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• August 27, 2004 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 39 Issue Number 33 •

## HEADS UP FOR SOCCER CHAMPIONSHIPS

Photo: Cpl Gayle Wilson, 8 Wing Imaging



Canadian Forces Base Trenton soccer team members (blue) give Canadian Forces Base Petawawa members (red and white) a run for their money during the Ontario Region Soccer Championship semi-finals Wednesday 25 August 04. Petawawa kicked butt in the second half of the game to win 4 - 0 over Trenton.

## READY TO SCARE SOME CROWS

Photo: Cpl Bernie Kuhn, 8 Wing Imaging



On Aug. 17 children enrolled in the 2004 Summer Kidz Kamp at the RecPlex took part in a program of building scare crows, to help prepare them for the trip they were taking on Aug. 19 to Puck's Farm located just north of Toronto. This is part of the 8- week program set up for the kids during the summer holidays. Some other activities they took part in were bowling, swimming, scavenger hunts, T-shirt dyeing, and more. Shown here in random order is Daniel Hone, Jenne Weatherall, Breanna Weatherall, Shawn Roth, Lindsey Roth, Logan Nichols, Lauren Lacroix, Eric Lacroix, Katie Scriver, Chasdon Elverson, Conner Elverson, Sarah Stewart, Colin Crawford. Each child is holding the scare crow that they made.

## It's that time again- annual United Way /Healthpartners Campaign gears up to kick off

by Laurie McVicar  
 Assistant Editor

Personnel of 8 Wing/CFB Trenton will soon be asked to open their hearts and wallets as this year's United Way/Healthpartners campaign gets set to kick off on September 7.

Organizers are hoping for a repeat of last year's campaign, which saw the wing/base exceed their \$67,000 target by over \$7,000. During the cheque presentation in January, Julia Gosson, Executive Director of the United Way of Quinte, praised the military and civilian community here for their support of the agency. She made special mention of how 8 Wing/CFB Trenton typically runs a model campaign by focusing on 100 percent canvassing.



**Major Paul Fleury,**  
**United Way**  
**/Healthpartners**  
**Campaign**  
**Chairperson for 8**  
**Wing/CFB Trenton**

The first official fundraising event will be the Wing Commander's Golf Tournament, scheduled to take place at the CFB Trenton Golf Course on September 16 (see page 10 for info). The annual Wing Commander's Challenge will follow on October 1. Plans are currently being made for the ever-popular Jail and Bail. Watch the Contact for more details.

"I want to put out a challenge to all the units and squadrons on base to come up with new and innovative ideas to raise money. Things like having the senior officers or senior NCOs raise money and shave their heads in support (of the United Way)," stated Major Paul Fleury, the new United Way/Healthpartners Campaign Chairperson for 8 Wing/CFB Trenton.

"We're already starting to see contributions coming in. We received an \$800 cheque from the cadet camp that was conducted this year. They had barbecues to raise money," said Maj Fleury. "The Air Traffic Control unit has had two hockey tournaments raise over \$1500 for the United Way, which will be donated this year."

Money collected during the campaign is used to fund more than 100 programs in 46 health and social service agencies throughout Hastings and Prince Edward counties.



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## WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Cfn Brennan of EME Squadron Components Section is inspecting a new 40HP Mercury 4 Stroke engine after its initial installation on a Zodiac Boat. This is just one of the many various pieces of equipment Components Section is tasked to keep operational for 8 Wing Trenton and Lodger Units.

## New staff joins Public Affairs

by Andrea LeBlanc, Editor

8 Wing/CFB Trenton has a new Assistant Public Affairs Officer.

Captain Nicole Meszaros just this week joined the staff under the direction of Captain Andy Coxhead, following her two-year posting as the PAFFO at 14 Wing Greenwood.

Capt Meszaros' husband, Todd, is also a member of the military, and he is posted to 8 Wing Ops ATC. Obviously happy to be posted together, the two have made a home here with their two young daughters.

"I was pleased when we found out that we were able to be posted together at 8 Wing— at the 'home of the Air Force,'" said Capt Meszaros, "and I am really looking forward to the challenge of public affairs at what is arguably the busiest air base in the country."

Capt Meszaros, born in Cornerbrook, Newfoundland and raised in Nova Scotia, joined the Canadian Forces just over five years ago, starting out in St. Jean. Though a



**Capt Nicole Meszaros**

true Nova Scotian at heart, she is nonetheless excited to be here in Trenton.

"All the people I've met here so far have been terrific, both on base and off. Of course I miss Greenwood and the east coast, but I am happy to be here."

## AND THE WINNERS ARE...



*Puurr – fect! – The Cat's Meow!* Congratulations to the winners of QuintEssential Credit Union's Fat Cat Colouring Contest (co-sponsored by Darling's Copy Depot)! From left: Maggie Osbourne (7), Molly Teters (10), Maggie Teters (13), and Brenda Wardaugh (8). The judges had a difficult time choosing from the creative work of all of our entrants. The winners displayed exceptional talent and inventiveness in their artwork. Thank you to all who participated! Fat Cat is a special account available to help younger members develop good savings habits.



# CFSATE receives 8 Wing Labs

by WO Sue Maranda, CFSATE

Two Labrador helicopters, CH-113308 and CH-113310, made their final flight 19 July 2004. They are now resting at their new home where they will continue to be of great use to the Canadian Forces School of Aerospace Technology and Engineering (CFSATE) at 16 Wing, Borden On.

CFSATE is responsible for the basic trades training for MOC 500 aerospace technicians and Aerospace Engineering Officers. Currently, the MOC 514 Aviation Technician Apprentice Program is undergoing a major overhaul to improve the program, increasing the amount of "hands-on" training a technician receives while on course. Some areas that will be enhanced include rotary wing systems, winches and hoists, and hydraulic ramps. With its retirement from active service, the CH113 is an ideal platform to demonstrate and instruct these systems to the apprentices and so the Air force agreed to send two aircraft to CFSATE to support this training.

424 (SAR) Search and Rescue Squadron ferried the two aircraft to Borden. After landing aircraft 113310, the flight crew returned to Trenton in a CH149 Cormorant to bring the second aircraft 113308 to

Borden. Meanwhile, the Mobile Repair Party (MRP) of aircraft technicians from 424 Sqn remained behind to de-fuel and prepare the aircraft for its new training role. CFSATE staff and the MRP quickly began removal of the engines, explosive cartridges and the disabling of certain systems to make the aircraft safe for MOC 500 technician apprentice training.

Since its introduction to service in the Canadian Armed Forces in 1963, the Labrador has assisted many Canadians in distress across the country and has flown more than 20,000 missions and logged nearly 190,000 hours of flying time. One of the most memorable missions occurred in 1980, when the cruise ship M/V Prinsendam caught fire off the coast of Alaska. The Canadian Forces assisted in the rescue of all 510 passengers in what was, at the time, the largest single marine rescue in history. The Labrador fleet has been the workhorse of the Search and Rescue community for more than 40 years of faithful service and countless rescues. Although it will be retired from active service, at CFSATE it will continue to fill a valuable role.

CFSATE is proud to be the recipient of these two fine aircraft and continues to not only teach the technical aspects of the aircraft trades but also instil pride in the rich heritage and history of the Canadian Air Force.

# Search & Rescue UPDATE



A busy week for the SAR crews. The Cormorant was tasked Aug. 19 to locate a man overboard in the Fifty Point area—after a very extensive night and day search, nothing was found and the crew was ordered back to base. On the same day, the Herc crew was asked to respond to a boat in mechanical distress, with nine people onboard, in the Pond Inlet area. The weather in the area at the time of the Herc departure, but improved to the extent that a civilian helicopter from Pond Inlet was able to locate the distressed vessel. While in transit, the Herc crew was released from tasking and returned to base. Later the same day, the Herc crew was tasked to respond to five stranded campers in the Peawanuck area—while enroute, the campers were located by a civilian helicopter and the Herc crew was again released from duty. The next day, the Herc crew was tasked to search for a possible crashed aircraft in the Newtonville area. The aircraft was soon spotted secure at a landing strip and the crew was retasked to the Brampton-Waterloo area to look for an ELT. The signal was localized to a hangar at the Kitchener-Waterloo Region Airport—RCC contacted the airport, the ELT was turned off, and while the crew was returning to base, it were tasked to locate a boat with a possible incapacitated person on board. The search was called off when it was discovered that the person was not in distress. On Aug. 21, the Cormorant crew was tasked to locate a missing occupant of an overturned boat east of Montreal, but just prior to departure from Trenton, the person was located by local authorities and the Cormorant crew stood down. Then, on Aug. 25, both the Herc and Cormorant crews were tasked to search for an overdue 12-foot aluminum boat on Georgian Bay. Both crews searched extensively in the dark and then RCC advised them that the individual was found near Balm Beach by a good Samaritan—the crews were released and returned to base.

Missions for 2004: 112 Missions for Aug.: 23 Persons rescued: 16

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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  
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**Advertising & Promotions Assistant:** Rorrie MacDonald  
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**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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### message from the

## Editor

This week, we here at the Contact are saying a fond farewell to Sandi Ramsay, a truly wonderful salesperson, but, more importantly, a truly wonderful person.

Sandi is moving on after two years+ here at the newspaper, and I am already feeling the void. As much as I am sad to see her go, I can't help but wish her the very best. Sandi has been offered the great opportunity to teach advertising at Loyalist College, and I cannot think of anyone better to mold the advertising reps of the future than Sandi. Our loss is definitely the college's gain.

Sandi's people skills are likely the best I have ever known in anyone, regardless of profession. She exudes warmth and caring, and she has always been passionate about the Contact, something that I am sure transfers to the customer and is no doubt key to her success in sales—that combined with her honesty and always accommodating nature.

In the good news department, we have lucked into a terrific replacement for Sandi. Tracy Cook, wife of Major Andrew Cook of 429 Squadron, has joined our sales team. Another extraordinary person with a wealth of skills and motivation, Tracy is probably the only person I know who could follow such a tough act as Sandi.

So, a hearty welcome to the team, Tracy, and good luck and best wishes, Sandi.



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# Canadiana Crossword

## Ordinary Heroes

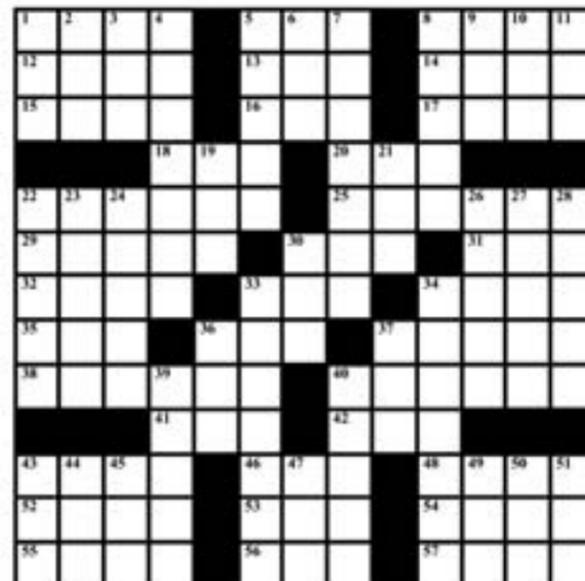
By Bernice Rosella and James Kilner

### ACROSS

- 1 Woe is me
- 5 Resort
- 8 Lawyer's concern
- 12 Outbreak
- 13 Potter's creation
- 14 Regrets
- 15 Survive
- 16 Whale, to Trygve
- 17 Matures
- 18 Mauna \_\_\_\_\_
- 20 Me, in Matane
- 22 Move to tears
- 25 Throw or dog
- 29 Mistake
- 30 Sitcom extraterrestrial
- 31 Black cuckoo
- 32 Curb
- 33 Waxman and others
- 34 Catcher's equipment
- 35 Decorate a cake
- 36 Sched. notation
- 37 Metric measure
- 38 Novelist Mowat
- 40 Opt
- 41 Mornings, for short
- 42 Shade tree
- 43 Man in motion Hansen
- 46 Roman 1004
- 48 State
- 52 Sea bird
- 53 The former Clay
- 54 Irish republic
- 55 Charges
- 56 Electronic display, abbr.
- 57 Fat

### DOWN

- 1 Circle part
- 2 Southeast asian
- 3 Viper



- 4 Courageous Kennedy
- 5 Musician Aglukark
- 6 Prefix denoting before
- 7 Bovines
- 8 Crusader Kielberger
- 9 Calendar ref
- 10 Observe
- 11 Kind of curve
- 19 Poetic over
- 21 Assassinate, slangily
- 22 Type feature
- 23 Feather palm
- 24 More parched
- 26 Caribbean island
- 27 Ponied up
- 28 Salt peter

- 30 \_\_\_mode
- 33 Bottomless
- 34 Parkinson's fighter Fox
- 36 Pro \_\_\_
- 37 Nielsen, to his pals
- 39 Diefenbaker and Wollaston
- 40 Environmentalist Suzuki
- 43 Ump
- 44 Anger
- 45 Toronto Ex
- 47 \_\_\_ Bizard
- 49 \_\_\_ Rail
- 50 Stray
- 51 In the \_\_\_

## This Week in Contact

1974 -- Under the new order, all members of the regular force will use naval ranks if they are in the Naval Operations Branch and are employed in Maritime Command; in a ship or other vessel; in a ship repair unit; or at National Defense Headquarters in Ottawa as the Chief of Maritime Operations or as a member of his staff.

1984 -- The Deputy Chief of the Defence Staff LGen Richard and the Chief Air Doctrine and Operations, MGen Ashley, visited CFB Trenton. A CC130 Hercules of 436 Squadron performed a demonstration.

Reema Abdo from CFB Trenton Dolphin Swim team has established a Canadian record this year at the Olympics for the 100-metre backstroke with a time of 102.54, which is the fourth fastest time in the world.

1994 -- The RCAF Memorial Museum has received a grant for \$158,741 from the Ministry of Culture, Tourism and Recreation.

SAREX 94 was held near Fairbanks International . The purpose of SAREX 94 was to exercise the Search and Rescue capabilities and interoperability of Canadian, American and Russian SAR resources in response to a simulated crash of a large passenger aircraft in the high Arctic.

**Created by Lt J. H. MacDonald,  
Compiled by Kevin Leahy**

# DND Releases findings of Boards of Inquiry into Kabul vehicle mine strike and suicide bomber attack

National Defence

OTTAWA – (August 24, 2004) The Department of National Defence today released the findings of two separate investigations surrounding the circumstances of the vehicle mine strike and suicide bomber attack that occurred in Kabul, Afghanistan, on October 2, 2003, and January 27, 2004, respectively. These incidents resulted in the deaths of two soldiers and injuries to four others in the first instance, and the death of one soldier and injuries to three others in the second instance.

The review processes have concluded that neither incident was preventable and supported the in-theatre decision making of field commanders in undertaking the patrols in question.

“The reports make clear findings and recommendations and answer our key questions about what happened in Kabul in these terrible incidents,” said General Ray Henault, Chief of the Defence Staff. “Implementation of some of the recommendations is already underway. We are

committed to putting measures in place that will lessen the risk to our soldiers conducting these types of missions.”

In the case of the Jowz Valley mine strike where

into the suicide bomber attack found that, at the time, the Iltis was the most suitable vehicle that the Canadian Forces had for patrolling in an urban environment like Kabul.



Photo: Cpl Tim Jordan

**The bodies of Sergeant Robert Short and Corporal Robbie Beerenfenger were repatriated at 8 Wing/CFB Trenton on October 5, 2003.**

the Iltis patrol vehicle struck a TM-57 Anti-Tank mine, the road on which the incident occurred had been used as recently as two hours prior to the incident and numerous times in the previous 24 hours. The choice of the Iltis for this patrol was appropriate given the factors known at the time of the incident.

The Board of Inquiry

Furthermore, there was no evidence to suggest a risk of potential suicide bomber attacks on this route used by ISAF and the Canadian Forces.

Last week, senior officers from the Army privately briefed the families of the soldiers killed and injured in these incidents on the details of the investigations.

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# Coming soon, bad news for Ontario and Quebec?

## it's your Money



Garth Turner

You'd have to be about 40 now to remember the energy crisis of the early 1970s. Gas prices soaring. Empty filling stations. Drivers pushing cars the size of boats towards the pumps. It was some ugly, and helped push the American economy to the brink of collapse. Fast forward to now, and the price of a barrel of oil is hitting \$50 U.S. for the first time in history. This is a five-fold increase from just a few years ago, and it looks like sky-high

oil prices will hold, for many reasons—with implications for all of us. The geniuses at OPEC appear to have made some fundamental mistakes about production capacity, and are now shipping virtually every barrel of the stuff they can produce. Then we have big problems in Russia, where the premier oil producer has run afoul of the state. And, of course, there is the war on terror which continues and threatens to turn Iraq's

giant oil fields into a bucket of fire on a moment's notice.

Meanwhile we have all but forgotten about energy consumption. Guzzling SUVs fill the highways and the mall parking lots. The current real estate boom and cheap mortgage rates have people moving into monster houses that were out of favour for two decades. The meltdown of the electricity grid in eastern North America a year ago should have been a warning sign that would change the consumption habits of tens of millions of people, but that didn't happen. We are greater energy pigs than ever.

So, \$50-a-barrel oil is just the latest bad news in a world more gasoline-dependent than ever. And

there's no reason to expect an immediate reduction—not until the world becomes a more peaceful place, until we all embrace wind power, the lion lays down with the lamb etc. etc.

What are the implications of this?

First, it will be bad news for the economic and manufacturing heartland of the country, namely Ontario and Quebec. You should expect activity to lessen and some layoffs to start happening, especially in those industries which are energy hogs and also sensitive to consumer mood swings—like auto manufacturing.

Secondly, everyone's overhead is about to rise. The rising price of oil tends to have a ripple effect on all other energy sources, from

natural gas to propane and electricity. This stiff increase in energy costs will make people who live a conserving lifestyle look like gurus. Just as the energy crisis of the Seventies resulted in the emergence of gas-sipping econoboxes to replace those Detroit boats, so will this crisis hasten an already-strengthening trend towards bungalows, 1,500-square foot smart houses and self-sufficient rural estates.

Third, expensive oil means inexpensive money. Energy costs are volatile, and recent events will soon be pushing the cost of living higher, and economic activity lower. This is not the environment in which the Bank of Canada will want to jack up interest rates too quickly, for fear of

making a damp situation completely soggy.

So, mortgage rates, demand loan rates, line of credit rates and the like may be more dear in the coming months, but not by much. Another reason to stay with that variable rate home loan, and eschew the vastly higher costs of fixed term mortgages.

Finally, \$50 oil could just be a prelude to \$60 or \$100 a barrel for the stuff. After all, this is a non-renewable natural resource which will be gone when it's gone. Today we still pay twice the money for a litre of milk as we do for a litre of gas. Duh.

Unlike the temporary scare of the Seventies, however, this one could be permanent. And just in time for sweater season...

## The truth about mutual fund fees

by Terri Williams

(NC)—How much do you really know about the fees you are paying on your mutual funds? Many people don't realize that fees are charged continuously regardless of how a fund performs. Fees are deducted from the fund's assets before its rates of return are published; therefore, it is often unclear how much is charged.

What is MER? A mutual fund's management expense ratio (MER) is the total percentage of fees and expenses paid by the fund. For example, if a

\$100 million fund has \$2 million in costs, its MER is 2%.

What is a management fee? The "management fee" makes up the largest chunk of the MER and pays for things like the mutual fund company's investment management, marketing and administrative costs. Each fund also pays its own operating costs such as brokerage fees on securities trading, audit fees and unit holder communications.

Is it important to compare fees? Yes! There are over 4,000 investment funds available to Canadians. Fees vary

depending on asset class, fund management, what type of load or sales fee is paid, the geographic and industry sector the fund may specialize in, plus many other factors.

This can be confusing! The Investor Education Fund offers an interactive Mutual Fund Fee Impact Calculator on its website at [www.investorED.ca](http://www.investorED.ca). This calculator can help you understand different fees among other investment-related topics.

The Investor Education Fund is an unbiased, non-profit organization established by the Ontario Securities Commission.

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# When sharper is safer--rules for safe cutting



Submitted by  
Doug Bird, Deputy  
Wing General Safety  
Officer

A sharp cutting tool is a safer cutting tool. That seems all wrong, but it's true. A dull cutting tool requires too much force to operate, increasing the chances of it slipping out of control.

So make sure the cutting hand tools you use are kept sharp enough to do the job properly--whether you are using a chisel in a carpentry shop or a paring knife in your own kitchen.

Follow the manufacturer's instructions about how to sharpen a tool. Some need to be sharpened on a grinder, using a particular

abrasive. Wear eye protection and make sure the tool rest is adjusted for safe operation.

Many other cutting tools are sharpened by hand, swiping them across a shaping stone. You should not let a tool become excessively dull before sharpening it because it is more difficult to get it back into the right shape. Overworking a tool while sharpening it can cause it to break.

You can keep your tools sharper and in better condition if you store them properly in a rack, sheath, lined drawer or another kind of holder. Guard the cutting edge to prevent injuries and to prevent damage. Never leave a cutting tool where someone else might encounter it unexpectedly--under scrap or on the edge of a work bench.

Here are more reminders about using sharp tools safely:

--Inspect the tool before each use. Replace those with loose or damaged blades,

worn handles and other defects.

--Cut away from the body--and away from other people.

--If you must use the opposite hand to hold the material, wear a cut-resistant glove, such as one containing metal chain link. A heavy leather apron, eye protection and safety footwear are also required for many jobs that involve cutting tools.

--Maintain good balance when you use a cutting tool so you can maintain control even if it slips.

--Don't use an undersized or underpowered cutting tool. Trying to slice a frozen slab of meat with a knife instead of a meat saw is asking for injury.

--If you wear a knife sheath, position it toward the back of your hip, not in front of you.

--Use the cutting tool designed for the job. For instance, while pocket knives and multi-purpose tools might be useful away

from work, they are not made to stand up to heavy use. Pushing too hard on a pocket knife could cause it to collapse suddenly. Use a tool designed for the job, such as a sturdy hooked knife, safely-adjusted ring knife or wall-mounted cutter.

--Carton cutters are designed specifically for opening cartons quickly. The blade should be retracted when not in use.

--Take care to avoid slitting the contents of the box. An unnoticed nick in a plastic container could result in a hazardous spill.

--Don't wipe a tool on your clothing.

--Wash sharp knives separately from other utensils. When soaking, washing and rinsing, keep them in sight, not hidden under soapy water or other objects.

It should be obvious that horseplay with cutting tools is a bad idea. Knife-tossing contests and sword fights are dangerous activities and are against the safety rules.

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### 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**

## Weight Wellness--this could be for you!

### ARE YOU INTERESTED IN ...

- Achieving a healthy weight?
- Developing healthy physical activity and eating habits?

**WEIGHT WELLNESS**....A program of the Canadian Forces may be for you!!!

**WEIGHT WELLNESS** offers a safe and effective approach to managing your weight.

**WEIGHT WELLNESS** is a weight management program designed and tested specifically for the Canadian Forces. It is an integral part of Strengthening the Forces to improve the health of

military personnel.

**WEIGHT WELLNESS** takes a self-management approach to behaviour change. Throughout the program, participants develop a personalized blueprint for weight management and learn skills to manage their eating habits and physical activity for a lifetime. Participants are required to complete exercises in a **WEIGHT WELLNESS Client Workbook** between meetings, on their own time.

**WEIGHT WELLNESS** is a juggling act: with practice comes success in attaining and maintaining a healthy weight.

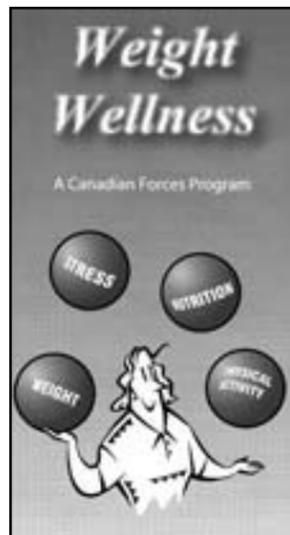
In **WEIGHT WELLNESS** you will:

- Attend 12 group meetings over 15 weeks;
- Receive a workbook;
- Learn about healthy physical activity, healthy eating, and healthy body weights;
- Record your eating and activity patterns to understand problem areas; and
- Develop a personalized blueprint for physical activity and healthy eating.

**WEIGHT WELLNESS** has been developed by the Director General Health Services, Deputy Chief of Staff, Force Health Protection as part of Strengthening the Forces.

For more information,

look for announcements of a **WEIGHT WELLNESS** Information Session or contact Cheryl Rothenburg, HP Director at 8 Wing Trenton, local 3768, Bldg 21, Rm 10.



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We have a program for experienced players who would like to learn how to teach. We have six places (four apprentice places are already filled). We have two places remaining (for violin and wind instrument players). Please telephone Maggie if YOU would like to be an Apprentice Student Teacher this year.

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# Fitness, Sports & Recreation

## WCWO'S ANNUAL GOLF TOURNAMENT



Photo: Laurie McVicar, Contact

Approximately 95 golfers took to the links at the CFB Trenton Golf Course on August 20 for the Wing Chief Warrant Officer's annual Golf Tournament. The winning team was from 424 Squadron. From left to right is: Cpl Rick Pyle, Sgt Wade Simpson, WCWO Don Cheverie, Capt R.J. Ellis and Guy Lebreque. The triumphant team had a score of 58. Other winners for the afternoon were Sgt Mike Barta and WO Steve Morrow (Closest to the Pin).

## Charity golf tourney

The Wing Commander's Charity 4 Ball Best Ball I/S Golf Tournament will be held on Thursday, September 16 at the CFB Trenton Golf Course.

There will be a registration fee of \$40 per person, which must be paid at The Gymnasium main office no later than 1600 hrs, Tuesday, Sept. 14. A team briefing will be held at 1000 hrs on Sept. 16 and the tournament will commence with be a shotgun start. Hole in one sponsored by FitQuest. Prizes for closest to the pin and closest to the line. Putting contest and numerous other prizes, sponsored by Wilsons & Labatts. Register your team or as individuals with Shirley Martin at local 7160 or for info contact the Military Sports Coordinator, Dan Cormier, at local 3373.

## PSP Facility Memberships

NEW memberships will go on sale for the 04/05 season starting Monday August 16th. Be sure to obtain your TrentCard prior to coming to the RecPlex for your membership.

## Fall Swim Lesson Registration

Tuesday August 31st from 4 to 6 pm at the RecPlex for the military community only. Excess space in the programs will open up to the general public on Sunday September 12th from noon to 4 pm at the RecPlex during the annual Recreation & Leisure Show.

## Pool Closure

The RecPlex pools will be closed for annual maintenance from Tuesday September 7th to approximately Friday September 24th. Sorry for the inconvenience.

## Annual Rec & Leisure Show

This annual event will be held at the RecPlex on Sunday September 12th from noon to 4 pm. Showcasing clubs, service groups and organizations from 8 Wing and the surrounding community, the show will feature some 50+ not-for-profit groups. To book a table, please call 392-2811 (2349).



### Notice TO ALL VETERANS

Please be advised that Mr. Scott Young, Provincial Service Bureau Officer from Aurora Ontario, will be at Trenton Branch 110 from the hour of:  
**8:00am - 4pm**  
**Tuesday September 07, 2004**

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

**For Appointment Call:  
Branch 110, Trenton  
392-0331 9:00am - 4:00pm  
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# High kudos for kayaking



Laurie McVicar

## Confessions from the Gym

Wednesday, August 25

Today I got the opportunity to cross one more thing off my "must do list"...kayaking.

It's something I've always wanted to do, have heard many people rave about, and never felt comfortable about doing...until now that is.

Like many of you, I've fallen into that slump of repeating the same workouts. Booooring! I'm constantly writing about "stepping out of your comfort zone", so I took my own advice and did it.

Accompanied by some of the great Health

Promotions staff and two excellent instructors, Dan Cormier and Paul Deschamps, the five of us headed out to glide along the shores of Baker Island.

Besides the copious amount of seaweed that either ended up plastered to the paddles or, in some cases, the hair (yuck!), the experience was thoroughly enjoyable. There's something incredibly calming about the water. With kayaking, not only do you get to take advantage of that serenity, but you also get a fantastic upper body workout...especially

when you get involved in full-contact kayak. My apologies to Suzie, a fellow kayak rookie. I didn't realize I was so good at wielding a paddle! I'm sure the stitches will be unnoticeable. Just in case though, I'd advise wearing a hat for a while.

So what's left on the list? In terms of physical activities - squash lessons (instead of just hitting the ball repeatedly against the wall to release frustration, it'd be great to actually learn how to play...any willing instructors???), scuba diving (although the idea of wet suits scare me far more than the idea of being submerged several feet underwater), and rollerblading (without sustaining any major injuries or looking incredibly moronic...ok, truth be told the latter takes far more precedence).

# Pet Particulars

## Canine cuties need homes!



(Top) Meet Chicago, a 5 mo. old lab-hound male puppy, good with other dogs, very friendly and loves to lick. (Bottom) An adorable Shepherd-X - 4-6 mo. old male puppy. For adoption information, please call the QHS at 968-4673.



### Labour Day Weekend.

Ahh..the final long weekend of the summer.  
Be sure it's not the final one in your life.  
If you drink, please don't drive!

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31 DUNDAS ST., E., TRENTON 392-5756

## YOUTH BOWLING LEAGUE 2004 - 2005

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SAT. 11:15 A.M. BOWL 3 GAMES \$7.00/WEEK

SENIORS 14 - 18 YEARS OLD AS OF DEC. 31/04  
SAT. 1:30 P.M. BOWL 3 GAMES \$7.00/WEEK

**Weekly Fees include Bowling, GST, Shoe Rental, Crests, Trophies & Banquet**

**LEAGUES START SATURDAY, SEPTEMBER 11, 2004.**



# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
August 29 - September 4

**ARIES** (March 21-April 19): Work with others on the 29th and you will get things done. You can ask for favours and make promises that will seal any deal you are working on. Avoid getting involved in other people's business on the 30th and 31st. You will end up having to deal with responsibilities that you don't have time for. Don't let things get to you on the 1st and 2nd. Breathe deeply, centre yourself and proceed with a level head. Making rash decisions will only lead to greater problems. With a little discipline you will find yourself feeling and looking great on the 3rd and 4th. Get involved in regular exercise.

**TAURUS** (April 20-May 20): Not everyone will be on the same page as you on the 29th. Don't let anyone put words in your mouth or push you into doing something you don't fancy. You will be in the right frame of mind to impress whoever you deal with on the 30th and 31st. Helping others will be an asset and prove to onlookers that you have what it takes to make things happen. You may feel an urge to be doing something that is impossible on the 1st and 2nd. Nurturing what matters to you will bring positive results. You will have to compromise on the 3rd and 4th if you want to get things done. Focus on self-improvement.

**GEMINI** (May 21-June 20): A love connection can be made if you are single or you can jump start a relationship that has gone a little stale on the 29th. Listen but use your own discretion when it comes to making a decision. Don't buy into a pie in the sky idea on the 30th and 31st. Trust your own judgment. You must work as a team player on the 1st and 2nd if you really want to succeed. The results will be directly linked to your organizational ability. Someone may have a hidden agenda on the 3rd and 4th. Gather information before making a decision. Pay attention to detail and you will do a flawless job.

**CANCER** (June 21-July 22): Deals may not turn out according to plan on the 29th. Read the fine print before you sign a binding contract. You can do no wrong on the 30th and 31st so go for it. Your fabulous memory coupled with the knowledge you've accumulated along the way will be testimonial that you can and will achieve your goals. Consider the consequences of your actions should you make a move or a change of any sort on the 1st and 2nd. You may want to stay put and let things unfold naturally. Love and romance are highlighted on the 3rd and 4th. Your excellent memory and creative outlook will attract attention.

**LEO** (July 23-Aug. 22): Partnerships may be questionable on the 29th. Don't let your mixed emotions lead to something that you can't reverse. Expect a sudden turn of events on the 30th and 31st where your money matters are concerned. Making a residential move or change will be to your benefit. If you are prepared to present your ideas follow through with your plans and take matters into your own hands on the 1st and 2nd you will make headway. You will have to defend yourself and your ideas on the 3rd and 4th however in doing so you will probably win and turn a negative into a positive. Take the most direct route.

**VIRGO** (Aug. 23-Sept. 22): Consider what measures you can take on the 29th to ensure better health in the future. You will have the potential to ruin a good thing if you are too critical or want everything done your way on the 30th and 31st. You may be inclined to act much faster than usual on the 1st and 2nd especially where money matters are concerned. Think first or you may find yourself in the middle of a scam. Not everyone will be trustworthy. Get involved in community or cultural events on the 3rd and 4th and you will open your mind to a host of new activities.

**LIBRA** (Sept. 23-Oct. 22): Your adventurous attitude will lead to a host of new forms of entertainment on the 29th. Love and romance will be yours. Someone you work with will be moody or unpredictable on the 30th and 31st. The more responsible you are the better you will look to superiors or clients. Develop your creative ideas and put them into play. Listen and observe what everyone around you does on the 1st and 2nd before you make a decision. Reorganize or redecorate on the 3rd and 4th and you will feel much better about your surroundings. Lady luck is with you.

**SCORPIO** (Oct. 23-Nov. 21): Don't take any flack from family members on the 29th. Courage and determination will help you overcome any challenge. Travel should be on your mind on the 30th and 31st. Whether business or pleasure is your pursuit you will enjoy different cultures and the knowledge you pick up along the way. You'll have a high impact on everyone you deal with on the 1st and 2nd. Your energetic and jubilant way of presenting what you are passionate about will win you points. Lots can happen where partnerships are concerned on the 3rd and 4th. You can end, begin a relationship or make a commitment if you are ready.

**SAGITTARIUS** (Nov. 22-Dec. 21): The more gadding about you do on the 29th the better. You will find love, friendship and a ton of information that will lead to a new hobby. Sudden changes may take you by surprise on the 30th and 31st, don't be offended if someone will not bend to your whims. You'll be hot and everyone will be eager to spend a little time with you on the 1st and 2nd, but don't let it go to your head. Don't be tempted to over-indulge. You should consider making a few changes to your lifestyle on the 3rd and 4th. A healthier attitude and routine will do wonders for you in all aspects of your life.

**CAPRICORN** (Dec. 22-Jan. 19): It's important not to forget your past and your roots on the 29th. Looking back will enable you to forge into the future with confidence. Don't sell yourself short on the 30th and 31st, you can handle far more than you realize. You will attract someone who will influence your future so keep an open mind. You have everything going for you on the 1st and 2nd now all you have to do is put your plans into motion. Don't let an emotional problem stand in your way. Love and romance will be highlighted on the 3rd and 4th so don't plan on sitting at home alone. Get out and have fun.

**AQUARIUS** (Jan. 20-Feb. 18): You'll find it difficult to deal with personal issues on the 29th. Avoid a confrontation with someone who is trying to provoke you. You may have to look back on the 30th and 31st in order to move forward. Check out what it will take to get you where you want to go. Changes are coming your way. Information should be your main intent on the 1st and 2nd. Hang out with people you consider to be wise and knowledgeable in areas that you are lacking. Expect the unexpected on the 3rd and 4th and don't be surprised if you face opposition. Do your best to keep the peace.

**PISCES** (Feb. 19-March 20): Someone may hide something from you on the 29th. If you are confused don't make a decision or a change in your life. Put a smile on your face on the 30th and 31st and you will light up a room. You may be feeling very emotional about personal matters but if you can put that behind you and focus on the positive you will accomplish far more. Don't settle for second best. Focus on getting ahead on the 1st and 2nd. You will have a powerful way of presenting what you want to do. Someone you mention your ideas to on the 3rd and 4th will probably help you out. Your passionate nature will be admired.

## CANEX MANAGER RECEIVES COMMENDATION



Photo: Laurie McVicar, Contact

**John Farrow (left), Regional CANEX Manager, and Gerry Baboushkin (right), Vice President of CANEX, present the Trenton CANEX Manager, Andy Moreau, with a Commanding Officer's Commendation. Moreau was recognized for the outstanding effort he has made in helping resupply CFS Alert.**

## LOCAL SERVICES AND TRADES

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- Locally Owned & Operated
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**Rob Anderson & Peter Holden**  
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Member of Belleville Chamber of Commerce

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Back-up Child Care When You Need It!

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# Community Events

## CENTRE THEATRE - TOTALLY RENOVATED INCLUDING D.T.S. SOUND

### BIRTHDAY PARTIES ARE NOW AVAILABLE

Matinees  
Saturday, Sunday,  
Tuesday & Thursday

**MOVIES  
MOVIES  
MOVIES**

**MOVIE LINE-UP**

- Bourne Supremacy (PG) 1:05 7:05 9:15
- Without a Paddle (PG) 1:00 7:00 9:10
- Princess Diaries 2 (G) 1:10 7:10 9:20

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

**GENEROUSLY SPONSORED BY  
THE CENTRE THEATRE**

**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.

The Learning and Career Centre would like to advise everyone of its Summer Hours, effective Friday, July 23rd to Friday, September 3rd. We will be open on Tuesdays, Wednesdays and Thursdays from 0900 hrs to 1500 hrs on those days only. Thank you for your continued support!

Le Centre d'apprentissage et de carrière aimerait aviser tout le monde de ces heures d'été, effectif le vendredi 23 juillet jusqu'au vendredi 3 septembre. Nous serons ouvert les mardis, mercredis et jeudis de 09h00 à 15h00 durant ces journées seulement. Merci pour votre support!

**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!**



**TRENTON**  
Military Family Resource Centre

### 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!

## MONTHLY BOOK SALE

### THE FRIENDS OF TRENTON PUBLIC LIBRARY

**BOOK BARGAINS**

SATURDAY, AUG. 28TH  
BETWEEN 9 A.M. AND 1 P.M.  
BEING HELD AT THE MUNICIPAL BUILDING (22 TRENT ST. NORTH) IN FRANKFORD.

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

Proceeds go to all Quinte West libraries.



## 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; or Geof Brodgen, 613-392-1905 or e-mail at gbrogden@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

<p><b>OUR LADY OF PEACE (RC)</b> <b>NOTRE-DAME-DE-LA-PAIX (CR)</b></p> <p>Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)</p> <p><b>MASS</b> Sunday Mass (English) 1015 hrs Messe Dominicale: 1130 hrs</p> <p><b>CONFESSION</b> At all times</p> <p><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</p>	<p><b>ST CLEMENT ASTRA (PROTESTANT)</b></p> <p>Chapel Life Co-ordinator Padre Catherine Morrison (ACC)</p> <p><b>WORSHIP SERVICE</b></p> <p>Divine Worship (Sun) 0900 hrs Holy Communion 1st Sunday of the month Mid-Week Communion Wed 1230 hrs</p> <p><b>PARISH ORGANIZATIONS</b></p> <p>Chapel Guild Last Tues 1930 hrs</p>
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**BAPTISM/BAPTÊME**  
Please allow 30 days notice for preparation. / Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.

**MARRIAGES / MARIAGES**  
It is necessary to contact the chaplains' office prior to setting a date. Failure to do so could result in disappointment. Afin d'éviter des déceptions, il est important de communiquer avec le bureau des aumôniers avant de choisir votre date.

**DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR**  
After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 392-2811 et demandez l'aumônier en devoir.



# 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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392-2111

### THE ROBBINS' NEST

Fall Class Registration on now at THE ROBBINS' NEST 53 Main St., Brighton for quilting, knitting and hooked on rugs.



Call for info

613-475-0578

## Announcements

### ONLINE SINGLES DANCE PICTURES!!!

Check out pictures from the last Romeo & Juliet dance!

VISIT

www.romeoandjuliet.ca

NEXT dance 80's NIGHT! Sat Aug 28th. Belleville Legion 9pm (613) 392-9850

## 11 Days til School Starts.

Look in the Contact for supplies nearest you!

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## Huge Sailors Garage Sale

September 3, 4 & 5th - 7am to 2pm  
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September 3, 4 & 5th

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### For Sale

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## 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

## Yard Sales

Yard Sale Saturday Aug.28 8am til 12 noon (Rain Date Sun Aug.29 same times) 29 Laird Drive Lots of good deals!

## For Sale



**For Sale** 1989 26ft Sprinter Sleeps 8, Fridge, Stove, Oven, Furnace Awning, Deck, Shed W/fridge Paddle Boat and Much More asking \$13,000 OBO contact Steve ext 7053 or 394-2113

**For Sale** Twin bed with mattress \$45.<sup>00</sup> & exterior steel door with solid pane glass 31 3/4 x79 1/4 \$45.<sup>00</sup> Call 962-9590 after 5 pm weekdays

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### FAREWELL DEAR FRIENDS

I have to part, You all will be missed! But don't fret, If we cross paths I will surely say Hi, So until then Hope all is well, and it was great Meeting & working With you all. Keep Smiling!

Your friend & Media Marketing & Sales Rep. Sandi Ramsay



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## Crossword Answers

A	L	A	S		S	P	A		C	A	S	E	
R	A	S	H		U	R	N		R	U	E	S	
C	O	P	E		S	E	I		A	G	E	S	
				L	O	A		M	O	I			
S	A	D	D	E	N			A	F	G	H	A	N
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# Canadian Forces to conduct major UAV trial

## National Defence

OTTAWA – (August 19, 2004) From August 22 to August 31, 2004, the Canadian Forces will conduct a major experiment involving “uninhabited aerial vehicles” (UAVs) and integrated intelligence, surveillance and reconnaissance (ISR) architectures on Baffin Island and in Atlantic Canada.

An initiative of the Canadian Forces Experimentation Centre (CFEC) in Ottawa, the Atlantic Littoral Intelligence Surveillance and Reconnaissance (ISR) Experiment, or “ALIX”, is the most recent live trial to be conducted as part of Canadian research into the potential military uses of UAVs.

“Defence is an important member of the Government’s national security team,” said Mauril Bélanger, Associate Minister of National Defence. “This exercise will help



**Master Warrant Officer (MWO) Sonny Rose familiarizes himself with the Payload Operator Controls for the Altair CU-163301.**

the Canadian Forces develop a set of capabilities that will also be of value to other Government departments, as well as to our allies and key international partners.”

The ALIX is designed to address recognized CF deficiencies in the areas of ISR and command and control. Its three phases will each feature a flight by the Altair, a medium-altitude, long-endurance UAV. One phase will also include a flight by a new CF asset, the Silver Fox mini UAV.

“The ALIX will be a very helpful step toward defining the contribution that UAVs can

make to a better common operational picture for CF deployments in all environments,” said General Raymond Henault, the Chief of the Defence Staff. “The result will be enhanced operational effectiveness for the CF, both at home and abroad.”

Each Altair flight will last about 23 hours, and involve use of an exercise scenario:

— a domestic emergency in the southern sector of Baffin Island, coinciding with a major training exercise with Canadian Forces

Northern Area;

— a peace-support operation in the Gulf of St. Lawrence and the Gagetown area of New Brunswick area, coinciding with the annual concentration exercise of the Army Reserve units of Land Forces Atlantic Area and

involving the Silver Fox; and

— a domestic security or defence of Canada operation in the waters of the Grand Banks, east of Newfoundland.

All three flights will be launched from and recovered at 5 Wing Goose Bay in Labrador.

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\*Sales \*\* Associate Broker

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 3.5L, V6 engine, front & rear A/C, CD stereo, power windows, locks & heated mirrors, remote keyless entry, rear privacy glass, dual airbags, tilt steering, cruise control, 5 speed automatic and more.

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