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## New state-of-the-art training system for 437 tanker crews

by Capt Jacques J. Garand  
437 Sqn FRS

During the week of Oct. 6-10 2008, a new Strategic Air to Air Refuelling Training System (STS) was installed at 437 Squadron in 10 Hangar.

The installation of this system brings to fruition more than four years of design testing and development by Aerospace Consulting & Services GmbH (AC&S), an Airbus subcontractor based in Langenargen, Germany. This new capability means that 437 Squadron instructors will now have the tools

required to conduct in-house Air to Air Refuelling (AAR) training.

The STS is state-of-the-art for interactive, touch screen, computer-based training. It consists of six workstations which either emulate cockpit controls, or provide an instructor with the means to manage training scenarios: one for each of the pilots (Tanker Commander and First Officer), one for the Flight Refuelling Specialist (FRS), a position currently filled by Navigators, two stations for the instructors and finally one additional station for an observer/instructor.

The system incorporates two training applications: a Computer Based Training (CBT) module and a Air-to-Air Refuelling procedures “simulator” known as AAR TRAX.

The CBT will provide students with the theoretical knowledge of AAR systems and procedures. Requiring approximately 25 hours of self-study, the training module consists of four blocks of lessons that cover the following topics: introduction to NATO AAR procedures; aircraft systems and functions specific to AAR; tanker mission avionics;

See STS, Page 3



Photo: Submitted

437 Squadron's new Strategic Air to Air Refuelling Training System (STS).

## Mission accomplished – Honorary Colonel Charley Fox bid farewell

by Second-Lieutenant  
Barry Dickson

With the presence of a Canadian Air Force Honour Guard, many distinguished Canadian Air Force personnel and a Canadian Air Force flag draped over the casket, more than 500 people bid a fond farewell to Charley Fox, DFC and Bar, CD, in London, Ontario on October 24, 2008.

HCol Fox served as the Honorary Colonel for his old wartime squadron, 412 (Transport) Squadron for four years starting in 2004.

HCol Charley Fox flew with 412 Sqn during the Second World War, flying some of the most dangerous missions of the war, including flying missions over Normandy, France during the D-Day landings.

He was perhaps best known, however, for strafing German Field Marshall Erwin Rommel's staff car, which affected Rommel's ability to return to active duty, at a critical moment during the invasion of Normandy.

HCol Fox was a large part of the storied war history of 412 Sqn, earning a DFC and bar flying Spitfires for one of the most successful squadrons in the Second World War. His duties resumed again with 412 Sqn in 2004 when he was appointed its Honorary Colonel, where he proudly served until suddenly passing away in an automobile accident on October 18, 2008.

It was in his uniform in the Second World War that he truly lived on the edge of life, battling against the enemy, and it was in that same Air Force uniform that he found strength over the past few years. When HCol Fox spoke about his fallen Air Force comrades, he was truly alive and so were his fallen friends. How fitting as it were, that in his last moments he was in that same Canadian Air Force uniform, doing what he did so well, with such honour and pride.

During the funeral service, HCol Fox's family and friends shared their own experiences of how he had

Photo: Cpl Simon Duchesne, 8 Wing Imaging



Several Harvard aircraft flew the missing man formation over the cemetery where HCol Fox was buried on October 24 in London, Ontario.

touched their lives. Best-selling author and close friend, Ted Barris, summed up the feelings of how HCol Fox affected him.

“Charley Fox didn't show me how to maintain ‘needle ball and air-speed’ but he did help me to become a better writer and (I think) a better person.”

While the reasons for everyone gathering on that day were somber, the spirit was anything but. In the true likeness of HCol Fox there were humorous anecdotes given, such as how he used to explain that his navigation was not from town to town but from ice cream shop to ice cream shop.

HCol Fox frequently made the long trip from London to Ottawa for squadron events. At the squadron, we always knew HCol Fox was in town because he would stop by the hangar and leave butter tarts on the desk upstairs. For a squadron that is usually on the road traveling, having constants like his thoughtfulness

is what helps connect our squadron members.

Seven of HCol Fox's years of military service (including time served as Honorary Colonel and war time service) were with 412 Squadron. This man was “Mr. 412 Squadron”. This man of 88 years young was able to take part in many squadron events and was usually right in the middle of them. He was known to be able to put on a show, such as a late night dance performance at the Canada Remembers Air show in Saskatoon or he could be seen sharing a dram of scotch out on the town. He not only retold the history of 412 Squadron, he created it.

To conclude the funeral service, nine Harvard aircraft, along with a Spitfire and a Hurricane, roared overhead in the missing man formation. Only Charley wasn't missing at all. We knew just where he was, with the rest of his Air Force family.

Second Lieutenant Barry Dickson is a pilot awaiting training with 412 Squadron.



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## Wing Commander's Column

A message from Colonel Mike Hood



With Remembrance Day fast approaching, I thought I would dedicate this week's column to our veterans.

8 Wing has a great tradition of supporting local communities on November 11th, and I am pleased by the fact that, not only will 8 Wing participate in local towns from Picton to Peterborough, but we will also be represented in Lethbridge, Alberta. A CC-177 and crew from 429 Squadron will be present at the invitation of the Mayor of Lethbridge for that city's Remembrance Day parade - strengthening bonds that began during World War II. In fact, the City has given 429 Squadron the "freedom of the skies" over Lethbridge to mark the event.

Now we traditionally think of former combatants when we think of veterans - men and women who fought long ago in both World Wars, as well as the Korean War. And while their numbers are becoming fewer with each passing year, we quite rightly continue to

celebrate their magnificent victories and incredible sacrifice. But I would also ask you to consider that, while these veterans may be fewer as the years pass, there are many more who remain who may not fit the traditional image: these being all of you, the present day soldiers, sailors and airmen and airwomen of 8 Wing.

Many of us have honourably served in inhospitable conditions in foreign countries on behalf of our country - many of us have made tremendous sacrifice for the cause of freedom. Many of us continue to work long hours here in Trenton supporting the many foreign missions of the Canadian Forces. This is something in which we should all take pride.

Being a veteran also brings with it a responsibility to share your experiences with your fellow Canadians - the Air Force Speaker's Bureau is one way in which you can do this ([http://www.airforce.forces.gc.ca/site/outreach/speakers/index\\_e.as](http://www.airforce.forces.gc.ca/site/outreach/speakers/index_e.as)

p). And as the voices of those who can speak to fighting during World War II and Korea grow fewer, the torch falls to us, the next generation of veterans, to talk with our fellow Canadians - particularly the youth of this great country of ours - about what it means to serve and the sacrifices that can come with it.

On Remembrance Day, we will honour those who have come before us. One way we can do so is to continue to speak to the principles of duty, honour, valour and sacrifice - which Canadian soldiers, sailors and airmen have exemplified from Queenston Heights to Kandahar.

So I encourage you as you head out to a Remembrance Day parade, a local school or the local Legion. Take this opportunity to share your experiences with your fellow Canadians. Let them know of the great work we have done and continue to do on behalf of all Canadians.

Lest we forget.

## 8 Wing/CFB Trenton GCWCC Weekly Update

The total raised to date in the 2008 Government of Canada Workplace Charitable Campaign here at 8 Wing is an impressive \$45,080.81. The number of wing/base personnel canvassed is currently at 29 per cent and counting as of 6 Nov 08.

Our goal is to achieve 100 per cent face-to-face canvassing. Upcoming fundraising events include:

### Scuba Fundraiser:

Open the door to a new world of discovery and experience scuba diving with the Flying Frogman Scuba

Club. This splash event gives you the chance to try scuba diving and help support United Way.

For certified divers who haven't dived for a while, we will re-introduce you to the underwater world.

Location: Rec Plex Pool

Start Date: 19 Nov 08

Start Time: 1:00 PM

End Date: 19 Nov 08

End Time: 3:30 PM

Event OPI: Patricia Lockhart

OPI Contact: 3565

### United Way Jail & Bail

All you have to do is call us at local

7253, tell us who you want arrested, the reason you want the individual to be arrested for, where to pick up the individual, and we will do the rest. Minimum of \$5.00 for 10 minutes. Ex. If you raise \$20.00 the person will remain in 'jail' for 40 minutes.

Location: 11 Buffalo, W Tn Main Building

Start Date: 21 Nov 08

Start Time: 8:00 AM

End Date: 21 Nov 08

End Time: 2:00 PM

Event OPI: MCpl Williamson

OPI Contact: Loc 7253

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK

Winter is knocking at our doors, it's this time of year again. The team from Heavy Equipment just finished their pre-SNIC season training and are ready to face off the challenge that will be thrown at them when the first snow storm comes in. The SNIC season is officially starting on November 2 and will last until the end of April 2009. During the winter season, operators are mostly working on snow removal throughout the wing, please be patient and courteous when you meet them on the road, remember they are on the road to help you. The most challenging part of it is to keep the airfield clean and operational 24 hours a day, seven days a week. After snow storms, once every little bit of snow has been taken care of, the drivers have to do maintenance on the equipment that has been running non stop for many hours if not days in a row. Grease jobs, clean up and broom bristle changes are only a few examples of work that needs to be done after a snow or freezing rain event. During nice weather period, after all the equipment has been looked after, the drivers that are not qualified on certain pieces of equipment are trained by qualified members of the team. As soon as another storm shows up it starts all over again. Best of luck to the Heavy Equipment team for SNIC season 2008/2009.



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# STS installed at 437 Squadron

Continued from Page 1

and, finally, the Mission Computer Sub system. Eventually, the CBT for the CC-150 First Officer course will also reside on this system.

The AAR TRAX procedures trainer will allow our tanker crews to "operate" the tanker in the classroom environment in a virtual AAR scenario in real-time. This portion of the system is designed to familiarize and train tanker crews with the skills needed to plan, operate and evaluate the conduct of AAR missions. This kind of training will result in considerable cost savings for the CF as expensive airborne training time can be greatly reduced. The instructors will play a vital role during this stage of training as they will have the ability to modify mission parameters and introduce various emergencies and aircraft system malfunctions throughout the scenarios.

The STS will be used for both initial and proficiency training. Any mission that can be flown on the CC-150T can be imported onto the STS and "flown"

before the Airbus tanker ever gets off the ground. When used as a procedures trainer, multiple screen displays at the pilots' and FRS workstations closely emulate the actual aircraft layouts. The AARTRAX will be further enhanced in the coming months to include partial emulation of the cockpit Flight Management System (FMS). It will also receive new video sequences to emulate the receiver surveillance system (a camera system used to monitor the movements of receivers around the tanker). The first in-house AAR initial course is scheduled to take place at 437 Squadron in January 2009.

Since June 2008, the squadron has flown multiple AAR missions in support of the Operational Test and Evaluation (OT&E) process and expect an Initial Operational Capability to be achieved early in 2009. The STS will be a vital asset in achieving and maintaining the operational capability of 437 Squadron's two tanker aircraft well into the future.

# Search & Rescue UPDATE



424 Squadron flew another six missions last week.

Our Herc and Griffon were tasked the evening of Oct. 29 to search for an overturned catamaran south of Kingston. Both aircraft conducted a search for both the vessel and any people that may have been in the water. Nothing was found and both aircraft safely returned to base.

The next day the Griffon was tasked to assist the OPP in a search for a missing person. A visual search was conducted near Hill Island on the St. Lawrence River, but nothing was found. Rescue 493 then returned to base.

On November 4, our CC-130 was tasked to search for a missing hunter near Bancroft. The Herc dispatched flares to assist an OPP-led ground search. The ground search was able to continue without further illumination and Rescue 319 safely returned to base. The following day both the Herc and Griffon were tasked to the Bancroft area to continue the search for the missing hunter. The search team was able to locate the hunter who had become lost and disoriented the day before.

Until next week, stay alert and stay safe.

Missions for 2008: 214 Missions for Nov: 3 Persons rescued: 32

# OFFICERS' MESS November 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
THE MESS WILL BE CLOSED						1
REMEMBRANCE DAY						
2 Bridge Club 1300-1600	3	4	5	6 TGIT Oktoberfest	7 SANDWICH BAR	8
9 Bridge Club 1300-1600	10	11 Remembrance Day	12 Ladies Club	13 TGIT Spaghetti	14 SANDWICH BAR	15 WINE & CHEESE
16 Bridge Club 1300-1600	17	18	19	20 TGIT Steak	21 SANDWICH BAR	22
23 Bridge Club 1300-1600	24	25	26	27 TGIT Fish & Chips	28 SANDWICH BAR	29 BINGO
30	DECEMBER DATES TO KEEP IN MIND CHILDREN'S CHRISTMAS PARTY - DEC 7 NEW YEAR'S EVE PARTY - DEC 31					



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- 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 (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents 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 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

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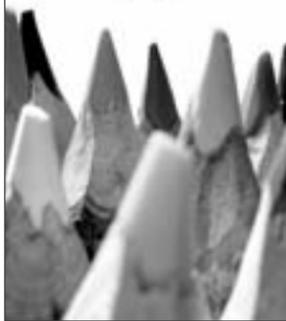
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# Canadiana Crossword

## A Cache of Cronenbergs

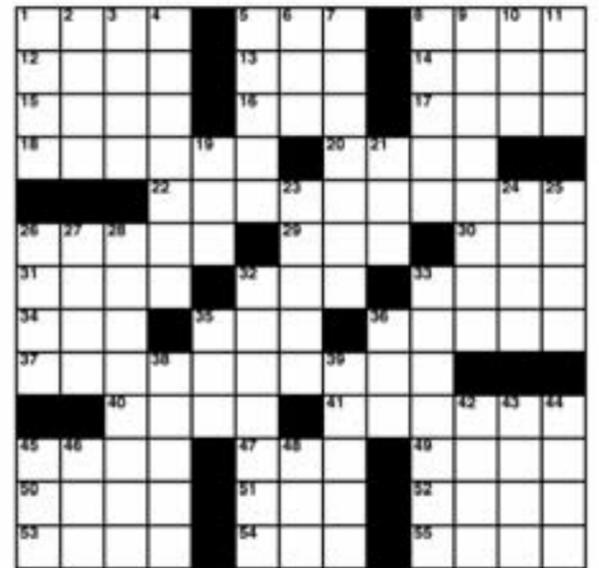
By Bernice Rosella and James Kilner

### ACROSS

- 1 Dotard
- 5 Mythological bird
- 8 Merganser
- 12 Arab oil org.
- 13 Khan, for one
- 14 Colt's mom
- 15 Command
- 16 Wager
- 17 Mild curse
- 18 Soluble salt
- 20 Horse hue
- 22 1983 Cronenberg movie
- 26 The \_\_\_\_\_, 1979 Cronenberg movie
- 29 Cancelled
- 30 Song
- 31 Tosses
- 32 Seek political office
- 33 Belgian river
- 34 Pan-Arab org.
- 35 Conifer
- 36 Insensitive
- 37 Distinguished director David
- 40 k.d., for one
- 41 Planks
- 45 Journey
- 47 Self
- 49 Biblical mariner
- 50 Missive
- 51 Trotted
- 52 The Dead \_\_\_\_\_, 1983 Cronenberg movie
- 53 Placed the ball
- 54 Apple variety
- 55 Eve's amour

### DOWN

- 1 Qatar capital
- 2 German auto



- 3 Work station
- 4 Spanish eighths
- 5 1976 Cronenberg movie
- 6 Spanish exclamation
- 7 French auto
- 8 Defame
- 9 Flowering tree
- 10 Historical period
- 11 Marry
- 19 Stopper
- 21 Strange
- 23 Lapsed townie
- 24 Universal
- 25 Ogles
- 26 Duceppe's parti
- 27 Bellow

- 28 Outmoded
- 32 Dead \_\_\_\_\_, 1988 Cronenberg movie
- 33 Gauzy fabric
- 35 Bog
- 36 Assassins reward (Celtic)
- 38 \_\_\_\_\_ Lunch, 1991 Cronenberg movie
- 39 Black
- 42 Cross
- 43 Actor Andrews
- 44 Noah's eldest
- 45 A. Nobel creation
- 46 Ova
- 48 Space

See Answers, Page 22



## This Week in Contact

1978 - For three weeks, top fighter interceptor teams from US and Canadian Forces competed in an airborne shoot-out called "William Tell 1978." When the live firing exercise ended on Oct 7, two Canadian aircrew officers from 416 Squadron, CFB Chatham, NB, had won the "Top Gun" award for scoring the highest in a special mission shoot-off.

1988 - \$4.55 per hour of work is gone! As of October 1988, most categories of minimum wage requirements will change! The general hourly rate will become \$4.75 per hour; most other groups will change accordingly. Minimum wage legislation falls under the Employment Standards Act and applies to employers and employees in the Province of Ontario.

1998 - Eight members of 2 Air Mov Squadron departed Trenton for Winnipeg in order to compete in the Annual Airlift Support Competition 98. This year, the annual competition was hosted by 1 Air Mov Sqn at 17 Wing. The Airlift Support Competition offers Traffic Technicians across the country the opportunity to test their Air Movements skills in a friendly and challenging atmosphere. Some of the events include precision forklift driving, consolidation of air cargo shipments for airlift, load planning including the completion of payload distribution plans, cargo loading and handling on aircraft and the use of tie-down equipment on aircraft.

Created by Lt J. H. MacDonald,  
 Compiled by Grace La Rose.



# Remembrance Day Message from General W.J. Natynczyk

11 November 2008

Etched in our memories are the sacrifices and selfless deeds of those who have nobly served Canada before us. I am truly honoured to mark this Remembrance Day as your Chief of the Defence Staff.

This year's commemoration is especially significant as we observe the 90th anniversary of the end of the First World War.

On November 11, 1918, the guns finally fell silent on the battlefields of Europe. It was on those battlefields that our forebearers set a standard of military excellence

that has been upheld by generations of Canadians that served after them.

From the trenches of Ypres to the beaches of Normandy to the Kapyong River, hundreds of thousands of our predecessors fought gallantly in the name of freedom.

Many made the ultimate sacrifice.

It is our privilege that we inherit their distinguished legacy and commit to our duty to perpetuate this heritage so dearly gained.

It is a legacy of service and heritage that our brave men and women in uniform are so steadfastly preserving



**General W.J. Natynczyk**

right now, here in Canada and around the world.

And so today, while veterans are paying homage to their fallen comrades at cer-

emonies both at home and overseas, we gratefully acknowledge their dedication and valour in serving Canadians and protecting

Canada.

They are fondly remembered – and even venerated – throughout the world as liberators, as guardians of peace and justice, and as defenders of democracy.

As we face the daunting challenges of an uncertain world, their loyalty inspires us, their courage steadies us, and their dignity emboldens us.

Nor should we ever forget the large debt we owe, both in the past and present, to our military families. Without their faithful and tireless support none of our successes would have been possible.

On this solemn occasion, as we reflect silently on the liberty we enjoy, let us honour the memory of those whose sacrifices guaranteed those very freedoms. And let us firmly resolve to carry on the tradition of unconditional commitment to country that they so sincerely embraced.

We have been passed the torch.

And, as we remember them, we will continue to hold that torch high.

*W.J. Natynczyk  
General  
Chief of the Defence Staff*

## Message du Général Walter Natynczyk à l'occasion du jour du Souvenir

Le 11 novembre 2008

En ce jour où nous nous rappelons les sacrifices et les actes altruistes de ceux qui ont généreusement servi le Canada avant nous, je suis profondément honoré de souligner ce jour du Souvenir, en qualité de votre Chef d'état-major de la Défense.

La commémoration de cette année revêt une importance particulière puisqu'elle marque aussi le 90e anniversaire de la fin de la Première Guerre mondiale.

Le 11 novembre 1918, les fusils se sont enfin tus sur les champs de bataille en Europe. C'est sur ces champs de bataille que nos aïeux ont établi un modèle d'excellence militaire, modèle qui a été suivi par des générations de

canadiens qui leur ont succédé.

Des tranchées d'Ypres aux plages de Normandie jusqu'à la rivière Kapyong, des centaines de milliers de nos prédécesseurs ont combattu vaillamment au nom de la liberté.

Un grand nombre ont fait l'ultime sacrifice. C'est pour nous un privilège d'être les bénéficiaires de leur précieux héritage et il est de notre devoir de perpétuer un héritage acquis au prix de si grands efforts.

C'est un legs de service et un héritage que nos courageux hommes et femmes en uniforme préservent avec autant de détermination, en ce moment, au Canada et à travers le monde.

Donc, aujourd'hui, pendant que les anciens combattants rendent hommage à leurs

camarades tombés au champ d'honneur dans le cadre des cérémonies qui se déroulent ici et à l'étranger, nous reconnaissons avec gratitude le dévouement et la bravoure dont ils ont fait preuve en servant les Canadiens et en protégeant le Canada.

Partout dans le monde, on se souvient d'eux avec un sentiment d'affection – voire de vénération – comme de libérateurs, comme de gardiens de la paix et de la justice, et comme de défenseurs de la démocratie.

Au moment où nous affrontons les immenses défis d'un monde incertain, leur loyauté nous inspire, leur courage nous rend plus solides, et leur dignité nous donne du courage.

Nous ne devrions jamais oublier non plus

notre immense dette, passée et présente, envers les familles de nos militaires. Sans leur soutien indéfectible, aucune de nos victoires n'aurait été possible.

En cette occasion solennelle, alors que nous méditons en silence sur la liberté dont nous jouissons, honorons la mémoire de ceux dont les sacrifices ont précisément garanti ces libertés. Et prenons la résolution ferme de perpétuer la tradition d'engagement inconditionnel envers le pays qu'ils ont pris avec autant de sincérité.

Le flambeau nous a été passé.

Et, en honorant leur mémoire, nous continuerons de le porter haut.

*Le Général W.J. Natynczyk  
Chef d'état-major de la Défense*

### 8 WING QUESTION OF THE WEEK

**QUESTION:**

What do you enjoy most about Halloween?

**Hilton Dawson**  
Age: Three

"Dressing up as Spiderman!"

**Madeline Levesque**  
Age: Two and a half

"The kitty cats on Halloween!"

**Brooklyne Eikaart**  
Age: Two and a half

"Dressing up!"

**Caillen Chisholm**  
Age: Two

"Going trick or treating!"

**Georgia Greenough**  
Age: Two

"Being a Lion Princess!"

## PET OF THE WEEK

Hi, I'm Harvey! I'm an older beagle who is very loving, sweet, calm and quiet boy just looking for a family to call my own. I love going for walks, cuddling, being bathed and just lazing about. I am good with children, cats and other dogs.

Animals are from the Quinte Humane Society  
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# Remembrance Day



**"The heart hath its own memory, like the mind.  
And in it are enshrined the precious keepsakes, into  
which is wrought the giver's loving thought."**

*~ H.W. Longfellow*



**Lest we forget...**  
*Canadians honour the  
 supreme sacrifices made by  
 our brave men and  
 women to keep  
 us free*




**Rick Norlock MP**  
 Northumberland  
 Quinte West

Cobourg 277 Division Street, Unit 2 905-372-8757  
 Trenton 103B Dundas Street W 613-392-3382

*"There for you"*



Please join us again  
 this year as we join  
 together on November 11th.  
**"REMEMBER"**  
 our friends and family members  
 who fought the wars  
 so that you and I can  
**Live in Peace.**




**VANDERMEER TOYOTA**  
 959 Division St, Cobourg




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LEST WE FORGET  
REMEMBRANCE DAY

N'OUBLIONS JAMAIS  
JOUR DU SOUVENIR



**WE THANK ALL MEMBERS OF THE CANADIAN FORCES**  
 who have bravely served our country,  
 past and present.

**NOUS REMERCIONS TOUS LES MEMBRES DES FORCES CANADIENNES**  
 qui ont servi notre pays avec courage  
 et qui le font toujours.





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## Lest We Forget

The staff of QuintEssential Credit Union in Belleville and Trenton honour the men and women who fought for freedom and democracy everywhere.

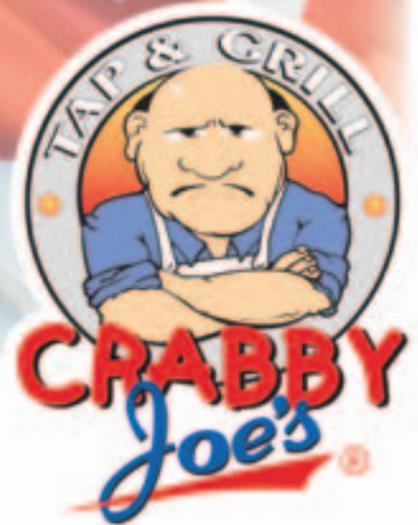


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*Thank you for your dedication to our beloved country.*



Proudly serving the Quinte area, we are pleased to offer all of our services and treatments without referral at any of our three office locations.

As your full-service family dental office, our aim is to achieve and maintain great oral health. From routine check-ups to more complex cosmetic and restorative procedures, our happy, friendly team of professionals will help you enjoy your healthy smile while making you feel like part of our family.

For more information regarding any of our programs or treatments, we invite you to visit our new web site - where you can learn about our dental practice, meet the team and much more.

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# SPORTS & RECREATION

## Curling playdown

The CFB Trenton Curling Team will represent 8 Wing/CFB Trenton at the Ontario Regional Curling Championship, to be held at CFB Kingston from January 18 to 21, 2009.

Slide, sweep and curl your way to the championship. Competition is open to all CF, Class B and C reserve members.

Play down will be held at the Trenton Curling Club at 0900 hrs, on Wednesday, December 10, 2008.

Curlers must register no later than November 21, 2008. To register or to obtain more information please feel free to contact Dan Cormier, Military Sports Coordinator, at local 3373.

## "BUILD IT AND THEY WILL COME"

Photos: Private Isabel Lavallee-Raby, 8 Wing Imaging



Construction is well underway on the new sports fields located on the western side of RCAF Road, although the fields will not be ready for use for approximately another year due to the need for the grass on the fields to be properly rooted. It is essential for the grass to have strong roots before it is disturbed by sports, in order to ensure prolonged use of the fields. Until then though, sport enthusiasts have incredible grounds to look forward to.

## Special Olympics: "Let me win - But if I cannot win, let me brave in the attempt"

Special Olympics Trenton and District is the physical, social, and psychological development of athletes with intellectual disabilities through positive successful experiences in year round sports events.

The sports contain elements of play, recreation or physical education and should also assist athletes in participating meaningfully and successfully in all dimensions of a physically active lifestyle.

Special Olympics uses the medium of sport to assist athletes to become all that they can be physically, mentally, socially, emotionally and to become accepted, respected and productive members of society.

**Origin of the Oath:** Prior to the first-ever International Special Olympics Summer Games on July 20, 1968, Eunice Kennedy Shriver discussed the idea of Special Olympics

oath with Dr. Herb Kennedy Kramar, then Public Relations Advisor to the Kennedy Foundation.

Shriver reminisces: "I asked Herb to draft something so that the athletes would feel good about trying, and if they were not successful, they wouldn't feel that they had failed."

Kramar prepared some ideas that Shriver reviewed. She made the first edit on her way to the Opening Ceremonies of the first Special Olympics World Games, which were held in Chicago's Soldier Field, with 1,000 athletes from 26 US states and Canada competing in athletics, floor hockey, and aquatics.

In front of the many spectators and visitors, Shriver memorably opened the first Special Olympics Games with these words: "In ancient Rome, the gladiators went into the arena with these words on their lips: "Let me win,

but if I cannot win, let me brave in the attempt."

"Today, all of you young athletes are in the arena. Many of you will win but even more important, I know you will be brave and bring credit to your parents and to your country. Let us begin the Olympics. Thank you".

Volunteers are the backbone and donors and sponsors are the lifeline of our organization. The generous support of our community makes it possible to offer these programs and to give the athletes an opportunity to "Reach for the Gold".

Trenton Flames offers the following sports: bowling, soccer, softball, rhythmic gymnastics, martial gym, and weightlifting.

If you enjoy working with warm hearted caring individuals, having a few hours to spare that will make a differ-



**Special Olympics**

ence in an athlete's life, come and join the Special Olympics Family!

Our athletes take great pride in representing our community and as we move forward we are asking for assistance from the City of Quinte West to help keep our programs going.

Currently, we are looking for volunteers for bowling, rhythmic gymnastics, martial gym and weightlifting. Knowledge of the sport is an asset but we will help train you.

For more information contact Debbie at 613-827-4189 or trentondebbie@hotmail.com



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## How to keep safe while drinking

Alcohol is a permanent part of most people's lives, whether they prefer a nice cold beer on the patio on a hot summer's day, or they enjoy a glass of wine with dinner.

The majority of people drink in moderation but there are some people (especially younger adults) who tend to drink until they get intoxicated. This can be very dangerous, as you are more likely to get hurt or to hurt someone else when you are intoxicated than when you are sober (or have only had one or two drinks).

If you choose to drink here are a few tips to reduce the risk and help keep yourself safe:

Always, ALWAYS assign a designated driver. If you can't find someone in your group willing to drive arrange to take a cab or another form of transportation (e.g., bus etc) to get home.

Space out your drinks. Try to limit yourself to one alcoholic beverage per hour so that you give your body a chance to metabolize the alcohol already in your system before you add more. This will help keep you from getting too drunk too fast, which is very dangerous.

Also, remember that alcohol will dehydrate, so alternate with water or another non alcoholic beverage. Better yet, set a limit before you start to reduce the risk of overdrinking

Try eating something before you start drinking. Food will slow the absorption of alcohol into the blood stream. On an empty stomach, alcohol is absorbed very rapidly, which can contribute to alcohol poisoning.

Avoid doing shots. These contain higher concentrations of alcohol than beer, wine, coolers or cocktails. Also, because they are so small (1 oz.), you will be tempted to drink more of them.

This can lead to the ingestion of a lot of alcohol over a very short period of time, which can lead to significant drunkenness, passing out, or alcohol poisoning.

Avoid playing sports. Drinking impairs your judgment and reflexes. You will be more likely to injure yourself or others.

Alcohol combined with prescription, over the counter medications and other illegal drugs can sometimes be a very dangerous mix.

Don't take certain prescription drugs with alcohol especially antidepressants, sleeping aids, anxiolytics (anxiety-reducing medications like Zoloft), and any narcotics (e.g., Tylenol 3, morphine).

Do not mix alcohol with caffeine. Because it is a central nervous system (CNS) stimulant, caffeine will make you feel more awake and alert, thus tricking you into thinking you are more sober than you actually are.

This increases the likelihood that you will drink and drive, mistakenly thinking that you are sober enough to do so.

Also, ingesting alcohol (a CNS depressant) and caffeine at the same time is mixing "uppers" and "downers". Many people think that in doing this, the drugs "cancel each other out".

This is not true – the effects are actually additive. So, since both can produce heartbeat irregularities, and can cause dehydration, mixing them enhances these effects.

Most dangerously, perhaps, is that, since you feel more sober, you are likely to drink more, even though you may already be drunk – alcohol poisoning becomes a real possibility.

For more on how to keep safe while drinking, [www.drinkingfacts.ca/english/downloads/facts\\_safety.pdf](http://www.drinkingfacts.ca/english/downloads/facts_safety.pdf) contains an impressive list of tips to help you out.

Ultimately, the safest thing to do is to not drink at all. Barring that, you should stay within the Low-Risk Drinking Guidelines.

This means no more than two standard drinks per day, or nine standard drinks a week for women and 14 for men. Always remember to stop and think before you drink.

For more information on Addictions Awareness Week and the Health Promotion program, please contact your local Health Promotion office or visit our website

at [http://www.forces.gc.ca/health/services/engraph/health\\_promotion\\_home\\_e](http://www.forces.gc.ca/health/services/engraph/health_promotion_home_e).

## Did You Know?

Vodka was originally used as an anesthetic and disinfectant, not as a drink. It wasn't until the 1300's, 200 years after its invention, that vodka was discovered to be an intoxicant and used for that purpose.



"Did You Know?" is brought to you by your 8 Wing Health Promotion department.

## Sustain your healthy weight

(NC)-Experts say that one of the most common mistakes people make when trying to achieve their healthy weight is their obsession with dieting and focusing on caloric intake alone.

Many people think that in order to lose weight, all they need to do is eat as little as possible.

According to the nutrition experts at EatRight Ontario, nothing could be further from the truth as this type of 'quick-fix' approach is a sure fire way to fail.

To achieve and maintain a healthy weight, the first thing you need to do is approach your plan with a long-term goal in mind.

To be successful, you can't concentrate on diet or on exercise separately. A daily routine needs a healthy balance of activity and food intake. But, when it comes to being active, you also need to be

mindful that you're engaging in the right type of exercise otherwise you may not get the desired results.

For example, cardiovascular exercise is important for lowering body fat, but when it comes to maintaining long-term health and fitness, flexibility and weight training should also be included in your routine.

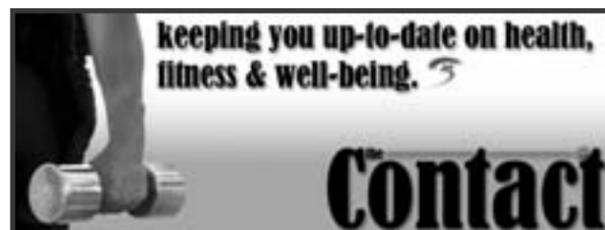
Healthy eating together with regular physical activity helps prevent obesity, and reduces the risk of chronic diseases such as heart disease, high blood pressure, stroke, osteoporosis and some forms of cancer.

A healthy diet includes eating a variety of foods from the four basic food groups while paying close attention to portion sizes.

You can do it, and now's a good time to start!

### Upcoming Health Promotion Campaign

Addictions Awareness Week will take place from November 16 to 22, 2008



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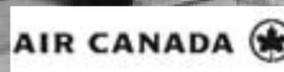
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From The Brick Furniture Superstore in Belleville

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Sample Photo

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## Remembrance Day Message from the Governor General

Ninety years ago, on the 11th hour of the 11th day of the 11th month, the hostilities of World War I came to an end. The Armistice had been signed six hours earlier, at Rethondes, in the Forest of Compiègne, aboard the train of Marshal Ferdinand Foch, supreme commander of the Allied troops.

Remembrance Day came about as a way to commemorate the suffering and end of the Great War—six million dead, including more than 66,000 Canadians, 20

million wounded, others disabled, mutilated, widowed, orphaned—and has come to include the other wars fought since then.

For some of us, November 11 reminds us of parents or grandparents who shared their memories of that armistice in 1918. For others, this historic day reminds us that the sacrifices made by our soldiers paved the way for greater autonomy for Canada. Everyone agrees: our valiant troops won the Great War, and those that



The Right Honourable Michaëlle Jean, Governor General of Canada

would follow, through their courageous selflessness, extraordinary bravery, and at the cost of their very lives.

On this Remembrance Day, let us honour the memory of every woman and man who has fought against tyranny and dictatorship. May this day serve to express our gratitude, respect and constancy. Lest we forget!

*The Right Honourable  
Michaëlle Jean  
Governor General of  
Canada*

### Message du Gouverneure générale à l'occasion du jour du Souvenir

Il y a 90 ans cette année, à 11 heures, le 11e jour du 11e mois, cessaient les hostilités de la Première Guerre mondiale. L'Armistice avait été signé six heures plus tôt, à Rethondes, en forêt de Compiègne, à bord du train du maréchal Ferdinand Foch, chef suprême des troupes alliées.

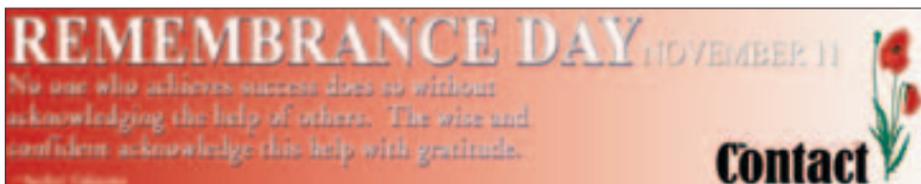
Le jour du Souvenir tient son origine de la commémoration des affres et de la fin de cette Grande Guerre — six millions de morts, dont plus de 66,000 Canadiens, 20 millions de blessés, des invalides, des mutilés, des veuves, des orphelins — et rappelle les autres guerres depuis.

Pour certains d'entre nous, le 11 Novembre évoque le souvenir de parents ou de grands-parents qui ont transmis leur réminiscence de cet armistice de 1918. Pour d'autres, cette

journée historique rappelle que les sacrifices consentis par nos soldats ont pavé la voie d'une plus grande autonomie du Canada. Tous en conviendront : nos valeureuses troupes ont remporté la Grande Guerre, et celles qui ont suivi, en faisant preuve d'une abnégation courageuse, d'une bravoure inouïe et au prix de leur vie.

En ce jour du Souvenir, honorons la mémoire de toutes ces femmes et tous ces hommes qui ont combattu la tyrannie et la dictature. Que cette journée témoigne de notre reconnaissance, de notre respect, de notre fidélité. N'oublions jamais!

Son Excellence la très honorable  
Michaëlle Jean,  
Gouverneure générale du Canada



### UNE INVITATION AUX PARENTS À NE PAS MANQUER!

Vous êtes cordialement invités à participer au

#### FORUM DES PARENTS

du Conseil des écoles catholiques de langue française du Centre-Est (CECLFCE). Cette consultation portera sur les grands défis de 2009 à 2014 tels la démographie, la francophonie, le recrutement et la rétention, le marché de l'emploi ainsi que la catholicité. Trois consultations auront lieu dans différents endroits sur le territoire du CECLFCE les jeudis 6, 20 et 27 novembre.

Pour plus d'information et pour vous inscrire, consultez le [www.ecolecatholique.ca](http://www.ecolecatholique.ca) ou composez le **613-746-3837**.



### WRAP YOUR WINDOWS FOR THE HOLIDAYS



This holiday season, give yourself the gift of light, and transform your home with the elegance of Hunter Douglas window fashions. Order one of our featured products before December 15, 2008 and receive up to \$300 in manufacturer's rebates. Visit this participating Hunter Douglas dealer for details. Promotion runs from Oct. 15 to Dec. 15, 2008.



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Contact

**Remembrance Day**

We wear a poppy  
On Remembrance Day,  
And at eleven  
We stand and pray.  
We wreaths are put  
Upon a grave.  
As we remember  
Our soldiers brave.

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**"We Salute Our Fallen Heroes."**

**Royal Canadian Legion Branch 110 Trenton**

**Remembrance Day Parade**  
Forming behind the Legion at 10:45am and marching to new Cenotaph location.

19 Quinte Street, Trenton, ON  
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**Royal Canadian Legion Branch 99**

We wear poppies, attend ceremonies & visit memorials. "WE REMEMBER" why we must work to protect peace & our freedoms everyday.

132 Pinnacle St., Belleville ON  
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**"We Will Remember Them"**

**Royal Canadian Legion Branch 100 Brighton**

**Parade - November 11, 2008**  
Starts at the Legion (Park St.) at 10:30 am to the Cenotaph for the Remembrance Day Service.  
*You are invited back to the legion for a light lunch.*

**Dinner - November 11, 2007**  
\$15.00 per person  
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Cocktails 5:00 pm  
Dinner 6:00 pm

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*Keeping mindful of all of those who fought for our freedoms in the past: and to those who are protecting the freedoms of our future.*

**In Honour of Those Who Served Our Country**

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**REMEMBRANCE DAY**  
NOVEMBER 11  
*"To live in the hearts we leave behind is not to die."*  
- Thomas Campbell

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*The legacy of heroes is the memory of a great name and the inheritance of a great example.*  
- Benjamin Disraeli

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## Paper cut injuries



Submitted by  
Don Heans,  
Wing General Safety  
Officer

A paper cut is always a nuisance. It can be painful, slow to heal and can also become infected unless it is properly cared for.

Paper cuts, although minor, should be cleaned and bandaged properly just like any injury.

Paper cuts can be prevented in several ways.

Wear hand protection when handling large amounts of paper.

Finger cots cover the finger tips and also make it easier to manipulate paper.

Cotton gloves are suitable for some paper-handling jobs.

Decide what kind of

hand protection you would prefer to wear and talk to your supervisor about it.

Do not allow the skin on your hands and fingers to become too dry.

Handling paper dries the skin and makes it vulnerable to irritation and injury.

Use a moisturizer frequently, particularly around the edges of your fingernails. Watch how you handle paper, and adjust your techniques to avoid cuts.

Before shoving your hand into a file folder in the cabinet, lift it out and let it fall open.

When you are filling envelopes for mailing, manipulate them so you avoid the sharp edges on the flaps.

Use a sponge, or another piece of equipment commonly used for moistening envelope flaps. Not only is it unsanitary to lick them, but you can get a painful paper cut on your mouth.

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Windblown sparks can ignite an untreated roof, so when buying, building or renovating your home, make sure the roof is fire resistant.

Dry leaves and evergreen needles in rain gutters can catch fire, so clear your gutters regularly - especially in fire season.

Trim back any tree limbs that are within 10 feet of your chimney and dead limbs overhanging your home, to prevent them from catching on fire.

To prevent sparks and embers from entering and igniting your home, make sure there are screens with openings of a half inch or smaller over all attic and foundation vents. To prevent sparks from escaping and igniting vegetation near your house, cap your chimney with a 1/2" spark arrested mesh.

Store firewood and other combustibles away from your home, and keep the lid on your trash can.

To make sure firefighters can find your house in case of emergency, post your address prominently.

Maintain your landscape to eliminate dead vegetation that could catch fire, and use plants that are fire resistant.

Have an operable fire extinguisher readily available. Practice an escape plan at least once a year. Make sure the whole family is involved.

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To protect your family, STEP ONE is to have a licensed inspector give your fuel-burning systems the all-clear before turning on the heat each Fall.

STEP TWO is to add CO alarms to your home - one per floor is recommended by the National Fire Protection Association and, at a

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Safety experts say to look for a ULC approval certification sticker on the alarm package. And, you may want to select today's most popular CO alarms that have a digital readout.

"Since CO detection is impossible for humans, a digital readout makes it easy to watch for rising levels of carbon monoxide that may signal a slow leak," says Carol Heller, a home safety specialist at Kidde Canada, the country's largest manufacturer of home safety products.

Exposure to carbon

monoxide reduces your ability to think clearly, so never delay if your alarm goes off or you sense there's a problem. Get everyone out of the house and stay out, then call the fire department or 911.

Be sure to test and maintain your CO alarms regularly, and once they are seven years old, replace them as the sensors wear out and can become obstructed over time.

More information about carbon monoxide safety tips for your home and family can be found on the [www.SafeAtHome.ca](http://www.SafeAtHome.ca) web site.

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**the Contact**



## Paper cut injuries



Submitted by  
Don Heans,  
Wing General Safety  
Officer

A paper cut is always a nuisance. It can be painful, slow to heal and can also become infected unless it is properly cared for.

Paper cuts, although minor, should be cleaned and bandaged properly just like any injury.

Paper cuts can be prevented in several ways.

Wear hand protection when handling large amounts of paper.

Finger cots cover the finger tips and also make it easier to manipulate paper.

Cotton gloves are suitable for some paper-handling jobs.

Decide what kind of

hand protection you would prefer to wear and talk to your supervisor about it.

Do not allow the skin on your hands and fingers to become too dry.

Handling paper dries the skin and makes it vulnerable to irritation and injury.

Use a moisturizer frequently, particularly around the edges of your fingernails. Watch how you handle paper, and adjust your techniques to avoid cuts.

Before shoving your hand into a file folder in the cabinet, lift it out and let it fall open.

When you are filling envelopes for mailing, manipulate them so you avoid the sharp edges on the flaps.

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# FAMILY



## Activity: Mystery Box Fingerplay



Fingerplays are an excellent way to Comfort, Play with and Teach your Child.

They enrich children's vocabulary, expose them to different sounds, and are a wonderful way for grown ups and children to laugh together and interact.

The following rhyme can be adapted for infants, toddlers or preschoolers:

Here is a box, open the lid, I wonder what-ever inside is hid? (make

an animal sound); Why, it's a (name the animal); Without a doubt open the lid and let him out!

For infants, make a fist and pretend it is a box, holding your other hand over it like a lid.

Make the animal sound (i.e. cat, frog, chicken), and then lift the 'lid' and pretend to peek inside the 'box'.

Reveal the name of the animal and then tickle your baby while making the animal sound some more.

For toddlers, you can do the fingerplay as for infants, or you can put some finger puppets into a small box, to make them curious.

Say the rhyme, and make the animal sound, giving your child the opportunity to guess what it is before sharing

the answer.

If your child does not know the answer, they soon will with enough repetitions of the rhyme. Then put the puppet on your finger and give your toddler finger puppet kisses!

For preschoolers, do the same as for toddlers. To extend the activity, leave the last word off the end of each line and encourage your child to fill in the blanks.

This will help to increase their attention and memory. Soon they will be reciting the rhyme all by themselves!

Enjoy this more with Comfort, Play and Teach™ activity.

*Courtesy of the D-News Network, DND-CF Public Affairs Newswire. All text by Invest in Kids. www.investinkids.ca*

## Mealtime.org Tropical Ambrosia

For busy days, this "cool and creamy" tropical ambrosia is an easy make-ahead favorite. And it is also another great way to fit nutrient-rich fruits, including vitamin-C rich canned pineapple and mandarin oranges, into your everyday meals.

### Ingredients:

- 1 can (20 ounces) pineapple chunks in juice, drained
- 1 can (16 1/2 ounces) dark sweet pitted cherries, drained, each cut in half
- 1 can (15 ounces) mandarin oranges in juice, drained
- 2 medium bananas, sliced
- 1 cup miniature marshmallows
- 1/2 cup canned flaked coconut, toasted
- 1/2 cup chopped pecans, toasted
- 1 container (8 ounces) reduced-fat sour cream
- 2 tablespoons lemon juice

**Preparation Time:** 15 minutes

**Preparation:** Combine the pineapple, oranges, cherries, bananas, marshmallows, coconut and pecans in a large bowl. Gently fold in the sour cream and lemon juice. Cover and chill until serving time. Servings: Eight

*Nutritional Information Per Serving: Calories 280; Total fat 11g; Saturated fat 4.5g; Cholesterol 10mg; Sodium 40mg; Carbohydrate 43g; Fibre 4g; Protein 4g; Vitamin A 15 per cent DV\*; Vitamin C 50 per cent DV; Calcium 6 per cent DV; Iron 6DV*

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FIND THE 7 DIFFERENCES



ANSWERS: 1 WOMAN'S HAIR 2 BOTTLE 3 BRUSH 4 DOOR HANDLE 5 WHEEL 6 BIRD LID 7 SMOKE ©PCA Oct 2008

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### High School Musical 3 (G)

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Matinees are Saturday, Sunday

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# HOROSCOPES

Weekly Astrology by Christine Davison

November 9 – November 15

**ARIES** (March 21-April 19): This week may remind you a little bit of the week previous except for what you had been working towards last week may now manifest results. Finances and your immediate environment may enter the picture on Friday. You'll be well known for something on Sunday; the rest of the week may remain shrouded in secrecy or mystery.

**TAURUS** (April 20-May 20): This week is as romantic for you as was last week. You may find that it's the little things that count the most when you are dealing with someone you care for. Acting in traditional and conservative ways with your new loved one may make them fall in love with you. The 12th and 13th may be an emotional and festive time.

**GEMINI** (May 21-June 20): If you have time to take a vacation, then now may be a good week to do so. Take care of yourself as much as possible and spend some quality time doing what you want to do for a change. You spend so much time taking care of others that you forget that you have to place yourself first. You'll see results mid-week.

**CANCER** (June 21-July 22): People may want to tell you something new about themselves. Children may preoccupy your heart and mind. The time you spend working in creative ways or pursuing musical interests may manifest as something beautiful mid-week. Hanging around younger or youthful, fun-loving people may help to re-energize and inspire you.

**LEO** (July 23-Aug. 22): Something from your past may continue to haunt you at times. Now may be the opportunity to embrace things that you once were afraid of or intimidated by. Conversations may revolve around the house and home. Something beautiful may occur or come to you on the 12th or 13th. Draw inspiration from friends from your childhood.

**VIRGO** (Aug. 23-Sept. 22): This week may involve many interesting conversations. Social activities may involve favourite family members or busy errands. Try to enjoy traditions with your family. Someone may say something sad but inspiring to you early in the week. Conversations will manifest interesting results mid-week. Combine logic with feeling.

**LIBRA** (Sept. 23-Oct. 22): This week revolves around finances and may help to solve some of the problems you encountered last week when dealing with jobs or your immediate environment. A change of pace or space may help you rejuvenate and look at things in a different perspective. The 12th and 13th may help you to fulfill your dreams.

**SCORPIO** (Oct. 23-Nov. 21): Many planets in your sign mean that many events may involve you or others close to you. People are drawn to you like moths to a flame but no one can hold a candle to Scorpio. Someone may become obsessed with you due to your beauty and charm. It's alright to say no but don't break too many hearts in the meanwhile.

**SAGITTARIUS** (Nov. 22-Dec. 21): Little problems that occur this week may be related to last week. You'll see results on the 12th or 13th. Something that you begin on Sunday may help free you or educate you on Wednesday or Thursday. You'll learn a very important lesson by Saturday that may lead you to spiritual insight and deep personal growth.

**CAPRICORN** (Dec. 22-Jan. 19): Humanitarian interests may help to bring you health and happiness. Build a community with your neighbours. This is a great time to join hobbies or like-minded groups. You'll make friends if you go out with a larger amount of people. Your work will best be done via traditional channels utilising conservative methods.

**AQUARIUS** (Jan. 20-Feb. 18): Someone may wish to reward you for your recent hard work. Secrets may come to you and travel may be a possibility. Someone may tell you exactly what it is you deserve and what your surprise may be halfway through the week. You deserve congratulations and accolades; this time, you really should get them!

**PISCES** (Feb. 19-March 20): You may learn something very beautiful. You may find out interesting information about a far off country. Someone may tell you that you have a charming or interesting voice. What seems traditional and ordinary to you may be exciting, exotic, and extremely attractive to someone else who lives far away.

Astrological queries can be directed to Christine at [www.moonsignastrology.ca](http://www.moonsignastrology.ca)

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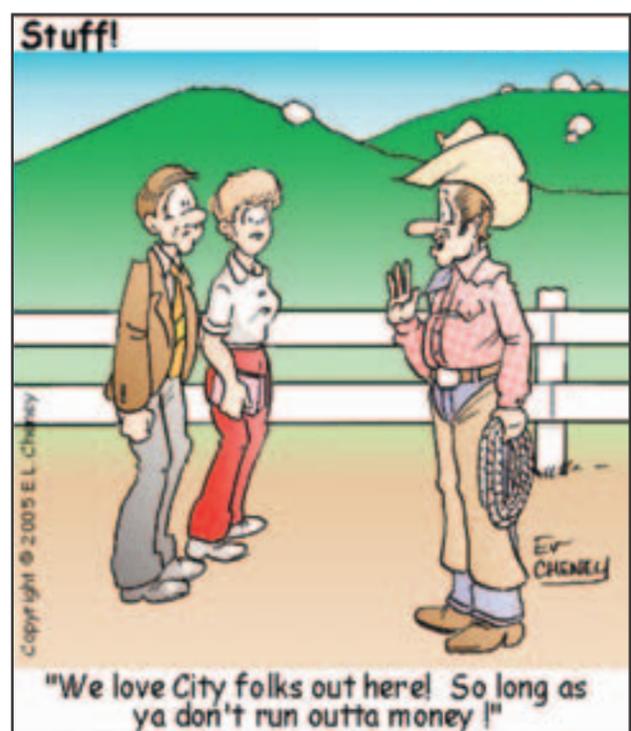
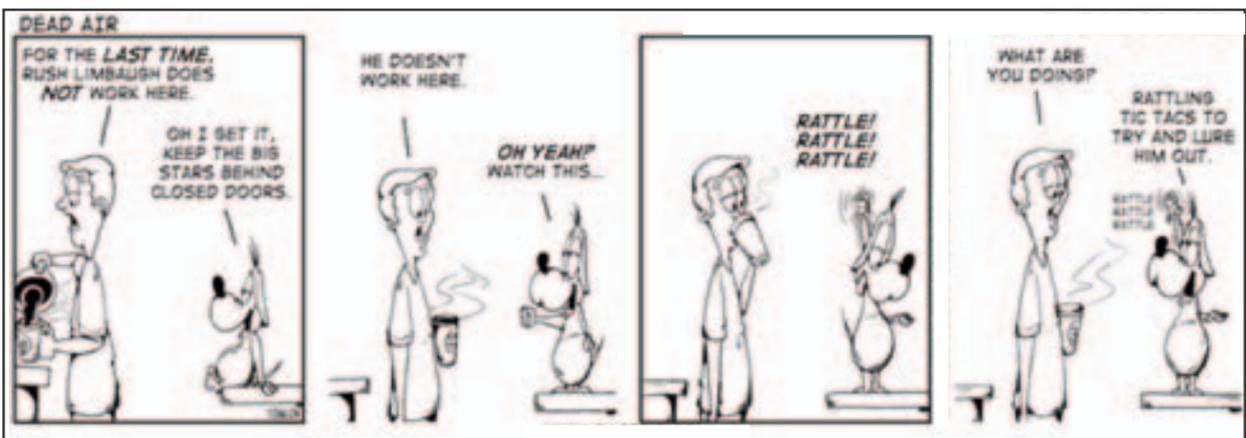
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Community Events

# Community Events

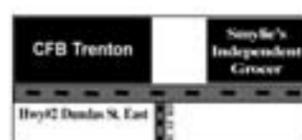
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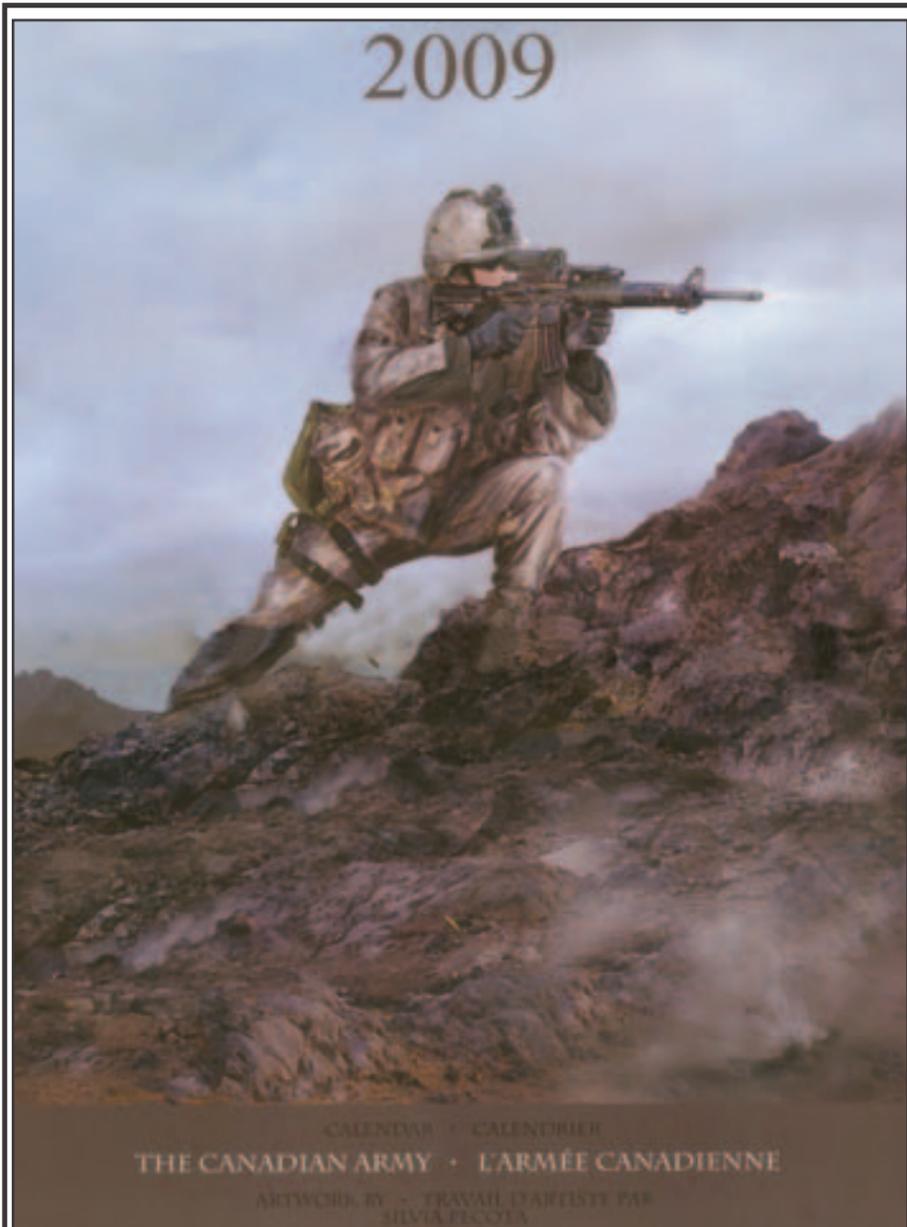


President's Choice



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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](mailto:steiner.al@forces.gc.ca), at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.



These beautiful 2009 "Army Calendars" by Silvia Pecota are on sale at the Canadian Forces Postal Unit at 15 Westwin (North Side) and the Military Post Office (South Side HQ Annex). For info contact Sgt Mike Moreau at local 4885. All proceeds will be used in support of the Canadian Forces Postal Unit 100th anniversary in 2011.

### 12th Annual Food Bank Toll Booth

ATESS North Gate

DATE: 27 November 08

TIME: 0630 to 0830

Collecting non-perishable food items and cash in support of the Trenton Care & Share Food Bank.



**All donations and support are greatly appreciated.**



### Trenton Amateur Radio Club Meeting

Tuesday Nov. 11, 2008  
Time: 7:00 p.m.  
Location: 4 Beaver Ave (on the south side of the base)  
Our club meets every second Tuesday of the month.  
<http://www.qsl.net/ve3ytr/>



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# More 8 Wing Imaging techs earn accolades for photos

Photographer: Cpl Igor Loutsiouk - Animals - Second place for "Husky".

"When I attended the Calgary Stampede 2007, one day as a group we decided to go to the mountains around town Canmore, about one hour from Calgary. We walked up the mountain and this husky walked with his owner just behind us. . It was a very hot day and it took about 1.5 hrs to get back down. When we reached the bottom of the mountain the first thing that the husky did was get in the water and he stayed there for 15 minutes to cool down."



Photographer: MCpl Susan Sampson - Environment - Honourable Mention for "Lupins in the Mist." Image was taken at Halls Harbour in Nova Scotia in June, which is the peak lupin season and the fog from the Bay of Fundy was just starting to roll in. Camera used was Nikon D70.



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**\$10,450**

**05 SATURN ION L-3**

8427 Automatic, MP3, alloy wheels, air, cruise, AM/FM/CD, keyless entry, pwr windows, mirrors, locks, only 37,000kms.

**\$10,450**

**05 SATURN ION L-2**

8139 Automatic trans. A/C, AM-FM, CD, power locks, 57,000 kms.

**\$8,450**

**04 SATURN ION L-3**

7814 MP3, cruise steering control, automatic trans. Alloy wheels, fog lights, A/C, AM-FM, CD, pwr windows, locks, mirrors, 61,000kms.

**\$7,950**

**05 MAZDA 6 S**

D8419 Wagon! Alloy wheels, roof rack, radio & cruise steering controls, AM/FM/CD, pwr windows, mirrors, locks, air, cruise, tilt, keyless entry, 59,000kms.

**\$12,450**

**05 PONTIAC G6 GT**

8179 Leather! P/sunroof, chrome wheels, heated pwr seat, pwr windows, locks, mirrors, cruise steering control, AM-FM, CD, traction control, 79,000kms.

**\$12,750**

**05 SATURN ION COUPE**

8213 Manual transmission, MP3, radio/cruise steering control, alloy wheels, spoiler, air, AM-FM, CD, keyless entry, pwr mirrors, locks, windows, 53,000kms.

**\$9,450**

**05 PONTIAC GRAND PRIX GT**

D8298 Pwr Sunroof, factory remote start, high polish wheels, dual climate controls, OnStar, spoiler, AM-FM, CD, pwr seat, pwr pl, mirrors, cruise, tilt, 78,000kms.

**\$10,450**

**05 CHEV TRAILBLAZER LT**

8031 V8, 4x4, P/sunroof, Leather! Heated seats, full pwr group inc. pedals and memory seat, OnStar. Dual climate w/rear air, steering controls, alloys, 70,000kms.

**\$16,950**

**05 BUICK ALLURE CX**

D8339 OnStar, wood grain trim, steering controls, pwr windows, mirrors, locks, seat, cruise, tilt, air, AM-FM, CD, keyless entry, 82,000kms.

**\$9,450**

**05 SATURN ION L-3**

8034 QUAD COUPE, Auto, MP3, AM-FM, CD, A/C alloy wheels, fog lights, pwr windows, locks, mirrors, cruise steering control, 46,000kms.

**\$10,950**

**05 ACURA MDX**

D8096 Leather! AWD, p/sunroof, rear air, heated pwr seat, trip computer, radio/cruise steering control, woodgrain trim, tinted windows, AM-FM, CD, 70,000kms.

**\$20,870**

**05 BUICK ALLURE CXS**

8296 Pwr Sunroof, Leather heated pwr seats, factory remote start, OnStar, steering controls, dual climate control, heated mirrors, traction control, 82,000kms.

**\$13,450**

**05 CHEV MALIBU MAXX S**

8396 Pwr sunroof, alloy wheels, pwr seat, AM/FM/CD, air, cruise, pwr, locks, windows, mirrors, 76,000kms.

**\$9,950**

All payments based on bi-weekly payments: 2002 - 48 mths; 2003 & 2004 - 60 mths; 2005 & 2006 - 72 mths; 2007 & up - 84 mths. Admin, P.P.S.A. and taxes included. EG: \$10,000 + \$299 admin. + taxes \$1336.87 + \$65 P.P.S.A. = \$1170.46 financed over 60 months at 8.50% = \$105.65 bi-weekly with a cost of borrowing of \$2021.10 on approved credit. All cash deals are price plus administration + taxes. Terms & rates current at time of print. 0 down, taxes included.

**APPLY ONLINE @ WWW.BAYVIEWAUTO.CA**

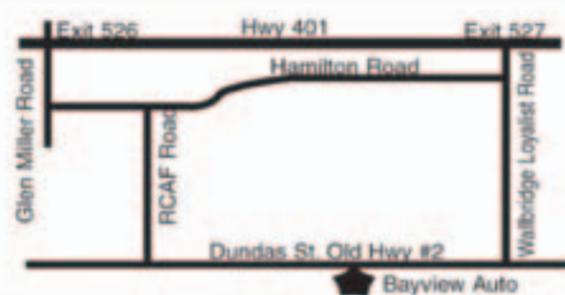
Page 4, BAYVIEW AUTO NOVEMBER 4, 2008

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**ANOTHER WINNING PHOTO FROM 8 WING**



Pte Tina Miller - Sports - Second Place for "Motocross Enduro Mud Bath" Image was taken as training for her QL4 projects. The aim was to capture "peak of action" during a sporting event. The subject was fellow Image Tech Simon Duchesne. Camera used was Nikon D3. See Page 20 for more photos.



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Med Pizza 4 topping with spaghetti, chef salad and garlic bread \$19.95

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 2 pc \$9.95

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 from \$2.95

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**WO SGTS MESS**

SUN	MON	TUES	WED	THURS	FRI	SAT
						Private Function fireside lounge 1
2	DGPFS M/L Conference room 3	MFRC ball room dancing 1800-2200 4	MFRC ball room dancing 1800-2200 5	DGPFS M/L Conference room 6	8AMS TRG M/L 800-1500 Toonie Lunch 1130-1300 fireside TGIF M/L fish & chips 1500-2030 7	8
9	10	Remembrance Day MFRC ball-room dancing 1800-2200 11	12 MFRC ball room dancing 1800-2200	13 PMC Coffee Break 1000 hrs Main lounge	14 Toonie Lunch 1130-1300 fireside TGIF M/L Chicken Dinner 1500-2030	15 YUK YUKS 1900-220 purchase tickets at Mess until Nov 12 Cost includes Chicken Wings
16	17 CFAWC Future casting conference room 800-1600	18 Ballroom CFAWC - mfrc 1800-2200 TRSET Main lounge 0800-1800	19 MFRC ball room dancing 1800-2200	20 Health Promotions conference rm TRSET Main lounge 0800-1800	21 Toonie Lunch 1130-1300 fireside General mess meeting 1400 main lounge TGIF M/L Lasagna 1500-2030	22 MP Christmas Party 1800-0100
23/30 23- PMC Bingo	24	25 MFRC ball room dancing 1800-2200	26 MFRC ball room dancing 1800-2200	27	28 Toonie Lunch 1130-1300 fireside TGIF M/L Swiss Steak Dinner 1500-2030	29 8AMS Crew 1 Christmas Party 1800-0100

**November 2008**



**BAR HOURS:**  
 Monday - Wednesday 1500-1800 hrs  
 Thursday 1500-1930 hrs  
 Friday 1130-1330 hrs  
 1500 - 1930 hrs

**Office Hours:**  
 Mon -Fri 0800-1600 hrs

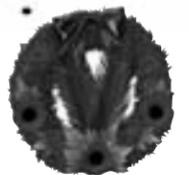
**For bookings**  
 (wedding/conferences/private parties)  
 Call 613-392-2811 Ext 2438/2768  
 Email: Briggs.RLE@forces.gc.ca

**JR RANKS MESS**



SUN	MON	TUES	WED	THURS	FRI	SAT
						Wedding Recep Cpl Lewis 1
2	Astra 3 Scuba Club 1900 hrs Lab lounge WNPf HR	4 Lab lounge WNPf HR	5 Lab lounge WNPf HR	6 Astra 429 Sqn Training Lab lounge WNPf HR	7 Astra 429 Sqn Dining In Lab lounge TGIF/TBA	8
9	10 Astra Show Tour 1930 hrs	11 Remembrance Day - JR Ranks Mess hosting (Office Closed)	12	13 Lab lounge Outdoor Pursuits Club meeting 1900 hrs	14 TGIF/TBA	15 Astra Show Tour 1930 hrs
16	17	18	19	20	21 Astra MFRC Comedy Night TGIF/TBA	22
23/30	24	25 Astra UNDE Elections	26	27	28 Astra MFRC Dance TGIF/TBA	29

**November 2008**





MFRC



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

**Deployment Support / Wednesday Night Out**

November 12 - **Spa Night** - Come out and enjoy a pamper relax night.  
November 19 - **Wellness, Massage and Relaxation Night** - Guest Amanda Wellness Centre

Please call ahead to reserve for childcare. Call 613-965-3595 or 613-965-3575  
A variety of activities coming up, please visit the MFRC website calendar  
[www.trentonmfrf.cfbtrenton.com](http://www.trentonmfrf.cfbtrenton.com)

**Soutien au déploiement / Les sorties du mercredi soir.**

12 novembre - **Soirée spa** – venez profiter d'une soirée relax de pouponnage  
19 novembre - **Soirée bien-être, massage et relaxation** - Notre invité sera le centre Amanda Wellness Centre

S'il vous plaît, communiquez avec le CRFM pour réserver le service de garde.  
Téléphonez au 613-965-3595 ou 613-965-3575  
Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, [www.trentonmfrf.cfbtrenton.com](http://www.trentonmfrf.cfbtrenton.com)

**Nouveau! Causerie francophone**

Chaque jeudi de 12:00 à 13:00 au Centre des Jeunes

Si vous êtes nouvellement arrivés, ou si vous avez envie de rencontrer d'autres francophones, joignez nous à nous. Amenez votre lunch et venez bavarder de différents sujets selon vos demandes.

Les enfants sont bienvenus, toutefois, prenez note qu'il n'y a pas de service de garde pour cette activité. **Gratuit**

**Card Making**

If you enjoy papercrafts and appreciate handmade cards join us monthly for an evening of card making at the MFRC at 6:30pm. Be sure to register and I look forward to seeing you there!!

Call Therese - 613 394-0441 to register. \$5 supply fee paid at class. Extra kits available.

**November 19, 2008** - Celebrate Christmas with stars and the colours of the season!!

**December 3, 2008** - You will be sending your thanks with ribbons and bows!

**La création de cartes**

Vous aimez le bricolage et appréciez les cartes faites maison, joignez-nous pour une session de création de cartes au CRFM à 18h30. Inscrivez-vous et j'ai hâte de vous rencontrer !

Communiquez avec Therese au 613-394-0441 pour vous inscrire. Des frais de 5\$ payables à la session pour fournitures. Des ensembles sont disponibles en surplus.

**19 novembre 2008** - Création de cartes – célébrons Noël avec les étoiles et les couleurs de saison !!

**3 décembre 2008** – vous pourrez envoyer vos remerciements avec boucles et rubans !

**Women's Group**  
**From the ground Up**  
Tuesday, December 2, 2008 – Tuesday, February 16, 2009  
(except December 23rd)  
1pm to 3pm  
Conference Room, MFRC  
Light Refreshments  
\$2 per session  
Register by November 27th at the MFRC reception  
The steps to a new you:  
This group will help you discover and strengthen your voice, teach you the necessary skills to empower and nurture the inner you so you can discover the woman you really are.  
Waiting list available for next group.  
Facilitated by:  
Janice Ford, M.B.A., R.S.W., R.M.F.T. and  
Caroline Barrette, B.A.P.



*Bus Trip to the*   
**"Dixie Mall"**  
Saturday, November 22<sup>nd</sup>, 2008  
Just in time for Christmas or to send your parcels overseas to loved ones, Dixie Mall is west of Mississauga and has over 135 Outlets. The bus will leave the Siskin Centre at 8:30 am and leave Dixie Mall to come home at 6:30 pm. The cost is \$15 and must be paid at time of registration at the MFRC.  
Information 613-965-3575  
*Voyage en autobus*  
au "Dixie Mall"  
Le samedi 22 novembre 2008  
Juste à temps pour Noël ou pour envoyer vos colis outre-mer aux êtres aimés. Le Dixie Mall est situé à l'ouest de Mississauga et offre plus de 135 magasins entrepôts. L'autobus quittera le Centre Siskin à 8h30 et partira du Dixie Mall à 18h30. Les frais de \$15 doivent être payés à l'inscription au CRFM.



To know more about Military Discount Program, please visit the MFRC website!!!  
If you know of any businesses offering discount to the military, tell them about this program or tell us about them.

Thank you!.

Pour plus d'information sur le Programme de rabais pour les militaires, svp, visitez le site Web du CRFM. Si vous connaissez des entreprises qui offre déjà un rabais aux militaires, informez les de notre programme ou informez-nous de leur rabais.  
Merci!

**NEW PILOT PROGRAM FOR YOUTH  
AFTER SCHOOL PIT STOP**

Parents do you have kids that are too old for care but just not quite ready to be on their own or have no where to go after school until work is finished?

We have a new program starting at the Youth Centre.

It is for youth, 12 – 15 years of age.

It will be Monday to Friday 2:45 – 5:15 PM.

The cost will be \$5 a day, which includes a snack.

You will need to register your child and we will need a schedule and payment in advance. Contact Susan for more information.

**NOUVEAU PROJET-PILOTE POUR LES JEUNES :  
UN COIN ARRÊT POUR APRÈS L'ÉCOLE**

Avez-vous des enfants qui sont trop vieux pour la garderie mais pas tout à fait prêts pour être laissés à eux-mêmes ou encore qui n'ont aucun endroit pour aller après l'école en attendant votre retour du travail ?

Nous démarrons un nouveau programme au Centre des Jeunes pour les 12 à 15 ans, les lundis après-midi de 14h45 à 17h15.

Les frais seront de 5 \$ et une collation est incluse.

L'inscription de votre enfant est nécessaire. Vous devez fournir un horaire et un paiement à l'avance vous sera demandé.

Contactez Susan pour plus d'information.

Please read our newsletter "Touching Base" or visit [www.trentonmfrf.cfbtrenton.com](http://www.trentonmfrf.cfbtrenton.com) for more information  
S'il vous plaît, consultez notre bulletin de nouvelles "Touching Base" ou visitez [www.trentonmfrf.cfbtrenton.com](http://www.trentonmfrf.cfbtrenton.com)

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# Classified

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**1/2 PRICE** MATTRESS SALE ON SERTA & SIMMONS MATTRESSES

Owner Jack Tennier, ex Naval Airman says thanks Quinte Area, for making us #1 for over 50 years.

**TRENTON** Hwy. 33 just south of 401 **392-6690**  
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Yes We Have NO INTEREST NO PAYMENT See Store For Details  
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**WE FINANCE** D.A.C. ON APPROVED CREDIT

### For Sale

#### Belleville Volkswagen

#### 2008 PASSAT EXECUTIVE DEMOS



We have 2 Passat 2.0T sedan's available. Nicely equipped Luxury Cars in Dark Brown or Blue. Auto, full power group, premium radio, sunroof. Financing available from 4.9%, and extended New Car Warranty to 120,000KM.

Call Paul for details...

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239 North Front Belleville  
[www.bellevillevw.com](http://www.bellevillevw.com)

**4 WINTER TIRES P225/60 R16 with 5 hole steel rims. Used one season only. Asking \$400 613-392-3773**

3 Bedroom home, 2 baths, oak kitchen, jet tub, 2 tier deck, fenced rear yard. Finished basement with gas fireplace. \$187,000 **613-242-4664**

**2007 Vespa LX150** Black Excellent condition, windsheild and back box included. \$5000 **613-966-8624** (evenings)

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### Comming Events

#### Quinte 13th Annual Model Railroad Show

Quinte Secondary School, Belleville  
45 College St. West  
**December 6 & 7**  
Over 50 vendors & layouts  
Adults \$5  
Family Rate \$10  
**For info call Bob 613-394-5494**

#### Loyalist Decorative Painters Guild

Open to anyone who is interested in painting for pleasure or fun. The second Wednesday of each month at **Carrying Place United Church.** Come and develop skills in the art of decorative painting. A short project or demo is at each meeting. **Call Judy Elliot 613-392-3913 or Wendy Burgess 613-475-5071**

### 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**

#### House Cleaning Services

Are you too tired or busy? Looking for someone to clean your home? This is the lady that you have been looking for. I have years of experience. I do weekly, bi-weekly, monthly and PMQ Marchouts. Just give a call and I promise you won't be disappointed. References Available **Judy 613-965-6316**

### 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**

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1 bedroom apts. **from \$595**  
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Excellent executive retreat on lake Consecon. 3 bedroom, 3 bath, 2 car garage home. 1 st, last and references required. Available Immediately. \$1580/mth **613-476-3443**

Fully renovated, large two bedroom apartment. Includes heat, hydro, parking, laundry facilities. \$750 per month. Available Immediately **Call KENMAU LTD. 613-392-2601**

3 bedroom house, close to schools and CFB. Fenced yard, finished basement. \$950/mth + utils. 1st, last & references. **613-242-4664**

21 Sunrise Drive, Ameliasburg. 3 bedroom, 3 bath house. Available Oct 4, 2008 Quiet country living, close to Belleville. \$1500/mth +utils **www.royalpm.ca 613-969-1144 X 23**

2 bedroom lower suite, walking distance to town. Fridge, stove and seperate entrance. No smoking. \$700/mth utils included Available December 1 **Call 613-395-1815 or 613-242-5996**

#### Belleville East Hill

Edwardian 2 1/2 storey house unspoiled 4 bedroom with 2 pc and 3 pc bathrooms. Approx. 2200 sq ft of living space, with finished attic. \$1200/mth + utils. References required. Available November. **613-967-2065**

#### LAKE BREEZE COURT

**Brand new condos available!** \$995/mth +gas & electricity. Quiet area, close to downtown Wellington. Access to private deck 1&2 bedrooms. Brand new Energy efficient appliances including stove, microwave, dishwasher, refrigerator, washer, dryer & AC! Visit us at **www.royalpm.ca** and apply online or call **613-969-1144 ext 23**

2 bedroom, non-smoking apt. Available to adults December 1, 2008 Utilities, fridge, stove, washer & dryer included. Close to downtown Trenton. Double parking driveway, no pets. \$800/mth **613-392-0840**

2 bedroom apt. Main floor duplex, quiet residential area, Belleville. \$825/mth + H&H New kitchen, hardwood and laminate floor, laundry. References, no smoking. **613-848-7610**

2700 Rednersville Rd. Large waterfront home, 4 bedroom + den, huge tree lot with fantastic view. \$1800/mth +utils **www.royalpm.ca 613-969-1144 x 23**

Room for Rent Large quiet room for rent in Trenton area home. Shift worker preferred. Shared kitchen \$400/mth Call for details **613-242-4664**

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### Crossword Answers

D	O	D	O		R	O	C		S	M	E	W
O	P	E	C		A	L	I		M	A	R	E
H	E	S	T		B	E	T		E	G	A	D
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## Riding the real estate roller coaster in Quinte

Unless you've been off the planet for the last number of weeks, you should know that the financial markets have been riding the roller coaster ... and the car has been on a major downward swing these last several days. If you have more money tied up in your home than in any other investment you may want to read further.

The Toronto real estate market has recently seen a reduction in the average residential sale price ... the first time in 10 years. Because Real Estate trends in Quinte often follow Toronto's lead, my best guess is that this decline in residential sale prices will soon find its way to our area.

For the last two to three months, I've been telling my clients that, compared to this time last year, there is a glut of homes listed for sale. Also, sale prices in Quinte were slightly higher in the first nine months of this year than they were during the same period in 2007. However, the caveat I also add is that "a correction in pricing is inevitable when there is more supply than demand".

Within the Quinte & District Real Estate Board, statistics to and including September 2008 showed an aver-

age sale price of \$202,350 which represents a 2.9% increase over the same period in 2007 (\$196,713). Please keep in mind this is an average for the entire region; individual areas and price ranges will differ. Again these statistics represent no slippage in average sale price, but it is important to note that in the first nine months of this year, 6527 properties were listed for sale, which is an increase of 888 properties that were listed for sale during the same period in 2007. A correction in pricing seems to be inevitable and, for some folks, has already happened. If we look at the sale price of property strictly in the month of September, we see the beginnings of downward price adjustments. Specifically, the average residential sale price in September 2008 was \$192,403 and in September 2007 it was \$202,151 - a decrease of 4.9% which, while not a drastic decline, is a decline nonetheless.

However, all is not doom and gloom. Because of the oversupply of homes presently listed for sale, it is a Buyer's market and interest rates are still very, very attractive. If you are a seller or potential sell-

er, keep in mind that 2007 was the best year ever for Real Estate prices in the Quinte area.

Thus, a minor correction should not be a major concern in the greater scheme of things. Furthermore, with the upswing in the local economy we should not take as large a 'hit' on pricing as we have seen elsewhere in North America. For example, the projected increase in personnel at CFB Trenton and within other local businesses may help minimize the downhill portion of the roller coaster ride. After all the view from the top of the roller coaster is much more enjoyable and a lot easier on the stomach than is the plummet to the bottom!

*DAVID WEIR BA, CD is the #1 Office Broker with Royal LePage ProAlliance Realty in Trenton and is in the Top 1% of 14,000 Royal LePage REALTORS® nationwide. David can be contacted at 613.394.4837 or via david@davidweir.com.*

*You can also check out David's blog at www.davidweir.com for other real estate information and to learn more about his complimentary professional staging services and electronic home feedback feature.*

## Advertise your listings with us!



**Call Patricia**  
613-392-2811  
Ext 7008

**Open House Saturday & Sunday 1 - 3 pm**  
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**DARE TO COMPARE!**  
If you're thinking of buying a new home then stop by and see all of the extras you'll receive at no additional charge in this 2 Bdrm Custom Built home. Great location in the heart of Quinte West.  
**Close before Jan 31 2009 and RECEIVE 2 ADDITIONAL APPLIANCES FREE!!**  
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**TONI TROKE** Sales Rep.  
82 Dundas St West, Trenton  
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