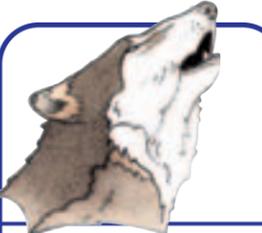


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## 2004 Shelter Charge Adjustments for Married Quarters

Canadian Forces housing operated by the Department of National Defence (DND) is governed by the same Treasury Board rules and regulations as other government housing. Treasury Board policy has long stated that shelter charges (rent—exclusive of utility charges) for Crown-owned housing must reflect market rates in the local economy; it is the policy of the government for all Crown-owned housing, not just the Canadian Forces.

The aim of implementing the policy is to respect the principle of fairness for all CF personnel, regardless of where they choose to live. Less than 12,000 military personnel, or approximately 20 per cent, choose to live in married quarters. Historically, those members

have enjoyed shelter charges generally well below reflective market values, paid by their colleagues who chose to buy or rent private-sector accommodations. For example, in Vancouver and Esquimalt, the difference has been as great as \$700.

In 1997, significant gaps existed between existing MQ rents and fair market value rents. A rent phasing program, in accordance with TB instructions and QR&Os, was introduced to gradually bring the MQ rents to market value in order to protect occupants from financial distress.

Since November 1, 2002, new occupants of MQs have been charged the market value for their houses. The Queen's Regulations and Orders for the Canadian

Forces limits rent increases to a maximum of \$100 per month per year. Furthermore, in keeping with The Queen's Regulations and Orders for the Canadian Forces and the Treasury Board Government Housing Directive, rent shall not exceed 25 per cent of gross family income.

The impact of the implementation of Treasury Board policy differs from site to site depending on how long the occupant has lived in their MQ, the economic growth in the region, the composition of the occupant population and the existence of rent control. With the exception of the rent control provinces of Manitoba and Ontario, and in Vancouver, market value charges were achieved

across the country last year.

In a non-rent controlled province occupants will continue to see increases by means of phased increments of no more than \$100 per month per year until such time as the appraised value is reached. Therefore, while most occupants have already reached appraised market values, there are still a large number of longer-term occupants who have been phasing up for some years.

In rent control provinces it is a little different. Over two-thirds of our occupants in Ontario are at Base Shelter Value and receive rent control while the remainder have not yet reached the threshold appraised value where this provision would kick in. In Manitoba, almost 90 per

cent of current occupants are receiving rent control.

The rent increases CF personnel are facing in some areas will continue until the fair market value for married quarters has been reached, after which annual rent adjustments will reflect the local rental market activity, whether that is an increase or decrease. Rent increases are normal practice in both the civilian market place and in general the military married quarters on bases will have a rent increase only if there is a corresponding increase in the civilian market. In rent controlled provinces, and in cases where the occupants are not paying the assessed fair market value, rent increases are controlled by provincial legislation or military regulations.

Military pay increases are not linked to married quarter rent increases any more than civilian rent increases are related to civilian renters' pay raises.

### HOW RENTS ARE DETERMINED

To determine up-to-date market rents for CF family housing, the Canada Mortgage and Housing Corporation (CMHC), evaluates the housing at all CF sites against comparable housing in the local economy. First and foremost, the appraiser collects and researches local real estate market data including the availability of rental properties, turnover and vacancy rates, terms and conditions of See MQ rent, Page 2

## SCOTIABANK PRESENTS \$10,000 CHEQUE TO MUSEUM



Photo: Laurie McVicar, Contact Staff

On Tuesday, August 31 the RCAF Memorial Museum Capital Campaign received a \$10,000 cheque from Scotiabank, as part of the second half of a \$20,000 commitment. Taking part in the presentation were (from left): Bill Dawson, Scotiabank VP for Ontario Central East Region; Ken Kee, chairman of the museum's fundraising campaign, John Scott, Scotiabank Manager, downtown Trenton; and Scott Frechette, Scotiabank Trenton Town Centre Manager. "While we have enough money to complete phase one of the expansion, \$2.2 million is still required to put us over the top. This donation from Scotiabank is a significant step in that direction, and is a good example of their fine corporate citizenship in the Trenton area," said Kee.

### What's Inside...

Volunteers? P. 2

Garth Turner P. 6

Health P. 7

Sports/Rec P. 10

Coming Events P. 13

Classifieds P. 14

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Mess - Friday 24 September 04

Any questions please contact  
MCpl Morton at Local 3828  
or home: 394-1143

*This event is open to all Military & Civilian  
Employees.*



## MQ rent increase, Cont'd from Pg. 1

leases and any other factors which may influence the market in a particular community. This data is obtained from numerous sources including property managers, newspapers, owners, realtors, developers, rental magazines, data services, fee appraisers and municipalities.

CMHC appraisers then estimate the degree of similarity or difference between the specific married quarter and comparable rental properties by considering various elements such as type and size of the house, its age and condition, and the location of the house with regard to access to schools, community facilities and transportation.

The appraiser isolates and reviews each element one at a time, developing dollar or percentage adjustments to account for each difference. The final step in determining the

appropriate market rent is taking the results of the data collection and the analysis of comparable market rental properties and reconciling this information into a single rent figure. This figure becomes the Base Shelter Value (BSV) for the married quarter. The annual review by CMHC ensures that married quarter shelter charges are always current and move with the cycles in the local housing markets.

Similar to what happens with private market rents, MQ shelter charges are reviewed and adjusted annually.

To accommodate the annual posting cycle, shelter charges are adjusted on 1 November, with occupants being given three months' notice of any changes. By 1 August 2004, CFHA Housing Managers will advise each current occupant, in writing, of their shelter charge effective 1 November 2004.

### VOLUNTEERS NEEDED/DEMANDE VOLONTAIRE

The Military Police are seeking adult volunteers from the Military Community to staff the new Military Police Community Centre, located at 2 Godfrey Dr, Middleton Park, CFB Trenton. The hours of operation of the centre will be from 9 a.m. to 5 p.m. daily, however the hours of the volunteers will be planned according to the schedule of the volunteers.

Duties will include liaising with community members and the Military Police, Child Identification, taking minor complaints from community members etc...

For further information please contact Cpl PAPINEAU at 392-2811 ext: 7154.

\*Volunteers need not be military, dependents are welcome. All volunteers will be subject to a Criminal Records Check which will be provided free of charge.

La Police Militaire est à la recherche de volontaires pour l'opération du nouveau centre communautaire, situé au 2 Rue Godfrey, 8 ième Escadre, Trenton. Les heures d'opération quotidiennes seront de 9 heures à 5 heures, et les heures seront selon les besoins des volontaires.

Les volontaires travailleront en collaboration avec la Police Militaire pour adresser des problèmes dans la communauté, ainsi que des tâches reliées avec l'Identification de l'Enfant et établir un rapport entre les résidents des logements familiaux et la Police Militaire.

Pour plus d'information, veuillez contacter Cpl PAPINEAU au 392-2811, Ext 7154. \*Il n'est pas nécessaire d'être Militaire, les personnes à charges seront bienvenues. Tout volontaires seront sujet à une vérification de record criminelle.

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# Suspicious package found

by Laurie McVicar  
Assistant Editor

Staff and children at the Trenton Military Family Resource Centre, including its daycare, and the RecPlex were evacuated from their buildings for precautionary measures on Tuesday, August 30 when a suspicious package was discovered outside the Siskin Centre. "The package was found by someone exiting the Siskin Centre at approximately 1530 hrs.

It was found at the east end of the building, lodged between a tree and the building," said Captain Nicole Meszaros, Assistant Wing Public Affairs Officer. "The building was evacuated because the safety of all people on the Wing is a top priority."

The Explosive Ordinance Disposal Team was called to the scene.

"A member of this team, who was dressed in protective clothing,

placed the package in a metal barrel. The package was then transported to a safe location and disposed of," said Capt. Meszaros.

She added, "Procedures that we follow in regard to suspicious packages ensure the safety of our members who handle them and ensure such packages are disposed of properly."

After the package was destroyed, the contents were determined to be peel and stick bathroom tiles.

## Wing Commander's Challenge

Submitted by Todd Peart

It's that time of year again!

The PSP Fitness and Sports Flight is organizing the Annual Wing Commander's Challenge, an event that is run in conjunction with the kickoff of 8 Wing's United Way Campaign. This years event is ten-

tatively scheduled for Friday, October 1st.

The challenge incorporates teams of eight (plus one volunteer) to participate in fun, non-athletic type events open to all military and DND employees alike.

Keep an eye on the Contact for more info on this upcoming event

# Search & Rescue UPDATE



Another busy week for the SAR crews at 424 Sqn. The first mission on 25 Aug. saw both the Cormorant and the Herc tasked to look for an overdue 12 ft. boat, with a 15-year-old male on board, on Nottawasaga Bay. Both aircraft flew search patterns before being stood down because a Good Samaritan located the boat. The next day saw the Cormorant tasked to search for two stranded kayakers near Wawa, Ontario. Poor visibility and low clouds prevented the crew from performing an adequate search so the Rescue Coordination Centre here in Trenton stood them down and they returned home. On Aug 27th, the Cormorant was flying two miles offshore north of Owen Sound looking for a missing person. After conducting an extensive visual search, the crew saw nothing and was sent home. The 29th found the Cormorant on its way to Algonquin Park to medevac a very sick camper and two others from their campsite. The area where they were located did not provide a suitable landing zone for the helicopter so the rescue was accomplished with use of the hoist. All three people were extracted from the camp site and taken to hospital in Huntsville.

Missions for 2004: 115 Missions for Aug.: 28 Persons rescued: 19

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## The Contact Newspaper

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

### The Contact Staff

**Editor-in-Chief:** Capt. Andy Coxhead  
**Editor:** Andrea LeBlanc  
**Asst. Editor:** Laurie McVicar  
**Advertising Sales:** Judy Leavere  
**Advertising Sales:** Tracy Cook  
**Advertising & Promotions Assistant:** Rorrie MacDonald  
**Bookkeeper:** Marilyn Miron  
**Circulation:** Keith Cleaton  
**Assistant Translator/Proofreader:** MCpl Louise Fagan  
**PSP Manager:** Bob Payette  
**Subscriptions:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

### Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) and as "text only" on a 3.5" disk and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.

Jpeg-Maximum (8X10), 300 dpi

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

### Letters to the Editor:

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

Intranet: [LeBlancAL@CFBTrenton@Trenton](mailto:LeBlancAL@CFBTrenton@Trenton)

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



### A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity and is not funded by public funds. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.

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 Wing Headquarters Building Annex  
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message from the

## Editor

### The Joy of Producing a Newspaper

Getting out this paper is no picnic.

If we print jokes, people say we are silly,

If we clip items from other papers, we are too lazy to write.

If we don't, we are stuck on our own stuff.

If we omit news that we're never told about,

We should have picked it up from local newspapers.

If we print news about anyone who reports it to us more than once,

We are showing favouritism.

If we can't print contributions,

We can't appreciate true genius.

If we do print them, the paper is full of junk.

If we make a change in the other fellow's write up, we are too critical.

If we don't, we are asleep.

Now, like it or not, some guy will say we swiped this from some other paper.

We did.

(Swiped from the *Cornwallis Ensign*)

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### Blue Liners

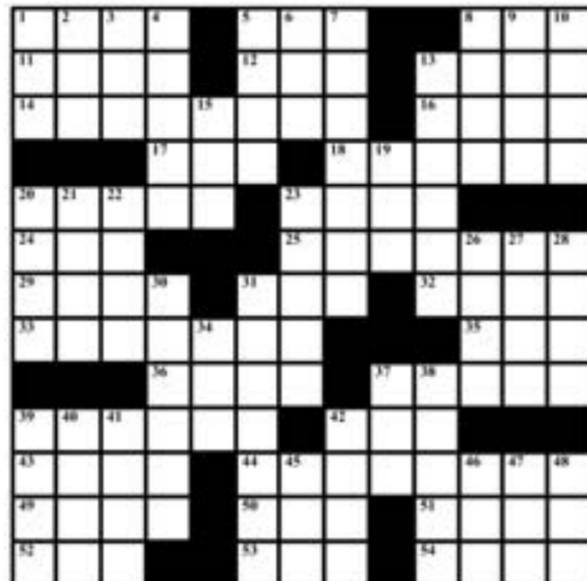
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Church benches
- 5 Bill
- 8 Understand
- 11 Nursemaid
- 12 City in Brazil
- 13 Bruin's Brad
- 14 Sunseeker's destination
- 16 Other
- 17 Whiskey
- 18 Decayed
- 20 Gushes
- 23 Marine or duct preceder
- 24 Every one
- 25 Senior servants
- 29 Early sailor
- 31 Prompt
- 32 Main or top follower
- 33 Generators
- 35 Hockeyist Billy
- 36 Seldom seen
- 37 Maple Leaf's Red
- 39 Islander's Denis
- 42 Scanner, abbr.
- 43 Double curve
- 44 Canadian's Larry
- 49 Paris airport
- 50 Mined material
- 51 Neighbour of Ontario
- 52 Ms Ruff
- 53 Ironic
- 54 Cylindrical storage

#### DOWN

- 1 Expression of disgust
- 2 Emergency measures org.
- 3 Pale
- 4 Bruin's Eddie
- 5 Faithful
- 6 Be unwell



- 7 Bruin's Ray
- 8 NACL
- 9 Ancient Irish tongue
- 10 Made do
- 13 Flower features
- 15 Fleur de \_\_\_\_\_
- 19 Expose, in a way
- 20 Grit
- 21 Gambit
- 22 Cavalryman
- 23 Maltreat
- 26 Nobleman
- 27 Metis hero
- 28 Kill
- 30 Canadian's Doug

- 31 Hairstyle
- 34 Calendar month, in Quebec
- 37 Irving monogram
- 38 Sea eagles
- 39 Destitute
- 40 Monster
- 41 Word before conference or cast
- 42 Conform
- 45 Bruin's Bobby
- 46 \_\_\_\_\_ Lanka
- 47 Alberta gold?
- 48 Prefix denoting new

### This Week in Contact

1974 – A 31-year-old Terrace, B.C. flight surgeon became the first woman in the Canadian Armed Forces to be awarded pilot wings. Maj Wendy Arlene Clay received her wings Aug. 30 when she graduated with five male counterparts from advanced pilot training at CFB Moose Jaw. By graduation day she had logged approximately 230 hours in a Tutor jet, as well as 247 hours in academic training.

1984 – Defence Minister Jean-Jacques Blais and Supply and Services Minister Charles Lapointe have announced the purchase of two C-130 "H" model Hercules aircraft for the Canadian Armed Forces. The contract, worth \$46 million, is to replace aircraft lost in accidents since 1982. The C-130 Hercules is manufactured by the Lockheed-Georgia Company which has offered 100 per cent industrial offsets to the Canadian aerospace industry.

1994 – On Tuesday, July 26th, the 426 (T) Thunderbirds held a ribbon cutting ceremony to formally name building 34, the "Dishforth Building." The ceremony was attended by the Wing Commander, Col BD Krall, members of the 426 (T) Sqn Association, members of 57 (R) Sqn RAF Lyneham and members of 426 (T) Sqn. RAF Dishforth (Yorkshire, England) was the birthplace of 426 (T) Squadron in October 1942. The squadron initially flew Wellingtons in support of Bomber Command during WWII.

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



# Rajustement des frais de gîte des logements familiaux pour 2004

Les logements des Forces canadiennes (FC) gérés par le ministère de la Défense nationale (MDN) sont assujettis aux mêmes règles et règlements du Conseil du Trésor que tout autre logement de l'État. Depuis longtemps, la politique du Conseil du Trésor stipule que les frais de gîte (loyer, à l'exclusion des frais de services) pour les logements appartenant à l'État doivent correspondre aux taux du marché local; cette politique du gouvernement s'applique à tous les logements de l'État, et non seulement à ceux des FC.

L'application de cette politique vise à respecter le principe de l'équité pour tous les membres des FC, peu importe l'endroit où ils choisissent d'habiter. Or, moins de 12 000 militaires, ou environ 20 p. 100, choisissent de vivre dans des logements familiaux (LF). Par le passé, ces militaires ont bénéficié de frais de gîte qui étaient généralement bien inférieurs aux valeurs du marché que devaient payer leurs collègues qui optaient pour l'achat ou la location d'un logement du secteur privé. Par exemple, à Vancouver et à Esquimalt, la différence pouvait atteindre jusqu'à 700 \$.

En 1997, il y avait des écarts considérables entre les loyers des LF et la juste valeur marchande. Alors, conformément aux instructions du Conseil du Trésor et aux ORFC, un programme d'augmentation progressive des loyers a

été lancé afin d'amener graduellement les loyers des LF au niveau de la valeur du marché et de protéger les locataires contre des difficultés financières. Depuis le 1er novembre 2002, les nouveaux occupants de LF paient la valeur marchande pour leur résidence. Les Ordonnances et règlements royaux applicables aux Forces canadiennes limitent les hausses de loyer à un maximum de 100 \$ par mois, par année. En outre, conformément aux Ordonnances et règlements royaux applicables aux Forces canadiennes et à la Directive du Conseil du Trésor sur les logements de l'État, le loyer ne doit pas dépasser 25 p. 100 du revenu familial brut.

L'impact de la mise en œuvre de la politique du Conseil du Trésor varie d'un endroit à l'autre, selon la période pendant laquelle l'occupant vivait dans son LF, la croissance économique dans la région, la composition de la population de locataires et l'existence de moyens de contrôle. À l'exception des provinces du Manitoba et de l'Ontario, où les loyers sont contrôlés, ainsi que de Vancouver, les loyers correspondant à la valeur marchande ont été atteints partout pays l'année dernière. Dans une province où les loyers ne sont pas contrôlés, les occupants continueront de subir des augmentations de loyer progressives ne dépassant pas 100 \$ par mois annuellement, jusqu'à ce que la valeur du marché

soit atteinte. Par conséquent, bien que les logements de la plupart des occupants aient déjà atteint les valeurs du marché, il y a encore un grand nombre d'occupants de plus longue date dont les loyers augmentent graduellement depuis quelques années.

Dans les provinces où les loyers sont contrôlés, la situation est légèrement différente. Plus des deux tiers de nos locataires en Ontario paient la valeur de base du gîte et bénéficient du contrôle des loyers tandis que les loyers des autres n'ont pas encore atteint la valeur du marché minimale à laquelle cette disposition entre en vigueur. Au Manitoba, près de 90 p. 100 des locataires actuels tirent avantage du contrôle des loyers.

Les augmentations de loyer que devra subir le personnel des FC, dans certains endroits, se poursuivront jusqu'à ce que la juste valeur du marché soit atteinte pour les logements familiaux, après quoi le rajustement annuel des loyers sera fonction du marché locatif local, qu'il soit à la hausse ou à la baisse. Les augmentations de loyer sont courantes dans le marché civil, et en général, le loyer des LF dans les bases augmentera uniquement s'il y a une hausse correspondante sur le marché civil. Dans les provinces où les loyers sont contrôlés et dans le cas où les occupants ne paieraient pas la juste valeur du marché, les hausses de

loyer sont contrôlées par la législation provinciale ou les règlements militaires. Les augmentations de solde des militaires ne sont pas liées aux hausses du loyer des logements familiaux, pas plus que la paie des civils n'est augmentée en fonction de la hausse des loyers civils.

## COMMENT LES LOYERS SONT DÉTERMINÉS

Afin d'établir la valeur locative actualisée des LF des gérés par les FC, la Société canadienne d'hypothèques et de logement (SCHL) évalue les logements dans tous les emplacements des FC en les comparant à des logements semblables dans le secteur privé local. L'évaluateur effectue d'abord et avant tout des recherches sur le marché immobilier local et recueille des données sur la disponibilité des immeubles locatifs, les taux de roulement et d'occupation, les modalités des baux et tout autre facteur pouvant influencer sur le marché de cette collectivité en particulier. Ces données proviennent de nombreuses sources, notamment les gestionnaires d'immeubles, les journaux, les propriétaires, les courtiers en immeubles, les promoteurs, les revues sur les immeubles locatifs, les services de données, les évaluateurs d'honoraires et les municipalités.

Les évaluateurs de la SCHL déterminent ensuite le degré de

similitude ou d'écart entre un LF particulier et un immeuble locatif comparable en tenant compte de divers éléments comme le type et la taille de la résidence, son âge et son état, l'emplacement par rapport aux écoles, aux installations communautaires et aux réseaux de transport. L'évaluateur isole et examine, une à une, chaque variable, établissant des ajustements en argent ou en pourcentage pour justifier tous les écarts. La dernière étape visant à établir la valeur locative appropriée consiste à extraire les résultats de la collecte de données et de l'analyse des propriétés locatives comparables et de regrouper ces renseignements en un seul montant locatif. Ce chiffre devient la valeur de base du gîte (VBG) pour le LF. L'examen annuel de la SCHL garantit que les frais de gîte des LF sont toujours à jour et qu'ils suivent les fluctuations du marché local.

Comme cela se produit pour les loyers du marché privé, les frais de gîte des LF sont examinés et rajustés chaque année. Compte tenu du cycle d'affectation annuel, les frais de gîte sont rajustés le 1er novembre, et les locataires sont avisés de tout changement trois mois à l'avance. Ainsi, le 1er août 2004, les gestionnaires des logements de l'ALFC aviseront chacun des occupants actuels, par écrit, des frais de gîte qu'ils auront à payer à compter du 1er novembre 2004.

# Slow down - speed could cost you more than your license

Every year, thousands of drivers are involved in motor vehicle accidents, resulting in either serious injury or death. According to the Ministry of Transportation of Ontario (MTO), excessive speed is a factor in 17% of all fatal collisions. In addition to the loss of life, costly medical bills, and destroyed lives, these accidents affect drivers everywhere through the increase of vehicle and medical insurance rates.

Since the beginning of 2004, the 8 Wing Military Police have conducted over 400 vehicle stops for traffic violations on the Wing. As a result, 245 warnings were issued for various traffic offences, 169 traffic offence tickets were issued, 45 of which were issued for speeding offences. The following are the posted speed limits for 8 Wing Trenton, which apply to operators of both civilian and military

pattern vehicles.

- 50 kph – Curtis Rd and North Perimeter Rd (Golf Course Rd)



- 40 kph – North Star Dr, adjacent to RCAF Rd

30 kph – everywhere else on base unless otherwise posted (ramp area excluded)

- 16 kph – ramp area (see note 1)

Note 1- Military personnel convicted of repeated traffic violations while driving on the ramp may be subject to administrative and/or disciplinary action by their Commanding Officers and/or may have their driving privileges revoked on the

ramp. Non-CF personnel are also subject to the suspension of their driving privileges on the ramp for repeated traffic violations on the ramp.

Note 2- Community Safety Zones

Under the Highway Traffic Act (HTA), speeding infractions in Community Safety Zones are subject to higher penalties. Community Safety Zones are areas officially set apart and posted within a roadway ie: school zones, bus loading zones etc..

Remember! It is your responsibility as a driver to make safety your first priority when you are behind the wheel. Ensure that you obey all posted speed limits on all roadways and ramp areas, and use extreme caution when driving through areas where people might be working. It's not just your licence; it's your life!

Penalties and fines			
Km Over	Standard Fine/ Total Payable	Community Safety Zone	Demerit Pts
1	\$7.50/\$17.50	\$10/\$20	0
2	\$10/\$20	\$15/\$25	0
3	\$12.50/\$22.50	\$20/\$30	0
4	\$15/\$25	\$25/\$35	0
5	\$17.50/\$27.50	\$30/\$40	0
6	\$20/\$30	\$35/\$45	0
7	\$22.50/\$35.50	\$40/\$50	0
8	\$25/\$35	\$45/\$55	0
9	\$27.50/\$37.50	\$50/\$60	0
10	\$30/\$40	\$55/\$70	0
11	\$32.50/\$42.50	\$60/\$75	0
12	\$35/\$45	\$65/\$80	0
13	\$37.50/\$47.50	\$70/\$85	0
14	\$40/\$50	\$75/\$95	0
15	\$42.50/\$52.50	\$80/\$100	0
16	\$45/\$55	\$85/\$105	0
17	\$47.50/\$57.50	\$90/\$110	3
18	\$50/\$65	\$95/\$115	3
19	\$52.50/\$67.50	\$100/\$120	3
20	\$80/\$100	\$155/\$190	3
21	\$83.75/\$103.75	\$162.50/\$197.50	3
22	\$87.50/\$107.50	\$170/\$205	3
23	\$91.25/\$111.25	\$177.50/\$212.50	3
24	\$95/\$115	\$185/\$220	3
25	\$98.75/\$118.75	\$192.50/\$227.50	3
26	\$102.50/\$127.50	\$200/\$235	3
27	\$106.25/\$131.25	\$207.50/\$257.50	3
28	\$110/\$135	\$215/\$265	3
29	\$113.75/\$138.75	\$222.50/\$272.50	3
30	\$117.50/\$142.50	\$230/\$280	4
31	\$121.25/\$146.25	\$237.50/\$287.50	4
32	\$125/\$150	\$245/\$295	4
33	\$128.75/\$153.75	\$252.50/\$312.50	4
34	\$132.50/\$157.50	\$260/\$320	4
35	\$215/\$265	NO SET FINE	4

**Visit The Contact Newspaper online at: [www.cfbtrenton.com](http://www.cfbtrenton.com)!**



## Do you need life insurance?

If you have family or financial obligations, such as a spouse, dependent children, a mortgage, etc., unless you are financially independent, you need life insurance.

Each year, many Canadian Forces members pass away. The great majority of them are under 40, married or in a common-law relationship and have children.

Are these CF members' families sufficiently protected financially? Maybe... maybe not. Let us first point out that the Minister of National Defence is the minister responsible for administering the Canadian Forces Superannuation Act (CFSA). Under this law, upon the death of a Regular Forces member, a lump sum death benefit equivalent to two and half times his or her salary is payable. Under certain conditions, a monthly benefit may also be paid to the surviving spouse or children.

Although these coverages offer some protection to those entitled to receive them, you must ask yourself whether you need additional protection. Here are a few questions to guide you in this decision:

If you die prematurely, will your spouse or children be able to maintain the same living standards, or at the very least, survive financially?

Aside from your spouse or children, do others such as your parents, grandparents, brothers or sisters depend on you financially?

If you are a single parent, what financial support do you give or receive? How will you ensure the continuity of this sup-

port?

If you have a mortgage or personal debt, do you want them to be settled upon your death?

If you have children, do you want a sum of money to be set aside for their education?

If you have very young children, will your spouse be able to stay home and care for them for a few years after your death?

In order to help you determine your family's financial needs in the event of your death, you should consult a life insurance representative who will do a life insurance needs analysis according to your financial goals and family obligations. Once you know the amount of insurance needed, you and your representative can determine the best type of coverage for you.

Insurance has long been considered the cornerstone of good financial planning. Without it, how can you protect your assets and those close to you? Even so, many are still under-insured.

Unless you have enough money set aside to replace the missing income upon your death, life insurance remains the only way to guarantee adequate protection for your family so that they can continue to live reasonably and fulfill their goals.

This article is for general information purposes only and is the opinion of the writer.

*Renée Trépanier,  
Education and Communications Manager  
SISIP Financial Services, Ottawa*

## The Fund versus the House

*it's your*  
**Money**



**Garth Turner**

These are unhappy times for investors who think they can build their retirement nest eggs on the backs of corporate giants.

Alas, poor Nortel Networks is in disgrace yet again, with key executives facing potential criminal action. Mighty Air Canada--just a few years ago a takeover target with a soaring stock price--is now two spits away from bankruptcy. Its shares are essentially worthless.

Even the big banks are in a funk. Last week TD Canada Trust announced a big jump in profits and a multi-billion dollar deal to buy a major American regional bank, and its stock tanked the same day the news hit. In fact, stock markets, which caught fire last year, have had a dismal 2004 and the immediate future looks swampy, at best.

Oh, and then there are the mutual funds to worry about. Performances have been poor to mediocre while fees have remained witheringly high. The industry has seen a massive wave of consolidation, and now the very heart of the business is being questioned in an Ontario Securities Commission probe of the trading practices of fund managers.

It's all helped lead to confusion, frustration and cynicism on the part of individual investors who know they have to grow their assets year after year. It's now clear interest

rates are not going to rise dramatically, giving riskless GICs and other fixed income products little octane. Bonds, like men, eventually mature, but with interest rates low, bond prices are high - and that could mean losses for new investors. And, aiye, the stock market, she's a scary place, given all of the above.

Of course, this all brings us back to a favourite theme of the last few years - real estate. With mortgage rates mired near all-time lows, and big lenders being more flexible than at any other time in recorded history, the allure of a house compared to, say, a mutual fund unit, is extreme. Real estate values have increased dramatically, and a home is now viewed as the safest storehouse of value. You can profit from owning property, and sell it for a tax-free capital gain, so long as it represents your principal residence.

But, real estate devotees should be aware that to enjoy this tax-less advantage, a home must be owned and occupied for at least a number of months so that the tax guys are satisfied it meets the definition of a principal residence. As well, a husband and wife can only declare one property to be the principal one, even if multiple houses are owned and lived in at various times during the year.

Now, in a rising real estate market like the one we have enjoyed for

the past five years, this tax-free thing is a great deal. Imagine, for example, that you bought a home a year ago with one of those newly-acceptable no-money-down mortgages. You made low monthly payments, your home increased by 8% or 10% in a year, then you sold and kept all of the profit, free of tax. Had the same amount been put into a mutual fund, you'd have fees to pay for early redemption and any gains seen (ha!) would have been subject to capital gains tax.

This, in a few words, is why the fund industry is skidding down Bay Street these days on its butt. Until markets show steady upward gains, until corporate profits truly recover, until confidence is restored in business leaders and institutions, those investors who once mobbed mutual funds will stay on the sidelines. Burned by the dot-come fiasco, singed by the technology meltdown, wounded by the Nortel implosion and pummeled by insane mutual fund fees, average Canadians can be excused for embracing the one solid thing in their lives. Bricks and mortar rule, as at no other time since the 1950s.

But, of course, it will not always be that way. Inevitably the cost of money will rise a little, the new home market will get a little over built, resale prices will soften a little, and some people will be reminded what it feels like to sell real estate at a loss. The housing market is cyclical, and wise folks will never forget that.

But for the next, oh, two years - what you see is what you get. The real estate revolution continues.



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### “I WANT TO QUIT SMOKING”...

You know that quitting smoking will be good for you and everyone around you:

#### YOUR HEALTH

- One out of every two lifetime smokers die from their smoking, mostly from cancer or heart disease.
- Tobacco use kills more than 45,000 Canadians every year.
- Diabetic smokers increase their risk of circulatory problems.
- Broken bones heal more slowly if you smoke.
- Smokers have more dental problems; cavities, gum disease.

#### YOUR QUALITY OF LIFE

- Smoking dulls your senses: smell, taste, hearing, sight.
- Smoking makes exercise harder and less fun.
- Smoking costs money. If you quit, you can put the money you save into other things you enjoy.

#### THOSE AROUND YOU

- Your smoke hurts those around you, especially children. They get more colds and ear infections. It can trigger asthma attacks, or make them worse.
- The more children see adults smoking, the more likely they are to start smoking themselves
- Over the long term, tobacco smoke exposure can cause heart disease and lung cancer, even in people who have never smoked themselves.

#### BUTT OUT CAN HELP YOU

In BUTT OUT, we start with the simple fact that smoking does good things for you. Maybe it reduces stress. Maybe it gives you a break, or helps you concentrate.

BUTT OUT can help you identify your personal reasons for smoking, then help you develop and practice substitutes for smoking that do the same good things for you, without the negative long-term effects that smoking gives you.

BUTT OUT can also help you overcome the addiction to nicotine. You may be eligible to get nicotine gum, the nicotine patch or the bupropion pill at DND expense if you also participate in BUTT OUT.

Research shows that the best success rates come from a combination of behaviour modification, group support and medications to help reduce nicotine withdrawal.

BUTT OUT gives you all of these things.

#### “I’VE DECIDED TO QUIT SMOKING. NOW WHAT?”

BUTT OUT is nine sessions scheduled over 14 weeks. Group sessions are led by trained facilitators. There is no charge to attend this program.

BUTT OUT was developed specifically for CF personnel in 1980. It was evaluated, and showed one-year quit rates of up to 50% for those who participated actively in the program. It was revised and updated in 1995 and again in 2003.

To find out when the next BUTT OUT program is starting, please contact:

Cheryl Rothenburg, HP Director, local 3768/3767, Bldg 21, Rm. 10

HEALTH PROMOTION will be offering the following courses, beginning in September:

**WEIGHT WELLNESS**--Registration-13 Sept 04, 1400-1500 hrs; HP classroom. Begins Sept 27--12 group sessions over 15 weeks--1400-1600 hrs

**BUTT OUT, Smoking Cessation**--Registration – 16 Sept 04, 1400-1500 hrs; HP classroom. Begins 23 Sept 04--9 sessions over 14 weeks--1400-1600 hrs

**TAKE CHARGE, Stress Management**--Registration deadline 13 Sept 04 Begins 22 Sept 04 – 8 sessions over 8 weeks--1400-1600hrs

Please call Cheryl Rothenburg, HPD, for more information at 3768/3767

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## Pet Particulars

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# JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
			1 TGIT BBQ Steak 17:00 HRS	2	3	4
5	6 Labour Day!	7	8	9	10 TGIF BBQ Steak 17:00 HRS	11
12	13	14	15	16	17 TGIF BBQ Steak 17:00 HRS	18
19	20	21	22	23	24 TGIF Last BBQ Steak 17:00 HRS Tri-Mess Golf Tournament Slow Pitch Tournament	25
26 Slow Pitch Tournament	27	28	29	30		

**SEPTEMBER 2004**

8 Wing - Jr Ranks Mess Slow Pitch Ball Tournament  
24, 25 & 26 September 04  
Any questions contact MCpl Morton  
at Local 3828 or home: 394-1143  
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2004 Dodge sx 2.0 Silver	2001 Dodge Caravan Silver	2001 Volvo S80 Green
2004 Dodge sx 2.0 Sport Black	2001 Jeep Cherokee Silver	2001 Dodge Caravan Silver
2004 Jeep Wrangler Spt Yellow	2000 Chrysler Intrepid Grey	2001 Jeep Cherokee Silver
2004 Dodge RAM 1500 Blue	2000 Dodge Caravan SE Green	2000 Chrysler Intrepid Grey
2004 Chrysler 300M Graphite	2000 Dodge Neon LE Blue	2000 Dodge Caravan SE Green
2003 GMC Sierra Pewter	2000 GMC Jimmy Grey	2000 Dodge Neon LE Blue
2003 Dodge GR. Caravan Blue	1999 Chev Malibu LS Brown	2000 GMC Jimmy Grey
2003 Chev Venture Blue	1998 Dodge Caravan Burg.	1999 Chev Malibu LS Brown
2003 Dodge Durango Red	1998 Chev Cheyenne Black	1998 Dodge Caravan Burg.
2003 Chrysler Intrepid ES Black	1997 Cadillac Deville Grey	1998 Chev Cheyenne Black
2003 Dodge GR. Caravan Almond		1997 Cadillac Deville Grey

See [TRADER.CA](http://TRADER.CA) for a complete used vehicle inventory listing.

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# WO'S & SGT'S MESS

SUN	MON	TUE	WED	THU	FRI	SAT
			1 1000 hrs Coffee Break Donuts	2 TGIT Chicken Fingers 12:00 HRS BBQ Steak 17:00 HRS	3	4
5	6 Labour Day!	7	8 1000 hrs Coffee Break Donuts	9 General Mess Meeting	10 TGIF 12:00 HRS Fish & Chips BBQ Steak 17:00 HRS	11
12	13	14	15 1000 hrs Coffee Break Donuts	16	17 TGIF 12:00 HRS Lasagna BBQ Steak 17:00 HRS	18
19	20	21	22 1000 hrs Coffee Break Donuts	23	24 TGIF 12:00 HRS Donairs BBQ Steak 17:00 HRS Tri-Mess Golf Tournament Slow Pitch Tournament	25
26 Slow Pitch Tournament	27	28	29 1000 hrs Coffee Break Donuts	30		

**SEPTEMBER 2004**

## Always practice ladder safety

(NC)-Autumn is just around the corner, which means many of us will be using ladders to do chores around the house, such as cleaning gutters, trimming trees, and preparing windows for the cold weather ahead.

If you plan on using a ladder as part of your fall cleaning, be careful! Far too many British Columbians are hurt each year by using ladders incorrectly - often sustaining serious injuries such as cuts, bruises, concussions, broken bones, or worse.

To stay safe, the Workers' Compensation Board (WCB) recommends these simple ladder safety tips:

- Do not stand on the top two rungs of a single extension ladder or the top two steps of a stepladder
- To keep stable, always maintain three point contact (with two feet and one hand or one foot and two hands on the ladder at all times)
- Keep the centre of your torso between the side rails at all time
- Wear flat-soled, non-slip footwear

- Follow the four to one rule: For example, if your ladder rests against a roof that is four metres high, ensure that its base is one metre from the wall

- Make sure your ladder rests on a firm, level, and secure surface; ensure that all four legs of a step ladder are secure

- Before using the ladder, inspect it for damaged rungs, side rails, or other hazardous defects

For more safety tips, visit the WCB's online Health and Safety Centre at : [www.WorkSafebc.com](http://www.WorkSafebc.com).



## Make sure hired help is insured

(NC)-Renovating your home can be an expensive undertaking, but if you aren't careful, it could end up costing you a lot more than you might think.

If you plan on hiring a business or individual to help you with your renovation project, be sure to check if they're registered with the Workers' Compensation Board (WCB). If they aren't, you could be held liable for WCB payments owing in connection with the work or service being performed.

So how do you check if a business or individual is registered? It's easy: First ask if they have a WCB account number. If they do, check the status of their account by requesting a clearance letter from the WCB - both before they begin the job and before you make the final payment. A clearance letter gives you assurance that you won't be held responsible for someone else's WCB payments. You can obtain a clearance letter by visiting the WCB's web site at [www.WorkSafebc.com](http://www.WorkSafebc.com) or by calling 604 244-6180, toll-free at 1 888 922-



2768.

If the person or company you want to hire doesn't have WCB coverage, you can still hire them to do the job, but you may need to register with the WCB yourself. That way you'll be protected against financial liability if the worker is injured on the job. For more information about registration responsibilities, visit the WCB's web site at [www.WorkSafebc.com](http://www.WorkSafebc.com).

## Remember safety while on your work break



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

You might take a few breaks during your workday to get a cup of coffee or eat lunch, but hazards don't take any time off. That is why it is important to keep safety in mind even during your rest periods.

Here are some reminders of how to spend your breaks safely:

--Follow the correct procedure for shutting down your equipment before you leave your workstation.

--Travel in pedestrian lanes as you leave your work area. Watch for traffic such as forklifts or other motor vehicles.

--Walk slowly and carefully. Look out for slipping and tripping hazards.

--Wash your hands with soap and water before drinking or eating. If you have been handling chemicals, you should also wash your

hands before using the toilet.

--Smoke only in designated areas. Not only is this important to protect the health of co-workers, but in many workplaces it is an essential step in preventing fires and explosions. Use a non-combustible ashtray to extinguish smoking materials - never use a wastebasket.

--If you leave the work area, on lunch break for instance, stay alert to prevent becoming involved in parking lot accidents.

--If you drive, remember to wear your seat belt. Don't rush -

saving a few extra minutes is not worth a traffic accident.

--Use your break for health-enhancing activities. Eat nutritious foods. Get a little exercise, and learn to relax on your breaks. Your overall health will benefit, which in turn can make you fit to work more safely.

--As you return to your workstation, check for new hazards. Has anyone made adjustments or alterations to your machine? Is the machine guard in place?

Remember safety when you break to rest and restore your energy.

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Check out our website at [www.danceitint.com](http://www.danceitint.com)

# Fitness, Sports & Recreation

## Start the Fall in the right direction



### the Fit Stop

Kara Mazerolle

Do you have a fitness test coming up or just want to become more fit?

Don't worry, you're not the only one who may have been slacking in the fitness department over the summer months. Come join us at the gym for the fitness development classes held regularly throughout the week. This is a self-paced class that ranges from circuit training, spinning, strength training, swimming and whatever other fun activities our innovative staff can come up with. There is no sign up, just show up with your gym attire and a bottle of water.

The classes are held Monday, Tuesday and Wednesday from 0630 hrs- 0715 hrs at the gym, Thursday 0700 hrs-0745 hrs at the pool and Friday @ 0700 hrs-0745 hrs at the gym. If you have any questions please do not hesitate to call our office @ 3328 or 7160.

## Recreation Programs

### Lifesaving Society Bronze Medallion & Emergency First-Aid

"Step 1 to becoming a Lifeguard"  
Saturdays, 1:30 - 4 p.m., Sept 25 - Dec 11. Cost: \$120 - CRA members, \$130 - non CRA members \$130 - Quinte West Residents \$35 - Lifesaving Manual Participants must be 13 yrs of age on the day of the exam.

### Gymcercise for pre-schoolers

Tuesdays or Wednesdays (choose one), Oct 5/6 - Nov 23/24 at the RecPlex. Cost: \$20 - CRA members, \$25 - non-members. An action-packed program for moms, dads & the little ones. Program includes various activities to help improve balance, coordination, flexibility and strength. Parents will learn spotting

techniques as their child learns to climb and play. Facilitated by Miss Cindy!

### Swim Lessons Assessment

Not sure which Red Cross level to register your child for? A qualified Instructor will assess your child to determine the proper level of the Red Cross Swim Lessons program. Cost: \$10 - for a 10-15 minute assessment. Register at the Reception Counter. Parents will be contacted with a date & time for the assessment.

### Weight Watchers®

Wednesdays Sept 29 to Dec 1, lunchtime at the RecPlex Your time is precious so Weight Watchers® is coming to you! Join us once a week at lunchtime for a confidential weigh-in, recipes, healthy eating tips and booklets chock full of information presented by a professional leader who can help you achieve your personal weight loss goals. Whether you want to lose 5 pounds or 50, you will be provided with the tools to make it happen. Minimum 15 participants required! Pre-registration is required by September 17th.

Cost - \$ 133.75 (tax included). Reduced fee for Continuing, Lifetime, Students & Seniors (60+).

For program information, call Weight Watchers® at 1-800-267-9939. Register at the RecPlex!

### Yoga - Beginner & Intermediate

Beginner Level - Mondays, Oct 4 - Nov 29, 5:15 - 6:45 pm, RCAF Rm at the Siskin Centre.

Intermediate Level - Wednesdays, Oct. 6 - Nov. 24, 5:15 - 6:45 pm, RCAF Rm at the Siskin Centre.

Cost: \$55 - Military & CRA members, \$65 - non-members. Register at the RecPlex.

Learn the basics of Yoga, breathing techniques and relaxation methods. You will learn to calm your mind as you stretch your body. With advancement from the beginner level, you will continue to develop and perfect the techniques learned in the beginner level with variations and more in-depth theory.

Info - Community Recreation Association 392-2811 ext 3361.

## 8 Wg/CFB Trenton Wing Commander's Annual Charity Golf Tournament

September 16  
Register by Sept. 13

Sponsors: Wilson & Labatt

Four Ball Best Ball/Shot Gun Start/\$40.00  
Inclusive per person  
Team Briefing @ 1000 hrs  
Shot Gun Start @ 1030 hrs

Hole-in-One Sponsored by FitQuest

Prizes for:  
Closest to the Pin & Closest to the Line

Putting Contest for a Ping Golf Bag  
Auction to take place, numerous items

Contact: Shirley Martin @ 7160  
Apollo @ 2289

## Canadian Access Dinghy Regatta



The Canadian Access Dinghy Regatta was held on August 7 at the CFB Trenton Yacht Club. All races involved sailors with disabilities. The participating clubs included Quinte SailAbility of Trenton, Able Sail Kingston and Able Sail Burlington. Results combining three races by class are: Liberty: 1st place Marlene Donaldson, Brighton, 2nd place Sandy Watson, Belleville; Access 3.03: 1st place Neil Allen, Kingston, 2nd place Amanda Thorp, Burlington, 3rd place Kevin Clachen, Burlington; Access 2.3: 1st place Tony Beswick, Belleville, 2nd place Cathy & Scott Smith, Trenton, 3rd place Cora Haisma, Brighton.

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Showcase

# Showcase



**Mr. E. Ward**  
received a Long Service Award for 25 yrs, and a framed picture, presented by LCol K. Shaw, CO ATESS.



**Mr. J. Hawkes**  
received a Long Service Award for 45 yrs, and a Mounted Gold Medallion, presented by LCol K. Shaw, CO ATESS.



**Mr. W. Boychuk**  
received a Long Service Award for 25 yrs, and a ring with Canadian Crest, presented by LCol K. Shaw, CO ATESS.



**Mr B. Hewton**  
received a Long Service Award for 25 yrs, and a ring with Canadian Crest, presented by LCol K. Shaw, CO ATESS.



**Sgt T. Winder**  
received a promotion to that rank, presented by LCol J.E.F. Fortin, CO 426 Sqn.



**8 Wing Trenton**  
received a 1CAD MSE Safe Driving Trophy for 2003, presented by LCol R.C. Baker, WLEO.



**Capt K.Y. Fawcett**  
received a Deputy Chief of the Defence Staff Commendation, presented by LCol R.C. Baker, WLEO.



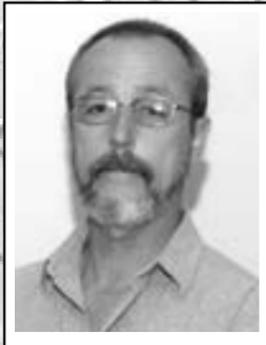
**Capt M.M. Barbe**  
received his CD1, presented by LCol R.C. Baker, WLEO.



**Cpl B.J.R. Fallu**  
received his CD, presented by LCol R.C. Baker, WLEO.



**Cpl I.G. MacRae**  
received the Commander-in-Chief Commendation, presented by LCol R.C. Baker, WLEO.



**Mr C. Botting**  
received a WLEO Commendation, presented by LCol R.C. Baker, WLEO.



**Mr D. Russell**  
received a Long Service Award for 15 years, presented by LCol R.C. Baker, WLEO.



**Mr G. Ridgley**  
received the Suggestion Award Certificate, presented by LCol R.C. Baker, WLEO.



**Mr R. Fournier**  
received a WLEO Commendation, presented by LCol R.C. Baker, WLEO.



**Mr W. Huffman**  
received a Long Service Award for 25 years, presented by LCol R.C. Baker, WLEO.



**Ms D. Serre**  
received an Employee Assistance Program plaque, presented by LCol R.C. Baker, WLEO.



**Ms E. Johnson**  
received a Task Force Kabul Commander's Commendation, presented by LCol R.C. Baker, WLEO.



**Capt G. Quirk**  
was commissioned under the SCP and promoted to that rank, presented by LCol R.C. Baker, WLEO.



**LCol F. Beaupre**  
was promoted to that rank, presented by LCol R.C. Baker, WLEO.



**Maj M. Barbe**  
was promoted to that rank, presented by LCol R.C. Baker, WLEO.



**Maj J. Martinello**  
was promoted to that rank, presented by LCol R.C. Baker, WLEO.

*Congratulations! Félicitations!*



# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
September 5 – September 11

**ARIES** (March 21-April 19): Get down to business regarding talks you want to have with relatives, friends or even a neighbor on the 5th, 6th and 7th. You should be able to get your point across. An unexpected love connection may surprise you. Something has to give on the 8th and 9th and if you aren't prepared to stand up and fight for what you want you will lose. Don't back down because someone is pressuring you. Look out for your interests. There will be plenty of action around you no matter what you do on the 10th and 11th. You will be in a creative cycle that will help you turn something ordinary into something special.

**TAURUS** (April 20-May 20): Consider your past and what you hoped to accomplish on the 5th, 6th and 7th. If you haven't followed through with your plans you may want to rethink your direction and consider what you have to do to get back on course. You are right on target on the 8th and 9th, so move full speed ahead. Don't stop to question or to procrastinate. Accomplishment is the key and it will impress everyone you meet. Don't leave your chores unfinished on the 10th and 11th. Disputes may arise if you aren't accommodating. Problems with family are likely to cause some alarm. Deal with matters quickly and efficiently.

**GEMINI** (May 21-June 20): Try your hand at something new on the 5th, 6th and 7th. Your versatility will attract attention and possibly a new partnership. Love is prominent but if you are flirtatious you may send the wrong signal. Think back to your earliest aspirations and if you haven't maintained a similar course you may want to do a little backtracking on the 8th and 9th. It's never too late to make a change. Stop making excuses. Use your friends to help you get ahead on the 10th and 11th. Favours will be granted but don't overstep your bounds. Build a strong relationship with others you will succeed. Love is looking good.

**CANCER** (June 21-July 22): Not everyone will be upfront with you on the 5th, 6th and 7th but if you trust your instincts you will know who is on your team and who isn't. Don't donate or give to a cause you know little about. Offer suggestions not your cash. You may not like change but you must be accepting on the 8th and 9th. Sometimes it's hard to see something that is right in front of you. Good things will come if you are accommodating. You will have some big ideas on the 10th and 11th when it comes to making more money. Put your plans into motion before you chicken out. It's up to you to make things happen.

**LEO** (July 23-Aug. 22): You can put yourself in the spotlight if you take part in an event you believe in. You will be praised for helping others on the 5th, 6th and 7th but be careful, not everyone will be worthy of your efforts. Financial and legal matters can be put to rest or into play on the 8th and 9th. Deals can be made and closed. You are in the driver's seat so do whatever is necessary to accomplish your goals. Love will be in a high cycle on the 10th and 11th. Make plans to meet new people if you are single or do something romantic if you are in a relationship. The next move is yours.

**VIRGO** (Aug. 23-Sept. 22): Don't take on too much, over-indulge or feel sorry for yourself on the 5th, 6th and 7th. None of the above will help you get your way or get ahead. Remember how you handled situations in the past. Don't make the same mistake twice. Love is all around you on the 8th and 9th so don't miss out on having some fun. Getting involved in something that interests you will bring you in contact with someone who will influence your future. Don't be daunted by criticism on the 10th and 11th. You are the master at perfecting what everyone does, including yourself so be receptive when someone offers it in return.

**LIBRA** (Sept. 23-Oct. 22): You will learn from the interaction you have with others on the 5th, 6th and 7th as well as find a new path. You should travel whatever distance is required in order to follow your heart, your dreams and your beliefs. Someone may create a problem for you on the 8th and 9th. Don't let this person know they have the edge. Play it cool and stay in control. You have so much to gain if you keep your composure. Take a leadership position on the 10th and 11th and you will step into the limelight and attract a new partner. The influence you have on others will bring you the confidence to move forward.

**SCORPIO** (Oct. 23-Nov. 21): You will have to be creative on the 5th, 6th and 7th in order to beat the odds. Money matters may take a twist that you are not prepared for. Minor health problems will linger on if you don't address them swiftly. The doors are opening on the 8th and 9th and if you get involved in something that interests you all sorts of good things will develop. Travel for business or knowledge will lead to meeting someone special. Take the back door on the 10th and 11th. Being too blatant about what you want to do will lead to opposition. Trust your intuition and follow the road less traveled.

**SAGITTARIUS** (Nov. 22-Dec. 21): Love is likely to take a turn on the 5th, 6th and 7th depending on how you treat people. Emotional matters may rise to the surface putting you in a difficult position. Don't say things you don't mean. You are best to show how you feel not talk about it. There is money to be made on the 8th and 9th if you are resourceful. You will instinctively know what will pay top dollar and how to go about getting your percentage. You'll be the dancing romance machine on the 10th and 11th. You will attract friends and lovers alike and will gain popularity with your free-spirited attitude.

**CAPRICORN** (Dec. 22-Jan. 19): Put your mind at ease on the 5th, 6th and 7th and stop worrying about what everyone else is doing. You know in your heart what is right and what will get you ahead so just do it. You will receive the recognition but you will also attract enemies. Partnerships may be uneasy at first but once you get past the initial stages you will form a lasting union, just be yourself and you will win. Your mind will be on financial and legal matters on the 10th and 11th but you aren't likely to get too far with either. Don't stew about what you can't change. Protect yourself and your health.

**AQUARIUS** (Jan. 20-Feb. 18): You will be able to jump through hoops on the 5th, 6th and 7th. Nothing will be too hard or too much trouble. You will be creative, impressive and will attract love and romance. Opportunities to get involved in a project that is right up your ally will develop on the 8th and 9th. Interviews, meetings and presentations should all be on your agenda. It's time to move in a direction that suits you better. Someone will make an impact on you on the 10th and 11th. You will be challenged and this will get your motor running and lead to an unusually exciting turn of events. Love is in a high cycle.

**PISCES** (Feb. 19-March 20): Something has to give on the 5th, 6th and 7th. Stop letting everyone pull you in different directions. Think of your own survival and protect yourself from the smooth talkers you have around you. Curb bad habits. Be a little selfish on the 8th and 9th. Book yourself into a spa or do something creative instead of following your regular routine. Time spent with your lover will also leave you feeling good. Formulate your game plan for the future and set your course for success on the 10th and 11th. It's time to make choices that will lead to a better future.

## TO LOVE, HONOUR, AND PROMOTE



Photo: Cpl David Cribb, 8 Wing Imaging

*It must be true that a good marriage is based on give and take...*

(Top) On August 12, 2004, Lieutenant Colonel Bill Lewis, CO 8 AMS, and Captain Audrey Jordan presented Corporal Tim Jordan (8 Wing Imaging) with his promotion to Master Corporal.



Photo: Cpl Bernie Kuhn, 8 Wing Imaging

(Bottom) This was only fitting as, on June 12, 2004, LCol Lewis was assisted by Cpl Jordan in presenting his wife Lt Audrey Jordan with her promotion to Captain. Congratulations to both husband and wife!

# LOCAL SERVICES AND TRADES



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Ask for Russell or Elaine

**This spot could be advertising your business.**  
Call 392-2811 ext. 3976 for details!

**Home Inspection**

Your home is a big investment. Don't be disappointed. Choose our home inspection company for your protection.

**Integrity Home Inspections**

"Richard Hutchinson"  
Certified Home Inspector  
398-8556

**This spot could be advertising your business.**  
Call 392-2811 ext. 3976 for details!

**Sand & Gravel**

**Southfork Wholesale Yard - Open to Public.**  
Delivery available. 7 days/wk

- Play Sand • Brick Sand • Coloured Stone • Driveway Gravel • Topsoil • Compost •

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966-2022

**Storage**

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# Community Events

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

GENEROUSLY SPONSORED BY THE CENTRE THEATRE

Matinees Saturday, Sunday & Monday

**MOVIES MOVIES MOVIES**

**MOVIE LINE-UP**

• Hero (14A)	1:05	7:05	9:10
• Bourne Supremacy (PG)	1:10	7:10	9:20
• Without a Paddle (PG)	1:00	7:00	9:15

Coming Soon: Resident Evil 2  
Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

**CALL 392-4211 FOR INFORMATION**

Welcome to the Contact Newspaper's Community Events page! Thanks to the generosity of Trenton's Centre Theatre, we can now feature (space permitting) public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 965-7490 or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.

**Take a Red Cross Babysitting Course at the Red Cross, Quinte Branch**

**365 North Front Street, Suite 212, Belleville, or at your own location.**

**To register, call 962-9122 today!**



Canadian Red Cross

**Meet Cobourg-Kingston's most eligible bachelors and bachelorettes**

## Singles Auction Sept. 11 Dance

**Belleville Legion 9 p.m. - 1 a.m.**

View them online!  
www.romeoandjuliet.ca  
Auction money goes to the Canadian Cancer Society  
For more info call 392-9850



### Wednesday Night Out

Please register for the workshop and childcare by calling 965-3575. If there are less than five participants the workshop will be cancelled, and you will be called. There is no cost for childcare for families of deployed members.

September 15 – "Hand made cards"  
September 22 – "Skin care and Makeover"

**Coming up in September:**  
Pilates, Tai Chi, Belly Dancing, Quilting, French and English Second Language Training

**Register soon!**

### Mother/Daughter Walk for Heart and Stroke

The Cheerios Mother/Daughter Walk for Heart and Stroke takes place on Sunday, September 26th at Zwick's Park in Belleville. The Walk is held in 76 communities across six provinces. Last year we had almost 600 participants raising \$45,000 for women's heart health in our area.

Open ceremonies begin at 1 p.m. with the Walk itself starting at 1:30 p.m. There will be entertainment by DJ Stevearl, a children's area with clowns, balloon figures, face painting, games and popcorn, a toonie prize table, a Circle of Hope, a warm up with Vicky Legate of Pure Energy, music by the Anahata Drummers and refreshments.

This event is packed with fun for the whole family. We encourage everyone to come out and join us. Gather a group of five or more family members, friends or co-workers and walk together as a team. There are special incentives and awards for team participation.

Heart disease and stroke claim the lives of four out of 10 women. That's why it is critical to understand the underlying cause of these diseases.

Register today by calling (613) 962-2502 or [www.heartandstroke.ca/walk](http://www.heartandstroke.ca/walk). On September 26, 2004, advance heart and stroke research...one step at a time.

### Canadian Military Flight Engineer Association

9th Biannual Reunion  
Trenton, Ontario  
September 10, 11, 12, 2004

**Events:** Sept. 10—BBQ at WO/SGTS Mess—open to all aircrew  
Sept. 11—Dinner/Dance at Holiday Inn—open only to registered FEs  
Sept. 12—Brunch at Holiday Inn—open only to registered Fes

**Registration:** Weekend—\$50 per person  
TGIF only—\$10 per person

*This promises to be a great weekend. Come and enjoy the comradeship of old and present. For details, contact Ray McIntosh, 61 Nicholas St., Trenton, Ontario K8V 4H7, 613-392-2688 or e-mail at [rsmac@lks.net](mailto:rsmac@lks.net); or Geof Brodgen, 613-392-1905 or e-mail at [gbrodgen@magma.ca](mailto:gbrodgen@magma.ca)*

For logistical purposes please register ASAP!



### CHAPLAIN SERVICES

### SERVICES OFFERT PAR L'AUMÔNERIE

**Wing Chaplain/ Aumônier de l'escadre – Major Lloyd Clifton (Presbyterian)**  
**Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490**  
*UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS*  
Padre James Craig (Bapt)

#### WORSHIP SERVICES

<b>OUR LADY OF PEACE (RC)</b> <b>NOTRE-DAME-DE-LA-PAIX (CR)</b>	<b>ST CLEMENT ASTRA (PROTESTANT)</b>
Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)	Chapel Life Co-ordinator Padre Catherine Morrison (ACC)
<b>MASS</b> Sunday Mass (English) 1015 hrs Messe Dominicale: 1130 hrs	<b>WORSHIP SERVICE</b> Divine Worship (Sun) 0900 hrs Holy Communion 1st Sunday of the month Mid-Week Communion Wed 1230 hrs
<b>CONFESSION</b> At all times	<b>PARISH ORGANIZATIONS</b>
<b>PARISH ORGANIZATIONS</b> 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	Chapel Guild Last Tues 1930 hrs
<b>BAPTISM/BAPTÊME</b> Please allow 30 days notice for preparation. / Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.	<b>MARRIAGES / MARIAGES</b> 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.
<b>DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR</b> After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 392-2811 et demandez l'aumônier en devoir.	



# Classified

For Classified Information Call  
392-2811 ext: 3976

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

## Information

### CLASSIFIED AD RATES

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

### ORDERING AN AD

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

### ERRORS & OMISSIONS

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

### USERS & AD READERS

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

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**SMITTY'S APPLIANCES LTD.**  
969-0287

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We certify appliances

For service call 962-4048  
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New Complete System with monitor, keyboard, mouse, speakers & FREE printer. Back to school special only \$699  
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Check out  
www.dpcomputers.ca or email  
questions@dpcomputers.ca

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60 Division Street  
Trenton

392-2111

### Cleaning Services

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

### Wanted

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

### Announcements

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CLOSE TO BASE

**KLEMENCIC PROPERTIES**  
392-7839

### For Rent

Furnished room for rent - East end of Belleville. Satellite, high speed internet. Non Smoker \$100 Week Call 962-6025.

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### For Sale

2000 Honda Prelude Automatic w/sportshift - Black with spoiler, air, all power equipment & sunroof. Newer tires & brakes, certified, etested, \$18,000. Call Scott at 905-375-0360 or email scottth@eagle.ca

### Crossword Answers

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

The Staff at The Contact Newspaper would like to wish all students a happy and successful 2004-2005 school year. We would also like to take this opportunity to remind motorists that school buses will once again be travelling our roadways. Please take care and heed those flashing red lights.



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## Rec and Leisure Show

by Laurie McVicar  
Assistant Editor

The 7th annual Recreation and Leisure Show is set to take on September 12.

Approximately 50 organizations from the base and surrounding communities of Trenton and Belleville will have booths set up at the RecPlex on RCAF Road between 12 - 4 p.m. The show is open to the general public as well.

"Whether you are a military member, a family member of a military member or someone from the general public, you'll get a good snapshot of the various organizations that are out there. Many of the groups will be doing program registration during the show, so if you are looking for an activity to keep you busy in the Fall, the Rec & Leisure Show is a good place to start," said Judi Christopher, Recreation Director.

Attendance for last year's show, held at the Gymnasium, was somewhere in the 600-800 range. Organizers are hoping to boost those numbers this year.

"It will be more visible to people travelling RCAF Rd so we may draw more people. We will have certain exhibits going on outside, so this should also help to draw people in," said Christopherson.

## Canadian contribution to Bosnia honoured

National Defence

OTTAWA — (August 30, 2004) Defence Minister Bill Graham and General Ray Henault, the Chief of the Defence Staff, were in Banja Luka, Bosnia on Wednesday, September 1, to acknowledge the significant and lasting contribution of the Canadian Forces over the past 13 years as Canada winds down its military presence in the region.

Minister Graham and General Henault was also present for the change of command of the Multinational Task Force (North West), one of three Multinational Task Forces that make up the NATO-led Stabilization Force (SFOR) in Bosnia Herzegovina. Canadian Brigadier General Stuart

Beare, who has commanded the task force since September 2003, will be succeeded by Brigadier Mark Dodson of the United Kingdom.

"Canadians are immensely proud of the 40,000 troops who have served in Bosnia since 1991 on both UN and NATO missions," said Minister Graham. "CF members have conducted complex military operations, monitored demining efforts, assisted with elections and helped to reconstruct schools and water systems. In short, they have helped to bring peace, stability and hope to this part of the world. In addition, the CF experience in Bosnia has been instrumental in preparing our forces for the many demanding operations they have faced in recent years,"

said Minister Graham.

"Canada's gradual draw-down in Bosnia will help our forces to achieve the transformation that is underway in all NATO forces, giving them time to retrain and reconnect with their families," said General Henault. "It's important to reflect on the enormous contribution our members have made, and to remember that 25 CF per-

sonnel lost their lives while deployed in the Balkans between August 1992 and today."

Following its summit meeting in Istanbul on June 28, 2004, NATO announced that its operations in Bosnia-Herzegovina would be turned over to a European Union Force (EUFOR) by the end of 2004.

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**8th Annual Tri-Mess Golf Challenge**

• When: Sept 24 04

• Mbrs to enter at their respective messes. There will be a steak dinner, prizes & the opportunity to hold bragging rights until next year.

• Cost will be \$40.00 non club members & \$15.00 for members. (Pay at Golf Club)

• Where: **CFB Trenton Golf Course**

• **Registration Cut off 22 Sept 04.**

**Guarantee for first 40 mbrs of each mess.**



have fun  
make friends  
Sept. 9<sup>TH</sup>-11<sup>TH</sup>

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# OFFICERS MESS

SUN MON TUE WED THU FRI SAT

<b>8th Annual Tri-Mess Golf Challenge</b> Hosted by Jr Ranks Mess When: 24 Sept 04 @ CFB Trenton Golf Course * Call to register at your respective mess office Officers' Mess @ 2285 - Registration Cut-Off 22 Sept 04 * Cost \$40 for non-club members & \$15 for club members * Steak BBQ & Prizes @ Astra Lounge after tournament		1	2	3	4
			MTGIT Donairs 17:30 HRS	Sandwich Bar 11:30 - 13:15	Wedding
5	6	7	8	9	10
	Labour Day Stat Holiday Mess CLOSED			MTGIT Golden Chicken 17:30 hrs	Sandwich Bar Luncheon 11:30 - 13:15 L.Gen(R) Hull
12	13	14	15	16	17
		Officers' Mess Ladies Club Gardening Speaker & Perennial Exchange 1900hrs New Members Welcome	MTGIT Subs 17:30 HRS	Sandwich Bar 11:30 - 13:15	426 Sqn Pig Roast
19	20	21	22	23	24
			No MTGIT Due to Wine & Cheese See 24th	Sandwich Bar 11:30 - 13:15 Wine & Cheese Tri Mess Golf Tournament	436 Sqn Fiesta
26	27	28	29	30	
			MTGIT Lasagna 17:30 HRS		

**Bar Hours Effective**  
September 2004

Mon - Wed 15:30 - 19:30  
Thurs 15:00 - 20:30  
Fri 11:00 - 20:30

# 2004

# SEPTEMBER

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