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October 7, 2005 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 40 Issue Number 38•

Parachuting accident at Mountain View Detachment

by Capt Nicole Meszaros, WPAO

Warrant Officer (WO) Charles Sheppard, 43, was pronounced dead on Oct. 3 at approximately 12:45 p.m. at Canadian Forces Base Trenton, Detachment Mountain View, after a parachuting accident.

He was an augmentation parachute instructor from 3rd Battalion of Princess Patricia's Canadian Light Infantry, which is based at CFB Edmonton. He was temporarily working at the Canadian Parachute Centre

(CPC), located at CFB Trenton. Next of kin have been notified of the accident.

"I am saddened by the death of Warrant Officer Sheppard," said Lieutenant-General Marc Caron, Chief of the Land Staff. "My thoughts are with the family and friends of this fine soldier," he said.

WO Sheppard was a very experienced jumper who had completed approximately 2500 jumps. He was serving as an instructor on the Military Freefall Parachute Course conducted



WO Charles Sheppard

by the CPC at the time of the accident.

"Our sympathy and prayers are with Warrant Officer Sheppard's family during this very difficult time," said Lieutenant-Colonel Bruce Ewing, Commanding Officer of CPC. "We were fortunate to have him as an instructor because of the wealth of experience and knowledge he brought us and his loss saddens us all," he said.

"WO Sheppard and I soldiered together for many years and I knew him as a passionate and professional leader," said Colonel David Fraser,

Commander, 1 Canadian Mechanized Brigade Group. "Today we mourn the loss of a fellow comrade and our sincere condolences go out to his family in this time of need."

At the time of the accident, weather conditions consisted of clear skies and light winds. No one else was injured or involved in the accident. The cause of the accident is under investigation.

WO Sheppard was originally from Galt, Ontario and has been a member of the CF for 19 years.

SAR helicopters temporarily redistributed

Two Search and Rescue (SAR) helicopters will be temporarily redistributed to eastern Canada due to the decreased availability of the CH-149 Cormorant helicopter. As a result, the Cormorants used in SAR operations at 8 Wing/CFB Trenton will be temporarily replaced by the CH-146 Griffon helicopter by mid-October. This is expected to remain in effect until at least the Spring 2006 time-frame.

This redistribution of aircraft will allow better management of the Cormorant fleet while availability challenges are being addressed. It will provide the remaining Cormorant squadrons with a sufficient number of available aircraft to better maintain air crews' skills and proficiency levels, while focusing the unique capabilities of the Cormorant on demanding coastal SAR missions.

The CH-146 Griffon will become the primary helicopter to conduct SAR in the Trenton area of responsibility. Three Griffon helicopters will provide SAR response in the area spanning from Quebec City to Thunder Bay and from Canada's North to the Great Lakes area. These Griffons, which frequently conduct SAR missions, will be reallocated from other locations. Griffon operations at their home units will not be adversely impacted.

The Commander 1 Canadian Air Division made this decision in order to provide the most effective and efficient use of available Cormorant helicopters across Canada. This was necessary because this fleet's availability has been affected by ongoing problems associated with cracks in its tail rotor assembly and a shortage of spares for various helicopter components, including main gearboxes and main rotor

heads. This lack of available aircraft had the potential to impact the essential training of Cormorant air crews.

"After assessing the situation, SAR helicopters will be redistributed temporarily to allow us more flexibility to conduct essential Cormorant training and to utilize the Cormorant for demanding coastal SAR missions," said Major-General Charles Bouchard, Commander, 1 Canadian Air Division. "I am very confident that our well trained and professional crews will continue to provide a high level of SAR service across the country."

DND continues to work towards developing a solution with Agusta-Westland, the original equipment manufacturer, to determine the cause of cracking in the tail rotor assembly; and IMP Group Ltd., the aircraft maintenance contractor, to address spare parts availability.

BUSTED!



Photo: Cpl Simon Duchesne, 8 Wing Imaging

At the ever-popular "Jail and Bail" United Way fundraiser held September 30 at 8 Wing's Transport Squadron, Campaign Chairperson Major John Campbell spent some time behind bars after he was "charged with spending too much time on the United Way Campaign." A total of \$1,900 was raised.

EARLY KICK-OFF FOR FIRE PREVENTION WEEK



Photo: Cpl Jean-Francois Neron, 8 Wing Imaging

Corporal Jason Charlebois helps Sjlip Martinez to hold the fire hose during a Miniature Fire Fighting Combat Challenge, held at the Trenton MFRC on October 2--part of a joint Family Day and unofficial launch of Fire Prevention Week. Activities included an emergency vehicle parade in the PMQ areas, followed by a series of events in the parking lot adjacent to the MFRC, including: emergency equipment and informational displays, Fire Safety House with Sparky (the remote control dog), Structural Fire Truck rides around the block, and free lunch for everyone in attendance. See Page 10 for more information and photos.



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New Governor General calls for unity

by Laurie McVicar
Assistant Editor

During a stunning ceremony at Ottawa's Parliament Building, Michaëlle Jean was installed as Canada's 27th Governor General on September 27, 2005. The 48-year-old journalist/social activist replaced outgoing Governor General Adrienne Clarkson.

After swearing an Oath of Allegiance, Her Excellency delivered a passionate speech calling for national unity.

"The time of the 'two solitudes' that for too long described the character of this country is past. The narrow notion of 'every person for himself' does not belong in today's world, which demands that we learn to see beyond our wounds, beyond our differences for the good of all. Quite the contrary: we must eliminate the spectre of all the solitudes and promote solidarity among all the citizens who make up the Canada of today. As well, we must make good use of our prosperity and our influence wherever the hope that we represent offers the world an extra measure of harmony," she stated.

The new Governor General promised to listen to the citizens of Canada and occupy a position where "the values of respect, tolerance, and sharing that are so essential to me and to all Canadians, will prevail."

Quoting the philosopher Montesquieu, she stated, "The duty of the citizen becomes a crime if it makes him forget the duty of the man. To this, I would of course add 'the duty of the woman,' because we want recognition as full-fledged citizens in our own right. That statement inspires me and comforts me, for me it is a rampart against the barbarism that afflicts so many in this world. And it reminds me how fortunate we are to be citizens of a country that's not afraid to tear down walls of prejudice, one whose generosity is its finest attribute in the concert of nations. As Governor General I shall place special emphasis on the generosity that Canadians have shown throughout our history, from our veterans and our Canadian Forces, who have often sacrificed so much, to the many volunteers in humanitarian actions, who often work in the shadows



Photos: MCpl Paz Quillé, Rideau Hall

Her Excellency, the Right Honourable Michaëlle Jean, Governor General of Canada and His Excellency Jean-Daniel Lafond.

in the name of a peaceful ideal of freedom and justice."

Both of which Her Excellency, holds near and dear.

"My own story begins as a young child in another country, one 'draped in barbed wire from head to toe,' in the powerful words of the Haitian poet in exile, René Depestre, who is also my uncle. The story of that little girl, who watched her parents, her family, and her friends grappling with the horrors of a ruthless dicta-

torship, who became the woman standing before you today, is a lesson in learning to be free.

I know how precious that freedom is, I know what a legacy it is for every child, for every citizen of this country. I whose ancestors were slaves, who was born into a civilization long reduced to whispers and cries of pain, know something about its price, and I know too what a treasure it is for us all."

The Governor General expressed her eagerness to meet fellow Canadians.

"I am convinced that Canada will continue to accomplish great things if we work together for a better quality of life - for our own population and for all humanity. Our country is vast and it is blessed with a wealth of colours and the varied music of its tongues and accents. Many have not had the good fortune of measuring its full extent. I know how privileged I am. And knowing it makes me impatient and eager to meet you and to begin the dialogue that I consider to be the founding principle of this country."

(With files from www.gg.ca)



Her Excellency the Right Honourable Michaëlle Jean, Governor General of Canada and Commander-in-Chief of the Canadian Forces, inspects the Guard of Honour prior to her departure from Parliament Hill.



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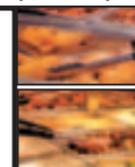
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WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



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Search & Rescue UPDATE



In past week 424 Tigers have been called on to participate in a number searches on the Great Lakes. These missions involved both the Hercules and Cormorant aircraft, and were conducted on both the U.S. and Canadian sides of the border. On September 28, 424 was tasked to search the waters east of Toronto for a missing person. After a three-hour search, a submerged vessel was spotted. Further investigation concluded that the boat had been scuttled.

Tigers were also called twice to Lake Erie to look for PIW (Persons in the Water). The searches were in the vicinity of Peele Island and Detroit, Michigan. Both operations involved considerable time and effort on the part of our crews and planes.

Until next week, stay safe!

Missions for 2005: 135 Missions for Oct.: 3 Persons rescued: 118

Reaffectation temporaire des hélicoptères de recherche et de sauvetage

WINNIPEG – Deux hélicoptères de recherche et de sauvetage (SAR) seront temporairement réaffectés dans l'Est du Canada en raison d'une disponibilité réduite de l'hélicoptère CH-149 Cormorant. Il s'ensuit que les Cormorant utilisés pour les opérations SAR à la 8e Escadre Trenton seront temporairement remplacés par des hélicoptères CH-146 Griffon vers la mi-octobre. Cette réaffectation devrait demeurer en vigueur à tout le moins jusqu'au printemps 2006.

La réaffectation de ces appareils permettra de mieux gérer la flotte de Cormorant pendant qu'on est à régler ses problèmes de disponibilité. Les autres escadrons de Cormorant disposeront d'un nombre suffisant d'appareils en état de marche afin de maintenir les compétences et les habiletés des équipages navigants tout en mettant l'accent sur les capacités particulières du Cormorant pour les missions SAR côtières exigeantes.

Le CH-146 Griffon deviendra le principal hélicoptère pour les missions SAR dans la zone de responsabilité de Trenton. Trois hélicoptères Griffon assureront les interventions SAR dans la zone allant de Québec jusqu'à Thunder Bay, et du Grand Nord canadien jusqu'aux Grands Lacs. Ces Griffon, qui exécutent fréquemment des missions SAR, proviendront d'autres endroits. Les opérations de Griffon à leur unité d'attache ne seront pas compromises.

Le commandant de la 1re Division aérienne du Canada a pris

cette décision afin d'assurer l'utilisation la plus efficace et la plus efficace d'hélicoptères Cormorant à travers le Canada. Cette décision est imposée par une disponibilité réduite de la flotte d'hélicoptères, causée par des problèmes persistants de fissures dans le rotor de queue et une pénurie de pièces de rechange pour divers composants d'hélicoptère, notamment des boîtes de transmission principales et des têtes de rotor principal. Ce manque de disponibilité pouvait avoir des conséquences sur l'entraînement essentiel des équipages navigants des Cormorant.

« Après évaluation de la situation, les hélicoptères SAR seront réaffectés temporairement, ce qui nous donnera plus de flexibilité dans la conduite de l'entraînement essentiel sur Cormorant et nous permettra d'utiliser le Cormorant dans des missions SAR côtières exigeantes », a déclaré le Major-général Charles Bouchard, commandant de la 1re Division aérienne canadienne. « Je suis convaincu que nos équipages professionnels et bien entraînés continueront d'offrir un service SAR de haut niveau à travers le pays. »

Le MDN continue à travailler étroitement avec Agusta-Westland, le constructeur d'origine, afin de déterminer la cause des fissures dans le rotor de queue et de trouver une solution, ainsi qu'avec IMP Group Ltd., l'entrepreneur de maintenance des aéronefs, afin de régler la question de la disponibilité des pièces de rechange.

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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.

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Managing Editor: Andrea LeBlanc
Asst. Editor: Laurie McVicar
Advertising Sales: Judy Leavere
Advertising Sales: Sheila Lund
Advertising & Promotions Assistant: Adriana G. Sheahan
Bookkeeper: Marilyn Miron
Circulation: Keith Cleaton
Assistant Translator/Proofreader: vacant
PSP Manager: Bob Payette
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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

Letters to the Editor:

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



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message from the

Editor

I think it's time to sing the praises of some of The Contact Newspaper's unsung heroes.

First and foremost on the list of under-acknowledged (but never under-appreciated) are the folks from the 8 Wing Imaging Section.

These imaging technicians (a.k.a. photographers) do such an outstanding job, day in and day out. Despite the fact that there are only so many hours in each day and such a great demand on their time and talents, they never let us down here at The Contact. It is, more often than not, their photos that grace the pages of this newspaper. And not once in the six years I have been hounding the unit with once or even twice-weekly nagging, pleading phone calls for their latest photos has anyone ever said no, or even a reluctant maybe. Their stock response has always been, "we'll do our best, Andrea." And that they do, every single time.

Another group deserving of some recognition from this newspaper is WTISS. These are the people who frequently, especially lately, save the day. They are gracious when we call in a panic on deadline day and our CD burner is not operational. Or when our printer mysteriously stops printing our pages. Or when the program we use to publish the paper on the web site suddenly refuses to cooperate.

Thank you, WTISS, for working your usual wonders, and for understanding that we only call when we absolutely have to, and when time is very much of the essence. We really do appreciate your help.

Oh, and also to the 8 Wing Locksmith—blueberries are good for you!



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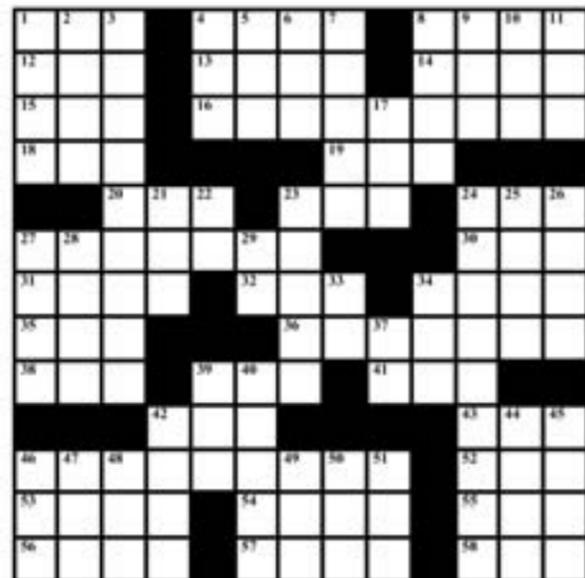
By Bernice Rosella and James Kilner

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This Week in Contact

1975 – The sight of CH113A Voyageur helicopters will be a familiar one at CFB Trenton in the future. Three of these aircraft are now in the base's inventory to operate in the search and rescue role with 424 Squadron. The Voyageur came to Trenton from the 450 Squadrons, East and West. There were used there by Mobile Command as cargo transports.

1985 – 424 Squadron has been tasked by the Minister of External Affairs to provide a Buffalo aircraft and two crews to earthquake-stricken Mexico. The Buffalo was "wheels in the well" at 0655 hrs Saturday. With one refuelling stop in Houston, Texas, the crews landed in Mexico City at 1730 hrs, Mexico time. After medical supplies were handed over to the Mexican Government, the Squadron detachment was on call 24 hours a day to the Canadian Ambassador to Mexico.

1995 – In keeping with the global initiative to reduce costs and conduct business in a more efficient and effective manner, Aerospace Maintenance Development Unit (AMDU) and Terminal Radar and Control Systems Support and Training Unit (TRACS STU) were amalgamated into a new squadron called Aerospace and Telecommunications Engineering Support Squadron (ATESS). Lieutenant-Colonel L.G. Deziel will be the first commanding officer of the new squadron.

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



SISIP Financial Services introduces a new term life insurance plan

by Lee Howard & Aimee Igloliorie

SISIP Financial Services (SISIP FS) is introducing a new term life insurance plan, entitled Insurance for Released Members (IRM), to replace the current Coverage After Release (CAR) plan effective October 1, 2005.

A recent review of the SISIP FS term life insurance plans determined that the future of the CAR insurance plan was not financially viable in its current structure. This situation is the result of the plan's premium deficiencies and the cost of its benefits such as the Paid Up Insurance Certificate (PUC).

CAR rates have not increased in over 15 years and the current CAR premiums would need to increase by 77 percent to make the plan cost neutral. An increase that significant would not have been practical to implement due to the negative impact it would have on current and future plan participants. The Non-Public Property board of directors approved the introduction of the IRM plan to replace the CAR plan to ensure the financial viability of the SISIP FS plans as well as the financial equity between the different plans.

IRM premiums are among the lowest in the insurance industry for comparable coverage. IRM also includes a new Accidental Dismemberment (AD) benefit for dependent children (to a maximum of \$10,000). A PUC benefit is not included to maintain the financial viability of the new IRM plan.

In addition to the new AD coverage and the low premium rates, like CAR, IRM also has fewer limitations and exclusions found in other optional term life insurance plans available in the insurance industry, including:

- No exclusions for dangerous occupations, hobbies, volunteer activities, or sports;
- No war or terrorism exclusion clause;
- No medical tests to determine premiums or upon renewal of the policy.

CF members who have applied for CAR with an effective date of release on or after 1 October 2005 will automatically be enrolled in IRM.

A letter will be sent in October 2005 to CAR participants outlining the options available to them. They will have until 1 December 2005 to inform the insurer, Manulife Financial, in writing, of their decision.

For more information, you can reach a Manulife Financial client service representative at 1-888-351-2299 (902-453-7043 in Halifax) or visit us on the web at www.sisip.com. SISIP FS insurance representatives can also be reached by calling 1-800-267-6681 (613-233-2177 in Ottawa).



Girl Guides of Canada
Guides du Canada

Members of the Girl Guides of Canada, CFB Trenton/Bayside District, will be conducting their Mint Cookie Campaign throughout the 8 Wing/CFB Trenton community from November 1 to December 15, 2005.

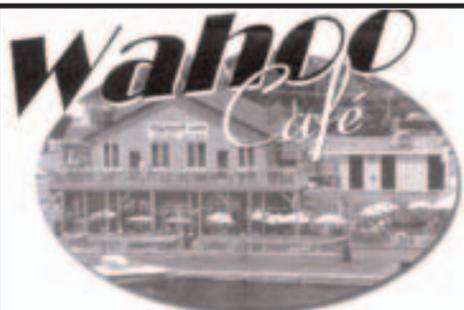
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A lot more mail, a lot more questions...

it's your Money



Dr. Garth here. Do you have a dysfunctional mortgage? Do you lie awake at night worrying about your spouse's real estate performance? Do you lust after an unobtainable condo? Just tune in here, baby, and it'll be okay.

Seriously, folks, you have buried me in questions over the last week after I cavalierly offered to continue the "mortgage mailbag" I opened up last month. There is no way I can even make a dent in the vibrating mass of emails now crushing my poor server. So, here is a sampling, and I promise to pepper each subsequent column with more of my inadequate answers.

From Waterloo: "I am 10 years from retirement and considering buying a house in Victoria for my son and family who are paying \$900 a month in rent. I can cover the other \$800 a month on a \$260,000 mortgage plus property taxes. I have \$60,000 remaining on my mortgage. Would my contribution be tax-deductible?"

Yes, it would. If you are actually dumb enough to do this, the

rental income would be taxable in your hands, and the expenses would be deductible, putting you in a substantial loss position. Your kid can't pony up \$2,000 a month to carry a house you (presumably) would guarantee the financing on? Did your parents buy you a house? Get a life.

From southern Ontario: "We bought a house that closes in December. My smart hubby shopped for a mortgage and got close to 1 per cent below prime on a five-year term. But if rates are to rise, should we lock in for seven years. Will we save money?"

I do not want to diss your husband, but 1 per cent off the posted rate for a five-year home loan is the norm these days. The banks just love to sign you up for those long mortgages, because they fund them with the criminal interest rates they pay seniors on the GICs. As for the seven-year term, forget it. You will not save money because while rates may rise over the next year or two, they will not jump enough to even cover the premium interest you will pay for the longer term.

From Toronto: "We sold our home two years ago, and have been renting. We have \$700,000 in cash and have been shopping, but the market frenzy, with offers as much as \$200,000 over the asking price, makes us nervous. We don't want to get caught up in the competition or overpay because of emotion or panic, but worry we're being shut out of the rising market. I'm stressed out - waking up at 3:30 am trying to figure things out."

Hey, have a scotch! Today in Toronto the rental market is very affordable, and the housing markets is nuts, so you should relax, and wait. No, house prices in the GTA are not going up forever, in fact there are signs the excess froth has already blown off. When real estate is the front-page story, as it was in two Toronto dailies last weekend, then you can be sure the market is set to correct. Rising rates, higher energy prices, a weakening economy, a dip in consumer confidence and plunging affordability levels all whisper the same thing: The boom will freeze as the snowflakes arrive.

From London: "I was scared of variable rate mortgages, but you convinced me to take the plunge in February, 2004. We have prime less three-quarters of a point until 2009 and have paid off so much more this way. You were right! But

should we lock in now?"

So you can pay the bank more money? Absolutely not. You have a great rate - just 3.75 per cent and the penalty for locking in would be far too great. The soaring Canadian dollar means the inevitable rise in rates will be slowed down, so you should keep that mortgage in place for at least a year, and continue to hammer away at your principle. Keep the faith, my child.

From Calgary: "Do you consider the province of Alberta sheltered from a real estate plateau in the near future?"

No. From Mississauga: "We have \$230,000 in equity and \$30,000 in a bank account and would like to invest in a second home as a rental property. What do you think we should do?"

I think you should stop getting your financial advice from newspaper columnists! With residential real estate obviously at, near, or past the top of its cycle, with interest rates rising, and with more so much rental property on the market that landlords are giving away free months, and with the impossibility of even being able to carry the investment from the income it generates, I have one question for you: why? You have the evil real estate demon within you, and need to cast it out.

Ah, what the heck. It's garth@garth.ca.

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Confessions from the Gym

The following letter was submitted by Sharon Stortini, 426 Squadron.

Hi, Laurie. I just read your latest "Confessions", and I want to tell you about an outstanding website for keeping a food log. It's called <http://www.eatracker.ca>.

It's free, not monitored by anyone but you, and you log-on with a password. There's no point in cheating, because the only person you're trying to kid is yourself!! Take a look at it, and you will see that

not only can you keep track of what you eat every day, but it also gives feedback on your daily intake as to percentages of fat, fibre, carbs, etc as well as a nutritional analysis of what you're eating. It even takes into account your activity level, although I don't use this because it's too complicated to remember what I've been doing every minute of the day.

The one drawback is that it's a bit unyielding because you have to find

and click on everything you put in your mouth. Once you become familiar with the way it works, it's a matter of minutes to keep it current every day. It's a real eye opener sometimes, especially when you think you're doing everything right.

Keep up the good work - I see you at the gym and I'm impressed by your determination and willingness to keep trying new things.

I believe I've commented in past columns about the fabulous level of support you can discover in fellow gym members. Sharon, you just proved my point.

Last week proved to be an monumental chal-

lenge in terms of scheduling gym time. Between dental appointments, work commitments and car maintenance, I barely had time to fit in a set of crunches.

I redeemed myself at the end of the week however by including over seven hours of walking on Friday and Saturday through beautiful Quebec City.

For those have visited this extraordinary place, you can attest to the fact that I definitely got my exercise and then some this weekend.

For those who haven't been there, picture that much time on an inclined treadmill and then throw in at least a million stairs.

Je me souviens... specifically the calf cramps.

Evening volleyball

A second Intersection Evening Volleyball League organizational meeting is scheduled for 1400 hrs, Wednesday, October 12 in The Gymnasium conference room.

The league is open to CF Military, DND, NPF, contract full-time employees and dependants 18 years of age and older. Interested unit sports reps and players are to attend a meeting in preparation for the 2005/2006 season. The league will play at The Gymnasium Wednesdays, 1800 - 2145 hrs. For more information contact Dan Cormier by e-mail or at local 3373.

Still looking for teams

The second Intersection Floor Hockey League organizational meeting is scheduled for 1000 hrs, Wednesday, October 12 in The Gymnasium conference room.

The league is open to CF Military, DND, NPF and contract full-time employees. Interested unit sports reps and executive are to attend subject meeting in preparation for the 2005/2006 floor hockey season. The league will play at The Gymnasium every Monday evening, 1800 - 2145 hrs. Players with no reps wishing to play and for more information can contact Dan Cormier by e-mail or at local 3373.

Indoor Soccer League

Come and join us for this year's Indoor Soccer League.

The league is open to all CF Military, DND, NPF, and contract full-time employees. The teams will be mixed (men and women) so all are encouraged to join!

There will be a meeting held at 1000 hrs, Thursday, October 13. All interested team reps or players are asked to join. Games will be held tentatively on Thursday evenings from 1800 hrs to 2200 hrs.

Joining the league is easy - bring in a whole team or join individually! All of those who are interested in playing and having fun please contact Dan Cormier by e-mail or at local 3373.



Learn to Run Clinic
Thursday October 27th
1145 hrs - 1300 hrs
Location: The Gymnasium
Instructor: Fitness and Sports Instructor Jen Lecuyer.
All welcome for this 75 minute session on learning to run, followed by an active session outside.
Register at The Gymnasium

Back by popular demand
BASH Class with all of the instructors!
Wednesday, October 19th 1200 hrs
at the Base Gymnasium.
Join us for straight cardio with our dynamic and energetic team of instructors.

Military Swim
Tuesdays and Thursdays will feature stroke correction clinics, water running, and some intense sport-specific training delivered by PSP Fitness Instructors. Join us
Tuesdays and Thursdays from
1130-1300hrs at the Rec Plex Pool.

Noon hour classes at The Gymnasium
feature the following
Monday - Hi Lo
Tuesday - Step
Wednesday - Spin
Thursday - NEW - two choices - Cardio&Core at The Gymnasium & Aquafitness at the RecPlex
Friday - Sweat

Noon hour volleyball

The second Intersection Noon Hour Volleyball League organizational meeting is scheduled for 1400 hrs, Tuesday, October 11 in The Gymnasium conference room.

The league is open to CF Military, DND, NPF and contract full-time employees. Interested unit sports reps and players are to attend a meeting in preparation for the 2005/2006 season. The league will play at The Gymnasium, Monday and Wednesday at noon. For more information contact the Military Sports Coordinator, Dan Cormier, by e-mail or at local 3373.

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MFRC Family Day/Fire Prevention Week kick-off



Photo : Cpl Jean-Francois Neron , 8 Wing Imaging

Master-Corporal Claude Desgagne explains to Benji Fougere and Patrick Rheault how to escape a house if they discover a fire.



From left: Gabriel Comeau , Pierre-Alexandre Roy , Dominic Comeau , Annissa Roy and Jeremie Collard



Fraser Willit tastes his "chef d'oeuvre" during the cake decoration activity.



Sjlip Martinez gets some help during the Combat Challenge.



Russ , Raenne and Rachel Braton visit with Sparky, the remote control dog.

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9	10		12	13	14	15
16	17		19	20	21	22
23	24		26	27	28	29
30	31					

2005 OCTOBER

Calendar Details:
 7: Main Lounge Closing Golf Tournament Mixed TGIF Lounge 1700 hrs Keith's 21st Birthday
 13: Main Lounge 1000 hrs Coffee Break
 14: Fireside Lounge TGIF Roast Beef 1700 hrs
 15: Main Lounge Casino Night 1930 hrs
 21: Fireside Lounge TGIF Chicken Breast 1700 hrs
 27: Fireside Lounge WCWO Coffee Break 1000 hrs Main Lounge SAMS Honors & Awards 1200-1500-40 persons
 28: Fireside Lounge TGIF Shepherds Pie 1700 hrs
 31: Halloween



SICOFFA CONFERENCE



Photo: MCpl Chris Connolly, 8 Wing Imaging

Colonel Richard Vasquez Jiminez (left) and Colonel Manuel Antonio Nunez Garcia (centre), both from the Dominican Republic Air Force, and Canadian Forces' (Reserve) Major Tom Weihmayr discuss some last minute points before the opening of the conference on the System of Cooperation Amongst the Air Forces of the Americas (SICOFAA), held this week at 8 Wing/CFB Trenton.

Les Services financiers du RARM annoncent un nouveau régime d'assurance vie temporaire

par Lee Howard et Aimee Igloliorte

Les Services financiers du RARM (SF RARM) mettront en place un nouveau régime d'assurance vie temporaire, soit l'Assurance pour membres libérés (AML), qui remplacera la Couverture après la libération (CAL) à compter du 1er octobre 2005.

Une récente étude des régimes d'assurance vie temporaire des SF RARM a révélé que la structure actuelle de la CAL fait en sorte que celle-ci ne sera pas financièrement viable à l'avenir en raison de lacunes en ce qui touche les primes et des prestations comme les certificats d'assurance vie libérée.

Il est à noter que les primes de la CAL n'ont pas augmenté depuis plus de 15 ans et qu'il faudrait accroître les primes actuelles de 77 % pour qu'il n'y ait aucune incidence sur le régime. Une hausse d'une telle importance aurait été difficile à mettre en œuvre en raison des répercussions négatives sur les participants du régime. Par conséquent,

le conseil d'administration des Biens non publics a approuvé l'introduction de l'AML pour remplacer la CAL. Ces modifications s'imposent si on veut assurer la viabilité financière des régimes des SF RARM ainsi que l'équilibre financier entre ces derniers.

Les primes de l'AML sont parmi les moins élevées sur le marché d'assurance pour une couverture comparable. L'AML est de plus assortie d'une nouvelle protection de mutilation accidentelle pour les enfants à charge (jusqu'à concurrence de 10 000 \$). On n'offre pas le certificat d'assurance libérée de sorte à préserver la viabilité financière de la nouvelle AML.

En plus de la nouvelle protection de mutilation accidentelle et des faibles primes, tout comme la CAL, l'AML comporte également moins de limites et exclusions que les autres régimes d'assurance vie facultative offerts sur le marché d'assurance, à savoir :

- Aucune exclusion relationnelle aux métiers, passe-temps, activités de bénévolat

ou sports dangereux;
· Aucune exclusion du risque de guerre ou de terrorisme;

· Aucun examen médical pour déterminer les primes ou lors du renouvellement.

Les membres des FC ayant présenté une demande d'adhésion à la CAL et dont la date d'entrée en vigueur de la libération est le ou après le 1er octobre 2005 deviennent automatiquement des participants de l'AML.

Les participants de la CAL recevront en octobre 2005 une lettre présentant les options qui s'offrent à eux. Ils ont jusqu'au 1er décembre 2005 pour aviser l'assureur, la Financière Manuvie, par écrit de leur décision.

Pour de plus amples renseignements, veuillez communiquer avec un représentant des services à la clientèle de la Financière Manuvie au 1 888 351-2299 (au (902) 453-7043 à Halifax) ou vous rendre à notre page Web au www.sisip.com. Vous pouvez également joindre un représentant en assurance des SF RARM au 1 800 267-6681 (ou au (613) 233-2177 à Ottawa).

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Upcoming November Events

Saturday 26 Nov - Bingo

2	3	4	5	6	7	8
			Ladies Club Meeting 1900hrs	MTGIT 1730 hrs Taco Bell	Sandwich Bar 11:30-13:15	
9	10	11	12	13	14	15
	Thanksgiving Mess Closed			MTGIT 1730 hrs Oktoberfest	Sandwich Bar 11:30-13:15	
		18	19	20	21	22
				MTGIT 1730 hrs Pita's Treat Hold'em Poker Tournament	Sandwich Bar 11:30-13:15	Fall Harvest Candlelight Dinner
		25	26	27	28	29
				MTGIT 1730 hrs Golden Chicken	Sandwich Bar 11:30-13:15	Halloween Party
30	31					
	Halloween					

OCTOBER 2005

Keep an eye on safety



Submitted by
Don Heans,
Wing General Safety
Officer

Eyes are one of the most vulnerable parts of the body. They are susceptible to all kinds of injuries in the workplace if they are not properly protected.

You can receive burns to your eyes by being splashed or sprayed with organic solvents, certain metals and acidic or alkaline substances.

Tiny particles, dust and chips can penetrate your eyes.

Your eyes can be punctured by sharp objects and splinters or struck by blunt ones.

Extreme heat, chemical or gaseous fumes or mists in the air can damage your eyes.

Eye injuries can occur from exposure to ultraviolet light, infrared

rays... ionizing radiation, microwaves and lasers.

Often you will know right away that you have injured your eyes because of the immediate pain. In other instances, however, you feel nothing, and the loss of vision is gradual.

Many of these injuries can be prevented by wearing the right kind of protective eyewear. Whether it's safety glasses, goggles, face shields, hoods or welding helmets, your job and the workplace hazards you deal with will determine your best choice.

Become familiar with the different kinds of lenses available. Continually being developed and improved according to new technology, they protect against all kinds of hazards. Some lenses are made of material that will resist scratches, impact, heat and fogging. Others protect against infrared or ultraviolet rays, as well as radiation. You can obtain lenses in prescription or non-prescription.

The lenses of your safety eyewear should be precisely what you need for your job, should offer

you clear vision, and should not fog up. Scratched or broken lenses should be replaced immediately. Use anti-fogging products when necessary, and keep your lenses clean.

Whatever safety eyewear you choose, make sure you have it custom-fitted so it is snug, yet comfortable. You don't want it to slip off too easily, nor do you want it so tight it causes headaches and that "iron band" feeling.

There is much you can do in the workplace to prevent eye injuries. Splashes by harmful liquids can be controlled to a certain degree with guards and screens. Airborne particles can be somewhat prevented with the use of screens, exhaust systems and dust extractors.

There should be eye-wash stations installed throughout the workplace. Learn how to use them properly...and use them immediately when something gets in your eyes.

Protect your eyes in the workplace and ensure you never end up "in the dark".



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2	3	4	5	6 TGIF 1700 hrs Donairs Sports/ Euchre	7 Astra Lounge OKTOBERFEST Sponsored by Labatt's	8
9	10 Thanksgiving Mess Office Closed	11	12	13	14 TGIF 1700 hrs Chicken & Taters Sports/Pool	15
16	17	JR RANKS MESS		20	21 TGIF 1700 hrs Fish & Chips Sports/ Euchre	22
23	24	25	26	27 All Ontario Dart Tournament	28 TGIF 1700 hrs Lasagna Sports/Pool All Ontario Dart Tournament	29 All Ontario Dart Tournament
30 All Ontario Dart Tournament	31 Halloween					

OCTOBER 2005

Showcase



Wo C. Deck
received a promotion to that rank, presented by LCol W. Lewis, CO 8AMS.



LCol M. Hood
received his General Service Medal with ISAF Bar, presented by Col J.P.A. Deschamps, Wing Commander, 8 Wing CFB Trenton.



Capt S. Macleish
received his General Campaign Star Medal and his Lockheed 2000 Hercules Flying Hour Certificate, presented by LCol M. Hood, CO 429 Sqn.



Gloria Hewson
received her Public Service 25-Year Award, presented by LCol M. Hood, CO 429 Sqn.



Capt S. McGill
received his CD, presented by LCol M. Hood, CO 429 Sqn.



Capt C. Gervais
received his General Campaign Star medal, presented by LCol M. Hood, CO 429 Sqn.



Sgt R. Rowsell
received his General Campaign Star Medal, presented by LCol M. Hood, CO 429 Sqn.



Sgt L. Harvey
received her General Campaign Star Medal and her Lockheed 2000 Hercules Flying Hour Certificate, presented by LCol M. Hood, CO 429 Sqn.



Capt G. Folkins
received his General Campaign Star Medal, presented by LCol M. Hood, CO 429 Sqn.



Capt W. Kolupanowicz
received his General Service Medal, and his ISAF Bar, presented by LCol M. Hood, CO 429 Sqn.



WO P. Conlin
received his General Campaign Star Medal, presented by LCol M. Hood, CO 429 Sqn.



Maj D. Baldwin
received his General Campaign Star Medal, presented by LCol M. Hood, CO 429 Sqn.



Maj D. Ziprick
received his General Campaign Star Medal, presented by LCol M. Hood, CO 429 Sqn.



Sgt P. Jauvin
received his General Campaign Star Medal, presented by LCol M. Hood, CO 429 Sqn.



Maj T. Paisley
received a promotion to that rank, presented by Tracey Paisley and LCol M. Hood, CO 429 Sqn.

Congratulations! Félicitations!

Eye on Entertainment

HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
October 9 - October 15

ARIES (March 21-April 19): Don't be overly confident on the 9th or you will set yourself up for disappointment. A lack of understanding will take over on the 10th and 11th, making it difficult for you to make sense out of the problems you are facing. Try not to complicate matters. Do what you can and don't worry. You have plenty on your plate on the 12th and 13th, but that's when you do your best work. You will make heads turn. Use your intelligence and personality to enforce your presence as well as your talent. Unexpected financial changes are headed your way on the 14th and 15th. A partnership should help you get one step closer to something that you've wanted for a long time.

TAURUS (April 20-May 20): A short trip on the 9th will help you make a decision regarding your future. Check out the possibilities of making a move that will enable you to up your income. You won't be able to count on the people you work with on the 10th and 11th to cover for you. Don't give up on an activity that you have been looking forward to. Sometimes you have to say enough is enough. You may feel like making some changes to your surroundings on the 12th and 13th. Run your plans by the people who will be affected by your choices. A relationship will turn in an unusual direction on the 14th and 15th. The talks you have can provide you with valuable new information.

GEMINI (May 21-June 20): Back up and decide what's important on the 9th and reorganize your time. Hook up with someone from your past if possible. Don't overspend on children, luxury items or risky ventures on the 10th and 11th. An older friend or family member may turn out to be a burden. Do what you can, but don't feel bad if it isn't enough. Travel, knowledge and being creative will all come into play on the 12th and 13th. Don't let someone you are emotionally attached to rain on your parade. You are likely to make mistakes on the 14th and 15th if you take on too much or your plans are too big. You may end up offending someone you care about. Unexpected changes may confuse you.

CANCER (June 21-July 22): Don't bother complaining on the 9th — it will only lead to heartache. You will be feeling a little sorry for yourself. You may want to check your own motives. Nothing will be going your way on the 10th and 11th, so stop trying to force things to happen. Time is on your side — the changes may not be to your liking, but they will be to your benefit in the end. You may think that you are in control on the 12th and 13th, but chances are very good that someone else is pulling the strings. You will have the vision and the experience to tackle something you've wanted to do for some time on the 14th and 15th. You are close to achieving one of your dreams.

LEO (July 23-Aug. 22): You can make a very good impression on the 9th. A neighborhood party or community event will lead to an interesting connection. Don't let personal issues affect your work on the 10th and 11th. Not everyone who offers you advice will know what he or she is talking about. Figure things out for yourself. You'll probably be dramatic about everything on the 12th and 13th. A little flair will draw attention. Ask people to return favors so that you can pull off something spectacular. Sudden and unexpected financial gains are headed your way on the 14th and 15th. Make changes to your home or living conditions. Put yourself in a position to win — it's up to you.

VIRGO (Aug. 23-Sept. 22): You may think you are doing all the right things but, chances are when it comes to love, you are probably not doing enough. Let your heart lead the way and put your practical side on hold on the 9th. Don't be fooled by products that promise to do the impossible on the 10th and 11th. Get involved in an activity that will help you strengthen your body, spirit and mental outlook. You have a chance to really do well professionally on the 12th and 13th, so don't waste time. Change will be favorable regardless of what it is. You have plenty to say on the 14th and 15th. A meeting with someone with whom you have issues can lead to resolution. Show your true feelings.

LIBRA (Sept. 23-Oct. 22): If you are truly generous with your time and your knowledge on the 9th, you can turn someone's world around. Don't take chances on the 10th and 11th — you aren't likely to come out on top. Focus on your work and how you can make it better. Question your own motives. The spotlight can be yours on the 12th and 13th if you just follow through. The people you meet and the places you end up going will help you reach new levels if you do some networking. You can leave a lasting impression at work on the 14th and 15th and put yourself in a pretty good position for advancement. Speak your mind and let others know your ideas. You will be considered innovative.

SCORPIO (Oct. 23-Nov. 21): A thought will lead to a new project on the 9th. Get things started immediately the more time wasted the less you will gain in the end. Educational pursuits on the 10th and 11th will be informative but not necessarily helpful in your present situation. Don't believe everything you hear. You probably know more than the person who is giving you information. Don't share your wisdom, ideas or your plans on the 12th and 13th. There is a good chance someone is not telling you the whole story. Legal matters must be dealt with. Love is evident on the 14th and 15th — spend time with the people who make you happiest. A great plan will evolve through conversation.

SAGITTARIUS (Nov. 22-Dec. 21): If you aren't happy on the 9th with the direction you have been pursuing, stop whining and start doing something about it. Don't get sucked into paying for other people on the 10th and 11th. You will have more fun if everyone pays his or her own way. Put your money in a safe place. Travel for business will end up being profitable on the 12th and 13th. You will seal a deal and make new friends along the way. A chance to do something different will make you view life and your future with a new perspective. Be very selective about what you do and with whom on the 14th and 15th. A wrong move on your part could set off a problem you won't want to deal with.

CAPRICORN (Dec. 22-Jan. 19): You will be emotional about your life and your future on the 9th. Don't settle for less than what you feel you are worth. Be honest with yourself and those around you on the 10th and 11th, but don't burn bridges. You may want to reconsider your position. Taking on too much will cost you in the end. It's all about work and doing your job well on the 12th and 13th. You have the stamina and the knowledge to finish whatever you start. A contract will be signed, sealed and delivered. You can make some headway on the 14th and 15th if you travel or attend an event that can feed you information about a future pursuit. Money matters can be resolved.

AQUARIUS (Jan. 20-Feb. 18): A problem with authority figures will develop on the 9th if you don't abide by the rules and regulations. Stick close to home and don't even entertain the thought of being around people who tend to overindulge. Keep your eyes wide open and listen for any information that will give you the inside scoop on someone you are close to on the 10th and 11th. You have so much going for you on the 12th and 13th, so don't sit around doing nothing. Your observance will pay off. A change in your position is apparent. Your ideas may be a little trendy on the 14th and 15th, but someone will recognize what you have to offer. A chance to find a good partner looks promising.

PISCES (Feb. 19-March 20): You'll be able to make some very interesting changes on the 9th. Take a short trip to visit old friends. Your thinking is right, but your actions aren't on the 10th and 11th. Follow through with your plans if you want things to progress. Don't let a poor relationship stifle your plans or put you in a bad mood. Money is coming your way on the 12th and 13th, but the chance you will overspend is likely. Don't do anything impulsive. You will be emotional on the 14th and 15th, but that makes this the perfect time to let the people in your life know where you stand. Once you clear the air, so much can be accomplished, and you can plan for the future.

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 - Brighton 39A Elizabeth St., (613) 475-3900
- Visit our website: www.drbrucecoward.com

The Contact Newspaper staff would like to welcome Dr. Bruce D. Coward & Associates as the weekly sponsor of our newest feature, **The Contact Comics**.

DuJour

I'm also a budding artist.

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HERKIMER THE ANGEL KNEW THAT THIS WAS HEAVEN FOR SURE AS THE NEWSPAPER HAD NOTHING BUT GOOD NEWS TO REPORT

MISFITS BY BRIAN CODAGNONE

HEY AMERICA! THE NON-DENOMINATIONAL HOLIDAYS ARE HERE, AND BUYING GIFTS CAN BE EXPENSIVE! WITH THAT IN MIND, WE'RE ASKING THE AVERAGE HUMAN IN THE STREET: WHAT ARE YOU DOING TO EARN EXTRA MONEY?

I FAKE GROIN INJURIES FOR THE INSURANCE!

TWO WORDS: ORGAN HARVESTING!

I SMUGGLE WEAPONS GRADE PLUTONIUM OUT OF EASTERN EUROPE!

Syntax Errors by Damon Riesberg

BRIE, WHY DO YOU SPEND SO MUCH TIME READING?

YOU'RE JUST REPLACING YOUR OWN IDEAS WITH OTHER PEOPLE'S IDEAS.

YOU NEED TO STAY ORIGINAL. THAT'S WHY I DON'T READ.

IT'S NOT BECAUSE YOU CAN'T READ.

NAH. WATCHING TV IS JUST SO MUCH EASIER.

Community Events

CENTRE THEATRE

Matinees
Saturday & Sunday
Monday

MOVIES
MOVIES
MOVIES

**CENEROUSLY SPONSORED BY
THE CENTRE THEATRE**

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

**CALL 392-4211
FOR INFORMATION**

MOVIE LINE-UP			
• The Greatest Game Ever Played (G)	1:00	7:00	9:15
• Wallace & Gromit (PG)	1:10	7:10	9:10
• Corpse Bride (PG)	1:05	7:05	9:05

Coming Soon: The Fog, March of the Penguins.
Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL.)

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



UNITED WAY TEEN DANCE

Where - 8 Wing RecPlex
When - October 14 (Friday)
Time - 7 - 10 p.m.
Cost - \$4 at the door
Ages - 9 to 15+
DJ ON DUTY AND
TAKING REQUESTS
CANTEEN WILL BE OPEN

4th Annual Safety & Health Trade Show - A Winner For All

On Thursday Sept 15th 2005, 8 Wing/CFB Trenton was host to the 4th Annual Safety & Health Trade Show. The Show, which was held at the gymnasium this year, was once again a highly successful event. The BBQ for United Way which took place in conjunction with the Safety & Health Show realized a donation of \$400.00, thanks to the cost of the food being underwritten by Acklands Grainger. Many positive comments were given by both the displayers and the attendees. The following individuals were very happy to receive the many prizes donated by both the safety-oriented and the health-oriented displayers.

Duncan MacLeod (MP3 Player), Linda Turpin (VCR), Zach Teclerian (Printer), Anne Pennington (3 Piece CD Player), Preben Hansen (Sunday Brunch) Sue Warren (Gift Certificate), Rob Terpstra (Portfolio), Genevieve Vallieres (Business Case), Carole Lalond (Dirt Devil Vacuum), Clayton Ross (Children's Float Swimsuit), Eric Flamand (Driving Lights), JJ O'Neil (Golf Balls), Ron Bourgoin (Halogen Spot Light), Nicki Cammack (Gel Mouse Pad), Ron Prest (Golf Shirt), Vern Haggerty (Hiking Back Pack), Shirley Martin (Gas Filling Station), Mike Friar (Coffee Maker), Fran Charleton (Bobby Hamilton T-shirt), John Renaud (Safety Kit), B. Singh (Portable CD Player), Barry Turner (Auto Air Compressor), Victor Hriech (Telephone), Rhonda Bourbonnais (Dome Tent), Lou Bedard (DVD Player), Sebastien Lafond (Ladder), Bruce McGuy (3 Piece Luggage Set).



Year of the Veteran

GOLF TOURNAMENT

Friday October 14, 2005

Rain Date: October 21, 2005

8 Wing /CFB Trenton Golf Course

\$260 per team
(\$35 tax receipt per person)

4 - person scramble

Includes: Golf Cart, Dinner, & Prizes
Proceeds to go towards the cost of relocating the Cenotaph.

Tee off at 10 am. Shotgun start.

Register your team prior to the day of the tournament at the Pro Shop. Call 392-1544 for further details.

Co-Sponsored by Wing/CFB Trenton Royal Canadian Legion



One-Hour Flight Simulator Session Raffle

Tickets are \$1 each

The full-motion simulator session.
Winner may bring one guest.
Time to be determined.

1 hour flying time anywhere in the world
that the simulator can fly!

Think about it: An hour in the Caribbean, your home town, Europe, wherever YOU want to go.

Beat those winter blahs and buy your ticket to paradise now! See your Government of Canada Workplace Charitable Campaign (GCWCC) rep for tickets.

ORCHARD VIEW BAPTIST CHURCH
 178 Lester Rd. Trenton, 392-5284
 Pastor: Dr. Raymond Wilson Worship Service: Sunday 10:30am
Everyone Welcome!

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392-2811 ext: 3976

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

Information

CLASSIFIED AD RATES

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

ORDERING AN AD

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

ERRORS & OMISSIONS

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

USERS & AD READERS

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

Business Services

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\$16,900

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www.bellevillevw.com

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Pool Table, plus accessories and brass light - \$2,000 OBO - like new -
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HOUSE FOR SALE

107 Byron
2 Bdrm, LR, DR,
Kitchen open concept.
Completely renovated- Spectacular!
Call **398-7592** or **827-3680.**

2 washers - Inglis & Frigidare.

2 fridges - Frigidare & Other in working condition but older. Dryer - Inglis (needs timer) Stove - Kenmore self cleaning
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New Barn & Gable style storage sheds 8'x8' & 8'x10'. Delivered completely assembled. Call Fred's Sheds **475-0192**
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Pentium III, 500mhz, 256MB RAM, 8 GIG hardrive, CD burner, DVD Rom, NIC card, fax modem, cannon bubblejet 2000 printer, IBM 2000 Scanner, speakers, keyboard, mouse, 17" flat screen monitor \$600/OBO
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Halloween Ball!
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Sat Oct. 8th
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Raindate: Sunday

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Crossword Answers

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

Please recycle this newspaper!



Preparing care packages for the troops

by Christine Sulek,
Mission Information Line
Counselor
CFPSA

When you are far away, what could be more fun than getting a care package from home? Here are some ideas to help make them extra fun; both to put together and to open!

- Use a theme for your care packages. Either follow seasonal themes or get creative with entertaining themes like "cocktail party", "romance", "motorcycles", etc.

- Include light reading suited to their tastes. Although there are general magazines in theatre, specific interests (snow-boarding, body-building, antique cars) might be fun to read too!

- Newspaper clippings and comics from local newspapers are fun and don't require all the trouble of reading the newspaper!

- Photos are always fun to get and are inexpensive if you order doubles when you get them developed.

- Liquids should not be sent if it can be avoided, but if they must be sent, be sure to at least double bag them. Ziplock-type bags are great for this and can be re-used at the other end.

- Old bedsheets (that don't need to come home after the tour) can make sleep a little easier. Pack them with a couple of dryer sheets in between the layers to give them a fresh scent!

- Kids' drawings are always well received and can be mailed in parcels or in letters.

- If you are feeling really ambitious, write a short note for each day of the tour. Poems and limericks, memories of special moments and short anecdotes about the everyday will remind the deployed member that they are missed even when there is no mail!

- Avoid sending baked goods that might become stale or broken in transit. Grandma's cookies are mouthwatering fresh from the oven, but lose some of their appeal after 6 weeks.

- Pack your parcels to withstand temperature fluctuations from -20°C to 30°C, rough handling and a camel sitting on them! If you don't think it will make it through that, you probably shouldn't send it!

- Things that cannot be sent include: anything containing alcohol (including perfumes and colognes, mouthwash, etc.); anything flammable including matches, lighters and fireworks; obscene materials; drugs and medications including over-the-counter medicines; perishable items including meat and live animals.

For more information on mailing items into theatre, please contact the Mission Information Line at 1-800-866-4546 or your local MFRC.

Bowling results

Astra Lanes was the place to be on Saturday night with the Karaoke going strong. Darryl Dubuc bowled his second highest game ever with a 370 and then went on to do a great rendition of the Devil Went Down to Georgia.

In the Monday Match Play league Cathy Stoddart is leading the ladies with a 217 average and Mike Stoddart is still just ahead of Pat Carey.

Men's High Averages: Mike Stoddart, 248; Pat Carey, 232; Harold Stoddart, 229.

Ladies' High Average: Cathy Stoddart, 217; Donna Stoddart, 200; Edie Rathbun, 199.

Men's High Quad: Mike Stoddart, 1131; Harold Stoddart, 1052; Pat Carey, 1023.

Ladies' High Quad: Donna Stoddart, 919; Cathy Stoddart, 915; Sherry Crawford, 911.

Men's High Single: Harold Stoddart, 368; Don Harvey, 343; Mike Stoddart, 307.

Ladies' High Single: Edie Rathbun, 297; Gee Harvey, 291; Cathy Stoddart, 274.



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Trenton: Don 922-8741

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05 JEEP GRAND CHEROKEE

Air, 4X4, CD, V/6 auto, pw., cruise, tilt, traction control, keyless entry, alloy wheels. 12,494 kms Stk#633P

\$31,900*



05 CHRYSLER 300

Air, auto, V6, CD, pw., pl., pwr. seats, cruise, tilt, keyless entry, alloy wheels, fog lights. 26,582 kms. Stk#636P

\$27,900*



05 JEEP LIBERTY LIMITED

4X4, auto V/6, air, CD, pw., pl., cruise, tilt, traction control, pwr. mirrors, alloy wheels, 26,674 kms. Stk#638P

\$25,900*



05 DODGE GRAND CARAVAN Stow N Go

V/6, auto, air, CD, pw., pl., four captain's chairs, cruise, tilt, tinted windows, 37,555 kms. Stk#653P

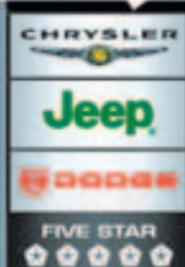
\$22,900*



05 DODGE MAGNUM SXT

Auto, V/6, air, CD., pw., pl., cruise, tilt, keyless entry, alloy wheels. one pwr. seat, 30,436 kms. Stk#640P

\$24,900*



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* All prices plus applicable taxes, licencing, dealer administration fees. Payments based on terms as follows: 2003 models - 72 months; 2002 models - 60 months; 2001 models - 60 months; 2000 models - 48 months; 1999 models - 48 months; 1998 models - 36 months. OAC payments based on bi-weekly terms at 7.95% with \$1,000 cash or trade reduction. See dealer for important details or visit us at www.bellevilledodge.ca.