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• November 05, 2004 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 39 Issue Number 43•

Remember their sacrifices

Bill Graham
National Defence

On November 11, Canadians will come together to mark Remembrance Day. On the 11th hour of this day we will pause and reflect on the sacrifices of those that have fought and continue to fight to



Honourable Bill Graham
Minister National Defense

defend our country and our values.

From the beaches of Normandy, to the streets of Kabul, the services of the CF remain a testament to the will of those that believe in humanity. Since the beginning of the First World War, over 110 000 Canadians have lost their lives in armed conflicts in 74 countries. In particular, today we also remember the sacrifices of those that have lost their lives in recent operations. They serve as a reminder of the steadfast courage of all CF personnel deployed throughout the world.

This year, we will also commemorate the 60th anniversary of the Italian campaign in which over 5 900 Canadians lost their lives. The campaign, waged between 1943 and 1945, was the first

large-scale land operation in which the Canadian Army stationed in Great Britain took part; fittingly, it would also be the first step towards European liberation.

On Remembrance Day, I invite all Canadians to gather in their schools, community centres, and legion halls to honour our heroes and to listen to their stories. To listen, and to recognise that the values of peace and freedom we so proudly uphold today were built on the sacrifices of our veterans, the sacrifices of their fallen comrades, and the families that stood by them. Their courage, and the character that they forged in countless dangerous theatres have defined our country and made a significant contribution not only to how we are regarded internationally, but also to who we are today.

Réfléchir aux sacrifices - MDN

Bill Graham
Défense nationale

Le 11 novembre, les Canadiens célébreront le jour du Souvenir. Ce jour-là, à la 11e heure, nous ferons une pause pour réfléchir aux sacrifices consentis par ceux qui se sont battus et qui continuent de se battre pour défendre notre pays et nos valeurs.

Des plages de Normandie aux rues de Kaboul, les services rendus par les membres des FC témoignent de la volonté de ceux qui croient en l'humanité. Depuis le début de la Première Guerre mondiale, plus de 110 000 Canadiens ont trouvé la mort dans des conflits armés dans 74 pays. Cette année, nous rendrons

hommage en particulier à ceux qui sont morts dans les opérations les plus récentes. Ils sont l'illustration du courage inébranlable de tous les membres des FC déployés un peu partout dans le monde.

Cette année, nous célébrerons également le 60e anniversaire de la campagne d'Italie, dans laquelle plus de 5,900 Canadiens ont trouvé la mort. Cette campagne, qui s'est déroulée entre 1943 et 1945, est la première opération terrestre de grande envergure à laquelle l'Armée canadienne, qui était stationnée en Grande-Bretagne, a participé. Elle est également reconnue comme la première étape vers la libération de l'Europe.

À l'occasion du jour du

Souvenir, j'invite tous les Canadiens à se réunir dans les écoles, les centres communautaires et les filiales de la légion pour rendre hommage à nos héros et écouter leurs récits. Écoutez et prenez conscience que les valeurs de paix et de liberté dont nous sommes si fiers aujourd'hui sont bâties sur les sacrifices de nos anciens combattants, de leurs camarades tombés au combat et des familles qui les ont soutenues. Leur courage et le caractère qu'ils ont forgé au péril de leur vie dans d'innombrables théâtres d'opérations ont défini notre pays et contribué de façon significative à notre réputation internationale et à ce que nous sommes aujourd'hui.



Photos: Laurie McVicar, Contact

Wing Transportation Squadron's second annual Car Crush for the United Way was held on the north side on Friday, October 29. The winner, Corporal Patty Leighton, pulverized a Jeep that was kindly donated by Mays Motors of Trenton. Cpl Weremey, of WTN, was the original winner of this draw but opted to let someone else have the experience.

Campaign gains momentum

by Laurie McVicar
Assistant Editor

The United Way /Health-Partners campaign continues to gain momentum as it reaches the half way point.

8 Wing/CFB Trenton has achieved 60 percent of its \$65,000 goal, while United Way of Quinte reported this week that they have surpassed the 40 percent mark of their \$1.5 million target.

A plethora of events are planned for the month of November including the ever-popular Battle of the Bands, the All Strength Tactical Challenge, held today from 12 -2:30 at the gym, and the annual EME Car Winterization Clinic, held today from 12-1 in Building 31, Buffalo Drive.

In addition, tickets can

be purchased from canvassers for the Mega Payday 50/50 draw (Dec.1) and the the United Way Virtual Holiday, where a lucky winner will be given a one hour session on November 13 in a C130 Hercules Flight Simulator.

The Dental Clinic is selling tickets for a draw of their own. This prize is a large gift basket full of fantastic items such as gift certificates, a hand-crafted duck egg with an angel pattern (donated by Dr. Maggie Reade), dental products, custom made jewellery, coffee, candies and movie passes. The draw date is November 30.

CE also holding a draw for a wood carving donated by Fred Sanders of the Carpentry Shop. Tickets can be purchased from Pte Beth Watchorn, ext. 7795.



Cpl Leighton of Air Traffic Control Unit gets last minute instructions from Cpl Denis Dubeau, one of the event organizers. MCpl Paul Flowers, WTN, also assisted in setting up the fundraiser.

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Operational Flight Testing at 8 Wing Trenton

Part of 426 Squadron, the Transport Operational Test and Evaluation Flight (TOTEF), helps provide the best aeronautical products to Air Mobility. Our eight officers (Pilots, AirNavs and AEREs) get involved in development, testing and implementation of new aircraft-related hardware and software.

TOTEF conducts an average of 20 flight test projects per year. Recent projects covered every fleet in Air Mobility, from Cormorants to Challengers, although the mighty Herc does get the bulk of our attention.

So why do we test? In

simple terms, we want our new aircraft and systems to be most capable, delivered quickly and at the lowest cost possible. For the companies that build our equipment, the bottom line is to make profits. Testing ensures we get the best products for the department's money and also prepares aircrew to best use the new equipment.

With such a small staff, TOTEF normally seeks assistance from 8 Wing units. The projects can be fairly complex and challenging, but flight-testing brand new kit is always exciting. Regardless of job, rank or experience, the

opinion of every member of the test team is highly valuable. Their comments tell us how well the new equipment is performing and what improvements must be made. Also, figuring out the best way to operate a system is a big challenge, involving much trial-and-error.

One of the most recent projects completed at 8 Wing was the slinging trial with our new CH149 Cormorant helicopter. Capable of lifting weights up to 3200 kg, the CH149 uses a removable external load frame for slinging operations. The load frame contains the cargo hook,

manual and electrical releases, and various aircraft connections. For additional safety, the cockpit incorporates a load cell display, allowing the crew to monitor the load weight in real-time.

A test crew consisting of TOTEF, TRSET and 424 Sqn aircrew conducted the flight trials at the Mountain View airfield. The team first developed CH149-specific SOPs, then put them to test using three loads: a cement barrel, a 4000 lb container and the shell of an Iltis vehicle. With each load, the crew performed hover and forward-flight manoeuvres, as well as inducing load oscillations and then testing stabilization techniques. Overall, the trial was highly successful and the test team had big smiles upon return.

Another interesting CH149 project involved testing anti-icing systems last winter in Michigan (see picture and caption). This complex trial required a combined crew of TOTEF, AETE, 424 Sqn and civilian personnel to fly the CH149 in close formation behind a US Army



426 Squadron's Transport Operational Test and Evaluation Flight and 424 Sqn participating in CH149 Icing Trials in Michigan, USA.

Chinook while being sprayed with supercooled water droplets. Electrical heat pads in the CH149's rotor blades successfully prevented adverse ice build-up over a large range of icing conditions, paving the way for a much more capable SAR platform.

On the fixed-wing side, TOTEF recently evaluated the CC130 self-defence suite, dispensing chaff to evade radar-guided threats at an Electronic Warfare range in California. Over the last few months, TOTEF personnel have also tested satellite communications for the Buffalo and Twin Otter fleets, new

sea rescue kits for our SAR planes, CC130 GPS approaches, new aircrew clothing, and helped CPC evaluate new parachutes for Special Ops. This high diversity is obviously quite stimulating and keeps all of TOTEF staff very busy.

TOTEF and its Air Mobility System Support (AMSS) sub-section play a key role in preventing capability erosion. Our efforts today ensure that the community will get the best equipment tomorrow and that the crews will fully exploit it. We love our work, and are proud of our contribution to Air Mobility.

The Trenton Craft Guild

CHRISTMAS ARTS & CRAFTS SHOW

Sat. Nov 6, 10am -4pm
Sun. Nov 7, 10am-3pm
Knights of Columbus Hall
 57 Stella Crescent
 Trenton, Ontario

Sat. Nov 20, 10am -4pm
Batawa Community Centre
 Batawa
 "Free Admission"
 "Wheel Chair Accessible"
 "Lunch Counter"

OFFICERS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
Note Due to Remembrance Day falling on Thursday There will be a TGIE 12 NOV	1	2	3 OMES Ladies Club see details below	4 MTGIT ACE Submarines Donairs 17:30 HRS	5 Sandwich Bar 11:30-13:15 Tickets go on Sale For Xmas Bingo	6 Wedding
7	8 Tickets go on Sale For New Years Eve	9	10 Remembrance Day Mess Closed	11	12 Sandwich Bar 11:30-13:15	13
14	15	16	17	18 MTGIT MR SUB 17:30 HRS	19 Sandwich Bar 11:30-13:15 MTGIT Golden Chicken 17:30 HRS	20
21	22	23	24	25 MTGIT Tomoasso's Lasagna 17:30 HRS	26 Sandwich Bar 11:30-13:15	27 Christmas Bingo
28	29	30	• Officers' Mess Childrens Christmas Party • Sunday, 12 Dec 04 Register through Mess Office @ 2205 Party begins with a skate at the Base Arena from 10:00 - 11:00 A Christmas Movie will be on at the Mess for those not wishing to skate. All will assemble at the Mess for Pizza & Munchies @ 11:15 There will be Cookie Decorating & Santa will arrive @ 13:00			

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New liaison appointed for Reserve Force issues

National Defence

OTTAWA — (Nov 1, 2004) Bill Graham, Minister of National Defence, is pleased to announce that Dr. Keith Martin, who was appointed as his Parliamentary Secretary on July 20, 2004, will undertake responsibility for issues related to the Reserve Force. Dr. Martin will enhance and expand the Department's liaison activity with the Reserve Force community, and he will work in close co-operation with the Minister of National Defence on Reserve Force issues.



Dr. Keith Martin is expected to enhance the Department's liaison activity with the Reserve Force community.

"I am delighted that Dr. Martin will take spe-

cial responsibility for the Reserve Force, in addition to his many other duties as Parliamentary Secretary," said Minister Graham. "I

look forward to working with him on this important issue."

The Department of National Defence currently has about 23,000 Primary Reservists. In addition, the Reserve Force also includes about 6,700 officers of the Cadet Instructor Cadre, 4,400 members of the Canadian Rangers and 50,000 personnel on the Supplementary Reserve List. In the Speech from the Throne the Government of Canada has committed to increasing the size of the Canadian Forces by 5,000 Regular Force and 3,000 Primary Reserve personnel.

429 SQUADRON TURNS 62



Photo: Cpl Bernie Kuhn, 8Wing Imaging

Lieutenant-General Romeo A. Dallaire, OC, CMM, MSC, CD (retired) was the guest of honour at the 62nd Anniversary Mess Dinner for 429 Squadron. LGen Dallaire spoke on the importance of role played by the transport squadron, praised members from Operation Scotch who were present, and gave recognition and thanks to World War II veterans.

Search & Rescue UPDATE



Greetings from the Tiger's lair here in Hangar 9. 424 Sqn had only one call out this week. It was a tasking from JRCC for both the Herc and the Cormorant. The two aircraft were on their way to the James Bay area near a town called Attwapiskat. They were tasked with locating 3 hunters in a freighter canoe that had been missing for almost a week. The C130 was first to arrive on scene, and immediately located the hunting party stranded on the banks of a river. A radio was dropped and it was determined that they were out of fuel and supplies. A Natural Resources helicopter was closer than the Cormorant to the area and was tasked to re-supply the hunting party. The Herc stayed in the area until the MNR helo made its delivery and then returned to Trenton. Our Cormorant had made its way to Timmons before being turned around by RCC.

Missions for 2004: 167 Missions for Oct.: 10 Persons rescued: 34

WO's & Sgt's

Mess

Children's Christmas Party
05 December 04

1230 -1600 hrs
Pizza & Ice Cream for lunch

Santa
will be there with his helpers !

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The Contact Newspaper

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

The Contact Staff

Editor-in-Chief: Capt. Andy Coxhead
Editor: Andrea LeBlanc
Asst. Editor: Laurie McVicar
Advertising Sales: Judy Leavere
Advertising Sales: Adriana Galeota
Advertising & Promotions Assistant: Rommie MacDonald
Bookkeeper: Marilyn Miron
Circulation: Keith Cleaton
Assistant Translator/Proofreader: MCpl Louise Fagan
PSP Manager: Bob Payette
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Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed 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.gc.ca

Intranet: LeBlancAL@CFBTrenton@Trenton

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



A Military Community Newspaper



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



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

Editorial: 613-392-2811 Ext. 7005 Fax: 613-965-7490
Advertising: 613-392-2811 Ext. 2748 or 7008

message from the

Editor

Kudos to personnel at 426 Squadron for their ongoing, high quality submissions to The Contact Newspaper.

When Colonel Deschamps graciously invited me to speak at the Executive Seminar in September, I was thrilled at the opportunity to address all the COs and branch heads on behalf of the Contact. The main thrust of my brief address was to encourage all squadrons and units to use the Contact as a forum to promote the activities and achievements of their personnel.

426 Squadron has not been alone in contributing to the newspaper--CCC, 8ACCS, 424 and CPC, to name a few, have also submitted--but 426 definitely stands apart.

The Contact is arguably the best place to acknowledge the hard work, successes and ongoing projects taking place every day all over the base/wing. Submitting an article and/or photos to the newspaper is a great way to applaud personnel and, at the same time, keep the base and the larger military community informed about the terrific work being carried out here at 8 Wing/CFB Trenton.

So, once again, thank you to everyone for contributing to the newspaper, especially those at 426 Squadron for keeping us interested and informed.

Canadiana Crossword

They Also Serve

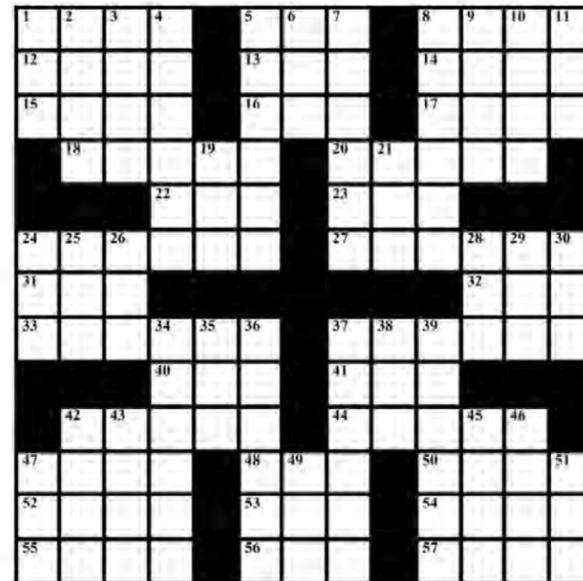
By Bernice Rosella and James Kilner

ACROSS

- 1 Second of three
- 5 Retriever, for short
- 8 ___ fighters
- 12 Libran birth stone
- 13 Wedding words
- 14 Continent
- 15 Lamp part
- 16 Celtic hill
- 17 A kind of machine
- 18 ___ Guard
- 20 Matrimonial cake staple
- 22 Little, sometimes
- 23 Chemical suffix
- 24 Lawmen
- 27 Gargled
- 31 Era
- 32 Boomer?
- 33 Potassium hydroxide
- 37 Merchant ___
- 40 ___ de parfum
- 41 Summer, to some
- 42 ___ of Commissionaires
- 44 Bureaux
- 47 Barbary sheep
- 48 Denotes three
- 50 Hello or goodbye
- 52 Stun
- 53 Fond du ___
- 54 Arm bone
- 55 First response orgs.
- 56 Typographer's concern
- 57 Left overs

DOWN

- 1 Archery item
- 2 A kind of poem
- 3 Mexican food favourite
- 4 Chemical compound



- 5 Small-scale
- 6 Flurry
- 7 ___ Guards
- 8 Secure
- 9 Island
- 10 Bravo and Tinto
- 11 Consume
- 19 Send
- 21 Cuckoo
- 24 Drivel
- 25 ___ pogo
- 26 Rent
- 28 ___ Lanka
- 29 Supernatural being

- 30 Ms Rabbit
- 34 Lofty nests
- 35 Deplete
- 36 Hurry
- 37 Para ___
- 38 Fed
- 39 Search and ___
- 42 Stuff
- 43 Greek liqueur
- 45 Potter's oven
- 46 Grit
- 47 Beverage
- 49 Computing acronym
- 51 America's org.



Have an opinion or story to tell? Want to be published?

Write a letter to the Editor

Email: LeBlanc.AL@forces.gc.ca Fax: 613-965-7490

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All letters must be signed and the names will be published unless otherwise requested. 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, fax, email or drop it off in person to the Contact office.



WLEO Branch - dedicated to supporting 8 Wing



by CWO C.E. Fleming
WLEO Branch CWO

The Wing Logistics and Engineering Branch (WLEO) is a combination of several support Squadrons which provide basic support services to everyone at 8 Wing / CFB Trenton.

Generally speaking, the services provided by our Branch include the following: Wing Supply, Wing Transport, Wing Construction Engineering (including Fire Hall, 86 ASU and 81 AEF), Wing Foods, Wing Electrical and Mechanical Equipment, Wing Environment and Wing General Safety. This constitutes 787 personnel within the Branch made up of approximately 447 regular force, 80 reservists and 260 civilian employees.

Everyone of these people is dedicated and focused on the provisions of support requirements in order to maintain the opera-

tional tempo and objectives of this Wing and the Lodger Units we support.

We, as a Branch, understand the frustrations of Wing personnel when support requests are delayed, or even sometimes put on the back burner. As the Branch Chief, I am amazed that despite being undermanned, this Branch still deploys some 25-30% of our personnel on a regular basis either overseas, incremental taskings or to Alert. For example; Wing Supply has a total strength of 66 military personnel yet at any one time they can provide only 48 to support Wing requirements. As well, WEME is established for 46 military personnel on the AER but due to deployments, taskings, courses, etc., only 22 qualified mechanics are available to maintain the 700 vehicles and AMSE equipment which belong to the Wing.

WTISS not only regularly works well below the Preferred Manning List, (96 pers available of 124), but also has to maintain a high training tempo in order to keep up with the ever-changing technology. Of the 108 positions identified at WCE, a normal complement of 68 are available to facilitate Wing requirements. Wing

Transport, with a total establishment of 92, can only provide on average, 73 for Wing support, and Wing Foods has, on a normal basis, 17 of their 24 established military positions.

When personnel are unavailable for the every day taskings, delays are inevitable and regrettable. WLE Squadrons could not function at a workable level were it not for the reservists and civilians within the Branch who often exceed most expectations when addressing priority requirements.

Having inundated you with all the figures, I hope you will take the time to appreciate the workloads that our Squadrons face within the Branch. We also understand we are not unique, as we are most certainly aware that all Squadrons and Units at the Wing face the same taskings dilemma and personnel shortfalls.

The Wing Logistics and Engineering Branch is fully committed to, and will continue to provide the support required for the safe and effective success of all operations conducted by the flying operation at 8 Wing Trenton.

We ask for your patience, understanding and flexibility as we all muddle through this together, one team, one objective.



good morning
Santa
November 13th

KIDS, SANTA IS GETTING UP EARLY TO COME TO QUINTE MALL. WE INVITE YOU TO WEAR YOUR PJS AND COME FOR BREAKFAST AT A&W IN THE FOOD COURT. BREAKFAST WILL BE SERVED FROM 9:30-10:30AM. CHILDREN EAT FREE* WHILE PARENTS ENJOY A FREE COFFEE. THERE WILL BE LOTS OF FUN & ENTERTAINMENT BY ANDY FORGIE. MONETARY DONATIONS TO THE UNITED WAY OF QUINTE APPRECIATED. VISIT WWW.QUINTEMALL.COM FOR DETAILS.

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JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5 TGIF 1700 hrs LASAGNA Sports 1800hrs Euchre	6
	7	8	9	10 Remembrance Day Reception 1200hrs	11 TGIF 1700 hrs DONAIRS Sports 1800hrs Pool	13
	14	15	16	17	18 TGIF 1700 hrs Fish & Chips Sports 1800hrs Euchre	20
	21 21st GREY CUP 1800 hrs	22	23	24	25 TGIF Chicken & Taters 1700hrs Sports 1800hrs Pool	27
28	29	30				

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REMEMBRANCE DAY

NOVEMBER 11

NOVEMBER 2004

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MONEY CONTINUES TO POUR IN FOR UNITED WAY CAMPAIGN



Photo: Submitted

(Right) Colonel Andre Deschamps, Commander of 8 Wing/CFB Trenton, presented David Leckey with the Suggestion Award at this year's Honours and Awards Ceremony. Accompanying the certificate was a cheque for \$50, which Leckey donated to the United Way.



Photo: Cpl Simon Duchesne, Wing Imaging

MCpl Leigh Gowie, Cpl Patrick McGirr, Pte Susan Clerk and MCpl Tom O'Quinn donated a little elbow grease to help 8ACCS collect \$247.75 at their annual carwash fundraiser for the United Way/Health-Partners Campaign. The squadron also collected \$92 during a raffle for a 10 lb block of chocolate, won by Capt Ken Hannon.



Belleville

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*Coffee and Refreshments will be served
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Attention all who are sick and tired of not getting full value for their money. Stirling's hidden gem will provide you with excellent specials running from Tuesday to Thursday. Tuesday's is our House Special changing every week. On Wednesday we feature an above average German Platter, which includes Pork Schnitzel, Potato Pancakes, Bratwurst Sausage, Spatzle, and Red Cabbage and can be topped with our homemade hunter sauce. On Thursday we offer an All you can eat Pasta and Salad Bar, with various sauces and noodles cooked before your very eyes, and topped off with some great fresh bread. Every Weekend year round we offer our fabulous Country Buffet headlined by Roast Beef, with a superb second choice couple with soup, salad and dessert, finished with coffee or tea for one low price. We are located in the very quaint village of Stirling-Rawdon 1 km from the famous Stirling Theatre with seating for 140 people, reservations are highly recommended. We are open Tuesday - Saturday 11:00 am - 8:00pm, and Sunday 11:00am - 2:00pm, 4:00pm - 8:00pm; Closed Mondays. Best ways to get in touch with us, phone 613-395-6362 or via website www.oldlumbermill.com.

If you are looking for great hospitality and service, with value in mind please check us out, we look forward to serving your needs.



Always be at the height of safety



Submitted by
**Doug Bird, Deputy
 Wing General Safety
 Officer**

Whether it's a simple step stool, or one which soars to many feet above the ground, ladders help you reach heights you never thought you could.

There's far more to safe ladder use than having a sturdy ladder and lots of physical agility. Many people are seriously injured by falling from ladders, whether from close to the ground or higher up.

By following some simple safety procedures, you can ensure that you successfully climb a ladder to your destination...without experiencing a fatal 'downer'!

Choose the right ladder for the job. They range from very short step ladders to extension ladders which must be well supported. They are made of various materials such as

fiberglass, aluminum or wood.

Examine your ladder before you use it. You do not want to use one which is defective or in need of repair...it could mean injury to you!

The rungs, siderails and locking spreaders should all be sturdy and in good condition. Oil the spreaders on a regular basis to keep them working smoothly. Do not paint ladders. Cracks and splits may be hidden under the paint and the paint itself may provide a slippery surface.

Instead of painting a ladder to protect it, try double-coating it with two coats of clear wood preservative such as shellac, varnish or linseed oil. The steps or rungs should be solid and non-slip.

Aluminum ladders should not be bent out of shape. Make sure the ladders are free of grease, clean and dry.

Do not use aluminum ladders when working on or near electricity, even if all you are doing is changing a light bulb. Aluminum acts as a conductor for the electricity and you

could be seriously injured.

How you set up your ladder is important. The area where you are working should be clean, and people should be warned to stay away. The ladder should not be placed on an unstable foundation but rather on a solid, flat surface. Position it so that you can easily reach your work.

Stepladders should be fully opened before climbing. Extension ladders should be used with a 1-4 lean ratio. This means that for every four feet of height, the ladder should extend from the supporting wall by one foot. All ladders should be firmly secured to prevent 'kick-out' when being used.

When you climb your ladder, have both hands free for climbing. Carry your tools up in a tool belt or placed in a bucket that can be hoisted as you climb.

Work smoothly on the ladder, avoiding sudden movements. If you cannot reach without your upper body going beyond the siderails...don't do it!

It's not a good idea to work on a ladder outside in bad weather. You could be put at risk by wind, blinded or faced with slippery conditions by rain or snow.

If you are feeling tired, dizzy, or are under the influence of drugs or alcohol, you should not be climbing a ladder. Not only is your judgment impaired, but also your physical agility and sense of balance.

For obvious safety reasons, only one person at a time should work on a ladder.

When you are finished using your ladder, put it away in a safe, clean area where small children cannot play on it.

When you are up on a ladder, you should also be up on safety. Take the right steps to ensure that you climb with confidence!



An important message from MSE Safety

As we all know by now, fall is definitely at our doorstep. When one thinks of fall one also recognizes a dramatic change in weather conditions as well as a substantial loss of daylight.

For those die-hard cyclists, walkers, rollerbladers and runners still roaming the streets/sidewalks early in the morning and at sundown, it is important FOR YOUR SAFETY to make yourself visible.

The Ontario Highway Traffic Act clearly states that bicycles must be equipped with a light, reflective devices in front and rear, a bell and an helmet for persons 16 years old or younger in order to legally travel on Ontario roadways. These safety devices are the very minimum.

Additional safety items, such as knee, elbow and wrist pads, helmets, reflective tape, reflective clothing, and vibrant or light colour clothing are a few extra ways to increase your visibility and safety. For obvious reasons, camouflage uniforms are not considered the clothing of choice during darker conditions.

Sidewalks can be just as dangerous as the roadways. Cyclists traveling on sidewalks can easily reach speeds of 25 to 50 km per hour given the right conditions, and one can imagine what could happen to a pedestrian if hit by a cyclist at those speeds.

Beware of those sleek frosted leaves on the ground as they are just as slippery as ice for all road users. Motorists must continue to share the roadways; they must be patient and cautious with cyclists, giving all road-users ample room when passing. It is also important to avoid using car horns, except in emergency situations, as they can frighten cyclists and end up being the cause of an accident.

If everyone keeps these safety points in mind, danger and accidents for all will be minimized.

There has already been one accident involving a cyclist, let us all do our part to make sure it is the last.



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TRENTON Military Family Resource Centre



INFORMATION / REGISTRATION / INSCRIPTION 965-3575

MFRC Annual General Meeting Tuesday, November 23, 2004 at 5 p.m. at the Siskin Centre

The Trenton Military Family Resource Centre will be holding its Annual General Meeting at 5 p.m. at the Siskin Centre on November 23, 2004. To attend this meeting you must formally become a Corporate Member of the MFRC. Membership is free. You can pick up the applications at the MFRC Reception Desk or have them mailed to you by calling (613) 965-3575. These must be submitted to Melissa Loder by leaving them for her at the MFRC Reception Desk or by mailing them to 50 Rivers Drive East, P.O. Box 1000, Station Forces, Astra, ON, K0K 3W0. In either event, they MUST be received not later than November 8, 2004.



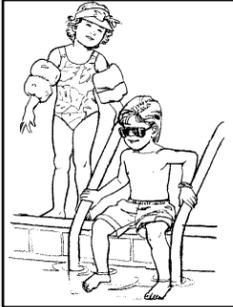
Assemblée générale annuelle du CRFM Mardi le 23 novembre 2004 à 17h au Centre Siskin

Le Centre de ressources pour les familles des militaires tiendra son assemblée générale annuelle le 23 novembre à 17 h au Centre Siskin. Pour pouvoir y assister vous devez être membre de la corporation. L'adhésion est gratuite. Les formulaires d'application sont disponibles à la réception du CRFM ou téléphonez au (613)965-3575 et demandez qu'elle vous soit postée. L'application doit être retournée avant le 8 novembre soit en la rapportant à la réception ou postez à Melissa Loder, 50 Rivers Drive Est, P.O. Box 1000, Succ Forces, Astra, ON, K0K 3W0.

Volunteer opportunities

Daycare Swim Buddies - The preschoolers in the Daycare love their swim program but it requires a ratio of one adult per two children. We need 3-5 volunteers for each swim day. Volunteers would need to be comfortable in water up to chest deep and enjoy interacting with young children. The swim program will be every Wed. from 11:15 to 12:45 starting Nov. 3.
Warm Line - Our Deployment Support Program is currently in need

of 4-6 adult women to assist with our Warm Line. This program offers a valuable link between families of deployed members and the support services available at the MFRC. The calls can be made from your home and at your convenience. New volunteers will be required to attend a training session.



Occasions de faire du bénévolat

Camarades de natation pour la garderie - les enfants du programme préscolaire aiment leur session à la piscine mais cela demande un ratio d'un adulte par deux enfants. Nous avons besoin de 3 à 5 bénévoles pour chaque session. Les bénévoles doivent se sentir à l'aise dans l'eau à la hauteur de leur poitrine et aimer l'interaction avec de jeunes enfants. Le pro-

gramme de natation est offert chaque mercredi de 11h15 à 12h15 et débute le 3 novembre
Ligne d'appel - notre programme de soutien au déploiement a besoin de 4 à 6 adultes pour aider avec la ligne d'appel. Ce programme offre un lien précieux entre la famille du membre déployé et les services disponibles au CRFM. Les appels peuvent être fait de votre maison. Les nouveaux bénévoles doivent participer à une session de formation.

Personal Development & Deployment Support Services

Couple Communication Workshop

Has been re-scheduled to Monday November 8 & 15, 7 pm - 9 pm
Do you feel like you and your partner are on different pages in different song-books?
Are you experiencing the post-deployment gap in the communication?
Is your life so busy that communication is down to a wave as you pass each

other in the driveway?
Come and join me as we spend two evenings getting back to basics in "Couple Communication".
Call the MFRC to reserve your spot now! 965-3575
First Aid/CPR
December 4 & 5 - 8 am - 4 pm
at the Base First Aid Training Centre on the South side
No cost, must register at the MFRC.

Perfectionnement personnel & Services de soutien au déploiement

"La communication dans le couple"

A été remis aux mardis 8 & 15 novembre, 19h à 21h.
Vous sentez vous comme si vous et votre partenaire êtes sur deux différentes pages du livre de chansons?
Expérimentez vous le vide post-déploiement dans la communication?
Est-ce que votre vie est tellement chargée d'activités que votre conversation se fait en

vous croisant dans le stationnement?
Venez passer deux soirées avec moi pour redécouvrir la base de la communication dans le couple. Téléphonez maintenant au 965-3575 pour réserver votre place.
Premiers soins/RCR (en anglais)
4 et 5 décembre - 8h à 16h
au Centre de formation de Premiers soins situé sur le côté sud de la base. Gratuit, vous devez vous inscrire au CRFM

Wednesday Night Out!
6 p.m. to 8 p.m. in the Bistro
Please register for the workshop and childcare by calling 965-3575/965-3595. There is no cost for childcare for families of deployed members.
November 10 - Reunion Stress

Getting back together after deployment. Renegotiating your relationship.
Facilitator: Joanne Belanger
November 17th - Hand Made Cards - Handmade cards are always a welcome gift!

Sortie du mercredi soir!
Au Bistro du CRFM De 18h à 20h
Pour les inscriptions des ateliers et la garde des enfants, veuillez composer le 965-3575. Il n'y a aucun frais pour la garde des enfants des familles en déploiement.

Le 10 novembre - Le Stress de la réunion:
Réunion et vie commune après le déploiement. Renouer les relations.
Animatrice : Joanne Belanger
Le 17 novembre - Cartes faites à la main - Les cartes confectionnées à la main sont toujours un cadeau bien apprécié!

Drop-off Childcare
Every Friday, 9:00-4:00 p.m., 0-6 years
Registration is Mondays for the following Friday.
Cost: \$4.00 per hour. \$3.00 for additional siblings.
This pre-registered program offers support to parents from the daily stresses of caring for young children.

Halte-garderie
Tous les vendredis, de 9h à 16h, de 0 à 6 ans
Coût : 4,00\$ l'heure - 3,00\$ de plus, pour les frères et les sœurs.
Les inscriptions se font le lundi pour le vendredi suivant.
Ce programme (pour lequel une pré-inscription est requise) offre du soutien aux parents, face au stress quotidien qu'ils éprouvent lorsqu'ils doivent prendre soin de jeunes enfants tous les jours.

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Remembrance Day 2004



The Battle in the Liri Valley

In the spring of 1944, the Germans still held the line of defence north of Ortona, as well as the mighty bastion of Monte Cassino which blocked the Liri corridor to the Italian capital. Determined to maintain their hold on Rome, the Germans constructed two formidable lines of fortifications, the Gustav Line, and 14.5 kilometres behind it, the Adolf

Hitler Line.

During April and May of 1944, the Eighth British Army, including the 1st Canadian Corps, was secretly moved across Italy to join the Fifth U.S. Army in the struggle for Rome. Here under the dominating peak of Cassino, the Allied armies hurled themselves against the enemy position. Tanks of the 1st Canadian

Armoured Brigade (formerly 1st Canadian Army Tank Brigade) supported the Allied attack. After four days of hard fighting, the German defences were broken from Cassino to the Tyrrhenian Sea and the Germans moved back their second line of defence. On May 18, Polish troops took the Cassino position and the battered monastery at the summit.

Canada plays vital role in Italy

Canadian troops played a vital role in the 20-month Mediterranean campaign which led to the liberation of Italy during the Second World War. In fact, this campaign was the first large-scale land operation in which the Canadian Army stationed in Great Britain took part.

In this campaign, which was fought in Sicily from July 10 to August 6, 1943 and in mainland Italy from September 3, 1943 to February 25, 1945, the fighting was particularly bitter. The Germans, taking full advantage of mountain peaks and swiftly running rivers, made Allied advance very difficult and costly. There were 25,264 Canadian casualties in the fighting, including more than 5,900 who were killed.



Information courtesy of Veteran Affairs Canada.
Visit them at www.vac-acc.gc.ca

The Conquest of Sicily

The assault on Sicily was to be the prelude to the invasion of mainland Europe. The invasion was assigned to the Seventh U.S. Army under Lieut.-General George S. Patton, and the Eighth British Army under General Sir Bernard L. Montgomery. The Canadians were to be part of the British Army.

The 1st Canadian Infantry Division and the 1st Canadian Army Tank Brigade, under the command of Major-General G.G. Simonds, sailed from Great Britain in late June 1943. En route, 58 Canadians were drowned when enemy submarines sank three ships of the assault convoy, and 500 vehicles and a number of guns

were lost. Nevertheless, the Canadians arrived late in the night of July 9 to join the invasion armada of nearly 3,000 Allied ships and landing craft.

Just after dawn on July 10, the assault (preceded by airborne landings) went in. Canadian troops went ashore near Pachino close to the southern tip of Sicily and formed the left flank of the five British landings that spread over 60 kilometres of shoreline. Three more beachheads were established by the Americans over another 60 kilometres of the Sicilian coast. In taking Sicily, the Allies aimed, as well, to trap the German and Italian armies and prevent their retreat across the Strait of Messina into Italy.

From the Pachino beaches, where resistance from Italian coastal troops was light, the Canadians pushed forward through choking dust, over tortuous mine-filled roads. At first all went well, but resistance stiffened as the Canadians were engaged increasingly by determined German troops who fought tough delaying actions from the vantage points of towering villages and almost impregnable hill positions. On July 15, just outside the village of Grammichele, Canadian troops came under fire from Germans of the Hermann Goering Division. The village was taken by the men and tanks of the 1st Infantry Brigade and Three Rivers Regiment.

Pet Particulars

"The best family pet I've ever had"

Meet Max, a former resident of the Quinte Humane Society and now beloved pet.

Max joined our little clan in May 2002, as a birthday present for my then two-year-old son Aidan. He has become, by far, been the best family pet I've ever had.

Even as I stepped through the doors of the shelter that May day, I still had not made up my mind what type of cat I wanted. It's fair to say that Max chose me first.

After requesting to see what cats were available, I was led into a small room where upwards of 20 cats lounged on window sills, baskets, and across the floor. Truth be told, I would have taken them all home if given the choice. Max was among three who imme-

diately began the task of rubbing against my leg, purring loudly. What set Max apart from the other cats was the giant leap he took from the floor to land on my shoulder - apparently under the assumption that rubbing against the neck area would get him far better results. Max won my heart...and a free pass into the family.

I cannot stress enough the benefits of adopting from the Quinte Humane Society. These are animals that simply need a second (or in some cases a first) chance and a loving home to call their own.

If you are thinking about adding a pet to your family, consider adoption.

Laurie McVicar



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NOUS SOMMES PRÉSENTS

Blessé en Service actif? Nous possédons un réseau national prêt à vous aider avec n'importe quelle réclamation que vous puissiez avoir. Intéressé(e)s à vous impliquer davantage dans votre communauté? Nous menons des programmes qui pourraient bénéficier de votre expertise.

POUR VOUS.

La Légion offre beaucoup plus que vous puissiez l'imaginer. Nous sommes une grande famille de plus de 400,000 membres à travers le Canada qui partagent une vision de l'avenir de notre pays et de nos communautés. Pourquoi ne pas visiter une filiale de la Légion ou vous joindre comme "Membre à Titre Personnel (militaire)" en visitant votre filiale locale ou notre site web à www.legion.ca.

JOIGNEZ NOS RANGS.

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LEGION

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We've been a part of your past and we belong in your future because we can play an important role, not just for retired members, but serving military personnel too.

THINK LEGION!

The Royal Canadian Legion ensures that you and yours will be taken care of when the need is there. We've got more than 75 years' experience in making sure that Canadian service people get a fair shake while they are serving and when they retire. Our mission was passed on to us by those who, like you, served Canada in its time of need, and in return, worked to secure the benefits they deserved. The Legion also strives to make sure that what you do in war or peace is never forgotten.

WE'RE THERE

Injured while serving? We have a national network ready to assist you with any claim you may have. Interested in getting more involved with your community? We have programs that need your expertise.

FOR YOU.

There's a lot more to the Legion than you may think. We're an extended family of more than 400,000 people across Canada who share a vision in our country and our communities. Why not visit a Legion Branch or join as a Military Member at Large by contacting your local branch or visit our web site at www.legion.ca.

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Fitness, Sports & Recreation

Are you drinking enough water?

Submitted by Scott Burns

Water is the human body's most important nutrient. Most adult bodies contain 10-12 gallons of water and on a typical day, the average adult loses about 10 cups of water just through perspiration, breathing and elimination.

Most health care professionals would agree that drinking large amounts of water each day is good for you. It's not only one of the best ways to prevent kidney stones; it's instrumental in promoting your overall good health. Water is an important component of just about every function that takes place in your body.

Drinking enough water allows your body to eliminate toxins and waste

products, helps regulate body temperature, helps transport nutrients and oxygen throughout the body, cushions joints and protects body organs and tissues, helps to maintain proper muscle tone, promotes growth and healing and helps digest food. It's easy to take this tasteless liquid for granted but if your body isn't properly hydrated, it's exposed to a variety of health risks. So, how much water is enough? Are you drinking the amount of water you should every day?

Well, there's certainly no shortage of health advice in this country. With regards to a person's daily consumption of water, it has been suggested that everyone should drink eight 8-ounce glasses of water each day to stay fully hydrated however, this "Rule" is only a

guideline. Though we need fluids for all our body's metabolic processes, foods that contain high percentages of water, such as fruit, soup, and beverages such as milk and juice all contribute to your body's H2O needs. Its more important that you "do" keep your body hydrated rather than "how" and a combination of healthy eating choices and the drinking of water and other appropriate fluids, will put you on that very important first step to good health. Remember, caffeinated drinks and alcohol beverages don't count because they tend to dehydrate you and you will need to consume additional fluids to make up for them.

For more info or to book a session with a personal trainer, contact the Fitness Staff at the Gym at local 3328.

Astra Lanes report

Cogeco Five Pin Challenge has its first qualifiers from Astra Lanes. Derek Cook, Rick Sensabaugh, Harold Stoddart and Apollo qualified in the Pins Over Division and Edie Rathbun and Ernie Strocel qualified in the Scratch event. With only one week to go there are four teams with a shot at taking over first place.

Monday Match Play

Men's High Average: Mike Stoddart, 258; Rick Clark, 218; Don Harvey, 212.

Women's: Edie Rathbun, 203; Marilyn Ekman, 203; Cathy Stoddart, 201.

High Quad: Mike Stoddart, 1202; Don Harvey, 999; Rick Clark, 972.

Women's: Jennifer Foster, 935; Marilyn Ekman, 935; Cathy Stoddart, 919.

High Single: Mike Stoddart, 390; Rick Clark, 382; Dale Crawford/Harold Stoddart, 284.

Women's: Cathy Stoddart, 307; Lorraine Beckman, 292; Beth Clark, 283.

News from the RecPlex

Upcoming Pool Closure

The RecPlex Pool will be closed on Saturday, November 27 from 1:30 to 6:30 pm due to a swim competition. This closure will not affect Red Cross swim lessons in the morning. The evening Rec Swim will take place immediately following the competition, from approximately 6:30-8 pm.

Remembrance Day Hours of Operation

The RecPlex will be open from noon to 9 pm. Red Cross swim lessons will continue as scheduled.

RecPlex Pool Price Increase for the General Public

This price change does not affect the military community. Effective November 1st, drop-in fees for the general public will increase as follows: \$2 (infants 6 months to 5 yrs); \$3(youth 6-17 yrs); \$4 (adults 18 yrs+).

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17 November 2004

1400-1600 hrs

Call Health Promotion @ 3768/3767 NLT 15 Nov 04 to register

Cheryl Rothenburg, Health Promotion Director
 Bldg 21, Rm 10

WO'S & SGT'S MESS

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 1000 HRS Coffee & Donuts	4	5 TGIF Fish & chips 12:00 HRS Beef Brochet 17:00 HRS	6
7 MIXED DARTS 1300 Hrs	8	9	10 1000 HRS Coffee & Donuts	11 Remembrance Day Reception 1200hrs Hosted by JR Ranks	12 TGIF Pizza 12:00 HRS Hot Chicken 17:00 HRS	13
14 MIXED DARTS 1300 Hrs	15	16	17 1000 HRS Coffee & Donuts	18	19 TGIF Chicken & Rib 12:00 HRS Lasanga 17:00 HRS	20
21st GREY CUP 1800 hrs MIXED DARTS 1300 Hrs	22	23	24 1000 HRS Coffee & Donuts	25	26 TGIF Lasanga 12:00 HRS Shepards Pie 17:00 HRS	27
28 MIXED DARTS 1300 Hrs	29	30				

NOVEMBER 2004

Community Events

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*Matinees
Saturday, Sunday
& Tuesday*

**MOVIES
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MOVIES**

MOVIE LINE-UP

• The Incredibles	(PG)	1:00	7:00	9:20
• Shall We Dance	(PG)	1:05	7:05	9:15
• The Grudge	(PG)	1:10	7:10	9:10

Coming Soon: Spouge Bob Square Pants, Polar Express
Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

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.

8 WING/CFB TRENTON UNITED WAY EVENTS UPDATE

MEGA PAYDAY 50/50 DRAW 01 DEC 04 – get your tickets now for the Mega Payday 50/50 draw on Dec 1st. If everyone on the Wing buys one ticket it could be worth \$8000.00. Tickets are available through your Unit United Way rep.

UNITED WAY VIRTUAL HOLIDAY - 426 Squadron has donated a 1-hour C130 Hercules Flight Simulator session to be raffled as a prize for the United Way campaign. Tickets are available for \$1.00 through your unit United Way canvassers. The full-motion simulator session is on Saturday, 13 November from 1300-1400 hours. (Winner and 1 guest are guaranteed a minimum of 1 hour flying time anywhere in the world that the simulator can fly!) Think about it: An hour in the Caribbean, your home town, Europe, wherever YOU want to go. Beat those winter blahs and buy your ticket to paradise now!

UNITED WAY DENTAL GIFT BASKET - ESTIMATED VALUE of \$675.00. Draw Date 30 Nov. 04. Tickets \$2.00 ea. or 3 for \$5.00. Many wonderful and useful items, including : Tooth Whitening Kit: a value of \$250.00; Tim Horton's Travel Mug and \$10.00 gift certificate; golf accessories: club-cleaning kit, shoe bag; Dental products; body products from Body Shop; Rogers Video gift certificate \$100.00 value; custom made jewellery; Relaxation CD; ornamental hand-carved duck egg with angel pattern and stand donated

by Dr. Margaret Reade; steak knives donated by Cronin's Home Hardware; 5X7 picture frame donated by Zellers Trenton; \$20.00 gift certificate from Rumours; flavoured coffee, candies, candles & soaps; rechargeable flashlight & tire pressure gauge; coffee mugs & stand; Famous Players movie passes!!!

CAR WINTERIZATION CLINIC - Are you interested in saving money, increasing your winter driving safety and getting a free car wash?

WHEN: Friday November 5th; 1200 - 1300 hrs
WHERE: EME Garage, Bldg 31 Buffalo Ave, South Side 8 Wing
WHAT DO YOU GET? : For a \$5.00 donation to the United Way, EME Staff will check:

- * Coolant level & strength;
- * Lights;
- * All hoses and belts;
- * Tire pressure/wear;
- * Wiper blades;
- * Wash your car.

NEED MORE INFORMATION or DIRECTIONS? Contact MCpl Glenn Minckler at local 3534.

**ATESS will be conducting its
8th Annual Food Bank
"TOLL BOOTH"**

at the North entrance to the Base on Wednesday, the 17th of November, 2004 with proceeds to be donated to the Trenton Area Food Bank. The Toll is a non-perishable food item or a monetary donation, which will be used to buy food for the Food Bank. The Gate will be manned from 0630-0830 hrs. All donations and support greatly appreciated.

**EXHIBITION at the
Belleville Public Library Art Gallery
(second floor)
Nov.4 - Nov. 26**

"Generation Gap" is a collaborative exhibition of works in oil, acrylics and mixed media, by mother and daughter painters Nadine Goulet and Kim Dolan showing in both the main and outer galleries.
Opening reception: Saturday, Nov. 6, from 2-4 pm



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 Craig (Bapt)

WORSHIP SERVICES

<p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</p> <p>Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)</p> <p>MASS Sunday Mass (English) 1015 hrs Messe Dominicale: 1130 hrs</p> <p>CONFESSION At all times</p> <p>PARISH ORGANIZATIONS 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</p>	<p>ST CLEMENT ASTRA (PROTESTANT)</p> <p>Chapel Life Co-ordinator Padre Catherine Morrison (ACC)</p> <p>WORSHIP SERVICE</p> <p>Divine Worship (Sun) 0900 hrs Holy Communion 1st Sunday of the month Anglican Eucharist Wed 1230 hrs</p> <p>PARISH ORGANIZATIONS</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.

The choice is crystal clear: Pay more or pay less...

it's your Money



Garth Turner

We have some pretty interesting habits when it comes to money. For example, when does everyone want to pile into a stock like Nortel or equity mutual funds? Of course--when the price is the highest ever.

Or how about real estate? Do people line up to bid for homes when prices are depressed, vendors are motivated and when they can get a deal? No way--instead, the housing market is the hottest when valuations are soaring and multiple offers are flying around. This almost always guarantees that those buying near the end of a cycle pay too much and take years to get their money back.

So, when it comes to financial stuff, our motto is to buy high and hope like hell it goes higher--which rarely works out. This could be why the average family in Canada currently has

enough money put away to live on for about a month.

Now, when it comes to carrying a mortgage, the same weird principle seems to apply. Given a choice between a mortgage that is cheap to carry and saves money, and one which is far more expensive and guarantees it will stay that way--we line up for the latter. A Bank of Montreal poll out last week confirms that, showing that 70 per cent of Canadians with a home loan have signed up for a fixed-rate mortgage as opposed to one with a variable rate.

Now, you figure this out. Currently a variable rate mortgage is widely available at around the prime rate, which is just above 4 per cent. Meanwhile a five-year fixed-rate mortgage costs north of 6 per cent, which means it is actually 50 per cent more expensive than the

VRM. This also means that if you had a monthly mortgage payment budget of \$1,000, and switched from a fixed mortgage to a variable one, that you'd be paying off that mortgage a whole lot faster--saving thousands, or tens of thousands of dollars over the course of a few years.

So, why do most Canadians opt to pay more interest on their mortgages than they have to? According to the BMO poll, it's because the majority of us are afraid that interest rates will rise in the future. Younger people, especially, have this fear--with 40 per cent of them thinking that rate increases will seriously mess with their financial futures.

And what are these fears based on? Apparently, precious little. High interest rates--over 10 per cent--have not been with us for more than a decade. Seriously high rates--in the 20 per cent range--have not existed for almost a quarter of a century. All the economists I hang with are signing from the same page--rates could be 1.5 per cent to 2 per cent

higher than they are today within the next one-and-a-half or two years.

And that's it. Finito. After all, inflation is running at less than 2 per cent and there are no serious predictions the cost of living is about to break out. Rampant technological advance is actually making TVs, computers, cars and most other manufactured things cheaper every year. Even with oil above \$50 US a barrel--which has never happened before--nobody is moping about inflation, and central bankers are not scrambling to jack up lending costs to

confront it.

In fact, there are valid reasons to believe the cost of money will stay in a narrow zone for the next five or 10 years, giving us one of the longest periods of borrowing stability in living memory. So why, exactly, are seven out of every 10 Canadian homes opting to pay an amount of interest every month now that we probably won't see for two more years?

Again, it's fear. Irrational, nonsensical, emotional, unjustified, gripping fear. It's fed by our domestic squadron of Chicken Little financial media clucks, rein-

forced by most financial institutions (which want you to pay more interest), and enhanced by memories of real estate erosion brought on by double-digit rates a long, long, long time ago.

So, the choice is clear: (a) Pay more now with a fixed loan and sleep well at night--for some inextricable reason. Or (b) pay less on a variable mortgage knowing that you can convert to fixed at no cost if rates take off, but that they probably will not, and you're money ahead.

Is that a choice? No way. Give us (a), eh?

Over 110,000 Canadians gave their lives in War and Peace Keeping.

Many more suffer from the affects of those conflicts.

"To you from failing hands we throw the torch: be yours to hold it high,

They did not fail us ... let us not fail them.

Lou Rinaldi
Lou Rinaldi, M.P.P.
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Remembering...

by Captain Randy J. Henning

George Santayana warned that any group that forgets its history is condemned to repeat it. It has also been said that when we ignore our past we lose our identity, our sense of who we are.

Certainly any military organization, navy, army, or air force, that neglects its heritage, that forgets to honour its heroes, take pride in its victories, and learn from its defeats, will quickly lose its way. Sensing a need to re-establish this sense of identity, Air Command established the Office of Heritage and History in 1993. Wing Heritage Officers were subsequently established at all Air Command Wings in 1998, and charged with preserving and promoting interest in our military heritage. Like most long time members of the CF, I've been encouraged by this and similar efforts by all three services to revive our military traditions and culture. Now a member of the Air Reserve, I am delighted to begin my new assignment as your Wing Heritage Officer.

One of my new responsibilities as Wing Heritage Officer, the one that I am most

excited about, is to "increase knowledge, appreciation, and recognition of history and heritage matters amongst 8 Wing Personnel." As part of that responsibility I will be publishing short articles, here in The Contact, about once a month. The articles will feature people, places, things, and events that have played a significant role in our national, and in particular our local, military history.

My first article, perhaps fittingly in November, will be a tribute to the Canadian WWII icon, Air Commodore Leonard Birchall, "The Saviour of Ceylon." Other articles will focus on our more recent past including our support to peacekeeping, peace making, and disaster assistance operations around the world. Still others will look at our history from a community perspective. There are tentative plans, for example, for one entitled, "The Kosovo Refugees, Five Years Later." I'd especially appreciate any photographs or other information that you might have on any of these themes.

I'd also appreciate any ideas that you might have for other articles. We still have a precious few veterans of WWII

here in the Quinte region and I hope to bring you some of their stories. And the RCAF Memorial Museum is an ever-increasing treasure trove of ideas. But much of our more recent past remains "out there," hanging on the walls of units and squadrons, or residing in the memories of their personnel. I'd like to hear these stories, big and small, important events, like international operations, or the more everyday like important innovations in line servicing. So if you have an idea or a comment on an article, I'd like to hear from you.

And please watch for my articles, about once a month in The Contact. They will be entitled, "Remembering..." I chose "remembering" over suggestions like "Our Military History," because it seems to better describe the goal of the work—to reach back in history and pull forward stories that we can use to enhance our sense of who we are. I hope you enjoy them.

Captain Henning is an A-Class Reserve. He can be reached Tuesday through Thursday at the Officer's Mess, Room 231, Phone (613) 392-2811 ext. 3352 or by e-mail at henning.rj@forces.gc.ca.

HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
November 7 - November 13

ARIES (MARCH 21-APRIL 19): A little trip on the 7th and 8th to see what's job prospects are available outside your immediate district may open your eyes to new possibilities. If you are informed, ready to take action and willing to compromise on the 9th and 10th you should be able to make relationships or deals you are involved in work. Financial gains can be made on the 11th and 12th. Secrets must be kept. Help someone who depends on you. Someone will tell you something interesting on the 13th that may change your outlook regarding your future plans.

TAURUS (April 20-May 20): Attend an antique auction or flea market on the 7th and 8th and you will find a superb item to purchase. Money matters are looking positive. You can get ahead on the 9th and 10th if you aren't stubborn or refuse to do what's required of you. Being adaptable will be what counts. The 11th and 12th should be geared towards making plans and stabilizing your personal life. Social events must be attended and creative ideas developed. Money will slip through your fingers if you are impulsive on the 13th. Offer suggestions not cash.

GEMINI (May 21-June 20): It may be difficult to complete what you are trying to do. Preparation will make the difference on the 7th and 8th so don't think that you can wing it. Change, rearrange and taking a different approach to life will inspire you on the 9th and 10th. Romance should be high on your list. Give your dreams and goals a chance on the 11th and 12th. Stop putting things on the back burner and start to do what you know in your heart is right for you. Meeting new people or incorporating romance into your plans is a must on the 13th.

CANCER (June 21-July 22): You will be able to depend on friends on the 7th and 8th to help you finish whatever you start. Your enthusiasm will speed up the process and attract a new friend or lover. You can't waffle on the 9th and 10th even if you aren't sure what to do. At least make a motion that will give everyone around you the information required to make his or her own decision. A hobby you enjoy will spark enthusiasm to try to turn it into a profitable pastime on the 11th and 12th. An unforeseen change could catch you by surprise on the 13th.

LEO (July 23-Aug. 22): Your future and how you can raise your standard of living will be your concern on the 7th and 8th. You must tighten your budget to acquire your goals. Nothing will be too much trouble for you on the 9th and 10th. Your generosity will lead to greater friendships as well as love and romance. Not everyone will be on your side on the 11th and 12th so be careful whom you trust. You can cause personal problems if you are too aggressive with loved ones. Participate in events that are family oriented on the 13th.

VIRGO (Aug. 23-Sept. 22): Don't let anyone back you into a corner on the 7th and 8th. Take your time to think about the way you feel and what you want. You can do whatever you set your mind to on the 9th and 10th. Someone from your past will help you remember your life goals. Separate yourself from people who are moving in the opposite direction. Favors will be granted and relationships will develop on the 11th and 12th. This is a good time to start something new or to finish what you already began. Watch your back and be careful what you say to whom on the 13th.

LIBRA (Sept. 23-Oct. 22): You may have a change of heart on the 7th and 8th. Someone may be keeping you in the dark about how he or she really feels. Get involved in something that will inspire you on the 9th and 10th. Develop one of your ideas. Work should be your concern on the 11th and 12th. Changes may not appear to be going your way but if you are patient and do the best you can everything will turn out in your favor. Travel will beckon you on the 13th. Someone from your past will surface. Talks will lead to solutions.

SCORPIO (Oct. 23-Nov. 21): You may be passed your important information on the 7th and 8th. It may be a puzzle at first but once you put the pieces together you will know what to do. Don't neglect your financial situation on the 9th and 10th. A new budget may be needed in order to get out of debt. Don't let anxiety get the better of you on the 11th and 12th. Things aren't as bad as they seem. You should develop and promote your true talents. You may find yourself walking down memory lane on the 13th. Phone someone from your past who has been on your mind.

SAGITTARIUS (Nov. 22-Dec. 21): You are likely to misread the intentions of someone who is promising you the world yet offering nothing on the 7th and 8th. You can make a lasting impression on the 9th and 10th if you express your ideas, intentions and plans in a colorful manner. Focus on what you can do to make your life better. Sudden changes may take you by surprise and disrupt your life on the 11th and 12th. You will be persuasive on the 13th. Your diplomatic way of handling situations will bring about a very special turn of events.

CAPRICORN (Dec. 22-Jan. 19): Focus on what's feasible on the 8th and 9th. You are not a follower so don't get in the lineup. Be strong and do your own thing. Don't count on getting any help on the 9th and 10th. You will make poor choices regarding your career. Be aware of what everyone else is doing. One slip on your part or someone else's could cost you. Get involved in talks on the 11th and 12th that will lead to a new deal. Prosperity is apparent. Someone may lead you astray. Secrets will be revealed on the 13th pulling you into something you should avoid.

AQUARIUS (Jan. 20-Feb. 18): Financial gains can be made on the 7th and 8th but you will be tempted to spend frivolously. Talk about love, romance and following through with your personal plans on the 9th and 10th. Single or not you can find love or make the relationship you are in better. Don't believe everything you hear on the 11th and 12th. Making snap decisions could lead you down the wrong path. Focus on entertainment and relaxation instead. Make an effort to do something that will benefit you as well as those around you on the 13th.

PISCES (Feb. 19-March 20): Romance is likely to develop on the 7th and 8th if you are single and if you are in a relationship you can discuss future plans with optimism. Go over your own personal papers on the 9th and 10th. If someone owes you money this would be a good time to collect. You will discover valuable information on the 11th and 12th if you are intent on getting to the bottom of things. Your personal life may not be looking too good on the 13th especially if you have been hiding something. Confess in order to clear the air and start over.

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Général / Général Ray Henault
Chef d'état-major de la Défense

Pour tous les Canadiens, surtout pour nous les militaires, le jour du Souvenir est une occasion toute particulière, car il nous permet de nous rappeler et d'honorer le sacrifice de tous ceux qui nous ont précédés et de tous ceux qui continuent à porter fièrement le flambeau en choisissant de servir le Canada. Nous devons tellement à ces hommes et à ces femmes. Grâce à leur courage, à leur dévouement et à leurs gestes altruistes durant les deux guerres mondiales, la guerre de Corée et les innombrables missions de maintien de la paix, de rétablissement de la paix et d'aide humanitaire, ils ont énormément contribué à la sécurité dans le monde et continuent de le faire. Nous leur devons tant, que jamais il ne sera possible de nous acquitter de notre dette envers eux. Mais dans notre cœur, notre esprit

et nos prières, nous nous souvenons d'eux et leur sommes infiniment reconnaissants.

Malgré le fait qu'il y ait de moins en moins d'anciens combattants canadiens, le jour du Souvenir revêt toujours une importance au Canada. Pour tous les militaires à qui les anciens combattants ont passé le flambeau, le jour du Souvenir leur rappelle pourquoi ils ont accepté de porter l'uniforme pour protéger le Canada et l'Amérique du Nord et pour contribuer à la paix et à la sécurité dans le monde.

En effet, le monde a beaucoup changé et la nature des menaces qui nous guettent, encore plus. En outre, les barrières entre les enjeux nationaux et internationaux sont tombées, en prenant part aux efforts visant à promouvoir la stabilité et à mettre fin aux conflits outremer, les Forces canadiennes contribuent à la sécurité de la population canadienne. Par conséquent, c'est un grand honneur pour moi d'être votre dirigeant, et je suis très fier de vous servir, vous, les membres des Forces canadiennes, qui avez embrassé une profession des plus admirables.

A la onzième heure, du onzième jour, du onzième mois, nous observerons un moment de silence en signe de notre reconnaissance à l'égard des hommes et des femmes qui ont fait le sacrifice suprême pour la défense de notre liberté et de la paix. Nous leur rendrons hommage et nous nous souviendrons également de tous ceux qui sont rentrés au pays, car leur vie, ainsi que la vie de leur famille, a été changée à jamais. Inspirés par leur souvenir et guidés par leur exemple, nous réaffirmons notre engagement à défendre les valeurs faisant du Canada un pays que nous sommes fiers de servir et où il fait bon vivre.

Nous nous souviendrons.

We Remember



LIEUTENANT (N) CHRIS SAUNDERS
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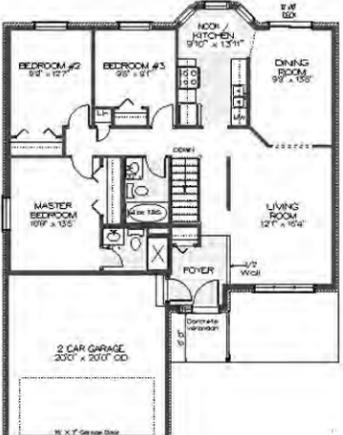
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Two different models featured this week.

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The Charlotte - 1278 Sq. Ft.
\$199,900 Lot 15 Cove Crescent

Located in Harbour Point, Brighton, this all brick bungalow home features three bedrooms, ensuite, kitchen nook, dining room, 12' x 10' deck, two car garage, high efficiency gas furnace and more.




The Wellington - 1670 Sq. Ft.
\$259,900 Lot 13 Hazel Court

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Management & Staff
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Smitty's has been keeping customers happy for 20 years in the appliance business. This proves Smitty has the Best Price, Selection, Guarantee, Quality & Price plus Same Day delivery, seven days a week. Smitty plans to be around for another 20 years. Now he has in-house financing at NO INTEREST. These are just a few of the many reasons to visit Smitty's for your new or used appliance purchase.

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Open Evenings & Seven Days A Week
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Jr Ranks Mess Children's Christmas Party

12 December 04
1300-1600 hrs

Treats for the children

Santa
will be there with his helpers !

Entertainment
& Activities
will be provided
for the kids.

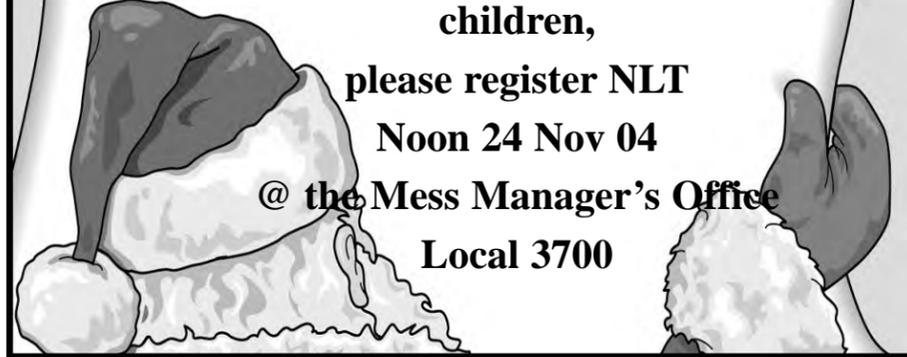
In order to ensure
appropriate gifts for all
children,

please register NLT

Noon 24 Nov 04

@ the Mess Manager's Office

Local 3700



"Inspired by their memory, guided by their example.."



by General / Général
Ray Henault
Chief of the Defence
Staff

Remembrance Day is a tremendous privilege for all Canadians, particularly those of us in uniform. It affords us the opportunity to remember and honour the sacrifices of those who have gone before us – and those who continue to carry on that proud legacy by choosing to serve Canada.

There is a tremendous and cumulative debt owed the men and women whose courage, dedication and selfless actions through two world wars, the Korean

War and countless peace-keeping, peacemaking and humanitarian assistance missions contributed to and continue to ensure a more stable world – a debt which never will be called to account and could never be settled. But in our hearts and in our minds and in our prayers...we remember, and in so doing, we acknowledge that debt.

Despite the diminishing ranks of Canada's war veterans, Remembrance Day will always be a significant national occasion. For all service men and women to whom the torch is passed, it is a reminder. A reminder of why we in uniform do what we do to protect Canada, to protect North America, and to contribute to peace and security in the world.

The world is a much changed place – the nature of the threat even more changed – and the boundary between the home front and the international environment has

vanished. By taking part in efforts to promote stability and end conflict overseas, the Canadian forces contributes to the safety and security of Canadians at home. And I am most privileged to lead, and most proud to serve you – the men and women of the Canadian forces who so willingly pursue a most admirable profession.

We will pause at the 11th hour of the 11th day of the 11th month as an expression of our gratitude to the men and women who made the ultimate sacrifice in the defence of freedom and peace. We will pay tribute to their memory, and we will also remember those who returned home – their lives, and the lives of their families, forever changed. Inspired by their memory, and guided by their example, we renew our pledge to continue defending the values that make Canada a country we are proud to serve and proud to call home.

We will remember.

The Canadian Forces
Personnel Support Agency
salutes

"Unsung Heroes -
The heart of CF Sports"

16th Annual Canadian Forces
Sports Awards Ceremony



16^e Cérémonie annuelle du mérite
sportif des Forces canadiennes

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OCTOBER 16, 2004 • LE 16 OCTOBRE 2004

L'Agence de soutien du
personnel des Forces
canadiennes salut
«Les héros méconnus -
au coeur des sports dans les FC»



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Information

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Word ad: 20 words \$3.00 per insertion. GST included. Cash or cheque to be paid at time of insertion.

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

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

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

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Business Opportunity in Trenton

Main St Trenton property owner has an established wholesale pizza store including equipment. For lease as operator, no franchise fees, or for potential purchase as a going concern. Large Distributor network setup. Pizza premises are presently in operation & will be available after Nov 1st, 2004. For more information **Call 394-4686**

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Cleaning Services

PMQ's, houses etc. at great prices. Call Tammy @ **392-0759**

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Major distributor requires managers to market technology developed in cooperation with NASA to clean air in spacecraft. Compact, filterless air purification systems have endless home/commercial applications. P/T 10-12 hrs/wk or F/T. \$75-90K first year.

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For Rent

FOR RENT

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For Rent

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Great value!

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Fridges, stoves, washers, dryers in working order and clean. Will pay good price. No dealers. Please call 1-613-969-0287 or 968-4183

CONSERVE ENERGY THIS FALL!

Announcement

OUT OF "SITE" (.) (.) SINGLES DANCE

All Singles welcome! Singles who use online dating sites wear their online name. Shy admirers get a 2nd chance to contact you after the dance! Join our FREE singles site under the same name you wear. Sat Nov 6th! (& Ladies Night!) Belleville Legion 9pm www.romeoandjuliet.ca (613) 392-9850

For Sale

Belleville Volkswagen



2001 Jetta GLS Diesel - 4 cyl, TDI, automatic, silver, 78,000 Kms, VW certified

\$21,900



2000 Beetle GLS - 5 speed, 2.0l, yellow, power group, sunroof, alloys, 71,000 kms, VW certified.

\$15,900

All prices +Admin., GST & PST & licensing Call Paul at

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HELP SUPPORT the United Way

through the CONTACT Nov. & Dec. 2004

Here's how it works:

For every classified ad you place (total cost \$2.00, up to 20 words) 50% of the cost will be donated to the United Way.

Let's fill up our classified page!

Sell your unwanted items and help others in need!

Drop off your envelope with ad & payment at the CONTACT office (headquarters building) or at the CANEX by 4 pm Tuesday for publication Friday.

Please recycle this newspaper!



Crossword Answers

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

St. Clement & Wing Chapel CRAFT SALE 2004

Saturday, November 6, 2004
Ecole L'Envol, 45 Johnson Dr.,
Middleton Park, 8/Wing CFB Trenton
Admission \$1.00 (Children under 14 FREE)
Goes to local charities.

New Barn & Gable style storage sheds 8'x8' & 8'x10'. Delivered completely assembled. Call Fred's Sheds **475-0192** Also will install vinyl siding.



Minister honours veterans in the House of Commons

Ottawa - The Honourable Albina Guarnieri, Minister of Veterans Affairs, delivered a statement today in the House of Commons on the occasion of Veterans' Week 2004. The Week runs from November 5th to the 11th and honours the contribution and sacrifice of all those who fought in wartime and in peacekeeping missions around the world. This is the Week's 10th anniversary.

"Ours is a never-ending mission," said Minister Guarnieri, "We have an obligation

to keep the memory of our Veterans above the tide of time. They should be a continuing inspiration to generations ahead - a reminder that Canadians have every reason to be proud of our Veterans and reason to be humbled by their sacrifice".

The Minister also took the opportunity to highlight the 60th Anniversary of the Italian Campaign during the Second World War. The Minister led a delegation of Veterans and youth to Italy in late October to visit the cemeteries and memorials commemorating the

heroism of those who served and those who paid the ultimate sacrifice. Nearly 100,000 Canadians served in the Italian Campaign and nearly 6,000 died.

Veterans Affairs Canada is aware of eight surviving Veterans of the First World War, including one woman. There are 268,110 living Canadian Second World War Veterans. Their average age is 82. There are 15,416 Canadian Veterans of the Korean War still living. Their average age is 72. There are more than 400,000 Canadian Forces Veterans still living.

For more information about Veterans Week 2004 and the 60th Anniversary of the Italian Campaign, please consult the Veterans Affairs Canada website at www.vcc-acc.gc.ca.

Wing Composter to extend hours of operation

The Wing Composter will temporarily extend its hours of operation to accommodate the heavy leaf and yard waste season

1. What will be accepted at the composter?

Weeds, grass clippings, leaves, brush, trees and tree limbs that are placed in the appropriate sites in the compound. Please empty all debris from plastic bags and other non-compostable containers.

2. What will NOT be accepted at the composter site?

Construction waste, waste lumber, pallets, animal waste, and household garbage.

3. When?

- (a) 1000 - 1400 hrs, 6 Nov.;
- (b) 1000 - 1400 hrs, 7 Nov.;
- (c) 1000 - 1400 hrs, 20 Nov.;

Nov.;

4. How to get to the Composter?

The composter is located on the south of the base adjacent to the Cadet Camp. To arrive at the proper drop point from the main gate proceed south on Anson Ave to Yukon St, west on Yukon to Canso Ave, north on Canso to Polaris Ave, west on Polaris to Argus Cres, and south on Argus to the compound on the west side of the street.

5. Who can use this service?

All DND personnel (military and civilian) regardless of residence, currently employed at 8 Wing who can present a DND ID card.

Please note that the temporary extension of



composter hours is primarily to serve those PMQ residents who do not have access to the yard waste disposal service provided to residents of Quinte West.

6. Questions?

Contact Lt Rick Leighton, WCE Operations I/C at ext. 3750, or Ron Hadwen, R & G I/C @ ext. 2916.

The compost site is open from 1200 to 1300, Monday to Friday year round.

BRONZE SEAL AWARDED



Lieutenant-Colonel R.A.A. (Bob) Blair, the Senior Staff Officer of the Contingency Capability Centre at 8 Wing Trenton, is shown receiving the Bronze Seal to the second level of the Canadian Forces Physical Fitness Award for Aerobic Excellence. The presentation was made by BGen P.J. McCabe, the A4 of 1 Canadian Air Division during a trip to 8 Wing Trenton on 4 October, 2004. This award represents the attainment of 2,000 units and represents the overall accumulation of 20,000 aerobic points which equates to the aerobic equivalent of jogging 20,000 kilometres. LCol Blair obtained the latest 2,000 units through a variety of activities including cross-country skiing, skating, walking, aerobics, stationary cycling, stationary rowing and stair climbing.

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has arrived!

SPECIAL PROMOTION

only \$20*

For you to experience (Limited time offer) These days only: Nov. 9, 10, 11, 12, 13/2004



*Small parts, example: upper lip, chin, underarm. By appointment only



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270 Church St., Belleville. (613) 771-0221

On November 11, at 11 a.m., please pause to remember those who have sacrificed their lives for our freedom.

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GREAT NEIGHBOURHOOD - 1 Storey residence with in-law suite or apartment. Property in good condition. Single garage with workshop on side, central-air. Call Lionel Botly**, Assoc. Broker. #2046576.



GREAT STARTER OR RETIREMENT! - Nice Village setting 2 bdrm totally renovated home. Oil heat, town services, basement with walk-out, new deck to enjoy the morning sun. Call Norma*. #2042551

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V/8 Engine, automatic, air and much more.

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\$205 BI-WEEKLY

2003 Chev Silverado LS

Stk#5143A - Auto., V/8, CD, pl, pw, tonneau cover, tow pkg, 3rd & 4th door, air



\$236 BI-WEEKLY

2001 Dodge Ram 1500

Stk#531PA - Auto., 5.2L V/8, alloy wheels, running boards, tonneau cover, 47,000 kms.



\$159 BI-WEEKLY

2000 Dodge Dakota Sport

Stk#4284A - Air, auto., V6, bedliner, pw, pdl, cruise & tilt, 92,000 kms.



\$205 BI-WEEKLY

2003 Dodge Durango

Stk#524P - Loaded, 5.9L, auto., V/8, 4x4, air, CD.



\$245 BI-WEEKLY

2004 Dodge Dakota

Stk#545P - 4x4 Auto, V/6, bedliner, CD, air, Bucket Seats, 1,346kms.



\$212 BI-WEEKLY

'03 Ford Ranger

Stk#418P - Auto, 2 dr., 3.0, 6 cyl., alloy wheels, fog lights, air, bucket seats, 2wd.



\$159 BI-WEEKLY

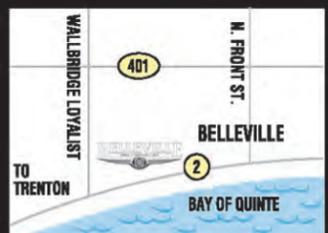


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