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8 AMS Lead Auditor awarded Airman of the Year 2010

by Amber Gooding
 Assistant Editor
 With files from 8 AMS

Sergeant Gregory Angelopoulos, Lead Auditor for Quality Management (QM) System at 8 Air Maintenance Squadron (8 AMS), was awarded the 2010 Airperson of the Year award at 413 (Air Commodore Leonard Birchall) Wing, Air Force Association of Canada's 36th Wing Charter Night.

Sgt Angelopoulos' extraordinary performance in 2010 not only had a definite impact at 8 AMS and at 8 Wing/CFB Trenton but also within the local community.

Sgt Angelopoulos graciously accepted his award, for which he is grateful for.

"Throughout my career there have been many challenges but nothing has kept me from always striving to do the best that I can do," he said during his acceptance speech. "I would like to thank 8 AMS for the nomination of such a distinguished award."

He also acknowledged the commitment and support he receives from his wife.

"My beautiful and lovely wife is the driving force behind me, and always pushes me to better myself," said Sgt Angelopoulos. "As they say, behind every good man is an even greater woman."

Sgt Angelopoulos also thanked those who believed in him, including Lieutenant-Colonel Fernandes, Major Skirrow, Chief Warrant Officer (CWO) West, CWO Muehlhassner, Warrant Officer Guay, and Sgt Kennedy.

As his nomination stated, Sgt Angelopoulos has exerted tremendous effort as Lead Auditor, in preparing 8 AMS for the Aircraft Maintenance Standards Evaluation Team (AMSET) audit and, as a result, resolved many systemic issues that may have adversely affected airworthiness.

Sgt Angelopoulos was a definitive leader during the AMSET Audit – a significant milestone during the tenure of any Commanding

Officer in charge of an aircraft maintenance organization, where serious ramifications can occur if the outcome is negative as it can affect the Squadron's ability to perform airworthiness functions. Ensuring compliance is the responsibility of the Quarter Management (QM) section.

Sgt Angelopoulos led the section in the review of approximately 300 Squadron-wide work instructions, ensuring their validity, while training additional 8 AMS auditors. His prolific impact was apparent through the leadership that he provided to the entire Squadron, helping others to understand what was required of them, providing guidance to Senior Management which averted any serious miscues.

This comprehensive process, with a one week intensive inspection, resulted in an overall Squadron rating of *above average*. This excellent showing is primarily attributable to Sgt Angelopoulos' efforts.

Because of his extremely dedicated work ethic, he is also renowned within the QM field as senior auditors from 1 Canadian Air Division specifically requested that he assist in the training of new quality auditors from across Canada.

Recognizing the importance of 8 Wing/CFB Trenton to the Air Force, Canadian Forces and Canada, he also volunteers to assist the Wing Chief Warrant Officer (WCWO) assistant. As a recognized Wing secondary duty, during the absence of the WCWO assistant, he seamlessly organized two repatriation ceremonies where his duties included rifle drill instruction, training of pallbearers and numerous other responsibilities. A knowledgeable expert in parades, he was also instrumental in the preparation of 8 Wing personnel for the funeral of an 8 Wing member at the National Military Cemetery in Ottawa.

Within the local community, Sgt Angelopoulos also displays a refreshing focus. He managed a



Shown above, from left to right: Chief Warrant Officer Kevin West, 8 Wing Chief Warrant Officer, with his wife Lieutenant Cynthia Kent, Bessie Angelopoulos with her husband Sergeant Gregory Angelopoulos, Lead Auditor for Quality Management System at 8 AMS and Airperson of the Year 2010, and Sherri Cochran with her husband Colonel Dave Cochran, Commander, 8 Wing/CFB Trenton.

representational soccer team, requiring the coordination of fundraising activities and provision of a weekly article to two local newspapers - the Trentonian and the Belleville Intelligencer.

A very poised and intelligent individual, Sgt Angelopoulos shines in front of audiences, most recently providing a briefing on military careers and all that it entails to a group of Grade 10 students at Nicholson Catholic College, located in Belleville.

Presently, and in addition to his already challenging schedule, Sgt Angelopoulos organized the 8 AMS Mess Dinner, he is a workplace relations advisor and the 8 AMS Health Promotion Coordinator.

This, among many other attributes, is why Sgt Angelopoulos is a true airman whose dedication far exceeds what is expected of a Canadian Forces (CF) member. He personifies the core values of the CF.

As Sgt Angelopoulos recently shared a quote he read from the

Photos: Kathleen Rankine



Sergeant Gregory Angelopoulos is shown above with his wife Bessie, after accepting his award for Airperson of the Year 2010.

biography of Senator Edward Kennedy, which clearly sums up his work values and beliefs.

"The greatest lesson that anyone can learn and I am a firm believer in is...If you persevere, stick with it, work at it, you have a

real opportunity to achieve something," he read. "Sure there will be storms along the way, and you might not reach your goal right away - but if you do your best and keep a true compass you will get there."



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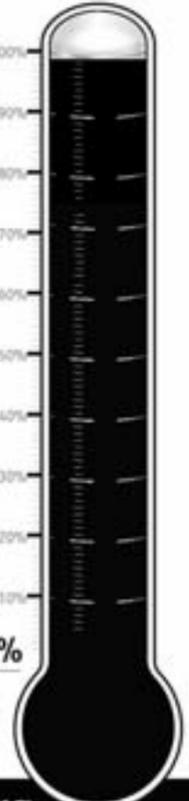
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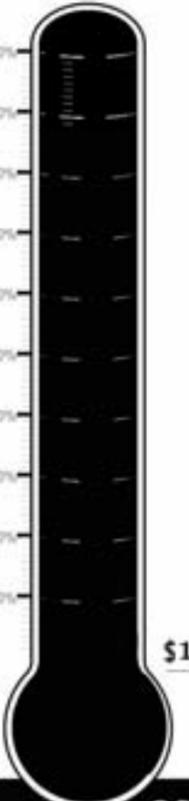
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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



During Remembrance Day activities 8 Wing Telecommunications and Information Services Squadron (WTISS) provided support to local legions. The accompanying photograph shows members of the WTISS contingent marching in support of the Hasting Legion, where we also lay a wreath on behalf of 8 Wing/CFB Trenton. WTISS personnel provide technical support at several locations and this year for the first time, Warrant Officer MacDonald acted as the Sgt-at-Arms for the Norwood Legion ceremony.

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Week of search and rescue exercises help ready military for action

by Jim Day, The Guardian Newspaper
*Reproduced with permission of
 The Guardian newspaper,
 Prince Edward Island*

It was far from a typical flight.

The return Summerside-to-Stephenville trip Monday offered jaw-dropping views, stomach churning drops and turns and intense on-board activity that reached a crescendo with action-like figures leaping from the aircraft.

I and Guardian photographer Brian McInnis came along for the rocky ride on a search and rescue training exercise aboard a beastly CC-130 Hercules.

A crew of 11 took flight with two pilots, including Island native Sheldon White, one navigator, a load master and a search and rescue technician (SARTECH in the military's acronym-filled jargon) all taking flight to learn the ropes.

Maj. Kevin Tromp, a pilot with 426 Squadron at CFB Trenton, says two crews were put through a host of training exercises over several days as the culmination of "a fairly intensive" search and rescue program.

"The purpose of coming to Summerside was to take things that they had learned in kind of a 'canned situation' in Trenton and employ them to more real life - the kind of things they're going to see in an actual search," said Tromp.

On Monday morning, one crew took off for Newfoundland to simulate a search for someone in peril in high terrain. The mountains just north of



Photo: Brian McInnis, Guardian Newspaper

Jim Day tries a parachute on for size with the help of Sergeant Shane McAleer, of 426 (Transport) Training Squadron.

Stephenville some of the highest terrain in Newfoundland proved a suitable test.

Spotters positioned themselves on a seat facing one of two large windows that are situated on either side of the plane near the rear of the Herc.

A 30-minute or so seating offered me the most spectacular view I have ever enjoyed peering through a plane's window (in this case one roughly four

feet high and two feet wide).

The majestic mountains of rock that appeared no more than a good stone throw away (though in fact were no closer than just under two kilometers I was assured) and the stunning ravines passed vividly - and at times quite quickly in front of me as if appearing on a massive Omnimax screen.

The dizzying ride, however, resulted in my putting to use a little bag I was

handed at the start of the flight. (I did manage to chow down for lunch a short time later with the crew).

White, 35, a native of Charlottetown was being tested in the cockpit as he did contour flying while showing plenty of respect for taking control of a four-engine fixed-wing turboprop aircraft in snow showers over mountainous terrain.

See "Search and rescue exercises," Page 11

Search & Rescue Update



424 Squadron had three callouts in the past week

The first mission was for the Griffon, tasked to help locate a 78-year-old woman near Fenelon Falls north of Lindsay, ON. The crew was stood down before take off when the lady was located by the OPP.

Next tasking was again for the Griffon. This time they were being asked to investigate reports of a plane crash in the water of Lake Rosalind, just west of Hanover, ON. The Police and Fire department were first to arrive and discovered the wreckage with one person deceased. Our Helicopter crew was stood down just prior to arriving on scene.

The final mission for the week was for the Herc crew. They were tasked to the La Grande QC area for a confirmed aircraft crash. They were also turned around and stood down when a local helicopter was able to find the crash site and extract the two survivors.

Until next week, stay safe!

Missions for 2010: 182 Missions for Nov: 10 Persons rescued: 12

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

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



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CORRECTION

Incorrect information appeared in the November 26, 2010 issue of The Contact (Volume 45, Issue 42). 435 Squadron was not a Transport and Rescue Squadron during this time, but was in fact just Transport Squadron as 418 Edmonton Squadron was responsible for Search and Rescue up until approximately 1993 or 1994. The aircraft actually belonged to Edmonton BAMEO and was flown by 435 and 418. The Contact regrets this error.

ATTENTION

Contact readers and contributors

Please be advised that any articles and/or photos you wish to submit to *The Contact Newspaper* can be sent to Amber Gooding, Acting Managing Editor, at amber.gooding@forces.gc.ca (alternatively, the intranet address can be found on the DIN).

To contact the publication by phone, or if you have any question or concerns, please feel free to call 613-392-2811 ext. 3978. Thank you.

Canadiana Crossword

A Bountiful Buffet

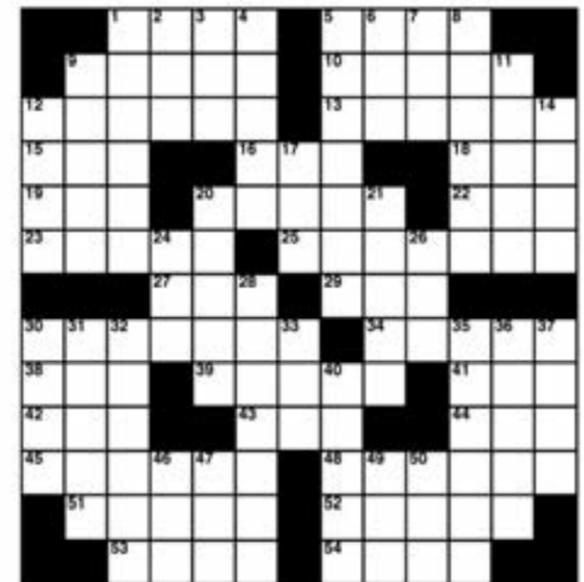
By Bernice Rosella and James Kilner

ACROSS

- Matrimonial _____
- Dairy _____
- Sound of Music character
- Invalidate
- Bowls
- Took a chance
- Visual communication
- European common mkt.
- Siamese citizen
- Brazilian city
- _____ Fairclough
- Employ
- Control system
- Deranged
- Bishop's vestment
- Slurp
- Foodstuff
- Feigned
- Brew
- Winter happenings
- Sri Lankan province
- Sea to Serge
- Word after neither
- Wager
- _____ Rico
- Motor fuel rating
- Frantic
- Acclaim
- Be without
- Icelandic poems

DOWN

- Medicinal bean
- Onassis, for one
- Family
- Artist's prop



- | | |
|-------------------------|----------------------|
| 5 _____ sausage | 28 Unleavened bread |
| 6 Black cuckoo | 30 Seduce |
| 7 Hosp. workers | 31 Small intestine |
| 8 Inuit blubber dish | 32 Red River _____ |
| 9 Sweet _____ | 33 Tewkesbury toilet |
| 11 Tenancy | 35 Ukrainian sausage |
| 12 Nanaimo _____ | 36 Happening |
| 14 Expired | 37 _____ Squares |
| 17 Canadian labour org. | 40 Corresponded |
| 20 Ruler of winds | 46 Nucleic acid |
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See Answers, Page 22

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This Week in Contact

1980 - Batting .500 on aircraft rec: The aircraft in last week's edition, 26 Nov 80, was a Vickers Vancouver. MCpl Ralph Sorey, MCpl Ric Beyers and Pte Daigle correctly identified the old flying boat. The aircraft was first delivered in 1929 for use in civil government operations, and in 1923 was converted for use in coastal patrol. The Vancouver served in the RCAF until spring 1940.

1990 - Can caffeine be good for you?: For many of us, there's no better way to start the day than with a fresh, hot cup of tea or coffee. It's just the right pick-me-up before getting down to work.

2000 - Revamped, colour Contact rolls off presses Nov. 24: November 24, 2000 was a real red letter day for The Contact newspaper - and blue and yellow. The revamped, colour Contact hit the streets last Friday, featuring a whole new look and feel. The official launch of the new Contact, celebrating the first colour issue, the unveiling of the new logo and layout, and the 60th anniversary of the newspaper, was held at the new Contact office in the Headquarters annex.

Created by Lt J. H. MacDonald,
 Compiled by Tiffany Gilroy.



Once again, the North American Aerospace Defense Command (NORAD) is gearing up to track Santa!

Join the experience at www.noradsanta.org starting Dec. 1st as NORAD begins the countdown to Santa's takeoff.

Also, for up-to-the minute updates on Santa's whereabouts on Dec. 24th, be sure to call the NORAD Tracks Santa Operations Center at 1-877-HE-NORAD to speak to an official Santa tracker.

Track with us so you know when Santa's going to arrive at your home!

Season's Greetings

Meilleurs vœux

NORAD is ready to track Santa

by Jill St. Marseille, Air Force News

He is preparing for his biggest night of the year and NORAD is getting ready to track his journey as he leaves the North Pole, bound for millions of homes across the globe on the ever magical Christmas Eve.

The count down for Santa's big arrival has officially begun.

In the days leading up to Christmas, www.noradsanta.org features daily holiday games and activities in seven languages, English, French, German, Italian, Japanese, Spanish and Chinese.

Starting at 12:00 a.m. MST on December 24, visitors to the website will follow Santa as he gears up his sleigh, checks his list and makes his final preparations. Once he leaves the North Pole, children of all ages can track him with updated Google Maps and Google Earth reports.

NORAD Tracks Santa began on December 24, 1955 when a local boy dialed a misprinted telephone number and reached the Continental Air Defence Command (CONAD) Operations Center in Colorado Springs, Colorado.

The youngster asked Santa's whereabouts and the officer on duty gave him the information he was looking for. Thus began the tradition of tracking Santa, three years before NORAD itself was formed.

Santa fans will be able to track him through Facebook, Twitter, YouTube, Flickr and TroopTube.mil.

To follow us on these Santa-tracking tools, type in "@noradsanta" into the search engine to start your tracking.

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From the Management and staff of Personnel Support Programs



The importance of a healthy childhood on weight control

by Ryan Abrams, Physical Exercise Specialist
8 Wing/CFB Trenton

Although children and adolescents are able to metabolize food faster than adults, it is no secret that our young population is getting more inactive and as a result obese at a very young age.

This is why parents should try to get their children active and eating healthy to avoid the constant uphill battle that overweight adults face; a calorie restricted diet and consistent intense exercise. Puberty is crucial to this issue because this is when we accumulate our final number of fat cells in our body. Fat cells we have in our adult life do not change in value (except in extreme obesity cases) they simply swell or increase in size as our healthy lifestyle diminishes and our bodies slow down for various reasons.

When it comes to controlling or losing weight, it should be noted that individuals who were slim and fit during their younger years should have an easier time returning to their previous figures.

This theory is simply due to volume, if you accumulate more fat cells during adolescence, there are more cells available to swell as an adult. This will also make it harder to lose weight, due to a larger number of cells to decrease in size and easier to gain weight as there is more "storage space" for excess fat to enter.

The battle over obesity is not this easy and there are many aspects as to how it occurs and how to eliminate or control it. But the more we know and understand our bodies, the greater chances we have to reverse this epidemic and increase longevity.

Genetics, scientific research, pharmaceutical drugs and various other products claim to reduce

Photo: sxc.hu



obesity and other health issues that result from an inactive lifestyle.

Lets not forget healthy eating and regular exercise are the most natural and effective ways of prevention, maintenance and improvement.

L'importance d'un mode de vie sain pendant l'enfance sur le contrôle du poids

par Ryan Abrams
Spécialiste de l'exercice physique
BFC Trenton

Bien que les enfants et les adolescents soient capables de métaboliser la nourriture plus rapidement que les adultes, on sait bien que nos jeunes sont de plus en plus sédentaires et, par conséquent, souffrent d'obésité à un plus jeune âge.

Les parents devraient donc veiller à ce que leurs enfants soient actifs et qu'ils s'alimentent bien pour qu'ils n'aient pas à mener la lutte difficile et perpétuelle contre l'embonpoint à laquelle se livrent bon nombre d'adultes, par des régimes alimentaires hypocaloriques et des séances d'exercice intenses.

L'âge de la puberté est d'une importance capitale parce que c'est la période où nos corps créent la quantité finale de cellules

adipeuses. Le nombre de cellules adipeuses ne change pas pendant notre vie adulte (à part chez les personnes extrêmement obèses). Or, elles s'enflent, elles grossissent, à mesure que nous abandonnons notre mode de vie sain et que nos corps ralentissent pour diverses raisons.

En ce qui concerne le maintien du poids ou la perte pondérale, il faut souligner le fait que les personnes qui étaient minces et en forme lorsqu'elles étaient plus jeunes devraient retrouver plus facilement leur ancienne figure.

Cette théorie s'explique simplement par le volume de cellules adipeuses. Si vous avez accumulé un plus grand nombre de cellules adipeuses pendant l'adolescence, vous avez plus de cellules prêtes à se remplir, ce qui rendra plus difficile la perte de poids, car vous aurez également un plus grand nombre de cellules à

rétrécir. Cependant, ce sera plus facile de grossir, car vous avez plus de place où « entreposer » la graisse excédentaire.

La lutte contre l'obésité n'est pas chose facile. Il y a plusieurs aspects déterminant son occurrence et la manière de l'éliminer ou de la maîtriser.

Mais, mieux on apprend à connaître nos corps, meilleures sont nos chances de renverser cette épidémie et de rallonger nos vies. Il y a ceux qui prétendent – par la génétique, la recherche scientifique, les médicaments et d'autres produits – pouvoir réduire l'obésité et d'autres problèmes de santé causés par la sédentarité.

N'oublions pas que les méthodes de prévention, d'entretien et d'amélioration les plus naturelles et les plus efficaces demeurent toujours l'adoption de bonnes habitudes alimentaires et l'exercice régulier.

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SPORTS & RECREATION

Winter 2011 Red Cross Swim Lessons

The Community Recreation Association will be offering the Red Cross Swim Program for children and adults beginning the first week of January.

Please note there is a new registration procedure.

In order to register for any Rec Association programs online, clients must first have their Client Account set up. Stop by the RecPlex Reception Counter prior to December 7 in order to take

advantage of the online registration. Online and in-person registration for the 8 Wing Community will begin on Tuesday, December 7. Registration for the military community will continue until Monday, December 13.

Online and In-person registration for the general public will begin on Tuesday, December 14. Registration for all will continue until the start of lessons.

Military Family ID Card

The Military Family Identification Card (MFID) has been designed to provide immediate family members with a standard means of identification. It provides tangible recognition that the military family member is an integral part of the Canadian Armed Forces.

This card is available upon request to the immediate family (spouse and dependent youth ages 10 to 18) of all CF members (Regular and Reserve Classes A, B and C).

Military members wishing to obtain the Military Family ID Card for their dependants can complete the Military Family ID Card Application at www.cfcommunitygateway.com.

The form can be completed online before printing.

Please note: Military member and dependant(s) must be present with a completed application form at the 8 Wing/CFB Trenton RecPlex, located at 21 Namao Drive, Middleton Park, Trenton. To obtain the ID Card, dependants must be at least 10 years of age.

Evening Aquafit

Evening Aquafit will take place on Tuesdays and Thursdays, from January 4 to March 17, for a total of 11 weeks.

This deep water class takes place in the main pool and will run from 7:00 to 8:00 p.m.

Cost is \$53 plus HST for military community members and \$63 plus HST for the general public.

Drop-in fee available, space permitting, at a cost of \$4 per class for military community members with ID and \$5 per class for the general public.

Registration for 8 Wing military community, with proof of qualification required, will take place on Tuesday, December 7, beginning at 9 a.m.

Registration for the general public will take place on Thursday, December 9, beginning at 9 a.m.

Registration for all takes place at the RecPlex

Morning Aquafit

Morning Aquafit will take place on Mondays, Wednesdays, Fridays, from January 3 to March 18, for 11 weeks. There are two classes to choose from.

Class One will run from 7:30 to 8:20 a.m. The class will alternate between the main pool and warm-up pool.

Class Two* will take place from 8:30 to 9:20 a.m. This is a deep water class in the main pool. *Participants will wear a buoyant belt and do not need to know how to swim.

Cost is \$80 plus HST for military community and \$85 plus HST for the

general public. Drop-in fee, space permitting, is available at a cost of \$3 for military community members and \$4 for the general public. A maximum of 15 passes per class will be sold.

Registration for 8 Wing military community, with proof of qualification required, will take place on Tuesday, December 7, beginning at 9 a.m.

Registration for the general public will take place on Thursday, December 9, beginning at 9 a.m.

Registration takes place at the RecPlex.

Shinny Hockey (Over 45)

The Fitness and Sports Flight is organizing a Wing Over 45 Shinny Hockey league and will commence on Friday, December 2, 2010, and will play every Friday from 1400 to 1600 hrs.

This league is open to Canadian Forces military, DND and NPF full-time employees over 45 years of age.

For further information or to register contact CWO Rae J.S., SCWO, WCE 8 Wing Trenton, at local 827-7218 or at 613-243-1635.

The Community Recreation Association presents "PSP Online"

Register for the Winter session of Community Recreation Association programs from the comfort of your home.

If you do not have a User Name and a Password, you will need to contact the PSP Comm Rec Association to arrange set up of a Client Account.

Simply drop by the RecPlex at 21 Namao Drive or call the RecPlex Reception at: 613-392-2811 ext 3361 Monday to Friday from 9 a.m. to 8 p.m. Weekends 1:30 to 3:30 p.m. or extension 2929 Monday to Friday from 9 am to 3 pm.



DAYTIME YOGA CLASS: Join us for this daytime yoga class held at the RecPlex every Wednesday from 1 to 2:15 p.m. Drop-in fee is \$4 for military community members and \$5 for the general public.

8 Wing wins 2010 Ontario Region Bowling Championship

Submitted by Dan Cormier
Military Sports Coordinator

CFB Borden hosted the 2010 OR Bowling Championship from November 25 to 28, and did a fantastic job.

The host team CFB Borden along with CFB Kingston, CFB North Bay, CFB Petawawa and CFB Trenton were the competitors.

Trenton arrived one man short as Major Rick Sensabaugh had to miss the opening day due to work commitments. Sergeant John Hawman, Master Corporal Kim Doucette, Corporal Dallas Bentien, and Corporal Eric Doxsee arrived ready to put in a great effort to secure the championship.

After losing two of the first four matches and with CFB Kingston CFB Borden off to a great start, it was catch up time early in day one for Trenton.

After winning the last two games of the day Trenton held onto third place after going 4 to 2. On day two Maj Sensabaugh arrived and it was the spark Trenton needed.

Turning up the pressure Trenton won all six matches on day two and eight matches in a row, the longest streak of any competing team.



2010 Ontario Region Bowling Champions Maj Rick Sensabaugh (RCSU C), Cpl Eric Doxsee (W Food Svc), MCpl Kim Doucette (W Food Svc), Cpl Dallas Bentien (DART), Sgt John Hawman (CFPU).

Coming out of day two Trenton held onto top spot and never let it go.

For the championship, Trenton went 12 to 4. Rookies Cpl Eric Doxsee and MCpl Kim Doucette were fierce competitors who never lost their cool and were strong team players throughout. Sgt John Hawman and Cpl Dallas Bentien both Gold medalists in the past, struggled throughout the Championship but were good enough to take High Single (Hawman 369) and High Triple (Bentien 804), both being selected to the All Star team for their efforts.

A special thanks goes out to Chuck Wilson (PSP Borden), Sergeant Bill Feeney (CFB Borden), Marilyn Deano (Proprietor Circlad Pine Lanes), and Mike the pin guy.

Without their assistance this would not have been as successful championship as it was.

Job well done to all.

Special mention to the runners-up - CFB Kingston and to Sgt Bill Feeney for High Average and All-Star, as well as LS Joe Ryan (CFB Kingston) and MCpl Roger Bernier (CFB Borden) also named to the All-Star Team.

Champions aren't made in the gyms.

Champions are made from something they have deep inside them -- a desire, a dream, a vision.

Contact




FITNESS & HEALTH PROMOTION



Your health: Active living all year round

Change your activities with the seasons: it's a great game plan.

The weather is no excuse for being inactive.

If you "hibernate" during the winter and spend your time on the couch, you lose out on the fun.

If you lock yourself up with an air conditioner in summer, you're missing all the action.

If it's too hot or too cold out of doors, stay inside, but don't just sit there. A heated indoor pool feels great in the middle of winter. An air-conditioned gym is the cool place to be during a heat wave.

And if you stay at home, you can do all kinds of things that don't need special equipment: walk on the spot, stretch, or lift weights. (You can use household items like cans of soup or milk jugs filled with water as weights.)

If you stop being active, your body starts losing its shape after two weeks. Two to eight months after that, you'll be completely out-of-shape. That's why it's important to keep going year-round.

Can you really afford to have an off-season?

The best way to stay active throughout the seasons is to do lots of different things. Try new activities. There's plenty to do in the winter.

Think of the many ways you can play in snow or on ice. In the



Photo: sxc.hu

spring and summer, beaches, lakes and green fields create a natural playground. Fall is a great time to enjoy the spectacular colours that Ontario's forests have to offer.

Year-round facilities mean you don't have to stick to nature's timetable to enjoy your favourite activity: you can play hockey in July at an indoor rink, or spend an

afternoon at an indoor driving range in the middle of a snow-storm.

No matter what the weather, look for ways to get your body going.

You'll have a great time and you'll feel fantastic.

Source: Active 2010

Une vie active toute l'année

Modifiez vos activités avec les saisons : Un bon plan de match. La température n'est pas une raison pour rester inactif.

Si vous «hibernez» pendant l'hiver et passez tout votre temps sur le sofa, vous manquez tout le plaisir.

Durant l'été, si vous vous enfermez à l'air conditionné, vous passez à côté de l'action.

S'il fait trop chaud ou froid dehors, restez à l'intérieur, mais ne restez pas assis. Une piscine intérieure chauffée est magnifique en hiver. Pendant la canicule, un gymnase avec air conditionné est un endroit parfait.

Et si vous restez à la maison, vous pouvez faire toute sorte de choses qui ne demandent pas d'équipement particulier: vous pouvez marcher sur place, faire des étirements ou lever des poids. (Vous pouvez utiliser des articles domestiques comme des conserves ou des pots de lait rempli d'eau comme poids.)

Lorsque vous cessez d'être actif, votre corps commence à perdre sa forme après deux semaines. Deux à huit mois plus tard et vous n'êtes plus en forme du tout. C'est pourquoi il est important de rester actif toute l'année.

Réellement, vous pensez pouvoir rester inactif pendant toute une saison?

La meilleure façon de rester actif est de faire des choses différentes. Essayez de nouvelles activités. Il y a beaucoup à faire en hiver. Songez à toutes les façons dont vous pouvez jouer sur la glace ou la neige. Au printemps ou en été, les plages, lacs et parcs deviennent autant de terrains de jeu naturels. L'automne est le temps idéal pour admirer les magnifiques couleurs que nous offrent les forêts de l'Ontario.

Des infrastructures ouvertes toute l'année vous permettent de jouir de votre activité préférée malgré les caprices de Dame Nature: vous pouvez jouer au hockey en juillet sur une patinoire intérieure ou passer l'après-midi dans un terrain de golf intérieur en pleine tempête de neige.

Peu importe la météo, trouvez des façons de faire bouger votre corps. Vous aurez du plaisir et vous sentirez en pleine forme.



Join us for four hours of festive fitness fun on Friday, December 10, from 1000 hrs to 1400 hrs for the **Annual Spin Challenge**.

We encourage units to register as we try to fill the bikes for four hours of stationary cycling all in support of the local food bank this holiday season.

For more information please contact Monica at 7517 or Cindy at 4548.



Photo: Amber Gooding, Contact Staff

Annual Fitness Testing

PT tests are operating Mondays through Fridays at 0830 hrs.

To book your annual fitness test email +PSP Express Bookings on the DIN.

To book your step test, contact Monica at x7517.

To book your BFT, you are required to have a deployment message and must contact Monica at 7517.



8 Wing Health Promotion ~ 177 Hercules St., Bldg 119
Phone: x3768

Email: healthpromotionTrenton@forces.gc.ca

Health Promotion Administrative Assistant:
Leslie Bedore

Health Promotion Manager:
Angela Prescott

Health Promotion Director:
Kendra Lafleur

Visit healthpromotion.cfbtrenton.com to learn more about the programs and services offered by your 8 Wing Health Promotion team.

Coming together to help feed both body and soul

by Amber Gooding, Assistant Editor

This year's Celebrity Chef Award goes to...Sergeant Denise Snow and Mr. Brent Rylott from 8 Wing Administration's Taskings section.

The award is presented to the section with the highest donation to the local food bank, in support of their section chef!

For the past few years, as weather permits in the Spring and Summer months, 8 Wing Headquarters (HQ) cleaner Mrs. Joy Peloquin has organized weekly barbecue lunches all in support of the Trenton Care and Share Food Bank.

Each week, different "Celebrity Chefs" take to the grill and at the end of each season personnel throughout HQ nominate a chef of their choice. The votes are counted and the winner, (or winners), are presented with a prestigious "burger" wall plaque. This year the race was won by one vote over Wing Personnel Selection Office (WPSO).

Mrs. Peloquin also runs a canteen in the Headquarters building and proceeds from those sales are also donated to the food bank.

The total donations made to the Trenton Care and Share Food Bank from HQ for the year is \$4,863.03.

That was \$500 worth in food donation, \$3,045.00 from the barbecue lunches and canteen, \$220 from a Christmas basket (a raffle put together by Mrs. Peloquin for those wishing to purchase tickets for a chance to win a basket filled with various gifts), and \$1,098.03 raised through Wing Coordinator of Official Languages (WCOL) dress down and book sale.

Tallying up the donations made since October 2006 brings the grand total of food bank donations to \$11,063.00.

The need help feed local families throughout the fall and winter months has increased over the years, and volunteers of the Trenton Care and Share Food Bank are extremely grateful for all the support they receive from a variety of sources, and the personnel of 8 Wing/CFB Trenton have always been extremely generous and supporting the cause.

Thank you to all personnel who have participated throughout the years – your generous contributions help to make a difference.

Anyone wishing to support the Trenton Care and Share Food Bank are invited to a Food Drive hosted by Smylie's Independent Grocer on December 18, 2010 from 10 a.m. to 1 p.m.

OPERATION SANTA CLAUS PREPARES TO DELIVER

The Cadets of Royal Canadian Army Cadet Corps, 1944 Electrical Mechanical Engineer, from Creemore, ON, Lieutenant-General Peter Devlin, Chief of the Land Staff, Colonel Louis Meloche, CFB Borden Base Commander, Chief Warrant Officer-Gino Moretti, the Army Sergeant-Major, Base Borden Chief Warrant Officer Christian Thibeault and Mr. Chris Stamper from TD Canada Trust hold up packs of pre-cooked bacon donated by Maple Leaf foods for Operation Santa Claus.



Photo: Sergeant Kevin MacAulay

Lieutenant-General Peter Devlin, Chief of the Land Staff, joined local TD Canada Trust employees, community volunteers and cadets in packing holiday care packages for 2,700 Canadian soldiers currently serving in Afghanistan. The packages will be delivered in time for the holidays and will make the holiday season a bit brighter for our soldiers serving in Afghanistan. TD Canada Trust's local branches were able to raise \$188,954.00 through fund raising events for Operation Santa Claus this year. The event took place at the Army, Navy Air Force Club in Barrie, Ontario.

Operation Santa Claus (OSC) began in 1991, when a group of Montreal housewives organized sending Christmas packages to their serving spouses on Peacekeeping duties.



Photos: Adriana Sheahan, Contact Staff

Shown above, from left to right: Brent Rylott and Sergeant Snow, both from Wing Admin Taskings, Joy Peloquin, Wing Headquarters Cleaner, Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and Chief Warrant Officer Kevin West, 8 Wing Chief Warrant Officer. Mr. Rylott and Sgt Snow were presented with the 2010 Celebrity Chef Award.



Shown above, from left to right: Al Teal, Trenton Care and Share Manager, Joy Peloquin, Col Dave Cochrane, Commander, 8 Wing/CFB Trenton, and CWO Kevin West, 8 Wing Chief Warrant Officer.

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Feel Assured

New team members for Snowbirds

Air Force News

Following a rigorous selection process and months of preparation, five Canadian Forces pilots were introduced this week as the latest members of 431 Air Demonstration Squadron, the "Snowbirds" at 15 Wing Moose Jaw, Sask.

The newest squadron members are:

-Snowbird 3: Capt Padruig MacIntosh of Windsor, Ont.

-Snowbird 5: Capt Brett Parker of Edmonton, Alta.

-Snowbird 6: Capt Denis Bandet of Regina, Sask.

-Snowbird 8: Maj Ryan Stich of Toronto, Ont.

-Snowbird 11: Capt Robert Chagnon of Laval, Que.

"It's a great honour and privilege to be a

Snowbird," said Maj Chris Hope, Snowbird 1 and team lead. "For many of our new pilots, this moment is a fulfillment of a childhood dream and a culmination of years of training and flying experience with the Canadian Forces."

While pilot selection for 2011 began in the spring, they had not flown as an integrated, nine-plane formation until this month.

The new team is now preparing for their first public appearance this weekend at the Canadian Football Championship - the 98th Grey Cup.

During the 2011 season, the team is expected to participate in about 60 air shows across North America, representing the professionalism, skill and teamwork of the CF and inspiring Canadians to consider a career in Canada's military.

Nouveaux membres de l'équipe des Snowbirds

Nouvelles de la Force aérienne

Après un rigoureux processus de sélection et des mois de préparation, cinq pilotes des Forces canadiennes ont été présentés cette semaine à la 15^{ème} Escadre Moose Jaw (Sask.) en tant que nouveaux membres de l'escadron 431, les Snowbirds.

Les nouveaux pilotes sont : Snowbird 3, Capitaine Padruig MacIntosh de Windsor (Ont.) ; Snowbird 5, Capitaine Brett Parker d'Edmonton (Alb.) ; Snowbird 6, Capitaine Denis Bandet de Régina (Sask.) ; Snowbird 8, Major Ryan Stich de Toronto (Ont.) ; Snowbird 11, Capitaine Robert Chagnon de Laval (Qc)

« C'est un très grand honneur et un privilège que d'être un Snowbird », a confié le Maj Chris Hope, Snowbird 1 et chef d'équipe des Snowbirds. « Pour plusieurs de nos nouveaux pilotes, ce moment représente un rêve de jeunesse devenu réalité et le point culmi-

nant de plusieurs années d'entraînement et de vol avec les Forces canadiennes. »

Bien que la sélection des nouveaux pilotes pour la saison 2011 se soit déroulée plus tôt ce printemps, ces derniers n'ont toutefois pas eu l'occasion de faire partie d'une formation intégrée de neuf appareils avant novembre. Les membres de la nouvelle équipe se préparent pour leur première apparition publique qui aura lieu en fin de semaine prochaine lors de la 98^{ème} Coupe Grey de la Ligue canadienne de football à Edmonton (Alb.).

Durant la saison 2011, l'équipe des Snowbirds participera à près de 60 spectacles aériens à travers l'Amérique du Nord. Elle démontrera le haut niveau de professionnalisme, d'esprit d'équipe, et d'excellence qui est propre aux femmes et aux hommes des Forces canadiennes et inspirera les Canadiens qui seraient intéressés à entreprendre une carrière enrichissante dans le militaire.

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Contemporary Lay-Out Plan Number 2-3-740

This handsome two-storey home, available with plans for a finished suite on the ground floor, would be ideal for a young family seeking an easy-living, contemporary lay-out, as well providing in-law accommodation or help with the mortgage in the form of a rentable apartment.

At the heart of this home, on the main floor, is the open-plan great room, dining area and kitchen. The dining area and kitchen enjoy access to a spacious sundeck. The kitchen is separated from the dining area by a four-seat island bar, and both rooms will be bright with natural light, thanks to plenty of windows.

The master bedroom, located at the back of the home for privacy, includes a walk-in closet as well as an ensuite with a soaker tub and glass-walled shower.

The laundry room is conveniently situated nearby, across from the three-piece bathroom shared by the two secondary bedrooms. Closets for linen and cleaning appliances complete the lay-out.

On the ground floor, entry to the home is sheltered by a covered porch. From the foyer, a stairway to the right leads up to the main floor. To the left is a spacious den, ideally located for a home office.

At the back of the home, a three-piece bathroom has been roughed in, as well as space for two future bedrooms. The recreation room, with a roughed-in wet bar, features access to a covered patio.

The home's exterior finishes include shingles in the gables, partly mullioned windows with painted trim, and barn-style garage doors, together with horizontal siding and stone accents.

This home measures 40 feet wide and 45 feet deep, for a total of 1,368 square feet on the main floor, which features nine-foot ceilings throughout.



Plans for design 6-3-352 are available for \$731 (set of 5), \$820 (set of 8) and \$875 for a super set of 10. Also add \$30.00 for Priority charges within B.C. or \$50.00 outside of B.C. Please add 12% H.S.T., 13% H.S.T. Or 5% G.S.T. (where applicable) to both the plan price and Priority charges. Our 42ND Edition of the Home Plan Catalogue containing over 300 plans is available for \$3.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home Plan of the Week" and mail to:

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Search and rescue exercises, Continued from Page 3

He was focused on trying to keep 1,000 feet above the ground but, being in an unfamiliar environment, he found he was missing some of his turn points.

"The trick is to be able to recognize when something is going wrong and take the proper, corrective action," said White, who joined the Canadian Navy in 1994 as a non-commissioned member before enrolling in the officer training program at the Royal Military College and eventually becoming a pilot.

"At the heart of it, a pilot is just a good manager of information," he added.

"You know where your priorities are and you can manage all this stuff coming at you."

White will soon have plenty of stuff coming at him.

After this course, he will be qualified to be a first officer in the 413 Squadron at CFB Greenwood in Nova Scotia. He will co-pilot Hercules aircraft for search and rescue missions.

In just two years, he should be upgraded to aircraft commander.

White doesn't expect to wait long for a call to action, probably within a week of getting back to Greenwood.

He says the altruistic side of search and rescue appeals to him.

"You know that your job is out there to help real people (that are) getting into real trouble," he said.

"Some jobs you do in the mili-

tary you train your whole career for a job you will never get to do. Search and rescue is not one of those jobs."

Tromp described Monday's training exercise as a good effort under some challenging conditions such as the snow showers and low cloud cover that reduced visibility.

"It's not that it was overly difficult," he added.

"It's just that when you combine the unfamiliar terrain, you combine the weather elements, and factor in that they really haven't done this stuff too many times, it was definitely busy for the crew under training."

On the return trip, SARTECH Sgt. Shane McAleer was given the chance to strut his stuff.

McAleer, 45, of 426 Squadron at CFB Trenton has been a search and rescue technician for seven years.

His jump Monday over Summerside off the ramp through the gaping hole in the back of the Herc was more for the benefit of the trainees on board than for himself.

He was tasked with making sure there was good coordination between people working in the back of the aircraft and those in the front end of the plane.

"It's a team effort...if they're not communicating effectively, then for one they are not finding their target and two they might put the aircraft in danger," said McAleer.

"Experience matters so much in this business. It takes seconds to bring an aircraft down."

Capt. John Coffin, an air combat systems officer with the 426 Transport Training Squadron, teaches technicians to operate and fix different aircraft components.

He was thrilled to be back in his home province of P.E.I. for training exercises that saw the two crews fly six out of seven days starting Nov. 18.

He even conducted one exercise over his father's farm in Mount Stewart.

Coffin spent the past week training and assessing an air combat system officer in search and rescue exercises based out of Slemon Park, home to a former air base.

All trainees on both crews successfully made the grade.

"It went very well," Coffin said of the week-long training exercises.

"It was very successful. It's always up in the air in respect to weather and aircraft availability."

Tromp lauds Slemon Park for providing excellent service with accommodations right on the airfield.

"What's nice for us is it has a long runway but it's not too busy...so we have a the place a little more to ourselves," he said.

"It's kind of an ideal place to come and do search and rescue training for us."



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The Legion Service Bureau Command Service Officers are here to serve members of the Canadian Forces, Veterans, RCMP members, and their families while representing their interests in dealings with Veterans Affairs Canada (VAC) and the Veterans Review and Appeal Board (VRAB) in claiming disability benefits under the Pension Act or the New Veterans Charter.

The Legion professional Service Officers, whose role is mandated through legislation, provide representation services, advocacy and benevolent assistance FREE OF CHARGE, whether or not you are a Legion member. Visit www.legion.ca/ServiceBureau.

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NORAD
TRACKS SANTA
www.noradsanta.org

Une fois de plus, le Commandement de la défense aérospatiale de l'Amérique du Nord (NORAD) se prépare à suivre la piste du père Noël!

Dès le 1^{er} décembre, visitez le www.noradsanta.org pour profiter pleinement de l'expérience alors que le NORAD commence le compte à rebours pour le décollage du père Noël.

De plus, le 24 décembre, assurez-vous de téléphoner au centre des opérations du NORAD sur la piste du père Noël au 1-877-441-NORAD pour parler à un poursuivant officiel qui vous donnera des mises à jour de dernière minute sur les déplacements du père Noël.

Suivez avec nous la piste du père Noël pour savoir quand il arrivera chez vous!




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MILITARY

Le NORAD est prêt à suivre le père Noël

Par Jill St. Marseille, Air Force News

Il se prépare en vue de sa nuit la plus occupée de l'année, et le NORAD se prépare à suivre son parcours lorsqu'il quittera le pôle Nord pour se diriger vers des millions de foyers partout dans le monde la nuit magique de Noël.

Le compte à rebours pour l'arrivée du père Noël est officiellement commencé. Dans les jours qui précèdent Noël, le site Web qui se trouve à www.noradsanta.org offrira des jeux et des activités des Fêtes dans sept langues (anglais, français, allemand, italien, japonais, espagnol et chinois).

À compter de minuit (HNR) le 24 décembre, les visiteurs au site Web pourront suivre le père Noël pendant qu'il prépare son traîneau, vérifie sa liste et s'occupe des derniers préparatifs. Une fois qu'il aura quitté le pôle Nord, tous les enfants peuvent le suivre grâce à des mises à jour de Google Maps et de Google Earth.

NORAD sur la piste du Père Noël a commencé le 24 décembre 1955, lorsqu'un garçon de la population locale a composé un numéro de téléphone erroné et a rejoint le centre d'opération « Continental Air Defence Command (CONAD) » à Colorado Springs, au Colorado. Le jeune garçon a demandé où se trouvait le père Noël et l'officier de garde lui a donné les renseignements désirés. C'est ainsi que débuta la tradition de suivre le père Noël, trois années avant la création du NORAD.

Les admirateurs du père Noël pourront le suivre au moyen de Facebook, Twitter, YouTube, Flickr et TroopTube.mil. Pour suivre la piste du père Noël à l'aide de ces outils de suivi, il suffit de taper « @noradsanta » dans la case du moteur de recherche pour commencer votre poursuite.

As the holiday season approaches show appreciation and respect for the health and happiness of yourself and others. Choose a designated driver when attending a party and, when hosting a party, be sure to supply non-alcoholic beverages for guests who are driving.



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From the Management and staff of Personnel Support Programs



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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.

**8 Wing Officer's Mess Ladies Club
are hosting their annual Christmas Dinner.**
December 8, at 6:00 pm

in the Upper Lounge Officer's Mess. Members and guest invited. Musical Entertainment : "The String A Longs".
Tickets available until December 1.
For info call Kim 613-962-2718

**Trenton Citizens Band 46th Annual
Christmas Concert**
Thursday December 9th, 7:30-9:30pm
Trenton High School Auditorium

Featuring music by the Wannamaker Family and a tribute to the Highway of Heroes with P/M Jim Douglas and P/S Mike Meagher of 8 Wing Trenton Pipes and Drums and our vocalist Miss Heidi Hayward

Make A Difference

Community Living Quinte West is seeking people who want to be involved in making a difference in people's lives. If you are looking for ways to give back to your community call us to find out more about the rewards of Board membership at CLQW. We are looking for people who are:

- curious
- energetic
- collaborative
- dedicated

If the words above describe you, then read on. If you have leadership skills, fund raising expertise, or ability to advocate, and a belief in social justice, please contact us for more information on Board membership.

Community Living Quinte West helps people with intellectual disabilities to live as valuable members of the community. If Board membership interests you, you will have the opportunity to provide strategic direction to the agency while having the opportunity to learn more about the changing attitudes and ways to support people with intellectual disabilities. Your membership on this Board will make a difference.

Call Lisa Monsma, Chair of the Search Committee at 613-394-2222 or submit your letter of interest to:

Community Living Quinte West
Chair of the Search Committee
52 Lafferty Road
Trenton, ON K8V 5P7
or e-mail communitylivingquintewest@clqw.ca

**Quinte's 15th Annual
Christmas Model Railroad Show**
December 4 & 5, 10am - 4pm
Quinte Secondary School
45 College St., West, Belleville
11000 sq ft of Vendors & displays. Door Prizes.
Adults \$5 Students/Seniors \$4 Children \$2 Family rate \$10

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

Please visit our website at: <http://www.canada.fpsyip.com> If you would like to apply for an intern, please fill out the RFI (Request for Internship) application (found online), along with a description of the internship. Please fax applications to 613.965.3733. Thank you.

100

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For more information or to join today: 1 877 323 4545 ext 3424
email: acl.24@guidesontario.org

Public Skating is Back!

Enjoy some fun ice skating for the low price of \$2.00 all winter long! Visit us at the Dr. McMullen Memorial Arena in Frankford Ward and the Duncan McDonald Memorial Community Gardens in Trenton Ward.

Frankford Arena
Wednesday: 12:00-2:00pm (FREE SKATE)
Sunday 2:00-3:30pm

Trenton Arena
Tuesday: 1:00-2:15pm (FREE SKATE)
Saturday: 8:00-9:00pm
Sunday: 12:00-1:30pm



Wishing you all the best for the Holiday Season!
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The Contact Newspaper staff would like to acknowledge Trenton McDonald's as the weekly sponsor of our feature, The Contact Family feature.



Creating beautiful Eggshell "Mosaics"

Next time you make scrambled eggs or French toast for breakfast, save the eggshells and use them for this fun craft.

Even small children will have fun making "mosaics" with crushed eggshells they've tinted with food coloring.

What you'll need: Eggshells; food coloring; containers or paper/plastic cups; bounty® paper towels; construction paper; liquid glue; crayons or markers (optional); plastic or rubber gloves (optional); and pencil.

Directions: Carefully wash out the eggshells. Remove the thin membrane that clings to the shell.

Mix the food coloring with water in the containers you're using. For bolder colors, use more food coloring.

Drop the eggshells in the food coloring. The eggshells will take on a darker tint the longer you leave them in the containers.

When the eggshells are sufficiently tinted, remove them from the containers and place the shells on the paper towels to dry. (You may want to use



gloves for this!)

When the shells are dry, crumble them into small pieces. A slightly larger piece will give you more of a mosaic look; however, it's quicker and easier for younger children to work with pieces that have been more finely crumbled.

Use the liquid glue to make a design on the paper (or lightly draw a design in pencil first, and then cover it with glue).

Sprinkle the broken shells on the glue and the design will emerge!

Children may want to use crayons or markers to write their name, or to dedicate their picture to someone.

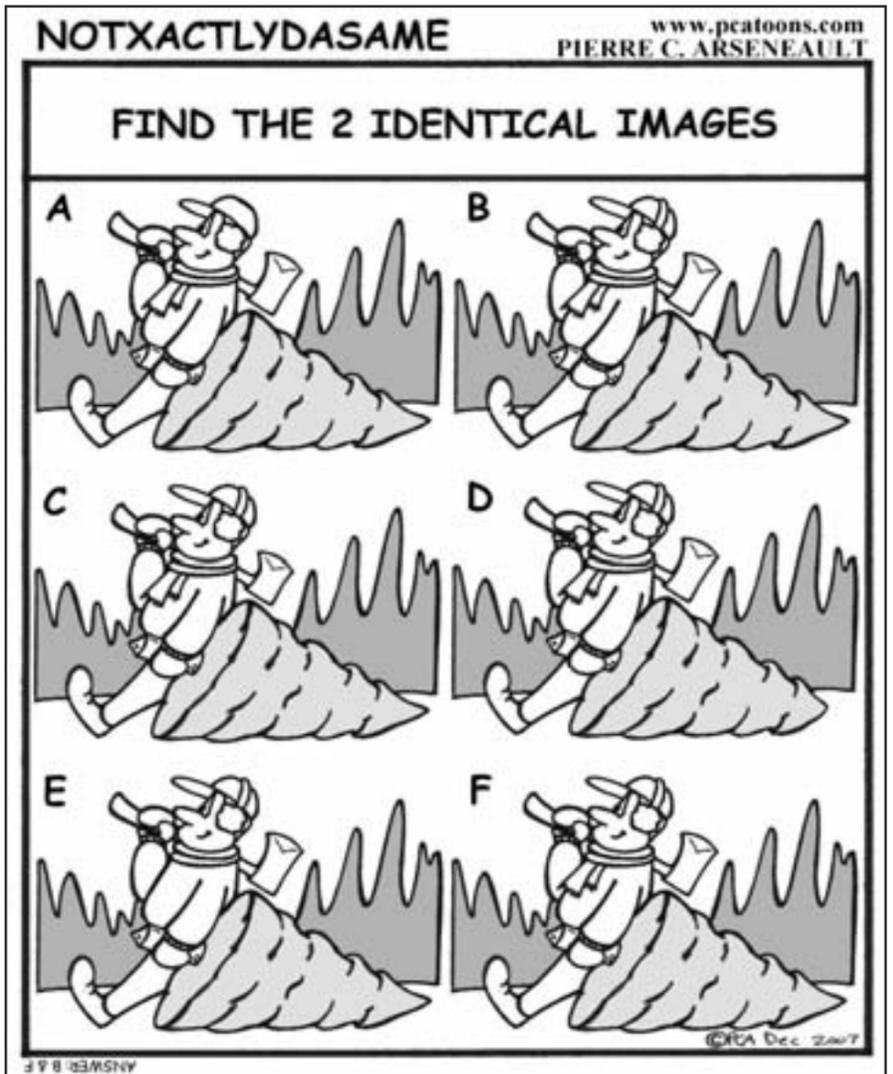
Mealtime.org Three Cheese Chicken Casserole

Ingredients:

- Non-stick olive oil cooking spray
- 1 cup chopped onion
- 1 cup canned, roasted pepper strips, drained
- 1 can (4 ounces) portabello chunks, drained
- 1 package (10 ounces) triple-washed baby spinach
- 1 1/2 teaspoons dried tarragon
- 1 teaspoon paprika
- 4 cups chopped, cooked chicken
- 1 can (10 3/4 ounces) condensed cream of chicken soup
- 1 cup shredded Cheddar cheese
- 2 cups 1% low-fat cottage cheese
- 1/2 cup freshly grated Parmesan cheese
- 8 ounces penne pasta, cooked

Preparation Time: 20 minutes **Cook Time:** 45 minutes

Preparation: Heat oven to 350°F. Spray a 9x13-inch glass-baking dish with non-stick cooking spray. Coat a large skillet with non-stick cooking spray and heat over medium heat. Add onion and sauté until soft. Add pepper strips and portabello chunks and heat through. Add spinach, tarragon and paprika; cook until spinach wilts and most of the liquid has evaporated, about 5 minutes. Mix chicken, soup, cheeses and cooked penne. Add to cooked vegetables; mix gently. Pour into baking dish and bake until bubbly and brown, about 45 minutes. Allow to rest for 10 minutes before serving. Cut into squares to serve. Serves: 8



Nadiya's Zodiac Starcast

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

December 5- December 11

Theme of the week: The week has new beginnings and overdue endings. A new Moon in Sagittarius and a direct Uranus indicate movement in areas of life that felt wedged. Sudden insights, opportunities, and fresh revelations pour on us all. It will be a great week, enjoy!

ARIES (March 21-April 19): Allen Ginsberg's famous poem "Howl" ends with the pronouncement of everything, the good, bad and disdainful, as ultimately holy. The experiences you are avoiding hold the seeds of a beautiful breakthrough. Try the thing you are resisting and it will quickly reveal great fortune.

TAURUS (April 20-May 20): You find the common ground you were looking for. You get the understanding you were after. You feel the solidarity you longed for. However, before you get it, you have to ask for it. Start by being willing to talk and share what's in your heart.

GEMINI (May 21-June 20): Real happiness radiates from your core. It can't be manipulated or faked by the best actors and actresses in the world. You are done with pretenses and false personas. You admit what has been bugging you for months. With the admission, comes genuine contentment.

CANCER (June 21-July 22): You can see the strong potential between at least two possibilities. The line is blurring and you are not sure which light to walk towards. You can incorporate the best of both, but at least one is approaching a breakthrough. Try not to have a preference and see which finds you.

LEO (July 23-Aug. 22): For months, you knew something needed to change, but the exact solution wasn't always obvious. This trend changes now. It's great that you are finally feeling clearer about your goals, but do remember to enjoy where you are now. Great strides are possible now.

VIRGO (Aug. 23-Sept. 22): You are dedicated and it shows. It is evident in the way you work hard towards your ambition. There may have been some confusion as to where you are heading. Now, as you take decided steps forward, consider it fantastic progress on all fronts.

LIBRA (Sept. 23-Oct. 22): You could sense the change in the air, but weren't ready to do anything about it. Now, things are changing. You are getting more honest with yourself. Now, you reach a final decision on what is no longer acceptable. With that inner resolve comes a new opportunity.

SCORPIO (Oct. 23-Nov. 21): It's been a long time since you felt true excitement or passion. You are growing increasingly impatient with bland experiences. However, there is no need to throw out your entire life. All that is good now gets even better and also, more fun. With joy, comes greater prosperity.

SAGITTARIUS (Nov. 22-Dec. 21): Your friends, new and established, rush forth to help you make your dreams become reality. In order for them to help you best, you need to get clear on what you really want. At least if you know what you want, you will move towards it, not just some other fantastic but random thing.

CAPRICORN (Dec. 22-Jan. 19): Even when the road seemed to wind needlessly and the bumps left little scars, still, you have made progress. Now, how much you have been catapulted yourself into a new opportunity is undeniable. You were in preparation all along. Enjoy the lovely bonuses that find you this week.

AQUARIUS (Jan. 20-Feb. 18): The breakthrough is only moments away. You are on the precipice. Don't create unnecessary anxiety. Instead, enjoy the butterflies of anticipation. These are the moments you will remember when you look back and remember the journey of your success.

PISCES (Feb. 19-March 20): No matter how much you may have wanted to escape into a warm and fuzzy vision, hosting the planet of awakening in your sign since 2003 has made that nearly impossible. Now, a sudden moment brings crystal clarity, marrying acute awareness with divine hope.

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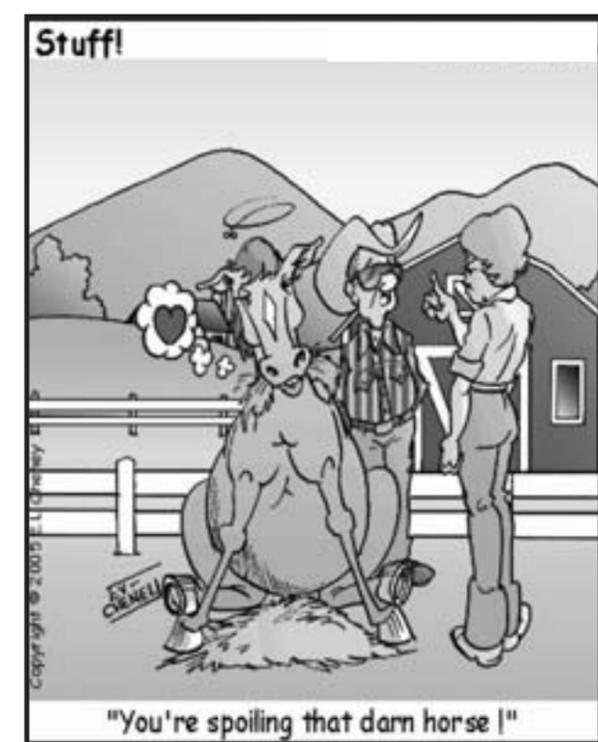
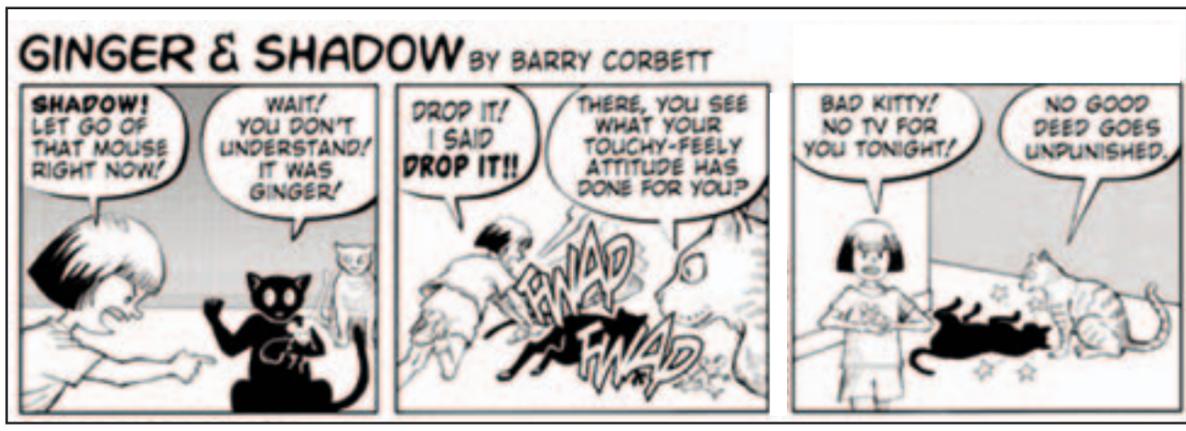
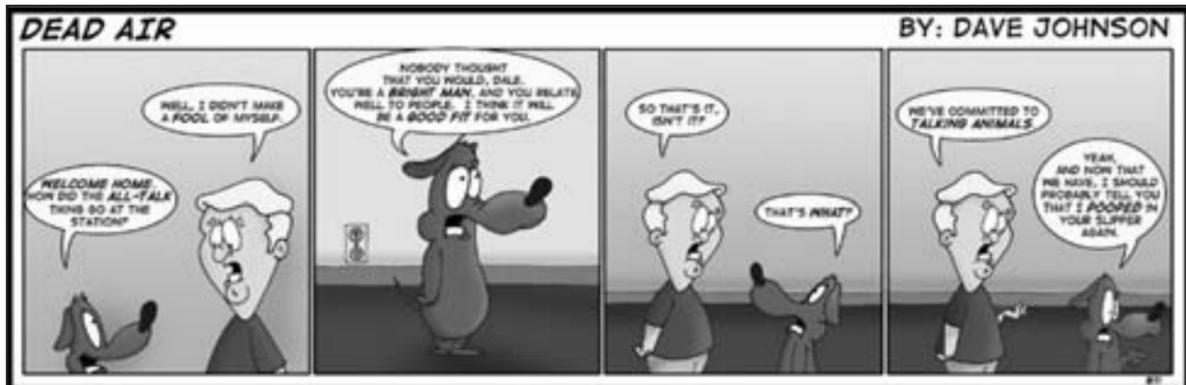
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, **The Contact Comics**.





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Ground Fault Circuit Interruptors

Submitted by
Wing General Safety Office

Ground Fault Circuit Interruptors (GFCIs) are little safety devices with big potential. They can save you from fatal electrical accidents.

A Ground Fault Circuit Interruptor compares the amount of electricity flowing to the tool with the amount returning. If there is a difference, the GFCI opens the circuit, therefore shutting off power to the tool.

Equipment used near or in contact with water is a leading cause of electrical accidents. GFCIs should be installed in any circuit where electrical equipment is used around moisture.

The most common cord-related hazard is stress to the internal wiring when strain relief fails.

This stress pulls back the insulation around the individual conductors and exposes the bare leads.

In some cases, the exposed wires contact the metal case, electrifying the entire machine.

In other cases, the wiring is pulled free of its terminals allowing it to contact the housing. In both cases the operator is exposed to the full 120V potential.

Even properly grounded equipment can pose a hazard when the grounding conductor is damaged by stress.

Ground Fault Circuit Interruptors can be installed as a permanent part of the equipment, or furnished as an extension cord.

These are the main types of GFCIs:

IN-LINE GROUND FAULT CIRCUIT INTERRUPTORS

GFCIs installed directly on the equipment supply cord offer full time protection to the equipment operator. The unit is normally mounted about two feet from the plug end of the cord set. In this way the GFCI can normally

Oh Christmas tree, how fast can you burn?

(NC) — According to legend, the Christmas tree was first introduced to Canada long before Confederation, in 1781.

This first tree, decorated with white candles, was a balsam fir cut from the dense forest in the region that is now the city of Sorel-Tracy, Quebec.

Today, Canadians' decorative lighting of choice is LED holiday lights — in fact, according to Statistics Canada, 30 per cent of Canadian households reported using them during Christmas 2008.

Even though we're no longer using lit candles as tree ornaments, the risk of fire remains real.

Preventing them is as simple as ensuring the tree is regularly watered.

"Keep the tree watered," said Wayne Ross, insurance expert at Aviva Canada. "It's our mantra this time of year. Not only does it create a fragrant indoor winter wonderland atmosphere, but a wet tree is a safer tree."

Here are some other safety tips to help keep your home not only festive, but safe as well.

- When buying your tree, make sure the needles don't fall out when you bounce the tree on the ground. These types of trees tend to dry out very quickly, meaning

rest on the floor with little or no extra weight at the plug.

At the same time, the major length of the cord is protected. The operator is also protected in case the strain relief on the protected equipment should fail.

RECEPTACLE TYPE GFCIS

These give you the advantage of being able to share one GFCI for a number of applications.

WATERPROOF GROUND FAULT CIRCUIT INTERRUPTOR EXTENSION CORD SETS

The fully submersible cord mounted GFCI is the ideal answer where rain or heavy moisture is a factor. The units come with both a plug and receptacle making them useful as either a GFCI protected extension cord or as a permanent supplies cord.

PANEL MOUNTED GFCIS

Mounting a GFCI into the equipment itself places the controls near others and protects it from the harder use it might receive if mounted on the supply cord.

A panel mounted GFCI does not provide protection if the failure should occur in the supply cord or if the strain relief should fail.

Once you have installed a GFCI, it is imperative to retain a grounding wire. The ground system is an important safety feature and should always be maintained and retested on a regular basis.

Further, if a ground fault should occur, the leakage current will pass down the ground wire and trip the GFCI usually without the operator receiving any shock.

GFCIs can save you from getting the shock of your life. Consider installing them to ensure your safety and the safety of others.

they will also burn very quickly.

- Don't overload electrical outlets with too much lighting and/or extension cords.

- Under no circumstances leave a lit Christmas tree unattended. If you're out for the evening, be sure to unplug the lights.

- Never place lit candles near your tree.

Enjoy your tree this holiday season, but take the steps necessary to ensure it's safe and your family and home are protected. More information is available from your insurance broker or online at avivacanada.com.

Home safety tip: Prevent accidents; secure TVs and furniture to wall

(NC)—Injuries caused by falling flat-screen TVs and furniture are not uncommon. Take necessary precautions by securing the heavy equipment with a TV wall mount or, if mounting is not an option, a strap that connects both the TV and furniture to the wall.

Sanus offers mounts for nearly every TV make and model, and provides a helpful mount-to-TV compatibility tool online at the company's website.

Mounting is the smartest way to keep TVs out of reach, thus protecting your family and guests. The next best option is to invest in a device that will keep the TV fixed to furniture, reducing the chance it would tip due to accidental bumping or nudging.

Sanus also offers the ELM701, a durable, shock-resistant strap that pre-



Photo: News Canada

vents tipping of both TVs and furniture by providing a secure four-point connection: Twice to the back of the TV, once to the back of the furniture and once to the wall.

Details can be found online at www.sanus.com.

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Contact

Chaplain Services



8 Wing/CFB Trenton Chaplain Services

services offerts par l'aumônerie de l'escadre



WING CHAPLAIN SERVICES

SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

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

Unit Chaplains – aumôniers d'unités

LCdr Padre Stephen Merriman, P; Capt Padre Robert Lavoie, RC; Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate/Agent de pastorale; Capt Padre Emanuelle Dompierre, RC, Pastoral Associate/Agent de pastorale; Capt Padre Blair Ross (P); Capt Padre Gerson Flor (P);
Capt Padre Allan Lynk (P)

As support staff - comme personnel de soutien

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

WORSHIP SERVICES

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

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

Chapel Life Co-ordinator

Father Robert Lavoie

Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 11h30

Sunday Mass at 1015hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 1015 hrs and coffee

3ième dimanche messe bilingue: 10h15 et café

Confession - Réconciliation

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

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday –1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

St. Clement Astra (P)

Protestant Community

Chapel Life Co-ordinator

Padre Jim Craig

Worship Service

Sunday Divine Worship, 900hrs

Holy Communion:

1st Sunday of the month

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

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

SACRAMENT OF BAPTISM

Parents wishing to have their child baptized are to contact the parish through the Wing Chaplain's Administrative Assistant at Local 2490 at least two weeks prior to the desired date. After completing the request form, the dates for both the pre-baptismal session and the baptism will be booked.

The pre-baptismal session is mandatory for both parents; however, godparents (one of them at least must be RC) are invited to participate. Proxy might be an option if godparents cannot attend.

For liturgical reasons and the baptism sacramental theology, baptisms are not celebrated during the Lent Liturgical Season.

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

SACREMENT DU BAPTÊME

A tous les parents désirant faire baptiser leur enfant, svp communiquez avec notre assistante de bureau au moins deux semaines avant la date désirée au poste 2490 pour entreprendre les démarches. Une rencontre est nécessaire avec le padré pour faire l'inscription. Il vous avisera de la date de la rencontre pré-baptismale obligatoire ainsi que de la date du baptême.

Une rencontre pré-baptismale est obligatoire pour les deux parents (père et mère), tandis que les parrains sont invités à y participer. Au moins un des parrains doit être Catholique romain. Il est possible de désigner des mandataires si les parrains ne peuvent être présents.

Pour des raisons liturgiques et de théologie sacramentelle, il n'y a pas de baptême célébré durant la période du Carême.

Les parents civils qui souhaitent faire baptiser leur enfant à la chapelle de l'Escadre doivent contacter leur paroisse civile (étant pratiquants ou pas) avant de communiquer avec notre secrétariat. La communauté de chapelle Notre-Dame-de-la-Paix de la 8ième Escadre appartient à une juridiction canonique différente qui est celle du Diocèse militaire du Canada. Une lettre/courriel de délégation canonique de la part du prêtre de votre paroisse civile (appuyant votre démarche auprès de cette chapelle militaire) devra être envoyée à l'aumônier catholique de l'Escadre.

Planning to get married?

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

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

Vous planifiez de vous marier?

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

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

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

CHAPLAIN EMERGENCY FUND

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

FONDS D'URGENCE DES AUMÔNIERS

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



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09 CHEV SILVERADO 2500HD LT

D11569 4X4! 6.0L-V8, Extended cab, short bed with bed liner, trailer hitch, traction control, steering wheel controls, OnStar, 4th door, air, tilt, cruise, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, only 39,000kms!!

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07 CHEV SILVERADO 1500 LT

P12019 4X4, Z71! 18" Alloy Wheels! 5.3L-V8, Extended cab, short bed with bed liner, step bars, trailer hitch, 4th dr, OnStar, steering wheel controls, tilt, cruise, air, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 58,000kms.

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05 FORD F250 XLT

11958P 4X4! Diesel! FX4 Off road! Power stroke! Chrome wheels! 6.0L-V8, long bed, bed liner, tonneau cover, rear sliding windows, trailer hitch, steering wheel controls, tilt, cruise, air, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 84,000kms.

\$21,995

Payments Include EVERYTHING!

08 CHEV SILVERADO 1500 LT

P11491 Z71, 4X4! 20" Alloy wheels! 5.3L-V8, Extended cab, short bed, bed liner, factory remote start, trailer hitch, OnStar, dual climate controls, tilt, air, cruise, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 36,000kms!!

\$24,995

Payments Include EVERYTHING!

07 GMC SIERRA 1500 SLE

P12033 4X4! 20" Alloy wheels! 5.3L-V8, Crew cab, short bed, rear sliding window, bed liner, chrome step bars, pwr pedals, park aid, factory remote start, dual climate controls, OnStar, steering wheel controls, 4th dr, air, tilt, cruise, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 82,000kms.

\$22,995

Payments Include EVERYTHING!

08 DODGE RAM 1500 HD

P011742 4X4! Tow mirrors! Chrome wheels! Pwr heated mirrors! 5.7L-V8 Hemi, Mega crew cab, short bed, bed liner, trailer hitch, steering wheel controls, tilt, air, cruise, satellite radio, CD, pwr locks, windows, keyless entry, 90,000kms.

\$19,995

Payments Include EVERYTHING!

07 GMC CANYON SLE

11785 Z71, 4X4! Chrome wheels! 3.7L-V6, Crew cab, bed liner, trailer hitch, chrome step bars, cruise, tilt, air, satellite radio, CD/MP3, pwr mirrors, locks, windows, keyless entry, 77,000kms.

\$17,995

Payments Include EVERYTHING!

06 CHEV COLORADO

11510PA 4X4, Z71! Alloy wheels! 3.5L-V6, Crew cab, trailer hitch, chrome step bars, 4th dr, cruise, air, tilt, AM/FM/CD/MP3, pwr mirrors, windows, locks, keyless entry, 85,000kms.

\$15,495

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07 GMC SIERRA 2500HD

P11514 4X4! Integrated brake controller! Chrome wheels! Tow mirrors! 6.0L-V8, Extended cab, long bed, bed liner, OnStar, trailer hitch, steering wheel controls, cruise, air, tilt, AM/FM/CD, pwr locks, keyless entry, 62,000kms.

\$21,995

Payments Include EVERYTHING!

07 CHEV SILVERADO 1500 LT

P11982 4X4, Z71! 18" Alloy wheels! 5.3L-V8, Crew cab, short bed, tonneau cover, bed liner, chrome step bars, trailer hitch, 4th dr, steering wheel controls, factory remote start, dual climate controls, traction control, OnStar, satellite radio, CD, air, tilt, cruise, pwr locks, windows, mirrors, keyless entry, 68,000kms.

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08 GULFSTREAM VISTA CRUISER

D11931 Slide out! Mercedes diesel! Central vac! 3,600 watt generator, sleeps 6, leather, dual rear wheels, drive line is dodge sprinter, wood grain trim, air, tilt, AM/FM/CD, pwr windows, locks, keyless entry, only 8,000kms!

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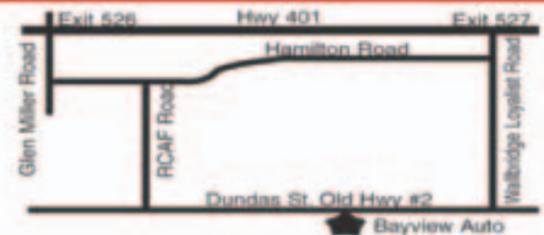
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WO & SGTS MESS

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
			Maple Wood Manor Visit TGIF Chinese Food	Zooney Lunch - Donairs & Clam Chowder Admin Christmas Party		24 CFSVCSC Christmas Party
5	6	7	8	9	10	11
WO & SGTS Children's Christmas Party M/L			Jr Ranks Mess Christmas Dinner Yukon Galley	Zooney Lunch - Chicken Caesar & Veg. Soup RTF Training M/L 0800-1500 W/OPS Party		Zooney Lunch Chicken Caesar & Veg Soup M/L Admin Christmas Party
12	13	14	15	16	17	18
24 CFSVCSC Children's Christmas Party M/L		G/RASIST TRG Family Violence Awareness Briefing		TGIF Turkey Dinner	Zooney Lunch - Chili & Cheese M/L Wing Foods Christmas Party	
19	20	21	22	23	24	25
	Office Hrs 0900-1200	Office Hrs 0900-1200	Office Hrs 0900-1200	Office Closed		MERRY CHRISTMAS
26	27	28	29	30	31	
	Office Closed	Office Closed	Office Closed	Office OPEN	New Year's Gala	

DECEMBER 2010



JR RANKS MESS

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
			Astra SAMS Camer Mgr Visit	Toonie Lunch Pizza Astra/SAMS Camer Mgr Visit	TGIF/Chinese Sports/ Pool Astra/2 AMS Christmas Party	
	6	7	8	9	10	11
				Jr Ranks Mess Christmas Dinner Yukon Galley	TGIF/Lanagna Sports/ Euchar Astra/436 Sqn Christmas Party	Astra WTN/EME Christmas Party UFC 124
12	13	14	15	16	17	18
Children's Christmas Party 1300 hrs	Astra CJIRU Briefs	Astra CJIRU Briefs	Astra CJIRU Briefs	Toonie Lunch Pizzas Astra CJIRU Briefs	TGIF - TBA Sports/ Pool	Astra DCC Christmas Party
19	20	21	22	23	24	25
Staff Christmas Party						MERRY CHRISTMAS
26	27	28	29	30	31	
BOXING DAY	Stat Holiday Mess Closed	Stat Holiday Mess Closed			New Year's Dance	

DECEMBER 2010






TRENTON

Military Family Resource Centre



Events & Information

Middleton Park Wagon Rides

December 7th & 14th 6-8pm

Meeting point:
Trenton MFRC parking lot, 50 Rivers Drive East
Wagon holds approximately 15 people at a time.
Ride stops at Museum for
Evergreen Memories 2010

Veterans' Day

Season's Greetings and Thank You for the
important contribution you make to our community.
Please be our guest
on Sunday, Dec 12th, 2010 from 2-4pm
at the National Air Force Museum of Canada.

The "Singing with Grace" Community Choir will
entertain you with beautiful songs of the season.



Of your purchase of Trimpour's Mill wine 50 cents will
be donated to Ontario Military Family Resource Centres

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

Événements et Information

Promenades en chariot Parc Middleton

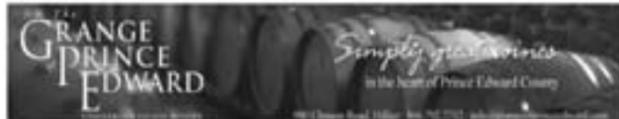
les 7 et 14 décembre 18h-20h

Point de rencontre :
Stationnement CRFM, 50 Promenade Rivers Est
Le chariot accommode environ 15 personnes à la fois.
Promenade s'arrête au Musée pour les
« Mémoires de sapin de Noël 2010 »

Journée des Vétérans

Meilleures vœux des fêtes et Merci pour la contribution
importante que vous rendez à notre communauté
Vous êtes invité
dimanche, le 12 décembre, 2010 entre 14h-16h
au Musée national de la force aérienne du Canada

La chorale "Singing with Grace" vous divertira
avec des chansons de la saison festive.



Sur tout achat de vin effectué au Trimpour's Mill, 0,50 \$ seront
remis au Centre de ressources pour les familles des militaires de
l'Ontario

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



What exactly is an R-2000* certified home and what are the benefits of building one?

(NC)—R-2000 is a voluntary standard administered by Natural Resources Canada (NRCan) and is delivered through a network of service organizations and professionals across Canada.

Houses built to the R-2000 Standard typically exceed the energy performance requirements of the current Canadian building codes and are recognized to meet a high standard of environmental responsibility.

Key benefits of living in an R-2000 certified home:

With R-2000, energy efficiency and construction details go hand in hand – you can't get one without the other. Best

of all, any new home of any design can be built to the R-2000 Standard.

Comfort: Improved indoor air quality, more consistent temperatures, fewer moisture problems and the use of environmentally responsible materials mean year-round comfort.

Health: The quality of the air we breathe can affect our health. R-2000 certified homes include clean air features that go beyond what regular building codes require.

Peace of mind: R-2000 certified homes go through a demanding certification process. Only trained and licensed builders can build them.

Furthermore, every R-2000 certified home is subject to independent inspections and tests that conventional homes don't receive. The R-2000 certificate is government backed and supported as your proof.

Energy savings: Want a house that stretches your heating dollars further? The secret? – energy efficiency that is “designed in”, and not “added on”. R-2000 homes are some of the most energy-efficient homes on the market, which translates into savings on energy bills.

State-of-the-art technology: R-2000 certified homes are the result of 25 years of intensive research and development

by the Government of Canada and its industry partners. Home buyers get tried and tested technology, a higher-quality new home and lasting value for the future.

Protecting the environment: With improved building techniques and materials, homeowners get the personal satisfaction of carrying out the duty to protect our environment for future generations.

More information can be found on the NRCan website at www.newhomes.nrcan.gc.ca

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

Reduce your gas, fire and smoke safety risks

(NC)—The hustle and bustle of the holiday season can cause many Canadians to forget simple safety precautions designed to reduce holiday tragedies caused by gas, fire and smoke – three of the biggest threats during the festive season.

CSA International, a leader in testing and certification, reminds Canadians of the following simple tips to ensure a safe holiday celebration:

- **Fireplaces:** Do not use your gas fireplace if the glass panel is removed, cracked or broken. Glass panels and frame assemblies should only be replaced by a qualified service professional. When purchasing or installing a gas fireplace, check for the mark of an accredited certification organization, such as the Flame mark from CSA International. Remember to keep pets and children away from fireplaces (and other hot surfaces).

- **Carbon-monoxide alarms:** Install at least one carbon-monoxide (CO) alarm near bedrooms. Use more than one CO alarm if sleeping areas are located on different levels of your home. Follow the manufacturer's instructions for installing and maintaining your CO alarms. When

purchasing a CO alarm, check for the mark of an accredited certification organization such as the certification Flame and CSA 6.19-01 reference mark from CSA International.

- **Smoke alarms:** Test your smoke alarms monthly. One smoke alarm is not enough; install them on every level of your home and outside all sleeping areas. Only working smoke alarms can give you the precious seconds you may need to escape a fire.

- **Combustible materials:** Do not store combustible materials such as gasoline, propane, paper, chemicals, paint, rags and cleaning products near your gas furnace. Gasoline or propane cylinders must be stored outside the home. Never use gasoline or other flammable liquids anywhere near your gas furnace or water heater. Look for the familiar CSA International certification Flame mark on your gas-fired furnace or water heater to ensure it has been tested and certified to the applicable standard. Have a qualified heating contractor perform a yearly maintenance check of your furnace and venting system.

More information is available online at www.csaholiday.com

Take on small projects that reflect your design style this holiday season

By Frank Turco, senior manager, trend & design, The Home Depot Canada

(NC)—If you're like many homeowners, there's no shortage of small projects on your list – especially when getting your home ready for the holiday season. In fact, you may be asking yourself right now – where do I even start? Fortunately, you can make do-it-yourself easy with décor updates that reflect your own design style. Whether it's traditional, contemporary or eclectic, there are numerous ways to make an impact easily and inexpensively. Here are just a few of the season's most popular DIY home décor projects:

Traditional: Revive the foyer

Embarrassed with the wear and tear on your front hall staircase or simply want to update an aging look? The Home Depot offers a stair re-facing kit from Alexandria that includes false tread and risers you simply install over the existing staircase for a quick and easy makeover. Add an architectural detail

with a ceiling medallion to surround the chandelier and finish the look with a Springs Vienna Indian hand-hooked area rug in 100% wool for an instant makeover.

Contemporary:

Off-the wall entertaining

Interested in the contrast of exotic woods, glossy metals and the streamlined aesthetic of this year's revolutionary trend? Get ready for guests with a bar / serving area made from cabinetry hung on a bright peacock painted accent wall, topped with oil bronzed lamps with black shades. Complete the look with a metallic framed mirror.

Eclectic: Trendy kitchen updates

This season, a kitchen can be made trendy with a few rustic touches. Replace cabinetry hardware with a rope satin chrome look and update the backsplash with natural mosaic tiles. Bring out the copper pots and pans from storage and put them on display.

You can discover your design style online at the design centre at www.homedepot.ca.

All the information you need is just a click away!

www.thecontactnewspaper.cfbtrenton.com

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clay@clayjacobson.com www.clayjacobson.com

RE/MAX **Marg Berry**
Remax Trent Valley Realty Ltd. Brokerage Sales Representative

OPEN HOUSE SAT. DEC 4, 1-2:30 PM
22 FAIRVIEW CRES.
\$199,900. New in low suite, gorgeous, main floor family room, new kitchen with island, main flr landry, newer roof, new gas FP, hrdwd floors, new deck. A must see! **MLS# 2107054**

5 BEDROOMS
\$209,000 5 Bedroom home on country lot. Mint condition, new shingles 2010. Large eat-in kitchen, rec room with wood fireplace insert, sunroom.
MLS# 2107098

OPEN HOUSE SUN. DEC 5, 1-2:30 PM
172 BURNS AVE
\$214,900. Beautiful home, new kitchen, new hrdwd flrs, 3 bdms up, 4th down. Gas FP in rec room, in ground pool, new liner. Some new ceramic. Very private setting.
MLS# 2106174

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Sales Rep.
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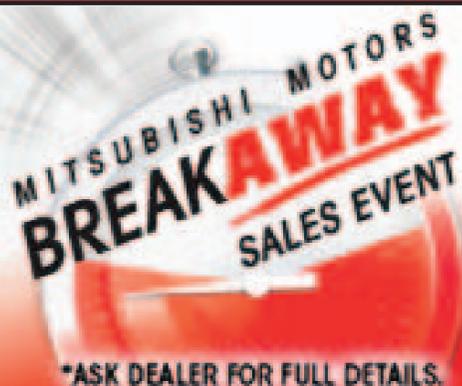
NEW LISTING
Great value in this 3 bedroom bungalow with attached double garage. Located just North of Telephone Rd on Cty Rd 40. Large country lot and neat as a pin. Call today for a viewing.
MLS #2107477 • \$139,900

GREAT INVESTMENT
Live on one side and rent out the other. Affordable for 1st time buyer. Located in the little village of Wallbridge, just minutes to Stirling, Frankford and Belleville. This property offers a 3 bedroom and a 1 1/2 bedroom unit, both with individual laundry. Call today! Priced to sell at \$159,900.
MLS #2103224

RENOVATED AND READY
Great property with lots of room for addition. 3 bedroom 1 1/2 storey completely renovated with new bath, new hardwood and new furnace. So affordable. Located in Brighton on Lawson Road. Great price!
MLS #2105639 • \$127,500

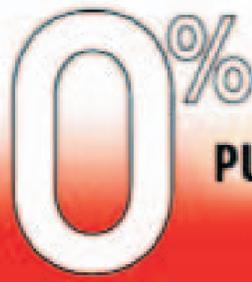
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PRE-OWNED VEHICLES



2009 MITSUBISHI LANCER DE

White, 4 cylinder, auto, air, heated seats, deep tint glass, rear spoiler, Balance of 10 year warranty.

\$15,995



2009 MITSUBISHI OUTLANDER LS

4x4, 3.0L, V6, blue, auto, air, cruise, tilt, PW, PL, CD. Balance of 10 year warranty. 2 to choose from.

\$25,865



2008 MITSUBISHI ENDEAVOR LTD AWD

Silver, 3.8, V6, auto air, cruise, tilt, leather heated pwr seats, moonroof, navigation, fully equipped. Balance of 10 yr warranty.

\$31,995



2009 MITSUBISHI LANCER DE

Red, 4 cylinder, auto, air, heated seats, deep tint glass, rear spoiler, Balance of 10 year Warranty.

\$14,995



2006 MITSUBISHI OUTLANDER LS

Grey, 2.4 Litre, 4 cylinder, 5 speed, air, cruise, power windows, locks, am/fm CD, mogs, only 60,825 kms

\$12,995



2009 MITSUBISHI OUTLANDER LS

Grey, 3.0 Litre, V6, auto, air, cruise, tilt, power locks, windows, CD, heated seats, tinted windows, only 34,210 kms

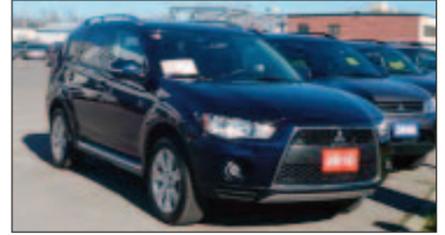
\$25,995



2007 MITSUBISHI ECLIPSE GS

Grey, 2.4 litre, 4 cyl., air, auto, sunroof, advanced audio, cruise. Only 43,200 kms.

\$16,995



2010 MITSUBISHI OUTLANDER XLS

Cosmic blue, black leather, 3.0 ltr, V6, 4x4, auto, navigation and DVD, heated pwr seat, pwr moonroof, super AWD, every available option. Only 17,000 kms Save close to \$10,000 from new. Balance of 10 yr warranty.

\$33,995

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