

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

# the Contact

www.thecontactnewspaper.cfbtrenton.com



**DOMINION LENDING CENTRES**

*We Make Mortgages Easy... Really Easy!*

**1-877-333-4983**

*Canada's National Mortgage Company*

Dominion Lending Centres Alliance  
357 Front St., Empire Square, Belleville  
Independently Owned & Operated  
(FSCOL Lic. #11182)

• October 10, 2008 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 43 Issue Number 39 •

## Cormorant Trophy awarded to deserving 424 CH-146 Crew

by Capt M.S. Dagenais  
424 (T & R) Squadron

The Cormorant Trophy is presented to a helicopter crew, civilian or military, who completed the most challenging helicopter rescue in Canada.

On the night of August 20, 2007, Rescue 422, a CH-146 Griffon helicopter from 424 (Transport and Rescue) Squadron was launched to assist a 28' pleasure craft, named the "Empty Nester".

She was reported by the JRCC to be taking on water in the vicinity of Long Point on Lake Erie. She had suffered mechanical difficulties and drifted to a point a quarter of a mile off of the tip of the 40 km long peninsula that jutted out into the middle of the lake. Onboard, a family of four had dropped anchor to avoid running ashore.

Once on-scene, Rescue 422 made every effort to fight the strong, gusting winds. In doing so, they were forced to maintain a non-standard position, which



Photo: Submitted

**Crew from the rescue mission, including Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, along with the Bell/Vector personnel that maintain the Griffon helicopter. From left to right: Capt Gab Ringuette, Bill Poil, John Mersereau, Matt Tomes, Tim Mossey, Linda Gumb, Denis Plourde, Butch Hall, Capt Chris Herten, Colonel Hood, Sgt Bruno Michaud, MCpl Chris Trainor (now a civilian).**

permitted constant visual reference to the boat.

This caused the helicopter to be tipped at an awkward angle, giving occasional shudders throughout the cockpit and

cabin.

Rescue 422 established contact with the vessel and determined that the family intended to abandon ship.

The SAR Techs were then deployed and attempted to swim their way to the vessel, however, due to high sea state and strong currents, it made for an impossible situation.

It was determined that the only remaining option was to hoist the family to safety.

While conducting the hoist extractions, the crew of Rescue 422 was put to the test. Due to the slow speed of the hoist and the inability to pay out sufficient cable (due to both boat and helicopter movement), this meant that on several occasions, the SAR Tech and casualty were involuntarily pulled off of the boat and into the water.

This was a far from gentle occurrence, mitigated on subsequent hoist sequences by the SAR Tech and casualty readily jumping into the water for a **See 'Cormorant Trophy' Page 3**

## Assistant Deputy Minister for civilian human resources visits 8 Wing

by 2Lt J.M. Jackson

On October 3, Ms. Cynthia Binnington, the Assistant Deputy Minister for civilian human resources at National Defence (DND), visited 8 Wing as her first stop in a number of planned visits to operational formations across Canada.

"My goal is to raise awareness with DND civilian employees and CF members alike. I want to hear their views and share information about a major Departmental action plan that focuses on renewing the public service. And for the Defence Team that means discussing and sharing ideas on the connection between Public Service Renewal and achieving the Defence mission," she emphasized.

Government-wide Public Service Renewal has set an agenda in four key areas (integrated plan-

ning, recruitment and retention, employee development, and enabling infrastructure) that will ensure the federal public service preserves and strengthens its capacity to contribute to Canada's successes through excellent public services.

"This is a great opportunity for me to meet face-to-face with CF leaders and civilian employees from all occupations across the country. As partners on the Defence Team it's important that we're engaged and understand how our jobs contribute to CF operations and the Defence mission," she points out.

As part of her visit, Ms Binnington met managers of DND civilian employees and the employees themselves as well as some of their representatives. She participated in informal discussions at 8 Wing Transport and Electrical and Mechanical Engineering Squadron, 8 Wing Foods and Supply

Squadron, and 8 Wing Construction Engineering Squadron. A briefing which provided an overview of 8 Wing Organization, a tour of the Dispute Resolution Centre, and a chance to meet with members of the Civilian Human Resources Office, rounded out her site visit. Her day at 8 Wing concluded with a tour of a CC-177 Globemaster III.

"Meeting with DND public servants, listening to their views and concerns and seeing first-hand their important contribution to the Defence Team is essential," was something Ms Binnington reiterated at every site she visited. While at the 8 Wing Foods and Supply Squadron, Ms. Binnington was particularly impressed to meet Mr. Jim Pullen, a civilian employed in the supply section, who has served over 58 years as a public servant.

Next stop is CFB Esquimalt on



Photo: Pte Isabel Lavallee-Raby, 8 Wing Imaging

**Ms. Cynthia Binnington, Assistant Deputy Minister of Human Resources-Civilian (ADM HR-Civ) (left) shakes hands with Ms. Patti Drebit (left) a DND civilian employee at 8 Wing Supply, customer service section.**

October 20, followed by CFB Halifax, Valcartier, Bagotville, Petawawa on October 24. Edmonton, Yellowknife and Ottawa.



447 Dundas St West  
Trenton  
613-392-6594

**REMAX TRENT VALLEY REALTY LTD., Brokerage**

**YOU HAVE A CHOICE IN YOUR REAL ESTATE DECISIONS**

*Our representatives are fully approved and compliant with the*

*DND IRP-PRI programs*

**OUTSTANDING AGENTS – OUTSTANDING RESULTS**

1-800-567-0776

www.remuxtrent.com



41 Main St  
Brighton  
613-475-6594



## Wing Commander's Column

A message from Colonel Mike Hood



The Trenton Military Family Resource Centre (MFRC) held its 8 Wing Family Day last Sunday – a great event that showcased how much support the MFRC provides to military families.

We are indeed fortunate to have such a fabulous team running so many vital support programs that help those of us in uniform and our loved ones.

The MFRC provides this vital support through the many programs and services available to help us all handle the everyday challenges of military life at 8

Wing. In addition to an array of child care programs, there are also information and employment assistance programs which can help spouses new to the area make the adjustment to life in Trenton.

They also offer personal development and family separation and reunion services, and I encourage those of you planning to deploy in the near future to ensure you understand what is available.

I am particularly proud of the fact that the Trenton MFRC offers their services in both official languages and offers counselling

services tailored for 8 Wing's many francophone families.

As a postscript, I would like to remind you of Family Violence Awareness week which happens next week.

As I said, healthy families are essential to our success at 8 Wing and awareness of potential problems is a key step towards prevention. Information on Family Violence Awareness will be available and posted at locations throughout the base, as well as contact information for Family Violence Crisis Teams.

# UNITED WAY 2008

Total amount raised to date: \$22,931.45

Total per cent of personnel canvassed: 6 per cent

Our goal for this years Government of Canada Workplace Charitable Campaign (GCWCC) at 8 Wing/CFB Trenton: 100 per cent face-to-face canvassing

The Mega 50/50 draw winner's share a total of: \$288.50

Upcoming events to watch for are as follows:

October 17 – Don't miss the next Breakfast Bash at the Yukon Galley from 0600-0830 for \$5 per person.

October 24 – All you can eat Pizza Pasta for \$7 at the Yukon Galley, from 1100 to 1300 hrs. You can beat a deal like this!

Please note: The breakfast and lunches are open to all personnel on base, as well as family members, friends and the general public.



### GCWCC 2008 STATS

Total Raised: \$22,931.45

Personnel Canvassed: 6 per cent



**START YOUR ENGINES!**  
With a quality pre-owned vehicle from Baz Auto

**OVER 150 VEHICLES TO CHOOSE FROM**

[www.bazauto.com](http://www.bazauto.com)

**OPEN SATURDAYS & SUNDAYS**  
Mon.-Fri. 8 am-6 pm  
• Sat. 8 am-4pm  
• Sun. 10 am-3 pm

**BAZAUTO** (1000 WOODLAND AVENUE EAST OF BELLEVILLE) 613.966.4500

**Best Quality** **Best Price**

**"The Only Place To Go"**

**SMITTY'S WAREHOUSE OPERATION**

**For NEW or GOOD USED Appliances**

Smitty's has been keeping customers happy for 28 years in the appliance business. This proves Smitty has the **Best Price, Selection, Guarantee, Quality & Price** plus **Same Day** delivery, seven days a week. Smitty plans to be around for another 28 years. Now he has in-house financing at **NO INTEREST**. These are just a few of the many reasons to visit Smitty's for your new or used appliance purchase.

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

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

613-969-0287

**COMPETITORS ESTIMATE AUTO SERVICE PRICE MATCH.**

Using our parts with National Warranty.  
6 month deferred Payment Plan OAC.  
Details in store. Most vehicles.

**Canadian Tire**  
613-392-3509  
285 Dundas St East Trenton

**MASSAGE**

**Silver Star Studio**  
Licensed Oriental Massage

**Relaxing Shiatsu Massage**

Open Daily 9 am - 9 pm

56 Elgin St., Unit 2, Trenton  
Across from Quinte Hotel 613-392-7119

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

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

600 service offices across Canada to serve your military families.

The leading Canadian-owned multi-product insurer.

**the co-operators**  
A Better Place For You™

Home Auto Life Investments Group Business Farm Travel

Please recycle this newspaper

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Master Warrant Officer Jean Blain (8 Wg Tn/EME Sqn), Acting OIC EME Flt, presents Amy Belliveau, the daughter of Cpl Belliveau and Mrs. Belliveau, with the 2008 EME Branch Fund Bursary Award in the amount of \$500.00. Amy is currently studying Animal Science at Queens University in Kingston, with the ultimate goal of becoming a veterinarian. We wish her well in all her future endeavours. Shown from left to right: Cpl Belliveau, Mrs Belliveau, Amy Belliveau (happy recipient), MWO Blain and Sgt Daigle.



## Cormorant Trophy, Continued from Page 1

smoother extraction away from the pitching vessel.

During the final extraction, with the family of four safely inside the helicopter, the sluggish response of the hoist caused Master Corporal Steve Haines to be violently pulled off of the pitching vessel. He impacted the railing and was dragged through the water before being recovered. Fortunately he was not injured.

Furthermore, during the hoist sequences, Rescue 305, a fellow 424 Squadron CC-130 Hercules, greatly aided Rescue 422 by providing flare illumination throughout the mission.

In the days following the incident, Sergeant Michaud sent a follow-up e-mail to the family of the "Empty Nester." This was their response:

*"All four of us cannot thank you and your crew enough for what you did for us. We think you're all amazing and the kids will never forget their first experience with flying. Our boat is a wreck, but thanks to you guys we are all safe. The anchor line broke some time after we abandoned ship and the boat washed up on the beach. The entire event seems surreal. We wish we had photos of the boat in the storm but grabbing the camera did not seem like a priority at the time. Please extend our gratitude to all those involved in the rescue. We'll never forget it."*

Under arduous conditions, the 424 Squadron CH-146 crew displayed the courage, dedication and professionalism that is embodied in the trophy, which is why they are the recipients of this year's Cormorant Trophy.



Shown above from left to right: Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, Captain Chris Herten, Captain Gab Ringuette, Master Corporal Chris Trainor (who is now a civilian), and Sergeant Bruno Michaud.

## Search & Rescue UPDATE



Last week, our CC-130 was tasked to Pond Inlet, at the northern tip of Baffin Island, to assist in the search for a missing teenager in a boat.

By the time RSCU 324 arrived on scene, a Herc from Winnipeg was already on its way home after two full days of searching. The winds were high, and there were patches of snow showers and freezing mist in the area. After about five hours of searching, the Herc recovered in Iqaluit for the night. The weather improved significantly over the next couple of days, and on day three, on the very first leg of the search, an over-turned boat, matching the description of our search object was found. It was brought aboard the Canadian Coast Guard Ship Henry Larson to be positively identified by the locals. The rest of the day, and two hours the following day were spent conducting a coast line crawl for the missing teenager, but unfortunately nothing was found, and RSCU 324 returned to Trenton.

On Thursday, our Helo, RSCU 491 was tasked to search for persons in the water following a boat capsizing in Mink Lake. One person was found ashore near the point of the incident, but with our Herc providing illumination for the search, the OPP decided the search be changed to a dive recovery, and RSCU 491 RTB.

Yesterday our Herc was tasked to search for an overdue pontoon boat in the southern part of Georgian Bay. Due to poor weather, the Herc returned to Trenton to await forecast improving conditions. Later that night they returned on scene and began a line search. Not long after, they were informed by the Cape Discovery of a suspected flare sighting near the incident. The Herc transited to the area in question, and found the pontoon boat. They then directed the Cape Discovery to the boat who was then able to retrieve the person on board.

Until next week – Stay alert and stay safe!

Missions for 2008: 192    Missions for Oct: 7    Persons rescued: 28

# Oktoberfest



**Friday, October 17, 2008**

**Doors open: 2000 hrs**

**Cost: \$5.00 per person**

**Location: Astra Lounge**

**Dance to the Music of DJ "Jerry Dasilva"**

*Advance tickets on sale at the Mess Office  
08 October 2008*

*Free hat, bratwurst & mug  
for the first 400 tickets sold.*

*Prizes & Draws throughout the evening!*

**Courtesy vehicles will be available**

## CANNIFF MILL ESTATES

COUNTRY SETTING, CITY CONVENIENCES

Serving Quinte's Military Families Since 1973

Canniff Mill Estates, a community worth looking into...

Multiple phases with over 100 choice addresses  
Various all clay brick models of bungalows & two stories  
available for quick occupancy  
Lots range from 50' to 75' frontages standard sized,  
prime riverside, and walkout lots available

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

[www.staikoshomes.com](http://www.staikoshomes.com) - email: [info@staikoshomes.com](mailto:info@staikoshomes.com)

**STAIKOS  
HOMES LTD.**

**- 613-967-6560 -**

**Office and Model Home at  
59 Simcoe Dr., Belleville**

Take Hwy. #62 North, turn right on Maidland  
and follow the signs, Off Farnham Road  
Weekdays Mon-Fri 9am - 4:30pm  
Sat 11am-4pm Sun 12pm-4pm



**MODEL HOME & OFFICE**



## The Contact Newspaper

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

### The Contact Staff

**Managing Editor:** Andrea Steiner  
**Assistant Editor:** Amber Gooding  
**Reporter/Photographer:** Grace La Rose  
**Advertising Production Asst:** Adriana Sheahan  
**Advertising Sales:** Patricia MacKie  
**Bookkeeper:** Marilyn Miron  
**Circulation:** Keith Cleaton  
**Translator/Proofreader:** WO Louise Fagan  
**PSP Manager:** John Snyder  
**Subscriptions:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.



### Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Intranet: [STEINER.AL@CFBTrenton@Trenton](mailto:STEINER.AL@CFBTrenton@Trenton)

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



### A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.

**The Contact**  
 Wing Headquarters Building Annex  
 8 Wing / CFB Trenton  
 PO Box 1000, Station Forces  
 ASTRA, ON K0K 3W0  
 Editorial: 613-392-2811 Ext. 7005 Fax: 613-965-7490  
 Advertising: 613-392-2811 Ext. 7008

## Letter

The RCAF Memorial Foundation hosted a fundraising event, a formal Tartan Tie Dinner Gala, at the National Air Force Museum of Canada in Trenton on September 27, 2008.

All of you in your department were very receptive to any requests we had for advertising this event.

We turned to you for the initial Tartan Poster that was very attractive. Adriana Sheahan made many tedious changes for me.

In addition, we required a picture inserted for a background on our official letterhead and Adriana was very obliging to do so. The result was excellent.

Grace La Rose wrote a fantastic story for us in *The Contact*.

It related the function of the RCAF Memorial Foundation, what our aim was and all the details of the Tartan Tie Gala.

The readers were very receptive of the story and the advertising of the event. The feedback was superb. I had requested a re-write story in a later edition of *The Contact*. Again, this was very well written.

The Gala dinner was very successful and we owe a great deal of credit for your advertising and assistance.

In addition, we are very grateful for your continuous support in *The Contact Newspaper*, of the Museum and Foundation events.

The RCAF Memorial Foundation Board Members and I, are very appreciative for your excellent service and cooperation.

Thank you very much for your superb help.

Sincerely,

Merv B. Matiwsky

Building Homes Building Hope

**Habitat for Humanity**

For more information on Habitat for Humanity and to contact your nearest affiliate, contact us at 1-800-467-5137  
 Email: [habitat@habitat.ca](mailto:habitat@habitat.ca)  
[www.habitat.ca](http://www.habitat.ca)

## Canadiana Crossword

### Fathers of Froth

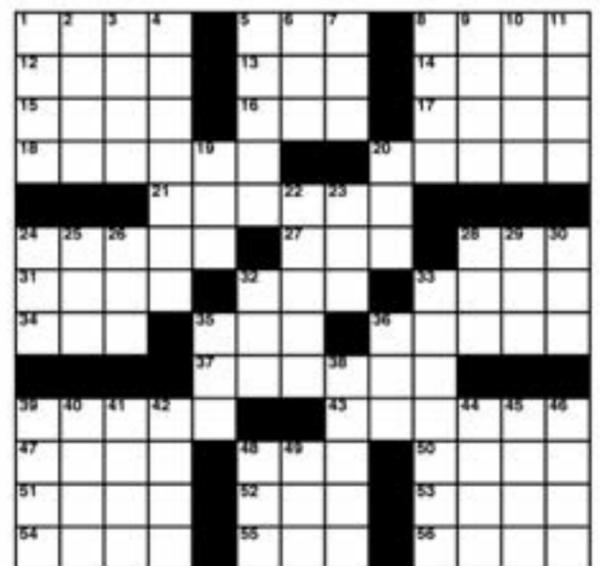
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Nothing, in Novogorad
- 5 Tam O' Shanter, for one
- 8 Theme of today's puzzle
- 12 Yea verily
- 13 Go awry
- 14 Lord's lass
- 15 Barbecuers tool
- 16 Tune
- 17 Impulse
- 18 Eugene \_\_\_\_\_ (First Canadian lager brewer)
- 20 French river
- 21 John \_\_\_\_\_, Canadian brewer since 1847
- 24 Specialty brew
- 27 Shaft feature
- 28 Some radio stations
- 31 Pretensions
- 32 Sever
- 33 Universal greeting
- 34 Red Deer to Lloydminster dir.
- 35 Scottish shire
- 36 Jean \_\_\_\_\_, First brewer in New France
- 37 College figure
- 39 Alexander \_\_\_\_\_, Nova Scotia brewer since 1829
- 43 John \_\_\_\_\_, Montreal brewer since 1786
- 47 Adjutant
- 48 Foundation garment
- 50 Distasteful
- 51 Ticks off
- 52 Calendar mo.
- 53 Nostril
- 54 Tidy
- 55 Ruff's better half
- 56 Buzzy biter

#### DOWN

- 1 Atlantic defence org.
- 2 Out of control



- 3 Arctic Canadians
- 4 Bell
- 5 M. Stewart, say
- 6 Macaws
- 7 Snoop
- 8 Smudge, in a way
- 9 Nobleman
- 10 Rim
- 11 Black velvet and Canadian club
- 19 Lard
- 20 RB or CIBC technology
- 22 Oak to be
- 23 Spigot
- 24 TB treatment centre
- 25 Container
- 26 Mine matter
- 28 Suffer pain

- 29 Chairman \_\_\_\_\_
- 30 Man-child
- 32 Caustic
- 33 Thomas \_\_\_\_\_, first brewed in London Ontario in 1840
- 35 Ember
- 36 Also
- 38 Reputation
- 39 Ballerina Karen
- 40 Irish republic
- 41 Inspiration
- 42 Try out
- 44 Peruse
- 45 Gumbo
- 46 No, to Natasha
- 48 Estop
- 49 Regret

See Answers, Page 18

### This Week in Contact

**1978** – The first woman to command a sea cadet corps in Central Region assumed her duties at a change of command parade. Lieutenant (N) Wally A DeSilva turned the help of Royal Canadian Sea Cadet Corps "BARRIE" over to Lt (N) Dianne J Keene at the ceremony which took place at the Barrie Armoury.

**1988** – The official acceptance of the last CF-18 fighter aircraft delivered to the Canadian Forces by McDonnell Douglas under the original purchase contract took place here on Wednesday. The original contract, signed April 16, 1980, was for 138 aircraft. All aircraft were delivered to 410 Tactical Fighter Operational Training Squadron in Cold Lake, Alberta, for acceptance testing prior to allocation to other squadrons. The CF-18 program remains on time and within budget.

**1998** – 424 Transport and Rescue Squadron of 8 Wing /CFB Trenton once again proved it is Canada's top search and rescue (SAR) unit as it captured top honours at the national SAREX competition held at 8 Wing/CFB Trenton. 424 Squadron, last year's defending champions, captured the Diamond Trophy awarded to the unit with the best overall performance in five SAR events, including parachute accuracy; the search activity; aircraft maintenance; the emergency medical treatment event; and the emergency supply drop.

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



# MFRC hosts Family Day

by LCol Debbie Miller  
8 Wing Administration Officer

Well the skies held off, they were dark and ominous but the rains stayed away for five hours of entertainment, demonstrations, and general getting together and having fun.

8 Wing/CFB Trenton members turned out this past Sunday for the annual Family Day in droves to join family and friends at the Trenton Military Family Resource Centre (MFRC).

The day started off with a great demo from 424 (Training and Rescue) Squadron, a little entertainment, centred on ballroom dancing, followed by a singsong, Shania Twin, belly dancing, and hip hop.

These coupled with the fish pond (didn't catch anything), hair braiding, face painting, a treasure hunt, shoot the dragon, bean bag toss, finger casting, bouncy castles, an obstacle course, the confidence course, and crafts from the Home Depot, which seemed to keep everyone, (from mom and dad, to the little ones) busy and occupied.

And of course, you cannot forget the pony rides, funnel cakes, child ID, firefighting techniques and the fire engine rides.

If there wasn't enough to keep your attention outside you could always venture inside the MFRC to chat with those clubs

displaying some of their materials, equipment and pamphlets. So if you saw a program or a club you would like to join, you could do that on the spot.

And if you were just a little bored you could answer the Family Day '08 Quiz on the passport you were given when you first arrived: get Misty Moon's paw print for knowing what this King Charles spaniel does at the MFRC; locate two of the staff with the same first name; find out when the next Much Music Video Dance is; learn just how many hours the teen volunteers volunteered at the daycare this summer; get some education on the Video Tele Conferencing (VTC) in the deployment office; learn the website id; find the creator of the 'job shop'; learn what the name of the three men (not the wise men) who work at the MFRC are; and be surprised that there is one program that has no women participants.

New Director, Susan Sweetman, and her band of overly enthusiastic workers are to be congratulated on a fantastic day for all.

They were more than able to create an atmosphere filled with activities for all, all-the-while tossing in a little education to boot...but don't tell the children that.

Thanks to all that contributed their time, efforts, and goods. I, for one enjoyed my afternoon. See you next year.

Photo: LCol Debbie Miller, 8 Wing Administration Officer



Face painting is just one of the many activities that are a part of the MFRC's Annual Family Day, and perhaps one of the most popular attractions. Visitors to the event also had the chance to sign a banner that will be sent to troops overseas.



**Mike  
the Molar  
Dental Centre**  
169 Dundas St. East,  
Trenton, ON K8V 1L5  
PH: 613-394-8888  
[www.mikethemolar.com](http://www.mikethemolar.com)

**NEW PATIENTS WELCOME!**

**DISCOVER THE FREEDOM OF BEING WELL**

Bellwood Health Services specializes in the treatment of PTSD and substance abuse, alcohol and drug dependence, compulsive gambling and other addiction issues.

*You can regain your healthy lifestyle.*

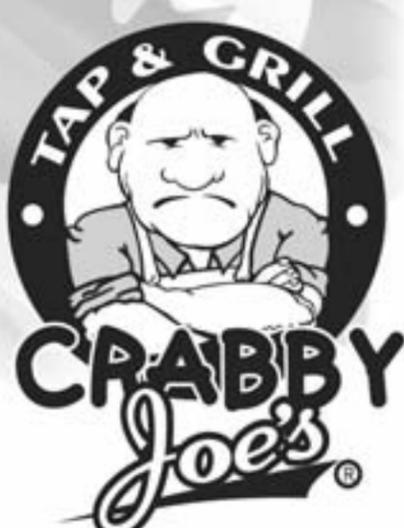


Proudly Serving CF Members and their families for over 25 years.

416-495-0926 or 1-800-387-6198  
[www.bellwood.ca](http://www.bellwood.ca)

**Crabby Joes**  
is a proud supporter  
of Canadian Troops!

Present your Military ID  
and get 15%\* off!



305 North Front St.  
BELLEVILLE  
613.967.2630

\*Not applicable on discounted items.  
Excludes alcohol. Taxes extra.



# 8 Wing Personnel at Work

Master Corporal Sandra Hussey is a Postal Clerk who since December 2006 has been doing something different.

She is currently employed as a Flight Attendant with 437 Squadron, a position that is open to all non-commissioned members at the rank of Corporal to Sgt with the exception of Stewards and Traffic Technicians (who normally serve as load-masters instead).

MCpl Hussey first joined the Canadian Forces in December 1989, as a military policewoman and re-mustered to Postal Clerk in 2000.

In Fall of 2006, she applied to become a flight attendant after seeing the opportunity in a CANFORGEN, and was accepted in December.

As a Flight Attendant on 437 Squadron's Airbuses, MCpl Hussey is responsible for knowing and checking the safety systems on the aircraft, ensuring passengers are briefed on the safety features available, working as a Forward Crew Member to ensure the security of forward cargo areas and the crew. In sum, her job is to help ensure all passengers have a safe and enjoyable flight. Flight Attendants are present on flights for repatriations, Christmas leave, troop movements, medical evacuations and VIPs. They travel an average of ten days per month.

MCpl Hussey describes being a flight attendant as "the best-kept secret in the Canadian Forces."

She particularly enjoys being in a crew atmosphere, working with people, cheering them up on the way to deployments and seeing their excitement as they return home.



Photo: Cpl David Hardwick, 8 Wing Imaging

**MCpl Sandra Hussey demonstrates the use of the emergency oxygen mask aboard the CC-150 Airbus. MCpl Hussey is a Postal Clerk currently on a three year posting as a Flight Attendant with 437 Sqn.**

She also notes that she gets to travel all over the world, and see many different cultures.

Over the course of her time as a flight attendant she has travelled to Barbados, Hungary, Germany, Greece, France and many other foreign locales.

Posted to 8 Wing/CFB Trenton in 2006 from Petawawa, MCpl Hussey is the Duty Scheduler and Sports Co-ordinator for 437 Squadron, and also a fitness instructor at Copperfield's Fitness Centre in Trenton.

She resides here in Trenton with her common-law spouse; a Logistics Officer posted to Kingston, and has four children.

For information on becoming a Flight Attendant please contact Sergeant Tanya Little at local 7131 or 437 Operations at local 3636.

# Contact Newspaper Correction

So what's in a name? Well, a lot actually...when you get it wrong!

At the National Air Force Museum of Canada, there are two Mr. Burkes and two Mrs. Burkes, and I am told that everyone gets them mixed up at one time or another.

That's what I did. So, here is a picture from the Tartan Tie Gala of Bob and Pat Burke.



The original error pertained to photographs from the 'Tartan Tie Gala' published in the October 3, 2008 edition of the Contact Newspaper, (Volume 43, Issue Number 38).

# It's now your chance to name the golf course

by CWO Charlie Fleming  
V/P Golf Course Marketing

2009 Membership Rate to the selected winner.

The President of the 8 Wing/CFB Trenton Golf Course has been requested to initiate a project to rename our golf course in order to attract new members - as well as advertise for green fee participants.

Ontario Tourism will also be contacted to have a sign erected on Hwy 401 to promote our golf course.

To assist in this endeavour we invite submissions to rename the 8 Wing/ CFB Trenton Golf Course to one that would appropriately describe our "Diamond in the Rough".

The Wing is offering a reduced

Please forward all submissions to Chief Warrant Officer Charlie Fleming, either by email at [fleming.ce@forces.gc.ca](mailto:fleming.ce@forces.gc.ca) or by phoning 613-392-2811 local 2556.

Please ensure that all submissions are received no later than October 30, 2008.

The Golf Course Committee, in consultation with Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, will discuss and vote on the entries and select the most appropriate name.

Thank you in advance for all of your suggestions.

## 8 WING QUESTION OF THE WEEK

**QUESTION:**

What is your favourite Thanksgiving holiday tradition?

**Amy Dawson**  
PSP Fitness Instructor

"My little boys and I go outside and gather up the fallen leaves and acorns to decorate the table for grandma."

**WO Mark Kelly**  
436 (T) Squadron

"Just eating! Getting together with the family and chowing down, which we don't get to do very often."

**Cpl Joseph Oram**  
8 AMS

"Turkey! And just getting the family together."

**Cindy Tromp**  
PSP Fitness Instructor

"I make homemade barbecued pumpkin pie, and my family goes for a hike."

**Cpl Linda Smith**  
8 AMS

"Pumpkin pie! It's my favourite."

## PET OF THE WEEK

10/04/2

Hi I'm Timbit  
I'm a 3 month old Potbelly pig.  
The Quinte Humane Society is looking for a hobby farm home for this cutie.

Animals are from the Quinte Humane Society  
527 Avonlough Rd., Belleville 613-968-4673  
*This feature is wonderfully sponsored by Global Pet Foods*

**GLOBAL RYAN'S PET FOODS**  
The World's Best Pet Food

**10% OFF EVERYDAY**  
*for Military Personnel*

470 2nd Dug Hill Rd., Trenton (Walmart Plaza)  
**613-392-9191**

**Please Recycle this Newspaper**

# SPORTS & RECREATION

## Reflection of the 2008 Army Run in Ottawa

by Maj Brent Hoddinott

For weeks, I dreaded the decision I would eventually have to make - cancel the bus or not. The bus in questions was the Road Cruiser Wing Transport, which had been scheduled to take us - the 8 Wing Army Run Team - to Ottawa for the inaugural Army Run.

The primary plan was to take a CC-130 Hercules up to Ottawa. With Wing Ops, confident we'd have an aircraft, I did cancel the "sure thing" as late as I could and then kept my fingers crossed for the next eight hours, fretting every time the phone rang.

At 4:30 a.m. on Sunday, September 21, as the team arrived at the Steelaux, our chariot and a crew awaited us. Arriving at the Start/Finish area in downtown Ottawa, in the shadow of National Defence Headquarters, all the runners grabbed our race kits, strapped on our timing devices, did a few wind sprints and then headed (along with another 3300 plus runners), to the corral to await the start of the Army Run's 5km race.

As the gun went off and the mass of runners started moving much like a herd of cattle starting its drive to greener pastures, it didn't take long for me to realize that I wasn't as prepared for the race as I thought.

Sure, I and the rest of the team, had logged countless miles and worn out a few pair of shoes, but I don't think we were mentally prepared for the number of injured soldiers we would come across on the course.

About 15 minutes before the official start of the race, the Injured Soldiers race started, and it wasn't until about the one kilometre mark that runners started to catch up and pass our injured soldiers.

In most improvised explosive device (IED) blasts in Afghanistan, there are injuries; however, most of these injuries don't make the headlines. If they



Participants of the 2008 Army Run in Ottawa, which took place in September, set out on the 5 km race.

do, the injuries are always overshadowed by the loss of life in the same IED attack.

With this in mind, it wasn't until I had been encouraged by upwards of 30 to 40 soldiers (nearly all with bilateral prosthesis legs), that the true purpose of the Army Run revealed itself, and also revealed how trivial my transportation concerns were.

As I ran past each soldier and reflected on what each and every one of them had lost and the challenges they now faced, I, and every other competitor, drew tremendous inspiration from them.

A special thank you goes out to all involved, especially to WTN; Dan Cormier, Military Sports Coordinator, Captain Cormier; Captain Fortier; 8 Air Maintenance Squadron (8 AMS) and 426 (Transport) Training Squadron.

Below are the inspired finishing times for the 8 Wing/CFB Trenton participants, who are recruiting friends and co-workers for next year's event - not so much for the race but for the opportunity to support our injured soldiers in a more tangible way than with a yellow ribbon on the back of a car.

**5km Race Results:** Col Hood: 20+26 (Q); LS Pye: 24+01 (Q); Pte Boutillier: 24+26 (Q); Maj Hoddinott: 18+20 (Q); MCpl Teixeira: 24+27 (Q); Pte Nadon: 25+02; MCpl Beaton: 23+19; 2Lt Heidt: 20+19; LCol Miller:

44+18; Pte Desjardins: 28+45; Cpl Minckler: 22+22; Cpl Noel: 25+00; 2Lt Rideout: 26+45; 2Lt Gibson: 21+26 (Q); Capt Coffin: 18+33 (Q); MCpl Keeping: 24+14; Pte Summerhayes: 26+35; Cpl Merritt: 21+14 (Q); 2Lt Fortin: 25+14; LCol Murray: 30+29; Maj Pothier: 29+56; Cpl Malchow: 27+06 (Q).

**Half-marathon Results:** Sgt St-Laurent: 1+28+22 (Q); WO Doucette: 1+54+11; Cpl McGraw: 1+50+07; Capt McLean: 2+51+08; Lt McLean: 2+51+07; Maj Byrne: 2+50+57; Pte Perry: 1+44+05; MCpl White: 2+23+23; MWO White: 2+23+23; S. Shanessy: 2+08+48; D. Austin: 1+30+14; M. Nadon: 2+02+56; Capt Emond: 2+05+15; Cpl Power: 1+54+27; Cpl Gauthier: 2+15+49; Cpl Dufour: 2+15+50; Cpl Bilodeau: 1+53+07; LS Tremblay: 2+20+57; Sgt Bishop: 1+38+13 (Q); Cpl Gurman: 1+42+51; Maj Greenough: 1+45+54; Maj Lilienthal: 2+30+03; C. Lilienthal: 2+30+04; Maj Hagerman: 2+20+13.

*Note: 'Q' denotes that the runner qualified for the Canadian Forces Running Championships.*

For more information about the CF Running Championships, and the qualifying standard for the 5km, 10km, Half-marathon, Marathon, please contact Major Brent Hoddinott at hoddinott.bw@forces.gc.ca.

## Indoor Soccer League

Come and join us for the 2008/2009 Indoor Soccer League. The league is open to all Canadian Forces military, DND, and NPF full-time employees.

The teams will be mixed men and women so all are encouraged to join! A meeting will be held on Thursday, October 16, 2008 at 1400 hrs.

All interested team

reps or players are asked to join.

Games will be held on Thursday evenings from 1800 hrs to 2200 hrs. Joining the league is easy, bring in a whole team or join individually!

All of those who are interested in playing and having fun please contact Dan Cormier, Military Sports Coordinator, by e-mail or at local 3373.

## Volleyball Officials Clinic

CFB Petawawa will be hosting a Level One Volleyball Officials Clinic from October 24 to 26, 2008.

The clinic is open to all Canadian Forces, Class B and C reserves members, Personnel Support Programs, Department of National Defence full-time employees. Cost for the clinic is \$130.00. Travel day will be Friday, October 24, 2008, and Sunday, October 26, 2008.

For more information, or to register, please contact Dan Cormier, Military Sports Coordinator at local 3373, no later than October 15, 2008.

## I/S Noon Hour Volleyball

The I/S Noon Hour Volleyball League organizational meeting is scheduled for 1000 hrs, on Thursday, October 16, 2008 in The Gymnasium Conference Room.

The league is open to Canadian Forces military, DND, NPF and Contract full-time employees. Interested Unit Sports Reps and

players are to attend subject meeting in preparation for the 2008/2009 season.

The league will play at the Gymnasium Tuesdays and Thursdays at noon.

For more information contact Dan Cormier, Military Sports Coordinator, by email or at local 3373.

## Noon Hour Hockey League

The Noon Hour Hockey League (NHL) is off and running with four teams fighting for top honour.

The NHL had their Opening game on Monday, October 6, 2008 with Lieutenant-Colonel Debbie Miller, 9 Wing Administration Officer, dropping the ceremonial puck to start things off between the Bruins and the Flyers.

The Fitness and Sports Flight would like to take this opportunity to thank executive Committee President, Mr. Brian Hoogkamp, and Vice President Master Corporal Dan Larouche, for volunteering their time.

Good luck, have fun and play fair.

**fipi FAMILY INVESTMENT PLANNING INC.**

**"Drive Free"™**

**PAY \$80.00 Monthly GET \$120.00**

For details call (866) 818-4798 and talk to Charmaine or Judy.

**MARINOVICH DENTAL**

Drs John and Sue Marinovich and staff have been serving the dental community of Quinte since 1994. We offer complete dental care for all ages. We are now accepting new patients at our office at the M&M's plaza.

**613-392-3939**  
257 Dundas St E  
Trenton  
K8V 1M1

**AUTO - HOME - BOAT - LIFE - INVESTMENTS**

**WHITLEY INSURANCE & FINANCIAL SERVICES**  
**392-1283**  
(1-800-663-1384 Toll Free)

SINCE 1949 Visit our Website at [www.whitley.net](http://www.whitley.net)  
E-mail: [info@whitley.net](mailto:info@whitley.net)

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

**AUTO - HOME - BOAT - LIFE - INVESTMENTS**

Local news, in-depth features, eye-catching photos. Relax, read and enjoy.

**Contact**



# FITNESS & HEALTH PROMOTION

## Take a stand against family violence

The goal of the 'take a stand against family violence' campaign (from October 12 to 18, 2008) is to promote prevention, awareness and education on family violence to the entire Canadian Forces community including CF members and their families, service providers and the CF leadership.

Family violence means abuse of power within a relationship of family, trust or dependency, and includes many forms of abusive behaviour.

Examples include emotional abuse, psychological abuse, criminal harassment, neglect, financial exploitation, destruction of property, injury to pets, physical assault, sexual

assault and homicide. Abusive behaviour often results in the person feeling afraid and controlled.

The Family Violence Crisis Team leads will be manning an information table at the Yukon Galley on Wednesday, October 15, from 1100 to 1400hrs.

Look for posters and brochures throughout the base during the campaign.

For more information please feel free to contact the Social Work Department at local 3651, or the Family Violence Crisis Team Leads, Roxanne Lamothe at local 7670 or Roxanne Laforest at local 4320.

## Noon Hour Fitness Schedule October 2008

Monday	Tuesday	Wednesday	Thursday	Friday
13 STAT HOLIDAY	14 STEP PLUS	15 Spinning BOSU	16 Muscle and Strength	17 BOSU
20 Cardio & Core	21 STEP PLUS	22 Spinning	23 Muscle and Strength	24 BOSU
27 Cardio & Core	28 STEP PLUS	29 Spinning	30 Muscle and Strength	31 Halloween Bash Class Dress Up




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

## Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
0730 hrs <i>Fitness Development</i>	Resistance Training (S&C)	Cardi Training (S&C)	Circuit Training Area (2 or 3)	MOCK EXPRESS (Area 1 or 2)	Spinning (Area 3)
1200 hrs	Cardio and Core	Step Class	Spinning	Muscle Conditioning	BOSU
1400 hrs <i>Fitness Development Option</i>		MOCK EXPRESS (Area 1 or 2)		Resistance Training (S&C)	
1610 hrs	Spinning		Yoga		

Note: Request that all fitness staff be able to teach classes to add variety to the program and that certified instructors must be present for spin and aquafit if running. Wednesday and Thursday morning would be ideal for instructors in order to have a more personal interaction with thier time in the group

## Did You Know?

Basic fluid needs are about two litres per day plus replacement of any fluid lost from sweating. By the time you are thirsty you are already two per cent dehydrated which equates to a 15 to 20 per cent decline in performance.



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



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

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



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

174 Trenton Frankford Rd. Hwy 33, Trenton  
613-392-1245

Easily accessed location just South of exit 525 off of Highway 401



### CORMIER'S AUTO REPAIR

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



Complete professional service to all makes and models, Drive clean test & repair facility, Certifications, Courtesy Shuttle, Mon. to Sat.

276 Front St., Trenton 613-392-2766

### PET GROOMING • BOARDING FOR DOGS AND CATS

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



CALL NOW TO FIND OUT MORE ABOUT OUR SERVICES!

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

### Weaver Family Funeral Homes Cremation Services



24/7 Compassion.  
24/7 Accessibility.

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

A Legacy of Life....

weaverfuneralhomes.com

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



# 8 Wing/CFB Trenton deals with steep fuel prices

Grace La Rose  
Contact Staff

No one likes the rising cost of fuel.

It puts a strain on everyone's pocketbooks, and has people re-budgeting to make sure they've got their gas money.

But, imagine you've got hundreds of vehicles to maintain and refuel.

Master Warrant Officer Joe Sampson, Mobile Support Equipment Controller, 8 Wing Transport Squadron (WTN), says 8 Wing/CFB Trenton is looking at many ways to try and reduce the effect of rising fuel costs on the Canadian Forces.

For large deployable vehicles a fuel-efficient solution can be difficult to find because of regional availability of fuels.

"We have to look at the deploy-ability of our fleet," says MWO Sampson. "The international fuel availability is diesel. It's available



Photo: Sergeant Greg Fedorov

**Master Warrant Officer Joe Sampson, Mobile Support Equipment Controller is looking for fuel-efficient alternatives to gas-guzzling vehicles like the Heavy Logistics Vehicle Wheeled (HLVW).**

everywhere in the world, where as gas is a littler more difficult to find, and E85 Ethanol even more so. Biodiesel is more expensive than regular diesel," he explains, so it's cost prohibitive. "Biodiesel doesn't come mixed. It's

an additive, so you have to have a mixing station. You can play with the amount of additive, less in the winter, and more in the summer."

With passenger fleets, a fuel efficient solution is sometimes easier to find.

"One of the first things we're doing with out light passenger fleet is looking to purchase E85 Ethanol capable vehicles. It's easy to get the vehicles, but harder to get a fuel source. I know of one pump in Ottawa, but that's about

it."

MWO Sampson adds that hybrids are being purchased for the light passenger vehicle fleet.

MWO Sampson says WTN has had to look at how training and operations are carried out, in an attempt to lower vehicle costs.

"Training and operations will still happen regardless. We had to look at different ways of operation. But the training still goes on," he said.

"We had to look at requirements within the squadrons, and see what can be cut back to meet budgetary needs. Sometimes we can go back to Ottawa and try to get additional funding," says MWO Sampson.

"We try to minimize costs by combining jobs wherever possible. So we can use the same resources to do multiple jobs."

Personnel from WTN also look at the

type of vehicle, and whether it's right for the job that it will be doing.

"One of the other ways of reducing fuel costs; we try to validate our fleet every two years. We look at types of vehicles, mileage, the jobs and the number of personnel that those vehicles support. The main reason we do this, first of all, is to make sure they have the right type of vehicle for the job," says MWO Sampson.

He added that changing vehicles can save as much as \$10,000 and \$15,000 when it comes to repurchasing. "Currently we're looking at the John Deere Gator, and the Polaris ATV," he said.

"Essentially they are four and six wheel ATVs that sit two people and have a small dump-box on the back. For every crew cab we can replace with one of those, we can save \$15,000."

## Aircraft Rescue Fire Fighting (ARFF)

Starting in mid-October, the 8 Wing Fire Department will commence Aircraft Rescue Fire Fighting (ARFF).

This training with the new Aircraft mock-up, is located south of the FD.

Fires will be ignited and supplied by an approved environmental propane system. Subject Fires are for fire fighters professional development purpose only.

À partir d'octbre 08, le Service d'Incendie de la 8e Escadre(SI) commença le sauvetage de lutte contre les incendies d'aéronefs (SSLIA).

Cet entrainement avec la nouvelle maquette de l'aéronef, est située au sud de la Caserne d'Incendie. Des Feux seront allumés et alimentés par un système propane qui est approuvé pour environnement. Ces feux sont pour le développement professionnel des pompiers seulement.

Sergeant AJ Garvin  
CFI/RPPA  
8 Wing/CFB Trenton  
Fire Department  
613 392-2811  
local 7880  
Fax 965-2083

OCTOBER 2008

5	6	7	1	2	3	4
12	13	<div style="display: flex; align-items: center; justify-content: center;"> <div style="border: 2px solid black; border-radius: 50%; width: 30px; height: 30px; margin-right: 5px;"></div> <div style="font-size: 24px; font-weight: bold;">X</div> </div>	8	9	10	11

**This Tuesday, vote.**

**A federal general election is taking place on October 14, 2008.**

**For information on where and when to vote, check your voter information card.** It tells you where and when to vote. You'll get through the voting process more quickly if you have it with you.

**You will find the voting hours for your polling station on your voter information card or at [www.elections.ca](http://www.elections.ca) by clicking on "Voter Information Service".**

**If you haven't received this card, you are probably not on the voters list. To register, all you need to do is go to your polling station on election day, where you must prove your identity and address.**

**New identification rules to vote**

When you vote, you must prove your identity and address.

For the list of acceptable pieces of identification authorized by the Chief Electoral Officer of Canada, please see the pamphlet you received by mail from Elections Canada or visit [www.elections.ca](http://www.elections.ca) and click on "Voter Identification at the Polls".

To vote, you must:

- be a Canadian citizen
- be at least 18 years old on election day
- prove your identity and address

**Vote. Shape your world.**

[www.elections.ca](http://www.elections.ca)

**1-800-INFO-VOTE**  
**1-800-463-6868**

toll-free in Canada and the United States, or 001-800-514-6868 toll-free in Mexico

**TTY 1-800-361-8935**

for people who are deaf or hard of hearing, toll-free in Canada and the United States, or 613-991-2082 from anywhere in the world



## Thunderbirds update: 426 (Transport) Training Squadron

Just recently, the Conversion Training Flight (CTF) at 426 (Transport) Training Squadron concluded Phase One and Two of the Combat Ready Course for the CC-130 Hercules.

In the CC130 CTF Pilot section, the instructional staff of three, more that ably instructed seven students; however, during the local flying and away trips, much help was received from other squadron members, as well as from the Wing.

Thanks to Major John Gifford for helping out so often.

Of the seven student pilots, four will proceed to Search and Rescue units (including one US Marine Corps Exchange Officer), following completion of the early Oct Transition Week.

Meanwhile, three pilots carry on to Phase Three and Four of the Combat Ready Course and will soon end up flying with 436 Sqn.

The CC130 CTF Navigator section had five students on their course.

All members had previous CC-130 navigator experience, which drove the instructors crazy trying to teach "old dogs new tricks".

In the end, the Nav instructors proved that, although extremely difficult, old dogs can be retrained!

Of the five students, two will proceed to SAR units, two go to 426 (T) Sqn (FC CTF and TOTEF), and one will carry on with Phase Three and Four of the Combat Ready Course, eventually finding his way to 436 Sqn.

The CC130 CTF Flight Engineer section had three students on course.

Of all the varied crew positions attending the CC-130 conversion course, the FE course is the longest.

This is due in large to the extensive technical training required.

The staff of four spread their training between classroom, simulator and local/deployed missions.

Although not all FEs will join 436 (T) Sqn, all FEs receive tactical training from the Sqn's Combat Ready Flight (CRF).

One FE will proceed to a SAR unit and will require an additional eight day SAR course from 424 Sqn.

The CC130 Loadmaster Combat Ready Course 0802 had five students coming from 2 Air Movements Squadron (2 Air Mov Sqn) and one from Geilenkirchen, Germany.

The students gained plenty of practical exposure, particularly during the Canadian trainers where we transported five chinks carrying a variety of different payloads from 3 Wing Bagotville to 14 Wing Greenwood.

In addition, the students received valuable training with customs procedures, emergency procedures training and exposure to cold weather environments.

Those students proceeding to Phase Three and Four of the Combat Ready Course will now begin training with Combat Ready Flight.

Here, all students receive an additional two months of training con-

sisting of tactical ground school, simulator, as well as extensive flight training culminating in a six day deployment to Edmonton for mountain/low terrain flying.

This is followed by a four day performance check (PO). Upon graduation, Combat Ready students can easily find themselves already scheduled for a deployment to an operational environment in short order.

Along with the above mentioned activities, the Conversion Flight conducts the Hercules Pilot Advanced Course.

While this course does not award a qualification category, it prepares the student pilots for the intricacies of becoming an Aircraft Commander.

This training is carried out through a three week course, which includes a deployed mission taking students to the US, Central America and Caribbean.

The last course finished in July, graduating four students. Currently, there are four students in-house set to graduate on October 27.

The TQ5 Flight Engineer section, consisting of four FE instructors - provides perspective candidates from the field of AVN Tech the basic knowledge to become Flight Engineers.

The course is approximately six weeks long and can have up to 15 students.

The next course start date is slated for October 13 and has four students loaded.

As of August 1, 2008 426 (T) Sqn has assumed pilot training

for the CC-150 Polaris. This was previously conducted at 437 (T) Sqn. The inaugural CC150 First Officer Course began on September 22, with two students.

Students on this course find themselves in the middle of operational taskings throughout their course. Their missions include flights to Camp Mirage, moving both troops and cargo. Upon completion of their course, pilots receive a Level One First Officer status.

A recent change in policy now sees newly winged pilots eligible to become First Officers on the CC-150 Polaris, CC-177 Globemaster III and CC-144 Challenger. This historic "first" brought about a need to create a course that will give students a base knowledge in Air Mobility operations.

This information is instructed by way of a new course, the Air Mobility Pilot Indoctrination Course (AMPIC).

This course is overseen by the Airbus Training Flight.

Students receive their introduction to Air Mobility from both CC-150 pilots and guest lecturers.

The first ever AMPIC was recently completed and graduated 13 pilots. The next course is scheduled for January 2009.

Often overlooked, but always a key part of the training being conducted at 426 (T) Trg Sqn, is the CC-150 aircrew training provided by the Airbus Training Flight Loadmaster Section.

This section is responsible for training



Loadmasters, Flight Stewards and Flight Attendants for duties on the CC-150. The Loadmaster Section recently graduated one Flight Steward/ Flight Attendant course.

These students are currently completing their on the job training with 437 Sqn.

Along with the usual crew positions, 426 (T) Trg Sqn conducts Aero Medical training.

Unfortunately, the demand for these skills has increased exponentially. This course prepares candidates to become operational Aero Medical Evacuation Crew members.

The primary job of this trade is to aid in the evacuation of critical care patients who require air movement to a hospital care facility.

The course length is eight weeks and currently has seven students in-

house. Three personnel are international students from The Netherlands and Norway. The section consists of four nurses, one Physician and one Medical Tech.

Training includes classroom (two weeks), ground training using the CC-130 cargo compartment trainer and CC-130 static as well as the CH-146 Griffon and CC-130 Hercules.

Upon graduation, the students receive their Aero Medical Evac Wings.

Operational status is granted when they return to their respective Wings and complete their on-type specific training.

The 426 (T) Trg Sqn Aero Medical Training staff recently augmented the 8 Wing Aero Medical Flight on two separate occasions to conduct operational missions.

**MENNONITE FURNITURE**  
Collection

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

**RUTTLE BROTHERS FURNITURE**  
SINCE 1974

[www.ruttlebrothersfurniture.com](http://www.ruttlebrothersfurniture.com)  
1 mile N. of WALMART on HWY 62, Belleville • 969-9263

**SYDNEY GRILL**  
425 Sidney St., Trenton  
6 am to 11 pm • Open 7 Days a Week  
Dine in, take out or delivery  
Call ahead for pick up order  
613-965-1701

**THE BEST ALL DAY BREAKFAST IN TOWN**

**Sub Special**  
Buy one, get the second 1/2 price (same kind) with 2 pops from \$11.78 taxes included.

**Walk-in Special**  
Med Pizza 4 topping with spaghetti, chef salad and garlic bread \$19.95

**Fish & Chips**  
1 pc \$8.25  
2 pc \$9.95

**LUNCH SPECIALS DAILY**  
Fresh Deli with 2 Homemade Soups to Choose from.

*You'll Never Leave Hungry*  
*Good Canadian Dishes with that Mediterranean Flavour*  
*Authentic Home Cooking*



# Celebrating Over 850 House Sales

**\*Choose from a...**

# Free

## \$5000 Travel Package

From McCarten Travel Group & Air Canada Vacations

# or

# Free

## \$5000 Furniture Shopping Spree

From The Brick Furniture Superstore in Belleville

For complete details visit [www.hildenhomes.com](http://www.hildenhomes.com)

\*New contracts must be signed between September 30th 2008 and December 31st, 2008.  
Vouchers given at date of closing before December 31st, 2009. No cash value.  
Non-transferable. Appliances and electronics excluded. Regular retail pricing only.



# HILDENHOMES

393 Sidney Street, Belleville 613.962.4600 [www.hildenhomes.com](http://www.hildenhomes.com)



# HOROSCOPES

Weekly Astrology by Christine Davison

October 12 – October 18

**ARIES** (March 21-April 19): You're drawn to interesting individuals who may help to lead you into exotic and secretive places that you once dared to venture into. You may finally feel as if you have the ability to speak about subjects that you once knew very little about. Your hard work has paid off; results may show on the 14th or 15th.

**TAURUS** (April 20-May 20): People really enjoy being around you. Someone may go out of their way to try and help you or may show how they want to get to know you better. People may compliment you in interesting or unforeseen ways over the course of the week. Someone close may wish to get even closer. Results should be shown mid-week.

**GEMINI** (May 21-June 20): You've certainly gotten into the good graces of someone you've just met. You may find yourself becoming the envy of many of your friends as the weekend approaches. Try and make sure that you are prepared for unexpected guests who will show up suddenly and show their love and appreciation by the weekend.

**CANCER** (June 21-July 22): Become better friends with people at work or with people at home. You may find out interesting information about housemates that you never once suspected to be true. Someone may wish to treat you as a confidante. Try to make sure you don't give away too much information this weekend and you'll be sure to enjoy yourself.

**LEO** (July 23-Aug. 22): You may find yourself suddenly wishing to travel to far off places with your family or those you love. This is a great time to get away and learn new things and share experiences with relatives and loved ones. Beautiful conversations may be had throughout the week and misunderstandings from the past will finally be righted.

**VIRGO** (Aug. 23-Sept. 22): You may find that mysteries occur over and over again that result in valuable insight and potential financial windfalls for you. Profitable information may come to you in the form of gossip, rumours or secrets revealed by maternal family members. You may earn a certain degree of fame or notoriety over the weekend.

**LIBRA** (Sept. 23-Oct. 22): It appears as if everyone is on your side this week. Many good things may soon be coming your way. Try and embrace change as it may lead you into a new direction. Little misunderstandings that occurred over the past couple of weeks will finally be understood and righted. Good results may occur mid-week.

**SCORPIO** (Oct. 23-Nov. 21): You may wonder why everyone is acting in a more assertive or aggressive way around you. It's almost as if people can read your mind in the way that you once read theirs. Try and remain open and patient and you may make many new friends as a result. Good things may occur mid-week and social restrictions may ease.

**SAGITTARIUS** (Nov. 22-Dec. 21): You may become involved with foreign groups of people this week that may inspire you and spark your imagination in interesting and beautiful ways. Someone close to you may wish to get to know you even better. This weekend may bring many romantic moments and passionate times if you play your cards right.

**CAPRICORN** (Dec. 22-Jan. 19): This is a good time to take better notice of how you appear to yourself and to others. Have you been treating yourself well lately? This may be a good time to change your diet. If you considered vegetarian or organic diets in the past, then now may be the right opportunity to embark upon a more holistic path.

**AQUARIUS** (Jan. 20-Feb. 18): People are drawn to you. Someone close to you may compliment your ingénue and interesting ways of doing things. This is a great time to travel and explore and learn new things. Problems with how you came across to others last week may now be finally righted by your charm. You are the voice of reason.

**PISCES** (Feb. 19-March 20): This is a great time to travel, rest, relax, and explore. You may learn many new things over the next little while. There is a chance an Aquarius or Scorpio may become involved in some way. Profitable secrets may be revealed to you that may help you locate lost valuables or increase your income in the future.

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

On the move with 

# ROYAL LEPAGE



**ProAlliance Realty, Brokerage**  
INDEPENDENTLY OWNED AND OPERATED

**NOW**  
is the time to list!

Trenton 613.394.4837  
Brighton 613.475.6242  
Toll Free 1.800.263.2177

[www.DiscoverRoyalLePage.com](http://www.DiscoverRoyalLePage.com)



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

**GINGER & SHADOW** BY BARRY CORBETT



SO, AS I WAS SAYING...THERE I WAS, ABOUT TO GIVE THAT... MAYDAY! KITTY CLAWS BEARING DOWN AT 4 O'CLOCK! AHA! I GOTCHA NOW VERMIN! HEY! THINK AGAIN FLUFFY! THESE STUPID CATS! THEY FALL FOR IT EVERY TIME. SO, WHERE WAS I? OH, YEAH, I WAS ABOUT TO GIVE THIS DUMB, UGLY CAT A SHAVE. YOU'LL PAY FOR THIS, BIRD...BIGTIME!

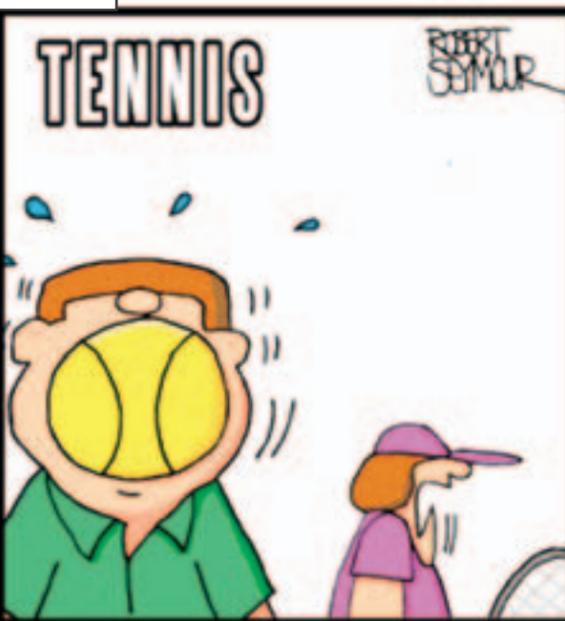
**Not In My Backyard!** by Dale Taylor



SO JUST SITTING UP HERE ON THE DOGHOUSE DRIVES THE DOG NUTS? YUP. HOW CAN YOU TELL IF IT'S WORKING? YOUR FEET START TO GET WARM.

**DuJour**

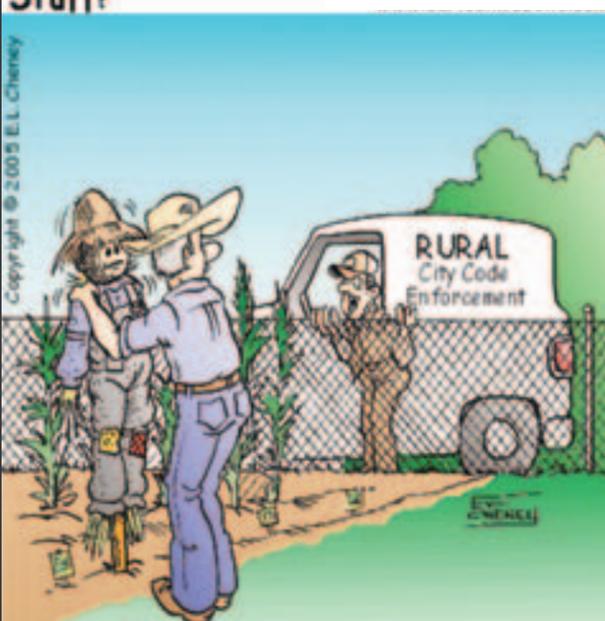
**TENNIS** ROBERT SIMUR



Anyone got a RULE book?

**Stuff!**

Copyright © 2005 EL Cheney



"Hey! Do you have a permit to put that up?"




# Community Events

generously sponsored by...

# independent

YOUR INDEPENDENT GROCER

OWNED & OPERATED BY



YOUR NEIGHBOURS

**DRUGStore**  
PHARMACY

President's Choice

CFB Trenton | Smylie's Independent Grocer

1149/2 Dundas St. East

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

Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 613-965-7490 or email to [steiner.al@forces.gc.ca](mailto: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](http://www.qchs.ca)  
Call Susette at 613-965-6044  
Or e-mail [sgugliotta@sympatico.ca](mailto:sgugliotta@sympatico.ca)

**VENDOR SPACE STILL AVAILABLE**

**CANADIAN RED CROSS**

Standard First Aid  
with CPR and AED Training




October 25 and 26  
November 12 and 13, 29 and 30  
December 10 and 11

To register:  
344 Front Street, Belleville  
Monday to Friday 0900hrs to 1600hrs  
[quinte@redcross.ca](mailto:quinte@redcross.ca)  
Phone: 613-966-0730 Fax: 613-966-5719



**Trenton Amateur Radio Club Meeting**

Tuesday Oct 14, 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.qls.net/ve3ytr/>



## OCTOBER 31

## 2008

Centennial Park, Trenton  
613-392-2841

# BOOFEST!



St. Joseph's Parish presents

## SINGLES NIGHT

Pot Luck Dinner & Card Party  
Saturday, October 18  
6:30 pm

St. Joseph's Parish Hall - Victoria Avenue at Herchimer  
Belleville



Here's your opportunity to save lives.  
Voici l'occasion pour vous de sauver des vies.

BLOOD DONOR CLINIC

CANADIAN FORCES  
BASE (CFB) TRENTON  
21 Namao, Astra  
RECPLEX GYM

TUESDAY, OCTOBER 14  
10:30 a.m. ~ 4:00 p.m.

Call & Book Your  
Appointment Today!

Call 1888 2 DONATE

for more information or to book an appointment.  
[www.blood.ca](http://www.blood.ca)

Téléphonez au 1 866 JE DONNE

pour obtenir plus d'informations ou prendre rendez-vous.  
[www.sang.ca](http://www.sang.ca)



CANADIAN BLOOD SERVICES  
SOCIÉTÉ CANADIENNE DU SANG  
Blood. It's in you to give.



**FIRST ANNUAL  
QUINTE WEST  
FIRE TRUCK PULL**

in support of Coats for Kids and  
Special Olympics  
Smylie's Independent Grocers  
October 25th 2pm  
\$10 entry fee per team member  
Flyers, rules and entry forms are  
available by contacting  
Debbie at 613-827-4189 or Denise at 613-391-9427  
Register your 10 member team today!



## HARVEST AT THE HILL

Saturday October 18th, 2008  
12:00 - 4:00pm

Be sure to register your Chili Cook Off Team Before  
October 14th!

Fun, Family Activities @ Batawa Ski Hill!  
**HOPE TO SEE YOU THERE!**





## Is your child being bullied? How to tackle today's cruelty

by MS Martina Duffy  
8 Wing Military Police  
Squadron

It is that time of year again when all our little ones go back to school.

For many children this might be their first year or due to their family situation (military dependant), they might be starting fresh at a new school.

One of the major issues facing our children today is bullying.

Although many school boards have programs in place to prevent school place bullying, the face of bullying has changed in the past five years.

More often than ever, families are facing bullying situations. In the past it was primarily males, but now it is often female students also.

Additionally, cyber bullying has become popular amongst teens.

Cyber bullying is when a

person or group of people put information on the internet about another person (such as lies, intimidation, and hostile behaviour) intended to harm him/her.

It is every adult's responsibility to ensure a safe learning environment for children, regardless of whether you are a parent, teacher, caregiver, etc.) by taking the right steps, such as the following:

Providing appropriate supervision of children, and providing effective consequences to bullies;

Parents and teachers must use open lines of communication.

Help to provide all children with an opportunities to develop good interpersonal skills.

Ensure your family computer is in a common living area so that you can remain cognisant of what your child is putting out on

the web.

Help to create a healthy, social environment where bullying behaviour is not tolerated by the majority.

What can you do if your child is being bullied?

Communicate openly and often with your children.

Often children do not wish to tell their parents due to shame and embarrassment, or fear that bullies will retaliate if they tell

Inform the school immediately to make sure your child is adequately supervised for their safety and that effective consequences are applied towards the situation

If there is not a bullying program in place at your child's school, suggest one be implemented

The community offers many helpful resources for parents and children, such as school programs and counsellors, the Military



Photo: sxc.hu

**Children often deal with various forms of bullying. It is important that parents, teachers and caregivers know exactly what is going on while children are at school, or while surfing the Internet.**

Family Resource Centre (MFRC) and other public support agencies provide counselling services as well as agencies on the internet. The number one priority is your child and their safety.

If you are aware of bullying taking place it is your responsibility to stop it.

Do not let bullying get out of hand; the aftermath can be detrimental in a child's life.

## Dressing properly, for your safety



Submitted by  
Don Heans,  
Wing General Safety  
Officer

You're probably accustomed to seeing surgeons, laboratory technicians, fire-fighters or emergency workers wearing protective clothing.

But what about you? How can you defend yourself against the hazards of your job?

Protective clothing ranges from simple coveralls to shield your clothing from dirt, to a full body moon suit, to guard against hazardous substances.

There are many options available to you. Here are a few examples.

Coveralls provide light duty protection from dust, paint spray or grease. They can be made from a variety of materials including a cotton fabric or disposable cloth-like paper.

Disposable shirts, pants, lab coats, hair protectors, boots and aprons are also available in lightweight synthetic fibres. They're commonly used in clean room operations involving sens-

itive electronic equipment, the manufacture of medical implant devices or pharmaceuticals, or the production and packaging of consumable food products.

Specially treated cotton and heavy wool garments are generally comfortable to wear and flame-resistant. These garments adapt to changing temperatures.

Aprons of padded leather, hard fibres or metal provide some protection from blows, cuts and bruising.

Leather clothing can provide protection against hot metal splashes and heat. Welders frequently wear this type of clothing.

Rubber, rubberized fabrics and some types of plastics give protection against certain acids and chemicals.

Aluminized clothing can protect against the extremely high temperatures involved in smelting operations or fire-fighting.

Extremely toxic substances may require an encapsulating suit with a self-contained compressed air respirator.

Workers using hazardous chemicals, or removing toxic wastes would use this type of protective clothing.

Gloves, as well as sleeves, aprons and blankets made of heat and cut resistant materials are available. This protective

equipment is available in varying weights and sizes.

Other types of clothing designed for special job hazards may include:

High visibility reflective clothing for night work.

Personal flotation devices when working near or on water.

Lead-lined clothing for working around x-ray machines.

To be effective, protective clothing should be cleaned and inspected regularly. Rips, tears or other damage should be immediately reported to your supervisor.

If you are washing your protective clothing at home, remember these points:

Clean protective clothing regularly, according to manufacturer's guidelines. Keep it separate from regular laundry.

Use plenty of hot water and a heavy-duty detergent to wash your protective clothing.

Wash heavily soiled clothing twice if necessary. Dry clothes completely before wearing. Do not ever bring contaminated clothing into your home.

Protective clothing can safeguard your health against a variety of hazards. Remember to ask your supervisor for assistance when choosing the proper protection gear for your job.



**Fattoria**  
A Celebration of Rural Food, Drink & Art

**Friday, October 17<sup>th</sup>, 2008**  
**5:00 pm to 9:00 pm**

**Knights of Columbus Hall • 57 Stella Crescent, Trenton**

*A casual evening celebrating the "tastes" of the Quinte Region. Linger and enjoy the speciality exhibits from regional artists, wineries and many more culinary delights. Live jazz entertainment featuring The Groove Trio and More!*

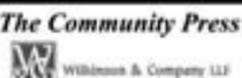
**Tickets \$12 in Advance or \$15 at the Door.**  
Tickets include a Complimentary Wine Glass & 2 Complimentary Sample Tickets

**Extra Sample Tickets are \$1.00 each**  
This is an Age of Majority Event

To purchase advance tickets, contact the Quinte West Chamber of Commerce at 613-392-7635

• Thank you to our Sponsors! •







**Thanksgiving Buffet**

**Sunday October 12 11am-2pm.**

**Turkey, Ham, Salmon and all your favourites.**

**\$16.95 per person in Oscar's restaurant**

**Call for reservations 613-394-4855**

Please recycle this newspaper!



# FAMILY



## Activity: Celery Space Shuttles



Here's a simple recipe that can turn snack time into an outer space adventure! As you and your child cook and talk together, you will enjoy some Comfort, Play and Teach™ time!

**You will need:** Stalks of celery; cream cheese; raisins; knife (for adult use); paper towel.

**Instructions:** Wash and dry the celery stalks. Cut them into three or four small pieces.

Put a paper towel on the table where your

child will be cooking and place the pieces of celery on top, along with a small handful of raisins.

Scoop some cream cheese into the celery pieces. Your child can use a spoon to spread the cream cheese and fill up the hollow of the celery.

Once ready, your child can press some raisin "astronauts" into the cream cheese and then enjoy eating the snack!

Enjoy this more with Comfort, Play and Teach™:

**Comfort:** Chat with your child as you enjoy your snack together. Taking time to talk lets your child know you are interested in what she has to say to you and encourages them to

share their experiences.

**Play:** Make up an outer space story as you prepare this snack together. What are the astronauts' names? Will they visit the moon? What might they find there? Take turns adding a sentence and create an exciting space adventure together!

**Teach:** Count the raisins on each piece of celery and then play a "count-down" game before your child eats them. This will help your child to explore numbers in a way that is fun. Four, three, two, one....blast off!

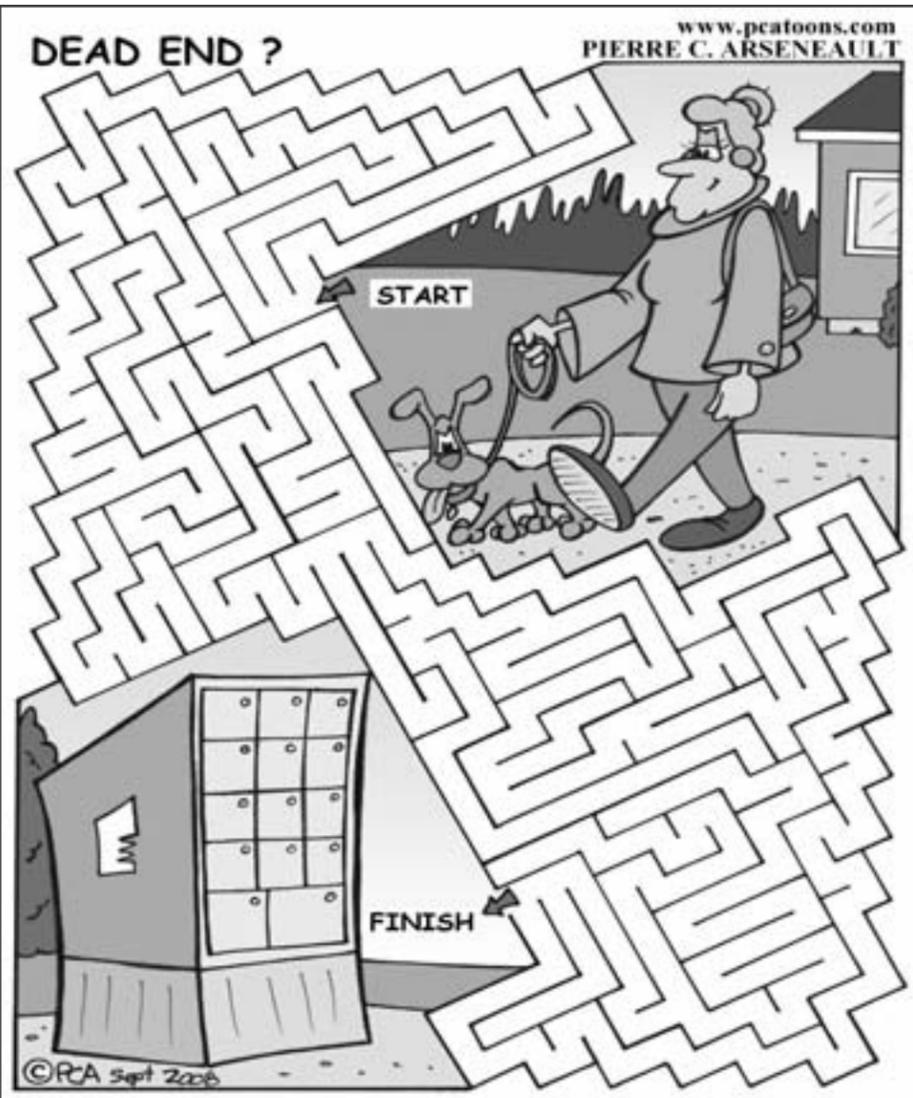
*Courtesy of the D-News Network, DND-CF Public Affairs Newswire. All text by Invest in Kids. www.investinkids.ca*

## Mealtime.org Pumpkin Lasagna

**Ingredients:**

- 1 tablespoon extra-virgin olive oil, divided
- 2 large onions, chopped
- 1 can (about 4 ounces) sliced mushrooms, drained
- 3 cloves garlic, minced
- 1/4 teaspoon dried Italian seasoning
- 1 can mixed greens, drained and 1 can (15 ounces) 100 per cent pumpkin
- 1 container (15 ounces) ricotta cheese, preferably whole milk
- 3/4 cup freshly grated Parmesan cheese
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon grated nutmeg
- 1 cup Alfredo sauce
- 15 lasagna noodles (about 3/4 pound), cooked according to package directions

**Preparation:** Heat oven to 350°F. Heat 2 teaspoons of the olive oil in a large skillet over medium heat. Add onion, sauté until golden brown. Add mushrooms, cook until browned. Add garlic and Italian seasoning, and cook for 1 minute. Stir in greens and heat through; set aside. Mix pumpkin and ricotta cheese in a large bowl. Stir in parmesan cheese, salt, black pepper and nutmeg until well combined. Grease baking dish with the remaining olive oil. Spread 1/2 cup Alfredo sauce over the bottom of the baking dish. Top with three noodles, covering the bottom of the dish. Spread 1/4 of the pumpkin mixture over the layer of noodles and scatter 1/4 of the green mixture over the pumpkin. Repeat layers until you have 4 layers of each. Top with remaining noodles; spread the remaining Alfredo sauce over the top. Cover with foil and bake for 45 minutes. Remove foil; top with remaining Parmesan cheese and return to the oven for 15 minutes. Rest for 15 minutes and cut in 12 to 18 squares. Serves: 12



### Every Tuesday is MILITARY MOVIE NIGHT

**\$5.00 per person**

(Military ID required. Up to a family of 4, tax included)



Regular Adult \$7.50 • Youth & Seniors \$6.00  
Matinees & Wednesday Adults \$6.00 Youth \$5.00



**Beverly Hills Chihuahua (G)**

Matinee • 1:00 • Everyday 7:00 • Fri. Sat. 9:15

**Lakeview Terrace (14A)**

Matinee • 1:05 • Everyday 7:05 • Fri. Sat. 9:20

**Eagle Eye (14A)**

Matinee • 1:10 • Everyday 7:10 • Fri. Sat. 9:25

Matinees are Saturday, Sunday & Monday

**120 Dundas West, Trenton • 613-392-6100 • www.centretheatre.ca**



## 413 Wing elects new president

413 Wing – The Air Force Association of Canada, 413 (A/C Leonard Birchall) Wing Trenton, recently elected Mr. Bert Adams to the position of President for the years of 2008 and 2009.

The other directors of 413 Wing remain unchanged, as follows: First Vice President: Art Darnbrough; Second Vice President: Brad Cheese; Secretary: Charlie Hannon; Treasurer: Sharon Adams

Mr. Adams said he looks forward to further growth in the Wing membership this year following healthy growth over the two years since the club opened its new premises on North Murray Street, just south of Hamilton Road.

“We have plenty of space in the members lounge for people to come and relax in a friendly environment,”



Photo: Submitted

**Bert Adams, 2008/2009 President, 413 (A/C Leonard Birchall) Wing.**

said Adams. “We also have facilities that include snooker, darts, shuffleboard, and cribbage, and we also organize golf tournaments in the summer.”

The Wing is open seven days a week from

11 a.m. until closing. Visitors are welcome.

For more information please feel free to call 613-392-2774.

You may also contact Neil Elliot, Membership Chair, at 613-394-1629.

## SCOTIABANK PLANS \$25,000 DONATION



Photo: Grace La Rose, Contact Staff

Trenton Scotiabank Branch Managers John Scott and Barry Lessard present National Air Force Museum of Canada Board Chair Bob Burke with a cheque for \$5,000. This cheque is the first installment of a five year, \$25,000 commitment Scotiabank has made to the museum's renovation fund.

Pictured from left to right: Bob Burke, National Air Force Museum of Canada Board Chair; John Scott, Branch Manager Scotiabank; Barry Lessard, Branch Manager Scotiabank; Ken Kee, Board Member.

## Aircraft Mock-up

North Side

**8 Wing/CFB Trenton Fire Department**

You may have noticed an odd looking aircraft mock-up, which is located next to the 8 Wing Fire Department.

Throughout the month of October, you may start to notice that the mock-up has small fires, with limited smoke, to get it ready for its commissioning.

Please know that these fires are environmentally friendly with propane, and even the smoke is created by a smoke generator.

Once the mock-up is ready, it will contain large fires on-top, around and inside the mock-up aircraft.

This is for the 8 Wing Fire Department to qualify for their annual re-certification on aircraft fire fighting.

It will be a fantastic sight from RCAF Road and should not be considered an actual incident.

This is for training purposes only.

OCTOBRE 2008



**Une élection générale fédérale aura lieu le 14 octobre 2008.**



**Pour savoir où et quand voter, consultez votre carte d'information de l'électeur.** Le processus de vote sera plus rapide si vous l'avez en main.

**Vous trouverez les heures d'ouverture de votre bureau de scrutin sur votre carte d'information de l'électeur ou à [www.elections.ca](http://www.elections.ca) en cliquant sur « Service d'information à l'électeur ».**

**Si vous n'avez pas reçu cette carte, vous n'êtes probablement pas inscrit sur la liste électorale. Pour vous inscrire, il suffit de vous présenter à votre bureau de scrutin le jour de l'élection, où vous devrez prouver votre identité et votre adresse.**

**Nouvelles mesures d'identification pour voter**

Au moment de voter, vous devez prouver votre identité et votre adresse.

Pour connaître la liste des pièces d'identité acceptées par le directeur général des élections du Canada, consultez le dépliant que vous avez reçu par la poste ou visitez le [www.elections.ca](http://www.elections.ca) et cliquez sur « Identification de l'électeur au bureau de scrutin ».

- Pour voter, vous devez :
- être citoyen canadien;
  - être âgé d'au moins 18 ans le jour de l'élection;
  - prouver votre identité et votre adresse.

**Voter, c'est choisir son monde.**

[www.elections.ca](http://www.elections.ca)

1-800-INFO-VOTE  
1-800-463-6868

sans frais au Canada et aux États-Unis, ou 001-800-514-6868 sans frais au Mexique

ATS 1-800-361-8935

pour les personnes sourdes ou malentendantes, sans frais au Canada et aux États-Unis, ou 613-991-2082 de partout au monde





INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

**Deployment Support / Wednesday Night Out**

October 15 - **Stress: How to deal and live with stress** - Guest, Dr. Tanya Rawluck, BA, ND, Belleville Integrative Health/Services.  
 October 22 - **The power of humour for stress relief** - video and discussion.  
 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.**

15 octobre - Le stress : **Comment gérer et vivre avec son stress** - Notre invitée sera le Dr. Tanya Rawluck, BA, ND, « Belleville Integrative Health/Services »  
 22 octobre - **Le pouvoir de l'humour pour soulager le stress** – vidéo et discussion  
 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**

**NOTICE OF ANNUAL GENERAL MEETING  
 TRENTON MILITARY FAMILY RESOURCE CENTRE  
 October 16, 2008 at 5:15 pm**

On October 16, the Trenton Military Family Resource Centre, Incorporated, will hold its Annual General Meeting. At this meeting, as a member of the Corporation, you will have a chance to express your views on the subject of the Centre's direction in terms of programs, community needs and other matters of importance to you.  
 You will also be able to review the Centre's financial position, including the Annual Audit and nominate/elect members of the Board of Directors.  
 During the social event following the meeting, there will be food and conversation – everyone with an interest in the organization is cordially invited. But if you want to be able to vote, please complete the membership form, call the MFRC reception at 613-965-3575  
 Tammy Morrissey, Chair, Board of Directors

**Prise de conscience de la ménopause**

Date : 18 et 25 octobre de 9 h30 à 12h30  
 Pendant cet atelier nous explorons le cheminement de la femme d'aujourd'hui de la pré à l'après- ménopause. Nous débiterons par comprendre les symptômes communs et comment ils influencent votre quotidien. L'atelier vous aidera à apprendre plus au sujet des aspects holistiques et apprendre de nouveaux moyens pour vous aider à traverser cette période importante de votre vie.  
 Un atelier d'une durée de 2 à 3 heures pour les femmes de 45 ans et plus.  
 Coûts : 20 \$ par leçon Maximum de 15 participants

**ANNONCE DE L'ASSEMBLÉE GÉNÉRALE ANNUELLE  
 CENTRE DE RESSOURCES POUR  
 LES FAMILLES DES MILITAIRES  
 16 octobre 2008**

Le 16 octobre, le Centre de ressources pour les familles des militaires de Trenton, incorporé, tiendra son assemblée générale annuelle. A cette réunion, en tant que membre de la corporation, vous pourrez exprimer vos points de vue sur les directions prises par les programmes du centre, les besoins communautaires ou tout autre sujet d'importance pour vous.  
 De plus, vous pourrez revoir les positions financières du centre, incluant la vérification financière annuelle ainsi que nommer/élire les membres du conseil d'administration.  
 La réunion sera suivie d'un buffet et de discussion – toutes les personnes intéressées à l'organisation sont cordialement invitées. Si vous désirez être en mesure de voter, vous devez compléter le formulaire d'adhésion disponible au bureau d'accueil du CRFM ou en téléphonant au 613-965-3575  
 Tammy Morrissey, Présidente du conseil d'administration

**Mindful Menopause**

Date: October 18 and October 25, 9:30 – 12:30  
 This workshop will explore the Peri-to-Post menopausal journey that the modern woman embarks on. Begin to understand the common signs of menopause and how they influence your everyday life. This workshop will help you to learn about the Holistic aspects, as well as innovative tools that can be used for this all-important journey. 2 –3hr classes open to women 45 yrs and up  
 Cost: \$20 for each class Note: Max of 15 persons

*Think  
 Christmas Gift!  
 Pensez  
 cadeaux, Noël!*

**Advanced Tickets on sale for the Military Community at the MFRC from October 1st to October 14 (Limited number)  
 Vente anticipée de billets pour la communauté militaire au CRFM du 1er au 14 octobre. (Nombre limité)**

An elegant night of dancing and mystery!  
 Une élégante soirée de danses et mystère!

*Le Bal des Masques*  
 Dinner and Dance  
 Diner et Danse

Featuring the Frankie Howard Orchestra & the Quartet Quinte  
 En vedette \*Frankie Howard Orchestra & le Quatuor Quinte

**Saturday, 31 January 2009  
 Le samedi 31 janvier 2009**

CFB Trenton, Officer's Mess  
 Mess des Officiers, BFC de Trenton

**\$50.00 per person / chacun**  
 Open to all ranks & the general public  
 Ouvert à tous les rangs et le grand public

This is a BLACK TIE and MASK event / Ceci est un événement masqué.  
 (tuxedos, dark suits, gowns or late 1800's formal period costumes)  
 (tux, habits foncés, robes de soirée ou vêtements formels de la fin des années 1800)

Hosted by the Trenton Military Family Resource Centre  
 in partnership with Hidden Homes.  
 Organisé par le Centre de ressources pour les familles des militaires de Trenton en partenariat avec Hidden Homes

Information, contact Trenton MFRC @ 613-965-3575  
 Tickets on sale at the Trenton MFRC, starting on the 15 October 2008  
 Billets en vente au Centre de Trenton à partir du 15 octobre 2008

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

• Desktop Publishing • Posters • Laminating • Digital Copies  
 • Photograph Photocopying • Full Colour • Engineering & 36" Copies Format

**OP office plus**  
**Randall's**

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

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

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

**Club Medd Rock & Bowl**  
 Amazing light & Sound Show  
 Fridays 9:30 pm - 12:30 am  
 Saturdays 7-9 pm & 9:30-12:30 am

Reserve your **Glow Birthday Party**  
 Saturday afternoons 4pm  
 Call for details  
 31 Dundas St. E., Trenton 613-392-5756  
[www.clubmeddbowl.com](http://www.clubmeddbowl.com)

EXHAUST, BRAKES & ABS OUR SPECIALTIES

**MILBRO**  
**AUTOMOTIVE**

**Full Service Automotive  
 Repair Centre**

DND Discounts  
**613-394-3357**

220 Dundas St. E. Trenton [www.milbroauto.com](http://www.milbroauto.com)  
 SAFETY INSPECTIONS • RUST PROOFING - TIRES  
 DIAGNOSTICS - SHOCKS & STRUTS - TUNE-UPS

# Classified

For Classified Information Call  
392-2811 ext: 3976

business • for sale • wanted • equipment • automobiles • child care • for rent • employment

### Business Services

**PX FURNITURE & APPLIANCES LTD.**  
CANADA'S #1 Super Stores

**BIG 30% OFF** ON FURNITURE  
**NO GST NO PST ON FURNITURE**  
**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**

**50 Mile FREE DELIVERY & SET-UP**

Yes We Have **NO INTEREST NO PAYMENT** See Store For Details

**OPEN 7 DAYS A WEEK**  
Mon-Sat 9-5  
Sun 11-4

**ALL APPLIANCES AT BLOW OUT PRICES**  
• Fridges • Stoves • Washers • Dryers

**WE FINANCE** O.A.C. ON APPROVED CREDIT

### For Sale

#### Belleville Volkswagen



**2006 Jetta TDI Wagon,**

5 speed manual, silver  
64,000KM, VW Certified

**2004 Jetta TDI Wagon,**

5 speed manual, beige  
125,000KM, VW Certified



**2001 Beetle GLS TDI,**

5 speed manual, silver  
208,000KM, VW Certified

Call Paul for details...

**613-966-3333**

239 North Front  
Belleville

[www.bellevillevw.com](http://www.bellevillevw.com)

15 ft 6 in Fibreglass canoe complete with paddles \$400  
**613-392-2020**

### Employment Opportunity



#### Bob Clute SATURN

We're Growing and Growing and Growing.....

Bob Clute Saturn commands great market share in Belleville, Ontario and the surrounding area. We are the pre-eminent dealership group in the market. Quality people, above average customer satisfaction, modern facilities and a progressive management team have caused our business to grow and succeed. We need the New Breed of Automotive Sales and Service people that are an elite group of customer driven professionals, highly motivated and looking for above average incomes and job satisfaction in the following areas:

- Sales Consultants • Customers Service Advisors

To arrange a confidential interview please provide us with your resume by mail/email to:

Bob Clute Saturn

HWY 2 & Wallbridge Loyalist Rd.

Box 813 Belleville, Ontario K8N 5B5

email: [sismgr@bobclute.com](mailto:sismgr@bobclute.com)

We will respond to those only selected for interviews.

### Horseback Riding Lessons

English or Western  
Private, reasonable, local. Ages 5-85  
Call Cory  
**613-394-5587**

### Rumours Restaurant & Pub

**OKTOBERFEST**  
**October 25, 2008**  
Costumes, mugs, German beer, & food.  
DJ Music  
No cover charge.  
**242 Dundas St St., E., Trenton**

### NEW & USED REFRIGERATORS

Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees. Fridges \$100 and up

### NEW APPLIANCES

at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from.

### PAYS CASH

for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices. Open 7 days a week & evenings. We deliver. We like Base people.

**SMITTY'S APPLIANCES LTD.**  
**613-969-0287**

### Paradise Adult Video

**613-394-6600**  
DVD's FOR RENT & FOR SALE  
Toys - Videos - Magazines  
255 Glen Miller Rd.  
Riverview Plaza, Trenton  
(North of 401, across from Rona)  
Open Mon. - Sat. 11-8  
Sunday 12-3

### RUSHNELL FUNERAL HOME & CREMATION CENTRE

60 Division Street  
Trenton  
**613-392-2111**

### BOARDING

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

### 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**

### Wanted

#### Wanted to Buy

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

### For Rent

#### 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**

Spacious 3 bedroom home well maintained  
2 bath, fireplace, a/c, 15 mins from CFB, Rossmore area.  
\$1100/mth + utils  
**613-968-6647**

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

Very spacious 1 bedroom basement apt in Brighton. Fully furnished, gas fireplace, separate entrance, parking \$575 +utils 1/2 hour from base. no smoking, no pets, 1st, last & references required.  
**613-475-1907**

**Waterfront executive home.**  
3 bedroom, 3 bath with 2 car garage. \$1580/mth less than 20 min to base. 1st, last and references require.  
**Call 613-476-3443**

**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](http://www.royalpm.ca) and apply online or call **613-969-1144 ext 23**

Belleville West side. 3 bedroom 1 1/2 storey brick home, with fenced yard. Gas FA heat, prefer no pets. Available Nov 15, 2008  
Lease or no lease as required.  
\$850/mth +utils  
**613-771-1544**

3, plus 2 bedroom executive, waterfront home, with treed privacy on the Trent River, just north of Frankford. Includes fridge, stove, dishwasher, washer, dryer, additional built-in oven, Dbl attached garage with loft. Short term lease possible. Non-Smokers only first and last month required. References also required. Serious enquiries only please.  
\$1,750/mth  
**613-965-2857 (days)**  
**613-395-3555 (evenings)**

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](http://www.royalpm.ca)  
**613-969-1144 X 23**

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

Please recycle this newspaper!



### Crossword Answers

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



## Fall is the time to check for mould lurking

(NC) – Mould in the home can be a health risk - especially to those with existing health concerns or who may be sensitive to mould exposure.

Mould can grow in your home in places you might not expect. Check these areas for mould lurking in your home.

**Dishwasher:** Regularly check under the sink to ensure the connection to the water supply line is secure and is not leaking.

Also, check around the base of the dishwasher for leaks - keeping an eye out for stained, damp or warped flooring and water damage to nearby cabinets.

**Washing Machine:** Odour-causing residues and mould and mildew stains have the potential to accumulate anywhere moisture is present - including your washing machine.

The efficient design of high-efficiency (HE) washers use less water and seal more tightly than older, less-efficient appliances and are more prone to odour-causing residue and mould and mildew stains.

To reduce this build-up use the

Affresh Washer Cleaning Kit once a month.

The dissolving Power Puck tablets penetrate, dissolve, remove or reduce deposits from all washers and Grit Grabber cloths are specially formulated to remove or reduce odour-causing residue from the rubber door seal of your washing machine.

For more information about mould and mildew stains in your washing machine visit [www.Affresh.ca](http://www.Affresh.ca)

**Refrigerator:** If you have an automatic icemaker and cold-water dispenser, check the connection of the hose to the water supply.

Check for mould or wet spots near and behind the refrigerator, keeping in mind this might be evidence of a leak.

**Roof:** Safely check the roof shingles, gutters and downspouts for buildup of leaves and twigs that might make it difficult for water to drain.

Also check for water stains or mould on your ceiling and attic - especially around flues, plumbing vents, and chimneys.



Photo: News Canada

## Fire-proof your family

(NC) – Make sure you have at least one working smoke alarm on each floor and outside of each bedroom, test them regularly and replace batteries every time you reset your clocks in the fall.

Sketch out a floor plan for your home and create a fire escape plan that outlines the best escape routes in the event of a fire.

Post your plan on the fridge and practice a fire drill at least once a year with everyone in the home.

Never leave space heaters on when you leave home or go to bed, and keep them at least three feet away from anything that can burn.

Don't overload wall outlets or run extension cords under carpets or across doorways.

Don't allow debris to build up in chimneys and fireplaces.

Never leave lit cigarettes, burning candles or food cooking on the stovetop unattended.

Feel free to visit [www.duracell.com/ca/firesafety](http://www.duracell.com/ca/firesafety) to obtain more information on fire safety.



**OPEN HOUSE**  
**Saturday October 11, 2008**  
**1:00 - 3:00 pm**  
**20 Cardinal Court, Belleville**  
**MLS# 2084393 \$239,900**

Quiet and safe West end neighbourhood in Belleville. Walking distance to all amenities and school. Great Open concept kitchen/dining/living area perfect for entertaining. Attached 1 car garage w/ inside entry. Fully fenced yard with deck. **Visit us at [www.quintedistrictrealty.com](http://www.quintedistrictrealty.com)**  
*West onto Tracey Street left onto Cardinal Court, second house on right*

**TEAM RE/MAX WELLINGTON**

**Veronica Norton**  
 Sales Rep  
[veronicanorton@bellnet.ca](mailto:veronicanorton@bellnet.ca)  
 1-888-217-0166

**Ron Norton**  
 Sales Rep  
[ronnorton@bellnet.ca](mailto:ronnorton@bellnet.ca)  
 613-399-5900

**Century 21**  
 Lanthorn Real Estate Ltd.  
 Brokerage  
Independently owned and operated

tel 613-392-2511  
 cell 613-922-9428  
 toll free 1-888-792-5499  
[kimberly.colton@century21.ca](mailto:kimberly.colton@century21.ca)  
[www.century21.ca/lanthornrealestate](http://www.century21.ca/lanthornrealestate)

**Kimberly Colton**  
 Sales Representative

**Gordon Tobey Developments Ltd.**

**R2000 custom homes of distinction from \$295,000**

Visit our showhome at  
 5 Tall Pines Drive, Brighton, ON  
**1 800 544 0535 or 613 475 0618**  
[www.tobeydevelopments.com](http://www.tobeydevelopments.com)

**COUNTRY SETTING**  
 This one of a kind 7 year new raised bungalow is situated on a beautiful 2 acre lot just outside of Madoc. Beautiful oak hardwood flooring, 3 bedrooms on upper level + 1 bdrm inlaw on lower level. Walk-out to 3 season sunroom, inside entry to 1 1/2 attached garage and separate 24 x 24 garage with electricity and water. This home is a must see. Call today to view!

**NEW LISTING**  
**MLS# 2086817**  
**\$294,900**

Service en francais aussi disponible.  
 Visitez mon site internet:  
**Marlene Letourneau**  
 Sales Representative

**ROYAL LEPAGE**  
 ProAlliance Realty

bureau: 613.966.6060  
 mobile: 613.848.2284

357 Front Street, Belleville, Ontario

**82 Heber Street, Trenton**  
 Close to CFB & all amenities. Unique property 2 houses on one lot. Live in one, supplement your income with the second home.

mls#2084950  
**\$169,900**

**ROYAL LEPAGE**  
 ProAlliance Realty, Brokerage  
Independently owned and operated  
 833 Dundas Street East, Trenton, Ont. K8V 1M1

**Roxee Morden**  
 Sales Representative  
 Office tel. 613-394-4337  
 Cell no. 613-969-2337  
 DND BRP Registered

**Contact**

Advertise your listings with us!

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

**We're big on results.**

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

Trenton 447 Dundas St. W 613-392-6594  
 Brighton 41 Main St. 613-475-6594  
 Toll Free: 1-800-567-0776  
 Check us out at... [www.remaxtrent.com](http://www.remaxtrent.com)

**RELOCATING TO VICTORIA?**

TRACY FOZZARD at REMAX CAMOSUN can assist you and your family with your move  
 Military spouse for over 25 years  
**ONE STOP SHOP** if you need contacts for contractors, lawyers, mortgage brokers etc  
 To help make your move as uncomplicated and stress free as possible contact Tracy today.

[tracyfozzard@shaw.ca](mailto:tracyfozzard@shaw.ca)  
**Tel: 250-744-3301 Fax: 250-744-3904**

**Tracy Fozzard**  
 In the Pursuit of Excellence

Visit my website for lots more info [www.tracyfozzard.com](http://www.tracyfozzard.com)  
 Or call me anytime TOLL FREE 1-800-663-2121



PLAN TO ATTEND



BRIGHTON

Parade of

HOMES

OCTOBER 18 & 19, 2008 • 11 am to 5pm



The Building Continues with New Models

Beautiful Evolving Streetscapes

Parks are Completed

Buyer Incentives



Quality Without Compromise  
www.stalwoodhomes.ca



A Statement of Quality  
www.mcdonaldshomes.ca



New Homes with Personalized Design  
www.cheerhomes.ca



Nature's Windows at your Doorstep  
www.tobydevelopments.com



Picturesque Rural Setting  
www.phillips.com



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

JUST FOR ATTENDING...

PRIZE TO BE WON!

\$500 Grocery Card FROM MIKE & LORI'S NO FRILLS, BRIGHTON



\*Redeemable at Mike & Lori's No Frills in Brighton, ON

For more details, visit [www.brightonparadeofhomes.ca](http://www.brightonparadeofhomes.ca)