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No leap of faith required to help out the United Way



Photo: Sgt Rick Ruthven, CPC

Denise Wray from the Rec Plex donated money to the United Way for a chance to jump out of The Canadian Parachute Centre's Mock Tower. Sgt Mark Thibault, seen in the background, was one of two dispatchers. CPC raised \$93.25 for United Way. A total of 16 civilians and 10 military people took the plunge.

by Andrea LeBlanc
Contact Editor

An amazing 287 tickets were sold at the October 15th United Way Pizza and Spaghetti Lunch at the Yukon Galley, netting \$651. 21 for this year's campaign.

According to 8 Wing /CFB Trenton Campaign Chairperson, Major Paul Fleury, the turnout for the "half and half", all-you-can-eat luncheon far exceeded organizers' expectations--so much so that more luncheons are in the works.

The next one is set for Friday, October 29, also at the Galley (cadet side), with the menu to be announced in the near future.

Maj Fleury noted that the Wing has already reached 41 per cent of its campaign goal of \$65,000, but was quick to point out

that there is still a ways to go and many personnel yet to be canvassed. He urged all personnel to continue their much-appreciated support of the United Way, which supports 50 health and social service agencies in Hastings and Prince Edward counties.

Meanwhile, Maj Fleury is committed to his impending sacrifice--a total of \$350 has been raised to date in support of the much anticipated head-shaving of the Campaign Chairperson. And Maj Fleury has even offered to up the ante to encourage more donations.

"If the goal of \$500 is reached, then Wing Ops MWO Conrad Ostner has bravely agreed to also sacrifice his flowing locks to the cause."

Anyone interested in supporting this charitable hair loss is asked to con-



tact Cpl Bev Roney at local 2979.

Maj Fleury would like to remind everyone of the upcoming/ongoing fundraising events, including the Wing Transport Car Crush on October 28 (draw takes place on October 27), the Oktoberfest celebration slated for October 29 at the Astra Lounge (all proceeds from the sale of Bratwurst to hungry celebrants go to the United Way), not to mention the United Way Virtual Holiday organized by 426 Squadron, the always-fun Jail 'N Bail on November

Halifax Bomber rolls into its new home at RCAF Memorial Museum

Photo: Pte Kim Gosse, 8 Wing Imaging



The Halifax Bomber currently undergoing restoration at the RCAF Memorial Museum--Canada's official National Air Force Museum-- took a short jaunt on Saturday, October 16 when it was rolled into its new home in the recently erected expansion building, still under construction on RCAF Road. This will be the permanent display area for the Halifax and other priceless artifacts. This huge project is nearing completion of Phase One--construction of the exterior shell. Museum officials are optimistic that this will be complete by mid-December of this year. The fundraising campaign for this important expansion, which will triple the museum's display space, has reached its midpoint, with a further \$2.2 million still needed to be raised to complete all necessary phases of the expansion.

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Just doing their job--and really making a difference

by Capt. Brian Martin
Tactical Airlift Unit
(TAU), Camp Mirage

As a dust storm whips through Camp Julien, a line of soldiers waits to get their baggage checked by the traffic section before their Herc flight out of KAIA (Kabul International Airport) to Camp Mirage the next day.

Just as the soldiers arrive at KAIA, a radio message informs them that there has been a delay in the Herc

leaving Mirage. Groans are the general response to this news as KAIA has very little to offer and most are anxious to begin their trip home.

Meanwhile, in Mirage, members of the maintenance section of the Tactical Airlift Unit (TAU) work busily on getting that Herc serviceable. The shift's Crew Chief, Sgt. Dan Murphy, and his crew have 'stepped it up' because, although they don't hear the groans, they can well imagine them.

"We don't have time for anyone not to do their job," said Sgt. Murphy. "Everyone understands they have to step it up," he added.

Sgt. Murphy, crew chief of a roughly section-sized crew of maintainers, is responsible for ensuring the Hercs are serviceable and ready to go during his shift. That means getting the Herc fixed quickly and properly, which his crew is already well experienced in doing in the high temperatures well known to those in

Mirage.

With Aviation Flight System techs, Aviation Propulsion techs, Avionics techs and Aircraft Structure techs (metal bashers to some in the Air Force world), the maintenance crews of the TAU can fix almost any fault on the Herc – and do it quickly.

As Sgt. Murphy's first overseas mission, the importance of his job hit him while watching CBC news of the ROTO 1 troops hugging their fami-

lies on their return to Valcartier.

"We were part of that - it makes it (the job) very satisfying," said Sgt Murphy with a smile.

With the harsh environment where the Kabul-based troops work, Sgt. Murphy knows the consequences of failing to fix the aircraft. The delay in mail, critical cargo, and especially the passengers waiting for their lift home makes him and his team push that much harder to get the air-

craft up and running.

Back at KAIA, the troops receive news that the aircraft is on its way with only a short delay. Although they don't know it, it is the hard work of the TAU maintenance section they have to thank for getting them out that day.

Sgt. Murphy and the maintenance section are originally from 8 Air Maintenance Squadron, based out of Trenton, 435 Squadron Winnipeg, and 413 Squadron, Greenwood.

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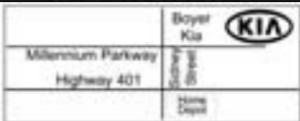


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WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



WTISS provides audio/video support to the Wing on a regular basis. The most common activities are parades, presentations and conferences. In this picture a technician is installing a presentation system in support of the AMAG conference. Pictured are Cpl Matt McCormack from WTISS giving system operating procedures to OPI Capt Dubuc.

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CH-149 Cormorant limited to SAR operations, test flights

October 18, 2004

CFB WINNIPEG –As a precautionary measure, the Air Force has limited its fleet of 15 CH-149 Cormorant helicopters to search and rescue (SAR) operations and test flights only until more details are known about cracks that were found on the tail rotor half hubs of Cormorant CH-149908. The decision was made Saturday night.



Photo: Submitted

“The safety of the men and women who operate the Cormorant is a top priority,” said Major-General Charles Bouchard, Commander 1 Canadian Air Division. “After assessing the preliminary data of this particular case, it was decided that SAR operations and the necessary test flights required to do that job can continue for the fleet without putting our crews at an unacceptable level of risk.”

Samples of cracks found in tail rotor half hub on Cormorant CH149908. The crack across the arm is approximately 20mm and goes “horizontal” for approximately 40mm (delamination).

The cracks on the tail rotor half hub were larger than previously seen in Canada. While the depth of the cracks are not known at this time, the largest, which is hairline in nature, can be seen spanning out along a portion of the half hub.

The cause of the cracks

is under investigation and inspections of that area of the aircraft have been increased. The situation will be re-evaluated as more details from the investigation are made available. Training, general purpose and air displays will not be conducted until further notice.

Search & Rescue UPDATE



An extremely quiet week here at the Tiger’s lair with only two call-outs to report
 On the 18th our Cormorant was tasked by JRCC to proceed to Nipigon Bay, on Lake Superior near Thunder Bay. They were searching for the occupant of a boat found running with no one onboard. Numerous search vessels, a CC 130 from Winnipeg and our crew searched the entire bay but found nothing. Our Cormorant was released and returned to Trenton.
 The next day the Herc crew was sent to search for a 27-foot sail boat that did not arrive in Kingston from Port Hope. Our crew was almost finished the first assigned area when they were “stood down” because the vessel was located in the Waupoos Harbour. Until next week Stay Safe!

Missions for 2004: 164 Missions for Oct.: 7 Persons rescued: 31

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

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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.

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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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LETTER

This letter is to address a growing concern for both MQ occupants, and newspaper carriers. I once lived in MQs so I know from personal experience the annoyance and frustration of picking up papers that are blowing across your lawn from the bulging mailbox of the MQ next to you or across the street, that has been empty for the past three months, or the paper which was thrown onto your step, or crushed into your mailbox.

The blame is to be shared by the carriers, MQ occupants, and CFHA alike. Carriers need to be more aware of which MQs are empty. CFHA is partly at fault for an out clearance procedure that does not ensure the mailbox is removed from the MQ and either left inside or tumbled into CFHA. At a very minimum have the mailbox sealed in some way to prevent papers from being delivered to empty MQs.

I'm sure that most people would jump to the wrong conclusion and blame the paper carriers--after all they do deliver the actual papers that can be found flying all around the MQs. The fact is most carriers are kids under the age of 14 and they are delivering papers to make a few bucks for spending money. These kids work very hard for the few bucks that they get paid to deliver, and just so that you know they are paid on average between four to six cents a paper. While these kids are delivering papers they are being productive members of our military community. Not that some people in our community seem to view it in this manner. Being a paper carrier can be a very thankless job. Remember the paper you get is FREE.

My kids have been delivering papers on the base for over four years and we've run into many irate and irrational persons who blame the first kid that they see. Some people apparently believe that only one person delivers all the papers for the entire base. We've been blamed for many things like throwing papers on the front steps, wrecking mailboxes, not delivering papers, dumping entire bundles of papers in the creek, crushing flower beds and tearing up lawns, the list is as endless as the people that blame us for it.

Okay here are the real facts; there are at least three different papers that are delivered to the MQs, plus flyers and leaflets. We deliver one paper, the Community Press; there is also the Shoppers Market, the Contact and other flyers or leaflets by independents. Both my kids and myself place the Community Press in your mailbox, or if that is full in the racks underneath it, of course, depending on weather, and failing all else, between the doors. We try to keep up with which MQs are empty. However it's far easier said than done and occasionally we inadvertently place a paper in an empty MQ's mailbox. If this happens don't fly off the handle --we are supposed to be adults and as such it our job to teach children by example. Instead of having an adult screaming or yelling at the carriers it would be nice if you gently corrected their mistake. It's sometimes very hard for a kid to figure out which MQs are empty.

If this letter has educated or informed even one person then it will have achieved its purpose. Until then we, the invisible paper carriers, will continue to deliver your paper rain or shine without complaint!

With Regards,
 Edwin C. Maxwell

Canadiana Crossword

A Canadian Colour Scheme

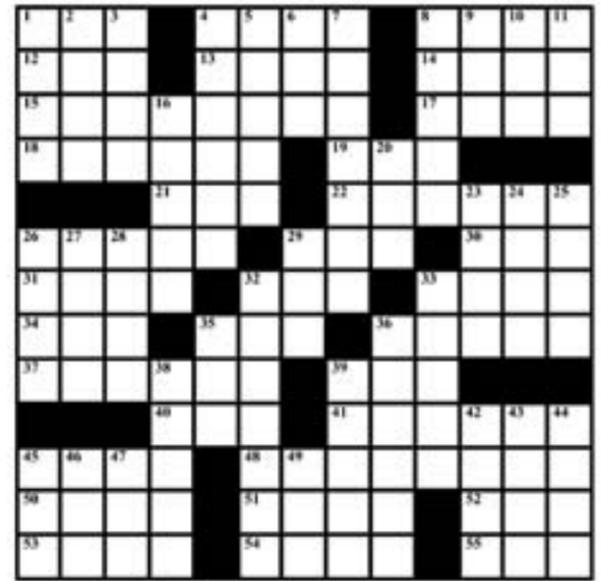
By Bernice Rosella and James Kilner

ACROSS

- 1 Collection
- 4 Bog product
- 8 ___ River, British Columbia
- 12 Run
- 13 Convex shape
- 14 Escapade
- 15 ___ River, Yukon
- 17 Bane of teens
- 18 Screen play
- 19 Canadian research org.
- 21 Brew
- 22 Soluble salts
- 26 Goblin
- 29 Sib
- 30 Up to date, slangily
- 31 Sitarist Shankar
- 32 None
- 33 Main or top
- 34 Actress Gardner
- 35 Cherry, for one
- 36 ___ River, Manitoba
- 37 ___ grass, Saskatchewan
- 39 Metric unit
- 40 Cinder
- 41 Balcony
- 45 Boast
- 48 Importance
- 50 Theatre section
- 51 Phoned
- 52 Haul
- 53 Rend
- 54 Fencing sword
- 55 Hotel

DOWN

- 1 European mountain range
- 2 Drug law enforcer, slangily
- 3 Eastern ruler



- 4 ___ Springs, Alberta
- 5 Perform
- 6 Stomach muscles, for short
- 7 Foot feature
- 8 ___ Lake, Quebec
- 9 La Ronge, for one
- 10 Vessel
- 11 Make do
- 16 Manitoba village
- 20 Adventure writer's monogram
- 23 Wet-nurse
- 24 Dormouse
- 25 At rest
- 26 ___ Lake, Northwest Territories
- 27 Church part
- 28 Oblong
- 29 Do wrong
- 32 Obscurity
- 33 Play part
- 35 MS ___
- 36 ___ Bay Newfoundland
- 38 Beer genre
- 39 Dress design
- 42 Against
- 43 Representation
- 44 Stitched
- 45 Deli delight
- 46 Caviar
- 47 Turk of importance
- 49 Chart



This Week in Contact

1974 – During a speech to the House of Commons, James Richardson, Minister of National Defence, responded to comments regarding cuts to the defence budget. "I think the first thing to be made clear is that the Defence Budget has not been cut, it has been substantially increased...It is not the government that is cutting back on Defence spending – it is inflation and rising costs that is preventing us from doing all that we would like to do, even with a growing budget."

1984 – The Minister of National Defence, the Honourable Robert Coates, and the Ambassador for Disarmament, Douglas Roche, met yesterday to begin the process of working out a joint strategy for increasing Canada's role in promoting world security. Both expressed the view that in order to make possible substantial reductions in nuclear weapons in the world, conventional forces must strengthen security in the West.

1994 – Air Transport Group has sent in a request to purchase a new airfield lighting system. The new system, made up of pylons coated with reflective material, was developed by the Canadian firm of Reginald Bennett International Inc. and is expected to be more cost effective. As an aircraft approaches, the pilot turns on his landing lights and the airfield is instantly illuminated. The system also includes approach strobe lights that run by solar charged batteries.

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



424 Squadron exercises with Canadian Coast Guard

by Capt Nicole Meszaros,
Asst WPAO

The members of 424 Squadron must have well-honed skills to perform their dangerous duties in support of those who are lost and/or in need of rescue. Hence, the squadron must exercise regularly.

On the 14th of September a CC-130 Hercules aircraft piloted by Capt R.J. Ellis, aircraft commander, flew from 8 Wing to meet Canadian Coast Guard Vessel Bittern and several other CCG assets on Lake Ontario for an exercise that allowed both organizations to polish-up their skills.

Upon locating CCG Bittern the Hercules flew past the ship in preparation to drop a pump and a survival kit air droppable (SKAD). In the event that a ship is taking on water or is actually sinking, the pump is used to simply pump out the water. Pumping out water is not a permanent solution to the problem but could buy a ship enough time either to get to land or to allow it to stay afloat long enough for further assistance to arrive.

The pump is designed to be simple to use so that practically anyone can use it and rather than having instructions in every language, symbols are used to explain how it works.

After the pump was dropped, a SKAD was dropped on a subsequent pass in front of the Bittern. The SKAD contains basic survival materials such as life rafts, clothing, flashlight, signal devices,

Photo: Cpl David Cribb, 8 Wing Imaging



Members of 424 Squadron participated in a joint training exercise with the Canadian Coast Guard, dropping survival kits, pump systems, and simulated flares.

food and water. Included is a desalinating pump, which makes saltwater potable. The materials found in a SKAD are meant to keep victims safe until more help can come on scene.

However, dropping items out of the back end of Hercules aircraft to a location where a damaged ship or injured people can actually get their hands onto the equipment is a difficult thing to do, especially in the dark or during inclement weather. Coordination and practice are the keys to successful drops.

A successful drop requires the concentration and efforts of the entire crew, but coordination of a drop occurs primarily between the aircraft commander and the SAR Tech team leader. While the pilot is responsible for the overall safety of the aircraft and the aircrew, the SAR Tech team leader helps guide the pilot and decides when the SKAD is released.

In a real rescue situation, if the drops were unsuccessful, or medical attention were to be required, the SAR Techs would be parachuting into the scene to provide assistance such as emergency medical procedures.

The opportunity to work with the CCG was a valuable training exercise because it gave the aircrew a more realistic scenario than some of their other training scenarios. Any time that that 424 Squadron can participate in an exercise with their partners in search and rescue, they are provided with the chance to practice skills that could mean the difference between life and death.

New faces at 426 Squadron's Technical Instruction Flight

by MCpl Rob Skwirut

The Technical Instruction Flight (TIF) at 426 Squadron provides technical training for maintenance personnel in support of Canadian Forces CC130 operations.

Our goal is to inspire our students to excel by providing a positive and enriched training environment.

The world has been witness to many events and changes over the last few months. We, here at 426 Squadron Technical Instruction Flight (TIF), have also had numerous changes since our last Contact report. We welcome MWO Sandor Gyuk as our new Deputy Flight Commander.

Our former D/FC, MWO Rene Petit, has retired from the Regular Force and has taken a Reserve position with ATESS.

We would like to welcome several new AVN instructors. MCpl Andy Whynott from 424 Sqn, MCpl Jamie Shewaga from 8 AMS and MCpls James Baldwin and Les Stykel from Winnipeg have all recently joined our Squadron. We would also like to bid adieu to some of our outgoing AVN instructors. Sgt Troy Winder and Sgt Don Eddy (both recently promoted) have been posted to Nova Scotia. MCpl Brian Hupe, who recently completed 20 years of service and has gone on to civilian life,

will soon return to 426 Squadron as a Reservist. We wish the best to all of them.

On the AVS side of the house, we have gained and lost some members as well. WO Paul Nesbitt arrived from Greenwood and has assumed the duties of CAVSI from recently promoted MWO Ian Smith. MWO Smith is currently taking the year-long French course here in Trenton. MCpl Carole Poupart from 8 AMS and MCpl Gary Ordish from ATESS are our new AVS instructors, and our long timer, WO Serge Parent, has been posted to Shearwater.

In addition to changes in personnel, the AVS Cell has also started instructing some

new courses. The Electrical Upgrade Project course (affectionately known as "EUP"), as well as the Electrical Delta Training, has begun with courses in Winnipeg and Greenwood with more to follow here in Trenton in the near future.

Our Squadron has begun to get ready for the holiday season with the sale of tickets for its 'world' renowned 426 Squadron Blotto, a day packed full of sport events, draws and fun! Many funny and candid photos and videos of 426 personnel taken throughout the year are compiled by our Courseware Development folks and then unveiled as a slide show to the Squadron.

It's a roaring nostalgic trip that is enjoyed by everyone (some images even verge on the realm of potential blackmail material however, reputations are rarely damaged and deep mental scars have yet to be created as a result!)

The current scope of worldwide operations, and the subsequent preparations for several global deployments, have introduced many challenges (and some long hours!) for everyone at 8 Wing. We wish all the best for those members who are being deployed, and their families as well. At the same time, we cannot forget those who are already deployed somewhere and anxiously waiting to return home soon.

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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



**OCTOBER
2004**

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As detailed here last time, if you are an average Canadian homeowner, then 70 per cent of all the wealth you have on this planet is sitting in one asset, in one location, on one street--in your house. Is this smart?

According to a guy I know, who is also a major-league newspaper columnist, the answer is: Absolutely! In fact, he devoted his column last week to a list of investments he considers to be the best, and at the top of it was "a paid-for home."

Now, his logic for saying this is stunningly conventional: (a) you have to live somewhere, so (b) you can pay rent, and support someone else, or pay a mortgage, and build equity, and (c) the sooner you pay off the mortgage the more interest you will save and (d) once you pay off the home, then invest in other, income-producing, properties.

This is exactly what millions of Canadian families do, which is why that 70 per cent of all personal wealth is now sitting in residential real estate. We view housing as a riskless investment that is inflation-proof and timeless, and we just can't get enough of it--especially when prices are rising, as they have been for the past seven years.

However, there are some problems with this philosophy, at least when it comes to prudent financial planning. First, as mentioned here in a recent

column, real estate may be a great, eternal long-term investment, but it's subject to short term fluctuations that can be extreme and costly. If you happen to buy at the peak or sell at the trough of a market, then you will lose money. Guaranteed.

And are we at, near to, or just past a peak in this market? You bet. Now that mortgage rates will be rising, albeit slowly, and because we have achieved the highest average home price in history, it's just about certain prices will moderate, and then stall.

But apart from that, how smart is it to keep hundreds of thousands of dollars sitting in the equity in your home? It pays no interest there, no dividends or capital gains to give you cash flow, and offers no tax relief. Sure, you can live in a paid-for home without making mortgage payments, but it is still an asset that needs to be insured, heated, repaired and kept in good stead with local tax authorities. So, the only way a mortgage-free home can actually make you wealthier is if the value of it goes up each year more than all the cash you spend looking after it, plus the lost earning potential of all the money you have locked within it.

And, as conjectured above, we may be at or near the point where the big gains for real estate values are behind us. Going forward, every owner of a paid-for home would be

smart to sit down and do the math--establishing what the true costs of those digs are.

Or, you could use your home as a tool. For example, every bank around these days will give you a home equity loan at the prime rate. That means on a \$500,000 house you could borrow \$300,000 easily at just 4 per cent. Better still, all of the interest on that loan can be deducted from your taxable income if you use it for the right reason--to make more money. That's \$12,000 a year in interest that you can write off the income tax cheque you send to Ottawa each year--the equivalent of making a honking big RRSP contribution.

Now, imagine you took that \$300,000 and used it as a down payment on a small apartment building worth \$1 million, which housed 20 tenants, all paying \$1,000 a month for the privilege of living there. That would yield you \$20,000 a month, or \$240,000 a year in income, while your financing costs on the \$700,000 mortgage were less than \$40,000 a year. Even factoring in maintenance charges, taxes, utilities and a property manager's wages, you would be substantially ahead. In fact, instead of owning just a \$500,000 house with no mortgage and no income, you'd now own \$1.5 million worth of real estate with \$1 million in debt, and a cash flow approaching \$100,000 a year. And, yes, you would be writing all of the interest--on both the home equity loan and the mortgage--off taxable income.

Why isn't everyone with a paid-for home doing this? Probably because they read too many newspapers.

All Ranks Oktoberfest Dance

Astra Lounge

Friday 29 Oct 04

- Doors Open: 8 pm
- Cost: \$5.00 person
- Music by: Stanly Road & DJ: Garland Tully

Free Hat & Mug for the first 500 people.

Bratwurst provided by United Way
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| 2004 Dodge sx 2.0 Sport Black | 2003 Chrysler Sebring Silver | 2001 Jeep Cherokee Silver |
| 2004 Jeep Grand Cherokee White | 2003 Ford Taurus Brown | 2001 Dodge RAM 1500 Red |
| 2004 Chrysler Pacifica Blue | 2003 Dodge Durango SLT Graphite | 2001 Dodge Caravan SE Garnet |
| 2004 Chrysler 300M White | 2002 Chrysler Intrepid SE Silver | 2001 Dodge Dakato Sport Silver |
| 2003 Dodge RAM 1500 SLT Red | 2002 Chrysler Sebring LX Green | 2000 Chrysler Intrepid Grey |
| 2003 GMC Sierra Pewter | 2002 Saturn SL1 Gold | 2000 Dodge Caravan SE Green |
| 2003 Dodge Gr. Caravan Blue | 2001 Dodge Gr. Caravan Maroon | 2000 Dodge Neon LE Blue |
| 2003 Chrysler Intrepid ES Black | 2001 Chrysler Sebring LX1 Silver | 2000 GMC Jimmy Grey |
| 2003 Dodge Gr. Caravan Almond | 2001 Dodge Neon LX Blue | 1999 Chrysler Intrepid Black |
| 2003 Dodge Dakato Black | 2001 Jeep TJ Black | 1999 Dodge Caravan Silver |
| | | 1995 Ford Contour Green |

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Incorporate some of these energizing activities into your workday during Canada's Healthy Workplace Week and see how much better you feel throughout the day!

1. Plan your breaks in your personal planner; otherwise it is easy to work through your breaks. If you sit at your computer all day, write "stretch" in your day timer once every hour to remind you to get up and stretch. Block off your lunch time and write 'gym' or 'walk' at this time if this is what you plan to do.

2. Opt for fruit, water, or nutritious beverages (i.e. real fruit juice, milk) instead of muffins, doughnuts, coffee or pop.

3. Go for a brisk walk during your break- it will boost your energy. Better yet, start a walking club with your colleagues!

4. If you're unable to take a walk, go outside for some fresh air.

5. Set-up a staff intramural sports tournament at a nearby playing field that can take place over your lunch breaks.

6. Laugh. Post a comic or joke on your staff bulletin once a week (e.g. the Friday Funny) for colleagues to enjoy.

7. Take a break from your computer-close your eyes, and look away from the monitor for a few seconds. Do this activity at least once per hour. It will ease strain on your eyes.

8. Take the stairs instead of the elevator.

9. Walk to a colleague's office instead of phoning.

10. Lobby to have a massage therapist come in once in awhile to give staff a chair massage during their breaks (for a fee).

11. Bring a favourite book or magazine to read at work during your break.

12. Read comics in the newspaper.

13. Make a point to compliment or provide positive feedback to a colleague on how they influence your workplace.

14. Wash your face to refresh yourself.

15. Make a point to visit, chat with, and get to know your co-workers better during one of your breaks.

16. Take a stretch break every 20 minutes- walk around your area or try some chair stretches at your desk. Go to the CHWW website www.healthyworkplace-week.ca for some useful stretching tips!

STRESS: Take Charge!

A Canadian Forces Program



HEALTH PROMOTION IS OFFERING: TAKE CHARGE, STRESS MANAGEMENT

8 Sessions over 8 Weeks

Wednesdays from 1400-1600 hrs

Registration deadline 29 Oct 04

Please call the Health Promotion Office

@ 3768 to register.

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Think stress is all in your head?

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Want to increase your stress hardiness, enhance your performance, ramp up your resilience....

STRESS: Take Charge!... a health promotion program of the Canadian Forces may be for you!!

STRESS: Take Charge offers a skill based and effective approach to managing stress.

STRESS: Take Charge is a stress management program designed and tested specifically for the Canadian military as part of Strengthening the Forces, to improve the health and well being of the serving member.

STRESS: Take Charge is a self-directed approach to stress management through self-awareness, behaviour change and skill building. It will support participants in their identification of the strategies that they already use and those that they will begin to implement in order to optimize their stress hardiness.

Stress can be a force multiplier! Stress Management is a daily balancing act that has an impact on physical and mental well being.

The STRESS: Take Charge program consists of eight modules of 2.5 hours each. Participants will receive workbooks and be asked to completed exercises. STRESS: Take Charge has been developed by the Director General Health Services, Deputy Chief of Staff, Force Health Protection as part of Strengthening the Forces.

Pet Particulars

Many cats without loving homes

Hello! We are three of the 62 cats surrendered to the Quinte Humane Society a few months ago. We really need sponsors for neutering or spaying, and we also need loving homes...

Please call 968-4673 for more info, to make a donation or to arrange adoption!





TRENTON Military Family Resource Centre



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

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

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

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

Haunted House at the Youth Centre Friday, October 29, 6:00 - 8:30pm

Volunteer opportunities

The Fund Raising Committee is up and running and becoming very busy; so busy, in fact, that they need a few more volunteers to support their initiatives. Don't hide yet, they're not asking you to solicit or sell for all positions! They need your assistance with the following tasks; Computer Assistance – printing out requests and address labels. Knowledge of the mail merge program would be an asset.

Secretary – Take minutes, E-mail agenda and meeting minutes, update contact information.

Odd Jobs - Posting flyers, stuffing and addressing envelopes, picking up donations (not soliciting), setting up and tearing down at events.

Committee members – Here is where

we want your ideas and assistance with fundraising projects and to make a commitment to attend committee meetings. For more information, or to volunteer, contact Wendy at loc 3557 or Terry, the Committee Chairperson, at 969-8128. Data verification – We will soon be contacting our 'Touching Base' newsletter recipients to verify contact information and to offer the opportunity to receive the newsletter by E-mail. This project will require several volunteers, French and/or English, who will work on-site. The volunteers will choose their own hours. All volunteers will be required to sign a Confidentiality Declaration.

Contact Wendy at local 3557 for further details or to volunteer.

Occasions de faire du bénévolat

Le comité de Collecte de fonds va de l'avant et est aussi très affairé; il est en fait si occupé qu'il a besoin de plus de bénévoles dans ses nouvelles initiatives. Ne vous sauvez pas tout de suite, le comité ne demande pas de faire de la sollicitation ou de la vente dans tous les cas! Il a présentement besoin de votre aide pour les postes suivants :

Assistance en informatique : Imprimer les étiquettes de demandes et d'adresses. La connaissance du programme « Mail merge » serait un atout.

Secrétaire : Rédiger les comptes rendus, envoyer les agendas et les rapports de réunions, par courriel, effectuer les suivis des informations reliées aux personnes contacts.

Divers travaux : Placer les affiches, les annonces, adresser les enveloppes, aller chercher les dons accordés (pas de sollicitation), installation et démontage lors des événements.

Membres du comité : En tant que membre du comité nous vous demandons de

prendre un engagement et d'assister aux réunions du comité et surtout de nous aider en nous donnant vos idées concernant des projets de collecte de fonds.

Pour plus d'informations, ou pour offrir vos services comme bénévole, appelez Wendy au poste 3557 ou Terry, la directrice du comité, au 969-8128.

Vérification des données : Nous communiquerons prochainement avec les personnes qui reçoivent présentement notre bulletin de nouvelles « Touching Base » afin de vérifier les informations des contacts et pour leur offrir de recevoir celui-ci par courriel. Ce projet nécessitera l'aide de plusieurs bénévoles, en anglais et en français; le travail s'effectuera sur les lieux du Centre. Les bénévoles choisiront les heures de travail qui leur conviennent. Tous les bénévoles auront à signer un formulaire de Déclaration de confidentialité. Pour plus de détails, ou si vous désirez travailler comme bénévole, veuillez communiquer avec Wendy au poste 3557.

Personal Development & Deployment Support Services

Couple Communication Workshop

Has been re-scheduled to Monday November 8 & 15, 7 pm – 9 pm
Do you feel like you and your partner are on different pages in different songbooks? Are you experiencing the post-deployment gap in the communication?

Is your life so busy that communication is down to a wave as you pass each other in the driveway?

Come and join me as we spend two evenings getting back to basics in "Couple Communication".

Call the MFRC to reserve your spot now! 965-3575

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.

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.

Maison hantée au Centre des jeunes, vendredi le 29 octobre de 18h à 20h30

Perfectionnement personnel & Services de soutien au déploiement

"La communication dans le couple"

A été remis aux mardis 8 & 15 novembre, 19h à 21h

Vous sentez vous comme si vous et votre partenaire êtes sur deux différentes pages du livre de chansons? Expérimentez vous le vide post-déploiement dans la communication?

Est-ce que votre vie est tellement chargée d'activités que votre conversation se fait en vous croisant dans le stationnement?

Venez passer deux soirées avec moi pour redécouvrir la base de la communication dans le couple.

Téléphonez maintenant au 965-3575 pour réserver votre place.

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 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.

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REMINDER !!!
RAPPEL!!!

DO NOT FORGET TO REGISTER FOR SECOND LANGUAGE COURSES WINTER 05 SESSION

What? Military/Civ Second Language Courses	Quoi? Cours de langue seconde pour mil/civ
When? Starting in Jan 05	Quand? Débutant en janvier 05
Memo and Registration Form Visit the Website:	Note de service et formulaire d'inscription Visitez le site internet:

<http://trenton.mil.ca/wcol/index.htm>

Registration deadline 26 Nov 04	Date limite d'inscription Le 26 nov 04
Who to contact? Contact: Capt Michelle Héroux 3652	Qui contacter? Contactez: capt Michelle Héroux 3652

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Fitness, Sports & Recreation

CF salute outstanding athletes, coaches, teams and officials

The manager of 8 Wing/CFB Trenton's Flyers Arena, Bryan Pearce, was one of several people honoured during the 16th Annual CF Sports Awards Ceremony in Ottawa on October 16.

The ceremony, hosted by the Canadian Forces Personnel Support Agency (CFPSA), honoured athletes, coaches, teams and officials. Many of the evening's award-winners compete in military and civilian regional, provincial,

national and international competitions.

Pearce received the Civilian Coach of the Year award.

"Bryan Pearce's drive for success is so strong, one sport cannot contain it; he needs three. Not content with coaching the 8 Wing/CFB Trenton Men's Broomball Team to its silver medal performance at the CF National Men's Broomball Championship, Mr. Pearce also led the 8 Wing/CFB Trenton Ball



**Bryan Pearce,
Civilian Coach of the
Year**

Hockey Team to a silver medal at the CF National Ball Hockey

Championship. A consummate sportsman whose love of sport, limitless knowledge of the games and dedication to his teams helped recruit new and talented players to these two sports, Mr. Pearce is also actively involved in coaching within his community. Coaching a girl's ice hockey team to a Provincial title, Mr. Pearce was also the coach of an Atom House Hockey Team in the Trenton Minor Hockey Program."

Tactical Strength Challenge

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, November 5 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/CFB Trenton's United Way Fundraising efforts.

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

Roll offs scheduled for mid December

The 8 Wing/CFB Trenton Bowling Team will represent 8 Wing/CFB Trenton at the Ontario Region Bowling Championship held mid December in Kingston.

The roll offs will be held at the Astra Bowling Lanes on Wednesday, November 3 or Thursday, Nov. 4. All bowlers must attend Friday, Nov. 5 from 0800 - 1200 hrs. Competition is open to all CF, Class B & C Reserve members. For registration or information, contact Shirley Martin, local 3467 or Dan Cormier, local 3373.

Curling playdown

The 8 Wing/CFB Trenton Curling Team will represent 8 Wing/CFB Trenton at the Ontario Regional Curling Championship held at CFB North Bay January 23-26. Slide, sweep and curl your way to the championship. Competition is open to all CF, Class B & C Reserve members.

Play down will be held at the Trenton Curling Club on Tuesday, November 16 and Wednesday, Nov. 17 from 1200- 1600 hrs. Curlers must register no later than Oct. 29. For registration or information contact Shirley Martin at local 3467 or Dan Cormier at local 3373.

Badminton clinic

CFB Borden will be hosting the Ontario Region Badminton Clinic/Selection Camp held mid February. 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 the Monday, November 29 to 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 the Shirley Martin at local 3467 or Dan Cormier, local 3373.

Hockey has returned

WHL

The Wing Hockey Leagues is off and running with 13 teams fighting for top honour. The competition is closer than ever.

The WHL had their opening game on Sunday, October 3 with the R.I.C. Cpl Rob Hillier dropping the first puck to start thing off between Hanger Hogs and Work Shops.

The Fitness & Sports Flight would like to take this opportunity to thank the executive Committee President Cpl Guy Girardeau, Vice President Pte Stephen Boutiette, and Secretary Capt Shane Loder for volunteering their time.

BTHL

The Base Team Hockey League kicked off with 60 + players divided between four teams.

The BTHL had their opening game on Thursday, Oct. 12 with the Labatt Rep Brent McFarland and Military Sports Coordinator Dan Cormier dropping the first puck to start thing off between the Labatts Bleu and Kokanee team. The Fitness & Sports Flight would like to take this opportunity to thank the Executive Committee - President MWO Bruce Leedham and Vice President MCpl Rodney Keys for volunteering their time. A special thanks goes to Labatts for the donation of the league sweaters.

NHL

The Noon Hour Hockey Leagues has begun with four teams fighting for top honor.

The NHL had their opening game on Tuesday, Oct. 12 with the League President Dave Quinsey and the F&S Director Manny Raspberry dropping the first puck to start thing off between the Gold and Black team.

The Fitness & Sports Flight would like to take this opportunity to thank the Executive Committee - President Dave Quinsey, Vice President Sgt Kelly Maude, and Secretary MCpl Wayne Jerrett for volunteering their time.

I/S Floor Hockey League

The I/S Floor Hockey Leagues has returned with 13 teams battling for first place.

The I/S Floor Hockey League had their opening game on Tuesday, Oct. 12 with the League President Pte Mark Russell dropping the first puck to start thing off between WLEO and 911. The Fitness & Sports Flight would like to take this opportunity to thank the Executive Committee - President Pte Mark Russell, Vice President Cpl Bob McGillvray, and Secretary Cpl Danis Leclerc for volunteering their time.

To all the teams - Good luck, have fun and play fair.

Astra Lanes report

The Men's League is full again this year and there is a very close race for top spot between the teams of Schwartz, Edworthy and Rankin. Last week saw Larry Rankin bowl a very impressive four game score of 1189 with a high single of 361.

Team Standings: Dave Schwartz, 105; Jim Edworthy, 104; Larry Rankin, 102.

High Average: Larry Rankin, 242; Ted Crago, 236.

High Single: Larry Rankin, 361.

High Single: POA Ritson Kinnear, +168.

High Quad: Larry Rankin, 1189.

High Quad: POA Ritson Kinnear, +351.

Now the tournament season is upon us and we wish all the bowlers well in the Cogeco Five Pin Challenge with the finals being hosted by Astra Lanes in February. Last year saw Mike Stoddart, Mike Chapple, Larry Rankin, Roy Boudreau, Gary McCray, and Norm Bergeron represent Astra Lanes very well. These bowlers won a total of \$1,745 between them with Stoddart edging out Chapple in the finals. Good luck to all the competitors.

SUPPORT YOUR LOCAL

CANEX



Hundreds participate in 8AMS Sports Day



Photos: Private Kim Gosse, 8 Wing Imaging

submitted by
MCpl Marlene Shillingford
8 AMS

The 8 AMS Sports Day took place on October 14 and was a great success. As the largest Air Maintenance Squadron in Canada, close to 300 technicians were in attendance. It was truly the largest Sports Day that the Squadron had seen in years.

Organizing an event of this capacity is not an easy task. It took a month of planning and coordinating from the Sqn committee members and volunteers to pull it off. Members of 8 AMS thoroughly enjoyed the opportunity to have fun with their co-workers and to socialize with the many sections that comprise our Unit. Such sections included ARO, ASO, Workshops, SOR, AMCRO, Engine Bay/GTC Shop, ETO, QM, Wing Imaging, MST, AVSO and ALSE.

The main event was softball with over 100 techs participating. Despite the forecast of rain, the excellent support from the PSP staff enabled a successful and enjoyable mini tournament. Other events included bowling at the Astra Lanes, and horseshoes, pool, euchre and cribbage, which were held at the Junior Ranks mess.

After the events were completed, everyone enjoyed an excellent BBQ at the Junior Ranks mess, catered of course, by our own senior staff including the CO of 8 AMS, LCol Lewis, as well as Major Quiton, SCWO Rodrigues and AMO CWO Lyon. Following the BBQ, LCol Lewis gave us a few words of wisdom before he presented the first place finishes for all the events. The CO is looking forward to the next Sports Day, which will be held in the new year.

Special thanks go out to the Entertainment Committee members, the volunteers and to the PSP staff who all contributed in making this an excellent day. 8 AMS also raised \$174.00 for the Heart and Stroke Foundation in support of the United Way.



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Beverly Bald, CFP, BA

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Bruce McCartney, Divisional Director for Investors Group Financial Services Inc., is pleased to announce that Beverly Bald has joined Investors Group in the Cobourg Searline office as a Financial Consultant.

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
October 24 - October 30

ARIES (MARCH 21-APRIL 19): Lady Luck is in your corner. You'll find it difficult to sit still on the 24th and 25th. Take a little time to putter around your home. Don't be afraid to make a change. Your actions will result in a host of new options. Don't get all charged up on the 26th and 27th before you know exactly what's going on. You will get the wrong information. Think before you act or you may not get a second chance. Don't count on someone you asked to do something following through with your request on the 28th, 29th and 30th.

TAURUS (April 20-May 20): Put a little effort into a relationship that is important to you on the 24th and 25th. The extra attention you give to someone will be noticed, well received and reciprocated. Don't hide the facts. You must get everything out in the open on the 26th and 27th so that a decision can be made. Emotional matters may escalate on the 28th, 29th and 30th. Trust in your own abilities. Don't spend unnecessarily. You may have to deal with other people's responsibilities if you don't learn how to say no.

GEMINI (May 21-June 20): You've got what it takes to reach for your goals on the 24th, and 25th. Take the chance and put yourself on the line where business and professional changes are concerned. Money can be made. You'll have the competitive edge no matter what you do on the 26th and 27th. Take a very creative and unsuspecting approach and you will get fabulous results. You will be difficult to pin down on the 28th, 29th and 30th. You will want to try everything. Slow down - it's better to do one thing well than several at a lower calibre.

CANCER (June 21-July 22): Not everyone will be interested in what you want to do on the 24th and 25th but if you stay focused and you don't rely on anyone but you to get things done success will be yours. Don't waste time on people who waffle. Take a breather on the 26th and 27th and refrain from making a decision that could leave you in a precarious position. Protect your home and family. A move is apparent. Stand up for your rights on the 28th, 29th and 30th and you will attract someone's attention that will enhance your life.

LEO (July 23-Aug. 22): Your ability to talk circles around everyone will help but if you don't stick to the truth or you haven't done your homework you can expect to be challenged on the 24th and 25th. You should be able to put out any fires or disturbances that challenge you on the 26th and 27th. Follow your heart when it comes to love and romance. Not everyone is on your side on the 28th, 29th and 30th. Someone may try to use you. Proceed with caution and don't give away something for nothing. Love and romance should be scheduled in.

VIRGO (Aug. 23-Sept. 22): Get involved in a worthwhile organization on the 24th and 25th. Offer your services and you will meet new friends. Your steadfast approach will show your leadership abilities. Financial opportunities are apparent on the 26th and 27th. You may be stuck taking care of someone else's property or problems. Don't make promises that you can't keep. Watch your back on the 28th, 29th and 30th. Someone will not be kind regarding your potential and could cause you to lose the opportunity to get ahead.

LIBRA (Sept. 23-Oct. 22): Don't let anger get the better of you on the 24th and 25th. Emotional matters will escalate if you don't back down. Focus on career changes. You need a challenge. There will be plenty of action going on around you on the 26th and 27th but it may not be to your benefit. Partnerships may run amuck if you aren't diplomatic in the way you handle others. Invest more time into moneymaking ideas or property on the 28th, 29th and 30th. You will be able to adjust your lifestyle to suit your budget if you give up some luxuries you don't really need.

SCORPIO (Oct. 23-Nov. 21): You may want to make some serious changes regarding your personal life on the 24th and 25th. The more mature you are about your intentions the more respect you will receive. Someone may not be sincere on the 26th and 27th. Don't reveal your secrets. Focus on what you can do to make your professional goals more attainable. Action will be necessary. Sudden romantic infatuations may confuse you on the 28th, 29th and 30th. If something or someone appears to be too good to be true you are best to back off. Time is on your side.

SAGITTARIUS (Nov. 22-Dec. 21): Expect the unexpected on the 24th and 25th. Think about what you really want before you take a route that is irreversible. Diplomacy will be needed. You can make personal changes that will bring you added confidence on the 26th and 27th. Love and romance will take you by surprise. Children may play an important role in your life. Tie up loose ends on the 28th, 29th and 30th and you will feel so much better. You may be tempted to get involved in a bit of a gamble but be forewarned losses are likely to plague you if you do.

CAPRICORN (Dec. 22-Jan. 19): Getting together with people you enjoy on the 24th and 25th will bring about a chance meeting with someone who can offer you suggestions as well as help. You may find it hard to make ends meet on the 26th and 27th if you have been too generous with someone you love. Family feuds are likely to develop if you don't take care of disagreements swiftly. Your wit and creative opinions on the 28th, 29th and 30th will entertain as well as impress the people you surround yourself with. Mix business with pleasure.

AQUARIUS (Jan. 20-Feb. 18): Consider changing your direction on the 24th and 25th. Taking on a new project or planning to do something that will allow you to put your talents to good use should be your intent. You have to put yourself out there on the 26th and 27th in order to make a difference. You should be able to drum up assistance. You will attract new friends as well as lovers. Don't count on anything on the 28th, 29th and 30th and you won't be disappointed. Take a closer look at your present set up and make changes that will suit your lifestyle better.

PISCES (Feb. 19-March 20): You will be unique on the 24th and 25th no matter what you do. You will stand out, charm the people around you and even find love if you are single. Health issues may arise on the 26th and 27th. Leave yourself time to rest. Financial frustrations will escalate if you haven't set up a budget that is within your means. Partnerships could prove to be very interesting on the 28th, 29th and 30th. Starting a business with someone or getting involved in a new love relationship will lead to a brighter future.

Safety

Always practice step ladder safety



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

A man was cleaning leaves out of his eavestrough. He leaned over the side of the ladder to reach the last two feet of eavestrough, lost his balance and fell, landing on his back on a picket fence. The damage to his spinal cord caused paralysis from approximately four inches below his mid-chest to his toes.

Falls from ladders are all too common. If you are lucky, you end up with little else but a bruise. Many people are injured very seriously from falls from ladders. Let's keep the following safety tips in mind when using ladders:

Don't use a four-foot ladder to do a job requiring a six-foot ladder.

Make sure the ladder is in good shape; it shouldn't wobble. Check all nuts and bolts for tightness. Make sure there are no cracks in the steps or the beams (sides of ladders) in a wooden ladder. In metal ladders check for kinks or bends.

Put the ladder on a firm, flat surface. The ladder could tip over if placed on soft ground. If you must use it on soft ground, place its feet on a piece of 3/4-inch plywood that is at least 10 inches wider and deeper than the base of the step ladder. This will act like a snowshoe to distribute the weight.

Open the ladder as far as it will go and make sure the spreader arms are locked in place.

Don't stand on the top of the step ladder or the two rungs below it.



This will make the ladder very unstable. Most ladders have a warning to stay off the top step. Many people ignore this warning. That is dangerous.

When purchasing a ladder, ask questions from an informed salesperson. He should be able to point out the warnings on the ladders. Ladders are designed for different purposes and weights. Purchase the ladder that is appropriate for

you. Don't over reach from a ladder. Get down and move the ladder over to complete your work.

Face the ladder when climbing up or coming down

When you go up or down on a ladder always maintain three points of contact with the ladder, i.e. two feet and one hand.

Practicing these tips may save you a lot of trouble and pain.

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MOVIE LINE-UP

• The Grudge (PG)	1:00	7:00	9:15
• Surviving Christmas (PG)	1:05	7:05	9:10
• Shark Tales (G)	1:10	7:10	
• Friday Night Lights (PG)	9:05		

Coming Soon: The Incredibles
 Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

**CALL
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 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.

8 WING/CFB TRENTON UNITED WAY EVENTS UPDATE



can be purchased from MCpl Flowers at ext 7669 or you can pop in and see him at Heavy Equipment Section which is located on the North side or you can contact Cpl Dubeau at ext 7258. Tickets are \$1.00 each. The winner's name will be drawn on the 27th of October. The actual event will be held on October 28 at 1315 hrs on the west side of RCAF road in the dirt area just south of the railway tracks.

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.

WING TRANSPORT CAR CRUSH - 8 Wing Transport will be holding the 2nd Annual Car Crush as a fundraiser for the United Way. The winner will have the opportunity to take control of a D6 bulldozer and drive overtop of a car numerous times crushing it as flat as a "pancake". Tickets are already on sale and

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

Christmas Arts and Crafts Show



Saturday, November 6 10 a.m. - 4 p.m.
 Sunday, November 7 10 a.m. - 3 p.m.
 Knights of Columbus Hall in Trenton

Saturday, November 20
 Batawa Community Centre, Batawa

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 Padre James Craig (Bapt)

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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	

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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.



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

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

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CONSERVE ENERGY THIS FALL!

Announcement

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.



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

Saturday, November 6, 2004
Home/handmade crafts only
Reserve tables - \$15 each
For information: Judith Hill, 394-2187
Joan Wright 392-2389

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1&2 bdrm apts
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Announcement

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

For Rent

For Rent
Furnished room for rent - East end of Belleville. Satellite, high speed internet. Non Smoker
Call 962-6025.

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

Energy Matters -- Saving electricity makes "cents"



by Sgt. D. Carlson

Where did the summer go? It seemed to just fly-by, so to speak. With the days getting shorter, various indoor and outdoor lighting will be on longer. Holiday lighting, block heaters and heating

equipment will also come into the equation soon enough. It's time to reexamine your electric bill and ask yourself "Am I doing everything I can do to save both money and energy in my home".

There are two ways of saving energy: replacing old equipment with more energy efficient technologies and reducing the use of the appliances. There are many things that families can do to use electricity wisely at home. The easiest way to be Power Wise is to shut off electric appliances when they are not in use (this

is easier said than done.) Lights, TVs, VCRs, and other appliances are often left on accidentally. Typically, the heaviest demand for electricity occurs in the early evening (5 to 8 p.m.) in winter and early to late afternoon (noon to 5:30 p.m.) in summer. This is when the most people are using the greatest number of electrical appliances at the same time. Overall, demand also tends to be higher in winter than in summer. Almost one third of all home electricity use is in the kitchen.

Experiment with

compact fluorescent lights. While the initial cost of these lights is much higher, they cost much less to operate and last much longer than incandescent bulbs. A 17-watt fluorescent light can replace a 60-watt incandescent light. Fluorescent lights usually last 10 times longer than incandescent bulbs.

In some cases, using one appliance instead of another can save energy. For example, using the microwave, fry pan or slow cooker instead of the range or oven saves electricity. Of course, choosing not to use

equipment also saves electricity. For example, many families hang up wet clothes instead of using the clothes dryer.

Use high or low-pressure sodium lamps in your yard and security lighting. Replacing one 175-watt mercury vapor lamp with a 100-watt high-pressure sodium lamp reduces energy use by almost 300 kWh and costs by more than \$23 annually.

Control your outdoor decorative lighting and Christmas lights with a timer. For instance, if

you have three strings of 7-watt bulbs, you can save more than \$30 over the Christmas season by having them on for 4 hours each evening instead of leaving them on overnight.

You only need to plug in your vehicle four hours prior to using it. Use an outdoor timer to turn your block heater on four hours prior to needing your vehicle, you'll save 50% or more - or \$35-40 per winter - on vehicle plug-in costs.

Chimo!

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