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Task Force Canuck returns to CFB Trenton after an around-the-world sortie

By Ross Lees

CC-130J Hercules aircraft number 606 received a hero's welcome back to CFB Trenton Wednesday afternoon.

Chief of the Defence Staff, General Walt Natynczyk, commander of 1 Canadian Air Division, Major-General Alain Parent, and Deputy Director General International Security Policy, Brigadier-General Michael Hood were all on hand to welcome home Task Force Canuck after 10 years of successful operations in Afghanistan.

The ceremony was actually a two-part celebration – a welcome home of Task Force Canuck and a celebration of the first Royal Canadian Air Force CC-130J model Hercules flight around the world.

After leaving Kandahar on Nov. 17, the CC-130J Hercules aircraft, crew and passengers stopped in Malaysia, Indonesia, Brunei, and the Philippines to meet with their AF counterparts in the region to help further boost the existing vibrant relations between those forces. It was also a chance for 436 Squadron to revisit its roots.

Cpl Pete Van Eykeren was holding the Canadian flag atop AC 606 when it taxied up to the hangar in Trenton.

Gen Natynczyk took the opportunity to say how proud he was of the "10 years of incredible service and sacrifice" by those who served in Afghanistan and their families.

"I'm proud of the professionalism you've shown and I'm proud of this day," he noted, adding that the new Air Force was "right here."

"These men and women were the ones who ensured each of our fallen comrades were brought home with great dignity and the most heartfelt respect. They've brought great honour to the whole of the RCAF and I am extremely proud of the monumental task they've achieved."

Commanding Officer of 436 Squadron Lieutenant-Colonel Colin Keiver was impressed with the welcome home.

"It means the world to us to be greeted like this," he said. The trip to other nations where the squadron had served and those affiliated with it was important historically and as a relationship-building exercise, he added.

"We saw Canadians buried there who never got a homecoming like we did today," he stated. "We had the opportunity to commemorate and venerate those people," adding he hoped the men and women still deployed eventually have a homecoming as festive and joyous as this one.

(LEFT) Jocelyn Ryan, 7, runs to greet her father, Sgt Ken Ryan, a 436 Squadron loadmaster as he arrives back at 8 Wing Wednesday afternoon on Task Force Canuck.

(BELOW-RIGHT) Commanding Officer of 436 Squadron Lieutenant-Colonel Colin Keiver thanks everyone for the rousing welcome.

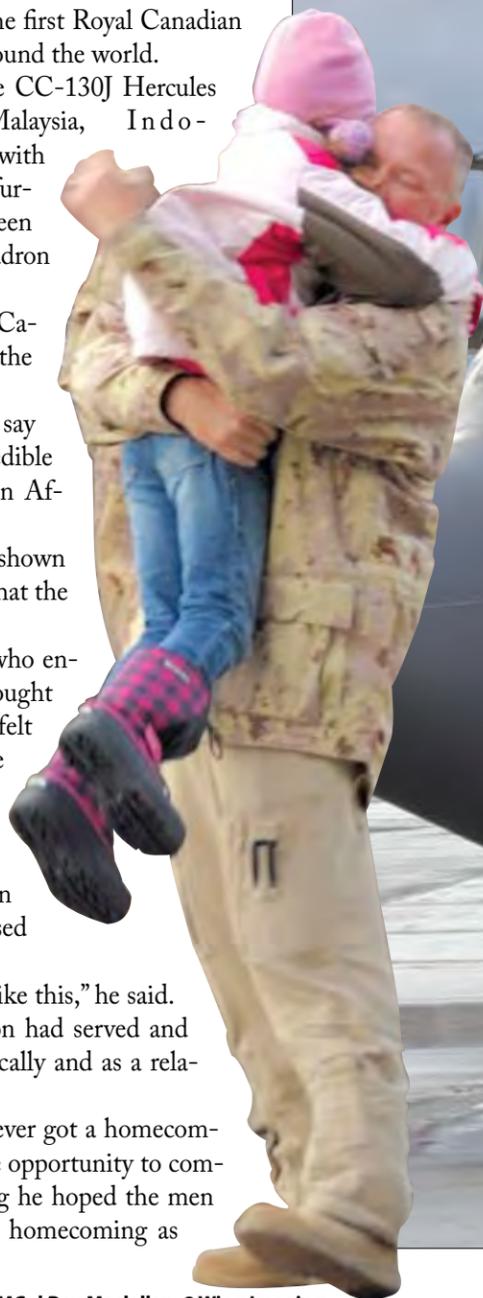


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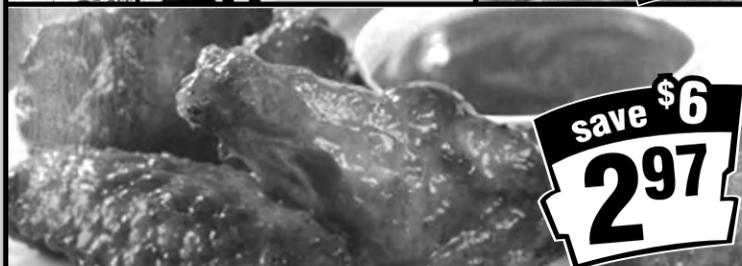
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Dutch students get aero-medical evacuation training at 426 Squadron

By Ross Lees

Four Dutch students are currently in 426 Squadron's Medical Flight (M Flight) training in aero-medical evacuation, a course to help physicians, nurses and medical technicians perform the duties and responsibilities of an aero-medical evacuation crew member during strategic and tactical aero-medical evacuation missions.

These Dutch students take the course in Canada because no similar course is available in Holland, although they are not the only country which takes advantage of the Canadian course.

M Flight Commander Maj Christine Bannerman indicates students attend from countries like Belgium, Greece, Portugal and Norway along with

Holland. The course gets an even more international flavour because Capt Jac Solghan, a United States Air Force exchange nurse from Pope Air Force Base in North Carolina instructs the course.

Maj Bannerman said the students bring a wide variety of medical skills to the course.

"But most of those skills come from working in a hospital or medical clinic," she stated. "In an airplane, they'll be out of their comfort zone. It can be a big adjustment."

The course is 49 training days long and is divided into classroom, ground and flight training phases. It covers the topics of flight safety, aircraft systems, medical equipment, in-flight patient

Cont'd on page 10



Capt Marloes van Stralen - Dutch Physician (foreground), MCpl Denis Demers- Med Tech from Petawawa, and LS Suzanne Cowan - Med Tech from 24 CF H Svcs C -Trenton, work through a scenario with their patients.



Left to right: Dutch exchange students Capt Marloes van Stralen, Lt Gabe Dodewaard, SGM Lieke Keijsers, SGM Silvy Bolkestein are pictured with the 426 Squadron mascot.



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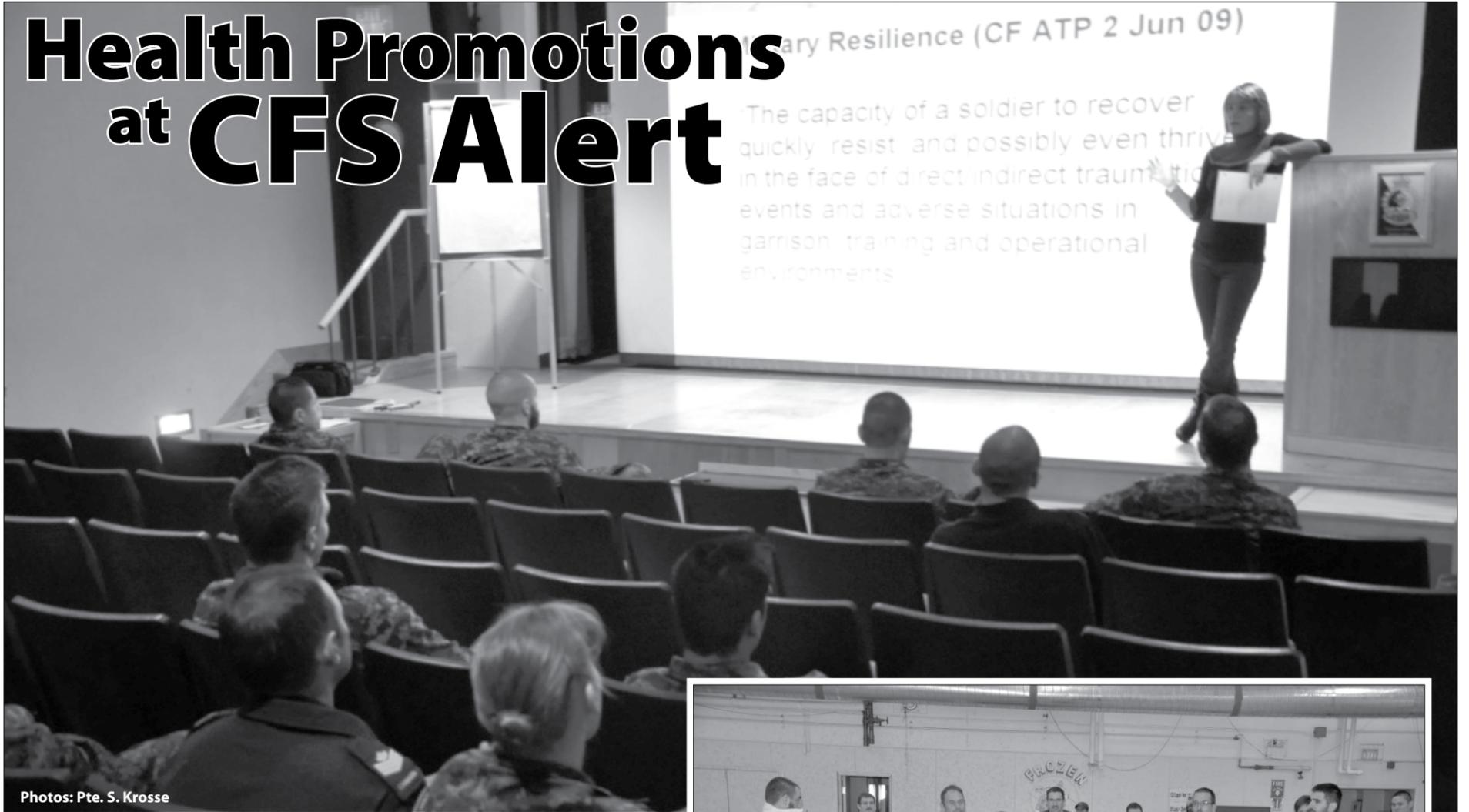
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Photos: Pte. S. Krosse

(ABOVE) Kendra Lafleur, 8 Wing Health Promotions Director, provided briefings on alcohol, gambling and other drugs, mental fitness and suicide awareness as well as healthy eating and butt out programs. Leadership driven programming has allowed Health Promotion the opportunity to reach members on tour in Alert. "Environment plays a very important part in our day-to-day lives and our decision making," said Lafleur. "Having an opportunity to connect with CF members working in such a unique environment is priceless. Providing the members the opportunity to increase not only their knowledge but also their self awareness in a different environment can go a long way towards better health."

(RIGHT) Erin Ferguson, fitness instructor, providing Unit PT and fitness programs for station personnel.



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.

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- 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.

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Submitted photo

Mick Weston, CANEX representative, presents the Official of the Year award to 8 Wing's own Cpl Giancarlo Pavone for his stellar season in soccer.

Honouring athletic excellence in the Canadian Forces

By Jen Seipp,
Communications Advisor

Whether they registered three kicks in a single second against an opponent, dead lifted an astounding 685 pounds, or ran over 200 km at a stretch, the athletes honoured at the 23rd Annual Canadian Forces Sports Awards Ceremony demonstrated exceptional speed, strength, and stamina.

Held on November 5, 2011, the Sports Awards gathered nearly 300 senior Canadian Forces members, sponsors, nominees, honourees, and CFPFSS staff at the National Gallery of Canada for an evening of awards and retrospectives. The night not only celebrated achievement in sports, but also stressed the valuable roles that athletes, coaches and officials play as role models and leaders in their communities, and as ambassadors of the Canadian Forces around the globe.

"I am impressed by the diversity and calibre of our military athletes," says BGen F.G. Bigelow, Director General PFSS. "All of our nominees actively demonstrate the value of sport within their communities, and

have dedicated countless hours to promoting sports and fitness among athletes of all ages."

The ceremony's theme this year was the Canadian Forces and International Sports, putting special focus on our athletes' success in representing Canada in military and civilian sports competitions around the world.

Among the athletes applauded for their success on the international sports scene were: Pte Kyle Croxall, an ice cross racer who placed second overall in the Red Bull Crashed Ice World Championships, and has consistently been ranked top three in the world in the downhill skating events; Capt Mike Evans, a sailor who won the 2010 Korea Cup Sailing Championship with a team of Canadian and Korean sailors; and OS Yvette Yong, a taekwondo athlete who won Canada's only gold medal at the 2011 Military World Games.

In addition to the spotlight on international sports and the achievement awards distributed, the Sports Awards also honoured several athletes, coaches and officials for their lifetime of exceptional sports success,

including 8 Wing's own Cpl Giancarlo Pavone, named Official of the Year for his stellar season in soccer.

Five new inductees were added to the Canadian Forces Sports Honour Roll, and two extraordinary athletes were inducted into the Canadian Forces Sports Hall of Fame, the highest honour of the night. World-ranked powerlifter MCpl Brian George, easily the strongest man in the Canadian Forces, and MWO Richard Ward, international and Paralympic shooting coach, received this high honour in recognition of their remarkable sports careers.

For more information about the winners and nominees, visit www.cf-sportsawardsceremony.ca.

The award winners were:

- Male Athlete of the Year: Cpl Eric Feunekes, Canadian Army, Greco-Roman Wrestling
- Female Athlete of the Year: 2Lt Serena Palmer, Military Personnel Command, Swimming and Life-saving
- Male Coach of the Year: Sgt Alain Chalifoux, Royal Canadian Air Force, Multi-sports

Cont'd on page 11

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8 Wing team competes at World Firefighting competition

By Pte Martin Sterenczak

Firefighters are you ready? The buzzer screams and two firefighters compete head-to-head climbing stairs, hoisting hose, forcible entry, hose advancement and, to top it off, a 106 foot, 175 pound victim drag. This is the firefighter combat challenge obstacle course.

This year was the first year a Canadian Air Force relay team has ever competed in the World Firefighter Combat Challenge. Capt. Pierre Muscat-Drago, Cpl. Jacques Caron, Cpl. Dane Du-

hane, Cpl. Steve Pereira, Pte. Matt Guillet, and Pte. Martin Sterenczak all competed in Myrtle Beach, South Carolina representing 8 Wing Trenton for the 20th World Scott Firefighter Challenge in both the individual and team relay events.

Known as the hardest two minutes in any sport, each member ran the obstacle course with all their heart for this brief yet intense period of time. Although slightly different than the Canadian Fire Fit circuit, with the intense training, strong dedication and screaming support of fellow firefighters and the crowd each member was able to set a new personal best time by the end of the competition.

With the strong support of WCE, the firefighters of 8 Wing Trenton showed dedication, competitive spirit, and proudly represented the Canadian Forces and 8 Wing Trenton.



(LEFT) Pte Matt Guillet advances the charged hose line.

(RIGHT) Fully equipped, Cpl Steve Pereira, left, hoists a 45-pound hose reel up three stories.

(BELOW) Members of the 2011 8 Wing Trenton Firefighter Combat Challenge team pose in full competitive regalia except for air packs and masks.



(RIGHT) Cpl Jacques Caron dragging the 175-pound Rescue Randy on the final stretch of the course.

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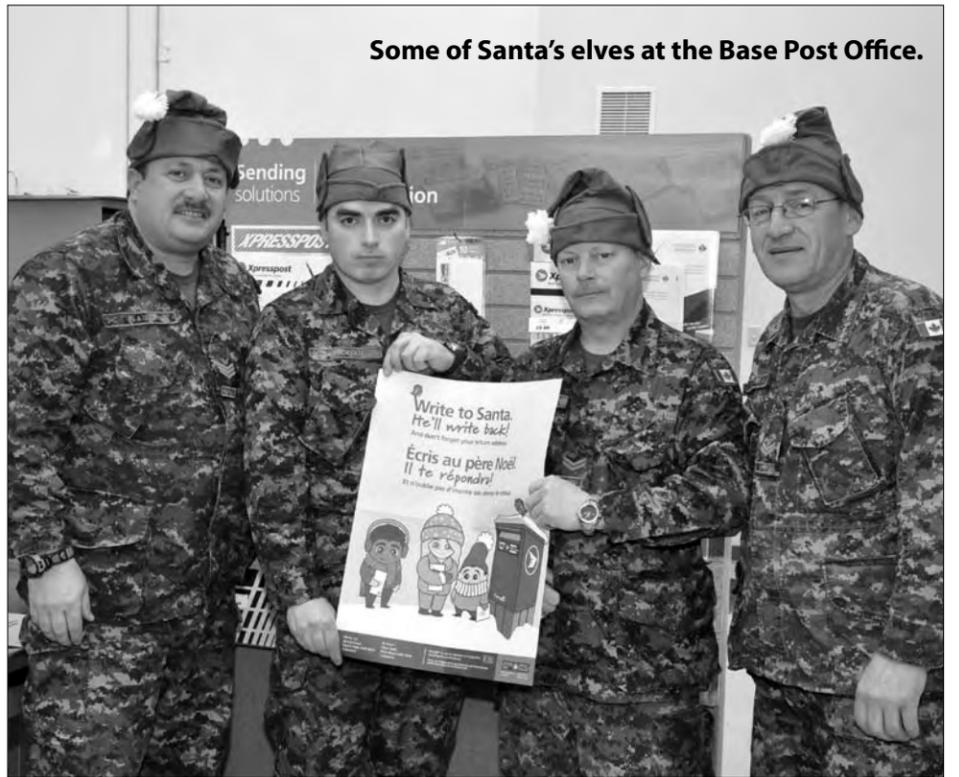
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Christmas is approaching and once again the real Santa Claus has asked his elves at the Base Post Office to help him out with his mail by replying to kids that write to him. If you have a child or children writing to Santa Claus for Christmas, just send that letter to the Base Post Office and Santa's elves will write back. Make sure you include the name of the child or children and a proper mailing address. The letter will arrive in the normal mail in the early weeks of December. Also, please note the letters can be in any language and the response will be in the same language.

Lettre du Père Noël

Noël approche à grand pas et encore une fois, le VRAI Père Noël a demandé au personnel du Bureau de Poste de la Base de l'aider avec son courrier en répondant aux enfants qui lui écriront. Si vous avez un/des enfants qui souhaitent envoyer une lettre au Père Noël pour Noël, faites parvenir cette lettre au Bureau de Poste de la Base, et les lutins du Père Noël lui répondront. Assurez-vous d'inclure le nom de l'enfant ainsi que son adresse. Les lettres arriveront dans le courrier normal dans les premières semaines de décembre.



Some of Santa's elves at the Base Post Office.

Wing Logistics and Engineering Picture of the Week



8 Wing TEME Squadron refuelling section

Cpl Roger Dupont of 8 Wing Transport Refuelling Section is shown here conducting refuelling operations on the east ramp on Nov. 15 of a King Air BE 200 aircraft (not shown). Careful attention is required at all times when refuelling aircraft in order to ensure the safety of all aircraft. Refuelling section consists of four crews of 28 highly trained military MSE-Ops and civilian MDO-05 operators who are responsible for the operation of 10 refuelling trucks ranging in size from 18,000 to 36,000 litres. Daily responsibilities include checking the fuel for water and refuelling aircraft that come into 8 Wing, including but not limited to Griffon Helicopters, CF-18 fighters, C-130 Hercules, the Airbus, C-177 Globemaster and the Antonov. Quantities of fuel delivered depend on the aircraft. It can be as little as 200 litres to upwards of 70,000 litres for the larger aircraft. A lightning storm in the vicinity of 8 Wing is just about the only thing that may slow down refuelling operations. The section is manned 24 hours a day every day, including holidays.

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Photos: Ross Lees

The 8 Wing Flyers and the Engineers pose for a picture just prior to the start of the Hammy Hamilton United Way tournament final.

Hammy Hamilton United Way tournament raises \$2,200

By Ross Lees

While the 8 Wing Flyers were grounded in the final game of the four-on-four WO Hammy Hamilton United Way Tournament by the Engineers, the real winner of the event was the United Way.

In their 10th year of fundraising for the United Way, this tournament raised \$2,200 from the 10 participating teams made up of military, DND civilian employees and some dependants.

Bryan Pearce, a co-organizer of the event, felt this was one of the better years as far as competition went.

"It was more competitive this year and we raised a little more because we charged a bit more for each team," he told *The Contact*. "It went really well and this is the 10th year we've done it."

The tournament was originally organized by WO Hammy Hamilton and Pearce, Evan Jacques and Sgt John Stenning work to continue his legacy.



(ABOVE) Cole Hamilton, Hammy's son, and the captain of the Engineers do a ceremonial puck drop prior to the final game.

(LEFT) Evan Jacques, left, Cole Hamilton, centre and Bryan Pearce stand below the arena memorial to WO Hammy Hamilton, the original organizer of the Hammy Hamilton United Way tournament.

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In addition, recent improvements to the New Veterans Charter provide:

- **Improved access** to monthly financial support for Veterans;
- **An additional monthly financial payment** for seriously injured Veterans;
- **A higher annual income for eligible Veterans;** and
- **New flexible options for Disability Award Program payments.**

If you're a Veteran and you're in need of support, you can learn more about services and benefits at veterans.gc.ca or call **1-866-522-2122**.



Cont'd from page 3

care, strategic and tactical mission management, and duties and responsibilities during aircraft emergencies. On this particular course, there are eight Canadian and four Dutch students.

Flight training takes place at 19 Buffalo Ave., a Cargo Compartment Container (CCC) which houses a Vietnam-era CC-130 minus the wings and engine used to simulate CC-130 scenarios prior to a training strategic mission on an actual CC-130.

Once the classroom portion of the course ends, CCC becomes almost a second home for the students, who do mix-and-match scenarios with the other students. In one scenario, a student might be a patient and on another the caregiver, experiencing both sides of the event.

Briefings and debriefings take place throughout the scenarios and critiques are common when the scenario is finished.

And pearls of wisdom can come at any time. In a debriefing after one scenario, Capt Solghan talked about how the instructors watched the students throughout the scenario, applauding them for their responses.

"Throughout any situation, you have to remain the calm voice of reason for your patients," he said.

The Dutch exchange students have a good grasp of the English language, but will often switch back and forth from English to Dutch in the scenarios when communicating with each other, according to Maj Bannerman.

Capt Marloes van Stralen says the 426 Squadron course is "good quality" and is packed with different aircraft and items, including the CC-130, an aircraft not flown in the Dutch military.

"This is an important course for us," Capt van Stralen noted. "It is the primary course and allows us to fly aero-medivacs in Holland."

The four students are enjoying their stay in Trenton and Canada.

"It is very nice here," van Stralen states, although she notes it has not been all fun and games. "Sometimes it is really busy and hard and you have to study a lot."

Other times, they have been able to visit Toronto, Ottawa, Niagra Falls and Kingston and come in contact with Canadians outside of the military milieu.

"They are very nice, very gentle," van Stralen stated.

Lt Gabe Dodewaard adds, "In Canada, they are very proud of their Canadian military, they are really pro-military."

The students are also amazed at the restaurant fare in Canada.

"Here in a restaurant you can get anything you want," notes SGM Silvy Bolkestein.

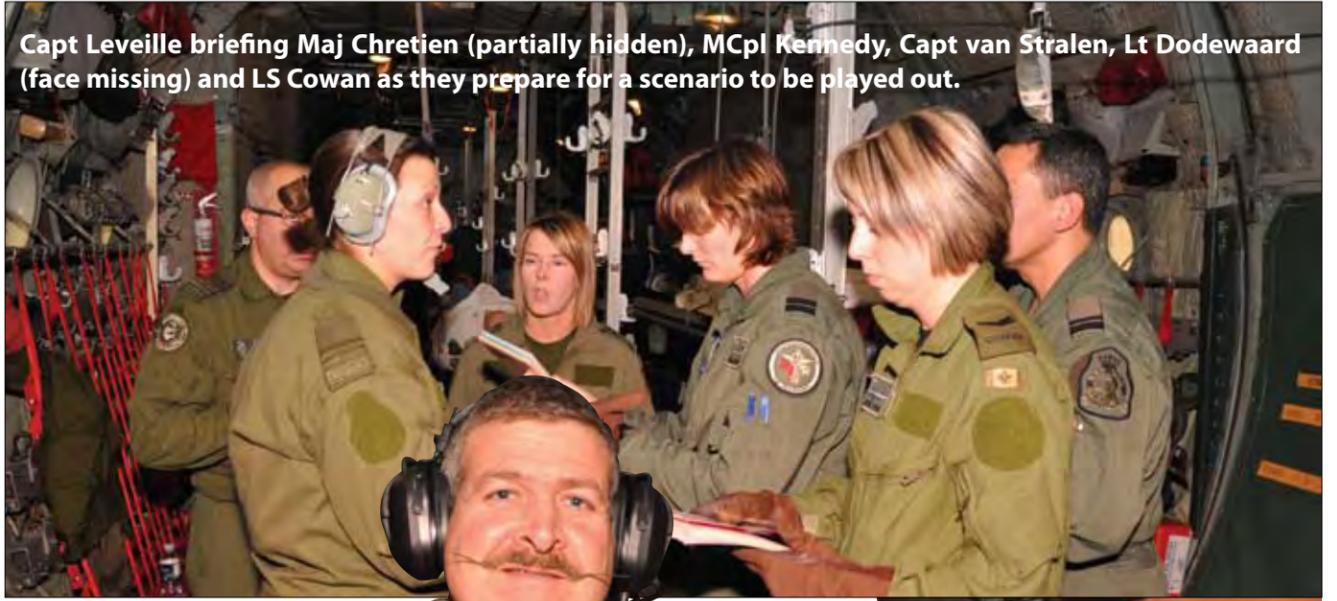
They also find the price of items about the same in Canada, although it is cheaper for them because of the conversion rate of the Euro.

They came to Canada prepared for much colder weather and were surprised to find it actually warmer here on Nov. 25 than in Holland.

"It was 12 degrees here today and eight degrees in Holland," van Stralen stated.

As much as they have enjoyed their time in Canada, they are looking forward to being back in Holland for Christmas. They graduate in just over one week then fly back to Amsterdam on Dec. 7.

Capt Leveille briefing Maj Chretien (partially hidden), MCpl Kennedy, Capt van Stralen, Lt Dodewaard (face missing) and LS Cowan as they prepare for a scenario to be played out.



WO Jim Oddie - Physician Assistant - playing the role of the CC-130 Loadmaster for training purposes.



Capt Leveille assisting to move a patient.



(RIGHT) Capt Jac Solghan - USAF Exchange Nurse from Pope AFB in North Carolina

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Cont'd from page 3

- Female Coach of the Year: Sgt Wendy Nelson, Canadian Army, Swimming
- Official of the Year: Cpl Giancarlo Pavone, Royal Canadian Air Force, Soccer
- Team of the Year in Individual Sports: CFB Esquimalt Running Team, Royal Canadian Navy
- Team of the Year in Collective Sports: CFSU Ottawa Men's Basketball Team, Vice Chief of the Defence Staff
- CF Health and Physical Fitness Award: CFSU Europe, Vice Chief of the Defence Staff

Honour Roll

- Capt (Ret'd) Kevin Dulude, Basketball player
- Sgt (Ret'd) L. "Moose" Gibson, Multi-sports official and builder
- Capt Michel Ouellet, Multi-sports athlete and builder
- Sgt (Ret'd) Donald Phillips, Soccer athlete and coach
- Sgt Jim Sandall, Shooting athlete and coach

Hall of Fame

- MCpl Brian George, Powerlifting athlete
- MWO Richard Ward, Shooting coach

Célébration de l'excellence sportive dans les Forces canadiennes

Par Jen Seipp, conseillère en communications

Lors de la 23e Cérémonie annuelle du mérite sportif des Forces canadiennes, on a rendu hommage à des athlètes qui ont notamment fait preuve de rapidité, de force et d'endurance exceptionnelles lors de compétitions diverses, que ce soit en enchaînant trois coups de pieds en l'espace d'une seconde, en soulevant un poids impressionnant de 685 lb ou en courant sur une distance de plus de 200 km.

Près de 300 officiers supérieurs des Forces canadiennes, commanditaires, candidats, récipiendaires et membres du personnel des Services de soutien au personnel et aux familles des Forces canadiennes (SSPFFC) se sont réunis le 5 novembre 2011 au Musée des beaux-arts du Canada pour prendre part à cette cérémonie de remise de prix et de rétrospectives. Au cours de la soirée, on a souligné non seulement les exploits sportifs, mais également les rôles importants que jouent les athlètes, les entraîneurs et les officiels en tant que modèles et leaders dans leur communauté et à titre d'ambassadeurs des Forces canadiennes à l'échelle internationale.

La diversité et le calibre de nos athlètes militaires ne cessent de m'impressionner », de déclarer le Bgén F.G. Bigelow, directeur général des SSPFFC. « Tous les candidats ont fait preuve d'excellence et incarné la valeur du sport au sein de leur communauté. Ils ont aussi consacré un nombre incalculable d'heures à la promotion du sport et de l'activité physique auprès d'athlètes de tous les âges.

Cette année, la cérémonie a gravité autour du thème « Les Forces canadiennes et les sports internationaux » et mis en valeur le succès remarquable de nos ath-

lètes qui ont représenté le Canada lors de compétitions sportives militaires et civiles partout dans le monde.

Au nombre des athlètes honorés pour leurs réalisations sur la scène internationale, mentionnons les suivants : le Sdt Kyle Croxall, un patineur de descente extrême qui a pris le deuxième rang au Championnat du monde Red Bull Crashed Ice et qui s'est toujours classé dans les trois premiers au monde dans les épreuves de patinage de descente; le Capt Mike Evans, un marin qui a décroché la première place au Championnat de voile de la Coupe de Corée de 2010 avec une équipe de marins canadien et coréens, et le Mat 3 Yvette Yong, une athlète de taekwondo qui a remporté la seule médaille d'or canadienne lors des Jeux Mondiaux Militaires de 2011.

Au cours de cette cérémonie axée sur les sports internationaux et la remise des prix d'accomplissement sportif, on a également honoré plusieurs athlètes, entraîneurs et officiels pour leurs réalisations exceptionnelles tout au long de leur carrière. Cinq personnes ont été inscrites au Tableau d'honneur des sports des Forces canadiennes. De plus, en reconnaissance de leurs exploits sportifs remarquables au cours de leur carrière, deux athlètes extraordinaires ont été intronisés au Temple de la renommée des sports des Forces canadiennes, le plus grand honneur de la soirée : le dynamophile de calibre international, le Cplc Brian George, vraisemblablement l'homme le plus fort des Forces canadiennes, et l'Adjum Richard Ward, entraîneur international et paralympique de tir.

Pour plus d'information au sujet des gagnants et des candidats, visitez le site www.ceremoniemeritesportiffc.ca.



Col Sean Lewis, left, the champion of the Defence Advisory Group for Persons With Disabilities is joined outside the Yukon Galley Wednesday by MWO Tom Fielding, MCpl Roland Van Bergen, the military co-chair of the group, Angela van Stam, a mental health nurse, Wendy MacNeil, the civilian co-chair, and Michael Douglas, Services Co-ordinator for the Integrated Personnel Support Centre. Col Lewis considers it his responsibility to ensure that all new construction on the base is barrier free.

One Destination, Many Paths International Day for Persons with Disabilities Dec.3

The Canadian Forces and the Department of National Defence officially recognize Dec. 3 as International Day for Persons with Disabilities. This year's theme is One Destination, Many Paths.

The Employment Equity Advisory Group (EEAG), a panel of both civilian and military volunteers, meet once a month to create a barrier free work environment as well as promote awareness to both the CF and DND teams.

The sub-committee - Defence Advisory Group for Persons With Disabilities (DAGPWD) - will be commemorating the day by providing an opportunity to help us reflect, share and learn together about the new Integrated Personnel Support Centre (IPSC) unit, Operational Stress Injury Social Support and 8 Wing Mental Health. Each of these groups offers one unique path to self awareness, self respect and self preservation.

Une destination, plusieurs façons de s'y rendre Journée internationale des personnes handicapées 3 décembre

Les Forces canadiennes et le ministère de la Défense nationale reconnaissent officiellement le 3 décembre comme la Journée internationale des personnes handicapées. Cette année, le thème est le suivant : « Une destination, plusieurs façons de s'y rendre.

Le Groupe consultatif sur l'équité en matière d'emploi (GCEE) est composé de bénévoles militaires et civils qui se rencontrent mensuellement. Ils visent à faire connaître les obstacles systémiques dans le but de créer un milieu de travail d'accès facile en plus de sensibiliser les équipes des FC et du MDN à l'équité en matière d'emploi.

Le sous-comité Groupe consultatif de la Défense pour les personnes handicapées (GCDPH) soulignera cette journée en nous invitant à témoigner, à réfléchir ensemble et en nous renseignant sur les nouveaux services offerts, notamment le Centre de soutien intégré au personnel (CISP), le Soutien social aux victimes de stress opérationnel et les services en santé mentale de la 8e Escadre. Chacun de ces groupes offre une façon incomparable d'améliorer la conscience de soi, le respect de soi et la protection de soi.

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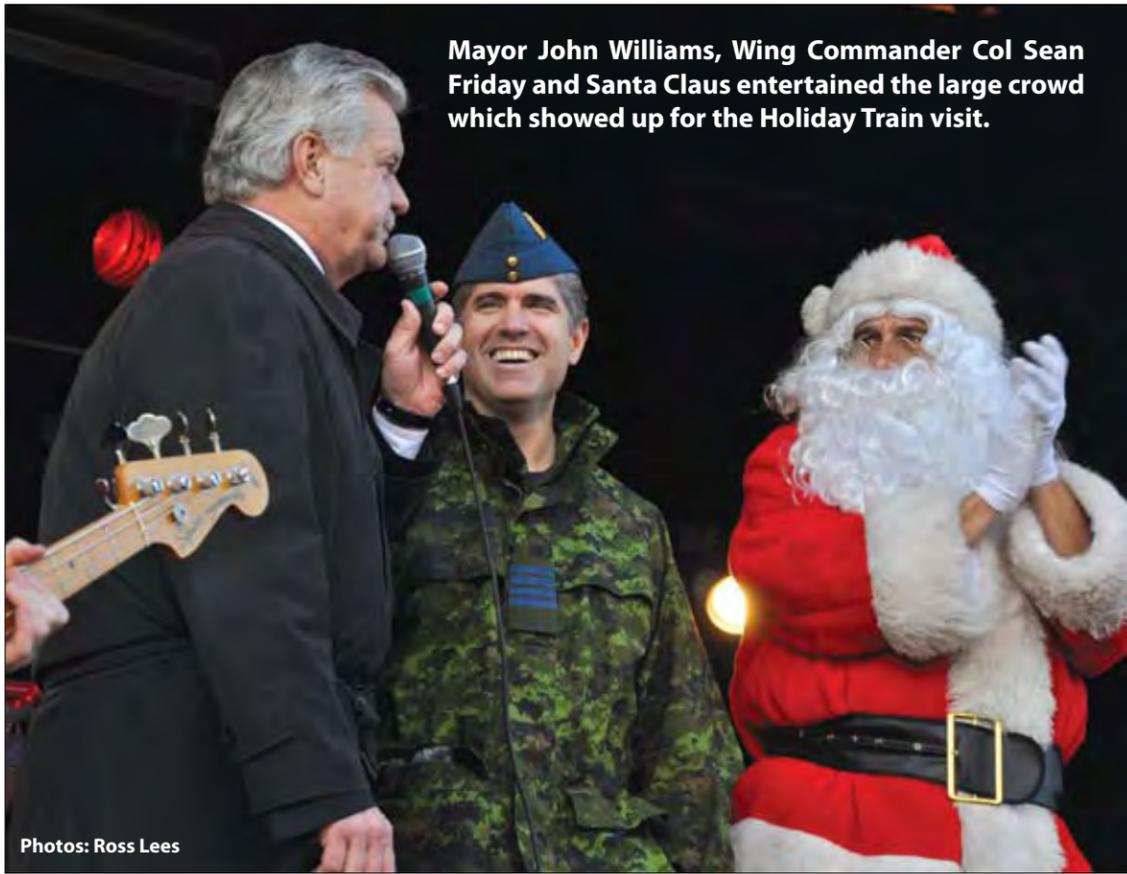
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Mayor John Williams, Wing Commander Col Sean Friday and Santa Claus entertained the large crowd which showed up for the Holiday Train visit.

Photos: Ross Lees

CP's Holiday Train delivers festive spirit to Quinte West

By Ross Lees

Canadian Pacific's Holiday Train gave the people of Quinte West many reasons to come out and celebrate the season Monday afternoon.

First, there was the festive train with all its lights and decorations, an arrival which had local children smiling and looking on in wonder.

Then, when Santa appeared, those faces lit up just like the lights on the train.

Local rock band Brothers Dube was also popular, especially for their elderly aunt who sat in the front row of the crowd surrounding the train.

Folk legend Valdy had the crowd smiling and swaying to the music, especially when he combined his performance with that of Brothers Dube.

Applause rolled through the crowd when it was announced that \$3,000 would be given to the local Trenton Care and Share Food Bank, which Al Teal accepted with thanks.

And when CFB Trenton Wing Commander Col Sean Friday and Quinte West Mayor John Williams joined the festivities by leading the crowd in song, the celebration began in earnest.

Prior to breaking out in song, both Mayor Williams and Col Friday thanked everyone for attending and caring for their neighbours during this holiday season.



A \$3,000 cheque was presented to Al Teal for the Trenton Care and Share Food Bank.



Valdy enjoyed performing with his young counterparts in Brothers Dube.

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 2008 CHEVROLET COBALT Stk# 11062B 2.2L 4 cyl auto, full power, keyless, air, cruise, power heated mirrors, 87,621 kms. Was \$11,375 \$10,475	 2003 DODGE PT CRUISER Stk# 10443B 5 spd, 2.4L 4 cyl. Power steering, brakes & windows, air, tilt, 165,839 kms. Was \$6,475 \$5,975	 2007 PONTIAC MONTANA SV6 Stk# 11064A FWD, 3.9L 6 cyl auto, full power, keyless, air, cruise, alloys, captain's chairs, 74,941 kms. Was \$11,477 \$10,477
 2008 DODGE DAKOTA CLUB CAB Stk# 10475A 3.7L 6 cyl auto, full power, keyless, alloys, air, cruise, 123,863 kms. Was \$12,911 \$11,911	 2009 JEEP WRANGLER 4X4 UNLIMITED Stk# 11190A Sahara, 3.8L 6 cyl auto, power steering, brakes, windows, mirrors & locks, keyless, alloys, 86,233 kms. Was \$23,985 \$21,388	 2011 DODGE CARAVAN Stk# 11289A 6 cyl auto, full power, keyless, air, tilt, rear heat & air, ex rental, 24,567 kms. Was \$21,971 \$20,788
 2003 CHEVROLET MONTE CARLO Stk# 11230A 3.4L 6 cyl auto, full power, air, keyless, cruise, keyless, 143,260 kms. Was \$7,371 \$6,871	 2006 DODGE MAGNUM RT Stk# 11204A 8 cyl HEMI, auto, full power incl. sunroof, keyless, alloys, leather, 132,553 kms. Was \$11,811 \$10,811	 2009 DODGE RAM 1500 Stk# 12009A 4x4, 5.7L 8 cyl auto, tinted, full power, keyless, alloy wheels, hitch, 51,975 kms. Was \$26,775 \$25,975



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Ice sculpting: a creative way of staying active in Alert

By Lt Christopher Daniel,
8 Wing Public Affairs Officer

Everyone entering the main building of Canadian Forces Station (CFS) Alert is impressed by a display of two inuksuk snow sculptures, an interpretation of a traditional landmark that has longtime roots in the Inuit culture.

The two snow sculptures, displayed near the entrance of the station, are creative works of Private (Pte) Daniel Jacobs, an airman working at CFS Alert as general services personnel.

"Ice sculpting is very interesting as it allows me to try something new during my free time," said Pte Jacobs. "I've done several snowmen as a kid; but it's my first time to make an inuksuk-shaped snow sculpture."

Private Karanveer Saini, a CFS Alert firefighter, appreciates the creativity and craftsmanship demonstrated by his comrade.

"I'm impressed by the effort Daniel put in to create such nice pieces," said Pte Saini. "It's refreshing to see something like this and it adds a nice human touch to the station."

For CFS Alert visitor Shannon Klatt, a heritage project coordinator from the Department of National Defence in Ottawa, "It is perfectly appropriate because of what it represents... hats off to Private Jacobs for taking the time to make it."

A local of Corner Brook, Newfoundland, Pte Jacobs grew up enjoying winter by playing with snow,



Pte Jacobs prepares a large piece of snow for his inuksuk.



Pte Jacobs proudly stands in front of his creative work.



Pte Jacobs cuts a chunk of snow.

Photos: Lt Chris Daniel

which is one of the many ways that keeps him active aside from regular sports.

"Working on those pieces is a good way to be outside, stay active during the winter and have some fresh air," said Pte Jacobs. "I find the arctic snow very interesting to work with because there is almost no humidity; it's so compact and easy to cut and shape with my saw."

Private Jacobs has been at CFS Alert for over five months now. He is honoured to be serving at the northernmost land of Canada.

"Being here in Alert brought me to a deeper understanding and appreciation of the phrase 'true north strong and free.' It's an experience I will always remember and will be proud of," said Pte Jacobs. "The inuksuk that I made is my humble way of honouring the Inuit culture and an expression of my pride as a Canadian."

In his last few weeks up north, Pte Jacobs wants to try building an igloo before heading back south.

CFS Alert, a unit of 8 Wing Trenton, is the most northerly, permanently inhabited location in the world, located only 817 kilometres from the geographic North Pole.

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Keep your eyes on chemical safety

A drop or two of chemical splashed into your eye can darken your world forever. A blinding eye injury is one of the possible consequences of a chemical mishap.

It is estimated that 90 per cent of eye injuries are preventable - by precautions including safe work procedures and the correct eye and face protection. If a chemical splash does happen, prompt emergency care can reduce injury.

A chemical burn is serious no matter what part of the body is affected. When the eye is involved, a relatively small burn can damage the delicate eye tissues beyond repair, resulting in blindness.

Chemicals harmful to the eye are found in most workplaces and homes. At industrial sites the chemicals may also be heated and pressurized in pipes or vessels adding to the hazards.

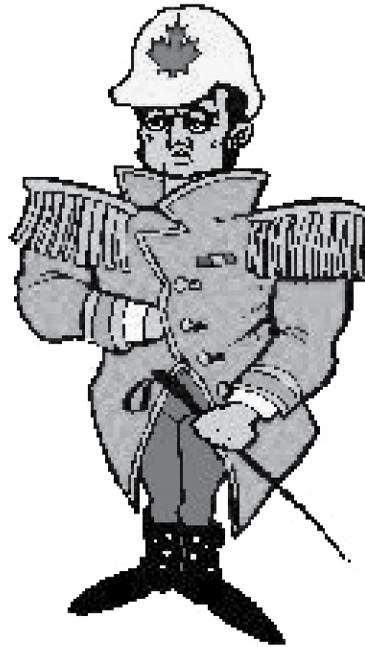
Two common groups of chemicals causing eye injuries are alkali and acid substances. Alkalis cause more serious injuries, although it may appear at first there is little damage. Ammonia, for example, quickly penetrates and damages the tissue. Particles of cement, another alkali, lodge under the upper eyelid and continue to damage eye tissue until they are removed.

Acids such as acetic, hydrochloric or sulfuric acid cause burns which do not penetrate as deeply as those from alkali substances, but they are nonetheless serious and potentially blinding.

The treatment for chemicals in the eye is flushing with water immediately and continuously for at least 15 or 20 minutes. Eyewash stations are provided for this purpose in workplaces where chemicals are used. However, if an eye wash is unavailable, clean, potable water from another source or any non-toxic liquid will help. The eye should be drenched with lots of water to flush away all traces of the chemical. The water must flow under the upper and lower eyelids. A victim blinded and in pain from a chemical injury will not be able to do this effectively himself; someone else will have to hold his eyelids open.

It is also vital to call for medical help immediately so that sight-saving treatment can start as soon as possible. Do not apply any ointments or neutralizing agents to the affected eyes or skin.

A chemical eye injury is something to avoid at all costs - it is a painful and frightening experience and one that may leave you blinded



for life. Prevention starts with your training in hazard communication and chemical safety. Read the information on the chemical labels and the Material Safety Data Sheets. If goggles, a face shield or other personal protective equipment is required, use it consistently. Learn how to find your way to the eyewash station and safety shower and how to use them.

Once an eye has been damaged by a chemical, there is no guarantee it can be repaired. Don't take chances with your eyesight - use chemicals safely.

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Finding it hard to leave work at the office?

Tips to reconnect with the relaxation response after a full day at the office - sub-headline

Coming home more relaxed...

- Create a to-do list for the next day. This will give you a sense of personal control and provide direction for work the next day.
- After work, work out. Take out your frustrations on the gym equipment.
- Leave your work at work. A common stress trap is spreading your work into the other areas of your life. Avoid taking work home and try not to go in to work on your off time unless it is absolutely necessary.

And staying that way...

- Once you are home, take 15 or 20 minutes to help make the transition into your second world by:
- Taking a relaxing bath or shower.
- Sitting in your favourite chair and closing your eyes.
- Listening to some relaxing music.
- Reading a chapter from a good book.
- Taking a relaxing walk.
- Play with the kids.

Source: Stress management for Dummies



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Dedication, your name be Norman Purser



By Tom Secretan, MMM, CD

You read his name, and look at his picture, but only a handful recognize who Norman Purser was, or the quiet dignified service he provided the families of fallen soldiers, sailors, and airmen and women in their darkest hours.

Norman was the lead driver for repatriations for MacKinnon and Bowes. During my time as Wing Chief Warrant Officer - both before and after - Norman was always there. No day was too hot or night too cold.

He would come early and stay late to ensure the bearer parties had all the practice time they required. He

never complained and never boasted. Only once did I see him moved to tears. He leaned in and whispered, "To welcome and drive these heroes home.....," he couldn't finish.

Norm passed away suddenly on Friday, Nov. 25 with his beloved wife Linda at his side.

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Contest runs November 25th - December 16th, 2011

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Looking for **The Contact?**

Find it at any of these off-base locations.

Belleville:

Belleville Public Library
Belleville Legion 99

Trenton:

Smylies Independent Grocers
Metro
QHC Trenton Memorial
Shopper's Drug Mart

Fitness & Health

RV Compound

The compound is now being rented to members of the military, retired pensioned military, full-time civilian employees and pensioned DND public servants. Members of the general public are not eligible to rent space in the compound. In order to rent space, members must be the registered owner of the item being stored. Members must present photo ID and their vehicle ownership or registration when renting space. For further information, refer to the Splashpage, WSO 3.07 or go to www.cfcommunitygateway.com. The PSP Community Recreation Association, located at the RecPlex manages the compound on behalf of the Wing. Cost for space in the compound varies from \$10 to \$20 per month depending on the size of the lot chosen and depending on the category of the member. For more information, call the Recreation Director at ext 2349 or the Rec Association reception at ext. 3361.

Zumba Fitness Classes

Join the Zumba Revolution. Work out with Jenn and the gang in a fitness party setting with great Latin music. Classes held at the south side Gym, upstairs in the studio, Wednesdays from 5:45 to 6:45 p.m. Drop-in fees apply. \$5/class for military community, \$6/class for general public.

"Rockin Around the Christmas Tree and Pajama Party"

School can be a challenging time for parents and finding the time to go Christmas shopping, while keeping kids busy during the holiday period is every parent's aim. The RecPlex has the solution - bring

your kids out for an evening of exciting Christmas themed fun! Friday, Dec. 9, 2011. Time 6-9 p.m. Where: RecPlex. Ages: five to 12 years old. What to bring: Please wear your Christmas pyjamas! Activities - Decorating the RecPlex Christmas Tree, baking cookies and hot chocolate, Christmas craft/games, Christmas movie. \$15 plus HST for military community, \$18 plus HST for general public.

Personal Training

Let us help you achieve your fitness goals. Our personal trainers will meet with you one-on-one to determine your specific goals and then design a program based on your identified needs. Whether weight loss, increased muscle tone or improved skill development is your goal, our trainers can design your personalized fitness program and provide you with nutritional advice as well. Call to set up an appointment with Melissa or Christine.

Cost
 \$35 plus HSTA for one-hour session
 \$135 plus HST for five one-hour sessions
 Groups of two to four people
 \$50 plus HSTA for one-hour session
 \$220 plus HST for five one-hour sessions

Community Rec Fitness Classes

Tae Kwon Do (ages 12 and up) Wednesdays, 6:30 to 8 p.m. at the RecPlex, Oct. 5 to Dec. 7 (10 weeks).
 Boot Camp Fitness - Thursdays, 9:30 to 10:30 a.m. at the RecPlex or outside (weather permitting), Oct. 13 to Dec. 15 (10 weeks). \$45 for military community, drop-in \$5/class, \$54 for general public, drop-in: \$6/class.

Exploring Yoga with Nancy (75 minutes) - 1 to 2:15 p.m. at the RecPlex, Oct. 12 to Dec. 14 (10 weeks). \$63 for military community, drop-in \$7/class, \$81 for general public, drop-in \$9/class.

Shinny Hockey for Kids at RCAF Flyers Arena

Tyke/Novice	Sunday	3 to 4 p.m.
Atom	Tuesday	4 to 5 p.m.
PeeWee	Wednesday	4 to 5 p.m.
Bantam/Midget	Friday	7 to 8 p.m.

Full CSA hockey gear required. \$3 for military community, \$4 for general public.

Family Skating at RCAF Flyers Arena

Saturday and Sunday from 1 to 3 p.m.
 Free for military personnel with ID. Free for CRA members. \$1 for military community non-members, \$2 for general public

Rec Swimming at the RecPlex

Monday, Wednesday, Friday evening from 6 to 8 p.m. Saturday 1 to 3 p.m. and 5:30 to 8 p.m. Sunday 1 to 3 p.m.



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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. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at cfbcontactnewspaper@gmail.com. Each event should be typed out in the format of those below. Please do not send posters.

Important Notice - Military Police emergency and non-emergency locals

Local 2333 was previously a non-emergency Military Police number. Due to changes to the way emergency 911 calls are routed within the base-wide local dialing system, local 2333 is now the MP emergency number and must not be dialed for administrative or non-emergency calls. Local 4444 is to be used for non-emergency calls to the MP detachment.

National Road Safety Week Dependant's Defensive Driving Course

As part of the annual National Road Safety Week, MSE Safety is offering a no-cost Dependant's Defensive Driving Course on Dec. 6 and 7, 2011, from 6 p.m. to 9 p.m. both nights. Please note, as the name implies this course is for the families of military and civilian workers at 8 Wing/CFB Trenton. The course will take place at the Wing Transportation Safety Classroom located at 11 Buffalo Ave (located on the south side near the gym). Participants must attend both teaching nights in order to receive their DDC cards and accreditation certificates. This first come, first served format has a limited seating capacity of 30 persons. All interested personnel are to be prebooked for subject class by contacting Wing TN MSE Safety at local 3470 or local 3347 to secure a seat. Note: This course is registered with Canada Safety Council and may be recognized by some insurance companies for cost reductions.

Looking for Volunteers!

Are you interested in defending a cause? CFB Trenton is looking for both military and civilian personnel interested in participating in the base's employment equity advisory group that champions persons with disabilities, visible minorities, women, and aboriginals. Our mission is to help close the employment gaps which exist across DND among these four groups. To do this we need individuals interested in organizing events for the nationally recognized commemorative days of these designated groups and to participate in recruiting initiatives among youth. For more information, you may contact Major Brenda Tucker at local 3672.

Bénévoles recherchés!

Avez vous à cœur de défendre des causes? La BFC Trenton est à la recherche de militaires et d'employés civils qui

souhaitent participer au groupe consultatif sur l'équité en matière d'emploi de la base, lequel défend les droits des personnes handicapées, des membres des minorités visibles, des femmes et des Autochtones. Nous avons pour mission de combler les écarts qui persistent à l'échelle du MDN en ce qui concerne l'emploi au sein de ces quatre groupes. Pour y parvenir, nous avons besoin de personnes désireuses d'organiser des activités dans le cadre des journées nationales consacrées à ces groupes désignés et prêtes à participer à des initiatives de recrutement visant les jeunes. Pour en savoir plus, n'hésitez pas à communiquer avec le Major Brenda Tucker, au poste 3672.

Santa Claus letter

Christmas is approaching and once again the REAL Santa Claus has asked us at the Base Post Office to help him out with his mail by replying to kids that write to him. If you have a child/children writing to Santa Claus for Christmas, just send that letter to the Base Post Office and Santa's elves in here will write back. Make sure you include the name of the child/children and a proper mailing address. The letter will arrive in the normal mail in the early weeks of December.

Lettre du Père Noël

Noël approche à grand pas et encore une fois, le VRAI Père Noël a demandé au personnel du Bureau de Poste de la Base de l'aider avec son courrier en répondant aux enfants qui lui écrivent. Si vous avez un/des enfants qui souhaitent envoyer une lettre au Père Noël pour Noël, faites parvenir cette lettre au Bureau de Poste de la Base, et les lutins du Père Noël lui répondront. Assurez-vous d'inclure le nom de l'enfant ainsi que son adresse. Les lettres arriveront dans le courrier normal dans les premières semaines de décembre.

ons and support are greatly appreciated.

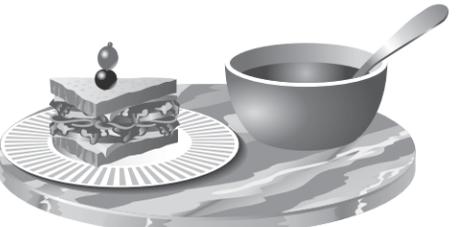


Dec. 3 & 4 - Christmas Model Railroad Show

Quinte's 16th Annual Model Railroad Show will take place in Belleville on Dec. 3 and 4. The display will be set up at Quinte Secondary School at 45 College St. West, and will feature 11,000 square feet of vendors and displays. Sales of and expert advice on model railroading. Christmas gifts for young and old. Door prizes. Admission \$5 for adults, \$4 for seniors and students, \$3 for children. Family rate is \$10. Sponsored by the Belleville and Brighton Model Railroad Clubs. For further information, contact Rick Potter at 613-398-7260, email - rickp@reach.net or Barry Todhunter at 613-475-5189, email - barrytodhunter@sympatico.ca

Dec. 5 - Soup and Sandwich

Soup and Sandwich at Wooler United Church on Dec. 5 at 11:30 a.m. to 1 p.m. Cost is \$7/person. Everyone is welcome.



Dec. 9 - Annual Cardio Bike Challenge

The annual Cardio Bike Challenge will take place on Dec. 9 from 10 a.m. to 2 p.m. Come out and pedal for one hour or the entire four hours! No registration is required. You can just show up on that day. There will be prizes and it is sure to be a good time. Remember to bring a donation of a non-perishable food

items for the local food bank. For more information, please contact Bell at ext. 4548 or Todd at ext. 7160 or 7517.

9 décembre - Défi annuel de cardiovélo

Défi annuel de cardiovélo, le vendredi 9 décembre, de 10 h à 14 h Venez pédaler pendant une heure ou pendant ou durant l'ensemble des quatre heures! Aucune inscription requise; vous n'avez qu'à vous présenter sur place. Il y aura des prix et du plaisir. Apportez des aliments non périssables ou des biens à l'appui de la banquet d'alimentation locale. Pour obtenir de plus amples renseignements, veuillez communiquer avec Bell au poste 4548 ou Todd au poste 7160 ou 7517.

Dec. 14 - 8 Wing Officer's Mess Ladies Club Christmas Dinner

8 Wing Officer's Mess ladies Club Christmas Dinner is to be held at the Bay of Quinte Golf club at 1830 Old Highway 2 on Dec. 14 at 6 p.m. Members \$25, guests of members \$35. For further information, call Kim at 613-962-2718.

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 from 7 p.m. to 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).

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Perfect 180 scored on first night of dart league competition

Mike Cordick scored a perfect 180 on the first night of play (Nov. 21) in the newly formed 8 Wing NCM dart league. The league meets every Monday at 7 p.m. in the WOs and Sgts Mess. Way to go, Mike!

Horoscope

WEEK OF DECEMBER 27 TO DECEMBER 3, 2011

BIRTHDAYS THIS WEEK: NOVEMBER 27 – JIMI HENDRIX • DECEMBER 1 – WOODY ALLEN



ARIES
It feels like things are happening too quickly. You are also having a hard time getting work done. This impression will not last long, though, and soon you will be feeling great.



TAURUS
Mercury compels you to take into account several details in your professional life. You no longer know what is important and what isn't. Hang on, have faith, and clarity will come.



GEMINI
You are very daring in what you say. Your frankness enables you to make yourself understood. This will soon bring you good fortune, which will be very satisfying.



CANCER
You love to shine, and this is the moment for you to do it. You are on the verge of attaining some new things because everything seems easier to you. You will be successful, and this will surprise you.



LEO
Jupiter brings you the need to blossom. This drive becomes an important one in your life. You feel great about everything you accomplish.



VIRGO
You find that some things are taking up a lot of your time, and so you will have to be more vigilant about your choices. You are compelled to take into account certain situations that you had not expected.



LIBRA
This week brings you many beautiful things. Venus causes you to experience everything in an amazing way. You are greatly respected at work.



SCORPIO
Your feelings will teach you to better know yourself this week. This is a good thing. You are heading towards a situation that will somehow make everything more harmonious for you.



SAGITTARIUS
You will have some amazing experiences this week. You love feeling important to your friends. You are able to see clearly what is good for you at the moment.



CAPRICORN
The planets' influences this week make you very active. You know what you want. This brings you a lot of self-respect, but don't be too hard on those close to you. Make allowances for them.



AQUARIUS
This week teaches you how to have more fun. It's time for you to see new things regarding your desire for personal achievement. You feel in great shape.



PISCES
This week your life will improve. You feel capable of living in a better way. You need to understand what your feelings are all about.

CROSSWORD

ACROSS

1. Vacation hot spots
5. Coal scuttle
8. Athens vowel
11. Climax
15. Lady's shoe
16. "___ Always Loved You"
17. Fish limb
18. Reporter's question
19. Mimicker
20. Blotted out
22. Allow to use
23. Emile Zola novel
24. Corduroy ridge
25. Old hat
27. Move slowly
30. Eyelid flutter
32. Coal measure
35. Entangled
39. Opposed to
40. Vital statistic
41. Destroy the interior of
42. Every 12 months
44. One of two
46. Black stone
48. Covered walk
49. Snooped
50. Steep hemp
52. 23rd Greek letter
54. ___ on (encourage)
55. African antelope
58. Gore
60. Out of the weather
64. Attorney
66. Part of MD
68. Poet's eternity
69. Assayers' concerns
70. Nerve network
72. Showing respect for
74. Snakelike fish
75. Aquatic birds
77. Legendary story
78. Cotton thread
80. Japanese sash
82. Knitter's need
86. Within
88. Kindle
91. Maple or oak

S	P	A	S		H	O	D		E	T	A		A	C	M	E				
P	U	M	P		I	V	E		F	I	N		W	H	E	N				
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S	A	G	A						T	R	Y		E	R	R		M	A	S	T

92. Complete

93. Bill and ___

94. New Zealand parrot

95. Haunches

96. Narrative

97. Endeavor

98. Be mistaken

99. Sloop feature

problem

36. "The Flying ___"

37. Hog's home

38. Smidgen

43. Rope

45. Nero's garb

47. Roentgen's discovery

51. Puts forth

53. Prickly feeling

54. Black

55. Burn-soothing plant

56. Be venturesome

57. House

59. Perfume holder

61. Orchid necklace

62. Yet, poetically

63. Joule's kin

65. Vote into office again

66. Library

67. Spoil

71. Small quake

73. Musical beat

76. "Do, re, mi, fa, ___ ..."

79. Thought

81. Recipe direction

83. Battle song?

84. Agents, for short

85. Cozy spot

86. Newspaper items

87. Extinct bird

89. Male child

90. Musical sense



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

**20th Anniversary Kick Off Event
MFRC Day at Batawa Ski Hill**



Jan. 22, 2012, \$30 plus HST (includes lift ticket, rental equipment and one hour beginner lesson), you do

not have to buy the full package. Vouchers can be bought at the MFRC in advance. Great stocking stuffers! *Free BBQ with your vouchers!

**Coup d'envoi du 20e anniversaire
Journée CRFM au Batawa Ski Hill**

Le 22 janvier 2012, 30\$ + TVH (inclus la remontée, la location d'équipement et un cours de débutant d'une heure), vous n'êtes pas obligés d'acheter le forfait complet. Les billets sont disponibles au CRFM. Une idée de cadeau pour le bas de Noël! *Votre billet vous donne droit à un BBQ gratuit!

Employment Café - Winter

Join Petra Blain and Melissa Cranston from the elearnnetwork.ca/reseaelearning.ca as they make upgrading basic literacy/workplace skills, completing high school, learning a new trade, or earning a college diploma or university degree without leaving the community possible. This session will provide an overview of their offerings with the main focus on free e-channel on-line live courses, offered by the Literacy Council and PARO Centre business related workshops. Date: Thursday, Dec. 8, 2011 Time: 10 a.m. to 12 p.m. Location: Trenton MFRC. No cost Register by Friday, Dec. 2, 2011. Participants will be accepted on a first come, first served basis as space is limited! Registration required. Come and enjoy a coffee/tea and chat. To register or for more information, contact Elizabeth.nicholas@forces.gc.ca 613-392-2811 local 3852.

Café emploi de l'hiver

Venez rencontrer Petra Blain et

Melissa Cranston du elearnnetwork.ca/reseaelearning.ca qui offrent la possibilité d'améliorer vos bases en littératie/compétences de travail, de compléter votre secondaire, d'apprendre un nouveau métier, ou obtenir diplôme de niveau collégial ou universitaire sans avoir à s'éloigner de chez-soi. Cette session vous donnera un aperçu de ce qu'ils peuvent vous offrir en mettant l'accent sur les cours offerts en ligne gratuitement par le Literacy Council et les ateliers reliés aux affaires par le PARO Centre. Date: Le jeudi 8 décembre 2011 Lieu : CRFM de Trenton. Heure: de 10h à 12h. Gratuit. Inscription avant le 2 décembre, 2011. Premiers arrivés, premiers acceptés, car les places sont limitées! L'inscription est obligatoire. Venez déguster un café/thé et jaser. Pour inscription ou pour plus d'information, veuillez communiquer avec Elizabeth.nicholas@forces.gc.ca ou au 613-392-2811, poste 3852

**Chinese and Asian Cuisines
Cooking Classes with Grace Liu**

Eight week course, register for all eight or pick which ones interest you. \$25 per class payable at the MFRC, the Friday before the class for which you are signing up. Classes start Monday, Jan. 23, 2012, 6 p.m. to 8 p.m. at the Base Chapel Kitchen (please bring your own knives). Minimum of six participants, maximum of 12. Please call 613-392-2811 ext. 2382 for more information.

Cours de cuisine chinoise et asiatique avec Grace Liu

Un session de 8 classes, inscrivez-vous à tous les cours ou seulement à ceux qui vous intéressent le plus. 25,00\$ par classe, payable au CRFM, le vendredi précédant la classe choisie. Les cours débutent le lundi 23 janvier 2012. De 18h à 20h à la cuisine de la Chapelle de la Base. (SVP, apportez vos couteaux). Un minimum de 6 participants est requis et le maximum est de 12. SVP, appelez le 613-392-2811 poste 2382 pour plus d'information.

**8 WING CHAPEL
CHURCH CELEBRATIONS**
Nov. 27, 2011 – Jan. 8, 2012

Nov 27 nov. – 1st Sunday of Advent
1er dimanche de l'Avent
9 a.m. – messe dominicale (CR)
10:15 a.m. – Sunday Worship (P)
11:30 a.m. – Sunday Mass (RC)

Dec 4 déc. – 2nd Sunday of Advent
2ième dimanche de l'Avent
9 a.m. – messe dominicale (CR)
10:15 a.m. – Sunday Worship (P)
11:30 a.m. – Sunday Mass (RC)

Dec 11 déc. – 3rd Sunday of Advent
3ième dimanche de l'Avent
10:15 a.m. – Sunday Worship (P)
11:30 a.m. – Bilingual Sunday Mass (RC)
Messe bilingue (CR)

Dec 15 déc. – 7 p.m. – Advent Penitential
Celebration (RC) – bilingual
Célébration communautaire de la réconciliation (CR) – bilingue

Dec 18 déc. – 4th Sunday of Advent
4ième dimanche de l'Avent
9 a.m. – messe dominicale (CR)
10:15 a.m. – Sunday Worship (P)
11:30 a.m. – Sunday Mass (RC)

Dec 24 déc. – Christmas Eve
Veille de Noël
4 p.m. – Christmas Eve Service (P)
7 p.m. – Family Mass (RC) – bilingual
messe familiale (CR) – bilingue
Midnight – Nativity of the Lord Mass (RC)
– Bilingual
Messe de minuit (CR) - bilingue

Dec 25 déc. – Christmas, Noël
9 a.m. – messe dominicale (CR)
10:15 a.m. – Sunday Worship (P)
11:30 a.m. – Sunday Mass (RC)

Dec 26 déc. – Holy Family Sunday diman-
che de la Sainte Famille
12 noon – Daily mass

Jan 1 jan. – New Year's Day
Jour de l'An
9 a.m. – messe dominicale (CR)
10:15 a.m. – Sunday Worship (P)
11:30 a.m. – Sunday Mass (RC)

Jan 8 jan. – Epiphany Sunday
l'Épiphanie du Seigneur
9 a.m. – messe dominicale (CR)
10:15 a.m. – Sunday Worship (P)
11:30 a.m. – Sunday Mass (RC)

Home of the Week
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For those seeking lots of space and a possible investment opportunity, both the homes in this charming side-by-side duplex include an additional one-bedroom suite on the ground floor that could serve as a mortgage helper or in-law accommodation.

Entry to the main home on the upper floor is through a covered porch reached via a pathway from the street. A small foyer contains a coat cupboard and a stairway leads upstairs to the open-plan living and dining area. Space for a computer is tucked in at the top of the stairs.

The living room, overlooking the front garden, boasts a bayed-out window, and is separated from the kitchen by one leg of the U-shaped kitchen counter. At the end of the counter is a 44-inch wall.

The kitchen features a double sink, and flows into the dining room, also with a bayed-out window and a pantry at one end.

The master suite includes a walk-in closet and, like the

second bedroom, looks out to the back garden. Both bedrooms share a three-piece bath. A third bedroom, located on the ground floor, adjacent to the laundry room, has its own bathroom.

Entry to the one-bedroom ground-floor suite is at the back of the home, up a short flight of steps and into the kitchen-living room area. The kitchen includes an eating area near a window. The suite is separated from the upstairs home's third bedroom, bath and laundry room by a doorway.

The home's attractive exterior combines painted horizontal siding, wood shingles and stonework on the façade, and the gables on the upstairs windows echo the design of the front porches, which are set off by double pilasters with stone bases.

This duplex measures 44 feet wide and 54 feet, seven inches deep. The upstairs suite contains 1,471 square feet, while the downstairs suite contains 538 square feet.

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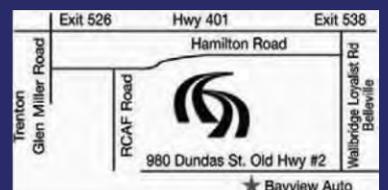
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2011 LANCER DE | \$15,998^A \$266

2.0L DOHC 16V MIVEC I4-148HP • 5-speed manual transmission or CVT • Power windows with driver's auto down/up • Power side mirrors • 140-watt CD/MP3 audio system with 4 speakers
Tilt steering column • Active Stability Control • Traction control

0% | 60
PURCHASE FINANCING | MONTHS ON MOST 2011 LANCERS⁹



RVR GT model shown†

ALL-NEW 2011 RVR ES | \$19,998^A \$333

BEST-IN-CLASS FUEL ECONOMY†
2.0L DOHC 16V MIVEC I4-148HP • 5-speed manual transmission
Air conditioning • Power windows with driver's auto down/up
Heated power side mirrors • Keyless entry • Cruise control
140-watt CD/MP3 audio system with 4 speakers

0% | 60
PURCHASE FINANCING | MONTHS ON ALL 2011 RVRs⁹



2011 ENDEAVOR SE | \$36,998^A \$440

3.8L SOHC 24V V6-225HP • 4-speed Sportronic® automatic transmission
All-Wheel Drive • Air conditioning • Power windows • Bluetooth® hands-free cellular phone interface with voice control • Leather seating surfaces • 360-watt 6CD/MP3 Rockford Acoustic Design premium sound system with 9 speakers including 8-inch subwoofer • Power sliding glass sunroof with sunshade

0% | 84
PURCHASE FINANCING | MONTHS ON 2011 ENDEAVOR⁹

10 YEAR 160,000 KM POWERTRAIN LTD WARRANTY**

† THE ALL-IN PRICE (QUE): INCLUDES FREIGHT, PDI, AIR TAX, EHF, AND PPSA. TAXES, REGISTRATION, INSURANCE, LICENSING, AND DUTY ON NEW TIRES ARE EXCLUDED. (AB/BC/ON: INCLUDES / MARITIMES/MB/SK: EXCLUDES) DESTINATION, DELIVERY AND FEES. TAXES, PPSA AND DEALER/ADMIN FEES OF UP TO \$599 ARE EXCLUDED.

Offer(s) available on all new 2011/2012 models purchased through participating dealers to qualified retail customers who purchase a new vehicle by January 3, 2012. Dealers may sell for less, some conditions apply. Offers are subject to change without notice, see dealer for complete details. † 2011 Lancer SE/2011 RVR GT/2011 Outlander XLS model shown have an MSRP of \$21,398/\$24,499/\$34,498 and selling price of \$22,892/\$24,392/\$34,392. (QUE) Taxes, registration, insurance, licensing and duty on new tires are excluded. (Rest of Canada) Includes destination, delivery and fees. Taxes, PPSA and dealer fees of up to \$599 are excluded. † S-AWC available on Outlander ES and Lancer Evolution. **Continued City/highway ratings for non-hybrid compact SUVs based on Energuide. † 0% purchase financing available through Bank of Montreal for up to 72 months on all new 2011 Outlander models, up to 60 months on all new 2011 RVR models and most new 2011 Lancer models, and up to 84 months on all new 2011 Endeavor models (terms vary by model, see dealer for details). 2011 Lancer SE (3.0L) financed at 0% over 60 months. Monthly payments only \$444, with a down payment of \$0, a cost of borrowing of \$0 and a total obligation of \$44,400. (QUE) Excludes taxes, registration, insurance, licensing and duty on new tires. (Rest of Canada) Excludes up to \$1,470 in freight, \$250 in PDI, \$100 in air tax, up to \$30 in EHF, \$5 daily on new tires, taxes, PPSA, registration, insurance, licensing, administration, up to \$599 in other dealer fees, and any additional government fees. ** Best backed claim does not cover Lancer Evolution and Rallied models. * MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD® are trademarks of Mitsubishi Motors North America, Inc. and are used under license. ** Mileage comes first. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Not all customers will qualify.

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