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December 17, 2010 Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 45 Issue Number 48 •

## 8 Wing units deploy to assist stranded motorists in Southwestern Ontario

by Capt Jennifer Jones  
 With files from Canada Command Public Affairs

Joint Rescue Coordination Center (JRCC) (Trenton) responded to a request for assistance from the Ontario Provincial Police (OPP) shortly before midnight, Tuesday, December 14 following declaration of a Red Alert in Southwestern Ontario.

A large winter storm caused heavy snowfall and zero visibility conditions in the area between Sarnia and London. Weather conditions caused hundreds of motorists to become stranded along Hwy 402.

Immediately upon receiving the request, JRCC (Trenton) dispatched one CC-130 Hercules aircraft and two CH-146 Griffon helicopters from 424 (Transport and Rescue) Squadron to the area to assist. While reduced visibility and high winds in the affected area initially hindered helicopter crews' ability to access the area, the weather cleared up mid-morning December 14th allowing crews to successfully transport those in distress to nearby OPP warming shelters.

A CC-130 Hercules aircraft provided aerial support and weather assessment throughout. Other Griffon helicopters initially standing by to assist, joined the effort on Wednesday, December 15th. Other provincial efforts permitted the evacuation of approximately 150 motorists and of those, about 70 were transported to safety via CH-146 Griffon. 424 Sqn personnel also conducted two medical evacuations. In a News Release sent out

Tuesday evening, the Honourable Peter MacKay, Minister of National Defence said, "The swift and impressive response by the Canadian Forces to the needs of those stranded in the Sarnia area by last night's violent snow storm makes Canadians proud. Canadians can rest assured that Canadian Forces and our Government are ready to help them in times of distress."

On December 14, the operation was officially named Operation CANTON. The OPP requested tracked vehicles to support this rescue mission. Four BV 206 vehicles and nine personnel from Canadian Forces Land Advanced Warfare Centre (CFLAWC), based at CFB Trenton, began arriving in Strathroy during the early morning hours of Dec 15 and were on scene and assisting during daylight hours. The BV 206 (Bandvagn 206) is an all-terrain transport vehicle that is capable of transporting eight passengers in almost any weather condition.

Land Force Central Area (LFCA) has provided 10 soldiers from 3 Canadian Ranger Patrol Group (3 CRPG), based out of CFB Borden, with nine Light Over Snow Vehicles (LOS), snowmobiles. The soldiers are part of the Instructor Cadre at 3 CRPG, and are experienced in operating in austere winter conditions. Three are OPP-qualified Search Operators, and three are OPP-qualified Search Managers. They arrived during the early morning hours of 15 Dec and were on scene and assisting the OPP during daylight hours. Lieutenant-General Walter



Three CH-146 Griffon Helicopters from 424 Transport and Rescue Squadron sit on the ramp at Sarnia Chris Hadfield Airport early morning, Wednesday, December 15th. Following the completion of the evacuation of stranded motorists on Highway 402, Air Force assets under the control of Joint Rescue Coordination Center (Trenton) proceeded to search the surrounding to ensure no additional motorists were stranded on surrounding roadways.

Semianiw, Commander of Canada Command responsible for Canadian Forces' routine and contingency operations in Canada and North America, said, "Our raison d'être is the safety and security of Canada and of all Canadians. As part of Canada Command, Joint Task Force (Central) was given the mandate to lead the CF ground effort and is standing ready to assist as required." On December 15, JTFC took the lead for all CF support to the OPP under Op CANTON.

As of December 16, some 60 Air Force personnel, 31 army personnel and two DND civilian staff have deployed in support Op CANTON. In addition, some 140 Reservists from 31 and 32 Canadian Brigade Groups were placed on 6 hours notice to move in case additional resources were required.

Photo: Captain Paul McKinley, 424 Squadron



As part of the ongoing Op CANTON search efforts, MCpl Les MacLean, a Search and Rescue Technician from 424 Squadron, investigates a snow-buried car to ensure no one is trapped inside. Once vehicles are investigated, they are taped to indicate that they have been checked.

**CLOSURE OF CONTACT NEWSPAPER**  
**24 Dec 2010 - 4 Jan 2011**

Attention All Readers: Please note that The Contact Newspaper office will be closed for the holidays beginning at noon on Friday, December 24, 2010, and will re-open for business at 8:00 a.m. on Tues, January 4, 2011. The deadline for articles published before the Christmas break will be 20 Dec with publication 23 Dec. No newspaper will be published between Christmas and New Years Day. The deadline for our first issue back (January 7, 2011) will then be Tuesday, January 4, 2011 no later than 4:00 p.m. Happy Holidays!

**FERMETURE DES BUREAUX DU JOURNAL**  
**THE CONTACT DU 24 DÉC. 2010 AU 4 JANV. 2011**

Avis à tous les lecteurs : veuillez noter que les bureaux du journal The Contact seront fermés durant les Fêtes à partir du vendredi 24 décembre 2010, à midi, et ouvriront le mardi 4 janvier 2011, à 8 h. Les dates limites pour les articles publiés avant le congé de Noël sont le 20 décembre pour publication le 23 décembre. Aucun journal ne sera publié entre Noël et le jour de l'An. La date limite pour notre premier numéro de janvier (7 janvier 2011) est le mardi 4 janvier 2011, à 16 h au plus tard. Joyeuses Fêtes!

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## Christmas Greetings from Wing Administration



A very active, busy and challenging year is coming to a close at 8 Wing. The Christmas and New Years break is an opportunity for both military and civilian members of the defence team to take the opportunity to reflect on the past year, and to take time away from the Wing to spend enjoyable activities with family and friends.

Members of the WAdmin Branch will be spreading out across Canada during the holidays, as well as trips are planned to Europe, southern resort destinations, and the experience of visiting the south west United States. Following the example of numerous adventurous WAdmin personnel, I have decided to go north this holiday season to spend time in the exciting and culturally

diverse Barrhaven area of Ottawa. The holiday season is a time for friends and family. I hope that everyone has the opportunity to take the time to spend with others that they do not normally have the chance to see throughout the year. It is also a season of helping others.

The 8 Wing Adopt-a-Family program has been successful again this year with a number of families on the Wing in need being provided with a meal and presents to help make Christmas day special for them. In addition, money raised by 8 Wing personnel has been donated to the Trenton Food Bank to help support others in the Quinte West community who need assistance at this time of year. This is also often a time of old

and new family traditions. My children are looking forward to a relatively new Christmas tradition at our house where my wife cooks the Christmas dinner in replacement of her longstanding family tradition of spending Christmas Day at the house of one of her relatives where they serve dry turkey, overcooked vegetables and apple pie that tastes like cardboard. My daughter wants to establish a new holiday tradition this year and has been diligently preparing for the past four months to achieve that objective – that of beating her father in a game of squash. I think that tradition will have to wait for at least one more year.

*Lieutenant Colonel Ross Fetterly  
Wing Administration Officer*

## A Holiday Greeting from ATESS

The holiday season is a time to relax with family and friends, a time to pause and reflect, and a time to look ahead to the New Year. We can all be very proud of the remarkable achievements during the past year; we have demonstrated to the entire Air Force the incredible capabilities and expertise resident at ATESS given that our many projects have touched every aircraft fleet, air traffic control system and air defence system in the Air Force.

We remember and support our colleagues who are deployed away from their families to far away places, doing their duty for Canada. Our prayers and our thoughts are with them and their families. It is our wish for this holiday season that the entire defence team and their families will be safe and have a joyous holiday.

– Lieutenant-Colonel Jim Bates, Commanding Officer ATESS and Chief Warrant Officer Jeff Wudrick, Squadron Chief Warrant Officer ATESS



## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Corporal Premont is instructing a safe backing course. To date we have 14 preventable backing collisions on the Wing. Backing collisions cost thousands of dollars in damage each year. Prior to backing: do a walk around, use a guide and sound your horn. Avoid backing whenever possible or back in so you can drive out forward.



Don McCurdy, President of McCurdy GM is pleased to welcome Al Pickell to the McCurdy Sales Team. Al brings over 30 years of automotive experience, first as a licenced tech and then in sales. Al was

born and raised in the Trenton area, married to Kim Markland from Prince Edward County, he is the proud father of 2 daughters.

He would like to invite all past and present clients to drop by McCurdy GM and check out the exciting line of 2011 products as well as their pre-owned inventory. **Ask about the \$500 Military Discount.**

*Season's Greetings to Everyone for  
a Safe and Happy Holidays!*

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## Season's Grrrrreatings from the Tigers

The Tigers of 424 Squadron are concluding their 75th year of history and what a year it has been.

From an operational point of view, when one considers Operation HESTIA in support of earthquake relief efforts in Haiti, Op PODIUM in support to the Vancouver 2010 Olympics, over 180 missions flown during the main Search and Rescue (SAR) season resulting in 12 persons being rescued, personnel shortages, personnel deployments, routine exercises, and ongoing projects, it is just amazing we don't need to attempt to postpone Christmas in order to have time to catch up!

Still, the Tigers managed to create some great memories, and more are fast approaching. For the time being, the holiday season is upon us and will hopefully allow everyone to take some time for family and self.

Although the Squadron cannot "pause" completely, it is a period to focus on our loved ones who support us throughout the year, and ensure a well deserved rest is taken.

The demands and challenges are unlikely to lessen in the New Year so let's take advantage of this period to replenish our energies.

My very best wishes to all of you for the holiday season and the year to come; stay safe, and be ready to *roaarr* again next year!



*The newly created commemorative 75th Anniversary logo for 424 "City of Hamilton" Squadron is loosely based on the nose art from a Second World War 424 Squadron Bomber.*

*The "Tigercats" wording refers to the Squadron's close ties to the Hamilton Tiger Cats football team.*

*Though the current heraldic crest depicts a mythical tiger, the original design request used a copy of the Hamilton football club tiger, and this graphic has been informally used by 424 Squadron for many years.*

Rescue, LCol Joel Roy, Commandant, 424 (T&R) Squadron



## HOLIDAY WISHES FROM CFLAWC

The Holiday season is upon us once again and it is almost time to ring in yet another year. On behalf of myself LCol Kevin Brown and the Unit RSM CWO Paul Watson, I would like to take this opportunity to thank all members of the Canadian Forces Land Advanced Warfare Centre for your hard work, loyalty, and dedication throughout the year.



En tant que commandant, j'ai été continuellement impressionné pendant la dernière année et demie par le professionnalisme et le dévouement démontré par tous les membres de l'unité. Que ce soit à Trenton, Resolute Bay, Edmonton ou sur les glaciers de la Colombie-Britannique, ainsi qu'à Fort Benning et Perris Valley aux États-Unis, vous continuez à exceller en tant qu'instructeurs et conseillers, livrant les gradués à leurs unités avec de nouvelles connaissances et un nouveau respect pour le CISGTFC. Le soutien incessant derrière la scène a contribué au bénéfice et au succès de l'Unité. Cette année, comme dans le passé, fut une année remplie.

As we continue our transformation into a true Centre of Excellence and find that delicate balance between being experts and sharing our expertise: be it in complex terrain like the arctic or jungle, with Para skills for mass and precision drops, in all Rigger subjects and in Air/Avn Logistics Support matters. In addition, we continue to run the Canadian Forces Parachute Maintenance Depot and we still have to be prepared to support a MAJAIID incident. We are certainly a multi-faceted organization. Our support to operations overseas continues with qualification of deploying troops in Basic Helicopter Operations and Aerial Delivery.

Alors que l'année s'achève, nos pensées se dirigent vers les troupes outre-mer et leurs familles, ainsi qu'aux familles du CISGTFC. Aux troupes et aux employés civils, je souligne encore une fois, un travail bien accompli en 2010. Amusez-vous pendant la saison des fêtes et nous envisageons une année 2011 productive, peu importe les défis qu'elle nous apportera. L'an 2011 marque le 40ième anniversaire de l'équipe de parachutistes canadiens (les SkyHawks) alors nous leur envoyons nos meilleurs vœux pour une saison des plus mémorables! *Ex Coelis*

## Search & Rescue Update



424 Squadron had a quiet week until the snow stranded people in their vehicles on Hwy 402 between London and Sarnia.

We have had a total of three Herc crews and four Griffon crews involved in and (as of right now) still have four Griffon crews tasked to provide air-lift support to the OPP and emergency services in the area. Our Griffons picked up stranded motorists from the highway and delivered them to warming centers.

They have been doing medevac missions acting as an air ambulance transporting patients to medical facilities. The Herc was employed as a communication platform to ensure that vital information such as patient locations or patient arrival times was passed on.

We will have more information on this mission for next week.

Until next week, stay safe!

Missions for 2010: 188 Missions for Dec: 6 Persons rescued: 12

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## The Contact Newspaper

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

### The Contact Staff

Public Affairs, Internal Comms: Captain Jennifer Jones  
 CFN Manager: Andrea Steiner  
 Assistant Editor: Amber Gooding  
 Advertising Production : Adriana Sheahan  
 Advertising Sales: Patricia MacKie  
 Bookkeeper: Marilyn Miron  
 Circulation: Russell Webster  
 Translator/Proofreader: WO Louise Fagan  
 PSP Manager: John Snyder



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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.**

### Letters to the Editor:

Internet: [ANDREA.STEINER@forces.gc.ca](mailto:ANDREA.STEINER@forces.gc.ca)

Intranet: [STEINER.AL@CFBTrenton@Trenton](mailto:STEINER.AL@CFBTrenton@Trenton)

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

### A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



The Contact  
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 8 Wing / CFB Trenton  
 PO Box 1000, Station Forces  
 ASTRA, ON K0K 3W0

Editorial: 613-392-2811 Ext. 7005 Fax: 613-965-7490  
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## ATTENTION

### Contact readers and contributors

Please be advised that any articles and/or photos you wish to submit to *The Contact Newspaper* can be sent to Amber Gooding, Acting Managing Editor, at [amber.gooding@forces.gc.ca](mailto: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.

## LETTERS TO THE EDITOR

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## Canadiana Crossword

### Before and After II

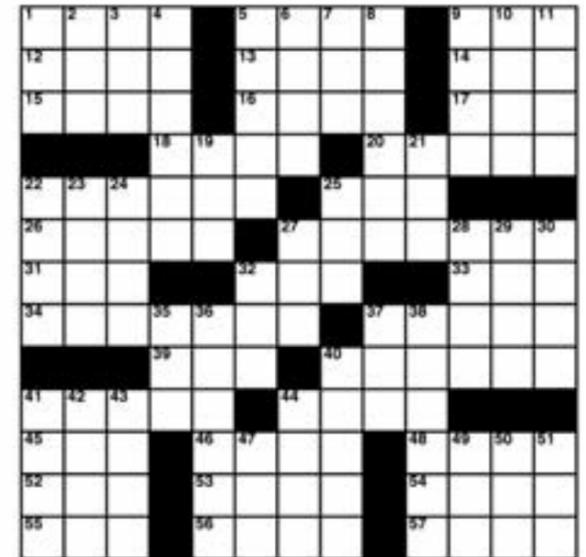
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Mercury, Neptune and Pluto
- 5 Television's Robert \_\_\_\_\_ and drum
- 9 This minute
- 12 Indigo
- 13 Big screen theatre
- 14 Prefix for gram and bar
- 15 Clavicle or femur
- 16 Global cobbler
- 17 Criticize harshly
- 18 Middle Sch.
- 20 Television's Tom \_\_\_\_\_ Kent
- 22 Television's Craig \_\_\_\_\_ Cromwell
- 25 Station, abbr.
- 26 Surrenders
- 27 Radio's Ray \_\_\_\_\_ Adler
- 31 \_\_\_\_\_ which way
- 32 Plaything
- 33 About the mouth
- 34 CBC's Evan \_\_\_\_\_ Grundy
- 37 Corrode
- 39 Dine
- 40 Minted
- 41 Television's Oh \_\_\_\_\_ Champ
- 44 Top notch
- 45 Imitate
- 46 Ship's boat
- 48 Frolic
- 52 CBC's Oedipus \_\_\_\_\_ Murphy
- 53 Similar
- 54 Hockey's Nolan \_\_\_\_\_ Smyth
- 55 Cuddle
- 56 Fraser River town
- 57 Fashion magazine

#### DOWN

- 1 Chat



- 2 Lennon's love
- 3 Racket
- 4 Coat part
- 5 Textile
- 6 Moslem leader
- 7 Obese
- 8 Skill knife
- 9 Inebriant
- 10 Narrow ridges
- 11 Scholar
- 19 Actor Nielsen, familiarly
- 21 Roman household god
- 22 Wood sorrels
- 23 Late night television star
- 24 Romantic interlude
- 25 Timid
- 27 Deceive
- 28 Bank offering
- 29 The E in ESG
- 30 Vended
- 32 Child
- 35 Poet's over
- 36 Distress call
- 37 Male heir
- 38 Literature's Saint \_\_\_\_\_ Berton
- 40 Journalist Andrew \_\_\_\_\_ Machine
- 41 Ancient stringed instrument
- 42 Fencing sword
- 43 Queue call
- 44 Plant part
- 47 Scene of 1990 Mohawk uprising
- 49 Olive \_\_\_\_\_
- 50 Badly in Beauharnois
- 51 Vancouver expo

See Answers, Page 23

## This Week in Contact

1980 - Project HELPING HANDS: The Base Community Services would like to help military families, especially children, at CFB Trenton who might be in need this Christmas. Those in the community who are in need or those who know of families requiring financial assistance are asked to contact the Base Chaplains at local 2298 or 3665.

1990 - Base Commanders Christmas Message: My family and I would like to wish each and every one of you a very Merry Christmas, a happy and safe holiday season and a prosperous new year. Since I assumed command of Base Trenton in July of this year I have had the opportunity to meet hundreds of your but there are still so many more to meet and talk with.

2000 - A busy year for 436 (T) Squadron: Merry Christmas, 8 Wing/CFB Trenton. It has been an interesting and challenging time at 436 Squadron during the past couple of months. Besides carrying much of the transport load for 8 Wing/CFB Trenton, we have had promotions, engagements, babies and upgrades.

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



# Wing Commander tours waste management facilities

by Captain Sean Ivanko  
Wing Construction Engineering

On December 10, Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton toured the 8 Wing Sewage Treatment Plant (STP), composter and greenhouse.

Mr. Vern Woodbeck, Water Fuels Environment Acting Supervisor, started the tour of the STP, providing the WComd with a detailed explanation of the treatment process.

While this visit is not easy on the olfactory system, Col Cochrane remained highly engaged in a process that, ideally, remains hidden from view.

Swinging to the other end of the "aromatic spectrum", visitors led by Roads and Grounds Supervisor, Mr.

Ron Hadwen, proceeded to the greenhouse that produces the more than 10,000 flowers used annually on the base.

While there were still a handful of poinsettias remaining, the greenhouse was mostly bare having just handed out the holiday's flora. Visitors also viewed the composters that process in excess of 250,000 lbs of solid organic waste diverted from landfill.

Over 28 days, waste food is processed through the composter to produce rich soil that is also used throughout the base.

**Right: Mr. Ron Hadwen presents Colonel Dave Cochrane (left), Commander, 8 Wing/CFB Trenton, with a poinsettia in the greenhouse.**



Photos: Submitted

## KEEPING THE DREAM ALIVE

Photo: Amber Gooding, Contact Staff



Another successful year for the Angela Hayden 8 Wing Adopt-a-Family initiative wraps up as those involved with the program prepare for distribution of gifts and food to families in need of some extra help this holiday season. The program has helped to keep Angela Hayden's dream alive for more than 20 years – to ensure that nobody goes without, all of which would not be possible without the generosity of the men and women of 8 Wing/CFB Trenton. Personnel from across the Wing have rallied together throughout the years, providing incredible support, and this year a total of 16 families will have a Christmas they may have otherwise gone without. Any excess from donations has been designated to the Salvation Army. A very special thank you goes out to all units and sponsors for the continued support and to St. Paul's Secondary School in Trenton for supplying all of the food. The late Angela Hayden, known for being incredibly passionate about looking after others, was very involved with the Adopt-a-Family program and after she passed away in 2003, the program incorporated her name into the official title and has been operating as the "Angela Hayden Adopt-a-Family" initiative ever since.

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## Fifteen tips for the last fifteen days of the year

Submitted by Health Promotion

The month of December is definitely known to be challenging for those trying to be health-conscious or lose weight.

The good news is that you can still indulge in enjoyable holiday eating without it adding to your waistline or sabotaging your health.

1. Pack a water bottle when you are shopping or running errands.

2. Pack a healthy snack for the mall such as trail mix or mandarin oranges.

3. Have a snack such as a bowl of cereal or wedge of cheese with an apple before a party so you don't arrive too hungry.

4. For every alcoholic drink you have, drink a glass of water, or soda water in between.

5. Dress warmly and take a family walk after dinner to check out the Christmas lights.

6. Before you go for seconds, wait 15 minutes and decide if you are still hungry.

7. At holiday parties, distance yourself from the food table and put everything you eat on a plate. Research

shows if you graze by a table of food without putting it on a plate you will likely eat more.

8. Make a big pot of homemade soup and freeze extras to warm up for busy days and cold nights.

9. Include a green vegetable in your holiday dinner such as spinach, asparagus, brussels sprouts or green beans.

10. Include a short daily activity to help reduce stress and stay active [e.g., a 10-minute stretch or a 10-minute walk].

11. Eat holiday dinners and special treats S-L-O-W-L-Y and truly enjoy every bite.

12. Buy a gift for good health, such as a healthy cookbook, yoga/Pilates class pass, pedometer or heart-rate monitor.

13. Make some healthy food choices when you are on your own and allow some flexibility during social occasions.

14. Focus on all the healthy decisions you made, and don't stress about the unhealthy ones.

15. For healthy holiday recipes and nutritious winter meal ideas, visit [www.dietitians.ca](http://www.dietitians.ca).

## Quinze conseils pour les quinze derniers jours de l'année

Le mois de décembre, c'est bien connu, représente un véritable casse-tête pour ceux qui se préoccupent de leur santé ou qui tentent de perdre du poids.

La bonne nouvelle, c'est qu'il est possible de se faire plaisir et de profiter des Fêtes tout en mangeant sans prendre de poids et sans nuire à sa santé.

1. Emporter une bouteille d'eau lorsque vous faites vos courses.

2. Emporter un goûter santé au centre commercial, par exemple un mélange de fruits secs et de noix ou des mandarines.

3. Avant de vous rendre à une réception, prenez une collation, comme un bol de céréales ou un morceau de fromage avec une pomme, de façon à ne pas arriver affamés.

4. Entre chaque verre d'une boisson alcoolisée, buvez un verre d'eau plate ou gazeuse.

5. Habillez-vous chaudement et sortez faire une marche en famille pour admirer les lumières de Noël.

6. Avant d'accepter une deuxième portion, attendez 15 minutes et voyez si vous avez encore faim.

7. Durant les réceptions des Fêtes, restez loin de la table où se trouvent les plats et mettez dans une assiette tout ce que vous mangez. Les études révèlent que ceux qui grignotent à même les plats sans se servir dans une assiette

sont plus susceptibles de manger davantage.

8. Préparez un grand chaudron de soupe et congelez les portions qui restent afin de les réchauffer durant les journées occupées et les soirées froides.

9. Incluez un légume vert dans vos repas des Fêtes, par exemple des épinards, des asperges, des choux de Bruxelles ou des haricots verts.

10. Prévoyez une courte activité quotidienne qui vous permettra de réduire votre stress et de demeurer actifs (p. ex., 10 minutes consacrés à des étirements ou à une promenade).

11. Mangez L-E-N-T-E-M-E-N-T les repas des Fêtes et les gâteries, en dégustant chaque bouchée.

12. Faites cadeau de la santé en offrant, par exemple, un livre de recettes santé, un laissez-passer pour des cours de yoga/Pilates, un pedomètre ou un moniteur de fréquence cardiaque.

13. Choisissez des aliments santé lorsque vous êtes seuls et permettez-vous une certaine latitude lors des activités sociales.

14. Concentrez-vous sur vos choix santé plutôt que de vous en faire à propos de vos choix qui ne le sont pas.

15. Vous trouverez des recettes santé pour la période des Fêtes et des idées de repas d'hiver nutritifs sur le site des diététistes du Canada.



### 8 Wing Health Promotion

177 Hercules St., Bldg 119

Phone: x3768

Email: [healthpromotionTrenton@forces.gc.ca](mailto:healthpromotionTrenton@forces.gc.ca)

Health Promotion Administrative Assistant:

**Leslie Bedore**

Health Promotion Manager:

**Angela Prescott**

Health Promotion Director:

**Kendra Lafleur**

Visit [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com) to learn more about the programs and services offered by your 8 Wing Health Promotion team.

## Fitness Testing

PT tests are operating Mondays through Fridays at 0830 hrs.

To book your annual fitness test email +PSP Expres 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.

## 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!

## Attention Readers

The Contact office will be closed for the holidays beginning December 24, 2010.

We will re-open on January 4, 2011.

Please note, there will not be a paper during this time.

Thank you, and have a safe and happy holiday season, from our family to yours.

# 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](http://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](http://www.cfcommunitygateway.com)



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!**

# Contact

It is possible to fly without motors, but not without knowledge and skill.

— Wilbur Wright

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**\$14,995**  
\$133.29 biweekly  
72 mths  
0 DOWN  
Taxes Included

**07 PONTIAC MONTANA SV6**



PD11779 Leather trim seats! Shorty, steering wheel controls, factory remote start, OnStar, cruise, tilt, air, TV/DVD, pwr mirrors, locks, windows, keyless entry, only 22,000kms!!!

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\$111.01 biweekly  
72 mths  
0 DOWN  
Taxes Included

**10 DODGE GR CARVAN SE**



D12275 Reverse camera! Alloy wheels! Sto'N'Go! Extended, quads, dual climate controls, steering wheel controls, u-connect compatible, tilt, cruise, rear air, satellite radio, TV/DVD/MP3, pwr locks, mirrors, windows, keyless entry, only 33,000kms!!

**\$21,295**  
\$151.36 biweekly  
96 mths  
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Taxes Included

**07 PONTIAC MONTANA SV6**



12110 Leather trim seats! Shorty, quads, air, tilt, cruise, OnStar, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 81,000kms.

**\$9,495**  
\$84.40 biweekly  
72 mths  
0 DOWN  
Taxes Included

**10 DODGE GR. CARAVAN SE**



D12276 Alloy wheels! Extended, quads, Sto'N'Go, flex fuel, dual climate controls, steering wheel controls, u-connect compatible, rear air, tilt, cruise, satellite radio, CD/MP3, pwr windows, locks, mirrors, keyless entry, only 25,000kms!!

**\$20,495**  
\$145.68 biweekly  
96 mths  
0 DOWN  
Taxes Included

**07 CHEV UPLANDER LT**



PD12049 Pwr leather trim seats! Alloy wheels! Extended, quads, wood grain trim, steering wheel controls, factory remote start, dual climate controls, OnStar, cruise, tilt, rear air, TV/DVD, pwr windows, locks, mirrors, keyless entry, only 75,000kms.

**\$11,995**  
\$106.63 biweekly  
96 mths  
0 DOWN  
Taxes Included

**07 DODGE GR. CARAVAN**



12277 Sto'N'Go! Alloy wheels! Extended, quads, steering wheel controls, tilt, rear air, cruise, TV/DVD, pwr mirrors, windows, locks, keyless entry, 62,000kms.

**\$12,495**  
\$111.01 biweekly  
72 mths  
0 DOWN  
Taxes Included

**10 DODGE GR. CARAVAN SE**



PD12274 17" Alloy wheels! Reverse camera! Sto'N'Go! Extended, quads, flex fuel, dual climate controls, steering wheel controls, u-connect compatible, rear air, cruise, tilt, satellite radio, TV/DVD/MP3, pwr locks, windows, mirrors, keyless entry, only 34,000kms!!

**\$21,295**  
\$151.36 biweekly  
96 mths  
0 DOWN  
Taxes Included

**10 DODGE GR. CARAVAN SE**



PD12273 Reverse camera! 17" Alloy wheels! Sto'N'Go! Extended, quads, flex fuel, steering wheel controls, u-connect compatible, dual climate controls, satellite radio, TV/DVD/MP3, tilt, rear air, cruise, pwr mirrors, locks, keyless entry, only 33,000kms!!

**\$21,295**  
\$151.36 biweekly  
96 mths  
0 DOWN  
Taxes Included

**10 DODGE GR. CARAVAN SE**



PD12233 Reverse camera! 17" Alloy wheels! Sto'N'Go! Extended, quads, dual climate controls, u-connect compatible, steering wheel controls, rear air, tilt, cruise, satellite radio, TV/DVD, pwr windows, locks, mirrors, keyless entry, only 34,000kms!!

**\$21,295**  
\$151.36 biweekly  
96 mths  
0 DOWN  
Taxes Included

**07 HONDA ODYSSEY TOURING**



D12113 TV/DVD! Navigation! Pwr heated leather memory seats! Per sunroof! 17" Alloy wheels! Extended, quads, park aid, pwr doors, pwr pedals, pwr tailgate, steering wheel controls, dual climate controls, rear air, cruise, tilt, pwr locks, mirrors, windows, keyless entry, 63,000kms.

**\$24,995**  
\$223.23 biweekly  
72 mths  
0 DOWN  
Taxes Included

**10 DODGE GR. CARAVAN SE**



PD12234 Reverse camera! Sto'N'Go! 17" Alloy wheels! Extended, quads, flex fuel, dual climate controls, u-connect compatible, steering wheel controls, cruise, rear air, tilt, satellite radio, TV/DVD, pwr mirrors, windows, locks, keyless entry, only 34,000kms!!

**\$21,295**  
\$151.36 biweekly  
96 mths  
0 DOWN  
Taxes Included

**08 CHRYSLER TOWN & COUNTRY LIMITED**



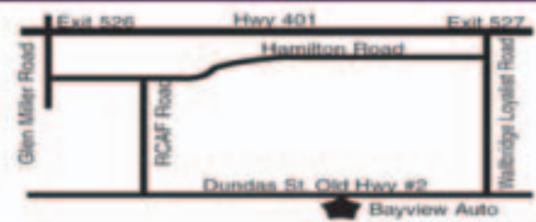
12105 Pwr heated leather memory seats! Navigation! Chrome wheels! Extended, quads, Sto'N'Go, wood grain trim, reverse camera, park aid, pwr pedals, pwr remote lift gate, pwr remote doors, factory remote start, steering wheel controls, dual climate controls, u-connect compatible, rear air, tilt, cruise, satellite radio, CD/MP3, pwr locks, windows, mirrors, keyless entry, 48,000kms.

**\$24,995**  
\$196.68 biweekly  
84 mths  
0 DOWN  
Taxes Included

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# Athena Theatre opens at 436 (Transport) Squadron

by WO Lorne Simms  
436 Sqn Loadmaster

Proud members of 436 Squadron were on hand Tuesday, November 30 as Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton and LCol Colin Keiver, Commanding Officer, 436 Squadron cut a ceremonial ribbon officially unveiling 436 Squadron's new Athena Theatre.

The theatre was named in honour of the men and women who have continuously participated in and supported Operation ATHENA since its inception in July of 2003.

The Athena Theatre offers both a location for morning briefings and a venue at which current and former members of 436 Squadron and their guests can momentarily look back at the Squadron's rich history. The vast collection of paintings and artefacts showcased throughout clearly illustrate why members of 436 wear their Squadron

patches with pride.

Upon stepping through the double doors of theatre, one can't help but take a moment to admire the images that adorn the walls. Depictions of early Squadron aircraft, such as the DC-3, and others flown by the unit up to and including the present day CC-130 J Hercules pave the way to a large glass showcase at the back of the theatre. The showcase displays Squadron history of accomplishments through a large collection of awards, memorabilia and artefacts collected and donated over the past 66 years of proud service to Canada.

Although this theatre is still in its infancy, it nonetheless allows all 436 Squadron personnel to proudly honour the great sacrifices made by their past comrades. Through hard work and dedication, present-day members of 436 Squadron are able to carry on this rich history, exemplifying the unit's motto "ONUS PORTAMUS", meaning "We carry the load."



Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and Lieutenant-Colonel Colin Keiver, Commander Officer, 436 (T) Squadron (background) unveiled the new Athena Theatre.

*la salle Athéna*

Dédiée au personnel navigant, aux spécialistes de la maintenance et au personnel de soutien des forces aéromobiles qui ont soutenu l'opération Athena en Afghanistan depuis son début le 17 juillet 2003. Tout le personnel déployé est intervenu de manière admirable et a produit des effets significatifs dans le cadre de leurs opérations dans le théâtre.

L'opération Athena est la contribution du Canada à la Force internationale d'assistance à la sécurité (FIAS) en Afghanistan. L'objectif central de l'opération Athena, dont les activités sont concentrées depuis l'automne 2005 à Kandahar, une province dans le Sud du pays, est de remettre entre les mains des Afghans un Afghanistan mieux gouverné, où la paix a été consolidée et la sécurité renforcée.

En mythologie grecque, Athéna, aussi appelée Pallas Athéna, est la compagne perspicace des héros et la déesse des actes héroïques. Elle est également la déesse de la guerre, de la civilisation, de la sagesse, de la force, de la stratégie, des artisans, de la justice et des compétences. Ces caractéristiques louables s'appliquent à notre vie quotidienne et à titre de personnel du 436<sup>e</sup> Escadron de transport, nous nous évertuons à les perfectionner.

*Bienvenue à la salle Athéna.*

*The Athena Theatre*

This room's name is dedicated in honour of the Air Forces' aircrew, maintainers and support staff who participated in operations supporting OP ATHENA in Afghanistan since its inception in 17 July 2003. 436 (T) Sqn and 8 AMS personnel have responded admirably much like their predecessors had during the past deployments.

OP ATHENA is Canada's participation in the International Security Assistance Force (ISAF) in Afghanistan. Focussed on Kandahar Province in southern Afghanistan since the fall of 2005, OP-ATHENA has one over-arching objective: to leave Afghanistan to Afghans, in a country that is better-governed, more peaceful and more secure.

In Greek mythology, Athena also referred to as Pallas Athena is the shrewd companion of heroes and the goddess of heroic endeavour. She is described as the patron goddess of war, civilisation, wisdom, strength, strategy, crafts, justice and skill. These worthy traits touch our daily lives and as Air Force personnel we strive to improve on them.

*Welcome to the Athena Theatre.*

## Fitness and Sports Flight Annual SPIN Challenge a success



A total of 140 avid spinners made their way to the gym on December 10 for our annual Spin Challenge. Some stayed for an hour, some for all four hours.

Thanks to everyone's generosity, we gathered 250 pounds of food for the local food bank.

The gym offers spinning classes every day of the work week; check out our schedule and join us for a class!

Vendredi passer, le 10 décembre, on a eu 140 participants pour notre "defi de spin" annuelle.

Entre ce qu'ils sont reste pour une heure ou les quatre heures total, nous avons collecté 250 livres de nourriture pour la banque alimentaire locale, et nous voudrions remercier tous pour leur générosité.

Nous offrons des classes de spin chaque jour de semaine; vérifiez notre calendrier et rejoignez-nous pour une classe bientôt.

## SCHOOL'S IN DRIVE SAFELY



**Drivers- Always stop for a bus**  
Motorists travelling in both directions must stop when approaching a stopped school bus with its upper red lights flashing

**Parents and kids - have a bus talk before school**

Remind your kids the rules of bus safety.

- Never distract the bus driver. Always follow his or her instructions.
- Find a seat right away and stay seated facing forward at all times.
- Do not place things in the aisle.
- Avoid rowdy behaviour.

**ROAD SAFETY. IT STARTS WITH YOU**



## Best wishes from 412 Squadron

2011 marks the 70th anniversary of 412 Squadron. In celebration our aircraft have received names and markings to recognize 70 years of proud service by 412 Squadron to the Air Force and the people of Canada. The names of the aircraft reflect the varied and significant roles played by 412 and its contribution to the defence of Canada and its allies.

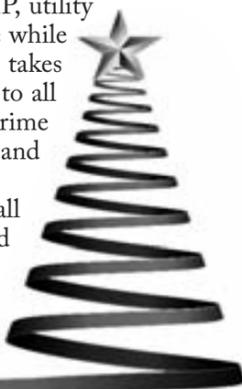
*Le personnel de l'escadron continue à ce jour de servir avec fierté et dévouement au même niveau d'excellence que celui établi pendant la guerre. Les types variés d'avions qui ont pris du service au sein de l'escadron ont parcouru d'innombrables fois la surface du globe. Royauté, Gouverneurs généraux et tous les Premiers ministres du Canada depuis Mackenzie King se sont fiés aux capacités du 412e Escadron.*

I continue to be inspired by the dedication shown by the men and women of 412 Squadron and the outstanding effort given by them in support of the CF and the Government of Canada.

As a global reach, short notice airlift squadron, we take special pride in our ability to support CF operations through the provision of VIP, utility airlift and MEDEVAC support around the world, all done while maintaining the highest possible standards. 412 Squadron takes special pride in the provision of its hallmark VVIP service to all who fly with us, including members of the CF, the Prime Minister, the Governor General and to visiting Royalty and heads of State.

On behalf of the 412 Squadron family, I want to wish all the men and women of 8 Wing a very merry Christmas and a Happy and Prosperous New Year.

Lieutenant-Colonel Brad Koskie  
Commanding Officer, 412 VIP Transport Squadron



## MERRY CHRISTMAS AND HAPPY NEW YEAR FROM THE CANADIAN FORCES AIRCREW SELECTION CENTRE

As a unit of 2 Canadian Air Division, we are a lodger unit primarily supported by 8 Wing assets.

We are truly thankful for the impressive logistic support from the Wing and would particularly like to thank the Yukon Galleys, Yukon Lodge and Wing Transportation for continually accommodating our students.

We would also like to thank Wing Construction Engineering for their assistance and a special thanks for their timely repairs that occurred as a result last August's flood. Also, thanks to 426 Squadron for simulator maintenance and upgrades, Sunlite cleaners and WTISS for our data base improvements.

Most of all, we wish everyone at 8 Wing and their families a Merry Christmas and a Happy New Year.



Left to right: Captain Touw, Major Struthers, Corporal Ferguson and Captain Larose.



Have a safe and happy holiday season - all the best in 2011!

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

# TRENTON Military Family Resource Centre

### Events & Information

## Downhomers' Kitchen Party

Enjoy some Downhome Christmas Spirit!  
Drop by on December 17th, 2010  
from 6pm to 8pm at the  
National Air Force Museum of Canada

**Sassy Scrappers and Crafty Critters**  
The Sassy Scrappers are a group of scrapbookers who get together at the MFRC once a month to scrapbook. Peer help is available as well as bilingual scrapbookers. No experience necessary.

**Crafty Critters:** Bring your favourite craft or hobby and join the group.

Email: [SassyScrappers@hotmail.ca](mailto:SassyScrappers@hotmail.ca) or Allison at 392-9189

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

An exhibition of Christmas Trees in honour of our Canadian Forces  
**December 7<sup>th</sup> to 19<sup>th</sup>**  
National Air Force Museum of Canada

### Événements et Information

## Party cuisine des Downhomers

Passer une bonne soirée avec  
Downhome esprit de Noël  
Le 17 décembre 17th, 2010 18h à 20h  
Musée national de la force aérienne du Canada

**Sassy Scrappers and Crafty Critters**  
Les Sassy Scrappers sont un groupe de scrapbookers qui se rencontrent au CRFM une fois par mois. De l'assistance bilingue est offerte par les plus expérimentées disponible. Aucune expérience nécessaire.

Les Crafty Critters sont nouveau. Amène ton passer-temps ou bricolage préféré.

Courriel: [SassyScrappers@hotmail.ca](mailto:SassyScrappers@hotmail.ca) ou Allison à 392-9189

*Sur tout achat de vin effectué au Trumpour's Mill, 0,50 \$ seront remis au CRFM de l'Ontario*

Un exhibition des arbres de Noël pour célébrer les Fêtes avec nos Forces Canadiennes.  
**Les 7-19 decembre**  
Musée National de la Force Aérienne du Canada

For additional information  
[www.TrentonMFRC.CFBTrenton.com](http://www.TrentonMFRC.CFBTrenton.com)  
Contact: Jaimie Corriveau 613-955-8711



# Holiday Cheer at the MFRC Holiday Concert



By: Adriana Sheahan  
Contact Newspaper

A joyous event was held on December 9 at the MFRC where all the children sang some festive holiday songs. Shown on the left: is the Wildcats performing the 'Wildcat slide', bottom left: is the Skyhawks singing 'On Christmas Day'. Bottom right: The Busy Bees and Little Toads singing 'If your Jolly and you know it'. Right, A Happy Hippo letting Santa know what she wants for Christmas. After the concert all were invited into the Bistro, for light snacks, raffles and to enjoy the special visit made by Santa.



Photos: Adriana Sheahan, Contact Staff

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- Bedrooms
- Mattresses & Home Accent Pcs

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1 mile N. of WALMART on HWY 62, Belleville  
969-9263

**WAGON RIDES SCHEDULE**

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

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!

HOLIDAY FEATURE

**RE/MAX Trent Valley Realty Ltd., Brokerage**  
 Merry Christmas to our Clients - Past, present and Future.  
 Wishing you the gladness of Christmas...which is HOPE,  
 The spirit of Christmas...which is PEACE,  
 And the heart of Christmas...which is LOVE.  
 We look forward to serving you in 2011.

**PUT THE POWER OF "2" TO WORK FOR YOU**  
**Pat & Clay Jacobson** Sales Reps.

613-392-6594 613-475-6594  
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*Wishing you happy holidays  
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And wish them all  
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*Seasons come and seasons pass  
but we still remember  
the joy we shared on Christmas last  
looking forward to next December  
Flowers bloom, then pumpkins grow,  
then suddenly it starts to snow.  
Then our hearts are young again  
You know it's Christmas time.*

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and Happy Holiday**

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Santa will soon be coming  
with lots of toys  
for girls and boys to play with.  
To see their eyes sparkle like stars above  
is all we need for a Merry Christmas....  
So live your life with kindness and love in your heart  
and you'll always have a merry Christmas.*

by Philippe Brisebois  
 www.holidayspot.com

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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](mailto: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,  
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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:**  
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Thurs. Dec. 23, Thurs., Dec.30, Fri., Dec.31

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

### NOTAM

#### Flight Engineer Annual Aircrew Christmas Landing

413 Wing AFAC  
230 North Murray St., Trenton  
**ETA 1300 hrs 27 Dec 10**  
Refueling on Arrival  
Pizza Catering ETA 1530 hrs  
Landing Fee \$5

All Aircrew Past & Present welcome to join our comradeship

### Links to Learning Reading Program

Links to Learning Resource Centre will be running a weekly no cost reading program for children of all ages. All books will be provided in a variety of levels. This is a drop in program so children who are interested can come between 1:30 to 3:30 p.m. every Saturday. They will be either read to or listened to as they read. Link to Learning is located at 188 Victoria Ave, Belleville (use the side door off the parking lot in the Quinte Bible Chapel).  
**Visit [www.linkstolearning.ca](http://www.linkstolearning.ca) to learn more.**

### 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)*



## 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](mailto:communitylivingquintewest@clqw.ca)



### 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.

### Public Skating is Back!

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

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

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





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



## Activity: Muffin Candles

With candle making, there are hardly any limits. You can replicate lots of things with your creativity. Here are some delicious 'Muffins' that look very, very inviting.

Complete with chopped crayon bits for nuts and decorations, many people will mistake them for edible, freshly-baked, icing-topped muffins coming from your kitchen!

**Materials Needed:** Candle making supplies (wax, dyes, boiler, wicks etc.); paper muffin cups (2 to 3 for one candle); whisk; old crayons (chopped into small pieces).

**Directions:** Place 2-3 paper cups into each other for strength. Now, place them into individual muffin moulds or a muffin tray for a string base. Grease them lightly if you wish, but it is not necessary.

Melt Wax, mix a dark or earthy coloured dye for the muffin base. I used brown, but you can experiment. They are not real muffins after all!

Pour melted wax into the prepared 'moulds'. Allow to cool and set. You can use a wick at this point. I have not used

one because I made these 'muffins' just as a show-piece.

Meanwhile, prepare the 'frosting'. Melt wax and dye it a soft, creamy color. I used a pale, earthy brown again, but pinks, creams, blues, greens, yellows, peaches etc. look great for the icing. Be creative with your color combinations.

Cool the melted wax till you see a thin skin forming on it. Whip it with a whisk till it gets frothy. Quickly, spoon the froth over the muffin. If the wax solidifies before you are able to spoon enough froth, repeat the melting, cooling and whipping process.

While the frosting is still warm, sprinkle pieces of old crayons.

*About the Author: Lata Tokhi is the Founder and Editor of Dot Com Women, a premier women's website and fast-growing online community, and Celebrating Christmas, a resource for celebrating Christmas in style. Visit her websites for lots of homemaking and business ideas, free downloads, free Ezines and message boards for women to network and share.*

## Mealtime.org Madras Chicken Soup

**Ingredients:**

- 2 tablespoons olive oil
- 3 green onions, thinly sliced (reserve some for garnish), divided
- 3 garlic cloves, minced
- 2 tablespoons curry powder
- 1 teaspoon ground cumin
- 4 cans (14 ounces each) reduced-sodium chicken broth
- 2 cups coarsely chopped, cooked chicken breast (about 1 pound uncooked)
- 2 cups shredded carrots
- 1 can (15 ounces) diced tomatoes and chiles
- 1 can (14 1/2 ounces) whole-new potatoes, drained and coarsely chopped
- 1 can (13 1/2 ounces) light coconut milk
- 1/2 cup uncooked rice
- 1 1/2 cups canned apple pie filling, chopped or 1 can (15 ounces) fried apples, drained and coarsely chopped
- 2 tablespoons fresh lime juice

**Preparation Time:** 20 minutes **Cook Time:** 40 minutes

**Preparation:** Heat oil in a Dutch oven or a large, heavy saucepan over medium-high heat. Stir in some green onions and garlic. Cook, stirring often, until onions are wilted, about 2 minutes. Stir in curry powder, cumin and onion. Cook and stir for 30 seconds. Add chicken broth, chicken, carrots, tomatoes, potatoes, coconut milk and rice. Stir well and bring to a boil. Reduce heat to low and cover. Simmer, stirring occasionally, 25 to 30 minutes or until rice is tender. Stir in apples and lime juice. Cook until heated through, about 2 minutes. Ladle into deep bowls and sprinkle each with reserved green onions. Serves: Eight.

*Nutritional Information Per Serving: Calories 300; Total fat 8g; Saturated fat 3.5g; Cholesterol 30mg; Sodium 850mg; Carbohydrate 40mg; Fibre 4g; Protein 17g*

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# Nadiya's Zodiac Starcast

Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC.  
For expanded forecasts visit [www.nadiyashah.com](http://www.nadiyashah.com)

December 19- December 25

*Theme of the week: Every six months, we welcome a pair of eclipses. This week's Lunar eclipse happens in the sign in Gemini. The holidays won't be quiet and there will be surprises. Expect hope, realization, and a new lightness of emotional freedom. I wish you a wonderful holiday season. It will be a great week, enjoy!*

**ARIES** (March 21-April 19): It's easy to get comfortable in all things, but especially in the things you think you're good at. Now a surprising twist arrives that gives you a new way to express your talents and creativity. You didn't know how rewarding it would be until the opportunity appeared.

**TAURUS** (April 20-May 20): Even the most practically inclined person has, somewhere within them, a calling that they know would lead to their fortune. You get a major insight into yours. While there may be voices of concern, you can see the money making potential. Do further research with gusto.

**GEMINI** (May 21-June 20): This week's eclipse begins a noticeable two-year cycle for you. Just when you had gotten comfortable in the things that have given you a sense of self, here comes an important realization. Where you have gone off track, you will find your way back to yourself.

**CANCER** (June 21-July 22): We all try our best to live as empowered as we can. However, many of our choices arise from complex motivations. You can see how many of the people who surround you are determined by your previously unconscious drives. It brings new light into all your alliances.

**LEO** (July 23-Aug. 22): You have undergone some important changes. The people who have always felt comfortable are not who they once were to you. You get a glimpse into what someone has become. It changes the alliance. Mainly, it reflects the growth within you.

**VIRGO** (Aug. 23-Sept. 22): It has been a long time coming, but you are finally getting a grip of what is nothing less than your purpose. While it may be downplayed, you are finding new meaning in life. This week will affirm a new, enthusiastic direction.

**LIBRA** (Sept. 23-Oct. 22): In a quick instant, you get a brand new stage. The world may be your oyster but it's also a place in which you have a lot to share. When the spotlight shows up, and it certainly will, share sincerely from your heart.

**SCORPIO** (Oct. 23-Nov. 21): You know in your bones that change is the only constant, and therefore the only thing you can surely trust. This week should feel right at home for you. There's a long overdue ending followed by a quick opportunity to begin again.

**SAGITTARIUS** (Nov. 22-Dec. 21): Is it really the other person, or is it your perception of him or her that has changed? The issues in your relationship have been swept under the rug for too long. Now, they are brought to the table. You are both ready to be honest with each other. It is refreshing.

**CAPRICORN** (Dec. 22-Jan. 19): Few of us are lucky enough to live our ideal career. Most need a day job to pass the time and meet our needs. Your day job goes through an adjustment now. Others around you may be caught in a crisis. The dust will settle for the best.

**AQUARIUS** (Jan. 20-Feb. 18): You are changing your concepts of what you enjoy. What was once a lively pastime now bores you to pieces. You are becoming more sophisticated. Be patient with those who attempt to entertain in the ways that worked in the past, even if they no longer do.

**PISCES** (Feb. 19-March 20): After all the effort you have exerted trying to further your aims and goals, this week's push towards home base may take you aback at first. You are being called to straighten out any mess of the past. By cleaning house, you become liberated and better able to take on the world.

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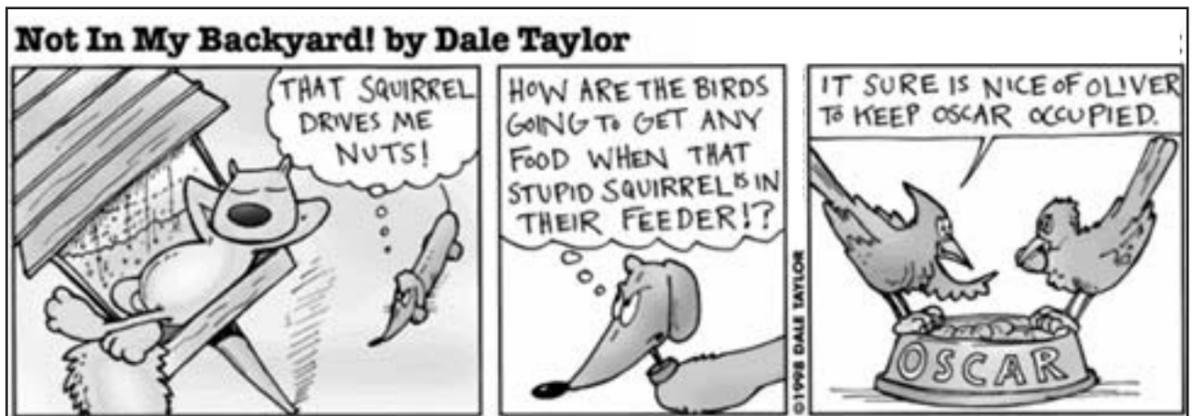
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, **The Contact Comics**.





On behalf of Wing Operations and the entire A3 Branch I would like to take this opportunity to wish all members of 8 Wing/CFB Trenton a Merry Christmas and Happy New Year. My first six months as 8 Wing A3 Operations Officer have been extremely busy, exciting and fulfilling. I am constantly amazed at the continued heightened operational tempo at 8 Wing and the incredible quality of work performed by all its members, both military and civilian. At this joyous time of year, please take time to enjoy the holidays with your family and friends, and accept my thanks for a job well done. Merry Christmas.

Lieutenant Colonel Darwin Ziprick, Wing Operations Officer

## SEASON'S GREETINGS FROM 24 CF H Svcs C

The holiday season gives us an opportunity to reflect on the past year, to spend time with family and friends and to "recharge our batteries".

In the spirit of the season, and on behalf of the staff at 24 CF H Svcs C, WO Harvey, Maj Swales and I, would like to wish each and every one of you and your families a very happy, peaceful and relaxing holiday season, and all the best in 2011.

Please take some time to think about our soldiers, airmen, airwomen and sailors who will be absent, fulfilling their duties, and their families.

- Maj Pat Brizay, Commanding Officer
- Maj Bill Swales, Wing Surgeon
- WO Kathleen Harvey, Clinic WO



La périodes des fêtes nous offres l'opportunité de réfléchir sur l'année qui se termine, de passer du temps en famille et avec des amis et de <<recharger nos piles>>.

Dans l'esprit de la saison et au nom du personnel du 24 C Svcs S FC, de l'adjudant Harvey, du major Swales et moi-même, nous voulons souhaiter a chacun d'entre vous un joyeux, paisible et

reposant temps des fêtes et nos meilleurs voeux pour la nouvelle année.

Ayez aussi une pensée pour nos soldats, personnel de la force aérienne et marins qui seront absent, accomplissant leurs devoirs, ainsi que leurs familles.

- Maj Pat Brizay, Commandant
- Maj Bill Swales, Médecin chef de l'escadre
- WO Kathleen Harvey, Adjudant de la clinique

*Happy Holidays  
Joyeuses fêtes*

## BEST WISHES FROM 429 (T) SQUADRON

With 2010 rapidly coming to a close, I would like to take an opportunity to look back at this year, and reflect on the accomplishments of the Bisons of 429 (T) Squadron. We take great pride in reviewing the significant accomplishments that each and every member of 429 Squadron has achieved. The year overall has been a busy one. We have had members deployed to Europe and the Middle East in support of Joint Task Force Afghanistan, assisting with the Haitian relief effort during Op HESTIA and providing support to CF Northern Operations.

Nearly half of 429's flying hours have been focused on airlift support to Joint Task Force Afghanistan. These missions include both strategic legs from Canada and tactical legs into Kandahar airfield. Also included is support to the bi-annual rotation of the battle group, which has been run though both Camp Mirage and Cyprus. With the closure of Camp Mirage the CC-177 tasking has expanded to include Home Leave Travel Assistance (HLTA) support, a fact that will likely result in the year-round deployment of at least one of our four aircraft.

Op HESTIA tested all units at 8 Wing, with the huge capacity of the Globe-master III proving critical to the overall Government of Canada humanitarian response. Over the course of a month and a half, 429 Squadron flew 56 roundtrip missions to Haiti, moving 4.5 million pounds of cargo and almost 4000 passengers. A significant milestone was achieved in April 2010 with the first CC-177 mission to CFS Alert where a combined Transportation Rescue Standards Evaluation Team (TRSET)/ 429 crew conducted multiple landings to Alert's snow-covered gravel runway. This was the very first Semi-Prepared Runway Operation (SPRO) carried out by the squadron and was a huge success. Since April we have worked to expand this capability and are currently capable of near year-round operations to both CFS Alert and Resolute Bay. These efforts included the delivery of both fuel and cargo to Alert during Op BOXTOP resupply missions.

These are just a few highlights of a very busy year. They are not successes of 429 Squadron alone, but are rather a reflection on the whole team that we have here at 8 Wing and the strong support that 429 Squadron enjoys. The New Year promises no reduction in the demand for the CC-177's capabilities but I am confident that 429 Squadron and the supporting units here at 8 Wing will continue to face these, and the many other challenges ahead, with initiative, imagination and confidence.

In closing, Chief Warrant Officer Bernard and I would like to wish each and every member of 429 Squadron, and the wider 8 Wing that supports us, a safe and happy Christmas and a prosperous New Year.

*Fortunae Nihil – Nothing To Chance*

- Lieutenant-Colonel Iain Huddleston, Commanding Officer, 429 (T) Squadron
- Chief Warrant Officer Justin Bernard, Squadron Chief Warrant Officer, 429 (T) Squadron

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Beautiful  
to read these  
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## Sobering thoughts about drinking

Submitted by Wing General Safety Office

Party animals turn into dangerous beasts when they get behind the wheel of an automobile.

Drinking and driving causes countless tragedies every year. Traffic accidents resulting in death and injury and suffering.

People who party it up with their friends and try to drive home cause many of these accidents. Party hosts and guests both must take responsibility for preventing these accidents.

Here are some ideas for party hosts to discourage drinking and driving during the holiday season and year-round:

Take charge of the party. Tell the guests you have house rules, which include no one driving away while impaired by drugs or alcohol.

Collect car keys from your guests as they arrive, and don't return them to drivers who might be impaired.

Designate drivers at the beginning of the evening. These drivers will remain sober and drive the

others home.

Provide a choice of attractive non-alcoholic drinks for the designated drivers and for all guests.

Also provide a variety of food high in protein and starch, to delay the absorption of alcohol. Limit the foods which are salty; they increase thirst.

Plan activities to take the emphasis off drinking. Encourage guests to participate in games, entertainment, food preparation and other activities.

Control your bar by serving guests yourself or hiring a bartender. Measure all drinks. Stop serving drinks early in the evening.

Never serve a drink to a guest who appears intoxicated.

Arrange rides with sober guests or call cabs for guests who appear intoxicated. Allow guests to sleep over if they have had too much to drink.

Do not invite people who you know drink too much.

Here are some additional ideas for party guests to avoid drinking and driving:

Plan your transporta-

tion before you leave home for the party. If you are going to be drinking, make definite plans to ride with a sober friend or to take a cab.

Eat a snack at home before you leave for a party so you won't overindulge in salty snacks, which increase thirst.

Alternate your alcoholic drinks with other beverages such as fruit or vegetable juice. Don't chug down alcoholic beverages just because you are thirsty - fill up on water instead.

Stay sober and help volunteer to drive for others. Help your host to arrange transportation for other guests.

Never ride with someone who has been drinking - even if you arrived with that person.

Remember only time can reduce impairment. Hot coffee, cold showers and fresh air do not sober you up.

Parties are bright spots in our lives during the December holidays and throughout the year. Make sure they remain bright memories, not darkened by a drinking and driving accident.

## Holiday greetings to all

On behalf of the 8 Wing Military Police, I would like to take this opportunity to express my sincere gratitude to all of the service men and women and civilians of 8 Wing/CFB Trenton for providing such great co-operation and unwavering dedication throughout this past year.

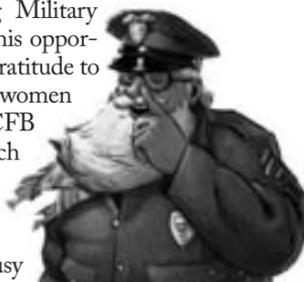
Keeping in mind the busy schedules, it is also important to remind everyone to try and exercise caution on a routine basis this holiday season. Many people have several holiday parties and functions they are eager to attend, and given the potential for accidents this time of year, please be extra vigilant when deciding to take to the roads.

On the same note, please be aware of the new alcohol related laws in Ontario and the consequences of violating those laws. On 01 May 2009 the Provincial Legislation was amended to reflect tougher enforcement of Drinking and Driving for those people whose Blood Alcohol Content (BAC) tested between 0.05 and 0.08, previously known as the Warn Range. Drivers whose test results fall within this range now face an immediate 72 hr suspension for their first offence, a 7 days suspension for a secondary offence and 30 days for a third offence. Administrative fines and Alcohol Education programs may also be imposed.

As of 01 Dec 2010, all drivers with a BAC of 0.08 or higher or those who refuse to provide a breath sample, face an immediate suspension of 90 days, criminal charges and a mandatory vehicle impoundment of 7 days. Impaired Driving is a serious offence and the consequences can be deadly. The 8 Wing Military Police are committed to ensuring the safety of all Members at CFB Trenton and will be conducting R.I.D.E programs throughout the holiday period to support base personnel in ensuring a safe and happy holiday for all.

Once again, on behalf of the 8 Wing Military Police, I wish you and yours a safe, healthy, and happy holiday season.

- Major Marc St-Pierre, Military Police Detachment Commander



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## Chaplain Services

# 8 Wing/CFB Trenton Chaplain Services

## services offerts par l'aumônerie de l'escadre

### WING CHAPLAIN SERVICES

#### SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

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

#### Unit Chaplains – aumôniers d'unités

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

#### As support staff - comme personnel de soutien

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

### WORSHIP SERVICES

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

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

Chapel Life Co-ordinator

*Father Robert Lavoie*

Co-ordinateur de Vie de Chapelle

#### Masses-Messes

Messe dominicale: 11h30

Sunday Mass at 1015hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 1015 hrs and coffee

3ième dimanche messe bilingue: 10h15 et café

#### Confession - Réconciliation

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

#### Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

**St. Clement Astra (P)**

Protestant Community

Chapel Life Co-ordinator

*Padre Jim Craig*

#### Worship Service

Sunday Divine Worship, 900hrs

Holy Communion:

1<sup>st</sup> Sunday of the month

### DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

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

### SACRAMENT OF BAPTISM

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

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

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

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

### SACREMENT DU BAPTÊME

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

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

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

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

## Planning to get married?

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

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

## Vous planifiez de vous marier?

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

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

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

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The great room itself features a gas fireplace, as well as french doors to the veranda, with stairs leading down to the back garden. The kitchen is separated from the dining area by a prep island. A window over the double sink is always welcome, and the U-shaped counter configuration promises efficiency. A large corner pantry will provide extra storage.

The laundry, a broom closet and a two-piece powder room are located on the other side of the corridor that lead from the foyer to a den or media room.

Up the U-shaped flight of stairs are the bedrooms, including a master suite with a deep-silled window that overlooks the back garden and a roomy walk-in closet and spacious ensuite. Two secondary bedrooms share a three-piece bathroom.

Access to the separate apartment, also on the second storey, is either from the left side of the home or through the single garage. A foyer leads to a U-shaped flight of stairs into a compact kitchen and dining-living area. The kitchen features an L-shaped counter configuration, and the dining area enjoys a large window. The apartment's two bedrooms are separated by a three-piece bathroom that contains a linen closet and features an extra-deep window sill next to the tub.

Exterior finishes include horizontal siding, partly-mullioned windows with painted trim, decorative woodwork in the gables and stone accents separating the garage doors and near the main entrance.

*This home measures 49 ft wide and 59 ft deep. The total amount of living space measures 2,748 sq. ft., including 713 square feet for the apartment.*



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# International Day for Persons with Disabilities recognized at 8 Wing

Submitted by  
Major Brenda Tucker

On December 1, 2010 the Employment Equity Advisory Group (EEAG) commemorated International Day for Persons with Disabilities by setting up a kiosk at the Yukon Galley.

On display was information about both visible and invisible disabilities and the programs that exist to support DND employees and military members, such as The Soldier On Program, The Return to Work Program, and the Operational Stress Injury Social Support (OSISS) Program.

Profiles were exhibited of the seven current CF members who, although amputees, meet the

universality of service requirements and thus have been able to maintain a career in the military.

As part of EEAG's attempt to educate about the difficulties that an individual may encounter with a wheelchair, LCol Lewis (Wing Champion for Persons with Disabilities) and LCol Blue (Wing Champion for Women's Advisory Group) used a wheelchair to get themselves around during lunch at the Galley.

The Galley was found to have plenty of room to manoeuvre however it was difficult to see what was available from the salad bar and to carry a tray. As well, the height of the wheelchair made it difficult to sit at many of the tables.

The Co-chairs of the Persons

Photo: Capt Annie Morin, 8 Wing Public Affairs Officer



Shown above, from left to right: MCpl Frizzell (8 AMS), LCol Lewis (WLEO), Lee Dero (OSISS), Jack Neville (CFLAWC), Mike Douglas (DCSM det).

with Disability advisory group, MCpl Frizzell and Jack Neville would like to thank Mike

Douglas from the Directorate of Casualty Support Management and Dee Leroy from OSISS for

their displays and the rest of the Employment Equity Advisory Group for all of their support.



## SEASONS GREETINGS FROM THE PERSONNEL SUPPORT PROGRAMS (PSP) SECTION

As we start the season's festivities I would like to take the opportunity to pass warm wishes to all members of the 8 Wing/CFB Trenton community.

This past year has been prosperous for the 8 Wing Defence Team, your continued support of the Health and Physical Fitness Strategy has earned the Wing, National Honours as the recipient of the CF Health and Physical

Fitness Award.

Construction and renovation of many of our facilities including the Softball Diamond and Soccer Field has been completed and we look forward to opening up these facilities in the near future. As well we have seen a level of service support increase in the Fitness, Health Promotion programs to ensure that the well being of all maintains a top priority on the Wing.

We look forward to the challenges that the New Year will bring and anticipate further enhancements to our morale and welfare programs and physical fitness services.

On behalf of the entire PSP section I wish you and your family a very Merry Christmas and a Prosperous New Year.

John Snyder, PSP Manager

## SOUHAITS DU TEMPS DES FÊTES DE LA SECTION DES PROGRAMMES DE SOUTIEN DU PERSONNEL (PSP)



Nous entrons dans la période des Fêtes, et j'aimerais profiter de l'occasion pour offrir des vœux chaleureux à tous les membres de la communauté de la 8e Escadre/BFC Trenton.

L'année qui s'achève a été prospère pour l'Équipe de la Défense de la 8e Escadre, et grâce à votre appui constant à la Stratégie sur la santé et la condition physique, l'Escadre a remporté une distinction honorifique nationale : le Prix de la santé et du conditionnement physique des FC.

Les travaux de construction et de rénovation de nombre de nos installations, notamment des terrains de soccer et de balle molle, sont terminés et nous avons hâte d'inaugurer ces nouvelles installations dans un proche avenir. De plus, les services liés aux programmes de

conditionnement physique et de promotion de la santé reçoivent un plus grand appui, car il nous importe que le bien-être de tous compte parmi les plus grandes priorités de l'Escadre.

Nous sommes impatients de voir les défis que nous réserve la nouvelle année, et nous prévoyons améliorer encore nos programmes de bien-être et de maintien du moral ainsi que nos services de conditionnement physique.

Au nom de toute la section des PSP, je vous souhaite, à vous et à votre famille, un très joyeux Noël et une nouvelle année prospère.

Le gestionnaire des PSP, John Snyder

From our House to Yours, Happy Holidays and Merry Christmas!  
~ Canadian Forces Housing Agency Staff - at your service ~



De chez nous à chez vous - Bonne saison des fêtes et Joyeux Noël  
~ Les employés de l'Agence des Forces canadiennes - à votre service ~

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

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\$165,900 First time buyers come take a look. Brick exterior, attached garage, 2 bdrm, main floor laundry. Large eat-in kitchen, C/A, C/V. Rec room and extra bedroom down. Walking distance to schools and shopping. Call Vicki to view. **MLS# 2106872**

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Serving Quinte for 4 decades  
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Word ad: 20 words \$4.00 per insertion. HST included. Visa/Mastercard, Cash or cheque to be paid at time of insertion.

#### ORDERING AN AD

All advertising must be dropped off at The CONTACT, 142 Yukon Street, Room 26, before noon Wed. for the next edition and payment should be made at that time. In the event of a statutory holiday all deadlines are advanced by one day.

#### ERRORS

#### & OMISSIONS

Advertisers should check their ad the first day it appears. The CONTACT shall not be liable for failure to publish an ad or any typographical errors in the publication except to the extent of the cost of the ad for the first day's insertion. Adjustments for errors are limited to the cost of the ad wherein the error occurred.

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The CONTACT is not responsible for the products and/or services advertised. Readers should exercise their best judgement with the content. The CONTACT will not knowingly publish any advertisement which is illegal, misleading, or offensive. In compliance with the Human Rights Code. The CONTACT reserves the right to make necessary changes in ad copy.

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Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees. Fridges \$100 and up. **NEW APPLIANCES** at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from. **PAYS CASH** for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices. Open 7 days a week & evenings. We deliver. We like Base people.

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Dogs & cats. Individual exercise. Secluded country setting. Airport service available. 5 mins. from 401, 251 Long Reach Rd, Brighton. Call Eddystone Kennels 613-475-4405

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



Arrive Alive Don't Drink & Drive!

From the Management and staff of Personnel Support Programs

### Crossword Answers

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

### For Rent

**ADULTS!**  
1 bedroom apts. from \$645  
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Utilities & cable included  
Affordable, quiet & secure  
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**Waterfront Home FOR RENT** in the Village of Ameliasburgh. 2 Bedrooms, 1 bath bungalow with garage on a lovely lot on this picturesque lake minutes from Trenton and Belleville. Includes appliances and can be semi-furnished. Asking \$1200/mth plus utilities. For any inquiries please call 613-962-0001 or email at izadan@xplornet.com

**One bedroom with den 3 Mark Crescent, Trenton**  
Large one bedroom with a den. Bright, spacious, apartments in a quiet neighbourhood of quality homes in Trenton's desirable west end, close to schools and shopping & downtown. Easy highway access and only 10 minutes to CFB Trenton. Well maintained with on-site parking, laundry and a huge yard. Heat & utilities included.  
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Fridges, stoves, washers, dryers in working order and clean. Will pay good price. No dealers. Please call 1-613-969-0287 or 613-968-4183

Please recycle this newspaper. Thank you.

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**2006 Beetle GLS**  
Power group, sunroof, manual transmission. Low mileage in terrific shape!  
Comes with 2 year or 40,000km VW Certified Warranty  
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Years of 100% successfully passed Marchout Inspections, and 20 years of housecleaning in the Quinte Area. Opening and closing services available. "I likely clean for someone you already know."  
Call Tammy 613-392-0759  
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### Holiday Cheer

**Rudolph The Red-Nose Reindeer**  
You know Dasher and Dancer and Prancer and Vixen, Comet and Cupid and Donner and Blitzen., But do you recall? The most famous reindeer of all?

**Rudolph the Red-Nosed Reindeer**  
Had a very shiny nose, And if you ever saw it, You would even say it glows. All of the other reindeer Used to laugh and call him names; They never let poor Rudolph Join in any reindeer games.

Then one foggy Christmas Eve, Santa came to say, Rudolph with your nose so bright, Won't you guide my sleigh tonight?

Then how the reindeer loved him As they shouted out with glee, Rudolph the Red-Nosed Reindeer, You'll go down in history.

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

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**CLOSED  
DECEMBER  
24TH & 25TH**



**100% Leather Sofa!**  
This all leather sofa is nothing short of impressive with its rich, dark chocolate leather. Plush and tall back pillows with plump pillow-top seats and arms offer outstanding comfort.  
Loveseat \$789 Chair \$749 Cocktail Table With 2 Ottomans \$349  
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**Lowest Price Ever!**  
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**Bedroom Blowout!**  
Constructed from birch solids and veneers in a warm cherry finish with brushed nickel hardware. Package includes dresser, mirror, queen size headboard, footboard, rails and one night table. Optional Chest \$349  
633-16060

**Wow! All 5 pieces!**  
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**58" 1080p Plasma HDTV!**  
Great Low Price!  
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