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Throw your boss in the clink for charity

by Laurie McVicar
 Assistant Editor

Have a score to settle against a co-worker, friend or boss? On November 5th, revenge becomes not only personally rewarding, but charitable as well.

Wing Transport's United Way Jail and Bail is back! This annual event, which continually proves to be both a fun and successful fundraiser, will take place at the Transportation Squadron hangar from 0900 - 1400 hours. "Informants" can call 7253, report their wrongdoer and choose how much jailtime the person should receive. There is a minimum donation amount of \$5 for 10 minutes. The maximum is \$100 for three hours and 20 minutes.

Last year approximately 70 people were thrown in the slammer for various "offences", contributing \$1225.12 for the United Way/HealthPartners campaign.

Wing Transport is also holding their 2nd annual Car Crush on October 28. The winner of the draw (held Oct. 27) will have the opportunity to get behind the wheel of a D6 bulldozer and drive over a car. Tickets for this event can be purchase for \$1 from MCpl Flowers (local 7669) or Cpl Dubeau (local 7258).

So, if someone is giving you a hard time, here's your opportunity to ensure they serve some.

PATHFINDERS RAPPEL FROM GRIFFIN



Photo: Cpl David Cribb, 8 Wing Imaging

Candidates in the Patrol Pathfinder course practice rappelling from the Griffon Helicopter to Baker Island. The flight crew, supplied by Borden's Reserve 400 Tactical Helicopter Squadron, included Maj Charles Eidt, Capt Glen Lovsin, Capt Andrew Webb, Capt Marco Adebar, MCpl Jim Nobbs, MCpl John Franklin, Cpl Terry Lacaille .



Photo: Laurie McVicar, Contact

WAITING FOR THE GREAT PUMPKIN?

They may not be Charlie Brown and Linus, but Sean and Makenna of the Sun Dolphin group were more than happy to sit amongst the pile of pumpkins at the Trenton Military Family Resource Centre Daycare to have their picture taken on Wednesday, October 13. The pumpkins are being sold for a \$2 donation to the organization. The soon-to-be Jack-O-Lanterns were given to the daycare by a group of local farmers.

Halifax moves to new home

Saturday, October 16 marks a significant milestone in the history of the RCAF Memorial Museum. Beginning at 9am, our restored Halifax Bomber will be moved to its permanent display area inside the new Museum expansion.

Requiring complicated engineering, the back wall of the Rotary wing housing the restoration project will be dismantled. The Halifax fuselage, the tail, the wings and other large pieces of the Halifax Bomber will be individually rolled out of the restoration area, and into the new building. Then, the wall of the Rotary Wing will be rebuilt, to be replaced by a large door in spring 2005.

The new Museum expansion to house the Halifax and other priceless artifacts is nearing the completion of Phase one - construction of the exterior shell. It is expected that this will be complete by mid-December, at which time access to the Halifax will be permitted.

Events begin at 9am with preparation work; at 10am the Halifax rolls out. The entire move is expected to wrap by noon.

The capital campaign to expand the RCAF Memorial Museum continues to seek public and private support in order to accommodate new and to house the world's only fully restored Halifax bomber. The new building will triple the display space. The campaign is at its mid-point, with a further 2.2 million dollars needing to be raised to complete all phases of the expansion.

The RCAF Memorial Museum is Canada's official National Air Force Museum. Thousands each year visit our museum, the largest attraction in the Quinte Region.



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Cancer survivor's struggle captured in scrapbook

by Laurie McVicar
Assistant Editor

When Stephanie Doucet celebrated five years of being cancer-free, her parents, Linda and Captain Joe Doucet, wanted to do something special to commemorate the victory.

They turned to one of the base's newest clubs, the Sassy Scrappers, for help in adding an extra special touch to the occasion.

"(A scrapbook) was something I really wanted to do for Stephanie, but knew I wouldn't do it on my own," said Linda.

"We had just started the club the third weekend of January last year. We'd had maybe one meeting when Linda approached me to do a book," said the club's instructor Angie Neal.

Linda provided the club with a plethora of photos spanning Stephanie's seven-year battle with and recovery from Acute Lymphoblastic Leukemia.

"Linda came to a meeting and catalogued every photograph she had so the ladies knew what to work with. She told us a little about Stephanie - her likes, her dislikes, what she was all about - and it went from there. She gave us a huge paragraph on each photograph to tell us what was going on. It made it easier for us to scrapbook

the pages because we felt like we were part of the entire experience," said Neal. "It was a real project of love."

The club was so touched by Stephanie's plight, in fact, that some members worked on pages outside of club time.



Twelve-year-old Stephanie Doucet, five years cancer-free.

"There were about a dozen ladies from Petawawa to London working on it. We had one lady who was being posted out. She came to Linda and asked for photographs so she could be part of it. She made sure her page was in there before she even left, which I thought was impressive," said Neal. "There were four ladies who were also absolutely phenomenal and offered to come at any point to help because we did have a deadline. They were Cheryl

Bradley, Shirley Desroches, Yvonne Comeau-Sexsmith, and Melissa Loader."

Stephanie was four years old when she was diagnosed with cancer.

"She was sick and she wasn't getting better. We were in Winnipeg and I brought her to the walk-in clinic just before flying back (to Trenton) in the Herc. (Doctors) tentatively diagnosed her with leukemia. They weren't able to fully diagnose her without bone marrow tests," said Linda. "They stabilized her and told us to go right to Kingston."

Within 24 hours after they arrived at the Ontario hospital, Stephanie began her three-year long chemotherapy treatment.

"She was about halfway through that when she had a relapse. Because she had the relapse while under treatment, she had to have a bone marrow transplant," said Linda.

Doctors used more chemotherapy to put Stephanie back into remission.

"She had the transplant in 1999 from her brother, Michael," said Linda. "She's had no problems ever since."

The scrapbook project is only one example of the support this family has received over the past seven

years. While Stephanie was in the hospital, groups from the 8 Wing Chapel spearheaded a fundraising campaign called "Our Hearts for Stephanie."

"That was the time when Furbies were really popular. A brother and sister gave up their Furbies - one was given to Stephanie and the other was auctioned off," said Linda. "They also did a brown bag

lunch. It didn't matter where you worked on base, you could order a lunch and donate whatever."

In August the Doucet family held an "I'm Cured" party for Stephanie, at which Neal presented the scrapbook to her.

"She was very surprised," said Neal. "She flipped through about a dozen pages, her eyes went wide and she said 'this is

neat.' That's the only thing I remember her saying. I think she was quite impressed."

She was so enthralled by the book, that Stephanie and her mother are now members of the Sassy Scrappers.

For more information about the club or upcoming classes, contact Angie Neal at 394-5857 or e-mail tan500@hotmail.com.

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



This picture was taken in ALERT while conducting the 1 CAD Environmental Management Review. In the background is the soil that was removed from a contaminated area as a result of a fuel spill that occurred this summer. It is important to note that the effort and expense to dig up and isolate this contaminated soil will increase dramatically when we have to remediate this so that it is no longer harmful to the environment. Fuel spills, at 8 Wing, Alert or any other location we find ourselves operating in, MUST be reported. From left: WO Morrissey, Alert SCEO; Mr. Cocks, CAD A4 Env; Maj Sandiland, DGIMO; Mr. Edwards, A4 Env and Capt Sawatzky, 8 Wing Env O.

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8 Wing Imaging--Through the lens

by Cpl Gayle Wilson

8 Wing Imaging has changed its composition over the last six months. We have lost some valued members of our team and new people have arrived to take over.

Sgt Robert Boudriau decided to try civilian life here in Trenton after a 25-year military career. Cpl Bill Parrott, on promotion to MCpl, hustled off to the exciting world of 14 Wing Greenwood in the spring. Not to be outdone, Cpl Chris Bentley followed him shortly after, also sporting his new rank as MCpl.

Sgt Trudi Gowanlock arrived from Ottawa to stake her territory in the 8 Air Maintenance Squadron imaging world.

In the meantime, the regular force has gained two new soldiers--Cpl Bernie Kuhn and Cpl David Cribb. They both arrived in Trenton in April straight from their Imaging QL3 training. Cpl Kuhn started torturing everyone in the shop on arrival, while Cpl Cribb is just dangerous with a camera and Photoshop. We never seem to know who is going to end up immortalized next and in what form.

Private Frieda Van Putten showed up in Trenton after completing her QL5 training in Borden this summer. Frieda spent the last couple of years at Base Gagetown and is now learning what concerns the Air Force when it comes to imagery.

Pte Kim Gosse has been back from maternity leave for about a year. Her little boy is growing like a bad weed and keeping her and Roger up nights what with teething and the terrible two's.

Kim went off to Borden in the spring and passed her QL5 training with flying colours.

We are all very happy to have her back in the section. She is our Jack-of-all-trades moving from video, to shooting, to printing, to matting and framing from day to day.

MCpl Tim Jordan recently finished his training to go on tour on OP BRONZE in Bosnia. Tim was promoted in July to MCpl and will not be rejoining us on his return as he is leaving us for greener pastures at the Canadian Forces Support Unit in Ottawa. We will miss him and his expertise, although with his spouse being in Trenton, we are hoping to see him occasionally.

Cpl Max Murphy is still working his magic in video and I am still trying to find my way out from under our archives.

We expect our newest arrival to land in our shop sometime this month. Cpl Simon Duschesne will be arriving from his QL3 training in Borden. We are expecting great things from him considering he was top student of his course. Congratulations and welcome Simon.

As most people know, Cpl Josée Menard has decided that sitting around doing nothing is much more interesting than coming to work every day. She is leaving us November 29 and says she is looking forward to being a stay-at-home Mom.

With all the comings and goings, it has been a hectic year. The courses, temporary duties and retirements have kept us at high speed, but with the direction of MCpl Daren Kraus, we're managing to get the jobs done on time and with the best quality.

Because we tend to do our job with blinders on, if you happen to see us out and about, feel free to come up and say hi.

Until next time, take care and have a great day.

Search & Rescue UPDATE



The SAR world was quiet over the Thanksgiving weekend, with only two missions occurring since the last article.

On Thursday the 7th, the Hercules and Cormorant crews were tasked to search the Kangiqsujuaq area in northern Quebec for an overdue canoe. The Cormorant crew was deployed after the Hercules received its tasking to La Grande Riviere to be closer to the search area. After a brief search by the Hercules the canoe and its three passengers were found. The passengers were able to make it to shore after their engine broke down, but were safe and in good health. The three individuals were rescued by boat the next morning and the Hercules and Cormorant returned to Trenton.

The second was a tasking for the Herc to investigate an ELT in the Detroit area. After several conducting several high level and low level search patterns the crew tracked the signal into the downtown area. Finding no indications of anyone in distress the Hercules was released from the search and returned home.

Missions for 2004: 162 Missions for Oct.: 5 Persons rescued: 31

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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:

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



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message from the

Editor

November 11 this year, I am saddened to note, will mark the third consecutive Remembrance Day that Canadians will be mourning the tragic death of on-duty members of the Canadian Forces.

Last year, in addition to remembering the many lives lost in the two World Wars and Korea, here in Canada we also paid tribute to two lives lost while on patrol in Afghanistan--Sergeant Robert Short and Corporal Robbie Beerenfenger--both killed in action in October 2003.

And the year before, Canadians grieved for the four young soldiers killed in Kandahar--Cpl Ainsworth Dyer, Pte Richard Green, Sgt Marc Leger and Pte Nathan Smith--after U.S. forces mistakenly bombed their night-time training exercise.

Now tragedy has struck once again, and our thoughts on November 11, 2004 will also be with the young widow of Lt Chris Saunders, who died just days ago as a result of the fire on the HMCS Chicoutimi.

May God bless Lt Saunders, and the many, many before him who have made the ultimate sacrifice for home and country.

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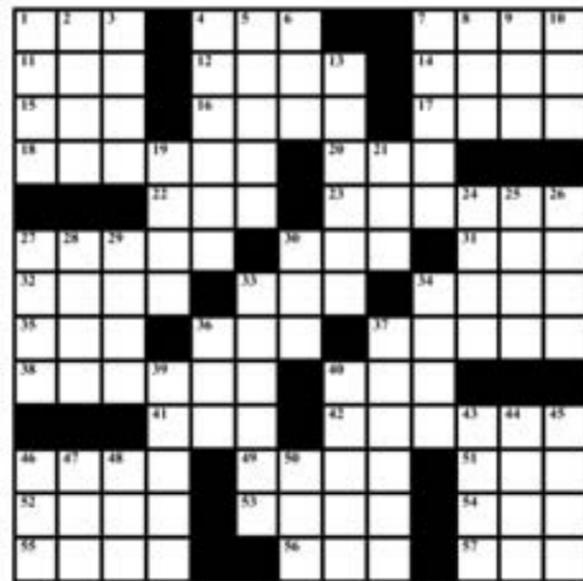
By Bernice Rosella and James Kilner

ACROSS

- 1 Implore
- 4 Run
- 7 Arctic _____
- 11 Receptor
- 12 Muscle car
- 14 Cookie
- 15 Oner
- 16 Asian desert
- 17 Symbol
- 18 Beat
- 20 Health pros
- 22 Itinerary letters
- 23 Urban areas
- 27 Gambling machines
- 30 Each
- 31 Expire
- 32 North _____
- 33 _____tse
- 34 Dry
- 35 _____cap
- 36 Dine
- 37 Thought
- 38 Stradivarius e.g.
- 40 Paunch
- 41 Terminate
- 42 Hawk
- 46 Hurt
- 49 Foul
- 51 Fruit salts
- 52 Arctic _____
- 53 Range above tenor
- 54 Prisoner of war, for short
- 55 Nogs
- 56 Arctic _____
- 57 Snowy _____

DOWN

- 1 Polar _____
- 2 Every



3 Silverish

- 4 Northern _____
- 5 Scent
- 6 Rabble
- 7 Lift
- 8 Circle part
- 9 Classic car
- 10 Division of geological time
- 13 Arctic _____
- 19 Head, in St Henri
- 21 None
- 24 Roman holiday
- 25 European nation
- 26 Sow
- 27 Live by ones wits

28 Venues

- 29 Margarine
- 30 Viper
- 33 _____wolf
- 34 Water collector
- 36 Wrongdoing
- 37 Arctic bison
- 39 Gazes lecherously
- 40 Lone Ranger's sidekick
- 43 Take back
- 44 Enough (arch.)
- 45 Canine cry
- 46 Play part
- 47 Guevera, for one
- 48 Own (Scottish)
- 50 ET on TV?



This Week in Contact

1974 – Two female post-graduate students have entered the Canadian Armed Forces as the first commissioned medical associate officers, a specialty up until now wholly dominated by males. They are Julianne Marie Martyniuk and Marie LeGros. They are now completing theses in health administration at the University of Ottawa.

1984 – A commemorative envelope celebrating the 60th Anniversary of the founding of the RCAF and the 75th anniversary of the first powered flight in the Commonwealth will be issued at Air Command Headquarters, Winnipeg on November 9, 1984. On this striking four-colour envelope, featuring the Air command Anniversary logo of the Silver Dart superimposed on the Roundel and CF-18 silhouette, will be affixed the RCAF Anniversary stamp issued by Canada Post on November 9, imprinted with a special Air Command cancellation.

1994 – On September 14 Spar Aerospace marked its first anniversary with a BBQ at Baker Island. The actual date of the anniversary was Sept. 1, the date that Spar assumed the Aircraft Maintenance Support Services (AMSS) contract at the Aerospace Maintenance Development Unit and Mountainview.

Created by Lt J. H. MacDonald,
 Compiled by Laurie McVicar



8 ACCS hosts Pseudo Instrument Landing System (PILS) demo

During the week of 20-25 September 2004, 8 ACCS hosted a team of engineers and product specialists from ITT/Gilfillan (Van Nuys, California) who demonstrated the integration of Instrument Landing System (ILS) on our new MPN-25 Radar, recently delivered under the 8 ACCS Modernization Project.

This demonstration was an opportunity for ITT/Gilfillan to showcase their ability to engineer an ILS capability for the MPN-25 radar platform.

ITT/Gilfillan, the radar's manufacturer, have been working on engineering an ILS solution for the MPN-25 for many years, under a product that they call Pseudo ILS (PILS). PILS does not require extensive modifications to the existing radar platform. Instead, it is based upon manipulation of operating software to allow recognition of the PILS hardware component, which is relatively small in size and can be attached externally. In order to prove their concept, they required testing and evaluation, which was conducted on the 8 Wing aerodrome, hosted by 8 ACCS and assisted by Nav Canada. A Nav Canada DASH 8 aircraft monitored instrument procedures, ensured flight standards were followed, and provided flight check verifications.

In technical terms, the radar track data from the MPN-25 is captured and processed to generate ILS data that is then reformatted and transmitted via dedicated VHF and UHF transmitters to the aircraft.

Omni-directional or directional antennas are used to transmit standard glidepath and localizer signals using 90 and 150 Hz tones. The PILS solution can handle up to twelve aircraft within PAR coverage area, 30 degrees +/- 15 degrees of centreline. Significantly, this upgrade to the MPN-25 does not require the use of traditional ILS glidepath and localizer ground-based hardware. Instead, the radar calculates the aircraft's left/right position in feet from the desired course and glidepath and converts this real-time position into degrees and transmits standard International Civil Aviation Organization (ICAO) ILS paired carrier frequencies to the aircraft. The pilot has to observe the deviations of the aircraft on the ILS cross-pointer and make corrections as required. This PILS solu-

tion is completely transparent to the pilot and does not require any modification to aircraft instrumentation, flight planning or procedures.

After a series of adjustments and verifications during the first days of the trial, ITT/Gilfillan demonstrated the PILS on 23 September to members of NDHQ, 1 CAD, 8 Wing and Nav Canada. Initial results were positive, indicating that the PILS solution will one day be capable of providing the MPN-25 radar with an ILS capability. Although further development is still required, PILS definitely has the potential to provide 8 ACCS and the Air Force with an enhanced deployable capability. With continuing initiatives such as this PILS demonstration, the 8ACCS gypsies will continue "SHOWING THE WAY".



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17	18	19	20	21	22 TGIF 1700 hrs Chicken Taters Sports 1800 hrs Euchre	23
24	25	26	27	28	29 TGIF 1700 hrs Pizza Sports 1800hrs Pool All Ranks Oktoberfest	30
31 HAPPY Halloween						

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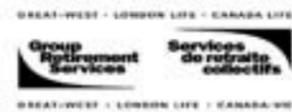
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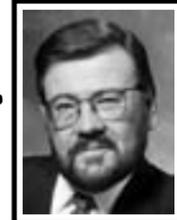
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Yes, you can love it too much

it's your Money



Garth Turner

So, how much risk is there in owning a house these days? Last week I dissed the morons who wrote a recent national newspaper story claiming the housing market is cooling off fast. The reality is, it isn't. Real estate is still affordable; interest rates will be rising only slowly and by baby steps; folks are still suspicious of other investments like mutual funds; and that means a house is still the asset of choice.

So, no reason to believe that prices will collapse, or that another 1989 is upon us. There is simply too much demand for that to happen, and real estate values will hold for a few years to come.

But that does not mean all real estate investors will always be long term winners, or that housing cannot be as dangerous, volatile or unpredictable as a share in Nortel or even Air Canada. If you owned a condominium in a major city in the early 1990s, you know what I mean - this can be as much a sinkhole for wealth as any over-hyped stock. Once supply starts to overtake demand, the writing is pretty much on the wall.

And that brings me to a most interesting survey released a few days ago by one of the major banks. It was intended to be a sunny little poll guaranteed to reassure investors and drive more mortgage business, but it also contained some dangerous news. The most disturbing: Our reliance on real estate is spinning totally out of control.

According to the doc-

ument, Canadians families now have, on average, 70 per cent of their entire net worth tied up in one asset--their home. This represents a big increase over recent years, and compares with just 55 per cent of American wealth sitting in real estate. Moreover, Americans are quite happy to borrow against their home equity and use the money to diversify--to buy financial assets or just to pay down expensive debt. Meanwhile a vast majority of Canadians would never consider removing money they have built up in home equity, and are content to continue sitting on this egg.

That's a reasonable strategy when real estate prices continue to climb and the growth in equity outpaces the interest on your mortgage. But it is financial suicide when the housing market cools, when values start to reverse, when the number of listings soars and buyers are suddenly in the driver's seat. The biggest risk many Canadians are taking on now is a lack of diversification--having far too much of their net worth tied up in one asset, on one street, at one address.

Many people my age, in fact (staggering, diseased, in my fifties), have 90 per cent or more of their net worth tied up in houses that have escalated wildly in value over the last five years. Should the market take a downturn, then a good chunk of equity could be lost--just the way Nortel stock went from \$120 a share to a few bucks, as sellers swamped buyers.

Could that possibly happen with housing, despite the fact there are so many reasons to believe real estate will continue to rock 'n roll in the near term?

Of course it could, which is the point of this column. This has happened before and will doubtlessly happen again. Just pray that when it does, your money is in the right place. After all, real estate is only worth what a buyer will--or is able--to pay for it. Today we have an awful lot of very expensive homes in the hands of Baby Boomers who have most of their net worth represented there. These folks are 10 years away from the end of their work careers, and will be needing to convert housing equity into a cash stream to meet living requirements.

That means, they will be looking to downsize, which requires finding a buyer. But how many other people are out there ready, willing or able to plunk down that kind of coin--especially if interest rates are higher, say five years from now? The Boomers represent the dominant demographic in Canada, almost a third of the population, and are in a clear position to make the housing market self-destruct. With far too much of their wealth in bricks and mortar, they will have no choice but to go to market, with potentially disastrous results.

This was a thesis I put forward in a book I wrote more than a decade ago, and it's one I cannot shake. The recent real estate revolution, in fact, has just made the housing market more dangerous. Prices have gone up too far, too fast, and turned the heads of way too many people who should know better.

The time to sell, my Boomer buddies, has never been more obvious.

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Dressing for safety at work



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

You are probably accustomed to seeing surgeons, laboratory technicians, firefighters or emergency responders wearing protective clothing. But what about you? How can you defend yourself against the hazards of your job?

Protective clothing ranges from simple coveralls to shield your clothing from dirt, to a full body "moon suit" to guard against hazardous substances. There are many options available to you. Here are a few examples.

- Coveralls provide light duty protection from dust, paint spray or grease. They can be made from a variety of materials including a cotton fabric or disposable cloth-like paper.

- Disposable shirts, pants, lab coats, hair protectors, boots and aprons are also available in lightweight synthetic fibers. They are commonly used in "clean room" operations involving sensitive electronic equipment, the

manufacture of medical implant devices or pharmaceuticals, or the production and packaging of consumable food products.

- Specially treated cotton and heavy wool garments are generally comfortable to wear and flame-resistant. These garments adapt well to changing work temperatures.

- Aprons of padded leather, hard fibers or metal provide some protection from blows, cuts and bruising.

- Leather clothing can provide protection against hot metal splashes and heat. Welders frequently wear this type of clothing.

- Rubber, rubberized fabrics and some types of plastics give protection against certain acids and chemicals.

- Aluminized clothing can protect against the extremely high temperatures involved in smelting operations or fire-fighting.

- Extremely toxic substances may require an encapsulating suit with a self-contained compressed air respirator. Workers using hazardous chemicals, or removing toxic wastes would probably use this type of protective clothing.

- Gloves, sleeves, aprons and blankets made of heat and cut resistant materials are available. This protective

equipment is available in varying weights and sizes.

Other types of clothing designed for special job hazards may include:

- High visibility reflective clothing for night work.

- Personal flotation devices when working near or on water.

- Lead-lined clothing for working around x-ray machines.

To be effective, protective clothing should be cleaned and inspected regularly. Rips, tears or other damage should be immediately reported to your supervisor. If you are washing your protective clothing at home, remember these points:

- Clean protective clothing regularly and according to the manufacturer's instructions.

- Keep it separate from regular laundry.

- Use plenty of hot water and a heavy-duty detergent to wash your protective clothing.

- Wash heavily soiled clothing twice if necessary.

- Dry the clothing completely before wearing.

- Be careful not to bring contaminated clothing into your home.

Protective clothing can safeguard your health against a variety of hazards. Ask your supervisor for assistance when choosing the proper protection for your job.

Here's your opportunity to save lives.

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TRENTON Military Family Resource Centre



You're Invited to a FUNdraiser...
For Trenton Military Family Resource Centre
October 21st from 6:30-9pm.
At CHAPTERS Belleville
Quinte Mall, 390 North Front St (613) 962-3600

Come out and get a head start on your holiday shopping while supporting activities at your Centre! With every purchase made at Chapters Belleville on this special evening, a percentage of the purchase will be donated directly back to the Centre. Choose from a wide selection of books, candles, chocolates, and much more!

Join us for a fun evening of culture and literacy and the chance to support your community as a whole. Our guest story readers will be Mayor Mary-Ann Sills and Jodie Jenkins (Mix 97). There will also be face painting and music for everybody to enjoy! When you arrive at the store, please ensure that you register directly inside the main doors.

For more information, please contact Terry @ 613-969-8128
 Please note, in order to ensure the most successful and profitable fundraiser possible for the Center, all discount programs including the iRewards program, will not be in effect during the event. Thank you.

Le Centre de ressources pour les familles des militaires de Trenton
vous invite à participer à une collecte de fonds
le 21 octobre de 18h30 à 21h
au magasin Chapters de Belleville
Quinte Mall, 390 rue North Front (613) 962-3600

Venez et commencez votre magasinage des Fêtes tout en supportant les activités de votre Centre! Le CRFM recevra directement un pourcentage des ventes au Chapters de Belleville durant cette soirée. Choisissez parmi la grande sélection de livres, chandelles, chocolats, etc!

Joignez vous à nous pour une soirée amusante, culturelle et littéraire et une opportunité de supporter votre communauté. Madame la mairesse Mary-Ann Sills et Jodie Jenkins (Mix 97) liront une histoire, Il y aura aussi de la peinture faciale et de la musique!

Il est important de vous inscrire en arrivant au magasin.
 Pour plus d'information, téléphonez à Terry au 613-969-8128.
 Notez que pour assurer le succès de cette collecte de fonds, tous les programmes de rabais incluant le programme "iRewards", ne seront pas utilisés pour cette soirée. Merci.

Le Centre des jeunes!

Nouvel horaire du Centre :
 Les mercredis 17h30 à 20h - de 8 à 18ans
 Les jeudis de 16h à 18h - 8 à 12 ans et
 de 18h à 20h - 13 à 18 ans
 Les vendredis de 18h à 21h - 13 à 18 ans
 Les samedis de 13h à 16h - 8 à 12 ans

Il se peut qu'il y ait des coûts supplémentaires pour certaines activités.

Les danses du CCMT sont de nouveau au programme. La première aura lieu le vendredi 29 octobre au RECPLEX et ce sera une danse costumée. Le prix d'entrée est de 3,00\$ (avec costume). Une cantine sera fournie par le Centre des jeunes lors des danses.

Lauren a organisé toute une gamme d'activités, passez au Centre pour obtenir le programme des événements.
 Les inscriptions se font dès maintenant.
 Le coût annuel est de :
 6,00\$ pour les enfants de 8 à 12 ans et
 12,00\$ pour les jeunes de 13 à 18 ans.

Susan Stoddard
Coordinatrice Centre des jeunes
392-2811, poste 2382

Perfectionnement personnel & Services de soutien au déploiement

Cours d'espagnol, débutant
 débute le 12 octobre au Centre Siskin.
 Le coût est de 75\$ pour 10 semaines de 18h30 à 21h. Pour vous inscrire, venez au Centre ou téléphonez à Eve au 965-3595 pour de l'information.
La communication dans le couple
 Les 18 et 25 octobre - de 19h à 21h
 Coût : 10,00\$ par couple
 Un service de garde d'enfants est disponible, toutefois les réservations

doivent être faites avant le 13 octobre.
Albums commémoratifs
 Les Sassy Scrappers sont un groupe de dames très enthousiasmées qui se rencontrent pour préserver de façons intéressantes leurs souvenirs en les incluant dans des albums. Nous mettons à votre disposition une multitude de ressources et il y a même une enseignante pour aider les débutantes.
 Le 17 octobre - Lettres dansantes
 Le 31 octobre - Livrets accordéons

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 20 octobre - Cartes faites à la main : Les fêtes approchent à grands pas! Nous vous enseignerons quelques modèles rapi-

des et faciles à exécuter pour des cartes de souhaits de Noël et autres items que vous pourrez offrir en cadeaux.
 Coût : 5,00\$ pour le matériel
 Le 27 octobre - Le jardinage avec Ron : Comment préparer votre jardin pour l'hiver? Ron Hadwin jardinier de la base, répondra à toutes vos questions et donnera des trucs concernant l'entretien des plantes et les soins requis pour obtenir un beau jardin.

The Youth Centre

New hours at the Youth Centre	\$12 per year. May be additional charges for activities.
Wednesday 5:30 -8:00 - 8 - 18 years	TMCC dances are resuming. The first one is Oct 29th at the RECPLEX and is a costume dance and you can get in for \$3.00 with a costume. The Youth Centre will provide a canteen at the dances.
Thursday 4:00 -6:00 - 8-12 years	
6:00 - 8:00 - 13 - 18 years	
Friday 6:00 - 9:00 13 -18 years	
Saturday 1:00 - 4:00 8 -12 years	

Lauren has a new line-up of activities, please stop by to get the schedule of events. Membership is now due - 8 - 12 years \$6.00 per year and 13 - 18 years

Susan Stoddard
MFRC Youth Coordinator
392-2811 Loc 2382

Personal Development & Deployment Support Services

Beginner Spanish Course Starting October 12, 2004 at the Siskin Centre. The cost is \$75. The course will run for 10 weeks from 6:30 p.m. to 9 p.m. Come in and register or call Eve at 965-3595 for information.	Scrapbooking The Sassy Scrappers are an enthusiastic group of ladies who meet to learn new and interesting ways of preserving their family memories, through scrapbooking. We have a wide range of skills to draw from and there is also an instructor if you are a beginner. There will be a drop-in fee, a loonie per visit. The funds will go towards other MFRC programs. October 17 - Dancing Letters October 31 - Accordion Booklets
Couple Communication October 18 and October 25 / 7p.m. to 9 p.m. Cost: \$10 registration fee per couple. Child care is available but must be reserved before October 13.	

Wednesday Night Out! 6 p.m. to 8 p.m. in the Bistro	explore a few fast and easy card designs - Christmas cards and several note cards which you can create and package as gifts. Class fee: \$5 for supplies. October 27 / Gardening with Ron - How to put your garden to sleep for the winter. Ron Hadwin the base gardener will answer any questions and give pointers on plant and garden care.
--	--

MFRC Information du CRFM 965-3575

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An engineer with the Skyhawks

by Lt.J.R.J.-C. Comeau, OC 81 AEF

Skyhawk Parachute Team. The Skyhawks is a unit that performs acrobatic jumps at various national and international air shows and special events.

At first, this tasking seemed like any other one, but on the beaches of Dieppe, on the D-Day Ceremony of 2004, the Skyhawk Parachute Team jumped out of the sky with a trade engineer, a MOSID 302 Electrician (formerly MOC 642) and former 3rdVanDoo infantryman by the name of Corporal Patrick Coupal.

They are a select team of professional military personnel who are selected nation wide to undertake pre-qualification and qualification training based on previous jumping experience (civil or military) and where finally your services are either retained or not for performing with the best parachute jumpers around the world.

Cpl Coupal is currently assigned with the Skyhawks, and was selected for his parachute training last April where he got qualified and has been jumping out of airplanes since then, going out and jumping everywhere in Canada and elsewhere like in France for the D-Day Celebration Ceremony this year.

Cpl Coupal was expected to remain with the Skyhawks until mid-september 2004, which coincides with the end of the Skyhawk season. It has been noted that our engineer has performed extremely well while with the Skyhawk Team and that was one of the reasons why he was selected to jump out with his Skyhawk friends for the D-Day Ceremony.

Cpl Coupal is currently stationed with 81 Airfield Engineering Flight since Nov 02, but has been one of the few chosen every year to qualify and perform with the Canadian Parachute Centre and more specifically, with the

Good Job Sapper,
CHIMO!



Photo: Submitted

Cpl Patrick Coupal

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Fitness, Sports & Recreation

Borden to host squash tournament

HOST - CFB Borden Squash Club.

DATE - November 5, 6 and 7 2004

LOCATION - Canadian Forces Base Borden (20 Km west of Barrie on Highway 90).

CATEGORIES - A, B, C and D and ladies (depending on number of entries, ladies and men may be combined). Guaranteed 3 matches.

GOODIES - Black Knight T-shirt for the first 32 entries. Pizza Sat & Sun afternoon. Vouchers for \$3.00 off any meal at Bleachers (next to the gym).

PRIZES - Prizes will be by random draw in all categories. Major prize is a new Black Knight racquet of the winner's choice.

NOTES - Eye guards (with lenses) are mandatory at CFB Borden. Winners are expected to referee the following match. There is no towel service at CFB Borden. Please bring your own towels.

ENTRY FEE - \$30.00

ACCOMODATION - Some accommodation may be available on Base. Contact Ken Benoit for details.

REGISTRATION - Deadline is

Mon Nov 1, 5:00 pm. Pay on arrival at the registration table (squash courts gallery). Cash or cheque. Sorry, no credit cards.

CONTACT - The Tournament Chairman is Capt Ken Benoit, work 705-424-1200 ext. 3526, home 705-446-1616 or 424-0449, FAX at 705-423-2767 or e-mail at benoit.km@forces.gc.ca

SPONSORED BY - BLACK KNIGHT

Note: Demo racquets will be available for trial - you must trial one or more racquets and complete a short evaluation form to be eligible for the free racquet draw from Black Knight.

Tactical Strength Challenge 2004

Submitted by Todd Peart

During the past few years the PSP Fitness and Sports Flight has organized various strength challenges. To even the scores between runners and non-runners we held the "Pump n' Run" in which male competitors bench pressed their own bodyweight and female competitors benched 60% of their bodyweight prior to a 5 - 10 km run. Once the run was completed, depending on the distance either 5 or 10 seconds per repetition of the bench press was deducted from the competitors time.

The next couple of years we attempted an "All Strength Challenge" in which male and female competitors tried their hand at traditional strongman events. The event proved to be fun however participation was much lower than anticipated, probably due to the tremendous poundages.

This year on Friday 5, November from 12:00 - 14:30 hrs we are putting a little spin on things. The "Tactical Strength Challenge" will be composed of six events and open to both men and women. Regardless of bodyweight, size and or experience, all men will lift the same weight and all women will lift the same weight. Each will perform max reps during the designated time and a mathematical formula will be used to determine the best overall lifter of the meet. This event will definitely test the mettle of each competitor as well as crown the strongest male and female...pound for pound.

A small entry fee (amount TBA) will go towards 8 Wing Trentons' United Way Fundraising efforts.

Come out and give it a try! To register email Todd Peart or call the staff at the Base Gym (3467).

News from the RecPlex

NLS Recert

Friday, October 29, 2004
12 noon - 4:30 p.m., RecPlex Pool.
Cost \$65.00

RC/Lifesaving Instructors Course

Two weekends, Friday-Sunday October 29, 30 & 31, 2004 and Friday-Sunday November 5, 6 & 7, 2004 at the RecPlex Pool Cost \$250.00 +\$35 for manual

RC/Lifesaving Instructors Recert

Sunday November 7, 2004, 8 a.m. - 12 noon at the RecPlex Pool. Cost \$65.00

Contact for all the above courses: (613) 392-2811 ext 3361

SCARECROW BUILDING DAY

Sunday, October 24
Noon - 3 p.m.

Cost \$3.00 per scarecrow

Parents must remain with children

Suggested Things to Bring: old clothes, (Long sleeved shirt and pants), old hat, yarn, rag mop, gloves, socks, panty hose, any other decorations of choice.

Pre-registration at the RecPlex is a must.
Call 392-2811 ext 3361

Tournoi de squash de la base de Borden

HÔTE - Le club de Squash de la BFC Borden.

DATE - Vendredi le 5 nov, samedi le 6 nov et dimanche le 7 nov 2004.

LIEU - Base des Forces canadiennes Borden (20 Km à l'ouest de Barrie sur l'aut. 90).

CATÉGORIES - A, B, C et D, et Femmes (tout dépendant du nombre d'inscription, les femmes et les hommes peuvent être combinés). 3 parties assurées.

CADEAUX - Un T-shirt Black Knight pour les 32 premiers inscrits. Pizza le samedi et le dimanche après-midi. Coupons-rabais de \$3.00 pour tout repas au Bleachers (situé à côté du gymnase).

PRIX - Les prix seront tirés au hasard dans toutes les catégories. Le prix principal est une raquette Black Knight au choix du gagnant.

NOTES - Les lunettes protectrices (avec des verres) sont obligatoires à la BFC Borden. Les gagnants doivent arbitrer la partie suivante. Il n'y a pas de service de serviettes à la BFC Borden. Apportez vos propres serviettes.

FRAIS - \$30.00

LOGEMENT - Quelques chambres sont disponibles sur la base. Appelez Ken Benoit pour plus de détails.

INSCRIPTION - La date limite est le lundi 1 nov à 17h.

Vous payez à l'arrivée à la table des inscriptions (galerie des terrains de squash), comptant ou par chèque. Désolé, pas de carte de crédit.

INFORMATION - Le président du tournoi est Capt Ken Benoit, travail 705-424-1200 ext. 3526, maison 705-446-1616 ou 424-0449, téléc. 705-423-2767 ou courriel benoit.km@forces.gc.ca

COMMANDITÉ PAR - BLACK KNIGHT

Note: Les raquettes de démonstration seront disponibles pour des essais. Vous devez essayer une ou plusieurs raquettes et compléter un formulaire d'évaluation pour être éligible au tirage de la raquette de Black Knight.

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Better Health Care for Canadians: A 10-year plan

De meilleurs soins de santé pour les Canadiens : plan d'action sur 10 ans

Working together, the Prime Minister, Premiers and Territorial leaders have signed a 10-year plan, supported by \$41 billion in new federal funding, that will lead to better health care for Canadians.

Better Health Care

✔ Reduce waiting times

- Improve access so that Canadians don't wait as long for key tests, treatments and surgeries

✔ More Doctors, Nurses and other Health Professionals

- Plans to train and hire more health professionals while also developing faster accreditation for foreign-trained health professionals

✔ Expand home care

- Provide better support for people being cared for or recovering at home

✔ Improve access to family and community care

- Increase 24/7 access to doctors, nurses and other health professionals

✔ Better Access to Needed Medicines

- A commitment to manage drug costs and ensure that no family is forced to choose between needed medicines and financial ruin

✔ Improved Aboriginal Health

- New investments and better planning to close the gap between Aboriginals and other Canadians in terms of health

Shorter Waiting Times

The federal, provincial and territorial governments have committed to report clearly on the progress we are making in health care and, for the first time will report on progress in reducing waiting times.

✔ Comparable indicators ... so we can measure

- Federal, provincial and territorial governments will use comparable information to report their progress in improving access to doctors, and to diagnostic and treatment procedures

✔ Benchmarks ... so we know what we are striving for

- Federal, provincial and territorial governments will set medically acceptable waiting times – based on advice from medical experts – starting with cancer, heart disease, diagnostic imaging, joint replacement, and sight restoration

✔ Targets ... to drive change

- Provincial and territorial governments will set their own targets and report annually to citizens on progress in reducing waiting times

Canadians will see for themselves where their health care money is going and how it is making a difference.

Le premier ministre du Canada et les premiers ministres provinciaux et territoriaux ont de concert adopté un plan d'action décennal qui, grâce notamment à un nouvel investissement fédéral de 41 milliards de dollars, consolidera les soins de santé pour tous les Canadiens.

De meilleurs soins de santé :

✔ réduction des temps d'attente

- améliorer l'accès pour que les Canadiens obtiennent plus vite les tests cruciaux, les traitements et les chirurgies essentiels

✔ davantage de médecins, d'infirmières et d'autres professionnels de la santé

- élaborer des plans plus former et recruter davantage de professionnels de la santé, et accréditer plus rapidement ceux formés à l'étranger

✔ élargissement des soins à domicile

- améliorer le soutien aux personnes soignées ou en convalescence à domicile

✔ meilleur accès aux services de santé à la famille et communautaires

- augmenter l'accès en tout temps à des médecins, infirmières et autres professionnels de la santé

✔ meilleur accès aux médicaments essentiels

- gérer les coûts des médicaments afin qu'aucune famille n'ait à choisir entre les médicaments et la déchéance financière

✔ amélioration de la santé des Autochtones

- investir de nouveaux fonds et mieux planifier pour combler l'écart entre les soins de santé offerts aux Autochtones et aux autres Canadiens

Réduction des temps d'attente :

Les gouvernements fédéral, provinciaux et territoriaux ont convenu de rendre compte des progrès accomplis dans le domaine de la santé et, pour la première fois, dans la réduction des temps d'attente.

✔ des indicateurs comparables... pour mesurer les progrès

- les gouvernements fédéral, provinciaux et territoriaux utiliseront des indicateurs comparables pour rendre compte de l'amélioration de l'accès aux médecins, aux services de diagnostic et aux traitements

✔ des jalons... pour préciser le but visé

- les gouvernements fédéral, provinciaux et territoriaux établiront des temps d'attente médicalement acceptables – fondés sur l'avis d'experts – d'abord dans les domaines du cancer, des maladies du cœur, de l'imagerie diagnostique, des remplacements articulaires et de la restauration de la vue

✔ des objectifs... pour susciter le changement

- chaque gouvernement provincial et territorial établira ses propres objectifs pour les temps d'attente et rendra compte annuellement aux citoyens des progrès réalisés

Les Canadiens pourront constater à quoi sert leur argent affecté aux soins de santé et les résultats déterminants qu'il produit.

To obtain a copy of "The 2004 Health Care 10-Year Action Plan at a Glance", call **1 800 O-Canada** (1 800 622-6232) or, to see it on the web, click www.canada.gc.ca/healthplan.

Pour obtenir un exemplaire du document « Aperçu du plan d'action décennal sur les soins de santé 2004 », composez le **1 800 O-Canada** (1 800 622-6232). Vous pouvez aussi le consulter sur Internet à www.canada.gc.ca/plansante.



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
October 17 - October 23

ARIES (MARCH 21-APRIL 19): The more you pile on your plate on the 17th and 18th the better you will do. Competition or a challenge will fuel the fire within you. Don't meddle and you will avoid trouble on the 19th and 20th. The problems that crop up will lead you in the wrong direction. Take your time and make your choices based on fact. Your uniqueness coupled with the way you manage to get so much done will impress the people you are with on the 21st and 22nd. An older relative may need your assistance on the 23rd. Don't get taken for granted.

TAURUS (April 20-May 20): Don't get tricked into lending someone cash on the 17th and 18th. Focus on your personal life and the person you feel will compliment your own talents. Make some physical improvements the 19th and 20th, you will attract attention not to mention love and romance. You aren't likely to get the whole story on the 21st and 22nd. You will be labeled as a meddler if you aren't reticent about what you hear. Your generous offer to help a worthy cause on the 23rd will impress someone you are interested in.

GEMINI (May 21-June 20): Personal issues will mount on the 17th and 18th. Don't let anyone take advantage of you or back you into a corner. Luck is with you on the 19th and 20th. Money matters can be dealt with. Offer assistance - you will make a difference. You can take on just about anything and anyone on the 21st and 22nd. Your quick response and knowledgeable insight will impress everyone you encounter. Trust your instincts and you won't be wrong. A problem you are having on the 23rd will preoccupy your mind. Idle time will lead to conflict.

CANCER (June 21-July 22): Hit hard where it counts on the 17th and 18th. Go after a better position, present your ideas and make it known that you want to get ahead. Partnerships may be questionable on the 19th and 20th. Someone will not respond the way you expect. Try to be flexible when dealing with personal problems. A relative may burden you with additional responsibilities. Look at your personal papers on the 21st and 22nd. Someone may mislead you regarding finances. Choose the road less traveled on the 23rd and you won't be disappointed.

LEO (July 23-Aug. 22): Getting involved in something that challenges you on the 17th and 18th will lead you into the limelight. Your outgoing personality will dominate any circle you join. You will have everything in place on the 19th and 20th. Money can be made if you are industrious. Your leadership will bring results. Romantic relationships will be on your mind on the 21st and 22nd. Talk about your future plans with someone who counts. Make changes to your living arrangements on the 23rd. Renovations or a complete move will wake the spirit within you.

VIRGO (Aug. 23-Sept. 22): Don't start anything you can't finish on the 17th and 18th. Criticism will not win you points or popularity. Your insight and attention to detail will put you ahead of your competition on the 19th and 20th. Creative imagination will revitalize your love life. You can make some very impressive decisions on the 21st and 22nd that should lead to professional advancement. A little time spent getting to know your peers will result in added support when needed. You need to clear the air and make amends on the 23rd or move on.

LIBRA (Sept. 23-Oct. 22): Take action and get things started on the 17th and 18th. Travel and romance are in the picture. You will be tempted to spend more than you can afford on the 19th and 20th. Take your time and don't let anyone push you into making a decision. Romance, luxury, pampering or anything else that will please you should be scheduled in on the 21st and 22nd. Traveling to fun-filled destinations, entertaining or socializing will bring satisfaction. You may want to try your hand at something unique on the 23rd. A small business venture will pay off.

SCORPIO (Oct. 23-Nov. 21): You may be drawn to your past on the 17th and 18th. Don't go back for the wrong reasons. Let sleeping dogs lie. Travel down the information highway on the 19th and 20th and you will find what you are looking for. A partnership appears to be worth your while. You may be called upon to mediate a dispute on the 20th and 21st. Tread carefully or you may end up being blamed for the outcome. Don't hide your talent on the 23rd. Explore new avenues. An unusual activity will bring about an interesting turn of events. Enjoy the moment.

SAGITTARIUS (Nov. 22-Dec. 21): You will feel unsettled on the 17th and 18th when it comes to partnerships. Consider your options but don't be too quick to make changes until you have everything in place. Don't waste time on the 19th and 20th. You should be dealing with matters that can change your future and your income. Discuss your feelings and your intentions on the 21st and 22nd. You will feel better once you know where you stand. Accept the inevitable on the 23rd and get on with your life. Financial gains are apparent.

CAPRICORN (Dec. 22-Jan. 19): Someone may say something behind your back on the 17th and 18th. Keep things simple and you will win whatever challenge you face. Someone will call your bluff on the 19th and 20th. You won't get away with anything so stick to the truth. Don't be afraid to speak up and voice your ideas on the 21st and 22nd. Follow through with your plans but don't overspend to impress others. You're on the right track. You will have a greater interest on the 23rd in areas that you have ignored in the past. A love relationship will develop.

AQUARIUS (Jan. 20-Feb. 18): Your ideas will spark enthusiasm in others on the 17th and 18th and could lead to a partnership of some sort. Strive to reach your goals. Avoid long lineups and wasting your time on the 19th and 20th. Confront someone who owes you money. Offer solutions but don't pay for someone else's mistakes. Confusion can lead to poor choices on the 21st and 22nd. Let everyone around you talk before you reveal the way you feel. Question your current direction on the 23rd. Make adjustments to the goals you set. It's time to follow a new path.

PISCES (Feb. 19-March 20): A decision will be reliant on your reaction towards others on the 17th and 18th. Don't trust anyone to give you a straight answer. Get out and do something constructive on the 19th and 20th and you will meet someone who can change your future. Opportunities will surface and your vision will be shared. Don't let your heart rule you're head on the 21st and 22nd. Focus on making money, not giving it away. Your mind will be working overtime. Write down your ideas on the 23rd. One of them is likely to be a moneymaker.

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United Way update

In a press release issued on Monday, the United Way of Quinte reported they have reached 22.4 percent of their \$1.5 million target.

The organization has a total of \$336,090 collected so far, putting them four percent ahead of last year at this time.

Funding applications for the 2005/06 funding year, which begins April 1, 2005 are now available to any registered non-profit agency providing health or social services in Hastings & Prince Edward Counties. The forms can be downloaded from the website www.belleville.unitedway.ca or can be picked up in person from 240 William Street, Belleville.

United Way of Quinte funds more than 100 programs in 50 health and social service agencies throughout Hastings & Prince Edward counties. For further information on funding applications call Julia Gosson at 962-9531.

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Information

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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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Announcement

Please recycle this newspaper!

1st Trenton Scouting

I would like to extend a warm welcome to those newly posted in and those members returning to a new Scouting year. For those who missed the registration days held earlier can still register their youth. To register, just show up on the night the section is hold their meeting and a leader will help you out. Meetings are held at Breadner School and the sections meet on the following nights:
Beavers (5-7 yrs) Monday nights First meeting night will be 27 Sept 04 from 6:30-7:30pm. Contact Leader is Denise Gruchy @ 965-5880
Cubs (8-10 yrs) Wednesday nights First meeting night will be 29 Sept 04 from 6:00-7:30pm. Contact Leader is Brian Rose @ 398-8540
Scouts (11-13 yrs) Tuesday nights from 6:30-8:30pm. Contact Leader is Mike Young @ 394-0037
For those members who wish join Ventures there is Venture Company in Trenton.
If you have any questions Contact Bernie 399-5316

St. Clement & Wing Chapel CRAFT SALE 2004
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Announcement

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WIN \$ CASH prizes! for best costumes! Next Saturday's dance OCT 23rd!
Belleville Legion 9pm to 1am
www.romeoandjuliet.ca
(613) 392-9850

HAPPY BIRTHDAY
Bitsy,
We Butt Sisters wish their littlest but not the youngest sister a **Happy 60th Birthday!**
Love,
Beulah, Bernice, Babe

The Staff at The Contact Newspaper would like to wish everyone a Safe & Happy Halloween . We would also like to take this opportunity to remind motorists that pedestrians will once again be travelling our roadways. Please take care and heed those goons & goblins.

Contact

For Sale

Belleville Volkswagen

2002 Chev Malibu - V6, auto, forest green, 92,000 kms. **\$8,900**

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Airtight Lakewood 2 door wood stove. Heats up to 1200 sq.ft. easily - \$150
Call 392-7374

Crossword Answers

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

MORE LOCAL GENEROSITY

Photo: Laurie McVicar, Contact



On October 7, Walter and Doris Richards, former owners of the Park Motel, made a \$10,000 donation to the RCAF Memorial Museum expansion project. Looking on are MGen (Ret'd) Lionel Bourgeois, Peter McCulloch, and Ken Kee, Fundraising Chairman.

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(Overlooking the Trent River)

THUNDERBIRD SPIRIT-426 Sqn Association Reunion 2004

by Major Kevin McDonald,
DCO 426 Sqn

426 Sqn, the Thunderbirds, has long been known as a unit that overflows with spirit. That was evident to me when I first arrived as a student in 1986, more apparent when I arrived as an instructor in 1992 and a supervisor in 2001. But the source of this tremendous spirit eluded me until very recently.

Certainly the quality and caliber of the individuals who work here is superb. Our unit t-shirts used to say 'only the best instruct the rest'. Terms like 'the centre of excellence for Air Mobility' are often bandied about. But the initial source of this pride and esprit de corps seemed vague to me until I attended the 15th Biennial Reunion of the 426 Sqn Association in St. Catharines in June this year with our recently departed CO, LCol John Anderson.

Like the discovery of the source of the Nile River, I felt like I had finally found the origin of the spark of specialness that envelopes our daily operation still today. Assembled in the conference centre were 150 of the most phenomenal people I have ever had the pleasure of meeting. They are the source of pride and inspiration that makes us strive to be the best that we can be. They fought for and attained the freedom that we all take so much for granted today. And they gave their heart and soul to the defence of this country and democracy worldwide, doing so with grace and dignity and just a touch of humour.

But who are 'THEY'? "THEY are people like Larry Motiuk, president of the association from 1994 until 2004 who has just published the second installment of the series of books he has written on the history of 426 Sqn: "Thunderbirds for Peace". His close association with the active squadron has been hugely beneficial to the

maintaining of our sense of tradition and legacy. He has just passed the reins to the newly elected president, Jean-Louis Denis. We look forward to equally positive experiences with Jean-Louis.

THEY also include people like: David Kuhn, CO from 1971 to 1973, who was the chairman for the host committee of this year's reunion; Tim Timmins, CO from 1975 to 1977, who briefed the reunion on the North Star Restoration program in Ottawa; Dave Gordon, CO from 1989 to 1991 during the first Gulf War days; Joe Pare who carved the Thunderbird Spirit award that is presented at each reunion to a deserving member of the active squadron and Padre Harry Schmuck. Last, but certainly not least, was Cliff Black, CO from January to May 1945, who spoke at the reunion. It was absolutely enthralling to listen to Mr Black recount those last days of the war in Europe.

I paraphrase his comments about those last days and apologize to Mr Black if I do not do his actual words justice:

They were aware that the end of the war was very near for them. They were worried that the 'young bucks' would be so excited about the end of the war that they would take it upon themselves to hop into the aircraft and fly back to Canada. The W/C Black and the SAMEO devised a plan to enable the maintenance crew time to disable the aircraft so they could prevent such action. They called it plan 'A'. As the morning briefing that preceded each mission was winding down, after having INT and weather and serviceability and the route be thoroughly discussed, the CO was called outside the briefing room to learn that the war was officially over. He returned to the briefing room and motioned to the SAMEO while mouthing the words 'Plan A'. The SAMEO understood and quickly exited the briefing room to activate 'Plan A'. Wanting to buy time for



the SAMEO to complete his task, the CO decided to rehash the entire briefing. To confused stares, he went over the INT, the weather, the serviceability and the route while the aircrew were fidgeting in their seats wanting to get on with the mission. Finally the SAMEO returned to the briefing room and gave the CO a thumb's up. He could then give up the pretence of forging ahead with the mission and tell the troops that the war was over. What an experience for W/C Black and when he recounted it to us, it was like it had just happened even though it had been 59 years ago.

I finally knew where that spirit came from. W/C Black, all those I mentioned and many more whom I failed to mention were there through the years giving their hearts and souls to the unit, the country and the world. They established an esprit de corps that continues to manifest itself in each of the instructors and support personnel that make 426 Sqn an incredible place to work.

LCol Anderson expressed the appreciation that the active squadron feels for the legacy left by the association members. He noted that LCol Fortin, the incoming CO, would continue to benefit from the wisdom and camaraderie of these inspirational people who went before us. I have penned this article to add my personal thanks to them and to ensure that the readership of the Contact know how indebted we all are to the fantastic work done by the Thunderbirds of days gone by.

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