

“Delivering news and information. At home and around the world.” • “Des nouvelles d’ici et de partout ailleurs.”

the Contact

www.cfbtrenton.com

HELP!

#1 Agent needs homes to sell.
List now for top \$.
Please call

DAVID WEIR BA, CD
#1 Assoc. Broker
Royal LePage ProAlliance
#1 in Quinte West
david@davidweir.com
394-4837 or 848-0615

October 21, 2005 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 40 Issue Number 40•

CC-130 Hercules delivers first Canadian relief to Pakistan

by Holly Bridges
CAS Public Affairs

OTTAWA — A 424 Transport and Rescue Squadron crew from 8 Wing/CFB Trenton that was transiting through Camp Mirage in southwest Asia as part of Operation ATHENA successfully delivered the first Canadian relief supplies to Pakistan.

The crew delivered the supplies within hours of the worst-ever natural disaster in that country’s history. The crew, led by Maj Michael Graham, was tasked to fly relief supplies to Islamabad’s Chaklala International Airport, and flew three relief missions in total over a five-day period, including the insertion of the initial Reconnaissance Team for the Disaster Assistance Response

Team (DART). More than 60,000 pounds of relief supplies were transported, which will be distributed to the unfortunate people of the Kashmir region.

Meanwhile, the Air Force has played a key role in planning, building, loading and delivering the DART to Pakistan, along with the equipment it required.

So far, here is how the Air Force has contributed to this international relief effort, dubbed Operation PLATEAU:

- A CC-130 Hercules from 8 Wing Trenton delivered 60,000 pounds of equipment to Pakistan within hours of the quake;
- 2 Air Movements Squadron personnel from 8 Wing Trenton worked around the clock to plan, build and load the mighty

Antonov AN-225 “Mriya”, the world’s largest cargo aircraft, which has been secured by the CF to move the DART equipment and supplies. A second Antonov AN-124 will be used for the four subsequent flights. Recent statistics indicate an average of 23 million pounds of freight and 42,000 passengers are processed through 2 Air Movements Squadron annually;

- A 10-person Mobile Air Movements Sections (MAMS) team departed with the DART to handle the offloading of DART personnel and equipment;

- Two flights using the CC-150 Polaris (Airbus A310) departed 8 Wing Trenton between Friday, October 14 and Sunday, October 16 carrying both an advance party and main body



The earthquake struck Pakistan in the Muzaffarabad region, some 95 kilometres northeast of Islamabad.

of the DART;

- The Air Force will continue to ferry supplies and / or personnel as the need arises.

An advance team of about two dozen DART members arrived early to Pakistan to determine what the DART team will do when it arrived in Islamabad the middle of

this week.

The team consists of a group of engineers, a medical party, logistics personnel and a security detail. Its water-purification units are capable of producing 50,000 litres of clean, drinkable water a day, even from heavily polluted sources, although Pakistani authorities now say fresh water is no longer a problem. The medical team can handle up to 200 out-patients a day. The engineers can help open roads, clear debris and repair infrastructure. The DART can also provide communications and liaison among various governments and agencies.

The decision to send the DART followed an assessment and evaluation made by a team of experts from Foreign Affairs Canada, the Canadian International

Development Agency and National Defence.

“This deployment will provide added value in response to the current crisis. Canada will act as quickly as possible to deploy the DART to help those in need,” said the Prime Minister. “Coordination among relief agencies and with the Government of Pakistan is proceeding smoothly and I join the United Nations Secretary-General in calling on all donors to continue to support these efforts. This is a complicated relief operation, and it will be essential that we all ensure we are contributing to an effective overall response.”

There is no indication yet as to how long the DART will remain in Pakistan or how many more Air Force support flights there will be.



Photo: Canadian Forces

The 424 Transport and Rescue Squadron crew that delivered the first supplies into Pakistan - Maj Michael Graham, Aircraft Commander, Capt Pierre Lamothe, First Officer, Capt Leif Dahl, First Officer, Capt Jean Houde, Navigator; WO Victor Molnar, Flight Engineer, Sgt Tom Ramm, Loadmaster, and Sgt Paul Cammaert, Loadmaster.



Photo: MCpl Chris Connolly, 8 Wing Imaging

Captain Annie Malouin (left) and Second Lieutenant Rob Christie (right), both Air Logistics officers with 2 Air Movements Squadron at 8 Wing/CFB Trenton, secure equipment which is about to be loaded on the Russian Antonov-225 transport aircraft (in background) on October 14. The equipment is to be used by the Canadian Forces Disaster Assistance Response Team (DART) for its current mission to Pakistan.

OUR 2006 MODELS DELIVER VALUE IN MANY WAYS:
• Value priced with more standard features than ever
• 30 day vehicle exchange • No hassle sales experience

SATURN

Value Promise

REDESIGNED 2006 VUE

Well equipped with these standard features:

- 3rd Star™ Top Year™ Safety and Sound Plan™
- Remote keyless entry
- Air conditioning
- Power windows, door locks, and side mirror
- Cruise control

★★★★ Highest Government Safety Rating for front and side impact*

MSRP (incl. tax, license, title, and dealer fees)

\$22,995

MSRP (incl. tax, license, title, and dealer fees)

\$229

per month

4.9%

per year

*NHTSA New Car Safety Ratings

Corner of Hwy. 2 & Wallbridge Loyalist Rd., Belleville

(613) 969-1166

See Dealer for Details.

"World class hero" to speak in Trenton

by Laurie McVicar
Assistant Editor

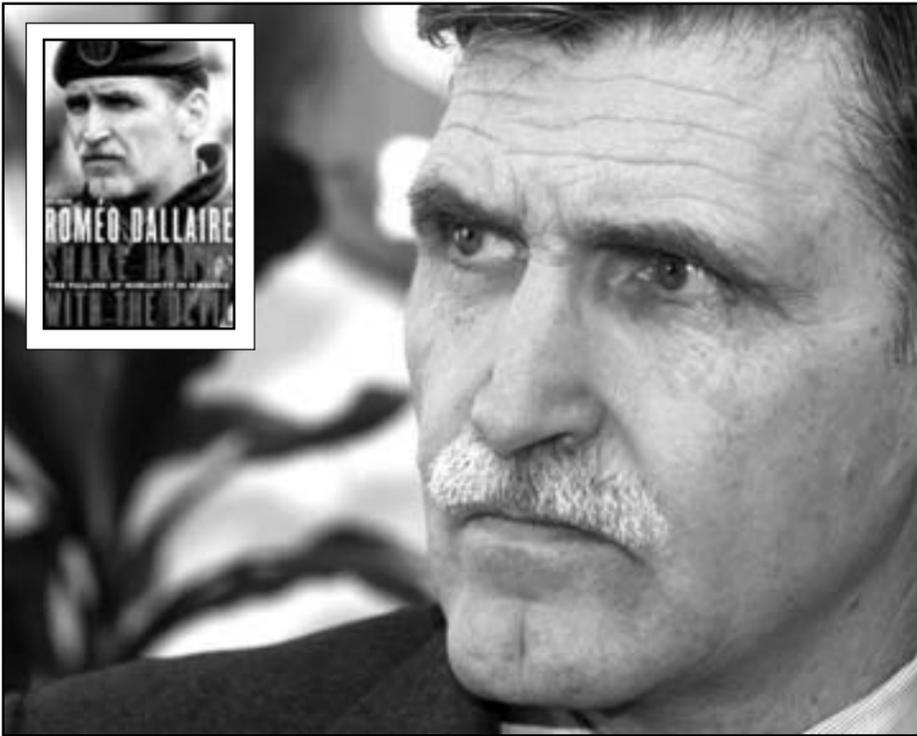
Described as a "world-class hero," Lieutenant-General (Ret'd) Romeo Dallaire is slated to speak at Trenton High School on November 3 as a fundraiser for the Trenton Military Family Resource Centre.

Member of the Canadian Senate, author and winner of numerous honours including the Meritorious Service Cross, the Order of Canada, and the Pearson Peace Medal, LGen Dallaire is best known for his role as Force Commander of the United Nations Assistance Mission in Rwanda.

'During the 1994 Rwandan genocide, Senator Dallaire struggled against staggering odds to limit the loss of life in the unfolding apocalypse and fought to persuade the international community to intervene,' stated a press release issued by the MFRC.

LGen Dallaire wrote about his experiences in the award-winning book "Shake Hands with the Devil: The Failure of Humanity in Rwanda." The book chronicles one of the "worst humanitarian tragedies in history," involving the death of 800,000 people in a span of 100 days.

'His experience in Rwanda left lasting emotional scars and, after being diagnosed with post-traumatic stress disorder (PTSD), Senator Dallaire retired from the Canadian Forces,' stated the press release.



Lieutenant-General (Ret'd) Romeo Dallaire is best known for his role as Force Commander of the United Nations Assistance Mission in Rwanda. Over 800,000 people died in 100 days during the Rwandan genocide.

Eve Lawrence, Quality of Life Coordinator for the MFRC, hopes LGen Dallaire will draw attention to a condition, which affects hundreds of serving and former

psychological reaction to a traumatic event, including combat, natural disasters and accidents.

LGen Dallaire is an inspirational example of how it is possible to

attempted suicide. Three years ago he sat on a park bench in Ottawa and drank from a bottle of alcohol,' reported the news agency.

Life is drastically different for him now. In addition to serving in the Senate, LGen Dallaire is also studying and writing about conflict resolution at Harvard's Carr Center for Human Rights Policy. He also devotes his time to working with the Canadian International Development Agency on war-affected children.

Tickets for an evening with LGen Dallaire are now on sale for \$10 each at the MFRC, CANEX, Holy Smokes at Smylie's Independent Grocer, Greenley's bookstore (Belleville), and at Lighthouse Books (Brighton).

'After Rwanda, Dallaire blamed himself for everything. He sank deep into despair. He attempted suicide. Three years ago he sat on a park bench in Ottawa and drank from a bottle of alcohol.' - CBC

members of the CF. "(PTSD) is a very hidden disease," said Lawrence. "Members hide it because there's such a impact on their career. It's a very small percentage that actually try to get treatment, and most live with it for an average of five years before they get help."

PTSD is defined as a

drag yourself from the depths of PTSD-related despair and continue on with life. In an interview with CBC in 2003, he explained how writing the book brought him back from rock bottom.

'After Rwanda, Dallaire blamed himself for everything. He sank deep into despair. He



NEW PROGRAM LAUNCHED

24 Canadian Forces Health Services (24 CFH Svcs) launched its Quality Improvement Program on October 18. Pictured: (rear row) Major Annette Snow, Wing Surgeon, Lieutenant-Colonel Mark Roberts, Acting 8 Wing Commander, Major Pierre Morissette, 2 Health Services Group Headquarters, (front row) Cathy Yeager, 24 CFH Svcs, Lieutenant-Colonel Charlene Langlais, SSO Standards, and Major Cynthia Martineau, Commanding Officer, 24 CFH Svcs.



NorthChina BUFFET

OPEN 7 DAYS/WK
Largest Seating for 300
No MSG Added
Seniors (over 65) Always 10% off

300 Bell Boulevard
(West of Sydney St.) Belleville
(613) 771-9988

BUFFET HOURS Lunch: 11:30 - 3:00 pm Dinner : 4pm- 9:30 pm

Lunch Prices	ADULT	Kids (6-12)
Mon-Fri	\$6.99	\$4.50
Sat-Sun	\$7.99	\$5.50
		Toddlers \$1.99
Dinner Prices		
Mon-Thurs	\$10.99	\$5.50
Fri-Sun & Holidays	\$11.99	\$6.50

ALL YOU CAN EAT BUFFET

TOP QUALITY RELAXATION MASSAGE



968-9696

HOURS OF OPERATION:
MONDAY - WEDNESDAY: 10:00AM - 1:00AM
THURSDAY - SUNDAY: 10:00AM - 3:00AM
205 NORTH FRONT STREET (LOWER LEVEL) BELLEVILLE

"The Only Place To Go"

**SMITTY'S
WAREHOUSE OPERATION**

For NEW or GOOD USED Appliances

Smitty's has been keeping customers happy for 28 years in the appliance business. This proves Smitty has the **Best Price, Selection, Guarantee, Quality & Price** plus **Same Day** delivery, seven days a week. Smitty plans to be around for another 28 years. Now he has in-house financing at **NO INTEREST**. These are just a few of the many reasons to visit Smitty's for your new or used appliance purchase.

Best
Quality

Best
Price

Best
Selection

Best
Guarantee

Best
Service



SMITTY'S

KING OF APPLIANCES
Open Evenings & Seven Days A Week
River Road-Corbyville (just N. of Corby's)

969-0287

PINES STOR & LOK

MINI STORAGE UNITS
• RENT BY WEEK/MONTH/YEAR • EASY ACCESS
• SECURITY SYSTEMS • UNHEATED OR TEMPERATURE CONTROLLED LOCKERS • VARIOUS UNIT SIZES AVAILABLE

SELF STORAGE UNITS 

Serving Households & Businesses
in the Quinte Region

#416 Highway #33, Trenton
(613) 392-6402
Hours: 7 days a week Phone: 7:00am - 9:00pm

Advertise in **The Contact**
Call Judy or Sheila
392-2811 Ext 2748/7008



New Charter paves the way for more support to veterans

May 13, 2005, was a day for the history books! It marks the day that Canada passed a law to create a new Veterans Charter. This paves the way for Canada to develop new programs and services that better meet the needs of modern-day Canadian Forces (CF) Veterans and their families.

The law that creates the new Veterans Charter is called The Canadian Forces Members and Veterans Re-establishment and Compensation Act (the Act). It is the most sweeping change to Veterans' services and benefits in the past 60 years and includes five components - rehabilita-

tion services, health benefits, a job placement service, economic loss support and a disability award program.

Today's CF Veterans, both Regular and Reserve Forces, have different needs than traditional wartime Veterans. For example, the average age of releasing CF members is 36. This is an age where they, and their families, should be able to look forward to a long and productive future. However, research suggests that:

- It can be difficult for some CF Veterans to leave their military family and start a new life on 'Civvy Street.'

- Some CF Veterans struggle to find a good job, earn enough income, and



cope with their disabilities once they leave the Forces.

- The transition to civilian life can be a major adjustment for the entire family.

Now that the Act is passed, it means that Veterans Affairs Canada has the 'green light' to put in place new programs and services aimed at helping Regular and Reserve members of the Canadian Forces and their families.

The new programs and services could be ready as early as April 1, 2006. To prepare for this, our Department is now working hard to map out:

- what the programs and services will look like; and
- how they will be delivered.

More information on the new Charter is available on the Veterans Affairs Canada Web site at www.vac-acc.gc.ca.

Search & Rescue UPDATE



424 Squadron Tigers had only two missions in the past week, and both were for the same overdue sailboat near Burlington, On. Our Herc located the vessel and the object of the search changed to a person in the water. The first Herc crew flew the assigned search patterns until they returned to Trenton for crew rest. After the aircraft was refueled, a new crew departed and searched all day until they ran out of daylight. No one was located and the Herc returned to base.

424 Squadron is converting from the Cormorant over to the Griffon helicopter. We have some augmenting crews from 417, 444 and 439 Combat Support Squadrons. They will be with us until our own crews are trained to operate the CH-146 Griffon. We would like to welcome them to our Tigers' lair. Until next week, stay safe.

Missions for 2005: 142 Missions for Oct.: 10 Persons rescued: 124

LASER VISION CORRECTION is now in it's **15th Year**
 More than 5 million people have undergone laser vision correction over the last 15 years. It is now the most popular elective procedure in North America.

THE NAME YOU KNOW,
THE DOCTORS YOU TRUST™

Starting at

\$375

/eye*

Ask about our lowest price guarantee.

Special Armed Forces pricing includes:

- Pre-procedure examination, laser treatment and follow up.
- Plus: Free one year Vision Care Plan.

Toll free
(866) 366-2020
 279 King Street East, Kingston
www.lasikmd.com

Dr. Peter Agapitos Dr. Robert Morgan Dr. Donald Smallman

*Valid until November 30, 2005. Prices may vary based on prescription strength. Applicable to surgery on both eyes.

Montreal • Ottawa • Kingston • Toronto • Windsor • Calgary • Vancouver

Switch your mortgage for free!

Make the move today - speak with a QuintEssential Mortgage Specialist in Belleville or Trenton for details*.

- Switch your mortgage with no transfer or appraisal fees.
- Make payments weekly, biweekly, monthly, or semi-monthly.
- Fixed rate mortgages at competitive rates.

When you bank with QuintEssential, you're banking with friends.



293 Sidney Street Belleville 966.4111
 251 RCAF Road Trenton 394.3361



Offer valid through October 30, 2005. Some restrictions apply. Visit QuintEssential in either Belleville or Trenton for complete details.



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 Nicole Meszaros
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
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

Intranet: 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. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



The Contact
 Wing Headquarters Building Annex
 8 Wing / CFB Trenton
 PO Box 1000, Station Forces
 ASTRA, ON K0K 3W0
 Editorial: 613-392-2811 Ext. 7005 Fax: 613-965-7490
 Advertising: 613-392-2811 Ext. 2748/7008

Directorate of History and Heritage La Direction - Histoire et patrimoine

October 20, 1690

Quebec withstands Admiral William Phips's armada consisting of 2,300 men.

le 20 octobre 1690

Québec repousse l'armada de l'amiral William Phips, composée de 2 300 hommes.

October 20, 1871

The first units of Canada's permanent force (now the Regular Force) are organized with the establishment of "A"; and "B"; Batteries of the Regiment of Canadian Artillery in Kingston and Quebec City respectively.

le 20 octobre 1871

Les premières unités de la Force permanente du Canada (aujourd'hui la Force régulière) sont mises sur pied avec l'établissement des batteries A et B du Régiment of Canadian Artillery à Kingston et à Québec respectivement.

October 20, 1923

The Northwest Territories and Yukon Radio System is officially opened and manned by personnel from the Canadian Corps of Signals.

le 20 octobre 1923

Le réseau radio-phonique des Territoires du Nord-Ouest et du Yukon est officiellement inauguré et pourvu de personnels venant du Corps des transmissions du Canada.

October 20, 1940

HMS Windflower, the first corvette built in Canada, is commissioned into the Royal Navy with a Canadian crew. She is turned over to the Royal Canadian Navy in 1941.

le 20 octobre 1940

Le Navire de Sa Majesté Windflower, première corvette construite au Canada, est mis en service dans la Royal Navy avec un équipage canadien. Le navire est confié à la Marine royale du Canada en 1941.

Canadiana Crossword

A Raft of Rivers

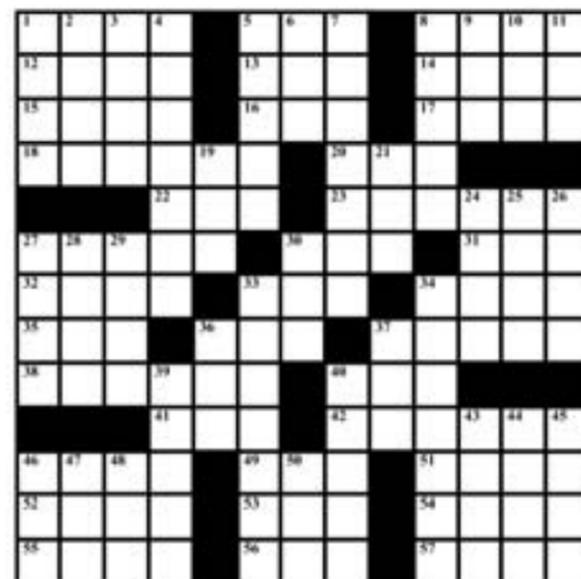
By Bernice Rosella and James Kilner

ACROSS

- 1 Common complaint
- 5 Silence
- 8 Affirm slangily
- 12 Malaria
- 13 Regret
- 14 Impulse
- 15 Israeli port
- 16 Back then
- 17 Tree feature
- 18 Nerve cell
- 20 Zodiac sign
- 22 Ancient
- 23 Pretentious
- 27 Allege
- 30 Ovum
- 31 Spot
- 32 Isn't, slangily
- 33 Heavens
- 34 Aquatic animal
- 35 Computer hookup, abbr.
- 36 Female saint, abbr.
- 37 NATO member
- 38 British Columbia heritage river
- 40 The Colonel's Co.
- 41 Itinerary ref.
- 42 Lighten up?
- 46 Newfoundland heritage river
- 49 Turkish topper
- 51 Dory need
- 52 Raptors
- 53 Adolph's mistress
- 54 Sins
- 55 Computer key
- 56 Fox hole
- 57 Phobia or blast preceder

DOWN

- 1 WW2 battlefield
- 2 Stare lasciviously



- 3 Hawaiian cookout
- 4 Ontario heritage river
- 5 Ontario heritage river
- 6 Calendar ref.
- 7 University subj.
- 8 NWT heritage river
- 9 Sea eagle
- 10 Back then
- 11 Agitated
- 19 Salamander
- 21 Work unit
- 24 Confused
- 25 Small duck
- 26 Slippery
- 27 Whale baby
- 28 Prevaricator
- 29 Fraser, World Cup
- aerials champ
- 30 Get by
- 33 Dive-bombed
- 34 New Brunswick heritage river
- 36 Tennis term
- 37 Nigerian city
- 39 Intuit
- 40 Russian industrial city
- 43 Swiss river
- 44 Auto part, for short
- 45 Oil giant
- 46 Current, slangily
- 47 Reverence
- 48 Under the weather
- 50 First lady?

This Week in Contact

1975 – Recently there has been a marked increase of young people in Middleton Park using airguns and pellet rifles. To date, one boy was blinded when shot in the eye with a pellet and another shot in the leg. Married Quarters Directives forbid the use of firearms in Middleton Park as well as bows and arrows, slingshots, and blowguns. Parents should realize that pellet rifles and airguns given to children are not always used in the way the parents intended them to be.

1985 – 424 (T&R) Squadron was once again in the right place at the right time. On October 9, during SAREX, Rescue Coordination Centre launched a helicopter and Buffalo to an ELT search. Shortly after, a second Buffalo and chopper were sent to a suspected crash site 30 miles north of Sudbury. Crews were able to confirm that a Cessna 185 on floats had crashed and were able to rescue four casualties.

1995 – The Department of National Defence has decided not to lease property in the Trenton/Belleville area as a new home for the Canadian Forces Parachute Maintenance Depot. Instead, the new building will be erected at 8 Wing/CFB Trenton. The Maintenance Depot, currently located in Edmonton, is being moved to Trenton along with the Canadian Airborne Centre, as part of the ongoing restructuring of Canada's military. The initiative will put the paratroop trainees, their parachute maintenance facility, and the aircraft they jump from, all in the same place.

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



ATESS Small Arms Team scores a hit

The ATESS Small Arms Team is starting to grow both in numbers and in points.

On the weekend of 24 Sept the team went to the Ontario Rifle Associations Service Rifle Match held over the weekend at Connaught Ranges and Primary Training Centre in Ottawa. With the experience of the National Service Conditions Competition behind us, new members and additional training we were very motivated to see how we would fare.

For this competition we brought three members with previous experience and three new 'green' members.

All the shooters did well, with some significantly improvement from the last competition. Three members of the team shot over 500, which is no small accomplishment. They were

Captain Jason Beschoner, Corporal Chris Landry and Cpl Jason Lentz

The team's score was an impressive 1902.7 for a respectable 6th place out of 12. Sixth place sounds mediocre, however the difference in score between 1st and 6th was equal to the difference between 6th and 7th. The top six teams achieved close results. Add this to the fact that our 'boys in blue' outshot many of the army units and you have a very satisfied Small Arms Team. Other awards included:

- Capt. Beschoner captured the top tyro for the event. Tyro is a class that all new members to the competition are placed in.

- Cpl Landry took 3rd in the sharpshooter class and 3rd in the 500m aggregate.

New shooters, WO Brake, Cpl Spafford and Pte Clark all did exceptionally



Photo by Capt Ret'd Keith Cunningham

The ATESS Small Arms Team ORA Competition 2005. From left to right: Cpl Jason Lentz, Cpl Chris Spafford, WO Aidan Brake, Capt Jason Beschoner, Pvt Brian Clark, and Cpl Chris Landry.

well for their first event and we expect great things for their next event in the spring. Throughout the winter, the team will be doing regular dry training and live firing when possible.

This is the start of great things and we expect next year the top team will see us flying up the standings quickly. We have good

shooters on this team but always could use more. Dedication, teamwork, good sportsmanship and a positive attitude are some of the elements of a marksman. If you have these qualities then contact team 2I/C, Cpl Chris Landry, and check us out. The team also encourages all interested 8 Wing personnel and will assist as possible.

La nouvelle Charte des anciens combattants

Le 13 mai 2005 est une date qui entrera dans l'histoire, car c'est la date à laquelle le Canada a adopté une loi visant à élaborer une nouvelle Charte des anciens combattants. Le Canada peut donc entreprendre la création de programmes et de services conçus spécialement en fonction des besoins particuliers des vétérans des Forces canadiennes et de la famille de ces militaires de l'ère moderne.

La nouvelle Loi s'intitule Loi sur les mesures de réinsertion et d'indemnisation des militaires et vétérans des Forces canadiennes. Elle donnera lieu aux plus grands changements jamais apportés aux services et aux avantages offerts aux anciens combattants depuis 60 ans et comporte cinq parties, soit les services de réadaptation, les avantages de soins de santé, un service de placement professionnel, un soutien

pour perte de revenus et un programme d'indemnités d'invalidité.

Les vétérans des Forces canadiennes (à la fois de la Force régulière et de la Réserve) ont des besoins différents de ceux des anciens combattants qui ont servi en temps de guerre. À titre d'exemple, l'âge moyen des militaires qui quittent les Forces canadiennes est de 36 ans. À cet âge, ils ont devant eux un long avenir où ils peuvent être encore productifs, sans oublier qu'il en est de même pour leur famille. Par contre, selon certaines études :

- beaucoup de vétérans des Forces canadiennes ont de la difficulté à faire la transition à la vie civile;

- beaucoup arrivent difficilement à se décrocher un boulot et un salaire intéressants ou à composer avec leurs incapacités

après avoir quitté les Forces;

--la transition à la vie civile est un énorme ajustement pour toute la famille. L'adoption de la nouvelle Loi donne carte blanche à Anciens Combattants Canada pour mettre en place des programmes et des services conçus spécialement pour les militaires de la Force régulière et de la Réserve des Forces canadiennes.

Les nouveaux programmes et services devraient être en place le 1er avril 2006. D'ici là, il y a encore beaucoup à faire, car il faut déterminer :

- le genre de programmes et de services à offrir;
- le mode de prestation des nouveaux programmes et services.

Vous trouverez plus de renseignements sur la nouvelle Charte dans notre site Web, au www.vac-acc.gc.ca.

PUERTO VALLARTA

All Inclusive Riu Jalisco

All meals, drinks, non-motorized watersports, daily activities, nightly entertainment, supervised kids programs, gratuities and much more...

SPECIAL GROUP PRICING

Toronto Departure Jan. 13, 2006 - 1 week
\$1599.00* - Departure taxes included

* Inclusions as indicated in Sunquest Winter 2005/2006 brochure
 * Per person based on double occupancy, hotel room accommodation

Limited space available - Travel Insurance extra

STEWART TRAVEL - BAY VIEW MALL
968-5723
 Email - karen.stewarttravel@bellnet.ca
TICO REG# 1237832

Calling All Divers...

TURKS & CAICOS

ALL-INCLUSIVE CLUB MED

NEW Westjet flights, transfers, all meals, drinks, nightly entertainment, non-motorized watersports, flying trapeze, tennis, bocce ball, street hockey, basketball and beach volleyball, all tips & gratuities.

* inclusions as indicated in Club Med 05/06 brochure
 * limited space available - Travel Insurance Extra

For more information or to make a reservation
STEWART TRAVEL - BAY VIEW MALL
968-5723
 Email - karen.stewarttravel@bellnet.ca
TICO REG# 1237832

DEPARTURES:
 JAN 28 & FEB 11, 2006

SPECIAL GROUP PRICING
 At \$1899.00 - Hotel Room
 all taxes included

dive package available

**Call Sheila or Judy at
 392-2811 Ext 7008/2748
 for all your advertising needs!**

JR RANKS MESS

★ SUN MON TUE WED THU FRI SAT ★

Bar Hours: Sunday - Thursday: 1130-2400 hrs
 Friday 1130-0100 hrs
 Office Hours: Monday - Friday: 0800-1200/1300-1600 hrs
 For Bookings (Wed Recep/Conferences/Private Parties)
 Call (613) 392-2811 Ext 3700 or 3881

9	10 Thanksgiving Mess Office Closed	11	12	13	14 TGIF 1700 hrs Chicken & Taters Sports/Pool	15
16	17	18	19	20	21 TGIF 1700 hrs Fish & Chips Sports/ Euchre	22
23	24	25	26	27 All Ontario Dart Tournament	28 TGIF 1700 hrs Lasaga Sports/Pool All Ontario Dart Tournament	29 All Ontario Dart Tournament
30 All Ontario Dart Tournament	31 Halloween					

OCTOBER 2005

DR. THOMAS G. MCDOWELL

"Home of the Big White Tooth"

New Patients Welcome

- Tooth Coloured Fillings
- Orthodontics
- Dentures
- Root Canal /sedation
- Wisdom teeth /sedation
- Dental Implants
- Whitening & Cosmetic Dentistry
- Electronic Insurance Submission
- Financing Available
- Close to Base

"Let our family treat your family"

394-8888

169 Dundas St. East Trenton, Ontario
 Visit our website: www.drtdmcdowell.com

Voted #1 - Trenton's
Readers' Choice Award

SUPPORT YOUR
LOCAL CANEX



ATESS will be conducting its 9th Annual Food Bank "TOLL BOOTH" at the North Entrance to the Base on Tuesday, the 22nd of November, 2005 with proceeds to be donated to the Trenton Area Food Bank. The toll is a non-perishable food item or a monetary donation, which will be used to buy food for the Food Bank. The gate will be manned from 0630-0830 hrs. All donations and support greatly appreciated.

FOR ALL YOUR FINANCIAL INVESTMENTS
ROBERT GRANDMAISON, CD, CFP
 Certified Financial Planner
FINANCIAL PLANNERS (QUINTE) INC.
 55 Glenburnie Drive, Trenton, ON
 • RRSP • RRIF • MUTUAL FUNDS
 • GIC • SEVERANCE INVESTMENTS
 • EDUCATION PLANS • INSURANCE
 Mutual Funds Provided by
WORLD SOURCE FINANCIAL MANAGEMENT INC.
 Tel: (613) 392-0044 Res: (613) 392-0280
 Fax: (613) 392-7110 e-mail: rgrandmaison1@cogeco.ca

Credential Securities
 251 RCAF Rd., P.O. Box 278
 Trenton, ON K8V 5R5
 • Stocks • Mutual Funds • Bonds
 • RRSP • RRIF • GIC
Don Lockey, BA, CSA
 Investment Advisor
 Tel: (613) 394-6589 Fax: (613) 394-4903
 E-Mail: dlockey@qccu.com Member: CIPF

AUTO - HOME - BOAT - LIFE - INVESTMENTS
WHITLEY INSURANCE & FINANCIAL SERVICES
392-1283
 (1-800-663-1384 Toll Free)
 SINCE 1949 Visit our Website at www.whitley.net
 E-mail: info@whitley.net
"SAVE MONEY, CALL FOR A QUOTE"
 41 Dundas Street W. Trenton
AUTO - HOME - BOAT - LIFE - INVESTMENTS

Weaver Family Funeral Homes
 Weaver Family Funeral Homes are pleased to offer you the opportunity to pre-plan and take up to 10 years to pre-fund your arrangements. Advanced planning and funding your funeral is one of the kindest acts you can do for your family. Please contact Kevin Weaver, our Funeral Planning Consultant, to discuss, without obligation, your individual requirements.
 "Support, Service & Friendship in the Weaver tradition since 1945"
Weaver Family Funeral Homes
 (East Chapel) 394-2433 (West Chapel) 392-3579

NEED YOUR GRADE 12 DIPLOMA?
COME LEARN WITH US!
Correspondence courses
START AT ANYTIME
Night School, Apprenticeships, PSW Program.
 Call today! 962-3133

IG Investors Group
Neil Rutley
 Consultant
 Investors Group Financial Services Inc., I.G. Insurance Services Inc.
 144 North Front Street, Belleville, ON K8P 3B6
 Ph. (613) 962-7777 239 (877) 453-3202 (toll free)
 Fax (613) 962-5035 (613) 848-3728 (coll.)
neil.rutley@investorsgroup.com
*License Sponsored by The Great West Life Assurance Company

Shallow, glib, callous and judgmental

it's your Money



Garth Turner

Apparently, I am a stinker in certain quarters of bucolic Victoria. Last week I included this question and response in my column:

From Victoria: "I'm 47, single, grossing \$35,000, no debt, \$40,000 in RRSPs, no savings. How much can I afford as a first-time homebuyer in Victoria? What are my options?"

Hey, you're middle-aged and have enough money saved to live on for what? A year? What the heck have you being doing with your life, and why do you want to wipe out the pittance you have (and take on a massive new debt) buying a house? And at the top of the market? Geesh.

That prompted this following response, from another woman in the same town:

"I have read your column for years and always found it thought-provoking. But after this week's mean-spirited column,

you've lost me. Who made you the judge of all Canadians? What the heck have you been doing with your life to become so narrow that you only measure worth by financial means? Change a year here and \$1,000 there, and that could be me. Both a bad marriage and an unsuccessful business had dire financial consequences. I threw every cent into nurturing healthy, well-adjusted children, while the real estate market moved out of reach. It was worth it. So, climb off your high horse."

Ahem. Of course, this woman is right. My response to the first reader was shallow, glib, callous and judgmental. It is quite true that I have no other information about her, and no reason to believe her finances are as they are because of laziness or lack of planning. She also may have been married to a scoundrel or devoted her life to a worthy moral

cause. But my answer had the tone it did for a reason: To make someone realize what a serious mistake it would be in this circumstance to "follow the herd" and jump headlong into a real estate investment she cannot afford.

Face the facts: Someone at 47, with no cash savings, a pittance in a RRSP and a salary of \$35,000 should have nothing to do with buying a home - especially in hyper-ventilated Victoria, where real estate values have gone berserk. Sure, I know it is possible to get into a home purchase, now that we have cheapo mortgages, 5 per cent dow payments and banks willing to shower anyone with a pulse with money. But that does not make it wise.

Fact is, the market is near a cyclical peak (whether people in the Lower Mainland want to believe it or not), and this is not the time to bet the farm on ever-rising prices. Second, buying a home with little or no money down means taking on a mountain of debt - not so smart when we know that interest rates will be on the rise over the course of at least the next year. Third, this woman would be putting all her eggs in one bas-

ket by plunging into the housing market which, at age 47, would be as silly as loading up on Nortel stock four years ago at \$120 a pop.

There is only one reason this woman would be wise to buy, and that would be if such a purchase lowered her monthly living costs and allowed her to diversify with a greater cash flow. But we all know that ain't going to happen. It would be exactly the opposite.

Today almost 80 per cent of all Canadian family net worth is tied up in the family home. One asset on one street in one town. If that doesn't scare you, then you've not been paying attention. This is a classic mania, in which a majority of people follow a certain behaviour because everyone else is doing the same thing.

Real estate is a great asset to hold as part of a wider portfolio that includes registered savings, equities and fixed income. It is not an end unto itself. It is a means, not a goal. We all need to remember that, for the last two decades of your life, at least, what you really need is cash flow, not a mortgage.

Sorry, ladies. I may be a creep, but I'm right.

start here

Loyalist College Open House

Wednesday October 26, 9:00 am to 12:00 pm

When planning your future, start with Loyalist College.

Choose from over 50 career-oriented post-secondary programs - many of which are available on a part-time basis.

Join us this coming Wednesday and start exploring your options. We have a full agenda planned for you, including:

- the opportunity to talk with our faculty and meet our students
- displays highlighting all of the programs starting this January and next September
- the chance to explore emerging career trends
- campus and residence tours - be sure to check out our new facilities
- the opportunity to explore our full range of student support services, including financial aid and college transition
- live broadcast of 91X, our newly re-launched College radio station
- cooking demonstrations presented by our Culinary Management and Chef Training students
- contests and giveaways
- chance to win \$2,000 towards your 2006 / 2007 tuition

There is a lot happening at Loyalist these days. Come see for yourself. We look forward to meeting you.

Loyalist College

(613) 969-1913 or 1-888-LOYALIST, ext. 2204 • T.T.Y. (613) 962-0633 • www.loyalistcollege.com
 WALLBRIDGE-LOYALIST ROAD, BELLEVILLE

Fitness, Sports & Recreation

CF salutes outstanding athletes, coaches, teams, officials

OTTAWA, ON - At a ceremony on Monday evening, the Canadian Forces Personnel Support Agency (CFPSA) honours Canadian Forces athletes, coaches, teams and officials at the 17th Annual Canadian Forces Sports Awards Ceremony.

The theme of this year's event, "Salute to Army Sports" pays tribute to the army athletes, coaches, teams, and officials of the Canadian Forces (CF). This theme expresses support and appreciation for the magnitude of strength and endurance displayed in the army sports environment.

The 2005 ceremony hosts more than 300 guests

and boasts 16 sponsoring companies. The Sports Awards Ceremony sponsors include Presenting sponsor SISIP Financial Services; Gold sponsors 3M Canada, BAE Systems, CANJET Airlines, Canadian Imperial Bank of Commerce, The Royal Canadian Legion, Labatt Breweries of Canada, Manulife Financial, and Xerox Canada; Silver sponsor The Ottawa Congress Centre; and Bronze Sponsors, Calian Technology Ltd., CANEX and Dracks Military Plaques.

Among the evening's award-winners, who compete in military and civilian

regional, provincial, national and international competitions, was Leading Seaman Tom Desgroseilliers of 8 Wing/CFB Trenton. LS Desgroseilliers took home the title of Official of the Year.

"Well known and respected throughout the military and civilian community for his sportsmanship, impartiality and professional competence as a soccer official," stated a press release from CFPSA. "In 2004, he officiated in three major CF Soccer Championships - Ontario Region, CF National and the CISM World Women's Championships. Based on his professional-

ism and abilities, he was selected as Referee-in-Chief at the Regional competition and officiated the final matches in both the CF National and CISM Championships. LS Desgroseilliers' repertoire of officiating extends beyond the military community to the university, college and high school levels of competition, and in the local soccer leagues. His selection to referee the final matches at various Canadian National and Provincial Championships attests to his competence and abilities as soccer official, and reflects well on the Canadian Forces."

The Canadian Forces National Sports Program,



Congratulations LS Tom Desgroseilliers !

organized by CFPSA, promotes fitness and good health as a part of the CF's mandate of operational readiness. The program allows participants to raise

their level of physical fitness while developing esprit de corps, team cohesion, pride and self-esteem through team and individual sports.

Sports shorts...

BOWLING ROLL OFFS

The 8 Wing/CFB Trenton Bowling Team will represent 8 Wing/CFB Trenton at the Ontario Region Bowling Championship held in Borden from December 11 - 15. The "Roll Offs" will be held at Astra Lanes on the Tuesday, November 1 or Wednesday, November 2. All bowlers must attend on Friday, November 4 from 0800 - 1200 hrs. Competition is open to all CF, Class B & C Reserve members. For registration or information, contact Shirley Martin at local 3467 or Dan Cormier at local 3373.

SQUASH PLAY DOWN

The 8 Wing/CFB Trenton Squash team will represent 8 Wing/CFB Trenton at the Ontario Region Squash Championship held at 8 Wing/CFB Trenton January 29 - February 2. Rally your way to the championship in the following categories:

- Open Men's 4 players
- Open Women's 1 player
- Under 30 1 player
- Masters 40 and over 1 player

Play downs will be held at The Gymnasium from Monday, November 14 - December 16. Registered players will play a round robin tournament. Players will get a list of all registered players and play competitors on their own time. Competition is open to all CF, Class B & C Reserves Members. For registration or information, contact Shirley Martin at local 3467 or Dan Cormier at local 3373.

TAEKWONDO TRAINING CAMP

The 2006 CISM Taekwondo Training Camp will be held at CFB Kingston from January 2 - 8. This selection camp is open to all CF and Reserve class A, B, and C. Interested martial artists, any style, interested in practising Taekwondo and developing into a CISM Taekwondo high performance competitor at the national and international level are welcome. For further info and standards required or to register, contact the Military Sports Coordinator, Dan Cormier, at local 3373, via mail, by fax at 965-2704 or e-mail with the following information no later than November 25: serial number, rank, last name, first name, initials, sex, local, home phone number, fax number and e-mail address (if applicable).

Swim schedules

MILITARY FITNESS LANE SWIMS

- 1130 - 1230 Monday to Friday:
- 1600 - 1700 Monday & Wednesday & Friday
- 1530 - 1630 Tuesday - Thursday

ADULT LANE SWIMS

(Available at no cost to military members - show ID Card)

- 0530 - 0700 Monday & Wednesday & Friday
- 1030 - 1130
- 1500 - 1600
- 1430 - 1530 Tuesday & Thursday
- 1500 - 1600 Saturday & Sunday & Holidays

MILITARY FITNESS LANE SWIMS

- 1130 - 1230 Monday To Friday:
- 1600 - 1700 Monday & Wednesday & Friday
- 1530 - 1630 Tuesday - Thursday

ADULT LANE SWIMS

(Available at no cost to military members - show ID Card)

- 0530 - 0700 Monday & Wednesday & Friday
- 1030 - 1130
- 1500 - 1600
- 1430 - 1530 Tuesday & Thursday
- 1500 - 1600 Saturday & Sunday & Holidays

Astra Lanes bowling report

The Men's league is well under way with Larry Rankin leading the way with a 250 average. Don Dionne rolled very well last week, stringing together enough strikes to win the seven in a row pot.

High Averages: Larry Rankin, 250; Mike Chapple, 240; Kevin May, 236.

High Quad: Don Dionne, 1135; Kevin May, 1091.

High Single: Bill Simm, 346; Mike Chapple, 344.

High Quad (POA): Don Dionne, +255; Bill Simm, +239.

High Single (POA): Bill Simm, +149; Gary Schwartz, +118.

High Win (percentage): Ed Girard, 62.5 per cent; Steve Morrow, 60.0 per cent.

Points Won: Don Dionne, 30; Kevin May 26.5.

Active SELF STORAGE 100% Indoor Heated Units
As a state of the art storage facility we offer:

- High-tech video surveillance
- Large variety of unit sizes
- Moving supplies
- Competitive prices
- 24/7 access to your unit
- Individual unit alarms

15% OFF for Military Employees
392-3355
 Open Mon - Fri. 8:00am to 5:00pm or call for an appointment
 #400 Sidney St., Trenton (off 401 at Exit #526)

Three generations of service to our friends and neighbours


 Ralph Weaver
 Founder


 Jeff Weaver
 President


 Tim Weaver
 Funeral Director

East Chapel (613) 394-2433
 1-866-5WEAVER

West Chapel (613) 392-3579
 1-866-4WEAVER

Weaver Family Funeral Homes
 "Celebrating 60 Years of Excellence"
 www.weaverfuneralhomes.com

DND Discounts up to 11% Select Lifetime Guaranteed Parts

MILBRO
 AUTOMOTIVE
 394-3357

Exhaust, Brake & Suspension Specialists
Complete Automotive Repair Service
 220 Dundas Street E., Trenton, ON. K8V 1L9

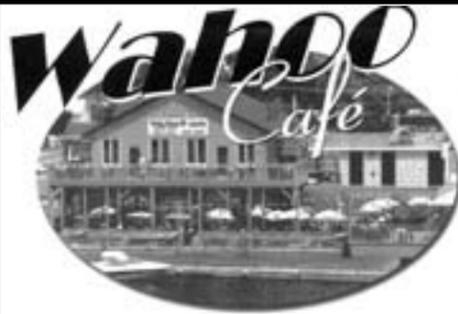
PRIME PARKING SPACE SACRIFICED FOR CHARITY



Photo: Cpl Jean-Francois Neron, 8 Wing Imaging

Major Apollo Edmilao has raised \$350 for the 2005 Government of Canada Workplace Charitable Campaign by generously offering up his reserved parking spot in front of Wing Headquarters. When asked why he bid on the parking spot, Wing Chief Warrant Officer CWO Don Cheverie stated, "I didn't want Maj Edmilao's Volkswagon bringing down the property value of the parking space. His Cabrio desperately needs help!" Pictured here is the official handover of the parking tag.

**Note: The Wing Commander's W Ops parking space is currently up for grabs and the top two bids will each win this choice parking spot for January 2006 and February 2006.*



Entertainment
Sat. Oct 22 @ 9:30pm
"FALL FROM GRACE"

Hallowe'en Costume Party
Sat. Oct 29
"ROADHOUSE"

BEST WINGS IN TOWN!
Breakfast Served Sundays 9am-4pm!

Casual Dining & Sports Bar
-specializing in

STEAK • WINGS • SEAFOOD • PASTA • RIBS

965-1939

2 Dundas St. E., Trenton
(Overlooking the Trent River)



**IS YOUR VEHICLE
READY FOR WINTER?**

See the Specialists at...

KROWN RUST CONTROL

Cars \$109⁹⁵ Vans & Trucks From \$119⁹⁵

\$10.00 Military Discount on any rustproofing job.



#4 Carrying Place Rd. Trenton
392-0222 1-888-645-5660

"Models Available in Belleville, Trenton & Brighton"

**HILDEN
HOMES LTD.**

Our House - Your Home

"Building
throughout the
Quinte Region
Since 1985"

Brighton



**OPEN
HOUSE**
Wednesday
& Thursday
1 -2:30pm
Saturday
2-4:00pm

The Sapphire

Lot 21 Cove Cres. 1408 Sq Ft, **SOLD**

Directions: Cedar St. to Raglan St. to Cove Crescent, Brighton

"Custom Homes to Suit your Budget"

Trenton



**OPEN
HOUSE**
Wednesday
& Thursday
3-5:00pm
Saturday
12-2:00pm

The Palisades

Lot 8B Sunshine Lane, 1550 Sq Ft. \$239,900.

Directions: Dundas, Tripp Blvd. south, Right onto Parkview Heights, right on Sunshine Lane, Trenton.

180 North Front St., Belleville ON 962-4600

Email: info@hildenhomes.com Website: www.hildenhomes.com

Models Available in Belleville, Trenton & Brighton • Models Available in Belleville, Trenton & Brighton



**REAL ESTATE
CAREER SEMINAR**

Write your own pay cheque, set your own hours, have the flexibility you want!

Have all your questions answered and learn about our Century 21 Lanthorn Support Program

Thursday October 27, 2005 • 7pm

Holiday Inn, Trenton
(99 Glen Miller Rd., Hastings Room)

Call Tiffany to Register!

392-2511

careers@c21lanthorn.com



Lanthorn Real Estate Ltd. Broker

Each office is independently owned & operated

these Prices are DEAD RINGERS!

Bayview Auto Sales
Sales, Service, Selection
(613) 392-3339

1192-TOMORROW STUPID



• Over 200 Vehicles In-Stock • Over 50 Years Serving the Community



2002 GMC SONOMA SLS CREW CAB
Power windows & locks, keyless entry, alloy rims, air, cruise, tilt, 4 door, box liner, CD player. 104,364 kms. **\$15,495** (bw \$128.21)



2002 CHEV BLAZER
2 door, air, cruise, tilt steering, power windows & locks, fully loaded, 5 speed, 5,000 kms. **\$17,995** (bw \$148.42)



2001 KIA SPORTAGE
Leather, loaded, power windows & locks, alloy rims, air, cruise, tilt steering, tow package. 55,898 kms. **\$11,995** (bw \$99.91)



2003 FORD F150
Power windows & locks, alloy rims, air, cruise, tilt steering, CD player, box liner, 75,000 kms. **\$20,995** (bw \$172.67)



2003 GMC Z71 SLE
Power windows & locks, air, cruise, tilt steering, CD player, 62,000 kms. **\$22,995** (bw \$188.84)



2003 CHEV Z71
4 door, fully loaded, heated leather seats, chrome bumpers. 58,000 kms. **\$24,495** (bw \$200.97)



2003 FORD EXPEDITION
Navigation, leather, power windows & locks, keyless entry, air, power & heated mirrors, cruise. 60,808 kms. **\$26,995** (bw \$221.18)



2003 MONTANA
Power windows & doors, air, cruise, tilt steering, quad seating, alloy rims. 77,000 kms. **\$12,495** (bw \$103.96)



2002 MONTANA
Power windows & locks, air, cruise, tilt steering, quad seating, alloy rims. 57,000 kms. **\$12,495** (bw \$103.96)



2002 SATURN VUE
All wheel drive, V6, power windows & locks, air, cruise, tilt steering. 71,000 kms. **\$16,995** (bw \$140.33)



2002 CHEV TRAIL BLAZER
Power windows & locks, air, cruise, tilt steering, CD player, dual zone climate control. 64,000 kms. **\$18,995** (bw \$156.50)



2002 CHEVROLET VENTURE
Power windows, locks & mirrors, built in child seat, AM/FM CD, air, cruise, tilt steering. 85,000 kms. **\$10,995** (bw \$91.83)



2003 BUICK RENDEZVOUS
Power windows & locks, air, cruise, tilt steering, keyless entry, 5 passenger. 80,000 kms. **\$14,995** (bw \$124.17)



2002 CHEV 1 TON
Fully loaded, heated leather seats. 75,000 kms. **\$31,495** (bw \$257.56)



2002 FORD F150
Fog lights, box liner, power seats, tow package, AM/FM CD player, power locks, keyless entry. 88,533 kms. **\$19,995** (bw \$164.59)



2002 FORD F150 XLT 4x4
Power windows & locks, keyless entry, alloy rims, air, cruise, tilt steering, 4 door, crew cab. 81,237 kms. **\$18,995** (bw \$156.50)

All payments are based on bi-weekly taxes down \$299.00 admin. fee, 72 months, 7.89% interest O.A.C. ie. \$10,000 @ 7.89% over 72 months = \$1,544.89 down. Cost of borrowing \$277.24.

• Let's Get Your Credit Rolling • Let's Get Your Credit Rolling

No Credit Bad Credit

SCARY DEALS ON GREAT LOOKING WHEELS!

Bankruptcy Fixed Income



Get the straight facts from your trusted credit specialists for the real answer call Cam Smith 613-392-3339



Beware the silent and deadly killer



Submitted by
Don Heans,
Wing General Safety
Officer

We hear on a regular basis about people dying from carbon monoxide (CO) poisoning. Carbon monoxide has killed entire families while they slept. In the United States about 300 people die each year from unintentional CO poisoning. Another 5,000 are injured.

CO is a colourless, odourless, tasteless gas that is a byproduct of combustion. The more inefficient the combustion, the higher the amount of CO produced. When it enters the lungs, CO attaches itself to the hemoglobin in the red blood cells. Once stuck to the hemoglobin, it won't let go and it prevents oxygen from attaching to the hemoglobin. When people inhale high enough concentrations of CO, they can die. Once your blood has CO in it, it will take many hours to rid itself of the CO, even if you're out of the poisoned atmosphere.

Some things that can produce CO are: furnaces, gas water heaters, fireplaces

and wood stoves, automobiles, charcoal grills, any gas powered engine.

An airtight modern home limits the amount of fresh air that flows through it. This can increase the risk of CO poisoning.

CO is measured in parts per million (PPM). A one percent concentration of CO in the air equals 10,000 PPM - you don't need to inhale much to be poisoned.

Signs and symptoms of CO poisoning can range from a mild headache, fatigue, nausea and dizziness to convulsions following prolonged exposure. If you have any of these symptoms and feel better when you leave your home, but the symptoms reappear when you re-enter your home, you may be experiencing CO poisoning. Note also that many hours of exposure to low levels of CO could be just as deadly as shorter exposures to high levels. Have a qualified service technician check the central and room heating appliances in your home every year. Also have your gas dryer and water heater checked.

Ways to prevent CO poisoning include:

- Follow manufacturers' directions for safe use of appliances. Don't use your gas range for heating.

- Have a service person check to see if your appliances are vented through a properly sized chimney. An old chimney might not be designed for a new high efficiency furnace.

- Examine chimneys and vents on a regular basis to see if they're still in place. Also, check to see that they're properly connected and not blocked.

- Don't use gas-powered motors indoors.

- Never let your vehicle warm up in an attached garage. Even if the garage door is open, dangerous amounts of CO can enter the home.

- Make sure your car's exhaust system is in good repair.

- A flammable fuel space heater can produce CO. Use one only in a well-ventilated area.

- Never use a charcoal grill or hibachi indoors.

- Have the furnace and appliances in your motor home serviced by a professional on a yearly basis.

- Use CO detectors in your home and in your recreational vehicle.

After you have made sure that all of your fuel burning appliances are in good working order, you may still want a CO detector. A properly functioning CO detector could alert you to the presence of CO in your home. In the past few years, technology has advanced so that we can buy CO detectors at a reasonable cost.

CO detectors are powered either by a home's electrical current or by batteries. The detectors indicate that there is CO in your home. All detectors should have the UL label in the United States, or the CSA or ULC

label in Canada.

CO spreads throughout a home quickly. Detectors should be installed in sleeping areas but outside the bedrooms. It would be a good idea to place one near any major gas-burning appliance. Detectors can be placed on the wall or on the ceiling. Follow the manufacturer's directions for installation and maintenance.

When the alarm goes off, wake everybody up and ask if they are feeling OK. If anyone is complaining of any symptoms of CO poisoning, leave the house immediately.

It is important to become familiar with your CO detector alarms. The alarms may vary from manufacturer to manufacturer. For example, the alarms on one model of detector may mean that you should leave the home immediately. Another detector may have two alarms: a lower alarm means a warning while a high alarm means to leave the area now.

If a low alarm sounds, vent the house by opening the windows and doors, and shut off any fuel burning appliances. If the alarm won't reset, have a professional technician check your heating system and appliances. Many gas utility companies will do this for you.

Some fire departments recommend that you leave the house immediately if the alarm sounds. Check with your local fire department for advice.

Intersection bowling

Finally we have Intersection Bowling back at 8 Wing/CFB Trenton. At this time there are only seven teams and we still have room for five more teams. If you are interested in entering a team or just as an individual please contact Captain Mike Stoddart at 7429.

High Average Men: Jim Edworthy, 248; Mike Stoddart, 219; Ernie Strocel, 217.

High Average Ladies: Donna Stoddart, 222; Sherry Crawford, 174; Edie Rathbun, 171

Support the GCWCC.
Please donate today!



Tammy's Grill
392-6060



John's Barber Shop
392-0522

Both great businesses located in **10 hanger** to serve you better!
Come over anytime and see us.

See you soon!
Tammy Miller & John Morton

Ladies hockey team

The 8 Wing ladies hockey team played against Belleville on October 13 in Trenton.

Trenton won the game 6-4 with the following players contributing goals: Corporal Isabelle Langevin (2), Master Corporal Judith Arsenault (2), Cpl Celine Picotin (unassisted), and Warrant Officer Lisa Rowe.

Trenton assists: Sergeant Nicole Bureau (2), 2 Lieutenant Allison Besnard, WO Lisa Rowe, and Major AJ O'Brien. Trenton's goalie was Cpl Inga Tonopa.

The ladies team practices Tuesdays and Thursdays from 1600 to 1700 hrs at the base arena. Anyone interested, contact Sgt Nicole Bureau at local 3723 or Cpl Celine Picotin local 2765.

CONTACT is
a Personnel
Support Programs
outlet. We rely
almost exclusively
on the revenue we
generate through
our advertising.
We would like to
thank our
advertisers for
their generous
support of this
publication.





Sisters



For safety's sake...
creative face make-up designs!

Book now for Halloween!
Helium Balloons

Hours: Mon - Fri 9am-5pm Sat 10am-
Beside Arby's **392-4055**
1-800-303-9039



BECOME A PERSONAL SUPPORT WORKER

20 week course
ONLY \$900.00 (incl. books)

Information sessions are held at
**4pm the first Tuesday of every
month at our**

NEW CLASSROOM LOCATION
205 North Front St.
over the Northway Restaurant.

Call today! **962-3133**



Book your next party at the

Skyline Restaurant

(Up to 165 persons)
Featuring The Fiesta Lounge and the Blue Room

- Private Rooms!
- Reasonable Rates!
- Dance Floor!

392-7866

Contact us today to reserve your date!
45 Dundas St. West, Trenton
Conveniently located in downtown Trenton

• Desktop Publishing • Posters • Laminating • Digital Copies

Darling's **Call today**

COPY DEPOT 392-7273

Fax service: 392-7058

www.copy-depot.com
20 Dundas W., Trenton

• Fax Service • Enlargements • Scanning • Canon Laser Copies

LARRY'S MINI STORAGE

• Heated Indoor Storage
• 24 hour video & monitored
alarm protection

(613) **967-7774**

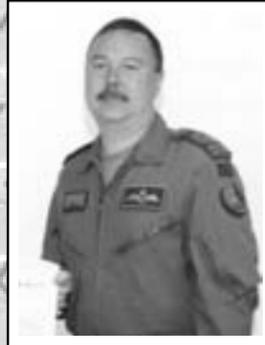
(Indoors & Outdoors) 47 Frost Rd & Hwy. 2 Bayside

Showcase

Showcase



Capt D. Loder
received his C130 1000 hrs,
presented by Maj M. Colton, 424 Sqn.



MCpl B. McQueen
received his C130 1000 hrs,
presented by
Maj M. Colton, 424 Sqn.



Capt P. Bischoff
received his C130 2000 hrs,
presented by
Maj M. Colton, 424 Sqn.



Capt R. Ellis
received his C130 2000 hrs,
presented by
Maj M. Colton, 424 Sqn.



Sgt S. Neill
received his CD1 and UNAMIR,
presented by LCol M. LaLumiere, CO 424 Sqn.



Capt J. Roy
received his CD1 and C130
2000 hrs, presented
by LCol M. LaLumiere,
CO 424 Sqn.



Capt A. Baldry
received his Commander's
Commendation, presented
by LCol M. LaLumiere,
CO 424 Sqn.



MCpl T. Henderson
received his CD, presented
by LCol M. LaLumiere,
CO 424 Sqn.



Cpl P. Lockhart
received his CD1,
presented by LCol M.
LaLumiere, CO 424 Sqn.



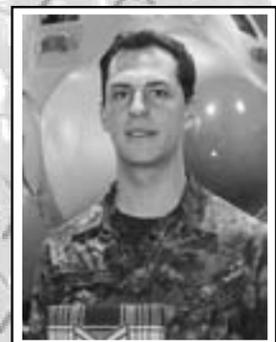
Maj M. Colton
received her SSM,
presented by LCol M.
LaLumiere, CO 424 Sqn.



Capt B. Klassen
received his CD1,
presented by LCol M.
LaLumiere, CO 424 Sqn.



Cpl P. Mongrain
received a promotion to that rank, presented by
MWO S. Roy, ASO 2 Lead and Maj D. Black, 8AMS.



Cpl A. Welch
received a promotion to that
rank, presented by
MWO S. Roy, ASO 2 Lead
and Maj D. Black, 8AMS.

Congratulations! Félicitations!

Eye on Entertainment

HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
October 23 - October 29

ARIES (March 21-April 19): Make adjustments to your residence on the 23rd and 24th. A little added comfort will do a lot for your attitude. Money matters can be dealt with and gains can be made. The unexpected may surprise you. You need to discover who you are and what you can do on the 25th, 26th and 27th. Take a different approach and let your creative imagination flow. Luck is with you, and money will come your way. There are financial changes coming your way on the 28th and 29th, so get ready to deal with the possibilities being handed to you. Your dynamic way of dealing with things will be impressive and inspire the people around you.

TAURUS (April 20-May 20): Your heart will be on family and doing things with the people you love on the 23rd and 24th. A partnership will offer you a new outlook regarding your future. Your enthusiasm will be impressive and give you the upper hand. Don't hold back or keep things to yourself on the 25th, 26th and 27th if you want to resolve issues. Once you take the first step, you will have the confidence to finish what you started with confidence. You may not please everyone, but if you please yourself you will be ahead of the game. Listen to what others have to say on the 28th and 29th, but don't be a follower. You will be in a good position to question whatever is bothering you.

GEMINI (May 21-June 20): Get as much done as you can on the 23rd and 24th. This is a great time to make a professional change or to ask for a raise. Progress can be made, and the more creative your approach, the further you will get. Be careful on the 25th, 26th and 27th — things are not as they appear. Protect your financial investments. Someone you least expect may take advantage of you making you confused about your relationship with this person. You have to do what you say on the 28th and 29th or you will be criticized by the very people you are trying to impress. Working from home will allow you greater freedom to try out a new method of doing things.

CANCER (June 21-July 22): Your emotions will probably be hard to contain on the 23rd and 24th, but if you focus on the people and the things you enjoy most, you can be productive. Do something that will enhance your looks or attitude. Don't take any chances when it comes to money on the 25th, 26th and 27th. Lending or borrowing will not turn out well. Loss is evident, but if you are smart and invest wisely you can secure your future. Take a look at your options on the 28th and 29th, and you will realize you can do anything if you put your mind to it. People will help you out if you ask, so don't feel you have to go it alone. You are headed into a high cycle, and much can be accomplished.

LEO (July 23-Aug. 22): You may be surprised that someone you thought you could trust is not on your side on the 23rd and 24th. Domestic squabbles will develop if you want everything your way. However, making up will be worth the aggravation. Don't worry about what someone who is critical has to say on the 25th, 26th and 27th. Instead, surround yourself with people who are encouraging and supportive. Personal issues may lead to a change in your private life. Don't get depressed about what you can't change. The 28th and 29th is about communication and clearing up anything that has been bothering you. A change at home will be good for you.

VIRGO (Aug. 23-Sept. 22): Partnerships will play a major role in your life on the 23rd and 24th. Your diligence and determination will not go unnoticed. Sudden changes in your personal life should be welcomed. You have needed to make a decision one way or the other for some time. You may be inclined to spend too much on the one you love or on something you don't really need on the 25th, 26th and 27th. Don't be fooled by a promise someone makes regarding your earning potential. Stop sulking and start learning how to let things go on the 28th and 29th so that you can enjoy life a little more. You've been so responsible for everyone else, and it's time to put yourself first.

LIBRA (Sept. 23-Oct. 22): Do something that will make you feel good about yourself and the direction you are heading on the 23rd and 24th. You can make a move that will secure your position for the future, but don't burn bridges along the way. Financial matters should be dealt with in a conservative manner on the 25th, 26th and 27th. An unusual business deal must be considered. Moderation and simplicity will lead you down the right path. Nothing will be out in the open on the 28th and 29th, but if you are diligent about getting to the bottom of things, you will achieve your goals. Talks will bring you knowledge, but it will be what you do with what you learn that will count.

SCORPIO (Oct. 23-Nov. 21): You will be ready to deal with anything and anyone on the 23rd and 24th. Your ability to see beyond what's right in front of you will help you make the right decision. A creative plan will materialize if you push what and whom you know. Focus on the task at hand on the 25th, 26th and 27th. You will have plenty of time to deal with other matters once you have accomplished what really needs to be done. Consider how everyone around you will be affected by a decision you must make on the 28th and 29th. Money can be made if you are true to your beliefs. Put yourself in other people's shoes and do what's right. It's time to change your direction.

SAGITTARIUS (Nov. 22-Dec. 21): A family problem may leave you a little baffled on the 23rd and 24th. Do your part and move on. You can't solve everything for everyone. A chance to make some money is evident. Keep an open mind. You'll be the center of attention at any event you attend on the 25th, 26th and 27th. Your worldly views and ability to tell a story will create interest. Make sure you get any offers in writing. Empty promises are apparent. Be careful what you wish for on the 28th and 29th. The chances are very good you won't get what you want if you are the least bit me-oriented. Consider your motivations before you jump into something.

CAPRICORN (Dec. 22-Jan. 19): Concentrate on what you can do for others on the 23rd and 24th. The more giving you are, the further you will go. A partnership that can alter your future is apparent. Your ideas will be well received. Rid yourself of the dead weight in your life on the 25th, 26th and 27th. Your future looks bright if you challenge yourself. You will obtain valuable information if you are receptive to other people's opinions. You need a change of scenery on the 28th and 29th. Do what you can to spend time in different surroundings and with people you find interesting. Physical activities will build your confidence and help you establish your position among your peers.

AQUARIUS (Jan. 20-Feb. 18): You may have some big ideas on the 23rd and 24th, but you will have difficulties getting anyone to listen or believe in what you are trying to do. Go it alone but take it slow. You are probably a little ahead of your time. You may feel uncertain about your personal life or a partnership you are in on the 25th, 26th and 27th. Don't let anyone get the better of you. Make suggestions, but be prepared to go it alone if you must. Make your surroundings more comfortable on the 28th and 29th. Do the work yourself so you don't overspend. Be innovative and you will come up with a good way to make improvements that will change your lifestyle.

PISCES (Feb. 19-March 20): Look into small business opportunities or a creative hobby on the 23rd and 24th. Your conversations with friends will give you some food for thought. Someone you are close to may surprise you with his or her reaction to what you want to do. You may have to put yourself to the test on the 25th, 26th and 27th to get things finished, but in the end, it will be well worth your effort. Your loved ones may not understand what you are trying to do, but you will prove yourself. You need to think about the past and re-evaluate your decisions and where they are leading you on the 28th and 29th. Stop chasing something that doesn't belong to you in the first place.

Dr. Bruce D. Coward & Associates
OPTOMETRISTS
Quinte Family Eye Care Clinic
Laser Vision Correction Patient Co-Management

We are pleased to welcome
Dr. N. Uddin & Dr. A. Gupta

- Eye Examinations
- Laser Correction Co-Management
- Contact Lenses & Glasses
- Same day Emergency service
- Open Evenings
- Examen Disponible En Français

**EYE EXAMS
NOW AVAILABLE**
*Book your
Appointment today*
Call (613) 392-6211

Locations

- Trenton 287 Dundas St. E., (613) 392-6211
 - Belleville 142A North Front St., (613) 968-6560
 - Brighton 39A Elizabeth St., (613) 475-3900
- Visit our website: www.drbruceecoward.com

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

DuJour
PET DENTIST
Anybody seen Dr. Smith?

REVERENDFUN.COM COPYRIGHT GEL, INC.
WALLY'S ATTITUDE OF "IF YOU CAN'T BEAT 'EM, JOIN 'EM" CAME IN REALLY HANDY DURING THE LOCUST PLAGUE

DEAD AIR BY: DAVE JOHNSON

WELCOME TO BURGER DOM! CAN I INTEREST YOU IN OUR NEW LOW-FAT, LOW-CARB, LOW-SELF ESTEEM HAMBURGER?
THAT'S A PICKLE.
ACTUALLY, IT'S A FLAME-BROILED PICKLE, COOKED JUST THE WAY YOU LIKE IT... IT'S QUITE TASTY.
FINE, GIVE ME TWO WITH AN ULTRA-BIG COKE.
WE HAVE TEA.
FINE, TWO PICKLES, A TEA AND AN ORDER OF FRIES, AND I'D LIKE TO MONDO-SIZE THEM.
WE HAVE CELERY, AND WE ONLY CARRY SMALL NOW.
CANT A MAN BLOCK HIS ARTERIES ANYMORE?!

GINGER & SHADOW BY BARRY CORBETT

SHADOW, IT'S REALLY DISGRACEFUL HOW YOU FAWN ALL OVER THESE KIDS JUST FOR A LITTLE PETTING NOW AND THEN.
I MEAN, YOU'VE GOT TO HAVE A LITTLE DIGNITY. WHERE'S YOUR... OMIGOD! THERE'S SOMETHING DANGLING!!
YOUR LITTLE SPEECH HAS LOST SOME BITE.
THIS IS JUST SO EMBARRASSING.

Community

Community Events

CENTRE THEATRE

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

GENEROUSLY SPONSORED BY THE CENTRE THEATRE

CALL 392-4211 FOR INFORMATION

Matinees Saturday & Sunday

MOVIES MOVIES MOVIES

MOVIE LINE-UP

- March of the Penguins (G) 1:00 7:00 9:00
- Wallace & Gromit: Curse of the Were-Rabbit (G) 1:05 7:05 9:05
- The Fog (14A) 1:10 7:10 9:10

Coming Soon: Legend of Zorro, Horloge Biologique

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.

MONTHLY BOOK SALE

THE FRIENDS OF TRENTON PUBLIC LIBRARY

BOOK BARGAINS

SATURDAY, OCTOBER 29TH
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.



Quinte West Public Library celebrates "Year of the Veteran"

In recognition of the Canadian government's declaration of 2005 as the "Year of the Veteran", the Quinte West Public Library is pleased to host two special library programmes celebrating our military's contributions past and present.

Garry "Rusty" Robson, clad in uniform of a Canadian infantryman of the Great War, will offer those in attendance an informative portrayal of the First World War experience. An excellent researcher, Rusty brings "Living History" to all who view his presentations. Mr. Robson will offer a one hour presentation at Quinte West Public Library's main branch in Trenton on Wednesday, November 9 at 1 p.m. Free admission!

Arrive early to get a good seat!

As Rusty winds up, members of 8 Wing's 424 Search and Rescue Squadron will arrive to demonstrate the work of this important and effective unit. An audiovisual presentation will be accompanied by a display of some of the tools of this trade. Anyone living in the Quinte area should be interested in finding out what these folks are really doing when they are flying around. This programme will begin at 2 p.m. and finish at 3 p.m.

CHAPLAIN SERVICES SERVICES OFFERT PAR L'AUMÔNERIE

Wing Chaplain/ Aumônier de l'escadre – Major Lloyd Clifton
Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS
Padre Mike Adamezyk
Padre Marc Torchinsky

WORSHIP SERVICES

OUR LADY OF PEACE (RC)
NOTRE-DAME-DE-LA-PAIX (CR)

Chapel Life Co-ordinator
Padre Frank Pellerin

MASS

Sunday Mass (English) 1130 hrs
Messe Dominicale: 0900 hrs

CONFESSION
At all times

PARISH ORGANIZATIONS

Parish Council 4th Sun 1330 hrs
Knights of Columbus 1st Thurs 1900 hrs
CWL 2nd Tues 1900 hrs
Chorale Merc 1900 hrs
Choir Tues 1900 hrs

ST CLEMENT ASTRA (PROTESTANT)

Chapel Life Co-ordinator
Padre James Craig

WORSHIP SERVICE

Divine Worship (Sun) 1015 hrs
Holy Communion 1st Sunday of the month

PARISH ORGANIZATIONS

Chapel Guild Last Tues 1930 hrs

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.

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.

THE TOWN & COUNTRY CAMERA CLUB meets the first Wednesday of each month at 7:30 p.m. at the Dufferin Centre, Trenton. At the next meeting on Nov. 2, members are requested to bring slides and/or prints for "Show & Tell". New members welcome.

Rainbow Dance

Where:

Bohemian Penguin

When:

October 29, 2005, 9 p.m. to 2 a.m.

LGBT community

members and supporters are welcome.

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.

For Rent

Great value!
1&2 bdrm apts
ADULT OR FAMILY
BUILDINGS
clean & quiet
utilities & cable
included
CLOSE TO BASE
**KLEMENCIC
PROPERTIES
392-7839**

4 bdrm, 3 bath, large waterfront home on Bay of Quinte in Carrying Place. \$1000+hydro/mth partially furnished.
(905) 881-3193

Crossword Answers

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

Business Services

The Largest Discount Furniture & Appliance Store Between Toronto & Montreal

PX Over 50 Years in Business

FURNITURE & APPLIANCES
The King of Low Prices

NO GST
NO PST
ON ALL FURNITURE

50 Mile FREE DELIVERY
Open 7 days a Week
Thurs & Fri-9-9
Sun. 11-5

Yes We Have No Interest No Payment See Store for Details

TRENTON Warehouse Pricing
Hwy. 33 just south of 401
392-6690

Canada's Super Stores SAVE \$\$\$

Serta and SPOCKETCOIL

1/2 PRICE MATTRESS SALE

ALL APPLIANCES AT BLOW OUT PRICES
• Fridges • Stoves • Washers • Dryers

WE FINANCE O.A.C. ON APPROVED CREDIT

Paradise Adult Video
394-6600
DVD's FOR RENT & FOR SALE
Toys - Videos - Magazines
255 Glen Miller Rd.
Riverview Plaza, Trenton
(North of 401, across from Rona)
Open Mon. - Sat. 11-8
Sunday 12-3

L&L BBQ Catering
Call
613-395-0097
FOR ALL OCCASIONS!

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

NEW & USED REFRIGERATORS
Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees. Fridges \$100 and up
NEW APPLIANCES
at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from
PAYS CASH
for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices. Open 7 days a week & evenings. We deliver. We like Base people.

SMITTY'S APPLIANCES LTD.
969-0287

BOARDING
Dogs & cats. Individual exercise. Secluded country setting. Airport service available. 5 mins from 401 Brighton. Call
EDDYSTONE KENNELS
613-475-4405 2-2-RB

RUSHNELL FUNERAL HOME & CREMATION CENTRE
60 Division Street Trenton
392-2111

Storage Units
Trinity Mini Storage Rentals
Great rates & many sizes to choose from.
Hwy 2 Bayside
(613) 392-2525

For Sale

Belleville Volkswagen



2001 Wolfsburg
1.8T, 5 spd., power group, blue, alloys, VW certified warranty, 85K.
\$17,400



2004 Jetta GLS
2.0L, auto, power group, grey, balance of new car warranty, 53K.
\$19,900

All prices +Admin., GST & PST & licensing
Call Paul at

966-3333
239 North Front
Belleville
www.bellevillevw.com

DUFFERIN
Pool Table, plus accessories - \$1,700
OBO - like new -
965-5850.

DIAMOND EARRINGS
Brand new 3 styles from \$70. Up to 80% off retail. Other precious gem jewellery available and mens watches. Call **849-5506.**

New Barn & Gable style storage sheds 8'x8' & 8'x10'. Delivered completely assembled. Call **Fred's Sheds 475-0192**
Also will install vinyl siding.

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

Coming Events

HALLOWEEN BALL
CASH PRIZES!
Singles Halloween party! Hundreds of singles! Costume contest/Cash prizes! Bring your camera!
Sat Oct 22nd
Top floor
Belleville Legion 9pm
www.romeoandjuliet.ca
613 392 9850

Job Opportunities

Earn what your worth at Beautyrock

\$11.00/hour + commission
25 to 40 hrs per week. **Bilingualism an asset.**
We are currently hiring Sales Representatives.
Monday to Friday Evening shifts.
Please drop your resume off at
3 Applewood Drive, Suite 301, Belleville
or fax 961-1693
Only those applicants selected for an interview will be contacted.

Employment Opportunity THALES

49 Auriga Drive
Ottawa, Ontario K2E 8A1
Tel: (613) 723-7000
Fax: (613) 723-5600

POSITION TITLE: UAV Operations Specialists
DEPARTMENT: Software Engineering
WORK LOCATION: Kandahar, Afghanistan

PRIMARY OBJECTIVE

Thales Canada, Systems Division, (www.thales-systems.ca) based in Ottawa, has several challenging requirements in support of Canada's military operations in Kandahar, Afghanistan. Mature individuals, with a strong commitment to getting the job done under difficult circumstances, are invited to submit their resumes for either of the positions listed below.

MAIN RESPONSIBILITIES

GCS/Payload Operator:
The successful candidates shall be experienced in the operation of airborne electro-optic and radar sensors, preferably with UAV operations experience. They will have experience with airspace management and airborne communications procedures. Experience with army operations would be considered an asset. These individuals will be undertaking the planning and the execution of unmanned aerial vehicle surveillance operations. This will include the actual operation of the onboard sensors from a remote Ground Control Station, communication with other organizations and assets in the region, and the analysis of information acquired by the sensors. Their duties will also include general administrative duties.

Avionics/Electronics Technicians/Technologists.
The successful candidates shall be certified avionics technicians/technologists with at least 5 years of experience in maintenance of avionics and electronic systems. Specifically, the field maintenance of electro-optic and radar systems, avionics systems and related payload components in the airborne/UAV environments, preferably in support of military operations, is required. Familiarity with the maintenance of electronic support systems such as ground control systems and communications systems and components is a definite asset. These individuals will be undertaking the maintenance and repair of unmanned aerial vehicles and their payloads, and may launch and recover these vehicles. Their duties will include the requisitioning of parts, general administrative duties, and engineering analyses.

ESSENTIAL QUALIFICATIONS & SKILLS

Selected candidates will undergo a two month training period, and then be deployed to Kandahar, Afghanistan.

Employees of Thales benefit from competitive salaries, a complete benefits package, and an attractive retirement income plan. For this assignment, which is scheduled for an initial period of twelve months, special allowances and bonuses will be available, as well as scheduled rest and relaxation trips out of the theater of operations.

Please reply to the email address below, outlining your detailed experience and qualifications, as well as salary expectations.

We thank all those who responded, however, only those selected for an interview will be contacted.

hr@ca.thalesgroup.com

Procedures for wearing medals

CF Personnel Newsletter

Every year as Remembrance Day approaches, CF Personnel Newsletter receives questions about wearing medals.

The question most frequently asked is, "Can I wear my deceased grandpa's/mother's/buddy's medals in his/her/his honour?" The answer is a resounding "no."

People receive and wear orders, decorations and medals as an official public recognition of their courage, merit or service – only the original and intended recipient may wear them. After the recipient's death, the orders, dec-

orations and medals may remain in the family, may be put on display as an heirloom or may be given to a recognized museum. Under no circumstances should they be worn by anyone else. In fact, the unlawful wearing of orders, decorations and medals contravenes Article 419, Section X of the Criminal Code of Canada.

Another question we receive concerns the combining and wearing of official and unofficial orders, decorations and medals. Again, the answer is "no."

Only official orders, decorations and medals included in the Canadian order of precedence, and foreign honours awarded

with the approval of the Government of Canada, may be worn. Unofficial awards may not be mounted with or worn in conjunction with official honours.

As well, full-size medals should be worn for daytime ceremonies such as Remembrance Day ceremonies. Miniature medals may be worn only for nighttime events such as mess dinners.

The Chancellery of Honours at Rideau Hall is the national authority on the wearing of orders, decorations and medals. Visit www.gg.ca/honours/wear/index_e.asp or telephone 1-800-465-6890 for more information.



Fred Clue wears his medals with pride at the grave of his brother, Corporal Ernest Joseph Clue, in Groesbeek Canadian War Cemetery.

RE/MAX
Trent Valley Realty Ltd., Realtor
Independently Owned & Operated
447 Dundas St. W. Trenton
Phone: (613) 392-6594
E-mail: jfoley50@yahoo.com



Jim Foley
Sales Rep

Full Time Professionals • Full Time Professionals • Full Time Professionals

RE/MAX
Trent Valley Realty Ltd., Realtor
Independently Owned and Operated

Shopping for a Realtor? Put "Frank & Joanne" at the top of your list!

Posted?? Free Relocation Packages Nation wide
Free local Market Evaluations.

CALL US
1-800-567-0776
392-6594

www3.sympatico.ca/home.search

HORMANN Joanne & Frank
Broker / Sales Representative

Full Time Professionals • Full Time Professionals • Full Time Professionals



FOR SALE BY OWNER
3 bdrm house, 2-3 piece baths, rec room, computer room, central air, 10 yrs. old. Close to base. Asking \$197,800
Call 392-3517



Nobody works harder for you than RE/MAX

Remax Trent Valley Realty LTD Broker

Trenton 447 Dundas St. W 392-6594
Brighton 41 Main St. 475-6594
Toll Free: 1-800-567-0776
Check us out at... www.remaxtrent.com

Century 21
Lanthorn Real Estate Ltd.

441 Front St. Trenton, Ontario K8V 6C1
613 392-2511 / 613 475-5677
e-mail: trenton@c21lanthorn.com
website: c21lanthorn.com
1-888-792-5499

OUR OFFICE HAS MOVED!
New Location: 441 Front St. Trenton
We are now on the west bank of Trent River (Former office of Lower Trent Conservation)



West Side Location!
\$174,900 This lovely 3+ bdrm colorado w/open concept oak kit/dr. with pantr/desk area, rec rm., 2 lrg bths, 4th bdrm down and huge deck.
Call Shelly* to view.
#2056209



Convenient to #401
Extensive perennial gardens surround this rural gem. Immaculately kept. Open concept boasts lovely ash kit. w/ peninsula garden drs. to rear entertainment area. Call Barb Wood* to view.
#2055500
*Sales ** Associate Broker

A Woodland Retreat In-town.
\$168,900. On the west fringe of Frankford sits this classic brick bung. of approx. 1500 sq ft. 3 bth, 1 & 1/2 plus acres & full bsmt with att gar. A treat to see. Call Joyce Monds* #2056074

CONTACT
is a Personnel Support Programs outlet. We rely almost exclusively on the revenue we generate through our advertising. We would like to thank our advertisers for their generous support of this publication.

LOCAL SERVICES **To Serve You** AND TRADES

Classified Advertising 392-2811 ext 3976 24 Hour Faxing 965-7490 e-mail: Sheahan.AE@forces.gc.ca

Auto Detailing
Bonnie's Auto Spa
"Let me pamper your vehicle!"
Complete Auto Detailing
Cleaning inside & out
Reasonable Rates
Fast Service
Pick-Up & Delivery
(613) 921-0734
25 Frankford Cres.
Unit 43 Bldg 1, Trenton
email: autospa@kos.net

Auto Service/Tires
GOOD YEAR
"YOUR COMPLETE AUTO SERVICE CENTRE"
\$29⁰⁰
Air Conditioning service check up
392-1354
303 Dundas St. W. Trenton

Boat Repairs
MOBILE MARINE SERVICES
We Come To You!
ALL BOAT REPAIRS
WATERCRAFT, SMALL ENGINES
LAUNCH/RECOVERY, ETC.
Picton: Wayne 849-2071 or 476-4307
Trenton: Don 922-8741

Building Material
RONA CASHWAY
"Buy Where The Builder Buys"
House plans, engineered floors, kiln dried lumber, expert staff, etc.
234 Glen Miller Rd
Trenton 394-3351

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

Flooring
FLOORGUYS
"For all Your Flooring Needs"
CERTIFIED INSTALLATIONS
Specializing in Hardwood Installation & Refinishing
Ceramic Tile Installation & Repair
JUDD BAILEY
PICTON ON.
Tel: 396-2158
Toll Free: 1-866-310-3337

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

Roofing
ROYALTY
"The Very Best by John West"
Commercial
Residential
Agricultural
Asphalt & Steel
Professional Installation
Fully Insured
Call for Free Estimate
CALL (613) 527-1551
JOHN WEST CONSTRUCTION
469 Cty. Rd. 64 RR#3 Brighton
613-475-6240

Storage
Princess Archival Storage Systems
• Secure Storage lockers
• Lowest Rates in town
• Truck & Trailer Rentals
88 Princess St. Trenton
392-3897

Swap & Sell
QUINTE WEST SWAP & SELL
• Bikes • Stereos • Tools • TVs
• Game Systems • Movies • CDs
• Guitars • Car Audio
• Paint Ball Guns & Supplies
BUY-TRADE-LOAN
391 Dundas St. W. Trenton (across from the High School)
392-5822
Open Daily 10-6
Sun 10-3

Top Soil
• TOP SOIL •
• PLAY GROUND SAND •
• GRAVEL • LARGE OR SMALL - PICK UP OR DELIVERY
• EQUIPMENT RENTALS •
SCOTT'S HAULAGE
17 Lester Road
392-3917

Tree Service
Trenton Tree Service
Tree Trimming & Removal, Chipping & Stumping
• Free Estimates
• Fully Insured
A fair price for everyone
392-7415

GET A "REAL DEAL" FROM RALPH NEALE

05 CHRYSLER 300

Air, auto, V-6, CD, pwr. pl., pwr. seats, cruise, TR, keyless entry, alloy wheels, fog lights, 25,582 kms. \$24,995.00P

\$27,900*



05 CHRYSLER PACIFICA

V-6 automatic, air, fog lights, TR, cruise, pwr. locks, mirrors & windows, alloy wheels, roof rack, CD, & more! \$26,995.14P

\$33,900*



05 CHRYSLER 300C

Leather, sunroof, Hemi V-8, chrome wheels, heated seats, fully loaded! 1,000 kms. Ex-300 Dodge. \$26,995.00P

\$38,900



05 DODGE SX 2.0

Air, 4 spd., am/fm stereo, CD, bucket seats, auto, fog lights, 21,600 kms. \$14,995.00P

\$13,900*



05 JEEP LIBERTY LIMITED

4x4, auto V-6, air, CD, pwr. pl., cruise, TR, traction control, pwr. mirrors, alloy wheels, 26,674 kms. \$24,995.00P

\$25,900*



05 JEEP GRAND CHEROKEE

Air, 4x4, CD, V-6 auto, pwr. cruise, TR, traction control, keyless entry, alloy wheels, 12,494 kms. \$24,995.00P

\$31,900*



05 DODGE GRAND CARAVAN Stow N Go

V-6 auto, air, CD, pwr. pl., four captain's chairs, cruise, tilt, tinted windows, 37,553 kms. \$24,995.00P

\$22,900*



* Daily Rental. Prices are plus taxes, licence & admin.

-72 HOUR OPEN HOUSE-FRI, SAT, SUN OCT 21, 22 & 23

**BBQ
SUN OCT 23
11-3**

**HUGE SAVINGS!
BEST DEALS OF THE YEAR**

**OPEN SUNDAY
10-5**

Winter Clothing
up to
70% Off



**COME SEE
ALL THE
2006 MODELS**

BUY A NEW 2006 ARCTIC CAT SNOWMOBILE AND GET
**UP TO A 4-YEAR WARRANTY
OR
NO MONEY DOWN, NO INTEREST
AND NO PAYMENTS FOR 6 MONTHS
OR
9.9% FINANCING FOR 60 MONTHS
PLUS GET SAVINGS UP TO \$1700 ON 2005's!**

**NATIONAL
OPEN
HOUSE
OCTOBER
14-29**

**ARCTIC CAT
SHARE OUR PASSION!**

**NO DOWN
PAYMENT!**

'05 CLEARANCE SALE!

**SEE ALL THE
NEW MODELS**

THINK IT'S HOT OUTSIDE?
WAIT TIL YOU GET IN OUR SHOWROOM,
WITH UP TO **\$1800** IN SAVINGS.

**DEMO
CLEARANCE**



Our 2005 ATVs are rugged, dependable, and now, more affordable. Come in during our Inventory Clearance Sale and you can get a new 650 LE with up to \$1800 in savings. We have other models too, all at great savings. But at these prices, they won't last long. So come in today.

**ON SITE
FINANCING**

**ARCTIC CAT
MORE TO GO ON!**

#1 ARCTIC CAT VOLUME DEALER IN CANADA, FOR 2005

NOBODY HAS MORE!! **NOBODY SELLS MORE!!**

ULTIMATE POWERSPORTS & SALES

www.ultimatepowersports.ca 602-3371 or 1-800-677-5222

BELLEVILLE
DODGE • CHRYSLER • JEEP

www.bellevilledodge.ca
11912 W. BELLEVILLE

613-966-9936
1-888-757-9994