

"Delivering news and information. At home and around the world." • "Des nouvelles d'ici et de partout ailleurs."

the **contact**

www.cfbtrenton.com

**BUYERS
NEEDED!**

Didn't buy yet?
Thinking of
upsizing/downsizing?

Contact
DAVID WEIR BA,CD
Broker
Top 1% Nationwide 2005
Royal LePage ProAlliance
Realty, Brokerage
david@davidweir.com
394.4837 or 848.0615

• October 13, 2006 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 41 Issue Number 39 •

412 Squadron consecrates new colours at Aviation Museum

by Holly Bridges
CAS Public Affairs

In a sacred ceremony dating back centuries, the battle honours, or colours, of 412 (Transport) Squadron have been born anew at the hand of the Chaplain General of

the Canadian Forces.

Brigadier-General Stan Johnstone officially consecrated the new colours amidst age-old pageantry and regalia at the Canada Aviation Museum in Ottawa on October 10.

"Forasmuch as men and

women at all times have made for themselves signs and emblems of their allegiance to their rulers, and of their duty to uphold those laws and institutions which God's providence has called them to obey, we, following this ancient and pious custom, are met together before God to ask His blessing on these colours, which are to represent to us our duty towards our sovereign and our country," said BGen Johnstone as he began the consecration ceremony.

Colours are the embodiment, the visual symbol, of loyalty to the crown, to the nation, and to the unit in which one serves. Displayed on the colours are the battle honours of the unit, which represent its most glorious achievements.

No longer carried in battle, colours are still an important part of many military traditions and ceremonies. When they become unserviceable or damaged through wear and tear, they are laid up and replaced with great respect and appropriate ceremony. Once laid up, they are deposited in a safe place and are not brought back into service again.

Following the marching out of the old colours and the marching in of the new colours and their official consecration,

Her Excellency the Right Honourable Michaëlle Jean, Governor General of Canada, addressed members of the squadron and their families. The squadron provides VIP transportation to

See New Colours, Page 6



Photo: Cpl Issa Paré, Rideau Hall

The squadron's colours are laid out with great reverence during the consecration ceremony at the Canada Aviation Museum on October 10.

EXECUTIVE DECISION



Photo: Cpl David Hardwick, 8 Wing Imaging

From left to right: Maj Bernard Paquet, Wing Comptroller; LCol Carrie Fortier, Wing Logistics and Engineering Officer; Col Tom Lawson, Commander, 8 Wing/CFB Trenton; LCol Debbie Miller, Wing Administration Officer; with Capt Gary Madore, Deputy Chairman of the 8 Wing Government of Canada Workplace Charitable Campaign (GCWCC) Committee, and PO1 Jemma Neville (Wing Exec Canvasser) standing behind. All are filling out their individual canvassing sheets for their own donations to GCWCC.

FIRE WARDEN OF THE YEAR



Photo: Cpl Halina Folfas, 8 Wing Imaging

Lieutenant-Colonel Carrie Fortier, 8 Wing Logistics and Engineering Officer, officially kicked off Fire Prevention Week and presented Corporal Jeff Nellson with the 8 Wing Trenton Fire Warden of the Year Award, after reading the Fire Prevention Proclamation in front of the Headquarters building.

2007 Saturn Sky



Now Available!

Bob Clute



SATURN
BELLEVILLE

Rates as low as 0%
financing for up to
5 YEARS on new Saturns

Corner of Hwy. 2 & Wallbridge Loyalist Rd., Belleville ~ 613-969-1166

2007 Saturn Aura



Now Available!



2006 GCWCC Campaign

Mega 50/50 Draw

The initial batch of tickets has been given to your unit reps and are available. Just think: If everyone at 8 Wing bought just a single ticket, the draw would be worth around \$8000!

The WComd will draw the lucky ticket on 1 December: Imagine what YOU could do with all that cash right before Christmas!

Please see your Unit Canvasser for details.

Wing CE Christmas Ornaments

CE will be raffling beautiful hand-carved Christmas ornaments soon. Details will be published as soon as possible.

Upcoming Events

*BBQ--Oct. 12 from 11:30 to 12:30 at the Gymnasium, in conjunction with the Safety and Health Trade Show (hot-dog and pop=\$1 or a burger and pop=\$2)

*Teen Dance: Oct. 20 - 7 p.m. to 10 p.m. at RecPlex gym, admission \$4

* EME Car Clinic: Oct. 30 - Nov. 3

* WTh Car Crush: Nov. 3

* Wing Transportation's Jail and Bail: Oct. 27, 0900-1400 hrs

* 24 Hour "4-On-4" Hockey Tournament: Nov. 23/24 at RCAF Flyers Arena -- \$160 per team, 8 players plus goalie max per team -- 5 games guaranteed -- contact Cpl Stenning @ 2777, WO Hamilton @ 2618 or Bryan Pearce @ 4110

* Wrap-up Dance: Nov. 24- Details TBA

Stay tuned for more details on these and other events...

UNITED WAY TEEN DANCE

AGES 9-16
DJ: AMAZING MUSIC WITH LIGHT SHOW

DATE:
OCTOBER 20, 2006
7:00 - 10:00 P.M.

WHERE:
RECPLEX GYM

COST:
\$4.00 AT THE DOOR
CANTEEN AVAILABLE

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK

The Electrical Generating Systems (EGS) section, an integral part of 86 Airfield Systems and Utilities (86 ASU), is responsible for many domestic and international power generation projects. One such project that Pte Jeff Groenberg and Pte Neil MacKinnon are working on is a 500 KW Auxiliary Power System to back up 5 Wing Goose Bay's Water Pumping Station. The members of this dedicated unit deploy worldwide and its members frequently spend up to 9-10 months "on the road" each year. Currently, they have members serving in CFS Alert, Camp Mirage, and Kandahar in support of Task Force Afghanistan/Op Archer. The team left on October 9, 2006 to install this generating system in Goose Bay.

NorthChina BUFFET

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

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

BUFFET HOURS Lunch: 11:30 - 3:30 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

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
 WORLDSOURCE 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
 www.qcu.ca E-Mail: dlockey@qcu.ca Member: CIPF

AUTO - HOME - BOAT - LIFE - INVESTMENTS

WHITLEY INSURANCE & FINANCIAL SERVICES

613- 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) 613 394-2433 (West Chapel) 613 392-3579

Silver Star Studio

Oriental Shiatsu Massage Relaxation

\$40/30 min **613-392-7119**
 Open Daily 10 am - Later
 56 Elgin St. Unit 2 in Trenton (downtown)
 Second block west of bridge @ 1 road north of Dundas

FIRE PREVENTION WEEK



Photo: Cpl Halina Folfas, 8 Wing Imaging

Lieutenant-Colonel Carrie Fortier, 8 Wing Logistics and Engineering Officer, reads the Fire Prevention Proclamation in front of the Headquarters building on October 10, 2006. Fire Prevention Week was officially kicked off with the reading. The theme of the week is "Watch What You Heat," with an emphasis this year on kitchen fires. Cooking equipment is the number one cause of preventable home fires in this province, and cooking fires rank first in the number of injuries and second in the number of fire fatalities.

Search & Rescue UPDATE

Photo: Sgt R. Ruthven, CFLAWC



424 Squadron flew five missions in the past week.

The first mission was for our Herc to investigate an ELT near London. Nothing was heard and the crew returned to Trenton.

Next tasking was given while enroute back to Trenton. They had to investigate a sailboat with sails down. While on station the sailboat was reported to be sailing under its own power. Aircraft returned to Trenton.

On the same night JRCC tasked our Griffon to search for an overdue boat with four persons on board on Lake Superior near Grand Marais, MI. The boat was found with one survivor, and after refueling, the crew returned to help with the search for more survivors. The US Coast Guard took over the search and our Griffon was stood down.

The next mission was a tasking to look for a 31-foot sailboat that ran aground near Long Point. The search was stood down prior to take off.

The last mission was a tasking for a man overboard near Cardinal, ON. After multiple refueling and searching until nightfall, the crew returned to Trenton without any luck.

Until next week, stay safe!

Missions for 2006: 201 Missions for Oct.: 10 Persons rescued: 41



STIX & STONES BILLIARDS

LICENCED UNDER LLCBO

164 Front St. Trenton (across from Fire Hall)
613-392-3337

Consider us for your next unit or squadron function.

We host numerous large gatherings every year! Give us a call for details.

Watch the race or big game on our 8x8 foot projection screen system!

Introducing our new & improved Dart Area!

- Stix & Stones Billiards salutes our friends at CFB Trenton
- Military personnel who bring their ID will receive 10% off pool ALL the time!
- Wednesday is CFB Trenton Day. Personnel can take advantage of food & drink specials.
- We have 11 of the best pool & snooker tables in Quinte West
- Great food at great prices!



Financial Fitness



REGISTERED EDUCATION SAVINGS PLAN



Open a Qualifying

RESP

(Registered Education Savings Plan)

before November 30th, 06 and receive \$50⁰⁰

When you bring in this ad. Ask Us for Details.

Your Trusted Solution Advisor



BELLEVILLE
293 Sidney Street.
613-966-4111

TRENTON
251 RCAF Road
613-394-3361

www.qcu.ca



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 T.J. Lawson, CD, Wing Commander, 8 Wing / CFB Trenton.

The Contact Staff

Editor-in-Chief: Capt Nicole Meszaros
Managing Editor: Andrea LeBlanc
Reporter/Photographer: Amber Gooding
Advertising Production Assistant: Amanda Sagriff
Advertising Sales: Sheila Lund
Bookkeeper: Marilyn Miron
Circulation: Keith Cleaton
Assistant Translator/Proofreader: vacant
PSP Manager: John Snyder
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 disc 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

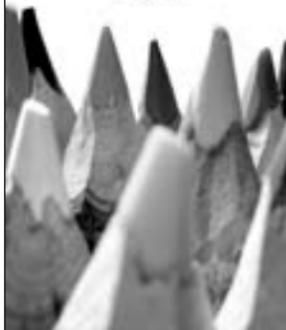
**Have an opinion
or story to tell?**

**Want to be
published?**

**Write
a letter to
the Editor**

Email:
LeBlanc.AL@forces.gc.ca
 Fax:
613-965-7490
 Mail:
 The Contact Newspaper
 Wing Headquarters
 Building Annex
 8Wing /CFB Trenton
 PO Box 1000,
 Station Forces
 Astra, ON K0K3W0

All letters must be signed and the names will be published unless otherwise requested. 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, fax, email or drop it off in person.



WANTED!

Volunteers of all ages, with and without construction experience, from all across Canada to work with families in need to help build their first safe, decent, affordable home.



Must be willing to get sore, tired muscles plus have a lot of fun!

Celebrate the International Year of the Volunteer by coming out to a Habitat for Humanity build.



For more information on Habitat for Humanity and to contact your nearest affiliate, contact us at 1-800-667-5137
 Email: habitat@habitat.ca
www.habitat.ca

Canadiana Crossword

Games We Played

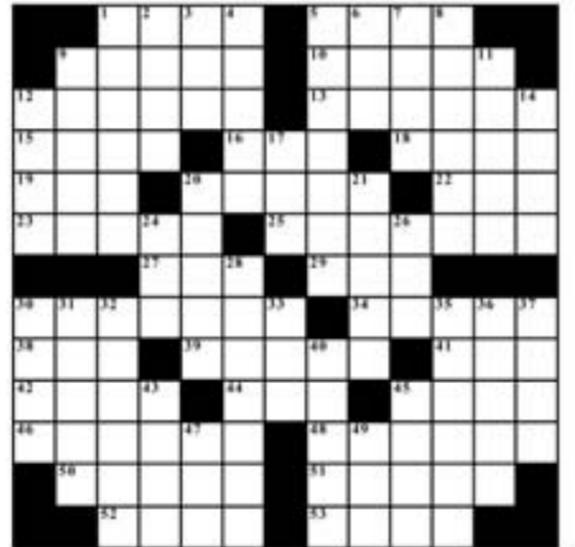
By Bernice Rosella and James Kilner

ACROSS

- 1 Leaning tower locale
- 5 Bereavement
- 9 Common conifers
- 10 Mountain ridge
- 12 Container
- 13 Had nightmares
- 15 Chests
- 16 Finale
- 18 ____ Kringle
- 19 Romanian money
- 20 Norwegian composer
- 22 Note on Guido's scale
- 23 Outcast
- 25 More encompassing
- 27 Money mkt. investment
- 29 Weep
- 30 Stanza
- 34 Buddhist scripture
- 38 Gotcha!
- 39 ____ when?
- 41 Yen part
- 42 Seizures
- 44 Classic or conservative preeder
- 45 Hole in 12 Across
- 46 Excite
- 48 Hop ____
- 50 Nerds
- 51 Drink to
- 52 Eye ailment
- 53 Gal of Green Gables

DOWN

- 1 ____ sticks
- 2 Signs
- 3 ____ saw
- 4 Fall flower
- 5 Snakes and ____



- 6 NHL's Bobby
- 7 Hide and ____
- 8 Gaped
- 9 Chef's term for thinning
- 11 Writer Zola
- 12 Dodge ____
- 14 Despot
- 17 Business end of a pen
- 20 Clutches
- 21 Fox and ____
- 24 Sense of self
- 26 ____ Dhabi
- 28 ____ Checkers

- 30 Divan
- 31 Last strike at Skydome?
- 32 Electric motor parts
- 33 Chemical ending
- 35 Fatal fly
- 36 Respond
- 37 Egyptian cross
- 40 ____ Rica
- 43 Card player's concern
- 45 Mortgage
- 47 I ____
- 49 Bilk



This Week in Contact

1976 – His Royal Highness, the Duke of Edinburgh, was greeted by Brigadier-General D.C. Mackenzie, Mrs. Mackenzie, Colonel J.C. Henry and Mrs. Henry during an overnight stop at CFB Trenton while on an unofficial trip.

1986 – The Canada Employment Centre in Trenton held a one-day session, free of charge, which was aimed at women who were entering or re-entering the labour market. Led by two employment counselors experienced in assisting clients with employment issues, the women were given information as it related to the labour market, proper job search techniques and promoted confidence building.

1996 – 8 Wing goes electronic on the World Wide Web, with its very own 'global internet' website. Initially designed to house information, units were also invited to submit articles and homepage designs for their sections/squadrons, while following specific guidelines prepared for DND and Air Command, as it related to the design and management of web sites.

Created by Lt J. H. MacDonald,
Compiled by Amber Gooding.



Fallen soldiers return home to Canadian soil



Photo: MCpl Chris Connolly , 8 Wing Imaging

The Bearer Party carries the remains of Corporal Robert Thomas James Mitchell, a member of the Royal Canadian Dragoons to the awaiting hearse. Present to pay respects at the October 6 Repatriation Ceremony were the Honourable Gordon O'Connor, Minister of National Defence and General Rick Hillier, Chief to the Defence Staff.



Photo: MCpl Chris Connolly , 8 Wing Imaging

The Bearer Party carries the remains of Sergeant Craig Paul Gillam, a member of the Royal Canadian Dragoons, to the awaiting hearse, on Oct 6.



Photo: Cpl Tom Parker , 8 Wing Imaging

A variety of news media were on hand to record a sombre repatriation ceremony on October 11, 2006 on the tarmac at 8 Wing/CFB Trenton.



Photo: Cpl Tom Parker , 8 Wing Imaging

The bearer party carries the casket of fallen soldier Trooper Mark Wilson to the awaiting hearse. A sombre repatriation ceremony was held October 11, 2006 on the tarmac at 8 Wing/ CFB Trenton . Trooper Mark Anthony Wilson was returned to his family after being killed by an improvised explosive device while serving in Afghanistan . Present to pay their respects were the Honourable Gordon O' Connor, Minister of National Defence, and Major-General Charlie Bouchard , Commander 1 Canadian Air Division.



Sunshine Lane Open Houses

Wed. 1:30-3, Thurs. 3:30-5 & Sat. 1:30-3

Visit our fully furnished model home with 3 other models to view.

Many plans to choose from, prices starting at \$209,900.



1550 Sq. Ft. **Furnished Model Home**

Sunshine Lane - Trenton \$239,900
Main floor family room, air conditioning, all brick, paved drive, large deck.



1440 Sq. Ft.

Sunshine Lane - Trenton \$247,700
Open concept, vaulted ceiling, skylight, finished family room & bathroom in basement.



2100 Sq. Ft.

Sunshine Lane - Trenton \$279,900
Large 2 storey, all amenities on main floor, backs onto woods, large deck, paved drive.

HILDENHOMES

393 Sidney Street, Belleville 613.962.4600 www.hildenhomes.com

New colours for 412 Squadron, Continued from Page 1

the Governor General, high-ranking government officials, and foreign dignitaries, at home and abroad.

"As the Commander-in-Chief of the Canadian Forces, I of course know how deeply significant this ceremony is for a squadron such as yours. And as someone who has had the privilege of flying with the professionals of 412 (Transport) Squadron, I am very aware of the exemplary job you do, often in very challenging conditions. Everyone gathered here knows that you have much to be proud of."

The Chief of the Air Staff, Lieutenant-General (LGen) Steve Lucas, echoed her Excellency's comments, reminding everyone that the service and sacrifice the battle honours represent date back more than 60 years.

"The (Falcon) squadron can trace its roots to the very first day that Canada entered the Second World War, on September 10, 1939 when #12 Communications Flight was created at RCAF Station Ottawa. The battle honours proudly displayed on the colours represent some of (the squadron's) most glorious achievements but are only a small part of their contributions over the years in war and peace," said LGen Lucas.

But it was when one of the squadron's original members stood to speak that the crowd fell silent, hushed in silent contemplation of what the squadron's colours really stand for. 412 (T) Squadron

Honorary Colonel Charley Fox, a former member of 412 Squadron and Distinguished Flying Cross and Bar recipient who flew three sorties on D-Day with the squadron, took the opportunity to remember all those he served with, and all those who never came home. In particular, he recalled a fellow pilot named Andy Howden who was killed in action.

"I got a medal, while Andy Howden got an obituary. I say, 'who's the hero?' It's not Charley Fox. It's all the Andy Howdens that didn't come home, and that's why 412 accepting the new battle honours and colours is so important. So today, I say, 'we will remember them.'

The 412 (T) Squadron's old colours will be kept at the Canada Aviation Museum in perpetuity.

The history of 412 (T) Squadron

On 1 April 1947, 412 (Composite) Squadron was formed from the amalgamation of Number 12 Communications Flight, originally created on 10 September 1939, and 412 (Fighter) Squadron, created on 30 June 1941 at Digby, England. From those early and heroic years, the squadron evolved into the unit that it is today. The squadron assumed its current role of VIP transport in 1949.

Over the years, the squadron has achieved many firsts. In January 1950, a flight to a Commonwealth Foreign Ministers' Conference in Ceylon (today's Sri Lanka) marked

Photo: Cpl Issa Paré, Rideau Hall



412 (Transport) Squadron's new Colours are unveiled for the first time during a solemn ceremony in the presence of Her Excellency, Michaëlle Jean, the Governor General of Canada, and Commander-in-Chief of the Canadian Forces, at the Canada Aviation Museum on October 10, 2006.

the squadron's first flight around the world. The squadron was the first squadron of any air force worldwide to operate jet transport aircraft, when it acquired its first Comet in 1953. On 25 September 1964, it became the first regular force squadron to receive its Colours.

Throughout its history, the squadron has flown a wide variety of aircraft, from the Spitfire of the Second World War to today's CC-144 Challenger. Today, the squadron is based in Ottawa, but belongs to 8 Wing Trenton. In addition to its VIP transport role, the squadron also provides military flights and medical evacuation flight (medevac) services

when required. The squadron employs 16 pilots, seven flight stewards and nine civilian employees. Transport Canada assumed responsibility for the maintenance of its six aircraft in 1994.

Battle Honours:

- Defence of Britain 1941 - 44
- Fortress Europe 1941 - 44
- Dieppe
- Arnhem
- English Channel and North Sea 1942 - 43
- France and Germany 1944 - 45
- Normandy 1944
- Rhine



CFB Trenton Golf Club

Purchase three 18 hole green fees at the regular price and receive the fourth green fee **FREE!**

Proshop 613-392-1544
Offer Expires 31 Oct 06
Good for Foursomes only
Present this coupon to the Proshop.

Best Quality **Best Price**

"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 Selection **Best Guarantee** **Best Service**



SMITTY'S

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

613-969-0287

LOCAL SERVICES AND TRADES

To Serve You

Classified Advertising: 613-392-2811 ext 3976 Fax: 613-965-7490
Email: sagriff.alf@forces.gc.ca

<p style="text-align: center;">Building Material</p> <p style="text-align: center;">RONA CASHWAY</p> <p style="text-align: center;"><i>"Buy Where The Builder Buys"</i></p> <p style="text-align: center;">House plans, engineered floors, kiln dried lumber, expert staff, etc.</p> <p style="text-align: center;">234 Glen Miller Rd Trenton 613-394-3351</p>	<p style="text-align: center;">Footcare</p> <p style="text-align: center;">Brighton Footcare</p> <p style="text-align: center;">~Since 1993~ Jennifer Hardy, B.Sc. Pod; D. CH. Registered Chiropodist</p> <p style="text-align: center;">Custom orthotics and shoes. Expertise in diabetic foot and wound care. Huge selection of spring and summer footwear including customized Birkenstock and Naot sandals. Coverage available through most health care plans.</p> <p style="text-align: center;">(613)-475-4453 9 Park Street, Brighton</p>	<p style="text-align: center;">Garage Doors</p> <p style="text-align: center;">CENTRAL GARAGE DOORS</p> <p style="text-align: center;">Locally Owned & Operated Mark Goodmurphy Installing and Repairing Doors and Openers Since 1981</p> <p style="text-align: center;">Authorized Dealer for HORMANN Doors and Openers Service and Repairs to All Makes and Models of Doors and Openers Military & Seniors Discounts Available</p> <p style="text-align: center;">Tel: 613-847-7488 Fax: 613-966-8911</p>	<p style="text-align: center;">Home Improvements</p> <p style="text-align: center;">ACCURATE CONSTRUCTION</p> <p style="text-align: center;">• Renovations Additions • Soffits • Roofing Windows • Siding • Facia Eavestrough • Custom Homes • Snow Plowing Rubbish Removal</p> <p style="text-align: center;">Free Estimates, Call Mike O'Hara 613-969-8387</p>
<p style="text-align: center;">Roofing</p> <p style="text-align: center;">ROOFING</p> <p style="text-align: center;">✓ Commercial <i>"The Very Best by John West"</i> ✓ Residential ✓ Agricultural (Asphalt & Steel) ✓ Professional Installation ✓ Fully Insured</p> <p style="text-align: center;">JOHN WEST CONSTRUCTION 469 Cty. Rd. 64 RR#3 Brighton (613)-475-4828</p>	<p style="text-align: center;">Shiatsu Massage</p> <p style="text-align: center;">Silver Star Studio</p> <p style="text-align: center;">★ Oriental Shiatsu Massage Relaxation ★</p> <p style="text-align: center;">613-392-7119</p> <p style="text-align: center;">Daily 10am - late</p> <p style="text-align: center;">56 Elgin St. Unit 2 Downtown Trenton Second block west of bridge & one road north of Dundas</p>	<p style="text-align: center;">Swap & Sell</p> <p style="text-align: center;">QUINTE WEST SWAP & SELL</p> <p style="text-align: center;">• Bikes • Stereos • Tools • TVs • Game Systems • Movies • CDs • Guitars • Car Audio • Paint Ball Guns & Supplies</p> <p style="text-align: center;">BUY-TRADE-LOAN</p> <p style="text-align: center;">391 Dundas St. W. Trenton (across from the HighSchool)</p> <p style="text-align: center;">613-392-5822 Open Daily 10-6 Sun 10-3</p>	<p style="text-align: center;">Tree Service</p> <p style="text-align: center;">Trenton Tree Service</p> <p style="text-align: center;">Tree Trimming & Removal, Chipping & Stumping</p> <p style="text-align: center;">• Free Estimates • Fully Insured A fair price for everyone 613-392-7415</p>

Auto General Service

Cannifton Garage 2000 Ltd.

We have gas generators for home & rural use.

✓ Tune-ups	✓ Safety Inspections
✓ Springs	✓ General Repairs
✓ Suspension Service	✓ General Repairs

**Cars - Trucks - Vans - Buses
Trailers & Heavy Trucks**

Parts & Service - Call Kevin
613-962-1132
at Hwy.37 & Casey Rd., Belleville



Fitness, Sports & Recreation



NO SKILL - NO FRILL



Photo: Submitted

The Fitness and Sports Flight hosted the ladies No Skill - No Frill Four-ball, Best-ball Golf Tournament on October 3 at the CFB Trenton Golf Course, with two teams enjoying a beautiful afternoon of golf, teeing off with a shotgun start. Shown above, from left to right, are Corporal Ginger Fraser, Private Heather Diebert, Lieutenant Andrea Clement and Sergeant Lucie Berard, edged out by team members, (from left to right), Dawn Henderson, Kristy Henderson, Corporal Kathy Grice, and Corporal Laurie Mckeigan, by four strokes.

Four-ball, Best-ball tournament

The Fitness and Sports Flight hosted the I/S Four-ball, Best-ball Golf Tournament on October 4 at the CFB Trenton Golf Course, with five teams braving the rain and teeing off with a shotgun start.

The ATESS team edged out the CFPU team by one stroke with a score of 67 for 18 holes.

The rest of the field followed with scores ranging from 68 to 75 strokes for nine holes. Closest to the pin on number 3 was Master Corporal Angus Coombes from ATESS and on number 17 was Sergeant Duane Bailey from 2 AMS.



Photo: Submitted

Shown above, from left to right, are ATESS team members Larry Puffer, Master Corporal Angus Coombes, Corporal Carlos Cruz-Lopez and Corporal Paul Hunt

2006 regional bowling championships

The 8 Wing/CFB Trenton Bowling Team will represent 8 Wing/CFB Trenton at the Ontario Region Bowling Championship, scheduled for November 26 to 29 in Borden.

The roll offs will be held at Astra Bowling Lanes on the Monday, October 23 or Tuesday, October 24,

and all bowlers must attend on Friday, October 27, from 0800 to 1200 hrs.

The competition is open to all CF, class B and C reserve members. For more information, or to register, please contact Shirley Martin at local 3467 or Dan Cormier at local 3373.

CFB Gagetown Invitational Track Meet

Location: CFB Gagetown, Base Fitness Centre
Date and Time: November 25, 2006 at 1100hrs
Events: • 60 m • 200 m • 400 m • 800 m • 1500 m • 3000 m
Contact: Dick Hartnett (506) 422-2000 ext 2902

Please note, rations, quarters and registration fees are provided for all military runners.

All interested members are required to send the following information to Dan Cormier, no later than October 20, 2006: SN, rank, name, MOC, age, sex, home and work phone numbers.

For more information please feel free to contact Dan Cormier at local 3373.

CISM running team looking for competitors

The CISM Running Team is continuing to look for new members to strengthen the team's competitive performance at the next CISM World Cross Country Championship in March 2007.

The CF running team will be training and racing in Barbados late November, early December 2006. Athletes wishing to become part of this most elite team must have consistently achieved the following results:

Ladies: Female runners must be capable of running faster than 11 minutes for 3 km, 20 minutes for 5 km outdoor on a certified official course, or faster than 40 minutes for 10 km

indoors.

Men: Male runners must be capable of running faster than 9 minutes for 3 km, 18:30 for 5 km and under 36 minutes for 10 km outdoor on certified official courses.

Interested members are requested to send the following information to Dan Cormier, no later than October 20, 2006: SN, rank, name, MOC, age, sex, home and work phone numbers, and copy of last years fitness report, certified time and availability to attend training camp late November to early December in Barbados.

For more information please contact Dan Cormier at local 3373.

Esquimalt men dominate national softball

by Pam Lloyd
Lookout Newspaper

The CFB Esquimalt Men's Slo-pitch team, representing the Pacific region, won the national championship, in Borden Sept. 24 to 26.

This was the first time the Esquimalt team has made it to nationals and they swept the championships winning all of their six games.

"We had such a well-rounded team and great players. Everyone had the mindset we were going to win," says coach Master Seaman (MS) George Robinson, a fire instructor on base.

The winning mindset came from their experience at the Regional tournament in Comox.

The previous two years Esquimalt has lost the tournament to Comox by one run, says

MS Robinson.

"This year we dominated the whole regional competition and it was obvious we were going to win," he said.

This attitude resulted not only in the win but also with four Esquimalt players being named to the all-star team in recognition of their outstanding playing, says MS Robinson.

Petty Officer, 2nd Class Kris Bucci, a trainer in Fleet School, was awarded the championship's Most Valuable Player for his exceptional playing on third base and his "phenomenal hitting," says MS Robinson.

In their first game against the Prairie Region they won 17-5, followed by a win against Quebec 21-13.

In Monday's games, they beat Ontario 27-22

and Atlantic Region 25-22. They went up against Atlantic Region again in the semi-finals, with a winning score of 18-13.

In the championship match, they beat Ontario by eight runs, with a final score of 24-16.

MS Robinson says nerves were a factor going in to the last game. "Everyone was anxious to get in there," he said. The team went in with a winning mentality though, he adds.

"Every player played to his potential, which was more than enough to keep them down," MS Robinson says. Out of the six innings they played, the team lost one.

"To be able to represent the pacific region for everyone was a great feeling and to come home with the medal was incredible," he says.



The five S's of sports training are:
stamina, speed, strength, skill, and spirit:
but the greatest of these is spirit.

- Ken Doherty

the
Contact

Longest-serving CF padre retires from "great career"

by Lt(N) Pierrette LeDrew
8 Wing Public Affairs

When Padre Lloyd Clifton came to Trenton to catch the Boeing that would take him to his first posting in Comox, BC, in January 1979, little did he know that his career would end here as well.

On October 12, 2006, after serving more than 27 years in the Canadian Forces (CF), Padre Lloyd Clifton will retire, at the place where it all began for him. Trenton is where he got his first taste of military life, and according to him, it is only fitting that his career should end here.

Padre Clifton joined the Canadian Forces (CF) in November 1978 as a Direct Entry Officer. Chaplains, then as now, were required to have a Bachelor's Degree, a three-year Masters of Divinity Degree, and two years of ministry experience.

During his time at the seminary, he says that he "was committed to the ministry, but not necessarily to parish ministry. Parish work was a bit restrictive." He was unsure of the path to follow until his interest in the military

chaplaincy was roused through his studies and his summer work experiences.

His thesis focused on the work of Charles W. Gordon, who, among other things, had been a military chaplain during the First World War. He also worked with Jack Anderson, who had been a chaplain during the Second World War. Thus, he realized that there was a whole other area of ministry available to him, and he explored it.

As luck would have it, he found out that there was an opening in the CF for a Presbyterian minister. He applied, was accepted, and has served ever since.

The military has given him the opportunity to do the kind of varied work he was interested in from the start. He has enjoyed the inter-faith nature of CF ministry. He describes it as being "a down-to-earth, practical ministry," which offers very different dynamics from civilian ministry. For instance, civilian ministers don't usually visit their parishioners at their workplace. In the CF, the workplace is part of the parish, in a way, and

the chaplains work closely with the units.

At the same time, there have been challenges. "Looking at the bigger picture, certainly for all the branch, the challenge has been meeting the pastoral needs of the member given the changes in the military."

The make up of the CF has changed a lot over the years, and the chaplaincy is a reflection of those changes. When Padre Clifton joined the CF, the branch was "not significantly different from what it had been during the Second World War. Chaplains were male, Roman Catholic or Protestant." Protestant chaplains came from five denominations, and all others were excluded. Today, the branch functions as a unit and is much more inclusive than in years past. Padre Clifton feels that today's chaplaincy is much better trained than it was in the past to address the CF members' ecumenical needs, and he is visibly proud to have been a part of that for so many years. "It's been great that way," he says.

The highlight of his career came when he was deployed with Operation Kinetic in October 99. With the troops, he felt that he made a difference. It was also great to see how people in another part of the world live. It was an experience that left an indelible mark on him, one that he would not have had had he chosen a different career path.

Now, he looks forward to spending more time with his family, and plans to continue to fill in with numerous churches looking for service. Although he retires as the longest serving chaplain in the CF, he had not planned it that way.

"It's been a blast, it's been a great career and I would do it all over again."

Photo: Cpl David Cribb, 8 Wing imaging



Lieutenant-Colonel Debbie Miller, Wing Administration Officer, presents Padre Lloyd Clifton with his retirement certificate, following 27 years in the Canadian Forces.



Photo: Amber Gooding, Contact Staff

Padre Lloyd Clifton, at the 11th Annual Ad Astra Stone Dedication Ceremony on September 30, 2006, his last official function in the CF.

Holiday Inn®
TRENTON

Presents

YUK YUK'S

Saturday
OCTOBER 21ST

Tickets \$37.50
INCLUDES TAXES & GRATUITIES

Dinner Buffet & Adult Comedy Show

COMICS ARE:

BOB KEELE
ROSCO CAMPBELL
DARRIN ROWS

"LIMITED NUMBER OF SHOW ONLY TICKETS AVAILABLE"
"Groups Welcome"

Holiday Inn®
TRENTON • 613-394-4855

KROWN BODY MAINTENANCE

IS YOUR VEHICLE READY FOR WINTER?

See the Specialists at...

KROWN RUST CONTROL

Cars \$109⁹⁵ Vans & Trucks from \$119⁹⁵

\$10⁰⁰ MILITARY DISCOUNT ON ANY RUSTPROOFING JOB.

Krown Belleville 115 North Front St. 613-962-4481

Krown Trenton 4 Carrying Place Rd. 613-392-0222

SUPPORT YOUR LOCAL CANEX!

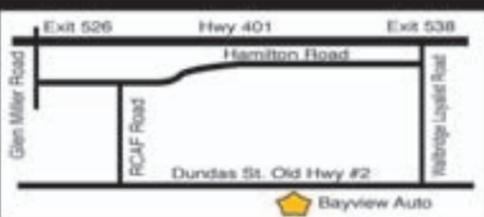
The automobile is a form of self-expression.
It's time to express yourself...

BIG DADDY™ STYLE!

<p>2004 GMC ENVOY SLE 4X4</p>  <p>Black Beauty! High polish rims! Loaded with full power options. Pwr. seat, OnStar & more! Mint shape. Off GMAC lease. 68,000 kms. \$10,995 cert.</p> <p>0 down \$161.10 biweekly 84 months</p>	<p>2004 CHEV TRAILBLAZER</p>  <p>Sharp! Bright Silver, loaded up with full power options inc. pwr. seat, OnStar, Autotrac 4WD, mint shape. Off GMAC lease! 68,000 kms. \$17,995 cert.</p> <p>0 down \$156.00 biweekly 84 months</p>	<p>2004 CHEV EXT. CAB SHORT BOX</p>  <p>4X4 Z71 loaded up with full power options. 4WD, trailer tow and more. MINT SHAPE! Off GMAC lease. 54,000 kms. \$24,995</p> <p>0 down \$211.05 biweekly 84 months</p>	<p>2002 BUICK RENDEZVOUS</p>  <p>Automatic, 4 dr., 3.4, 6 cyl., Red ext./Grey int., Fog Lights, Roof Rack, Tinted Windows, A/C, AM-FM Stereo, CD, Pwr. Windows, pwr. Locks... more. 96,901 km. \$11,095</p> <p>0 down \$133.30 biweekly 84 months</p>
<p>2004 CHEVY TRAILBLAZER</p>  <p>Loaded up with full power options inc. heated leather seats, Autotrac, 4WD & more. MINT SHAPE! Off GMAC lease. 48,000 kms. \$20,995 cert.</p> <p>0 down \$177.75 biweekly 84 months</p>	<p>2002 CHEV CAVALIER VLX</p>  <p>4 door, automatic, loaded up with air conditioning, power locks, tilt, CD, keyless entry and more. 61,222 kms. \$7,095 cert.</p> <p>0 down \$90.13 biweekly 80 months</p>	<p>2003 GMC ENVOY SLE 4X4</p>  <p>WOW! Only 49,000 kms! Power sunroof, high polish wheels, loaded w/full power. MUST SEE! MINT SHAPE! Fresh in off GMAC lease. \$48,995 cert.</p> <p>0 down \$180.92 biweekly 72 months</p>	<p>2005 CHEV CREW CAB SHORT BOX</p>  <p>Leather heated seats, loaded up with full power options, inc. 4WD trailer tow & more. MINT SHAPE! Off GMAC lease. 66,000 kms. \$28,495 cert.</p> <p>0 down \$235.10 biweekly 84 months</p>
<p>2003 GMC ENVOY SLE</p>  <p>SHARP! High polish rims, power sunroof, running boards, loaded up with power everything. \$17,700 cert.</p> <p>0 down \$168.81 biweekly 72 months</p>	<p>2004 CHEV SUBURBAN</p>  <p>MINT SHAPE! Only 64,000 kms. loaded, 4X4, power memory leather seats, TV, DVD & much more. MUST SEE! Off GMAC lease. \$27,495 cert.</p> <p>0 down \$231.86 biweekly 84 months</p>	<p>2003 GMC ENVOY 4X4 SLE</p>  <p>High polish rims, power sunroof! Loaded up with full power options! Must see. Only 46,980 kms. \$18,995 cert.</p> <p>0 down \$180.92 biweekly 72 months</p>	<p>2005 CHEV 4 DOOR CREW CAB</p>  <p>RARE factory 20" alloys, Bright Red! RARE! 4X4, full power options. MINT SHAPE! Off GMAC lease. 60,000 kms. MUST SEE! \$27,495 cert.</p> <p>0 down \$231.86 biweekly 84 months</p>
<p>2004 GMC ENVOY XL EXTENDED 4X4</p>  <p>7 passenger seating, loaded with full power options inc. 17" chrome alloys, moonroof, OnStar, power heated leather seats, dual heat & A/C & much more! MINT SHAPE! Off GMAC lease. \$22,995 cert.</p> <p>0 down \$194.40 biweekly 84 months</p>	<p>2004 GMC ENVOY XL EXTENDED 4X4</p>  <p>7 passenger seating, 17" chrome rims, power heated leather memory seats. OnStar, power sunroof. Too many options to list. Black Beauty! Only 59,000 kms. \$22,995 cert.</p> <p>0 down \$202.72 biweekly 84 months</p>	<p>2003 PONTIAC VIBE</p>  <p>Automatic, 4 dr., 1.8 4 cyl., gas, front wheel drive, Grey exterior, grey interior, fog lights, alloy wheels, roof rack, tinted windows, bucket seats, A/C, AM/FM... more. 55,251 kms. \$14,995 cert.</p> <p>0 down \$143.52 biweekly 72 months</p>	<p>2004 PONTIAC GRAND PRIX GT</p>  <p>SHARP! Loaded up with power everything inc. power seat, alloy wheels & more! MINT SHAPE! Off GMAC lease. \$13,995 cert.</p> <p>0 down \$115.31 biweekly 84 months</p>
<p>2004 CHEV EXT. CAB</p>  <p>Short box Z71, 5.3 V8, only 45,000 kms! Loaded up with full power options inc. autotrac 4WD, trailer tow, and more. MINT SHAPE. Off GMAC lease. Fresh in. \$24,995 cert.</p> <p>0 down \$211.05 biweekly 84 months</p>	<p>2003 FORD WINDSTAR SPORT</p>  <p>53,000 kms. Loaded with full power options inc. TV, quad seating, dual heat & A/C, alloys and more. MINT SHAPE! Off Ford lease. Balance of 5 yr/100,000 km. warranty. \$15,995 cert.</p> <p>0 down \$134.17 biweekly 72 months</p>	<p>2003 FORD WINDSTAR SPORT</p>  <p>56,000 kms. Leather, loaded, TV, quad seating, dual heat and A/C, alloys and more. MINT SHAPE! Off Ford lease. Balance of 5 yr/100,000 kms. warranty. \$14,995 cert.</p> <p>0 down \$143.52 biweekly 72 months</p>	<p>2003 ENVOY SLT 4X4</p>  <p>WOW! Every option available incl. power heated leather seats, TV, DVD, high polish rims & more! MINT SHAPE! Off GMAC lease. MUST SEE! 73,000 kms. \$20,695 cert.</p> <p>0 down \$194.94 biweekly 72 months</p>



Bayview Auto Sales
www.bayviewauto.ca 1-613-392-3339
Local or Long Distance
Sales, Service, Selection



ALL PAYMENTS BASED ON BI-WEEKLY PAYMENTS 2002/80 MONTHS, 2003/72 MONTHS, 2004-2005/84 MONTHS. ADMIN. P.P.S.A. & TAXES INCLUDED. EG: \$10,000.00 + \$299.00 ADMIN. + TAXES \$1,441.86 + \$68.00 P.P.S.A. = \$11,808.06 FINANCED OVER 60 MONTHS @ 8.40% = \$111.80 BI-WEEKLY O.A.C.

Beware: Electrical shock can kill!



Submitted by
Don Heans,
Wing General Safety
Officer

We rely on electrical power to keep our workplaces and our homes operating day and night. Electricity provides heat, light and energy to do many kinds of work.

As useful as electricity is, we must never forget it is also dangerous. Electrical shock kills. Electricity can also cause fires and explosions. Here are some reminders about electrical safety at work and at home:

Keep electricity and moisture away from each other. Never touch electrical equipment with wet hands or when standing on a damp surface. Do not work around electricity when your tools or clothing are wet.

Report any indications of electrical malfunction. Watch for these signs: flickering lights, radio or television interference when another electrical device is in operation, buzzing sounds in electrical panels, switches or outlets hot to the touch, damaged or worn insulation, loose switches and electrical equipment which works sometimes and doesn't work the next time.

Never attempt electrical repairs unless you are qualified and authorized to do so. Do not use electrical equipment altered with makeshift repairs.

Do not alter plugs by removing the third prong so it can fit into a two-prong outlet. This defeats the safety feature of a ground wire.

Only use extension cords temporarily. Have wiring upgraded to accommodate new equipment.

Use a Ground Fault Circuit Interrupter (GFCI) whenever you use electrical tools and appliances around moisture or outdoors. These devices can detect leakage

of electricity from a circuit before you are harmed by electrical shock.

Wear the correct Personal Protective Equipment (PPE) when working around electrical hazards. This may include leather gloves covered by rubber gloves, non-conductive footwear and safety eyewear. Do not wear metal jewelry which can accidentally contact the electrical circuit, causing shock.

Heed all warning signs about electrical hazards. Stay away from high voltage installations and other posted areas.

Beware of overhead electrical hazards. Watch for power lines and ceiling fixtures when moving items such as ladders or pipes, or operating equipment such as cranes or lifting devices.

Use your electrical safety sense off the job too. Inspect your home for possible electrical hazards, including overloaded circuits and defective electrical equipment. Have a qualified electrician repair or improve wiring as necessary. Have

GFCIs installed in bathrooms, basements, kitchens and areas outdoors where you use electrical equipment.

Obtain training in what to do in case of an accident involving electricity:

Before you attempt to rescue a victim of electric shock, make sure you are not putting yourself in similar danger. Do not touch the person and do not use a tool to reach the person unless you are sure the power has been disconnected. Check for a heartbeat and if necessary start CardioPulmonary Resuscitation (CPR) if you are trained to do so. Get medical help immediately.

If fire occurs in energized electrical equipment, use only a C class fire extinguisher, or a combination ABC, or BC extinguisher. Never put water on an electrical fire; the result can be a deadly shock.

Caution must be used around all electrical circuits and equipment. Never underestimate the potential for electrical shock.

Protect your pets from second-hand smoke

Hastings and Prince Edward Counties—Second-hand smoke is not only deadly to humans but to pets as well. Studies show that it can cause cancer in pets.

"Often people who quit smoking successfully have a good, specific reason that keeps them on track when the going gets tough," says Joan Black, a public health nurse with the Hastings & Prince Edward Counties Health Unit. "People might not quit for themselves but they might for their pets and by doing so improve their own health."

Most pet owners try to keep their pets fit and healthy. But the cigarette in the owner's hand could prove fatal to their pets. "Second-hand smoke may worsen existing breathing problems or contribute to the development of severe lung disease or cancer in dogs and cats similar to people," says Dr. Beth Hanselman, a veterinarian at the University of Guelph.

Cats living in homes where people smoke are more than twice as likely to develop a deadly form of cancer known as feline lym-



phoma. Dogs in smoking households have a 60 per cent greater risk of lung cancer. The risk is even higher for short-nosed dogs, while long-nosed dogs are twice as likely to develop nasal and sinus cancer if they live with smokers. The more smoke in a household and the longer the pet's exposure to it, the higher their risk.

Second-hand smoke is

especially dangerous for pets because they spend a lot of time indoors breathing stale air. They also swallow tiny bits of soot and ash when they groom themselves. This puts pets at risk not just for cancer but also for a variety of respiratory problems including bronchitis, asthma, allergies, runny noses, throat irritation and wheezing. Small, caged pets like birds and

hamsters are particularly prone to respiratory problems from second-hand smoke. Cigarette butts and other tobacco products, if chewed or swallowed, can cause vomiting, diarrhea and stomach upset.

The Health Unit has free quit smoking kits available at its offices or you may contact the Tobacco Talk Line at 613-966-5513, ext. 600.



15% off

any Hair Service

For the month of October 06,
booked with Lisa or Jenna.
PLEASE PRESENT THIS AD

The Team of Professionals at Level 10 has Moved!

We look forward to providing the same great service at our new location.

7 Metcalfe St.

Trenton • 613-392-4246



• Desktop Publishing • Posters • Laminating • Digital Copies

Photography • Photocopying • Full Colour • Engineering & 36" Copies Format

Darling's

COPY DEPOT



Call Today 613-392-7273

Fax service: 613-392-7058

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

• Fax Service • Enlargements • Scanning • Canon Laser Copies

LARRY'S

MINI STORAGE



• Heated Indoor Storage (613)

• 24 hour video & monitored alarm protection

967-7774

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

Full Service Renovations -

Specializing in Kitchen, Bath, Hardwood Flooring, Ceramic & Stone Tile.



613-394-6420 • www.imacs.ca • 1-800-567-4638

764-A Old Hwy 2, R.R. 2, Trenton, ON.



Contact

keeping you up-to-date on health, fitness & well-being.



TRENTON Military Family Resource Centre



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Personal Development

Wednesday Night Out

Pre register please by calling 613-965-3595 or 613-965-3575

October 18 **Cardmaking** -

October 25 **Pizza Night** - Take a break. Meet others bring the kids out to enjoy activities at the Youth Centre.

A variety of activities coming up, please visit the MFRC website calendar www.trentonmfrf.cfbtrenton.com

Perfectionnement personnel

Les sorties du mercredi soir.

Veillez vous inscrire à l'avance en appelant au 613-965-3595 ou 613-965-3575

Le 18 : **Confection de cartes**

Le 25 : **Soirée avec de la pizza**, prenez un répit. Venez rencontrer les autres, amenez les enfants pour s'amuser au Centre des jeunes

Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, www.trentonmfrf.cfbtrenton.com

A Conference Day in French

Saturday October 28, 2006 10:00 a.m. - 3:00 p.m.
Siskin Centre

With guest speaker from the
Canadian Mental Health Association

Managing your stress
Facing changes
How to keep a positive attitude

Lunch is included, \$15/person

Come in and learn, in a relaxed atmosphere, how to use tools to increase your quality of life.

Register at reception of MFRC. Your payment will reserve your place. Deadline for registration is October 25, 2006. For more details, contact MFRC reception at 613-965-3575.

Journ e Conf rence en fran  ais

Samedi le 28 octobre 2006 de 10h 15h
au Centre Siskin

Avec conf renci re de l'Association canadienne
pour la sant  mentale

Comment g rer son stress
Faire face aux changements
Demeurer positif

Le lunch est inclus. \$15/personne

Venez apprendre utiliser des outils pour une meilleure qualit  de vie, dans une atmosph re d tendue.

Faites votre r servation la r ception du CRFM. Votre paiement assurera votre place. La date limite pour les inscription est le 25 octobre. Pour plus de d tails, contactez le 613-965-3575.

Mother Goose Program

Registration Deadline : October 24, 2006

Rhymes, action songs, and lullabies are just a few of the things parents and children learn in the Parent /Child Mother Goose program. The program consists of ten fun-filled sessions. The morning is based on learning through language, listening, repetition and most importantly participation.

Each morning starts off with a welcoming song and followed by the introduction of a rhyme, finger-play, action song and/or a lullaby. After a short break for a snack, we split the group to introduce story-telling techniques to the parents while the children are playing separately in a supervised environment. The morning ends with a goodbye song, and many smiles.

Start: October 26-December 14

When: Thursday morning

Time: 10:00 -11:00

Ages 1yrs and up

Where: Bistro

Cost: \$10.00

L'alphab tisation en jeune  ge - Programme M re l'Oie

Dates : 26 octobre au 14 d cembre

Heure : Jeudi matins, 10h - 11h dans le Bistro

Co t : 10,00\$ -  ge : 12 mois et plus

Les inscriptions doivent  tre faites avant le 24 octobre

Des comptines, des chansons gestuelles, des berceuses ne sont que quelques-uns des  l ments que les parents et les enfants peuvent apprendre dans ce programme. Le programme est bas  sur l'apprentissage du langage, de l' coute, de r p titions; la chose la plus importante est la participation des parents.

Nous d butons la session avec un chant de bienvenue suivi de rimes, peinture avec les doigts, chansons gestuelles et berceuses. Il y a une pause avec collation fournie par les parents et ensuite un conte. Nous terminons par une chanson d'au revoir et beaucoup de sourires.

CANADIAN FORCES DAY / JOURN E DES FORCES CANADIENNES TORONTO ARGONAUTS v.s MONTREAL ALOUETTES Rogers Centre, Toronto

Saturday, October 28 @ 3:00pm / Samedi le 28 octobre @ 1500h

Tickets available at the Trenton MFRC reception or with the fax sheet online at trentonmfrf@cfbtrenton.com

Bus will be leaving from the MFRC parkinglot at 12:00 noon. There are a limited number of seats. RESERVATIONS ARE REQUIRED by calling 613-965-3595 / 613-965-3575.

Les billets sont disponibles   la r ception de CRFM ou par t l copie sur le site web trentonmfrf.cfbtrenton.com

L'autobus quittera le stationnement du CRFM   midi. Le nombre de si ges est limit  RESERVATIONS REQUISES. Appelez 613-965-3595 /965-3575.

Please read our newsletter "Touching Base" or visit www.trentonmfrf.cfbtrenton.com to get more information
S'il vous pla t, consultez notre bulletin de nouvelles "Touching Base" ou visitez www.trentonmfrf.cfbtrenton.com
pour en savoir plus

Three generations
of service to
our friends and
neighbours



Ralph Weaver Founder (1916-2006) Jeff Weaver President Tim Weaver Funeral Director

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

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



SALES • SERVICE
ACCESSORIES
DOCKING • STORAGE
BROKERAGE

Hwy., #2 East of 8 Wing/CFB Trenton
613-394-6691
www.bay-marine.com

RINKER
LUND
SEA-DOO
MOOMBA
HONDA
EVINRUDE
VOLVO
MERCUISER

EXHAUST, BRAKES & ABS OUR SPECIALTIES

**Full Service Automotive
Repair Centre**

DND
Discounts **613-394-3357**

220 Dundas St. E. Trenton www.milbroauto.com

DIAGNOSTICS - SHOCKS & STRUTS - TUNE-UPS

SAFETY INSPECTIONS RUST PROOFING - TIRES



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
October 15 - October 21

ARIES (March 21-April 19): Take seriously whatever challenge comes your way on the 15 and 16. Work-related matters will pan out in your favour. A serious matter with someone who counts in your world can be resolved. Travel will be in your best interest. You may think you have everything figured out on the 17 - 19, but you'll discover something new has been added to the equation. Don't be dismayed; you'll be ahead of anyone trying to throw a wrench in your plans. Remain playful and take a what-if attitude. Look at your cup as half full on the 20 and 21. A relationship will take a turn and a decision will have to be made. Choose wisely.

TAURUS (April 20-May 20): Don't overspend trying to impress someone or keep the peace with your children or a loved one on the 15 and 16. Someone is likely to overreact. This isn't the time to give in. Someone will make a strong impression on you on the 17 - 19. Don't be swayed into thinking they know everything. Do your research. A job or project that needs to be completed should be top priority. Look for alternatives on the 20 and 21 regarding your health and well being. You may have to change your diet or look for other methods of relieving stress. You can learn by observing what an older friend or relative is experiencing.

GEMINI (May 21-June 20): Socializing on the 15 and 16 will turn into a royal affair because of the contacts you make. Jot down information you'll need to follow up. Love the one you're with or, if single, find someone new. Work diligently toward your goals on the 17 - 19. You'll get ahead and be recognized for your accomplishments. Enjoy the moment. Love will flourish. Your social skills will give you the competitive edge on the 20 and 21. Don't be afraid to go after what or whom you want. You'll be able to take care of matters that weren't easy for you to handle in the past. A love relationship is looking better.

CANCER (June 21-July 22): Be careful on the 15 and 16: What you see and what you get may not be the same. Question whatever you aren't positive about and look for the deal that suits you, not everyone else. A change in direction, surroundings or even your own attitude should be welcomed. No one will get what it is you are trying to do on the 17 - 19. Don't be disheartened but re-evaluate your own motives and consider the suggestions being made. Change is necessary on the 20 and 21 if you want to rid yourself of the negatives in your life. Stop making excuses and start to fill your life with positive people and activities. Stick to finishing projects that are overdue.

LEO (July 23-Aug. 22): Emotional issues can be dealt with on the 15 and 16. Call a family meeting or get together with friends who have not been pulling their weight. It's time to even out the playing field by discussing your grievances. Take matters into your own hands if you aren't happy with the situation at home or in a partnership on the 17 - 19. A chance to lay down new rules will help to ease matters in the future. Do what you must but do it now. Invite your friends over on the 20 and 21. Don't, however, overspend or exaggerate to win favours. Someone you're trying to impress will see right through you. Charm, honesty and genuine compassion will be what works best.

VIRGO (Aug. 23-Sept. 22): Look beyond what is right in front of you on the 15 and 16. It's what you're having trouble seeing that'll lead to trouble. Secrets are apparent and, if you withhold information, you'll solve nothing. Someone around you'll not give a true interpretation of what is really going on. A new approach to an old project will bring it extended life on the 17 - 19. You can make some rather cool moves regarding how you can make your money. Picking up added skills will pay off and lead you in a profitable direction. Re-evaluate what you want to do with the rest of your life on the 20 and 21. Think outside the box. A new way of earning money will surface.

LIBRA (Sept. 23-Oct. 22): Don't make hefty donations on the 15 and 16 but do offer assistance in other ways. If you're helpful or informative, you'll not be taken advantage of. A new acquaintance will offer you something in return. Don't get sucked into secret matters on the 17 - 19 that will lead to questionable results. Focus on taking care of the ones you love the most. This is not the time for charity but rather to open your arms, heart and home. Good things are happening on the 20 and 21 so make yourself available and enjoy the moment. Emotions will be close to the surface but, handled well, can bring you a host of options. Love is hot and social events inspiring.

SCORPIO (Oct. 23-Nov. 21): Don't be fooled by a sugar-coated offer on the 15 and 16. Get things in writing before you commit. Change is apparent but don't act in haste. You don't want to waste time backtracking. If you think you can get away with doing less on the 17 - 19, think again. Relying on someone will be costly, but worth it in the end. Spare yourself the grief of waffling and get on with it. Put your efforts into doing your best and developing something you really want to do on the 20 and 21. Don't let gossip cloud your vision. Personal changes made now will enhance your looks and attitude.

SAGITTARIUS (Nov. 22-Dec. 21): Take the plunge and follow through with something you always wanted to do on the 15 and 16. The time to get started learning or trying something totally new is now. A job offer will be made or brought to your attention. So much will depend on how selfish you are as opposed to how giving you can be on the 17 - 19. What you put out, you'll get back. Share your wealth of knowledge and you'll be inspired by what you get in return. You'll be a hot commodity on the 20 and 21 so ask for favours and take what is rightfully yours. Don't, however, mess with rules or authority figures.

CAPRICORN (Dec. 22-Jan. 19): Stick to what you know and do best on the 15 and 16. Travel will fall short of your expectations and someone you have trusted in the past will let you down. Be careful how you handle the people and situations you're facing. Money matters must be resolved on the 17 - 19. If you get in a spending mood, you'll regret it later. Travel, friends and whims will cost more than you can afford. Be smart and refuse to allow others to cost you. Finish what you start on the 20 and 21 so that you're open to try new things. An offer that will take you in a totally different direction is coming your way. Travel may be enticing but probably not wise.

AQUARIUS (Jan. 20-Feb. 18): Like it or not, someone will be deceiving on the 15 and 16. It may be regarding information you asked for or about a philosophy that interests you. Find out and be sure to handle your own money concerns. Everything is leaning toward finalization, signing deals and contracts and on the 17 - 19. You can make a commitment to someone who means everything to you. Don't let something good pass you by because you're too lazy to pick up on it. A contract or financial deal that has been pending can be redressed on the 20 and 21. A settlement, winning or gift is coming your way.

PISCES (Feb. 19-March 20): Someone may try to short-change you on the 15 and 16. Make changes to your portfolio or invest in something that you feel will bring a good return but don't spend lavishly on family or friends. It won't pay off when you want the same in return. Don't use emotional blackmail on the 17 - 19. Instead, be honest and direct, keeping things easy and pulling together what and whom you need to follow through with your plans. Hard work, diligence and open communication are key. Consolidate your debts, ask for a loan or make adjustments to your financial position on the 20 and 21. Use your head, keep things small and realistic.

Royal LePage ProAlliance Realty



253 Dundas Street E., Trenton 613-394-4837
143 Main St., Brighton 613-475-6242
Toll Free: 1-800-263-2177
www.discoverroyallepage.ca

The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our newest feature, **The Contact Comics**.



DuJour



Not In My Backyard! by Dale Taylor






Community Events

generously sponsored by...



independent

YOUR INDEPENDENT GROCER



President's Choice

CFB Trenton

Smylie's Independent Grocer

Hwy#2 Dundas St. East

293 Dundas St. East,
Trenton • 613-392-0297

Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at [613-965-7490](tel:613-965-7490) or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call [613-392-2811](tel:613-392-2811) Ext. 7005 for more information.



Halloween Patrol

Volunteers are needed for the Military Police Squadron's Annual Halloween patrol. Volunteers will be in uniform (with traffic vests) from approximately 1700 hrs - 2100 hrs on Halloween night and patrol the PMQ area in pairs.

For more information, please contact Corporal Melanie Tremblay by email at Tremblay.MDM2@forces.gc.ca or by phone at local 7154.

Tuesday Quilters' Meeting

The Trent Valley Quilters' Guild will hold its next monthly meeting on Tuesday, October 17, at 1 p.m. at the King Street United Church (side door). New members are always welcome. Please contact Joyce at 613-966-7179 for info.

Movie at the Centre Theatre, Trenton

Les Bagnoles, French version of "Cars"

October 15 & 16 at 3:15 p.m.

Cost is \$ 6 for adults and \$ 5 for children

For information, visit www.franco-phare.ca, or call Alain at 613-392-5948.



GCWCC WING SUPPLY GOURMET FUNDRAISING BASKET

<ul style="list-style-type: none"> - \$50.00 Dinner at CAPERS Restaurant - Dessert Fondue Set - \$20.00 Lunch at Golden Valley Restaurant - Dessert Dishes - Coffee Mugs - \$10.00 Breakfast at Kelsey's Restaurant - 3 Different-flavoured Dipping Sauces - Dipping Sauces Platter - Chocolate Spoons - Wine Glasses - Jams & Preserves - Jam Pot 	<ul style="list-style-type: none"> - White Chocolate Lemon Scone Mix - Wicker Basket - Gourmet Crackers - Brass Candle Snuffer - Jackson-Triggs Meritage Red Wine - Wine Bottle Holder - Game Set (Dice & Cards) - Fire Starter Kit (Made by RHC) - Candles - Grab It Tongs - Syrian Table Cloth & Napkin Set
--	--

Tickets are \$2 each or three for \$5, and can be purchased at Wing Supply Clothing stores or at any campaign event. Draw is Dec. 1.



RAINBOW HALLOWEEN DANCE

Come join us on October 28, 2006 at the Bohemian Penguin, located at 399 Front Street in Belleville, from 9 p.m. to 2 a.m., for a night of fun at the Rainbow Halloween Dance.

Admission is \$8 per person. For more info, please contact Rosemary by phone at 613-965-0906 or email at blackrowz@sympatico.ca



Do you hail from Dufferin County?

Calling all former Orangeville, Shelburne, Grand Valley and Dufferin rural citizens. The Orangeville Citizen would like to hear from you, so we can include you in our Salute to the Troops, scheduled for an edition close to Christmas time.

This is your chance to let everyone 'back home', know where you are and what you are doing! It will also give our readers insight into how many soldiers, sailors, airmen and women we have serving in the Canadian Forces!

Please send your name, rank and a picture (head and shoulders shot if possible) along with some information about what part of the county you are from, what school you attended and how long you have been in the military. Also, include a short message for the folks back home!

Send your information to:
 Attention: Lavinia Kerr
 c/o Orangeville Citizen
 10 First St
 Orangeville, On L9W 2C4
 Tel: 519-941-2230
 Fax: 519-941-9361 email: vinniekerr_02@hotmail.com



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 Frank Pellerin
 Padre Mel Talan (deployed)
 Padre Catherine Morrison

WORSHIP SERVICES

<p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</p> <p>Chapel Life Co-ordinator Padre John Tracey</p> <p>MASS Sunday Mass (English) 0900 hrs Messe Dominicale: 1015 hrs</p> <p>CONFESSION At all times</p> <p>PARISH ORGANIZATIONS Parish Council fourth Sun 1330 hrs Knights of Columbus first Thurs 1900 hrs CWL second Tues 1900 hrs Chorale Merc 1900 hrs Choir Tues 1900 hrs</p>	<p>ST CLEMENT ASTRA (PROTESTANT)</p> <p>Chapel Life Co-ordinator Padre Mike Adamczyk</p> <p>WORSHIP SERVICE</p> <p>Divine Worship (Sun) 1130 hrs Holy Communion 1st Sunday of the month</p> <p>PARISH ORGANIZATIONS Chapel Guild Last Tues 1930 hrs</p>
---	---

DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR
 After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 613-392-2811 et demandez l'aumônier en devoir .

NOTICE/AVIS
 It is now possible to have the Club Xtra points that are earned on all your purchases at CANEX go to the Chaplain Emergency Fund. Simply ask to have the points placed on the Chaplains' card. The Chaplain Emergency Fund is used to assist our military families during times of family crises. / Vous pouvez dès maintenant, lors de vos achats au Canex, donner vos points Club Xtra au Fonds d'urgence des aumôniers. Vous n'avez qu'à mentionner que vous désirez donner vos points sur la carte des Aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales.

Classifieds

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.

Business Services

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.
613-969-0287

RUSHNELL FUNERAL HOME & CREMATION CENTRE

60 Division Street
Trenton
613-392-2111

Paradise Adult Video
613-394-6600
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

Great value!
1&2 bdrm apts
ADULT OR FAMILY BUILDINGS
clean & quiet
utilities & cable included
CLOSE TO BASE
KLEMENCIC PROPERTIES
613-392-7839

Wanted

Crafters Wanted
Trenton Craft Guild has limited openings at their Christmas Show & Sale at Trenton Knights of Columbus Hall on Nov. 4 & 5. Also at the Lions Hall in Brighton on Nov. 11 & 12.
Applications from crafters & artisans of fine hand made items are now being accepted.

For more information on Knights of Columbus please call Sandra or George at 613-394-3167 and for the Lions Hall please call Debra 613-392-3137.

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 613-968-4183

Cleaning Services

Will clean your house top to bottom, even windows. Quality Service, reasonable rates, bondable, 18 years experience.
Cheryl
613-392-6473

Tammy's Cleaning Service
Years of 100% successfully passed Marchout Inspections. & 20 years of housecleaning in the Quinte Area. (limited spaces available)
"I likely clean for someone you already know."
Call Tammy @ 613-392-0759

Child Care

Child Care Available
Daily or occasional care. Flexible hours, reasonable rates, all ages, educational activities, loving home.
Call Angela
613-394-4106
www.geocities.com/abcrowan

Day Care

One full time space available, aged 2 yrs and up. Fun and Educational activities. Nutritious meals and snacks. Standard First-aid, CPR. In Trenton.
Call Amanda at
613-394-3220

Educational Courses

Aikido Bushinkan Dojo
29 Elgin St. (behind Payday Plus)
\$30 per month
Instructor: Todd Fleck, 2nd Degree Black Belt
Monday & Wednesday 6:00 - 8:00 pm
Saturday 10:30 - 12:00 pm
613-394-2238
www.bushinkan.ca

For Rent

Frankford
4 bedroom house. Walking distance to Frankford Public School & IGA. 20 min to Trenton & Belleville
\$600/mo. plus util.
Avail 1 November
Call
613-398-6769

1 bdrm + Den in Trenton
Renovated Victorian Mansion, Quiet Building, non-smoking, no pets, heat included, hydro + water extra, First & last, References,
\$625/month
613-968-6872
or
416-802-6186

For Sale

Mixed Wood Dried
Split For Sale. \$135 cord. Delivery Extra
613-398-6769

1998 Windstar
Great Condition, Clean, 125,000 Km. PW, PL, Cruise, AC, Tinted Windows, Built-in Child Seats, Rees Hitch & Remote Starter.
Asking \$3500. As is.
613-392-7374

New 10 x 10 ft galvanized aluminum storage shed with base constructed of pressure treated lumber.
Asking \$350. You move, I'll help. View at 45 Laird Rd.
Call Marc
613-394-8542.

Belleville Volkswagen Demo Sale



2006 Golf GLS TDI
Silver, Auto, GLS, 1.9 L
\$25,675



2006 Passat 2.0 T
Grey, Auto, Luxury Leather
\$34,000

For Additional Details
Call Paul at
613-966-3333
239 North Front Belleville
www.bellevillevw.com

1 Mates Bed with mattress.
\$250
Call 613-965-6864

Contact

It is possible to fly without motors, but not without knowledge and skill.

— Wilbur Wright



Crossword Answers

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

www.thecontactnewspaper.cfbtrenton.com
Your Gateway to the CFB Trenton Community

ROYAL LEPAGE MAKES NEXT INSTALLMENT



Mark Rashotte, Broker of Record/Owner of Royal LePage ProAlliance Realty of Quinte West (Trenton), together with his sales staff and manager, present the next installment of their \$25,000 donation to Chris Colton, Executive Director of the Royal Canadian Air Force Memorial Museum at 8 Wing/CFB Trenton. Royal LePage ProAlliance Realty is a proud supporter of the Canadian Forces.

An efficient furnace cuts energy costs

(NC)-Heating represents 40 to 60 per cent of your energy bill, which makes your furnace a good place to look for savings.

Reducing energy consumption will save you money and you can do it without having to shiver through winter.

As cooler weather approaches, it's a good time to assess the efficiency of your home heating system and to decide if the fuel you use gives you the best value. Weather stripping and better insulation will help, but it may be time to upgrade or replace your furnace or switch to the most economical fuel.

Natural gas is a preferred fuel choice for several reasons, including price, air quality and environmental benefits. Natural gas is less

expensive than other fuels like oil or electric, but not all natural gas furnaces are equal when it comes to energy efficiency.

If your furnace is 15 to 20 years old, it is generally only 55 to 60 per cent efficient which means you are only using 55 to 60 per cent of every heating dollar you spend to heat your home.

Compare that to a high-efficiency ENERGY STAR qualified furnace that has an AFUE (Annual Fuel Utilization Efficiency) rating of 97 per cent, where 97 per cent goes into heating your home and only 3 per cent is lost. Think what a difference that makes to your heating costs.

High-efficiency furnaces cost more initially but since they provide the least expensive operating

costs, they pay for themselves over time. Most furnaces have a life span of 20 years. Based on July 2006 rates, natural gas furnaces are approximately 50 per cent less expensive than oil, electric or propane.

The most important step you need to take in selecting a furnace is to call at least three heating, ventilating and air-conditioning (HVAC) contractors to come to your home and make furnace recommendations. Ask about purchase or renting options too.

Visit uniongas.com/ngproducts for tips on questions to ask contractors when they give you a quote. The Union Gas website also provides a list of retailers and locations to assist you in purchasing your new natural gas furnace.



441 Front St.
Trenton, ON K8V 6C1
613 392-2511 / 613 475-5677
1-888-792-5499

Lanthorn Real Estate Ltd.
Brokerage



\$96,900
3 bdrm., 1 bth., fenced yard, single car garage, close to downtown. Why rent?
Call for details direct Darren* 613-849-4481.
MLS#2067217.



\$179,900. Unique property.
3 bdrm., beautiful cherry floor in LR, 2 hi-eff. fireplaces, fin. bsmt. with 2nd bath, walkout to garage, 6 appls. & blt-in T.V. incl.
Call Shelly* 613-922-4527.
MLS#2064761.



Great neighbourhood.
Great neighbourhood for this 2+2 bdrm. home. Rec. rm. with gas fireplace. Hdwd. flrs. Deck off DR overlooking bklyd. Pool. 1 1/2 bths.
Call Norma* Asking \$164,900.
MLS# 2067565.



A Wonderful Lifestyle.
\$176,900. Comfort & fine details highlight this wonderful older 2 storey brick with spacious warm rooms. F/P & lovely fam. rm., 2 bths., west side. Call Joyce* & Earl*. MLS#2061266.

Independently owned & operated
*Sales Representatives ** Brokers
website: c21lanthorn.com e-mail: trenton@c21lanthorn.com

"I love 1st time home buyers"

Debra O'Brien-Darling, Sales Rep.
RE/MAX
RE/MAX Trent Valley, Brokerage Ltd.

OPEN HOUSE

422 Montrose Road
Open House 2-4 pm Sat. Oct. 7, 2006
New Price \$234,900

It's a gorgeous home with gleaming hardwood floors in the living room, family room and dining room. This home has a beautiful eat-in kitchen with ceramic flrs and update cupboards. A patio door leads to a 2 tiered deck and a nice back yard with mature trees. MLS#2066315

Executive Lot
21 acres
New Price
\$137,900

This property is a nature lovers dream with it's trails through the trees, and pond. Located on Hwy 2 just west of Brighton. Pls call for more info.

cell 613-922-1768
office 613-392-6594
www.yo.ca/debraobriendarling
www.quinteandareahomes.com
dhomesale@aol.com

All the information you need is just a click away!

www.thecontactnewspaper.cfbtrenton.com

More sales means more experienced agents.

RE/MAX
agents sell three times more properties than the average agent.*

3x Average Agent Industry Average

Anything less is second best!

Remax Trent Valley Realty LTD Broker

Trenton 447 Dundas St. W. 613-392-6594
Brighton 41 Main St. 613-475-6594
Toll Free: 1-800-567-0776

Check us out at... www.remaxtrent.com

Advertise in
Contact

Call Sheila
613-392-2811
Ext 7008

HALLOWEEN 2006

Friday, October 27th, 8:00pm
Officers' Mess, 8 Wing Trenton
Tickets on sale now, \$12 each
Prizes for best costumes!
Raffle tickets \$2 each

Live music by the **BOURBON BROS!**

VISIT OUR WEBSITE: www.bellevilledodge.ca • VISIT OUR WEBSITE: www.bellevilledodge.ca • VISIT OUR WEBSITE: www.bellevilledodge.ca

VISIT OUR WEBSITE: www.bellevilledodge.ca • VISIT OUR WEBSITE: www.bellevilledodge.ca • VISIT OUR WEBSITE: www.bellevilledodge.ca

FREIGHT IN. TAX IN. ARE YOU IN?

Drive away lease
\$339[†]
 per month for 48 months with
NO DOWN PAYMENT.
†0 security deposit. Freight and taxes included.

Lease APR
2.7%

OTHER 48 MONTH TAX & FREIGHT IN LEASES OFFERED	
Monthly	Down payment
\$299 [†]	\$1,824
\$249 [†]	\$4,104
\$215 [†]	\$5,694

'06 DODGE CARAVAN



★★★★★
 NHTSA 5 Star[†] front impact

ENERGUIDE
 Fuel consumption rating:
 City: 12.2L/100 km (23 mpg)[‡]
 Hwy: 8.2L/100 km (34 mpg)[‡]

- 3.3L 180 hp V6 engine
- Advanced multistage front air bags
- Air conditioning
- Child-seat anchor system
- Power mirrors, windows & locks
- Cloth-faced seating surfaces
- Roof rack • Sunscreen glass
- AM/FM stereo with CD player & 4 speakers

Dodge Caravan

Canada's Best Selling Minivan

'06 DODGE GRAND CARAVAN



Drive away lease
\$75[†]
 more per month gets you these additional features:
 Lease APR
1.6%

ENERGUIDE
 Fuel consumption rating:
 City: 13.4L/100 km (21 mpg)[‡]
 Hwy: 8.7L/100 km (32 mpg)[‡]

★★★★★
 NHTSA 5 Star[†] front and side impact

STOW 'N GO™ The only minivan with available two rows of seats that fold flat into the floor
 • Quad seats • Anti-lock braking system • Remote Keyless Entry
 • 6 inch extended wheelbase with 23.3 cu. ft. additional cargo capacity



ARRIVING DAILY 2007'S



THE FASTEST SALE EVER!
 2006 CLEANOUT

Or 0% purchase financing for up to 36 months + \$500 BONUS CASH*

*ON ALL 2006 DODGE CARAVAN AND GRAND CARAVAN MODELS (excluding 28T) (excluding MSRP)

Visit your Chrysler • Jeep • Dodge retailer or daimlerchrysler.ca today.

Wise customers read the fine print: * † ‡. These limited time offers apply to retail deliveries for personal use only on selected new in-stock 2006 models. All offers exclude license, insurance, registration. Offers subject to change without notice. Retailer trade may be necessary. Financing and leasing are subject to approval by Chrysler Financial. See retailer for specific pricing details and conditions. † Freight in, Tax in applies only to advertised lease offers. ‡ 0% APR purchase financing up to 36 months available on all 2006 Dodge Caravan and Grand Caravan models (excluding Caravan 28T). Freight (\$1200) license, insurance, registration, \$50 PPSA, any retailer administration fees and applicable taxes are excluded. Down payment may be required. Example: \$27,000 financed at 0% for 36 months, monthly payment is \$750, cost of borrowing is \$0 and the total obligation is \$27,000. ** \$500 Chrysler Financial Bonus Cash available on all new in-stock 2006 Dodge Caravan and Grand Caravan models (excluding Caravan 28T) purchased on approved credit through Chrysler Financial. \$500 Chrysler Financial Bonus Cash will be deducted from the negotiated purchase price after taxes. † Leases based on 48 month terms for 2006 Dodge Caravan (28C): total lease obligation is \$16,272 with \$0 down, \$16,176 with \$1,824 down, \$16,056 with \$4,104 down, and \$16,014 with \$5,694 down @ 2.7% lease APR; Grand Caravan (28S+GXW+CYC+MWG): total lease obligation is \$19,872 @ 1.6% lease APR with \$0 down. First month's payment due at lease inception. Kilometres limited to \$1,600 for 48 month terms; charge of \$0.15/km for excess kilometres. ‡ Based on 2006 Fuel Consumption Guide ratings published by Natural Resources Canada. Your actual fuel consumption may vary. † Based on U.S. National Highway Traffic Safety Administration (NHTSA) scoring system for 2006 model year Dodge Caravan and Grand Caravan. ® Jeep, and Stow 'n Go are registered trademarks of DaimlerChrysler Corporation.

FINANCING PROVIDED BY
Chrysler Financial



SHOWROOM HOURS: MON-THURS 9-7
 FRI & SAT 9-6
 613-966-9936 OR 1-888-757-9994



BELLEVILLE DODGE

• PRODUCT • PRICE
 • VALUE • SELECTION



VISIT OUR WEBSITE: www.bellevilledodge.ca

HOME OF THE "REAL DEAL"

VISIT OUR WEBSITE: www.bellevilledodge.ca