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December 10, 2010 Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 45 Issue Number 47 •

Season's Greetings, from our family to yours

As the year comes to a close we'd like to take a moment to reflect on the year that has gone by and once again thank you for your ongoing commitment and support to 8 Wing/CFB Trenton.

Needless to say, this past year can be described in many ways, but "easy" is not one of them.

Through your overwhelming individual and collective demonstrations of resolve, resilience and faith, you have accomplished unprecedented levels of operational success, and all this in the face of tremendous adversity.

Canada's Air Force is undergoing wide-scale modernization in order to continue to deliver world-class service here at home and around the world.

For the past few years, 8 Wing has been at the forefront of these modernization efforts and along with the challenges associated with welcoming new fleets comes great opportunity to become leaders in our ability to adapt to states of change while continuing to carry out our no-fail mission.

2010 saw, for example, the addition of Op PODIUM in support of the Vancouver Olympics and Op HESTIA in support of earthquake relief efforts in Haiti to an already full plate of ongoing operational commitments and necessary day-to-day duties.

We are thrilled to have welcomed the majority of 8 Wing Mission Support Squadron back home last month after over one year of back-to-back training commitments and deployments and hope this holi-

day season will provide a well-deserved and hard-earned break for all those involved in the deployments and rear-party commitments.

Here at home, we have also been able to see many of our family support initiatives become a reality. The MFRC now has ownership of six additional daycare trailers and construction on the new Family Medical clinic is almost complete.

With your continued support and ongoing commitment to teamwork and excellence, you eagerly stepped up to the challenge with huge success.

Your hard work did not go unnoticed and as a result, 8 Wing has earned numerous command-level individual and unit commendations, some of which have yet to be formally presented. Congratulations to all of you, and please keep up the exceptional work.

As you prepare to take some well-deserved time off and enjoy quality time with family and friends, please remember to pause for a moment and reflect on those who are still deployed over the holiday season.

They are sacrificing a great deal in support of the Canadian Forces mission and for this, we are tremendously grateful.

To our military members, civilian employees, contractors, all our families, members of our strong local community and every one else who contributes to ongoing operational success at 8 Wing/CFB Trenton, thank you for all that you do every single day.

On behalf of both of us and our families, all the best



Colonel Dave Cochrane
 Commander,
 8 Wing/CFB Trenton



Chief Warrant Officer Kevin West, 8 Wing
 Chief Warrant Officer

for the holiday season and warm wishes for a healthy and happy new year. We are extremely proud of the over 4300 men and women on base for your continued professionalism and dedication. With a strong teamwork approach, you make a significant difference, both individually and collectively. Stand Proud ladies and gentlemen!
 Stay safe.

United Way ends with a bang!

by 2Lt Sean Hill
 8 Wing United Way Committee

The 2010 8 Wing/CFB Trenton Government of Canada Workplace Charitable Campaign (GCWCC) for United Way officially came to a close December 3.

The final tally revealed a new record with moneys raised exceeded \$143,000 in support of the United Way of Quinte. In all 99.3 percent of 8 Wing's members and employees were canvassed.

On behalf of the campaign co-chairs Majors Amy Tsai-Lamoureux and Mario Beauchese and the executive campaign committee, we would like pass to on our sincere appreciation to all those who generously donated and helped support this year's 8 Wing GCWCC.

Campaign closing ceremonies were held during the last all you can eat pizza and salad lunch. During the event hosted by the Yukon Galley, Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, campaign executive co-chairs and the campaign chair for Quinte, Mark Philbin, all congratulated 8 Wing members on their outstanding achievement.

Throughout the campaign 8 Wing hosted numerous events that contributed to the success of the fundraising effort. The 8 Wing Charity Golf Tournament launched the campaign and events such as the Wing Commander's Challenge, Jail and Bail, Casino Night and the Mike Hamilton 4-on-4 Memorial Hockey Tournament followed.

Colonel Cochrane also took a moment

during the closing lunch to draw names and announce the winners for the dental basket raffle, tandem jump silent auction, EME trailer raffle and the much anticipated Mega 50/50 draw. The Mega 50/50 draw enjoyed great success and interest, resulting in the lucky winner taking home a cheque for a whopping \$4,761.93. Congratulations to all the winners.

The 2010 Government of Canada Workplace Charitable Campaign owes its continuing success to its corps of volunteers. These volunteers selflessly donate their time year after year to help 8 Wing achieve its goals.

This is the 19th year in a row that 8 Wing/CFB Trenton has helped raise money in support of the United Way of Quinte. The 2009 8 Wing GCWCC raised \$131,169.96. Since 1991 and thanks to the tremendous success of the 2010 campaign, the Wing has now raised over a million dollars in support of the local community in which its members work and live.

The United Way of Quinte is a non-profit, registered charity that works in partnership with community organizations and 16 health partners to help improve the health of all Canadians. They support 45 charities and 80 programs in the Hastings and Prince Edward counties. According to United Way, headquartered in Belleville, one in three people in our community directly benefit from these programs.

Remember every donation and every little bit of effort helps makes a huge difference to someone in need.



Photo: Cpl Precious Carandang, 8 Wing Imaging

Shown above, from right to left: MCpl Jennifer Edens, Lt Jon Shin, Heather Frank, Lt Celine Riutta, Karen Brake, Maj Amy Tsai-Lamoureux, 2Lt Sean Hill, Col Dave Cochrane, Mark Philbin (Campaign chair UW Belleville), Maj Mario Beauchese, MCpl Even Jacques, Lt Robert Wengel, MWO Jim White, Barry Turner and Connie Reid (UW Belleville).

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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Will Green, Dave Leckey, and Rick Vanvaals from 8 WCE Roads and Grounds sealing the cracks of the West Ramp. This will prevent further damage to the ramp and will extend its life until construction begins on the new ramp.



WRITE TO THE TROOPS MORALE BY MESSAGE BOARD!



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

Canadian Forces Morale Mail: The Morale Mail service provides families and friends within Canada a cost-free alternative to using Canada Post to send care packages to those serving at a CF deployed operation.

Morale Mail can be dropped off typically at a Base or Wing Military Family Resource Centre, Mail Room, or Military Post Office.

ÉCRIVEZ AUX MILITAIRES LE MORAL PAR BABILLARD ÉLECTRONIQUE!

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

Le service de courrier d'encouragement vise à permettre à la famille et aux amis des militaires affectés à une opération déployée des FC de leur envoyer gratuitement des produits de réconfort, plutôt que d'avoir recours à la Société canadienne des postes.

Le courrier d'encouragement peut être déposé au Centre de ressources des familles des militaires de la base ou de l'escadre, salle du courrier ou Bureau de poste militaire.

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Un joyeux temps des Fêtes

L'année tirant à sa fin, j'aimerais en profiter pour revenir sur ce qui s'est passé en 2010 et, une fois de plus, vous remercier de votre dévouement et de votre appui continu envers la 8^e Escadre/BFC Trenton.

Il va sans dire, de multiples qualificatifs pourraient servir à décrire l'année qui s'achève, mais l'adjectif « facile » ne compte pas parmi eux.

Grâce à la résolution, la résilience et la foi débordantes dont vous avez fait preuve collectivement et individuellement, vous avez réussi à atteindre un niveau d'efficacité sans précédent dans les opérations, et tout cela malgré des circonstances extrêmement pénibles.

La Force aérienne du Canada subit une vaste modernisation qui lui permettra de continuer à fournir des services de la plus haute qualité, au pays et partout dans le monde. Au cours des dernières années, la 8^e Escadre a joué un rôle de premier plan dans les efforts de modernisation, et j'ajouterai que les défis associés à l'intégration de nouvelles flottes nous offrent une excellente occasion de devenir des chefs de file dans la capacité de nous adapter à des situations de changement tout en poursuivant nos missions excluant l'échec.

En 2010, nous avons dû ajouter à un programme déjà chargé d'engagements opérationnels et de tâches quotidiennes incontournables par exemple l'Op PODIUM visant à appuyer les Jeux olympiques de Vancouver et l'Op HESTIA mise sur pied pour apporter des secours en Haïti à la suite du séisme. Le mois dernier, c'est avec enthousiasme que nous avons accueilli la majorité de l'Escadron de soutien de mission de la 8^e Escadre qui nous revenait après une succession d'activités d'entraînement et de déploiements ayant duré plus d'un an. Nous espérons que les personnes ayant participé aux déploiements et aux détachements arrière profiteront de la période des Fêtes pour prendre une pause bien mérité.

Ici même, nous avons vu nombre de nos initiatives de soutien aux familles prendre forme. Le Centre de ressources pour les familles des militaires (CRFM) possède maintenant six nouvelles garderies mobiles, et la construction de la nouvelle clinique médicale pour les familles des militaires est presque terminée.

Votre soutien et votre attachement sans réserve au travail d'équipe et à l'excellence vous ont donné les moyens d'accepter le défi avec vaillance et de le relever avec brio. Votre ardeur au travail n'est pas passée inaperçue et le commandement de la 8^e Escadre a reçu un grand nombre de mentions élogieuses, adressées soit à des personnes, soit à des unités. Certaines mentions n'ont pas encore été officiellement remises. Je vous félicite tous et je vous invite à poursuivre votre travail exceptionnel.

Alors que vous vous apprêtez à prendre un repos bien mérité et à passer du bon temps avec votre famille et vos amis, n'oubliez pas de vous arrêter un moment pour penser à ceux



Colonel Dave Cochrane
Commandant de l'Escadre



Adjutant-chef Kevin West
Adjutant-chef de l'Escadre

qui demeurent en déploiement durant la période des Fêtes. Ils font un énorme sacrifice afin d'appuyer la mission des Forces canadiennes et nous leur en sommes extrêmement reconnaissants.

Je tiens à remercier tous nos militaires et employés civils, les entrepreneurs, les membres de notre incroyable communauté et tous ceux qui contribuent aux succès des opérations de la 8^e Escadre/BFC Trenton, pour ce qu'ils font jour après jour.

En notre nom et au nom de nos familles, nous vous offrons nos meilleurs vœux pour la période des Fêtes et nous vous souhaitons la santé et le bonheur pour la nouvelle année.

Nous sommes extrêmement fiers du professionnalisme et du dévouement continue des 4,300 hommes et femmes de l'Escadre. Votre forte approche individuelle et collective axée envers le travail d'équipe fait une grande différence. Mesdames et messieurs, portez-vous avec fierté!

Soyez prudents.

Search & Rescue Update



424 Squadron had only one call out this week which involved both the CC-130 Hercules and the CH-146 Griffon.

Rescue 335 and Rescue 493 were tasked to go search for a crashed Piper aircraft close to Moosonee, Que.

When Rescue 335 arrived on scene, the pilot was already being transported, by a civilian helicopter, to the Moosonee hospital.

The mission was stood down and the aircraft returned home without further incident.

Until next week, stay safe!

Missions for 2010: 185 Missions for Dec: 2 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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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.

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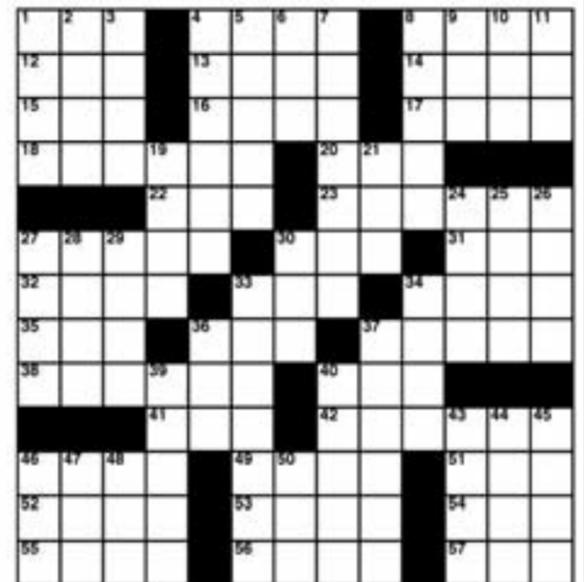
By Bernice Rosella and James Kilner

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This Week in Contact

1980 - Suspected Impaired Driving: Effective immediately the Military Police will deploy the Breathalyzer on all personnel suspected of impaired driving at both the South Side main gate and AMDU gate. This policy will affect all personnel, military and civilian, attempting to exit the Base in a suspected impaired condition. Individuals, who exceed the .08 reading on the breathalyzer will be charged with impaired driving and formally charged in Civil Court under the Criminal Code of Canada.

1990 - CF Para Rescue assist 6 year old gunshot victim: A six-year-old girl, who was accidentally shot on Saturday, received direct assistance from Canadian Forces search and rescue specialists. Naomi Yellowhead was shot in the chest with a 22 calibre rifle while on a trampoline with her family near Lansdowne House, Northern Ontario.

2000 - Avoid road rage this season and obey the rules of road: The holiday season is meant to be a time of joy and celebration, with family, friends and co-workers, but it can be less than festive once you get behind the wheel of a car. According to the Peel Regional Police, the potential for road rage increases during the Holiday Season.

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



Making the change: Saying farewell to Camp Mirage, hello to Cyprus

by Holly Bridges, Air Force News

Moving houses is one thing; moving an entire military camp is in a league of its own.

Canadian Forces personnel, including air and ground crews from 8 Wing/CFB Trenton, measured, weighed, packed, loaded, unloaded and flew everything from flags to foodstuffs as part of the close-out of the Theatre Support Element (TSE) at Camp Mirage.

In response to the terrorist attacks of 9/11, the CF began working out of Camp Mirage in the United Arab Emirates (UAE) on Dec. 27, 2001, flying the CP-140 Aurora aircraft.

Camp Mirage grew in size and scope almost immediately as the CF deployed more Air Force assets to the region, eventually sending three CC-130 Hercules from Trenton along with about 180 air and ground crews to operate them.

Following discussions between the UAE and Canada, the Government made the decision to transfer the TSE's operations from Camp Mirage to other locations. The camp closed on Nov. 3, 2010.

Although the make-up of the camp had changed significantly over the past nine years – with various strategic and tactical aircraft being used (including the CP-140 Aurora, CC-130 Hercules and the CC-150 Polaris) – the core mission remained the same: to be the main staging base for flights in and out of Afghanistan to support Canadian Forces troops on the ground.

From 2002 until Camp Mirage's closure, CF aircraft flew more than 22,000 flying hours during more than 4,500 missions, carried more than 78,000,000 pounds of cargo and more than 244,000 passengers in direct support of the Canadian mission in Afghanistan.

These flights included conducting relief in place (RiP) flights, transporting cargo in and out of the Afghanistan theatre of operations, flying deployed troops and other visiting personnel in and out of theatre, as well as repatriating fallen comrades.

This support to Canadian operations in Afghanistan was unaffected by the move.

Canadian Operational Support Command (CANOSCOM) conducted the transfer of functions from the TSE location at Camp Mirage to other locations within Europe, including Cyprus, and the main NATO base at Kandahar Airfield, Afghanistan.

HISTORY OF CAMP MIRAGE

The Canadian Forces began working out

of Camp Mirage in the United Arab Emirates on Dec. 27, 2001, when two CP-140 Auroras and about 200 personnel deployed to the Persian Gulf region to deliver reconnaissance and surveillance support to the Canadian Naval Task Group operating in the region.

The Long Range Patrol Detachment's mandate ended in June 2003, with more than 4,300 flying hours and 500 missions logged in support of Operation Apollo.

Soon thereafter, on Jan. 25, 2002, a Tactical Airlift Detachment (TAL Det), supported by a National Support Element (NSE) deployed to the camp with three CC-130 Hercules aircraft and about 180 Air Force personnel. Its mandate was to conduct operations upon the closure of the initial Strategic Airlift Detachment that had operated out of Germany and the Persian Gulf since Canada announced participation in the campaign against terrorism on Oct. 7, 2001. The TAL Det logged about 5,800 flying hours in support of Operation Apollo.

On Aug. 16, 2003, Camp Mirage was assigned to Operation Athena; the (NSE) was renamed the Theatre Support Element (TSE) and the TAL Det, part of the Theatre Support Element, was renamed the Tactical Airlift Unit, supporting Task Force Kabul.

The TSE provided all airlift and logistical support to Operation Athena, including maintaining communications from Canada into the theatre of operations, managing troop transit logistics, and providing military police and medical support.

From 2002 until the closure of Camp Mirage on Nov. 5, 2010, Canadian Forces aircraft flew more than 22,000 flying hours in more than 4,500 missions, carried more than 78,000,000 pounds of cargo and more than 244,000 passengers in direct support of the Canadian mission in Afghanistan. These flights included relief in place (RiP) flights, transporting cargo in and out of the Afghan area of operations, flying troops and other personnel for visits and authorized leave, as well as the repatriation of fallen soldiers.

A mission closure team, deployed by CANOSCOM conducted the transfer of functions from the Theatre Support Element (TSE) location at Camp Mirage, to locations in Europe and the main NATO base at Kandahar Airfield, Afghanistan.

CANOSCOM is the Canadian Forces organization tasked with all aspects of operational support including mission activation, maintenance and termination.

Photo: Master Corporal Pierre Thériault



Corporal Benoit Guertin and Sergeant Denis Gravel, from the mission closure team deployed to assist the theatre support element, conduct an audio equipment inventory.



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dnh@ecolecatholique.ca



Photo: Cpl Shilo Adamson

Sgt Jim Melanson, a traffic technician from Trenton, and part of the Strategic Lines of Communication Detachment in Cyprus, pushes a pallet of military kit off a Globemaster returning from Afghanistan. The detachment in Cyprus, under the command of CANOSCOM, is one of two locations currently supporting ongoing operations in Afghanistan.



Season's Greetings: With great thanks

Major-General Yvan Blondin, Commander
1 Canadian Air Division

As we enter 2011, I and your Division CWO Guy St. Jean are very proud of what each of you associated with Air Force operations at home and overseas have accomplished in the past year.

2010 was projected to be a busy year and we far exceeded those expectations and accomplished our missions thanks to your professionalism, skill, teamwork and dedication, and with the critical support of our families.

This list of your mission achievements is long and complex. Top of mind may be the continuous commitment of our personnel in Afghanistan overseas with supporting strategic lift and required force generation activities, our over arching requirement to sustain daily Search-and Rescue coordination, readiness and missions to help save Canadian lives, and our consistent ability to project Canadian sovereignty and security with our NORAD partners.

This year had the additional challenges, some expected, some less

so, including our support to the Olympics, deploying fast to save lives in Haiti, providing airspace security and airlift for international Summits, demonstrating our increased capabilities to operate in the North with new fleets, supporting partner government departments in drug interdiction and other such missions, and transitioning out of Camp Mirage to other strategic support locations.

You achieved mission success on all fronts, while still faced with the challenge of integrating new fleets with fewer people than the ideal and the necessity of fiscal restraint that is the reality in Canada and around the world today.

I cannot promise that the coming year will be less demanding — in fact we will face new and different challenges in the months ahead.

What I can promise you, is this: we will work hard to succeed in the operations to come, adjusting the missions according to the 'weather' to deliver the best effect possible in support of our operational commands, Army and Navy partners, and other government



Major-General Yvan Blondin, Commander,
1 Canadian Air Division

departments.

Everything we do involves risk, and I will continue to work with you to ensure we understand those risks, mitigate those risks, and not compromise on flight or Air Force safety.

I will continue to use what resources I can to improve consistent access to medical care, child care

and appropriate housing wherever you and your families are posted in Canada.

Thank you for all that you do in the name of Canada and the Canadian Forces.

I and my wife Jinny wish you the very best this holiday season, time with your loved ones, and safe travels.

Meilleurs vœux : Toute ma reconnaissance à vous!

Major-général Yvan Blondin,
commandant de la 1^{re} Division
aérienne du Canada.

À l'approche de 2011, l'adjutant-chef de notre division, Adjudc Guy St. Jean, et moi sommes fiers du travail qu'ont accompli toutes les personnes qui ont contribué aux opérations menées par la Force aérienne au pays comme à l'étranger au cours de l'année.

On s'attendait à ce que 2010 soit une année chargée, mais le niveau d'activité a dépassé de loin les prévisions initiales. En dépit de cela, nous avons accompli nos missions grâce à votre professionnalisme, votre compétence, votre esprit de corps et votre dévouement, sans compter le soutien indispensable de nos familles.

La liste des tâches accomplies dans le cadre de missions complexes est longue. En tête de liste seraient l'engagement continu de notre personnel en mission en Afghanistan, qui mène des opérations à l'appui du transport stratégique et les activités nécessaires à la mise sur pied de la force, ainsi que l'obligation prioritaire de soutenir les activités nécessaires à l'exécution de missions de recherche et de sauvetage permettant de sauver des vies de Canadiens, de même que le

maintien de la capacité d'affirmer la souveraineté du pays et de maintenir la sécurité intérieure en collaboration avec nos partenaires du NORAD.

L'année a également apporté son lot de défis supplémentaires, dont certains étaient prévus et d'autres non. Ainsi, il a fallu mener des opérations liés aux Jeux olympiques, se déployer d'urgence afin de sauver des vies en Haïti, veiller à la sécurité de l'espace aérien et assurer le transport aérien lors des sommets internationaux, démontrer notre capacité accrue de mener des opérations dans le Nord en utilisant les appareils de nouvelles flottes, collaborer avec d'autres ministères gouvernementaux à des missions de lutte contre le trafic de drogue, et déménager du Camp Mirage vers d'autres emplacements de soutien stratégique.

Vous avez accompli avec succès notre mission sur tous les plans, et ce, tout en étant confrontés au défi d'intégrer de nouvelles flottes dans les FC malgré des effectifs minimaux et les restrictions budgétaires qui se sont imposées au Canada comme ailleurs dans le monde.

Je ne peux pas vous promettre que l'année à venir sera moins chargée; en fait, au cours des prochains mois, nous devons

affronter des défis nouveaux et différents. Ce que je peux vous promettre cependant c'est que nous travaillerons fort afin de mener à bien nos opérations futures, adaptant alors les missions aux besoins en fonction des conditions météorologiques en vue de produire les meilleurs résultats possibles à l'avantage de nos commandements opérationnels, de nos partenaires de l'Armée de terre et de la Marine et d'autres ministères gouvernementaux.

Toutes nos activités comportent des risques. Je continuerai donc de travailler avec vous dans le but de garantir que nous comprendrons ces risques et que nous les limiterons sans compromettre la sécurité des vols ou du personnel de la Force aérienne.

Je continuerai d'utiliser les ressources à ma disposition en vue d'améliorer l'accès aux soins médicaux, aux services de garde d'enfants et à des logements appropriés, peu importe l'endroit où vous et votre famille se trouvent au Canada.

Je vous remercie de tout ce que vous accomplissez au nom du Canada et des Forces canadiennes.

Ma femme Jinny se joint à moi pour vous souhaiter de très joyeuses fêtes en compagnie des êtres qui vous sont chers. Soyez prudents si vous avez à vous déplacer!

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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.

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.



Evening Aquafit classes

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, began on Tuesday, December 7.

Registration for the general public began on December 9.

Registration for all takes place at the RecPlex

Variety of Yoga classes

DAYTIME: Gentle Yoga with Nancy takes place from January 5 to March 9.

EVENING YOGA: This bilingual class with Amelie takes place from January 10 to March 7.

MOM AND BABY YOGA: This daytime bilingual class takes place from January 11 to March 3.

FAMILY YOGA: This bilingual class with Amelie will take place on Sundays from January 9 to March 6

Registrations are now being accepted. Register through "PSP Online" by visiting www.cfcommunitygateway.com

Learn to Skate Programs

Various Learn to Skate programs for kids and adults are being offered at the RCAF Arena. There is something for everyone!

Register now for programs beginning January 14, 2011.

PSP CRA WINTER 2011 BROCHURE

View the Community Recreation Association's complete line-up of programs and services by visiting www.cfcommunitygateway.com



CF running team becomes part of history

by Colonel Alain Pelletier
with files from Capt
Andréane L'Ecuyer

On Oct. 31, the Canadian Forces Running Team took part in the 43rd World Military Marathon Championships staged by the International Military Sports Council (CISM). The competition brought together athletes from 24 countries.

It was a unique marathon as it was part of the celebrations marking the 2500th anniversary of the Battle of Marathon in Greece, an event that spawned the traditional marathon that has become popular.

According to legend, 2500 years ago an Athenian herald by the name of Phidippides, bearing armour and weapons, ran a distance of roughly 42 kilometres in three hours to announce the Greek victory over Persia.

After reaching Athens and delivering his message, he collapsed and died. The course, which was used during the 2004 Olympic Games, is considered difficult by running enthusiasts because of the broken terrain and the region's high temperatures and humidity.

Despite these daunting



Photo: Solange Morin

The CF running team at the marathon's historical 40 km distance marker. From left to right: Sgt Denis Cloutier (coach), Maj Tammy Hiscock, Sgt Karen Kaizer, 2Lt Jean-Paul DeGagné, Capt Sylvain St-Gelais (team manager), Capt Charles Nadeau, Capt Dennene Huntley and Col Alain Pelletier.

challenges, the five CF athletes crossed the finish line in majestic Panathinikon Stadium in Athens, where the first modern Olympic Games were held in 1896.

Captain Charles Nadeau, 35 Service Battalion at CFB Valcartier, Que., came in 51st position out of 10,371 runners, taking the 29th military spot, with a time of 2:34.28 while Sergeant Karen Kaizer, 3 Area Support Group from CFB Galetown, Que., finished 14th in the women's military category with a time of 3:22.45. Major Tammy Hiscock, from 17 Wing Winnipeg, Man., Captain Dennene Huntley, 2

Service Battalion at CFB Petawawa, Ont., and Second-Lieutenant Jean-Paul DeGagne of 2 Canadian Air Division in Winnipeg also successfully finished the marathon.

All the athletes will continue training during the winter in preparation for the world military games in Brazil in July 2011.

Congratulations to our runners.

Col Pelletier, commander of 3 Wing Bagotville, Que., is the CF patron for the sport of running. As patron, his job is to foster, promote and develop the sport of running at the regional and national levels within the CF.

The Community Recreation Association is now pleased to offer Gift Certificates. To purchase a certificate please visit the RecPlex located at 21 Namao Drive, just off RCAF Road. For more information please call 613-392-2811 ext. 3361.

Give the Gift of Fitness!

L'association de loisirs communautaire a le plaisir d'offrir des certificats cadeaux. Pour acheter ces certificats, veuillez visiter le RecPlex au 21 Promenade Namao à proximité de la rue RCAF. Composez le 613-392-2811 poste 3361 pour plus d'information.

Donnez le cadeau de santé physique!



Staying positive during the holidays

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

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

AVOID OVER-SCHEDULING YOURSELF

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

Along with your commitments to others, make sure to include some downtime for yourself -even if it is half an hour here and there.

Knowing that you have some personal time will help you to stay positive.

LOWER YOUR EXPECTATIONS

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

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

MAKE A BUDGET AND STICK TO IT

The price of the gift is not equal to how much you love them. Focus on the people that you care about instead of the stuff that really doesn't matter.

Beware of the joy-to-stuff ratio: more stuff does not equal more joy.

SPREAD YOUR SOCIALIZING IN THE MONTHS AFTER THE HOLIDAYS

Don't try to pack a year's worth of socializing into a few weeks.

Start a new tradition with friends and make a date with friends for mid-January or early February.

GET AS MUCH SLEEP AS YOU CAN

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

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

Gardez le sourire durant la période des Fêtes

Quelle que soit la fête que vous célébrez en décembre (Noël, Hanoukka, Kwanzaa), il est parfois difficile de rester positifs face à la commercialisation à outrance et au brouhaha général.

Voici quelques conseils pour garder le sourire durant la période des Fêtes :

Évitez de surcharger votre horaire : Utilisez un agenda afin d'y inscrire vos rendez-vous et de voir sur papier ce à quoi vous vous êtes engagés.

En plus des engagements que vous prenez à l'égard des autres, veillez à vous réserver du temps, même s'il ne s'agit que d'une demi-heure ici et là. Sachant que des moments de liberté vous attendent, il vous sera plus facile de rester positifs.

Réduisez vos attentes : Oubliez la perfection, être assez bons suffit. Ne vous attendez pas à ce que les membres de votre famille soient parfaits durant la période des Fêtes.

Soyez réalistes à leur sujet et songez aux relations que vous entretenez avec eux tout au long de l'année.

Cela s'applique tout particulièrement aux belles-familles.

Faites un budget et respectez-le : Le prix des cadeaux n'a rien à voir avec l'amour que vous portez à vos proches.

Concentrez-vous sur les gens que vous aimez plutôt que sur des choses futiles. Évaluer le rapport bonheur-objets : plus de cadeaux ne signifient pas plus de joie.

Répartissez vos activités sociales durant les mois qui suivent la période

des Fêtes : Ne comprenez pas les activités sociales de toute une année à l'intérieur de quelques semaines.

Lancez une nouvelle tradition avec vos amis et donnez-leur rendez-vous à la mi-janvier ou en février.

Dormez autant que vous le pouvez : Prévoyez une ou deux journées de détente pour vous-mêmes ou en famille. Gardez votre pyjama et restez à la maison; donnez-vous la permission de vous reposer et de profiter du temps que vous passez ensemble, sans courir.

La période des Fêtes est l'occasion de célébrer ce qui vous importe vraiment, à vous, à votre famille et à vos amis. Si vous faites réellement ce que vous désirez, il y a de bonnes chances que vous conserverez une attitude positive.

Military Noon Hour Swim Sessions

Please be advised that Military Noon Hour Swim times will not take place from December 23, 2010 to January 3, 2011, inclusive. Regular swim times will commence on January 4, 2011.

GYM HOLIDAY HOURS

Please be advised that the South side Gymnasium will operate throughout the holiday season, as follows:

Monday, December 20: 0600 to 2200 hrs
Tuesday, December 21: 0600 to 2200 hrs
Wednesday, December 22: 0600 to 2200 hrs
Thursday, December 23: 0600 to 2200 hrs
Friday, December 24: 0600 to 1200 hrs
Saturday, December 25: CLOSED
Sunday, December 26: 0800 to 2000 hrs
Monday, December 27: 0800 to 2000 hrs
Tuesday, December 28: 0800 to 2000 hrs
Wednesday, December 29: 0800 to 2000 hrs
Thursday, December 30: 0800 to 2000 hrs
Friday, December 31: 0800 to 1200 hrs
Saturday, January 1: CLOSED
Sunday, January 2: 0800 to 2000 hrs
Monday, January 3: 0800 to 2000 hrs
Tuesday, January 4: 0500 to 2200 hrs
(Return to regular hours)

Staff of the 8 Wing Fitness and Sports Flight would like to wish you and your family a very Happy Holidays - all the best for a healthy and happy New Year!



Photo: sxc.hu

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 local 7517.

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



Christmas greetings from the Chief of the Air Staff

by Lieutenant-General André Deschamps, Chief of the Air Staff

It gives me great pleasure to extend my holiday greetings to you the Regular and Reserve Force members of the Air Force and our civilian personnel who work within Air Command.

I would also like to send greetings to our extended Air Force family. Our families, our veterans, our air cadets and their instructors and everyone who supports the Air Force in so many ways.

It's no exaggeration to say that this has been one of the busiest years for the Air Force in recent history.

From the start, I knew it would be a challenging year and that operational tempo and the pressure on all of you and your families would be high.

We knew we'd be supporting the RCMP at the Vancouver Olympics in February and at the G8 and G20 Summits in June and that we would have a strong presence in northern operations and exercises.

What we didn't expect, of course, was the earthquake in Haiti.

But your training, your professionalism and your dedication kicked in.

Within just a few hours you were fully engaged in bringing relief to the people of Haiti. You made a real difference in the survival of countless people.

On the equipment side of the house, we welcomed five new J-model Hercules, and the Government announced that we would be acquiring the F-35 Lightning II as our next generation fighter.

We also extended the reach of our existing assets.

For example, we used both the Globemaster III and the J-model Hercules to resupply Canadian Forces Station Alert for the first time.

We deployed CF-18 fighters and a Polaris air-to-air refuelling aircraft to overfly the Station, and participated fully in northern activities such as Operation Nanook.

Of course, through all this, you ensured our other tasks were fulfilled.

You searched for and rescued Canadians in danger, transported and supported Canadian and Allied troops in Afghanistan, moved our troops and



Lieutenant-General André Deschamps, Chief of the Air Staff

equipment in and out of theatre and guarded Canadian airspace.

You participated in national and international operations and exercises and kept all of our other operational, training and support activities moving forward.

All of you put in tremendous work to make sure all these operations and activities took place on time and with the greatest effect.

I – and the entire Air Force command team – are extremely proud of everything that you have accomplished this year.

On behalf of my wife Gayle and our two children, I wish you and your families the very best of the holiday season.

Please take time to enjoy some well-deserved rest, and to spend time with your families and friends.

For those of you who will be on duty at home or abroad, you have a special place in my thoughts.

I sincerely thank you for your dedication and the sacrifice you are making to ensure the Air Force mission is successful.

No matter what your belief or faith, I hope you will draw strength from the message of peace and joy that the Christmas season brings.

Merry Christmas, happy holidays and my very best wishes for 2011.

Vœux de Noël du chef d'état major de la force aérienne

par Lieutenant-général André Deschamps, Chef d'état-major de la Force aérienne

C'est avec plaisir que je vous transmets mes vœux de joyeuses fêtes à vous tous, membres de la Force régulière et de la Force de réserve de la Force aérienne ainsi que membres du personnel civil à l'emploi du Commandement aérien.

Je transmets également mes vœux à la famille élargie de la Force aérienne, soit :

À toutes vos familles;

Aux anciens combattants;

Aux cadets et à leurs instructeurs;

Et à tous ceux et celles qui appuient la Force aérienne de si nombreuses façons.

On peut dire sans exagérer que nous venons de traverser l'une des années les plus occupées de l'histoire récente de la Force aérienne.

Dès le départ, je savais qu'il s'agirait d'une année exigeante et que le rythme des opérations et les pressions exercées sur chacun d'entre vous, et vos familles, seraient élevés.

Nous savions que nous allions devoir prêter main-forte à la GRC durant les Jeux olympiques de Vancouver en février et les sommets du G8 et du G20 en juin et que nous allions participer fortement aux opérations et aux exercices menés dans le Nord.

Toutefois, nous n'avions naturellement pas prévu le tremblement de terre survenu en Haïti.

Mais nous avons alors pu compter sur votre professionnalisme et votre dévouement.

En effet, en quelques heures seulement, vous portiez déjà secours à la population haïtienne. Vous avez ainsi réellement amélioré les chances de survie d'un nombre incalculable de personnes.

Au chapitre de l'équipement, nous avons reçu cinq nouveaux Hercules de modèle J, et le gouvernement a annoncé que nous allions acquérir le F-35 Lightning II à titre de chasseur de prochaine génération.

Nous avons aussi étendu la portée de notre équipement.

Par exemple, nous avons utilisé le Globemaster III et le Hercules de

modèle J afin de réapprovisionner pour la première fois la station des Forces canadiennes Alert.

Nous avons déployé des chasseurs CF18 et un appareil de ravitaillement en vol Polaris, qui ont survolé la station et pris pleinement part aux activités menées dans le Nord, comme l'opération *Nanook*.

Naturellement, en plus de tout cela, vous avez continué à vous acquitter de vos autres tâches.

Vous avez effectué des recherches et secouru des Canadiens en danger, avez transporté et appuyé des troupes canadiennes et alliées en Afghanistan,

avez transporté nos troupes et notre équipement en direction et en provenance de théâtres, et vous avez assuré la sécurité de l'espace aérien du Canada.

Vous avez également pris part à des opérations et à des exercices nationaux et internationaux en plus de poursuivre toutes nos autres activités opérationnelles, d'instruction et de soutien.

Vous avez tous accompli un travail énorme afin que toutes ces activités se déroulent le plus efficacement possible et dans les délais prescrits.

Moi-même ainsi que toute l'équipe du commandement de la Force aérienne sommes extrêmement fiers de tout ce que vous avez accompli cette année.

Au nom de ma femme, Gayle, et de nos deux enfants, je vous souhaite, à vous et à votre famille, de très joyeuses fêtes.

Prenez le temps de profiter d'un repos bien mérité et de passer du bon temps en famille et entre amis.

Pour ceux et celles qui seront en service au pays ou à l'étranger, j'aurai une pensée toute spéciale.

Je vous remercie sincèrement de votre dévouement et des sacrifices que vous faites afin que la mission de la Force aérienne soit une réussite.

Peu importe de quelle confession vous soyez, j'espère que vous vous laisserez inspirer par le message de paix et de joie qui accompagne le temps des fêtes.

Joyeux Noël, joyeuses fêtes et tous mes vœux de bonheur pour 2011.



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8 Wing shines through to win CF Health and Fitness Award

8 Wing/CFB Trenton was recently presented with the National Health and Physical Fitness Award, recognizing the men and women of 8 Wing for their commitment to health and physical fitness.

The collaborative effort taken on by PSP – particularly 8 Wing Health Promotion and the 8 Wing Fitness and Sports Flight, alongside 24 Canadian Forces Health Services Centre and the Trenton Military Family Resource Centre (MFRC), help distinguish the success of this achievement.

The new Health and Physical Fitness Award was established to recognize a base, wing or administrative support unit from each environment (Navy, Army and Air Force) for fitness activities that support the Canadian Forces Health and Physical Fitness Strategy.

The Air Force nominated 8

Wing/CFB for the award, emphasizing its commitment to health and physical fitness through local initiatives such as partnering with the MFRC to ensure that CF personnel and their families have access to programs that encourage positive health and fitness choices.

Injured, medically-referred personnel have access to a “Return to Function” facility that helps them with a structured exercise program once their physiotherapy has been completed.

The Wing also organized a variety of fitness events such as Surf n’ Turf (a multi-sport competition) and the Wing Commander’s Health and Fitness Challenge that promoted the Air Force and physical fitness to the Trenton-area community.

Congratulations to all!

Compiled by Amber Gooding

CF HEALTH AND PHYSICAL FITNESS STRATEGY

Raising health and physical fitness awareness and actual health and physical fitness levels within the Canadian Forces, to meet operational requirements, is the goal of the Health and Physical Fitness Strategy.

Facilitating the adoption of a healthy lifestyle helps to ensure the long-term goal of the strategy, which is to progress from a level of awareness and knowledge to one at which all military members embrace health and physical fitness as a life long standard of living.

The four principles of the strategy include: Accountability and Responsibility (Leaders are accountable and responsible for personnel and unit health and physical fitness, and personnel are responsible for maintaining a healthy lifestyle and a personal physical fitness regime and are accountable for personal results); Operational Focus (to establish and maintain appropriate health and physical fitness levels that reflect the demands and set the conditions for success in operations); Measurable (performance measures and standards that are science-based and applied consistently); and Integrated Total Force, (strengthening the culture of health and physical fitness in the CF, applied equally to all military personal, Regular and Reserve).

The plan to achieve all of the above encompasses seven main points which include: *Shared Ownership, Lifelong Lifestyle Commitment, Regular Physical Fitness, Healthy Nutrition, Healthy Weight, an Addiction Free Lifestyle and Effective Governance Framework.*

To learn more about the CF Health and Physical Fitness Strategy, please visit <http://www.cmp-cpm.forces.gc.ca/pub/hpfs-sscp/index-eng.asp>.



Photo: Cpl Levarre McDonald, 8 Wing Imaging

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, is shown with staff from PSP, MFRC and 24 Canadian Forces Health Service Centre for a group photo with some of the recipients for this year’s CF Health and Fitness Award. 8 Wing was announced as the winner during the annual (CF) Sports Awards achievement dinner, held November 6 in Ottawa.



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408 "Goose" Squadron to celebrate 70-year history

CFB Edmonton – Exactly 70 years after their formation, former members along with current members of 408 "Goose" Squadron will gather to celebrate their long and decorated history.

The celebration will take part in Edmonton from June 24 to 26, 2011.

"This will be a fantastic opportunity to gather the Goose family, young and old, to celebrate and share everyone's part in adding to the rich history and traditions of this great squadron," states Lieutenant-Colonel Jeff Smyth, Commanding Officer of 408 "Goose" Squadron. The planned events are as follows:

Friday June 24: Meet and Greet in the evening, location likely to be the Edmonton Aviation Museum at 11410 Kingsway Avenue NW Edmonton, AB.

Saturday June 25: Open House at the 408 Squadron hangar, #2 Hangar Rhine Road CFB Edmonton, during the day. This will include displays of items from our museum as well as our current aircraft and capabilities. A formal dinner will take place in the Squadron hangar in the

evening.
Sunday June 26: Memorial service in the morning, location TBA.

408 Squadron's history dates back to June 24, 1941, when Bomber Command's directive called for the formation of 408 Squadron as part of No. 5 (RAF) Group. It was to be the second Canadian bomber squadron formed overseas.

The Goose Squadron, as it was to become known, was initially based at Lindholm, Yorkshire, England, and equipped with Handley Page Hampdens.

Today, as part of 1 Wing Tactical Aviation, 408 Tactical Helicopter Squadron is based at CFB Edmonton and has the principal role of supporting units of 1 Canadian Mechanized Brigade Group as well as Land Force Western Area and is equipped with CH-146 Griffon helicopters.

More information about 408 Tactical Helicopter Squadron and their role is available at <http://www.airforce.forces.gc.ca/1w-1e/sqns-escs/page-eng.asp?id=377>.

Le 408e Escadron (Goose) célébrera son 70e anniversaire

BFC Edmonton –

Edmonton, Alberta. Exactement 70 ans après sa création, d'anciens et d'actuels militaires du 408e Escadron (Goose) se réuniront afin de souligner la longue histoire de celui-ci et toutes les décorations qu'il a obtenues. Les festivités se tiendront à Edmonton du 24 au 26 juin 2011.

« Ces activités seront une occasion fantastique de rassembler tous les membres de l'Escadron « Goose », qu'ils soient jeunes ou vieux, afin de célébrer et de connaître les contributions de tout un chacun à l'histoire et aux traditions riches de cet escadron formidable », a déclaré le Lieutenant colonel Jeff Smyth, commandant du 408e Escadron (Goose). Voici les activités qui se dérouleront dans le cadre de cet événement :

Le vendredi 24 juin : Séance d'accueil qui se déroulera en soirée; cette activité aura probablement lieu au musée de l'aviation d'Edmonton situé 11410, avenue Kingsway N.-O.,

Edmonton, Alberta.

Le samedi 25 juin : Journée portes ouvertes au hangar n° 2 du 408e Escadron (Rhine Road, BFC Edmonton). Les objets de nos musées ainsi que des aéronefs et des ressources que nous utilisons actuellement seront exposés. Un dîner officiel aura lieu en soirée, dans le hangar de l'escadron.

Le dimanche 26 juin : Service commémoratif en matinée, lieu à confirmer.

La création du 408e Escadron remonte au 24 juin 1941, lorsque, par une directive, le Bomber Command a demandé sa formation et l'a affecté au No. 5 (RAF) Group. Il s'agissait du deuxième escadron de bombardiers canadiens à être formé outremer.

Cet escadron, qui a plus tard été surnommé l'Escadron « Goose », a initialement été basé à Lindholm, dans le Yorkshire, en Angleterre. Il était alors équipé d'appareils Handley Page Hampden.

Aujourd'hui, le 408e



Escadron tactique d'hélicoptères, qui fait partie de l'aviation tactique de la 1re Escadre et est situé à la BFC Edmonton, a comme principale responsabilité d'appuyer les unités du 1er Groupe brigade mécanisé du Canada de même que du Secteur de l'Ouest de la Force terrestre. Il est équipé d'hélicoptères CH146 Griffon.

Pour obtenir plus de renseignements à propos du 408e Escadron tactique d'hélicoptères et de son rôle, veuillez consulter la page Web : <http://www.airforce.forces.gc.ca/1w-1e/sqns-escs/page-fra.asp?id=377>.



Photo credits: Capt Rod Dietzmann, 408 THS PAO

CH-146 Griffon helicopters from Edmonton-based 408 "Goose" Squadron prepare for a 67th Anniversary flypast in 2008. 408 Squadron will be celebrating their 70th Anniversary Reunion in Edmonton June 24-26, 2011.



Photo credit: Master Corporal Craig Wiggins, Flight Engineer, JTFK Afghanistan, Roto 8

Canadian Forces CH-146 Griffon helicopter pilot, Captain Greg Juurlink, poses with his rifle and helicopter as the sun sets on Christmas Day 2009.

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Photo: Cpl Precious Carandang, 8 Wing Imaging



Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, calls the winner of the Mega 50/50 winning ticket during the United Way Campaign Closing Ceremonies, which took place inside the Yukon Galley Mess Hall on December 3.

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Once again, the North American Aerospace Defense Command (NORAD) is gearing up to track Santa! Join the experience at www.noradsanta.org and countdown to Santa's takeoff. Also, for up-to-the minute updates on Santa's whereabouts on December 24th, be sure to call the NORAD Tracks Santa Operations Centre at 1-877-HI-NORAD to speak to an official Santa tracker.

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WAGON RIDES SCHEDULE

| | |
|---|--|
| <p>Friday December 10 6:00pm - 8:00pm</p> <p>Sunday December 12 12:00pm - 3:00pm</p> <p>Saturday December 18 12:00pm - 3:00 pm</p> <p>Monday December 20 6:00pm - 8:00 pm</p> <p>Wednesday December 22 6:00pm - 8:00 pm</p> | <p>Saturday December 11 12:00pm - 5:00pm</p> <p>Friday December 17 6:00pm - 8:00 pm</p> <p>Sunday December 19 12:00pm - 3:00 pm</p> <p>Tuesday December 21 6:00pm - 8:00 pm</p> <p>Thursday December 23 6:00pm - 8:00 pm</p> |
|---|--|

All Rides will pick up and drop off at the DBIA Office in the King Street Parking Lot.

Santa has agreed to help out the DBIA with appearances around the downtown during the hours of the wagon rides as well as Thursday evenings.

All Events are Free! - Everyone is welcome to enjoy Seasons Greetings from all the businesses in Trenton's Downtown!



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Community Events

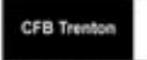
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations 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.



Operation Red Nose Quinte

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

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

**All rides must start or end
in Belleville or Trenton**

2010 Operating nights:
Fri., Dec.10, Sat., Dec.11,
Thurs., Dec.16, Fri., Dec.17, Sat., Dec.18,
Thurs. Dec. 23, Thurs., Dec.30, Fri., Dec.31

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

Trenton Trimettes

Join Trenton Trimettes, a support group that encourages weight loss through healthy eating and exercise.

Monthly Dues are \$10
Free registration and dues for the month of January 2011

The Trimettes meet Mondays 7 - 8:30 p.m. at Bethel Church (corner of Herman and Dundas St., E.)

For more information, call Sheila at 613-392-0353.
Please leave message on answering machine.
Dues are distributed to multiple charities.
(Salvation Army, Food Bank, Adopt a family and more)



Pennies for Pets could use your help!

The Quinte Humane Society is accepting all change in the Pennies for Pets Campaign. They will count it, roll it and even pick it up. You can also drop off your pennies and change at the shelter at 527 Avonlough Road or call 613-968-4673.

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.



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

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





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 P11854 Burnt orange! 18" Alloy wheels! Per sunroof! Automatic, 4 cyl, 2 dr, steering wheel controls, factory remote start, cruise, tilt, air, satellite radio, CD, pwr locks, windows, mirrors, keyless entry, only 40,000kms.
\$10,995
 \$97.74 biweekly 72 mths
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 Taxes Included



10 DODGE AVANGER SXT
 PD12225 17" Alloy wheels! Automatic, 4 cyl, 4 dr, u-connect compatible, steering wheel controls, cruise, tilt, air, satellite radio, 6 disc changer, pwr locks, windows, mirrors, keyless entry, only 15,000kms!!
\$14,995
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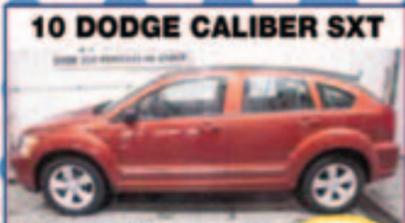
07 CHEV MALIBU LT
 PD12187 Alloy wheels! Factory remote start, flex fuel, steering wheel controls, OnStar, dual climate controls, cruise, tilt, air, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 72,000kms.
\$9,495
 \$84.40 biweekly 72 mths
0 DOWN
 Taxes Included



10 NISSAN ALTIMA
 D11957 Xtronic CVT! Alloy wheels! Automatic, 4 cyl, 4 dr, steering wheel controls, tilt, air, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, only 34,000kms!!
\$17,995
 \$127.91 biweekly 96 mths
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06 MAZDA 5
 P11736 Rear sliding doors! Alloy wheels! Automatic, 4 cyl, 4 dr, air, tilt, cruise, steering wheel controls, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, only 80,000kms.
\$10,995
 \$113.52 biweekly 60 mths
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10 DODGE CALIBER SXT
 PD12270 Burnt orange! 17" Alloy wheels! Heated seats! Automatic, 4 cyl, 4 dr, tilt, air, cruise, AM/FM/CD/MP3, pwr windows, mirrors, locks, keyless entry, only 16,000kms!!
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07 PONTIAC G5 SE
 P12150 Alloy wheels! Automatic, 4 cyl, steering wheel controls, tilt, cruise, air, satellite radio, CD, pwr windows, locks, mirrors, keyless entry, only 32,000kms!!
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06 CHEV IMPALA LTZ
 11917 Pwr sunroof! Per heated leather seats! Alloy wheels, factory remote start, wood grain trim, OnStar, air, tilt, cruise, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 64,000kms.
\$11,995
 \$123.84 biweekly 60 mths
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07 CHEV COBALT LT
 P12136 Burnt orange! Alloy wheels! Automatic, 4 cyl, 2 dr, tilt, cruise, air, steering wheel controls, AM/FM/CD/MP3, pwr locks, mirrors, windows, keyless entry, 60,000kms.
\$7,295
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07 PONTIAC G5 SE
 12259 Alloy wheels! Burnt orange! Automatic, 4 cyl, 4 dr, factory remote start, steering wheel controls, air, tilt, cruise, satellite radio, CD, pwr mirrors, windows, locks, keyless entry, 65,000kms.
\$7,695
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07 CHEV MALIBU LT
 P12154 Alloy wheels! Automatic, 4 cyl, 4 dr, steering wheel controls, factory remote start, cruise, air, tilt, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 73,000kms.
\$9,495
 \$84.40 biweekly 72 mths
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07 PONTIAC G6 SE
 P12239 Pwr sunroof! 17" Alloy wheels! Pwr pedals! Automatic, 4 cyl, 4 dr, factory remote start, steering wheel controls, air, cruise, tilt, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, 63,000kms.
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06 CHEV MALIBU MAXX LT
 A12002 Rear Sunroof! Per seat, steering wheel controls, factory remote start, traction control, tilt, air, cruise, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, 90,000kms.
\$7,995
 \$82.55 biweekly 60 mths
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 Taxes Included



06 CHEV IMPALA LS
 11942 Pwr seat, steering wheel controls, wood grain trim, OnStar, cruise, tilt, air, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, only 39,000kms!
\$10,995
 \$113.52 biweekly 60 mths
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 Taxes Included



07 PONTIAC G5 SE
 P12152 Burnt orange! Alloy wheels! Steering wheel controls, factory remote start, tilt, cruise, air, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, only 27,000kms!!
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December 12 – December 18

Theme of the week: The weekend begins with a bang. Ready or not, whatever you are finally tired of will gratefully leave. Release is needed to welcome the fresh and new. The rest of the week involves events that simply affirm our personal and powerful choices. It will be a great week, enjoy!

ARIES (March 21-April 19): You acquire a new position. It has actually been a long time coming. While it seems to hold the promising attainment of authority, there is actually a lot more responsibility involved. You will adjust into your new role in no time.

TAURUS (April 20-May 20): We can be motivated by different drives and desires, depending on the phase of our life. You are slowly stepping away from one chapter and into another. What used to inspire you no longer does. The changes will propel you in a new, exciting direction.

GEMINI (May 21-June 20): There is nothing like the self-respect that achievement brings. Working hard towards a goal and seeing it through to accomplishment brings rewards that form the fabric of your being. You know your priorities are right on. Your success matters. Don't let detractors sway you.

CANCER (June 21-July 22): In "Committed", Elizabeth Gilbert says women used to want someone to provide economic security. Now, it's someone who inspires. That's a lot to ask. Regardless of your gender, you're asking a bit too much of another person. Ask instead what you are willing to give.

LEO (July 23-Aug. 22): When we are determined to change, we may be impatient with it. Slow and steady may win the race, but because the effects are not evident, we risk losing our motivation. You're connecting with your resolve now. Make sure you also connect with the vision you need to see it through.

VIRGO (Aug. 23-Sept. 22): You are not being left out and opportunities are not passing you by. It's just that you feel anxious that they are. Let it motivate you to work harder and push further, but don't let feelings of insecurity bring you down. You have a lot to be hopeful for.

LIBRA (Sept. 23-Oct. 22): Friends are family you choose for yourself. The statement implies that we have no choice over our families, and it's true. As much as you wish you could, you have to deal with family members disappointing you. Don't take their attitudes personally.

SCORPIO (Oct. 23-Nov. 21): You care. That's why you mentioned it. However, it seems to have pushed a button. You can't control the others reaction, but you can be willing to patiently talk it out. Your relationship is changing. Honesty will allow it to grow.

SAGITTARIUS (Nov. 22-Dec. 21): Money is such an emotional issue. On some level, we identify it with security and survival. Your livelihood is going through a shift. Don't let it scare you. See this as an opportunity to do more of what you would truly like.

CAPRICORN (Dec. 22-Jan. 19): An anonymous existence is increasingly unlikely for you, as you come to see you have something that needs to be shared. You have something to say but may be afraid of negative feedback. Don't worry about its reception. You know you're thicker skinned than to let it concern you.

AQUARIUS (Jan. 20-Feb. 18): Contrary to an expressed belief, you are actually doing quite well. There is nothing about your present circumstance that you cannot feel completely grateful for. Yet, you feel decidedly unsatisfied. Be patient and you will be returned to your usual appreciation.

PISCES (Feb. 19-March 20): While living in the moment is all fine and good, you are ready for the future. In fact, you are having a hard time waiting for it. You are convinced you are ready now. That may be so, but any impulsive moves are not likely to serve you best. Good things will come in due course.

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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**.

Not In My Backyard! by Dale Taylor

IN THE ZONE BY BRIAN CODAGNONE

DuJour

LAYOFFS

ROBERT SIMON

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Stuff!

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266 Dundas Street East (Trenton Town Centre) *Drive-Thru NOW OPEN AT 5:00 AM | 18 Monogram Place (near the YMCA) Drive-Thru - Open 24 hours | McDonald's in WalMart Trenton



The Contact Newspaper staff would like to acknowledge Trenton McDonald's as the weekly sponsor of our feature, The Contact Family feature.



Activity: No-Heat Crayon Batik

This is a great project for using up old, broken crayons.

Unlike many batik projects, this one doesn't require using an iron, so less adult supervision is needed.

What you'll need: Crayons; heavy sheet of paper, such as construction paper (not copy paper); black or dark tempera paint; paintbrush or 1" foam brush; pencil; small cup or container to hold tempera paint; several large sheets of newspaper; large bowl or container of water; and Bounty® paper towels.

Directions: Decide on a design for your picture. You may want to draw your design on another sheet of paper first, or draw it very lightly in pencil on your paper.

Remove the paper covering on the crayons you plan to use. Use the sides of the crayons (not the tips), pressing down very hard to fill your paper with color.

Make bold, colourful designs or patterns and cover as much of the white background as you can.

When you're finished with your design, carefully immerse your paper in a



bowl or container of water at room temperature.

While your paper is under water, gently crumple it into a ball. This entire process should take about 10 seconds.

Remove the paper ball from the container and very carefully squeeze out any excess water. Gently smooth out the crumpled ball and spread it out on sheets of newspaper. Blot any remaining drops of water with a paper towel.

Pour about 1/4 cup of tempera paint into a cup or small container and thin the paint with a little water. Paint a black wash over the crumpled paper and let it dry.

Your paper will tear easily, so handle it very gently. Torn spots can be taped on the back once the paper is completely dry. Clean up your brush with soap, water, and paper towels.

Mealtime.org

Chicken Chili Dip

Ingredients:

- 2 teaspoons vegetable oil
- 1 cup finely diced onion
- 1 garlic clove, minced
- 2 cups 99 per cent fat-free, reduced-sodium chicken broth
- 1 can (12 1/2 ounces) premium chunk breast of chicken in water, drained
- 2 teaspoons Mexican-style hot chili powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon dried oregano
- 1 cup canned, drained and rinsed cannellini beans, coarsely mashed
- 1/2 cup shredded, sharp low-fat Cheddar cheese
- 1 teaspoon cornstarch

Preparation Time: 5 minutes **Cook Time:** 5 minutes

Preparation: Heat oil in a large, heavy saucepan over medium-high heat. Add onion and cook until transparent, about 3 minutes; add garlic and cook 1 more minute. Add chicken broth, and boil until liquid is reduced to about half. Meanwhile, shred the chicken in a small mixing bowl with the back of a fork. Mix in chili powder, cumin and oregano. Stir into the onions and broth, and simmer for 3 minutes. Stir in beans and simmer until thick, about 2 minutes more. Combine the cheese and cornstarch in a small bowl; mix into the chicken mixture. Reduce heat to low and stir in cheese until melted. Serve warm in a bowl as a delicious dip. Serves: 12

*Nutritional Information Per Serving: Calories 70; Total fat 2g; Saturated fat 0.5g; Cholesterol 10mg; Sodium 280mg; Carbohydrate 6g; Fibre 1g; Protein 8g; Vitamin A 2 per cent *; Vitamin C 2 per cent DV; Calcium 4 per cent DV; Iron 2 per cent. *Daily Value*

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ANSWER 8 & 9



Keep safety at the forefront of your mind this holiday season



Submitted by
Wing General Safety
Office

As the holidays draw near, decorative lighting and special effects become important components of the festive season.

Christmas trees, in particular, are a traditional part of the season. And although they are special,

trees pose a definite safety risk.

If you're using a natural tree this year reduce the risk of a tree fire by taking the following precautions.

Choose a freshly cut green tree, not one that has dried out through weeks of storage. If you are buying one from a tree lot, tap the trunk on the ground; if several needles fall off, it's too dry. Needles that bend and are not easily pulled off indicate a fresh tree.

Consider a potted Christmas tree so you can plant it in your yard once the holidays are over.

Before setting it up, cut two inches diagonally off the butt. The tree will

draw water more easily from a fresh cut.

Stand the tree in a tub or bucket of water and keep the tree trunk immersed to prevent the tree from drying out.

Select a safe location for the tree, away from drapes and curtains and from drying and heating sources such as registers, radiators and television sets. Don't block doors or windows, which might be used to escape in an emergency and never, put a tree near a fireplace!

Use a tree-stand with widespread legs for better balance and a large water reserve in which to immerse the tree butt.

Check the water level every day and add more as required.

Check your Christmas lights for defects. Spread them out on a non-flammable surface before installing them. Make sure there are no broken bulbs, all electrical cords are free of cuts or frays and the plugs are in good condition.

Extension cords should never be placed under carpets or where they could be a tripping hazard.

Don't leave the Christmas tree lights on if there is no one in the room.

If the tree begins to lose an excessive amount



Photo: sxc.hu

of needles, remove it immediately.

Never burn your tree in the fireplace!

These safety tips will help prevent your Christmas holiday plans from going up in smoke!

Remembering Don Heans, with love

The "safety family" lost a dear friend and mentor. On November 29, 2010 Don Heans passed away a year after his retirement as 8 Wing General Safety Officer.

Don Joined the RCAF one day after his 17th Birthday as a Medical assistant and subsequently remustered to Lab Technician.

In 1967 Don completed his degree for the University of Saskatchewan and received his commission as a Medical Administration Officer. His last posting was a Naval tour in Halifax where he retired from the military in 1984.

He always said the highlight of his career began in 1988 when he started as the Assistant Base General Safety Officer under the tutelage of Ted Lavigne. In 1996 he became the Base General Safety Officer where he found his true calling.

His wise counsel and sage advice was sought not only at the local level but nationally throughout the safety community.

A most fitting tribute came from the Director of the Airforce Safety Centre - "While volumes can be written about Don - the two most important words that describe him are he cared".

Anyone that has had the pleasure of knowing Don will remember a very kind and charming person who was always willing to provide his guidance



and encouragement.

Don was a humble man and always credited family and support from his friends for his achievements.

It is important to note that he considered everyone his friend and loved nothing more than to share a smile.

Even after his retirement he eagerly looked forward to meeting with friends at his satellite office in Tim Hortons.

May it bring comfort to his family to know he will be remembered as a friend and will remain in the hearts of everyone who knew him.

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MADD CANADA

From the Management and staff of Personnel Support Programs



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575



- Schedule of Events**
- Dec 7th Middleton Park Wagon Rides 6-8pm
 - Dec 8th My Theatre's "Christmas Carol"
 - Dec 9th Seniors Tea 2:00-4:00 with Glee Club 105
 - Dec 9th Heidi Hayward 7:00-8:00
 - Dec 10th Friends & Neighbours Night with Brittany Wade 7:00-8:00
 - Dec 11th Children's Delight 1:00-3:00
 - Dec 12th Veterans Day with Singing with Grace Community Choir
 - Dec 13th Francophone Night
 - Dec 14th Middleton Park Wagon Rides 6-8pm With Our Lady of Peace Chapel Choir
 - Dec 15th Story time with Mr. Ken Rose 7:00-8:00
 - Dec 16th Songs of the Season with Laurie Schedlar 7-8pm
 - Dec 17th Downhomers Kitchen Party
 - Dec 18th Youth Yuletide
 - Dec 19th Closing Ceremony

December 7-19th
 National Air Force Museum of Canada
 Monday & Tuesday 5:30-8:30
 Wednesday to Friday 10:00-5:00
 Saturday & Sunday 5:30-8:30
 10:00-5:00

For information contact Trenton MFRC 613-955-8711

Does your child attend Breadner School?

Are you in need of daycare for before and after school?
 The Trenton MFRC Daycare has space available at our Breadner location.
 The fees are \$7 for before or after and \$14 for before and after
 Hours of operation:
 Monday to Friday 6:45am - 5:15 pm
 To register please call 613-965-2442.

Est-ce que votre enfant va à l'école Breadner?

Avez-vous besoin de services garde parascolaire?
 La Garderie du CRFM a des places disponibles à l'école Breadner.
 Les coûts sont de 7\$ pour avant ou après l'école et 14\$ pour avant et après l'école.
 Nos heures:
 Du lundi au vendredi de 6h45 à 17h15
 Pour les inscriptions téléphonez au 613-965-2442.



Ken Higashihara from Boeing presented Susan Sweetman, E.D. of the MFRC, with a \$5000.00 donation in support of programs and services for the military families at 8 Wing/CFB Trenton.

Ken Higashihara de Boeing a présenté un chèque de 5000,00\$ à Susan Sweetman, Directrice du CRFM comme soutien au x programmes et services offerts aux familles de la 8e Escadre/BFC Trenton.

Partner's Away Wednesday Night 6 pm to 7:30pm

Childcare is available but you need to reserve ahead so we will have enough caregivers for your children.
 December 13th, Sears Christmas Dinner

Groupe Partenaires au loin, le mercredi soir de 18 h à 19h30

Le service de garde est disponible, toutefois vous devez réserver à l'avance pour que nous puissions prévoir suffisamment de gardiennes pour les enfants.
 13 décembre, Souper de Noël de Sears



- Horaire**
- 7 décembre, 18h-20h Promenades en chariot, Parc Middleton
 - 8 décembre, 19h-20h "Chants de Noël" de - My Theatre -
 - 9 décembre, 14h-16h Thé des aînés avec Glee Club 105
 - 10 décembre, 19h-20h Soirée Amis et Voisins avec Brittany Wade
 - 11 décembre, 13h-15h Délices pour enfants
 - 12 décembre Journée des vétérans 19h-20h, Singing with Grace Community Choir
 - 13 décembre, 17h30-20h30 Soirée francophone
 - 14 décembre, 18h-20h Promenades en chariot, Parc Middleton avec la chorale de "Notre-Dame-de-la-Paix"
 - 15 décembre, 19h-20h Contes de M. Ken Rose
 - 16 décembre, 19h-20h Chants de saison avec Laurie Schedlar
 - 17 décembre, 18h-20h Party cuisine des Downhomers
 - 18 décembre, 14h-16h Fêtes de Noël pour les jeunes
 - 19 décembre, 14h-16h Cérémonies de clôture

du 7 au 19 décembre
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 Mercredi au Vendredi 10h00 - 17h00
 17h30 - 20h30
 Samedi & Dimanche 10h00 - 17h00

Pour de l'information contactez CRFM de Trenton 613-955-8711

Are you new at 8 Wing/CFB Trenton?
 Come to the MFRC, get your plant, coupons, information as needed, have a tour of the place. We are looking forward to meet you!

Êtes-vous nouveau à la 8e Escadre/BFC Trenton?
 Venez au CRFM pour avoir votre plante, coupons, de l'information et une visite de la place.
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In loving memory of F.E. "Jeff" Jeffery, DFC

It is with great sadness that the museum announces the loss of F. E. "Jeff" Jeffery, DFC, one of its most staunch supporters and the driving force behind the acquisition and restoration of the Halifax.

Jeff had been a Halifax pilot during the Second World War, flying with the RCAF on 432 (Leaside) Squadron, 6 Group, Bomber Command. He completed 32 flying missions and was awarded the Distinguished Flying Cross.

In 1994, he and a group of veterans started the Halifax Aircraft Association with the intent of finding, restoring and displaying a Halifax bomber. "Our goal was to restore a Halifax as a permanent memorial to Canadian veterans," said Jeffery in a 1998 interview. "We felt that having a plane to exhibit to future generations would tell our

story better than anything else we could say or write.

Jeff went on to become the driving force behind the Halifax Aircraft Association and the Recovery of Halifax NA337 from the depths of Lake Mjosa in Norway. Over ten years the Association grew from two members to over 5,000 and raised over 1.5 million dollars, all of which was put into the restoration of the aircraft. A decade of work and over 300,000 man hours of dedicated labour went into the Halifax. In 2005 NA337 was official unveiled to a huge cheering crowd at the National Air Force Museum. Then, in 2009, the aircraft was officially handed over to the museum as part of its permanent collection.

Long time friend Ken Kee spoke of Jeff's dedication to the project. "Jeff was dif-

ferent", said Kee. "He didn't expect anyone else to do the work he just went in and did it himself."

He may not have expected anyone else to do the job for him, but he inspired thousands to follow his Halifax dream and make it a reality. His gift of labour and love is now a lasting memorial to Canadian veterans and Canadian perseverance. The Halifax does exactly what Jeff wanted, it tells a story. Every year hundreds of students and thousands of visitors visit the NAFMC and stand in awe under the wings of Jeff's Halifax. And they listen to the stories: stories of those who flew Halifax bombers throughout the Second World War, stories of the men who found and rebuilt NA337, and the story of a man named Jeff, who didn't give up his dream. We will miss you.



Photo: Submitted

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Natural Stone Accents

Plan Number 1-2-579

Natural stone accents and mullioned windows give this tidy rancher an appealing rustic look. Inside, the two-bedroom floor plan is ideal for a retired couple or a small family.

Nine-foot high ceilings and a contemporary open design enhance the feeling of spaciousness.

Factor in an unfinished basement, and this home might also suit a growing family.

Entry is through an open courtyard, which could easily be gated to enclose a small garden filled with potted plants.

The single front door is surrounded by windows that will bring natural light into the foyer. A staircase to the left of the foyer leads to the basement. A laundry room is tucked behind the stairwell, with access to the two-car garage with its built-in work bench.

The spacious great room forms the hub of this home, with views to the back sundeck. A corner fireplace will warm the room in winter, while access to the sundeck will expand the living space in summer.

The contemporary kitchen is equipped with an angled work island, a greenhouse window and a pantry cupboard. An optional buffet can be added to the dining area, increasing storage for dishes and glassware.

The bedrooms are well separated, with the master suite located at the back of the house for quiet and privacy.

The master suite includes a three-piece bathroom, a bayed window and a door to the rear sundeck. Another three-piece bathroom is situated just outside the second bedroom.

Exterior finishes include horizontal siding, painted trim and decorative woodwork in the gables.

This home measures 40 feet wide by 51 feet, 6 inches deep and has 1,294 square feet of finished living space. The design includes an unfinished basement.

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HOLIDAY DECORATION CONTEST

On the evening of 15 December 2010 the members of the PMQ Community Council will choose their favorite decorated PMQ. The winner will receive a \$100.00 gift card.



We are now on Facebook!

Here you can see what the Council is up to, dates and times of events and contest details.

Volunteers are still needed!

If you are interested please contact us through Facebook "8 Wing PMQ Community Council" or outlook at +PMQ Community Council@CFB Trenton

Qu'y-a-t-il de nouveau avec votre conseil communautaire de LF?

CONCOURS DE DÉCORATION DES FÊTES

En soirée le 15 décembre 2010, les membres de votre conseil communautaire de logements familiaux choisiront leur LF décoré préféré. Le gagnant recevra une carte-cadeau d'une valeur de \$100.00.



Nous sommes maintenant sur Facebook!

Venez voir ce que votre conseil fait pour vous et obtenez-y les horaires d'événements et les règlements de concours.

Nous sommes toujours à la recherche de bénévoles!

Si cela vous intéresse, n'hésitez pas de nous contacter par l'entremise de Facebook au groupe « 8 Wing PMQ Community Council » ou par courriel à l'adresse +PMQ Community Council@CFB Trenton



TRENTON Military Family Resource Centre



Events & Information

Friends & Neighbours Night

The Trenton MFRC would like to thank all our friends and neighbours for their support during the various repatriation ceremonies.

Please join us on December 10th, 2010 From 6pm to 8pm at the National Air Force Museum of Canada

Entertainment by: Brittany Jordan Wade

Refreshments sponsored by: **COMMISSIONAIRES SECURITY SOLUTIONS**



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 Trampour'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

Soirée des amis et voisins

Le CRFM de Trenton tiens à remercier tous nos amis et voisins pour leur soutien pendant les différentes cérémonies de rapatriement.

S'il vous plaît veuillez vous joindre à nous le 10 décembre De 18h-20h au Musée national de la Force aérienne du Canada

Amusement par : Brittany Jordan Wade

Rafrâichissements par: **COMMISSIONAIRES SECURITY SOLUTIONS**



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 Trampour's Mill, 0,50 \$ seront remis au Centre de ressources pour les familles des militaires de l'Ontario



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Crossword Answers

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| P | R | O | P | E | L | | S | E | N | | |
| | | | I | T | O | | S | T | O | R | M |
| A | B | B | E | Y | | D | O | E | | A | I |
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Holiday Cheer

Holiday crafts to add cheer to décor
Kids love crafts, especially during the holidays. Let them help decorate the house with simple and fun crafts that the entire family can enjoy. The Bounty-ful holiday tree makes for a festive decoration and with only five steps, it's a perfect activity for kids aged 5-8.

What you need:
Bounty paper towels
Plastic foam cone
Green tempera paint
Paint brushes
Holiday bows
Straight pins
Buttons

- Directions:**
- Place Bounty paper towels on the table to keep it tidy.
 - Cut several Bounty paper towels into long 2.5 centimetre strips. Stack the strips on top of each other and tear into smaller sections.
 - Paint the Bounty paper towel pieces with green tempera paint and allow to dry.
 - Place one green piece over the tip of the cone and attach with straight pins – just make sure the straight pins are handled with care. Then move to the bottom of the cone and attach the pieces, moving around the bottom row. Repeat, moving up to the top of the cone.
 - Decorate the tree with "ornaments" by attaching coloured buttons with straight pins. Pin a festive bow to the top and place the tree on Bounty paper towels for a "snowy" presentation.
 - Painting can be messy. To help with the clean-up, wipe down all surfaces with paper towels – they have the strength, absorbency, and cloth-like durability to clean up the mess with ease.
www.newscanada.com

Watch for the
2011 DESKTOP CALENDAR
will be distributed in a December issue of
the Contact

Protect your home with these expert tips: The home safety checklist

(NC)—When Canadian Snowbirds make their way down south for their annual vacation away from the cold, snow and sleet the last thing they want to worry about is the safety of their home. They want peace of mind that their home is as safe as it can be from burglary or other damage.

According to Patrice De Luca, vice president of marketing and business development for Reliance Protectron Security Services, there are several key steps Snowbirds should take to ensure peace of mind when away from home. The following Protectron home safety checklist can help you plan important safety measures before your departure:

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

- Does the house look lived in?

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

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

With some timers, the lights go on and off at different times each day, which means a burglar can't pick up on a pattern. Motion sensor lights outside can also deter a burglar. Consider installing them in front and back.

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

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

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

- Did you inform a neighbour when you're leaving and returning, and ask them to keep an eye out for anything suspicious?

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

- Did you consider a home security system?

A home security system is a very effective deterrent. When looking for their targets, thieves usually select an unoccupied home with the easiest access. Why not

make it difficult for them. A home protected by a monitored security system is less susceptible to a break in than one without a system. Security system decals and signs are also an effective deterrent. Make sure your security system includes a loud inside alarm, detectors at all exterior doors, and motion sensors in the master bedroom and main living areas.

De Luca says the latest technology in security systems can now allow the monitoring of your home from a distance by wireless transmission (SkyGARD) if you have a cell phone as your primary line for example. The alarm system is linked to a remote monitoring centre that protects your home 24 hours a day against burglars, fire, carbon monoxide poisoning and floods by supervising the temperature, electrical system and point of entries of your home.

"We can even configure the system to alert you by e-mail of the duration of comings and goings in your home, (cleaning staff, neighbours, family) with the TeleGARD service," De Luca added. More information on protecting your home while you're away is available online at www.protectron.com.

Let it snow! How to buy the perfect snow blower



(NC)—Canadian winters. They're known for heavy snowfall, freezing temperatures and strong winds. Some parts of the country even face seven months of the season—which, yes, often equals seven months of shoveling the driveway. Enter the snow blower. This could be the time to consider investing in one, with forecasts that this winter will be longer and more intense than last year.

Before purchasing a snow

blower, keep in mind your budget and the size of your property, and then compare models, sizes, and prices.

Larger properties require heavier equipment. If your driveway can fit more than four cars or is on a slope, you may want to invest in a blower with a track-drive system that provides superior traction through all type of snow conditions. With the benefit of pliable, low-temperature rubber tracks that

come with sure-gripping cleats, you will achieve solid traction and ideal balance.

A smaller driveway and less sidewalk space will benefit from more agile equipment. Smaller snow blowers allow for easier maneuvering along sidewalks and steps and come with a convenient pull start or electric start option. Also, consider one with complete CVT transmission, which means that there is no manual gear shifting, just smooth lever control from high speed to low speed.

Snow shoveling is a strenuous activity that is stressful on the heart, muscles and joints—not to mention the possibility of frostbite and dehydration—which makes investing in a quality snow blower a smart choice this season. Lifestyle and leisure equipment company GIObikes.com has a range of reasonably priced snow blowers to choose from—even a pink one. www.newscanada.com

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| <p>Mercedes Meadows (off Hoag Rd.) Sat. & Sun. 1-4</p> <p>The Willow 1532 Sq. Ft. Belleville \$319,900</p> | <p>Whispering Woods (off Hwy 2 Trenton) Sat. 12:30-2</p> <p>The Willowdale 1773 Sq. Ft. Trenton \$374,900</p> |
| <p>Mercedes Meadows (off Hoag Rd.) Sat. & Sun. 1-4</p> <p>The Magnolia 1532 Sq. Ft. Belleville \$365,900</p> | <p>Ceake Court (off Badgate Rd.) Sat. 2:45-4 Finished Basement</p> <p>The Courtland 1738 Sq. Ft. Belleville \$349,900</p> |
| | <p>Pier Drive (off Cedar St.) Sat. 11-12:30</p> <p>The Pallsades 1590 Sq. Ft. Brighton \$289,900</p> |
| | <p>Eyle Crt. (off Huffman Rd.) Sat. 2:30-4 Finished Basement</p> <p>The Hillview 1210 Sq. Ft. Frankford \$239,900</p> |

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