "high level of major construction work" currently underway at 8 Wing certainly cements Trenton's reputation as being "the jewel in the crown" of CF air bases. He spoke about how "great" it is to know that CFB Trenton is about to receive a fleet of CC130J aircraft, saying that during a previous SCONSAD tour committee members noted "19 unserviceable CC130s."

"The real challenge now is



Photo: Cpl Igor Korpan, 8 Wing Imaging
Colonel Russ Williams, Commander, 8 Wing/CFB Trenton greets Senator Colin Kenny, Chair of the Standing Committee on National Security and Defence.

can (the CF) recruit and train enough pilots and aircraft maintenance personnel to not only deal with the new CC130Js and CC177s, but also at a level that sustains our commitments in Afghanistan, our Search and Rescue capabilities and other missions without compromising any of them," he said.

Senator Kenny said recruitment of "qualified" people, across the CF, is "an ongoing challenge for us."

"We have this huge peak of people getting ready to leave or retire, and another huge peak of primarily younger people who don't have the expertise or training to fully support some of the CF operations," he said.

"(The CF has) some plans to

ameliorate the problem but it's not going to be easy," Senator Kenny said. "It's a problem that's going to go on for another 15 years. Recruiting a new engineer out of university is not going to solve the problems we have here."

SCONSAD members have been touring CF bases since April of this year, and each visit has provided "hands on" experience and information that "you just can't get by talking with someone at (DND) headquarters in Ottawa."

"It's an awful lot different when you are seeing a base in operation and talking with (CF) personnel face-to-face," Senator Kenny said. "We get a much better texture and understanding by visiting bases."

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8 Wing Public Affairs,
OJT

The Orderly Room (OR) at 8 Wing Operations (WOPs) is always a hub of activity; claim forms, leave passes, in/out clearances, promotions forms, are only a few of the papers that pass through the hands of a WOPs Resource Management Support Clerk (RMS Clk) like Pte Theresa Whalen.

"I love this job," she says. "The tempo and diversity of the work done here gets my mind going. Days pass by in the blink of an eye."

Not only is Pte Whalen married to a Canadian Forces (CF) member but she was also born in to a long line of service people.

Her great-grandfather was in the First

World War, her grandfather was in the battle of the Suez Canal with the British Infantry, later he became a fighter pilot with the RAF during the Second World War before joining the RCAF.

Her uncle was in the Royal Canadian Navy. Her father commissioned from the ranks to retire as a Training Development Officer at the rank of Captain after 20 years of service.

Pte Whalen enrolled in the Canadian Forces in March 2008 as a RMS Clk. After completing her Basic Military Qualification course held at the CF Leadership and Recruit School, Saint-Jean-sur-Richelieu, Quebec she went through Basic Military Occupational Training at the Canadian Forces School of Administration and Logistics in Borden,

Ont. Pte Whalen was posted to 8 Wing/CFB Trenton a year ago.

"I am lucky to work with this unit," Pte Whalen says. "The position gives a wide array of experience. We handle the administration of about 200 people and I know almost everyone by name and face, not to mention WOPs has excellent leadership."

Pte Whalen has a soft spot for animals. Two years ago she helped a friend take care of his Great Dane and her litter of pups.

Not long after she was the proud owner of one of the pups herself.

The Whalen household now holds four cute critters: Layla, the now two year old Great Dane/German Shepherd/Husky cross, Sasha the Ferret, Aussi the Sugar Glider and a Beta fish.



Private Theresa Whalen (right) and coworker Corporal Deanna Boutillier (left) at work in the Wing Operations orderly room.

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

Santa Claus Parade
Sun. Nov 29th - 4:30pm
Parade will start in Centennial Park, arriving Downtown around 5:00pm. Following the parade, the Christmas Fantasy Lighting Program will take place.

Nativity Celebration
Wed. Dec. 2nd - 7:00pm
Please join Trenton Christian School Choir in celebration of the Nativity at Fraser Park. Included in the program will be a prayer by Pastor Charmaine Kofler from the Ministerial Association, a welcome from the Mayor and our DBIA Chairman, with the singing of carols. Following the celebrations we will march to Quinte West City Hall, led by Piper Beth Cleaton playing seasonal music. At City Hall the Murray Centennial School Choir will greet us with more sounds of the season and refreshments will be served.

Mayor's Christmas Walk
Wed. Dec. 2nd - 6:15pm
Mayor John Williams will meet walkers at the Quinte West City Hall parking lot for a brisk walk around downtown Trenton. The walk will end at Fraser Park at 7pm just in time for the opening of the Nativity Celebration.
(Support the Trenton Food Bank with a donation)

Lighting of the Menorah Fri. Dec. 11th - 6:00pm at Fraser Park
Santa has agreed to help out with DBIA with appearances around the Downtown area during the hours of the Wagon Rides as well as Thursday evenings.

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SPORTS & RECREATION

Annual ATESS "Hockey Challenge Cup" a success



Below: Major Hans Rietmuller, Deputy Commanding Officer, ATESS (in uniform) prepares to drop the first puck for the tournament, assisted by (left to right) Private Brandon Hall, ATESS, Major Cathy Blue, Commanding Officer, 8 Air Communications and Control Squadron, and Major Eric Cyr, Commanding Officer, 8 Wing Telecommunications and Information Services Squadron. **In the photo above left:** Corporal Patrick Drolet (left), an Airfield Maintenance Technician with Aerospace and Telecommunications Engineering Support Squadron (ATESS) held up what he hoped would be the winning tickets in a squadron raffle to raise funds for the United Way. Cpl Drolet bought the tickets from his ATESS colleagues at the entrance to the RCAF Flyers Arena, during the annual ATESS Hockey Challenge Cup on November 20. WTISS won 3-2 in a shoot out after 3 periods and a 5 minutes overtime period. **In the photo below left:** Players take a faceoff during the first game of the round robin tournament. The WTISS team proved victorious, winning the 2009 Annual ATESS Hockey Challenge Cup by a score of 3-2 in a five-minute shoot out! Congratulations to everyone who participated to make this year's challenge a huge 8 Wing success!



Photos: Tom Philp, Contact Staff



Intersection Golf League closing ceremonies

The 2009 I/S Golf League winners were the ARMF and second place goes to WCE # 3, (two points behind). The league was highly competitive as indicated by the following stats: ARMF had nine wins, five losses, finishing in first place with 32 points overall.; WCE #3 had seven wins, five losses, two tied games, finishing in second place with 30 points; 8 AMS had seven wins, five losses, one tied game, finishing in third place with 28 points; Work Shop had seven wins, seven losses, finishing in fourth with 28 points; AMIS had six wins, six losses, one tied game finishing in fifth place with 26 points; 436 Sqn had seven wins, one loss, two tied games, finishing in sixth place with 26 points; WOPS had seven wins, four losses, finishing in seventh place with 25 points; WCE #2 had five wins, seven losses, one tied game, finishing in eighth place with 24 points. WTISS had six wins, five losses, finishing in ninth place with 23 points; 429 Sqn had six wins, four losses, finishing in tenth place with 22 points; ACS # 1 had five wins, six losses, finishing in eleventh place with 21 points.; ATC # 1 had three wins, three losses, three tied games finishing in twelfth place with 18 points; WCE # 1 had four



Photo: Tom Philp, Contact Staff

Presenting the winning foursome from the 2009 8 Wing Intersection Golf Challenge: (left to right) Sergeant Paul Albanese, Warrant Officer Dan Clarke, Sergeant Harris Goodyear and Sergeant Paul Burton pose with David Rothermund, Director of 8 Wing Fitness and Sports. "Yes, we won it - handily, I must add," said Sgt Albanese. Missing from the photo: Master Warrant Officer Rene Petit, WO Bob Saunders, WO Cordell Deck, Master Corporal Andrew Houston, MCpl Steve Greening, and Corporal Derrick Pruys.

wins, six losses, finishing in thirteenth place with 18 points; ATC #2 had two wins, six losses, two tied games finishing in fourteenth place with 16 points; ACS #2 had two

wins, eight losses, finishing in fifteenth place with 10 points.

Wins: Three points; Ties: Two points; Loss: One point.

CRA Volunteers Urgently Needed

Help out the military community by volunteering your time with the PSP Community Recreation Association .

We are urgently seeking adult volunteers to oversee the kids shinny hockey program as well

as ice monitors during our family skating timings.

If you are interested and able, we would love to hear from you.

Please contact Brenda Riddell at the RecPlex at 613-392-2811 ext. 5230.

NLS Recertification

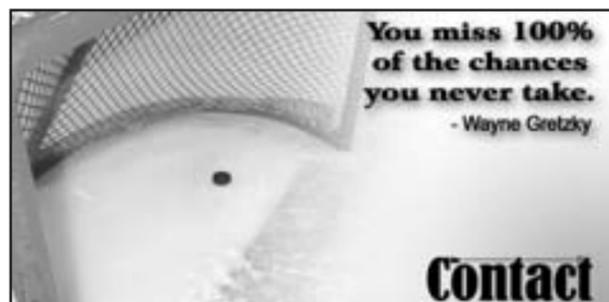
The National Lifeguard Service (NLS) certification must be re-certified every two years. Pre-registration required.

Please be advised that proof of NLS is required (either current certification or expired) in order to reg-

ister for this course.

This course will take place on Sunday, December 20, from 9 a.m. to 3 p.m.

Cost is \$70 for military community members, and \$85 for the general public. Register at the RecPlex.



Contact



FITNESS & HEALTH PROMOTION



Suicide prevention: It's everybody's business

Suicide is a tragic loss of life.

It affects anyone who knows the victim and has a profound impact on the morale of all Canadian Forces members who are aware of the event.

Over the past few years, there has been an average of 12 suicides annually in the CF, with young NCMs being at greatest risk.

These figures are no higher than for the general Canadian population. Yet, for something as devastating as suicide, even one is too many.

There are many commonly held misconceptions about suicide. Some people believe that suicidal behaviour is a way of gaining attention.

Others think that

there are no warning signs or that people who talk about suicide don't really intend to follow through.

Another misunderstanding is that a person who attempts suicide and fails will never make another attempt.

These and other myths can stand in the way of providing assistance for those who are at risk.

Nearly everyone thinks about suicide at some time in his or her life. These thoughts usually occur when they are experiencing a great deal of emotional or psychological pain.

Some may perceive their situation as hopeless and feel a total loss of control.

When individuals are

experiencing this level of despair and considering suicide, they often send some of these warning signs: talking about suicide; preoccupation with death; withdrawal from friends; loss of interest in hobbies, school, work; giving away prized possessions; previous suicide attempts; loss of interest in personal appearance; increased use of alcohol or drugs; expressing hopelessness; and experiencing a humiliating situation of failure.

While no one can make another individual choose life, most suicidal individuals want to live. They are just unable to see alternatives to their problems. At such times, family members, friends and employers may be able to

help.

If you think someone is seriously contemplating suicide, there are some things you can do:

ASK the individual directly if they are thinking of suicide.

LISTEN to what they have to say without judging.

BELIEVE what the individual says and take all threats of suicide seriously.

REASSURE the person that help is available.

ACT immediately. Make contact with others to ensure the person's safety.

Don't try to deal with the situation yourself. Medical staff, a Social Work Officer, a Chaplain, and the individual's CO are all people you can turn to quickly for help.

'Tis the season for responsible hosting

At this time of year when there are more parties and get-togethers involving alcohol, do all you can to help make your events worry-free.

The Liquor Control Board of Ontario (LCBO) suggests designating a bartender, serving ample food with drinks and always offering low-alcohol and alcohol-free refreshments to all guests, not just designated drivers.

Choose from a selection of appealing, non-alcoholic Mocktail drink recipes found at lco.com/mocktails and follow these 10 helpful tips to help celebrate safely and reduce the risk to yourself and your guests:

1. Equal opportunity. Offer all guests - not just designated drivers - an assortment of alcohol-free drinks: Mocktails, non-alcoholic punch, bottled water and coffee.

2. Adults only. Remember that the legal drinking age in Ontario is 19.

3. Have a game plan. Plan ahead to help minimize risks for you and your guests.

4. Put the drinks on ice. If you're serving alcohol at your party, enjoy it after any physical activities end. Drinking and driving, sledding, skiing, snowmobiling or snowboarding simply don't mix.

5. Take the fizz out. Use a non-carbonated base such as fruit juice for alcoholic punches. Carbonation makes the body absorb alcohol faster.

6. Your serve. Serve drinks yourself or appoint a reliable friend as bartender - guests drink more when it's an open bar. And remember, measurement is a must.

7. Chow down. Serve plenty of high-starch, high-protein foods so

no one drinks on an empty stomach. Salty, sweet or greasy snack foods increase thirst. For large holiday crowds, a buffet can be easier.

8. Last call. Close down your bar at least an hour before the party officially ends. Offer guests desserts, coffee and other non-alcoholic drinks.

9. Happy trails. Do whatever it takes to prevent drinking and driving. Encourage designated drivers, consider Operation Red Nose, keep cash and taxi numbers on hand and prepare for overnight guests. Be prepared to take away car keys and never ride in a vehicle with anyone who's been drinking.

10. The host with the most. Drink moderately, so you're better able to act quickly and avoid problems

Source: MADD Canada

Annual Spin Challenge to take place on December 15

Join the fitness staff at 8 Wing Trenton for this year's version of our annual Spin Challenge!

This year's challenge will take place on December 15, from 0800 to 1200 hrs - Spinning with a post event meal at the Arena to follow. The challenge is open to all CF members/units and DND employees.

This will be an Olympic-themed event, to celebrate the torch's arrival at 8 Wing/CFB Trenton, and to celebrate fitness at 8 Wing, with four solid hours of Spinning (50 bikes on the gym floor).

Join us for guest instructors, great music, free giveaways and an awesome workout. Participants can register for one hour or several hours, we are looking to have Unit representation from across the Wing.

To register or more info please contact Lisa Refausse at lisa.refausse@forces.gc.ca



Photo: Amber Gooding, Contact Staff

Participants of the 2008 Spin Challenge are shown above.



8 Wing Health Promotion

177 Hercules St., Bldg 119

Phone: Local 3768

email: healthpromotionTrenton@forces.gc.ca

Jessica Ivanko

Health Promotion Administrative Assistant

Angela Prescott

Health Promotion Manager

Kendra Lafleur

Health Promotion Director

Visit healthpromotion.cfbtrenton.com to learn more.

Did You Know?

The origins of the wine spritzer can be traced back to the Victorian aperitif, "hock and seltzer," which was highly popular in the latter part of the 19th century as a result of Oscar Wilde's novel, "The Picture of Dorian Gray."



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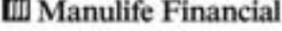
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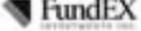
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Rockers ruled at the annual John Cowell Memorial Curling Bonspiel



All photos: Tom Philp, Contact Staff



Master Corporal (Ret'd) Gordie Rogers (centre photo), a member of the CFB North Bay Firefighter's team, signals his confidence as he prepares for eight ends of stone tossing. The 44th Annual John Cowell Memorial Firefighters Curling Bonspiel, held November 20 at the Trenton Curling Club, was officially opened by Colonel Russ Williams, Commander, 8 Wing/CFB Trenton and Wing Chief Warrant Officer, CWO Kevin West. Organized by 8 Wing Fire fighter, Master Warrant Officer Jacques Renee, the event hosted teams from Canadian Forces bases across Ontario and Quebec, some of which "threw" in a "ringer" or two to increase their chances of winning. Clockwise, left to right, a team of 8 Wing Firefighters and guests talk strategy; the skip of Team Petawawa prepares to deliver a knock out shot in one of the early games; regardless of whose team won the game, congratulations were always on hand at the end, with players shaking hands and hugging before moving to the club house for breakfast, or lunch, or maybe just a wee bit of warmth; And speaking about warmth and hugging (top right), the mixed event was a wonderful opportunity to cheer old friends, meet new friends; and the team from 8 Wing nearly swept themselves off their feet trying to bring a player's rock home. The annual event pays tribute to former Fire Marshall of Air Transport Command, John Cowell, the person most credited for developing modern Canadian Forces fire fighting services.



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Find that you are always in the dark?



Submitted by
Don Heans,
Wing General
Safety Officer

It's that time of year again, when you go to work in the dark, come home in the dark, and if you are on shifts, do your job in the dark.

Outdoor workers and drivers particularly are affected by the seasonal shortage of daylight.

Many hazards lurk under the cover of darkness, ready to cause a worker to fall, get assaulted, crash a vehicle or otherwise be injured.

There are also many opportunities for unintentionally injuring bystanders and co-workers when good visibility is

lacking.

In many outdoor occupations work continues year-round.

Fishers, farmers, loggers, oil field crews, construction workers, road maintenance workers, parking lot attendants, guards, landscapers, emergency responders and many others work all seasons in all conditions.

Consider these hazards and how to protect yourself if you work or commute in the dark:

Keep your vehicle in good operating condition, with a battery adequate to start your vehicle on a cold evening. Check your headlights, taillights and signal lights frequently. Keep all lights clean and free of obstructions such as mud or snow.

Take the time to clear the windshield and windows before you start out. Visibility is bad enough on a dark winter morning without trying to peer through a film of frost.

Make sure work vehicles such as tractors, fork-

lifts and plows are equipped with the adequate lights, signal lights, backup alarms and other devices for moving safely in the dark.

Wear the recommended high-visibility clothing so vehicle operators and co-workers can see you.

Carry an adequate flashlight with spare batteries in your vehicle.

You might need it to see your way from your vehicle to a lighted building, to get a stalled vehicle going again or to guide traffic around a road obstruction.

Compensate for any vision limitations you may have so you can work, walk and drive safely. As you get older, you need more light to see.

If you wear lenses that change color according to the light, make sure they become clear enough for you to see well in low light conditions. Use anti-fog wipes to clean condensation from your glasses or goggles.

Report any defects in plant or yard lighting such as burned out bulbs or light tubes. Make sure docks, walkways and parking areas are also lighted well.

Lighting for outdoor work should be designed to prevent direct glare, reflected glare and shadows. These conditions are tiring and confusing for the worker.

Use all machine guards and keep equipment in good repair to prevent accidental contact with moving or energized machine parts which might not be easy to see.

Practice good house-keeping. Leave work areas safe with scrap and tools picked up and holes safely barricaded and covered.

Also be wary of ice building up during hours of darkness on walkways, outside steps, parking lots and loading docks.

The dark time of the year poses particular safety concerns. Light the way for safety in your job.

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Notice TO ALL VETERANS

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

8:00 a.m - 4:00 p.m
Tuesday, December 01, 2009

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

For An Appointment Call
Branch 110, Trenton
613-392-0331 9:00 a.m - 4:00 p.m
Monday -Friday

National Safe Driving Week December 1 – 7

As part of the annual National Safe Driving Week, MSE Safety is offering a no cost Dependant's Defensive Driving Course on December 1 and 2, 2009, from 1800 to 2100 hrs (6 to 9 p.m.) both nights.

Please note, as the name implies, this course is for the *families* of military and civilian workers at 8 Wing/CFB Trenton.

The course will take place at the Wing Transportation Safety classroom located at 11 Buffalo Ave (South Side near the Gym). Participants must

attend both teaching nights in order to receive their DDC cards and accreditation certificates.

This "first come, first serve" format has a limiting seating capacity of 30 persons – all interested personnel are to be pre-booked for subject class by contacting Wing TN MSE Safety Section at local 3470 or local 3347 to secure a seat.

Note: This course is registered with Canada Safety Council and may be recognized by some auto insurance companies for cost reductions.

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2 - 4 December 2009
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The advertiser is to have sole discretion over whether to purchase during the period of the promotion. If the advertiser is unable to purchase, we will issue a specified number of "advertiser available" gift certificates or coupons for the merchandise to be purchased in the alternate manner as it becomes available, or will offer a similar but comparable selection of goods. There is space limitation, some merchandise may not be available at all times, but this will be placed in store for the longest period of time.

We reserve the right to limit quantities. While we strive to ensure that our advertising space is used to our best advantage, we reserve the right of cancellation. Three (3) months' advance notice is not required. Merchandise availability is subject to change without notice, and any other applicable provincial laws. Two (2) years' shelf-life period applies to all merchandise. Merchandise of at least 10% off the (MSRP) is required. This P.O. is approved until the year 2011. Item is not to be used in any other way.



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<p>06 FORD F150 FX4 SPORT</p> <p>8843 4X4, Crew cab, short bed, alloy wheels, pwr seat, step bars, park aid, pwr pedals, key pad entry, air, cruise steering controls, tilt, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 61,000kms.</p> <p>\$23,995</p>	<p>06 CHEV COLORADO</p> <p>A9914 3.5L V6, Extended cab, short bed with bed liner, alloy wheels, burnt orange, traction control, air, cruise, tilt, AM/FM/CD/MP3, 67,000kms.</p> <p>\$11,995</p>	<p>07 GMC SIERRA SLT</p> <p>10091 4X4, 5.3L V8, Crew cab, short bed with bed liner & tow pkg., pwr heated leather seats, wood grain trim, pwr sunroof, rear sliding windows, 20" alloy wheels, OnStar, dual climate control, traction control, satellite radio, CD, air, tilt, cruise, pwr mirrors, windows, locks, factory remote start, keyless entry, 51,000kms.</p> <p>\$29,995</p>	<p>06 CHEV SILVERADO 1500</p> <p>9110 4X4, 4.8L V8, Special Edition, Extended cab, short bed with bed liner & tow pkg., chrome step bars, alloy wheels, 4th door, dual climate controls, air, cruise, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 44,000kms.</p> <p>\$17,995</p>
<p>07 GMC CANYON</p> <p>10147 4X4, 3.7L V6, Extended cab, bed liner, 4th dr., alloy wheels, air, cruise, tilt, AM/FM/CD/MP3, pwr locks, mirrors, windows, keyless entry, 52,000kms.</p> <p>\$18,995</p>	<p>06 GMC SIERRA SLE</p> <p>10005 4X4, 4.8L V8, Nevada Edition, extended cab, short bed, bed liner, tow pkg., 4th dr., alloy wheels, chrome step bars, dual climate controls, air, cruise, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 54,000kms.</p> <p>\$18,995</p>	<p>09 NISSAN FRONTIER</p> <p>D9768 Crew cab, bed liner, air, AM/FM/CD, pwr windows, locks, mirrors, cruise, tilt, alloy wheels, keyless entry, only 32,000kms.</p> <p>\$25,995</p>	<p>06 GMC SIERRA SLE</p> <p>9387 4X4, Crew cab, short bed with bed liner and tow pkg., pwr seats, chrome step bars, steering controls, dual climate controls, AM/FM/CD, air, tilt, cruise, pwr windows, locks, mirrors, keyless entry, only 43,000kms.</p> <p>\$23,495</p>

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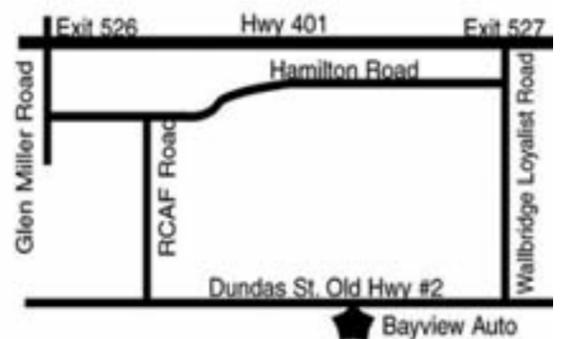


All payments based on bi-weekly payments: 2003 - 43 mths; 2004 & 2005 - 60 mths; 2006 & 2007 - 72 mths; 2008 & 2009 - 84 mths. Admin, P.P.S.A., and taxes included. EG: \$10,000 + \$299 admin. + taxes \$1338.67 + \$65 P.P.S.A. = \$11,713.40 financed over 60 months at 6.50% = \$105.65 bi-weekly with a 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.

Operation Red Nose Quinte

To access the service,
dial between 21h00-03h00 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, QuinteWest, Frankford, Stirling, Deseronto, Madoc, Tweed, Picton, Ameliasburg, Consecon, Wellington, Brighton.

Days of operation:
November 27, 28
December 3, 4, 5, 10, 11, 12, 17, 18, 19, 31

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

EVERGREEN MEMORIES 2009

National Air Force Museum of Canada
December 7 through December 19

The Trenton Military Family Resource Centre invites you to celebrate the season at "Evergreen Memories 2009", an exhibit of fourteen Christmas trees decorated by local business and service groups. These beautiful trees represent a holiday salute to our Canadian Forces and will be on display, free of charge to the public, at the National Air Force Museum of Canada in Trenton. Visitors to this event will be treated to the talents of local artists and musicians who will be donating their time to entertain.

Guest performers include Heidi Hayward, Walter Weller, Laurie Schedler, In-Four-Mation Brbershop Quartet, Anita Halfpenny, Brittany Wade, Deidrey Francois, 8 Wing Band and Christmas Classics Story Time

Monday and Tuesday: 5:30 p.m. to 8:30 p.m.
Wednesday, Thursday and Friday: 10 a.m. to 5 p.m., 6 p.m. to 8:30 p.m.
Saturday and Sunday: 10 a.m. to 5 p.m.

Senior's Activity Afternoon

Wednesday, December 16, 2009

City of Belleville Recreation, Culture and Community Services,
1:30 to 3:30 p.m.
Belleville Recreation Centre, 116 Pinnacle Street
For more information, please call: 613-966-4632

SASSY SCRAPPERS OF THE TRENTON MFCR INVITE YOU TO A CREATIVE MEMORIES OPEN HOUSE

* Saturday, Dec. 5 (Noon - 12:00 p.m.) and Sunday, Dec. 6 (9 a.m. - 3 p.m.)

Come out and learn more about traditional and digital scrapbooking options available from Creative Memories.

Product and album displays.

* Door prizes.

* Raffle.

Demonstrations of traditional tools and digital software - Saturday, Dec. 5 - 9:30 p.m.

* Potluck Dinner

EVERYONE WELCOME!!!

Purchases associated with this event will help to provide scrapbooking tools for Sassy Scrappers workshops. These workshops are available to all local scrapbookers - membership is only \$10/year.

FOR MORE INFORMATION, CONTACT ALLISON AT: (613)392-9189 or all_gbr@hotmail.com

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:

- Saturday, December 5 from 12 p.m. to 3 p.m.
- Friday, December 11 from 6 p.m. to 8 p.m.
- Saturday, December 12 from 12 p.m. to 3 p.m.
- 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.

Quinte's 14th Annual Christmas Model Railroad Show

Belleville Ont. Dec. 5 and 6, 2009

Sat. & Sun. 10 a.m. to 4 p.m.
Quinte Secondary School
45 College St. West

11000 SQUARE FEET OF VENDORS & DISPLAYS
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SENIORS & STUDENTS	4.00
CHILDREN	2.00
FAMILY RATE	10.00

For further information contact:
Paul Martel
Phone 613-968-9270
email: pmartel@coqeco.ca
Al Hird
Phone 613-475-6163

Sponsored by Belleville & Brighton Model Railroad Clubs

Link to Learning Lending Library

Saturdays, in Belleville, from 1 p.m. to 4 p.m. Lending library with most up to date resources for families raising a child with a disability. Please check us out at 188 Victoria Ave. www.linkstolearning.ca

FAMILY



Activity: Making Cocoa Tea



A wooden spoon. you prepare the cocoa tea.

Instructions

Pour the water into a pot and boil along with the nutmeg, cinnamon and sweet bay leaves for 15 minutes.

Add grated cocoa stick and boil for an additional 10 minutes.

Add milk and then sweeten to taste with sugar, stirring constantly.

Add vanilla, and then strain and serve.

Enjoy this more with Comfort, Play and Teach™.

Provide clues such as, "I see an ingredient that is clear and wet" or "Where is the ingredient that is sweet and white?"

Your child will use some important thinking skills and enjoy sharing what he or she knows about cooking with you.

Teach

Go visit a West Indian shop and enjoy the experience of finding the ingredients you need there.

This is a wonderful opportunity to learn about different foods and where they come from and to ask the grocer questions you might have to learn more.

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

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

Throughout the Caribbean people enjoy drinking cocoa tea.

Making and sharing this sweet and spicy beverage is a wonderful way to enjoy some Comfort, Play and Teach™ time with your child!

You will need

- Two cups of water;
- Quarter teaspoon nutmeg;
- One cinnamon stick;
- Two sweet bay leaves;
- Half cup grated cocoa stick (available in West Indian shops);
- One cup milk (or cream or evaporated milk);
- Sugar;
- One teaspoon vanilla;
- A pot;

Comfort

Take time to converse with your child as you sip cocoa tea together.

As you relax together you can talk about your day, share stories and riddles or simply enjoy each other's company.

Play

Play an "I Spy" game as

Mealtime.org Salmon Pockets

Ingredients for salsa:

- 1 can (15 ounces) black beans, rinsed & drained
- 1 can (8 ounces) pineapple chunks, drained
- 1 canned chipotle chile in adobo sauce, minced
- 2 jalapeño peppers, seeded & minced
- 1/4 cup chopped red onion
- 2 tablespoons chopped, fresh cilantro
- 2 tablespoons lime juice

Ingredients for Fajitas:

- 1/2 cup tequila
- 1/2 cup lime juice
- 2 tablespoons vegetable oil
- 1/2 teaspoon pepper
- 4 skinned & boned chicken breast halves
- 8 (7-inch) whole-wheat tortillas, warmed

Preparation Time: 10 minutes Cook Time: 10 minutes

Preparation: Salsa: Combine beans, pineapple, chipotle pepper, jalapeño pepper, onion, cilantro and lime juice; refrigerate for up to two days.

Fajitas: Combine the tequila, lime juice, oil and pepper in a zippered plastic bag large enough to hold chicken. Add the chicken, seal the bag and toss to coat with the marinade. Refrigerate for at least two hours, but no more than six hours. About 30 minutes before you are ready to start cooking, prepare a grill to medium-hot (white ash), and brush or spray the grill rack with oil. Remove the chicken from the marinade and grill until golden brown and cooked to an internal temperature of 170°F, about, four to five minutes per side. Transfer to a cutting board and cut in 1/2-inch-thick slices. Divide the chicken among tortillas, and top with salsa. Roll up and serve. Serves: Four

Nutritional Information Per Serving: Calories 600; Total fat 14g; Saturated fat 1g; Cholesterol 35mg; Sodium 710 mg; Carbohydrate 74g; Fiber 11g; Protein 28g; Vitamin A 4 per cent DV; Vitamin C 40 per cent DV; Calcium 4 per cent DV; Iron 25 per cent DV. *Daily Value*

DEAD END ?

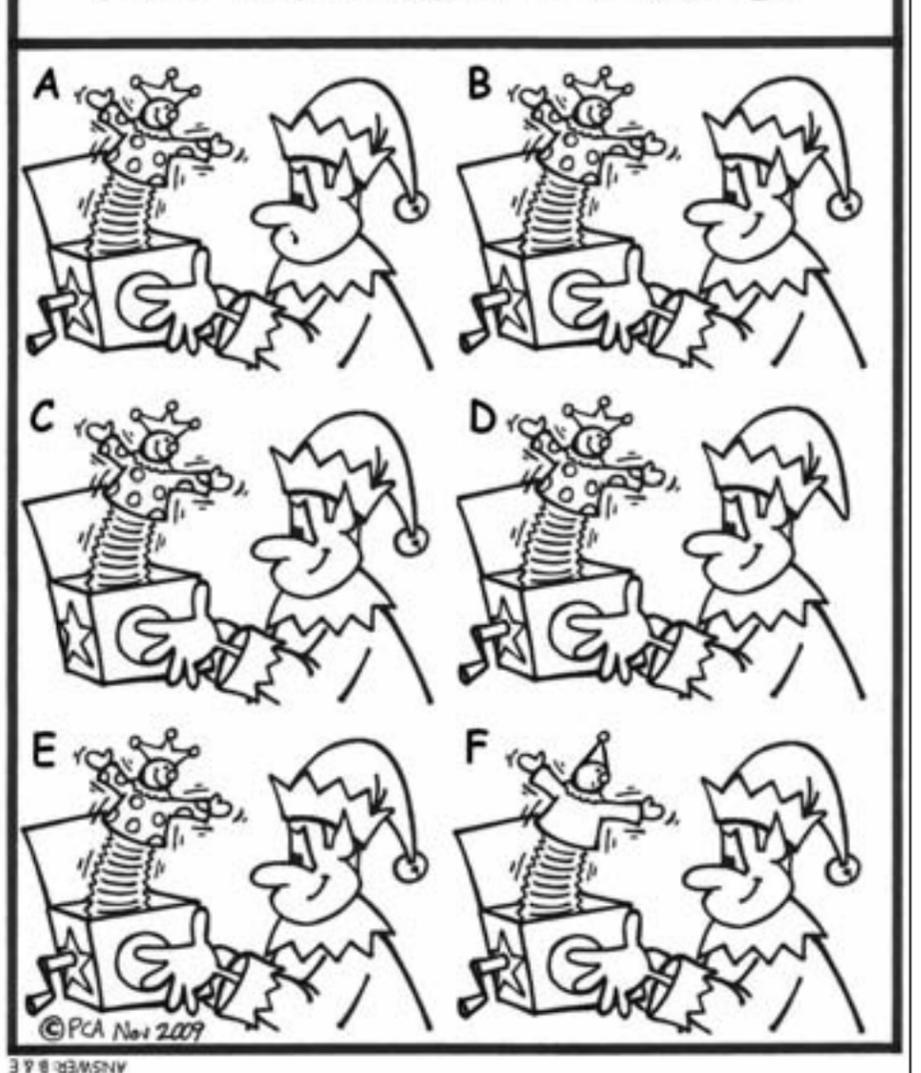
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FIND THE 2 IDENTICAL IMAGES



HOROSCOPES
 Donna's
 Astrology Weekly
 www.donnavantoen.com

November 29 – December 5

Theme of the week: Some of you have a calm week, but most of you have a wild and crazy one. There's a lot of restless energy out there, so many of you may welcome change just for the sake of change. The Universe will oblige, offering surprises on the domestic front, challenging people, unexpected compliments, and more. It certainly won't be dull!

ARIES (March 21-April 19): You may find that you're able to get rid of some old albatross that's been hanging around your head or house. Could be a responsibility, could be a worry, or could simply be something you didn't know what to do with. In any case, it's gone and good riddance!

TAURUS (April 20-May 20): Some sort of vague uncertainty that's been stashed at the bottom of your subconscious now becomes visible and needs to be dealt with. It probably has to do with going back to or rejoining some group or individual. The choice is yours!

GEMINI (May 21-June 20): A bit of havoc touches your life this week, probably in the work area. It could well be another person who's most impacted, but you get the fallout. The story could have a surprising but positive ending. Stay tuned!

CANCER (June 21-July 22): Your thoughts turn to obtaining some sort of education. This could be a degree program or merely some sort of skills-upgrading course. On other fronts, someone is finding you mighty attractive. Don't let the latter distract you from the former.

LEO (July 23-Aug. 22): Relationships take on a lighter tone for you this week. There could even be a new romance for some of you. If you still have vacation days coming to you, you'd do well to take a long weekend this week. There's really more fun here than you can possibly pack into two days!

VIRGO (Aug. 23-Sept. 22): Mostly you're enjoying yourself this week, though there may be a few little things around the house disturbing your general sense of well-being. Paint them, clean them, fix them, or otherwise finish them up so they cease to mar your tranquility!

LIBRA (Sept. 23-Oct. 23): You're interested in someone else's well-being, probably someone who lives at a distance from you and possibly even in another time zone. Your relationship with this person is good, dealings are cordial, and in all probability everything's fine!

SCORPIO (Oct. 23-Nov. 21): How are your multi-tasking skills? It's going to be a busy week, so you may be hard-pressed to keep all those things you're juggling in the air. If you succeed, though, you can expect both finances and possibly relationships to benefit. Your attitude and energy level are both fine. All you've got to do is keep on keeping on!

SAGITTARIUS (Nov. 22-Dec. 21): Activity is frenzied and frantic this week. In fact, you're scattered all over the place and could do with some grounding. Among other things, a little trip could necessitate some adjustments to your schedule. On other fronts, all this activity could have some positive financial ramifications. Lay off the coffee and carry an agate!

CAPRICORN (Dec. 22-Jan. 19): Expect to have some fires to put out. One could have to do with an unrequited love and someone who refuses to take no for an answer. You could be the object of unrequited affections or the bearer of same. Either way, you've got what it takes to deal with this. Be firm. Close the door. You're doing nobody any favors by encouraging false hopes!

AQUARIUS (Jan. 20-Feb. 18): The emphasis is mostly on fun, parties, and public functions. Expect things to be busy and fairly intense. Excesses could play a role. It's a bit of an emotional roller-coaster, but it's not all bad!

PISCES (Feb. 19-March 20): Some things could get out of hand this week, especially on the work front, where you have more work than time and a boss who wants you to do still more. Hang in there! This, too, shall pass.

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MISFITS BY BRIAN CODAGNONE

ON THE 25TH ANNIVERSARY OF HIS TRAGIC YET STRANGELY AMUSING DEATH, WE PRESENT:

Crisco Predicts!

WHERE WE REVEAL THE AMAZING PREDICTIONS OF CRISCO, THE GREATEST PSYCHIC OF THE 1950'S!

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- FLYING SAUCERS WILL FINALLY MAKE CONTACT, AND THEY WILL BE STRANGELY ACCOUNTANT-LIKE!
- A FAMOUS ACTOR WILL BE ELECTED PRESIDENT, POSSIBLY ART CARNEY!
- SOMEONE WILL DISCOVER SOMETHING THAT WILL AFFECT US ALL!

EVEN FROM BEYOND THE GRAVE, CRISCO CONTINUES TO AMAZE AND ASTOUND!!

DEAD AIR

I TOLD YOU YOUR MOM WOULD SEND YOU A GIFT. YEAH, AND ONLY 5 DAYS PAST CHRISTMAS. YOU SHOULDN'T BE SO HARD ON HER. DON'T DEFEND HER, SHE ISN'T TOO FOND OF YOU. THAT IS NOT TRUE! LAST YEAR SHE SENT ME A HAIR-WAXING KIT WITH A NOTE THAT SAID "FOR YOUR UNFORTUNATE PROBLEM." SO? YOU'RE THE "UNFORTUNATE PROBLEM."

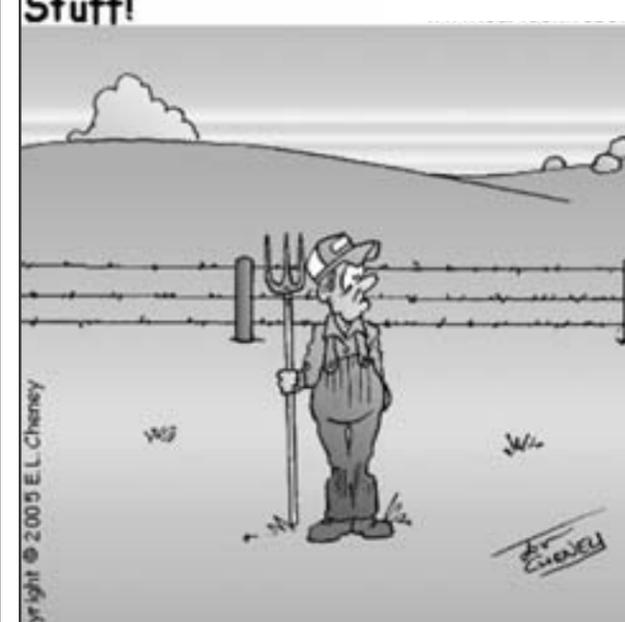
DuJour

ROBERT SGMUR



Not YOU, stupid!!

Stuff!



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A man, outstanding in his field!



FESTIVAL DONATES MONEY TO TRENTON MFRC



Ike MacDonald, Co-Chair of the City of Quinte West's Scottish Irish Festival Committee, showed up at the Military Family Resource Centre on Monday in full regalia to present a cheque for \$300 to the MFRC's Jaime Corriveau (right) and Denise Currie. In thanking MacDonald, Corriveau said the money would help the Centre "greatly" to purchase additional program materials for young children. MacDonald said the money represented part of the proceeds from the committee's 19th Annual Scottish Irish Festival, held every September in Trenton. Look for an even bigger event for the event's 20th anniversary in 2010 - a full Military Tatoo.

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DIRECTED BY LIZ MARSHALL

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The National Air Force Museum of Canada
8 Wing/CFB Trenton
220 RCAF Road, Quinte West
For tickets call 613-965-7314
Doors open 7pm Cash bar
November 20, 21, 27, 28, 2009 Curtain 8pm

Come early and tour the museum!

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04-09 DEC 2009

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DOUGLAS FUNK
Kirsty Coleridge & Shelley Kenney
Isabelle Quintin

4-9 DÉC. 2009

TOURNÉE DE SPECTACLES DU NORD

DATE/TEMPS/HEURE :
02 Dec. 2009 / 2 décembre 2009
Time / Heure : 1930 hrs / 19 h 30

LOCATION/ENDROIT :
Location: Junior Mess / Astra lounge
Endroit: Mess des caporaux et des soldats / salon Astra
Cost of entry: non-perishable donation to the food bank
Prix d'entrée: don de nourriture non périssable à la banque alimentaire

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TRENTON

Military Family Resource Centre



MFRC-EVENTS & INFORMATION

Discount Program for Military



For a list of participating businesses visit:
www.MFRC.CFBTrenton.com

“Combat Combo”

Get a group of your friends together, enjoy some food and take in a **BELLEVILLE BULLS** game - all for **\$20!**
 Children under 12 - \$15



1. Choose a game date - schedule at www.bellevillebulls.com
2. Contact Jaimie Corriveau at jcorriveau@cogeco.net to arrange tickets and payment
3. Deadline: 48 hours prior to game day
4. Food will be served in the Bull's Lounge at 5:30p - game time 7:05p (Food: Pizza, Wings and Pop)

Evergreen Memories 2009

Please Join Us at the National Air Force Museum of Canada
 220 RCAF Road
 December 7-19th

For a schedule of events contact Jaimie at 955-9711



For additional information:
www.MFRC.CFBTrenton.com
 Contact: Jaimie Corriveau 613-955-8711



CFRM-Événements et Information

Programme de rabais pour militaires



Pour les listes des marchands participants visitez :
www.MFRC.CFBTrenton.com

“Combat Combo”

Rassemblez vos amis et venez profiter d'une 'bouffe' et d'un 'match' des **Bulls de Belleville** pour 20\$/personne
 Les enfants moins 12 ans – 15\$



1. Choisir une date de partie - L'horaire au www.bellevillebulls.com
2. Contactez Jaimie Corriveau au jcorriveau@cogeco.net pour billets et paiement
3. Date limite: 48 heures avant le match
4. 'Repas' sera servi dans le 'Bulls Ring Lounge' à 17h30- l'heure de partie 19h05. (Pizza, ailes de poulet et boissons gazeuses)

Mémoires de sapins de Noël 2009

Joignez-vous à nous
 Musée National de la Force Aérienne du Canada
 220 Chemin RCAF
 Les 7-19 décembre

Pour un horaire d'événements contactez Jaimie au 966-8711



Pour information additionnelle
www.MFRC.CFBTrenton.com
 Contactez: Jaimie Corriveau 613-955-8711



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Teen Mentors

In January 2010 the Children's Deployment Program will be starting a new project for teens. If you have a teen between the ages of 13 and 17 who has experience being a child of a military member and would like to make a difference in a kid's life this may be what they are looking for. The teens will be given training on how deployment affects younger kids, activities to do with these kids as well as training for our new puppet program. This requires a commitment of two evenings a month. During these evenings the teens will hang out with the younger kids while having lots of fun. (A facilitator will be present to supervise at all events)

There will be an information and registration meeting on January 11th, 2010. Please register by January 4th by calling 613-392-2811 ext 2442.

Mentor ados

Le programme de déploiement pour enfants offrira un nouveau projet pour les ados à compter de janvier 2010. Si vous avez un ado âgé de 13 à 17 ans qui a vécu l'expérience d'être enfant de militaire et qui désirerait faciliter la vie d'un autre enfant, nous pouvons probablement lui en fournir l'occasion. Les ados recevront une formation traitant des conséquences d'un déploiement sur les jeunes enfants et des activités à faire avec eux ainsi qu'une formation pour notre nouveau programme de marionnettes. Cela exige une disponibilité de 2 soirs par mois. Lors de ces soirées, les ados s'amuseront avec les enfants. (Une monitrice sera sur place à chaque fois pour surveiller)

Nous aurons une réunion d'information et d'inscription le 11 janvier 2010. Veuillez vous inscrire avant le 4 janvier en composant le (613) 392-2811, poste 2442.

Partner's Away Wednesday Night

6pm to 8pm

Childcare is available but you need to reserve ahead so we will have enough caregivers for your children.
 December 2—Cookie exchange and chat.
 December 9—Strategies for self care during the holidays.
 December 16— Christmas Deployment Dinner at the Base Chapel.
 Please call ahead to reserve.

**Groupe Partenaires au loin,
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Le service de garde est disponible, toutefois vous devez réserver à l'avance pour que nous puissions prévoir suffisamment de gardiennes pour les enfants.

2 décembre – Échange de biscuits et placotage
 9 décembre – Comment prendre soin de soi durant le temps des Fêtes
 16 décembre – Souper de Noël du déploiement à la chapelle de la base.
 S'il vous plait, appelez à l'avance pour réserver

MFRC Deployment Christmas Dinner
Sponsored by Sears Canada
 December 16, 2009 at 5:30 pm
 At 8 Wing Chapel
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 Le 16 décembre 2009 à 17h30
 A la chapelle de la 8e Escadre
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 Veuillez réserver avant le 11 décembre / 613-965-3595

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!

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\$

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VIEW FROM THE PINE



By Gilmour Tuttle

So we are having yet another crisis of epic proportions at the Tuttle Homestead. Yes, another one.

Normally I can weasel my way out of them by walking around in my two-sizes-too-small spandex bike shorts and batting my eyelashes a bit more, but this current emergency has nothing to do with the missus or my boss (and yes, they are two different people).

No, the house is in an uproar, again, because of another nonsensical decision by the Montreal Canadiens organization.

Some might recall last year that my family went through a particularly troublesome patch with my young daughter, who in her misguided and yet-to-be-fully-developed-brain way, decided that she really liked "the blue team". And no, faithful readers, this had nothing to do with the Columbus Blue Jackets.

What it does have to do with was HNIC's campaign of psychological warfare ruthlessly waged on the innocent minds of young Canadians across the nation through their weekly inclusion of the Toronto Maple Leafs in Saturday night's marquee match-up. A prolonged poisoning of the hearts and minds, if you will.

Needless to say it took about two weeks of intensive de-programming and considerable bribery on my part ("I'm soooo sorry baby girl, only good little Montreal Canadiens fans can have that doll house. You told me you like the Toronto Maple Leafs. Here's a rock. Go play in the yard.") to get my daughter "right in the head". Two weeks!

So here we are, almost a year

later. Things are going well. My daughter has her Canadiens pyjamas she wears to bed every night. She has her Habs Jersey piggy bank that she can deposit the loonies I give her for running around the house with her Canadiens flag and chanting "Go Habs Go!" every Saturday night. Nary a word has been spoken of "the incident".

And, any time the Leafs are on television her eyes glass over and she confirms to me that, "Daddy, the blue team is bad." Like I said, life is good. Or was good.

Until last Saturday night. You know, the night that the Montreal Canadiens organization decided that it would be a BRILLIANT decision to have the Habs play in their 1909-1910 jerseys for their Original Six match-up against the Detroit Red Wings. The frickin' blue and white jerseys! What the hell?

Pre-game, when I heard which sweaters were going to be worn, I just about had a coronary. And, just before the team took to the ice, I closed my eyes ever-so-tightly, crossed my fingers, and repeatedly whispered, "Please no leaf on the front. Please no leaf on the front".

When I finally opened my eyes I was able to let out a huge sigh of relief as the colours may have been all wrong, but at least the Habs' sweaters had the familiar "C" on the front.

Unfortunately for me, my relief lasted for all of two seconds as my daughter crawled innocently on the couch next to me just as the singing of the national anthems ended.

"Daddy, the blue team is bad."

"Uhhhh....No baby girl. Not tonight. The blue team is good tonight." (%^\$#!).

"But Dad, you said the blue team was really, really bad. You said Toronto was bad."

"Yes, I know I did baby girl. But tonight Montreal is the blue team." (Think, man! Think!).

"But you said Toronto was the blue team?"

"I know I did. Normally they are. But not tonight" (Damn it! I'm losing her! Where are my bike shorts? Aaaargh. No, they won't work here.)

"So I can like the blue team?"

"Here baby girl, here's a loonie! Can you run around and sing our song? Please? (I need more money! Where's my wallet? Who took the damned remote control?)

"So I can like the blue team?"

"Uhhhh....just tonight baby girl, just tonight. Montreal is the blue team tonight, You remember Montreal, right? Go Habs Go! Right? (Please remember! The eye lash batting is not working here! That's all I have left!)

"I like the blue team now!"

"Just tonight. Right? (That's it. She's gone. A year down the drain.)

"I like the blue team!"

"Dear? Ring up the de-programmer. What are you doing for the next two weeks?" (Stupid Montreal Canadiens...)

MEAT AND POTATOES

Mike Cammalleri (No Gionta? No Gomez? No problem. Canadiens' key off-season signing is providing pretty much all the Habs offence these days with five goals and two assists in his last six games. If he can produce like this

with Metropolit and Moen on his line imagine what he can do when Montreal gets healthy again), Joe Thornton, Patrick Marleau and Dany Heatley (Pundits are heralding this trio as Team Canada's Number 1 Line for the Olympics. Hard to argue with that logic when between them they have a combined 87 points and +17), John Tavares (Quietly excelling on the Island with a very nice stat line of nine goals, 10 assists and a -1 +/- rating. The Islanders may need a few more years to draft some talent to build a team around him, which will mean a few more tough years in the win/loss column, but he is definitely performing as advertized), Marc-Andre Bergeron (Yes, you can chalk this one up to his two goal performance against the Blue Jackets on Tuesday night. Watching Bergeron play is a bit like riding a roller coaster as there are a lot of thrilling, and a lot of scary, moments. I'll take the frightening defensive lapses if he can continue to pile up the points), Saskatchewan Roughriders (Green is the colour, football is the game! This might be one of the few times I ever cheer against a Montreal team – yes, I was an Expos fan as well. My beloved Roughriders are heading to the Grey Cup after defeating the Calgary Stampeders in the West Final. I'm callin' it Saskatchewan 34 – Montreal 27 as the underdog Roughies ride what will likely be a load and proud "home" crowd to victory).

CHARLIE POTATOES

Georges Laraque (BGL – Big Georges Laraque for the uniniti-

ated – has a brain cramp and sticks out his knee on Detroit's Niklas Kronwall. BGL gets nailed with a well deserved five game suspension. My only worry? He will be out for the Canadiens tilt against the Leafs on December 1), Danny Briere (Briere was slapped with a two game suspension for levelling Colorado's Scott Hannan after the Avalanche d-man scored. I do not know who should feel worse? Briere will have the suspension but Hannan, standing at roughly 6-1 and 225 lbs, got rocked by a smurf at 5-9 and 177 lbs), Pascal Leclaire (Is "Leclaire" French for "porcelain"? The Ottawa netminder can't buy a break, so-to-speak, as he even gets injured sitting on the bench. Pascal might want to consider finding some way to appease the Hockey Gods as he definitely seems to have ticked them off at some point in his career), Vesa Toskala (Speaking of injury riddled goaltenders, Toskala is headed back to the IR with a groin injury. You would think that at this point this pretty much hands the starting job to Jonas Gustavsson for the rest of the year. To make matters worse Toskala is virtually untradeable at this point given his band-aid past and his salary. Can a \$4 million goalie play in the AHL?), Miikka Kiprusoff (Kipper has decided to draw a line in the sand and has advised that if he is not the starting Finnish goaltender for the Olympics he is not going to attend. Did he really need to throw this out and tarnish his reputation? Who is going to give him a run for his money? Toskala? His only real competitor for the starting job is Minnesota's Niklas Backstrom who is sporting an 8-9-2 record).

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Put a freeze on escalating heating costs

(NC) - Snuggling up indoors as you watch the blistery Canadian winter outside may be a relaxing and enjoyable pastime for many Canadians. But if it's costing you a fortune to maintain a warm and cozy home this winter, the thought of rising heating costs may damper those enjoyable and comforting feelings.

If you're one of the seven million under-insulated homes in Canada, chances are that you may be losing a significant amount of heat through your roof resulting in high energy bills. If you're interested in learning how to slow the amount of heat lost in your home this winter, here's some advice from an insulation expert.

"To slow the amount of heat escaping through the roof, all you need to do is add to the amount of insulation you already have in place using PINK FIBERGLAS® batt insulation," says

Cheryl West, Insulation Expert at Owens Corning. "An adequate and evenly distributed layer of 15 inches of batt insulation acts like a hat on top of your head, helping to keep hot air in."

You can help regulate indoor temperatures by topping up on your attic insulation. It requires only a weekend's worth of work to help increase your savings of energy and money through the winter. Re-insulating the attic can help you save up to 28 per cent* on your energy bills every month, year after year, adding to the long-term benefits of your home.

And there's even more opportunities to save when you take on this home renovation project. The Home Renovation Tax Credit (HRTC) is designed to help homeowners save up to 15 per cent on eligible renovation costs up to maximum of \$1,350.

If you think it can't get any better, Natural Resources Canada offers an additional \$750 in retrofit rebates under the ecoENERGY Retrofit program when you re-insulate your attic. Matching grants are also available in certain provinces and municipalities to help contribute to your project cost savings.

Some incentives are only available for a limited time so re-insulate today to make your home as comfortable as it can be this season. Learn more about the HRTC

and instructions on how to insulate your attic by visiting insulationtax-credit.ca and action-plan.gc.ca. For details about the ecoENERGY Retrofit Program, visit www.oee.nrcan.gc.ca.

**Savings vary depending on the original amount of insulation in your home, climate, house size, air leaks and personal energy use and living habits. The colour PINK is a registered trademark of Owens Corning ©2009 Owens Corning. All Rights Reserved.*



Homebuilders lining up to become licensed for energy efficiency

(NC) - It's easy being green, at least for builders of new homes in Canada. The trend towards building energy-efficient homes has never been hotter as more and more builders across Canada are calling Natural Resources Canada (NRCAN) to become licensed builders under their energy-efficient new homes initiatives. Builders of EnerGuide-rated homes, R-2000*, and ENERGY STAR® qualified homes must be registered and licensed by NRCAN. Over 1600 new home builders have now been licensed under its Canada-wide initiatives.

One of the reasons for the increase in builder participation is an increase in consumer demand. A recent survey by EnerQuality Corporation shows that the majority of buyers (93%) expect builders to offer energy efficient features as a standard rather

than an upgrade. The increased demand is transforming the new housing market in Canada. Several Ontario builders, for example, now build only ENERGY STAR qualified new homes while others have moved to building only R-2000 certified homes. In Whitehorse, City Council recently passed a regulation that all new housing in Whitehorse is to reach an EnerGuide rating of 80 as of September 1, 2009.

If you are in the market for a new home, talk to your builder as there is now a variety of energy efficiency options available that you may want to include in your home.

More information is available at newhomes.nrcan.gc.ca or by calling 1-800-387-2000 to order publications.

**R-2000 is an official mark of Natural Resources Canada*

Holiday lights – illuminating the safe holiday way

(NC) - House fires and similar domestic disasters are all-too-common during the holidays. The causes vary, and they can range from indoor hazards to outdoor accidents. For example, a tree decorated with worn or damaged holiday lights can be a serious shock or fire risk.

CSA International wants to help Canadians keep the festive season safe by reminding them of the following lighting tips this season:

• **Out with the old:** Carefully inspect holiday light strings each year and discard any with frayed cords, cracked lamp holders or loose connections.

• **Size them up:** Unplug light strings before replacing bulbs and check to ensure replacement bulbs match the voltage and wattage of the original. Make

certain that bulb reflectors are the correct size for the light string.

• **Out when about:** Always turn off holiday lights when you leave the house unattended or as quiet as a mouse. At the office, ensure that decorative lights are turned off after business hours. Use an outdoor timer certified by CSA International or another recognized organization to switch lights on and off automatically. Keep lights off until after 7 p.m. to avoid peak electricity times.

• **Look for the label:** When purchasing light strings, extension cords and electrical decorations, look for the CSA International certification mark, which provides assurance that the products comply with applicable standards for safety and performance. Also, ensure that outdoor

light strings, cords, spotlights and floodlights are certified by CSA International and marked for outdoor use.

• **Don't be tacky:** Never hang decorations from fire sprinklers, or allow them to obstruct exit corridors or exit signs, fire extinguishers and hose cabinets. Never tack or staple lighting strings or extension cords to a wall or cubicle. When hanging lights outdoors, keep electrical connectors above ground, out of puddles and snow, and away from metal eavestroughs. Use insulated fasteners rather than metal nails or tacks to hold light strings in place.

• **That's a wrap:** After the holidays, wrap and store lights and decorations in the original packaging, as it likely contains a manufacturer's instructions on

replacement bulbs and details for proper product use. Remove outdoor lights promptly after the holiday season to avoid damage caused by extended exposure to harsh weather conditions.

• **Candle concerns:** Do not use open flames or candles on or near flammable materials such as wreaths, trees or paper decorations.

• **Don't get juiced:** Before working with outdoor wiring, turn off the electricity to the supply outlet and unplug the connection.

• **Pardon the interruption:** Whenever possible, connect all outdoor lighting into receptacles protected by weather-proof ground fault circuit interrupters. These can provide protection from electric shock by sensing ground leakage and cutting electrical power.

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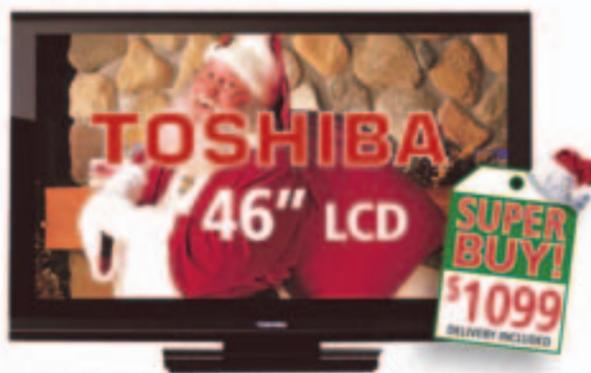
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