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• October 03, 2003 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 38 Issue Number 38 •

## 8 Wing to temporarily close south side main gate for renovations

8Wing/CFB Trenton – As part of ongoing infrastructure upgrades, 8 Wing / CFB Trenton will be closing the south side main entrance to the Wing and the main parade square in front of the Wing Headquarters building on a date between October 6 and 13 until November 9, 2003.

The south side main entrance is being widened to ease incoming vehicle traffic congestion while the parade square will undergo extensive repair, grading and repaving.

For safety reasons, the general public travelling on Highway 2 and all Wing personnel are asked to exercise caution while walking / driving near these construction zones.

"We regret the inconven-

ience that these closures may cause to personnel and visitors but this is necessary action to facilitate needed improvements to our Wing," says Wing Logistics and Engineering Officer LCol Ray Baker. "We ask people to bear with us and remain safety conscious while we complete this work as quickly as possible."

Alternative access and egress to and from the south side will be via the Bain Park Road and Hercules Street and through the Cadet Camp. 8 Wing personnel are advised that this is an updated development as of Oct. 1, 2003. Directions in previous e-mails indicating entrance would be via Highway 2 are no longer valid.

"Despite this temporary

route change, all our normal security and screening procedures will continue to apply," adds LCol. Baker. "We will continue to be vigilant in screening all personnel attempting to gain access to the Wing."

No parking will be permitted on the parade square during the construction work. Hangar line personnel and employees are encouraged to utilize the Embarkation Facility parking lot and / or carpool. The pedestrian tunnel will remain accessible and all pedestrian traffic will be diverted to the west of 74 Polaris (Military Police building). There will be no pedestrian traffic permitted through the construction areas (Anson Avenue and parade square).

## CAS VISITS 8 WING



Photo: Cpl Josee Menard  
8 Wing Imaging

Chief of the Air Staff (CAS) Lieutenant-General K.P. Pennie is greeted upon his arrival here on September 25, 2003 by Colonel Dave Higgins, Commander, 8 Wing/CFB Trenton.

## Hundreds gather for 8th annual stone dedication ceremony



Photo: MCpl Darren Kraus  
8 Wing Imaging

by Andrea LeBlanc  
Contact Editor

More than 6,500 stones were dedicated at the 8th Annual AD ASTRA Stone Dedication Ceremony, including the 560 registered in the last year alone.

A large crowd of about 1,500 people from across Canada (some even from the United States) was on hand at the Royal Canadian Air Force Museum--Canada's National Air Force Museum-- Air Park for the September 27 ceremony.

According to the Master of Ceremonies, Colonel (Ret'd) Cy Yarnell, the theme of this year's ceremony was 100 years of flight.

"Four pigeons were released by local air cadets, representing the four time phases of our long 94-year Air Force history in Canada," said Col (Ret'd)

Yarnell. These phases are: 1909-1919, 1920-24, 1924-68, and 1968 to present.

"As the birds took flight, the 8 Wing Concert Band played *Memories*. Each bird took off, got its bearings, and returned to its home loft, symbolizing air crew returning to base following each mission," noted Col (Ret'd) Yarnell, who has served as emcee at this ceremony for the last seven consecutive years.

According to Col (Ret'd) Yarnell, one of the highlights of this year's ceremony was the presence of Canadian aviation artist Jim Bruce of Montreal, who graciously donated his original oil painting *Roots*, which depicts four faces representing the four time phases of Canada's aviation history. Mr. Bruce presented this original work of art to 8 Wing Trenton, represented by Commander

Colonel Dave Higgins.

The 8 Wing Pipes and Drums opened the ceremony by parading the national flag and other banners, and retired them after the end of the ceremony.

Guest speakers at the ceremony included Col Higgins, LCol (Ret'd) Joe Bourgeois, Museum Board Chair, and guest of honour James Owens, National President of the Air Force Association of Canada.

Another highlight of the ceremony was the display of the Mark IX Spitfire full scale replica recently acquired by the Canadian Fighter Pilots' Association.

The thousands of stones that have been registered are installed along the walkways of the museum's Air Park

Please turn to Page 11 to view more photos from this year's dedication ceremony.

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## QUINTE FILM ALTERNATIVE



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# WHALE RIDER

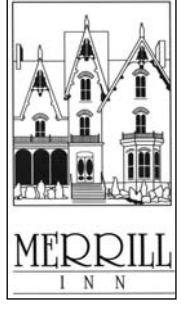
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## Media interviews another part of job for OSCER

by Captain Ian Stock  
Wing Public Affairs

Some may say it's a necessary evil. Others may prefer to have bamboo shoots rammed up their fingernails.

"Actually it should be considered a positive opportunity to get your message out and to make your job easier," says 2Lt Jennifer Jones from Wing Public Affairs.

Is she referring to a PER debriefing?

On the contrary, she's talking about conducting media interviews during time of crisis, such as an aircraft accident or hazardous material spill.

Jones was speaking to an assembled group of students at the ATESS conference room during a key portion of the On Scene Emergency Controllers Course, (OSCER -pronounced "OSCAR"), held recently at 8 Wing/CFB Trenton.

The Wing Public Affairs and Wing Imaging teams were providing a half-day media relations seminar for the students.

The students, primarily from the Air Traffic Control community, came from across the country to participate in the two week OSCER course.

"Dealing with the media is a necessary part of the OSCER job," adds Maj Jack Limo, chief organizer and instructor of the course. "We want to impress upon the students that the media must be dealt with properly during an emergency situation. If they're not handled properly - or worse - ignored outright, it will make the OSCER's job even more difficult. That's why we stress the importance of this kind of training."

"The media are not to be feared," adds 2 Lt Jones. "We want the students to realize that the vast majority of reporters are just people out there doing their jobs. During a crisis situation, it's far more productive to help them out by giving them the facts as soon as possible, rather than leave them alone to report on rumours, speculation and potentially negative outside sources."

The students were given a preliminary briefing by 2 Lt Jones on the mindset and inner workings of the media and provided tips on how to effectively get the message to the media in a short timeframe.

"It's all about getting the facts released; the who, what, when, why, where and how, as quickly as possible," says 2Lt Jones. "During a crisis, it's difficult to obtain this information as you're dealing with the 'fog of war' but it's got to be done. Reporters crave this information and, given their often superior communications technology and persistence, you want to ensure they get it right. Otherwise, misinformation can worsen the situation."

After the initial briefing, students practiced their newfound skills in mock crisis scenario interview sessions on camera.

"The Public Affairs team is rigorous in these sessions and they really give the students a good going over," adds Maj Limo. "But when the OSCER is out there dealing with an emergency response situation in real-time, they'll be thankful they had this training beforehand."

"We ask both the soft and the hard questions the OSCER will have to field



Photo: Capt Ian Stock  
**Capt. Chris Dery, from 14 Wing Greenwood, gets grilled by 8 Wing 'reporters' during media interview training for a recent On Scene Emergency Controller course.**

from reporters in a high intensity situation," says 2 Lt Jones. "There may not be a lot of time so the OSCER needs to be prepared to deal with sometimes aggressive questioning. It's going to help them in the end."

For many of the students, the classroom training was their first experience with the media.

Capt Dave Thurston, an Air Traffic Controller from 19 Wing Comox, had the daunting challenge of being the first "interviewee" up.

"It's pretty tough sticking to the facts when you're literally in the spotlight,"

says Capt Thurston. "But I found it to be very helpful and more realistic when I went first, although you do tend to pick up more tips and pointers after watching everyone else follow."

"It was definitely good for the group as a whole to watch and critique each other, plus we had a few laughs at each others' expense," adds fellow participant, Maj Yves Messier from 430 Tac Hel Sqn in Valcartier. "And I think this will really make my job a lot easier. This session really changed my perception of the media."

### WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



**A well deserved thank you to Wing personnel who are committed to the success of the Wing recycling program. Wing Environment received numerous calls about the recycling of coffee cups. Coffee cups in general are recyclable but not Tim Hortons coffee cups because of the coating on the cups. Soon this new poster will be added to the recycling stations to emphasize that these cups do not go in the recycling bin. This will go a long way in preventing the contamination of recycling. Other products that are not recyclable are: bubble wrap, anything that crinkles such as chip bags, zip lock bags, bendable Styrofoam (if it snaps, it is recyclable), mixture of two products, and plastics that do not have a triangle logo on the bottom with a number from one to six inside the triangle. For more information, please contact Dot Serre at 3295.**



# Arctic SAREX attracts Americans, Russians

by Capt Dave Muralt  
1 CAD Public Affairs

WINNIPEG – 15 members of Canada's Air Force took part in the annual Arctic Search and Rescue Exercise hosted this year by the Russian Federation at Gelendzhik, Russia, from Sept. 10 to 12.

Arctic SAREX 03 is the tenth in a series of Canadian, American and Russian military efforts to improve combined Search and Rescue (SAR) capabilities to respond to major air disasters and major searches.

"The Arctic SAREX program is an important series of exercises for us," said Major-General Marc Dumais, Commander of 1 Canadian Air Division.

Not only does it promote understanding between Russian, American and Canadian Forces, it also provides a venue for each nation to observe the others' search and rescue procedures and equipment and to demonstrate their own."

In a departure from what has become the normal theme of the Arctic SAREX series, this year's training scenario involves the rescue of three astronauts from the International Space Station who have made an emergency water landing in a Soyuz spacecraft (Russian spacecraft normally make dry-land touch-downs).

The Canadian contribution includes members



Photo: Capt D.A. Muralt

**Under the watchful eye of a Russian jump master, 435 (T&R) Squadron Search and Rescue Technician Sgt Rick Henry has just exited the rear door of a Russian Federation Mi-8 helicopter for a free-fall jump on to the Gelendzhik airfield, Gelendzhik, Russian Federation, 10 Sep 03.**

from: 442 Squadron (Sqn) in Comox, B.C., 424 Sqn in Trenton, Ont., 413 Sqn in Greenwood,

N.S., 435 Sqn in Winnipeg, Canadian Forces School of Search and Rescue in Comox, 1 Canadian Air Division Headquarters in Winnipeg and two translators from Ottawa for a total of 17 personnel.

In Canada, aerial search and rescue is the mandate of the Canadian Forces. Hundreds of Canadians are rescued by Air Force search and rescue personnel every year from coast to coast to coast.

## Search & Rescue UPDATE



424 Tiger Squadron responded to only one Search and Rescue mission this past week.

Our Hercules aircraft was taken on a mission to Lake Huron to search for an overdue kayaker. After completing nearly 50 per cent of the assigned search area, the United States Coast Guard reported that the missing person was located--safe and sound. The C-130 returned to base without further incident.

Missions for 2003: 133 Missions for Sep.: 16 Persons rescued: 21

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

### The Contact Staff

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**Subscriptions:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

### Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed 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 and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.

Jpeg--Maximum (8X10), 300 dpi

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

### Letters to the Editor:

Internet: [LEBLANC.AL@forces.ca](mailto:LEBLANC.AL@forces.ca)

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



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## OP Peregrine words of appreciation

Now that the firefighting operations have come to a close and our personnel and aircraft have returned home, I would like to relay my sincere appreciation to those who contributed to OP Peregrine.

With minimal notice and in some cases limited training, you rose to the task at hand and distinguished yourselves under difficult conditions. Whether manning a Det Comd Post, working the fire, standing by to provide emergency evacuation response or flying personnel into the area, everyone performed admirably. Your contributions and resourcefulness made a significant difference to the people of BC and demonstrated how the Air Force is ready and able to help those in need.

It was also heartwarming to see how many others were rallying to join the firefighting efforts but had to be held back due to the capacity of the operation. Your dedication and willingness to sacrifice was equally commendable. At ref the CDS mentioned how very proud he was of your performance, a sentiment I fully endorse.

Congratulations on a job well done.

*MGen M. Dumais  
 Commander  
 1 Canadian Air Division*



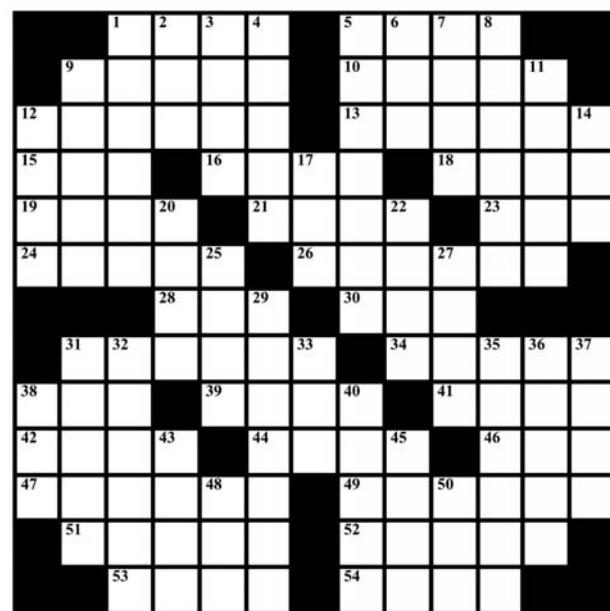
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## Canadiana Crossword

### Coaches Corner

Bernice Rosella and James Kilner



#### ACROSS

- 1 Stinging remark
- 5 Chanteuse Edith
- 9 Some bears
- 10 Coach Dick
- 12 Hengist's daughter
- 13 Coach Mike
- 15 Shade tree
- 16 Manitoulin, for one
- 18 Identical
- 19 Aliases, for short
- 21 Skirt features
- 23 Allow
- 24 Jerks
- 26 Coach Glen
- 28 Aye
- 30 Prefix denoting new
- 31 Egg creation
- 34 Sail supports
- 38 Wine designation
- 39 Try, sometimes
- 41 Fencer's weapon
- 42 Area measure
- 44 Apprised
- 46 Canadian Mil. unit
- 47 Cask
- 49 Coach Al
- 51 Ointment
- 52 Dallas Stars forward, Mike
- 53 Calendar reference
- 54 Incites, sometimes

#### DOWN

- 1 Coach Scotty
- 2 Brewery product
- 3 Hindu princess
- 4 Crass

- 5 Medieval soldier
- 6 Anger
- 7 Prayers to the Virgin
- 8 Wind up
- 9 A kind of dance
- 11 Accuser
- 12 Coach Billy
- 14 After expenses
- 17 Actor Nielsen, familiarly
- 20 Isle of \_\_\_\_\_
- 22 Female Saints, abbr.
- 25 Salts, in Sorel
- 27 Optimism
- 29 Pioneer
- 31 Whales
- 32 Coach Bryan
- 33 Religion
- 35 Kitchen wear
- 36 Signal again
- 37 Scorch
- 38 Taxi
- 40 Coach Toe
- 43 E.S.G. word
- 45 Last drop
- 48 A Gabor
- 50 Sack



## This Week in Contact

1944--RCAF Station Trenton receives its first North American B-25 "Mitchel" Bomber into service; the plane is hailed for its impressive performance with a top speed of 300 mph and range of 2,600 miles.

1953-63--Unavailable

1973--A team of nine para rescue specialists from Trenton won top honours among 38 teams competing at the USAF Jumpfest held at Hurlburt Field, Florida.

1983--Canadian and World figure skating Medalist Elizabeth Manley performs at thr Trenton Community Gardens prior to a Toronto NHL Oldtimers - Trenton Nomads Oldtimers exhibition game.

1993--In a 113 to 18 vote, the Royal Canadian Air Force Association adopts a name change to Air Force Association of Canada, marking " a new chapter and direction for The Association in partnership with Canada's Air Force".



Created & compiled by  
 WO J. H. MacDonald, Deputy Wing Heritage Officer

# Squadron members support Habitat for Humanity

by Laurie McVicar  
Assistant Editor

A Quinte West family of seven will soon have a home to call their own thanks to Habitat for Humanity, St. Paul's Secondary School and the Construction and Engineering Squadron at 8 Wing/CFB Trenton.

Wing Construction and 81 Airfield Engineering Flight were called upon early in the project by Habitat for Humanity volunteer

David Weir. Although students from St. Paul's Secondary School were tasked to do the bulk of the work on the house, they lacked the expertise.

"The base has a wealth of resources in construction. Because of the vast amount of knowledge there, I contacted Major (Wayne) Watson (WCEO)," said Weir.

Prior to the beginning of the school year, the foundation for the house was put in place by Klemencic Construction

and Ken Solmes Masonry.

"The flight was then asked to build the knee walls, install the main steel I beam, floor joist and the sub floor. The reason for this was to have a stable working surface to help the students involved from St Paul's High School," said Master Warrant Officer Garry Morphet. "Once that phase was finished, 81 AEF continued to send men to assist in the framing of the exterior

walls and headers for the doors and windows. Additional personnel assisted in the sheeting of the roof and the installation of the roof shingles," said MWO Morphet.

Not only has the project been an excellent opportunity for the military members to give back to the community they reside in, but a chance to provide training for the squadron's apprentice tradesmen. As is tradition for members of this wing/base, they have

already gone beyond the call of duty by continuing to help out with the project.

"I can certainly see why other countries call upon the Canadian military to help them get to a certain stage after a disaster," said Weir. "These guys have been such an enthusiastic bunch on site. We're ahead of schedule thanks to the base."

Plumbers from the Squadron were on site this week to assist with

the rough-in installation for drainage prior to pouring the concrete basement.

"We are now in the phase of installing the main vent stack through the roof and running associated vent lines. We will continue with water lines and installing fixtures i.e. toilets, sinks etc.... We hope to continue providing assistance for the duration of the project, as our schedules dictate," stated Sgt. Dean Carlson, liaison officer.



Photo: Submitted  
St Pauls Secondary School of Trenton is sponsoring Quinte West's first ever Habitat for Humanity project. They are building a home for a local family with five children. The build is receiving tremendous support from the base - especially the CE Squadron. Pictured above is LCOR R. Baker, WLEO, and Maj Watson, WCEO, and their troops plus John Brisbois and David Weir from the Habitat for Humanity project. Kudos Wing CE!

## OFFICER'S MESS

SUN	MON	TUE	WED	THU	FRI	SAT
Officers' Mess Ladies Club 14 October 2003 Tea & Tour of the Montrose Inn-7:00 for 7:30 \$10. members/\$12. non-member It will be "Hat & Gloves Night" as we step back in time to enjoy an elegant tea & tour of this historic Inn. Prizes will be awarded for most original hats! Questions regarding this, future events or membership can be directed to Carol Baker 394-3886 Louise MacDonald 392-0133 or Joanne Deline 966-7125						
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

1 MTGIT Maggie's Fish & Chips 1700 hrs

2 Sandwich Bar 11:30-13:30

3 Sandwich Bar 11:30-13:30

4

5

6

7

8 MTGIT Pizza 1700 hrs

9 Sandwich Bar 11:30-13:30

10

11

12 Thanksgiving Day! Mess Closed

13 Officers' Mess Ladies Club visit to Montrose Inn see above!!

14

15

16 German MTGIT 1700 hrs Cost: \$5/person Pay @ Bar Register Ahead @ 2205

17 Sandwich Bar 11:30-13:30

18 Harvest Candlelight Dinner

19

20

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22

23 MTGIT 1700 hrs Donairs

24 Sandwich Bar 11:30-13:30

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28

29

30 MTGIT Chicken Wings & Salad 1700 hrs

31 Sandwich Bar 11:30-13:30

HAPPY Halloween

1

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3 TGIF 1700 hrs Chicken & Taters Sports/Euchre

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9 TGIT Food TBA Sports 1800hrs Pool

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12

13 Thanksgiving Day!

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17 All Ranks Oktoberfest TGIF Food TBA Sports/Euchre

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24 TGIF Food TBA Sports 1800hrs Pool

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31 TGIF Food TBA Sports 1800hrs Euchre

HAPPY Halloween

# OCTOBER 2003

## JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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3 TGIF 1700 hrs Chicken & Taters Sports/Euchre

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9 TGIT Food TBA Sports 1800hrs Pool

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13 Thanksgiving Day!

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17 All Ranks Oktoberfest TGIF Food TBA Sports/Euchre

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24 TGIF Food TBA Sports 1800hrs Pool

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31 TGIF Food TBA Sports 1800hrs Euchre

HAPPY Halloween

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3 TGIF 1700 hrs Chicken & Taters Sports/Euchre

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9 TGIT Food TBA Sports 1800hrs Pool

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13 Thanksgiving Day!

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17 All Ranks Oktoberfest TGIF Food TBA Sports/Euchre

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24 TGIF Food TBA Sports 1800hrs Pool

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26

27

28

29

30

31 TGIF Food TBA Sports 1800hrs Euchre

HAPPY Halloween

# 2003 OCTOBER



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**Drinking water in Afghanistan... pure joy!**

by CIDA

A well. A pump. Water. That's all it takes to make kids happy in Afghanistan.

You want proof? Look at the radiant smile of the young boy pictured right in the Bagrami region of Kabul province where several wells have been dug. Just cranking the pump is fun in itself. But there's more. The boy will take home drinking water that will make his family's life a lot easier. They've been without it for years.

Less than one quarter of the people of Afghanistan have access to drinking water. The war destroyed infrastructure and increased poverty. Drought only compounded the situation. The spectre of disease haunts every home that uses contaminated water. Diarrhea, fever, and skin eruptions are only a few of the conditions that can afflict those who drink such water.

The Rehabilitation Organization of Afghanistan (ROA) is responsible for digging



Photo: Pedram Pimia

**You would smile, too; if a new well and a hand-pump were installed in your neighbourhood after years without access to safe drinking water.**

wells in the villages of the Bagrami region. This Afghani non-governmental organization specializes in construction, emergency relief, agriculture and irrigation.

ROA can rely on the support of the Canadian International Development Agency (CIDA) in carrying out its project — funding is pro-

vided by the Canadian Fund for Local Initiatives in Afghanistan.

In all, 36 wells will be dug and 36 hand pumps will provide drinking water to about 15 families. Men, women and children will be able to drink water by the glassful without worrying about getting sick. And they won't have to walk for

miles to fill their buckets.

The pumps will certainly bring a smile to the faces of the children in the villages of Bagrami. Above all, the pumps will give them hope for healthy lives, expand their horizons, and help them believe in a better tomorrow.

*Article courtesy of the Canadian International Development Agency.*

**Please recycle this newspaper!**

**New Chaplain General for CF**

OTTAWA, Sept. 26 /CNW/ - An installation ceremony was held Sunday in Ottawa to welcome Brigadier General Ronald Bourque into his new position as Chaplain General of the Canadian Forces.

"I welcome Brigadier General Bourque's appointment and installation as Chaplain General," said the Chief of the Defence Staff, General Ray Henault.

"He and the Canadian Forces chaplains under his command have a key role to play in the well-being of Canadian Forces members and their families. Through their spiritual guidance, our chaplains also contribute sig-

nificantly to our operational effectiveness."

The ceremony was celebrated jointly by the Interfaith Committee on the Canadian Military Chaplaincy (ICCMC) and the Department of National Defence and presided over by Reverend Dr. Andrew R. Irvine, Chairman of the ICCMC and representative of the Baptist Ministry of the Canadian Forces.

"Our role is to provide spiritual leadership to the men and women of the CF and their families," said Padre Bourque. "Chaplains always accompany CF personnel on deployments and provide ministry to their

families at home. This ministry of presence brings the sign of the sacred into the realm of the temporal. Through ecumenical and interfaith cooperation chaplains ensure that the spiritual needs of all members of the CF, regardless of belief or religious persuasion, are met."

The office of the Chaplain General alternates between a Roman Catholic and a Protestant chaplain every two years to ensure ecclesiastical integrity.

Brigadier General Bourque is a Roman Catholic chaplain, replacing Commodore Timothy Maindonald, an Anglican chaplain.

**Pet Particulars**

**Low cost rabies clinics**

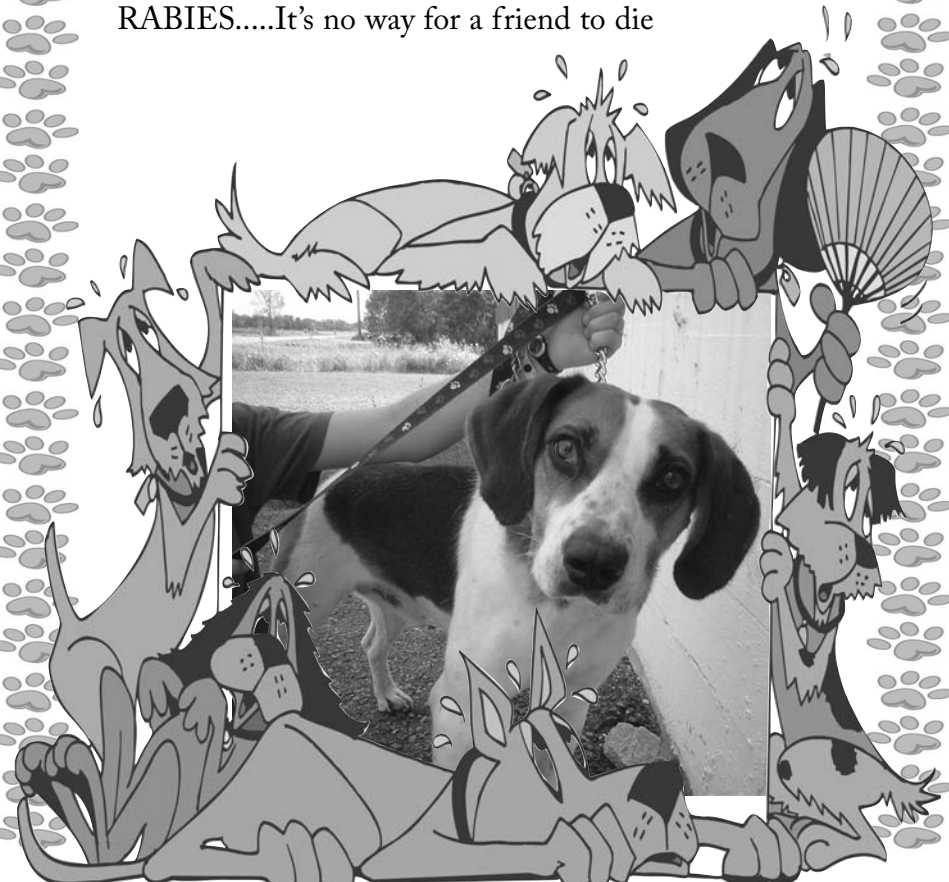
**When:** Saturday October 4th, 2003, 9:30 am-2:30 pm

**Where:** Hillcrest Animal Hospital, Quinte Animal Hospital, Trenton Pet Hospital

**Cost:** \$15 per animal

Remember, Rabies Vaccinations are mandatory in this area

**RABIES.....It's no way for a friend to die**



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# Protect your pet - immunize them against rabies

Once again this fall the Hastings & Prince Edward Counties Health Unit has joined forces with local veterinarians to provide low cost rabies vaccinations.

Rabies vaccination for cats and dogs is mandatory in Hastings and Prince Edward counties and is the best defense for protecting people and pets against the fatal disease. The Health Unit

and the Quinte District Veterinarian Association are hosting low cost vaccination clinics for pets on October 4, 2003 in various locations throughout the area.

For full details of the clinic schedule, visit the Health Unit web site at [www.hpechu.on.ca](http://www.hpechu.on.ca) and click on "Clinic and Classes". The site also has a rabies section under Health Topics.

"Public awareness and knowledge are essential to the fight against the spread of rabies," said Glen Hudgin, director of public health inspection. "The best way to prevent rabies from infecting pets is to immunize them regularly."

To prevent the spread of rabies, you should:

- Make sure your pets are vaccinated against

rabies;

- Never touch an animal you don't know;
- Do not touch dead, hurt or sick animals;
- Warn children to stay away from wild or stray animals;
- Do not keep wildlife, including raccoons, as pets;
- Contact your municipal animal control agency if you see a potentially rabid animal.

Rabies is a viral disease spread by the saliva of an infected animal like dogs, cats, raccoons, foxes, bats, horses, cows, pigs and others. The saliva can enter the body through a bite or scratch.

If you are bitten or scratched by any animal, contact your doctor and the Hastings & Prince Edward Counties Health Unit at 966-5513, ext. 255 to report the incident.

## October is Fire Safety Month

(NC)—As the colder weather approaches and Canadians begin to think about relaxing next to a cozy fire or turning up their furnaces, it's important they remember to follow proper fire safety practices. The Garrison team has put together a fire safety checklist to help ensure this winter is a safe and happy one.

### Home Safety Checklist:

#### Smoke Alarms

- Is there a smoke alarm on every level of the house?
- Does that include both types of alarms? Photoelectric for smoldering, slow-burning fires and ionization for fast-

flaming fires?

- Have the smoke alarms been tested once a month to ensure they are in good working condition?
- Have alarms that are more than 10 years old been replaced?
- Have the batteries been changed recently?

#### Fire Extinguishers

- Is there an extinguisher on every level of the home?
- In the kitchen?
- In the garage?
- If you have them, check the gauge to ensure it is still charged
- Does everyone in the house know how to use the extinguisher?

P - Pull the pin on the fire extinguisher

A - Aim the extinguisher

S - Squeeze the trigger of the extinguisher

S - Sweep the extinguisher left to right to cover the base of the fire

#### Carbon Monoxide Detectors

- Is there a CO detector on every level of the home and outside the bedrooms?
- Have the batteries been changed recently?
- Have the fuel burning appliances and equipment been checked within the last year by a qualified service technician?
- Are fuel burning appliances properly vented?

• Are chimneys and vents clean and in good working condition?

- Have alarms that are more than 7 years old been replaced?

#### Fire Escape Route

- Has the family created a fire escape route?
- Does the plan include two ways out of every room in the home?
- Does your home have a Fire Escape Ladder?
- Have members of the family reviewed and practiced the escape route within the last year?
- Do family members know how to unlock the doors and windows quickly, even in the dark?

## Fire Prevention Week Schedule

<p><b>Sunday, Oct. 5</b></p> <ul style="list-style-type: none"> <li>- Emergency vehicle parade in the PMQ area at 9:00 hrs;</li> <li>-Emergency equipment and informational displays;</li> <li>-Fire Safety House;</li> <li>- Various activities, including face painting;</li> <li>- Contest for kids and small prizes;</li> <li>- BBQ 1300 hrs to 1500 hrs (Hotdogs, Hamburgers, Juices).</li> </ul>	<p><b>Monday, Oct. 6</b></p> <ul style="list-style-type: none"> <li>- Proclamation of Fire Prevention Week;</li> <li>- Fire Warden of the year award by the WComd at 10:00 hrs at the south side parade square;</li> <li>- Fire Exercise demonstration at Base Head Quarter's Post Office around 10:30 hrs;</li> <li>Morning visit to Breadner Elementary School.</li> </ul>	<p><b>Tuesday, Oct. 7</b></p> <ul style="list-style-type: none"> <li>-Morning visit to L'École Cite Jeunesse.</li> </ul>
		<p><b>Wednesday, Oct. 8</b></p> <ul style="list-style-type: none"> <li>- Morning visit to l'Envole Catholique School.</li> </ul>
		<p><b>Thursday, Oct. 9</b></p> <ul style="list-style-type: none"> <li>- Morning and afternoon visit to the Siskin Centre (pumper rides).</li> </ul>
		<p><b>Friday, Oct. 10</b></p> <ul style="list-style-type: none"> <li>- No Event.</li> </ul>
		<p><b>Saturday, Oct. 11</b></p> <ul style="list-style-type: none"> <li>- End of Fire Prevention Week.</li> </ul>

## Safety checklist for machinery



Submitted by  
Doug Bird, Deputy  
Wing General Safety  
Officer

If you work around or on moving machinery, take a minute to review these tips for safety:

Operate machinery only if you are author-

ized and trained to do so. Study the manufacturer's operating manual.

Know how to stop the machinery before you start it.

Make sure all machine guards are fitted correctly and securely and are maintained in good working order.

Never attempt to start a machine which has a lockout tag on it.

Determine if the machine is working properly. Inform your supervisor if you discover any problems.

Check to see if the

area around the machine is tidy and free of obstruction.

Wear the required Personal Protective Equipment (PPE) such as safety footwear and eyewear.

Do not wear loose items including gloves, dangling chains, rings or unrestrained long hair. These could get caught in the moving parts and pull you in.

Stop and think before operating machinery. Use a checklist to ensure safe working conditions.

## ANNOUNCEMENT

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# Fitness, Sports & Recreation

## Intersection Curling

The Intersection Curling League organisational meeting is rescheduled for 1000 hrs, Tuesday, October 14, in The Gymnasium conference room.

The league is open to CF Military, DND, NPF & contract full time employees. Interested team reps or players are to attend subject meeting in preparation for the 2003/2004 Curling Season. For further information, contact Dan Cormier at local 3373.

## Indoor Soccer League

Come and join us for this year's 2003 - 2004 Indoor Soccer League.

The league is open to all CF Military, DND, and NPF full time employees. The teams will be mixed men & women so all are encouraged to join! There will be a meeting held on 1000 hrs Wednesday, October 8, all interested team reps or players are asked to join. Games will be held tentatively on Thursday evenings. Joining the league is easy; bring in a whole team or join individually! All of those who are interested in playing & having fun please contact the Military Sports Coordinator, Dan Cormier, at local 3373.

## Women's Hockey Team

The 8 Wing/CFB Trenton Women's Hockey team will be hitting the ice every Thursday, 1500-1600 hrs. No matter what your ability, you are welcome to join us, in an hour of learning and fun.

This team does not play in a league but will attend an Ontario Region Training Camp, scheduled from November 14 -16 at the RCAF Arena, in hopes of making the Ontario Region Team, which will represent the Ontario Region at the Canadian Forces National Women's Hockey Championship. Anyone interested in playing or coaching are asked to contact WO Lisa Rowe at local 7086 or Dan Cormier at local 3373.

## Terry Fox Challenge

When was the last time you truly challenged yourself? This is your opportunity!!!

On October 17, PSP Fitness & Sports presents "The Terry Fox All Strength Challenge & 5k Run". Events from the All Strength Challenge will include the farmer's walk, tire flip, truck pull, relay race, and much more!

This event will be open to all 8 Wing members and DND staff. Donations will be accepted upon registration. All proceeds will be donated to The Terry Fox foundation.

All events will begin at 1200hrs at Bakers Island. Deadline for registration will be Thursday, Oct. 16 @ 12:00 hrs. Contact Gregg Garrity @ Ext.2825 or 3467 to register today.



## More than one way to keep motivated



Laurie McVicar

Wednesday, October 1

## Confessions from the Gym

Losing weight can be a long journey fraught with self-doubt and setbacks. Over the past year, I seem to have had my share of both.

Id be lying if I said I haven't strayed from my healthy lifestyle commitment more than once...okay, maybe more than that. What brings

me back on track, however, is the constant motivation I get from hearing success stories from other people who have walked this road.

Somehow, the ability to read about or talk with someone who has succeeded in the same endeavour provides you with the drive to succeed in your own. My favourite source of suc-

cess stories has become www.fitnessmagazine.com. The stories range from people who have lost 20 or 30 pounds, to people who have lost 100+ pounds.

One story I've reread several times is about a woman who lost a total of 194 pounds. At the age of 20 she topped the scales at 319. As you can imagine, weight loss to this extent did not happen overnight, or even within a year. It took her three years to lose 125 pounds. Although it's frustrating to think I too may have to wait that long before achieving my goal weight, I realize that it took even longer to get

the body I have now.

If you are not quite computer savvy, there are plenty of other ways to stay motivated such as weight-loss groups, walking clubs, diet and workout buddies and, my other favourite method, keeping photos on hand of you at your highest weight. In addition, keep your eye on the Contact for information about a Weight Wellness program offered this fall by the Health Promotions department.

*What motivates you to stick with your diet and fitness regimen? Share your tips with other readers by e-mailing me at McVicar.L@forces.gc.ca.*

## Time to hit the pool

by Tammy Topping

Swimming is a sport that requires both muscular strength and endurance, and for this reason when training with weights you need to concentrate on developing strong muscles with high endurance capabilities.

Circuit training, especially using lightweights will also be highly beneficial for persons who wish to improve their fitness level for competitive swimming.

As always mentioned, prior to exercising, you should always warm-up and stretch. For swimmers, it is vital that you spend quality time stretching both before and after all exercise routines, either weight training/circuits/swimming, in order to maintain good flexibility.

Remember strength training is one aspect to improving your swimming, however the key area is technique. If possible either get a coach to analyse your stroke, or have a colleague video you swimming, so you can see what you're doing wrong.

Aim for either high reps (15+) with low / medium weights ideally for one to two sets, to build good muscular endurance, followed by one set using a heavier weight, for six to 10 reps to build strength (not size).

Example exercises...

### Upper body

- a) Bench press
- b) Bicep curls
- c) Tricep pushdowns
- d) Shoulder press

### Lower body

- a) Leg extensions
- b) Hamstring curls
- c) Calf raises
- d) Gluts cable pull

### Core

- a) Crunch/torso twist
- b) Supermans

## Astra Lanes report

Cathy Stoddart led the way this month with games of 335 and 311 on Monday night to take over ladies high average for the Monday night league. Now that the leagues are in full swing we are still looking for bowlers on all leagues. If interested please contact Ernie Strocel at Astra Lanes, local 3305.

### Monday Scratch League

Mens High Average - Mike Stoddart 248, Ernie Strocel 220, Jim Edworthy 219.

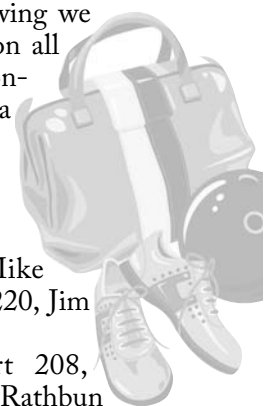
Womens - Cathy Stoddart 208, Merilyn Ekman 207, Edie Rathbun 200.

High Quad - Mike Stoddart 1062, Jim Edworthy 1047, Ernie Strocel 1039.

Womens - Merilyn Ekman 992, Cathy Stoddart 983, Lorraine Beckman 892.

High Single - Harold Stoddart 333, Mike Stoddart 319, Jim Edworthy 312.

Womens - Cathy Stoddart 335, Lorraine Beckman 331, Donna Stoddart 285.



## Pre-School Gym-Cercise

Tuesdays and/or Wednesdays, 9:30 - 10:30 a.m., at the RecPlex. Join Cindy for this introduction to basic gymnastics for pre-schoolers with the emphasis on "FUN". An action-packed program for children with plenty of energy. Children will take part in various activities to improve balance, coordination, flexibility and strength. Parents will learn spotting techniques as their child learns to climb and play. Phone 392-2811, extension 3361 for more info or, just drop in.

## Lauraldo Hair Connection

Kim brings to Lauraldo's over 6 years of experience in the hair styling industry. She excels in spiral perm, colour & highlighting techniques. Kim has resided in the Quinte area for the past 5 years. She & her husband enjoy being new parents to their son. Kim encourages all her past & future clients to visit her at Lauraldo's on the West end.



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# Wing Logistics and Engineering Branch holds Sports Day

Approximately 140 members of the Wing Logistics and Engineering Branch converged upon the south side sports field last Friday for their annual Professional Development/Sports Day. Participants took part in seven challenging games including a rodeo rope toss, "search and rescue" and blind volleyball. Intended to serve as a morale booster and meet and greet for new Branch members, the event culminated with a BBQ in the afternoon. This year, the Branch Trophy and bragging rights went to one of two teams from the Electrical and Mechanical Engineering Squadron.



Photo submitted

The overall winners of the challenge were the competitors from EME 3. Special mentions go to EME 1 for a second place finish, and a three-way tie for third, comprised of teams from WTISS, 86 ASU and EME 2. Pictured above are the winners, presented with their trophy from LCol R. Baker, WLEO.



**Photos by Laurie McVicar, Contact**





# Oktoberfest!

A TASTE OF BAVARIA!



Friday, October 3<sup>rd</sup>  
at the  
**Crystal Palace**  
Picton Fairgrounds  
Doors Open at 5:00 p.m.

Live Music!  
Draft Beer!  
Door Prizes!  
Contests!  
Great Food!

Sponsored by **Angeline's**  
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*Schnitzel, Bratwurst, Sauerkraut ...*

For More Information, Call 393-3301

## CAS pays visit to 8 Wing/CFB Trenton



Chris Colton, Executive Director of the RCAF Museum, gave Lt-Gen K.P. Pennie a tour of the Halifax restoration building during his visit to 8 Wing/CFB Trenton on September 25.

Photo: Cpl Josee Menard, 8 Wing Imaging

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put your feet up



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During his visit, Lt-Gen Pennie received a tour of 424 Squadron. Providing the briefing was LCol Michel Lalumiere (Commanding Officer) and WO Roger Moroni, SAR tech.

Photo: Cpl Josee Menard, 8 Wing Imaging



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## FREE DELIVERY



# Huge crowd witnesses annual AD ASTRA dedication ceremony



The 8th annual AD ASTRA Stone Dedication Ceremony was held at the Royal Canadian Air Force (RCAF) Memorial Museum on September 27, 2003. Fortunately, the forecasted inclement weather held off for most of the popular ceremony, which saw more than 6,500 stones dedicated throughout the museum's Air Park. Colonel (Ret'd) Cy Yarnell served admirably as the Master of Ceremonies (for the 7th straight year), while such dignitaries as 8 Wing Commander Colonel Dave Higgins, Museum Board Chair LCol (Ret'd) Joe Bourgeois addressed the crowd of approximately 1,500. The Guest of Honour was Mr. James Owens, National President of the Air Force Association of Canada.



some of our shopping highlights

BENIX & CO. BLACK'S. BODY SHOP (THE). CARLTON CARDS. COLES. COLLACUTT. ELECTRONICS BOUTIQUE. EVERYTHING FOR A DOLLAR. FAMOUS PLAYERS 8. GATEWAY NEWSTANDS. HALLMARK. IT STORE. JAPAN CAMERA. KEYMAN ENGRAVABLES. LAURIER OPTICAL. LCBO. LEWISCRAFT. MONDO LIDO HAIR CARE. MONEYSWORTH & BEST. MUSIC WORLD. PANHANDLER (THE). PERSONALLY YOURS. PETCETRA. PET STORE (THE). PRECISION OPTICAL. QUINTE SMOKE & GIFT. RADIO SHACK. REGIS SALON. ROB MCINTOSH CHINA. ROGERS AT&T. SAM'S. SEARS. SHOPPERS DRUG MART. SPORT CHEK. STAPLES. STITCH IT. TELUS. TINA'S NAILS. TOYS R US. TV SHOWCASE. WIRELESS WAVE

Photos by MCpl Darren Kraus



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PAT MERCER  
(Former SAR Tech/Ancien Tech SAR)

**Date:** October 8, 2003 / Le 8 octobre 2003  
**Time/Heure:** 1200 to 1300 hrs / 12h00 à 13h00  
**Location/Endroit:** Bistro, Siskin Centre (MFRC)  
Bistro, Centre Siskin (CRFM)

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[http://kingston.mil.ca/lcc/English/Trenton/lunchLearn\\_future\\_e.asp](http://kingston.mil.ca/lcc/English/Trenton/lunchLearn_future_e.asp)  
For more information, please call ext. 2044 or 2557.

Pour s'enregistrer, allez à:

[http://kingston.mil.ca/lcc/French/Trenton/lunchLearn\\_future\\_f.asp](http://kingston.mil.ca/lcc/French/Trenton/lunchLearn_future_f.asp)  
Pour plus d'information, appelez le poste 2044 ou 2557.

## What's new at Clothing Stores? How about a new "BoSS"

A new state-of-the-art Body Scanning System has been installed at Clothing Stores.

The Body Scanning System (BoSS) is a touchless, automated, body measuring and sizing system that has been developed by DSSPM (Director Soldier Systems Program Management), DRDC (Defence Research and Development Canada), and Private Industry (VisImage Systems Incorporated).

The system uses two low-cost, high resolution digital

camera's and a personal computer to capture digital images of the subject and calculate body measurements.

*As the first base chosen for BoSS, 8 Wing has been given the unique opportunity to review this revolutionary technology first hand.*

The software program determines the most appropriate garment size based on the captured dimensions.

The purpose of the system is to assist Clothing Stores per-

sonnel with accurate sizing and to provide valuable body measurement and sizing data to DND uniform designers and managers.

As the first base chosen for BoSS, 8 Wing has been given the unique opportunity to review this revolutionary technology first hand. All personnel at 8 Wing are encouraged to participate in the scanning process.

For more information, please contact Clothing Stores staff at local 2214 or 7026.

Hours of operation are 1000 to 1500 hrs, Monday to Friday.

### THE OPERATIONAL STRESS INJURY SOCIAL SUPPORT (OSISS) PROJECT IS LOOKING FOR FAMILY MEMBERS OF CF MEMBERS AND VETERANS OF AN OPERATIONAL STRESS INJURY (OSI) VICTIM

The OSISS Project, a partnership initiative of the Department of National Defence and Veterans Affairs Canada, is conducting a needs analysis study focusing on the social support requirements of those who live with a CF member or Veteran affected by an OSI such as PTSD, Anxiety, Depression, etc.

We are seeking **family members** who are **18 years of age** and older, **living under the same roof** as the person experiencing the OSI (serving or retired) for at least six months, to participate in this study. By family member we mean next of kin, spouse, common law relationship, caregiver, children, parent, etc. The results of the needs analysis may influence future social support services offered to family members. Your participation will require 2.5 hours of your time and will consist of participating in two main activities:

#### *An Information gathering session*

- Participate in a 1.5 hour discussion that will gather 6 to 12 people;
- The discussion will seek your views on the day-to-day challenges of sharing your life with an OSI victim and the social support needs that are presently not met that could help improve your quality of life and that of your children.

#### *Survey Questionnaires*

- Individually completed following the information gathering session;
- The questionnaires will take approximately 1 hour to complete and will include questions on physical and psychological health (**yours** and your children); functioning in the family and society and **your** coping strategies to face life stressful events;

Thursday, Oct 9 from 06:45 p.m. till 09:00 p.m.  
Siskin Centre (MFRC) 50 Rivers Drive East, Trenton  
Information and /or registration in Trenton call: Eve Lawrence : 613-965-3595  
Trenton/Peterborough call: 1-866-845-5757  
[www.osiss.ca](http://www.osiss.ca) or [peersupport@aol.com](mailto:peersupport@aol.com)

- All information collected in this study will remain **strictly confidential and anonymous**.

### LE PROGRAMME SOUTIEN SOCIAL AUX VICTIMES DE STRESS OPÉRATIONNEL (SSVSO) RECHERCHE DES MEMBRES DE LA FAMILLE DE MILITAIRES ET DE VÉTÉRANS VICTIMES DE STRESS OPÉRATIONNEL (VSO)

Le programme SSVSO, une initiative issue du partenariat entre le ministère de la Défense nationale et le ministère des Anciens Combattants Canada, mène présentement une analyse des besoins en soutien social **auprès des membres de la famille** de personnes touchées d'une blessure de stress opérationnel telle que le SSPT, l'anxiété ou la dépression.

Nous recherchons des **membres de la famille** d'une VSO, âgés de **18 ans** et plus, **habitant sous le même toit** que la VSO depuis au moins **six mois**, intéressés à participer à cette étude. Par membre de la famille, nous entendons: conjoint(te), partenaire d'union de fait, aidant naturel, parents, enfants, etc. Les résultats de l'analyse des besoins permettront d'influencer les futurs services de soutien destinés aux familles. Votre participation à l'étude sera d'une durée de 2h30 et comporte deux activités :

#### *Groupe de discussion*

- Participer à un groupe de discussion d'une durée de 1h30, réunissant de 6 à 12 personnes.
- Le thème de la discussion est : les défis et les transformations dans votre vie et celle de vos enfants, du fait de la partager avec une VSO, et les besoins en soutien social liés à l'aide que vous souhaitez recevoir.


#### *Questionnaires écrits*

- Les questionnaires prendront environ 1h à compléter individuellement. Ils seront administrés après le groupe de discussion.
- Les questionnaires couvrent des aspects comme : la santé physique et psychologique (la vôtre et celle de vos enfants); **votre** fonctionnement social et familial, **vos** stratégies d'adaptation face aux événements stressants de la vie.

Jeudi le 9 octobre, de 18:45 à 21:00 hrs  
Le Centre Siskin (CRFM) 50 Rivers Drive East, Trenton  
Information et /ou inscription : à Trenton: Eve Lawrence : 613-965-3595 Trenton  
Trenton/Peterborough 613-545-8452 ou 1-866-845-5757  
[www.osiss.ca](http://www.osiss.ca) ou [peersupportkin@aol.com](mailto:peersupportkin@aol.com)

- Les informations recueillies demeureront strictement **confidentielles et anonymes**.

  
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Community Events

# Community Events

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- School of Rock (PG) 1:10 7:10 9:20
- The Rundown (PG) 1:00 7:00 9:10
- Secondhand Lions (PG) 1:05 7:05 9:15

Coming Soon - Intolerable Cruelty, Runaway Jury

Matinees Saturday & Sunday

Admission: \$7.00 (adults 18+) \$5.00 (youth) Wed. & Matinees \$5.00 (ALL)

**CALL 392-4211 FOR INFORMATION**

**MOVIES MOVIES MOVIES**

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.

## Prince Edward County 10th Annual Juried Studio Tour

**October 3 - 5, 10 a.m. to 5 p.m.**

Twenty-four studio and gallery locations in picturesque, historic Prince Edward County. See and interact with over 60 artists, watch live demonstrations of their work. Fine art painters, sculptors, glass blowers, potters, woodworkers, stained glass artists, quilters, fibre artists, photographers, furniture makers, pewter and silver smiths, jewellers and more. All enquiries call 613-393-1696 or log onto [www.pec.on.ca/artists](http://www.pec.on.ca/artists). Info during the tour will be available at the Waring House (west of Picton on Hwy 33) where participating artists will have examples of their work. Artists include: M. Armstrong, C. Burrill, T. Campbell, C. Cunningham, F. de la Roche, A. Haley, P. Hall, A. House, A. Koning - de Bourbon, G. Kristiansen - Jacobs, M. Lane, and more!

The Quinte Chapter, Schizophrenia Society of Ontario, will hold a monthly meeting, Wednesday, Oct 8, 2003 at 7:00 p.m., St Andrews Presbyterian Church, 67 Victoria Avenue, Belleville. The guest speaker will be Janet Walkom, Program Manager of the Mental Health Services, Hastings, Prince Edward Corp.

### FALL CLASS!

Did you know that Spanish is the third most spoken language in the world? Why not learn Spanish with us!! The Trenton MFRC will offer Beginner Spanish and Intermediate Spanish classes starting in the Fall of 2003. You will receive twenty-five hours of instruction for a total of ten weeks. Classes will run until the third week of June. Fees are \$75.00 for military family members and \$85.00 for civilians who are not affiliated with the military. We require a minimum of eight participants per class to offer this service. Please register early to reserve you seat and **START LEARNING SPANISH** Please contact our reception desk at 965-3575 to register or contact Manon Lachance for additional information at 392-2811 ext. 3852.

## Pennies for kids Collecte d'argent

**To be held by 8 Wing Fire Department  
October 26th  
09:00 to 12:00 hrs throughout PMQ areas.  
Support the fight against Muscular Dystrophy.**

**Par la caserne de la 8ième Escadre le 26 Octobre de 09:00 à 12:00 hrs.  
Supportez le combat contre la Dystrophie Musculaire.**

### CHAPLAIN SERVICES SERVICES OFFERT PAR L'AUMÔNERIE

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

**WORSHIP SERVICES**

<p><b>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</b></p> <p>Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)</p> <p><b>MASS</b></p> <p>Sunday Mass (English) 0900 hrs Messe Dominicale: 1015 hrs</p> <p><b>CONFESSION</b> At all times</p> <p><b>PARISH ORGANIZATIONS</b></p> <p>Parish Council 3rd Thurs 1900 hrs Knights of Columbus 1st Thurs 1900 hrs CWL 2nd Tues 1900 hrs Chorale Merc 1900 hrs Choir Tues 1900 hrs Silhouettes of Mary 2nd &amp; 4th Thurs 1830 hrs</p>	<p><b>ST CLEMENT ASTRA (PROTESTANT)</b></p> <p>Chapel Life Co-ordinator Matthew Lucas (Bapt.)</p> <p><b>WORSHIP SERVICE</b></p> <p>Divine Worship (Sun) 1130 hrs Holy Communion 1st Sunday of the month Mid-Week Communion Wed 1230 hrs</p> <p><b>PARISH ORGANIZATIONS</b></p> <p>Chapel Guild Last Tues 1930 hrs</p>
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**BAPTISM/BAPTÊME**  
Please allow 30 days notice for preparation. / Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.

**MARRIAGES / MARIAGES**  
It is necessary to contact the chaplains' office prior to setting a date. Failure to do so could result in disappointment. Afin d'éviter des déceptions, il est important de communiquer avec le bureau des aumôniers avant de choisir votre date.

**DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR**  
After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 392-2811 et demandez l'aumônier en devoir.



# Ten years later, it's deja vu, all over again

## it's your Money



Garth Turner

It's been almost 10 years now since I wrote a book called "2015," which predicted that unless Canadians, especially we Baby Boomers, started getting our financial house in order, a retirement crisis was almost certain - by 2015.

Since then, it is astonishing to reflect on what's happened, and the effect those events have had on our retirement readiness.

Back in the mid-1990s, I argued that Boomers who followed their parents' investment habits (real estate, GICs and Canada Savings Bonds) would be sorry folks indeed when they turned into senior citizens, and should load up on growth assets, like mutual funds and equities. I also suggested people with houses might want to borrow against them and use the equity to finance an investment portfolio. For that, I was

kicked around from coast to coast by people scandalized by such an idea.

Well, my vindication came in the next five years, as stock markets soared and fund and equity investors saw their wealth shoot higher. Everything looked to be nicely on track until this miserable decade started. Then the dot-com meltdown trashed the technology sector. Nine Eleven unleashed the dogs of war. Corporate scandals destroyed investor confidence and helped create a serious bear market. Then we added in a dash of SARS, mad cow, power blackout, West Nile and wild fires.

So, the second five years turned out to be times when investors abandoned mutual funds and stocks, piled money into cash, and gorged on real estate. Interest rates and inflation have hit

50-year lows, which means the tens of billions sitting in again in GICs, and savings bonds are paying virtually nothing. Both house prices and mortgage debt levels have hit the highest point in Canadian history. People putting money into bonds have lost sight of the fact they have only one way to go - down - as interest rates inevitably rise. And, most notably, the average Canadian Baby Boomer

The average RRSP amount is virtually unchanged from a decade ago at near \$40,000, and last year retirement savings contributions actually declined. One in three Canadians do not have enough money saved, or the ability to generate enough income, to keep them above the poverty line in retirement.

So what a combination this is: Record amounts of money sit-

corporate pension. And the single biggest group in our country - six million Boomers - now just a decade from officially entering their golden years.

I hate to say it, but all of the fears I raised back with that book are starting us in the chops once again. Why? Mostly because people have not been consistent in their investment and retirement plans, instead trying to time the market to extract the greatest possible return. Too many people in the mid-Nineties stayed invested in fixed income, and only jumped into funds and stocks after markets had risen to their unsustainable highs.

Then millions of people took billions of dollars out of growth assets after Nine Eleven and stuck the cash into money market funds or bank accounts as interest rates crashed to earth. Lots of others fled to the perceived safety of gold, which proved to be no haven at all. And scads of Canadians just took everything they had and threw it into one asset - their homes. The result is that the real estate market has now peaked and

housing starts are at levels that will not hold. It's a time to sell, in other words, not to buy.

The bottom line is that saving for retirement and building an income stream that will last your whole life takes consistency over years and years. Despite everything that has happened over the past ten years, the Dow Jones Industrial Index today sits at more than double the level of 1994. Doubtless, it will have doubled again - at least - by 2014.

In contrast, house prices have only just surpassed the mark they set in 1989 - and that doesn't even take inflation into account. Will houses be worth twice what they are today in another 10 years? Will people be able to afford them? Will those six million retired and cash-strapped Boomers be buying new homes, or trying to unload the ones they have? What will that do to real estate values?

Hmmmm. Seems to me, I asked just the same questions 10 years ago. Pity.

Garth Turner's Investment Television airs nationally Sundays on the Global network.

*The average RRSP amount is virtually unchanged from a decade ago at near \$40,000, and last year retirement savings contributions actually declined. One in three Canadians do not have enough money saved, or the ability to generate enough income, to keep them above the poverty line in retirement.*

is in the soup just as convincingly as a decade ago. The only difference is, we are now 10 years older and 10 years closer to retirement.

A recent survey done by Stats Canada found that a third of people between the ages of 45 and 59 have no idea about when, or whether, they will be able to retire.

ting in investments paying record low returns. The highest levels of consumer and mortgage debt in history. Real estate being its most popular at a time when it is most expensive (is there a comparison in here to Nortel?). The lowest number of people in modern history who are eligible to receive a

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### Boost savings now

(NC)—Certified Financial Planner (CFP™) and CIBC Imperial Service financial adviser Anita Prescott says a great investment strategy to keep ahead of market volatility may be to boost your monthly savings. "Now more than ever the old financial planning adage to 'pay yourself first' is particularly important," says Prescott.

"During this period of market uncertainty, investors can take a fresh look at their retirement goals and if appropriate, step up their savings." Prescott says a 40-year-old with a \$150,000 portfolio today and a goal to have \$1 million at age 65, could possibly achieve this simply with the help of regular savings. For example, a monthly contribution of \$527, earning 6% interest compounded annually, would grow to more than \$1 million at age 65 before taxes.

The key is to take the time today to plan carefully for a sound financial future, says Prescott. And by increasing contributions to a regular investment plan (RIP), achieving your long term financial goals may be easier - and quicker - than you think.

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# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
October 5 - October 11

**ARIES** (March 21-April 19): You'll be lucky where love, romance and business are concerned on the 5th and 6th. Take action and let your thoughts be known. Your contributions will lead to opportunities far beyond your expectations. Someone you thought you could trust may not be telling you the whole story on the 7th and 8th. An older relative or parent may need to talk. Your imagination will be in top form. New concepts or ideas could make you some extra cash on the 9th, 10th and 11th. Be progressive. Opportunities are apparent and a plan will develop that will help you increase your income.

**TAURUS** (April 20-May 20): Focus on improving your financial situation on the 5th and 6th. If you let emotional matters get you down, you are likely to lose ground. Don't let anyone back you into a corner. Rely on others to lend a helping hand on the 7th and 8th. You will be in a perfect position to meet a potential partner if you attend an event that deals with issues that you believe in. Nothing will be in plain view on the 9th, 10th and 11th, so don't expect to be able to evaluate what to do next. Focus on your future and try to keep things in perspective. Don't make a fuss busy yourself with activities.

**GEMINI** (May 21-June 20): Travel, learning and sharing your thoughts with intellectual friends should be on your agenda on the 5th and 6th. A trip will be enlightening and bring you in contact with someone who will inspire you. Taking an unusual path on the 7th and 8th may upset someone you are close to, but you have to follow what you know in your heart is right. Put your efforts into moneymaking ventures. Enjoy yourself on the 9th, 10th and 11th, but be careful not to reveal secret information someone has specifically asked you to keep to yourself. You can make changes and meet people if you take up a new hobby.

**CANCER** (June 21-July 22): Someone you care about will need your assistance on the 5th and 6th and you won't be able to say no. Don't forget your obligation to those you live with. You may need to get a little help. You absolutely must try something new on the 7th and 8th. Accept change. Community or cultural events should be on your agenda. You will be a magnet when it comes to picking up information. Pay closer attention to what's going on right under your nose on the 9th, 10th and 11th. Trouble may be brewing. Don't let depression get the better of you. Keep the peace by being affectionate.

**LEO** (July 23-Aug. 22): Partnerships may be going through some changes on the 5th and 6th. Don't avoid the inevitable. Face the music and if things aren't right, make a concerted effort to turn things around. Someone you are responsible for may be a burden on the 7th and 8th. Don't let anyone put unreasonable demands on you. A past romantic partner or someone you once worked with may get in touch with you. You will be up for a good time and open to any romantic encounter that comes your way on the 9th, 10th and 11th. This is a perfect time to entertain, socialize or just spend time with the one you love.

**VIRGO** (Aug. 23-Sept. 22): Changes are inevitable on the 5th and 6th. Don't be afraid; embrace whatever comes your way. If you have let your work fall behind, ask for help. Make special plans on the 7th and 8th with the one you love or with close friends. Opportunities will become available if you talk about your future plans. Someone will see your vision and will want to get involved. Money matters can be straightened out on the 9th, 10th and 11th if you are smart with your spending habits. Don't lend to others. Put your money into your own assets. This is a perfect time to take positive chances.

**LIBRA** (Sept. 23-Oct. 22): Try something new on the 5th and 6th. Love and romance will be in a high cycle, so don't miss out. Spend time with the one you love, or socialize so you can meet a future partner. Put your ideas on the table on the 7th and 8th and promote whatever it is you believe in. You should be able to drum up interest in what you are trying to do. Based on your contributions and your talents, advancement is likely. You can move mountains on the 9th, 10th and 11th. If you are dedicated and determined you can make anything happen. People with experience will give you good advice, especially if money is involved.

**SCORPIO** (Oct. 23-Nov. 21): You will have to watch you're back on the 5th and 6th. Someone will undermine you or try to put demands on you. Prepare to stop this person. Learn to say no. Luck is with you on the 7th and 8th. Creatively you will be in a high cycle and your unusual way of looking at things should help to make whatever you do unique and trendy. The 9th, 10th and 11th will be the perfect time to make things right with a partner. You may feel emotional, but if you turn that into romance, you will find the perfect outlet. Your mysterious ways will attract a lot of attention.

**SAGITTARIUS** (Nov. 22-Dec. 21): You can be in the spotlight and build new friendships on the 5th and 6th. Don't hesitate to express your thoughts. Unexpected changes while traveling will lead to a very creative idea. Work on making your place the best it can be on the 7th and 8th. Do the work yourself and you will feel the satisfaction when you are finished. Feeling confined, on the 9th, 10th and 11th will only bring you down, so add some adventure and excitement into your world. Take the initiative and make plans with your friends. There might be some money to be made if you play your cards right.

**CAPRICORN** (Dec. 22-Jan. 19): Financial limitations on the 5th and 6th will be the direct result of your inability to say no. Paying for everyone around you won't buy respect, love or friendship. Unusual people and events will capture your attention on the 7th and 8th. You will make a lasting friendship. Someone interesting will catch your eye and inspire you to make changes. You have so much to gain if you pursue something that interests you on the 9th, 10th and 11th. Whether romance, music, dance or art, do something you find engaging. You will prosper if you attend a moneymaking seminar.

**AQUARIUS** (Jan. 20-Feb. 18): A love interest may not treat you well on the 5th and 6th, so place yourself with the people who will lift your spirits and encourage you to develop your ideas. It's time for a change. Don't hold back on the 7th and 8th. You can change your career direction or even start a business of your own. Be adventurous and you will find yourself setting a new trend. You have a right to change your mind and although it may baffle some of your friends or relatives, it is still up to you to make your own choices on the 9th, 10th and 11th. Explore your options fully so that you can make the best decision.

**PISCES** (Feb. 19-March 20): You will be able to stabilize your financial situation if you budget properly on the 5th and 6th. Don't take chances. Be smart with your cash and your time. If you are single, you will be in the mood to fall in love on the 7th and 8th. If you're already in a relationship, rekindle the flame. Travel will be in your best interest. Music or any other creative endeavor will play an important role. You may be questioning what you should be doing for a living on the 9th, 10th and 11th. Don't give into demands; instead, take control of your life and work toward whatever will make you happy.

## NEW SUB-GROUP AT 8 WING/CFB TRENTON



Photo: Laurie McVicar, Contact

Lieutenant-Colonel Bill Lewis, Wing Administration Officer, shakes hands with Daniel MacPherson, Chairman of the new Professional Institute of the Public Serve of Canada (PIPSC) subgroup Computer Systems - Department of National Defence - Quinte. The purpose of the subgroup is to give representation to and address the concerns of PIPSC members here at 8 Wing/CFB Trenton. Also pictured are executive members (from left) Glenn Maxwell (Co-Chair), Joe Abbott (Communications) and Danielle Pelletier (Secretary).

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## AND TRADES

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A fair price for everyone  
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## Dozens of foreign officers visit Wing

Seventy-one (71) Foreign National Officers (FNOs) under the Military Training Assistance Programme (MTAP) visited 8 Wing/CFB Trenton on September 29-30, 2003.

These officers were from the Czech Republic, Hungary, Poland, Ukraine, Bulgaria, and Mongolia

and are learning English within the framework of Canadian democracy at ELFC in St Jean, QC. This visit to CFB Trenton was part of their Canadian exposure. The FNOs toured a variety of areas here on the Wing, including the Canadian Parachute Centre and 424 Squadron. See photos this page.

## VISITORS FROM AFAR



Military Training Assistance Program (MTAP) personnel tour 424 Squadron and get an upclose look at a Labrador Helicopter.



Participants in the Military Training Assistance Program paid a visit to 8 Wing/CFB Trenton this week. Among other things, participants toured through both Hercules and Airbus aircraft.



Military Training Assistance Program (MTAP) participants pay a visit to the Canadian Parachute Centre during a visit to 8 Wing/CFB Trenton.



Personnel tour the interior of a Labrador helicopter at 424 Squadron.

Photos by Cpl Chris Bentley, 8 Wing Imaging

# Century 21

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## Career Night

Thursday October 09, 2003

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**(613) 392-2511**

## WO'S & SGT'S MESS

SUN MON TUE WED THU FRI SAT

★ 		1 1000 hrs Coffee & Donuts	2	3 TGIF 1200 hrs Fish & Chips 1700 hrs Shepards Pie	4	★
5	6	7	8 1000 hrs Coffee & Donuts	9 TGIF 1200 hrs Chicken & Ribs 1700 hrs Spaghetti	10	11 ★
12 	13 Thanksgiving Day!	14	15 1000 hrs Coffee & Donuts	16	17 TGIF 1200 hrs Donairs 1700 hrs Subs	18 ★
19	20	21	22 1000 hrs Coffee & Donuts	23	24 TGIF 1200 hrs Chicken Wings 1700 hrs Hot Chicken	25 ★
26 	27	28	29 1000 hrs Coffee & Donuts	30	31 TGIF 1200 hrs Pizza 1700 hrs Philly Steaks	HAPPY Halloween

# 2003 OCTOBER





# Showcase

## Congratulations! Félicitations!



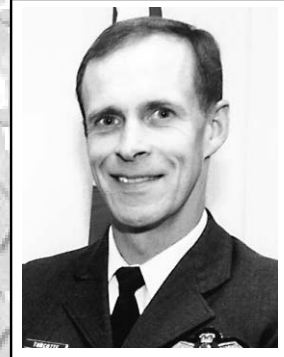
**Wing Ops--29 Aug 02**

Rear L to R - A3 LCol A. Maziarski, MCpl Passley, Cpl Bowers, A3 Branch MWO - MWO Ostner.  
Front L to R - Sgt Watkin, Capt Turcotte, Cpl Earle.



**Wing Ops--8 Oct 02**

Rear L to R - A3 LCol Maziarski, Capt Ronalds, MCpl Draper, Sgt Watters, A3 Branch MWO - MWO Ostner.  
Front L to R - MCpl Perry, Sgt Myles, Capt Miller.



**Capt D.W. Turcotte**

received a SSM with "Humanitas Bar" presented by LCol A. Maziarski



**Capt G. Miller**

received his CD presented by LCol A. Maziarski



**Capt S.M. Ronalds**

received a promotion to that rank presented by LCol A. Maziarski



**Cpl D.N. Earle**

received his CD presented by LCol A. Maziarski



**Cpl D.R. Bowers**

received his CD presented by LCol A. Maziarski



**MCpl R.E. Draper**

received his CD presented by LCol A. Maziarski



**MCpl T. Passley**

received a promotion to that rank presented by LCol A. Maziarski



**Sgt D.A. Watkin**

received a promotion to that rank presented by LCol A. Maziarski



**Sgt D.T. Myles**

received her CD1 presented by LCol A. Maziarski, A3 Ops O



**Sgt F. Perry**

received a promotion to that rank presented by LCol A. Maziarski



**Sgt L.F. Watters**

received his CD1 presented by LCol A. Maziarski



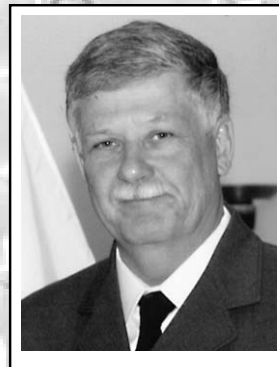
**P02 S. Murphy**

received a promotion to that rank presented by Maj C. Dann, OC Logistics



**Sgt D.G. Boden**

received her Golden Jubilee Medal presented by former Honorary Colonel Roy Bonisteel



**Sgt J.F. Rochester**

received his Golden Jubilee Medal presented by former Honorary Colonel Roy Bonisteel



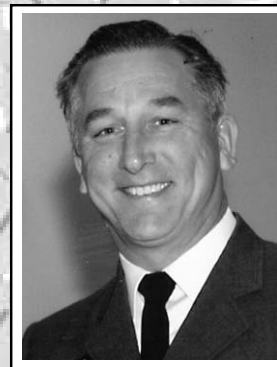
**Cpl M. Rioux**

received his Golden Jubilee Medal presented by former Honorary Colonel Roy Bonisteel



**Sgt D.T. Fowler**

received his Golden Jubilee Medal presented by former Honorary Colonel Roy Bonisteel



**WO M.R. Featherstone**

received his Golden Jubilee Medal presented by former Honorary Colonel Roy Bonisteel



**MWO K. Desormeaux**

received his Golden Jubilee Medal presented by former Honorary Colonel Roy Bonisteel



**Cpl H.L. Plane**

received her Golden Jubilee Medal presented by former Honorary Colonel Roy Bonisteel



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Andrea LeBlanc (Editor), local 7005  
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**Crossword Answers**

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

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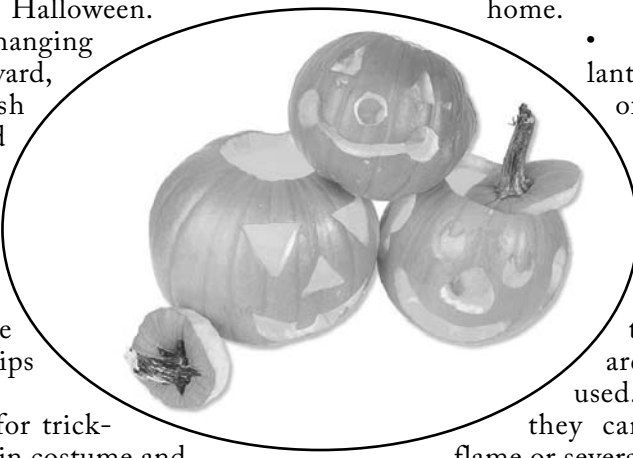
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# Halloween Safety Tips: Spooking up the house

(NC)—For many kids and parents, spooking up the house is a big part of Halloween. Carving up pumpkins, hanging skeletons in the front yard, playing ghoulish music...these rituals add up to make October 31 one of the most fun evenings of the year. The best way to keep it fun is to make sure everyone stays safe. Here are some Halloween safety tips from Health Canada:



- Children too young for trick-or-treating often dress up in costume and help answer the door. Make sure a parent is always nearby.
- Young children should never carve pumpkins. To keep them involved, let them draw the face on the pumpkin before cutting.
- Make your home safe for trick-or-treaters. Remove all objects around the outside of your house that children can trip over. Turn your outside

light on so children will know they can visit your home.

- Keep candles, jack-o-lanterns, in places that are out of the reach of children and pets.
- Keep matches and lighters out of the sight and reach of children.
- Halloween candles with multiple wicks close to one another are hazardous and should not be used. When all wicks are lit they can produce a single high flame or several large flames close together that give off intense heat. This is dangerous because it increases the likelihood of igniting near-

by materials such as curtains or window sills.

- If you use decorative lights, make sure they are certified by a recognized organization such as the Canadian Standards Association (CSA) or the Underwriters' Laboratory of Canada (ULC or C-UL). Check lights for broken or cracked sockets, frayed or bare wires or loose connections. Discard damaged sets. Do not overload extension cords.
- Keep pets inside and away from trick-or-treaters and lit candles, especially if they are easily frightened or become over-excited in the presence of strangers.

For more safety information on products that might harm the health of your family at Halloween or any other time throughout the year, visit Health Canada's website at [www.hc-sc.gc.ca/psp](http://www.hc-sc.gc.ca/psp).

Article courtesy of News Canada

## Mesures de précaution à prendre le soir de l'Halloween : Décorer la maison pour donner la chair de poule

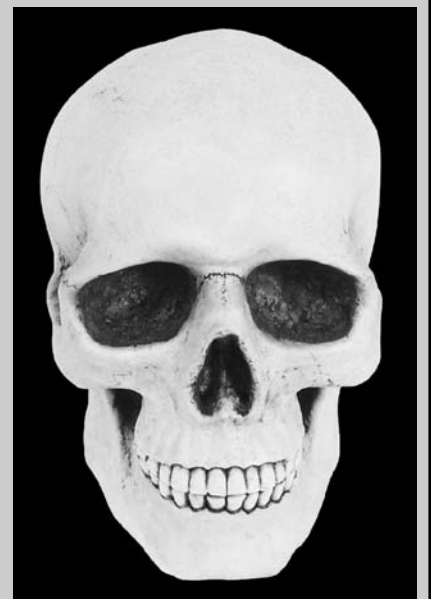
(EN)—Plusieurs enfants et parents se donnent bien du mal pour donner la chair de poule le soir de l'Halloween. Sculpter des citrouilles, suspendre des squelettes dans la cour avant, faire jouer une musique macabre, etc. sont autant de coutumes qui font du 31 octobre l'une des soirées les plus amusantes de l'année.

Et pour que la soirée ne tourne pas à la tragédie, il faut assurer la sécurité de tous. Voici quelques mesures de précaution que vous suggère Santé Canada :

- Les enfants trop jeunes pour courir l'Halloween sont souvent costumés et répondent à la porte. Ne laissez jamais ces enfants sans surveillance.
- Les jeunes enfants ne devraient jamais sculpter de citrouilles. Puisqu'ils voudront participer, laissez-les dessiner un visage sur la citrouille avant de la tailler.
- Assurez-vous que votre maison ne présente aucun danger pour vos jeunes visiteurs. Enlevez tous les objets qui se trouvent à l'extérieur de la maison et sur lesquels les enfants pourraient trébucher. Allumez vos lumières extérieures pour que les enfants sachent qu'ils peuvent vous visiter.
- Gardez les bougies, les cit-

rouilles illuminées, hors de la portée des enfants et des petits animaux.

- Gardez les allumettes et les briquets hors de la vue et de la portée des enfants.
- Les bougies d'Halloween à mèches multiples et près les unes des autres sont dangereuses et ne devraient jamais être utilisées. Lorsque toutes les mèches sont allumées, elles peuvent produire une haute flamme ou plusieurs grosses flammes très près les unes des autres qui dégagent une chaleur intense. Cela augmente les risques d'enflammer des matériaux qui se trouvent à proximité, par exemple des rideaux ou des appuis de fenêtre.
- Si vous utilisez des lumières décoratives, assurez-vous qu'elles ont été homologuées par un organisme reconnu, par exemple l'Association canadienne de normalisation (CSA) ou les Laboratoires des assureurs du Canada (ULC). Assurez-vous que les douilles ne sont pas brisées ou fendues, que les fils ne s'effilochent pas, ne sont pas nus ou que les connexions ne sont pas desserrées. Jetez les jeux de lumières endommagés. Ne surchargez pas les rallonges.
- Gardez les petits animaux à l'intérieur et à l'écart des jeunes qui



courent l'Halloween et des bougies allumées, surtout s'ils sont de nature craintive ou s'ils deviennent surexcités en présence d'étrangers. Pour de plus amples renseignements au sujet des mesures de précaution concernant les produits susceptibles de nuire à la santé de votre famille pendant l'Halloween ou à tout autre moment de l'année, visitez le site Web de Santé Canada à [www.hc-sc.gc.ca/psp](http://www.hc-sc.gc.ca/psp).

Courtoisie d'article : L'édition Nouvelles

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## Prep your lawnmower for winter

(NC)—Now that the summer mowing season is history, it's time to store your

mower so it will provide peak performance when spring rolls around.

oil or rust preventive.

**BAY SUBARU**

**1992 Toyota Camry**  
Economical 5 speed, air, only 107,000 miles..  
**\$4,997.33**

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According to John Bailey, product manager at Husqvarna, there are simple steps that you can take to keep your mower operating at maximum efficiency.

- In a well-ventilated area, drain the fuel tank and run the engine until all fuel from the tank is gone.
- While the engine is still warm, drain the crankcase oil and fill it with fresh oil.
- Thoroughly inspect the moving parts of the mower for damage. Any bare metal parts should be covered with

- Remove the spark plug in your walk-behind mower and put a small amount of oil directly into the cylinder, turn engine over with the pull start and reinstall spark plug.
- Clean dirt, grass and debris from engine, cutting deck and handle of mower.
- For mowers operated by battery, remove the battery and fully charge before storing.
- Store your mower and fuel can in a dry, ventilated area and never near a pilot light or heat source of any kind.

# FALL INVENTORY ROLLOUT

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## OVER \$4 MILLION NEW INVENTORY FOR SALE

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**BRAND NEW 2004 JEEP GRAND CHEROKEE 4X4 LAREDO**  
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 Cash Back **\$2,500** or 0% financing 60 mos. †


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 Magnum 3.9L, 5 speed manual, HD suspension, air conditioning, am stereo/fm stereo/cd, 16" x 7" cast aluminum.  
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 2 LEFT  
 Cash Back **\$3,000** or 0% financing 60 mos. †

**BRAND NEW 2004 CHRYSLER INTREPID SE**  
 2.7L V6 DOHC, automatic transmission, air conditioning, am/fm/cd, full wheel covers, front bucket seats.  
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† Cash back and 0% financing may not be combined, financing on OAC, all vehicles plus applicable taxes, licencing, dealer administration, limited time offer expires Tuesday, September 09, 2003. See dealer for important details or visit us at [www.bellevilledodge.ca](http://www.bellevilledodge.ca).

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<p><b>1999 OLDS INTRIGUE</b>                  White, auto, sunroof, leather, bucket seats, p seats, air, cruise, tilt, cd, pdl. Stk.# 293P  <b>SOLD</b></p>	<p><b>2000 OLDS ALERO</b>                  Red, auto, V6, spoiler, bucket seats, p seats, air, cruise, tilt, CD, pdl. Stk.# 288P  <b>\$13,500 / \$140</b> bi-weekly*</p>	<p><b>2001 CHRYSLER CONCORDE</b>                  Champagne, auto, V6, power bucket seats, air, cruise, tilt, cd, pdl, pw. Stk.# 4064A  <b>\$15,900 / \$139</b> bi-weekly*</p>	<p><b>2001 FORD WINDSTAR</b>                  Green, auto, V6, bucket seats, cass, cruise, tilt, pdl, pw. Stk.# 3474A  <b>\$19,900 / \$177</b> bi-weekly*</p>	<p><b>1999 CHRYSLER CONCORDE</b>                  Grey, auto, V6, leather, bucket seats, cd, pw, pdl, p seats, air, cruise, tilt. Stk.# 3146A  <b>\$12,400 / \$134</b> bi-weekly*</p>
<p><b>2000 DODGE CARAVAN</b>                  Silver, auto, V6, roof rack, tinted windows, bucket seats, air, cruise, tilt, pw, pdl., 95,769 kms. Stk.# 3626A  <b>\$16,900 / \$178</b> bi-weekly*</p>	<p><b>2003 CHRYSLER INTREPID</b>                  Blue, V6, auto, leather, air, am/fm, stereo, CD, pw, pdl, 39,434 kms. Stk# 260P  <b>\$18,900 / \$144</b> bi-weekly*</p>	<p><b>1998 PLYMOUTH NEON</b>                  Red, auto, 4 cyl, bucket seats, air, am/fm cass, tilt. Stk.# 225PA  <b>\$5,995 / \$72</b> bi-weekly*</p>	<p><b>1998 FORD TAURUS</b>                  White, auto, V6, air, power, cruise, tilt, keyless entry, 1 owner, pw, pdl., 114,938 kms. Stk# 3143A  <b>\$8,995 / \$115</b> bi-weekly*</p>	<p><b>2003 DODGE RAM 1500</b>                  Black, auto, V8, tinted windows, bed liner, air, cruise, tilt, chrome wheels, CD, pw, pdl. Stk# 294P  <b>\$32,900 / \$259</b> bi-weekly*</p>



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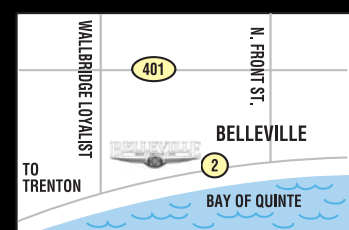
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\* All prices plus applicable taxes, licencing, dealer administration fees. Payments based on terms as follows: 2003 models - 72 months; 2002 models - 60 months; 2001 models - 60 months; 2000 models - 48 months; 1999 models - 48 months; 1998 models - 36 months. OAC payments based on bi-weekly terms at 7.95% with \$1,000 cash or trade reduction. See dealer for important details or visit us at [www.bellevilledodge.ca](http://www.bellevilledodge.ca).