The tragic consequences of drinking and driving

by Warrant Officer Myke Hamm

As a military policeman, there have been many times over the past 20 years that I have been asked to speak to the public about the dangers of drinking and driving, and throughout those years, many people have asked me if I could recount a few stories about tragedies I have witnessed.

While it normally pains me to relive the experiences of the sufferers of others, if my recollections can prevent just one family from having to suffer the anguish my eyes have seen, then I guess the effort is worth it. While these tired eyes have seen their share of horror, I would like to share one incident in particular that had an incredible impact on me.

Death was a patient soul

It was a clear and crisp April evening, a Friday night, and as usual, there was an electricity in the air that only occurs during the beginning of spring. Somewhat like the sleeping bear, people begin to come out of their homes after a particularly long winter, and in the tradition- nal Navy city of Halifax, the bars where hopping. Sailors are slapping the backs of their shipmates, ales are being hoisted in the name of Her Majesty, and Death is in the corner waiting his turn to perform...he wouldn't have to wait long on this night.

One of the sailors, a Clearance Diver named Charlie, had a buddy that needed to get home. Being a nice guy, Charlie decided that he would give his buddy a drive home, on the back of his motorcycle. The problem was, Charlie had drunk about a dozen beer more than he should have. God was on his buddy's side that night, and Death was a patient soul.

Charlie was able to deposit his buddy on his doorstep in one piece...it was when Charlie turned to go back to the ship, that Death jumped onto the back of the motorcycle that night. On the way back to the ship, Charlie struck a taxi cab, and he was catapulted off his motorcycle into a telephone pole...he was alive when the police and ambulance arrived, but he would never have a conscious thought again. He was rushed by ambulance to the Victoria General Hospital, and the police began the grisly task of notifying the family of the accident.

It was dark on the back step of the PMQ, as a very young policeman and his partner approached the door. They had brought with them a neighbour to help ease the shock of their news. Taking a deep breath of cold air into the lungs to steel his nerves and the young policeman pushed the door buzzer. It was about 9 o'clock at night, and as the door opened, the policeman looked down on a little boy and asked the boy if his mommy was home. The little boy closed the door, and a few moments later, his mommy appeared at the door. She was obviously pregnant, and the policeman would later learn that she had six children, and was expecting a seventh a few months later.

Some terrible news

"Ma'am...we have some terrible news for you..." The woman began to cry. The neighbour turned to go back to the ship, and Death was a patient soul.

When she got to the hospital, Charlie was hooked up to a life support machine. She remarked how normal he looked, as if he was sleeping, but the doctor delivered the grim news of Charlie's death, and the young policeman watched as the woman's whole world came crashing down around her, and there was nothing that anybody could do about it.

Charlie was kept alive on life support until his extended family could arrive. Then, on the Monday evening after the weekend, Death left that hospital with Charlie.

The biggest tragedy

The impact on Charlie's family was horrific, and perhaps the biggest tragedy in all of this—in August of that year, Charlie's wife delivered a daughter who was going to be named after her father. Charlie was only 35 years old when he died, and he did not have any life insurance. His family was left with a stack of bills and a Supplementary Death Benefit to pay them with. A mother was left behind with seven children, the oldest of which was 11, and a newborn.

Over the years, the mother would be faced with more challenges and heartbreak than any person should be faced with. The effects of her husband's drinking and driving would have an incredible impact on her, and of course, on her fatherless children. She would be forced to be both mother and father to her brood, and would have to enter the workforce herself in order to make ends meet. The young policeman would never forget the loss of innocence he experienced that night. When any of Charlie's five sons began to act up, the young policeman would somehow find out about it, and he would take the time to set them straight, realizing the young mom would need the help.

So you see, a lot of lives were affected that day by Charlie's decision to get on that motorcycle after drinking too much, including mine. I would like to take this opportunity on behalf of my good friend, Constable Cullen, of the Dartmouth City Police, to ask you all to think of the consequences of drinking and driving, especially over the Christmas holidays. Constable Cullen was the young policeman on the doorstep that night, and I was the little boy who opened the door for him.
The Peanut Butter Christmas

by Tim Brodie

We need to rethink what Christmas means to us. For me, the meaning was defined on Christmas Eve of 1963 or ’64, it really doesn’t matter I suppose. I was either three or four years old. My father had left us in ’62...actually he had dropped us off. He moved my mother, brother and I from Wakefield, Quebec to a basement apartment in Hamilton, Ontario with two months rent and disappeared from our lives forever. Mother, being one of great spirit and fortitude had refused to apply for welfare. She knocked on doors for work everywhere. At one time or another she had driven trucks, worked in banks and at department stores. I suppose by today’s standards we were poor, but we never noticed.

Anyway, Christmas Eve had arrived. Mother was determined to make it special for us. For months she had cut corners and saved. Walking to work in a somewhat questionable neighbourhood rather than taking the bus, cutting back on portions at dinner time, mostly hers. Whatever it took mother did it and, slowly, her pile of pocket change built. She had planned on it and, slowly, her pile of pocket change built. She had planned on it and, slowly, her pile of pocket change built. She had planned on it and, slowly, her pile of pocket change built. She had planned on it and, slowly, her pile of pocket change built.

That night, before we got there to be inserted in our Christmas edition December 19, 2003.

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Search & Rescue

UPDATE

424 Tiger Squadron responded to one search and rescue call this past week.

A SAR Labrador, while transiting from Trenton to Hamilton to undergo SAR training, picked up an ELT signal while passing by Toronto Island Airport. After flying multiple passes to try to determine the location of the ELT, it was narrowed down to somewhere in the vicinity of the Air Canada Centre. After further investigation, it was determined that the signal was coming from a package in a UPS truck going by ferry to Toronto Island.

Missions for 2003: 157 Missions for Dec.: 4 Persons rescued: 22
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 Canadian largest and busiest air base – 8 Wing/CFB Trenton. We are the primary internal and external communications tool for Wing/CFB Trenton and began publishing in November, 1940. We strive to build camaraderie and keep ‘the ship’ afloat between 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 contributors, under express permission of DND, CF or other agencies. In case of typographical errors, no goods will be sold or damage 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 David Higgins CD, Wing Commander, 8 Wing / CFB Trenton.

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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 us succeed by following these guidelines on submitting your submissions to the CONTACT:

• Articles should be typed in upper and lower case and in plain black text. Do not 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/photos may be sent as separate files.
• Articles may be marked “draft” or deleted in person. Non-e-mail submissions should be sent in rich text format (.rtf) and in “text only” on a 3.5” disk and accompanied by a hard copy of your article.
• Articles must include author’s full name, unit and phone #.
• Whoever possible, photos should be included with your article. Include your name and in 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.

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Please label all disks and hard copy with article name, contact person and phone numbers, date.
• Articles must be received by Tuesday at noon prior to print date at The CONTACT office.

Letters to the Editor:
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All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be published. 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

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The Contact Newspaper

message from the Editor

Life as an editor means that I am exposed to a never-ending supply of words, generally written by other people.

Most submissions are adequately written with minimal editing required, quite a few arrive crying out for major rewrites, and then there are those rare, wonderful articles that literally stop me in my tracks.

Not only well written, these submitted words carry amazing power, and remind me of how much I love the written word and the incredible impact words can have. Yes, the pen truly is mightier than the sword.

I found myself reading one such story first thing Monday morning, submitted by WO Hamm (see page 1). Wow. It’s the only word this wordsmith can think of to describe my reaction after reading what he had written.

The word selfless comes to mind, applying both to his willingness to share such a personal, and likely painful, story, and also applying to his obviously lifelong desire to prevent others from suffering the same tragedy he and his family endured so many years ago. His father’s senseless death must have been why he became a police officer, dedicated to protect and serve.

His article (and the rare others like it) is why I became an editor, to share the written word and with it the ability to positively affect the lives of others.

Thank you, WO Hamm, for your compelling Christmas story. May it keep us all safe this holiday season.
Remembering the dead

by Laurie McVicar
With files from
W. Brice McVicar, Picton Gazette

On December 6, a service was held at Belleville’s Quinte Mall in memory of more than 90 Ontario women who have died as the result of deliberate acts of violence over the past three years.

The names of the women – including Karleen MacVicar, the 19-year-old woman whose slain body was found along

Curtis Road in June, 2001 – were printed on a piece of paper, read off, and then posted up for all to see. The memorial service was part of the National Day of Remembrance and Action on Violence Against Women, which was officially declared by the Canadian government in 1991.

Kim Charlebois, Executive Director for the Sexual Assault Clinic for Quinte and District, brought attention to the anniversary of the

Montreal Massacre, in which 14 young female students were gunned down and killed simply because of their gender.

(“The gunman planned and plotted and on December 6, 1989 he walked into l’Ecole Polytechnique in Montreal with one intent and that was to murder women. Today is not just a day to remember these women, but also a day to commemorate all the battles that women have fought and still fight to gain recognition, equality and eliminate sex discrimination everywhere,” stated Charlebois.

Sandy Watson-Moyle, Executive Director for Alternatives for Women in Prince Edward County, voiced her frustration over a lack of action resulting from the inquest into the death of Gillian Hadley. Three years ago, Hadley was shot to death in her Pickering home by her estranged husband. An inquest into her death resulted in 59 recommendations, few of which have been implemented.

“While we wait, women are dying and they’re dying in record numbers,” Watson-Moyle stated. “What are we waiting for? How many deaths will it take for them to know that too many women have died? So far, there have been 77 more murders since the Hadley inquest directly related to violence in intimate relationships. This amounts to approximately one death every nine days.”

Watson-Moyle stressed that Canada needs more affordable housing, second-stage housing, and more funding for shelters and community-based counselling services so that women who are attempting to flee a violent household have the support they need.

Also taking part in the service was Joanne Belanger, Prevention Intervention Consultation Coordinator for the Trenton Military Family Resource Centre.

“I believe strongly that women and children continue to be socially, economically and legally disadvantaged in our society and therefore are in the majority when it comes to being victims of violence. If we are going to provide good support to these women and children we need to work well together and also provide some support to each other,” said Belanger. “This memorial service is important because we need to publicly remind people that violence is a problem in our society. It is easy to sweep the issue of violence, especially domestic violence, under the rug. That only serves to perpetuate the cycle.”

Joanne Belanger, Prevention Intervention Consultation Coordinator for the Trenton Military Family Resource Centre, took part in a memorial service held Dec. 6 at the Quinte Mall as part of the National Day of Remembrance and Action on Violence Against Women.

December 1 to December 23

MONDAY - FRIDAY
9am-10pm
Saturdays
8am-9pm
Sundays
10am-6pm

REGULAR MALL HOURS BACK IN EFFECT DECEMBER 27-30

CHRISTMAS EVE
December 24
OPEN 9:00AM-5:00PM

CHRISTMAS DAY
December 25
MALL CLOSED

BOXING DAY SALE
December 26
OPEN 8:00AM-6:00PM

NEW YEAR’S EVE
December 31
OPEN 9:30AM-5:00PM

NEW YEAR’S DAY
January 1
MALL CLOSED

Casual Dining & Sports Bar
Ocean View

STEAK • WINGS • SEAFOOD • PASTA • RIBS
-
(dine in or take out)

2 Dundas St. E., Trenton
(Overlooking the River)

December 6, 1989 he walked into l’Ecole Polytechnique in Montreal with one intent and that was to murder women.

The memorial service was Joanne Belanger, Prevention Intervention Consultation Coordinator for the Trenton Military Family Resource Centre.
Giving the gift of learning

(NG) — Before you rush out and buy the little ones an electric train set or a brand new pair of ballet shoes, this season consider choosing a gift that will last a lifetime — the gift of post-secondary education.

It is estimated that by the year 2021, an average post-secondary education will cost $94,000*, says Michelle Benson, a Group Product Manager, BMO Mutual Funds. “It is estimated that by the year 2021, an average post-secondary education will cost $94,000*, says Michelle Benson, a Group Product Manager, BMO Mutual Funds. “

A financial planner at your local bank can help determine the appropriate plan to help parents reach their education savings goals.

The maximum contribution limit is $4,000 per year, per beneficiary. Contributions may be made for up to 21 years — to a lifetime maximum of $42,000 per beneficiary. An RESP termination depends on the plan's rules and can only occur when the beneficiary has reached the age of 25.

Can politics make much of a difference to your personal finances?

You bet it can, and there is reason to expect what happens in Ottawa over the next few months will have a major impact on your mortgage, your mutual funds, and even your vacation plans.

This is because financiers keep a close tab on the country's political leadership, trying to anticipate future changes will be.

Right now, most corporate honchos and the modest aristocracy like the idea of a Paul Martin government - not so much because it will be another Liberal regime, but rather based on Martin's track record as a no-surprises minister of finance. Martin has proven himself to date to be a deficit-busting, moderate-taxing, right-of-centre Grit, who was happy to carry on with former Conservative principles of budget cuts, low interest rates, the GST and debt reduction.

That, Bay Street figures, gives some stability and predictability to the economy. It also has helped give us a high dollar, which has actually caused damage by soaring too far, too fast, hurting our exporters. The next big event is the unveiling of the first Martin cabinet, which is slated for later this week.

So, flying into the heady mix of politics and economics now is the new Conservative Party of Canada, born last weekend when members of both the Canadian Alliance and the Progressive Conservative Party voted to merge by a margin of more than 90 per cent. The decisive victory instantly isolated those Red Tory elements of the PC Party, such as Flora MacDonald (remember her?), Joe Clark and, of course, the over-the-top David Orchard.

It all means that federal politics is still ting right in a big way. Bay Street now has the spectre of years of government ahead which will be led by Paul Martin's neo-conservative, or the Conservative Party's born-again conservatives. In any case, that's a lot of conservativism, which should mean sustained low interest rates, moderate (if any) tax increases, the actual potential for tax cuts, a lot on federal spending and renewed emphasis on fiscal management. That should lead, in turn, to renewed corporate profits, rising markets, a strengthened real estate market, rising consumer and investor confidence, cheap mortgages and much better investment returns.

There is even the potential that interest rates will emerge for the new right-of-centre party that will galvanize public opinion around some powerful policy initiatives, like the elimination of the capital gains tax, or allowing people to save in their houses and shelter all of the gain within an RRSP - effectively turning real estate into a retirement nest egg fund. A leader today who can map out a plan for the next 10 years - in which some more Canadians will be turning 65 even before they were born - could remove some major uncertainties and help the economy grow dramatically.

In any case, for those of us who cheer less government, lower taxes, saner regulation, balanced budgets, low interest rates and a robust economy, these are turning into good times.

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Comment passer d’heureuses Fêtes et garder la maîtrise de son argent

par Renée Trépanier, gestionnaire de l’éducation et des communications
Les Services financiers du RARM

Il est de plus en plus compliqué de gérer notre argent dans le monde d’aujourd’hui. Le temps des Fêtes arrive à grands pas et les grands magasins nous attendent les bras ouverts. Non seulement nous avons plus de possibilités d’achats qu’auparavant, mais nous avons aussi plus de choix de paiement – comptant, chèque, carte de crédit, carte de débit, automatique et Internet.

Ce que nous décidons de faire avec notre argent dans les prochaines semaines pourrait entraîner des répercussions sur plusieurs mois. Nous utilisons tous notre argent de différentes façons, selon nos valeurs et nos priorités. Par contre, les conséquences négatives d’une mauvaise gestion de l’argent nous affectent tous de la même façon : maladie liée au stress, querelles familiales, rendement inférieur au travail et absence d’âge d’or. Laisser l’argent nous dominer au lieu d’être maître de notre argent est néfaste à l’équilibre de notre vie.

Alors, comment profiter du temps des Fêtes et tenir votre situation financière en main ? Il suffit de dresser un budget. Le fait de savoir combien il en est d’argent dans votre sorcière et combien il en sort vous permettra de maintenir votre équilibre financier et de gérer ceux que vous aimez. En préparant un budget, vous pourrez répartir votre argent parmi les éléments qui vous apporteront la plus grande satisfaction. Voici quelques conseils à suivre lorsque vous établissez un budget :

1. Prévoyez un fonds d’urgence.

2. Essayez de vous constituer un coussin de trois mois, qui la comblent, comme passer les Fêtes à la manière d’une matre de vos régions, et apprécier les choses qu’elle tient à cœur et qui la comblerait. Il est impossible de vous passer les Fêtes avec ses proches. Après tout, n’oubliez pas que le plus beau des cadeaux à offrir.

3. Si votre premier plan met trop l’accent sur les dépenses, examinez vos dépenses fixes et variables : les dépenses que vous pouvez réduire sans sacrifier la qualité de votre style de vie. Si vos dépenses sont supérieures à votre revenu, réévaluez vos chiffres, car vous vivez au-dessus de vos moyens et continuez peut-être à partir sur le crédit.

4. Nos finances déterminent bien plus que notre style de vie, elles influencent nos décisions. Une personne qui a une bonne situation financière n’a pas le tracas et l’angoisse de joindre les deux bouts ; elle peut consacrer son énergie à apprêter les choses qu’elle tient à cœur et à la qui la combleraient, passer les Fêtes avec ses proches. Après tout, n’oubliez pas que le plus beau des cadeaux à offrir.

5. Donc, comment profiter du temps des Fêtes et tenir votre situation financière en main ?

6. Essayez de vous constituer un coussin de trois mois, qui la comblent, comme passer les Fêtes avec ses proches. Après tout, n’oubliez pas que le plus beau des cadeaux à offrir.

7. Si votre premier plan met trop l’accent sur les dépenses, examinez vos dépenses fixes et variables : les dépenses que vous pouvez réduire sans sacrifier la qualité de votre style de vie. Si vos dépenses sont supérieures à votre revenu, réévaluez vos chiffres, car vous vivez au-dessus de vos moyens et continuez peut-être à partir sur le crédit.

8. Nos finances déterminent bien plus que notre style de vie, elles influencent nos décisions. Une personne qui a une bonne situation financière n’a pas le tracas et l’angoisse de joindre les deux bouts ; elle peut consacrer son énergie à apprêter les choses qu’elle tient à cœur et à la qui la combleraient, passer les Fêtes avec ses proches. Après tout, n’oubliez pas que le plus beau des cadeaux à offrir.

9. Comment passer d’heureuses Fêtes et garder la maîtrise de son argent

10. So, how can you enjoy the holidays and keep your financial situation in check? Create a budget. By knowing how much money is generated and spent in your household, you will be able to maintain financial control and spoil your loved ones. Preparing a budget will allow you to distribute your money among the things that bring you greatest satisfaction. Here are some tips for creating a budget:

11. Have an emergency fund. Try to save up a three-month cushion to protect yourself against the unexpected, such as auto repairs, unforeseen bills, loss of employment, or illness. If your first plan puts too much emphasis on expenses, review your fixed and variable expenses and think of expenses you can cut without sacrificing the quality of your lifestyle.

12. If your expenses exceed your income, go over the numbers again because you may be spending beyond your means and relying too much on credit.

13. Our finances determine much more than our lifestyle. They influence our emotions. Those in a good financial position don’t have the worries and the anguish of making ends meet. They can devote their energies toward appreciating the things in life that are important to them and that bring them joy, like spending the holidays with their loved ones. After all, isn’t that the best gift anyone can offer?

TheMilitaryLife.com
A new community support website for Canadian military family members was launched in October 2003 to help families across Canada connect 24 hours a day, seven days a week. The site, www.TheMilitaryLife.com, offers a free membership for anyone interested in joining a full featured, dynamic and safe online community.

The mission of TheMilitaryLife.com is to provide a strong, supportive online community for military members and their families. This is a place to find support, encouragement, and assistance in dealing with all military life has to offer. This website is available to new and longtime army, navy, and air force families. Separated families can stay connected, and meet new people from across the country.

Registration to TheMilitaryLife.com is free and instant, and provides access to many exciting features. Members can also participate in the informative discussion forums, and online event calendar. The site offers a safe way to privately communicate with other members through the private messaging feature. This allows individuals to keep their email address and personal information confidential. Members can also create their own photo albums to share their favourite pictures, and a private or public journal where they can keep a record of important events. A live chat feature is also available where members can meet to chat without a weekly phone bill, and TheMilitaryLife.com usually hosts a scheduled chat once a month.

In addition to these great interactive features, members can also submit their own articles, favourite web links, classifieds, and PMQ reviews. Members earn points through their submissions that count towards periodic contests. For example, the current contest is for a $15.00 Amazon.ca gift certificate for 1000 points! You can check out even more features by becoming a member of this friendly site. TheMilitaryLife.com is here to help families cope with everyday life by providing a safe place where you can go 24/7 to find answers, meet new people, participate in invitational events, and help others who may be experiencing similar situations. Visit www.TheMilitaryLife.com to join other military families on one of the fastest growing military family support communities on the web!

Contact person: Laura Hutchinson (250)390-0403 (wife of Pte. Brent Hutchinson 748 Communication Reserve, Nanaimo)
Hockey Night in Geilenkirchen, Germany

by MCpl Wayne Jerrett

Fifteen team players from 8 Wing/CFB Trenton were selected to go to Geilenkirchen, Germany last month to play a series of exhibition games against the NATO base team from Nov 23-29, 2003.

The adventure began even before we boarded the aircraft when we were informed that there would be a 90 minute delay because the airport in Germany did not open until 0800 local time. This allowed more time for refreshments.

We boarded Airbus 310 and arrived in Geilenkirchen early Monday morning and, after an uneventful seven hour flight, were greeted by several members of the opposing team. After we exchanged contact numbers and directions, we picked up our rental vehicles and proceeded to our hotel without incident.

Later on that evening we held our team dinner at the local gauthaus. The restaurant specializes in pork schnitzel and steak. Dinner in Germany is an adventure. The next day several members of the opposing team. After we boarded Airbus 310 and arrived in Geilenkirchen early Monday morning and, after an uneventful seven hour flight, were greeted by several members of the opposing team. After we exchanged contact numbers and directions, we picked up our rental vehicles and proceeded to our hotel without incident.

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**National Defence**

**OTTAWA** — (December 10, 2003) The Minister of National Defence, the Honourable John McCallum, and the Chief of the Defence Staff, General Ray Henault, have announced details on how Canadians can send holiday greetings to Canadian Forces personnel deployed overseas.

“During the holidays, thousands of Canadians want to express their support for our deployed troops,” said Minister McCallum. “Posting an electronic message or sending a postcard is a cost-effective, timely way for Canadians to acknowledge the efforts of the approximately 3500 Canadian Forces members who are currently serving overseas.”

Canadians are encouraged to post holiday messages on DND/CF’s electronic “Write to the Troops” message board. To post an electronic message, visit the DND/CF website (www.forces.gc.ca) and click on the “Write to the Troops” button located on the main page.

Canadians who do not have access to the Internet can send postcards addressed to “Any Sailor,” “Any Soldier,” or “Any Air Force Member.” Canadians can obtain addresses line at (613) 995-2534.

General Henault explained, “The CF is an important part of 12 international missions including Operation ATHENA in Afghanistan and Operation PALLADIUM in Bosnia-Herzegovina. I know how much it means to CF members to receive an encouraging message from Canadians back home during the holiday season.”

Due to security requirements, the CF cannot accept letters or parcels that are not addressed by name, rank, and unit, to specific CF members. This restriction does not apply to family members, who can still send letters and parcels overseas by following guidelines available through their local Military Family Resource Centre or through the Canadian Forces Personal Support Agency (www.cfpsa.com).

Addresses for Overseas Operations: http://www.forces.gc.ca/site/community/messagesboard/addresses_e.html

**Comment envoyer vos vœux du temps des Fêtes à nos militaires**

**Défense nationale**


“Pendant le temps des Fêtes, des milliers des Canadiens souhaitent exprimer leur appui aux militaires qui sont en mission opérationnelle,” a déclaré le ministre McCallum. “Envoyer un message électronique ou une carte postale est un moyen rapide et peu coûteux de saluer les efforts des quelque 3500 membres des Forces canadiennes qui sont actuellement en service à l’étranger.”

Les Canadiens sont encouragés à afficher des messages de temps des Fêtes sur le babillard électronique “Écrivez aux militaires” du ministère de la Défense nationale (MDN) et des Forces canadiennes (FC). Pour afficher un message électronique, consultez le site Web du MDN et des FC, www.forces.gc.ca, et cliquez sur le bouton Écrivez aux militaires, qui se trouve à la page principale.

Les Canadiens qui n’ont pas accès à Internet peuvent envoyer des cartes postales adressées à “tout marin”, “toute soldat” ou “tout aviateur”. Pour obtenir les adresses auxquelles envoyer les cartes postales, veuillez communiquer avec le bureau des renseignements généraux du MDN et des FC, au (613) 995-2534.

Comme l’a expliqué le Général Henault, “les FC participent activement à 12 missions internationales, y compris l’opération Athena en Afghanistan et l’opération Palladium en Bosnie-Herzegovine. Je sais combien il est reconfortant de recevoir un message de vœux d’un parent ou d’un ami canadien pendant le temps des Fêtes.”

Pour des raisons de sécurité, les FC ne peuvent pas accepter les lettres ou les colis qui ne sont pas adressés à un militaire en particulier et sur lesquels ne figurent pas le nom, le grade et l’unité du destinataire. Ces restrictions ne s’appliquent pas aux membres des familles des militaires, qui peuvent toujours envoyer des enveloppes et des colis à l’étranger en suivant les lignes directrices qu’ils obtiennent auprès de leur Centre de ressources pour les familles des militaires ou en consultant le site Web de l’Agence de soutien du personnel des Forces canadiennes, à l’adresse www.cfpsa.com.

RecPlex sign in policy and procedures

The safety and security of our patrons, their families and friends, is of the highest priority for us. With the present “open policy” in effect at the RecPlex, there are far too many unauthorized personnel wandering around the facility. This is of particular concern for our younger children who use this facility for swimming and recreational purposes.

Effective Monday 15 December, all personnel will be required to show the Recreational Attendant personal identification and sign in on the appropriate form (you will retain your ID). The sign in procedure is pretty simple and not all that time consuming. Parents need only sign in once and list the number of family members with them. For organized groups such as the Dolphin’s Swim Club, Red Cross Swim Classes, SCUBA and military training, only the Coach/Instructor or Senior Participant need sign in and indicate how many are in their particular group.

We request your cooperation and patience as we implement this initiative to enhance the safety and security of our customers, their belongings and facility equipment. We strongly recommend that you lock your personal belongings in the lockers provided while using the RecPlex facility.

Confessions from the Gym

Monday, December 8

Despite a slight decrease in my visits to the gym, I managed to lose two pounds last week.

It’s a small step in the right direction that I credit to the fact I went the whole week (well, almost the whole week) without snacking after 6 p.m. Believe me, in my household, that is no small feat!

My husband, who readily admits he suffers from the hollow leg syndrome, is often found staring blankly into the fridge within an hour after we’ve eaten supper. Cursed with very little self-control, I always seem to give in and join him.

It actually wasn’t as hard as I thought it would be to give up the habit. It’s all a matter of keeping your hands busy, which I manage to do with the voodoo doll I keep of my hubby. That’ll teach him to eat in front of me!

Coral’s

Budget Priced 4x4’s

1998 Chevy 1/2 Ton 4x4 Extended Cab - 8 cyl., auto., O.D., AM/FM cassette, one owner trade, air, cruise, tilt, good kms.

$14,950
6 mos. 6000 km powertrain warranty Certified & E-tested

1999 Ford F150 4x4 Ext. Cab - 4 door, 8 cyl., p.s., p.b., black, air, complete off road package. Sharp.

$15,800
priced at wholesale. 6 mons./6000 km. powertrain warranty Certified & E-tested

Hours Daily
9 a.m. to 5 p.m.
Saturday 10 a.m. to 4 p.m.
Sunday 1 p.m. to 4 p.m.

Located on Hwy 33 S of Trenton

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We sell Certified & E-tested Coral knows quality and price sells cars

613-399-1796 or Trenton Line 392-6188

Coral

Holiday Schedule

 Saturdays December 20th, 27th & Jan 3rd
Rec Swim
1-3 pm
Parent & Tot
1-3 pm
Adult Lane
3-4 pm
Rec Swim
5:30-8:30 pm

Sundays December 21st, 28th & Jan 4th
Rec Swim
1-3 pm
Parent & Tot
3-4 pm
Adult Lane
3-4 pm
Rec Swim
5:30-8:30 pm

Monday, Tuesday, Thursday & December 22nd, 23rd, 29th & Jan 2nd
Rec Swim
1:30 pm & 5:30-8:00 pm
Parent & Tot
3:30-4:30 pm & 5:30-6:30 pm
Adult Lane
3:30-4:30 pm

Wednesday December 24th & 31st
Rec Swim
1-3 pm

Military Noon Hour Swim
Monday December
22nd, 29th
22nd, 29th
22nd, 29th
22nd, 29th
Friday January
24th, 31st
24th, 31st
24th, 31st
24th, 31st

11:30-12:30 pm
CLOSED

Military Noon Hour Shiny Hockey

Time
Mon Dec 22
Tue Dec 23
Wed Dec 24
Fri Dec 26
Mon Dec 29
Tues Dec 30
Wed Dec 31
Fri Jan 2

5-10 am
Aloni
Aloni
Aloni
Aloni
Aloni
Aloni
Aloni
Aloni

11-12 am
Parent & Tot
Parent & Tot
Parent & Tot
Parent & Tot
Parent & Tot
Parent & Tot
Parent & Tot
Parent & Tot

3-4 pm
Parent & Tot
Parent & Tot
Parent & Tot
Parent & Tot
Parent & Tot
Parent & Tot
Parent & Tot
Parent & Tot

$2.00/person for CRA members. $3.00 for non-members.

Friday January
22nd, 29th
22nd, 29th
22nd, 29th
22nd, 29th

For more information please call 392-3361

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Shed a little light on the problem

Submitted by
Doug Bird, Deputy
Wing General Safety Officer

Is the lighting in your work area safe? Does it provide proper lighting on your task? Take a few minutes and check all the lighting near you, making a note of any burned-out tubes or bulbs.

Include in your inspection any halls or stairwalls you might need for an emergency exit. They should be well lit and marked with illuminated “exit” signs. Lighting should be adequate to prevent tripping and falling as you walk around the work area. There should be lighting in store-rooms, sheds and other little-used areas of the plant.

Are light switches available where needed, such as both the top and bottom of stairwalls? The light fixtures should be in good repair and provide an adequate amount of light. If you are using a computer keyboard you may want to sit at the terminal, checking for glare on the monitor screen.

Fluorescent lighting fixtures should have their protective plastic covers installed over the tubes. There have been cases of the ballasts exploding, causing secondary - but potentially more dangerous - detonations of the tubes, showering bits of glass into the unprotected room.

If you are using a desk lamp, ensure the globe is the correct wattage for the equipment. A 100-watt light bulb in a fixture rated for a 60-watt maximum is a possible fire hazard.

Walls, which are clean and painted with light paint, and windows, which are clean and unobstructed are important to providing light in a work area. For your own safety be aware of everything in your work area, including the lighting.

The spirit of the holiday season reminds us of how glad we are to be part of this delightful, warm community. Thanks for helping our business succeed with your loyal patronage. We wish you and yours a Merry Christmas & a very Happy New Year.
Meet your Trenton Military Community Council

Carole Beaurp, Mayor
Local 3835

Dave Clark, Ward 2
(McGill, Bell Irving, Lewis, Nama)
Local 3823

Jim Leonard, Ward 3
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Local 3227

John Nichols, Ward 4
(Lawrence, Johnson, McEwen, Lynn, Law)
Local 2462

Ian Wallace, Ward 6
(Non-MU2 member)
Local 3095

Dale Sturgeon, Deputy Mayor
Local 7386

Sharon Edwards, Secretary
Local 2482

Tina Gore, Ward 1
(Rogers, Borden, St-Hubert, Corner)
Local 7116

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Faxing 965-7490 email:MacDonald@forces.ca

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Meet your Trenton Military Community Council

Carole Beaurp, Mayor
Local 3835

Dave Clark, Ward 2
(McGill, Bell Irving, Lewis, Nama)
Local 3823

Jim Leonard, Ward 3
(Hewson, Breadner, Godfrey, Rivers & Rivers Annex)
Local 3227

John Nichols, Ward 4
(Lawrence, Johnson, McEwen, Lynn, Law)
Local 2462

Ian Wallace, Ward 6
(Non-MU2 member)
Local 3095

Dale Sturgeon, Deputy Mayor
Local 7386

Sharon Edwards, Secretary
Local 2482

Tina Gore, Ward 1
(Rogers, Borden, St-Hubert, Corner)
Local 7116

Luminate.
Welcome to the Contact Newspaper’s Community Events page! Thanks to the generosity of Trenton’s Centre Theatre, we can now feature (space permitting) public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 965-7490 or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.

**Community Events**

**CENTRE THEATRE - TOTALLY RENOVATED INCLUDING D.T.S. SOUND**

**BIRTHDAY PARTIES ARE NOW AVAILABLE**

**MOVIEW LINE-UP**

<table>
<thead>
<tr>
<th>Movie Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Something’s Gotta Give</td>
<td>1:00</td>
</tr>
<tr>
<td>The Haunted Mansion</td>
<td>1:10</td>
</tr>
<tr>
<td>Dr Seuss: Cat in the Hat</td>
<td>1:00</td>
</tr>
<tr>
<td>Timeline</td>
<td>1:05</td>
</tr>
<tr>
<td>Les Invasions Barbariques (14A)</td>
<td>3:15</td>
</tr>
</tbody>
</table>

**CALL 392-4211 FOR INFORMATION**

**Christmas in the Playroom—December 17th**

Santa Claus will be coming again this year as he does every other year. Santa will be coming December 17th, bringing wrapped toys for the Playroom (suggestions you have made). The children will be encouraged to open these toys with little help from us! More information will follow on the playroom information board.

**TRENTON MILITARY FAMILY RESOURCE CENTRE**

Christmas in the Playroom—December 17th

Santa Claus will be coming again this year as he does every other year. Santa will be coming December 17th, bringing wrapped toys for the Playroom (suggestions you have made). The children will be encouraged to open these toys with little help from us! More information will follow on the playroom information board.

**CHAPLAIN SERVICES SERVICES OFFERT PAR L'AUMONIERE**

Wing Chaplain/ Aumônier de l'escadre – Major Lloyd Clifton (Presbyterian)
Administrative Assistant/Adjointe administrative – Manon Pilon
Ext 2490

UNIT CHAPLAINS / AUMONIERS DES UNITES

Padre Rick Gould
Padre Catherine Morrison (deployed until Jan 04)

WORSHIP SERVICES

OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)
Chapel Life Co-ordinator/Responsable de la communauté chrétienne
Padre Bastien Leclerc (RC)
MOTHER DOMINICAINE 1015 hrs
CONFESSION At all times
PARISH ORGANIZATIONS
Parish Council 3rd Thurs 1900 hrs
Knights of Columbus 1st Thurs 1900 hrs
CWL 2nd Tues 1900 hrs

ST CLEMENT ASTRA (PROTESTANT)
Chapel Life Co-ordinator
Matthew Lucas (Bapt.)

WORSHIP SERVICE

Divine Worship (Sun) 1130 hrs
Holy Communion 1st Sunday of the month
Mid-Week Communion Wed 1230 hrs

PARISH ORGANIZATIONS
Chapel Guild Last Tues 1930 hrs

**CHURCH SERVICE DURING THE HOLIDAY SEASON**

**CÉLÉBRATIONS DURANT LA PÉRIODE DES FÊTES**

24 December, 2003
1730 hrs (RC) Bilingual Family Mass
1930 hrs (P) Christmas Service
2130 hrs Messe francophone (cr)
2400 hrs Anglophone Christmas Mass (RC)

28 December, 2003
1015 hrs (RC) Liturgy of the Word (Bilingual)
1130 hrs (P) Sunday Worship Service
1 January, 2004
1015 hrs (RC) Liturgy of the Word (Bilingual)

**DUTY CHAPLAIN AUMONIERS EN DEVOIR**

After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplains. / Après les heures de travail, pour les urgences seulement, appeler le téléphoniste de la base au 392-2811 et demander l’aumônier en devoir.

**DIDN’T FINISH HIGH SCHOOL? WANT TO EARN A HIGH SCHOOL EQUIVALENCE? THE GED PROGRAM MAY BE FOR YOU!!**

The Learning & Career Centre will be offering a seven-week GED session commencing on Monday 13 January, 2004. The GED is an international high school equivalency program for adults who have been unable to complete high school and who want to improve their career or educational opportunities.

This session is open to Military members and civilian employees at Wing Trenton. Dependents of these groups who are at least 19 years of age may also participate.

The program consists of an introduction to the GED preparation program, five sessions of classroom instruction in the areas of writing, reading, science, mathematics, and social studies, and a practice test session.

On successful completion of all five tests, students will receive an Ontario High School Equivalency Certificate.

Cost to each student is $275. For more information or to register, contact the Learning and Career Centre at local 2557.

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**National Women’s Hockey League**

Canada’s premier women’s hockey league

**NWHL HOCKEY**

with CANADA’S FUTURE OLYMPIANS

**Durham Telus Lightning vs Québec Avalanche**

Featuring…BDGMIHA Alumni
Nikki Leone, Shana Frost, and Brenda Reynolds

**December 14, 2003**

At the RCAF Arena, in Trenton
(240 RCAF Road)

Game Time: 2:00 p.m. Doors open at 1:00 p.m.
Adults: $ 8.00
Seniors/Students: $ 5.00
Children under 5 are free

Tickets available at the RCAF Arena and at the door or call local 4110 Prizes – Fun – Good Hockey

The MS Society is having its annual Christmas Goodies Sale at the Quinte Mall Dec 19, 20, 21 during mall hours. Come out and support your local MS Chapter.

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The Trenton Military Community Council presents...

**Christmas House Decorating Contest**

Open to all military families in the PMQs and houses in the surrounding areas. Nominations for the best decorated house should be e-mailed to Cpl Scali, local 7680. Please give address and name (if possible). Nominations must be submitted NLT Dec.15. Judging will be done on Dec. 18. There will be prizes for the top three houses. Reminder to all PMQ residents - please don't hard fix anything to the house.

**The Contact**

December 12, 2003
classified
Surviving holiday company

Oh you’d better not shout, you’d better not pout — because the holidays are near and, ready or not, to see your out-of-town holiday guests. While hosting an extended brood of family members and friends can be both expensive and stressful, there are many ways to keep costs down and make the visit fun for everyone (including yourself!)

The first step, says professional organizer Ramona Creel, is having realistic expectations about how the event is going to unfold. Creel, the founder of Atlanta-based www.onlineorganizing.com, says that, too often, holiday hosts forget that they are human and that their loved ones are aware of this.

“You really don’t have to scrub the baseboards with a toothbrush and spend the entire visit in the kitchen!” says Creel. “Keep it easy. Do a little eating out and take out, or consider having people potluck. There’s nothing worse than a host spending all day cooking and simply appreciating this opportunity for everyone to relax.

Clear expectations for the holiday are important. Be sure and allow for periods of time. Feeding the hungry, planning menus in advance and stocking up on everything done before the guests arrive.

Load up, buy or borrow (from friends or neighbours) a variety of videos, books and current magazines that can be spread throughout the house for people to enjoy during unscheduled time.

When the visitors arrive

• Make time for free time. Too much together ness is never a good thing. Be sure and allow for periods of free time so guests can do their own thing. If you have extra vehicles, provide them with a set of car keys and a map of the area. If you’re located near a subway or bus transportation, provide everyone with transportation tips

• Send clear invitations.
• Load up. Buy, rent or borrow (from friends or neighbours) a variety of videos, books and current magazines that can be spread throughout the house for people to enjoy during unscheduled time.

They are available, so have the coupons handy. "Guests will enjoy doing something out and ordering out, so have the coupons available," Creel says. "Plan, you can use them to get out and go bowling or to the movies or mini-golf ... and it’s very affordable."

Prepare an itinerary. Plan a few key activities for the entire group — dinners, tree-trimming, an evening of cookie baking or sledding — and let the guests know when each will take place. (Building holiday activities into the agenda also relieves the host of having to have everything done before the guests arrive.)

• Don’t sweat the small stuff. Realize that family gatherings rarely go exactly as planned. Unexpected things come up. It’s not always perfect. By recognizing this, and simply appreciating this opportunity for quality time with loved ones, you’ll help everyone to relax during their stay, and look forward to the next holiday gathering.

• Accept help when it’s offered. No need to be a superhero when hosting overnight visitors. Most guests really do mean it when they ask if there’s anything they can do. Accepting their offers not only helps prevent you from tiring, but also gives guests a sense that they’re “earning their keep,” and time to enjoy you!

• Pay close attention to your insurance agent about installation standards and about getting the right kind of insurance rider before you purchase and install a backup heating system.

Generators

The ideal solution is a generator. A wide variety of generators are available today. According to RONA’s Jean-François Gagnon, the first thing to consider when buying a generator is the minimum number of watts you need to protect the structure of your home and the other main components (plumbing, heating and hot water systems, and refrigerator).

Baseboard heaters require a very powerful generator. If your home is heated with baseboard heaters, we recommend that you use a forced-air construction heater and heat one floor at a time, in three-hour blocks. A 6000 W generator provides enough energy for a 4800 W heater.

For buildings equipped with oil or gas hot-air or hot-water systems, a generator that provides at least 3000 W is sufficient. Buildings equipped with geothermic heating systems need a generator that provides at least 6000 W.

In terms of water supply, an electric hot-water heater requires a 4000 W generator for 40 gallons (3000 W) and a 6000 W generator for 60 gallons (4500 W). To optimize the capacity of the generator, you should close the breakers that turn on the refrigerator or the sump pump while using the water heater and vice versa.

• Never run the generator while you are asleep.
• Buy and install carbon monoxide detectors (electric and battery-run).
• Put the generator at least 30 to 40 feet from your home in such a way that any wind will carry the exhaust away. (You should think about any nearby neighbours as well.)

Need more information? Your local RONA expert can answer all your questions “About the House.” Or go to rona.ca for practical advice and hundreds of handy tips.

What to do in a winter blackout

(NA)—As the cooler evenings of fall and winter arrive, it’s important to make sure you have a heating system to keep you warm and comfortable in case of a power blackout. Here are a few safety suggestions from RONA, the leading Canadian distributor and retailer of hardware, home improvement and gardening products, to keep you safer and more comfortable this winter.

Backup heating system

Jean-François Gagnon, RONA’s training consultant, says, “having a backup heating system — wood, oil, natural gas or propane — will allow you to stay at home during an extended blackout. It will protect your home from damage caused by freezing (such as cracking furniture and woodwork...), keep the plumbing system in good shape and protect your indoor plants from frost.

Make sure you talk to your insurance agent about installation standards and about getting the right kind of insurance rider before you purchase and install a backup heating system.

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Safety and security

Using a generator poses certain risks, especially the possibility of carbon monoxide.

Carbon monoxide is an odourless, colourless gas that builds up in our bodies. High concentrations of this gas can be harmful, or if inhaled, even fatal. We recommend that you follow these generator safety rules:

• Never run the generator while you are asleep.
• Buy and install carbon monoxide detectors (electric and battery-run).
• Put the generator at least 30 to 40 feet from your home in such a way that any wind will carry the exhaust away. (You should think about any nearby neighbours as well.)

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Posted to Kingston in 2004?

Don Wyld, CD
Military Authorized Realtor

Automatic Buyer Representation

If a posting to our beautiful “Limestone City” of Kingston is where you are headed, please give me a call at the “TOLL FREE” number below and I will send you a “Worry-End Kit of Kingston” (with video) containing maps, home prices, school information, shopping facilities, transportation and more.

New Homes by “CARACO”

For a complete information package of new homes being built in Greenwood Park, minutes from CFB Kingston and RMC, and Cobblestone Ridge in West End Kingston. See the whole package at www.c2rwyld.com

Visit the Canadian Military Relocation Network

www.interbasesreal estate.com

Email: donnywyld@k.on.net

Home and Garden

ALL THE RIGHT MOVES!
DRIVE HOME A WINNER
Get $1,000 Shopping Certificates on used vehicles
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2. $28,900 / $239 bi-weekly
3. $19,900 / $152 bi-weekly
4. $6,000 / $500 bi-weekly
5. $16,900 / $148 bi-weekly
6. $19,900 / $152 bi-weekly
7. $29,900 / $234 bi-weekly
8. $36,175 / $284 bi-weekly
9. $12,900 / $111 bi-weekly
10. $22,900 / $176 bi-weekly
11. $19,900 / $152 bi-weekly
12. $22,900 / $176 bi-weekly
13. $19,900 / $152 bi-weekly
14. $22,900 / $176 bi-weekly
15. $19,900 / $152 bi-weekly
16. $22,900 / $176 bi-weekly
17. $19,900 / $152 bi-weekly
18. $22,900 / $176 bi-weekly
19. $19,900 / $152 bi-weekly
20. $22,900 / $176 bi-weekly

Financing** up to 72 months & NO Payments til March 2004 or CASH BACK up to $6,000†

$1,000 Christmas Shopping Certificates† on new 2003 & 2004 models & retail pre-owned vehicles.

**0% Financing up to 72 months with no payments for 90 days on brand new 2003 Civans, Grand Caravans & Durangos. 12 months 1.99% rate. See dealer for complete details.
††Up to $6,000 CASH BACK available on 2003 Dodge Durangos and Grand Caravans. Not to be combined with 0% Financing option. Some conditions apply. See dealer for complete details.

††††Purchase any new or used retail vehicle between Sat. Nov. 29th and Sat. Dec. 20th, 2003, no exceptions, and receive 10 $100 Christmas Shopping Certificates on delivery ($100 from each participating sponsor). Some conditions apply. Not to be combined with any other offer. Fleet buyers excluded.

The Contact 16 December 12, 2003