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CF Aerospace Warfare Centre opens at 8 Wing Trenton

by Laurie McVicar, with files from Air Force Public Affairs

A new centre of excellence which will transform the way air power is employed in a more integrated Canadian Forces was opened October 25 by Lieutenant-General (LGen) Steve Lucas, the Commander of Air Command and Chief of the Air Staff.

The Canadian Forces Aerospace Warfare Centre (CFAWC) is based on a two-site construct with the main site in Trenton. A small detachment will be co-located with the Canadian Forces Experimentation Centre in Ottawa.

Starting with an initial cadre of 31 personnel, it is expected to reach full operational capability with approximately 125 people by 2008-2009. All costs will be borne within the existing and planned future Air Force funding envelopes.

"This unit will serve as a power-

ful idea generator that will be the engine of Air Force transformation. It will work closely with other centres of excellence - at home and abroad - such as the CF Maritime Warfare Centre and the Land Force Doctrine and Training System to develop aerospace doctrine, explore new concepts, and make best use of lessons learned to improve the effectiveness of air power," stated LGen Lucas.

"The Aerospace Warfare Centre will analyze the results of exercises and real-world operations and will develop a virtual environment where techniques and tactics can be simulated. The CFAWC will study emerging technologies and concepts to determine how best to serve the transforming Canadian Forces and the Air Force. It will be a central building block for a more integrated and joint force."

During his address, Colonel James Cottingham, first

Commanding Officer of the CFAWC, focused on the issue of why transformation is needed.

"Quite simply because the nature of warfare is ever changing...the next war will never be exactly the same as one that has come before. As warfare changes, so must we the warriors," said he stated.

"Canadians have proven in the past that we are very good at adaptation and transformation. In every conflict that Canadians have been called upon to enter, they mastered the new realities in which we have found ourselves. However, our success has always come at a high cost. We have paid for our lessons in each war with the blood of our young men and women."

"The aim of the Canadian Forces Aerospace Warfare Centre is to make adaptation and transformation a day-to-day activity, so that

See Warfare Centre, page 3



Photo: Cpl Simon Duchesne, 8 Wing Imaging

At the opening ceremony for the Canadian Forces Aerospace Warfare Centre, held on Oct. 25 at the 8 Wing/CFB Trenton Officers' Mess, the Unit Commanding Officer, Colonel Jim Cottingham (left) and Lieutenant-General Steve Lucas (right), Chief of the Air Staff, sign the official documents marking the stand-up of the new centre of excellence.

PRIOR TO THE JUMP

Photo: Cpl Tom Parker, 8 Wing Imaging Section



General Rick Hillier, Chief of the Defence Staff, and CBC television personality Rick Mercer chat prior to their tandem jump at 8 Wing/CFB Trenton, which took place on October 20. The jump was filmed by Warrant Officer Robert Cotnam of the Sky Hawks Parachute Demonstration Team with his helmet-mounted camera. The footage will air on CBC's The Rick Mercer Report on November 8 at 8 p.m. local time.

Hercules support contract awarded

Gatineau, Quebec — Cascade Aerospace Inc. of Abbotsford, B.C. is the winning bidder to supply the maintenance and support services for the airframe of the CC-130 Hercules fleet.

The Department of Public Works and Government Services announced the contract award today on behalf of the Department of National Defence. The contract, worth \$423.4 million, will provide an innovative and efficient support management system for the remaining life of the fleet from Cascade's headquarters in Abbotsford.

"This contract was awarded after a competitive process that was open, fair and transparent and overseen by a fairness monitor," said Scott Brison, Minister of Public Works and Government Services. "As part of the Government of Canada's ongoing commitment to modernize procurement, this performance-based contract will ensure that Canadians receive the best value for their hard-earned tax dollars."

"The men and women of the Canadian Forces deserve the best equipment and support that we can provide," said Defence Minister Bill Graham. "This new broader integrated contract will allow the Department of National Defence to do just that."

"By providing our aircrews with the most

efficient maintenance and support means possible, we improve fleet availability, capability and sustainability," said General Rick Hillier, Chief of the Defence Staff. "This restructuring of contracts to industry will result in a direct operational benefit to our Forces."

The contract includes an initial term of six years, including a six-month implementation period, and option years for the remaining life of the fleet.

The CC-130 Hercules Optimized Weapon System Management program (OWSM) for the airframe combines several contracts under a broader framework that encompasses the majority of the CC-130 support responsibilities. These responsibilities include program management, engineering support, maintenance support, materiel support and technical information support. OWSM also increases contractor responsibility and accountability, and introduces performance-based incentives to promote cost-savings to the Canadian Forces.

This is one of three Hercules OWSM projects, with the remaining two being for the avionics and propulsion systems of the aircraft. The OWSM program is also being implemented with the CF-18 Hornet and CP-140 Aurora fleets.

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Suffering from donor fatigue?

by Maj John Campbell
8 Wg GCWCC Chairperson

As the annual campaign passes the mid-way point, an oft-heard remark around the Wing is "Whatdaya think I'm made of, money?" or "No, not another draw!" And in today's world with ongoing campaigns for Tsunami Relief, Hurricane Relief, Earthquake Relief and all the other standards like United Way, Heart & Stroke Foundation, Canadian Cancer Society, Canadian Lung Association, Muscular Dystrophy...the list goes on...maybe there is some validity to these comments. But that's the point to our Campaign and to the many other campaigns...to help those unable to help themselves...be it from natural disasters to incurable diseases to poverty.

By chance of fate or luck of the draw, for the most part, we members of the CF and DND are well recompensed for our labours making us easy "targets" for these multitude of campaigns. But unless I missed that portion of the Canvasser Training session, none of the Wing canvassers or ticket sellers are holding a gun to your head as a

sales technique. They are simply providing a means for you to make a contribution to a charity of your...repeat your...choice. It is up to each individual to decide: (a) if he/she wants to make a donation or buy a ticket for a draw; and (b) to which charity he/she wants to support.

Even if this Campaign falls short of its monetary goal, I will be fully satisfied with the Team's efforts if 100% of the Wing's personnel were canvassed, and events were staged to provide everyone the opportunity to participate. The aim is AWARENESS and OPPORTUNITY...your awareness of the suffering going on around the world or in your own neighbourhood and your opportunity to make a difference by making a pledge or buying a ticket.

To this end, I hope everyone has enjoyed the events organized so far during the Campaign such as the WTnO Jail & Bail, the two Yukon Galley Spaghetti & Pizza Pig-Outs, the WComd Charity Golf Tournament, the 8 AMS Teen Dance, the Officers' Mess Texas Hold'em Poker Tournament, the WEME Winter Car Clinic and the

various BBQs held in support of the Campaign.

But there is still more to come...at both the Wing and Unit levels...28 Oct WTISS COMCEN Bake Sale, 4 Nov Spaghetti & Pizza Pig-Out #3, 18 Nov Spaghetti & Pizza Pig-Out #4, 24-25 Nov 24-hour Marathon Hockey Tournament (teams still being accepted), 25 Nov Battle of the Bands Campaign finale and the WTnO Car Crush coming in November.

And finally, I did mention tickets a few lines back...boyoboy, do we have tickets for sale! Take your pick or buy one of each...the Mega 50/50 Payday, the 1 Dental Unit "Basket for Charity", the WCE/81 AEF Scroll Woodworking, the Virtual Holiday Flight Simulator, the Car Crush...see the 8 Wing Splashpage for complete details (http://trenton.mil.ca/main/index_e.htm)

As of 24 Oct 05, the GCWCC Campaign has collected \$40,165 or a tad over 50 per cent of our \$80,000 goal. The canvassing of Wing personnel has also reached 40 per cent despite the hectic pace of activities around the Wing.

OBITUARY

CUTLER, Gordon Winston passed away peacefully with his family by his side at his residence on Sunday October 23, 2005 at the age of 50. Gordon was a Warrant Officer with the Canadian Armed Forces (32 years) and held the position of Flight Engineer with the 436 Squadron at 8 Wing Trenton.

Beloved son of James and Betty Cutler of Clifford, Ontario. Dear brother of Grace Maddock

and her husband Ray of Brantford, Ontario, Dave Cutler and his wife Tari of Comox, British Columbia and Bruce Cutler of Belmore, Ontario.

Remembered by his aunts, uncles, nieces and many friends. Family will receive friends at 8 Wing Chapel, CFB Trenton on Saturday, October 29, 2005, from 10am - 12pm. Service to take place at 1:00 pm with reception to follow.

As an expression of sympathy, donations to the Canadian Cancer Society or V.O.N. would be appreciated by the family. Online Condolences and Guest Book at www.weaverfuneralhomes.com

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Pte Neal and LS Clark are seen preparing a sustainment shipment in support of OP Plateau. They are two out of the four personnel that Wing Supply Squadron contributed to the DART unit in helping the team to consolidate the mass of materiel required to support 200 DART personnel for the duration of OP Plateau.

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Search & Rescue UPDATE



424 Squadron Tigers had only one mission in the past week. It was for an ELT signal near Port Severn, On. Our Hercules crew located the intermittent distress signal--it was a Cessna float plane flying in the area with an active ELT signal. The plane landed on a lake and RCC advised the owner of the situation.

Until next week, stay safe.

Missions for 2005: 143 Missions for Oct.: 11 Persons rescued: 124

Attribution du contrat de soutien des aéronefs hercules

Gatineau (Québec) – Le contrat relatif aux services de maintenance et de soutien des systèmes d'armes pour la cellule de la flotte d'aéronefs Hercules CC-130 a été attribué à l'entreprise Cascade Aerospace Inc., d'Abbotsford, en Colombie-Britannique. Le ministre des Travaux publics et des Services gouvernementaux a annoncé l'attribution du contrat aujourd'hui, au nom du ministère de la Défense nationale. Dans le cadre du contrat d'une valeur de 423,4 millions de dollars, l'entreprise fournira un système de gestion du soutien innovateur et efficace pour la durée de vie restante de la flotte, à partir de son administration centrale, située à Abbotsford.

Scott Brison, ministre des Travaux publics et des Services gouvernementaux, a déclaré : « Ce contrat a été attribué à la suite d'un processus concurrentiel juste, ouvert et transparent et supervisé par un surveillant de l'équité. Selon l'engagement du gouvernement du Canada visant à moderniser les achats, ce contrat fondé sur le rendement permettra aux Canadiens d'en avoir le plus possible pour leur argent durement gagné. »

« Les hommes et les femmes des Forces canadiennes méritent le meilleur équipement et le meilleur appui que nous pouvons leur fournir. Le nouveau contrat intégré et de portée accrue permettra au ministère de la Défense nationale d'aller en ce sens », a déclaré M. Bill Graham, ministre de la Défense nationale.

« En mettant à la disposition de

nos équipages les moyens les plus efficaces qui soient pour la maintenance et le soutien des aéronefs, nous améliorons la disponibilité, la capacité et la durabilité de la flotte. Cette restructuration des contrats attribués au secteur privé fera rejailir, sur nos Forces, des avantages opérationnels directs », a confié le général Rick Hillier, chef d'état-major de la Défense.

Ce contrat de six ans prévoit une période de mise en œuvre de six mois et est assorti d'options pour la durée de vie restante de la flotte.

Le programme de Gestion optimisée des systèmes d'armes (GOSA) pour la cellule de la flotte d'aéronefs CC-130 Hercules regroupe plusieurs contrats dans un cadre plus vaste, qui s'étend à la majorité des responsabilités liées au soutien des aéronefs CC-130. La gestion du programme, le soutien technique, le soutien de la maintenance, le soutien du matériel et le soutien de l'information technique sont au nombre de ces responsabilités. Le programme de GOSA a également pour effet d'accroître la responsabilité et l'obligation de rendre compte de l'entrepreneur, en plus d'instituer des mesures incitatives fondées sur le rendement afin de favoriser la réduction des coûts pour les Forces canadiennes.

Il s'agit de l'un des trois projets du programme de GOSA pour les aéronefs Hercules; les deux autres projets portent sur l'avionique et les systèmes de propulsion des aéronefs. On fait aussi appel à ce programme pour les flottes d'aéronefs CF-18 Hornet et CP-140 Aurora.

Warfare centre, continued from page 1

when we next send Canadians in harms way, they will be armed with the most advanced ideas, doctrine and tactics.”

Speaking on behalf of his staff, Col Cottingham noted, “We understand the gravity of our task. We also understand the challenges we face in the coming years will not be trivial. There is no doubt in my mind that we will prevail because we know we have the

trust and full support of our senior leadership and the entire Air Force community. We feel privileged to have been selected to be part of the beginning of this new and exciting time in Canada's Air Force.”

Addressing LGen Lucas, Col Cottingham stated, “We are primed and ready to begin our work. Set this engine of transformation to full throttle.”

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

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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.

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

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



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message from the

Editor

Some things just cannot be adequately explained.

For the life of me, I cannot understand why any one would NOT get a flu shot. It is free (to everyone in Ontario), it is readily accessible (doctors' offices, community clinics, schools, and even some employers), it feels comparable to a little pinch, and it protects you from the flu (either you won't get it at all, or you will suffer only a mild case). So what's not to love?

And if you don't care enough about your own health and for some reason have no aversion to spending a week flat on your back and "sick as a dog," then at least get the shot out of consideration for others. The flu can be serious, even deadly for elderly, frail or immuno-compromised people, and if you contract the flu then you can unwittingly and quite ungraciously, pass it on to someone else.

Quite frankly, the only valid reasons I know of to refuse this free immunization are: people who have had a previous allergic reaction to influenza vaccine, people with an allergy to eggs, people with an allergy to thimerosal, people with a changing neurological condition, people with a history of Guillain-Barré Syndrome, or people with a history of Oculo-Respiratory Syndrome.

I should also mention that getting the flu is not just about getting sick or infecting others. There is also an economic cost--it can wield an enormous blow to productivity if a large number of people are too sick to work. And our health care system is already overburdened enough. Why add to it?

Getting the flu, at least here in Ontario, is an entirely avoidable circumstance.

So the choice seems to be--get the shot or get the flu. Seems like a no-brainer to me.

Canadiana Crossword

Which Witch is Which

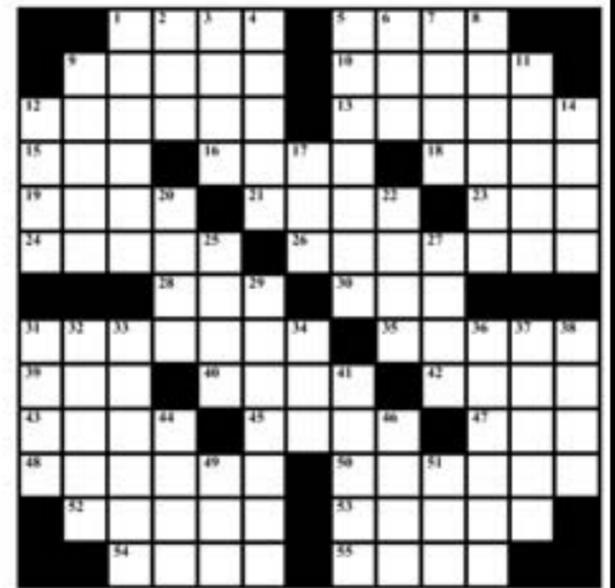
By Bernice Rosella and James Kilner

ACROSS

- 1 Delay
- 5 The sound of laughter
- 9 Greek enchantress
- 10 Eastern rulers
- 12 German town
- 13 Hebrew enchantress
- 15 Charged particle
- 16 Vale
- 18 Double curve
- 19 Ace
- 21 Diplomacy
- 23 That witch
- 24 Type feature
- 26 Artist
- 28 Leafs' defenceman Morrison
- 30 Religion
- 31 Clipped
- 35 Opponent
- 39 You there
- 40 Give birth
- 42 Maximum sentence
- 43 Stojko manoeuvre
- 45 Whiskies
- 47 Inlet
- 48 Greek goddess of infernal regions
- 50 Sorcerer
- 52 Ancient symbols
- 53 Floor, to Francine
- 54 Legumes
- 55 Educational toy

DOWN

- 1 Heart of a hotdog
- 2 Limb
- 3 Executed, gangland style
- 4 Belief
- 5 Wild woman



- 6 Friend, in Falaise
- 7 Hawaiian town
- 8 Properly
- 9 Harridan
- 11 Beef animal
- 12 Life histories, for short
- 14 Paragon
- 17 Flee
- 20 Latvian Capital
- 22 Rip
- 25 Greek or Roman goddess of vengeance
- 27 Dirt
- 29 Sibyl
- 31 Iranian ruler
- 32 Sorceress
- 33 Device to treat an eye injury
- 34 Doris or Dennis
- 36 Shrew
- 37 In flames
- 38 Set an example
- 41 Stair part
- 44 Alley
- 46 Location
- 49 Orange Pekoe or English Breakfast
- 51 Zig's partner



This Week in Contact

1975 – On Monday, October 29, LCol Garner, acting Base Commander, officially opened the new self-serve gas bar at the South Side Exchange Service Station location. In order to maintain a competitive discount price on gasoline, the Base has taken the initiative and had self service pumps and console installed.

1985 – Prime Minister Brian Mulroney has been out of the country for the past week or so and has enjoyed 437 Squadron hospitality from Ottawa to Nassau and then to Newark. After his United Nations address, the PM and his wife will return to Ottawa.

1995 – The leader of the Air Transport Group team that helped recover a Halifax bomber from a Norwegian Lake said he had no shortage of volunteers for the job. And it wasn't because it meant a trip abroad. "It was a chance to be part of history and to help preserve part of history," said Lieutenant Doug Rudley, an aero-engineering officer with 8 Aircraft Maintenance Squadron. The Handley-Page Halifax was on a resupply mission to the Norwegian Resistance, MILORG, when it was hit by flak and ditched in Lake Mjosa, south of Lillehammer.

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



Exciting time for museum

by Jason Newman
ENSS Co-op Student

The unveiling ceremony for the fully restored Halifax Bomber is set for November 5, 2005 at 1300 hours and the guest list keeps growing.

"This is an exciting time for the RCAF Memorial Museum," said Chris Colton. "This event represents 10 years of hard volunteer work and we are very happy that the volunteers proceeded at their pace so that we could unveil the Halifax on November 5. The Halifax also holds a memorial place for the World War 2 veterans who will be in attendance."

In the summer of 1995, the NA 337 Halifax Bomber was pulled out of Lake Mjosa in Norway and restoration began by volunteers

at the Royal Canadian Air Force (RCAF) Memorial Museum here at 8 Wing/CFB Trenton.

During World War Two the Halifax bomber was hit by German anti-aircraft fire, which pierced the bottom of the wing, setting one of the starboard engines on fire and forcing the pilot to ditch the plane. Although the six-man British crew initially survived the crash, five of them died of hypothermia in the lake. Flight Sergeant (Ret'd) Thomas Weightman was therefore the soul survivor.

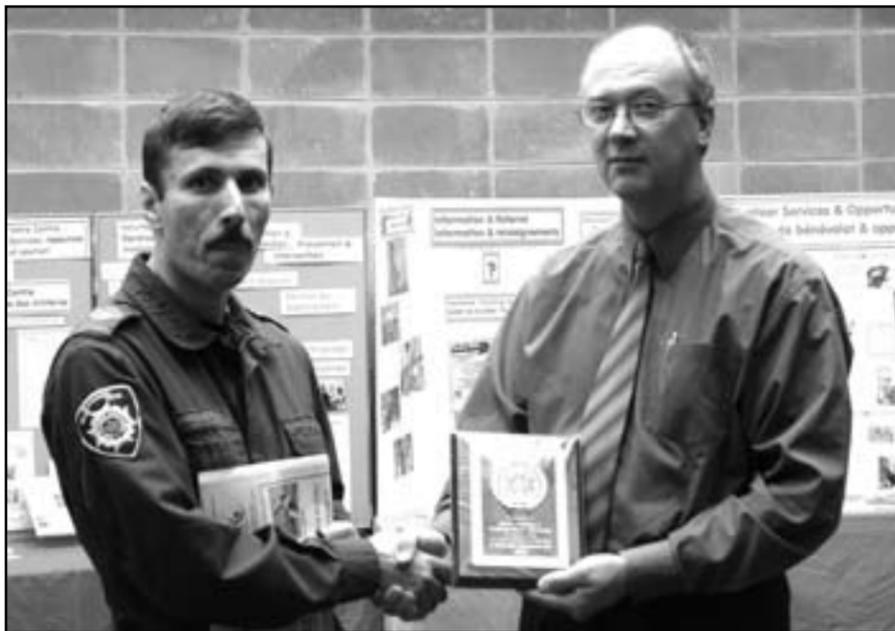
According to an article published in the Globe and Mail, in order to pull the Halifax out of the lake the Dacon Industry Inspeksjon of Norway used a mini-submersible, remote-controlled vehicle to connect a special grappling arm to

its tail section. F/Sgt (Ret'd) Waitman was in attendance for the recovery mission.

Everyone is looking forward to seeing the only fully restored Halifax Bomber out of a total of 6,100 manufactured.

Some of the dignitaries expected to attend the ceremony include the Honourable Bill Graham, Minister of National Defence; Lieutenant-General J.S. Lucas, the Chief of the Air Staff; Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton; representatives from Norway and Britain; local politicians; members of the Paint Team, Aerospace and Telecommunications Engineering Support Squadron. A total of 2,000 spectators are expected to attend the event on November 5.

SPONSORS RECOGNIZED



The Fire Prevention Office and MFRC held a plaque presentation at the Siskin Centre on Wednesday, October 26 to express their sincere appreciation to John Smylie (Smylie's Independent Grocer) and Captain Chris Voyer, Mayor of Trenton Military Community Council (TMCC).

This year's Fire Prevention/Family Day could not have been such a total success without the generosity of these two main sponsors, who, year after year, contribute to this important event. Above: Sgt Cayouette from the Fire Prevention Office presents John Smylie with a plaque. Below: Susan Stoddard of the MFRC presents a plaque to Capt Voyer.

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The Contact Staff would like everyone to remember to have a safe and enjoyable trick-or-treat holiday.

Why rising prices spell rising taxes

it's your Money



Garth Turner

It is the evil twin of the real estate boom. Yes, yes – property tax.

According to the Municipal Property Assessment Corporation, which is a quasi-private company the province of Ontario has downloaded property tax evaluations to, the value of my own piece of heaven rose by just under \$100,000 between June 30, 2003 and January, 2005. That means my 2006 property taxes will be going up by 21.4 per cent.

How did MPAC determine my property had risen in value? Basically, it guessed. This company takes a look at land values in general, and then applies regional rates of increase to individual properties. Since there are 4.4 million properties in Ontario, MPAC does not have the resources to actually visit each of them to make an accurate determination. Actually, it does not even try.

According to these folks, if you believe that in January of this year you could have sold your property for the amount in the box on your assessment form, then that assessment is correct. Now, this system has some serious flaws in it, which is why

the Ontario government has the provincial ombudsman looking into it. The trouble is, your 2006 property taxes click in about 60 days from now, while the MPAC review will take at least six months. But this is not just an Ontario issue – rather it is one of basic fairness.

Here is the nut of the problem: The real estate market has been

This is like buying shares of Nortel, seeing them double – and having to pay tax on gains you did not receive because you did not sell.

on a tear for the last five years, and property values have shot higher. Maybe too high. A lot of people think housing is at the top of the cycle right now, with artificially inflated prices about to be punctured by rising mortgage rates, soaring heating costs and a weakening economy. So, isn't adjusting property taxes now based on top-of-the-cycle prices nothing but a municipal tax grab?

Worse, getting a piece of paper in the mail which results in a 20 per cent tax hike

means you are being taxed on an unrealized capital gain. If you are not about to sell your home, then you are not gaining any of that supposed increase in equity. So, why should you pay more tax? This is like buying shares of Nortel, seeing them double – and having to pay tax on gains you did not receive because you did not sell. And, as we all know, Nortel (or your house) can drop as smartly as it rises.

Even worse, property taxes are one of the unfairest forms of tax known to man, since they bear absolutely no relation to a person's ability to pay. Pity the seniors who live in lit-

ashamed of this system of drive-by taxation, and so should the municipalities who benefit. Today it is hard enough to buy and afford a home, given what's happened with construction costs and land values. Nobody stands to gain a thing if we collapse this real estate market through public greed.

Anyway, if you live in Ontario, here's what to do: Don't take this thing lying down. Fight it. First, log onto www.mpac.ca and complete the Request for Reconsideration form, and send it in. This triggers a review of your individual property. If you are unhappy with the results of the review, then you can file a Notice of Complaint with the Assessment Review Board. You have to do this by the end of March, 2006, and it will cost you 75 bucks. Get all the info you need to do this at www.arb.gov.on.ca.

And you should also get political. Tell your MPP this property tax action thing sucks, and you feel being taxed on gains you have not realized – and maybe never will – is unfair and un-Canadian. And then give a shot to the municipality – your mayor and area councillor. They ultimately benefit from this grab, and should know your thoughts.

If none of that works, meet me in the park. Bring torches and pitchforks.

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Fitness, Sports & Recreation

Weight training versus cardio, the age-old debate



Laurie McVicar

Confessions from the Gym

I've been duped. That's right...I admit it...I momentarily lapsed into the oh-so-common mode of thought in which the faster weight loss seems far more attractive than a balanced (and much slower) approach. For several months now Jen has had me on a program, which incorporates both weight training and cardio. I confess,

over the past few weeks, the cardio has definitely become more frequent while the weight training has fallen by the wayside. I fully expected to see a negative impact because of it when I gingerly climbed on the scales this morning. Instead, the needle fell below last week's number indicating further weight loss. Overjoyed by this accomplishment, I was practi-

cally ready to toss the free weights in favour of a solely cardio-based routine. Almost. Fortunately for me, this column exposes me to some eye-opening facts that often reverse my often under-thought fitness decisions. Thanks to the knowledgeable staff at the 8 Wing/CFB Trenton Gymnasium for providing the following input. "Incorporating both weights and cardio into a fitness routine is the best idea for improvement in fitness as well to aid in weight loss. For one, it's important to have a balance between all fitness principles, such as cardiovascular fitness, muscle

strength/endurance, flexibility and body composition," said Jen Lecuyer, Fitness Instructor. "By doing your cardio, you focus on fat loss and improved cardiovascular fitness. Adding weights to the picture will improve/change your body composition by increasing or improving muscle mass. The more muscle versus fat mass you have, the more calories your body will burn in a day. Sometimes people won't notice much of a change on the scale due to the fact that they are gaining muscle and losing fat at the same time. This is why it's so impor-

tant not to ONLY go by the number on the scale, but by fat percentage, how your clothes fit, measurements, and most important, how you look and feel!" Lisa Refausse, Fitness Coordinator, adds, "strength training is just as important as cardio and should be as much a part of your workout because it will prevent muscle atrophy - which is the deterioration of muscle tone that takes place as we age. As we lose muscle, we are setting ourselves up for injury. Strength training also promotes bone density, and osteoporosis is a disease that is not going

away. In addition, metabolism is increased as lean muscle is produced. Strength training will assist in one's day-to-day functional activities that require strength, activities that might cause injury otherwise. Balance is key - cardiovascularly and muscularly - our systems should be in sync." I learned the hard way on Tuesday how important it is to not only incorporate weigh training, but maintain it as well. Slacking off on pumping iron equals one heck of a difficult set of pushups. Nothing like going face first into the floor to start off the day.

Badminton Clinic

8 Wing/CFB Trenton will be hosting the Ontario Region Badminton Clinic/Selection Camp, to be held January 29 to February 2. Smash, drop and clear your way in the following categories:

Open Event ~ 4 players
Senior 35 and over ~ 2 players
Masters 45 and over ~ 2 players
Women's ~ 2 players

Playdown will be held at The Gymnasium from 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.

Bowling results



Master Corporal Terra Derkson-Bent from Wing Ops stole the show this week with a 227 score which is 90 points over her average. Wing Operation has taken an early lead over A2. We are still looking for teams or individuals who would like to participate on either Wednesday or Thursday at noon. If you are interested in entering a team or just as an individual please contact Captain Mike Stoddart at local 7429.

High Average Men: Mike Stoddart, 226; Jim Edworthy, 225; Ernie Strocel, 217.
 High Average Ladies: Donna Stoddart, 211; Edie Rathbun, 183; Sherry Crawford, 163.

Curling meeting

The Intersection Curling League organizational meeting is scheduled at The Gymnasium conference room for 1000 hrs, Wednesday, November 2.

The league is open to CF Military, DND, NPF and contract full time employees. Interested team reps or players are to attend subject meeting in preparation for the 2005/2006 curling season. For further information, contact the Military Sports Coordinator, Dan Cormier, by e-mail or at local 3373.

Wing Hockey League

The Wing Hockey League is off and running with 13 teams (436 Sqn, ATESS, Work Shops, ARO, CPC, ATC, Hangar Hogs, 8 ACCS, WCE, 424 Sqn, JNBCD, WTISS and 2 AMS) fighting for top honour. The Hanger Hogs and Work Shops played the opening game on Sunday, October 23.

The Fitness and Sports Flight would like to take this opportunity to thank the executive Committee President MCpl Pierre Gagnon and Vice President Cpl Shawn Thompson for volunteering their time. Good luck, have fun and play fair.



Flyers edge win over Kingston team

On Saturday, October 22, The Ladies Flyers team travelled to Kingston to play the CFB Kingston team. The Flyers came home with a 7-3 win thanks to goals from Corporal Isabelle Langevin (3), Master Corporal Judith Arsenault (2), Cpl Celine Picotin, and Warrant Officer Lisa Rowe. Assists came from Sgt Nicole Bureau (2), MCpl Jodi Raybould (2), Cpl Celine Picotin (2), Cpl Isabelle Langevin, WO Lisa Rowe, and MCpl Judith Arsenault. Cpl Inga Tonopa defended the net for Trenton. Coach MCpl Norm Harriet also travelled to Kingston to be with the team. The Ladies Flyers practice at the RCAF arena on Tuesdays and Thursdays from 1600 - 1700.

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Sports Continued...

Astra Lanes report

With only three weeks to go there is a three-way race for top spot with only 11 points separating the three teams.

Men's High Averages: Mike Stoddart, 250; Pat Carey, 227; Harold Stoddart, 225.

Ladies' High Average: Cathy Stoddart, 217; Donna Stoddart, 205; Edie Rathbun, 202.

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

Ladies' High Quad: Pat Kolupanowicz, 993; Edie Rathbun, 943; Donna Stoddart, 919.

Men's High Single: Harold Stoddart, 368; Don Harvey, 343; Jim Edworthy, 312.

Ladies' High Single: Edie Rathbun, 297; Janette Burns, 284; Pat Kolupanowicz, 278.

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 playoff

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.

Tae kwon do Camp

The 2006 CISM Tae kwon do 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 Tae kwon do and developing into a CISM Tae kwon do 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, gender, local, home phone number, fax number and e-mail address (if applicable).

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

De-stress with upcoming course

by Jason Newman
ENSS Co-op Student

Is stress stressing you out? Well, the good news is that help is available.

Health Promotion Director Cheryl Rothenburg is holding a stress management course next month. The course will be starting on November 3, 2005 and will be held from 2:00 p.m. - 4:00 p.m. once a week.

"It is mostly a lifestyles course that teaches life

skills that will help you deal with stress," she explained.

Stress is a very serious problem within a workplace and can have many long-term effects such as migraines, digestive problems, mental illness, chronic insomnia, fatigue and high blood pressure.

"This course would be a benefit to anyone who encounters stress in their lives either personally or in those around them," said Rothenburg.

Stress can also cause many problems with your personality causing you to feel tense, anxious or depressed. This course will help individuals increase performance and decrease stress; it can also increase your productivity and decrease absenteeism.

Unfortunately, there is a certain stigma attached to stress, and as a result, many people are reluctant to attend a stress management course. Rothenburg's response to this is that

everyone has some stress in their lives and there is nothing wrong with learning new ways to cope. She urges people to take advantage of this free course.

"November is a really good time to hold this course because the Christmas season is just coming up and people have financial concerns and are over committing themselves, which is all the more reason to set them up with skills for dealing with stress," said Rothenburg.

Top marks for Ontario Breast Screening Program

Hastings and Prince Edward Counties/Oct. 24, 2005 - Women are very happy with the treatment they get locally when they go for breast cancer screening.

That fact was revealed in a recent satisfaction survey done by the Ontario Breast Screening Program at its sites in Southeastern Ontario. Results overall were very positive including the results from Belleville, Picton and Trenton where OBSP is performed at Quinte Health Care sites.

The survey looked at all aspects of the breast screening process, from

initial phone call to booking the appointment through the visit, screening, and receiving results. Three hundred women screened in Hastings and Prince Edward counties were sent a survey to which 64 per cent responded. Women overwhelmingly felt they were treated with respect and sensitivity by knowledgeable and competent staff.

"Some women who have not been screened say fear of pain inhibits them from having a mammogram," says Marie Clarke, a public health nurse with the Early Detection of Breast Cancer Program at the

Hastings & Prince Edward Counties Health Unit. "The survey results will encourage those women to participate." Ninety-five per cent of women agreed or strongly agreed that the level of discomfort during the mammogram was acceptable. Women also added comments that showed they were very pleased with their visit to the OBSP.

Breast screening is recommended every two years for women aged 50 and over for the early detection of breast cancer. Screening has been shown to reduce deaths from breast cancer in that

age group. Early detection provides the best chance for successful treatment.

Women aged 50 and over can contact their physician or book their own appointments with OBSP. A physician referral is not necessary. The woman will receive her results within two weeks. She will get a recall notice when the next screening is due. To book a screening appointment at one of the three local centres, call 969-7780 or, if long distance, 1-888-969-7780. For more information see the Cancer Prevention and Screening section at www.hpechu.on.ca.

Immunization Clinic Clinique d'Influenza

It is that time of year again and the "flu" vaccine has arrived at the Immunization Clinic. The hours for the Influenza Clinics will be every Wednesday and Thursday afternoons from 1300 hrs until 1530 hrs starting Wednesday 19 Oct 2005. Please bring your Yellow/Blue Immunization booklet with you.

Avec le retour de l'automne, c'est aussi le retour du vaccin contre la grippe à la Clinique de Vaccination!

L'horaire pour les Cliniques d'Influenza sera les mercredi et jeudi de 1300hrs à 1530hrs à compter du mercredi 19 Oct 2005. Apportez votre carnet de vaccination.

Team seeks players

The base basketball team is looking for players. Practices are every Tuesday and Thursday from 11:30 a.m. - 1 p.m..

We are presently in the Belleville Men's League, with games every Thursday at either 6 p.m., 8:15 p.m. or 9:30 p.m. So if you are interested, please come on out.

For more info, call Capt. Paul Hunger at local 3138 or Cpl Scott McGowan at local 2724.

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TAKE CHARGE, STRESS MANAGEMENT

This course is beneficial to anyone who encounters stress in their lives, either personally or in those around them. It will help individuals increase performance and decrease stress. Combined, this can increase productivity and decrease absenteeism.

Eight sessions over eight weeks.
Begins 3 Nov 05 from 1400-1600 hrs, once a week. Registration deadline 1 Nov 05
Please call the Health Promotion Office @ 3768 to register.

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Did you know? November is Diabetes Awareness Month and November 14 is World Diabetes Day. This year's focus is preventing complications and other serious consequences caused by foot problems from diabetes.

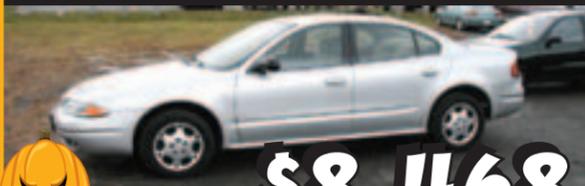
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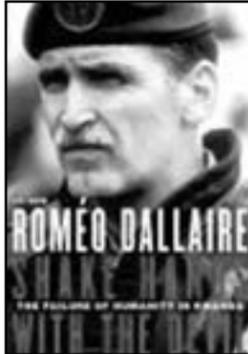
Lieutenant-General (Ret'd) the Honourable Roméo Dallaire

Thursday, November 3
7:30 p.m.
Trenton High School Auditorium

General admission \$10 per person

Book signing after the presentation.
Books available for \$25 (incl. tax).

Tickets available at:
Trenton MFRC, 50 Rivers Drive East, Canex, RCAF Road,
Holy Smokes at Smylie's Independent Grocer, Greenley Bookstore, Front St., Belleville
Lighthouse Books, Main St., Brighton



Le Centre de ressources pour les familles des militaires de Trenton présente une soirée avec

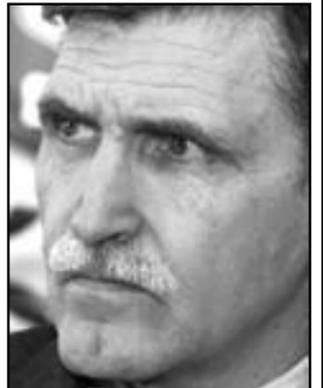
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Jeudi le 3 novembre
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Holy Smoke at Smylie's Independent, Greenley Bookstore, Front St., Belleville
Lighthouse Books, Main St., Brighton



Wednesday Night Out

Pre register please by calling 965-3595 or 965-3575

Canadian Defence Community Banking Initiative

A representative from CIBC will be coming to talk about this new program. It is essentially a virtual bank, with internet, 1-800, and banking machine access.
Date: November 2 Time 6:30 p.m. - 8 p.m. No Cost
Refreshments will be served.

Tole Painting / Welcome Sign

Come out and decorate this take-home welcome sign. Wood is pre-cut and all materials are provided. Payment is required in advance--register early!
Date: November 9 Time: 6:30 to 9 p.m. Cost: \$24
Instructor: Marie José Dassylva

Les sorties du mercredi soir

Veillez vous inscrire à l'avance en appelant au 965-3595 ou 965-3575

Initiative bancaire communautaire, Défense nationale.

Un représentant de la banque CIBC viendra parler de ce nouveau programme. C'est en fait, une banque virtuelle, par Internet, avec un numéro de téléphone 800 et accès à des guichets bancaires automatiques.
Date : le 2 novembre, de 18h30 à 20h. Sans frais. Des rafraîchissements seront servis.

Artisanat (Tole Painting), Une enseigne de bienvenue

Venez décorer une enseigne de bienvenue que vous apporterez chez-vous. Le bois est taillé à l'avance et tout le matériel est fourni.
Date : le 16 novembre, de 18h30 à 21h
Coût : 24,00\$ payable à l'avance. Inscrivez-vous tôt! Animatrice : Marie José Dassylva

Come share a meal and companionship!

"Around the Table" is a program for adults who would be eating their meal without a partner, whether by chance or choice. Dinners will be the second Friday of each month with the first to be held on November 11. This is an adult-only function and participation will be limited to the first 15 paid registrants. Participants will share in the fun and companionship of preparing, cooking, eating, and cleaning up after the meal. Childcare can be available but must be booked when registering for the dinner. If your partner is deployed, speak to Eve about your childcare requirements, phone 965-3595.

Date - Nov. 11 Time - 5:30 PM Cost - \$10
Location - 6RD and RCAF room, Siskin Centre
RSVP - required by 4:30 Monday, Nov. 7. Call 965-3575.
Menu - Chicken breast, potato, salad, garlic bread, and apple crisp.

Venez partager un repas cordial !

" Autour de la table " est un programme pour adultes qui se retrouvent sans partenaires par hasard ou par choix et qui veulent prendre un repas en groupe. Les soupers auront lieu le deuxième vendredi de chaque mois, le premier se tiendra le 11 novembre. Cette activité s'adresse exclusivement aux adultes et la participation est limitée aux 15 premières personnes qui paieront leurs repas lors de leurs inscriptions. Les participants s'amuseront à préparer, faire cuire et manger les mets ensemble, ils se partageront ensuite les tâches de nettoyage. Des soins de garde d'enfants sont disponibles, toutefois vous devez faire des réservations à cet effet au moment de votre inscription. Si votre partenaire est en déploiement, veuillez appeler Eve au 965-3595 sujet des soins de garde.

Date : Le 11 novembre L'heure : 17h30 Coût : 10,00\$
Lieu : Les salles 6RD et RCAF au Centre Siskin
RSVP : Avant 16h30, le lundi 7 novembre. Téléphone : 965-3575
Menu : Poitrine de poulet, pomme de terre, salade, pain à l'ail et croustillant aux pommes.

PARENTING WORKSHOPS

Parenting 1,2,3,4, Parenting 1-4 year olds
Facilitated by Sherry Ryan
1 three-hour session
Date: Wednesday November 23
Time: 6:00-9:00
Cost \$10.00
Register by Nov. 16

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Showcase

Showcase



Maj J. Leclerc
received a promotion to that rank,
presented by LCol W.M. Roberts, Wing Admin O.



MCpl J. Leeworthy
received a promotion to that
rank, presented by LCol W.M.
Roberts, Wing Admin O.



MCpl T. Kendall
received a promotion to that
rank, presented by LCol W.M.
Roberts, Wing Admin O.



WO M. Hope
received a promotion to that rank,
presented by Maj M. Graham, A/CO 424 Sqn.



Sgt C. McWhirter
received a promotion to that rank,
presented by LCol J.P.A Deschamps, Commander,
8 Wing/CFB Tenton, LCol J.E.F Fortin, CO 426 Sqn.



MWO D. Knockleby
received his General Campaign Star, presented by
Maj C. Brown , OC TRSET.



WO D. Culver
received his CD1,
presented by Maj C.
Brown , OC TRSET.



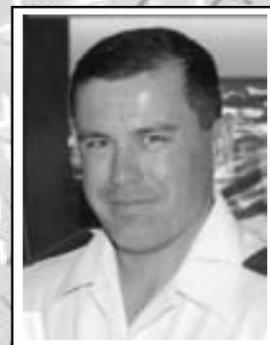
Mr. Charlie McGregor
received his Retirement Certificate of 32 Years Public
Service, presented by Capt T. Muldoon, A/WCEO.



Sgt P. Corkum
received his General Campaign Star, and 1000 Hr Award,
presented by LCol Fortin, CO 426 Sqn.



Capt T.R. Jacques
received her CD, presented
by LCol Fortin, CO 426 Sqn.



MCpl R.M. MacNeil
received his Fitness Award
with Red Seal, presented by
LCol Fortin, CO 426 Sqn.

Congratulations! Félicitations!

Eye on Entertainment

HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
October 30 - November 5

ARIES (March 21-April 19): Money is coming your way, but it's what you do with it that will count. Your financial situation will change swiftly, so keep a close eye on what's happening with any money venture that you may be involved with on the 30, 31st and 1st. Your goals can be reached if you state exactly what you need. Take a chance on love as well as on something that you've wanted to do for a long time on the 2nd and 3rd. A residential move or just a few changes can make your personal life better. Lifestyle change will lead to a much better future. Try to get along with everyone on the 4th and 5th and focus on challenging prospects. Open-mindedness will be the key to your success.

TAURUS (April 20-May 20): Don't make a big deal out of things on the 30th, 31st and 1st. Do something to improve your surroundings at home. Don't be afraid to do things a little differently at work. A creative approach will impress people. Be patient and work with others instead of going against the grain. Your mind should be on money and contracts on the 2nd and 3rd. The more you can do to finalize what you want, the better. Take care of any legal matters quickly before they get out of hand. A new partnership may be just what you need. Work diligently toward a cause you believe in on the 4th and 5th and it will happen. You will have the stamina to put in the hours required.

GEMINI (May 21-June 20): Take advantage of whatever career moves you can make on the 30th, 31st and 1st. A partnership will turn out to be more intense and have greater potential than you first thought. A small business opportunity will develop. Reassure someone you are close to that you will follow through with your promise. It's time to set the record straight and terminate dead weight in your life on the 2nd and 3rd. Professional moves will lead to a positive future. Your ability to sell yourself will seal a deal. Listen to what others have to say on the 4th and 5th. Criticism can be expected. You have to be more objective if you want to make the best long-term decision.

CANCER (June 21-July 22): It will be a waste of time to be stubborn or vengeful on the 30th, 31st and 1st. You will surprise everyone with your changeable attitude. Someone you are close to will be threatened by what you want to do. Stop being so paranoid and start enjoying the fruits of your labor. A new opportunity is on the horizon, and if you respond quickly, you will profit. Don't stop short of getting everything you want on the 2nd and 3rd. If you hold out just a little longer, everything will fall into place. You may be looking at the big picture on the 4th and 5th, but it will be the details that make the difference. Make the changes that will give you the freedom to move forward.

LEO (July 23-Aug. 22): You'll be your usual entertaining self on the 30th, 31st and 1st, and this will put you in the spotlight. Your impressive way of dealing with others will give you the edge you need to boost your confidence. Activities that promise adventure and excitement will bring the greatest satisfaction. Do it yourself and you will get things done on the 2nd and 3rd. If you rely on someone else, you will find yourself in a bind. Love is in the stars if you are true to yourself. You'll be hard to resist and difficult to keep up with. You will be in the driver's seat on the 4th and 5th. A change at home may not be what you expect, but it will be to your advantage. You will attract business and personal partners.

VIRGO (Aug. 23-Sept. 22): Home may be where the heart is, but on the 30th, 31st and 1st you will have to be careful where you hang your hat. Not everyone you live with will be on the same page as you. Keep your thoughts to yourself. Spend time with people who think the same way you do. Relieve the tension you are feeling on the 2nd and 3rd by getting into a competitive situation. Once your mind is preoccupied with winning, you will find the everyday chores a piece of cake. Make plans to do things with family. It will be difficult to make up your mind on the 4th and 5th about a relationship you are in. Don't make a final decision unless you are 100 percent certain.

LIBRA (Sept. 23-Oct. 22): So much can happen if you mingle and mix with people who are self-starters. A money deal is apparent, or at least the chance to consider changing your professional or financial direction on the 30th, 31st and 1st. A change will do you good. Get everything in writing. You may need to revamp a few things in your life on the 2nd and 3rd. Recycle what you can and rid yourself of what you can't use anymore. A clean slate will help you start out with a fresh new vision. A partnership is at a turning point. You can do no wrong so prepare to go ahead full-force on the 4th and 5th. A chance to travel will bring about an opportunity to meet with someone who can alter your future.

SCORPIO (Oct. 23-Nov. 21): What you need to know to make a decision will be made available to you on the 30th, 31st and 1st. Keep an open mind, and don't let anyone back you into a corner. You can make money if you consider adjusting the way you do things. Someone will be watching your every move. Sidestep any controversy with friends or family on the 2nd and 3rd. Focus on work, money and getting things finished. An unusual idea will grab your attention. Incorporate it into a project. You are holding yourself back on the 4th and 5th by refusing to make a decision. Procrastinating will accomplish nothing and will make you look bad. Research is important, but actions speak louder than words.

SAGITTARIUS (Nov. 22-Dec. 21): You will be in a prime position on the 30th, 31st and 1st that will allow you to put yourself on the line and make headway. Don't exaggerate about what you can do or supply. Stick to what you know. If you try to fake your way through something, you will end up being talked about behind your back. You may be questioning your direction on the 2nd and 3rd, but don't fret — that is the only way you will discover what you really want to do. Change is inevitable so don't fight it. Your dynamic way of doing things will be impressive on the 4th and 5th. Get involved in competitive challenges — you can't lose.

CAPRICORN (Dec. 22-Jan. 19): Take the safe route on the 30th, 31st and 1st and you won't fret or be sorry. Work in the moment, not in the unpredictable future. You have way too much riding on what you do. A change in direction will be more fascinating than you expect. Don't do anything halfway. Open up to what others have to say on the 2nd and 3rd and you will get ahead. Making new friends or business associates will stimulate and inspire you. You will have the stamina to finish something you started a long time ago. Stay out of trouble and avoid doing anything that defies the rules on the 4th and 5th. Protect yourself from gossip.

AQUARIUS (Jan. 20-Feb. 18): There may be a lot of good things happening in your life on the surface on the 30th, 31st and 1st, but it's up to you to make sure you are taking care of personal business. Be honest with yourself and don't exaggerate about the way things really are. Don't waste time waiting for others. You may be focused on love and romance on the 2nd and 3rd, but if you aren't careful, someone who has an influence over your future may broadside you. Sudden changes regarding how you make your money can be expected. You aren't seeing things too clearly on the 4th and 5th. Don't let your heart rule your head. A mishap may occur if you don't think about what you are doing.

PISCES (Feb. 19-March 20): Moneymaking ventures look promising on the 30th, 31st and 1st, but don't jump in until you have done your research. There may be more than one offer on the table. The one that is most unusual should prove to be your best bet. To make a full-fledged decision on the 2nd and 3rd, leaving you no room for maneuverability will be a mistake. Hem and haw if you must, but don't make promises that will block what you want to do in the future. You may find it difficult to sit back and relax on the 4th and 5th. A problem will surface if you are too forward or pushy. An opportunity is present, but if you become greedy, you will end up with nothing.

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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
MEETING
Mind waiting until we START?

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NEBUCHADNEZZAR AT THE RUNNING OF THE BULLS

GINGER & SHADOW BY BARRY CORBETT

GINGER, I JUST HEARD ABOUT JENNY. IS IT TRUE ABOUT THE TATTOO POISONING?
OH, YES. CAN'T YOU TELL BY LOOKING AT HER?
IT'S JUST ANOTHER OF GINGER'S STORIES!
OH NO! SHE DOES LOOK A LITTLE PALE! THIS IS AWFUL! POOR JEN!
IS SHE DYING? WHO WILL TAKE CARE OF US? I FEEL REALLY BAD ABOUT THE LAMP NOW.
LAMP? WHAT HAPPENED TO THE LAMP? GINGER!
TALK TO THE TAIL.

MISFITS BY BRIAN CODAGNONE

BACK FROM HER UNSUCCESSFUL ATTEMPT TO BAN THE DISPLAYING OF THE AMERICAN FLAG ON THE FOURTH OF JULY, "POLITICALLY CORRECT PEOPLE" SPOKESBING ANGINA BUTTOCKS-CLENCH IS ONCE AGAIN HOPPING MAD...
I WAS SHOCKED TO SEE THAT THERE'S A NEW MOVIE "SPIDERMAN"! NOT ONLY IS IT SEXIST, BUT IT'S SPECIESIST! ARE WE TO BELIEVE THAT A SPIDER CAN ONLY ACHIEVE RECOGNITION BY IT'S RELATIONSHIP TO OUR KIND? DON'T THEY EXIST ON THEIR OWN? ARE THEY NOT WORTHY OF EQUAL CONSIDERATION? WE SUGGEST THAT THE TITLE OF THE MOVIE BE CHANGED TO "THE HUMANOID WHO BETTERED HIM OR HER SELF BY WHAT HE OR SHE GAINED FROM CONTACT WITH AN EQUALLY VALID PLANETARY COHABITANT".
Arachnids have feelings, too!

Community

Community Events

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Matinees Saturday & Sunday

MOVIES
MOVIES
MOVIES

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MOVIE LINE-UP			
• Legend of Zorro (PG)	1:00	7:00	9:25
• Dreamer (G)	1:10	7:10	9:20
• In Her Shoes (PG)	1:05	7:05	9:30
• Wallace & Gromit (G)	3:10 Sat. & Sun.		
• Horloge Biologique (14A)	3:15 Sat. & Sun.		

Coming Soon: Chicken Little, Zathura
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.

Back by popular demand is the Government of Canada Workplace Charitable Campaign Spaghetti & Pizza Pig-Out!

WFood Svcs is hosting this year's 3rd "Half 'n' Half" lunch on Friday, 4 Nov from 1100-1300 Yukon Galley

What's a "Half 'n' Half"? Well, it's half spaghetti and half pizza, along with garlic bread and Caesar salad

All you can eat for a minimum donation of \$5.00 at the door

Woodworking Draw

Once again, Mr. Fred Sanders of WCE's Carpentry Shop has made beautiful wood pieces for our draw.

Tickets are \$2.00 each or 3 for \$5.00. Tickets can be purchased at 81 AEF, 11 Goose Bay Road, Bldg 368, Orderly Room or Friday 4 Nov 05 at the Yukon Galley Spaghetti & Pizza Pig-Out #3.

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.

GCWCC 'All Ranks' 2005

The Campaign Continues 'Battle Of The Bands'

DJ Music
Also some other local talents
Doors Open At 8:00 PM
When: 25 Nov 05
Where: Astra Lounge
Min. \$3 Donation At The Door

Come out and try to win this beautiful acoustic guitar provided by Harmony Music Plus.

Tickets will be \$1 each at the door. This guitar would make an excellent Christmas gift!

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392-2811, ext. 3361

Welcome to our nightmare

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.

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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.

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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.

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

The Contact Staff would like everyone to remember to have a safe and enjoyable trick-or-treat holiday.



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Crossword Answers

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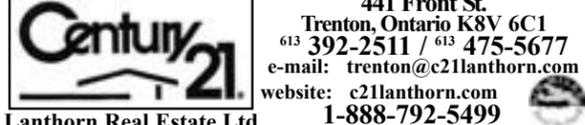


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