Transforming Canada’s Air Force - A vision for future effectiveness

by Lieutenant-General Ken Pennie
(1st published in Bravo Defence Fall 04)

In May 2004, Air Command released a significant package of publications that outlined a vision for the future of Canada’s Air Force, and discussed how we will transform our organization to implement this vision.

“Transformation”—in the context of a 21st Century military organization—can be defined as a fundamental shift in how that organization does business, and is driven by changes in technology, society, budgetary funding, and the threat environment. While hackneyed phrases like “working smarter, not harder” and “getting more bang for the buck” may come to mind, “transforming” means much more than just a tactical re-organization.

We will continue to be a quality force based on teamwork, excellence and professionalism.

Strategic Vectors is the title of one of those publications unveiled this past May, and it contains both the overall vision of Canada’s future Air Force as well as eight specific “vectors” or courses of action that will get us there over the next 20 years. Here’s how we see the way ahead.

The mission of this Aerospace Force will be to control and exploit the aerospace environment for military purposes that contribute to Canadian security and national objectives. The attributes of this force will include combat capability as the basis for all other capabilities; interoperable and networked forces; meaningful and sustainable forces; expeditionary reach and power; and responsiveness in operations.

Some of the above terms are key to understanding this new way that the Air Force will do business, therefore let’s define them:

Aerospace Force (comparable to “Air Force”) This means providing our personnel with the space-oriented knowledge and understanding required for effective Canadian Forces operations involving space-based surveillance, communication, navigation and similar systems.

Expansibility: For this means having the capabilities to be responsive, deployable, supportable and sustainable wherever the government sends us, whether within Canada or anywhere overseas.

Network-enabled: We need systems that will better link sensors, operators, and decision-makers in order to share higher-quality and more timely information, thereby improving joint situational awareness, decision-making, collaboration, synchronization, and operational effectiveness.

Capability-based and results-focused: The first part means focusing on our core competencies, and having the capabilities to meet our national-security responsibility; the latter refers to focusing on strategic-level outcomes that effectively contribute to Canadian security.

These descriptions are extremely condensed summaries of the goals

See A Vision, page 5

CPR HOLIDAY TRAIN LIGHTS UP TRENTON

Santa gives a joyful hug to James Johnston of Trenton after the Canadian Pacific Railway Holiday Train made a scheduled stop in Trenton on Monday at the RCAF Road crossing. In addition to raising money for the Trenton Food Bank, the special 14-car freight train—decorated with about 10,000 Christmas lights, also provided musical entertainment courtesy of The Moffatts, Tracey Brown, and The Ennis Sisters.

Two 8 Wing personnel receive Canada’s newest honours

by Holly Bridges (Maple Leaf) and Laurie McVicar (Contact)

On November 29, 45 members and supporters of the Canadian Forces became the first recipients of the General Campaign Star and General Service Medal – including two personnel from 8 Wing/CFB Trenton.

During the ceremony at Ottawa Rideau Hall, Sgt Virginia Hicks of ATES received a star while Captain Ihor Kozak of 8AMS was presented a medal by Her Excellency the Right Honourable Adrienne Clarkson, Governor General of Canada.

The General Campaign Star recognizes military service in a theatre of operations in the presence of an armed enemy. Both are issued with bars identifying specific operations.

In a press release issued by the Governor General prior to the event, the Commander-in-Chief of the Canadian Forces expressed her delight in bestowing these prestigious awards.

“The General Campaign Star and the General Service Medal are being awarded to the men and women who serve Canada courageously and contribute to the international public good,” stated the Governor General.

They act with determination in the exercise of their duties often performed in harm’s way, and, for that, they deserve our unqualified support and our heartfelt recognition. Together with all Canadians I am proud of them.”

It was a pride deeply felt by Sgt Hicks, whose family has been forever altered by the ongoing war against terrorism.

See 8 Wing personnel, page 2
For Capt Kozak, the honour of receiving the General Service Medal is the finale to "the best experience" of his life. During a six-month tour with Op Apollo/Op Athena, he served as Maintenance Flight Commander for the Hercules fleet in South-West Asia.

"I was very fortunate to have the opportunity to cover the entire spectrum of my job as an AERE Officer. In one hand I was working with technology and business aspects of aircraft maintenance, in the other I was dealing with personnel, from the management and leadership perspective. I even had a chance to do patrolling in Kabul - it doesn’t get any better,” said Capt Kozak. "It was the best opportunity I’ve ever had in terms of doing the right thing as well as my professional and personal development. Working in the Middle East in a NATO environment was an experience unto itself."

Capt Kozak was fresh from training at an AERE Officer when he was deployed to Kabul in July 2003. "For me it was a very unique opportunity. As a rule, after completing your training you have to be employed in your unit for a certain period of time before you can deploy; and thus I am very grateful to my superiors for making it happen. They are the ones who made it happen. They are the ones who deserve recognition for their dedication and hard work; but also danger and the ever-present possibility of loss," said the Governor General.

"It was a very touching moment, the best part of the ceremony," said Capt Kozak. "I could, I would spread this medal into two halves. I would present one half to my parents for all their support and patience. I would definitely give the other half to those men and women of the Camp Mirage Hercules Maintenance Flight, who served with me at the time. They are the ones who made it happen. They are the ones who deserve the praise," said Capt Kozak.

The parents of Capt Kozak were fortunate enough to see their son accept his medal from the Governor General, as did the wives of three soldiers served with me at the time.

"For the world continues to suffer from regional hatreds, inequities and strife and Canada remains committed to international action that can begin to provide the peace that we treasures here at home...Canada is known and honoured as a steadfast and skillful advocate for international collaboration, reconciliation and the advancement of peace. Today's recipients are practitioners of these ideals."
Making Choices: The state of the CF

On 6 December 2004, the Minister of National Defence released the annual report of the Chief of the Defence Staff, General Ray Henault, on the state of the Canadian Forces. In Making Choices, his third annual report, General Henault describes key achievements of the Canadian Forces in 2003-2004, including contributions to the international campaign against terrorism and ongoing transformation efforts. He also examines the challenges that the Canadian Forces is currently facing. Particular attention is paid to the immediate priorities for the Forces, which are to continue to invest in our people, transform and modernize the Canadian Forces, continue to deliver on operations, and continue to adapt to the evolving security environment and enhance our strategic relationships.

In welcoming General Henault’s report, Minister Graham praised the efforts of the Canadian Forces.

General Ray Henault

“I am continually impressed by the work performed by the men and women of the Canadian Forces. They continue to meet the many challenges they face with dedication and professionalism. Through his annual report, the CDS makes it clear that while the Canadian Forces has made great progress in transforming and modernizing, the Forces will continue to face challenges and that difficult choices have to be made.”

General Henault stressed that the Canadian Forces must continue to move forward, stating, “It is now more important than ever that we make choices that favour transforming the Canadian Forces.” He warned, “Opting for the status quo will seriously hamper our efforts to stay relevant in the future security environment.” At the same time, he applauded the efforts of the men and women of the Canadian Forces for the significant progress made in recent years to prepare for the future. He encouraged all Canadian Forces personnel to embrace the changes and choices required to further strengthen the Forces.

The CDS Annual Report is available online at www.forces.gc.ca and on the CDS Web page at www.cds.forces.gc.ca.
Guidelines for submissions: ARTICLES AND PHOTOS

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

• Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.

• Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.

• Articles may be read, e-mailed or delivered in person. Non-e-mail submissions should be saved in rich text format (.rtf) and as “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 #.

• Wherever possible, photos should be included with your article. Include your name, caption, and credits, if any, for each photograph. Electronic photos should be saved in either a jpeg or tiff format. Jpeg-Maximum (8X10), 300 dpi. Intranet: LeBlanc AL@CFBTrenton@Trenton

Letters to the Editor:

Intranet: LEBLANC.AL@CFBTrenton@Trenton

All letters and ad copy 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, condense or reject any letter submitted.

A Military Community Newspaper

The Contact Newspaper in Partnership with the Department of National Defence (DND) and the Canadian Forces

Send greetings to our troops

DND-CF

OTTAWA — (December 2, 2004) Defence Minister Bill Graham, and the Chief of the Defence Staff, General Ray Henaual, have announced details on how Canadians can send greetings to Canadian Forces personnel deployed overseas.

Throughout the year, and especially during the holidays, many Canadians want to express their support for our deployed troops,” said Minister Graham. “Posting an electronic message is a simple, quick, and cost-effective way for Canadians to acknowledge the efforts of the approximately 1400 Canadian Forces members who are currently serving overseas.”

“The CF is making a difference around the world by contributing to 17 international missions,” General Henaual explained. “I know how much it means to Canadian Forces members to receive encouraging messages from Canadians back home, throughout the year and especially during the holiday season.”

Canadians are encouraged to post messages on the Department of National Defence’s electronic “Write to the Troops” message board. To post an electronic message, visit the website (www.forces.gc.ca) and click on the “Write to the Troops” button located on the main page. Individuals who cannot access the Internet can send postcards to “any CF member.” Mailing addresses for postcards can be obtained by telephoning the DND/CF General Inquiries line at (613) 995-2534.

Due to security requirements, the CF cannot accept sealed letters or parcels that are not addressed by name, rank, and unit, to specific CF members.

This Week in Contact

1974 — Defence Minister James Richardson had some glowing praise for Canadians serving in Cyprus and the Middle East in reporting to the House of Commons Nov. 13, following an 11-day trip to Cyprus, Egypt, Syria and Israel. “In numerous conversations with members of the Canadian Armed Forces in these four countries, I found that, generally speaking, morale is high, and it is clearly evident that our personnel are convinced that they are engaged in useful and worthwhile work.”

1984 — Base Commander, Col GRJ King, guests and members of 426 Hangar personnel at Trenton that he would have had to pull out of the war since the torn country had the Hercules transports stopped flying.

1984 — The Canadian Officer who commanded the United Nations Peace-keeping force in 1994 — The Canadian Officer who commanded the United Nations Peace-keeping force in 1994...
A vision for the future...cont. from page 1

expressed in Strategic Vectors and our associated vision documents, but they provide—at least a basic understanding of how the Air Force intends to trans-form future aerospace operations.

It is important to realize that, while we have now formulated a general vision of the future Air Force, this is not a specific, detailed plan. That will evolve through future actions (and decisions) and will, of course, be closely integrated with associated developments such as the results of the current Defence Policy Review.

Eight "strategic vectors" will help the Air Force achieve these goals:

1. Acquiring a results-focused operational capability will let the Air Force help keep Canadians secure domestically and to protect our national interests abroad. This means first determining exactly what operational outcomes the Air Force needs to achieve, and then working back to create the resources, organiza-tions, and doctrine that will ensure we achieve them.

2. A responsive expeditionary capability will let the Air Force swiftly and effectively respond to challenges at home or abroad by being globally deployable, supportable and sustainable.

3. We will develop transparent interoperability, as to how to effectively operate with the United States armed forces, coalition partners, our own Army and Navy, and other government departments and agencies.

4. The Air Force will transform its aerospace capabilities by exploiting advanced technologies, evolving new concepts of operations, and adopting synthetic (i.e., "virtual") environments as far as distance and e-learning computer-based environments to significantly enhance our effectiveness in operations.

5. Achieving transformation-enabling leadership means nurturing competent, thoughtful and ethical leadership to effectively conduct complex, high-technology operations and run the Aerospace Force of the future.

6. The Air Force will further develop multi-skilled and well-educated personnel to provide maximum flexibility, versatility and competence at all levels of the organization for future aerospace operations.

7. We will actively engage Canadians—our business and political leaders as well as society at large—to increase their understanding of how the Air Force contributes to our national security and general well-being.

8. Improving resource stewardship will let the Air Force become even more efficient with the national resources—budgetary and otherwise—with which we are entrusted.

However, there are several specific elements of our thinking that reflect the kind of innovation on which brave Defence focuses, and I'd like to highlight a few:

Our determination that the Air Force of the future will need to be much more expeditionary-oriented (i.e., mobile) than ever before will result in plans to develop what we call Air Expeditionary Units (AEU). These won't be formal, standing units in the traditional sense, but nevertheless will be specific, pre-planned configurations of personnel and equipment—what we are calling "designated units of expeditionary capability"—that can be assembled and deployed on short notice for urgent deployed operations, at home or abroad.

The AEU concept means that our traditional formed squadrons will be seen as force-generation resources, but the actual force-generation resource will be the AEU—a building block of capability that we can configure however we need for the assignment at hand.

Another key goal is to develop a highly networked and computerized synthetic environment for risk-assessment, operational training, and for use during actual combat, peace-enforcement or humanitarian-relief operations. In support of this, the Air Force plans to establish a Canadian Forces Aerospace Warfare Centre, to develop the necessary systems and train the required personnel to let us operate in this manner.

Integral to such activity will be our development of closer intelligence, commu-nication, and operational-philosophy integration with the Army and Navy than we have ever had before, in order that commanders and staff at any joint operations centre can achieve the best-possible "big picture".

In a related development, Canada’s Air Force is participating in September 2004 with seven other NATO air forces in Exercise First Wave, where an entire—and highly real-istic—operational mission will be conducted via network-simulated exercises spanning all eight countries—and not a single actual aircraft will leave the ground.

The need for high-quality real-time intelligence will lead the Air Force into an unprecedented focus on multi-sensor-equipped, unmanned aerial vehicles (UAVs). We are looking at potential resources including satellites, high-altitude airships, and both long-range and short-range jet or propeller-driven pilotless reconnaissance platforms. Data from such sources will be vital for missions ranging from homeland security to combat operations across the globe.

The Air Force needs to transform from a primarily static, platform-based organization into an expeditionary, network-enabled, capability-based and results-focused "Aerospace Force"—one that will effectively contribute to security at home and abroad well into the 21st Century.

While an article of this size can only sketch the bare outlines of the Air Force of the future, I’ve tried to emphasize our dedication to moulding an organization that builds on our current strengths—in equipment and, especially, people—while pursuing a fresh, innovative vision that will meet the challenges of the future.

The Air Force needs to transform from a primarily static, platform-based organization into an expeditionary, network-enabled, capability-based and results-focused "Aerospace Force"—one that will effectively contribute to security at home and abroad well into the 21st Century.

December 10, 2004 The Contact 5

News
Give the gift of a healthy retirement savings

Garth Turner

Yeah, I hate to bring this up just a bit before Christmas, when you credit cards are smoking, but we have to talk. It’s about your retirement — that giant chunk of your life which, for about a third of the population, is rapidly approaching.

A generation ago, this was not so much of a big deal. On average, you worked until you were 65, and then you lived until you were 72. That meant you had an entire lifetime to save enough money to survive another seven years. And, way back then, a lot more people had corporate pensions than is the case today. In fact, right now, a very small minority of working Canadians have any pension at all, other than the few small peanuts the CPP provides.

Today retirement is a huge deal. The average worker now hangs up his keyboard at age 62, and life expectancy is approaching 80 for men and beyond for women. With advances in health care and nutrition, somebody who looks after themselves can reasonably expect to live past age 90 — and still be hopping around in their jeans. So, now retirement can last for three decades — 30 years, without any earned income. These are years you won’t want to sit on the verandah of either.

They are supposed to be the payoff for a life of employment, filled with travel, adventure, entertainment and exploration.

How much money will you need to afford to retire? There is a real debate swirling around this question, with some media wimps insisting that if you lead a modest lifestyle and spend with frugality, you could actually get by on the public pension and relatively little in savings. But for those of us who do not want to bicycle to the library for a free event or shop for day-old bread, this sucker of a retirement is going to take some serious financing. I think it is reasonable for a 60-year-old to start with a million dollars in investable assets.

How do you get that much cash? Obviously not by doing what the average Canadian is busy at currently. Last year the amount of money people put into registered retirement plans actually went down. We invested less than 8% of what the RRSP rules allowed, and left 92% of our contributions unmade. This is bizarre, when every dollar put into an RRSP can be deducted from your taxable income, directly cutting your tax bill and increasing your disposable income.

It’s even more strange when you think that you don’t need money to contribute to an RRSP. Virtually any financial asset that you own — be it a GIC, savings bond, stock or mutual fund — can be swapped into an RRSP account with just a phone call. And for selling yourself something you already own, you still get to deduct the full value from your taxable income. And then, you can upper limit it every year up to your own limit, and deduct all that from your own taxable income. After three years that money becomes his or her property, and can reasonably be taken out at your spouse’s lower tax rate. You got the big tax deduction, and your spouse gets the money. Can you afford not to do this?

And I haven’t even mentioned the ability you have to take that money and put it inside your RRSP, letting you make contributions into your own retirement plan. But enough excitement for now.

Just make sure, this holiday season, you leave some cash left for the real gift.

Get a head start on education savings with an RESP

(NGC)–Current estimates indicate that by 2021, a post-secondary education in Canada will cost approximately $96,000.* This is a startling reality for many parents, but the Registered Education Savings Plans (RESPs) can offer an effective savings solution.

Providing a smart, convenient way to invest in your child’s education, RESPs offer a maximum contribution of $4,000 per child per calendar year, up to a lifetime minimum of $42,000. The money you invest in an RESP grows tax-deferred so you save taxes now and in the future. When funds are withdrawn for post-secondary schooling, the growth of your investment is taxed as income to the student, not to you, and usually at a much lower rate. Depending on the individual circumstances of the student, taxes may not be payable at all.

As an added incentive, the federal government provides additional contributions to an RESP under the Canadian Education Savings Grant (CESG) program. Currently the federal government contributes an additional 20% on the first $2,000 in contributions made into an RESP each year on behalf of an eligible beneficiary. This means the grant can be as much as $400 each year, and over the years could amount to a total of $7,200.

The CESG program is a great way for parents to top up their savings,” says Tobi McGrory, Senior Manager, BMO Mutual Funds. “Combining the CESG with an RESP, such as our BMO Intuition RESP, is part of an effective solution to the education savings dilemma.

Even extended family and friends can help you save for your child’s education. To help make giving the gift of education easier, BMO Bank of Montreal offers BMO Education Savings Gift Certificates, which can be redeemed into a new or existing BMO RESP. The Certificates make it easy for others to contribute towards a child’s future — a great gift idea for the holiday season.

To find out which education savings plan is right for you, visit an investment professional at your local bank branch. Depending on your specific goals, time horizon, risk tolerance and the age of your beneficiary, you will be matched to a portfolio of investments that has been designed to help maximize your potential return while managing volatility.

By seeking professional advice, you will be on the road to developing a fully diversified portfolio and a savings plan that will allow you to achieve your education savings goals.

*Figures provided by BMO Bank of Montreal Economics Department in conjunction with the Association of Universities and Colleges of Canada and Statistics Canada. Information provided by BMO Mutual Funds. For more information please visit bmo.com/mutualfunds.
National Day of Remembrance and Action on Violence Against Women

by Lt. I. Dierycz

Have you ever wondered why the flags fly at half-mast on December 6th? Hopefully most of you remember December 6th, 1989 when fourteen young women were shot to death by one man at l’Ecole Polytechnique in Montreal because they were female. This year marked fifteen years since this tragedy occurred, yet violence against women continues at alarming rates in our society.

Although random violence against women is not as pervasive as violence against women in familial or other relationship contexts, it continues to be of great concern. More often than not, women and other vulnerable people in society, including children, the elderly, and the disabled, must engage a safety plan just to go to the corner store. Although total safety is guaranteed to no one in our society, it continues to be of great concern. More often than not, women and other vulnerable people in society, including children, the elderly, and the disabled, must engage a safety plan just to go to the corner store. Although total safety is guaranteed to no one in our society.

Violence also affects children who are victims and/or witnesses and greatly reduces their chances of a healthy and happy adulthood. 2) Speak out against the objectification of women. Women are often objectified in various ways because it is easier to devalue and hurt an object than it is another human being. 3) Participate in making your community a safer place. Many organizations need volunteers to assist in activities ranging from one-day events e.g. demonstrations against violence, to ongoing projects such as fund raising and the sharing of expertise.

8 Wing Trenton has a Family Violence Crisis Team (FVCT) that consists of professionally trained personnel and is strongly partnered with the civilian community (see DAOD 5044-4). The FVCT is available 24/7 to respond. The FVCT Leader, Lt I. Dierycz at local 3045 will be happy to answer any questions and organize any awareness training and or educational activities for your unit, section, or group.

There are many ways that people can assist in the abatement of violence in our society. If you would like to discuss this issue further, please call Lt Dierycz or Mental Health Services at local 3651.

December 10, 2004

www.bloodservices.ca

Voici l’occasion de sauver des vies!

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Toasting the New Year

2004

December

Together for a brighter future
**Gingerbread Cookie Cutouts**

1. Beat shortening and brown sugar in bowl until creamy. Add eggs and molasses mixture, stirring until smooth. Knead dough with hands if necessary to make a smooth dough. Wrap dough in plastic wrap and chill 1 hour for easy rolling.

2. Roll out dough, a portion at a time, on floured board to 1/4” (6mm) thickness. Cut into desired shapes. Place on lightly greased baking sheets. Cut a hole on top of cookie using a straw.

3. Bake in centre of 350ºF (180ºC) oven for 12-15 minutes, or until firm (time will vary with size of cookies). Recut hole with greased baking sheets. Cut a hole on top of cookie using a straw.

4. Transfer to racks; cool completely. Decorate as desired. String ribbon through hole for hanging.

**Ingredients:**
- 1 cup Crisco shortening
- 1 cup packed brown sugar
- 2 eggs
- 1 1/4 cups molasses
- 6 cups Robin Hood all purpose flour
- 2 tsp ground ginger
- 2 tsp ground cinnamon
- 1 tsp each baking soda, salt, ground cloves

**Instructions:**
- Makes 9 dozen (recipe can be halved)
- Preparation time: 25 mins.
- Baking time: 15 mins.
- Freezing: Excellent

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2 1/2 tsp ground ginger 12mL

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1 1/4 cups molasses 300mL

2 eggs 2

1 cup packed brown sugar 250mL

1 cup Crisco shortening 250mL

1 cup molasses 250mL

1 tsp each baking soda, salt, ground cloves 5mL

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Healthy holiday eating tips

Scott Burns

The holidays are a time of temptation. Shortbread cookies, chocolate bars and eggnog await us at every turn. Don’t despair or deprive yourself – try these holiday eating tips.

No Skipping

While its fine to eat a lighter breakfast or lunch prior to a large holiday meal, opting out of these meals entirely can often lead to overeating. Regular mealtimes and even a light snack before the main meal, such as a piece of fruit (a recent study gave apples and oranges especially high marks for keeping people full), helps check your appetite.

Go Slow On Snacks

Appetizers are often a calorie disaster waiting to happen. While nuts, for example, are a nutritious and healthy food, a mere handful contains about 120 calories and 11 grams of fat. Try to stay clear of potato chips and cheeses. Easy on the cheese-and-cracker tray and minimize your intake of anything wrapped in pastry, such as sausage rolls. Focus on veggies served with a low-fat dip, pretzels, baked potato chips and baked tortilla chips with salsa. If you’re looking for something more decadent, shrimp cocktail is a low-fat, low-cal and tasty alternative.

Booze Alert

Too much alcohol can go to your waistline as well as your head. So, lighten up your drinks and go easy on the quantity. Shave off about 60 calories by having a wine spritzer instead of a glass of wine. Mix your liquor with either tomato juice or diet pop instead of fruit juice or regular pop and save yourself 70-100 calories. Be wary of liqueurs – most are high in calories and those made with cream are also high in fat. Watch the eggnog – just one cup (250 ml) packs up more than 400 calories and 20 grams of fat. Fortunately, there are many lower-fat brands now available. Water is the great thirst quencher and, according to a University of Toronto study, also a great tool for taking the edge off your appetite.

Pick Your Portion

Research tells us that as the number of people at the table increases, so does the average amount of food consumed. Come mealtime, it’s a good idea to take a little of everything and always start with less food than you want. Eat slowly while enjoying the conversation around you – and then decide if you really need more. Moderation is the key word for happy holiday eating.

There are lots of things you can do to lighten up the traditional Christmas meal. Take the skin off the turkey (about half the fat is in the skin) and choose white meat more often than dark. Use butter on your rolls or vegetables sparingly. Add a lower-fat dressing to your salad. Cranberry sauce, applesauce or chutney are great low-fat alternatives to gravy. Eat stuffing in small amounts – just one scoop can set you back 200 calories and 10 grams of fat. Replace some of the fat in holiday baked goods with pureed fruit or low-fat yogurt. Use evaporated skim milk instead of full milk when making soups, sauces or pumpkin pie (you can save as much as 80 grams of fat and 600 calories for every cup used).

If you love desserts as much as we do, enjoy them, but practice some restraint. Limit your selection to one or two items. Have a slice of something instead of a slab (a typical serving of cream cheese slab (a typical serving of 80 grams of fat and 600 calories). And resist the urge for second helpings.

Move Your Body

Whether it’s a family walk around the block or an afternoon skate at the local rink, the holidays are one time when burning extra calories becomes a must. Make regular activity a priority in your daily plans. Take advantage of all the sports that winter has to offer, such as skating, skiing or tobogganing. Also, take advantage of the base aquatic centre and South Side Gymnasium which will be open for family use over the holidays to play some volleyball, badminton, indoor soccer, basketball or squash. Each half-hour spent on the rink, hills, pool or gym can burn up about 300 calories (or the equivalent of that handful of chocolates you enjoyed after dinner).

Plan Ahead

Holidays are an opportune time to spend time with your family. The Christmas Holiday Schedule for the base gym and pool will be advertised throughout the holidays so try and take advantage of this time to engage in healthy recreational activities. For those of you who have a tendency to make a “New Years Resolution” (in Jan) to start a personal exercise program, why wait – make an appointment now with one of the PSP Fitness Instructors at 7160 or 3328 and get a head start. Have a Happy, Healthy and Safe Holiday.
Local food banks the benefactors of Holiday Train

On December 6, the country's largest rolling fundraiser made Trenton one of its stops among the 6,000 kilometre trek through 50 Canadian communities. This is the sixth year of CPR's Holiday Train. Since its launch in 1999, the Holiday Train program has raised close to 213 tons of food and over $1.5 million for North American food banks. All donations from a community remain in that community for distribution. CPR will also make cash donations to local food banks in addition to the food and money collected along the way. "At CPR, we recognize the issues that matter to the communities in which we live and do business," said CPR President and CEO Rob Ritchie. "The issue of those forced to turn to food banks is a reality that impacts all of us in some way. We feel it is important to show our support for local food banks, especially at this critical time of year."

Mrs Claus pays some special attention to Jessica Sobczyk during the stop of the CPR Holiday Train in Trenton on Monday. Jessica's Dad, Cpl Dave Sobczyk, was working, but took a couple of minutes to pose with Mrs. Claus and his daughter after the show.

Colonel Andre Deschamps, Commander of 8 Wing/CFB Trenton, accepts a wreath from the CPR Holiday Train staff. The presentation was made in recognition of Canadian troops around the world.

The Trenton Care and Share Food Bank was the lucky recipient of a $3000 cheque from CPR. Accepting was manager Al Teal.

Performers for the evening included international recording artists The Moffatts, Canadian Country Music Association Hall of Fame member Tracey Brown, and Canadian country music award winners The Ennis Sisters. Garnering even more popularity, of course, were Mr. and Mrs. Claus.

Brittany and Janelle May (front centre), daughters of Cpl Dennis May of 8 Wing Transport, wait for the Holiday Train.
Winter holiday child safety tips

Turn off, plug in: Before working with outdoor wiring, turn off the electricity to the supply outlet and unplug the connection.

Look for the CSA Mark: Ensure that light strings, cords, spotlight and floodlights are CSA certified and marked for outdoor use or wet locations.

Up, up and away: When hanging lights outdoors, keep electrical connectors above ground, out of puddles and away from metal eave troughs.

Homes. Here are some reminders about child safety on your winter vacation:

1. Always use the appropriate child restraint while traveling by automobile or airplane. Try to keep your child belted in throughout the flight because air turbulence can cause severe injuries.

2. Keep your child under control at all times when traveling on a public conveyance. On an aircraft an unattended child could enter the kitchen galley and encounter hot and sharp items. Seat the child away from the aisle so he will not be bumped by flight attendants or passengers.

3. Carry on the aircraft any items your child might need on the flight or later in case luggage is lost. Pack nutritious snacks and beverages, medications and other necessary supplies.

4. Listen to emergency instructions on planes and other forms of transit.

In case you and your children are separated, make sure your child knows this information: Full name, address including city and home telephone number including area code. The child should also know how to contact the telephone operator.

5. Point out to your child “safe strangers” to whom they can go for help. Uniformed police officers, security guards, firefighters, store employees, park rangers, resort hosts, desk clerks, bellpersons and public transit drivers are some examples.

Carry your child’s photo and be aware of what they are wearing in each day you are separated for a short time. Accompany your child to a public washroom or ask a trusted adult. Never allow your child to play near public washrooms or change rooms.

Make sure your child follows the safety instructions on amusement park rides. “Guest error” is the leading cause of injuries according to a recent survey. Your child is your responsibility, even at the most child-friendly resort. At the hotel pool, on the ski slopes or in the airport, your child’s safety and security must come first.
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.all@forces.gc.ca, at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.

Trenton MFRC Drop "N" Shop Childcare
When: Saturday, December 4th, 11th, 18th
Time: 9:30 am - 2:00pm
Where: Playroom, 18months-5yrs - $4 per hr /per child.
Youth Centre, 6 years-10 yrs - Cost- Free
Snacks and lunches not included.
Register by calling 965-3575 ASAP to Limited registration - call today!
Extra card kits will be available
(Extra card kits will be available)

Upcoming dates at the Belleville Library
Please join us at the Belleville Public Library Art Gallery for a very special BROWN BAG LUNCH!! On Wednesday, December 15th, from noon to 1pm., we will present local musical performers for our annual Christmas Variety Show. This year we welcome harpist and soloist Shawn Wickett, “Belleville Idol” guitarist and singer Peter J. Fox and pianist Esmond Skidmore, who will offer a fine selection of Christmas and seasonal music for our enjoyment.
Monday December 20th, from 6:30 - 7:30 pm join us for a Christmas Family Night with local journalist and author Sheila Gregoire. Christmas music, a children’s choir and family sing-along will be offered as well as refreshments and Christmas goodies. Sheila will be signing copies of her new book and reading excerpts pertaining to Christmas.
Admission is free for both events and everyone is welcome. For further information, please call 968-6731 or drop by at 223 Pinnacle Street.

Postcards From Home Great gift idea!!
Postcards designed by local children with their images of Canadian Peacekeeping.
Buy your cards at the reception desk.
8 cards for $10.00 / 1card for $1.50
Show your support for the troops by sponsoring a postcard at $1.50 that will be sent overseas with words of support and best wishes.
Thank you to QuintEssential Credit Union for sponsoring this project.

Are you interested in losing weight?
Come to Trenton Trinettes. We meet on Mondays from 6.45 p.m. to 8.30 p.m. at St.Clement Astra Chapel, Nammo Drive, 8 Wing Trenton. We are a support group that encourages weight loss through healthy eating and exercise. Contact Sheila at 392-0353. Money goes to support Girls Home in Conscencon, Three Oaks, two Adopted Children through Salvation Army and also the St.Clement Astra Chapel.

Des cartes postales de chez-nous
Une idée de cadeaux!
Des cartes postales créées par les enfants de la région représentant leurs vues du maintien de la Paix dans le monde.
Vous pouvez vous procurer les cartes à la réception du CRFM. Le coût est de 10,00$ pour 8 cartes ou 1,50$ l’unité.
Offrez votre soutien à nos troupes en parrainant une carte postale à raison de 1,50$. La carte sera envoyée outre-mer avec vos souhaits et messages de réconfort. Merci à QuintEssential Credit Union de parrainer ce projet.

Service de gardiennage “Halte magasinage”
Quand: les samedis, 4, 11 et 18 décembre
Heure: 9h30 à 14h
Dans la salle de jeux - 18 mois à 5 ans - 4,00$ de l’heure/par enfant
(Gratuit pour toutes les familles dont un parent est déployé)
Dans le Centre des jeunes 6 à 10 ans - gratuit
Vous devez apporter les collations et le dîner.
Téléphonez au 965-3575 pour les inscriptions, premier réservé, premier servi.

CHAPLAIN SERVICES
SERVICES OFFERT PAR L’AUMÔNERIE
Wing Chaplain/Aumônier de l’escadre – Major Lloyd Clifton (Presbyterian)
Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS
Padre James Crisp (Rapport)
Padre Marc Torchinsky (ACC)
CHAPEL LIFE COORDINATORS / RESPONSABLE DE LA COMMUNAUTÉ CHRÉTIENNE
Padre Bastien Leclerc (RC)
Padre Catherine Morrison (P)

HOLIDAY WORSHIP SERVICES
In addition to the special Christmas/New Year services noted below, services will be held at the regular hours each Sunday.

12 December Advent 3
0900 hrs Divine Worship Protestant
Guest Preacher Padre Laurelle Calaghan I
CAD Chaplain

24 December 2004 Christmas Eve
1730 hrs - Bilingual Family Mass (RC)/Messe familiale bilingue (cr)
1930 hrs - Christmas Eve Service (P)/Messe de Noel francophone (cr)
2130 hrs -English Christmas Mass (RC)/Messe de Noel anglophone (cr)

1 January 2005 New Years Day
1030 hrs - (RC) Bilingual Mass/Messe bilingue (cr)

AND THE WINNERS WERE...

CE Squadron held their wood carvings draw for the United Way on December 1. Above, Maj Watson draws the winning tickets, along with Pte Beth Watchorn (8 WCE United Way Representative), and Fred Sanders (carpenter who made and donated the wood pieces). The winners were: Fred Squire (Silhouettes), Albert Ruckstuhl (Ornate Shelf), and Nancy Chisholm (Dragon and Wizard Sculptures). The total amount raised from this draw was $247.00.

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End-of-Year Clear-Out

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Just in time for the Holidays!

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Purchase a retail pre-owned vehicle from us in December 04, and we will arrange to deliver to your home a 46" HD TELEVISION supplied by Leena’s of Trenton! Some products may be out for couples that.

83 Cenia Chrysler

December 10, 2004

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