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COMMUNITY COMES TOGETHER TO REMEMBER



Photo: Cpl Igor Loutsiouk, 8 Wing Imaging

A veteran bows his head and remembers those who served, during playing of the Last Post, at the Remembrance Day Ceremony in Trenton, Ontario.

See more photos on Page 10.

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8 Wing/CFB Trenton Government of Canada Workplace Charitable Campaign Update

November 19: Scuba Fundraiser, from 1300 to 1530 hrs. Open the door to a new world of discovery and experience scuba diving with the Flying Frogman Scuba Club at the RecPlex Pool.

This splash event gives you the chance to try scuba diving and help support the United Way. For certified divers who haven't dove for a while, we will re-introduce you to the underwater world.

For more information, contact Patricia Lockhart at local 3565.

November 21: United Way Jail and Bail, from 0800 to 1400 hrs. 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 for a minimum donation of \$5 (for 10 minutes behind bars).

For more information, contact Master Corporal Williamson at local 7253.

November 21: ATESS Hockey Challenge Cup 2008, from 1300 to 1430 hrs. For a \$2 donation, come and enjoy a fun hockey game between ATESS and 8 AMS at the RCAF Arena.

For more information, contact Chris Koopman at extension 2971.

November 24 to 28: Rummage Sale, from 0800 to 1530 hrs. 8 Air Communication and Control Squadron is hosting a rummage sale.

Come and donate your gently used clothing, books, toys, knick-knacks, etc. and we will sell it! All proceeds will be donated to United Way.

Left over items will be donated to a local charity. Items for the sale may be dropped off at 8 ACCS, in advance of the sale, on November 20 and 21, from 0800 to 1400 hours.

For more information, contact the 8 ACCS orderly room at local 3144 or 2810.

November 25: Pie Shells for United Way, from 0800 to 1600 hrs. Just drop by the Military Family Resource Centre (MFRC), and come pick up your pie shells for holiday baking. The pie shells are available for everyone to enjoy, the only thing we ask is that a donation is made towards the 8 Wing United Way Campaign.

For more information, contact Jamie at local 4299.

November 27 to 28: Four-on-Four Hockey Tournament. Once again this year, a 4-on-4 hockey tournament will be held at the RCAF Arena.

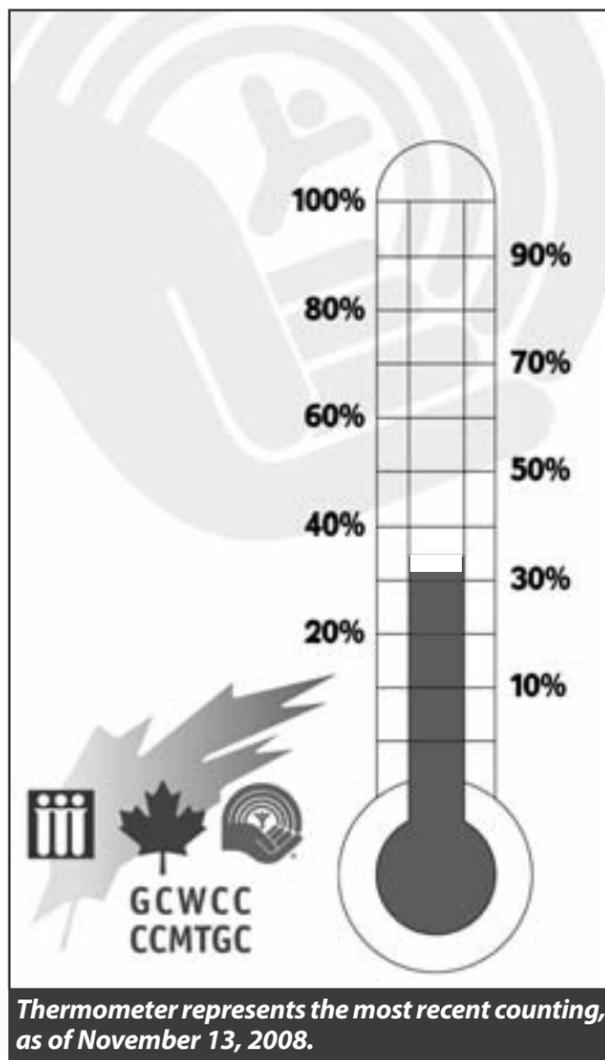
Cost is \$200 per team. For more information or registration, contact Bryan Pearce at extension 4110.

November 29: United Way Family Bowling Day, from 1200 to 2000 hrs. Come and enjoy an hour of fun with your family at 8 Wing Astra Lanes, for a donation to the United Way. This event is open to all 8 Wing/CFB Trenton personnel and members of the local community. Reservation is for a one-hour period.

For more information, or to make a reservation, please contact Lieutenant Annie Morin at 613-392-2811 local 4565 or via email at morin.mva@forces.gc.ca

November 30: Saddle up for United Way, from 1000 to 1700 hrs. Ride your horse and help support the over 80 programs in 50 health and social service agencies across Hastings and Prince Edward Counties funded by the United Way of Quinte at the Batawa Ski Hill. Pledge sheets are available at Bridle Path Tack Shop, Double Horseshoe Tack Shop, and Stirling Feed and Seed.

For more information, contact Connie Reid or Meridith Bower at 613-962-9531 or 613-398-6568.



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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK

On behalf of the Canadian Forces and the Department of National Defence, Wing Supply is proud to present Ms. Liz Gregory with her 25 Year Certificate. With the increased tempo of operations around the world, it is civilian employees, such as Liz, that enable on going commitments around the globe. The continuity that civilian employees provide is vital to our mission as a department and their importance cannot go unnoticed. It was with pride that the Wing Logistics and Engineering Officer, Lieutenant-Colonel C. Fortier presented the certificate and expressed her personal thanks. This milestone recognizes the achievement and dedication of Ms. Gregory and Wing Supply congratulates her on an outstanding career.





426 Sqn Thunderbirds do their part

by Major A.J. O'Brien
Flight Commander
Aeromedical Evacuation Flight

Things here at the school continue to progress full speed ahead.

Aside from the many courses that are presently in house, the squadron recently took a day out of their busy schedules and celebrated a family day that was a huge success.

Children of all ages enjoyed a day of flying, simulator rides, fire truck rides, pony rides and touring the new Hercules Training facility (HTF) where they could get up close and personal with the big bird.

Everyone left with full bellies, tired eyes and sore feet after this well organized day of events. Thank you to all who helped out.

Aside from what we call our bread and butter, the staff here at 426 Transport and Rescue Squadron never tires from helping others and giving of ourselves.

Whether it is because of our military ethos and dedication for helping others or it is personal interest, the number of staff who actively participate in community events, clubs, charities, etc. has to be commended.

Presently on staff we have countless individuals who dedicate many hours to area organized sports. We have talented soccer, hockey, badminton, figure skating coaches and hockey trainers, some of whom wear two hats in these organizations, working on executive committees to ensure the programs meet the demands of the growing communities.

We also have a horse enthusiast that presides with the Northumberland Pony Club, organizing horsemanship days, where children learn to care for their horses as well as organizing weekend field trips and rally days for their students to enjoy events outside of the area.

Many individuals volunteer their time with local service clubs and organizations that would not be able to continue to serve the community without these dedicated individuals sharing the responsibilities.

Squadron members are active working with Victoria Order of Nurses (VON), Scouts Canada, Big Brothers, local churches and the public school system, mentoring and giving unselfishly to our youth and elders who can use some extra tender loving care.

A few musicians share their talent with music groups, and bands, providing ceremonial pipes, festivals and pure entertainment.

Generosity does not stop at volunteering. As one member prepares to deploy to Sierra Leone, the squadron is putting together used clothing and soccer equipment that the member will distribute to a local soccer club and orphanage there.

So as you can see, as we dedicate many hours to preparing students for their up-coming roles within the Canadian Forces, we also strive to contribute to our local communities to give back a little of what they have given to us for many years.

Well done Thunderbirds! On Wings of Fire!

Fellow Spitfire pilot travels to Ottawa to say farewell

by Holly Bridges
Air Force News

They were brothers in arms. Flight Lieutenant Charley Fox and Flight Lieutenant Barry Needham were young men in their 20s when war brought them together and forged a bond that could never be broken.

The young Canadian airmen served with 412 Squadron during the D-Day landings over Normandy in 1944, however, F/L Needham never saw his friend Charley again until decades later. F/L Needham was shot down over France during the assault and was taken Prisoner of War in a makeshift German camp.

He lost track of Charley and never saw him again until just a few years ago at an Air Force reunion in Victoria, British Columbia. The two men reconnected and rekindled a friendship they both thought had long since faded into memory.

F/L Needham says he would not have missed the opportunity to honour his old buddy, Charley. F/L Needham flew in from Saskatchewan to attend a memorial service on Sunday, November 2 at 412 Squadron in Ottawa.

"It was an honour to know Charley and I had to be here," said F/L Needham, now 88. "I was already flying with 412 Squadron

when Charley joined the squadron in Britain in Biggin Hill in January of 1944. We were squadron mates from then until after the Normandy landings in France when I was shot down.

Fortunately, after only 34 days, the American Army liberated the entire area and I was freed. Charley continued on after that and had a great career, but we lost track of each other. It was wonderful when we finally reconnected again."

F/L Needham says over time he and HCol Fox remembered only the good times they shared together and let the tough times slip away.

"You remember the good times and somehow or other you're able to almost forget the bad times. To tell you the honest truth, except for those few bad times, we had a lot of fun...a lot of fun."

The memorial service in Ottawa included several tributes from HCol's Fox's children, Michael Potter of Vintage Wings of Canada, members of 412 Squadron, and the Chief of the Air Staff, Lieutenant-General Angus Watt.

All who spoke mentioned the importance of keeping HCol Fox's passion for teaching young people the importance of military history. His family has pledged to try to keep his Torchbearer's initiative alive.

Search & Rescue UPDATE



424 Squadron's Rescue 336 was busy with another three missions last week.

The first mission flown by Rescue 336 was for an ELT in the Barrie/Orillia area. The Herc flew two complete search patterns, with nothing found. Rescue 336 was released from the tasking and continued on with their planned training.

Later that day Rescue 336 was again tasked for an ELT, this time in Southwestern Ontario. A signal was tracked to the Windsor area. Rescue 336 discovered that the signal was originating from the United States side of the river and turned the search over to US authorities.

Finally last week, Rescue 336 was again tasked to locate an ELT signal in Quebec. The mission was stood down shortly after take off since the aircraft was safely located at the La Chute airport.

Until next week, stay alert and stay safe!

Missions for 2008: 223 Missions for Nov: 6 Persons rescued: 32



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

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Guidelines for submissions: ARTICLES AND PHOTOS

The CONTACT delivers news and information about 8 Wing / CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos. We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (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.**

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.



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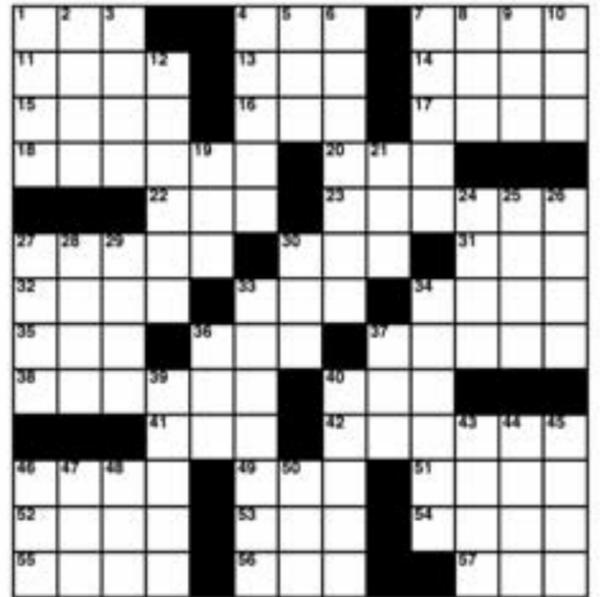
Canadiana Crossword

Keeping the Peace

By Bernice Rosella and James Kilner

ACROSS

- 1 Auto engine conditioner
- 4 Sib
- 7 Wonk
- 11 Burden
- 13 Pen partner
- 14 It is so
- 15 Leer
- 16 Compass pt.
- 17 On a cruise
- 18 1995 Canadian peace keeping locale
- 20 RN's forte
- 22 Prefix denoting three
- 23 1964 Canadian peace keeping locale
- 27 Scene of 1953 war involving Canadian troops
- 30 Sighs
- 31 Simile words
- 32 Tennyson's Geraint and



- 33 Town in Gloucestershire
- 34 Article
- 35 Travellers info
- 36 Diagnostician's acronym
- 37 Tyrants
- 38 Tropical tree
- 40 Sedan
- 41 Up to now
- 42 Citrus fruit
- 46 Arctic fish
- 49 Cantered
- 51 Nobleman
- 52 German car
- 53 Part of the UK
- 54 Falsehoods
- 55 Desert feature
- 56 Hullabaloo
- 57 Caustic substance

- 2 African nation
- 3 Buds
- 4 1986 Canadian peace keeping locale
- 5 Hostelry
- 6 Superficial
- 7 Ms. Parks org.
- 8 Printing measures
- 9 Ms. Ruff
- 10 Genetic info
- 12 Dinged
- 19 Irish paramilitary org.
- 21 Fleur de _____
- 24 Pro trailer
- 25 Exploiter
- 26 Spade and Etcheverry
- 27 Carleton Place in Ontario

- 30 Clay now
- 33 2001 Canadian peace keeping locale
- 34 1994 Canadian peace-keeping locale
- 36 Daisy _____
- 37 Mariner
- 39 1974 Canadian peace keeping locale
- 40 1999 Canadian peace-keeping local
- 43 Brad
- 44 Reformer Deborah
- 45 Other
- 46 Machine part
- 47 Tint

See Answers, Page 18



This Week in Contact

1978 - For the first time in NORAD's 21-year history, Canadian interceptor fighters participated in air defence duty in the southern United States. Two Air Command CF-101 Voodoo interceptors from 416 Fighter Squadron, CFB Chatham, NB, flew into the Naval Air Station in New Orleans and the next day took over air defence alert duty from Detachment 1 of the US 87th Interceptor Squadron.

1988 - The price tag in energy consumption for DND to carry out its tasks and remain operationally ready is large. We must economize energy use of all kinds, especially in Air Command, the highest energy consumer of any Command in DND. At CFB Trenton, the largest Air Command base, biggest user of energy, all energy-consuming activities must be closely monitored. Think about it: if the heat in base buildings was raised by just one degree Fahrenheit, heating costs would rise by \$90,000 a year.

1998 - 173 Royal Tiger Squadron's Air Cadets have been standing vigil at the Trenton Cenotaph for the past three years. This would be thought by some as standard procedure for their squadron, but it isn't. These kids do it for a simple reason; because they want to. Officer Cadet Ryan Harris, 19, who is studying Aviation Business Administration at St. Lawrence College, wanted to do something a little more lasting than just showing up for the parade on Remembrance Day. "The first year we started it we tried the 12 hour (vigil) just to see if we could do it and the next year we extended it to 24 hours, it worked out very well."

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



424 Transport and Rescue Squadron hosts Family Day

by Captain Sebastien Lemire
424 Squadron

Many families braved the chilly morning of October 26 to attend the 424 Squadron Annual Family Day.

The event was held at CFB Trenton Baker Island, just south of the base.

Several other military units and civilian organizations, that are part of the 424 Sqn family, were also invited.

This included The Joint Rescue Coordination Centre (JRCC), Canadian Mission Control Centre (CMCC), Vector Aerospace, Bell Helicopter and the IMP Group.

Having listened to the prayers of the organizers and little ones, Mother Nature was kind enough to provide us with a beautiful, sunny day, which was greatly appreciated since many of the day's events took place outside.

The Baker Island Community Centre was crowded with people and activities, including numerous craft stations with prizes, face painting, hair braiding, a clown show and a barbecue luncheon.

Other activities, such as pony rides, a bouncing dinosaur, zip lining and a Military Police Squadron static display were on the go outside around the Community Centre.

The Bird Man from Falcon Environmental Services was also part of the festivities, which was a treat for many participants who were brave enough to allow the falcons to perch on their arms.

Nonetheless, the biggest hit of the day were the CC-130 Hercules and the CH-146 Griffon rides, allowing families to see and understand what their loved ones do everyday.

Overall, despite the chilly weather, the 424 Squadron Family Day was a great success and appreciated by all who attended.

Photos: From pony rides to face painting; time spent with a falcon and a CH-146 Griffon helicopter fly past, families and friends enjoyed a number of events at 424 Squadron's Annual Family Day which was held in October.

Photos: Cpl Jim Stanley, 424 Squadron



Children's Christmas Party

Jr Ranks Mess - Astra Lounge

Sun, 14 Dec 08

1300 - 1600 hrs



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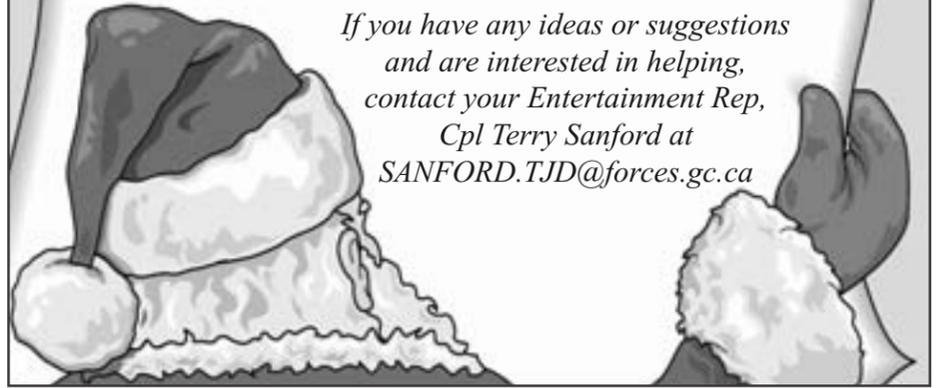
In order to ensure appropriate gifts for your children, please register NLT 1200 hrs
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So there is no misunderstanding on information left on the phone, voice messages cannot be accepted / emails will be accepted.

Children must be registered to receive a gift!
Age limit is 12 yrs.

The Mess Committee is urgently looking for volunteers to help make this event a great success for your children.

If you have any ideas or suggestions and are interested in helping, contact your Entertainment Rep,
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8 Wing Personnel at Work: Warrant Officer Brian Coughlan

Warrant Officer Brian Coughlan is a man of many sounds and colours. As a musician in the Canadian Forces he has had the honour of playing in two Regular Force bands, and belonging to all three military environments: Army, Navy and, with his newest posting, Air Force.

WO Coughlan's military career has taken him a full circle. He was born in Belleville and graduated from Quinte Secondary School before attending Humber College to study music, specializing in saxophone.

He joined the CF in December 1984, direct-entry as a Corporal after successfully auditioning for a position on clarinet, and was posted to the Royal Canadian Regiment Band at CFB Gagetown. A posting to CFB Halifax to play with The Stadacona Band of Maritime Forces Atlantic followed in 1992.

In August 2008, WO Coughlan was posted to 8 Wing as the Director of Music for the 8 Wing Concert Band. The band is made up of volunteers from both the military and civilian community.

As the director, WO Coughlan is responsible not only for conducting the band during concerts and mess dinners, but also for choosing the music, running rehearsals, maintaining the library of music, scheduling performances and all other administrative needs the band may have.

The role of Canadian Forces musicians is to provide musical support to the Canadian Forces to foster high

moral, esprit de corps, and thus operational effectiveness and to enhance community relations, make Canadians aware of the Armed Forces and instil national pride.

Musicians also provide an important function in public relations and helping to make the CF more visible, not only to Canadians, but also around the world.

"Parades are not parades without a band to march to, and mess dinners are not mess dinners without a band to play the regimentals," said WO Coughlan. In addition to performing across Canada, WO Coughlan has also had the opportunity to play in most European countries as well as in Russia and China.

WO Coughlan enjoys being a musician because "I get to do something I really like - I get paid to play an instrument - and it beats working [everywhere else]."

As the public only gets to see the finished product, it is easy to forget that it takes a lot of time practicing to become a musician.

Military musicians are no exception and most study music at the post secondary level with the majority acquiring a degree in music before auditioning for the CF.

Playing multiple instruments is not only a talent but a requirement in the CF. In addition to the clarinet and saxophone WO Coughlan also plays flute and guitar.

WO Coughlan resides in Trenton and has two children. Throughout his



Photo: Pte Isabel Lavallee-Raby, 8 Wing Imaging

WO Brian Coughlan, musician, poses with his instruments during a break at the rehearsal for a dinner at the Officers' Mess that the band will be performing at in a few weeks. WO Coughlan is the Bandmaster for the 8 Wing Concert Band and is responsible for the all-volunteer band, which consists of current and retired military members plus civilian personnel. They attend weekly practices and perform at mess dinners and ceremonies around the wing as well as in the local region. WO Coughlan, a 24 year veteran of the Canadian Forces, was last posted at CFB Halifax with the Stadacona Band. WO Coughlan is a multi reed player, and his main instruments are the saxophone, clarinet and flute.

career he has performed as a soloist with several military bands. He has also played with acts such as Frankie Valley, Rich Little, and The Temptations. Recently, he arranged all the music and played in a Motown show with the Nova Scotia Symphony.

The 8 Wing Concert Band rehearses in the Band Room on the North Side

every Thursday night from 7 to 9 p.m.

The band accepts any volunteers with previous instrumental experience (for example playing in high school), and a limited supply of instruments are available for loan to members.

For more information on the band contact WO Coughlan at 613-392-2811 local 3510.

8 WING QUESTION OF THE WEEK

QUESTION:

What is your favourite part about the National Air Force Museum of Canada?



Alex Chambers

"There's just so much history here. I've been here many times and enjoy walking through the exhibits and sometimes even see things about people I used to know."



Mary Treloar

"I think the museum is fantastic and it is filled with such a rich culture and history of our air men and women (who are always so enthusiastic!)"



Joyce Flower

"The gift shop (at the museum) because I get to chat with everyone there."



MCpl Luc Grenier
8 Wing ATESS

"The Halifax exhibit is my favourite part."



Linda Doucet

"The story of the Halifax on display."

PET OF THE WEEK



Hi there! I go by the name of "Kitty Cat" and I'm a 7 year old spayed female who is tad bit overweight. My owner brought me in here because she was moving and didn't want to bring me along. I am very depressed here and would like nothing more then to go to a nice quiet home where I can lounge around all day.

Contact the Quinte Humane Society for more information.

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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, 8 Wing Military Sports Coordinator, at local 3373.

Much Video Dance

The Much Video Dance will take place on Saturday, December 6, from 5:30 to 7:00 p.m. for those between the ages of 9 and 12 year olds.

The dance will then open from 7:30 to 10:30 p.m. for those ages 13 to 16 years old.

The dance will take place South Side Gym. Admission is \$10 per person.

Please note: This will be an adult supervised event.

Volunteers needed

Volunteers are still needed to assist with the Shiny Hockey program for kids, and also to act as skate monitors during the family skating timings.

Please call the Recreation Director at extension 2349 if you are interested.

16 Wing's Ironman is a strong woman!

by MWO Normand Marion
16 Wing

Every athletic discipline has its own challenges, and every athlete finds their own way to overcome them.

To run a little faster, to lift a bit heavier, to jump slightly higher, athletes, both men and women, consistently find ways to improve on their own best and, with a bit of luck, beat the competition.

Yet, for one of our athletes, here at 16 Wing, the challenge of the competition comes with an added twist: she's a woman who's competing in a man's world. And not just your run-of-the-mill, average man's world; the "Iron" man's world, that is.

"My first Ironman competition was fifteen years ago," says Corporal Cynthia Wilkinson, now an Imagery student at the Canadian Forces School of Aerospace Technology and Engineering (CFSATE). "We were only four females out of 114 participants at the start, and I'm the only one who actually finished the competition, 36th overall. I was so happy."

For those who are not familiar

with what an Ironman challenge consists of, perhaps an explanation is overdue.

Last week, Petawawa's 2 Canadian Mechanized Brigade Group Ironman competition began with a 32 km forced march, at the end of which the participant must grab a canoe for a 4 km portage. And since the canoe is already on hand, why not go for an 8 km canoe trip down the Ottawa River.

The day would not be complete without a final 6 km forced march, to dry up a little, for a total of 50 km. Oh yeah, and did I mention the 40 lb rucksack?

"For me, training for Ironman is far from being a burden," says Cpl Wilkinson. "I'm always eager to get going, I have lots of energy, and I need to put it to good use." And she certainly does.

Of course, Cpl Wilkinson couldn't pass on last week's event. She completed the course in seven hours and 51 minutes, winning once again the Women Masters title (she was the only one in her class), and still earning a third place in the overall Women category - there were 16 women out of 240 participants.

What's the secret behind her

achievements?

"It's a little bit of everything," she says. "Obviously, lots of marching and running, and in recent years I've added more cross-fit training. It's back to the basics; push-ups, sit-ups; a lot of endurance training."

A Montreal native who grew-up in Joliette (Québec), Cpl Wilkinson was involved in competitive sports long before she joined the Canadian Forces in 1984, initially as a Supply Tech.

Given her aptitudes, she transferred to PERI after a few years, and when that occupation closed, she became a Photographic Technician.

Cpl Wilkinson has already collected several accolades for her athletic achievements. As of yesterday, she added to her collection the Chief of the Air Staff Coin, which was presented to her by Lieutenant-General Angus Watt (CAS) during a visit to 16 Wing.

As for her plans for the future, well, you guessed it: "I'd love to compete again next year," she says enthusiastically.

"And if there could be a Borden Team, that would be awesome." Anyone up to the challenge?

Heading for the Hockey Hall of Fame or Hall of Pain?

(NC)-Canadians from coast to coast have a love for hockey that often takes them off the couch and onto the rink.

But, according to a recent Leger Marketing survey, one in five Canadians experience aches and pains as result of winter sports like hockey.

If that weekly game of shinny is leaving you sore, here are some things you might want to remember to reduce your chance of pain and increase your chance of scoring that game winning goal.

Training drills: Most hockey injuries happen as a skater stops. It puts stress on the ankles and throws off the centre of balance.

Exercises that strengthen your core will help improve your balance and your range of motion in all directions.

Injured list: Whether you play full contact hockey, or just a friendly backyard game, odds are at

some point you'll be on the "injured list."

When you've been benched because of aches and pains, try taking an over-the-counter pain reliever like Tylenol or Motrin. It'll help reduce your pain and get you back on the ice faster.

Final buzzer: The third period can feel a long way away if you don't have the energy to play a full game.

Make sure you keep your energy level up by eating a healthy meal with carbs and plenty of vegetables four to six hours before your game.

Make sure you're well hydrated too. Drink plenty of water before and during the game.

Post-game analysis: After a good game, your first instinct may be to get out of your hockey gear and head to the bar with the team.

But, first, be sure to stretch out all your muscles thoroughly. Stretching will help your muscles recover faster - just in time for the next game!

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Fitness & Health Promotion



Alcohol as stress management: Finding the proper balance

So, you've just got home from a long, stressful day at work and you want to relax.

You go to the fridge, take out a nice cold beer and go sit on your patio. You start to relax after your first sip, and by the time the beer's done, you've forgotten all about what happened at work.

Many people use alcohol to relax, but does it actually work? Does alcohol really have some magical soothing property, or do we just imagine the connection? And, if alcohol does relax us, is this an appropriate stress management technique?

The answer to these questions is in no way straightforward.

Alcohol is a central nervous system depressant, which basically means that it "slows down" our brain. So, in this sense, alcohol does relax us.

However, this effect is only temporary – it wears off once our body has processed the alcohol in our blood (for one standard drink, this can be as little as an hour). Afterwards, we are just as stressed as before.

Additionally, even one or two drinks can increase the amount of time required to fall asleep and can reduce the amount of time spent in deep sleep.

This means that our body gets less rest, which can result in more stress and being less able

to deal with that stress.

More importantly, however, is that alcohol serves to "cover up" problems.

Thus, if we are stressed due to some chronic problem (e.g., depression, marital difficulties, etc.), alcohol will not reduce our stress over the long term. Once the alcohol has worn off, the problems are still there – we haven't dealt with anything.

Furthermore, the more serious the problem, the more alcohol is needed to (temporarily) reduce the stress – this is a slippery slope that can lead to problem drinking.

Having said this, drinking a glass of wine or a pint of beer with dinner to help us "unwind"

from the workday is *not* the same thing.

As long as we are staying within the low-risk drinking guidelines (i.e., no more than two standard drinks a day; maximum of nine standard drinks per week for women and 14 standard drinks per week for men), using alcohol in this manner is not problematic.

However, if alcohol is being used chronically or excessively, or if alcohol is being used as an alternative to dealing with problems in a constructive way (e.g., talking to a professional or otherwise seeking help), this is a problem.

Overall, alcohol is not a very good method of stress manage-

ment. There are many other, more effective ways of dealing with stress, including exercise, getting more rest, and meditation.

For more information on adaptive and effective stress management, consider taking a stress management course, such as the Strengthening the Forces' Stress Take Charge course. 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

HP Challenge: Maintain! Avoid the Holiday Gain

Following on the heels of a very successful pedometer challenge, the 8 Wing Health Promotion team brings you their next challenge: Maintain! Avoid the Holiday Gain.

The festive season is fast approaching and it is often a challenging time for waist management. When it comes to our weight, we all have three choices over the holiday season.

First, we can choose to lose weight. Although this is not an impossible goal, many people set unrealistic expectations for themselves and may end the year feeling disappointed and frustrated.

Another option is to give ourselves permission to gain "a little" weight over the holidays. This can be a slippery slope that allows us to stop paying attention altogether because "the diet

starts in the New Year..."

Why end the year on a frustrated note, or give ourselves more work to do in the New Year?

This year, the Health Promotion team challenges you to try something different. Set the goal to maintain your weight over the holiday season. Sign up for the Holiday Challenge and we'll give you some of the tools you need to reach this goal.

The challenge runs from December 1 to 31, 2008. Participants will receive a package containing a tracker, to monitor their progress, as well as a holiday countdown calendar that includes a healthy lifestyle challenge for each day in the month of December.

Some of these challenges are interactive and results will be reported each week. In addition, participants can choose to attend a Holiday



Challenge series of workshops to help them find the tools they need to reach their goal.

Workshop Schedule

December 4, Everyday Eating: Learn how much energy you need in a day and how to choose the right foods to get it.

December 11, Social Events: Share tips and strategies to survive the busy social season.

December 16, Eating Triggers: Discover why you eat and learn how to manage triggers.

Follow the group's

progress online!

Each week, participants will report their progress.

Reporting actual weight is not required, we only need to know how much was gained, lost or if the participant's weight has stayed the same.

Results will be tallied and posted to the cfb-trenton.com website along with strategies collected from the interactive challenges.

Take the challenge! For more information, or to register online, please visit www.healthpromotion.cfbtrenton.com

Did You Know?

Local Caribbean sugar cane plantation owners sold rum cheaply to naval officers in order to encourage their presence in the area and thereby discouraging pirates.



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



The 8 Wing Health Promotion office is located at 177 Hercules, Bldg 119 (South side CANEX)

Health Promotion Director: Kendra Lafleur
local 3767 email: lafleur.krj@forces.gc.ca

Health Promotion Manager: Angela Prescott
local 4122 prescott.ad@forces.gc.ca

Health Promotion Admin Assistant: Shalyn Mann
local 3768 email: mann.sa@forces.gc.ca

Visit www.cfbtrenton.com to learn more about the programs and services offered by Health Promotion.

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429 (Transport) Squadron Awarded Gordon Roy McGregor Trophy



Photo: Submitted

LGen W.A. Watt, Chief of the Air Staff, presented the Gordon R. McGregor Trophy to member from 429 Sqn which included Capt Kevin Big Canoe, Sgt Karen Boundy, MCpl Steve Hart, and James Boggs, 429 Sqn Boeing rep. Also pictured is Mr. John Melbourne, National President AFAC.

On Saturday, October 25, four members from 429 (T) Squadron were invited to attend the Annual Air Force Association Banquet in order to accept the Gordon Roy McGregor Trophy, an award presented to the Squadron only three years previously.

Capt Kevin Big Canoe, Sgt Karen Boundy, MCpl Steve Hart and Boeing representative, Jim Boggs were in attendance in Montreal to accept the award that was presented by LGen Angus Watt CMM CD, the Chief of the Air Staff.

The Gordon R. McGregor Memorial Trophy is awarded annually by the Air Force Association of Canada (formerly the RCAF Assn), as one of seven prestigious trophy annual presentations, in recognition for outstanding achievements in the field of air transportation in Canada.

Gordon Roy McGregor was born September 26, 1901 in Montreal, Quebec.

He was educated at St. Andrew's College, Toronto, Ontario from 1917 to 1920 and graduated from McGill University in Montreal in 1923 with a degree in Engineering. His flying career began at Kingston, Ontario in 1932 and the following year he gained his pilot's license in Ottawa. As a private pilot, he won the Webster Trophy in 1935, 1936 and 1938. The Webster Memorial Trophy Competition is an annual event

intended to declare the "top amateur pilot in Canada", and is recognized by the Federation Aeronautique Internationale as a national sporting event. He was the oldest Canadian when he served as a fighter pilot during the Battle of Britain in which he downed five enemy aircraft.

He was awarded one of the first Distinguished Flying Crosses of the RCAF. After the war, McGregor worked for Trans-Canada Air Lines in Montreal and, three years later, was named president.

He also became the principal figure in guiding the airline through its difficult years of expansion, with the result that Air Canada, as it was renamed in 1965, became one of the world's leading carriers. McGregor died in Montreal on March 8, 1971.

His medals are with the Canadian War Museum and his papers in National Archives of Canada.

The evening was enjoyed by all with many laughs, smiles and stories. After the dinner and awards, the members of 429 (T) Sqn retired with many veterans and guests and had the opportunity to hear many stories from the past and to share experiences about the CC-17 and the past 14 months with Canada's newest airlifter.

429 (T) Squadron also won this award in 2005 when the squadron was deactivated at 8 Wing Trenton.



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

— Wilbur Wright





As we conclude our annual Remembrance Day events I thought I'd provide some information on Canadian Victoria Cross Winners that I found on "Wikipedia.org."

"The following is a list of Canadian recipients of the Victoria Cross, the highest war honour of the British Empire and the Commonwealth of Nations. The Victoria Cross of Canada (Post-nominal letters "VC") is a military award for extraordinary valour and devotion to duty while facing a hostile force. It can be awarded to members of the Canadian Forces of any rank in any service, and to allies serving under or with Canadian military command; it is the highest honour in the Canadian honours system, placed before all other orders, decorations and medals, including the Order of Canada, in the Order of Precedence. As of 1993, Canadians were no longer eligible for the British Victoria Cross, for the medal was replaced with a new Canadian Victoria Cross — it has yet to be awarded. In appearance the new one is identical to the British medal, but the words are in Latin instead of English, as a compromise since both French and English could not easily fit on the medal.

It was presented to 94 Canadians, or people closely associated with Canada, between its creation soon after the Crimean War and 1993 when the Canadian Victoria Cross was instituted. No Canadian has received either honour since 1945 though. Newfoundlanders who were awarded the Victoria Cross prior to 1949 are listed under List of Newfoundlander Victoria Cross recipients as it was a separate country until this date. The majority of Canadian recipients were awarded the medal for actions in World War One with 71 awards. 16 recipients achieved the award for actions in World War Two. The remaining recipients were for actions in the Battle of Balaclava, the Indian rebellion of 1857 and the Second Boer War. The last living Canadian recipient of the British VC, "Smokey" Smith, died in August 2005."

Recipients are listed below, with the name, date of action, conflict, unit and place of action. An * denotes that the Victoria Cross was awarded posthumously.

Wallace Algie: 1918*, World War One, 1st Battalion, CEF, Cambrai, France.

William Barker: 1918, World War One, No. 201 Squadron RAF, Forêt de Mormal, France.

Colin Barron: 1917, World War One,

3rd Battalion, CEF, Passchendaele, Belgium.

Ian Bazalgette: 1944, World War Two, No. 115 Squadron RAF, Trossy St. Maximin, France.

Edward Bellew: 1915, World War One, 7th Battalion, CEF, Kerselaere, Belgium.

Philip Bent: 1917*, World War One, The Leicestershire Regiment, Polygon Wood, Belgium.

William Bishop: 1917, World War One, No. 60 Squadron RAF, Cambrai, France.

Roland Bourke: 1918, World War One, Royal Naval Volunteer Reserve, Ostend, Belgium.

Alexander Brereton: 1918, World War One, 8th Battalion, CEF, Amiens, France.

Jean Brillant: 1918*, World War One, 22nd Battalion, CEF, Meharicourt, France.

Harry Brown: 1917*, World War One, 10th Battalion, CEF, Loos, France.

Hugh Cairns, 1918*, World War One, 46th Battalion, CEF, Valenciennes, France. **Frederick Campbell:** 1915*, World War One, 1st Battalion, CEF, Givenchy, France.

Leo Clarke: 1916*, World War One, 2nd Battalion, Pozieres, France.

William Clark-Kennedy: 1918, World War One, 24th Battalion, CEF, Fresnes, France.

Hampden Cockburn: 1900, Second Boer War, Royal Canadian Dragoons, Komati River, South Africa.

Robert Combe: 1917*, World War One, 27th Battalion, CEF, Acheville, France.

Frederick Coppins: 1918, World War One, 8th Battalion, CEF, Hackett Woods, France.

Aubrey Cosens: 1945, World War Two, The Queen's Own Rifles of Canada, Mooshof, Germany.

John Croak: 1918*, World War One, 13th Battalion, CEF, Amiens, France.

Robert Cruickshank: 1918, World War One, London Regiment, Jordan, Palestine. **David Currie:** 1944, World War Two, Royal Canadian Armoured Corps, Battle of Falaise, France.

Edmund De Wind: 1918*, World War One, Royal Irish Rifles, Groagie, France.

Thomas Dinesen: 1918, World War One, 42nd Battalion, CEF, Parvillers, France. **Campbell Douglas:** 1867, Indian rebellion of 1857, 24th Regiment of Foot, Little Andaman, India.

Alexander Dunn: 1854, Battle of Balaclava, 33rd Regiment of Foot, Balaclava, Crimea.

Frederick Fisher: 1915*, World War One, 13th Battalion, CEF, St. Julien, Belgium. **Gordon Flowerdew:** 1918*, World War One, Lord Strathcona's Horse (Royal Canadians), Bois de Moreuil, France.

John Foote: 1942 World War Two, Royal Hamilton Light Infantry, Dieppe, France. **Herman Good:** 1918, World War One, 13th Battalion, CEF, Hangard Wood, France.

Robert Gray: 1945*, World War Two, Fleet Air Arm, Honshū, Japan.

Milton Gregg: 1918 World War, One Royal Canadian Regiment, Cambrai, France.

Frederick Hall: 1915*, World War One, 27th Battalion, CEF, Ypres, Belgium.

William Hall: 1857, Indian rebellion of 1857, HMS Shannon, Lucknow, India.

Robert Hanna: 1917, World War One,

29th Battalion, CEF, Lens, France. **Frederick Harvey:** 1917, World War One, Lord Strathcona's Horse (Royal Canadians), Guyncourt, France.

Frederick Hobson: 1917*, World War One, 1st Battalion, Lens, France.

Charles Hoey: 1944, World War Two, Royal Lincolnshire Regiment, Ngakyedauk Pass, Burma (now Myanmar).

Edward Holland: 1900, Second Boer War, Royal Canadian Dragoons, Komati River, South Africa.

Thomas Holmes: 1917, World War One, 2nd Battalion, Passchendaele, Belgium. **Samuel Honey:** 1918*, World War One, 78th Battalion, CEF, Bournon Wood, France.

David Hornell: 1944, World War Two, No. 162 Squadron RCAF, Faroes, Atlantic. **Bellenden Hutcheson:** 1918, World War One, 75th Battalion, CEF, Arras, France. **Joseph Kaebler:** 1918*, World War One, 22nd Battalion, CEF, Neuville-Vitasse, France.

George Kerr: 1918, World War One, 3rd Battalion, CEF, Bournon Wood, France.

John Kerr: 1916, World War One, 49th Battalion, CEF, Courcellette, France.

Cecil Kinross: 1917, World War One, 49th Battalion, CEF, Passchendaele, Belgium. **Arthur Knight:** 1918*, World War One, 10th Battalion, CEF, Villers-les-Cagnicourt, France.

Filip Konowal: 1917, World War One, 47th Battalion, CEF, Lens, France.

Okill Learmonth: 1917*, World War One, 2nd Battalion, CEF, Loos, France.

Graham Lyall: 1918, World War One, 102nd Battalion, CEF, Cambrai, France.

Thain MacDowell: 1917, World War One, 38th Battalion, CEF, Vimy Ridge, France.

John MacGregor: 1918, World War One, 2nd Canadian Mounted Rifles, Cambrai, France.

John Mahony: 1944, World War Two, The Royal Westminster Regiment, River Melfa, Italy.

George McKean: 1918, World War One, 14th Battalion, CEF, Gavrelle Sector, France.

Hugh McKenzie: 1917*, World War One, Canadian Machine Gun Corps, Meetscheele Spur, Belgium.

Alan McLeod: 1918*, World War One, No. 2 Squadron RFC, Albert, France.

William Merrifield: 1918, World War One, 4th Battalion, CEF, Abancourt, France.

Charles Merritt: 1942, World War Two, South Saskatchewan Regiment, Dieppe, France.

William Metcalf: 1918, World War One, 16th Battalion, CEF, Arras, France.

William Milne: 1917*, World War One, 16th Battalion, CEF, Thelus, France.

Harry Miner: 1918*, World War One, 58th Battalion, CEF, Demuin, France.

Coulson Mitchell: 1918, World War One, 4th Canadian Engineers, Canal de L'Escaut, France.

George Mullin: 1917, World War One, Princess Patricia's Canadian Light Infantry, Passchendaele, Belgium.

Andrew Mynarski: 1944*, World War Two, No. 419 Squadron RCAF, Cambrai, France.

William Nickerson: 1900, Second Boer War, Royal Army Medical Corps, Wakkerstroom, South Africa.

Claude Nunney: 1918*, World War

One, 38th Battalion, CEF, Drocourt-Queant Line, France.

Christopher O'Kelly: 1917, World War One, 52nd Battalion, CEF, Passchendaele, Belgium.

Michael O'Leary: 1915, World War One, Irish Guards, Cuinchy, France.

Michael O'Rourke: 1917, World War One, 7th Battalion, CEF, Hill 70, France.

John Osborn: 1941, World War Two, Winnipeg Grenadiers, Mount Butler, Hong Kong.

John Pattison: 1917*, World War One, 50th Battalion, CEF, Vimy Ridge, France.

George Parkes: 1917, World War One, 5th Battalion Canadian Mounted Rifles, Passchendaele, Belgium.

Cyrus Peck: 1918, World War One, 16th Battalion, CEF, Cagnicourt, France.

Frederick Peters: 1942, World War Two, HMS Walney, Oran, Algeria.

Walter Rayfield: 1918, World War One, 7th Battalion, CEF, Arras, France.

Herbert Reade: 1857, Indian rebellion of 1857, 61st Regiment of Foot, Delhi, India.

Arthur Richardson: 1900, Second Boer War, Lord Strathcona's Horse (Royal Canadians), Wolwespruit, South Africa.

James Richardson: 1916*, World War One, 16th Battalion, CEF, Somme, France.

James Robertson: 1917*, World War One, 27th Battalion, CEF, Passchendaele, Belgium.

Charles Rutherford: 1918, World War One, 5th Battalion Canadian Mounted Rifles, Monchy, France.

Francis Scrimger: 1915, World War One, Canadian Army Medical Corp, St. Julien, Belgium.

Robert Shankland: 1917, World War One, 43rd Battalion, CEF, Passchendaele, Belgium.

Ellis Sifton: 1917*, World War One, 18th Battalion, CEF, Neuville-St.-Vaast, France.

John Sinton: 1916, World War One, Indian Medical Service, Orah Ruins, Mesopotamia.

Ernest Smith: 1944, World War Two, Seaforth Highlanders of Canada, River Savio, Italy.

Robert Spall: 1918*, World War One, Princess Patricia's Canadian Light Infantry, Parvillers, France.

Harcus Strachan: 1917, World War One, Fort Garry Horse, Masnieres, France.

James Tait: 1918*, World War One, 8th Battalion, CEF, Amiens, France.

Frederick Tilston: 1945, World War Two, Essex Scottish Regiment, Hochwald Forest, Germany.

Frederick Topham: 1945, World War Two, 1st Canadian Parachute Battalion, Rhine, Germany.

Paul Triquet: 1943, World War Two, 22nd Battalion, Casa Berardi, Italy.

Richard Turner: 1900, Second Boer War, Royal Canadian Dragoons, Komati River, South Africa.

Thomas Wilkinson: 1916*, World War One, Loyal North Lancashire Regiment, La Boisselle, France.

John Young: 1918, World War One, 87th Battalion, CEF, Dury-Arras Sector, France.

Raphael Zengel: 1918, World War One, 5th Battalion, CEF, Warvillers, France.

From the Bull's Pen: A message from the 8 Wing Chief Warrant Officer



Civilians, serving, retired military personnel remember

Photos: Cpl Igor Loutsouk, 8 Wing Imaging



Clockwise from top left:

- Overall view of the Monument to the Fallen Soldiers after the Remembrance Day Ceremony in Trenton.
- Members of the Canadian Forces Base Trenton standing in formation during the parade, at the Remembrance Day Ceremony in Trenton.
- A member of the local Legions who was a part of Flag Party stands strong with raised flag despite a nosebleed, at the Remembrance Day Ceremony in Trenton.
- A veteran reads a card that was given to him by a youngster, at the Remembrance Day Ceremony. This year became the first year in many that local school children were allowed to take time from class in order to attend the Remembrance Day Ceremony.
- Local school children stand awaiting their turn to lay the wreaths that they made in school, at the Remembrance Day Ceremony in Trenton.



HOROSCOPES

Weekly Astrology by Christine Davison

November 16 – November 22

ARIES (March 21-April 19): This will be a time of profound transformation. Expect huge changes to begin to take hold; something that you suspected to be happening or to be true over the past few weeks may manifest right in front of your eyes. This is a time for a new reality to begin for you and those you love. Hold on fast!

TAURUS (April 20-May 20): Interesting changes may occur over the next little while that involve you and those you love. You may have been feeling as if you are on the verge of something great and now you will know why. Good things come to those who wait and perhaps now you understand everything that was happening before. Expect changes.

GEMINI (May 21-June 20): Something that you began a short while back may have been thwarted in some way and now you know the reasons for the original issues. You've been put on a new path. The next little while will show your new potential in interesting ways; watch to see things unfold, but try to take an active part in what is to come.

CANCER (June 21-July 22): You need to take a moment to rest and relax to realize your full potential. You've been running around so much lately that you haven't had time to take care of yourself. Something that you once felt somewhat saturnine about a little while back may now resonate to a deeper chord within your being.

LEO (July 23-Aug. 22): This is a time for you to come across sudden realizations even though you know the way you think or feel may have interesting and old ties indeed. Changes are underway. You will soon realize what has been in store for you all along. Positive results may be a result of spiritual interest or something from the past.

VIRGO (Aug. 23-Sept. 22): You may realize many interesting things about yourself over the next little while. Someone may wish to take you out to dinner over the next few days if they have not already done so. Transformations are underway for both you and those you care about. Interesting things may come to light that will be shown to everyone.

LIBRA (Sept. 23-Oct. 22): You may feel a need to tell others how strongly you've begun to feel regarding certain things. Travel may take on transformative tones. You may learn something that changes your perspective or way you view your present way of being. Relationships with favourite family members may take on transformative roles.

SCORPIO (Oct. 23-Nov. 21): This can be an incredibly intense and fascinating time for you. Strong, transformative secrets may force you out into the open. Someone close to you may reveal something that can help you financially in some ways. Lovers may reveal interesting details and tidbits that affect your finances or your family.

SAGITTARIUS (Nov. 22-Dec. 21): Happy Birthday Sagittarius! People are drawn to you like moths to a flame. You may feel freer in some ways than you have for several years due to changes in your sign. There is a chance that someone wants to buy you gifts. You can feel that there are changes underway. You are wilful, energetic, passionate, and sensual.

CAPRICORN (Dec. 22-Jan. 19): You may feel as if everyone is vying for your attention. Pluto's recent shift to your sign may cause you to become a far more intense and spiritual person. You may be drawn to influential people or influential people may be drawn to you. Your charisma is undeniable. Expect transformation and spiritual emergencies.

AQUARIUS (Jan. 20-Feb. 18): You are on the verge of creating something unique and powerful. Strange changes that occur over the next little while may not only affect you alone but may have a hand in changing your entire community. You have the power to do many things. Try to become more involved with groups that share your motivations.

PISCES (Feb. 19-March 20): Secrets may come out in the open in a startling manner over the next little while. Something that you once suspected to be true may turn out to very well be exactly what you suspected. Things that may appear to be negative at first may soon take on a very strong and positive aspect. Transformations are underway.

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

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

Not In My Backyard! by Dale Taylor



Panel 1: A doghouse in a yard with a fence. Panel 2: A dog asks "IS IT STILL RAINING?" and a speech bubble says "YES." Panel 3: A dog says "THERE ARE CERTAIN EXCEPTIONS TO THE 'TOLERATE NO INTRUDERS' RULE."

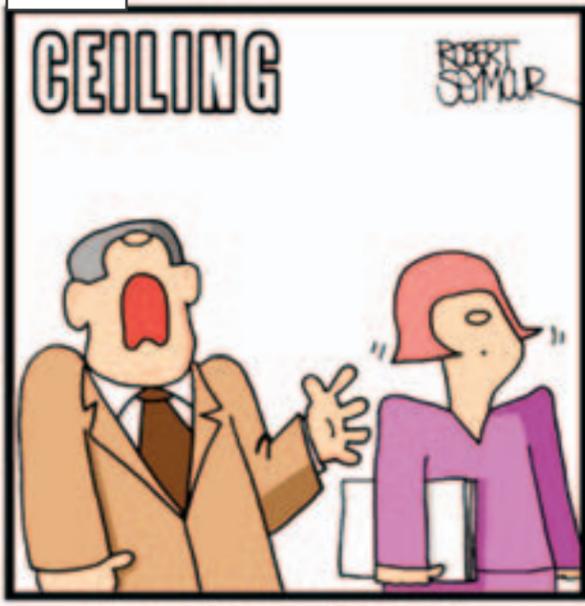
GINGER & SHADOW BY BARRY CORBETT



Panel 1: A woman says "SOME DOCTOR DESARD'S OFFICE CALLED, LOOKING FOR SHADOW." A black cat replies "OH, NO! NOT THE VET AGAIN!" Panel 2: A white cat says "OH, HE'S NOT THAT KIND OF DOCTOR." The black cat replies "WHAT? WHY? HOW DO YOU KNOW THAT?" Panel 3: A white cat says "THEY WERE LOOKING FOR VOLUNTEERS FOR SOME KIND OF MEDICAL RESEARCH. I SIGNED YOU UP." The black cat replies "GEE... UH, THANKS FOR THE THOUGHT."

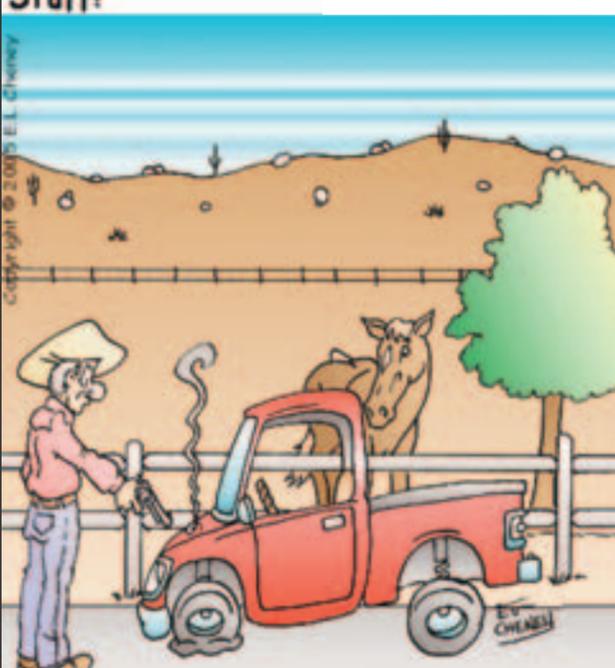
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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



Quinte Christian High School
November 21 and 22

Application and Information at www.qchs.ca
Call Susetta at 613-965-6044
Or e-mail sgugliotta@sympatico.ca

VENDOR SPACE STILL AVAILABLE

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December 10 and 11**

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TIM HORTONS FREE SKATE DAYS

Friday November 28, 1-3 pm
Wally Dever Arena

Saturday December 20, 2-4 pm
Yardmen Arena

Monday December 22, 1:15-3:15 pm
Wally Dever Arena

Tuesday December 23, 10 am-12 pm
Dick Ellis Arena

Wednesday December 24, 10 am-12 pm
Dick Ellis Arena

Monday December 29, 2 - 4 pm
Dick Ellis Arena

Tuesday December 30, 11 am - 1 pm
Memorial Arena

Wednesday December 31, 10 - 12 pm
Memorial Arena

For more information call Belleville Recreation
613-966-4632

Flu Vaccination Clinic

Siskin Centre
Wednesday, November 19, 2008
from 11 a.m. to 7 p.m.

Everyone over the age of six months should receive the vaccine to protect themselves and others. The vaccine is available at no cost to all people who live, work, or attend school in Ontario.

Influenza is a contagious respiratory illness caused by influenza viruses. People of any age can get the flu. It usually lasts two to seven days.

Clinique de vaccination contre la grippe

Centre Siskin
le mercredi 19 novembre 2008
de 11h à 19h

Toute personne âgée de 6 mois et plus devrait recevoir le vaccin afin d'être protégée elle-même et de protéger les autres. Le vaccin est disponible sans frais à toute les personnes qui vivent, travaillent ou fréquentent une école de la province d'Ontario. L'influenza est une maladie des voies respiratoires causée par le virus influenza.

Toutes les personnes sont susceptibles d'attraper la grippe, quelque soit leur âge. La grippe dure habituellement de 2 à 7 jours.

Information: Hastings & Prince Edward Health Unit, 613-966-5500
Your doctor/votre médecin, Telehealth/Télésanté, 1-866-797-0000,
www.gettheflushot.ca

QUIT SMOKING SUPPORT GROUP

Hastings and Prince Edward Counties Health Unit invites you to *Quinte Quitters*, a support group which meets the first Tuesday (Nov. 4, 2-3 p.m.) and third Thursday (Nov. 20, 630-730 p.m.) of every month at the Belleville Health Unit, at 179 North Park Street. Registration not required. For info, call 613-966-5513, ext. 301



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3 Models to View
Open House
Sat. 3-4:30

The Emerald (off Huffman Rd.) \$249,900

Sample Photo

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FAMILY



Activity: Fantastic Fossil



Making a fossil from clay and plaster will inspire your child's curiosity about the natural world.

Here is an unusual craft activity that invites you to spend some Comfort, Play and Teach™ time being creative together!

You will need: Clay or firm modeling dough; small objects to press into the clay (e.g., pine cone, rock, twigs, toy dinosaurs); two cups plaster of paris; 1 ¼ cups water; empty margarine

container

Instructions: Press some clay or modeling dough into the bottom of the margarine container, to form a thick layer.

Press different objects into the clay and then remove these once you are satisfied with the design you made.

Combine the Plaster of Paris with water and then pour the mixture into the margarine container, completely covering the clay.

When the Plaster of Paris has hardened, remove it from the margarine container. You will have created a fossil from the impressions made in the clay.

Enjoy this more with Comfort, Play and Teach™:

Comfort: Involve

your child in selecting a place to proudly display the fossil she made. Family members will have the chance to admire it and to ask about how she created it.

Play: Go on a treasure hunt to find interesting materials to use for creating a fossil. What kinds of household objects or nature items will make interesting impressions in the clay?

Teach: Visit a museum and look at actual prehistoric fossils. Talk about how fossils are created in nature and what they tell us about plants and creatures that lived long ago.

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

Mealtime.org Breakfast Fondue

Ingredients:

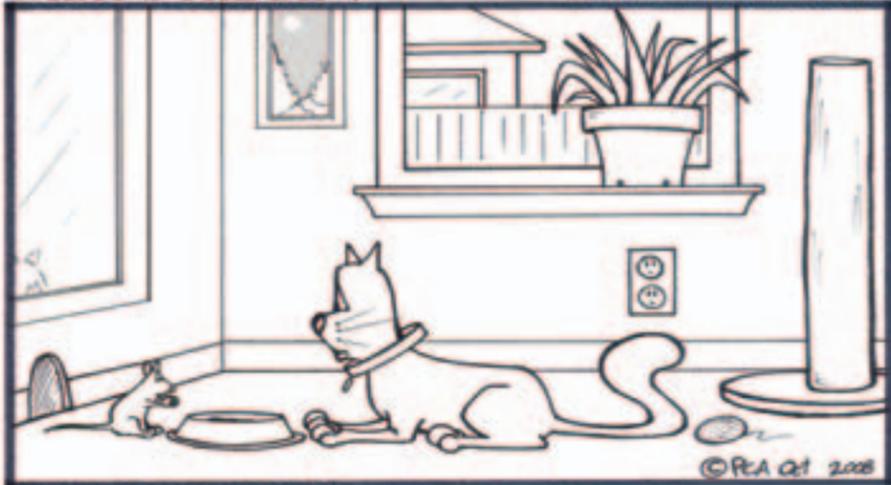
- 1 can (15 ounces) sliced peaches in juice
- 1/3 cup maple syrup
- 2 tablespoons whipped light cream cheese
- 1/4 teaspoon vanilla extract
- Pinch of cinnamon
- 12 whole-grain mini-pancakes, mini-waffles or french toast fingers, warm

Preparation: Combine peaches, maple syrup, cream cheese, vanilla and cinnamon in a blender or food processor, and with an adult watching purée on high until smooth. It's okay if there are a few lumps of cream cheese showing; they will disappear when you cook the peach mixture in the next step. Pour the mixture into a pot. If you are allowed to use the stove, warm it over medium- high heat, stirring often, until the cream cheese melts and the sauce is bubbling around the edges. If you aren't allowed to use the stove, have an adult help you. Serve in a big bowl surrounded by whole-grain pancakes, waffles or French toast fingers, or a combination, for dipping. Use your fingers to dip, but remember, no double-dipping. Serving Size: 1/2-cup fondue; three whole-grain mini-pancakes, mini-waffles or French toast fingers. Serves: Four

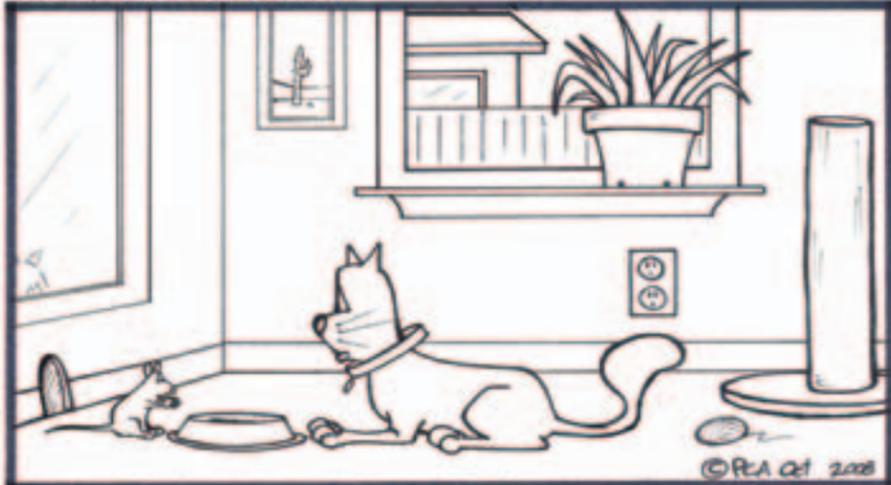
Nutritional Information Per Serving: Calories 77; Total fat 1.25g; Saturated fat 0.75g; Cholesterol 4mg; Sodium 27mg; Carbohydrate 16g; Fiber 1g; Protein 1.25g; Vitamin A 142IU; Vitamin C 3mg; Folate 5mcg; Calcium 20mg; Iron 0.25mg; Potassium 157mg

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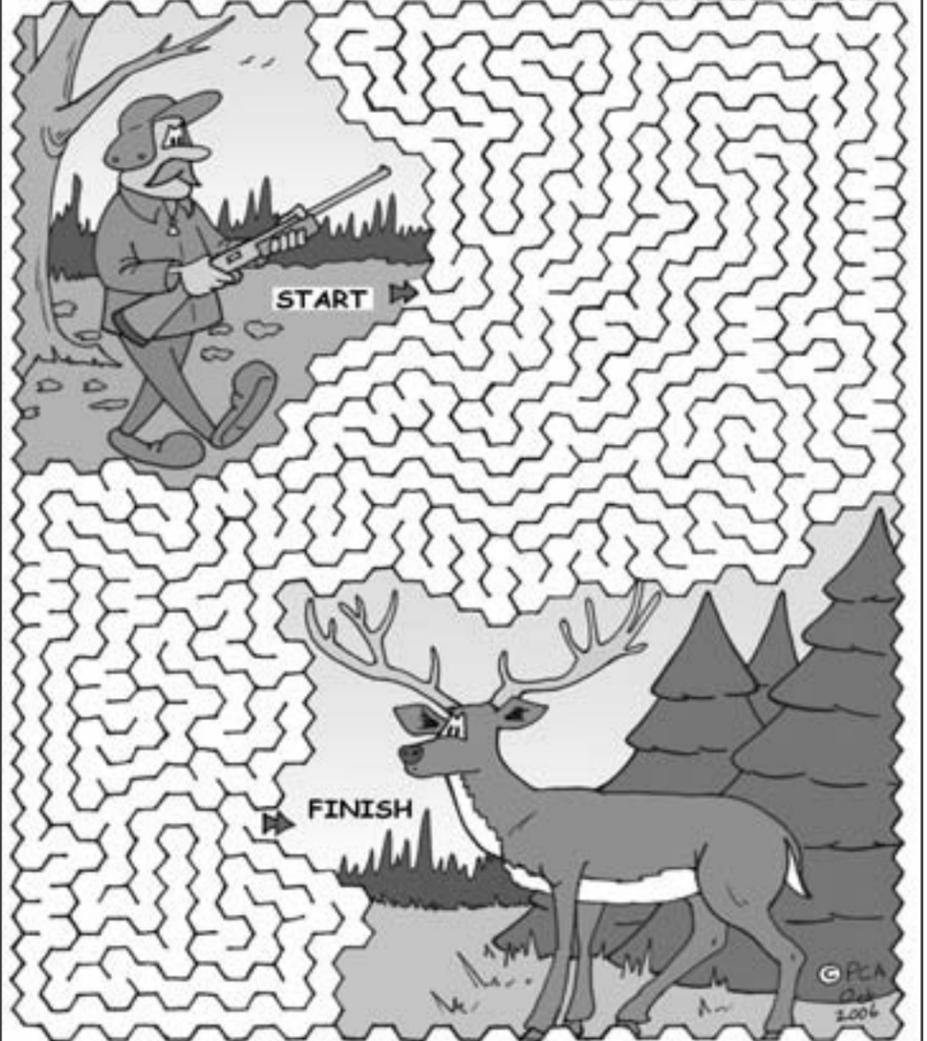
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High School Musical 3 (G)

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Showcase

Showcase



WO K. Roth

received 426 Sqn Person of the Quarter, presented by LCol D. Cochrane, CO 426(T)Sqn.



Sgt P. Belanger

received his CD1, presented by LCol D. Cochrane, CO 426(T)Sqn.



Sgt R. Splaine

received his CD1, presented by LCol D. Cochrane, CO 426(T)Sqn.



Sgt J. Ally

received his CD1, presented by LCol D. Cochrane, CO 426(T)Sqn.



WO A. Robertson

received the CO's Commendation, presented by LCol D. Cochrane, CO 426(T)Sqn.



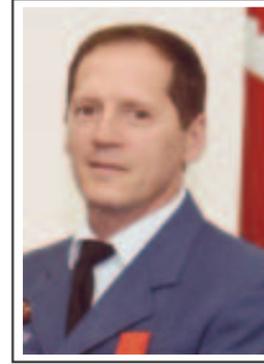
Sgt Walsh

received his 1000 hrs CC-130 Scroll, presented by LCol D. Cochrane, CO 426(T)Sqn.



Sgt K. MacDonald

received his CD1, presented by LCol D. Cochrane, CO 426(T)Sqn.



MCpl Francoeur

received his CD1, presented by LCol D. Cochrane, CO 426(T)Sqn.



MCpl J. Baldwin

received his CD1, presented by LCol D. Cochrane, CO 426(T)Sqn.



Cpl C. Esser

received a promotion to that rank, presented by Maj L. Roy and MWO S. Budykin, 8AMS.



Capt M. Lafrance

received a promotion to that rank, presented by CWO D. Daniels, SCWO and A/CO, Maj D. Perrault, 436 Sqn.



WO J. Fleming

received a promotion to that rank, presented by CWO D. Daniels, SCWO and CO and LCol F. Martineau, 436 Sqn.



Capt J. Longley

received her 1000 hrs CC-130 Certificate, presented by LCol F. Martineau, CO 436 Sqn.



Capt P. Sparkes

received his OPME Certificate of Completion, presented by LCol F. Martineau, CO 436 Sqn.

Congratulations! Félicitations!

Chaplain Services

8 Wing/CFB Trenton Chaplain Services

services offerts par l'aumônerie de l'escadre

WING CHAPLAIN SERVICES

SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

Wing Chaplain- *LCdr Steve Merriman* -Aumônier de l'Escadre
Administrative Assistant - adjointe administrative
613-392-2811 x 2490

Unit Chaplains – aumôniers d'unités

LCdr Padre Steve Merriman, P; Capt Padre Philippe Boudreau, RC; Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate/Agent de pastorale

As support staff - comme personnel de soutien

Rev Jim Craig, P Civilian Officiating Clergyman – membre du clergé civil

WORSHIP SERVICES

Our Lady of Peace (RC)
Christian community – communauté catholique

Notre-Dame-De-La-Paix (CR)

Chapel Life Co-ordinator

Father Philippe Boudreau

Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 0900h

Sunday Mass at 1130hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 0900 hrs and coffee

3ième dimanche messe bilingue: 09h00 et café

Confession - Réconciliation

Please, contact the Wing Chaplains' Receptionist to get in touch with a RC priest prior to coming over. *Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.*

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. *Après les heures de travail, pour les urgences seulement, svp appelez le téléphoniste de la Base au 613-392-2811 et demandez l'aumônier en devoir.*

St. Clement Astra (P)
Protestant Community

Chapel Life Co-ordinator

Padre Jim Craig

Worship Service

Sunday Divine Worship, 1015hrs

Holy Communion:

1st Sunday of the month

SACRAMENT OF BAPTISM

Parents wishing to have their child baptized are to contact the parish through the Wing Chaplain's Administrative Assistant at local 2490 at least two weeks prior to the desired date. After completing the request form, the dates for both the pre-baptismal session and the baptism will be booked.

The pre-baptismal session is mandatory for both parents; however, godparents (one of them at least must be RC) are invited to participate. Proxy might be an option if godparents cannot attend.

For liturgical reasons and the baptism sacramental theology, baptisms are not celebrated during the Lent Liturgical Season.

Civilian parents who wish to have their child baptized at our military facility must first contact their civilian parish (whether or not they are active at that parish) before contacting our chapel. As Our Lady of Peace belongs to the Military Diocese of Canada, a letter of canonical jurisdiction from your civilian pastor giving the reasons supporting your request will be needed.

SACREMENT DU BAPTÊME

A tous les parents désirant faire baptiser leur enfant, svp communiquez avec notre assistante de bureau au moins deux semaines avant la date désirée au poste 2490 pour entreprendre les démarches. Une rencontre est nécessaire avec le padré pour faire l'inscription. Il vous avisera de la date de la rencontre pré-baptismale obligatoire ainsi que de la date du baptême.

Une rencontre pré-baptismale est obligatoire pour les deux parents (père et mère), tandis que les parrains sont invités à y participer. Au moins un des parrains doit être Catholique romain. Il est possible de désigner des mandataires si les parrains ne peuvent être présents.

Pour des raisons liturgiques et de théologie sacramentelle, il n'y a pas de baptême célébré durant la période du Carême.

Les parents civils qui souhaitent faire baptiser leur enfant à la chapelle de l'Escadre doivent contacter leur paroisse civile (étant pratiquants ou pas) avant de communiquer avec notre secrétariat. La communauté de chapelle Notre-Dame-de-la-Paix de la 8ième Escadre appartient à une juridiction canonique différente qui est celle du Diocèse militaire du Canada. Une lettre/courriel de délégation canonique de la part du prêtre de votre paroisse civile (appuyant votre démarche auprès de cette chapelle militaire) devra être envoyée à l'aumônier catholique de l'Escadre.

Planning to get married?

If you are planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic Party must contact first the Wing Chaplains' Offices at 613-392-2811, Ext 2490 to begin the pre-nuptial process six months prior to the wedding day. That is to provide you with time to take the pre-marriage class (which must be attended) and the padre to complete the marriage file, which must be sent to the Military Ordinariate's Chancery Office no less than three months prior to the wedding day. Please, keep in mind that pre-marriage classes are not offered from May to September. This is applicable to all members falling under Military Ordinariate's jurisdiction; that means for all CF personnel and DND employees who are RC. The later have the choice between their Wing Chaplains' Pastoral Services and their civilian parish's. If a Catholic party wants to get married under the Rite of a particular Protestant denomination, the above still applies.

If the marriage file is not processed on time, the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and from... to the church of your wedding). If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

Vous planifiez de vous marier?

Si vous projetez de vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, la partie catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au #613.392.2811, poste 2490. Ce premier contact, qui enclenchera l'ouverture du dossier pré-nuptial, devrait être fait six mois avant la date de la célébration du mariage. C'est le temps minimum pour planifier la session de préparation au mariage (à laquelle les fiancés doivent participer et qui ne sont pas dispensées entre les mois de mai et septembre.) et de préparer le dossier de demande de mariage. Le dossier doit être envoyé au bureau du Chancelier de l'Ordinariat militaire du Canada, à Ottawa, au moins trois mois avant la date choisie. Ce qui précède s'applique à toute personne assujettie à la juridiction canonique de l'Évêque du Diocèse militaire du Canada; en d'autres mots, à tous les membres des FC et aux employés du MDN qui sont CR. Cependant, ces derniers ont le choix de faire appel aux services des aumôniers CR de l'Escadre ou de s'adresser au bureau du pasteur de leur paroisse civile. A noter que si la partie catholique veut se marier selon le Rite d'une Église protestante, ce qui précède s'applique encore.

Il importe également de prendre note que si le dossier pré-nuptial n'a pas été complété et envoyé dans les délais requis, le bureau de l'Aumônier de l'Escadre ne pourra être tenu responsable de toute complication et des coûts qui pourraient y être reliés. Trois mois précédant la date: voilà le temps souhaitable que les bureaux de l'aumônier et du chancelier ont besoin pour préparer et acheminer un dossier de demande de mariage.

Si vous appartenez à une Église de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le padré de votre confession religieuse le plus tôt possible.

CHAPLAIN EMERGENCY FUND

You can help the chaplains help our military families most in need. *How?* Every time you make a purchase at our CANEX, ask to have the *Club Xtra* points put on the Chaplain's *Club Xtra* Card. The points will be used to help our military families during times of family crisis. For more information, ask one of the Canex employees.

FONDS D'URGENCE DES AUMÔNIERS

Vous pouvez aider les aumôniers à aider les familles de nos militaires qui en ont le plus besoin. *Comment?* Chaque fois que vous faites un achat dans notre CANEX, demandez que les points du *Club Xtra* soient crédités à la carte *Club Xtra* des aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales. Pour avoir des renseignements supplémentaires, demandez à l'un des employés du Canex.

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			T	R	I		C	Y	P	R	U
K	O	R	E	A		A	H	S		A	S
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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...

613-966-3333

239 North Front
Belleville

www.bellevillevw.com

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 condi-
tion, windsheild and
back box included.
\$5000 **613-966-8624**
(evenings)

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 some-
one 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

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

For Rent

ROOMATE WANTED
Share well-maintained
nice, 4 bedroom home
with female owner only.
Includes own bath,
phone nad cable hookup
in room. Full use of
house and amentities
including parking, a/c,
fireplace, patio, laundry,
dishwasher, utilities etc..
Located in Trenton,
close to all amentities,
10 mins from base.
Available immediatly
\$400 inclusive
613-394-1406

Glen Miller Duplex
1- 3 bedroom + rec
room, new gas furnace,
C/A, freshly painted,
detached one car garage.
Available December 1.
No pets, 1st & last
required.
\$1000/mth +utils
613-394-0051

1- 4 bedroom + rec
room, new gas furnace
C/A, freshly painted,
new carpets, large out
building. No pets,
1st & last required.
\$1200/mth +utils
613-394-0051

For Rent

ADULTS!
1 bedroom apts.
from \$595
2 bedroom apts.
from \$675
Utilities & cable included
Affordable, quiet & secure

CLOSE TO BASE

KLEMENCIC PROPERTIES
613-392-7839

Large 2 bedroom home for rent.
Seperate 2 car garage,
all appliances, smoke and
pet free. Fish & Game
Club Rd. Frankford.
\$900/mth + heat and
hyrdo
613-398-7135

Excellent executive retreat
on Lake Consecon.
3 bedroom, 3 bath, 2 car
garage home. 1st, 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

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

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

Waterfront one-bedroom house for rent
Completely renovated, 4
appliances, garage, dock
and concrete seawall.
1st, last and references
required.
\$850 +utils
613-849-9216

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.
\$1100/mth + utils.
References required.
Available Immediately.
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-smok-
ing apt. Available to
adults December 1,
2008. Utilities, fridge,
stove, washer & dryer
included. Close to
downtown Trenton.
Double parking drive-
way, no pets. \$800/mth
613-392-0840

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

Advertise in the Classifieds
Call Adriana
613-392-2811
ext. 3976



Today's resilient floors are fashionable

(NC)—Resilient flooring is making a comeback on the flooring scene and the designs today are more fashionable than yesterday's linoleum.

It has a wide range of designs, is comfortable, durable, easy to install and is an affordable flooring option for your home.

Today's resilient flooring is available in a wealth of designs and colour inspirations to suit every mood and room. Designs range from simple geometric and graphic patterns to ones that imitate natural woods, marble and ceramic tile such as Beauflor resilient floors.

"All of Beauflor's options make it effortless to create your own design because each roll is simple to cut and install allowing for easy design coordination with an existing floor" explains Sophie-Tanya Lupien, marketing manager for Beaulieu Canada, distributor of Beauflor.

With all of the pattern options available, designers do suggest using a smaller pattern in a small room to create the illusion of a larger space and the opposite for a larger room – use a larger pattern to make the room cozier.

Although be careful when selecting a pattern from a small sample, the pattern may look beautiful on the sample but the pattern repeat could become overwhelming once it's on the floor in your room. More information on patterns and colours is available online at www.beaulieucanada.ca.

Not only is resilient fashionable, it's extremely practical for families with children and pets. It's perfect for entryways, kitchens, bathrooms and high traffic areas due to its



Photo: NewsCanada

resistance to water and stains. The materials used to make the floors also resist water penetration making it less likely to become a breeding ground for mold and mildew, plus its durability helps in resisting scuffs and damage from furniture.

Resilient floors also offer a flexibility and softness that make it com-

fortable to stand and work on as well as contributing to noise reduction.

Resilient flooring is considered one of the most economical flooring options in the market today but don't let the cost fool you – today's resilient will give you the chance to create a unique floor pattern for your style and home.

Five easy steps to obtaining a renovation grant

(NC)-Are you renovating your house? Here are five easy steps to getting government retrofit grants.

A residential energy assessment initiative has been developed by Natural Resources Canada (NRCAN) to help homeowners make retrofit choices that improve the comfort and energy efficiency of their home. AmeriSpec of Canada can help you qualify by following these five easy steps:

- Hire a qualified AmeriSpec energy advisor to perform a pre-retrofit energy evaluation of your home.
- Select the improvements from your home energy recommendation checklist.
- Implement the recommended energy upgrades within 18 months.

- Call your AmeriSpec energy advisor to perform your post-retrofit evaluation, to confirm your new energy rating and to submit your application on your behalf.

- Wait for up to 90 days after your follow-up evaluation to receive your cheque based on the eligible upgrades performed.

Homes that have had pre and post retrofit evaluations will be eligible for grants to a maximum of \$5,000 (\$10,000 in select provinces) with an average grant of \$1,100 (\$2,200 in select provinces).

Additional information on the residential energy assessment program is available online at www.amerispec.ca/ecoenergy or toll-free at 1-866-284-6010.

Our success is your success.

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Brighton 41 Main St. 613-475-6594
Toll Free: 1-800-567-0776
Check us out at... www.remaxtrent.com

Contact

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

— Wilbur Wright

QUIET COUNTRY BUNGALOW
Enjoy this beautiful 2,000+ sq. ft. bungalow on West Lake Channel. Features 3+ bdrms, a 5 pc ensuite and 4 pc bath on the main level, and a rough-in bathroom on the lower level. Home has a natural gas fireplace. Large rec and games room on the lower level. Full finished basement. Loyalist Parkway East from Wellington to McKnight Lane to #24.

MLS#2086478
\$315,000

TEAM RE/MAX WELLINGTON
Veronica Norton Sales Rep
veronicanorton@bellnet.ca 1-888-217-0166
Ron Norton Sales Rep
ronnorton@bellnet.ca 613-399-5900

Open House
Sun. Nov. 16, 1:30 - 3:30
47 Strachan St., Belleville
Tastefully updated century home with double car detached garage, large fenced backyard in quiet convenient location.
\$164,000
mls#2087175

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A beautiful setting close to CFB and the 401. Wonderful home with 5 bedrooms and 2 full baths, huge family room and a 2 car garage. Walk out from kitchen to a deck and pool. Asking \$309,900

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