

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

the Contact

www.thecontactnewspaper.cfbtrenton.com

Want to advertise in this prime location?

Call Patricia
613-392-2811
ext 7008

Contact

• September 12, 2008 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 43 Issue Number 35 •

Success! Wing Commander’s Annual Charity Golf Tournament



Photo: Corporal Igor Loutsouk, 8 Wing Imaging

Wing Commander's Annual Charity Golf Tournament was held on September 4, 2008 at the 8 Wing Golf Course. The money raised is used to support charities including the United Way. Pictured above, Peter Lorimer, president of Loraday Environmental Products, presents a cheque in the amount of \$1,500 for the United Way to Colonel Michael Hood, Commander, 8 Wing/CFB Trenton.

The Wing Commander’s Annual Charity Golf Tournament, which took place on September 4, 2008, was the kick-off event for the Government of Canada Workplace Charitable Campaign (GCWCC). The event has once again proven to be a success!

With 136 participants this year approximately \$12,600.00 has been raised, which is up from the previous years.

It was a fun full day for all, which included an 18-hole, four-ball, best-ball scramble, barbeque dinner, an auction, putting contest, and of course prizes for all.

The first place team comprised of S. McLeod, L. Sheard, S. Guindon and T. Coolen, all members of 8 Wing, came in with a 52 (20 under par).

Special thanks to our main sponsors, Loraday Environmental, RBC Securities, Labatt’s, and Ping. Without the continual support of these sponsors, this event would not be the success it has proven to be

over the years.

Donations for prizes have been provided by the following corporations in the surrounding area, Wilson Sports, Fitness Depot, Carm’s Pool, Tomasso’s Restaurant, Golden Valley Restaurant, Four Season Sports, Sysco, Simcoe Office, Advantage Fitness, Harris Time, Carm Donato, Wolseley, Alpine Hotel, Royal Doulton, Direct Energy, Continental Fitness, Frost Automotive, Twin City Rentals, Riverside Music, Lansing Express, Tim Hortons Cobourg, Xerox, Irvin Canada, Grand & Toy, Corporate Express, Timberwolf Gallery, Fisher & Paykel, Gym-con, Boeing, Sears Canada and Clearwater Design which enables all participants to receive a memento of a fun and successful day.

Volunteers are valued and appreciated with their unselfishness to help an ongoing cause and without them this event would not be possible. We thank the following: Shirley Martin,

Erin Pardy, Liz D’Anjou, Paula Staples, Lisa Rowe, Lisa Leroyer, Lauren Flaherty, Melissa Weese, Annie Morin, Mike Lamoureux, Emily Pollock, Dave Butt and Tony Moreau.

Finally, all those who have donated their time in the organization, preparation, and contributions during the event, in supporting the 2008 Wing Commander’s Annual Golf Tournament...thank you.

We have a few events coming up soon.

Friday, September 19: Annual Wing Commander’s Challenge. Teams made up of 8 Wing/CFB Trenton personnel will be participating in a fun, challenged filled morning of activities.

There is still time to register a team! For additional details, contact Denis Gaboury at x3754.

Saturday, September 20: 10th Annual Community Warehouse Sale from 8 a.m. to 4 p.m. at 665 Dundas st. E, Belleville. Admission is 1\$ per shopper.

United Way callout for Unit/Squadron events

by Grace La Rose
Contact Staff

UNITS AND SQUADRONS – WE NEED YOUR HELP!

The 2008 Government of Canada Workplace Charitable Campaign is underway here at 8 Wing/CFB Trenton and we’re looking for units and squadrons to pitch in and host events to raise money for the United Way of Quinte.

United Way of Quinte is a volunteer-led non-profit organization that works in partnership with community agencies and organizations to develop innovative and collaborative social services, health, and community programs.

So – do you have a fun and creative way to help raise money for this local group?

Money raised in these events goes to 50 local agencies working with United Way of Quinte. People contribute to the United Way of Quinte because they know that one gift will go a long way. Young children need your help to get a healthy start, families under stress need your help to find support in their community, youth at risk need your help to develop skills and find employment. The list is virtually endless.

Contact your Commanding Officer with your ideas, and have them contact 8 Wing/CFB Trenton’s United Way Committee: +8Wing GCWCC Exec@CFB Trenton@Trenton.



IN THIS WEEK’S ISSUE

- Wing Commander’s Column ...Page 2
- Contact Changes ...Page 5
- PSP Award ...Page 8
- Fire Prevention ...Page 9
- John Griffin Library ...Page 17



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



I hope this note finds all of you, and your families, doing well and back into the normal routine of the school year. In a way, the battle rhythm of 8 Wing is no different. So with September upon us and all of the new personnel posted in during APS08 comfortable learning their new roles and positions, it is time once again for the Annual Personal Readiness Verification (APRV).

I certainly do not need to remind anyone that operations dominate the day-to-day focus of 8 Wing. And while we do a lot of training and maintenance, at the end of the day our priority is supporting and participating in operations at home and abroad. But operations can, and often do, take place any time on extremely short notice. For

instance, 8 Wing recently sent a CC-177 with a medical evacuation team to Louisiana August 31, to evacuate American citizens fleeing Hurricane Gustav. And just earlier this week, 8 Wing Challenger Aircraft brought the recce elements of the Disaster Assistance Response Team (DART) to Port-au-Prince, Haiti.

Because any of us here at 8 Wing, myself included, can be called out to go anywhere on short notice, we must ensure that we are as ready as possible to answer this call. To help in this important task, 8 Wing will hold the APRV from 29 September to October 3. The APRV will consist of a short screening process for all Wing personnel that will update and verify individual readiness lev-

els. From this information, units will be able to develop their individual training plans to ensure that they will be ready when the call comes.

In summary, the APRV allows leaders at all levels to better prepare their units for contingencies that can often arrive with very little notice to 8 Wing. And it is important to remember that this requirement to be able deploy anywhere, at any time, in the name of our nation, separates us from those Canadians that we protect. Remember the 8 Wing Mission:

To provide responsive and flexible Air Mobility, Search & Rescue, and globally deployable, combat capable Expeditionary Forces serving Canada's interests.

Locker Policy Cancelled South side Gymnasium

Please be advised that 8 Wing/CFB Trenton is cancelling the existing Locker policy at the South side gymnasium.

In support to the 24 hours a day, seven days a week (24/7), operational hours at the South side Gymnasium, as of September, the existing Locker Rental policy is cancelled.

All personnel will have until September 21, 2008 at 12 a.m. (midnight), to remove your lock from your locker. After this deadline, all remaining locks will be cut.

Please note that the daily use locker policy will be in effect.

For more information, please contact local 3467.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Wing Telecommunications and Information Services Squadron (WTISS) is responsible for the maintenance of all Air Traffic Control Navigational Aids used at 8 Wing. Seen here, Pte Mark Waters carries out weekly maintenance on the Radar Environmental Data Display System (REDDS), located at the Instrument Flight Rules Control Centre (IFRCC). The REDDS system displays and archives all radar data seen within 8 Wing Air Traffic Control's airspace.

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

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

600 service offices across Canada to serve your military families.

The leading Canadian-owned multi-product insurer.



Home Auto Life Investments Group Business Farm Travel

AUTO - HOME - BOAT - LIFE - INVESTMENTS



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

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

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

AUTO - HOME - BOAT - LIFE - INVESTMENTS

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

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**

All the information you need is just a click away!

www.thecontactnewspaper.cfb.trenton.com

Contact Wondering where to find The Contact? Check out some of these off-base locations.

Belleville Locations	Trenton Locations
Belleville Public Library	Smylies Independent
Belleville Legion 99	A&P
Luc's Variety	QHC Trenton Memorial
QHC Belleville General	Shopper's Drug Mart



Change of Appointment Ceremony

by Karen Christiuk
Communication Advisor

Forty-two years in the Canadian Forces went by in a blink of an eye for Air Reserve Chief Warrant Officer Bernard Pépin, as he signed over his appointment to Chief Warrant Officer Bernie Verreault, in an official ceremony held in the atrium of 1 Canadian Air Division/Canadian NORAD Region Headquarters (1 Cdn Air Div/CANR HQ) on September 2.

"It's important to leave the place feeling that you accomplished something. I think I did that," said CWO Pépin.

CWO Pépin enrolled in the Royal Canadian Air Force in 1966 and retired from the Regular Forces in February 1993. His first posting in the Air Reserves was with 1 Wing/CFB Kingston's 1 Tactical Aviation Support Squadron. He was promoted to his current rank in 1995, and transferred to 438 Tactical Helicopter Squadron in 1996. He was then deployed to Bosnia as CWO of the 430 Squadron helicopter detachment. This was followed up with a nomination for CWO of the Air Reserves in August 2005.

In a short speech, CWO Pépin thanked Brigadier-General Eldren Thuen, Director, General Air Reserve, who presided over the ceremony, and the large crowd that had gathered for the occasion. CWO Pépin noted, "For all of you, for all your great support. Thank you very much."

His successor, CWO Bernie Verreault is no stranger to 1 Cdn Air Div/CANR HQ and has had a number

of Winnipeg postings throughout his career in the Air Reserves, in addition to a diverse career in the Regular Forces. In 1998, he was recognized publicly for his achievements when he was awarded the Order of Military Merit by the Governor General of Canada.

CWO Verreault joined the Canadian Forces as a Military Policeman in 1973. Some highlights of his career have included serving six months in Cyprus in 1984, and with Task Force Afghanistan at the International Security Assistance Force Headquarters in Kabul in 2006. In 1998, he transferred to the Air Reserves and was employed as the Air Reserve Basic Recruit Training Master Warrant Officer in Borden, Ontario. He moved to Winnipeg in 1999, and was employed as the VIP Code 1 Security Coordinator for 1 Cdn Air Div/CANR HQ in the A3 Security and Military Police Directorate. In 2000, CWO Verreault began a new position as Deputy Flight Commander of 17 Wing Air Reserve Flight, Winnipeg. In 2002, he took over Air Force Professional Development for non-commissioned members at 1 Cdn Air Div/CANR HQ. He was appointed Headquarters CWO for 1 Cdn Air Div/CANR HQ in 2007.

"Thank you for entrusting me with this most important position in the Air Reserves," said CWO Verreault during the ceremony. "I am ready for the challenge. I see a very exciting three years ahead of me."

CWO Verreault then turned to CWO Pépin and noted, "It's an honour for me to take over for you."

Search & Rescue UPDATE

424 Squadron had a very busy week, responding to 18 call-outs.

On September 4, Rescue 306 and 422 were tasked to search for three persons in the water north of Conneart, Ohio. All victims were recovered by the American Coast Guard.

On September 6, Rescue 419 was tasked to search for an overdue ultralight over the Volk airstrip. While enroute, a sighting report directed a search 10 NM further west. This proved ineffective and with minimal fuel remaining, the Griffon proceeded to the airfield for a quick look, and found the accident site through information from another airborne helo south of the airstrip. The Griffon landed to offer assistance, and upon arriving, the SAR-Techs discovered the victim had not survived. Throughout the mission our Herc provided top cover for communications.

On September 8, our Herc was tasked to aid a Piper46 Malibu Charger, flying from Barrie to Windsor, whose throttles were not working. Rescue 324 took initiative and headed to Windsor to help in any way possible, however the aircraft landed at Windsor with no engine. Everyone was safe and the airplane was undamaged.

Numerous times, both our Herc and Griffon were tasked to locate ELTs and overdue vessels (both air and watercraft), only to be stood down because the operators had failed to communicate to anyone that they had changed plans. Proper planning and communication keep you safe and our SAR crews available.

Until next week, stay alert and stay safe.

Missions for 2008: 157 Missions for Sep: 19 Persons rescued: 28



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 - email: info@staikoshomes.com

**STAIKOS
HOMES LTD.**

- 613-967-6560 -

Office and Model Home at
59 Simcoe Dr., Belleville

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



MODEL HOME & OFFICE

IT'S COMING

WATCH FOR IT, YOU DON'T
WANT TO MISS IT!

STREETMOTORS
LIGHT DUTY TRUCK CENTRE

IS HAVING ANOTHER
PUBLIC AUTO AUCTION
WATCH THIS PAPER FOR MORE DETAILS

MARK YOUR CALENDAR FOR
SEPTEMBER 27TH - DON'T MISS IT!

- Over 150 vehicles to be sold by public auction
- 75 vehicles to be sold unreserved to the highest bidder
- Many vehicles safetied and E-Test
- Great Selection of cars-trucks-van's-rv's-tent trailers-
- 5th wheel's-tractor-chipper-mo jo's-wazat's

Visit our Website for full details www.streettruckcentre.ca

24 FAMILY LANE CORNER OF HWY. 15 AND THE BAY ROAD.
4 KIL SOUTH OF SMITHS FALLS.



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

Intranet: STEINER.AL@CFBTrenton@Trenton

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



**A Military
Community
Newspaper**



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



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

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

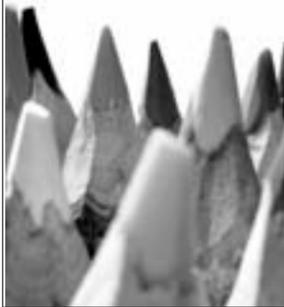
**Want to be
published?**

**Write
a letter to
the Editor**

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

All letters must be signed and the names will be published unless otherwise requested. We reserve the right to edit while preserving the main objective of the writer.

We cannot guarantee that any particular letter will be printed. Mail, fax, email or drop it off in person.



WANTED!

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



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

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



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

Canadiana Crossword

Corner Gas

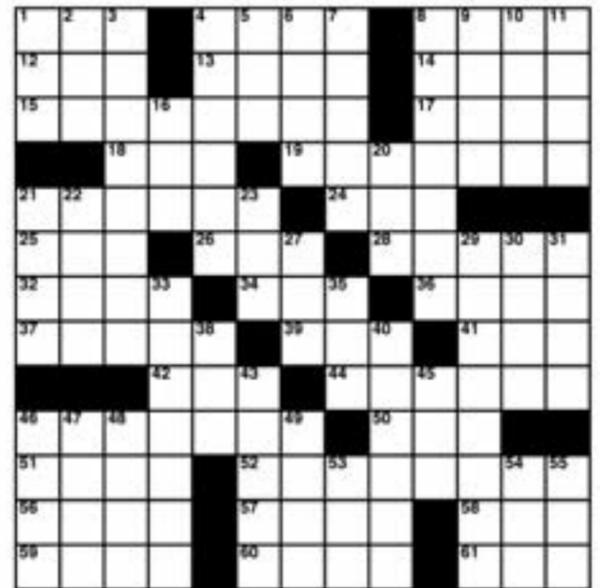
By Bernice Rosella and James Kilner

ACROSS

- 1 Supplement
- 4 Taxis
- 8 Stratford's river
- 12 As well
- 13 Adjoin
- 14 Turkish coin
- 15 Go to seed
- 17 Soonest
- 18 Parks and _____
- 19 Brent Butt's birthplace
- 21 Emma Leroy portrayer, Janet _____
- 24 Sign of assent
- 25 Raise the RPMs
- 26 Yes, gruffly
- 28 Sloshed
- 32 Brain wave
- 34 Corner _____
- 36 Hawaiian goose
- 37 Kind of cake
- 39 Yup
- 41 Canister
- 42 Energy unit
- 44 Heavenly bodies
- 46 Where Corner Gas is filmed
- 50 Armed conflict
- 51 Grapefruit and tangerine hybrid
- 52 Opened
- 56 Protein molecule
- 57 Mellowed
- 58 Legendary Bruin
- 59 Parch
- 60 Make the marquee
- 61 No vote

DOWN

- 1 Versatile veh.
- 2 Female rabbit



- 3 Home of the Leroy's
- 4 Attention getting
- 5 Arabic cloak
- 6 Brent Leroy portrayer
- 7 Beer mug
- 8 Lad with a lamp?
- 9 Travel document
- 10 Spoken
- 11 Scruff
- 16 Brain scan, abbr.
- 20 Toper
- 21 Court order
- 22 Do over
- 23 Pull lightly
- 27 Compensation
- 29 Oscar Leroy portrayer

- 30 Tizzy
- 31 Hankerings
- 33 Artist's studio
- 35 Pouch
- 38 Before, to Browning
- 40 The _____, Dog River's newspaper
- 43 Wild oxen
- 45 China's chairman, once
- 46 Toupees
- 47 Double curve
- 48 Arm bone
- 49 Entity
- 53 Accounting pro
- 54 Geological time
- 55 Arid

See Answers, Page 18



This Week in Contact

1978 – The coloured inks used in the Sunday comics and in newspaper magazine sections are loaded with lead, say the Journal of the American Medical Association. The magazine warns against burning coloured newsprint in fireplaces. The lead content in the air could rise considerably if a number of homes in an area were burning coloured newspaper.

1988 – This week the Director General Official Languages (DGOL), Mr Gil DesBecquets, has convened a meeting of all those who are directly involved with Official Languages in the Department of National Defence (DND), at the Baker Island Community Centre here in Trenton. The Conference will be attended by approximately 80 personnel representing Regions, Commands, Groups, Bases, Stations, and Colleges. Presentations and input to the conference will come from representatives of the Secretary of State, Treasury Board, Commissioner of Official Languages and number of NDHQ directorates in addition to DGOL.

1998 – The Deputy Minister and Chief of the Defence Staff Renewal Award was presented to 8 Wing Food Services Squadron for demonstrating the vision of change by recognizing not only their own need to change but by implementing a significant re-engineering of their processes through Alternate Service Delivery for food service support. They have been extremely successful in building an enthusiastic team of military and civilians eager to embrace change and provide top-notch support to the Wing.

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



The winds of change are swirling at the Contact

by LCol Debbie Miller
8 Wing Administration
Officer

A Question to the Reader:

What you want from us is what we want from you!

The Contact Newspaper staff wants to know, and as a newspaper we are willing to morph. So what is the definition of a newspaper?

It is a written publication containing news, information and advertising, usually printed on lower-cost paper called newsprint. General interest newspapers often feature articles on political events, crime, business, art/entertainment, society and sports.

Newspapers can also be used as a medium to provide strange facts – did you know that: “a single lead pencil can write 50,000 words in English,” “the main Library at Indiana University sinks over one inch every year from the weight of the books,” “a man says on average 4850 words in 24 hours,” “da Vinci invented scissors,” “ketchup was sold in the 1830s as a medicine,” “the first novel ever written on a typewriter was Tom Sawyer,” “men can read smaller print than women; women can hear better,” or “the fact that a

penny can hold about 30 drops of water.”

So now that I have your attention, I’d like to propose a few new ideas for the Contact.

Flash Interviews: These feature a standard set of questions, and the answers given by various Wing personnel.

We can develop a set of questions that can be geared towards the work done by you here on the Wing.

Streeters: Ask a random group five or six people around the Wing one question each week. The streeter layout could be done with each respondent’s photo and answer. Of course, we’d never hit on embarrassing or politically sensitive questions.

Personnel/Work Profiles: Features of you on the Wing and the job you do, where you do it, and how you do it. It certainly would educate other segments on the Wing as to what certain sections do in support of the Wing’s mandate.

Trivia and Did You Know?: We’d like to revamp Fly Past or add to it, perhaps with questions and answers to test your knowledge of the Canadian Forces, the Air Force, aircraft, etc. We could also include some ‘Contact’ specific info/facts/figures and 8 Wing trivia – Wing Commanders,

Wing Chief Warrant Officers, squadron stand-ups, and the various integral and lodgers units.

Reader Involvement: We would like to try to do more to involve personnel around the Wing and include them in some of our proposed new changes.

New Style and Format: We are looking at revamping our current look, style, layout, to provide a fresh, new, more reader-friendly publication.

Better Distribution: Are we reaching out to everyone we should be informing? Perhaps there are additional locations around the Quinte area that we should make copies of our newspaper available. We could also increase advertiser involvement, showcasing more of the local community.

Coming Events: Almost every unit has something in the works – an upcoming unit family day, a visit, a new project or just something you want the rest of the Wing to know. And, of course, there are always the Wing-wide events: Wing Commander’s Challenge, Winter Carnival, Surf n Turf, all the commemoration days and weeks (i.e.) Fire Prevention, and Anniversary Weekend.

A New Website: We also



Photo: Joy Peloquin

The faces of the Contact Newspaper, from left to right: Marilyn Miron, Bookkeeper; Adriana Sheahan, Advertising Production Assitant; Amber Gooding, Assistant Editor; Andrea Steiner, Managing Editor; Patricia MacKie, Advertising Sales Representative; and Grace La Rose, Reporter/Photograher.

need a new website design. Have you been to the site recently? What do you think? If you haven’t been to the website, why not?

A new website design with new/more elements and perhaps a shorter domain name (i.e. thecontact.com) is in order, where we could incorporate banner advertising on the website and generate more visits to the site and make it more user-friendly.

So we want to hear from you – more interviews, more

pictures, more profiles, what’s new around the Wing, a survey or two, not to mention a new look – let us know. We’re ready to listen and react.

We are encouraging you to participate and support this project, because without your input and suggestions we’ll just look the same.

And for a final thought – did you know that this year, more than 2.5 million books will be shipped with the wrong covers? Change ours and you’ll change your outlook.

SCAN SEMINAR – October 22 and 23, 2008

Considering retirement? Exploring your options? Unsure about your pension or financial entitlements upon release?

The SCAN Seminar targets military members, with 15 or more years of service, who are contemplating a return to civilian life, but is open to all military personnel. Spouses are strongly urged to attend.

Seating is limited; reservations may be made by contacting the WPSO office at http://trenton.mil.ca/admin/WPSO/Release%20SCAN/SCAN%20Seminar/index_e.htm, no later than 10 Octobre 2008.

Registration begins at 0730 hrs 22 Oct & 0750 23 Oct at the WO & Sgt’s Mess Main Lounge. *Appropriate civilian attire.*



Trust the Midas touch.™

CFB TRENTON SPECIAL

From the staff at MIDAS BELLEVILLE

MIDAS BELLEVILLE IS A FULL AUTOMOTIVE MAINTENANCE CENTER WE OFFER:

- OUR LICENCED MECHANICS HAVE OVER 80 YEARS OF EXPERIENCE
- ALL AUTOMOTIVE MECHANICAL REPAIRS
- MINISTRY (MTO) CERTIFIED SAFETY INSPECTION STATION
- AIR-CONDITIONING SERVICE
- TIRE, BALANCE & ALIGNMENT SERVICE
- AUTOMOTIVE MAINTENANCE PROGRAM
- NORTH AMERICA-WIDE WARRANTY PROGRAM
- COURTESY CAR SERVICE FOR CUSTOMERS
- VOTED #1 READERS' CHOICE AWARD 2008 –
- IN THE INTELLIGENCER
- ALWAYS 10% DISCOUNT ON ALL PARTS FOR CFB PERSONNELS

MIDAS BELLEVILLE
Located at
256 North Front Street
Belleville, ON
613-962-1653

SHOP OPEN FOR SERVICE
Monday to Friday 7:30am to 8:30pm
Saturday 8:am to 2:30pm



Celebrate your Wedding with us!

- Can accommodate up to 200 people
- Discounted rates for overnight rooms
- All inclusive pricing

Call for a tour of the facilities and ask how you can get your banquet room rental for FREE

Now Booking for 2009

613-394-4855





Mike the Molar

Dental Centre

169 Dundas St. East,
Trenton, ON K8V 1L5
PH: 613-394-8888
www.mikethemolar.com

NEW PATIENTS WELCOME!



Flying Frogmen Scuba Club

by Patricia Lockhart
President, Flying Frogmen Scuba Club

I belong to a fantastic base club called the Flying Frogmen Scuba Club. We have many planned events throughout the year, including volunteer events.

Some of the interesting volunteer things we have done this year so far are: Supporting the ALSE LCMM along with Gentex and Aqualung with a diver and access to the scuba room, scuba equipment, and breathing air while they were doing pool trials for the FAS-HT ANBCP ensemble.

Supporting 426 (Transport) Training Squadron, along with DRDC Toronto, with three dive masters and a photo tech (all club members) to supervise ditching drills at the base pool.

Our annual clean up dive had 14 divers and many helpers on shore to clean up the Trent River at the Fraser Park Marina side. We alternate every year with a different side of the Trent River.

The amount of garbage we find at the bottom of the river has substantially decreased since starting 12 years ago

when we filled a five-ton truck 10 times to this year not quite filling 1 truck.

We supply boats and divers for the annual 8 Wing Surf and Turf to supervise and if required fish people out of the river who are doing the kayak portion of the race.

Other fun events include charters out of Kingston and Rockport, camping/diving weekends, treasure hunts and pumpkin carving contests.

Throughout the year we have access to the pool every Thursday night to carry out courses, or just snorkel, scuba and socialize. In the winter we keep in shape by playing underwater Frisbee, underwater hockey or underwater euche. And of course there is always a bit of socializing afterwards.

This year we are celebrating our 50th Anniversary. All past and present members of the Flying Frogmen Scuba Club joined together at Baker Island on August 9, 2008 to help celebrate this significant event.

We also have a web site located at www.flyingfrogmen.ca. If you would like more information, please feel free to contact me at 613-392-2811 ext 2824.

Intersection Floor hockey League

The Intersection Floor Hockey organizational meeting is scheduled for Tuesday, September 30, at 1000 hrs, in The Gymnasium conference room.

The League is open to Canadian Forces Military, DND and NPF full-time employees.

Interested Unit Sports Reps and Executives are to attend subject meeting in preparation for the 2008/2009

floor hockey season.

The league will play at the Gymnasium every Monday evening from 1800 to 2200 hrs.

Players without a Rep that wish to play, or to obtain more information about the league, please contact Dan Cormier, Military Sports Coordinator, by email at Cormier.DG@forces.gc.ca or by phone at local 3373.

Men's and Women's Volleyball teams

The Men's and Women's Volleyball Teams will practice every Monday and Wednesday from 1600 to 1800 hrs, at the south side Gymnasium Area One in preparation for the 2008/2009 volleyball season and the Ontario Region Men's and Women's Volleyball

Championship, scheduled to be held from March 6 to 9, 2009 here at 8 Wing/CFB Trenton.

The coach for men's team is Lieutenant Nick Verreault, local 7544.

The coach for the women's team is Captain Andrea Clement, local 3631.

I/S Noon Hour Volleyball League

The Intersection (I/S) Noon-hour Volleyball League organizational meeting is scheduled for 1000 hrs, on Thursday, October 2, 2008 in The Gymnasium conference room.

The League is open to Canadian Forces military, Department of National Defence (DND), Non-Public Fund (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 south side Gymnasium on Tuesdays and Thursdays at noon.

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

LOCAL SERVICES AND TRADES

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

Boat / Upholstery

EXCEL
Covering Your Needs

- Antique • Furniture
- Automotive • Marine
- Supplies & Foam

We cover all your maine needs from tops, covers, seats & repairs.

79A Dufferin Ave., Trenton

613-965-6110

Building Material

RONA CASHWAY

"Buy Where The Builder Buys"

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

234 Glen Miller Rd
Trenton

613-394-3351

Concrete

J's Concrete Stamping
Stampcrete®
Decorative Concrete Applications

Free Estimates

Residential & Commercial

- Patios • Driveways • Floors
- Walkways • Pool Areas

Place, Pour and Finish Regular Concrete

1121 Slash Rd., Deseronto
613-476-1279
613-396-5434
email: js_stamping@hotmail.com

Doors/Windows

Colasante
WINDOWS & DOORS

"Where Everyone can Afford Quality"

Sunrooms
Screen Rooms • Additions
• Porch Enclosures

Exterior Renovations
Siding • Soffit • Facia
• Seamless Eavestrough
Gutter Protection System

613-392-2157
www.colasantequinte.com
email: mcolasante@cogeco.ca

Handyman

Clean up Time is Here!
W.C. HANDYMAN - WITH TRUCK
To do any odd jobs that you DON'T want to do or CAN'T do.

Inside or Outside
Painting repairs, clean-up, yard maintenance, garbage and/or scrap removal, power washing & driveway sealing
Call for your free estimate today!
Wayne; 613-394-4462

Haulage/Topsoil

- TOPSOIL •
- Decorative Rocks
- Playground Sand
- Gravel
- Large or small

Pick up or delivery
• Equipment Rentals
SCOTT'S HAULAGE
17 Lester Road
613-392-3917

Mini Storage

BIGFORD MINI STORAGE

 HOUSEHOLD & COMMERCIAL - MONTHLY WELL LIT, FENCED IN SECURED COMPOUND DELIVERED OR ON SITE STORAGE CONTAINERS

468 BIGFORD ROAD
BRIGHTON ON K0K 1H0

613-475-6500
bigfordministorage@explornet.com

Mortgages

Mortgages? Frustrated? Don't Be..

 **HASTINGS MORTGAGE CENTRE**

Call Duaine Hamilton at
613-392-7225
hamilton007@sympatico.ca

Packing Services

 Packing & Unpacking
Home Staging/Clear Out
Organizing/Final Cleanup

Smooth Moves

CALL FOR A FREE ESTIMATE
613-920-2221
613-920-9038

Pools/Spas

Trent Pools & Spas

For the best prices - the best service - the best selection

- Above ground pools
- On ground pools
- In ground pools

83 Dufferin Ave Trenton
613-392-7498 or
1-888-711-POOL
email: trentpoolsandspas@cogeco.net
Family owned & operated

Roofing

Mitchell Roofing

- Fully Insured
- Free Estimates
- Work Guaranteed For 5 Years

613-967-1726
Harold Mitchell
"The Roof Doctor"
WE'RE JUST A LADDER AWAY

Tree Service

Trenton Tree Service
Tree Trimming & Removal, Chipping & Stumping

- Free Estimates
- Fully Insured

A fair price for everyone
613-392-7415

Advertise your listing here!

Call
613-392-2811
ext 3976 or 7248

SCHOOL'S IN DRIVE SAFELY



Drivers- Always stop for a bus
Motorists travelling in both directions must stop when approaching a stopped school bus with its upper red lights flashing

Parents and kids - have a bus talk before school

Remind your kids the rules of bus safety.

- Never distract the bus driver., Always follow his or her instructions.
- Find a seat right away and stay seated facing forward at all times. • Do not place things in the aisle.
- Avoid rowdy behaviour.

ROAD SAFETY. IT STARTS WITH YOU



CFB Trenton Golf Updates

MEN'S CLUB CHAMPIONSHIP

A new men's CFB Trenton Golf Club Champion was crowned on Labour Day, following a three-day tournament in which the men played from a different set of tees on each day.

Garry Devolin's three-day total of 224 was two shots better than last year's champion, Mike Bunn and Mark Graham.

Low net for the field went to Chris Herman, with 208. Closest to the pin prizes were won by Ted Martin (number one), Stu MacMillan (number 10) and Rodney Keyes (number three, and number 17).

JUNIOR CLUB CHAMPIONSHIP

The 2008 Junior Club Champion, also playing three days from three sets of tees, is Eddie Davies, with a three-day total of 241.

A Flight gross score prizes went to Mark Graham (226), Mike Bunn (226), Billy Shanessy (228), and Bill Headon (242).

Net score winners were Bob Prystai (215), Bob Hedley (219), Chris Dobbie (221), and Keith MacFarlane (229).

Paul Adams topped the B Flight, with 232, followed by Dan Fowler (235), James Keoughan (241), and Richard Papp (244).

Net score prizes went to Steve Morrow (209), Rodney Keyes (211), Paul Makarchuk (217) and Apollo Athanasopoulos (222).

In C Flight, Bill Kelly led the way with 246, followed by Stu MacMillan (249), Neil Ford (257), and Dick Fobert (264).

Net score winners were Tom Coolen, Jr. (213), Ken Bailey (217), Dave Murray (218), and Tony Scaletta (226).

D Flight gross score winners were Rick Dubois (218), Charlie Fleming (274), John Burnett (277), and Ted Martin (294).

Net score winners were Al Frauts (219), Paul Thomas (224), Yan Bastian (231) and Andy Maziariski (250).

Bronze Medallion Course and Emergency First-aid Course

This is the first step to becoming a Lifeguard.

Bronze Medallion Course and Emergency First-aid will take place on Saturdays for 10 weeks.

The course will run from September 27, 2008 to December 6, 2008, from 1:30 to 4:30

p.m.

Cost is as follows: \$190 for military community and \$ 210 for the general public.

Manuals are included in the price.

Please note that 100 per cent attendance at all training sessions is required.

National Lifeguard Course

In order to enroll for the National Lifeguard Course participants must first show proof of Bronze Cross and current Standard First Aid and CPR-C completion and must be at least 16 years of age

Please note that 100 per cent attendance is mandatory. All students must attend all training sessions in order to ensure successful completion.

The course will take

place on Friday, October 17, and October 24, from 5 to 10 p.m.; Saturday, October 18, and October 25, from 9 a.m. to 5 p.m.; and Sunday, October 19, and October 26, from 9 a.m. to 4 p.m

Cost is as follows: \$295 for military community members and \$320 for the general public.

The manual is included in the cost of the course.

8 Wing Basketball Team

The 8 Wing/CFB Trenton Basketball Teams will practice every Tuesday and Thursday from 1600 to 1800 hrs, at The Gymnasium, Area One.

The team will practice in preparation for the 2008/2009 basketball season and the Ontario Region Basketball Championship held from January 23 to 26, 2009, scheduled to be held at CFB North Bay.

The team coach is Captain Grant Anderson, local 3198.

Fitness Classes

Register now for any of the following fitness classes: Spinning, Body Sculpting, Pilates, Cardio Combo and Body Bar/Stability Ball.

A complete schedule is available online at www.cfbtrenton.com or you may pick one up at the RecPlex Reception.

Cost is as follows: \$50 for military community and \$60 for the general public.

Please note that all classes start the week of October 6, 2008.

Noon Hour Hockey

It's that time of year again.

The 2008/2009 hockey season is almost upon us.

The 8 Wing/CFB Trenton Hockey league is open to Canadian Forces Military, Department of National Defence (DND) and Non-public Fund (NPF) full-time employees.

The Noon Hour Hockey League (NHL) will commence on Monday, September 29, 2008, and play during the

Community Recreation Association: Upcoming RCAF Arena Programs

The following information pertains to the various arena programs offered through the CRA. All programs take place at the RCAF Flyers Arena.

Cost: \$65 for military community members and \$75 for the general public.

Learn to Skate from 8 to 88

Have you ever wanted to learn to ice skate? Or haven't laced up the skates in a while and are feeling a little rusty? Why not come out and give it a try?

The Learn to Skate from 8 to 88 (years of age) program will take place on Sundays, from October 19 to December 7, from 3 to 3:50 p.m. This is a great time for parents and children to learn to skate together.

The program consists of 25 minutes of instruction and 25 minutes of practice time. The instructor will divide the group based on ability.

Cost: \$65 for military community members and \$75 for the general public.

Twaddlers on Ice

This program will take place on Wednesdays, from October 15 to December 3, from 10 to 10:50 a.m. The program is designed for preschool age children and a parent (or caregiver) to give children the basic skills of skating in a fun and safe environment.

Participants will receive 25 minutes of instruction and 25 minutes of practice time. A helmet is mandatory for all children participating in the program.

Cost: \$65 for military community members and \$75 for the general public.

Learn to Skate for Youngsters

This program is for children ages four to seven years old. There are two classes to choose from. The first set of classes will take place on Fridays, from 5 to 5:50 p.m., from October 17 to December 5 (no class October 31, 2008).

The second set of classes will take place on Sundays from 2 to 2:50 p.m., from October 19 to December 7.

This program is divided into four levels. Skaters will learn forward skating, backward skating, turning and stopping. There are no formal "testing sessions" for the Learn to Skate program.

Participants will receive 25 minutes of instruction and 25 minutes of practice time and will be evaluated weekly by their coach.

Power Skating for Kids

This program will take place on Mondays from October 20 to December 8, from 5 to 5:50 p.m.

Power Skating provides instruction to co-ed skaters, such as power development, power strides, starting, stopping, lateral mobility and power drills.

This program will be beneficial for kids who play hockey. Skaters must be at least five years old, be able to skate forwards, backwards and be able to come to a stop (without running into the boards).

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

Cost: \$65 for military community members and \$75 for the general public.

PSP Facility Memberships

September 1, 2008 – August 31, 2009

Regular Members	Ordinary Members
-Infant (up to 5 years of age):\$15	-Infant (up to 5 years of age): \$25
-Youth (6 to 17 years of age): \$50	-Youth (6 to 17 years of age):\$85
-Adult (18 years old+): \$70	-Adult (18 years old+): \$120
-Family: \$150	-Family: \$240

8 Wing/CFB Trenton Indoor Soccer League

Come and join us for the 2008/2009 8 Wing/CFB Trenton Indoor Soccer League.

The league is open to all Canadian Forces military, DND, and NPF full-time employees.

The teams will be a mixed men's and women's, so all interested participants are encouraged to join.

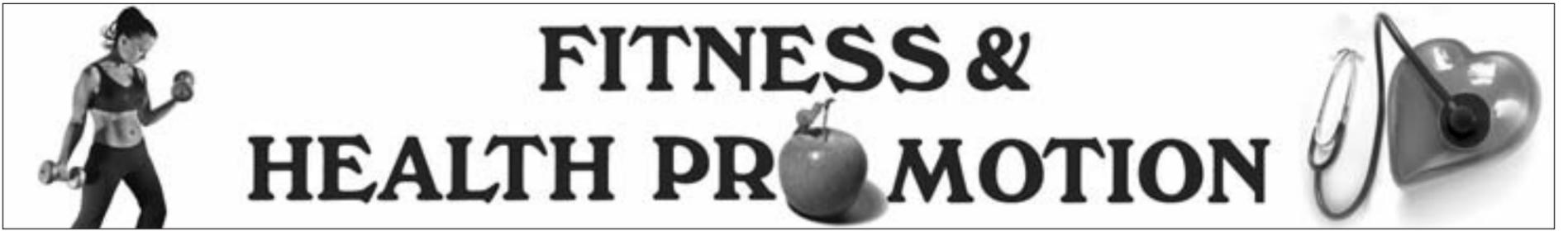
There will be a team meeting held on Wednesday, October 1,

2008. 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 email or phone at local 3373.



Top Fuel for Top Performance

What you eat makes a difference! If you are interested in obtaining information and the tools you need for balancing your energy requirements in varied situations throughout your life, Health Promotion is offering a Top Fuel For Top Performance.

This course will take place on October 16 and October 23, 2008.

Those wishing to register for this course may do so online, by visiting <http://healthpromotion.cfbtrenton.com>.

Space is limited to sixteen people for this course so register early!

Upcoming Stress: Take Charge course

Strengthening the Forces, Health Promotion is offering the Stress: Take Charge course.

This course is beneficial to anyone who encounters stress in their lives – either personally or in those around them.

will help individuals increase performance and decrease stress in their daily lives.

Combined, this course can increase productivity and decrease absenteeism.

The two-day course will take place on

September 18, and September 25, 2008, from 9 a.m. to 2 p.m.

Please contact the Health Promotion Office at local 3768 for more information.

Interested participants may register online at www.cfbtrenton.com

Twenty-four hours a day, seven days a week

The Fitness and Sports Flight is pleased to announce that the Gym is open 24 hours a day, seven days a week, for Canadian Forces members only at this time.

To book a PT appointment for clear-

ance to use the gym during the overnight hours, and/or to discuss your current program for approval for this special access, we ask you to contact Lisa Refausse, Fitness Coordinator, at 3328, or email at refausse.e@forces.gc.ca

PSP CERTIFICATE OF MERIT



Photo: Amber Gooding, Contact Staff

Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer, presents Lisa Refausse, 8 Wing Fitness Coordinator, with a Personnel Support Programs (PSP) Certificate of Merit recognizing her for her outstanding efforts, determination and coordination of the Annual Surf and Turf relay race, which is held each June.

Did You Know?

A new law that protects children under the age of 16 years old from second-hand smoke in motor vehicles was passed in the Ontario Legislature this past June.

Enforcement is expected to commence in the new year. Every person who fails to comply with the new law is guilty of an offence and subject to a set fine of \$250.



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

Military Lane Swim

The Military Lane Swim is offered Mondays, Tuesdays and Thursdays at the Albatross Outdoor Pool (weather permitting) until September 22, 2008.

When the indoor pool re-opens, after annual, regularly scheduled maintenance is completed, we will resume to the Monday through Friday Military Lane Swim held at the RecPlex.

Military Fitness Classes

The 1610 Military Fitness Classes are back on Mondays, from 1610 to 1650 hrs.

We are offering a 45 minute Spin Class on Wednesday's from 1610 to 1650 hrs and we are offering a 45 minute Yoga Class.

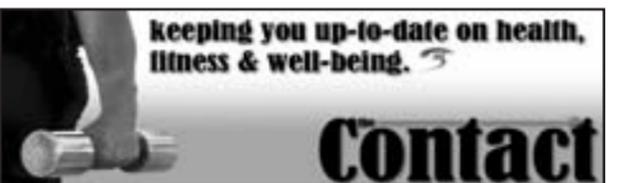
The 8 Wing/CFB Trenton Community is welcome to attend these classes, and are invited to participate in this evening workout with us.

2008 Wing Commander's Challenge

The Wing Commander's Challenge is quickly approaching. Registration is ongoing for the 2008 Wing Commander's Challenge which will take place on Friday, September 19, 2008.

Teams of eight will participate in this year's Olympic theme rendition of the very popular Wing Commander's Challenge. A barbecue will follow at the Junior Rank's Mess.

To register, please contact Monica at local 7517, or visit the 8 Wing Community website to register online. Don't miss out on the fun...hope to see you all there.



Pat Morgan

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 personnel 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



Call for Board Membership

The Board of Three Oaks Foundation is seeking individuals interested in becoming Board Members. Meeting monthly, the Board of Directors provides leadership in establishing the priorities and direction of the shelter and counselling services provided to abused women and their children.

We are seeking applicants with a broad and diverse range of community experience and expertise. We encourage applications from past service users. Applicants from North and Centre Hastings, Belleville, Quinte West and Prince Edward County are welcome.

If you are interested in service on the Board of Three Oaks Foundation, please submit a resume and a letter of interest by September 26, 2008 to:

The Nomination Committee
Three Oaks Foundation
PO Box 22162
Belleville, ON
K8N 5V7

Or e-mail threeoaks@bellnet.ca
Fax 613-966-6008



The Stirling Curling Club Welcomes You!

Exercise! Meet New Friends! Have Fun!

Join our Curling season for 2008-2009

Wine & Cheese Registration
Wed. Oct 1 and Thurs. Oct 2 7-9 pm
Stirling Curling Club



CURLING IS FOR ALL AGES!
Choose from Youth, adults - ladies and men or mixed and seniors league

Call Bill Jackson at 613-395-3295 or leave a message at the Curling Club 613-395-4444



Wood stoves and fireplaces



submitted by
Don Heans,
Wing General
Safety Officer

While fireplaces are usually considered a decorative alternative, the use of a woodstove in the home has become quite a popular choice as the main source of heat.

And while the fireplace may cut down on heating bills, keep in mind you are still dealing with fire. And fire can be deadly.

The most immediate hazards of a fireplace or wood stove are these:

Fire may escape directly, in the form of hot coals or sparks;

Radiant heat may be great enough to ignite nearby combustible materials;

Flammable residues in the chimney may catch fire and spread to adjacent wood framing or to the roof.

The benefits of stoves and fireplaces can be realized in a safe home environment only through proper installation and regular maintenance.

If you plan to install or alter a stove or a fireplace, the project must be carefully carried out in accordance with the manufacturer's instructions and at the same time meet fire prevention or building

code regulations of the region where you live.

Find out what the building codes are in your area before you begin installations of any kind.

Usually fire codes provide specific instructions for stove placement.

It is important to place the appliance a safe distance between the fire and nearby walls as wood can ignite at temperatures as low as 200°F which is much less than the 800°F temperature radiated by some stoves!

Most codes require protective shields behind and beneath a stove and its flue to dissipate heat before it reaches combustible wall or floor materials.

Most codes also specify the thickness of the masonry in a fireplace and chimney and the amount of air space that is required between the masonry and combustible interior walls.

Regular inspection, cleaning and maintenance are the best insurance against chimney fires and fires resulting from a damaged stove or flue.

Thoroughly check the entire system before lighting the first fire of the season and repeat inspections on a regular basis every month or so.

Safety tips for stoves and fireplaces:

Use proper accessories for your wood burning system. Cradle shaped grates will keep burning logs from falling or rolling beyond the firebox opening.

A metal container provides safe transport of

ashes, which may contain hot coals. Store them in a safe place outdoors for at least 24 hours before discarding them.

Every fireplace requires a close-fitting screen or glass doors to prevent sparks and hot coals from popping out.

Pay attention to the fire itself. Never allow a stove to become so hot the metal glows. Heat this intense can cause dangerous cracks.

There must be a sufficient supply of fresh air through outside ducts to ensure good combustion in the fireplace.

Don't burn trash, plastic, Christmas trees, wrapping paper or anything that provides a sudden, intense flame.

If you do have a chimney fire, cut off the chimney's air supply to starve the fire and call your fire department.

Keep a fire extinguisher handy by the fireplace or stove and be trained in its use.

A fire extinguisher will not help if you don't know how to use it.

Burn only the fuels for which a stove is designed.

Avoid any substance that could increase the heat of the fire – starter fluids, coal, cardboard and especially trash such as Christmas tree boughs and plastic wrappings.

Never store extra firewood so close to the flames it might ignite outside the firebox.

If fire does break out you can ensure an early warning with properly installed smoke detectors.

Fire Prevention Week 2008

This year's Fire Prevention Week is scheduled to run from October 5 until October 11, 2008. The theme for this year's event is "Prevent Home Fires".

As in prior years, the 8 Wing Fire Department will be holding fire drills at various buildings throughout the base. All Wing personnel are advised to review their work place Fire Orders in order to ensure they are familiar with the procedures to follow in the event of a fire.

In addition, the Fire Department will be holding a host of activities on

October 5, in conjunction with the Military Family Resource Centre's (MFRC) Family Day.

All Wing personnel are invited to attend and bring their little ones to participate in events such as the Miniature Fire Fighter Combat Challenge, Fire Truck rides and a coloring contest.

If the past is any indication, these events are an enjoyable time for the little ones and adults alike.

For further information please contact the Fire Prevention Office at local 7880 or 3910.



Prévenir les incendies à la maison

Cette année, la Semaine de prévention des incendies se déroulera du 5 au 11 octobre. Le thème de cette année est «Prévenir les incendies à la maison». Tout comme les années précédentes, le service d'incendie de la 8^e Escadre mènera des services d'évacuation dans divers bâtiments de la base. On conseille à tous les employés de l'Escadre de réviser les ordres d'incendie de leur lieu de travail afin de s'assurer qu'ils connaissent bien les procédures à respecter en cas d'incendie.

De plus, le service d'incendie organisera une multitude d'activités le 5 octobre en même temps que la Journée

de la famille du CRFM.

On invite tous les employés de l'Escadre à y participer et à amener leurs enfants pour qu'ils puissent prendre part à des activités telles que le mini défi de combat des pompiers, la maison à évacuer, les tours en camions incendie et le concours de coloriage.

Comme en témoigne le passé, ces activités sont des moments agréables tant pour les petits que pour les adultes.

Pour un complément d'information, veuillez communiquer avec le bureau de prévention des incendies aux postes 7880 ou 3910.

Know safety, no injury
No safety, know injury
Contact

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
Large 3 topping pizza with family salad & 6 pop \$19.99 + tax

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

Pizza by the Slice from \$2.95

Boating Course
.....boat safer, better and more environmentally responsible

Sail and Power + PEOC* certification!
* Mandatory for all boaters Sept 2009

Course covers all the basics, from knots and handling to trailering

- \$180 for 18 weeks
- \$45 reduction for 2nd family member
- includes manual CD, and all materials
- CPS membership

Registration: Mon. Sept. 22, 7- 9 pm
at CFB Trenton Yacht Club; Info: 613 475-4427

MENNONITE FURNITURE Collection

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

RUTTLE BROTHERS FURNITURE
SINCE 1974

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



Wing Commander's golf tournament pushes fundraising total to \$12,000

The Wing Commander's Annual Charity Golf Tournament was held on September 4, 2008 at the 8 Wing/CFB Trenton Golf Course.

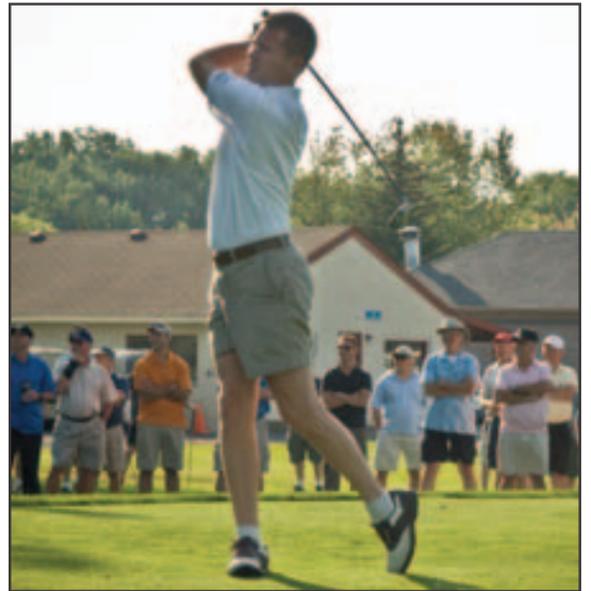
The money raised is used to support charities including the United Way. So far this year, approximately \$12,000.00 has been raised for the Government of Canada Workplace Charitable Campaign (GCWCC).

(Top Right) Colonel Michael Hood, 8 Wing Commander takes the first swing to mark the opening of the tournament.

(Lower Left) Colonel Michael Hood, Commander, 8 Wing/CFB Trenton (centre) presents the trophy to this year's winners of The Wing Commander's Annual Charity Golf Tournament. Team #17 made up of Mr. L Heard, Mr. S. McLeod, Mr. S. Guindon and Mr.T. Coolen Jr.

(Lower Right) Members of Toronto Brake Team take a break from their game to pose for a photo, left to right are: Andy Boozan, Dan Bonnett, Andre Sniakow and John Laird.

Photos
courtesy of
Corporal
Igor Loutsiouk,
8 Wing
Imaging
Section



TOYOTA

THEY'VE GOTTA GO!

If you've ever dreamed of owning one now's the time

2008 FJ CRUISER 4X4

•28 mpg highway

ONLY 5 LEFT! THEY MUST GO

2009'S ARRIVING SOON AT BELLEVILLE TOYOTA

\$2000 CASH DISCOUNT OR GAS CARD EQUIVILANT

Financing as low as 0.9% for 36 months
Leasing is a great option!

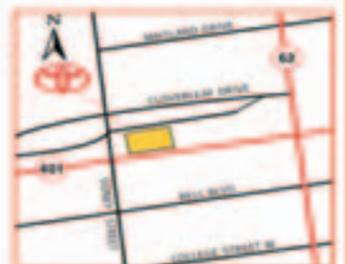


BELLEVILLE TOYOTA

48 Millennium Parkway
Belleville, ON

613-968-4538

sales@belleville.toyota.ca





HOROSCOPES

Weekly Astrology by Christine Davison

September 14 – September 20

ARIES (March 21-April 19): Maintain self control and practise empathy and patience. Your inner self and your outer self have come together in unity. Share your true colours with everyone you love. Things may seem surreal. You'll find the right balance if you follow intuition. Trust your feelings where it involves healing and friends.

TAURUS (April 20-May 20): Words and actions, however welcome, may be misinterpreted as something negative. Problems in regards to diet may see a slow but gradual improvement. Love relationships will soon be in focus. Unusual circumstances may see you as finally achieving long held personal and professional goals. You may realize a fantasy.

GEMINI (May 21-June 20): You will have the inner strength this weekend to accomplish any task you set yourself upon. You'll find a true balance between your love life and your home life. You know what's right and what is wrong and will be able to intuitively know the truth. Passions intensify and might be drawn from deep places, this week.

CANCER (June 21-July 22): Saturday is an excellent day to accomplish the impossible or take your art to a new level. Let your feelings out. You may soon discover that many sympathetic, loving others will embrace you if you allow them to. Proudly wear your heart on your sleeve this week, especially on Thursday. Share memories.

LEO (July 23-Aug. 22): It may be difficult to keep a level head, especially where love is concerned, this week. People may dream about you, partners may fantasize about you. There may be differences to how you usually communicate and travel. Things may seem ethereal and feel surreal. Others see your obstacles and the wisdom that will result.

VIRGO (Aug. 23-Sept. 22): Be wary of how your words and actions come across to others this week. Try to explore the motivations behind recent actions. Meditate and delve deep. You are emotionally wrapped up in your present monetary situation. Trust in your abilities to make the right choice no matter what is going on. Teamwork may help you.

LIBRA (Sept. 23-Oct. 22): Try to maintain the balance despite what may come. Everyone comes to you for sound advice. You never allow for your emotions to get in the way of making the right choice. Others know where you are coming from and automatically understand your point of view. Many will agree with you and may feel warmly towards you.

SCORPIO (Oct. 23-Nov. 21): This is a perfect time to work upon balancing out your emotions and your relationships with loved ones. Try to always assume the most optimistic motivation behind the words and actions of others. You're a force to be reckoned with. Try to practise empathy and patience when and where you can. Utilise past successes.

SAGITTARIUS (Nov. 22-Dec. 21): Something may be weighing on your heart and mind that desperately needs to be revealed and explored. You may already know the solution. People will applaud your past efforts on Wednesday, and you'll gain far reaching recognition for it. Everyone will want your advice and need your attention. Follow your heart

CAPRICORN (Dec. 22-Jan. 19): Try to keep a level head and temper even if others seem upset around you. Pouring your energy, during the midweek, into what you truly value and wish to create with others will bring much satisfaction and inner fulfillment. Your interests have gained you much public or professional recognition. Good work pays off.

AQUARIUS (Jan. 20-Feb. 18): You may feel an indescribable urge to visit far off places or to spend time with exotic and foreign people. The weekend will see you achieving emotional and personal goals. Others applaud you for your actions. Your ability to empathise and nurture is appreciated. Your intelligence has made you many new friends.

PISCES (Feb. 19-March 20): Try to maintain a jovial, optimistic attitude and others may follow your lead. Educate yourself to where this week's issues may have sprung from. Realise and follow your talents. Follow hunches and your inner voice. Things may seem mysterious and hidden. Passions intensify as the week progresses.

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

On the move with 

ROYAL LEPAGE



NOW
is the time to list!

ProAlliance Realty, Brokerage
INDEPENDENTLY OWNED AND OPERATED

Trenton 613.394.4837
Brighton 613.475.6242
Toll Free 1.800.263.2177

www.DiscoverRoyalLePage.com



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

Not In My Backyard! by Dale Taylor



Panel 1: A dog is sliding down a yellow slide.

Panel 2: The dog is at the bottom of the slide, looking shocked. "AAAAA!!!"

Panel 3: The dog is lying on the ground, looking dazed. "DACHSHUNDS AND SLIP-N-SLIDES DO NOT MIX."

GINGER & SHADOW BY BARRY CORBETT



Panel 1: A white cat asks, "PATCHES, YOU SAY YOU LOST THAT EYE IN A FIGHT WITH A WOODCHUCK?"

Panel 2: A black cat replies, "AYE...AND A FEARSOME CREATURE, HE WAS."

Panel 3: The white cat asks, "WHY DOES HE TALK LIKE THAT?"

Panel 4: The black cat replies, "HE WAS AS LARGE AS AN IRISH WOLFHOUND, WITH A COLD, HARD STARE... HE HAD EYES LIKE A SHARK."

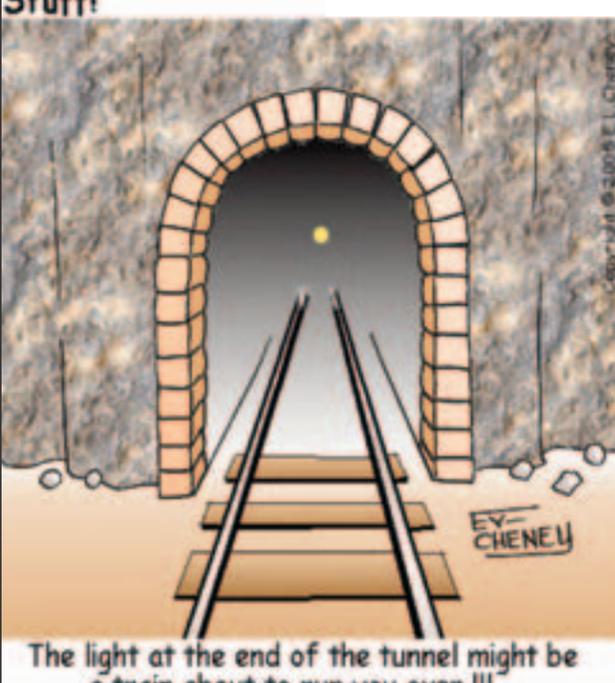
Panel 5: The white cat asks, "HE TOOK MY SIGHT, HE DID... AND I'VE BEEN SEARCHIN' FOR HIM SINCE THAT DREADEFUL DAY. I MEAN TO DESTROY THE DEMON. HAVE YOU SEEN HIM IN THESE PARTS?"

DuJour



A sign reads "HISTORY" with a blue arrow pointing right and "HERSTORY" with a purple arrow pointing left. A man in a green shirt and a woman in a pink shirt are looking at the sign.

Stuff!



A tunnel with tracks leads to a light at the end. A small yellow dot is visible in the distance.

EV-CHENEY

The light at the end of the tunnel might be a train about to run you over !!!



Community Events

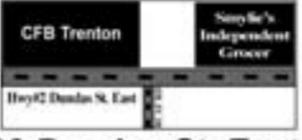
generously sponsored by...

independent

YOUR INDEPENDENT GROCER



President's Choice



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

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

Invisible Ribbon Parade & Rally -

Supporting military families on
Saturday, September 20, 2008, beginning at 11 a.m.
 All proceeds will be donated to the
 Trenton Military Family Resource Centre.
 Mark the date on your calendar and join us for static displays and
 entertainment.
 If you would like to join the committee, please call
 Ena at 613-394-1635.

SEPTEMBER 13 & 14
 French Book Sale
 Co-Op des Francos
 84 Dundas St West,
 Trenton
 Saturday and Sunday
 1000 to 1700

SEPTEMBER 20TH,
 Welcoming BBQ and Annual General
 Meeting
 At École Secondaire Marc Garneau - 30
 Fullerton Ave
 1130 to 1500
 Daycare services available no charge
 For more information call
 613-848-5080

Trenton Pairs and Squares Square Dance Club

invite you to join our "PLUS" level
 dance club at a new location on a new
 night. Starting Thursday, Sept. 18,
 from 8:00 p.m. - 10:00 p.m. at the
 Seniors Club 105, 61 Bay St., Trenton,
 caller Jim Lee.

For information call
 Johanna
 613-392-7440





The RCAF Memorial Foundation

in support of the
National Air Force Museum of Canada
 presents

TARTAN TIE GALA

27 September 2008
 Ad Astra Weekend
 Location: National Air Force Museum of Canada

Cocktails: 1830 hrs
Dinner: 1930 hrs

Dress:
 1940s theme or formal
Price:
 \$75 per person

Enjoy the 8 Wing Band

For reservations call
 Ceecilia Bate 613 965 7314
foundation@airforcemuseum.ca

**Reservations made at the
 Museum Gift Shop**



FTB'S ANNUAL FALL EXTRAVAGANZA

St. Thomas Anglican Church
 201 Church St. Belleville
 BBQ, Yardsale/Rummage sale, Bakesale, and more.
 September 20 2008
 9am to 3pm
 If you have donations please bring to the Church day of sale.
 For more info Call Rose: 613-392-4754 or email: privatedancer_1@sympatico.ca



Girl Guides
of Canada
Guides
du Canada

Girl Guides Open House for Women

Saturday September 13th
*Guiding is the largest movement of girls and
 women in the world. It is a chance to try new things, make new friends and a
 fun way to give back to your community! Drop-in from 9am-4pm to find out
 what Guiding is all about!*
 Kingston Guide House, 216 Mowat Avenue (at King St W) or Oshawa
 Guide House, 121 Simcoe Street South (south of King W)
 For other locations, check our website
www.guidesontario.org / 1-800-565-8111

BEACH'S 16TH ANNUAL TOY RUN

ALL PROCEEDS TO THE
 BELLEVILLE FIREFIGHTERS TOY DRIVE
OCTOBER 5, 2008
 DUG-OUT SPORTS BAR
 HAIG ROAD, BELLEVILLE
 613-968-5169
 MEET AT 10:30AM FOR
 COFFEE AND DONUTS
 RIDERS LEAVE AT 11:00AM
 PLEASE BRING A TOY OR A SMALL CASH DONATION - ALL RIDERS WELCOME
 FOR MORE INFORMATION CONTACT
 BEACH 613-847-6750 OR 613-392-6988



Trenton Amateur Radio Club Meeting

Tuesday Sept 9, 2008
 Time: 7:00 p.m.
 Location: 4 Beaver Ave
 (on the
 south side of the base)
 Our club meets every sec-
 ond
 Tuesday of the month.
<http://www.qsl.net/ve3ytr/>



Frankford Figure Skating Club

registration at Frankford Arena
 September 16th and 18th
 6-8 pm.
 For more information regarding
 our programs, coaches,
 schedules, fees and registration
 please visit us at
www.frankfordfsc.ca or
 call Kim at 613-394-6781.
 Can't wait to see you at the rink!



AIR TRAFFIC CONTROLLERS

The Military Air Traffic Control Heritage Association, in conjunction with
 the National Air Force Museum of Canada, is dedicating an
Air Traffic Control (ATC) memorial cairn and external ATC display at
 CFB Trenton on the 28th of September 2008 to help celebrate the **65th
 Anniversary** of the formation of Canadian Military ATC. Anyone who
 may be interested in participating, or obtaining more information about
 future displays & our ATC personnel database, is asked to contact
 David Weir via
 1.800.263.2177 or david@davidweir.com



Winning hearts and minds in Kabul

by Sergeant Steve Cupit
Aerospace and Telecommunications
Engineering Support Squadron (ATESS)

In my 18 years as an ATIS Tech in the Canadian Forces I have had the pleasure to serve on NATO missions of the former Yugoslavia and with the UN in the Golan Heights.

For six months I was working as a communications specialist with the 2nd Line Provincial Reconstruction Team (PRT) Support Team at ISAF HQ in Kabul, Afghanistan. In this job, I visited many of the PRTs that are run by coalition partners, located throughout the country. As a communications support technician, I was close to the development effort while not directly involved in it. However, in the last month of my deployment, I had an opportunity to do some of the work that I had been hoping to do while in Afghanistan.

I received an invitation to visit one of the poorer neighbourhoods in Kabul to help distribute relief aid. An organization by the name of the Volunteer Community Relations (VCR) group, is lead by the US Army Chaplain at a nearby military camp, regularly receives donations from all over the US and Canada, and then distributes them to families, schools and orphanages in the area.

On this particular week the VCR put together 55 large black garbage bags with clothing, shoes, blankets and other sundries to be distributed to some of the families who have been seriously affected by the many years of war and turmoil that this country has endured.

So many of the families we met had only one parent as husbands and wives have been killed in the fighting or have died of illness that in Canada would have been cured by a visit to a family doctor or at a local hospital.

The members of these communities are very proud and willing to work but they have very little and have been forced to rely on aid to survive. The women find it hard to get work and the men cannot make enough money to feed and clothe their children. The children are unable to attend school regularly as they must work to help support their family, which further impacts their chance at a better future.

Through the VCR, it's hoped that by providing aid to them, we will provide a hand up and improve their chances at a better future. Many Americans, Canadians and myself helped to sort and fill the bags that we would distribute on the following Friday. We loaded many bags, cans of cooking oil, feminine hygiene products, flour, rice, and sports equipment into a big truck and set out with around 12 other vehicles for a neighborhood in southern Kabul. I had driven past this neighborhood that is made up of mud houses and dirt roads on countless other occasions but had not even noticed it before.

However, once we had turned off the main route and onto one of the dirt roads leading up the hill and into the neighbourhood, I immediately noticed that the road had been all but washed away by the spring's rainfall and those piles of garbage were everywhere.

It seemed like a very depressing place to live, let alone



Photo: Submitted

Sergeant Steve Cupit surrounded by smiling faces.

for a child to grow up in. However, once we parked our armoured vehicles in the secure parking area and dismounted, we were greeted by a group of no less than 100 excited children. Many of the children were dressed in bright coloured clothing that had either been received through donations of aid agencies or purchased from the many used clothes vendors around the city. The clothing had pictures of Winnie the Pooh, Strawberry Shortcake, and various US sports teams but had been soiled by the dirt and refuse that they live and play in. Others wore the more traditional clothing of their particular ethnic group.

For the boys this consisted of a long grey shirt, and baggy pants reminiscent of men's pajamas at home in Canada. For the girls, a long dark coloured dress and a scarf that covered the head was quite common.

Once we pulled out the soccer balls, frisbees, notebooks and pens, their faces lit up and smiles soon filled the whole area. We played games and took pictures with the children always making sure to show the picture on the displays of our digital cameras afterward as this was hugely popular.

One American soldier started playing a game where he would point to a body part, his nose, eyes, ears etc., and then he would name it in English. The children seemed to enjoy this game and, in no time at all, had learned the words and were shouting it out without help.

Another American soldier, a female with apparent experience as a Girl Scout leader, took a group of children aside and played a game similar to Simon says with them. The children seemed to enjoy the games almost as much as the toys and candy, which is another English word that they already knew or learned very quickly. I had brought a couple of sheets of stickers that my mother had sent to me earlier in the tour and, although they had likely never heard of Spiderman, they were delighted to stick them on their arms, faces, and shirts.

In all, we spent half of the day with these proud Afghans and distributed food, clothing, cooking oil, pens, notebooks, and blankets to 55 families. The whole experience was one of the most rewarding things that I have ever had the pleasure to do. I hope that we were able to improve the life of this small community and, in turn, build trust and present a positive image for the ISAF mission.

fipi FAMILY INVESTMENT PLANNING INC.

"Drive Free"™

PAY \$80⁰⁰ Monthly
GET \$120⁰⁰

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

**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**

• Desktop Publishing • Posters • Laminating • Digital Copies

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

Photograph, Photocopying - Full Colour • Engineering & 36" Copies Format

EXHAUST, BRAKES & ABS OUR SPECIALTIES

MILBRO **AUTOMOTIVE**

Full Service Automotive Repair Centre

DND Discounts **613-394-3357**

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

SAFETY INSPECTIONS • RUST PROOFING • TIRES

DIAGNOSTICS - SHOCKS & STRUTS - TUNE-UPS

MARINOVICH DENTAL
WUBINOVICH 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

All the information you need is just a click away!

www.thecontactnewspaper.cfb.trenton.com

COLLOQUE DU SPSC octobre 2008

Pensez-vous prendre votre retraite bientôt? En êtes-vous à examiner les options qui s'offrent à vous? Vous ne connaissez pas vraiment vos droits en termes de pension et d'avantages fiscaux après votre retraite?

Les colloques du SPSC (Service de préparation à une seconde carrière) sont axés sur les besoins des militaires qui sont au service des FC depuis au moins 15 ans et qui pensent retourner dans le civil, mais c'est disponible pour tous le personnel. On incite vivement les conjoints à y assister.

Le nombre de places est limité; veuillez donc réserver en appelant le bureau de l'OSPB

<http://trenton.mil.ca/admin/WPSO/Release%20SCAN/SCAN%20Seminar/index_e.htm>

le plus tard le 10 oct 2008

L'inscription commence à 07h30 le 22 oct et 07h50 le 23 oct. Mess des sergents et adjudants. *Tenue civile de circonstance*

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**

FAMILY



Activity: Bouncy Butter



Whoever heard of making butter by jumping up and down?

Preschoolers will have fun learning how their energy can turn cream into butter!

It may take time, but this silly churning chant might help: one, two, three, four...shake the butter, shake it more! Five, six, seven, eight...put it on a butter plate!

You will need: 250 ml (or 1 cup) of heavy cream; Small containers

with tight fitting lids (baby food jars work well)

Instructions: Pour some cream into your container and then put on the lid, making sure that it is on tightly, to prevent leaking.

Hold the jar very carefully and start shaking the cream.

Now try jumping and shaking at the same time.

Repeat the churning chant as you shake the cream until it finally thickens into butter.

Making butter is hard work, so grown ups can help out, too!

If there is still a little bit of liquid in the jar, just pour it out.

Now spread some fresh butter on crackers or bread, and enjoy!

Enjoy this more with Comfort, Play and Teach™.

Comfort: Children love to recite rhymes and chants. The rhythmic nature of this poem will help children feel comforted as they learn the words.

Play: Children learn in a hands-on way. By shaking the jars and jumping, too, their whole body becomes part of the activity.

Teach: Butter making allows children to observe how the cream changed and to ask questions about how it happened. This activity lets them be little scientists!

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

Mealtime.org Salsa Potato Wrap

Ingredients:

- 1 can (29 ounces) diced potatoes
- 1 cup canned salsa
- 1/4 cup chopped green onions
- 1/4 cup chopped cilantro or parsley
- 4 (10-inch) whole-wheat or tomato-flavored tortillas
- 4 large hard-cooked eggs, chopped*
- 1/4 cup shredded Cheddar cheese
- 2 cups shredded, dark-green, leafy lettuce

Preparation Time: Approximately 10 minutes

Preparation: Combine potatoes, salsa, green onions and cilantro in a medium bowl; toss gently with fork to mix. Warm tortillas.** Spread equal portions of potato-salsa mixture on the bottom half of each tortilla, leaving room on the edges. Sprinkle with eggs and cheese; top with lettuce. Fold side and bottom edges of each tortilla toward the middle over filling, then roll so tortilla covers filling.

*For food safety, refrigerate hard-cooked eggs. Discard if they are cracked or if they're left out of the refrigerator longer than two hours for any reason (decoration, egg hunt). **To make them more pliable before wrapping, warm tortillas: Microwave oven: 10 to 15 seconds on high heat; Oven: 3 to 5 minutes at 350°F in aluminum foil; Stovetop: 15 seconds per side over medium-high heat in a large, non-stick skillet. Serves: Four

Nutritional Information Per Serving: Calories 330; Total fat 8g; Saturated fat 3.5g; Cholesterol 220mg; Sodium 650mg; Carbohydrate 58g; Fibre 6g; Protein 16g

WHAT'S THE DIF ?

www.pcartoons.com
PIERRE C. ARSENEAULT



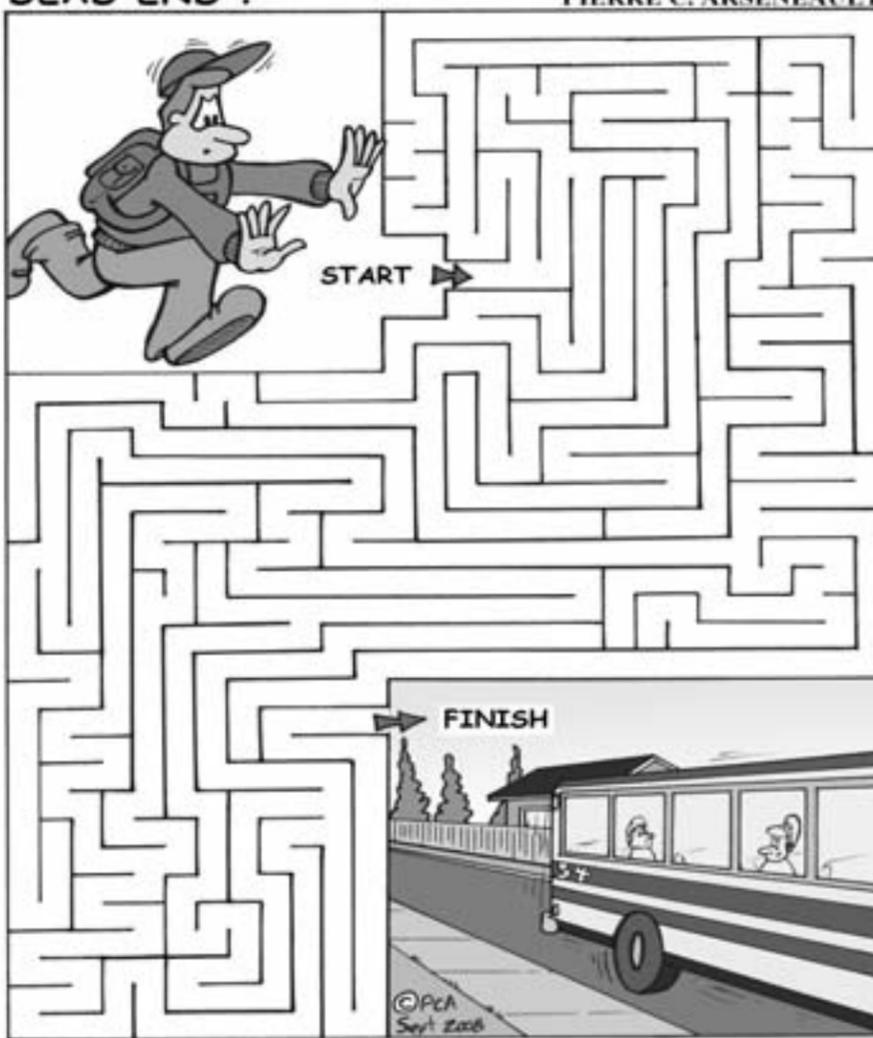
FIND THE 7 DIFFERENCES



ANSWERS: 1. 50/40 2. BRACE 3. 'LEMONADE' 4. FENCE PICKET 5. FINGERS 6. WINDOW 7. BUSH

DEAD END ?

www.pcartoons.com
PIERRE C. ARSENEAULT



STARTING SEPTEMBER 2008
Every Tuesday is **MILITARY MOVIE NIGHT**
\$5.00 per person
(Military ID required. Up to a family of 4, tax included)

CENTRE THEATRE

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



Burn After Reading (14A)
Matinee • 1:00 • Everyday 7:00 • Fri. Sat. 9:05
Mamma Mia (PG)
Matinee • 1:10 • Everyday 7:10
Bangkok Dangerous (18A)
Matinee • 1:05 • Everyday 7:05 • Fri. Sat. 9:10
Death Race (18A)
Fri. Sat. 9:15

Matinees are Saturdays, Sundays

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



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Deployment Support / Wednesday Night Out
 September 17 - **Cycles of Deployment** - Pre deployment, post deployment and the emotional cycles of deployment. Topics include: reunion, reintegration, critical incident stress will be covered. Workshop will include the effects of deployment on children
 September 24 - **Dinner Out** - Come out and join other families who are going through deployment, enjoy a meal and adult conversation.
 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

Soutien au déploiement / Les sorties du mercredi soir.
 17 septembre - **Les cycles du déploiement** - Avant et après le déploiement ainsi que les cycles émotionnels qui y sont reliés. Parmi les sujets abordés : la réunion, la réintégration, le stress relié aux événements critiques. L'atelier touchera aussi aux effets du déploiement sur les enfants.
 24 septembre - **Souper à l'extérieur** - Venez vous joindre à d'autres familles vivant un déploiement. Profitez d'un souper et de conversations entre adultes. S'il vous plaît, communiquez avec le CRFM pour réserver le service de garde. Veuillez réserver s'il vous plaît. 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 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 (see how to join, next page), 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 Morrisey
 Chair, Board of Directors

**NEW PILOT PROGRAM FOR YOUTH
 AFTER SCHOOL PIT STOP**
 Parents do you have kids that are too old for care but just not quite ready to be on their own or have nowhere to go after school until work is finished?
 We have a new program starting at the Youth Centre.
 It is for youth, 12 – 15 years of age.
 It will be Monday to Friday 2:45 – 5:15 PM.
 The cost will be \$5 a day, which includes a snack.
 You will need to register your child and we will need a schedule and payment in advance. Contact Susan for more information.
**NOUVEAU PROJET-PILOTE POUR LES JEUNES :
 UN COIN ARRÊT POUR APRÈS L'ÉCOLE**
 Avez-vous des enfants qui sont trop vieux pour la garderie mais pas tout à fait prêts pour être laissés à eux-mêmes ou encore qui n'ont aucun endroit pour aller après l'école en attendant votre retour du travail ?
 Nous démarrons un nouveau programme au Centre des Jeunes pour les 12 à 15 ans, les lundis après-midi de 14h45 à 17h15.
 Les frais seront de 5 \$ et une collation est incluse.
 L'inscription de votre enfant est nécessaire. Vous devez fournir un horaire et un paiement à l'avance vous sera demandé.
 Contactez Susan pour plus d'information.

**ANNONCE DE L'ASSEMBLÉE GÉNÉRALE ANNUELLE
 CENTRE DE RESSOURCES POUR
 LES FAMILLES DES MILITAIRES
 16 octobre 2008 5h15**
 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. Les détails relatifs à l'inscription en tant que membre sont mentionnés à la page suivante.
 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 Morrisey,
 Présidente du conseil d'administration

Canada's Wonderland Get your tickets at a reduced price at the MFRC
 Achetez vos billets au CRFM à prix réduit

- Senior, Children, 3+ & less than 48" tall \$27.00
- Adults (3-59 years & over 48" tall)-----\$39.00
- **Until November 1st -----\$34.00**
- Sénior, Enfants, 3+ & moins de 48" hauteur -- 27,00\$
- Adultes (3-59 ans & plus que 48" hauteur) ---- 39,00\$
- **jusqu'au 1^{er} novembre ----- 34,00\$**

Coming back this month:
 scrapbooking, hand-made cards, digital photography, yoga, pilates, belly dancing...
 Please read our newsletter "Touching Base" or visit our website

De retour ce mois-ci, scrapbooking, cartes faites à la main, photographie numérique, yoga, pilates, baladi...
 S'il vous plait, lisez notre bulletin de nouvelles "Touching Base" ou visitez notre site web.

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

Show this ad and **SAVE 20%**
 On Shop Labour (except advertised specials)
 Details in store. Expires Sept 30/08



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



10% OFF EVERYDAY
for Military Personnel
 Honouring all frequent Buyer Cards
 470 2nd Dug Hill Rd., Trenton (Walmart Plaza)
613-392-9191



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



A lifetime of Air Force memories at John Griffin Library

by Karen Christiuk
Communication Advisor

A lifetime of Air Force memories is now available to military researchers and historians thanks to Second World War veteran John Griffin.

For over 60 years, Griffin collected everything to do with the history of military aviation in Canada, and his donated collection inside the History and Heritage Directorate of 1 Canadian Air Division/Canadian NORAD Region Headquarters (1 Cdn Air Div/CANR) was officially named the "John Griffin Library" in his honour at a ribbon-cutting ceremony on August 29.

"My father had the foresight to know to hang on to these things that would have historical significance many years later. He knew they needed to be retained," explained Patricia Griffin, John Griffin's

daughter, who travelled from Ottawa to attend the ceremonies with her mother Beryl Griffin.

Griffin's donation now enables Heritage and History to respond more effectively to the enquiries they receive regarding Canadian military aviation history.

"Mr. John Griffin's voluminous compilation of research materials and books has significantly contributed to making this library one of the finest of its kind in Canada," said Major-General Marcel Duval, Commander of 1 Cdn Air Div/CANR. "Some of the donated items include rare RCAF engineering orders from long retired aircraft, photographic collections of uniquely Canadian aircraft, numerous collections of aircraft magazines, a self-sufficient book collection of over 3,000 pieces on aeronautics, copies of forms and documents related to military

aircraft, and research on RCAF Stations and Squadrons. All in all, an archivist's treasure trove—a dream come true."

Griffin's large collection was sorted, repaired and catalogued by a small group of dedicated volunteers: Diane Bates, Diane Souchan, Ken Horobin, Joan Whiston and summer student Misty Perrun.

After three years of working on the collection, volunteer Ken Horobin said it was rewarding to finally "see the results" of their efforts.

Although John Griffin was too ill to attend the ceremony, his wife Beryl Griffin said she was delighted that her husband's collection will have a permanent home.

"If my husband was here he'd be humbled and very impressed," said Beryl Griffin. "He'd be really honoured. He was a very quiet gentleman and never searched the limelight at all."



Photo: Corporal Colin Aitken

Major-General Marcel Duval and Patricia Griffin hold the ribbon while Beryl Griffin cuts it to celebrate the grand opening of the John Griffin Library.

Griffin retired from the RCAF after the Second World War and had a civilian career with Canadian General Electric and then with the federal Department of Industry, Trade and Commerce, but he also found the time to publish several books about Canadian military aircraft.

His most well-known publication entitled "Canadian Military Aircraft-Aircraft of the Canadian Armed Forces: Serials and Photographs, 1968-1998" was reprinted in 2006, and is considered one of the best resources for anyone studying Canadian military history.

\$500 million in CFB Trenton expansion projects

The Honourable Peter Gordon MacKay, Minister of National Defence and Minister of the Atlantic Canada Opportunities Agency, announced several expansion projects today for 8 Wing/CFB Trenton. This investment of more than \$500 million includes infrastructure upgrades, and the expansion of the base to accommodate the relocation of Joint Task Force 2 (JTF 2).

"Trenton is one of the busiest air force bases in Canada," said Minister MacKay. "In line with the Canada First Defence Strategy, this \$500 million investment will not only provide infrastructure in support of new airlift capabilities, but also expand the base in preparation for the arrival of JTF 2."

Numerous infrastructure projects are required to rebuild the flight line at 8 Wing/CFB Trenton to accommodate evolving tactical and strategic airlift capabilities. The projects, which will be in various planning stages over the next five years, include the rebuilding and construction of new taxiways, ramps and aprons as well as several new maintenance

hangars.

The plan to relocate JTF 2 to 8 Wing/CFB Trenton is a clear demonstration of the Government's commitment to maintain a robust counter-terrorism capability force. JTF 2 has been increasing its personnel strength and enhancing its capabilities. As a result, the unit has begun to outgrow its current location of Dwyer Hill Training Centre located in the National Capital Region. 8 Wing/CFB Trenton meets JTF 2's needs for sufficient space and specialized facilities. The relocation of the unit will take place in several years.

DND has been working with the Department of Public Works and Government Services to purchase parcels of land bordering the Wing to accommodate the operational requirements of JTF 2. It is the Department's objective to secure, through PWGSC, the necessary land requirements for the unit.

8 Wing/CFB Trenton is currently home to the CC-177 Globemaster IIIs, and will be the home of the new CC-130 J Hercules tactical aircraft.

Plus de 500 millions de dollars pour des projets d'expansion de Trenton

L'honorable Peter Gordon MacKay, ministre de la Défense nationale et ministre responsable de l'Agence de promotion économique du Canada atlantique, a annoncé aujourd'hui plusieurs projets d'expansion pour la 8e Escadre/BFC Trenton. Cet investissement de plus de 500 millions de dollars comprend des mises à niveau de l'infrastructure et l'expansion de la base pour accueillir la Force opérationnelle interarmées 2 (FOI 2).

« Trenton est l'une des bases de la Force aérienne les plus occupées au Canada », a déclaré le ministre MacKay. « Conformément à la Stratégie de défense « Le Canada d'abord », non seulement cet investissement de 500 millions de dollars fournira de l'infrastructure à l'appui des nouvelles capacités de transport aérien, mais il élargira aussi la base en vue de l'arrivée de la FOI 2. »

De nombreux projets d'infrastructure sont requis pour reconstruire l'aire de trafic à la 8e Escadre/BFC Trenton pour s'adapter au développement des capacités de transport aérien tactique et stratégique. Ces projets, qui en seront à diverses étapes au cours des cinq prochaines années, incluent la réfection et la construction de

nouvelles voies de circulation, d'aires de trafic ainsi que de plusieurs nouveaux hangars d'entretien.

Le plan, qui consiste à relocaliser la FOI 2 à la 8e Escadre/BFC Trenton, démontre clairement l'engagement du gouvernement de conserver une force robuste de lutte contre le terrorisme. La FOI 2 augmente ses effectifs et améliore ses capacités. Par conséquent, l'unité deviendra trop grande pour son emplacement actuel au Centre d'entraînement de Dwyer Hill, situé dans la région de la capitale nationale. La 8e Escadre/BFC Trenton satisfait aux besoins de la FOI 2 en matière d'espace et d'installations spécialisées. La relocalisation de l'unité aura lieu dans quelques années.

Le MDN travaille avec le ministère des Travaux publics et des Services gouvernementaux du Canada en vue d'acheter des parcelles de terrain autour de l'Escadre afin de satisfaire aux exigences opérationnelles de la FOI 2. Le Ministère vise à acquérir, par l'entremise de TPSGC, les terrains nécessaires pour l'unité.

La 8e Escadre/BFC Trenton est actuellement le domicile du CC177 Globemaster III et sera le domicile du nouvel avion tactique C130J Hercules.

PET VALU™ Better Pet Nutrition

YOUR PET HEALTH FOOD CENTRE

7th Annual

Pet Extravaganza

Saturday September 13, 2008

10 - 5 pm

BBQ, Games, Raffle and much more!

In Support of Fixed Fur Life

Locally Owned & Operated with 20 years experience to serve you better

Trenton*

260 Dundas Street East

Trenton Town Centre

613-394-4118



Plus Frozen Raw Food Diets, Tropical Fish, Small Animals, Cat Adoption Centre
(www.fixedfurlife.com)

*Independent Franchise location owned by Ricetown Projects Inc.

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

Classified

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



Six 2004 Jetta's to Choose from:
All with VW 2 year or 40,000KM warranty
Financing from 1.9%
OAC for up to 66 Months

1 Wagon, 5 speed manual 2.0L
1 Sedan, 5 speed manual, 1.8T
4 Sedans, 2 Auto, 2 Manual 2.0L

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

Career Opportunities

Thinking Career?
Think About...
Professional Parenting With Us!



- \$50,000 plus per year, tax free living allowance*
- Continuing education / training opportunities to reach highest financial range
- Work from home
- Benefits available
- Will assist with locating a workable house, if necessary
- Part of a therapeutic team
- Supportive employer

* Please call Quinte Children's Homes for details
Change the life of a child... Become a Professional Parent with Us!

Forward resume to: Quinte Children's Homes
3 Applewood Drive, 2nd Floor, Belleville, ON K8P 4E3
Tel: 613-968-8569 Fax: 613-967-3998 Email: info@swa-qch.com
Web: www.quintechildrenshomes.com

Rebecca's Portraits
Oil paintings and Charcoal paintings



Rebecca will be at the **Brighton Lions Applefest Art Show** 26-28 Sept 08
Call 613-965-6345
jr.boland@sympatico.ca

DOGS WANTED
Paws Active Doggie Daycare



Is now accepting applications for full and part-time positions for dogs whose owners are interested in an enjoyable day care experience for their pets. The successful doggie candidate must want lots of exercise in a fun, clean, safe environment. Enjoy daily walks, the great outdoors, and lots of TLC from well trained employees who are dog lovers.
Please apply in person 11 Canal St. Trenton or call 613-394-0764 to set up an appointment

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

Base Trenton Language School is currently recruiting **French or English** as a second language teachers. Full time & Part time positions
University Degree required.
Send your resume to [email: lambert.emj@forces.gc.ca](mailto:lambert.emj@forces.gc.ca)
fax: 613-965-7096

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

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

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

SMITTY'S APPLIANCES LTD.
613-969-0287

RUSHNELL FUNERAL HOME & CREMATION CENTRE

60 Division Street Trenton
613-392-2111

Paradise Adult Video
613-394-6600
DVD's FOR RENT & FOR SALE
Toys - Videos - Magazines

255 Glen Miller Rd. Riverview Plaza, Trenton (North of 401, across from Rona)
Open Mon. - Sat. 11-8 Sunday 12-3

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

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

3 bedroom, 2 storey lovely home for your family. Newly renovated, new doors, windows, furnace, C/A, roof etc... Nice yard and deck. Convenient location in Trenton. You will be pleased!
613-392-7201

Oak dining room set. Early 40's style table and leaf with 4 chairs buffet and sideboard. \$600 for complete set. Good Shape!
Call 613-962-9720

2002 Subaru Legacy Wagon
Excellent condition! auto, silver, new tires, A/C, grey interior, AM/FM/CD \$8200
613-475-3760

For Sale
Duplex side by side. 3 bedrooms each. Close to CFB and amenities. \$224,000
Call 613-394-2910

For Sale
Children's Transformer Inline Skates, adjusts four sizes. Size 3-6 and 13-3. Asking \$15 each or both pairs for \$25
Like New!
Call 613-394-5158 or local 7005

One bdrm apartment in Ontario cottage. Clean, attractive, parking, private entrance, cable, suits 1. 10 min walk to downtown Port Hope. No smoking, no pets. \$700/mth inclusive.
905-885-9709

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

House for Rent
2 bedroom on estate terms. Brighton area, fishing and hunting, outdoor fun! \$600/mth +utils 1st, last and references req'd. Available Oct 1.
905-344-8367

Bayside - 2 bedroom mobile home. \$ 700 plus H & H. 1st, last, references, lease. Nice yard, deck, shed. Available 1 October. No pets. Non-smoker. 613-395-6432 evenings. 613-392-2811 ext 2349 daytime

For Rent
1 bedroom apt. includes fridge, stove, parking, shed heat and hydro. Balcony with a country view. \$750/mth 1st & last req'd. No smoking, no pets.
613-398-6602

1 bedroom apartment for rent. Only minutes from CFB. 1 car parking, wireless high speed internet, movie channels. No smoking, no pets. \$625/mth
613-394-3126

 Please recycle this newspaper!

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

Crossword Answers

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

 Please recycle this newspaper! 



Choose a contractor after careful consideration

(NC)-While homeowners willingly choose to undertake many kinds of home renovations, installation and/or repair of heating, ventilation, air conditioning and refrigeration equipment is usually considered an exceptional measure.

The purchase of a furnace, air conditioner or ventilation system is a major investment, and because of its importance in your daily life, it deserves careful consideration.

When making such an investment, probably the most important decision to be made is about the company that will install and service the equipment.

To maximize your comfort, safety and peace of mind, be sure to deal only with qualified, professional contractors.

Most provinces require the

hiring of a licensed or qualified HVACR tradesman to perform the work because of the safety concerns and consequences involved.

However, homeowners frequently do not distinguish among contractors on anything other than price.

You should be aware, however, that the lowest price is not always the best value.

There are some obvious red flags to look for when shopping for a contractor:

Reputable contractors will not quote prices over the phone without seeing the job.

Reputable contractors will not request large cash advances prior to the delivery of any equipment or materials.

Reputable contractors will readily provide a full business address as well as a telephone

number where the company can be reached.

Reputable contractors will be happy to give you the names and addresses of customers they've done work for in your area.

You may wish to contact the Better Business Bureau, which maintains records of consumer complaints about its members.

You should also ask whether the contractor is a member of the Heating, Refrigeration and Air Conditioning Contractors of Canada (HRAC-Canada).

HRAC, a division of HRAI, requires its members to carry relevant trade, fuel safety and municipal licenses as well as workers' compensation and liability insurance.

They also list their members in good standing on a consumer website. To view this list please visit www.hrai.ca.



\$222,000
Only minutes to CFB.
mls#2081230

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

Open House
1528 Pine Wood School Rd., Brighton
Sunday Sept. 14th 1:30pm to 3:30pm

Directions: North of 401 on Hwy#30, west onto Goodrich Loomis Rd., turns into Pine Wood School Road. Pretty 1.37 acre lot, immaculate one owner 16 yr. old Ranch style with oversize insulated double car garage.



Roxee Morden
Sales Representative
Office tel. 613-394-4837
Cell no. 613-969-2237
DND IRP Registered

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

3223 Stirling-Marmora Road

\$239,900 Large 3 bdrm friendly Country Bungalow on 2 Ac. 3 min. from Stirling. Vacant. MLS#2086095
randyscott@xplornet.com

RE/MAX
RE/MAX Quinte Ltd. Brokerage

Randy Scott, Salesperson
RE/MAX Quinte Ltd. Brokerage
613-969-9907 • 1-866-969-9907

Please recycle this newspaper!

Contact

Advertise your listings with us!

Call Patricia
613-392-2811 Ext 7008

OPEN HOUSE
Saturday September 13,
1:00 - 3:00pm
20 Cardinal Court, Belleville
MLS# 2084393 \$244,900

Your kids can play safely on this quiet west-end cul-de-sac and walk to school. This home offers a great foyer with cathedral ceilings. Fully fenced yard and deck for outdoor BBQ season.
Visit us at 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
1-888-217-0166

Ron Norton Sales Rep
ronnorton@bellnet.ca
613-399-5900

GREAT LOCATION 	2 BEDROOM STARTER 1st time buyers take a look at this cute bungalow in Belleville's east end. Large 60 x 125 ft lot with lovely perennial gardens. New kitchen and flooring. All appliances included. Detached garage and nice front deck. Immediate possession available. Call today for more details. \$139,000. MLS# 2085799
BIG AND BEAUTIFUL 	GORGEOUS BUNGALOW This large open concept bungalow has everything you need. Situated on a 1 acre country lot, minutes to Hwy 7 and only 25 min. to Belleville. Over 2000 sq ft of open concept living space. Attached garage with workshop and remote. Stunning front courtyard with pond and beautiful perennial gardens. Listed @ \$349,900. MLS# 2083340
BRICK BUNGALOW 	5 BEDROOMS Quiet cul de sac, perfect for children. 3+2 bedroom brick bungalow with 2 baths and large rec room. Upgrades include plumbing and electrical. New price \$194,900. MLS# 2085619
GREAT BOATING 	WATERFRONT BUILDING LOT Buy now and build later. Perfect setting for a new home or cottage. Quiet location on the lovely Trent River, perfect boating and fishing! Dock and drive-way are installed. Great price \$140,000. MLS# 2084320.
NEW & IMPROVED! 	COUNTRY SETTING Large 150 x 150 ft country lot with nice homes in the area. Located on English Settlement Rd, minutes from 401 and Trenton. Spacious 3+2 bedroom raised bungalow with new flooring, doors, windows etc. This great family home is priced to sell. \$194,900. MLS# 2085220.
TRENTON BEAUTY 	5 BEDROOM CENTURY HOME Don't delay if you're looking for character and charm. This home boasts beautiful original hardwood throughout. Lovely large front verandah, open kitchen, formal living and dining rooms with 2 fireplaces. Fully fenced yard with above ground pool. Located in Trenton's west end. Call today to view. \$234,900. MLS# 2086068.

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

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
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
Or call me anytime TOLL FREE 1-800-663-2121

Open a new door.com

ROYAL LEPAGE
ProAlliance Realty, Brokerage

bureau: 613.966.6060
mobile: 613.848.2284

Marlene Letourneau
Sales Representative

Please Recycle this Newspaper

OUR BIGGEST EVENT OF THE YEAR!

2 DAYS ONLY!



FREE REFRESHMENTS at Uncle Frilly's Dinner!

THIS SATURDAY & SUNDAY ONLY!

CUSTOMER APPRECIATION EVENT

PAY ABSOLUTELY

NOTHING! NOT EVEN THE TAXES!

FOR 18 MONTHS!

No Money Down!* Not Even The Taxes!
No Interest! And No Monthly Payments!

On All Furniture! All Appliances! All Electronics! And All Mattresses!

PLUS! WIN A \$5,000 SHOPPING SPREE!†
Furniture, Appliances, Electronics. The choice is yours! No purchase necessary.

PLUS! The sooner you enter, the more chances you have to win!
FREE FURNITURE!†

We're giving away beautiful home furnishings EVERY HOUR in EVERY participating Leon's store. Over \$800,000 worth will be given away. No purchase necessary.

PLUS! BIG! BIG! SAVINGS!
Here are just a few examples!



SAVE \$100
All Leather Sofa **\$799**
Includes Delivery



LOWEST PRICE EVER!
42" Plasma HDTV **\$899**
Cash & Carry



PLUS! SAVE \$100
Abundance Euro Pillowtop Queen Size Set **\$999**
Includes Delivery

SAVE AN EXTRA \$75**
ON ANY PURCHASE OVER \$1000.
**Excluding taxes. Limit one coupon per household. Must be presented to receive discount. Not redeemable for cash. Valid until September 18, 2008.

DELIVERY INCLUDED! **



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

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



CANADA'S ONLY FURNITURE SUPERSTORES

*O.A.C. Total purchase including all applicable taxes and a processing fee of \$79.95 (e.g. \$1500 purchase with \$79.95 processing fee equals an APR of 3.56%) is due March 2010. Not applicable to previous purchases and markdown items. All items available while quantities last. Prices, terms and conditions may vary according to region. Selection may vary from store to store. Pickup discounts not available on some items. See store for other convenient payment options. Custom orders require 25% deposit. ††No delivery charge / total purchase amount of deliverable goods before taxes and fees is \$499 or more. See store for delivery included areas. †††Limit one entry per household. Must be 18 years of age or older. Leon's employees and their immediate families are not eligible. No stamped or mechanically produced ballots are eligible. Odds of winning a shopping spree or an hourly draw (one per family) are dependent on total number of ballots received. All first time buyers in Ontario must put down a 15% deposit on any financed pick-up purchase over \$1,000. Disposable surcharges where applicable required at the time of purchase.