

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

the Contact

www.cfbtrenton.com

MOISTURE IN WINDOWS?
GET THE FOG OUT!
 Save your windows. Save your money! 20 year warranty
 Windows under the Weather?
 613-969-9588
 1-800-4-FOGOUT
 www.getthefogout.com

• September 14, 2007 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 42 Issue Number 35 •

Local personnel attend Canadian Forces Appreciation Day

Photo: Submitted



Pictured above are, from left to right: Sgt Conrad Cowan, SAR-Tech, 424 Transport and Rescue Squadron; Mr Don Cherry, and Maj Shawn Duffy, Griffon pilot, also from 424 Squadron.

by Major Shawn Duffy
 424 Squadron

A group of 60 serving members from the Canadian Forces were selected to attend the Canadian Forces Appreciation Day at the Angus Glenn Golf Course near Toronto on September 4, 2007.

This day was developed through meetings with the Chief of the Defence Staff (CDS), General Rick Hillier, and the co-chairs of the event - Kevin Thistle (President of the Angus Glenn Golf Course) and John Randolph (Chairman and Managing Director, Clinton Group Inc).

The concept was to show appreciation to CF personnel from corporate sponsors, while raising money for the CDS Military Families Fund. A

broad spectrum of serving military members were selected from bases and wings throughout Ontario, with representation from the Army, Navy and Air Force personnel.

8 Wing/CFB Trenton was tasked to provide 11 personnel to attend the event, who were lead by the Wing OPI, Major Shawn Duffy. The day consisted of a ceremonial jump-in from two members of 8 Wing's Canadian Forces Land Advanced Warfare Centre, WO Hammy Hamilton and Sgt Ross Prophet, with the Support your Troops Flag and the Canadian flag.

This was shortly followed by a stirring rendition of O Canada by Mr. Michael Burgess (Phantom of the Opera star,) who also sings for the Toronto Maple Leafs at the Air Canada

Centre. Not to be outdone, we were welcomed with some introductory comments from the CDS and the very funny Master of Ceremonies for the day, Mr. Joe Bowen, voice of the Toronto Maple Leafs.

We were then greeted by two nicely executed ceremonial fly pasts from the Snowbirds to start the best ball golf tournament on the South Course at Angus Glenn.

After a wonderful day on the golf course, we were greeted by the numerous corporate sponsors who provided a beautiful dinner and reception. During the dinner, we were blessed with a few more songs from Mr. Michael Burgess and some light music from the Jazz Combo of the Central Band of the Canadian Forces,

See Appreciation, Page 5

OPENING THE FESTIVAL

Photo: Submitted



Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, addresses those in attendance at the 17th Annual Scottish Irish Festival at Trenton's Centennial Park last weekend.

GOLFING FOR A GOOD CAUSE

Photo: Cpl David Hardwick, 8 Wing Imaging



The Wing Commander's Annual Charity Golf Tournament was held on September 12, 2007 at the 8 Wing/CFB Trenton Golf Course, officially kicking off the 2007 Government of Canada Workplace Charitable Campaign. Pictured here, Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, hits a golf ball at the annual charity golf tournament.

Great Canadian OIL CHANGE
It's One Hour in Your Car!

Show your military ID and receive 15% OFF

- ➡ No Appointment Needed

➡ Drive-thru oil change (most brands available)
 Oil Change includes:
 SL of Oil, Warranty Approved Oil Filter
 Lube to Manufacturer Specs., Fluid top-ups,
 15 Point Inspection and a great cup of coffee!

➡ 10 minutes or Less (most vehicles)
- Other Services

➡ Drive-thru radiator flush

➡ Drive-thru wiper blades

➡ Drive-thru differential transfer case & transmission fluid changes

Hours of Operation: Monday - Saturday 8:30 am - 6:00 pm
Wal-Mart Plaza, Trenton 613-394-2585

Oil Changes from \$37⁹⁹

Oil Changes from \$37⁹⁹

Warranty Approved Oil and Filters



Caron advances to World Championships



Corporal Jacques Caron, of the 8 Wing Fire Hall.

and helps them better serve their communities.”

The location of the event was right on the beautiful waterfront at Bishop's Landing. I first competed on the 'wild card' day (Friday) and lowered my time by another nine seconds--and qualified for the final day. On Sunday, I was put on the second race and did a personal best time of two minutes and nine seconds, and finished tenth overall in the over 45 category.

My time qualifies me for the World Championship, to be held in early November in Las Vegas, Nevada.

I wish to thank all the people who helped me during these past five months, starting with my wife, the PSP staff, the Canadian Forces Land Advanced Warfare Centre for letting us use the Mock Tower very early in the season, Blue and Green crew and all of my supervisors at the Firehall and finally, the Wing Fire Chief, for his financial support.

by Cpl J.L. Caron
After participating in three different events over the summer and lowering my personal time by five seconds during that time, I was really looking forward to participating in the National Championship of the Firefighter Combat Challenge in Halifax, Nova Scotia.

tures real life firefighters carrying a 20-kg hi-rise packed hose up a six-storey tower, then haul up a 19 kg donut roll before racing down the stairs to a force machine. Next, they race through a set of pylons and then pull a charged hoseline 100 feet to a target. To finish this off, they drag a 79 kg dummy backward for a distance of 33 metres to the finish line.

And, of course, we are doing that wearing full bunker gear and SCBA (Self Contained Breathing Apparatus), which can weigh up to an extra 25 to 35 kg.

All events replicate actual firefighting scenarios. "Motivation goes beyond a first-place finish. Participating firefighters train all year, which raises their level of on-the-job performance

FIRE PREVENTION WEEK 2007



The theme of this years Fire Prevention Week is "Practice Your Escape Plan," and will kick off officially on **October 9, 2007.**

Watch *The Contact* for more details in the coming weeks.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Mr. Miles from Wing Transportation Refueling Section prepares a 36,000-litre refueling tender and then waits for the ground crew to hook up the hose and give him the thumbs up to commence refueling of 8 Wing's new CC-177. The 36,000 litres is just a drop in the bucket compared to what the massive aircraft can hold. On average, it will take at least another two refueling tenders of this capacity to provide the amount normally requested by Wing Ops.

Weaver Family Funeral Homes Cremation Services



24/7 Compassion.
24/7 Accessibility.

Our website does many things. But the one thing it does best is show how important the families we serve are.

A Legacy of Life...

weaverfuneralhomes.com

East Chapel 613-394-2433
West Chapel 613-392-3579

Credential Securities



293 Sidney Street
Belleville, ON K8P 3Z4

• Stocks • Mutual Funds • Bonds
• RRSP • RRRIF • GIC

Don Lockey, BA, CSA
Investment Advisor

Tel: 613-966-9690 Fax: 613-966-8909

E-Mail: dlockey@qcu.ca

Member: CIPF



"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.



613-969-0287

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

Give yourself peace of mind with the right coverage for you.

Bill Doyle Insurance Agencies Inc.
215 Dundas St. E, Trenton
613-392-3501

600 service offices across Canada to serve your military families.

The leading Canadian-owned multi-product insurer.



Home Auto Life Investments Group Business Farm Travel

Please recycle this newspaper!





News from 426 Squadron's Technical Instruction Flight

by MCpl Steve Ally

Good day everyone, I would like to introduce you to our world at 426 Squadron Technical Instruction Flight (TIF).

The TIF, as it is more commonly referred to, has undergone some significant changes in the way it does business, but before I explain them I would like to give a brief overview of who we are.

One of six flights at 426 Squadron, the TIF consists of four sections: Flight Systems (FS), Propulsion Systems (PS), Avionics Systems (AVS) and the Orientation section. Together, these four sections instruct and train the technicians who maintain the CC-130 aircraft.

This year alone, approximately 140 students from 8 AMS Trenton, 413 Squadron Greenwood and 435 Squadron Winnipeg will attend one of the many aircraft technician courses offered by the TIF. These include the Hercules On-type courses (FS, PS, or AVS), Engine Run-up and Run-up Recertification. Specific aircraft training, such as the CC-130 Familiarization course and the Maintenance Manager course, is provided by the Orientation Training section. As well, they are also responsible for providing Aircraft Life Support systems training, which includes water ditching drill training for Herc aircrews.

With courses ranging from two days for the Run-up Re-

Certification up to 75 days for the on-type courses, students face demands and challenges, that for many, have never been encountered before. However, with an instructor cadre that possesses more than 200 years of aircraft experience on the CC-130, all students find that they can achieve the training goals set for them.

As I mentioned earlier, there have been changes to the type of training provided by the TIF. Prior to April 2007, the on-type courses consisted of theory instruction on the various aircraft systems, and upon completion, the student would be granted their qualification for that system. However, in order for the students to become Performance of Maintenance (POM) authorized—in short able to sign for their own work—they still had to return to their units where they would complete OJT or practical training with the Technical Training Flight (TTF). This changed this past July when the TTF stood down and all practical training was integrated into the 426 Squadron on-type courses. Now when students leave 426 Squadron, they do so not only qualified on a particular system but also authorized as well. This has decreased considerably the time required to take new technicians to the point where they are both Employable and Deployable within the CC-130 Fleet.

Another positive aspect of this



Photo: Submitted

integrated training is the increased confidence that the students gain – an asset that contributes to the ability of the Herc fleet to meet its goals. Since July, the FS, PS, and AVS sections have graduated their first qualified and authorized students from the integrated on-type courses.

Supporting this training, the Standards and AF9000 section monitors and scrutinizes what we do here in the TIF, and oversees student testing.

This important function ensures that the TIF consistently delivers the highest standard of instruction possible and in accordance with all directives and policies. As I alluded to earlier, the TIF is a team effort, and together we provide the fleet with the best CC-

130 technicians possible.

So that I don't leave any misconceptions, it's not all work here at 426 Squadron. To keep the blood flowing and the mind sharp, once a week the entire squadron, including the students, are invited to get together for physical fitness fun and games. To truly see the effect that a few years of low recruitment can have on the demographics, just come out to one of our instructors vs students competitions. Hint – the students are not the ones hobbling off of the field or on their way to the MIR. Even our CO, Lieutenant-Colonel Cochrane, has been known to take a few Frisbee shots off of the head! (Sorry, Sir). As the new Deputy Squadron sports rep, I have introduced the squadron to East Coast fun games

such as blind volleyball and chicken volleyball, which keeps everyone scratching their heads and on their toes.

Before I close, some tidbits: The squadron is now AF9000 registered and should be hoisting the banner soon. Hopefully, over the next few weeks, the ground should be broken for the new Hercules Training Facility on the north side of the base, with a planned completion for summer 2008.

This APS saw the TIF saying goodbye to one third of its personnel while at the same time extending a warm welcome to those just joining us. Some of this happy bunch can be seen in the photo above.

Until next time, take care.
"On Wings of Fire"

Search & Rescue UPDATE



Our first mission tasked was for a person in the water off a sailboat sailing from Long Point to Port Dover on Lake Erie. The mission was stood down before the Griffon crew got airborne when the person was able to swim to shore.

Next tasking was again for our Griffon. They were to look for an overdue 18-foot vessel on Lake Nipissing. Once again, our crew was released by JRCC prior to "take off."

Our Herc crew was next up to investigate an ELT near Val D'Or, QC. Our crew completed the assigned search patterns and were stood down when no signal was heard from the beacon.

Lastly, our Herc was tasked to find the source of an ELT near Muskoka. The crew was released and returned to Trenton when the search was turned over to the local CASARA unit.

Until next time, stay safe.

Missions for 2007: 168 Missions for Aug/Sep.: 10 Persons rescued: 25

**Totally redesigned
2008 Dodge
Grand Caravan's
HAVE ARRIVED!!**



Drop in for a test drive today!

Several colours & models in-stock.

See all of our new and pre-owned inventory at www.spelmer.com

**MILITARY PERSONNEL RECEIVE 10% DISCOUNT
ON SERVICE, PARTS AND ACCESSORIES.**

Thanks from all of us at Spelmer Chrysler.

SPELMER
CHRYSLER JEEP DODGE

Highway 33 just South of 401
Trenton, 613-394-3945





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 M.J. Hood, CD, Commander, 8 Wing / CFB Trenton.

The Contact Staff

Editor-in-Chief: Capt Nicole Meszaros
Managing Editor: Andrea Steiner
Reporter/Photographer: Amber Gooding
Advertising Production Asst: Adriana Sheahan
Advertising Sales: Patricia Mackie
Bookkeeper: Marilyn Miron
Circulation: Keith Cleaton
Translator/Proofreader: Sgt Louise Fagan
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 (leblanc.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) or 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: Steiner.AL@forces.gc.ca

Intranet: Steiner.AL@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. 7008

Have an opinion or story to tell?

Want to be published?

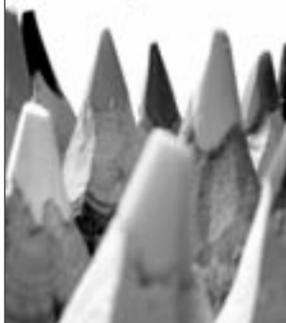
Write a letter to the Editor

Email: Steiner.AL@forces.gc.ca

Fax: 613-965-7490

Mail: **The Contact Newspaper**
Wing Headquarters Building Annex
8 Wing / 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 1-800-467-5137
 Email: habitat@habitat.ca
www.habitat.ca

Canadiana Crossword

Going For It

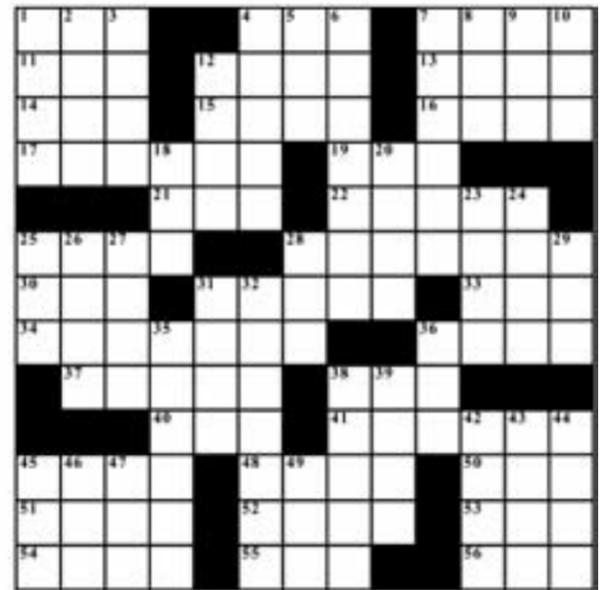
By Bernice Rosella and James Kilner

ACROSS

- 1 Foundation garment
- 4 Murky mist
- 7 Role
- 11 Sever
- 12 Wild ox
- 13 Huron's neighbour
- 14 Americas org.
- 15 Singer MacNeil
- 16 Zenith
- 17 It's given when due
- 19 No, to Normand
- 21 The greatest
- 22 It's a first nation
- 25 Mythological mountain
- 28 Stammer
- 30 Baby seal
- 31 Woodwinds
- 33 Historical period
- 34 It's a westcoast tribe
- 36 Music award
- 37 Genuflected
- 38 Lausanne or Gstaad
- 40 Place
- 41 It's a place in Alberta
- 45 With Meadows, it's a Vancouver suburb
- 48 Wickedness
- 50 Ovum
- 51 Blue dye
- 52 It's a ceremony
- 53 Note in Guido's scale
- 54 Valley
- 55 No, sloppily
- 56 Josh

DOWN

- 1 Gilles' Parti
- 2 Bellow
- 3 Church feature
- 4 It's linked with hope and



- 5 Not home
- 6 It's igneous rock
- 7 Leguminous vine
- 8 Circle part
- 9 Canyon feature
- 10 Golf course part
- 12 It's facing adversity with courage
- 18 Genetic info
- 20 Duty
- 23 Unit
- 24 Semester
- 25 Choose
- 26 Brood
- 27 Twirl
- 28 Toper
- 29 Beam
- 31 Stare lasciviously
- 32 It's a small heron
- 35 Snuggle
- 36 Feed
- 38 It's a very common name
- 39 Heap
- 42 Pursue
- 43 Citrus fruit
- 44 Zounds!
- 45 Falsify expenses
- 46 Per
- 47 Until, poetically
- 49 ___ Rail



This Week in Contact

1977 – Fortunately for 436 (T) Squadron, the Italian Air Force graciously accepted an invitation to fly a C-119 Boxcar aircraft from Pisa, Italy, arriving in Trenton to participate in 436 (T) Squadron's Colour Presentation Fly Past. The Italian crew were from the 46th Aerobrigata. This squadron has the unique distinction of being the last in the world still operationally flying the Boxcar.

1987 – 8 Wing/CFB Trenton mustered a 100-man guard to represent Air Command in the Warrior Day Parade held in Toronto. The parade is an annual event held in conjunction with the Canadian National Exhibition and 1987 marked the parade's 66th anniversary. The 800-man parade, reviewed by the Chief of Defence Staff, was comprised of representatives from the various Legion and Veterans Associations from Canada and the United States, as well as currently-serving armed forces personnel.

1997 – A Memorandum of Understanding (MOU) was signed by Col MJ Dumais, Wing Commander, and Barry Turner, President of UNDE Local 637. The MOU is an agreement by both parties for the implementation of Joint Management/UNDE Workplace Reorganizations (WR) at 8 Wing/CFB Trenton. The joint WR's objective seeks to implement a change process based on team work with employee involvement and participation.

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



Appreciation Day for CF

Cont'd from Page 1

based in Ottawa. Dinner was followed by an appearance by the honoured guest, Mr Don Cherry, who answered questions and expressed his support to all CF troops, especially those in Afghanistan. He also stayed for pictures and autographs following the dinner.

The CDS, Gen Rick Hillier, then closed things off with a thank-you speech to all the sponsors who showed their support for the event. He then asked particular members of the military contingent to stand up so he could introduce the sponsors to the spectrum of personnel and expertise that serve in the CF today. The close of the dinner

came with a presentation to the CDS with a cheque for funds raised, including the funds that came from the silent auction that was held throughout the day. The total raised for the CDS Military Families Fund was \$55,000.

Overall, it was a tremendous day and all the members of the 8 Wing delegation were well turned out both on the golf course and at the reception dinner. We were all very appreciative and proud to attend such an event and everyone who attended did a great job representing their respective units and 8 Wing alike.

I would like to extend a special thanks to Cpl Steve Arseneau from

Wing Transport who not only attended the event, but provided support as our courteous bus driver as well.

The following members attended the event on behalf of 8 Wing: Maj Shawn Duffy, 424 Squadron; Maj Mike Graham, 436 Squadron; Maj AJ O'Brien, 426 Squadron; Capt Gerald Duhig, 437 Squadron; Sgt Conrad Cowan, 424 Squadron; Sgt Kevin Millican, 436 Squadron; MCpl Bruce Byers, 8 Air Maintenance Squadron; Cpl Steve Arseneau, Wing Transportation; Cpl Alex Bartlette, 8 ACCS; Cpl Robert Howatson, 429 Squadron; and Cpl Dan Turner, CANSOF-COM.

All the information you need is just a click away!



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

PLAN TO ATTEND

fall BRIGHTON *Parade of*
HOMES

OCTOBER 12, 13 & 14, 2007



Register online at www.brightonparadeofhomes.ca for your chance to **WIN a spa package from Elemental Embrace a truly one-of-a-kind wellness spa retreat!**

Your package will include overnight accommodations and meals for two, a Yoga session and an individual body massage or Ayurveda Consultation (visit elementalembrace.com to view) a \$600 value.

Your Weekend Hosts:



Quality Without Compromise
www.orchardgate.net



Serving Ontario with the Highest Quality since 1956
www.mirtrenhomes.com



A Statement of Quality
www.mcdonaldhomes.ca



New Homes with Personalized Design
www.cheerhomes.ca



Nature's Wonders at your Doorstep
www.tobeydevelopments.com



Our House Your Home
www.hiddenhomes.com

FURNITURE • APPLIANCES • ELECTRONICS • COMPUTERS

Aaron's

GRAND OPENING

Two days ONLY!
Friday Sept. 21st
Saturday Sept. 22nd

Bring in this ad and receive

50% OFF*

your first monthly payment

* Not valid with any other offer. On new agreements only. Some restrictions may apply. See Manager for details.

366 North Front Street, Belleville 613-966-1800

NO CREDIT CHECKS • EVERYONE IS PRE-APPROVED!
GUARANTEED LOWEST PRICE • YOU OWN IT IN AS LITTLE AS 12 MONTHS • 90 DAYS SAME AS CASH!



Fitness, Sports & Recreation

8 Wing sports teams

Men's and Women's Volleyball Teams

The men's and women's volleyball teams practice times are Monday from 1630 to 1800 hrs, and Friday from 1130 to 1300 hrs, at area one at The Gymnasium.

The team meeting will be held 1200 hrs on Wednesday, September 19 in the Gymnasium conference Room.

The team coach for the men's team is Corporal Svend Simonsen at local 7395, and for the women's team is Captain Andrea Clement at local 7530 or Captain Melanie Couture at local 2816.

Basketball Team

The Basketball Team practice times are Tuesdays and Thursdays from 1130 to 1300 hrs at area one at The Gymnasium.

Corporal Clint Killham (at local 3511) is this year's coach.

Ladies Hockey Team

The Ladies Hockey Team practice times are Tuesdays and Thursdays at 1600 hrs, at the RCAF Arena. Mr. Bryan Pearce is the coach.

Men's Hockey Team

The Men's Hockey Team practice times are Mondays from 1300 to 1700 hrs; Wednesday s and Fridays from 1500 to 1600 hrs at the RCAF Arena.

Corporal Steve Owens (at local 3094) is the coach.

Old Timers Hockey Team

The Old Timers Hockey Team Practice Times are Mondays from 1300 to 1700 hrs; Wednesdays and Fridays from 1500 yo 1600 hrs at the RCAF Arena.

Corporal Steve Owens (at local 3094) is the coach.

Badminton Team

The Badminton Team practice will be held from 1900 to 2130 hrs every Monday and Wednesday.

All levels of players are welcome to attend and have fun.

For more info on the Base Sports Program contact Dan Cormier, Military Sports Coordinator, at local 3373.

Twaddlers on Ice program

Twaddlers on Ice is a program designed for pre-school children to teach them the basic skills of skating in a fun and safe environment.

This program will run for 10 weeks, from October 2 to November 27, with instruction periods running from 10 to 11:20 a.m. Instruction periods run from 10 to

10:20 a.m., from 10:30 to 10:50 a.m., and 11:00 to 11:20 a.m. (20 minutes of instruction and one hour of practice).

Cost is as follows: \$55 for CRA members; \$60 for military community non members; and \$70 for general public.

Please note: A helmet is recommended for all participants.

Power Skating for Kids

Power skating provides co-ed instruction covering power development, power strides, starting, stopping, lateral mobility and power drills.

This program will benefit kids who play hockey. Skaters must be at least 5-years-old, be able to skate forwards, backwards and be able to come to a stop without running into the boards.

Skaters will be broken up into groups depending on age, skills and ability.

The course will take

place for 10 weeks, from October 1 and December 10, on Monday evenings from 5:00 to 5:50 p.m.

Please note there will not be a class on the Thanksgiving holiday (Monday, October 8).

Cost is \$55 for military and CRA members; \$60 for military community non members; and \$70 for the general public.

Full hockey equipment is required, including sticks and mouth guards.

RecPlex Hoops Program

The Hoops Program helps kids to understand the game of basketball and develop skills. The program is good for the beginner right up to advanced. There will be 25 minutes of skill development and a scrimmage consisting of two 15 minute halves. The Hoops Program will take place on Tuesdays from October 9 to December 11 in the RecPlex Gym, for a total of 10 weeks.

Players eight to 10 years of age will play from 6 to 7:15 p.m., and players ages 11 to 13 will play from 7:15 to 8:30 p.m.

Cost is \$30 for CRA members; \$35 for military community non-members; and \$45 for the general public. Cost includes a t-shirt. Pre-registration is required.

Learn to Skate: From 8 to 88

Have you ever wanted to learn how to skate? Haven't laced up the skates in awhile and are feeling a little rusty? Why not come out try this program designed for the older child, teen or adult, who may be a little shy to learn to skate. Learn the fundamentals of the sport, improving balance, agility, turning, stopping and confidence.

The program includes a 40-minute lesson and 10 minutes of practice time. A helmet is recommended for children 10 years of age and under. The program will run on Sundays from 3 to 3:50 p.m., from October 14 to December 16.

Cost is as follows: \$55 for military and CRA members; \$60 for military community non members; and \$70 for the general public.

Learn to Skate for Youngsters

This program is for youngsters between the ages of four and seven and is designed to provide a fun and safe skating experience for the beginner skater and is divided into four levels.

Skaters are evaluated weekly by their coach. There are no formal "testing sessions" for learn to skate and it is not a hockey-oriented program.

Youngsters will receive instruction in proper skating technique and posture, coordination and balance, perfecting the skills of forward skating, backward skating, turning and stopping.

The program will take

place from October 12 to December 14, on Fridays from 5 to 5:50 p.m.

Lesson times are from 5 to 5:25 p.m. and from 5:25 to 5:50 p.m. (with 25 minutes of instruction and 25 minutes of practice).

Cost is as follows: \$55 for CRA members; \$60 for military community non members; and \$70 for the general public

Please note: A helmet is required for children under 16 years of age, along with mittens or gloves.

Parents are required on the ice only if the child is unable to stand up on skates unassisted.

Much Video Dance

Join us on Saturday, September 15, at the Gym on the south side of the base for the Much Video Dance.

The dance will be open for those ages nine to 12, from 5 to 7:30 p.m.; and from 8:15 to 11 p.m. for those ages 13 to 16. Cost is \$10 at the door.

Please note that bags and pockets will be checked. This is an adult-supervised event.

LOCAL SERVICES



AND TRADES

Classified Advertising: 613-392-2811 ext 3976

Fax: 613-965-7490

Email: Sheahan.AE@forces.gc.ca

Auto Glass

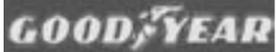


Antique Auto Weatherstripping

9 Frankford Cres. Trenton

613-394-3142

Auto Service/Tires



"YOUR COMPLETE AUTO SERVICE CENTRE"

\$29⁰⁰

Air Conditioning Service Check-up

613-392-1354
303 Dundas St. W. Trenton

Building Material



"Buy Where The Builder Buys"

House plans, engineered floors, kiln dried lumber, expert staff, etc.

234 Glen Miller Rd Trenton 613-394-3351

Cash Advance



- Pay day loans
- Cheque cashing
- Secured credit cards
- Phone reconnect

Mon/Tues 10:00-5:00
Wed/Thurs/Fri 10:00-6:00
Saturday 11:00-4:00

263 Dundas St. East, Trenton 613-392-0441

Computer Service



- Computer Repairs
- Upgrades
- Network Specialist
- Consultant

24 Dundas East, Trenton 613-394-1097
www.techbytescomputers.com

Haulage/Top Soil

•TOP SOIL•

- DECORATIVE ROCKS
- PLAY GROUND SAND
- GRAVEL •LARGE OR SMALL - PICK UP OR DELIVERY •EQUIPMENT RENTALS•

SCOTT'S HAULAGE 17 Lester Road 613-392-3917

Mini Storage

BIGFORD MINI STORAGE



- Household & Commercial 24/7 Access • 200 Units
- Lighted Fenced In Secured Compound \$1.00/day
- Storage Containers Delivered or On-site •\$95.00/Month
- 5x5-\$30/mo • 5x10-\$55/mo • 10x10-\$70/mo
- 10x15-\$95/mo • 10x20-\$115/mo • 10x30-\$185/mo

468 Bigford Road, Brighton

Conveniently located between Trenton & Brighton
Most major credit cards accepted, Prices are per month + GST.

613-475-6500 or 1-877-475-6500

Advertise your business here Call 613-392-2811 Ext 3976

Roofing



- Fast Service for Roofing Repairs
- Asphalt Shingles
- Flat Roofing

3 YEAR WRITTEN GUARANTEE FULLY INSURED - FREE ESTIMATES

Belleville • Trenton • Tweed

613-921-ROOF (7663) 1-877-694-ROOF
Jon McEwen Owner
Joy Taylor Business Manager

Swap & Sell

QUINTE WEST SWAP & SELL

- Bikes • Stereos • Tools • TVs
- Game Systems • Movies • CDs
- Guitars • Car Audio
- Paint Ball Guns & Supplies

BUY-TRADE-LOAN

391 Dundas St. W. Trenton (across from the HighSchool)

613-392-5822 Open Daily 10-6 Sun 10-3

Tree Service

Trenton Tree Service

Tree Trimming & Removal, Chipping & Stumping

- Free Estimates
- Fully Insured

A fair price for everyone 613-392-7415



Fitness, Sports & Recreation

I/S Golf Closing Ceremonies

by Dan Cormier
Military Sports Coordinator

The I/S Golf League wrap up tournament was held on Thursday, September 6, seeing the TSO #2 team edge out WOPS, MET and ARMF teams by one stroke with a score of 66.

Closest to the pin on number 3 was Mark Andre Lahaye from ATC, and on number 17 was Harley Simpson from 8 AMS #1.

Fitness and Sports Director, Denis Gaboury, presented the I/S Golf League plaque to the winner TSO team who edged out the hard charging WTISS team by one point in a match point format league.

Teams receive three points for a win, two points for a tie game and one point for a loss. Final team standings are as follows:

Team TSO played 17 games, with 13 wins, four losses, zero tied games, zero default, 43 points, finishing in first place.

Team WTISS played 17 games, with 12 wins, four losses, one tied game, zero default, 42 points, finishing in second place.

Team WOPS played 17 games, with

nine wins, five losses, three tied games, zero default, 38 points, finishing in third place.

Team PSP played 17 games, with 10 wins, four losses, one tied game, two default, 36 points, finishing in fourth place.

Team 2 Air Mov Sqn played 17 games, with seven wins, four losses, three tied games, three default, 31 points, finishing in fifth place.

Team MET played 17 games, with six wins, seven losses, two tied game, two default, 29 points, finishing in sixth place.

Team 8 AMS played 17 games, with six wins, nine losses, zero tied games, two default, 27 points, finishing in seventh place.

Team ATC played 17 games, with five wins, seven losses, one tied game, four default, 24 points, finishing in eighth place.

Team ARMF #2 played 17 games, with four wins, six losses, one tied game, six default, 20 points, finishing in ninth place.

Team ARMF #1 played 17 games, with zero wins, 12 losses, zero tied games, five default, 12 points, finishing in 10th place.

Base Intersection Sports Leagues

It's that time of year again. The 2007/2008 winter sports season is almost upon us. The 8 Wing/CFB Trenton Intersection Sports leagues are open to all Canadian Forces military, DND and NPF full-time employees.

WHL: The Wing Hockey League (WHL) will commence on Sunday, September 30, and play every Sunday, Tuesday, Wednesday and Thursday evenings. The league organizational meeting will be held at 1000 hrs on Friday, September 14, at the Gymnasium Conference room. All interested team rep's are to attend.

NHL: The Noon Hour Hockey League (NHL) will commence on Monday, October 1, and play during the noon hour at a cost \$80 per player. Player registration for the NHL will be held from September 9 to 21, from 0800 to 1130 and again from 1300 to 1530 hrs, Monday through Friday at The Gymnasium main office.

I/S Noon Hour Volleyball League: The I/S Noon Hour Volleyball League will commence on Monday, October 15, and will play every Monday and Wednesday. The organizational meeting will be held at 1000 hrs on

Thursday, September 20 in the conference room at the Gymnasium. Unit and team reps, or anyone wanting to play, are urged to attend.

I/S Floor Hockey League: The I/S Floor Hockey League will commence on Monday, October 15, and play every Monday. The organizational meeting will be held at 1000 hrs on Tuesday, September 18, in the conference room at the Gymnasium. Unit and team reps, or anyone wanting to play, are urged to attend.

I/S Indoor Soccer League: I/S Indoor Soccer League will commence at 1800 hrs on Thursday, October 11, and play every Thursday. The organizational meeting will be held at 1400 hrs on Tuesday, September 18, in the conference room at the Gymnasium. Unit or team reps are urged to attend.

I/S Bowling League: I/S Bowling League will commence at noon on October 24, and play every Wednesday and Thursday. The organizational meeting will be held at 1200 hrs on Wednesday, October 10 at Astra Bowling Lanes. Unit or team reps are urged to attend.



Photo: Amber Gooding

Shown above are players from winning team TSO #2. Back row, from left to right: Denis Gaboury, Neil Smith, Bob Saunders, Derek Roy, Andrew Huston and Shaun Hunt. Front row, from left to right, Gwen Huston and Cardell Deck. Missing from the photo are Renee Petit and Derrick Pruys.

Hockey Skills and Drills program

Have you ever wanted to learn how to skate? Haven't laced up the skates in a while and are feeling a little rusty? Why not come out and try the Hockey Skills and Drills program.

This program is designed for the older child, teen or adult who may be a little shy to learn to skate.

Learn the fundamentals of the sport to improve balance, agility, turning, stopping and gain confidence.

Each session includes a 40-minute lesson and 10 minutes of practice time.

A helmet is recommended for children 10 years of age and under.

The program will take place on Monday evenings, from 6 p.m. to 6:50 p.m., from October 15 to December 17, 2007.

Cost is as follows: \$55 for military and CRA members; \$60 for military community non members; and \$70 for the general public.

Please note that there is a maximum of 20 participants for the Hockey Skills and Drills program.

2007 8 Wing/CFB Trenton Wing Commander's Challenge

Attention all 8 Wing/CFB Trenton personnel who are up for a challenge...the 2007 Wing Commander's Challenge: The Amazing Race.

The Amazing Race will take place on Friday, September 28, 2007, with an all new format.

Teams of six will compete in a six-leg fitness challenge.

This year's race will include a 4.5 km run, a 3.5 km rucksack march, a 5 km road bike ride, a 500 metre swim, followed by another 3.5 km run and a 100 metre casualty carry to finish off the race.

The race's start and finish line will be at the Sports Fields on the south side of the base.

Team check-in must be done at 0815 hrs and the race will begin at 0900hrs. Please note that teams must pre-register in order to participate.

For more information, or to register, please feel free to contact Lisa Refausse, 8 Wing Fitness Coordinator, at local 3326.

GOOD CREDIT 6.9%...BAD, CALL US FIRST for an appointment

SEPTEMBER SPECIAL

All military employees will receive a \$250 Canadian Tire Gift Card on delivery of your new vehicle from Sundance Autos



2002 Chrysler Neon RT

5speed, PW, PL, Air, Tilt, Cruise, Power Sunroof, Spoiler, CD Player

Certified and E-Tested



If you don't see what you want we can find it for you!

Sundance Autos

80 Highway #33, Trenton

613-392-6754

sundanceautos.ca



All the information you need is just a click away!

www.thecontactnewspaper.cfbtrenton.com

Your Gateway to the CFB Trenton Community





UNITED WAY CHILI LUNCHEON A DELICIOUS SUCCESS

Photo: Submitted



The United Way of Quinte Annual Chilli Luncheon was nothing short of a great success. Prepared by the Trenton Women's Auxiliary and hosted by the Trenton Branch of the Royal Canadian Legion on September 11, 2007, the event raised an impressive \$1,200. A total of 186 people attended the popular fundraiser. Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, Quinte West Mayor John Williams (both pictured at left) and local MP Lou Rinaldi were among the attendees who showed their support for the cause. A great thank-you to all the sponsors who made this event possible by their generous donations.

Want your kitchen to work as hard as you do? With Harmony Storage Solutions from KraftMaid, it can!



High-back roll-out trays. Give easy access to the deepest parts of your cabinets.



Pull-out table. Adds extra workspace and creates more prep space in a smaller kitchen.

Kitchen Creations

classic design cabinets

613.394.6400

748 Old Hwy #2,
Trenton, ON K8V 5P5

kitchencreations@cogeco.ca
www.kitchencreations.ca



Put your microwave in its own smart-looking, finished cabinet—and retain your valuable counter space.



Base top-mount wastebasket recycling center. With four baskets to easily sort recyclables.

Let the design specialists at Kitchen Creations help you create a kitchen that's more organized, more efficient and more liveable than you ever imagined.

CANEX

www.canex.ca
8 Wing Trenton

GOLD SALE

2 days only!

NO INTEREST CREDIT PLAN

FEATURING
12 Month Plan
24 Month Plan
36 Month Plan

PLUS
NO MONEY DOWN
NOT EVEN THE TAXES!

Trenton
14 Septemer 2007 0930 hrs - 2100 hrs
15 September 2007 0930 - 2100 hrs

CANEX

A Division of the Canadian Forces Personnel Support Agency



14 - 15 Sept. 2007

AUTHORIZED PATRONS ONLY



ADVERTISED MERCHANDISE POLICY

For the purpose of this advertisement, the availability of goods during the period of the promotion is the only basis for determining the availability of goods. The availability of goods is not guaranteed. The availability of goods is subject to change without notice. The availability of goods is subject to change without notice. The availability of goods is subject to change without notice.

We reserve the right to limit quantities. While we strive to ensure the best possible service, we cannot guarantee the availability of goods. Please contact us for more information. The availability of goods is subject to change without notice. The availability of goods is subject to change without notice. The availability of goods is subject to change without notice.

www.canex.ca

THE BIGGEST MARKDOWN OF THE YEAR

Since 1978 **the Sleep Factory**

Posture Care \$109 (Set \$129, Double \$139, Set \$219, Queen Set Available)

HARVARD BUNK \$369 (Set \$399, Double \$279, Queen \$349, Set \$459, Set \$549)

Orthopedic Pillowtop \$249 (Set \$399, Double \$279, Queen \$349, Set \$459, Set \$549)

WATERFALL \$89 (Set \$399, Double \$279, Queen \$349, Set \$459, Set \$549)

BELLEVILLE
110 North Front St
613-967-1241



PSP Facility Memberships

1 September 2007 - 31 August 2008

Gymnasium (Includes Arena)

Regular Members	Ordinary Members
Infant (6 months - 5-years-old): Free	Infant (6 months - 5-years-old): Free
Youth (6 - 17-years-old): \$35	Youth (6 - 17-years-old): \$45
Single (18+): \$40	Single (18+): \$60
Family: \$90	Family: \$140

RecPlex (Includes Arena and Outdoor Pool)

Regular Members	Ordinary Members
Infant (6 months - 5-years-old): \$12	Infant (6 months - 5-years-old): \$20
Youth (6 - 17-years-old): \$35	Youth (6 - 17-years-old): \$60
Single (18+): \$45	Single (18+): \$70
Family: \$100	Family: \$180

Combination (Includes Gym, RecPlex, Arena and Outdoor Pool)

Regular Members	Ordinary Members
Infant (6 months - 5-years-old): \$12	Infant (6 months - 5-years-old): \$20
Youth (6 - 17-years-old): \$45	Youth (6 - 17-years-old): \$80
Single (18+): \$60	Single (18+): \$100
Family: \$130	Family: \$245

Membership Upgrade: \$5 plus GST = \$5.30
Replacement for lost membership: \$10 plus GST = \$10.60

Bronze Medallion and Emergency First Aid

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness.

Bronze Medallion is the first step toward a National Lifeguard Certification and is a prerequisite for the Bronze Cross Award.

The course will take place on Friday, October 19, and Friday, October 26, from 5:00 to 9:00 p.m.;

Saturday, October 20, and Saturday, October 27 from 9:00 a.m. to 3:00 p.m.;

Sunday, October 21, from 9:00 a.m. to 1:00 p.m. The exam date is set for Sunday, October 28, from 9:00 a.m. to 1:00 p.m.

Please note that 100 per cent attendance for all classes is mandatory. There is a pre-requisite for this course. Participants must be at least 13 years of age.

Cost is as follows: \$120 for military and CRA members; \$130 for military community non-members; and \$150 for the general public.

There is an additional \$35 fee for the Lifesaving Manual, and a \$15 fee for the First Aid Manual.

Pre-school Stomp and Romp

This pre-school program is for ages two to five years old. Come and enjoy a fun exercise program with your children, with an introduction to stretches, gymnastics and dance, followed by free-time with lots of great play equipment.

Cost is \$15 for CRA members; \$20 for military community non-members; and \$25 for the general public. There is also a drop-in option at a cost of \$4/week.

Stomp and Romp will take place Thursday mornings, from October 11 to December 13, from 10 to 11 a.m., for a total of 10 weeks.

POTTERY AND CERAMICS STUDIO

Watch for upcoming details on this new venture.

The Rec Association will soon be offering studio time, which will be available for experienced potters and ceramicists.

Those interested in learning more may contact the Rec Association at 613-392-2811, local 2349.

Evening Aquafit classes

Evening Aquafit classes will take place on Tuesdays and Thursdays, from 7:30 to 8:30 p.m. beginning on October 2 and running through until December 20.

Cost is as follows: \$40 for military and CRA members; \$45 for military community non-members; and \$55 for the general public.

There is a drop-in fee option available for this program, space permitting. The cost of the drop-in fee is \$4 per class for military community with ID and \$5 per class for the general public.

Associate Membership Rates

The following 8 Wing Associate membership rates are broken down by three-month periods, between September 1, 2007 until August 31, 2008.

A Gymnasium membership, which includes cardio and weight room, the gym and squash courts, at a cost of \$540 for one year; \$415 for nine months; \$290 for six months; and \$160 for three months.

A RecPlex membership, which includes indoor and outdoor pool, mini-

gym and cardio room is \$360 for one year; \$285 for nine months; \$200 for six months; and \$110 for three months.

A Combination membership, which includes all of the above, is \$660 for one year; \$500 for nine months; \$350 for six months; and \$200 for three months.

All memberships may be purchased at the RecPlex, Monday through Friday from 9 a.m. to 5 p.m. and on Saturdays from 9 a.m. until noon.

3 Great Subdivisions Close to the Base

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



Trenton



Brighton



Frankford



1814 Sq. Ft.

Open House Sat. 2-3:30

Sample Photo

Sunshine Lane (off Parkview Heights) \$299,900



1717 Sq. Ft.

Sample Photo

Nautical Lane (off Cedar St.) \$277,900



1522 Sq. Ft.

Open House Sat. 12-1:30

Kyle Court (off Huffman Rd.) \$229,900

HILDENHOMES

393 Sidney Street, Belleville 613.962.4600 www.hildenhomes.com



NO

INTEREST CREDIT PLAN*

FEATURING

CONVENIENT

12 Month Plan

24 Month Plan

36 Month Plan

PLUS

**NO
MONEY
DOWN
NOT EVEN
THE TAXES!***

* On approved credit on the CANEX No Interest Credit Plan. See brochure for details.

CANEX

A Division of the Canadian Forces Personnel Support Agency



12 - 23 September 2007

AUTHORIZED PATRONS ONLY



ADVERTISED MERCHANDISE POLICY

The advertiser is not responsible for the availability of goods during the period of the promotion. It is the patron's responsibility to ensure that the goods are available for purchase. The advertiser is not responsible for the availability of goods during the period of the promotion. It is the patron's responsibility to ensure that the goods are available for purchase.

We reserve the right to limit quantities. While we strive to ensure that the advertising materials are available to all patrons, we reserve the right to limit quantities. This is especially true for the advertised merchandise. The advertiser is not responsible for the availability of goods during the period of the promotion. It is the patron's responsibility to ensure that the goods are available for purchase.

WWW.CANEX.CA



HOROSCOPES

Weekly Astrology by Christine Davison

September 16 – September 22

ARIES (March 21-April 19): Your popularity may soar this week, but try to be careful with lovers or their opinion of you may sour. It's a good thing to socialise as much as possible with newfound friends and acquaintances, but you still have to keep some time and energy for those who have known you for awhile. Love looms large.

TAURUS (April 20-May 20): You know the true value of family and aren't afraid to express it or share your affection with those you care for. Try to stay away from feelings of possessiveness or resentment, especially early on in the week. Try to plan a potluck or get-together after Friday and you're entire household will be happy that you did.

GEMINI (May 21-June 20): Try to spend sometime with your family and you'll be very glad that you did. Love is something you have to give in order to receive, and you are full of beautiful words, kind gestures and warm embraces this week. If you have a feeling that a sibling may need some advice/ help then you should heed your intuition.

CANCER (June 21-July 22): This is the right week for you to work upon developing stronger ties with co-workers or those you have been missing for quite sometime. It's easy to become too busy for small talk, but trust in what fate may have in store for you if you open up and make yourself more available to those whom you work with.

LEO (July 23-Aug. 22): It's time to learn some self-restraint, Leo. You are wise, talented, courageous and creative; however this leads you to sometimes believe that you deserve only the best. It is true that you're talented and deserving in many ways, but you may be ignoring some of the simpler joys in life while searching for luxuries.

VIRGO (Aug. 23-Sept. 22): Your mind may dwell upon past memories over-and-over again. Try to put some time aside this week to look over old photos and letters and make up your mind to whether or not you'll contact an old friend or flame. This is the week to make decisions concerning your future and the future happiness of those you love.

LIBRA (Sept. 23-Oct. 22): Follow your own path and unique ways of going about things. Your thoughts, ideas and opinions matter and should never be unnecessarily criticised or invalidated. Try to let your friends and acquaintances know that you have a mind of your own. Don't deny yourself this week. Follow your heart.

SCORPIO (Oct. 23-Nov. 21): Try to remain discreet when dealing with secret information or esoteric matters. You have a refreshing way of seeing things and even if your ideas are not exactly main stream, you should never be made to feel ashamed for having them. The world would be a boring place without Scorpios. Express yourself freely.

SAGITTARIUS (Nov. 22-Dec. 21): What was begun in the past may become renewed once more. This is your chance to make up for lost time. If you care about someone, then you can still go back and salvage the relationship, even if there are years and miles between the two of you. You need to be with others who share the same opinions as you do.

CAPRICORN (Dec. 22-Jan. 19): You may wish to avoid visiting a particular family member this week, as negative words/ feelings may result. You may come into money over the next few days when you'd least expect it. Something lost may be returned to you in a surprising manner. This is a highly passionate time. Love returns.

AQUARIUS (Jan. 20-Feb. 18): Someone may wish to treat you as a confidante this week. What they have to say may be interesting news, indeed. Try to pour new efforts and energy into a relationship and it will continue to grow in strong and beautiful directions. There are old friends and relatives who may be missing you.

PISCES (Feb. 19-March 20): Try to devote some of your valuable time and energy to yourself this week. You are often so busy caring for others and imagining good things for them that you forget to look after your own emotional, physical and spiritual needs as well. You deserve joy. Favours may soon be returned. Trust intuition.

Astrological queries can be directed to Christine at www.moonsignastrology.ca

On the move with 

ROYAL LEPAGE



ProAlliance Realty, Brokerage
INDEPENDENTLY OWNED AND OPERATED

NOW
is the time to list!

Trenton 613.394.4837
Brighton 613.475.6242
Toll Free 1.800.263.2177

www.DiscoverRoyalLePage.com



The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of The Contact Comics.

Not In My Backyard! by Dale Taylor



WHAT'S THE HOLD UP, SQUIRREL? WHY CAN'T YOU CONVINCE THE BIRDS I'M THEIR FRIEND!?

YOUR BAD REPUTATION IS TOO HARD TO ERASE!

WHAT HAVE YOU TRIED!? I EVEN TRIED BLEACH. WHAT!?

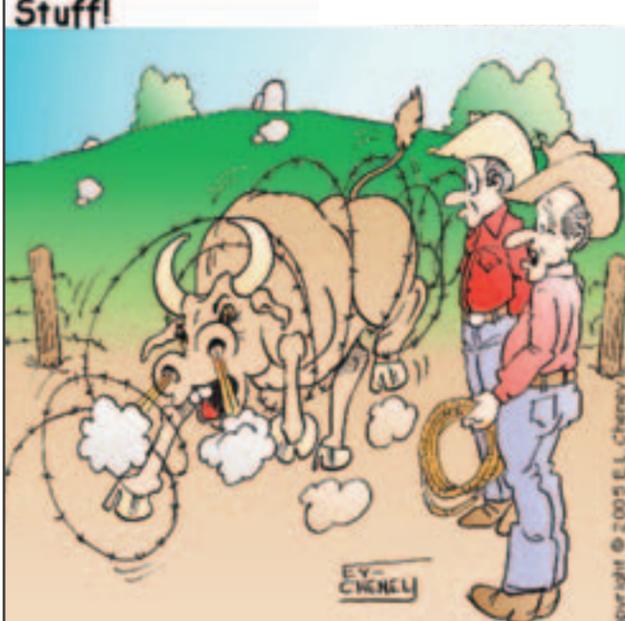
IT'S WRITTEN IN PERMANENT MARKER. BEWARE OF CAT!

DuJour



Can we vote on it?

Stuff!



"I'm not getting him out! You get him out!"

MISFITS BY BRIAN CODAGNONE



ADVICE FOR ASPIRING WRITERS: EVEN STEPHEN KING CAN RUN OUT OF IDEAS.

"The Sparsening"
The story of one man's descent into the unspeakable horror of male pattern baldness...

©2002 BRIAN CODAGNONE



Community Events

generously sponsored by...

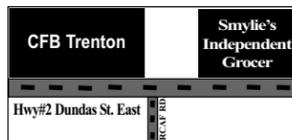


independent

YOUR INDEPENDENT GROCER



President's Choice



CFB Trenton
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 or email to steiner.al@forces.gc.ca, at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.

Round-Up for Research - Put your boss behind bars!

The Kidney Foundation of Canada is looking to lasso in some local bosses and community leaders to participate, knowingly or unknowingly, in the annual western-themed fundraiser, Round Up for Research.

The local event will be held at Trenton Town Hall, located at 55 King St., (the former jail!) on Friday October 26. Local law enforcement will "arrest" your boss based on a "crime" you or your colleagues suggest. Bosses spend an hour in the mock jail calling colleagues, business associates and friends to help raise their "bail" as set by our mischievous, fun-loving judge.

The bail money is donated to the Kidney Foundation in support of medical research, services for kidney patients in Eastern Ontario and organ donation awareness programs. There are 700 people in our area receive services from the Kidney Foundation.

Round Up for Research is a region-wide event. This year's goal is to raise \$200,000 across 20 Eastern Ontario communities competing for the glory of claiming to have the most jail-worthy bosses around. Quinte West and Prince Edward County are joining forces to beat out Belleville, whose event is being held at the Quinte Mall on October 12.

To have the posse arrest your boss, please call the event coordinator at 613-961-7939.

No time to attend on event day? No problem. We can throw your boss in "virtual jail". To learn more about this campaign, or virtual jail visit <http://www.kidney.ca/>

The Trenton and District Business and Professional Women's Club

The Trenton and District Business and Professional Women's (BPW) Club would like you to join them on Wednesday, September 19 with our guest speaker Kim Charlebois from the Quinte Sexual Assault Centre.

Meet with us at the Holiday Inn, located at 99 Glen Miller Road in Trenton. Networking begins at 6 p.m. and dinner will commence at 6:30 p.m.

For seating reservations or for more information, please contact Melanie McDonalds at 613-394-8509.

The BPW Club of Ontario is an equality seeking group working towards the improvement of economic, political, employment and social conditions for women.



SCRAPBOOKING 101-BEGINNER

HAVE YOU ALWAYS WANTED TO SHOWCASE YOUR FAMILY PHOTOS IN BEAUTIFUL KEEPSAKE ALBUMS, BUT ARE NOT SURE WHERE TO START?



We'll join us at "Upstairs at Smylie's" on Wednesday, September 19 from 7 p.m. to 8:30 p.m. for this beginner's class to learn the basics of scrapbooking and complete your first album page.

This class is free but is limited to 10 participants so register early.

Please call Karen Kehler, during evening hours,

at 613-965-0581 or email her at thekehlers@sympatico.ca to register or obtain more information.



CHAPLAIN SERVICES SERVICES OFFERTS PAR L'AUMÔNERIE

Wing Chaplain- LCdr Steve Merriman -Aumônier de l'Escadre

Administrative Assistant - Mrs. Manon Pilon - Adjointe administrative 613-392-2811 x. 2490

Unit Chaplains / Aumôniers des unités

LCdr Padre Steve Merriman, P; Capt Padre Mike Adamczyk, P;
Agent de pastorale CR Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate

Support staff -- Personnel de soutien

Rev. Jim Craig, P; Fr Julien R. Beaulieu, RC;
Both are Civilian Officiating Clergymen

WORSHIP SERVICES

Our Lady of Peace(RC)
Christian community - communauté
Notre-Dame-de-la-Paix (CR)
Chapel Life Co-ordinator
Julien Régis Beaulieu
Co-ordinateur de Vie de Chapelle

Mass

Sunday Mass (English): 1015 hrs
Messe Dominicale: 1130 hrs
Monday and Wednesday at 11h50

Confession: Please, contact the WChaplains' receptionist to get in touch with a RC priest prior to coming over.

Réconciliation: Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.

Chapel organizations (RC)
Chapel Pastoral Council:
TBA 1900hrs
Knights of Columbus: first Thursday, 1900hrs
CWL: second Tuesday, 1900hrs
Chorale: mercredi, 19h00
Choir: Tuesday, 1900hrs

St. Clement Astra (P)

Protestant Community
Chapel Life Co-ordinator
Padre Mike Adamczyk

WORSHIP SERVICE

Sunday Divine Worship: 0900 hrs
Holy Communion First Sunday of the month

PARISH ORGANIZATIONS (P)
Chapel Guild: last Tuesday, 1930 hrs

Duty Chaplain/Aumônier en devoir

After working hours, for emergency hours 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 appelez la téléphoniste de la base au 613-392-2811 et demandez pour l'aumônier en devoir.

The Tenth Annual Tweed & Area Studio Tour

September 29 and 30, 2007

10 a.m. to 5 p.m.

Looking for a weekend getaway? Try the Tweed area in "Comfort Country" The Artists and Artisans of Tweed and Area invite you to their corner of Eastern Ontario where you'll be greeted with the warm friendliness of small town/rural Ontario, as autumn begins to transform our beautiful rolling countryside.

Our talented artists and artisans of Tweed and area showcase their creations for you in their own environment their homes and studios. Discover our wealth of artistic talent on a self guided tour of 17 studios.

Our area extends from Hwy 401 (Belleville), to just north of Hwy 7; west from Stirling to Marlbank in the east. To guide you, follow our signs featuring one of Tweed's well known landmarks: "North America's Smallest Jailhouse".

Admission is free and many studios offer free draw prizes!

For more information, a free brochure with map, call 613 477-2039 or e-mail jsivison@aol.com.

Catch a preview on our website by visiting www.tweedstudiotour.org. Hope to see you there!

Rainbow Dance Fundraising Event

Join us on September 22 at the Bohemian Penguin Banquet Hall, located at 399 Front Street in Belleville. The doors will open at 9 p.m. and the dance will last until 2 a.m.

Admission is \$8.00 per person.

This event is sponsored by Free to Be and the Metropolitan Community Church.

Sunday Service

Join us and worship with us every Sunday at 10:30 a.m. at the Orchard View Baptist Church, located at 178 Lester Road, in Trenton.

This service is led by Pastor Raymond A. Wilson, D Min.

Fin de la conférence des chefs d'état-major de la défense de l'OTAN au Canada

OTAN

VICTORIA, C.-B. (le 8 septembre 2007) – Ce soir prennent fin deux jours de discussion ainsi qu'un séminaire auxquels participaient les chefs d'état-major de la défense des 26 pays membres de l'OTAN. Ces activités portaient sur la planification, la préparation et la mise en application d'opérations de l'OTAN.

« Ces rencontres avaient pour but d'obtenir une plus grande prestation de capacités lors d'opérations de l'OTAN, explique le Gén Ray Henault, Président du Comité militaire et plus haut responsable de l'OTAN. Nous nous sommes penchés sur la prestation de nos opérations, l'attribution de nos ressources et notre entraînement, soit trois facteurs importants et interreliés qui sont au centre de notre travail. »

« Le séminaire a démontré que les défis en termes de personnel et de ressources sont partagés par tous les alliés. De plus, en adoptant une approche à plus long terme en matière de planification opérationnelle, nous avons de meilleures chances d'obtenir les bonnes capacités de plus d'alliés, et ce, au bon moment », ajoute le Gén Henault.

Les membres du Comité militaire

ont aussi échangé des idées et des opinions afin d'adapter et de maintenir en puissance les forces à haut niveau de préparation de l'OTAN. On a aussi discuté de la manière dont la structure de commandement de l'OTAN – le personnel et les infrastructures des quartiers généraux en place – pourrait être organisée afin d'être plus déployable et efficace. Le Général John Craddock, Commandant suprême des Forces alliées en Europe, a ouvert la conférence par un survol des opérations de l'OTAN en cours.

« Cette conférence a été une excellente occasion pour les chefs d'état-major de la défense et les deux commandants stratégiques de l'OTAN de discuter en personne d'enjeux et de décider comment faire avancer le calendrier des travaux et des changements, » souligne le Gén Henault. « Nous nous sommes engagés dans plusieurs activités pour permettre d'orienter, de guider et de contribuer au processus de prise de décisions de l'Alliance. Par exemple, nous comptons agir rapidement dans deux secteurs : l'élaboration d'une politique de leçons apprises pour l'ensemble de l'OTAN et le développement de meilleurs critères pour mesurer le progrès et l'efficacité des opérations, y compris l'Afghanistan. »

HIGHWAY OF HEROES SIGN

Photo: Sgt Robert Comeau, Army News



Local highway maintenance personnel Mr Steve Savage and Paul Phillips unveiled the new Highway of Heroes signs at the 401 Glen Miller exit in Quinte West. Many signs are already in place along the highway from Trenton to Hwy 404 in Toronto, in honour of fallen soldiers killed in Afghanistan.



Serving Quinte's Military Families Since 1973

PHASE II & III - Almost sold out

PHASE II offers Prime Riverside lots with walkouts. And many upgraded features exclusive to this phase.

PHASE IV - Coming Soon - Fall 2007 occupancy.

Various all clay brick models of bungalows and two stories available starting at \$247,900 - 1520 sq.ft. and up
Lots 50' and up to 75' frontages

Buy Direct From the Builder... with guaranteed closing dates. Begin Creating Your Dream Home Today by contacting us at...

www.staikoshomes.com - email: info@staikoshomes.com

**STAIKOS
HOMES LTD.**

- 613-967-6560 -

Office and Model Home at
59 Simcoe Dr., Belleville

Take Hwy. #62 North, turn right on Maidland
and follow the signs, Off Farmham Road

Weekdays: Mon. - Fri. 9am to 4:30
Weekends by Appointment



Support Your Troops Appreciation Night

Everything for back to school from A to **Z**

An exclusive invitation to invite you & your family to join your Trenton Zeller's family on

Saturday, Sept. 15 2007

6:00pm – 9:00pm

and

Save 10%

Off your purchases
(some exceptions do apply)

Zellers

Open a new HBC Mastercard or upgrade to a new HBC Mastercard & receive an additional 10000 points

Teacher's Pet
50,000 reward points winner.
Details at store

Zellers

266 Dundas Street East, Trenton
613-392-2523



10 Hangar Master Barber Morton makes his final cut

Photos: Cpl Tom Parker, 8 Wing Imaging



Left: Lieutenant-Colonel Arthur Agnew (left), Commanding Officer of 8 Air Maintenance Squadron at 8 Wing/CFB Trenton receives the very last haircut from 10 Hangar Master Barber and stylist, John Morton, prior to Morton's retirement after 35 years of service in Bay 1 at 10 Hangar. Stylist Kelly Horsley, Morton's niece, took his place as of September 10, 2007.

Above: Lieutenant-Colonel Arthur Agnew (left), Commanding Officer of 8 Air Maintenance Squadron at 8 Wing/CFB Trenton, presents John Morton with a certificate in commemoration of his many years of service to the base.

NATO Chiefs of Defence conclude their conference in Canada

VICTORIA, B.C. (September 8, 2007) — Chiefs of Defence from the 26 NATO member nations early this evening wrapped up two days of discussions and a seminar focused on planning, preparing and conducting NATO operations.

"Delivering more capability for NATO operations is the intent," said Gen. Ray Henault, Chairman of NATO's Military Committee, and NATO's top officer. "We examined how we deliver operations, how we assign resources and how we train, as three important and inter-related themes central to our work."

"The seminar was successful in illustrating that personnel and resource challenges are shared by all Allies, and that by taking a longer-term approach to operational planning, we will improve our ability to obtain the right capabilities, from more Allies, at the right time," added Gen. Henault.

The Military Committee also exchanged ideas and views to tailor and

sustain NATO's high readiness forces, and how the NATO Command Structure – the people and infrastructure of the in-place NATO headquarters – can be organized to be more deployable and more efficient. General John Craddock, the Supreme Allied Commander Europe, had opened the conference with an overview of NATO's ongoing operations.

"This meeting was an excellent venue for the NATO Chiefs of Defence and NATO's two Strategic Commanders to discuss issues face-to-face, and to decide on how to take our work and change agenda forward," said Gen. Henault. "We have committed to a number of activities to help shape, guide and inform the Alliance's decision making process. For example, two of the areas where we intend on moving with speed are to develop a NATO-wide lessons-learned policy, and to develop better criteria to measure progress and effectiveness for operations including Afghanistan."

Photo: Cpl Marcie Lane, CFSU(O)



Canada's former Chief of Defence Staff, General Ray Henault chaired the North Atlantic Treaty Organization's (NATO) Military Committee Conference in Ottawa, Ontario. The Canadian Forces top soldier, Chief of Defence Staff General Rick Hillier hosted the event which began on September 6, and concluded in Victoria, British Columbia on September 9.

MENNONITE FURNITURE Collection

• Tables & Chairs • Bedrooms • Occasional & Unique Home Accent Pcs

RUTTLE BROTHERS FURNITURE

SINCE 1974

1 mile N. of WALMART on HWY 62, Belleville • 969-9263

"Home of the Big White Tooth"

Voted #1 - Trenton's Readers' Choice Award

New Patients Welcome

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

"Let our family treat your family"

613-394-8888

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



TRENTON Military Family Resource Centre



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Deployment Support / Wednesday Night Out

September 19 - **Car Maintenance** - Basic automotive intro, locate components on your vehicle. Guest: Dave Clusiau
 September 26 - **Pizza Night.**
 Call to find out what is coming up 613-965-3595 or 613-965-3575
A variety of activities coming up, please visit the MFRC website calendar
www.trentonmfr.cfbtrenton.com

Noon Hour Pilates

Dates: Tuesdays and/or Fridays, starting September 18 for 12 weeks
Cost: \$60 / one day a week \$120 / two days a week

Tai Chi

Balance movement and flexibility are all part of the ancient discipline of Tai Chi. Movements combine martial arts with effective breathing techniques.
Date: starts Thursday September 20 **Time:** 6:30 to 7:30 pm for 8 weeks
Cost: \$40 minimum of 10 participants.

Guitar

Group lessons for youth and adults
Dates: Saturdays, September 22 - November 24, 10 -11 am
Cost is \$160 for ten weeks and can be made in two instalments
 Come on Saturday, September 15 at 10 am for a demonstration and to register

Dealing With Stress Workshop

Come learn to recognize signs of stress as well as strategies to prevent it. Control your life before it controls you !
October 4th - 9:30-11:30 in Bistro **October 4th - 6:30-8:30 in RCAF Room**
Fee: \$5 Childcare available at regular cost. Please register in advance at reception.

Soutien au déploiement / Les sorties du mercredi soir.

Le 19 septembre - **L'entretien des autos** - Connaissances de base, savoir où se trouvent les différentes pièces d'un véhicule. Invité : Dave Clusiau
 Le 26 septembre - **Soirée Pizza**
 Téléphonez pour savoir ce qui s'en vient comme activités,
 965-3595 ou 965-3575
Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, www.trentonmfr.cfbtrenton.com

Pilates du midi

Dates: les mardis et/ou vendredis, débute le 18 septembre pour 12 semaines
Coût: 60\$ / un jour par semaine 120\$ / deux jours par semaines

Tai Chi

Équilibre, mouvements et flexibilité font partie de cette ancienne discipline qu'est le Tai Chi. Les mouvements comprennent des techniques de respiration et d'art martial.
 Débute jeudi le 20 septembre, de 18h30 à 20h, 8 semaines
Coût : 40,00\$ Minimum 10 participants

Guitare

Cours de guitare en groupe - Pour les adultes et les jeunes.
Dates: Du 22 septembre au 24 novembre, de 10 h à 11 h
Coût : 160,00\$ pour 10 semaines (Le paiement peut être effectué en 2 versements).
 On vous invite à venir au Centre le 15 septembre à 10 h pour une démonstration et l'inscription au cours.

Atelier sur gestion du stress

Venez apprendre à reconnaître les signes de stress ainsi que des stratégies pour le prévenir. Contrôlez votre vie avant qu'elle ne vous contrôle!
4 octobre - 9:30-11 :30 au Bistro **4 octobre - 18:30-20:30 salle RCAF**
Coût : \$5
 Service de garde disponible au prix régulier. Inscrivez-vous à la réception.

Speech, language & Literacy Cafe

10:00 - 11:30 am

Tuesday, September 18 & Tuesday, October 23

Drop in to a Cafe if you are a parent/caregiver:

- with children infants to school-age
- with questions or concerns about your child's speech and language skills.
- looking for fun and creative ways to play with your child.
- interested in helping your child learn effectively.

For more information call Donna (613) 966-9427 ext. 270 or Jennifer (613) 969-7400 ext. 2797

Rainbows

Peer support group for children who have suffered a loss through divorce, separation or death.
 This group will be for 8 - 12 year olds, Wednesday September 19 - December 5, 4:15 - 5:00pm. Please call to register your child.
 There is no cost.



Get tickets at reduced price at the MFRC
 Achetez vos billets au CRFM à prix réduit

Senior, Children, 3+ & less than 48" tall ----- \$21.00
 Adults (3-59 years & over 48" tall) ----- \$32.00

Sénior, Enfants, 3+ & moins de 48" hauteur --- 21,00\$
 Adultes (3-59 ans & plus que 48" hauteur) -----32,00\$

Arc-en-ciel

Un groupe d'entraide pour les enfants qui ont souffert une perte à cause d'un divorce, d'une séparation ou d'un décès.
 Ce programme s'adresse aux jeunes de 8 à 12 ans.
 Les mercredis du 19 septembre au 5 décembre, de 16 h 15 à 17 h.
 Veuillez téléphoner au Centre pour inscrire votre enfant.
 Ce service est gratuit.

Jasette francophone

Aimeriez-vous rencontrer d'autres francophones dans un lieu et un temps qui sont juste pour vous ?
 Êtes-vous nouvellement arrivés dans la région ?
 Aimeriez-vous partager vos idées avec d'autres ?
 Êtes-vous une maman à la maison qui aimerait sortir au moins une fois par semaine ?
Ce groupe répond probablement à vos besoins
 Amenez vos jeunes enfants! En vous inscrivant à l'avance on vous offre un service de gardiennage.
 Les rencontres sont les mardis de 13h30 à 15h au Bistro du Centre Siskin

Please read our newsletter "Touching Base" or visit www.trentonmfr.cfbtrenton.com for more information
 S'il vous plaît, consultez notre bulletin de nouvelles "Touching Base" ou visitez www.trentonmfr.cfbtrenton.com

TEN HANGAR BARBERSHOP



Kelly Horsley
Stylist

**Great location. Great Cuts.
 Come over
 and see Kelly!**

**Walk-ins welcome
 Mon. - Thurs. 7am-3pm**

8 Wing/CFB Trenton
 Located in Bay 1 - 10 Hangar
613-392-0522



CORMIER'S AUTO REPAIR

**Trenton's #1 Choice
 For Quality Auto Service
 For Over 23 Years**



**General Repairs • Certifications • Alignment
 • Air conditioning • Drive Clean Test & Repair Facility
 276 Front St., Trenton 613-392-2766**

• Desktop Publishing • Posters • Laminating • Digital Copies



Darling's Copy Depot is now part of Randall's Office Plus and Gift Store. Come on in for some great deals on printing services, office supplies

**Call Today 613-392-7273
 Fax service: 613-392-3837**

Trenton Town Centre • 266 Dundas St. E., Trenton
 • Fax Service • Enlargements • Scanning • Canon Laser Copies

• Engineering & 36" Copies Format

Are you ready to preform First-Aid?



Submitted by
Don Heans,
Wing General Safety
Officer

Would you know what to do in an emergency?

If you came upon a traffic accident, if someone collapsed in your home or was injured at work, would you know how to help?

Now is the time to get training and plan your emergency response.

These are signs of an emergency which requires first aid and prompt medical attention: a person collapsing, unable to get up; chest pain lasting two minutes

or more, indicating a possible heart attack; uncontrolled bleeding; a fracture.

The following information will help you to identify what to do first:

Look after your own safety first. Do not put yourself in danger by entering a hazardous accident scene or coming into contact with another person's blood.

Call for emergency help. In many areas, dialing 9-1-1 will put you in touch with the ambulance, police or fire departments.

Be prepared to give the following information: what happened, where it happened and your telephone number.

Stay on the line until the dispatcher tells you to hang up.

If you are in a building such as your home, turn on the outside lights so emergency responders can find you.

If possible, have

someone help direct the emergency responders to the scene.

Here are some quick tips on giving first aid to care for the person until medical help arrives at the scene:

Do not move the patient unless he is in immediate danger such as fire, drowning or being struck by a vehicle.

If there is a chance the person has received an injury to the head, back or neck, immobilize the injured area.

Any movement may result in a spinal cord injury causing paralysis.

If the person is not breathing or does not have a pulse, begin rescue breathing and/or CPR (Cardio Pulmonary Resuscitation) if you are trained to do so.

If the person is bleeding heavily, apply a sterile bandage. If you can, elevate the injured part and apply direct pressure to the wound.

Important note: Try not to come into contact with blood or other bodily fluids from the injured person because of the risk of bloodborne diseases such as HIV which causes AIDS or HBV which causes Hepatitis B.

If a fracture occurs, keep the injured area still. If you are far from medical help, you may have to make a splint to prevent further injury. Do not attempt this unless you know how.

Protect the patient. Keep him covered for warmth.

Be prepared for a first aid emergency.

Get training in First-Aid and CPR. Have ready access to a first aid kit, including gloves to protect you from contact with blood.

Post emergency numbers, as well as your own address, near phones in your workplace and home.



Ian R. Stock, CD
Investment Advisor
10 Front St. South, Belleville
Member CIPF

Where Quinte Goes To Invest

- money markets • mutual funds
- GICs • bonds • stocks
- notes • new issues
- insurance products



(613) 966-4119
ian.stock@rbc.com www.ianstock.com

EXHAUST, BRAKES & ABS OUR SPECIALTIES

MILBRO
AUTOMOTIVE

Full Service Automotive
Repair Centre

DND Discounts **613-394-3357**

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

SAFETY INSPECTIONS RUST PROOFING - TIRES

DIAGNOSTICS - SHOCKS & STRUTS - TUNE-UPS

AUTO - HOME - BOAT - LIFE - INVESTMENTS

WHITLEY INSURANCE & FINANCIAL SERVICES

392-1283
(1-800-663-1384 Toll Free)

SINCE 1949 Visit our Website at www.whitley.net
E-mail: info@whitley.net

"SAVE MONEY, CALL FOR A QUOTE"
41 Dundas Street W. Trenton

AUTO - HOME - BOAT - LIFE - INVESTMENTS

BUTT OUT - When quitting is an option

BUTT OUT can help you identify your personal reasons for smoking, then help you develop and practice substitutes for smoking that do the same good things for you, without the negative long-term effects that smoking gives you.

The group and self-help versions of BUTT OUT are both led by trained facilitators. The group version of BUTT OUT is given in nine sessions scheduled over 14 weeks. The self-help version unfolds over 14 steps.

For more information about the BUTT OUT Program, please feel free to contact Kendra Lafleur, Health Promotion Director, at local 3767 or Lisa Pitt, Health Promotion Admin Assistant at local 3768. You may also visit the 8 Wing Health Promotion office located at 177 Hercules Street, Building 119 (south side) or visit www.cfbtrenton.com.

The following information contains facts about the benefits, for yourself and those around you, by becoming smoke-free in your life.

Did you know...20 minutes after your last cigarette, positive changes begin to occur in your system, which continue for many years. It takes only one cigarette a day to compromise these beneficial changes.

The following are the benefits of staying smoke free.

After 20 minutes your blood pressure returns to normal, your pulse returns to normal rhythm and the temperature of hands and feet returns to normal.

After just eight hours the carbon monoxide

count returns to normal and the oxygen level in the blood returns to normal.

After 24 hours without a cigarette the risk of heart attack decreases.

After 48 hours, your sense of smell and taste will improve.

After two weeks to three months your overall circulation improves, walking becomes easier and pulmonary function increases by about 30 per cent

After one to nine months cough, nasal congestion, fatigue and shortness of breath diminish and your body regains energy.

After one year of being smoke free the risk of coronary disease is 50 per cent less than that of a smoker.

After five years of being smoke free lung cancer mortality rate of a former pack-a-day smoker decreases to almost half.

From five to 15 years after quitting, the risk of stroke decreases and is comparable to that of a non-smoker and the risk of cancer of the mouth, throat and esophagus is 50 per cent less than that of a smoker

After 10 years the cancer mortality rate is similar to that of a non-smoker and pre-cancerous cells are replaced. The risk of cancer of the mouth, throat and esophagus, bladder and pancreas decreases

After 15 years of remaining smoke free the risk of heart disease is similar to that of a non smoker.

Source: American Cancer Society, Washington.

Proudly supported by:



PET GROOMING • BOARDING FOR DOGS AND CATS

- FULL GROOMING FOR DOGS AND CATS OF ALL SIZES.
- COZY & CLEAN BOARDING FACILITY THAT'S FUN AND SAFE.

CALL NOW TO FIND OUT MORE ABOUT OUR SERVICES!

12 CARRYING PLACE RD. IN TRENTON 613-392-7087

Crazy Dogs
PET STYLING SALON & BOARDING CENTRE

Silver Star Studio

Oriental Massage
Licensed
\$40/30 min

613-392-7119
Open Daily 9 am - 9 pm
56 Elgin St. Unit 2 in Trenton (downtown)
Second block west of bridge @ 1 road north of Dundas Enter front or rear door.



Pat Morgan

We would like to invite all CFB Trenton Military Personnel to visit our dealership. We have a bi-lingual sales person on staff to assist you with all your automotive needs.

Nous souhaitons la bienvenue à tous le personel militaire de la BFC Trenton et nous vous invitons à visiter notre concessionnaire. M. Pat Morgan pourra vous servir en français.



McCURDY CHEVROLET • PONTIAC • BUICK • GMC LTD.
"Multiline Supermarket of Cars & Trucks"

174 Trenton Frankford Rd. Hwy 33, Trenton
613-392-1245
Easily accessed location just South of exit 525 off of Highway 401

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 The CONTACT, 142 Yukon Street, 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. The 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

The CONTACT is not responsible for the products and/or services advertised. Readers should exercise their best judgement with the content.

The CONTACT will not knowingly publish any advertisement which is illegal, misleading, or offensive. In compliance with the Human Rights Code, The CONTACT reserves the right to make necessary changes in ad copy.

Business Services

RUMOURS RESTAURANT & PUB

German & Canadian Cuisine
Sept 15, 2007
Live Band
'Cravingmorehead'
613-394-6276
242 Dundas St. E.
Trenton

RUSHNELL FUNERAL HOME & CREMATION CENTRE
60 Division Street
Trenton
613-392-2111

SEWING MACHINE REPAIR SERVICE

- Reasonable rates
- Specializing in older models.

Call 613-392-6670
Ask for Bob

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

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

For Sale

Belleville Volkswagen Previously Enjoyed Vehicles



2006 Smart FORTWO PASSION
3 cyl, diesel automatic, with 30,000 km.



Two 2006 Jetta's to choose from!
One Automatic, one manual 5 speed, both with less than 8,000 km.

Call Paul for details...
613-966-3333
239 North Front Belleville
www.bellevillevw.com

2006 Suzuki ATV
700 CC, camel, 4x4, auto, ITP tires & rims, DIF lock, 500 km, \$9500 obo
Call 613-969-5743



CARRIERS NEEDED

to deliver Contact newspapers here at 8 Wing/CFB Trenton



Please call
613-965-7248

Leave your name, address, phone number & age.



Career Opportunities

BUSINESS OPPORTUNITY
I need someone to learn my business. Must have leadership ability and strong desire for above average income potential. Team spirit an asset.
Call Richard
613-920-2936

Collision Prevention
is looking for a part time driving instructor interested in working with new drivers. If you hold a driving instructors license, you would start very shortly. We supply car, gas and insurance.
Please fax all info plus drivers abstract to:
Fax# 613-473-1444
John Thibault CEO
Director Collision Prevention

Wanted

Wanted to Buy
Fridges, stoves, washers, dryers in working order and clean. Will pay good price. No dealers. Please call
1-613-969-0287
or 613-968-4183

For Rent

House for Rent

Brighton 10 -mins to base. family home in the country, 3 bdrm, brick bungalow, full bsmt, C/A, dishwasher, garage, huge yard, lots of parking. \$1200 + utils. First & last required. References.
Call 416-427-5454

House for Rent

3 bedrooms, 2 baths, propane fireplace, deck with pool & hot tub, garage, large private lot, 1 bedroom guest house with 2 pc bath. Barcovan Beach Rd, first, last & references required. \$1100/month + utilities. Call Pat at 613-476-3443.

ADULTS!

1 bedroom apts. from \$560
2 bedroom apts. from \$657

Utilities & cable included
Affordable, quiet & secure

CLOSE TO BASE

KLEMENCIC PROPERTIES
613-392-7839

Cleaning Services

Tammy's Cleaning Service

Years of 100% successfully passed Marchout Inspections, & 20 years of housecleaning in the Quinte Area. Opening and closing services available. "I likely clean for someone you already know."

Call Tammy
613-392-0759
Cell: 613-847-7670

MOVING MAIDS

Total house cleaning top to bottom. You move... We clean... Moving Maid Easier!
905-349-2553

Community Events

****Single Fathers****
Night out!
Next Singles Dance!
Sat. Sept 22nd.
Single Dad's pick the music, Save \$1.00 & enter a Special Draw!
Belleville Legion
9pm-1am
www.romeoandjuliet.ca
613 392 9850

Advertise your listings with us!
Call Patricia 613-392-2811 Ext 7008
Contact

Crossword Answers

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



Finding the right home furnace

(NC)-In the winter, having the right furnace is paramount in achieving a certain comfort level in a home.

When it comes to finding the right furnace, there are two basic factors to consider - cost and efficiency.

"Exploring the impact of cost and efficiency on your home heating, will make all the difference in ensuring you achieve the highest level of home comfort, even in the coldest seasons," says Dean Murray of Reliance Home Comfort.

Cost is a major factor in selecting a furnace that is right for you and your home. Murray suggests looking at what you are paying now to heat your home in winter.

If you are spending \$500 during the winter months to heat your home on a 60 per cent efficient furnace and you install one that is 80 per cent efficient, you can save about 25 per cent over those

months.

A 93 per cent efficient furnace could save you even more.

The cost of a new furnace can range from \$2,500 to \$4,500, depending upon the complexity of your specific installation. High efficiency models might cost an additional \$500 to \$1,000.

If you plan to be in your home for a long time, the investment may be worthwhile.

A new high efficiency furnace may also increase the resale value of your home.

Furnace rental programs may alleviate a lot of the expense and worry associated with purchasing a new furnace. Reliance Home Comfort's furnace rental program (reliancehomecomfort.com) allows homeowners to replace an older inefficient furnace with a new, high efficiency model for one affordable monthly cost that includes installation, all repairs and annual maintenance.

Small but dramatic changes pay off

(NC)-Kitchen remodeling projects continue to provide hefty returns at the time of a home sale. The 2006 Cost vs. Value report, published by Remodeling magazine, shows that home owners recoup 80.4 per cent of the average \$54,200 they spend on major kitchen projects, and get back 85.2 per cent of the average \$17,928 spent on minor projects.

You may be thinking to yourself, "That's all well and good, but I don't have that kind of money to spend on a kitchen remodel right now." If that's the case, don't count yourself out, just think on a smaller scale. You can make some dramatic changes in the kitchen just by focusing on one of the attention-getting trends highlighted at the annual Kitchen Industry Show and Convention in Las Vegas.

A good place to start is by looking at your lighting. If you have an older home that has not been updated, chances are you have a single ceiling mount fixture in the centre of the room that doesn't let off much light and if you're lucky, another one over the sink. Why not upgrade with options that offer more direct light?

These days in home remodels, designers are replacing old center fixtures with recessed cans and pendants that offer direct task lighting in the kitchen. They're also installing undercabinet lights to highlight the countertops and toe lighting to accentuate the cabinets.

Undercabinet and toe lights are easy to add. All you have to do is tap into the wiring for outlets that already exist along the wall. In homes with no attic access above the kitchen, however, the cost of installing recessed cans can be a turnoff, but

as Norm Brown of Norburn Lighting & Bath Centre in Burnaby, B.C., points out, "You can get around this limitation by instead installing a rail system on the ceiling that allows you to add light fixtures anywhere in the room." Brown is a certified lighting consultant (CLC) and the consulting director of education for the American Lighting Association (ALA).

Among the many options these systems offer, the ability to drop pendants over an island and spotlights onto the counters, art or china, all without cutting holes in the ceiling. They are available in a variety of materials and finishes so there's something that will match just about any décor.

And when it comes to the fixtures, Paige Malouche of Progress Lighting in Greenville, S.C., says there is a lot of mixing and matching of designs. "These days, we're seeing people with what you'd consider to be a traditional kitchen putting in modern lighting fixtures. A popular trend is to hang bronze or brightly colored pendants from track and illum-flex systems," she says.

"There are so many fixtures available it has really turned into a fashion show," adds Monty Gilbertson, CLC of Lighting Design by Wettsteins in La Crosse, Wis. "There's clean contemporary, decorative ornamental, pretty much any look you can imagine, and if you want to take it a step further and address intensity and mood lighting, this can be done by adding dimmers to the fixtures you install."

For more information on lighting, visit www.americanlightingassoc.com or call (800) BRIGHT IDEAS for your nearest showroom.



242 McGill St., Trenton

OPEN HOUSE
Sunday Sept. 16th
1:00 pm to 3:00 pm

ROYAL LEPAGE
ProAlliance Realty, Brokerage
855 Dundas Street East,
Trenton, Ont. K8V 1M1



Roxee Morden
Sales Representative
Office tel. 613-394-4837
Cell no. 613-969-2537

Advertise in
The Contact



Call Patricia
613-392-2811 Ext 7008

Century 21
Lanthorn Real Estate Ltd.
Brokerage



441 Front St.
Trenton, ON K8V 6C1

613-392-2511
613-475-5677
1-888-792-5499

c21lanthorn.com
trenton@c21lanthorn.com

Independently owned & operated
*Sales Representatives ** Brokers



OPEN HOUSE
Sunday Sept. 16 1-3pm
169 Riverside Parkway
\$349,000 Located on the Trent River. This home has inlaw, dbl car garage, newer windows, new carpet, new ceramic, newer shingles, alarm system, 2 garage door openers and much more! Call Joseph T. Lewis*
mls# 2073926



Open House - Move in Ready
Sat Sept 15 11-1pm &
Sun Sept 16 1-3pm
42 Dufferin Ave. Trenton
\$229,500 5 yr old high ranch, large city lot, dbl gar, wksp, shed, bsmt 98% complete. Plus many extras!
Call Cheryl Clement*
mls# 2073506



OPEN HOUSE
Saturday Sept. 15 1-3pm
County Rd. 28 (1543)
\$229,900 Located beside golf course, this 2200 sq. ft. home has many newer upgrades. In ground pool, new garage door, newer carpet & ceramic. and much more! Call Joseph T. Lewis*
mls# 2074821



OPEN HOUSE
Sunday Sept. 23 1-3pm
610 Ventress Rd.
\$248,900 Pride of ownership describes this well maintained home on 1.03 acres, Finished from top to bottom. Located off Hwy 2 or Little Lake Rd. Call Joseph T. Lewis* mls# 2073915




BRICK BUNGALOW
Cozy bungalow offering 3 bedrooms, combined kitchen and living room. Hardwood flooring, rec room with wet bar and large lot. Great neighbourhood just on the outskirts of Belleville. Call today to view!
\$184,900



Custom Built Staikos Bungalow
WOW! You won't be disappointed when viewing this fabulous 3 bedroom bungalow just minutes from 401 and Quinte Mall. So many upgrades including beautiful hardwood throughout, open concept living room and kitchen. Large fenced in corner lot provides plenty of privacy. Master bedroom has walk-in closet and ensuite bath. Don't wait...call today for your appointment to view!
\$295,900.

48 Grass Blvd. MLS # 2075551

Better than new! MLS# 2073532



Our success is your success.

RE/MAX
Trent Valley Realty Ltd., Brokerage
Independently Owned & Operated

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

MARLENE Letourneau
Sales Representative

direct line **613-848-2284**
mletourneau@royallepage.ca
service en francais



ROYAL LEPAGE
ProAlliance Realty, Brokerage
Independently Owned & Operated
Office: 613-966-6000



CANADA'S ONLY FURNITURE
SUPERSTORES
TRENTON



HD

**CANADA'S BEST
HIGH DEFINITION
EXPERIENCE**



**GET 2 RECEIVERS
PLUS \$149**
HD TECHNOLOGY FOR
New Subscribers Only

**2 Room
Systems
Starting From \$79**
New Subscribers Only

Purchase a **DSR 505** HD Receiver for only **\$99⁰⁰***
with the purchase of any 1080p HDTV

*SEE STORE FOR DETAILS



starchoice.com



CANADA'S ONLY FURNITURE
SUPERSTORES

Hwy. 401 & Glen Miller Rd. TRENTON
613-394-3322 or 1-877-394-3322

HOURS: Shop Monday to Friday 9am - 9pm, Saturday 9 am - 6pm, Sunday 12 - 5pm

Offer available to new residential customers only that purchase a DSR505 HD and DSR207 system for \$219.99. The Pay Per View (PPV) credit, valued at up to \$50, will appear on customer's account in the form of ten (10) PPV movie credits (to a maximum cost of \$4.99 each). PPV credit is only redeemable for regular PPV movies, excluding events and adult movies, has no cash value and does not include ordering fees. PPV credits do not include taxes. Credits are not transferable. Any unused PPV credits expire 90 days after date of activation. The \$50 Programming Credit includes taxes and will appear on the customer's account in the form of a credit and will be applied upon activation. See authorized retailer or starchoice.com for details. Basic installation of dish, and the DSR505 HD and DSR207 receivers included (in certain areas only). HDTV and HD receiver required to access HD programming. Must subscribe to equivalent standard definition channels to receive them in the No Extra Cost HD Package. Other charges may apply.

