

"Delivering news and information. At home and around the world." • "Des nouvelles d'ici et de partout ailleurs."

the Contact

www.cfbtrenton.com

RIVERSIDE MUSIC
Teaching Studios & Retail Store
46 Front St., Trenton
394-4891

Musical Instruments
(guitars, violins, drums & more)
Sheet Music &
Musical Accessories

We invite you to come
in & play!

Christmas is coming...
LAY AWAY musical
items NOW to avoid any
disappointment!

• November 19, 2004 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 39 Issue Number 45 •

TAKING TIME TO HONOUR THOSE WHO FOUGHT FOR FREEDOM



Photo: Laurie McVicar, Contact

A young cadet stands vigilant at the Belleville cenotaph while members of 8AMS listen intently to the Remembrance Day ceremony they participated in on November 11.



Photo: Cpl Max Murphy, 8 Wing Imaging

A contingent of military members from 8 Wing/CFB Trenton took part in Remembrance Day activities at Trenton's Centennial Park last Thursday. See page 15 for more photos.

MGEN BRIEFS 424



Photo: Cpl David Cribb, 8 Wing Imaging

Colonel Andre Deschamps, Commander, 8 Wing / CFB Trenton, introduces Major General Charles Bouchard, Commander, 1st Canadian Air Division, who visited 424 Squadron Nov. 17 to brief personnel on the partial lifting of operational restrictions for the CH-149 Cormorant. See Page 3 for more details.

Gen Henault claims NATO's top military spot

Office of the Prime Minister

OTTAWA — (November 17, 2004) Prime Minister Paul Martin today congratulated Canadian Forces Chief of Defence Staff, General Ray Henault, for his election to NATO's top military position - Chairman of the Military Committee. A vote was held earlier today by Chiefs of Defence from each of the 26 Alliance countries:

"General Henault's selection as Chairman is an indication of the esteem in which Canada, and its military leadership, is held among member nations and signals Canada's commitment to the

organization.

General Henault will bring the same attributes of professionalism, commitment and dedication to the Chairman's position that he so clearly demonstrated in his three years as the Canadian Forces Chief of Defence Staff.

He will help an alliance of paramount importance to Canada and the world, and bring a Canadian perspective to NATO transformation and operational readiness as the organization continues to respond to the new security environment.

I wish General Henault much success as he assumes his duties next summer."



Photo: D-News

Canadian Forces Chief of Defence Staff, General Ray Henault with the NATO flag behind him.

FREE DVD
with any bedding purchase over \$399

FREE 3.2mp DIGITAL CAMERA
with any bedding purchase over \$599

FREE 20" SUPER FLAT TV
with any bedding purchase over \$699

SAVE \$200



SERTA BACKLOGIC PLATINUM SERIES MATTRESS SETS

Series 1000 or 2000 Models
Reg. \$1799 or \$1999
NOW \$1599 or \$1799

PLUS FREE 24" SUPER FLAT TV AND FREE DVD



The BRICK.

360 Pinnacle St.,
Belleville
Phone
967-1006
www.thebrick.com

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



The DND/CF is committed to ensuring that its infrastructure meets or exceeds the barrier-free policy and standards which includes the requirement to ensure an inclusive barrier-free environment and acknowledge the increased use of power wheelchairs. As part of the Barrier Free Access project initiative on the Wing, Cpl Boyd from 81 AEF is making sure that the slope for the ramp at the Golf Course Club House meets the National Building Code. At present, four buildings have been completed and there are another five being worked on at this time.



Notice TO ALL VETERANS

Please be advised that Mr. Scott Young, Provincial Service Bureau Officer from Aurora Ontario, will be at Trenton Branch 110 from the hours of:

8:00am - 4pm

Tuesday December 7, 2004

Anyone wishing information, advice or assistance regarding War Disability Pensions, Treatment, Allowances etc. is requested to contact Branch 110, to arrange for an interview. We urge you to take advantage & get some valuable advice concerning your problems.

For Appointment Call:

Branch 110, Trenton

392-0331 9:00am - 4:00pm

Monday - Friday

JUSTICE IS SERVED AT JAIL 'N BAIL



CORRECTION

LCol Gould was incorrectly identified in last week's issue of this newspaper, for which The Contact sincerely apologises. The caption should have read as follows: **Warrant Officer Kevin Gillis was the presiding judge at the November 5 United Way drive to "jail your boss."** After examining the charge report, he passed appropriate judgement on the 8 Wing Logistics and Engineering Officer (WLEO), Lieutenant Colonel Darwin Gould. A total of \$2,145 was raised, with close to 70 people spending time behind bars.



257 Dundas St. E.,
Trenton, Ontario K8V 1M1
613 392-2511 / 613 475-5677
e-mail: trenton@c21lanthorn.com
website: c21lanthorn.com
1-888-792-5499



EXCELLENT AREA! - Close to schools, shopping. Next to park. Lots of updates. Wrap around verandah, Abv/Grnd pool & equip. Early possession. Call Helen Kreh* #2046983



WEST END/NEW LISTING - Completely renovated 3 + 1 bedroom, 2 bath, new windows, roof, soffit, fascia, eaves, new kitchen, new bath, floors, re-finished hdwd, rec room with fireplace, single garage, great backyard. Call Connie* #2046973.



JUST REDUCED!! - Great location! Lots of upgrades-including windows, most carpets, front & back door, front window to be replaced by Vendor. Gas, central-air. Call Vicki* or Wally* #2044802



GOOD STARTER! - 3 Bedrooms, lrg deck, oak cabinets, hardwood floors, nice backyard, single garage. Some newer windows. Call Shelly Gregory* 922-4527. #2045415.

*Sales ** Associate Broker

**TOP QUALITY
RELAXATION
MASSAGE**

968-9696

HOURS OF OPERATION:
MONDAY - WEDNESDAY: 10:00AM - 1:00AM
THURSDAY - SUNDAY: 10:00AM - 3:00AM

205 NORTH FRONT STREET (LOWER LEVEL) BELLEVILLE

**NorthChina
BUFFET**

OPEN 7 DAYS/WK
Largest Seating for 300
No MSG Added
Seniors (over 65) Always 10% off

300 Bell Boulevard
(West of Sydney St.) Belleville
(613) 771-9988

BUFFET HOURS Lunch: 11:30 - 3:00 pm Dinner: 4pm - 9:30 pm

Lunch Prices	ADULT	Kids (6-12)
Mon-Fri	\$6.99	\$4.50
Sat-Sun	\$7.99	\$5.50
		Toddlers \$1.99
Dinner Prices		
Mon-Thurs	\$10.99	\$5.50
Fri-Sun & Holidays	\$11.99	\$6.50

ALL YOU CAN EAT BUFFET

**Dr. Gerard
A. Magne**
Family Dentist
Quinte Mall
Suite 225, 100 Bell Blvd.
962-8626

Offering you and your family a full range of dentistry including: tooth whitening, implants, crowns, bridges, inlays, onlays, veneers, complete and partial dentures, metal free restorations.

DENTISTE BILINGUE

WE ACCEPT ELECTRONIC BILLING | VISA | MC | DEBIT
WE CAN DO IT ALL AT THE QUINTE MALL!



SAR CH-149 Cormorants resume training flights

16 November, 2004

CFB WINNIPEG - The Air Force is partially lifting operating restrictions on its fleet of CH-149 Cormorant helicopters that limited the aircraft to search and rescue operations and maintenance test flights only after cracks were found on the tail rotor half hubs of a CH-149 Cormorant at 9 Wing Gander, NL, on October 16.

Further investigation has revealed other tail rotor half hubs with minor cracks, and a comprehensive engineering solution is being investigated by the Air Force and the aircraft manufacturer.

CH-149 Cormorant crews across Canada will resume proficiency training flights to enable them to safely conduct essential search and rescue missions. Several mitigating measures will be implemented, including limiting rates of climb and the maximum operating air-



speed, as well as limiting training flights to no more than two hours duration to facilitate more frequent maintenance inspections of the tail rotor half hub. As well, new inspection equipment is being issued to facilitate maintenance inspections.

"The safety of the men and women who fly the Cormorant is a top priority. We are operating with a risk, but, as always, we put in place sufficient mitigating measures to make the risk acceptable," said 1 Canadian Air Division Commander

Maj-Gen. Charles Bouchard. "This will allow our Cormorant crews to maintain their flight proficiency and continue to provide SAR service to Canadians."

The Air Force will re-evaluate remaining restrictions and current flight limitations as more details from the engineering investigation become available. Force generation and utility flights are still not authorized at this time and will only resume when the Maj.Gen. Bouchard is satisfied that they can be undertaken safely.

Search & Rescue UPDATE



Greetings from the Tiger's Lair here in Hangar 9.

Another relatively quiet one this week here at 424 Squadron. We had only two call-outs. The first was on Nov 14, when our CC-130 was sent to the Peterborough area to investigate an Emergency Locator Transmitter (ELT). Shortly after the Herc arrived in the area, the ELT was located in a building by a local CASARA unit and our crew returned to Trenton.

The second task was for another ELT but this time it was right here in the Trenton area. Our Herc crew was once again called upon to investigate. After flying multiple passes over the Base it was determined the signal was coming from the 10 Hangar area. It was not possible to localize the signal any further from the air, and the crew returned to Base.

Missions for 2004: 169 Missions for Nov.: 4 Persons rescued: 34

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



A Better Banking Experience
Your best choice for your saving & investment needs.



Our Loan Officers are the best in the business.

Call today to get your
personal and confidential review.

QuintEssential
CREDIT UNION

COMMUNITY BANKING & FINANCIAL SERVICES

BELLEVILLE
293 Sidney Street
966.4111

TRENTON
251 RCAF Road
394.3361

Dreams Fulfilled Here! (OAC) quintessentialcu.com



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: Rorrie MacDonald
Bookkeeper: Marilyn Miron
Circulation: Keith Cleaton
Assistant Translator/Proofreader: MCpl Louise Fagan
PSP Manager: Bob Payette
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.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

Remember

The following is a poem written by Constance Lamothe, a Grade 5 student at Sacred Heart School in Batawa, as a Remembrance Day assignment. Constance is the daughter of MCpl Cathy Lamothe, of 8 Air Maintenance Squadron.

As we stand in a cold November,
 Taking time to remember.

All our poppies on our coats,
 The soldiers fought with guns and boats.

All the planes, guns and ships,
 Soldiers making a long trip.
 Risking their lives to set us free,
 Helping out you and me.

Poppies, poppies black and red,
 We remember those who are dead.
 Someone in your family may have died,
 And you probably wept and cried.

We all know what you should do,
 Thank them for what they did for you.
 When you stand, you remember,
 On the 11th day in November.



www.cfbtrenton.com

Now
 you can browse the latest news stories on-line. You're one click away from finding out what's happening at Canada's largest Air Force wing.
(613) 392-2811
 Ext. 7005 (editorial)

Canadiana Crossword

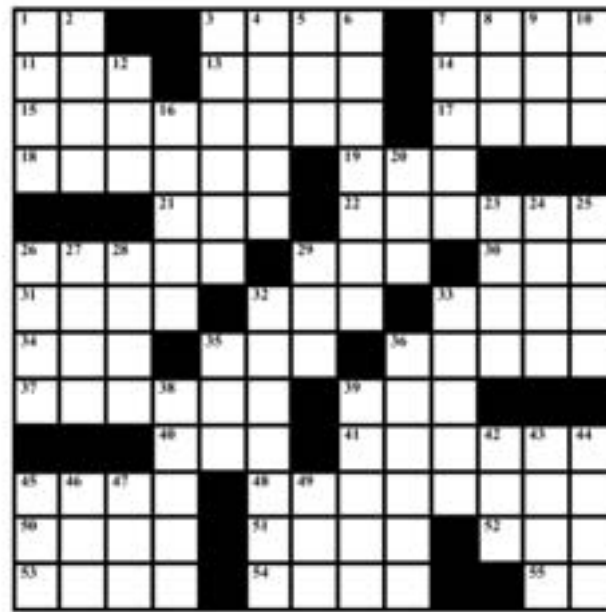
New Brunswick Phenoms

By Bernice Rosella and James Kilner

- ACROSS**
- 1 Prime Minister Bennett
 - 3 Blemish
 - 7 Depraved
 - 11 Onassis, to his pals
 - 13 Window part
 - 14 Prevaricated
 - 15 Food tycoon McCain
 - 17 Eye part
 - 18 Beef animals
 - 19 Sib
 - 21 Ball supporter
 - 22 Place a policy
 - 26 Movie mogul Mayer
 - 29 Jockey Turcotte
 - 30 Even
 - 31 First name in mystery
 - 32 Hotel
 - 33 Comic strip character
 - 34 Film rating
 - 35 Collection of anecdotes
 - 36 Desert features
 - 37 Actor Sutherland
 - 39 Deplete
 - 40 Roman 1051
 - 41 Typewriter part
 - 45 Lucille's love
 - 48 Not yet professionals
 - 50 Of the mouth
 - 51 Early fiddler?
 - 52 Draw
 - 53 Appellation
 - 54 WW2 weapon
 - 55 Industrialist Irving

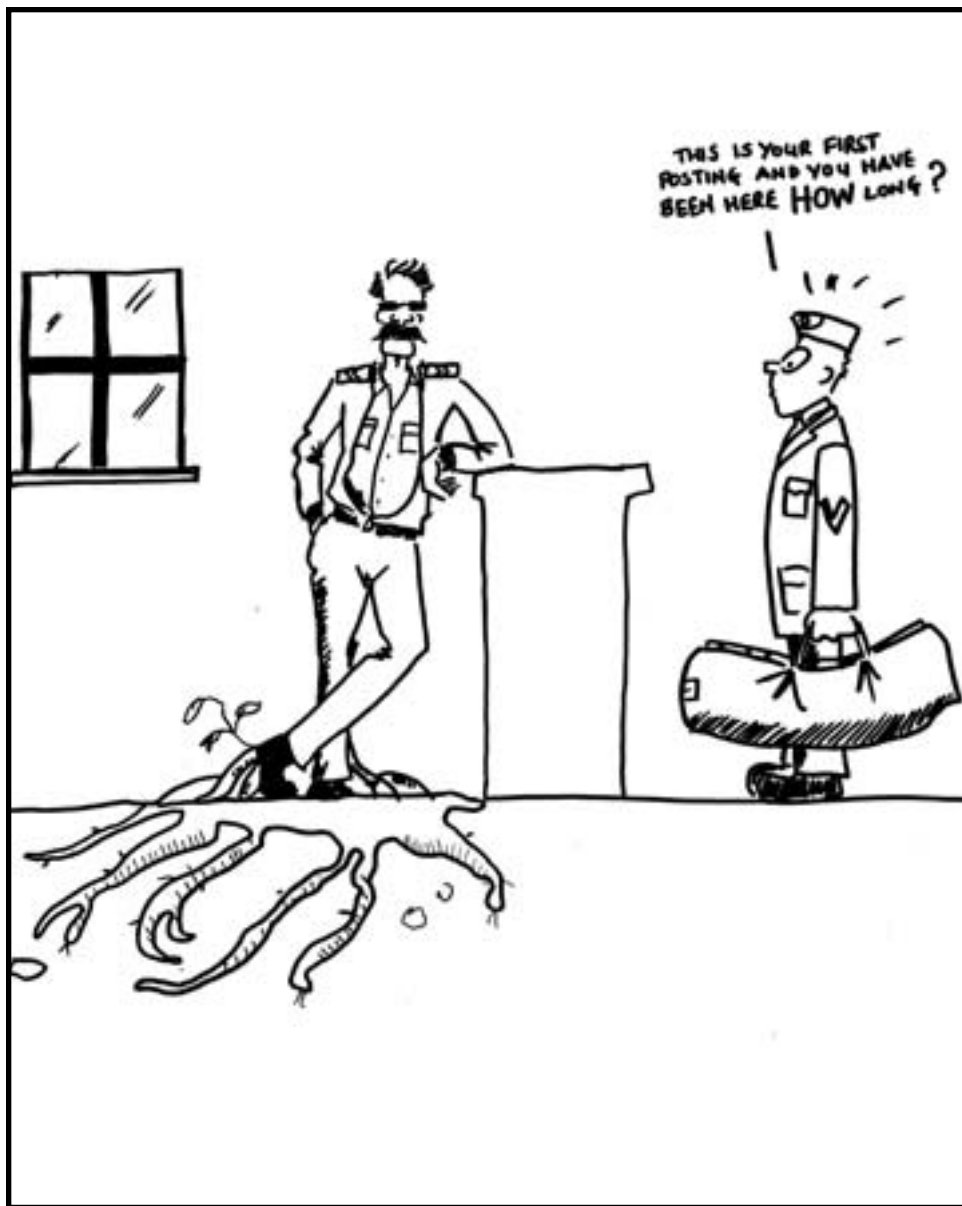
DOWN

- 1 Cheers
- 2 Scamp
- 3 Church parts
- 4 Outdated



- 5 Lennon's lady
- 6 Unease
- 7 Poet Carman
- 8 Broadcast
- 9 Whale, in Trondheim
- 10 Shreyer and Broadbent
- 12 Anger
- 16 Fasten again
- 20 Hotel
- 23 Atop
- 24 Ire
- 25 God of love
- 26 Heavy metal
- 27 Approximately
- 28 Soldier

- 29 Genetic material, for short
- 32 Cree or Iroquois
- 33 Ants in the making?
- 35 Each
- 36 Media man Camp
- 38 Missed by _____
- 39 Extra
- 42 ___ tut
- 43 Norse name
- 44 1
- 45 Musician Messer
- 46 Age
- 47 Movie maker Goldwyn
- 49 Encountered



8 Wing/Canadian Forces Base Trenton
 Morale & Welfare
 Personnel Support Programs
 Annual Calendar

COMING SOON
TO A DESKTOP NEAR YOU!!
WATCH FOR OUR CALENDAR
IN THE DEC. 17 ISSUE!

THE CAMPAIGN CONTINUES

Photo: Submitted



(Top) LCol J.E.F. Fortin (Francois), CO 426 Squadron, and Maj Paul Fleury draw the winning ticket for the Flight Simulator ride, sponsored by 426 Squadron, in aid of United Way. Ironically, the winning ticket belonged to LCol J.P.M. Fortin, WOPS O.

(Below) Major Paul Fleury accepts an \$1800 cheque from Major Wayne Watson ,WCEO, and Private Beth Watchhorn, 8 AE Squadron. The money was raised during CE's annual golf tournament. According to Fleury, the donation has helped push the campaign past the \$50,000 mark. "Because of this generous contribution, we are well on our way to our goal," he stated. WCE has issued a challenge to other squadrons on the wing to raise even more from their special events.

Photo: Laurie McVicar, Contact



THE STIRLING Festival Theatre

Nov. 19 to Dec. 19



Sleeping Beauty
It's time to boo the bad guys and cheer the good guys at our pandemonium-packed Panto!

7:30	Fri Nov 19 - good seats avail.
7:30	Sat Nov 20 - good seats avail.
2:00	Sun Nov 21 - good seats avail.
2:00	Wed Nov 24 - limited seating
7:30	Fri Nov 26 - good seats avail.
7:30	Sat Nov 27 - SOLD OUT
2:00	Sun Nov 28 - good seats avail.
7:30	Sun Nov 28 - SOLD OUT

\$10 (children), \$22.50 (adult), \$25 ("Extra Naughty" Shows)
Discounts for Families and Groups of 20+

Box Office: 395-2100 Toll-Free: 1-877-312-1162

November

- 13 PHOTOS WITH SANTA TO DEC. 24
- 23 BABY'S FIRST CHRISTMAS PHOTO WITH SANTA TO NOV. 25



December

- 1 EXTENDED SHOPPING HOURS TO DEC. 23
- 3 MOONLIGHT MADNESS OPEN TO 11:00PM
- 24 CHRISTMAS EVE OPEN 9:00AM-5:00PM
- 25 CHRISTMAS DAY • MALL CLOSED
- 26 BOXING DAY OPEN 8:00AM-5:00PM
- 31 NEW YEAR'S EVE OPEN TO 5:00PM

JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19 TGIF 1700 hrs Fish & Chips Sports 1800 hrs Euchre	20
21 21st GREY CUP 1800 hrs	22	23	24	25	26 TGIF Chicken & Taters 1700hrs Sports 1800hrs Pool	27
28	29	30				

Let Us Forget
REMEMBRANCE DAY
NOVEMBER 11

NOVEMBER 2004



North Front Street at Hwy 401 . Belleville
www.quintemall.com . 613-968-3571

Visit us online at www.cfbtrenton.com

A look into the eyes of maniacs will calm you

it's your Money



Garth Turner

He's a pretty good economist, actually--insightful, well trained and able to see how theory intersects with real life. But I'd say he's a little thin on human experience, which is the problem with being young.

We were talking the other day about manias and bubbles--those times when demand gets out of whack with supply and the price of something roars higher just because everybody wants it. The prevailing theory seems to be that today's real estate market, wherein houses have risen by double digits each year for the last five, is a borderline case. The economists are watching closely to see if real estate values will escalate in an unsustainable fashion, leading inevitably to a collapse.

But, I don't think it's going to happen--because I have looked into the eyes of financial maniacs in the past, and seen things that do not exist today.

For example, I visited with the people standing in line in downtown Toronto more than 20 years ago who were waiting for the privilege of buying an ounce of gold for over \$800 U.S. That was the highest price ever recorded for the yellow metal, which has no real use, and the maniacs were all destined to turn into losers.

One dark evening in 1988, in a field full of mud in a suburb outside Toronto, I visited with more bubbleheads. They were lined up to make deposits on new homes to

be built in this mud at prices which actually increased every few hours. The maniacs stood there and watched the developer put new signs on the side of the sales trailer, costing them tens of thousands of dollars more. One year later the real estate market collapsed.

Happily, we have not seen anything like this in the last few years, with the exception of the dot-com bubble, which was mercifully short-lived. And when it comes to residential real estate, there are solid reasons why prices have done what they've done. Blame it on Nine Eleven, suspicion of the markets, demographics and especially ultra-low mortgage rates. It should not surprise anyone that real estate has turned into the asset of choice for North America.

But, having said that, nothing lasts forever. Residential real estate will reach a point where it is overvalued, and prices will correct. That is totally inevitable, and it is the wise homeowner who recognizes the cyclical nature of the beast, and acts accordingly.

For example, a 60-year-old reader in London, Ontario who owns a paid-for \$350,000 city house and debt-free \$200,000 cottage, tells me he wants to avoid the coming drop in real estate values which will occur when a sea of Baby Boomers realize they have too much house and too little retirement cash. A wave of new listings could upset the supply-demand

pendulum and send housing for a generational loop.

He wonders if it would be wise to sell the house in the next five or seven years, even though he'd like to live in it for at least a decade, and move into a cheaper condo. He also wonders if it would make good sense to borrow against the equity in his home to invest in income-generating real estate. He and his wife are self-employed, and seem a little uncertain about having enough cash to retire on.

And the answer is, yes. YES! This is a great example of someone who knows they have arrived at the wrong place by following conventional wisdom. Like most 60-year-old Canadians, they have virtually all of their net worth tied up in real estate--which can be extremely illiquid should the market start to go soft because sellers outnumber buyers or interest rates start to back up.

And, at 60 or older, you just can't afford this kind of a risk. After all, what people need to live through their retired years is cash, not square footage. So, a very wise strategy is to systematically remove equity and get it working building an income stream. As mentioned here previously, any bank will lend you 75 per cent or more of the value of your home in the form of a loan with interest just over 4 per cent. Use this money to earn investment income, and the interest is tax-deductible. This makes a ton more sense than just letting all that capital lie dormant in your home--which could well be worth less in a decade than it is now.

So, in conclusion: No mania today. But neither is it normal. Think like a Boy Scout--be prepared.

HAVE YOUR SAY...

E-mail your letters to LeBlanc.AL@forces.gc.ca, or you can mail them to:

The Contact
P.O. Box 1000
Stn. Forces
Astra, ON K0K 3W0



The Trenton Craft Guild CHRISTMAS ARTS & CRAFTS SHOW



Sat. Nov 20, 10am -4pm
Batawa Community Centre
Batawa

"Free Admission"
"Wheel Chair Accessible"
"Lunch Counter"



Dr. Tom McDowell Family Dentist

Let us show you how our "Practice of Dentistry" can benefit you and your family.



OFFERING
Orthodontics
Sedation
Hospital
Close to Base
Electronic Insurance
Submission
Complete -
Tooth Whitening

394-8888

169 Dundas Street East, Trenton, Ontario

TRENTFAB INC.

10 DOUGLAS RD. P.O. BOX 698 TRENTON K8V 5W6

QUALITY INDUSTRIAL FABRICATORS & MACHINISTS

FABRICATION OF STAINLESS STEEL & CARBON STEELS
MACHINE REPAIR, WELDING AND MILLWRIGHTING
24 HOUR INDUSTRIAL MACHINE SHOP SERVICE

TSSA CERTIFIED PIPE WELDERS

Please contact Brian Pollard at:

394-9993 FAX: 394- 5545

EMAIL:bpollard@trentfab.com

www.trentfab.com



AUTO - HOME - BOAT - LIFE - INVESTMENTS

WHITLEY INSURANCE & FINANCIAL SERVICES

392-1283
(1-800-663-1384 Toll Free)

SINCE 1949 Visit our Website at www.whitley.net
E-mail: info@whitley.net

"SAVE MONEY, CALL FOR A QUOTE"
41 Dundas Street W. Trenton

AUTO - HOME - BOAT - LIFE - INVESTMENTS

Credential™ securities
Member of Credential Group

251 RCAF Rd., P.O. Box 278
Trenton, ON K8V 5R5

- Stocks • Mutual Funds • Bonds
- RRSP • RRIF • GIC
- Severance Investments

Tel: **(613) 394-6589** Fax: **(613) 394-4903**
E-Mail: dlockey@qcscu.com Member: CIPF

Don Lockey
Investment Advisor

FOR ALL YOUR FINANCIAL INVESTMENTS

ROBERT GRANDMAISON, CD, CFP
Certified Financial Planner

FINANCIAL PLANNERS (QUINTE) INC.
55 Glenburnie Drive, Trenton, ON

- RRSP • RRIF • MUTUAL FUNDS
- GIC • SEVERANCE INVESTMENTS
- EDUCATION PLANS • INSURANCE

Mutual Funds Provided by
WORLD SOURCE FINANCIAL MANAGEMENT INC.

Tel: (613) 392-0044 Res: (613) 392-0280
Fax: (613) 392-7110 e-mail: rgrandmaison1@cogeco.ca



Type 2 Diabetes - know your risks

If you are age 40 or over, you are at risk for type 2 diabetes and should be tested at least every three years. If you experience any of the following symptoms, you should be tested for diabetes earlier and/or more often:

- Have a parent, brother or sister with diabetes.
- Are a member of a high-risk group (Aboriginal, Hispanic, Asian, South Asian or African descent).
- Have health complications that are associated with diabetes:
- Heart disease;
- Kidney disease;

- Eye disease;
- Impotence;
- Nerve damage;
- Gave birth to a baby that weighed over 4kg (9lbs) at birth;
- Had gestational diabetes (diabetes during pregnancy);
- Have been told you have glucose intolerance (IGT) or impaired fasting glucose (IFG);
- Have high blood pressure;
- Have high cholesterol or other fats in your blood;
- Are overweight (especially if you carry most of your weight around your

middle).

Risk of developing Type 2 Diabetes is also associated with the following conditions:

- Polycystic ovary syndrome;
- Acanthosis nigricans (darkened patches of skin);
- Schizophrenia.

Don't ignore these risk factors. The earlier you are diagnosed, the sooner you can take action to stay well - now and in the future!

Source: Canadian Diabetes Association. For more information visit www.diabetes.ca.

Send a card, make a difference

(NC)-Just in time for the holidays, Juvenile Diabetes Research Foundation Canada (JDRF Canada) is offering a new electronic holiday card program for those interested in supporting the mission to find a cure for juvenile (Type 1) diabetes. By simply logging onto www.jdrf.ca and

making a minimum \$10.00 donation, an individual can select one of three beautifully-designed greeting cards and electronically send to family and friends. More information on JDRF Canada and its new e-card program is available at www.jdrf.ca.

Paper cuts - an avoidable injury



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

A paper cut is always a nuisance. It can be painful, slow to heal and can also become infected unless it is properly cared for. Paper cuts, although minor, should be cleaned and bandaged properly just like any injury.

Paper cuts can be prevented in several ways:

- Wear hand protection when handling large amounts of paper. Finger cots cover the finger tips and also make it easier to manipulate paper. Cotton gloves are suitable for some paper-handling jobs. Decide what kind of hand protection you would prefer to wear and talk to your supervisor about it.

- Don't allow the skin on your hands and fingers to become too dry. Handling paper dries the skin and makes it vulnerable to irritation and injury. Use a moisturizer frequently, particularly

around the edges of your fingernails.

- Watch how you handle paper, and adjust your techniques to avoid cuts. Before shoving your hand into a file folder in the cabinet, lift it out and let it fall open. When filling envelopes for mailing, manipulate them so you avoid the sharp edges on the flaps.

- Use a sponge or other equipment for moistening envelope flaps. Not only is it unsanitary to lick them, but you can get a painful paper cut on your mouth.

A paper cut can be an annoying injury which could easily have been avoided.

Juvenile diabete - quick facts

(NC)-Juvenile (Type 1) Diabetes- the most severe form of diabetes...

- Strikes young children: it's one of the most costly, chronic diseases of childhood and one you never outgrow.
- Insulin is not a cure: it allows a person to stay alive, and it does not prevent the eventual and devastating complications: kidney failure, blindness, nerve damage, amputations, heart attack and stroke.
- It doesn't take a day off: to stay alive, those with Type 1 diabetes must take multiple insulin injections daily and test their blood sugar by pricking their fingers for blood six or more times per day. While trying to balance insulin injections with their amount of food intake, people with Type 1 diabetes must constantly be prepared for potential hypoglycemic (low blood sugar) and hyperglycemic (high blood sugar) reactions, which can be life threatening.



Exceptional Customer Experience

POURQUOI ATTENDRE LA NOUVELLE ANNEE POUR ENTREPRENDRE UNE NOUVELLE CARRIERE?

Commence Maintenant!

Positions à temps plein, à temps partiel ou temporaire disponible
Dans le soutien technique ou le service à la clientèle

Formation payée pour toutes les positions

Salaires compétitifs plus prime de bilinguisme

Bénéfices sociaux et de santé
Plan de REER
Remboursement de droits de scolarité
Formation intra-muros
Programme de Prime pour recommandation d'un member du personnel

Soyez prêt pour le temps des Fêtes
Si vous êtes embauchés avant le 19 décembre 2004,
Vous serez éligible au programme de Prime du temps des Fêtes de STREAM!

Pour de plus ample information ou pour postuler un employ
Veillez nous visiter à
www.stream.com

Laissez votre future mener la voie!



Exceptional Customer Experience

WHY WAIT FOR THE NEW YEAR TO START A NEW CAREER?

Start Today!

Full-Time, Part-Time and Temporary Positions Available in
Technical and Customer Service Fields

Paid Training for All Positions

Competitive Salary Rates

Extensive Health and Dental Benefits
RRSP Plan
Tuition Reimbursement
In-House Certification Training
Employee Referral Bonus Program

Get ready for the holiday shopping season!
If hired by December 19, 2004,
you will be eligible for Stream's Holiday Bonus Program!

For more information, or to apply, visit us at:
www.stream.com

Let Your Future Shine....Today!



INFORMATION / REGISTRATION / INSCRIPTION 965-3575

Personal Development & Deployment Support Services

Second Language Training

Courses run for 12 weeks beginning the week of January 10th, 2005. Each session offers a total of 60 hours of instruction. A deposit of \$50 is required upon registration for the course. This deposit is refundable if the participant attends 85 per cent of classes.

On-site childcare is provided for the daytime classes.

Come in and register at the MFRC before January 5th, 2005. Call Anu at 392-2811 ext. 3855 or Manon at 392-2811 ext. 3852 for more information.

* Courses are open to military members for the same cost.

* Courses are also available to the community at a non-refundable cost of \$100 per session. (Childcare is available during the day for a fee).

Perfectionnement personnel & Services de soutien au déploiement

Cours de langue seconde

Les cours sont d'une durée de 12 semaines débutant la semaine du 10 janvier 2005. Chaque session offre un total de 60 heures de cours. Un dépôt de 50\$ est dû lors de l'inscription. Ce dépôt est remboursé si l'étudiant participe à 85% des cours.

Des soins de garde d'enfants sont disponibles sur place pour ceux qui suivent le cours de jour.

Inscriptions au CRFM avant le 5 janvier 2005. Pour plus de renseignements appelez Anu au 392-2811, poste 3855 ou Manon au 392-2811 poste 3852.

*Les cours sont disponibles au même coût pour les militaires.

*Les cours sont aussi disponibles à la communauté civile au coût de 100\$ par session, non-remboursable. (Les soins aux enfants sont disponibles).

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 24th - Craft Night / Tin Punching - Create your own

punched tin design using recycled materials with Rachael Harbour. May be a minimal cost for supplies.

December 1st - "Take time for your Life" - During this busy pre-holiday time of year it is important to take time for yourself. Joanne Belanger will have some strategies and ideas on self-care.

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 24 novembre-Perçage de la tôle : "Tin Punching" - Créez vos propres designs en

perçant de la tôle avec du matériel recyclé avec Rachel Harbour. Il y aura un coût minime à déboursé pour le matériel.

Le 1er décembre - Prenez le temps de vivre! - Durant la période occupée du temps des fêtes il est important de vous consacrer du temps. Joanne Belanger offrira des stratégies et des idées pour bien prendre soin de vous.

Postcards from Home Great gift idea!!

Postcards designed by local children with their images of **Canadian Peacekeeping.**

Buy your cards at the reception desk.

8 cards for \$10.00 / 1card for \$1.50

Show your support for the troops by sponsoring a postcard at \$1.50 that will be sent overseas with words of support and best wishes.

Thank you to *QuintEssential Credit Union* for sponsoring this project.

Des cartes postales de chez-nous Une idée de cadeaux!

Des cartes postales créées par les enfants de la région représentant leurs vues du **maintien de la Paix** dans le monde.

Vous pouvez vous procurer les cartes à la réception du CRFM.

Le coût est de 10,00\$ pour 8 cartes et 1,50\$ l'unité.

Offrez votre soutien à nos troupes en parrainant une carte postale à raison de 1,50\$. La carte sera envoyée outre-mer avec vos souhaits et messages de réconfort. Merci à *QuintEssential Credit Union* de parrainer ce projet.

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. Volunteers need to be comfortable in water up to chest deep and enjoy interacting with young children. The swim program is every Wed. from 11:15 to 12:45.

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.

Women's Conference - There are many opportunities for volunteer involvement with the Women's Conference: planning, publicity, coordinating gifts and door prizes, decorating and set up, take down, etc. .

Admin Assistance - The Fundraising Committee needs a volunteer to assist with basic admin tasks such as stuffing and addressing envelopes, taking meeting minutes, posting flyers, and picking up donations. Meetings are usually held on a week-day morning and childcare is available. For more information or to volunteer, please contact Wendy at 392-2811, ext 3557.

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. Les bénévoles doivent être à l'aise dans l'eau à la hauteur de leur poitrine et aimer l'interaction avec de jeunes enfants. Le programme de natation est le mercredi de 11h15 à 12h45

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.

Conférence des femmes - Il y a plusieurs opportunités pour votre implication; planification, publicité, coordination des prix et cadeaux, décoration et montage, etc.

Assistance à l'administration - Le comité de collecte de fonds a besoin de quelqu'un pour aider avec des tâches telles que remplir et adresser des enveloppes, prendre les minutes des réunions, distribuer des affiches et ramasser les dons. Les réunions sont tenues l'avant-midi et le gardiennage est disponible. Pour plus d'information téléphonex à Wendy au 392-2811 poste 3557.

Three generations of service to our friends and neighbours



Ralph Weaver Founder
Jeff Weaver President
Tim Weaver Funeral Director



East (613) 394-2433
Chapel 1-866-5WEAVER
West (613) 392-3579
Chapel 1-866-4WEAVER
Weaver Family Funeral Homes

Hutchinson Fuels

- Automatic & Call In Services
- Tank Inspections
- Military Discount!

8 Loyalist Drive Unit #2 Brighton, Ontario 475-3334
1-800-465-0449

• Desktop Publishing • Posters • Laminating • Digital Copies

Darling's Call today
COPY DEPOT 392-7273

Fax service: 392-7058

www.copy-depot.com
20 Dundas W., Trenton

• Fax Service • Enlargements • Scanning • Canon Laser Copies

Photograph Photocopying-Full Colour • Engineering & 36" Copies Format

Promotions, farewells and continuous learning at 426

by MCpl Rob Skwirut

The Technical Instruction Flight (TIF) at 426 Squadron provides technical training for maintenance personnel in support of Canadian Forces CC130 Hercules operations. Our goal is to inspire our students to excel by providing a positive and enriched training environment.

The AVN cell has been busy with several CC-130 Hercules On-Type courses running simultaneously, such as: Propulsion, Run-up, Run-up Recertification, Air-Air Refueling and consecutive Flight System courses. There will be 324 days of class time during this fiscal year (keep in mind, that there are around 250 working days per year), and for 2005-2006, TIF AVN will spend a total of 408 days in

class, to cover all of the projected performance objectives.

Several TIF members have been as busy as Santa's elves, getting ready for a trilogy of upcoming Christmas events here at 426 Squadron. Two particular AVN members, fondly referred to as 'the Twins' (a.k.a. MCpls Desaulniers and Finucan), have been industriously preparing for the world renowned Squadron Lotto celebrations and annual Christmas party, scheduled for December 16 and 17 respectively. MCpl Andy Whynott is helping to organize the much anticipated 426 Children's Christmas party, slated for December 4.

On the AVS side of the house, we are close to completing our AHTZ CC-130 Hercules On-Type Avionics course. This intensive course is

now 60 training days in length, and consists of classroom-based theory, multimedia (smart board) presentations, practical demonstrations (aboard the Cockpit Mock-up Unit) and on-aircraft functional testing. We're currently exploring the possibility of adding compass swing training to the course, which may further extend the duration. We have just completed two deployed training sessions in Winnipeg and Greenwood for Electrical Delta training and the Electrical Update Project (EUP). This provided our staff a great opportunity to interface with the rest of the CC-130 fleet units, as well as experience the riveting and scintillating nightlife of both locales.

We would also like to congratulate Sgt Moe Dorrington on his promotion to his new

rank. Moe recently had the opportunity to join other 426 Squadron personnel on a training flight to Tyndall AFB in Pensacola, Florida. This type of deployment is used for aircrew, as well as Aeromedical Evacuation operational training. In this case, in addition to providing technical experience, Moe was used as a training aid 'patient' for the Medevac students; as part of the scenario, he had to act as though he was having unusual stomach pains. It has been reported that Moe's prodigious dramatic gestures had more impact than being batted in the head by Barry Bonds. There are rumors of a possible nomination for 'Best Supporting Actor', if not by The Academy, then by at least the Lotto lampoon selection panel.

Another bittersweet



farewell was given, this time to MCpl Derek Bell, who is retiring after 20 years service. Derek started his career here in Trenton, moving on to CFSATE in Borden as an instructor, returning to Trenton with 8 AMS, and finally back to 426 (T) Squadron. Derek and family have decided to remain here in the Quinte region.

On Wings of Fire.

COMING SOON

8 Wing Canadian Forces Base Trenton
Morale & Welfare
Personnel Support Programs
Annual Calendar

The Cash Store Inc.
CASH ADVANCE CENTERS
money now
• PAYDAY LOANS
• TITLE LOANS
• NO CREDIT NECESSARY
310-4PAY (4729)
FOR A LOCATION NEAR YOU
LIFE DOESN'T ALWAYS WAIT UNTIL PAYDAY
OPEN 7 DAYS A WEEK

Deal with the OWNER

For the LOWEST PRICES GUARANTEED

Unbelievable Prices on

**Mattress Sets
Bunk Beds
Futons
End Tables
& Much More**

SPECIAL CLEARANCE on Sofa Sets

Trenton Furniture
Hwy#2 Bayside • 962-6202
Delivery Available

Crazy Dogs
PET STYLING SALON
Complete Grooming Service or Do-It-Yourself for Dogs & Cats of All Sizes!
12 Carrying Place Rd. (Hwy. 33) TRENTON **392-7087**
— NOW OPEN —
MONDAY - FRIDAY
8a.m. - 5p.m.
with 2 professional groomers to serve you better!

HILDEN HOMES LTD.

Our House - Your Home

Open Houses
Appledene Park
"Lot 18 Sunshine Lane"
Model The Crestwood
1557 sq. ft. \$223,500
West End Trenton
Saturdays 2-4 pm
Wednesdays 3 - 4:30 pm
Harbour Point
"Lot 5 Cove Crescent"
Model The Crestwood
1344 sq. ft. \$192,900
South of Brighton
Saturdays 11:30 - 1:30 pm
Wednesdays 1 - 2:30 pm
On Site Phone 922-5076

The Crestwood - 1557 Sq. Ft. \$223,500 Lot 18 Sunshine Lane
Located in Appledene Park, Trenton, this three bedroom split entry home features a large country kitchen, ceramic foyer, a vaulted ceiling, ensuite and bright roomy basement for future finishing, high efficiency furnace, 10' x 12' deck and more.

The Cambridge - 1668 Sq. Ft. \$269,900 Lot 12, Whispering Woods
Located in Whispering Woods, off Highway 2 between Trenton and Brighton, this gracious all brick home is located on a beautiful one acre treed lot. It features a vaulted ceiling, ensuite with corner jet tub, fireplace, high efficiency gas furnace and more.

- Many plans and models to choose from
- Still time to choose cabinetry and flooring
- Immediate Occupancy available in some model homes

See our other developments in Crestview Heights and Jackson Woods in Belleville, Deerfield Heights in Wooler, Harbour Point in Brighton plus our many country lots

962-4600
180 North Front St., Belleville, On
Email: info@hildenhomes.com Website: www.hildenhomes.com
"Building throughout the Quinte Region Since 1985"



Fitness, Sports & Recreation

Super-sized issue



Confessions from the Gym

Laurie McVicar

Tuesday, November 16

So this is what it has come down to - airlines charging more for fares and blaming it on heavier passengers. Sheesh, why not just draw the battle line between the thin and the over weight right now. Us and them.

I can just imagine the legions of fit people who are up in arms about this latest announcement. Not only are obese people costing them more in health-care, now they're costing them more to fly. The absolute audacity of these people!

Perhaps there's a larger societal snapshot that desperately needs to be examined here. We are a nation full of fast food lovin', large portion eatin', exercise deprived people..not all of us, but most. Global obesity is soaring and North America is pushing rates even higher.

Airlines are not the only ones feeling the extra pound pressure. The funeral industry has also had to accommodate larger..uh.. "customers." It's getting out of control!

Personally I applaud the recent motion by NDP leader Jack Layton for Canada to become the second country in the world to ban trans fats - a recommendation made by the World Health Organization. Trans fat has been shown to increase bad cholesterol and has been linked to heart disease and diabetes. It's a small step towards a big solution.

I further extend kudos to filmmakers such as Morgan Spurlock (Super Size Me) and TV shows such as The Life Network's "Taking It Off" who are bringing our culture's huge (no pun intended) dietary faux pas into the limelight.

Admittedly, there are more ways to lose fat than ever before -the millions of dollars brought in annually by weight loss companies is solid proof of that. However, if you are truly interested in becoming less of the problem and more of the solution, put your money into something that (with a little effort) is guaranteed to produce results - a work out. Now there's something truly worth super-sizing!

Wing Hockey League results

Standings as of November 17

The 13 Team Round Robin is over and divisional play will start this week. The teams are very close with multiple ties in the standings. The top six teams will make up the A Division and the bottom seven teams will comprise the B Division. Good luck in divisional play. Play safe and have fun.

Team standings:

Teams	GP	Win	Loss	Tie	Points	Place
CPC	12	11	1	0	22	1st
424 Sqn	12	11	1	0	22	1st
JNBCD	12	7	5	0	14	3rd
WCE	12	7	5	0	14	3rd
8ACCS	12	7	5	0	14	3rd
ATESS	12	7	5	0	14	3rd
429/426 Sqn	12	5	7	0	10	7th
WTN	12	4	7	1	9	8th
Hanger Hogs	12	4	7	1	9	8th
ARO	12	4	7	1	9	8th
WTISS	12	4	7	1	9	8th
Work Shops	12	2	8	2	6	12th
ATC	12	2	10	0	4	13th

Upcoming badminton playdowns

CFB Borden will be hosting the Ontario Region Badminton Clinic/Selection Camp held mid February, 2005. Smash, drop and clear your way to the Clinic / Selection Camp in the following categories:

- Open Event 4 players
- Senior 35 and over 2 players
- Masters 45 and over 2 players
- Women's 2 players

Playdown will be held at The Gymnasium from November 29 - December 17. Registered players will play a round robin tournament. Players will get a list of all registered players and play competitors on their own time. Competition is open to all CF, Class B & C Reserves Members. For registration or information contact Shirley Martin at local 3467 or Dan Cormier, local 3373.

Players needed for squash team

The 8 Wing/CFB Trenton Squash team will represent 8 Wing/CFB Trenton at the Ontario Region Squash Championship held at CFB North Bay March 6 - 8. Rally your way to the championship in the following categories:

- Open Men's 4 players
- Open Women's 1 player
- Under 30 1 player
- Masters 40 and over 1 player

Playdowns will be held at The Gymnasium from November 29 - December 17. Registered player will play a round robin tournament. Players will get a list of all registered players and play competitors on their own time. Competition is open to all CF, Class B & C Reserves Members. For registration or information contact Shirley Martin at local 3467 or Dan Cormier, local 3373.

Rec News

Winter Session - Red Cross Swim Lessons
Registration for the 8 Wing military community - Monday, December 13th from 4 - 6 p.m. at the RecPlex.

Registration for the General Public - Monday, December 20th from 5 - 7 p.m. at the RecPlex.

Q Mack Basketball Trickster

This show is for youth 13 - 18 yrs of ages. Friday, November 26. 2 p.m. (PA Day). At the RecPlex. Cost: \$4 advance tickets, \$5 at the door. Tickets available at the RecPlex and the MFRC.

Upcoming Pool Closure

Saturday, November 27th from 1:30 to 6:30 p.m. due to a swim competition. The evening Rec Swim will commence at approximately 6:30 p.m. until 8 p.m.

Family Skating

Wed. 4 - 4:50 p.m.
Fri. 6 - 6:50 p.m.
Sat & Sun. 1 - 2:50 p.m.

Shinny Hockey for Kids

Tuesday -
Bantam/Midget 5 - 5:50 p.m.
Tuesday - PeeWee - 6 - 6:50 p.m.
Wednesday - Atom - 5 - 5:50 p.m.
Thursday -
Tyke/Novice - 5 - 5:50 p.m.

Astra Lanes bowling report

Congratulations to local bowlers as they were recognized by the province last week for outstanding achievements during 2003/2004 bowling season.

Mike Stoddart was recognized as the Ontario Five Pin Bowling Elite Coach of the Year for his Canadian Championship Gold Medal in Newfoundland. David Schwartz, Donna Stoddart and Mike Stoddart were

also recognized for bowling the high four game scores in their categories for the province. Ted Crago, Larry Rankin, Roy Boudreau and Bill Simm bowled the high four-man team, four game score for the province last year.

Awards have been handed out for the Monday Match Play league for the first third of the season. Team Standings JED's, Good

Timers, Wall Knockers, Ball Hitters, Jenny & the Jets, Darlene's Dudes.

Monday Match Play

High Average - Mike Stoddart, 258; Marilyn Ekman, 203.

High Quad: Don Harvey, 999; Jennifer Foster, 935.

High Single: Rick Clark, 382; Cathy Stoddart, 307.

Most Points Won: Harold Stoddart and Pat Kolupanowich.

“Outstanding Agents. Outstanding Results.”

Trent Valley Realty Ltd., Realtor
Independently Owned and Operated

SOLD
Trent Valley
RE/MAX Community 1-800-567-0776

Trenton 392-6594 Brighton 475-6594 Toll Free: 1-800-567-0776
Check us out at... www.remaxtrent.com

As per results posted in the last issue of the Contact (Vol 39 Issue 44), Pat Comeau who placed second in the pound for pound category and tied for first place overall is a Senior Constable with the Belleville "City" Police, not the OPP.



GIVING GENEROUSLY

Photo: Andrea LeBlanc



Thank you to everyone who donated either food or cash to our 8th Annual Food Bank "Toll Booth" which was held at the North Gate on November 17. During the two hours that volunteers were at the gate, approximately 1,100 pounds of food and \$1206.50 in cash was collected. On behalf of ATESS and the Trenton Care & Share Food Bank, we would like to thank you all for opening your hearts, (and wallets), for a worthy cause. Hope to see you all again next year.



United Way "All Ranks" 2004 The Campaign Continues "Battle of the Bands"

DJ Music
Also some other local talents
Doors open at 8 p.m.
When: November 26
Where: Astra Lounge
Min. \$3 donation at door



Come out and try to win a beautiful Ibanez V70 acoustic guitar provided by ARDEN'S MUSIC, Trenton. Tickets will be \$1 each at the door. This guitar would make an excellent Christmas gift!



Boyer Kia
BELLEVILLE
613-966-9990



Built in DVD Player



2004 Sedona Family Edition

3.5 Hp. V6 engine, 5 speed automatic, rear sonar, remote keyless entry, power windows, locks and mirrors, front and rear heat and air conditioning.

0%
Purchase Financing for 72 months.OAC

FOR A LIMITED TIME

Purchase or Lease an Instock Unit and receive a FREE Sony Playstation 2 & 3 DVD Movies

0% Purchase Financing for 72 months.OAC

OR LEASE FROM

\$215

PER MON 60 MOS.

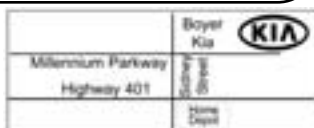


2004 Magentis LX Affordable Elegance
2.4L DOHC engine, 4 speed steptronic transmission, dual air bags, air conditioning, power windows, locks.



5 Year/100,000 KM Comprehensive Warranty
5 Year/100,000 KM Powertrain Warranty
5 Year/100,000 KM Extra Care Roadside Assistance
+ FREE OIL AND FILTER CHANGE FOR LIFE*

Boyer Kia
BELLEVILLE 966-9990



Boyer Kia
BELLEVILLE
613-966-9990



NO PAYMENT 'TIL FEBRUARY 2005 AVAILABLE OAC

Pick a Payment Zero Down Payment Taxes Included



2002 S10 Extended Cab 4x4
4.3 ltr V6, Automatic, air, tonneau cover.

ONLY \$159**



2002 Sentra GXE
Automatic power windows, locks, mirrors, cruise, tilt, air, factory extended warranty

ONLY \$99**



2000 Windstar LX
Scooterlift, quad buckets, dual heat & air conditioning, loaded.

ONLY \$110**



2001 Magentis SE
V6, 4 speed shiftronic automatic, sunroof, climate control, power heated seats, factory warranty.

ONLY \$175**



2000 Accent GSi
5 speed, sunroof, spoiler, alloy wheels, AM/FM/CD

ONLY \$94**

MANY MORE QUALITY PRE OWNED VEHICLES!

** Payment based on Bi-weekly terms. See dealer for details.



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
November 21 - November 27

ARIES (MARCH 21-APRIL 19): You will be very intuitive on the 21st. This trait could get you in trouble if you aren't diplomatic when dealing with the very people you are tuning in to. You must channel your energy into something useful on the 22nd and 23rd. Don't become anxious because someone is criticizing you. Work behind the scenes on the 24th and 25th. The less said and the more done is what it's all about. Prove how valuable you are. Your quick actions will be your saving grace on the 26th and 27th. Someone is watching you and taking notes.

TAURUS (April 20-May 20): Get back to basics on the 21st and check out some of the old familiar places you used to go to. A chance meeting with someone from your past may lead to something. You will be open to new lifestyles and certainly ready for a change on the 22nd and 23rd. Get involved in subjects that interest you. Be sure to focus on love and affection on the 24th and 25th, not disagreements and havoc. The outcome is up to you. Don't be stubborn. False information will prevail if you listen to gossip on the 26th and 27th. Make up your own mind.

GEMINI (May 21-June 20): Don't take anything or anyone for granted on the 21st. Do your part and move on. Get down to business on the 22nd and 23rd and you will come to all sorts of revelations about who you are, who you want to be with and what you want to do. Your curiosity will lead you down the right path. You will have to deal with people who are not cooperative on the 24th and 25th but if you use your charm you should be able to cut through any negativity. Chatting will lead to romance on the 26th and 27th. A romantic evening should be in your plans.

CANCER (June 21-July 22): You need to get away and have some fun on the 21st. Visit a friend or invite someone to stay with you. Someone will disagree with the way you do things on the 22nd and 23rd. Saying little and doing a lot will be the answer. Be aggressive and you will get your way as well as get things done on the 24th and 25th. Love, partnerships and feeling good about you are in the stars. Put time and effort into your surroundings on the 26th and 27th. Invite people over and do a little entertaining. You'll be admired for your talents.

LEO (July 23-Aug. 22): The more you can do to budget your books on the 21st, the better. It pays to know where you stand. You've got all the right moves on the 22nd and 23rd so step into the limelight and do your thing. A little romance is in the picture. Let your imagination run wild. Your observations will be right on target on the 24th and 25th so take action based on what you see and hear. Don't go it alone on the 26th and 27th. Get involved in interest groups. Expand your mind and your outlook and you will take a new approach to life.

VIRGO (Aug. 23-Sept. 22): Help offered to someone in need on the 21st will bring you a huge return later on. You will have a lot pending on the financial decisions you make on the 22nd and 23rd. Take an old school route but don't pass up a good deal because you are too cheap. You will be in the know on the 24th and 25th and everyone will want to be on your team. Your aggressive action will keep everyone on track. Listen to what everyone else is saying on the 26th and 27th. You may want to change your opinion and your direction once you know the truth.

LIBRA (Sept. 23-Oct. 22): Put in a little overtime on the 21st and you will have a head start. Lots can happen on the 22nd and 23rd. Talk to people you trust and you will get the answers you are looking for. You will be tempted to spend too much on the 24th and 25th. You may see items you would like to purchase but think twice about how much you want to spend. You will be in control on the 26th and 27th so don't skip a beat or lose time. Take action and you will get everything you want. Traveling and sharing your ideas will bring excellent results.

SCORPIO (Oct. 23-Nov. 21): The 21st is all about you and doing things that will improve your emotional and mental outlook. Put your energy into getting things accomplished on the 22nd and 23rd. Actions will lead to advancement. Your dedication and determination will be what counts. Being a participant on the 24th and 25th will show others how dynamic and amazing you can be. Aggressive and passionate action will pay off. Money can be made and gifts can be expected on the 26th and 27th. Get everything in writing and look forward to change.

SAGITTARIUS (Nov. 22-Dec. 21): Everything will be about home and family on the 21st. Accommodate the ones you love. Take a moment to get involved in what everyone else is doing on the 22nd and 23rd. Physical activities will be good for your morale. Be responsive. You have to take the initiative and refuse to let anyone step on your toes or steal your spotlight on the 24th and 25th. Recognition is coming your way for a job well done. You will be emotional if things don't go according to plan on the 26th and 27th. You are walking a fine line.

CAPRICORN (Dec. 22-Jan. 19): Do a day trip that will include family or friends on the 21st. Passion and greater commitment is apparent. There may be more going on than you realize on the 22nd and 23rd. Stay on top of what everyone else is doing and thinking. Think about what you want on the 24th and 25th and follow through with your plan. You will have some great ideas on the 26th and 27th and your competitive nature will enable you to get others to support your actions. Talk to the people who can change your life.

AQUARIUS (Jan. 20-Feb. 18): An old goal may surface giving you a new outlook on future prospects on the 21st. It's never too late to go back. Don't sit around waiting for people to come to you on the 22nd and 23rd. Visit someone who can offer you knowledge about different lifestyles. Don't believe what you hear on the 24th and 25th. Go to the source and do your own investigation. A surprise may be revealed on the 24th and 25th if you aren't secretive about what you are up to. Festive events and dealing with children should take precedence on the 26th and 27th.

PISCES (Feb. 19-March 20): Once you have obtained the information required, make your move swiftly and don't look back on the 21st. Take a look at your financial situation on the 22nd and 23rd and do whatever you must to make it better. It's your move. Community events attended on the 24th and 25th will bring you in touch with someone who will enrich your life. It's time to make new friends. You may experience emotional setbacks on the 26th and 27th if you refuse to see anyone else's point of view. Rigidity will result in a stalemate.

Christmas lighting - a centuries old tradition

ENERGY MATTERS



by Sgt D. Carlson

Ever wonder how the tradition of lighting up our Christmas trees all began? Then read on...

Using small candles to light up the Christmas tree dates back to the middle of the 17th century. The custom was only really firmly established at the beginning of the 19th century in Germany and soon after in the Slavic countries of Eastern Europe.

The first candles were glued with wax or pinned to the end of the tree branches. Little lanterns and small candleholders then appeared to make putting up the tapers easier. Candleholders with clips appeared around 1890. Glass

balls and lanterns were created between 1902 and 1914. The first time a Christmas tree was lit by electricity was in 1882 in New York. Edward Johnson, a colleague of Thomas Edison, lit a Christmas tree with a string of 80 small electric light bulbs, which he had made himself. These strings of light began to be produced around 1890. One of the first electrically lit Christmas trees was erected in Westmount, Quebec in 1896. In 1900, some large stores put up large illuminated trees to attract customers.

Once begun, the custom spread in Canada wherever electricity came to towns and the countryside. Because of the risk of fire, trees were not usually put up until December 24. This technical innovation altered the custom since it was now possible to put the tree up earlier and leave it up longer, until the day before Epiphany.

Here are some tips to save you a few dol-

lars when lighting up your tree, whether it's inside or out. Power Smart outdoor holiday lights use 5-watt lamps instead of the conventional 7-watt lamps. They come in 25-light strings, and you will use 50 watts, or 30 per cent less energy, than the same length of 7-watt lamps. This adds up when you take into account the number of strings normally used on a house. Then take into consideration the number of hours per day and the number of weeks the lights are on during the festive season. A timer with a photocell is also a smart addition to your holiday lighting system. You can program this energy-saving device to turn lights on automatically at dusk, and then turn them off at a scheduled time. Be sure the timer is designed to operate the amount of wattage you

need. Be aware the 5-watt and 7-watt lamps are not interchangeable on a string, as the screw bases are different sizes. It's important to realize that using Power Smart holiday lights does not mean sacrifice. You achieve the same decorative effect with the energy-efficient lights and they are friendlier on the environment. The next time you are purchasing holiday lights, be sure to look for the 5-watt lights. They are easy to spot with the "Power Smart Saves" label right on the packaging.



LOCAL SERVICES

To Serve You

AND TRADES

Classified Advertising 392-2811 ext 3976 24 HOUR Faxing 965-7490 e-mail:MacDonald.3@forces.gc.ca

Antiques & Collectibles

Paul's Bayview Market
Belleville's newest market featuring: antiques, collectibles, knitting, baked goods & jewellery, flea market **PARK & SELL**
OPEN 7 DAYS/WK 968-5715
3910 Hwy # 2 East Belleville

Drywall

Mercier Drywall
For all your drywall needs
• Installation & Finishing
• Free Estimates
Residential & Commercial
20 years experience
Call 969-1243

Eavestroughing/Siding

"RICH" HOME IMPROVEMENTS
• Roofing
• Windows
• Fascia & Soffit
• Eavestroughing
• Vinyl Siding
Tel & Fax: (613) 475-3749
Cell: (613) 827-8218

General Contractors

LUYMES Construction Ltd.
General Contractors
Kitchen & bathrooms, rec-rooms, additions, replacement windows, refacing kitchen fronts & stairways, textured ceilings & fireplaces.
613-962-8795 613-848-9996
E-mail: luymes@reach.net
Free Estimates
In business since 1967
www.luymesconstruction.com

Painting

Doug's Decor Services
Interior - Exterior Painting
• Drywall Repairs
• Decks & Siding Staining
Peterborough 705-761-5046 Belleville 613-969-5016
Professional Workmanship

Roofing

W & E
Roofing & Construction
Shingle Roofs, Vinyl Siding, Fascia & Soffit, General Repairs, "Year Round Roofing"
Free Estimates
969-8109

Storage

BIGFORD STORAGE
Household & Commercial - You store it - You lock it & keep key
24 hours - 7 days a week - 468 Bigford Rd., Brighton
475-6500
5x5 - \$30/mo 10x10 - \$70/mo
10x20 - \$115/mo
5x10 - \$55/mo 10x15 - \$95/mo
10x30 - \$185/mo

Washer & Dryer Repair Service

Bryon Mastin
Repair Service
Specializing in residential & commercial laundry equipment
Cell: 613-849-9897

Community Events

CENTRE THEATRE - TOTALLY RENOVATED INCLUDING D.T.S. SOUND BIRTHDAY PARTIES ARE NOW AVAILABLE

GENEROUSLY SPONSORED BY THE CENTRE THEATRE

Matinees Saturday, Sunday & Tuesday

MOVIES MOVIES MOVIES

MOVIE LINE-UP	1:10	7:10	9:00
• Sponge Bob Square Pants (PG)	1:10	7:10	9:00
• National Treasure (PG)	1:00	7:00	9:25
• The Incredibles (PG)	1:05	7:05	9:20

Coming Soon: The Polar Express, Christmas with the Kranks, Elles Etaient Cinq
Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

CALL 392-4211 FOR INFORMATION

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.

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 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!!!

2004 CE UNITED WAY WOOD CARVING DRAW - Once again, Mr. Fred Sanders of CE's Carpentry Shop has made beautiful wood pieces for our draw. Tickets are \$2.00 each or 3 for \$5.00. Draw Date: 1 December 2004. Tickets are available from Pte Beth Watchorn 86 ASU Ext 7795.

8 WING CONCERT BAND
LA MUSIQUE DE LA 8^{ème} ESCADRE

Christmas Concert de Noël

Sun/Dim 5 Dec 2:00pm/1400h
CFB Trenton, 3 Lazo (old RC Chapel/ancienne eglise)
On the Northside

Admission: A non-perishable food item for the Trenton Food Bank

Seating limited, Come early, Siege limite, Arrivez de bonne heure

For more information call 3510



CPR Holiday Train

Featuring international recording artists, *The Moffats*
Monday, Dec. 6, 8 p.m.
at the railway crossing on RCAF Road.
Please bring a non-perishable food donation!

MONTHLY BOOK SALE

THE FRIENDS OF TRENTON PUBLIC LIBRARY

BOOK BARGAINS

SATURDAY, NOV. 27TH
BETWEEN 9 A.M. AND 1 P.M.
BEING HELD AT THE MUNICIPAL BUILDING (22 TRENT ST. NORTH) IN FRANKFORD.

If you wish to donate used books...
contact Kathy for further information at 392-2244.

Proceeds go to all Quinte West libraries.

Are you interested in losing weight?

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

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>
---	--

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.



Classified

For Classified Information Call
392-2811 ext: 3976

business • for sale • wanted • equipment • automobiles • child care • for rent • employment

Information

CLASSIFIED AD RATES

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

ORDERING AN AD

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.

ERRORS & OMISSIONS

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.

USERS & AD READERS

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.

Business Services

BOARDING

Dogs & cats. Individual exercise. Secluded country setting. Airport service available. 5 mins from 401 Brighton. Call EDDYSTONE KENNELS
613-475-4405 2-2-RB

NEW & USED REFRIGERATORS

Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees. Fridges \$100 and up

NEW APPLIANCES

at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from

PAYS CASH

for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices. Open 7 days a week & evenings. We deliver. We like Base people.

SMITTY'S APPLIANCES LTD.
969-0287

KEITH STEIN Appliance Service Ltd.

PARTS & REPAIRS to all makes of refrigerators, freezers, air conditioners, dehumidifiers, washers, dryers & stoves.

We certify appliances

For service call 962-4048
For parts call: 966-6966

This winter, keep your business out of the cold. Advertise with Contact

RUSHNELL FUNERAL HOME & CREMATION CENTRE

60 Division Street
Trenton

392-2111

Cleaning Services

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

Help Wanted

Certified Space Technology
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. Will train. Call Jay at 1-800-281-3947
www.ecoquestintl.com/falconquest

Part Time Customer Service Rep. Required.
Mainly evenings & weekends some computer experience required. Criminal background check will be required. Drop off resume to **The Cash Store** 159A Dundas St. Trenton or email: c80@rentcash.ca Fax: 613-392-1181

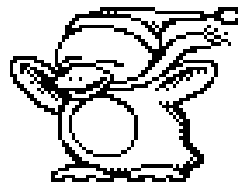
Please recycle this newspaper!

For Rent

Great value!

1&2 bdrm apts ADULT OR FAMILY BUILDINGS clean & quiet utilities & cable included

CLOSE TO BASE
KLEMENCIC PROPERTIES
392-7839



Wanted

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

Free Give Away

FREE A winter and a summer weight uniform, i.e. tunic and 2 pair of trousers each. Each has been worn less than 6 months. The tunics have "major" braid, Nav wings and CD2 affixed. I am 5' 11" tall, 150 lbs., with 34" waist.

The NATO stock number label on the winter weight tunic is size:7340, on the summer tunic is size:7336, on the summer trousers is size:7032, and on the winter trousers is size:7034,

Call 475 4301 or e-mail: dnleigh@reach.net

Free Cat

1 cat, size of a kitten All shots, playful, loves children. Call Jen or Kevin 613-394-4523

Announcement

Orchard View Baptist Church
178 Lester Rd, Trenton, ON Telephone: 392-5284
Pastor: Dr Raymond Wilson
Worship Service:
Sunday 10:30am
Everyone Welcome

HUGE Model RailRoad Show
Quinte Secondary School Belleville December 4 & 5 10 am - 4 pm
Over 35 Vendors & layouts.
Family Rate \$10

Trenton/Kingston
Carpool rider wanted driving to Kingston Base. Starting Nov22/04 Leaving Trenton 6am Returning 3:30pm Call Maryse @ 965-6462 any time Leave Message

For Rent

For Rent
2 Bdrm Duplex. 4 miles west of Trenton near Walmart. Liv. rm., Din., rm., carpeted, share laundry, fridge & stove, private garage, dish, lrg., lawn & garden area. All utilities \$740 mth Avail. Dec.1st or before
Call 475-1351

2 bdrm
with laundry room, 1000 sq ft. plus 500 sq. ft of balcony overlooking Trent River. \$650/mth incl. heat. util. extra. 1st & last required, avail. Jan 1 2005. 23 Dundas St. E. 394-4686

Close to Base
813 Old Hwy. 2 Trenton 2 bdrm Apts. Avail. Dec 1 \$649 + H&H. New carpet, paint, floors & appliances
BONUS MONTH & FREE CABLE
Call Wendy & Todd 392-3105

For Sale

Belleville Volkswagen



1999 Beetle GLS TDI- Diesel, 5 speed, power group, bright blue, 120,000 kms. Certified & Etested
\$13,900



2000 Beetle GLS - 2.0l, auto., power group, silver, VW certified, 73,000 kms.
\$15,900

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

966-3333
239 North Front Belleville
www.bellevillevw.com

For Sale

1 Tea Wagon (oak)
1 Hutch - two piece
1 Water Softner
Call after 3pm
392-7247

For Sale

Chocolate Labrador Retriever Pups - CKC registered, vet checked, first shots, family raised. Health Warranty. Ready Now - Call Mirview Kennel
392-7374

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

Sony Stereo System: 100W A1 2 Control system, active subwoofer, dual stereo cassette deck, 5 disc CD player, 2 PBS speakers and a video cassette recorder all for \$500
Call 392-8401 leave message

Crossword Answers

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

COMING SOON

8 Wing Canadian Forces Base Trenton
Morale & Welfare
Personnel Support Programs
Annual Calendar



CONTACT is a Personnel Support Programs outlet. We rely almost exclusively on the revenue we generate through our advertising. We would like to thank our advertisers for their generous support of this publication.

Remembrance Day 2004



Photos by Cpl Max Murphy
8 Wing Imaging



DND Discounts up to 11% Select Lifetime Guaranteed Parts

MILBRO

AUTOMOTIVE

394-3357

Exhaust, Brake & Suspension Specialists
Complete Automotive Repair Service
220 Dundas Street E., Trenton, ON. K8V 1L9

Lottie Jones
Florist Ltd.

Since 1923

- FLOWERS • ANTIQUES • FRUIT BASKETS
- BALLOONS • SILK & DRIED FLOWERS

Member of FTD & TELEFLORA Wire Services
VISA MASTERCARD AMERICAN EXPRESS

44 Quinte St. TRENTON 392-2537

SONY GRAND WEGA plus

Sony Stand included. Free local delivery and setup

KE-42WE620
42" LCD rear projection high Definition ready

\$3399

also available KE-50WE620 50" \$3899

call 962-1333

Locally Owned Since 1983

6 N. Front St. Belleville

You're about to buy a home that represents good value. Choose a home inspection company the same way.

ELECTROSPEC®
Home Inspection Services

1-888-394-6954

www.allaroundthehouse.com

Gil Strachan
Registered Home Inspector

Best Quality Best Price

"The Only Place To Go"

SMITTY'S
WAREHOUSE OPERATION

For NEW or GOOD USED Appliances

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.

Best Selection Best Guarantee Best Service

SMITTY'S

KING OF APPLIANCES
Open Evenings & Seven Days A Week
River Road-Corbyville (just N. of Corby's)

969-0287

Please recycle this newspaper!



