

the **contact**

Best We Forget

www.thecontactnewspaper.cfbtrenton.com

MOTOSPORTS
(Of Trenton Ltd.)

- SALES
- SERVICE
- PARTS
- ACCESSORIES

ATVs
Motorcycles
Snowmobiles
Personal Watercraft



ph: 613-965-6626
Bernard Long Rd.,
Trenton

• November 6, 2009 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 44 Issue Number 42 •

New Canadian Forces Aerospace Warfare Centre will make history

by Tom Philp, Contact Staff

That odd looking building taking shape on the west side of Anson Avenue, due north of the South Side Gymnasium is making history for 8 Wing/CFB Trenton.

The future home of the Canadian Forces Aerospace Warfare Centre (CFAWC) has the distinction of being the first Department of National Defence (DND) facility to be designed and built to a LEED (Leadership in Energy and Environmental Design) Gold Standard.

LEED is rating system for "green" buildings, established by the United States Green Building Council in 1998 to provide "a suite of standards for environmentally sustainable construction."

Construction of the new CFAWC began in the summer of 2008, with completion estimated for March-April, 2010. Occupancy of the new building is scheduled tentatively for June 2010.

According to a Defence Construction Canada spokesperson, the \$20 million project is on schedule, and on budget.

Colonel Russ Williams, Commander, 8 Wing/CFB Trenton had opportunity to view the project first hand on October 30 as part of the ongoing "facility inventory tours" arranged for him by Lieutenant-Colonel Sean Lewis, 8 Wing Logistics and Engineering Officer.

Col Williams also toured the old 8 Wing hospital, currently home to CFAWC personnel under the command of

Lieutenant-Colonel Jim MacAleese, to see what additional space will be made available to him next summer.

"The intent of the visit to the old Wing Hospital was to give the Wing Commander an option for a good facility to be used in case further accommodations would be needed," LCol Lewis said. "A solid building, built over 60 years ago, that facility was made to last and still has years of usable service."

"I am quite proud of the fact that 8 Wing will be home to the first LEED Gold Standard building in the Canadian Forces," Col Williams said. "Green buildings offer distinct advantages to both personnel and operations. I can well imagine the women
See New green, Page 23



Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, along with 8 Wing CWO, CWO Kevin West, tour the new Canadian Forces Air Warfare Centre building on Friday, October 30, 2009. Dan Meens, with Defence Construction Canada, gave them a tour of the new construction and reported the progress being made by the construction company, PEAK.

CARRYING THE OLYMPIC TORCH

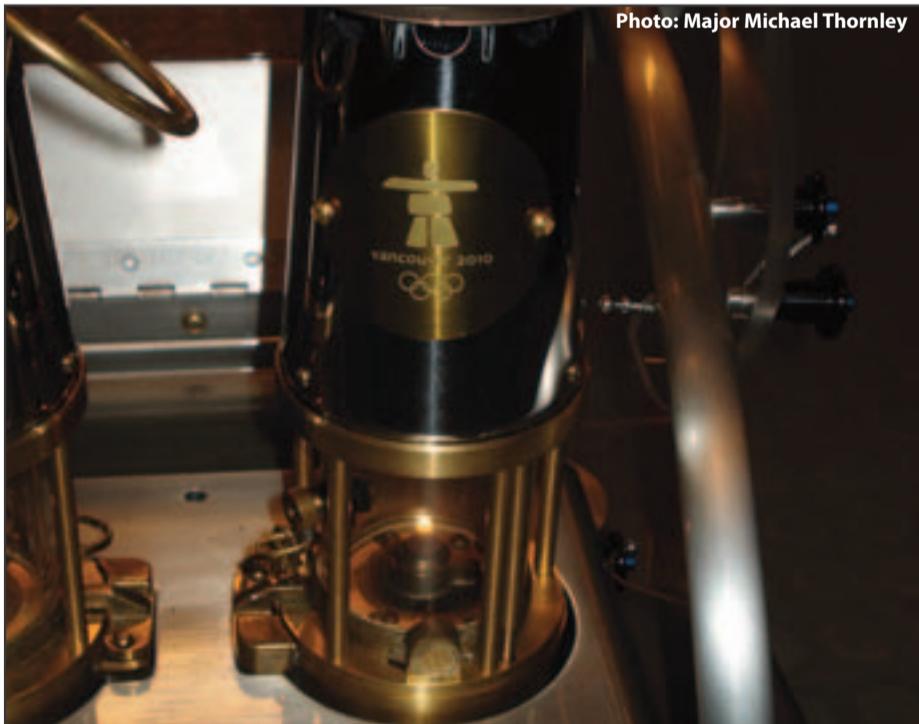


Photo: Major Michael Thornley

Two crews from 437 Squadron flew more than 23,000 kilometres in 26 hours to pick up the Olympic Flame. See Page 10 for story.

PRACTICE MAKES PERFECT



First responders assess vital signs of one of six "casualties" during Operation Overspill at 8 Wing/CFB Trenton. See Page 9 for story and more photos.

Century 21
LANTHORN REAL ESTATE
LTD., BROKERAGE
make it count

Serving the Residents of Quinte West for over 30 years

A PROUD SPONSOR OF



441 FRONT STREET, TRENTON, ON K8V 6C1
613-392-2511 • 1-888-792-5499 (TOLL FREE)





New rotation of troops head for Operation Athena



Clockwise from top left:

Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, talks with Operation Athena troops November 1 at a stop-over at Trenton. From left to right: MCpl Matt Gorrell and Cpl Joe Dyck of the Royal Winnipeg Rifles, Cpl Brenton Frost of the North Saskatchewan Regiment, and Col Williams.

Major General TJ Lawson, Assistant Chief of the Air Staff, and Master Warrant Officer Nesbitt, executive assistant for the Air Force Chief Warrant Officer greet Operation Athena troops. From left to right: MGen Lawson, Cpl Jenson, MCpl Byrne and MWO Nesbitt.

8 Wing Chief Warrant Officer CWO Kevin West greets Operation Athena troops. From left to right; Master Corporal Chris Buker, aviation tech from Shearwater, Corporal Terry Wright, aviation tech from Edmonton, and CWO West.

MajGen TJ Lawson, Assistant Chief of the Air Staff, greets Master Corporal McEachern of 1PPCLI from Edmonton.

Air Force Chief Warrant Officer Couturier greets Operation Athena troops From left to right; MCpl Lamoth, Cpl Jean and CWO Couturier. MCpl Lamoth is an aviation technician and Cpl Jean is a avionics technician.

Photos: Master Corporal Tom Trainer, 8 Wing Imaging



Barbeque lunch held to thank canvassers

Raising money is no easy feat and the Government of Canada Workplace Charitable Campaign couldn't do it without our canvassers.

As a small sign of appreciation, there was a barbecue in their honour on Thursday, October 29th at the Junior Ranks Mess. There were hotdogs, hamburgers and door prizes to give out. Our thanks go out to the businesses who contributed: Smiley's, A&P

and Price Chopper.

So far the GCWCC at 8 Wing/CFB Trenton has raised \$56,920.53 for the United Way of Quinte. The 50/50 pot is at \$1230 (the winner gets half the pot) and 46 per cent of personnel have been canvassed. Our goal is 100 per cent canvassed.

The next fundraiser on base is a Pizza and Pasta lunch on November 6th. Come on out and support the GCWCC and United

Way - Quinte. And stay tuned. There are some big events coming your way!

To help, talk your unit rep about donating money, buy a 50/50 ticket, a dental basket rally ticket, or come to one of our events. The money raised helps people in our community. For information on upcoming events, finding your unit rep and the programs supported, follow the link on the 8 Wing splash page.

Museum unveils display about major benefactor

November 5, 2009 (8 Wing/CFB Trenton, ON)

The National Air Force Museum of Canada (NAFMC) unveiled a new exhibit today featuring items belonging to the museum's major benefactor Raymond James.

The exhibit is a tribute to the philanthropic James which displays his medal set, commission, operational wings, various pictures and more. Although James was only in the RCAF for a short time period, it had a long lasting effect on his life. The NAFMC had the benefit of James' generosity when the latter contributed significantly to the capital building cam-

paign of the museum in 2004.

"This exhibit not only shows to the public the glorious service of one RCAF member," said Dr. Georgiana Stanciu, museum curator, "but also acknowledges the museum's major benefactor".

James' family were present for the opening and have generously loaned James' artefacts to the museum for this special exhibit

For more information regarding the Raymond James exhibit, please contact Georgiana Stanciu, NationalAirForceMuseum of Canada, at 613-965-3521 or at curator@airforcemuseum.ca.



**PLEASE
SUPPORT YOUR
LOCAL CANEX!**

Search & Rescue UPDATE



424 Squadron enjoyed a very quiet week with no SAR callouts at all. We were able to concentrate on our ongoing efforts to train our new people and to hone our existing skills
Until next week, stay safe.

Missions for 2009: 206 Missions for Nov: 12 Persons rescued: 32

Canniff Mill Estates
BELLEVILLE

Buy Direct from the Builder
Serving Quinte's Military Families Since 1973
Call us today to see why so many military families have saved thousands of dollars by choosing a Staikos Home.
15 Minutes to CFB Trenton · Country Setting · City Conveniences

STAIKOS HOMES LTD
Office and Model Home at
2 Kipling Dr., Belleville - Take Hwy 62 North
Turn Right on Maidland and follow the signs. Off Farnham Road.
613-967-6560
Weekdays Monday - Friday 9am-4:30pm Saturday 11am to 4pm Sunday 12pm to 4pm
www.staikoshomes.com

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 Russ Williams, Wing Commander, 8 Wing / CFB Trenton.

The Contact Staff

Editor-in-Chief: Captain Mark Peebles
Managing Editor: Andrea Steiner
Assistant Editor: Amber Gooding
Reporter/Photographer: Tom Philp
Advertising Production: Lindsey White
Advertising Sales: Patricia MacKie
Bookkeeper: Marilyn Miron
Circulation: Russell Webster
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: ANDREA.STEINER@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

ATTENTION

Contact readers and contributors

Please be advised that contributors are asked to once again submit articles and photos to Andrea Steiner, Managing Editor at andrea.steiner@forces.gc.ca. Please be sure to carbon copy Amber Gooding, Assistant Editor, at amber.gooding@forces.gc.ca (alternatively, the intranet addresses can be found on the DIN).

If you wish to contact the publication by phone, or have any question or concerns, please feel free to call Andrea at local 7005 or Amber 3978.

LETTERS TO THE EDITOR

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.

Please note: We cannot guarantee that any particular letter will be printed.

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

Red White and Blue

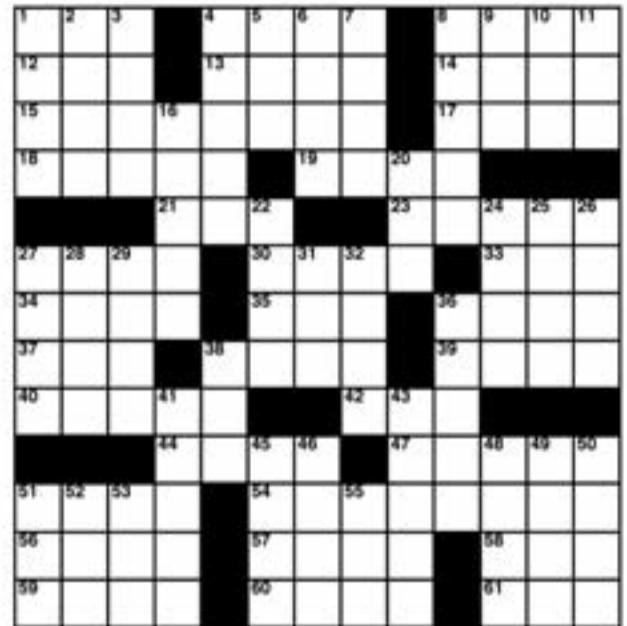
By Bernice Rosella Red and James Kilner

ACROSS

- 1 My ___ Sal
- 4 Bistro
- 8 Glen
- 12 UK citizenship award
- 13 Flowering shrub
- 14 Representation
- 15 Oriental calculators
- 17 Inspire, in a way
- 18 Postpone
- 19 Unit of force
- 21 Ford auto
- 23 Grassy slopes
- 27 For fear that
- 30 Killer whale
- 33 Firmament
- 34 Troubles
- 35 Arrived extinct (abbr)
- 36 Manner
- 37 Petals
- 38 British Columbia's White ___
- 39 Leisure
- 40 Manitoba's Red ___
- 42 Receptor
- 44 Stringed instrument
- 47 Tubes
- 51 Ontario's Red ___
- 54 Newfoundland's Blue ___
- 56 German river
- 57 Peak
- 58 Theatre acronym
- 59 Fidgety
- 60 Asian palm
- 61 Stitch

DOWN

- 1 Prod
- 2 Religious leader
- 3 Folio
- 4 Alberta's White ___



- 5 Montreal team, slangily
- 6 Provender
- 7 Undemanding
- 8 More reprehensible
- 9 Expert
- 10 Mauna ___
- 11 Finale
- 16 Gaels
- 20 Raptor's org.
- 22 Dotard
- 24 Continent
- 25 Makes do
- 26 Part of a new year toast
- 27 Deceiver
- 28 Norse goddess
- 29 Middle European
- 31 Mythological bird
- 32 Common dessert
- 36 Worth
- 38 Part of many a rural address
- 41 All
- 43 Sleep irregularity
- 45 Asian nation
- 46 Venues
- 48 Yukon's White ___
- 49 Irish Republic
- 50 Cowboy crooner Hank
- 51 Sheltered side
- 52 Supplement
- 53 Container
- 55 Ref

See Answers, Page 25



This Week in Contact

1979 – The editorial in this year's Remembrance Day issue of the base newspaper included this comment: "Through a costly lesson, our fathers learned the paradox that peace can best be ensured by demonstrating a willingness to defend one's rights and way of life. This is the message Remembrance Day must convey to us today."

1989 – The annual Poppy Campaign was in full swing at CFB Trenton, with the Royal Canadian Legion receiving a very favourable response from members here. Nationally, the Legion hoped to sell about 14 million poppies, with much of the proceeds invested in more than 68,600 memorial wreaths, crosses and sprays for cenotaphs across Canada.

1999 – 8 Wing/CFB Trenton participated in the "Two-minute Wave of Silence," a project organized for Remembrance Day, 1999 to have as many Canadians as possible cease all activity at 1100 hrs, in respective time zones, and honour our war dead with two minutes of silence. The project was implemented by the Legion to coincide with the new millennium.

Created by Lt J. H. MacDonald,
 Compiled by Tom Philp.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Mr James Douglas (foreground) and Mr Gerry Ridgley, VHE 10 Mechanics employed within EME Flight, complete the final repairs and adjustments to Red 2, one of the many fire fighting vehicles that stand ready to protect 8 Wing.

NISSAN BELLEVILLE NISSAN

**CALL SCOTT FOR EXCLUSIVE
ARMED FORCES OFFERS**

Scott Page B.A.
RCD SSF Airborne
CFB Petawawa
(Retired)



NISSAN BELLEVILLE NISSAN
877 857 7726 • 613 962 7100
BellevilleNissan.com

MILLENIUM PKWY
SIDNEY ST
HWY 62
HWY 401

CORRECTION:

In last week's Contact Newspaper the caption for the Blood Donor Clinic photo on Page 10 incorrectly identified MWO James Newman as from the 8 Wing Disaster Assistance Response Team. MWO Newman's unit should have been identified as the Deployment Readiness Training Standardization and Evaluation Team or DRTSET.

The Contact regrets the error.

All the information you need is just a click away!

www.thecontactnewspaper.cfbtrenton.com

HOME OWNERSHIP IS AFFORDABLE. FIND OUT HOW!

Re/Max Trent Valley Realty presents:

COMPLIMENTARY FIRST TIME HOME BUYERS SEMINAR

WEDNESDAY, Nov. 18th, 2009 – 7:00 p.m. – 8:30 p.m.
447 Dundas St. W., Trenton – 613-392-6594

Discover: How you can turn the dream of home ownership into a reality. Why NOW is an optimal time to invest in the Quinte real estate market. What your REAL options are and why you may have more than you think. Who your trusted experts in the Quinte market are.

Guest speakers include: Raymond Kaufman – Trenton Real Estate Lawyer
Andre DeVries – Real Mortgage Associates
Richard Hutchinson – Integrity Home Inspection

RE/MAX®

Experience Counts, Results define us!
Choose wisely. Choose Re/Max.

To advertise in the

2010

**DESKTOP
CALENDAR**

Call Patricia at 613-392-2811 ext. 7008
or e-mail thecontactnewspaper@gmail.com

Call today - spaces are limited!

Contact



8 Wing Personnel at Work: Corporal Maggie Gosse

by MCpl Kamaljit Singh
Public Affairs OJT

Choix, Newfoundland, Cpl Gosse enrolled in the Canadian Forces in 2002 and was employed at Canadian Forces Base in Petawawa, ON as a Lineman.

There are very few jobs in the military that can allow you to see your name in the media and have it really go undetected.

After more than five years, she decided to change to the Air Force and applied to become an Imagery Technician. When she finished her course in Borden, she was posted to 8 Wing/CFB Trenton where she has been employed for more than two years.

Corporal Maggie Gosse is one of 13 Canadian Forces members in the Imaging Section. She says going unnoticed is one of the great things about being an Imaging Technician or as they are called around 8 Wing "Photo Techs."

Cpl Gosse's passion for her work is obvious when she talks about it. "I love the challenges, the different people and the different jobs," she said "You get to go out and shoot anything, from people to places.

You will only ever notice them if you require their services and that's seems to be the way that they like it. Cpl Gosse and the rest of the members of the "photo section" are constantly in demand. They support the entire wing with their Passport photo parade that is done during two days a week to fulfill deployment requirements for any and all sections deploying or possibly deploying. As well, Cpl Gosse's provides images for Flight Safety investigations as well as video support during exercises and media training.

"When I joined the trade, I didn't even know how to turn on a camera, but I love photography and what better way to learn, than join the trade."

The job of taking pictures would seem to be an easy one for most people but these technicians are not just using "point-and-shoot" cameras. The equipment is professional,



Photo: Cpl Igor Loutsiouk, 8 Wing Imaging

Corporal Maggie Gosse, an 8 Wing Imaging Technician, photographs a wide variety of subjects as part of her job here at 8 Wing/CFB Trenton, including this shot taken during the 23rd Annual CFB Trenton Surf and Turf Relay Race .

which is required for this type of work. A lot of the work is via the post production process which involves various computer programs to enhance the images. Due to the high workload, the work stations for post production need to be shared, with limited time to do everything that is required. Cpl Gosse's enthusiasm for this particular aspect of the job is what really sets

her apart. "I love doing post production," she said "I feel like I am putting it all together."

Cpl Gosse not only takes photographs, she does video work as well. The entire section is getting ready for the busiest time of the year. With Remembrance Day services approaching as well as Christmas videos for messages to the troops overseas to be done, the sec-

tion is extremely busy. Combined with their daily workload, being a "Photo Tech" is not just about "snapping some pictures."

Cpl Gosse goes on to say that the best part of her job is the last minute assignments. "You only have a couple of minutes to grab everything that you may think that you need," she said. "Then you have to decide on the best way to shoot, how to get

the best lighting and sometimes, you are in some weird positions trying to get the shot".

Cpl Gosse has been married for three years to Master Corporal Christopher Gosse who is employed as a Lineman.

They have a three-year-old daughter. Her hobbies include travelling, running and of course, doing photography in her spare time.



LEGION
SERVING THOSE WHO SERVE
The Royal Canadian Legion Service Bureau Network

- Representation Services
- Advocacy
- Benevolent Assistance

The Legion Service Bureau Command Service Officers are here to serve members of the Canadian Forces, Veterans, RCMP members, and their families while representing their interests in dealings with Veterans Affairs Canada (VAC) and the Veterans Review and Appeal Board (VRAB) in claiming disability benefits under the Pension Act or the New Veterans Charter.

The Legion professional Service Officers, whose role is mandated through legislation, provide representation services, advocacy and benevolent assistance FREE OF CHARGE, whether or not you are a Legion member. Visit www.legion.ca/ServiceBureau.



WE CARE!

Call Toll Free at 1-877-534-4666



PET OF THE WEEK



Roxy is a sweet girl who needs a good home. She has not been well taken care of in the past.. her owner actually brought her here and lied saying she found her! She is very active and needs obedience training. Her adopter should be experienced with dogs and training. She is eager to please and intelligent, but requires lots of exercise and TLC.

Contact the Quinte Humane Society for more information.

Animals are from the Quinte Humane Society
527 Avonlough Rd., Belleville 613-968-4673

This feature is wonderfully sponsored by Global Pet Foods



10% OFF EVERYDAY
for Military Personnel

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



Please Recycle this Newspaper.

Thank you!



SPORTS & RECREATION

Take a National Lifeguard Course (NLS)

National Lifeguard is Canada's only nationally recognized lifeguard certification program. National Lifeguard is a legal certificate for lifeguarding throughout the country, and the only lifeguard certificate recognized by the province of Ontario. Candidates must be 16 years old to register and must have completed the Bronze Cross Course and Standard First Aid & CPR C. Attendance at all sessions is mandatory.

Dates: November 20, 21, 22 and 27, 28, 29

Fridays 5 to 9 pm; Saturdays 9 am to 5 pm; Sundays 9 am to 5 pm

\$295 - Military Community - \$320 - General Public (manual included)

Weekday afternoon Shinny Hockey for Kids

Shinny Hockey for Kids began the week of October 19.

Bantam/Midget	Tuesdays	4 to 5 pm
Atom	Wednesdays	4 to 5 pm
PeeWee	Thursdays	4 to 5 pm
Tyke/Novice	Fridays	4 to 5 pm

\$2 ea - Military Community with ID
\$3 ea - General Public

Program Cancellation

Please note that the Hockey Skills and Drills program has been cancelled.

Learn to Skate for Youth 8 - 16 yrs

This program is divided into various levels depending on participant skill. Skaters are evaluated weekly by their coach. There are no formal "testing sessions" for learn to skate. The program consists of 50 minutes of ice time. The Instructor will divide the group based on their ability. Parents are not permitted on the ice during class instruction.

Began: Fridays October 23rd - December 11th

Ages 4 - 7 years 5:00 - 5:50 pm

Ages 8 - 16 years 6:00 - 6:50 pm

\$65 - Military Community - \$75 - General Public

New this year: Learn to Skate for Adults

Have you ever wanted to learn how to Skate?

Haven't laced up the skates in awhile and are feeling a little rusty? Why not come out and give it a try. This year we are offering a new Learn to Skate program for adults only! This will be an 8-week program.

Began: October 25th - December 13th - Sundays - 3:00 - 3:50 pm

\$65 - Military Community - \$75 - General Public

Enjoy some evening family skating time

Here is your opportunity to have the whole family strap on those skates and step onto the ice for good fun and great exercise!

RCAF Arena

Friday evening 7 to 8 pm. Saturdays & Sundays from 1 to 2:50 pm.

Free for military personnel and Rec Association members.

\$1 ea - Military Community; \$2 ea - General Public

The latest scores from Astra Lanes

Hi everyone. Wendy here again, hope you are having a great week of bowling.

This week the lanes have been busy with league play. I have nothing to report for the Adult leagues however, the Youth League is still bowling strong!

On Saturday October 31st, 2009 the kids were dressed for some Halloween fun.

PEEWEE DIVISION

Jaxon Inglis lead the way for the peewees with games of 72 and 80 for a total of 20 pins over his average of 66. Great

Bowling Jaxon. Madeline Gray followed closely behind him with a plus 11 for the day over her average.

Peewee Averages: Jaxon Inglis - 68, Grace Curtis - 52, Madeline Gray - 35

BANTAM DIVISION

In the Bantam Division Ethan Poortinga lead the way with games of 87,85 and 79 for a plus 59 for the day, Ethan was followed closely by Eric Gray who was a plus 64 for the day. Great bowling guys.

Bantam Averages: Cody O'Neill - 124, Eric Gray - 115

Ethan Poortinga - 69

JUNIOR DIVISION

In the Junior Division Robert Marshall bowled a 139 to lead the way, he was a plus 39 for the day. Matt Laporte also had a good day bowling a 143 for a plus 28 over his average.

Junior Averages: Brittany Laporte - 137, Matt Laporte - 116, Kendra O'Keefe - 121, Robert Marshall - 98, Haylee Hewey - 75, Patrick Mitts - 87

Devon Gorman - 80, Jackson Desgagne - 56

SENIOR DIVISION

Our Senior Division was lead by Robert Roy who bowled two 230 games for a plus 33 for the day.

Senior Averages: Robert Roy - 205, Nicole Newman - 186, Andrew Hussey - 132, Brooke Hamilton - 163.

If you are interested in more information on leagues, open bowling times or Birthday parties please call Astra Lanes at 613-392-2811 ext 3305. Keep your eye on your spot, until next time...Bowl well and have fun!!

Volunteers Urgently Needed!
Help out the military community by volunteering your time with the PSP Community Recreation Association. We are urgently seeking adult volunteers to oversee the kids shinny hockey program as well as ice monitors during our family skating timings. We would love to hear from you. Please call Brenda Riddell at the RecPlex at ext 5230.



Remembrance Day
Wednesday November 11th
RecPlex Hours of Operation
Noon to 9 pm

Trenton Craft Guild
15th Annual Christmas Show & Sale
K of C Hall, Stella Cres, Trenton
Nov 7, 10-4 & Nov 8, 10-3
Masonic Hall, Main St. Brighton
Nov 14, 10-4 & Nov 15, 10-3
Fine Hand Crafted Items
Door Prizes • Admission

CAMPBELL'S AUTO SHOP
327 COLEMAN STREET, BELLEVILLE



- COMPLETE COLLISION REPAIRS SINCE 1915
- ALL WORK GUARANTEED
- FREE ESTIMATES • PAINT ROOM
- CUSTOM JOB SPECIALISTS
- FRAMES • UNIBODY & RAIL
- ENVIRONMENTALLY FRIENDLY PAINTS

613-968-5791 E-mail: autoshop@bellnet.ca

Advertise in
Contact



Call Patricia
613-392-2811 Ext 7008

JOIN US 8 WING TRENTON FOR OUR
Special Remembrance Day Game

The Trenton Golden Hawks are Playing in Honour of You.

TRENTON vs HUNTSVILLE
8pm, Wednesday, November 11th
Duncan McDonald Memorial Gardens

Fundraising activities for Programs for Families of Deployed Soldiers include: Children's Peacekeeping Postcard Contest, Silent Auction, Facepainting & more.

MILITARY FAMILIES AND LEGION MEMBERS FREE

For tickets - call **613.965.0400** or email kym.wark@goldenhawksjrhhockey.net



TRENTON GOLDEN HAWKS

FITNESS & HEALTH PROMOTION



Quitting Smoking - Making the First Move

If you smoke, deciding to quit is a big step towards better health. The benefits are both immediate and long-term, for you and your loved ones. But it is not easy!

Fortunately, there is a lot of support and information available for people who want to give up smoking.

Did You Know?

- Twenty minutes after your last cigarette, your blood pressure and pulse rate return to normal.

- Two days after stopping smoking, your senses of smell and taste begin to return.

- One year after you stop smoking, your risk of heart disease is cut by one-half.

- Within three years after you quit, your risk of heart disease is the same as someone who

never smoked.

- Within 10 years after quitting, your risk of lung cancer is cut in half.

Quitting smoking is difficult, but it can be done! Here are some tips to help you achieve that goal.

Write it down.

Writing down why you want to quit, and how you plan to do it, will make your decision seem more concrete - not just an idea in your head that can be forgotten or ignored.

List it

List the situations in which you smoke and the reasons you smoke. This will help you identify what triggers you to light up, so you can alter or avoid those situations and behaviours.

List activities you imagine could replace smoking - fun and healthy things to do, like go for a run or a brisk walk - and be ready to do these when you feel the urge to smoke.

Plan

Make a plan to overcome your smoking triggers.

Figure out what situations make you crave a cigarette. Then, starting on your quit day or before, put your plan into place to manage high risk situations.

For example, if you associate smoking with coffee-drinking, try drinking tea or water instead.

If you usually smoke at parties, avoid such gatherings and get together with friends elsewhere until you feel confident about facing

those situations.

Get moving!

Exercise is a great way to relax, feel good, and start repairing some of the damage smoking has done to your body.

Get support.

Enlist the help of a close friend or family member, your doctor, someone you know and respect who has recently quit or someone who wants to quit smoking with you.

The 8 Wing Health Promotion team can help you to **BUTT OUT** for good. Increase your success and quit for good with a combination of smoking cessation medication and a smoking cessation program such as **BUTT OUT**.

Registration is available by appointment. Call ext. 3768 or email healthpromotion@forces.gc.ca for more information.

Top Fuel for Top Performance

Designed for those with an active lifestyle, Top Fuel for Top Performance (TFTP) presents the latest information on nutrition and how it applies to daily energy requirements.

Discussion topics include everyday eating; timing of foods and fluids; body composition; and weight issues; dietary issues and supplements, and fine tuning your eating and activity habits.

Health Promotion is offering the two-day Top Fuel for Top Performance course on November 3, 2009 and November 10, 2009.

Online registration is available at healthpromotion.cfbtrenton.com.

Please note: Space is limited to sixteen people.



Did You Know?

Most of the sodium Canadians consume (77%) comes from processed foods sold in grocery stores and in food service outlets. Only about 11% is added during preparation or at the table, with the remainder occurring naturally in foods.



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



8 Wing Health Promotion

177 Hercules St., Bldg 119

Jessica Ivanko, local 3768

Health Promotion Administrative Assistant

Angela Prescott, local 4122

Health Promotion Manager

Kendra Lafleur, local 3768

Health Promotion Director

healthpromotionTrenton@forces.gc.ca

Visit healthpromotion.cfbtrenton.com to learn more about the programs and services offered by your 8 Wing Health Promotion team.

Sodium: Learn to tell when How Much is Too Much?

Source: Heart and Stroke Foundation of Canada

Whenever health experts refer to salt, what they are really talking about is sodium; sodium is a major component of salt.

We need a certain amount of sodium to help balance fluids and electrolytes in our bodies, but most of us consume two to three times the recommended amount. Why? Experts believe that most of the sodium we consume comes from the prepared foods we eat and not the salt we sprinkle on our foods at the table (which accounts for only 10% of total salt intake).

Sodium is added to the packaged food by the manufacturers to make foods taste better, and, over time, we've become used to it. When we eat foods with little or no sodium, we may think it lacks flavour.

Most of the foods we eat contain some sodium, but many fast foods, prepared meals, processed

meats (such as hot dogs and luncheon meats), canned soups, bottled dressings, bouillon cubes, and those condiments (ketchup, mustard, pickles) usually contain the highest amount of sodium, contributing most of the sodium in our diets. "Restaurant foods can also be very high in sodium," says Carol Dombrow, Health Check's dietitian.

And that excess sodium can have grave consequences. Three in 10 Canadians have been diagnosed with high blood pressure caused by eating too much sodium. And while everyone can benefit from less sodium, certain people - about one-third of Canadians - are particularly sensitive to the blood-pressure-elevating effects of sodium.

For these people, excessive sodium increases the amount of blood in arteries, raising blood pressure and putting them at risk for heart disease and stroke.

On average, adult Canadians consume about 3,500 mg (roughly

1 ½ tsp) of sodium per day. This is significantly above the level recommended as adequate (1,200 to 1,500 mg per day - about .5 tsp) or even the level recommended as the upper tolerable limit for health, which is 2,300 mg per day (approximately 1 tsp).

Cutting back on salt is a heart-smart strategy. Eat less salt by eating less processed foods, limiting eating at restaurants and fast food outlets, reading the Nutrition Facts Panel on processed foods carefully, and finding foods that have less sodium by looking at the % Daily Value for sodium on the Nutrition Facts Panel.

For sodium, a *Percentage Daily Value* of 5 per cent or less is considered low, whereas a *Percentage Daily Value* of 20 per cent or more is considered high.

Add little or no salt to foods when cooking.

Remove the salt shaker from the table and avoid adding salt to your food.

**Looking for the Contact?
Find it at any of these
off-base locations.**

Belleville Locations

Belleville Public Library

Belleville Legion 99

QHC Belleville General

Luc's Variety

Trenton Locations

Smylies Independent Grocers

A&P

QHC Trenton Memorial

Shopper's Drug Mart

Contact



Mock disaster tests response capabilities of 8 Wing units

by MCpl Kamaljit Singh
8 Wing Public Affairs OJT

The recent traffic jam on Highway 2 was reminiscent of a typical accident scene.

The billowing smoke coming from a Refuelling/mock Propane Truck and the flashing lights of Emergency Response vehicles were enough to cause most people to take a second look.

of the members from the Readiness and Training Flight (RTF) who create these exercises based on the most likely and most dangerous situations that could present themselves to the Wing.

Captain Jim Boland is one of the members of RTF who helps design and construct these scenarios and analyzes the military and community response to a potential crisis.

ation of the exercise, says that the scenario can take up to 6 months and the lead-up time is two to three months.

The majority of work involves consulting with different departments within 8 wing and their Subject Matter Experts (SME) who provide insight into typical response strategies.

This is done to make the exercise as realistic as possible, without disrupting the



Photos: 8 Wing Imaging

The simulated exercise was designed to test the capabilities of assets and personnel and their ability to respond to a scenario that could potentially happen at 8 Wing/Canadian Forces Base Trenton.

Working in conjunction with members from the Quite West Fire Department, the Ontario Provincial Police (OPP), and the Provincial Government, the exercise was designed to test the Emergency Response Plan within the wing and the surrounding community. The mock scenario was brainchild

Everything is critiqued and evaluated to determine whether the response capabilities and the communication involved in crisis management are within the guidelines and standards. Major Brendon Abram was also deployed as a Liaison Officer for the city of Quinte West to ensure that the community leaders were involved.

The mock scenario usually lasts 12 to 48 hours, but that does not show the amount of work that goes into creating it.

Captain Jana Kozicki, who was also involved in the cre-

operational requirements of the Wing.

Capt Boland adds, "A lot of people don't see the work after the exercise. We incorporate the lessons learned into our Emergency Response Plan".

The strength of the exercise comes not just from the exercise but from when all the reports are completed. Most important to the RTF team are the areas that require improvement.

They reaffirm strength by defining weak points, looking at ways to strengthen that particular area and ensure



Clockwise from top left:

Warrant Officer Peter Banfield, from ATC, takes on lead role at accident site as the OSCER (On Scene Controller) on duty that day.

Corporal Meagan Ryan of the Military Police Squadron conducts CPR on a "casualty" near accident site.

Warrant Officer Greg "Pyro" Tanner from Readiness Training Flight (RTF) explains safety rules to the participants in Exercise Overspill.

that it is implemented into the next exercise.

Capt Kozicki goes on to say "We conduct these exercises so that the people at 8

Wing have the confidence to respond to any scenario. So that they can respond to the most likely and most dangerous through the exercises."



8 Wing CFB Trenton carries The Torch

by 2Lt Vincent Bedard
Public Affairs OJT

It was an early morning flight with a very special mission. Two crews from 437 Squadron left in the wee hours of October 27 on their own "Olympic Marathon." They flew more than 23,000 kilometres in 26 hours to pick up the Olympic Flame.

The CC150 Polaris first flew from Trenton to Vancouver, British Columbia to pick up Vancouver Olympic Committee personnel and media before crossing the Atlantic to Athens, Greece, where the historical Flame was secured onboard the Airbus.

Major Michael Thornley, Commanding Officer on the flight between Keflavik, Iceland and Athens, Greece, demonstrated the cool professionalism of a Canadian Forces pilot when, on the way to Athens, the aircraft appeared to have a fuel leak. Approximately one hour out of Keflavik the aircraft fuel quantity system indicated that there was a fuel leak from one of the tanks in the left wing.

"We ran through our Fuel Leak checklist in an attempt to locate and isolate the malfunction, were unable to positively confirm a leak was occurring and began receiving conflicting information

from the on-board electronic fuel monitoring system"

"We advised the passengers of the situation and elected to conduct a precautionary diversion into Prestwick in order to investigate the problem. The safety of the passengers and crew had to be assured before the flight could continue." said Maj Thornley.

On the ground, the aircraft mechanic was able to determine that they had experienced an indication problem only. There was no fuel leak.

The passengers arrived in Athens slightly behind their original schedule, but after a restful night of sleep they got back on track for their morning activities.

Once the relay through Greece was over, the flame was secured onboard the CF Airbus with all the precautions required to ensure the it would survive the trip.

The Commanding Officer when the Flame reached Canadian soil was Captain Garrett Lawless. It was the second time in his life Capt Lawless took part in the Olympic Torch relay. The 437 Squadron pilot's parents ran a leg of the 1976 Montreal Olympic Relay and he, as a child, had the privilege of holding the torch for a few moments.

The flame arrived in Victoria early and was carried out of the CC150

Photo: Major Michael Thornley



Additional flames are transported as a precaution to ensure the Olympic flame never dies out.

Polaris in a miner's lantern by Vancouver's Mayor, Gregor Robertson.

The Olympic torch, engineered and designed by Olympic sponsor Bombardier, will be car-

ried across Canada for the biggest-ever relay, covering 45,000 kilometers over 106 days and ending in Vancouver on Feb. 12, the opening day of the 2010 Winter Games.

SUPPORT THE TROOPS COFFEE SLEEVE



Cpl Kim Hambley(left), the creator of the Support the Troops Coffee Sleeve, proudly displays her creation, as Eve Lawrence (centre) from Trenton's MFRC accepts the cheque for \$518 funds that will directly help families of deployed personnel. Yvette Chilcott (right), the owner of Pine Ridge Knit & Sew, donated skill and material to friends and customers who lovingly crafted the sleeves.



IS YOUR VEHICLE READY FOR WINTER?

See the Specialists at..

KROWN RUST CONTROL

Cars **\$109⁹⁵** Vans & Trucks From **\$119⁹⁵**

Ask for your military discount



#4 Carrying Place Rd.,
Trenton

613-392-0222
1-888-645-5660

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

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

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

Bill Doyle Insurance Agencies Inc.
17538-B Hwy 2 Trenton
613-392-3501

600 service offices across Canada to serve your military families. CAC

The leading Canadian-owned multi-product insurer.



the co-operators
A Better Place For You™

Home Auto Life Investments Group Business Farm Travel

VIEW FROM THE PINE

By Gilmour Tuttle

Worst....jerseys....ever!

Honestly, one of these days I will try and make a legitimate effort to start this random collection of juvenile musings and scrambled thoughts with something other than Montreal Canadiens-related matters. I really, really, will. Just not this week.

Just like that annoying little snout you went to school with who would always try and be chosen first to answer a teacher's question, Les Habitants keep drawing unwanted attention to themselves on a weekly basis. Case in point, Montreal's Freddy Krueger tribute sweaters donned on Halloween for their tilt against the Toronto Make Me Laffs. Really? The collective brain trust behind the Habs decided that with the team hovering around a mediocre .500 mark (is there such thing as an outstanding .500 mark?), facing their most hated rivals, and in desperate need of a win, that the most appropriate course of action would be to have the team dress up in their 1912-1913 "barber pole" jerseys. The same jerseys that the Canadiens had previously been winless in. The jerseys with a maple leaf on the front (shudder). Smooth move. Smooth move. Heck, even the missus glanced over at me with one of those, "What the hell?" looks I seem to get on a routine basis nowadays. Normally I would have tried to come up with a witty comeback but I was too busy trying to pull the remote control out of the front of my TV after it had somehow mysteriously found itself imbedded there.

I did manage to catch the game, though, after firing up the emergency TV (the children can watch Bambi another time). And what a game it was. Bouncing pucks. No fights. Occasional bouts of nausea from Montreal's jerseys. Blown leads. The game had it all! Now normally, I would be in a position to crow a bit with the Habs' eventual victory but really, the game should never have made it to overtime or the shoot out. Unfortunately, the Canadiens collapsed in the last five minutes of the game much like Mike

Komisarek fighting Milan Lucic. If you play back the tape you can pinpoint the exact moment of the implosion.....right about the time Le Centre Bell faithful decided to break out into the "Goodbye" song. With about three and a half minutes left in the game. With only a two-goal lead. Right. I did not realize Montreal was such a defensive power house. Hey, I am probably a bigger Canadiens fan than God (yes, you know he is a Habs fan) but even I laughed when Ponikarovsky scored about 10 seconds into the singing and the whole arena suddenly became deathly quiet. Leaf fans, you may not have won, but you can take that memory to the bank. Montreal still won, though, so don't get too cocky. You have to know your place.

Have you looked at the NHL's injury roster lately? Wow. Malkin, Ovechkin, Gonchar, Kovalchuck, Markov, Savard, Toews, Gagne, Luongo, Briere, Staal, Souray, Spezza, Gaborik, Sedin (one of them, anyways) and Franzen are all on the IR, or at the very least, considered day-to-day or week-to-week. Not to mention others such as Elias, Hossa and Kessel who started the year gibbled.

If you really want to evaluate a team's depth you will watch their performance when their big guns are out of the line-up for extended periods of time. Pittsburgh and Chicago? No problem, although it helps when you can just turn to a Crosby or a Kane to pick up the slack. Philly, Ottawa and Vancouver? So-so results although they have not fallen on their faces. Yet. Montreal? For some reason Hal Gill has not managed to pick up the offensive slack left behind by Markov. Go figure. Toronto? I am sure Kessel will come back and end up scoring 3-4 goals a game and single handedly guide the Leafs to their first Stanley Cup victory in 42 years (has it really been that long? The Harold Ballard years absolutely flew by!). Bottom line? It seems to be open season on NHL stars as far as injuries go, so

unless you are the Toronto Maple Leafs, teams around the league need to watch their backs.

Sorry Leaf Nation, it is just too easy.

Meat and Potatoes:

Glen Metropolit (Playing for a used jock strap, a bag of pucks and about 6 million dollars less than Scott Gomez, he has accumulated only one less point in six less games than Montreal's prized free agent signing. How can you not cheer for a guy like this? Too bad some team will sign him to a 6 million dollar offer sheet in the off season).

New York Islanders (The Leafs should be taking notes. There are signs of life on the Island with Tavares and company rattling off four wins in a row. You know what is even more surprising? Despite the team's early struggles, both Biron and Roloson have Save Percentages over .900 and Goals Against Averages under 3.00).

Corey Perry (The Ducks may be sitting in the Western Conference basement but it is not Perry's fault. His 15 points lead the team, including six points in his last three games).

Ryan Miller (With his eight wins, 1.86 Goals Against Average and a .936 Save Percentage, he is literally carrying the Sabres on his shoulders. Buffalo may not sit atop the Northeast Division all year but expect Miller's hot play to continue). *Rick Nash* (His early season struggles are a thing of the past as he now has 20 points in 13 games. The assists still outnumber the goals but that is not necessarily a bad thing).

Charlie Potatoes:

Montreal Canadiens (Tough love is needed here. Just say "Non!" to coma-inducing retro jerseys. Trust me. They aren't going to be big sellers come Christmas. Just toss them in the bargain bin next to those

Mats Sundin Canucks jerseys) *Bell Centre Fans* (Ouch! That had to be embarrassing. Next time engage the brain before engaging the mouth. Or at least have the common sense to wait for a three-four goal lead. And two minutes left. Just remember that when you look stupid, we ALL look stupid. And YOU aren't forced to live in Ontario)

Carolina Hurricanes (Doing their best Toronto impression, Carolina has dropped an amazing nine in a row. This from a team that stormed into the playoffs last year, taking out favourites such as the Bruins along the way. Only recently did Eric Staal get hit with the injury bug so it's hard to identify what has been plaguing them. The loss of Erik Cole could not have made that much of a difference, could it?)

Thomas Vanek (40 goal scorer only has four on the year and has been far from his normal sniperish self. He should turn it around soon)

Calgary Flames (Yeah, yeah, I know. At 7-4-1 they are tied for eighth place in the Western Conference with Edmonton and Columbus. However, if I were a Flames fan I do not know if I would be more worried that Calgary has not really gotten on a roll this season or that Rene Bourque leads the team in scoring with 15 points. Take your pick).



Any responses can be sent to amber.gooding@forces.gc.ca

Ferry Command veteran honours unit and colleagues with memorial stone

The October 16, 2009 issue of *The Contact* contained a story about Ferry Command veteran Gordon Saunders dedicating a memorial stone to his former squadron colleagues at the National Air Force Museum of Canada (NAFMC), located at 8 Wing/CFB Trenton. Unfortunately, due to space constraints, no photos accompanied that article. In the photo to the near right, Pilot Officer Gordon Saunders (left) poses with fellow Ferry Command crew mates PO Ray Piercey (centre) and Warrant Officer George Streisel after delivering Dakota KG524 to Rabat, Morocco in April, 1944. WO Streisel was lost during his next overseas delivery of allied aircraft. In the far right photo, Gordon Saunders with the monument he purchased and dedicated to Ferry Command, a memorial installed in the NAFMC air park this summer.



(Photos submitted)



EYES N OPTICS

73A Dundas Street West, Trenton

613-392-3040

BACK TO SCHOOL SPECIAL
2 Pairs for the price of one! Including unbreakable lenses

Over 1400 frames to choose from.

We carry all the major brand names including:

Oakley, Adidas, D&G, Versace, Fysh Kliik, Salvatore Ferragamo, Ray Ban, Vogue, Ralph Lauren, Bertelli, Easy Clip, John Lennon, Burberry, Police & more...

We accept most insurance plans and government plans.



ONE HOUR SERVICE

(for most prescriptions)

**BUY ONE
GET ONE FREE!**
NO G.S.T. NO P.S.T.

Customers receive a free cleaning cloth, cleaning solution & hard case with every purchase

**EYE EXAMINATIONS
ON PREMISES**

WALK-INS WELCOME

**SPECIAL MILITARY
DISCOUNT**

**WE WILL BEAT ANY
ADVERTISED PRICE!**



Canada's long tradition of Remembrance

by Jodi Ann Eskritt
Wing Heritage Office

11 November 1918 – At the eleventh hour of the eleventh day of the eleventh month, the guns fell silent across the battlefields of the Western Front. The Armistice had brought the fighting to an end. After four years of bloody battle, deadlocked in static trenches filled with mud, pounded by artillery and raked by machine gun fire, a generation of young men lost were remembered as the church bells, silent throughout the conflict, rang out to mark the return of peace.

Even where the fighting had not ended, the moment was celebrated. Frank Shrive, a young Hamilton airman flying as an observer with the Royal Air Force's "Elope" Squadron in Northern Russia, wrote on the 12th November 1918:

"... our Flight Commander, has just called us together. He said I have some good news for you and also some which is not so good. First, an Armistice has been signed and the war is over. This took place at eleven a.m. yesterday. Now, he said, as far as he knew this would not affect the North Russian expedition and until further word was received we were to carry on according to orders.

This second announcement did not surprise us much as we had discussed this probability quite often previously and were not too surprised. As the weather is dud we are going to hold a party this afternoon and invite some chaps over from the village."¹

There were more solemn ceremonies. On 11 November 1918, the Canadians paraded in victory through the town of Mons, Belgium where four years earlier the British had been forced into retreat before an advancing German Army. Most of the soldiers parading through the town square were subdued, exhausted by the heavy fighting of the last Hundred Days, but few failed to recognize the significance of the event.

The Belgians were "...wild with delight. They embraced us, they kissed us, they cried over

us, they whole-heartedly welcomed us."²

Almost a decade later, in June 1927, a bronze plaque would be dedicated to this event, boldly declaring: "Here was fired the last shot of the Great War."

As weary soldiers returned home, attention turned to the question of how the Great War for Civilization – this uniquely historic event that had touched every community across Canada – should be commemorated. In April 1919, MP Isaac Pedlow introduced legislation in the House of Commons for an annual Armistice Day. Although not debated at the time, it did attract public attention, resulting in its re-introduction in the following September and the call for an annual Thanksgiving Day as "a perpetual memorial of the victorious conclusion of the recent war."

The Great War had an enormous emotional impact on the nation, one that few in Parliament failed to recognize. On which day to recognize it, however, was another matter.

The anniversary of the Armistice itself, 11 November, might seem the obvious choice but many preferred a fixed day – particularly a Monday – either in the second week in November or on a day closest to Armistice Day. After the legislation was "hoisted" for six months, all discussion ceased and the matter was dropped.

But the public's need to commemorate remained; a fact not missed by King George V in his message to the Commonwealth in November 1919:

"Tuesday next, November 11th, is the first anniversary of the armistice which stayed the world-wide carnage of the four preceding years, and marked the victory of right and freedom. I believe that my people in every part of the Empire fervently wish to perpetuate the memory of that great deliverance and of those who laid down their lives to achieve it.

"To afford an opportunity for the universal expression of this feeling it is my desire and hope that at the hour when the



The Spirit of Sacrifice, The Torch Bearer, Vimy Memorial (Courtesy: Canadian War Museum).

armistice came into force, the eleventh hour of the eleventh day of the eleventh month, there may be for the brief space of two minutes a complete suspension of all our normal activities. During that time, except in the rare cases where this might be impractical, all work, all sound and all locomotion should cease, so that in perfect stillness the thoughts of every one may be concentrated on reverent remembrance of the glorious dead."³

The day had not yet received official recognition in the House of Commons, yet on 11 November 1919, across Canada, at 11:00 am local time, the King's wishes were observed. Businesses, factories, offices, legislatures, schools, churches and even traffic stopped for two minutes. In their

silence, they remembered.

By 1921, the poppy – the central image of John McCrae's *In Flanders Fields* – began to appear on lapels across Canada as a symbol of remembrance. The poppy's link to battlefield casualties was already over one hundred years old. A correspondent of the *Napoleonic Campaigns* had noted, as McCrae would again from his dressing station along near Yser Canal in 1915, how the poppies flourished over soldiers' graves in Flanders. But it would be McCrae's poem that popularized the poppy around the world.

In November 1918, Moina Michael, an American woman working with President of the Overseas YMCA at Columbia University, happened across a copy of *Ladies Home Journal*

featuring McCrae's poem printed alongside the image of ghostly soldier rising from poppy-covered graves. She knew the poem well and the image was inspirational. Michael penned a poem in response to McCrae, "We Shall Keep the Faith," and pledged to wear a red poppy in remembrance of the war's dead. Encouraged by the response she received from friends and colleagues, Michael decided to devote all her spare time to the recognition for the "Flanders Fields Memorial Poppy". Within the year, she had the weight of the American press on her side.

Moina Michael's campaign quickly spread beyond the borders of the continental United States, eventually touching Mme Anne Guérin, a French citizen moved by both McCrae's poetry, and Mme Guérin herself, who was making commemorative silk poppies for visitors to the battlefields. At her suggestion, the Great War Veterans Association officially adopted the poppy as its emblem of Remembrance. Mme Guérin's poppies were made in France by war orphans and widows and the funds raised were used to help support them. Others recognized the potential that such work could provide to disabled veterans and soon they too were making poppies and wreaths, using the profits to assist in the provision of artificial limbs and other services to the wounded. Michael and Guérin continued to work together and their efforts, in no small part, helped to make the red poppy the flower of remembrance.

At that same moment, as the last act of the Meighen government, Parliament passed the Armistice Day Act of 1921. Every year the Monday of the week of 11 November would be kept as a legal holiday known as Armistice Day. The Act also provided for the observance of Thanksgiving, previously a floating holiday proclaimed each year by cabinet, on the same day as Armistice Day. For the next 10 years, the two holidays would be bound

together. But Thanksgiving, filled with sporting events and light-hearted revelry, did not share the same solemnity as Armistice Day. Veterans and the general public alike were unhappy having the two occasions marked together. While not officially the holiday, 11 November was still marked every year by remembrance ceremonies at local cenotaphs and a moment of silence. The people made their preferences known.

Finally, in 1931, the Armistice Day Act was amended. Regardless of where it fell within the week, 11 November was formally recognized as the legal holiday and a day of commemoration separate from Thanksgiving. As if to emphasize this new status, the day was renamed Remembrance Day.

Canada came of age during the Great War and many of our Remembrance Day traditions date back to that conflict. Still, on this day, we also remember the fallen of the Second World War, the Korean Conflict, our peacekeeping operations and the war in Afghanistan. And a new generation adds new traditions to the old.

On 11 November 2004, Kelly Hake planted a Canadian flag at each veteran's grave at Mountain View Cemetery in Vancouver. It was a private initiative that year, an extension of the family's annual pilgrimage to their grandfathers' graves, both Great War veterans. Each year following, the cemetery staff has taken it upon themselves to mark one thousand veterans' graves in recognition of Remembrance Day.

At the going down of the sun, and in the morning,

We will remember them.

Laurence Binyen, "For the Fallen"

¹ Frank J. Shrive, *The Diary of a P.B.O. (Erin, ON: The Boston Mills Press, 1981) p.64*

² J. Mansfield papers, diary, 11 November 1918, Canadian War Museum.

³ As read by Sir George Foster, acting Prime Minister of Canada, in the House of Commons, 6 November 1919.



Remembrance Day



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




TOYOTA

Belleville Toyota
 48 Millennium Parkway
 Belleville, ON
 K8N 4Z5
 (613)968-4538

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



COMMISSIONAIRES
 SECURITY SOLUTIONS

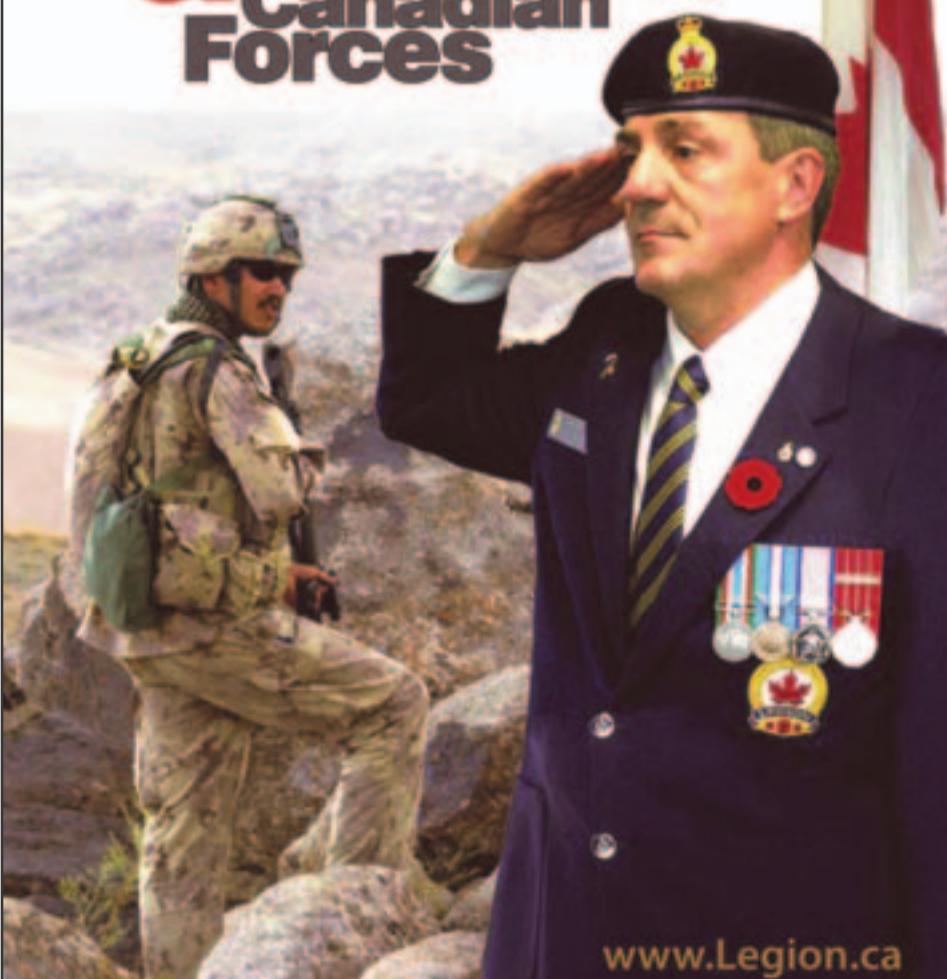


"LEST WE FORGET"
Thank you for your service.

HUGH BRENNEN
 QUINTE DISTRICT MANAGER
 613-962-6500

314 PINNACLE ST., BELLEVILLE, ON K8N 3B4
 WWW.COMMISSIONAIRES.CA WWW.BEPARDONED.COM
 CANADIAN CORPS OF COMMISSIONAIRES

The Royal Canadian Legion & The Canadian Forces

www.Legion.ca



They have not failed us,
 let us not fail them...

World War I
 World War II
 Korea
 Peacekeeping
 Afghanistan

Lou Rinaldi, M.P.P.
 Northumberland
 Quinte West




**BELLEVILLE
 DODGE
 CHRYSLER
 JEEP**

658 Dundas St. W.,
 Belleville, ON

613-966-9936
 Fax: 613-966-7422




independent
 YOUR INDEPENDENT GROCER

*We at Smylie's Independent will remember all of our Fallen Comrades.
 Join us in remembering all who gave their lives for Freedom.*

293 Dundas St. East, Trenton
 Store Hours
 Mon. - Fri. 8 a.m. - 9 p.m.
 Sat. 8 a.m. - 8 p.m.
 Sun. 9 a.m. - 6 p.m.

613-392-0297

Remembrance Day



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




VANDERMEER TOYOTA
959 Division St, Cobourg



"Lives of great men all remind us, we can make our lives sublime, and, departing, leave behind us, footprints on the sands of time"
~ H.W. Longfellow



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




Rick Norlock MP
Northumberland
Quinte West

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

"There for you"

We shall not forget.



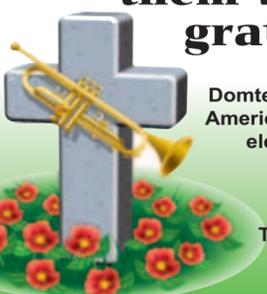
Family owned • Quality service
10 min oil change facility
Wal-Mart Plaza, Trenton 613-394-2585
Hours of Operation:
Monday - Saturday 8:30 am - 6:00 pm




Royal Canadian Legion Branch 99
We wear poppies, attend ceremonies & visit memorials.
"WE REMEMBER" why we must work to protect peace & our freedoms everyday.
132 Pinnacle St., Belleville ON
613-968-9053 Mgrs. office 613-962-2643

Domtech
ELECTRICAL WIRE & CABLE

"Recognize them with gratitude."



Domtech is a proud North American manufacturer of electrical wire & cable products.
40 East Davis Street
Trenton, ON, K8V 6S4
www.domtech.net
613-394-4884

413 (A/C Leonard Birchall) Wing
Air Force Association of Canada




Join Us In Remembering Our Fallen Comrades
230 N. Murray St., Trenton ON
613-392-2774
Reception Nov. 11, 2009 • 1200-1400 hrs

QuinteWest

Remembering the brave men and women who gave their lives for our country and freedom.



Mayor and Council
City of Quinte West.

Remembrance Day

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

VISIT OUR ONLINE SHOWROOM WWW.BAYVIEWAUTO.CA
Come and see your trusted credit specialists

Bayview Auto Sales
Sales, Service, Selection
980 Old Hwy # 2, Trenton 1-866-260-6755

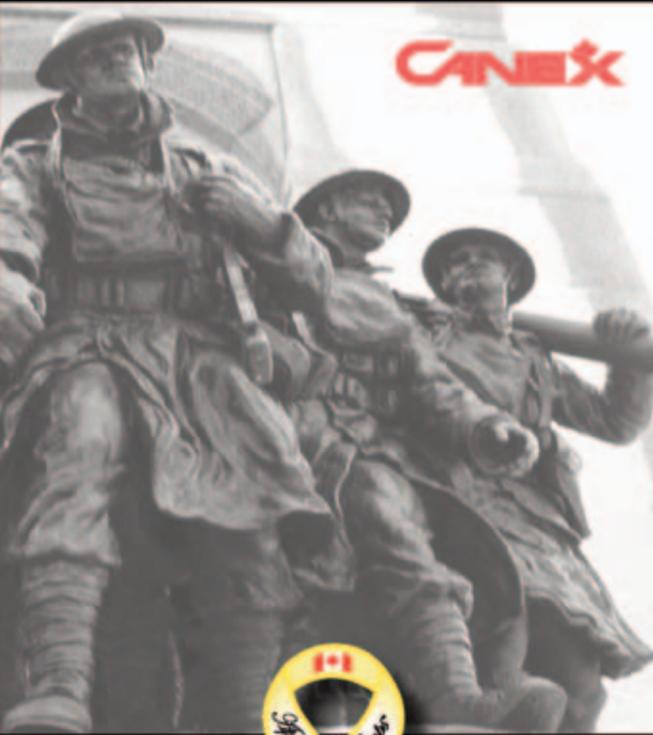
"We Salute Our Fallen Heroes."
Royal Canadian Legion Branch 110 Trenton
Remembrance Day Parade
Forming behind the Legion at 10:45am and marching to new Cenotaph location.
19 Quinte Street, Trenton, ON
613-392-0331

"We Will Remember Them"
Royal Canadian Legion Branch 100 Brighton
Parade - November 11, 2009
Starts at the Legion (Park St.) at 10:30 am to the Cenotaph for the Remembrance Day Service. You are invited back to the legion for a light lunch.
Dinner - November 11, 2009
\$15.00 per person
All Veterans are Free
Cocktails 5:00 pm
Dinner 6:00 pm
25 Park St., Brighton
613-475-1044
Wheelchair Access

"Remembering all the Men and Women who have Served – We say Thank You!"



West City Honda
1.877.269.4400 962.9513
670 Dundas St. West RR# 2 Belleville ON
www.westcityhonda.ca Email: info@westcityhonda.ca



LEST WE FORGET **N'OUBLIONS JAMAIS**



11 NOVEMBER • 11 NOVEMBRE

Holiday Inn
Offering you exceptional service and a warm friendly atmosphere.

"At the going down of the sun and in the morning we will remember them."

99 Glen Miller Road, Trenton, ON, K8V 5P8
Tel: (613) 394-4855 Fax: (613) 394-7116

Royal LePage ProAlliance Realty
Lest We Forget All Our Fallen Heroes

- Martine Anderson**** • Wayne Armstrong* Brighton • Doug Bald***** • Jason Ballas **** • Dawn Barnable*
- Judy Caswell* • Mike Cowan** • Andrea Davis***** • Pete Dion***** • Heather Foley* • Carol Gardner*
- Kevin Gillis***** • Saoirse Graham***** • Jamie Guinchard***** • Barb Hieb* • Howie MacKenzie*****
- Andy Martin***** • Mary Anne Martin* • Fay McCann* Brighton • Vickie McEwen** Brighton • Roxee Morden*
- Lorraine O'Quinn* • Joy Poupart** • Alan Russell* Brighton • Shelley Simpson* • Lydia St. Louis*
- Chelsea Weir***** • David Weir** • Carl Wilson* • Mike Wood* • Jeff Nelles*** • Mark Rashotte****

* Sales Rep
** Broker
*** Broker/Manager
**** Broker of Record/Owner
***** Licensed Asst. to David Weir, Sales Rep
***** Licensed Asst. to Lorraine O'Quinn, Sales Rep
***** Licensed Asst. to Mike Cowan, Broker

253 Dundas Street E., Trenton 394-4837 • 28 Main St., Brighton 475-6242



Trenton & Associates

Thank You
to our veterans of
yesterday and today
for what you have
accomplished
for our
country
and the
world.



Thank You for making
our world a safer place.

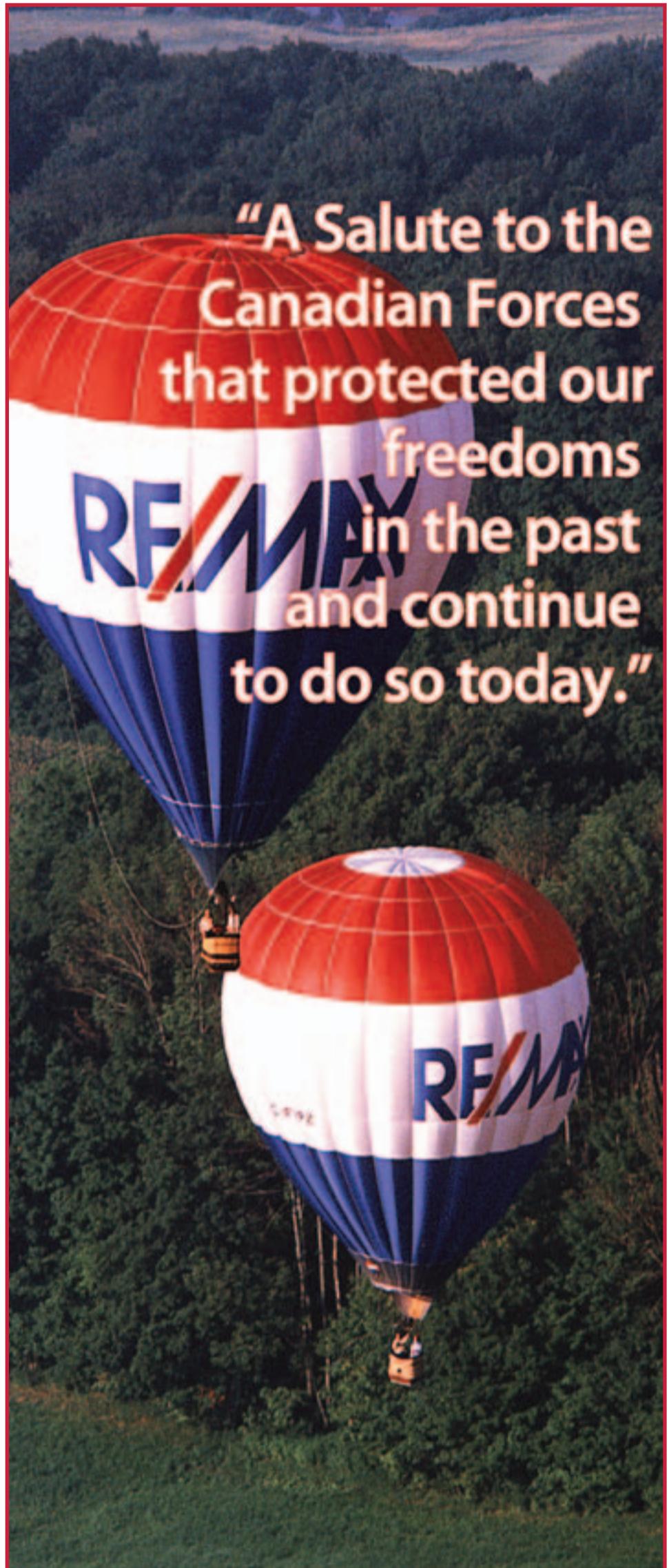
Hwy 401 & Glen Miller Road, Trenton Ontario
phone 613-394-3322 or toll free 1-877-394-3322

CANADA'S ONLY FURNITURE
SUPERSTORES



Lest We Forget

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



Trent Valley Realty Ltd., Brokerage

Independently Owned and Operated

- Trenton 613-392-6594
- Brighton 613-475-6594

Toll Free: 1-800-567-0776
www.trentvalleyrealty.com

Community Events

Community Events

generously sponsored by...

independent

YOUR INDEPENDENT GROCER

OWNED & OPERATED BY
SMYLIE'S
YOUR NEIGHBOURS

DRUGStore
PHARMACY

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.

Trenton Children's Centre

Craft & Gift Sale

November 14, 2009

Join us from 10 a.m. to 4 p.m. for great gift ideas for the holidays, and stocking stuffers! Find something for everyone on your list!

Hot lunch and bake sale, Caricatures by "Caricatures By Me". \$1 Admission, includes door prize draw and raffles.

Proceeds support the Trenton Children's Centre. For more information or to book a table call Christine 613-394-6825.



Let's do it together!

Starlight Film Festival



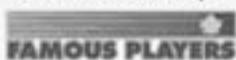
COME JOIN US AT FAMOUS PLAYERS BELLEVILLE 8 FOR AN ALL NIGHT MOVIE MARATHON WITH UNLIMITED POPCORN, FOUNTAIN POP AND ARCADE GAMES!

Saturday, November 7th, 2009 from 11:45pm to 7am Sunday, no admittance after 1:15am

FEATURED FILMS TO BE ANNOUNCED!

ADMISSION ONLY \$20
* For current high school students only *

Presented by



Tickets are available at United Way of Quinte and Guest Services in the Quinte Mall. Only 300 tickets available!

United Way of Quinte • 249 William Street, Sears Unity Place, Belleville, ON K8N 3K4 • Tel: 613-962-9531 • Fax: 613-962-4165
E-mail: office@belleville.unitedway.ca • Web: www.belleville.unitedway.ca • Check us out on Facebook & Twitter by searching United way of Quinte!

Link to Learning Lending Library

Saturdays, in Belleville, from 1 p.m. to 4 p.m. Lending library with most up to date resources for families raising a child with a disability. Please check us out at 188 Victoria Ave.

www.linkstolearning.ca

CASINO OLYMPIA



Astra Lounge
CFB 8 Wing Trenton

106 Yukon Street, Trenton
Saturday, November 14th, 2009
7:00pm - 1:00am
Casual dress
Taxi chits available

Tickets \$ 25.00

Available at:
CANEX
United Way of Quinte
249 William St., Belleville
At the door

Tickets include hors d'oeuvres and casino cash
Call 613-962-9531 for more information or visit www.unitedwayofquinte.ca

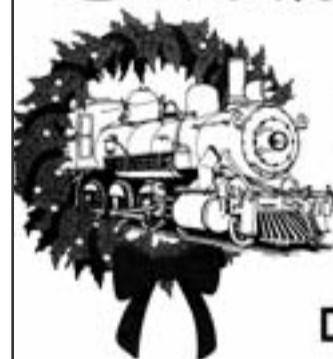
All proceeds to support United Way of Quinte



Ways to Help Reduce the Spread of Flu

- * Wash your hands.
 - * Cough and/or sneeze into your sleeve.
 - * Stay home when you're sick.
 - * Clean and disinfect high touch areas (like door-knobs, keyboards, and countertops).
 - * Get your H1N1 flu shot when it's available.
 - * Watch the media for clinic details or visit www.hpechu.on.ca
- Unless your flu symptoms are serious, do not go to a hospital Emergency Department. To help make that decision, or to find out the dates of flu shot clinics, go to: <http://www.health.gov.on.ca/en/ccom/flu/>

Quinte's 14th Annual Christmas Model Railroad Show



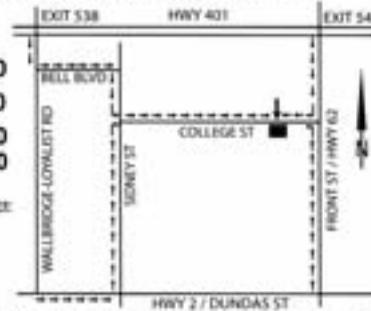
Belleville Ont.
Dec. 5 and 6, 2009

Sat. & Sun. 10 a.m. to 4 p.m.
Quinte Secondary School
45 College St. West

11000 SQUARE FEET OF VENDORS & DISPLAYS
DOOR PRIZES
SALES OF AND EXPERT ADVICE ON MODEL RAILROAD CHRISTMAS GIFTS FOR YOUNG AND OLD

ADMISSION:
ADULTS \$5.00
SENIORS & STUDENTS 4.00
CHILDREN 2.00
FAMILY RATE 10.00

For further information contact:
Paul Martel
Phone 613-968-9270
email: pmartel@copeco.ca
Al Hird
Phone 613-475-6163



Sponsored by Belleville & Brighton Model Railroad Clubs

FAMILY



Activity: Painted Play House



Instructions: Place some sheets of newspaper beneath the appliance box. Pour a few colours of tempera paint onto a paint tray and provide roller brushes for a few children to do this activity. Children should put on smocks before they begin to paint.

Children can dip the rollers into the paint and apply it to the surface of the box to decorate it as they wish.

When the box has dried, an adult can use scissors or an exacto knife to cut windows and a doorway into the box to create a rocket ship or castle or house for the children's dramatic play.

Enjoy this more with Comfort, Play & Teach™. **Comfort:** As children paint, they can talk, plan, and share ideas. Creating a place

for imaginative play together invites communicating, sharing, turn-taking and co-operation — skills necessary for getting along with others.

Play: How many ideas can children dream up for their pretend play? They may be community helpers, space aliens, fairy tale characters and dragons! There is no limit on what they will do as they play.

Teach: Creating a pretend play house gives children an opportunity to use thinking skills like planning, making choices and decisions, delegating and seeking out the resources that they need to carry out their ideas together.

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

Inviting friends over to create their own space for pretend play lets them practice social skills while they play. This Comfort, Play & Teach™ activity will encourage your child and his friends to make up all kinds of stories and bring them to life, together!

You will need:

- A large cardboard appliance box
- Roller brushes
- Tempera paint
- Paint trays
- Smocks to protect the children's clothing

Mealtime.org Chicken Tenders

Chicken Tenders Italiano...This Italian-style dish combines pasta, chicken and vegetables for a great everyday entree.

Ingredients:

- 1 pound penne pasta
- 4 teaspoons olive oil
- 1 each large yellow and green bell pepper, cut into thin strips, strips halved crosswise
- 1 pound chicken tenders, each cut in two or three pieces
- 2 cans (14 1/2 ounces each) diced Italian-style tomatoes
- 1 can (5 1/4 ounce drained weight) pitted ripe olives, drained and halved

Preparation Time: Approximately 10 minutes

Cook Time: Approximately 20 minutes

Preparation: Cook the pasta according to package directions. While the pasta is cooking heat the oil in a large non-stick skillet over medium heat. Add the bell pepper strips and cook until tender, tossing often. Add the chicken and cook until they lose their raw look, tossing often. Add the tomatoes and simmer until the chicken is cooked through, about five minutes. Stir in the olives. Drain the pasta and toss with the hot sauce.

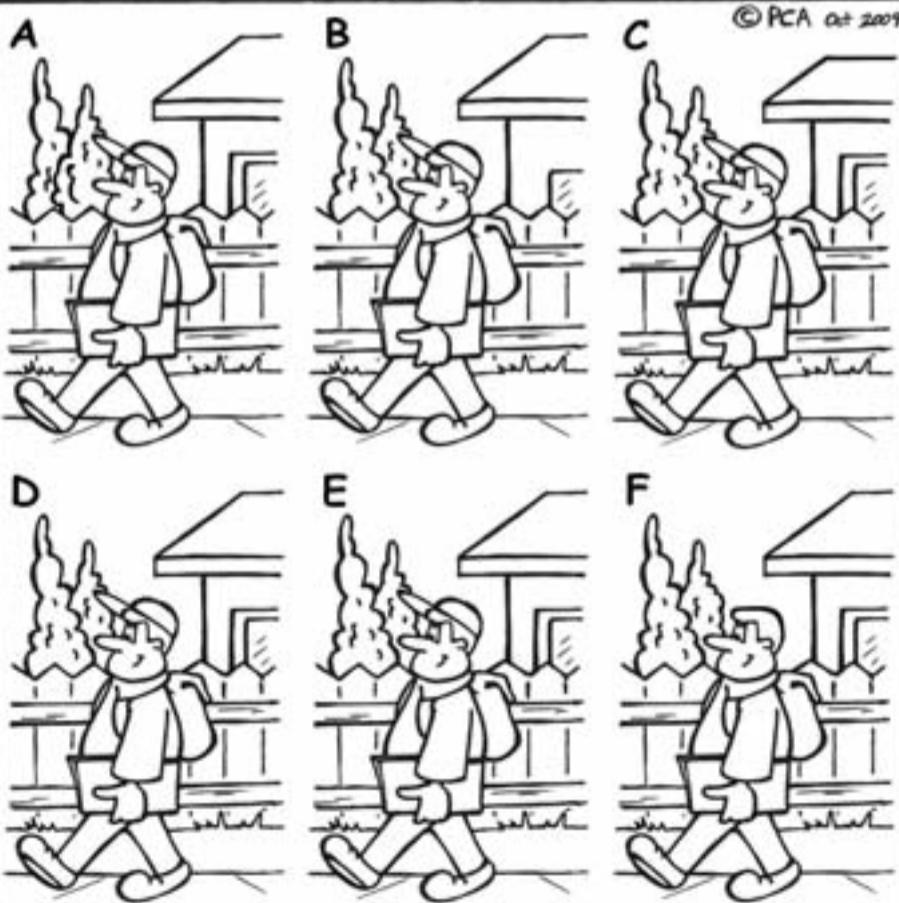
Serves: Six

Nutrition Information: Calories 583; Fat 17g; Cholesterol 33mg; Sodium 749mg; Carbohydrate 73g; Fiber 5g; Protein 31g

NOTXACTLYDASAME

www.pcartoons.com
PIERRE C. ARSENEAULT

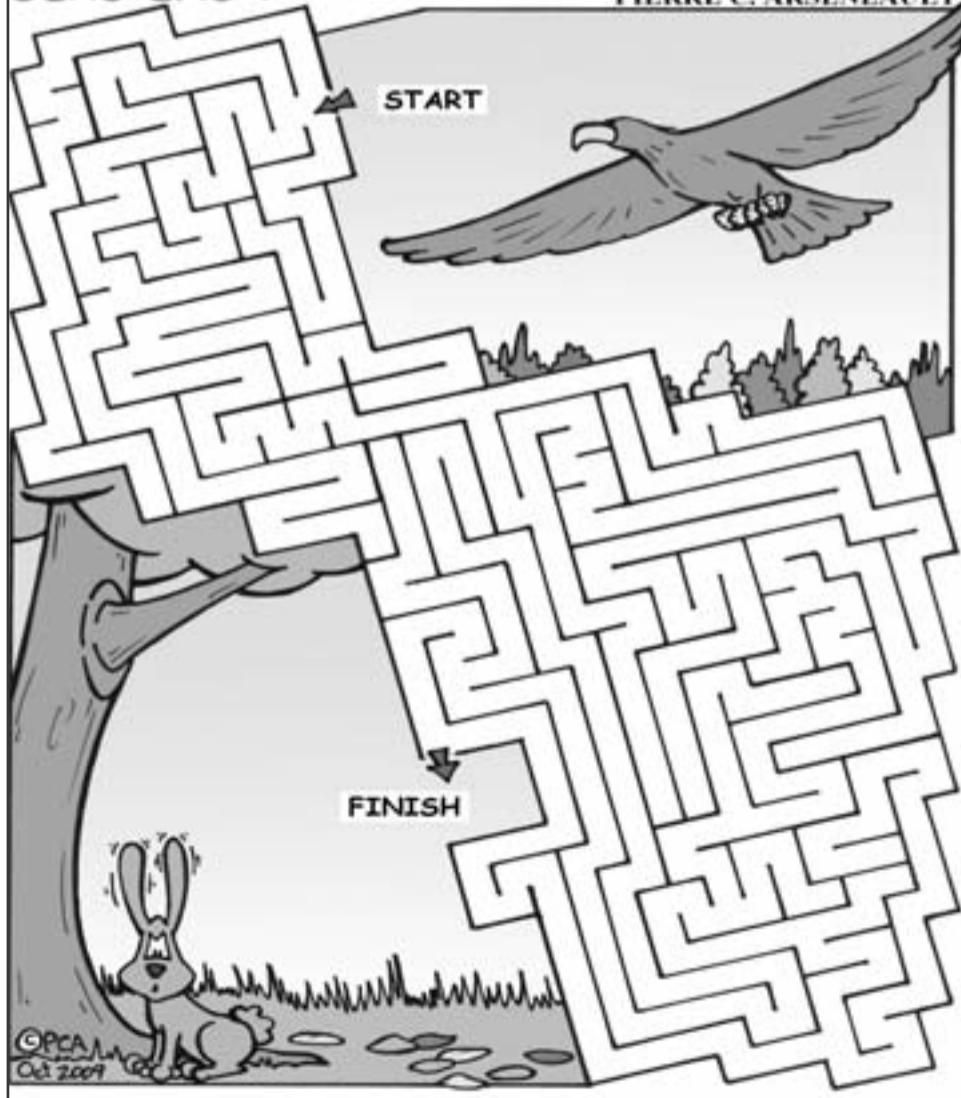
FIND THE 2 IDENTICAL IMAGES



ANSWERS: D & E

DEAD END ?

www.pcartoons.com
PIERRE C. ARSENEAULT



WINTER WAX PROTECTION FOR YOUR VEHICLE

Waxing is not only for the warm weather season, shield and protect your vehicles clear coat and paint from the harsh winter weather, salt, sand and snow brushes.

FALL SPECIAL
\$89.95 + TAX
Book your appointment today!

EXCLUSIVE MOTORCARS

38 Guelph St. Trenton
(613) 392-9700 / (613) 848-8300

info@exclusive-motorcars.com • www.exclusive-motorcars.com
European Style Professional Detailing!

AUTENTIQUE FRENCH BISTRO
L'Auberge de France
Bistro, Bakery & Floral Shop
IN DOWNTOWN BELLEVILLE
BISTRO: 613.966.CHEF(2433) • WWW.AUBERGEDEFRANCE.CA
304 FRONT ST. BELLEVILLE, ON *look for the blue awnings*

NAPA AUTOPRO
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



HOROSCOPES

Donna's
Astrology Weekly

www.donnnavantocn.com

November 8 – November 14

Theme of the week: This looks like a pretty good week for pretty much everyone. Cancers and Librans may find yourselves in a rather lazy mood, which is more likely to be a problem next week when you're forced to face those undone chores. Aries, you may have a few minor challenges simply because you go looking for them. Capricorns may have a few flashbacks to the past that may not be entirely pleasant. Pisces and Taurus may have weird dreams or difficulty sleeping. Overall, nobody's got much to complain about. Enjoy!

ARIES (March 21-April 19): You could have a bit of bad luck or a few snafus. They may have to do with shared resources or things owed to you or by you. They may also be part of a recurring pattern. If so, break it! TV shows of an educational nature could help satiate your lust for adventure.

TAURUS (April 20-May 20): There's gridlock on your highway of life this week. It's put there by gossip, weird dreams, and a general difficulty sorting out fact from fancy. Keeping a journal may help you clear your head and see what's what. Give it a try! Meanwhile, you can't go wrong by playing it safe. If it turns out to be real, you can act on it then.

GEMINI (May 21-June 20): This is a neutral week as far as moving forward goes, but you can certainly expect not to move backwards. Mostly the momentum of what's going on around you carries you to wherever you want to go. No problems!

CANCER (June 21-July 22): You can expect your plans to inch forward slowly, not so much because of difficulties as because you're not really too motivated to knock yourself out working. As long as you do the minimum and don't get behind, you should be ok.

LEO (July 23-Aug. 22): Things are moving along at a normal pace. You get to catch up on your reading and email. You may also accept a new responsibility. Make room for others in your life and all should be well!

VIRGO (Aug. 23-Sept. 22): You may still be carrying some emotional baggage from last week. If so, drop it! It's unhealthy, unnecessary, and otherwise yucky. Mark time on your calendar to do something you really enjoy with people you enjoy being with.

LIBRA (Sept. 23-Oct. 23): Unfortunately, your forecast this week is rather gray. There is work to do that you deem too hard, too time-consuming, or too dirty to do. You may pout, stamp your foot, or lose your temper if forced to do it. This, too, shall pass!

SCORPIO (Oct. 23-Nov. 21): You may be trying to start something new. This causes tension. Others aren't entirely supportive. You can do it, but it won't be easy. For some of you, a hunting trip may figure, for others there could be yard work.

SAGITTARIUS (Nov. 22-Dec. 21): You want to get to the top. Some sort of self-improvement program may do the trick. Think about it. No matter how good you are, you can always be better. Practice what you preach!

CAPRICORN (Dec. 22-Jan. 19): A lot depends on how you communicate and what you communicate. Some of you may be interested in improving your knowledge or skill in some area. Others may be getting involved in some sort of research project. Either way, a friend may be able to steer you in the right direction. Ask!

AQUARIUS (Jan. 20-Feb. 18): You're known for your honesty, but you're also known for sometimes telling people what they don't want to hear. A little tact could go a long way this week. If the emperor's wearing no clothes, point out his lack of shoes. Let others take it from there!

PISCES (Feb. 19-March 20): You're nothing if not sensitive. Unfortunately, others don't always share your sensitivity. If you are offended or embarrassed this week, consider the source. Then give some thought to putting some distance between you and that person. You don't need this!

On the move with



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.



© 2005 BRIAN CODAGNONE



Psalm 91:11
Can I have someone else?



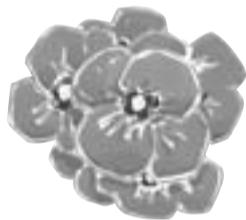
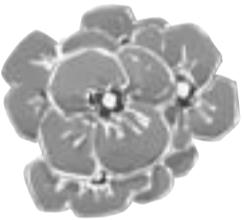
"I'm not getting him out! You get him out!"



JR RANKS MESS

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 Lab Lounge 4 Health Svc Gp	3 Astra Flu Vaccin Parade Lab Lounge 4 Health Svc Gp	4 Astra Flu Vaccin Parade Lab Lounge 4 Health Svc Gp	5 Astra Flu Vaccin Parade	6 Astra Flu Vaccin Parade TGIF/ Lasagna Sports Pool	7
8 	9 Astra Flu Vaccin Parade	10 Astra Flu Vaccin Parade	11 Remembrance Day - Mess Closed	12 Astra Flu Vaccin Parade	13 Astra Flu Vaccin Parade TGIF / Subs Sports Euchre	14 United Way Charity Casino Night / Astra
15	16 Astra Lab Lounge TRSET Conference	17 Astra Lab Lounge TRSET Conference	18 Astra Lab Lounge TRSET Conference	19 Astra Lab Lounge TRSET Conference	20 Astra Ed Robertson Show TGIF/Sports Cancelled	21 UFC
22	23 Astra Flu Vaccin Parade	24 Astra Flu Vaccin Parade	25 Lab Lounge 429 Sqn Wives Club Astra Flu Vaccin Parade	26	27 Astra 8AMS/A1-2 Christmas Party TGIF - Donairs Sports - Pool	28 Astra WFoods Christmas Party
29	30					

NOVEMBER 2009



More Than Just Taxi Service

SERVING THE COMMUNITY WITH PRIDE & COMMITMENT



WHEELCHAIR ACCESS

LIMO SERVICE

COURIER SERVICE

MILITARY DISCOUNT FOR TORONTO AIRPORT



613-392-3525 • 613-392-8505



TRENTON Military Family Resource Centre



MFRC-EVENTS & INFORMATION Everything for Baby to Kids to You Consignment Sale

Come explore a great selection of clothes, baby gear, maternity wear and toys galore. Get everything you need at family friendly prices!

Are you overrun by toys, outgrown clothes? Become a consigner and earn extra cash! Consignment package can be picked up at the MFRC.

November 14 10am -2pm RecPlex Gym

MFRC Youth Centre Drop In Hours

Tuesday: 6:00-9:00 for ages 11 to 14
Wednesday: 5:30-8:00 for ages 6 to 12
Thursday: 7:00-10:00 for ages 13 to 18
Friday: 7:00-11:00 for ages 13 to 18
Saturday: 9:00-Noon for ages 6 to 12



For more information: Jennifer - 3265 or Susan - 2382

Drop off "Take a Break" Childcare

is available on Fridays in the playroom for children under 6 or Saturday in the playroom and Youth Centre at no cost if your spouse is deployed. Reservations are required 48 hours in advance and for Saturday you must register first at MFRC reception.

For more information contact Eve at 965-3595 or Kelly at ext. 4532



For additional information:
www.MFRC.CFBTrenton.com
Contact: Jaimie Corriveau 613-955-8711



CRFM-Événements et Information Tout pour les Bébés et enfants Vente de Consigne

Venez découvrir une formidable sélection de vêtements (nouveau-né à taille), accessoires de bébé, vêtements de maternité et des jouets en abondance. Venez choisir ce dont vous avez besoin à des prix abordables pour la famille.

Vous avez trop jouets? Les vêtements sont devenus trop petits? Devenez un vendeur et faite de l'argent! Les formulaires de vente en consigne et les brochures d'information sont disponible au CRFM.

Le 14 novembre 10h -14h au gymnase du RecPlex

Centre des jeunes du CRFM



Mardi : 18h-21h pour les 11 to 14 ans
Mercredi : 17h30-20h pour les 6 to 12 ans
Jeudi : 19h- 22h pour les 13 to 18 ans
Vendredi : 19h-23h pour les 13 to 18 ans
Samedi : 9h -Midi pour les 6 to 12 ans

Pour information contactez : Jennifer – 3265 ou Susan – 2382

Halte garderie

Les vendredis dans la Salle de jeux ou les samedis dans le Salle de jeux et le Centre de Jeunes, la garde est gratuite pour les enfants de 6 ans et moins des membres partis au loin pour au moins un mois. Les réservations sont nécessaires au moins 48 heures à l'avance au bureau d'accueil

Pour information contactez: Eve à 965-3595 ou Kelly à poste 4532



Pour information additionnelle
www.MFRC.CFBTrenton.com
Contactez: Jaimie Corriveau 613-955-8711



Home of the Week

CARRIERS NEEDED



to deliver Contact newspapers here at 8 Wing/CFB Trenton.

Please call
613 392-2811 ext. 7248

Leave your name, address, phone number & age.

Contact

Thank You Belleville, Quinte, "The County" & Eastern Ontario.

We now offer one of the LARGEST FACTORY DIRECT COLLECTIONS OF HANDCRAFTED CANADIAN MENNONITE FURNITURE in EASTERN ONTARIO. Heirloom pieces are crafted from wormy & clear maple, flat & 1/4 cut oak, rustic & rough sawn pine & cherry.

MENNONITE FURNITURE Collection

- Tables & Chairs
- Bedrooms
- Mattresses & Home Accent Pcs

RUTTLE BROTHERS FURNITURE
SINCE 1974

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

Home of the Week

Your Building Renovation Experts



Executive-Style Family Home

Plan Number 7-3-893

This executive-style family home is suitable for a large city lot and is sure to be an impressive presence on any street.

A combination of architectural details that includes a cathedral entrance, stone facade, feature windows and a multi-gabled roof-line gives the exterior a character that suits a house of this size.

The huge patio at the rear is partly covered. This will be the place to enjoy barbecues and outdoor meals, with protection from the elements when necessary.

Also on the main floor is the roomy master suite, with excellent separation from the other bedrooms.

The triple-car garage is designed as a recessed single and a double, so that it does not overwhelm the exterior.

The house is 71 feet wide and 60 feet deep with 2,816 square feet of living space and an unfinished basement.



Plans for design 7-3-893 are available for \$787 (set of 5), \$883 (set of 8) and \$944 for a super set of 10. B.C. residents add 7% Prov. Sales Tax. Also add \$25.00 Priority Post charge within B.C. or \$45.00 outside of B.C. Please add 5% G.S.T. or 13% H.S.T. (where applicable) to both the plan price and Priority charges. Our 41st Edition of the Home Plan Catalogue containing over 300 plans is available for \$13.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home Plan of the Week" and mail to:
HOME PLAN OF THE WEEK
c/o. The Contact
Unit 7, 15243 91 Avenue
Surrey, B.C. V3R 8P8

Or see our web page order form on: www.jenish.com and e-mail your order to: homeplans@jenish.com

Quinte Mobile Concrete Service

When you want **CONCRETE**

Metered Deliveries

Any quality - large or small
Pay what you use - no waste.
Convenient delivery - it's metered
Always the right mix for your job.

RR1 TRENTON
(0.5 km south of 401 on Wooler Rd.)
613-392-2038 or 613-392-2294

Over 35 Years

West Supply

BUILDING MATERIALS
VINYL & ALUMINIUM SIDING
SOFFIT, FASCIA, RAINWARE
SPECIALTY PRODUCTS
STEEL ROOFING
WINDOWS & PATIOS DOORS

DELIVERY AVAILABLE
488 Bigford Rd., Brighton
613-475-6500

Custom Home Designs
Personal Service & Professional Expertise
dennis@martindesignstudios.ca

MARTIN DESIGN STUDIOS

Supporting local businesses!

Designs to suit your needs.
Project consultation
Concept sketches 3D computer renditions
Electronic prints and
Construction Drawings / Blueprints

MARTIN DESIGN & DRAFTING STUDIOS
BCIN REGISTERED DESIGNER AND FIRM
Ph: (613) 394-3800 Fax: (613) 394-3834

"YOUR ONE STOP BUILDING CENTRE"

COLE'S **TIM-BR Mart**

COMPLETE LINE OF BUILDING SUPPLIES
KITCHEN & BATH SHOWROOM
DELIVERY AVAILABLE
RENTAL CENTRE
www.colestimbrmart.ca

47 Ontario St., Brighton
613-475-2810
1-888-265-3742

ABSOLUTE General Contractors
613-392-3100

Tax Credit Approved

Taking Care of Our Troops on the Home Front

Serving Quinte Area for 20 Years

- Fences & Decks
- Siding & Roofing
- Windows & Doors
- Kitchen & Bath

Interior & Exterior Renovation Experts

Advertise your home improvement business here!

Call 613-392-2811 ext 7248 or 3976
Fax 613-965-7490

PATIO DOORS • ENTRY DOORS

Trenton Glass & Windows Ltd.

- Vinyl Replacement Windows
- Mirrors • Patio Doors
- Steel Entrance Doors
- Household Glass & Screen Repairs

YEAR ROUND INSTALLATION
FREE ESTIMATES
FULL SHOWROOM
679 Old Hwy 2
East of CFB Trenton
Mon-Fri 7 am - 5 pm
613-394-3597
www.trentonglass.net

PATIO DOORS • ENTRY DOORS

RENOVATIONS

RENO TECH

General Contracting
Free Estimates

10% DISCOUNT FOR MILITARY PERSONNEL

- Siding • Soffit • Fascia
- Metal Roofing
- Windows & Doors
- Fencing & Deck and more

Cell 613-919-5080

Consumer's Flooring Centre

VINYL
CARPET
LAMINATE
CERAMIC TILE
HARDWOOD
AREA RUGS

415 Maitland Dr. Belleville
613-966-9120

Chaplain Services

8 Wing/CFB Trenton Chaplain Services
services offerts par l'aumônerie de l'escadre

WING CHAPLAIN SERVICES

SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

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

Unit Chaplains – aumôniers d'unités

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

As support staff - comme personnel de soutien

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

WORSHIP SERVICES

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

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

Chapel Life Co-ordinator
Father Philippe Boudreau
Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 0900h

Sunday Mass at 1130hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 0900 hrs and coffee

3ième dimanche messe bilingue: 09h00 et café

Confession - Réconciliation

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

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday –1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

St. Clement Astra (P)
Protestant Community

Chapel Life Co-ordinator
Padre Jim Craig

Worship Service

Sunday Divine Worship, 1015hrs

Holy Communion:

1st Sunday of the month

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

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

SACRAMENT OF BAPTISM

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

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

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

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

SACREMENT DU BAPTÊME

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

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

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

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

Planning to get married?

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

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

Vous planifiez de vous marier?

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

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

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

CHAPLAIN EMERGENCY FUND

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

FONDS D'URGENCE DES AUMÔNIERS

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

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

PERFORMANCE

Sales & Leasing

FULL LINE ACCESSORY STORE NOW OPEN

- Hitches • Caps • Wheels
- Tires • Lift/Lowering kits
- Programmers & more

28 Farnham Rd. Belleville
613-962-3235

• Desktop Publishing • Posters • Laminating • Digital Copies



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

New green CFAWC ,

Continued from Page 1

well imagine the women and men serving with the CFAWC are looking forward to occupying their new home next summer.

Accompanying Col Williams last Friday was Wing Chief Warrant Officer Kevin West, Lieutenant-Colonel Dave Alexander, the new 8 Wing Chief of Staff, Major Debbie Graitsonn, Deputy WLEO and Captain Kathryn Contois, Wing Construction Engineering Requirements Officer.

The new site tour was conducted by Defence Construction Canada Project Manager Dan Meens; investigation of the current CFAWC home was led by Mr. Stephane Coutu, Senior IT Support Technician with 8 Wing Telecommunications and Information Services Squadron.

LCol Lewis called the new CFAWC "the jewel in the crown of 8 Wing infrastructure."

"The environmental considerations, the architectural touches and the modern technological systems in the building make the facility the Flag Ship administrative building of the Air Force," he said.

The new CFAWC building is designed with 150 work spaces, each with individualized climate control. Most of the building will feature secured access; but non-secure areas have been set aside, including a technical library and a briefing room. The facility will house a theatre featuring dual projection screens and 120 seats, each of which will house individual monitors. A focal point of the new CFAWC will be a large central atrium with patio seating.

Eventually, a new home for the Canadian Forces Land Advanced Warfare Centre will be build immediately west of the new CFAWC, relocating that operation from its present location on the hangar line.

Setting a target as high as LEED Gold means paying close attention to every aspect of construction.

"The project gained points for initiatives like inclusion of car pool parking spots, permeable unit pavers for the parking lot, and for having an education plan on green building strategies used in construction," Capt Contois said.

And as the Wing prepares to welcome yet another new facility to the fold, Col Williams and his staff must determine the best use of the much older building currently hosting LCol MacAleese's staff and students.

The Canadian Forces Aerospace Warfare Centre (CFAWC) stood up in October 2005 to become the engine of change for Air Force transformation. The CFAWC is responsible for the development, production, and dissemination of all aerospace doctrine. Ultimately the aim of the CFAWC is to be recognized as the Canadian centre of excellence for Aerospace Power by acting as a catalyst for Aerospace Power development and as a steward for Aerospace Power knowledge.

Sears

Trenton

WE OFFER MORE THAN 1500 APPLIANCES!

Locally owned by
Hilda Andrews & Jackie Irvine

Brenda Gayton
Sales Associate



When it's on sale at Sears,
it's on sale at Sears in Trenton

Why Make the Drive?

WE WILL NOT BE UNDERSOLD



VISIT OUR SHOWROOM AT... 101 DUNDAS ST. W. 613-392-2552

LOCAL SERVICES AND TRADES

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

Accounting Services

"It's our business to know your business"



Read's
ACCOUNTING SERVICES

TAX PREPARATION
BOOKKEEPING
ACCOUNTING SERVICES
FINANCIAL STATEMENTS
"Trust the Professionals"
25 Quinte St., Trenton
613-392-4372
www.readsaccounting.com

Building Material

RONA TRENTON
"Buy Where The Builder Buys"

House plans, engineered floors, kiln dried lumber, expert staff, etc.
234 Glen Miller Rd.
Trenton
613-394-3351

Granite Countertops

Constructall Granite

Granite Countertops
• Fireplaces • Vanities
• Free Estimates
Area's largest showroom over 30 colours... Full slabs to view
30 Creelman Ave. Trenton
613-965-1800

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

Physiotherapy

BRIGHTON SPORT & WELLNESS
Sports Injuries, Back and Neck Pain, Tendonitis, Motor Vehicle and WSIB, Acupuncture
Chiropody (Foot Care)
Custom Orthotics, Ingrown Toenails, Warts/Callus/Ulcers/Heel or Foot Pain, Diabetic Foot Care
No Referral Necessary, Blue Cross Provider, Veteran Affairs
92 Main St, Brighton • 613-475-0606

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: trentonpoolsandspas@cogeco.net
Family owned & operated

Roofing

CEDARGROVE ROOFING LTD.

- All types of Roofing
- Trailer Roofs
- Free Estimates • Fully Insured
- Written Guarantee
- Competitive Rates

E.P.D.M. 1 Ply
Low Slope & Flat Roofing
Over 30 Years Experience
90 Division St., Brighton
613-475-4842

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

MASSAGE
Silver Star Studio
Licensed Oriental Massage
Relaxing Shiatsu
Massage
Open Daily 9am - 9pm
56 Elgin St., Unit 2, Trenton Downtown,
Across from Quinte Hotel
613-392-7119

MARINOVICH DENTAL
Drs John and Sue Marinovich and staff have been serving the dental community of Quinte since 1994. We offer complete dental care for all ages.
Your health comes first.
New Patients and same day emergencies always welcome!

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

All the information you need is just a click away!



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

WWW.FRYFORD.COM • WWW.FRYFORD.COM • WWW.FRYFORD.COM • WWW.FRYFORD.COM • WWW.FRYFORD.COM

Over 250 used vehicles available

NO MONEY DOWN!

CREDIT ISSUES NO PROBLEM

visit: www.fryford.com



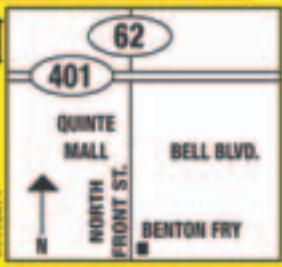
06 CHEVY AVALANCH LT 4X4 V6, 3.5L, flex fuel loaded, DVD, sunroof, leather interior, tow, power heated seats, home security system, you will not find a one owner dealer vehicle, 30594kms. STK #9Y120 \$25,878* ⁸⁹ Weekly 5.49% in MS.	08 JEEP LIBERTY SPORT 4X4 V6, 3.0L, 4 cyl., sunroof, MP3 player, extended golf cart pkg., until 2012 which includes all oil changes and tire rotations, console, floor, best price in Canada, 34,800kms. STK #9Y136 \$21,448* ⁷¹ Weekly 5.49% in MS.	07 EDGE SEL 4X4 3.5L, 4 cyl., 4 dr., dual climate controls, heated seats, side air bag curtain, auto temperature, MP3 player, remote entry, steering controls, chrome wheels, warranty till 100,000kms, 33,534kms. STK #9Y148 \$22,878* ⁷⁶ Weekly 5.49% in MS.	07 SILVERADO 1500 LTZ 4X4 4.8L, V8, fully loaded, heated seats, fold mirrors, remote start, remote start, leather, sunroof, home audio, auto temp, cruise, floor, power, rear sliding win., air controls, like a 2007! warranty till 100,000kms, 32,100kms. STK #9Y153 \$31,878* ¹⁰⁶ Weekly 5.49% in MS.	07 FORD F150 LARIAT 4X4 V6, 3.4 liter, Crew cab, leather, 20" wheels, auto temp., console, overhead, MP3 player, locking rear axle, power driver & passenger, power pedals, power sliding windows, steering controls, warranty till 100,000, 30,579kms. STK #9Y154 \$27,878* ⁸⁹ Weekly 5.49% in MS.	08 GRAND CARAVAN SE 4 Cyl., V6, 3.3 liter, drive and go seats, air, side impact air bag, rear side power windows, console overhead, remote entry, warranty till 100,000kms, 14,730kms. STK #9Y155 \$19,888* ^{78.50} Weekly 5.49% in MS.
08 ESCAPE XLT 4X4 4 Cyl., 2.3L, 4 dr., air bag curtain, alloy wheels, power seat, traction controls, power windows, lock, remote entry, warranty till 100,000kms, 32,764kms. STK #9Y157 \$19,478* ⁶⁵ Weekly 5.49% in MS.	06 F-150 XLT 4X4 V6, 4.0L, Ext. cab, etc. package, remote entry, warranty till 100,000kms, 34,120kms. STK #9Y164 \$23,878* ⁷⁹ Weekly 5.49% in MS.	08 F-150 XLT 4X4 V6, 4.0L, Crew cab, auto., black beauty with all the gear, equipment, MP3 player, remote entry, console overhead, chrome wheels, chrome door bars, chrome wheel trim & door handles, warranty 100,000kms, 47,367kms. STK #9Y165 \$27,878* ⁸⁹ Weekly 5.49% in MS.	08 F-150 XLT 4X4 V6, 4.0L, Ext. cab, sharp colour with all the gear, equipment, total warranty coverage for 1 year plus balance protection coverage for 1 year or 100,000kms, remote entry, console overhead, chrome wheels, 46,573kms. STK #9Y167 \$26,478* ⁸⁹ Weekly 5.49% in MS.	05 SIERRA 1500 SLE 4X4 8 Cyl., V8, 5.3 liter, air, alloy wheels, fog lights, power locks, running boards, tilt wheels, tinted glass, tow pkg., 100,488kms. STK #07S134 \$17,878* ⁵⁹ Weekly 5.49% in MS.	08 F-150 XLT 4X4 V6, 4.0L, Ext. cab, black beauty with all the gear, equipment, total warranty coverage for 1 year plus balance protection coverage for 1 year or 100,000kms, MP3 player, remote entry, console overhead, chrome wheels, chrome door bars, chrome wheel trim, 34,330kms. STK #9Y169 \$26,478* ⁹¹ Weekly 5.49% in MS.
08 F-150 XLT 4X4 V6, 4.0L, Ext. cab, silver charcoal exterior with all the gear, equipment, total warranty coverage for 1 year plus balance protection coverage for 1 year or 100,000kms, MP3 player, remote entry, console overhead, chrome wheels & trim, chrome door bars, 40,534kms. STK #9Y169 \$26,278* ⁸⁸ Weekly 5.49% in MS.	06 FREESTYLE SEL V6, 3.0L, 4 dr., air, alloy wheels, traction control, rear air & heat, remote entry, steering controls, warranty till 100,000kms, 47,317kms. STK #9Y170 \$18,878* ⁶³ Weekly 5.49% in MS.	08 F-250 LARIAT 4X4 6.4L, V8, Diesel, Crew cab, leather interior, sunroof, auto temp., heated seats, remote entry, steering controls, chrome wheels, warranty till 100,000kms, 30,934kms. STK #9Y171 \$40,878* ¹³² Weekly 5.49% in MS.	08 FORD RANGER SPORT V6, 3.0L, Ext. cab, box liner, tonneau cover, one owner driven by mature individual, good as new, warranty till 100,000kms, 5,573kms. STK #9Y172 \$16,878* ⁵⁶ Weekly 5.49% in MS.	05 F-150 XLT EXT CAB 4X4 HD Keyless entry, air, ABS, power windows, power locks, power mirrors, 81000.00 cap, 8000 OVR, will carry heavy payload, one owner used for pleasure only, 37,703kms. STK #9Y622A \$18,788* ⁷⁰ Weekly 5.49% in MS.	06 F-250 XLT 4X4 6.4L, V8, Diesel, Crew cab, tonneau cover, remote entry, locking rear axle, truck drives like new, balance factory warranty till 100,000kms, many upgrades, 100,000kms. STK #9Y173 \$29,878* ⁹⁹ Weekly 5.49% in MS.
04 F-150 FX4 4X4 V6, 3.4L, Premium sound with subwoofer, Flare side, tow pkg., box liner, traction control, 30,858kms. STK #9Y174 \$18,878* ⁶³ Weekly 5.49% in MS.	07 CADILLAC ESCALADE 4X4 5.3L, V8, 10 dr., MP3 compatible, navigation, back up camera, power fold mirrors, power Ford and Pkg web, AC, seats, DVD player, fully loaded, 37,844kms. STK #9Y175 \$51,844*	09 GRAND CHEROKEE LAREDO 4X4 4 cyl., message centre, tripmaster trans., console floor, MP3 player, remote entry, steering controls, save your money versus new, warranty till 100,000kms, 32,100kms. STK #9Y182 \$26,888* ⁸⁹ Weekly 5.49% in MS.	06 LINCOLN NAVIGATOR 4X4 5.4L, V8, navigation system, leather seats, remote start, power fold mirrors, sunroof, power pedals, power lift gate, 75,347kms. STK #9Y183 \$29,878*	07 ESCAPE XLT 4X4 4.0L, V6, 4 dr., remote entry, low kms, Moonroof with overhead console, 17,495kms. STK #9Y187 \$20,778* ⁶⁹ Weekly 5.49% in MS.	08 F-150 XLT 4X4 V6, 3.4L, Ext. cab, chrome rims, chrome running boards, bug deflector, window visors, contractors cap, 36,555kms. STK #9Y190 \$26,978* ⁸⁹ Weekly 5.49% in MS.
07 ESCAPE XLT 3.0L, V6, 4 dr., Steering controls, remote entry, leather seats, alloy wheels, traction control, sunroof, heated seats, 38,313kms. STK #9Y192 \$19,978* ⁶⁶ Weekly 5.49% in MS.	07 RAM 1500 SLT 4 Cyl., V6, 3.7 liter HEMI, leather, MP3 player, chrome wheels, dual exhaust, run like top dog, where will you find 27,000kms, warranty till 100,000kms, 22,700kms. STK #9Y129 \$25,888* ⁸⁵ Weekly 5.49% in MS.	07 DODGE NITRO SLT 3.0L, V6, 3.7 liter, air, alloy wheels, fog lights, leather interior, side impact air bag, stability control, tow pkg., leather sunroof, console floor, MP3 player, remote entry, steering controls, 30,800kms. STK #9Y772A \$20,888* ⁶⁹ Weekly 5.49% in MS.	06 FORD RANGER SPORT 4X4 V6, 4.0L, Ext. cab, low kms, tow pkg, box liner, rear sliding windows, alloy wheels, 38,305kms. STK #9Y193 \$16,978* ⁵⁶ Weekly 5.49% in MS.	03 HYUNDAI SANTA FE GL V6, 2.7L, 4 Dr., alloy wheels, trailer hitch, 6 disc CD changer, traction control, 136,249kms. STK #07S05B \$8,378* ²⁸ Weekly 5.49% in MS.	05 FREESTAR SPORT V6, 3.0L, Leather interior, remote start, console, console overhead, power pedals, remote entry, steering controls, traction control, 10,250kms. STK #05S09A \$13,878* ⁴⁶ Weekly 5.49% in MS.

MORE AVAILABLE - VISIT WWW.FRYFORD.COM

BENTON FRY FORD SALES LTD.

HWY #62, South of Belleville's Quinte Mall 1-877-269-2201

All prices/payments are plus taxes, admin fees, licensing and any other applicable fees. Vehicles may not be exactly as shown. Interest rate 5.49%. Payment calculated using 5.49% variable interest rate. See Dealer for details. E.g. \$10,000 borrowed over 84 months equals \$33.15 weekly. Cost of borrowing \$2,066.00 O.A.C. See dealer for details. Some 2007-09 vehicles are daily rentals. Offer valid at time of publication. Interest rates may vary. Down payment may be required O.A.C.



WWW.FRYFORD.COM • WWW.FRYFORD.COM • WWW.FRYFORD.COM • WWW.FRYFORD.COM • WWW.FRYFORD.COM

WWW.FRYFORD.COM • WWW.FRYFORD.COM • WWW.FRYFORD.COM • WWW.FRYFORD.COM • WWW.FRYFORD.COM

WWW.FRYFORD.COM • WWW.FRYFORD.COM • WWW.FRYFORD.COM • WWW.FRYFORD.COM • WWW.FRYFORD.COM

Classified

For Classified Information Call
392-2811 ext: 3976

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

Business Services

Mortgage Architects
Designing a mortgage that's right for you.

- * First-time and trade-up buyers
- * Debt Consolidation
- * Income Verification not always essential
- * Lower than Bank Posted Rates
- * 10 yrs experience as a Authorized DND Relocation Specialist

613-968-6439
866-968-6439
Brokerage #90287

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

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

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.
969-0287

All the information you need is just a click away.

The Contact Newspaper Online your gateway to the CFB Trenton community.

Contact
www.thecontactnewspaper.cfbtrenton.com

Cleaning Services

Tammy's Cleaning Service
Years of 100% successfully passed Marchout Inspections, and 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

Daycare

Clare's Place Play Laugh & Learn Daycare Services
Come and see our amazing playroom. Lots of love, fun, laughter and activities will be a constant in this homecare. Located at 92 Byron St., Trenton
613-392-0267 or 613-398-7592

Home Daycare has opening for your little ones. Prefer infant - 5 years. Well established, 18 years experience. Loving home environment for indoor creative play, stories, crafts, outdoor play, trips to parks and libraries. References and receipts given. West side Trenton.
Call Carrie
613-392-5352

Advertise here!
Call 613-392-2811 ext. 3976

For Sale

Belleville Volkswagen
2008 City Jetta



Just traded
5 Speed Manual, Air, Power Option, in Black.
Extended 2 year or 40,000KM VW Certified Warranty.
Email: paul@bellevillevw.ca for details
613-966-3333
239 North Front Belleville
www.bellevillevw.com

EXCLUSIVE MOTORCARS
INVESTMENT GRADE AUTOMOBILES™



1999 CHEVROLET ASTRO LS
Forest green exterior with gray cloth interior, 7 passengers, extra clean, 170200 km's, fully equipped, complete vehicle history report, sold Certified and E-Tested.
PRICE: \$5395.00 +
EXCLUSIVE MOTORCARS
38 Guelph St. Trenton
(613) 392-9700/(613) 848-8300
info@exclusive-motorcars.com
www.exclusive-motorcars.com



Home for Sale by Owner
38 Main St., Consecon
3 bdrm, 1.5 bath, 2 storey home on beautiful 1+ acre lot. Oversized double detached garage/shop. Fridge, stove, washer, dryer, microwave & freezer incl. The house is furnished and also included. The furnace has been inspected and the septic tank emptied. This property is on town water.
\$164,900 OBO. Call 613-242-9881 for viewing.

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



Please recycle this newspaper
Thank you!

For Rent

DISCOVER BELLEVILLE'S BETTER RENTAL VALUES!

- With carpet & sheers* • Close to Shopping Malls
- Large walk in closets* • Heat & Hydro included*
- Footsteps to transit stop • No pets preferred
- Large doors to balcony or terrace
- Park-like picnic area with bar-be-que
- * On Selected Units

613-966-1512
201 Palmer Rd., Belleville

Rental Office Hours
Mon-Thurs 9am-8pm
Fridays 9am-4pm
Saturday 10am - 2pm

SHELTER CANADIAN PROPERTIES LIMITED

3 Bedroom Bungalow
Double attached garage, inside entry, 2 baths. 323 Harrington Road, 10 minutes to base. Available November 15. \$1250/month, first and last.
613-968-6746
or cell 613-848-7610

2 Bedroom Apartment
Close to air base. Air conditioner and 4 appliances. Utilities included. Room for 2 vehicles. \$850/mo. Call 613-392-7270

ADULTS!
1 bedroom apts. from \$630
2 bedroom apts. from \$710
Utilities & cable included
Affordable, quiet & secure
CLOSE TO BASE
KLEMENCIC PROPERTIES
613-392-7839

Secure Exterior and Interior Vehicle Storage Space for Rent
Cars, Trucks, Trailers, Motorcycles, Scooters, Boats, ATV's, Snowmobiles, RV's, Camping Trailers, etc.
(613) 392-9700
(613) 848-8300

Advertise Here!
Call Lindsey at 613-392-2811 ext 3976
or e-mail Lindsey.White@forces.gc.ca

Crossword Answers

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

Looking for The Contact?
Find it at any of these off-base locations.

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



Contact

Real Estate

RE/MAX Rita Sweet
Trent Valley Realty Ltd., Brokerage Salesperson

41 Main St., Brighton • office 613-475-6594 • toll free 1-800-501-7499
fax 613-475-5494 • www.ritasweet.com • rita@ritasweet.com

NEW PRICE
MLS# 2096037 \$107,000

Walking distance to all amenities, great starter, upgrades include some newer windows, electrical upgrade, furnace in 07, hot water tank only 2 months old, fenced yard, some original wide trim, includes fridge, stove, dryer and newer washer, newer roof and new carpet in living room.



RE/MAX Your selflessness is not forgotten.
Remax Trent Valley Realty Ltd. Brokerage
447 Dundas St. West Trenton

Hormann
Frank and Joanne
Sales Rep. Broker
home.search@sympatico.ca
Former Service Members
(IRP) R.L.R.S Approved

613.392.6594 • 1.800.567.0776

Thank you.



Address:
84 First Ave, Trenton

MLS# #: 2095540

NEW PRICE - \$181,900

REDUCED TO \$181,900. Excellent west end location, 3 bedroom bungalow with gas fireplace & built-in bookshelves in livingroom, remodeled kitchen, hardwood on main level, windows & doors on main level replaced, full basement with rec room, 2pc bath, den & workshop area, deck & fenced yard, close to school, hospital, shopping, golf & minutes to CFB Trenton, backing onto park, this makes a great starter or retirement home.



Century 21
Lantern Real Estate Ltd. Brokerage

441 Front St., Trenton, ON
613-392-2511
1-888-792-5499 (Toll Free)

WE SUPPORT
SOLDIER ON
SOLDAT EN MOUVEMENT

BECAUSE WE CARE!

Our goal is \$25,000; to date we have achieved \$6,500 towards our goal

Independently owned & operated • *Sales Rep. ** Broker

Advertise your listings with us!



Call Patricia
613-392-2811
Ext 7008

Contact

Mary Anne Martin
Sales Representative

ROYAL LEPAGE
ProAlliance Realty

253 Dundas St. E. Trenton, ON
Bus: (613) 394-4837
Fax: (613) 394-2897
Toll Free: 1-800-263-2177
e-mail: maryanne@royallepage.ca
www.royallepage.ca



RE/MAX QUINTE LTD, Brokerage

Veronica Norton Sales Rep
1-888-217-0166
veronicanorton@bellnet.ca

Visit us at www.homefarmrealty.ca

2 1/2 STOREY BRICK BEAUTY

..sitting on a double-corner lot with a detached 1.5 car garage, surrounded by mature trees for lots of privacy! The home offers hardwood floors, beautiful wood baseboards, doors and trim throughout the main floor and second floor. Third level is finished and ready for media room, studio or kids room. This is an ideal family home on a quiet west end street!



MLS# 2094966 \$249,000

\$159,900



City Building Lot

Nice lot in Belleville's west end. Close to downtown, this lot can be used for a variety of home or income property uses. Call Kimberly Colton*.

MLS #2087058




Deceiving from the Outside

\$349,900. Lots of room for the extended family. 5 bedroom, 3 bathroom. Kitchen with granite counter, family room with woodstove, separate dining room. Garage with studio. Call Vicki Jelly-Coutu* or Kim Colton*. MLS #2096555




\$184,900



Quick Possession

2 bedroom west-facing condo, 2 baths, redecorated, new furnace and central air (08), eat-in kitchen, dining room patio, underground parking & storage. A super buy. Bill Wallace* MLS #2095853




For free market evaluation and information on what your home is worth in today's market, call Joseph* at 613-847-5768

Our success is your success.



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

Trenton 447 Dundas St. W 613-392-6594
Brighton 41 Main St. 613-475-6594
Toll Free: 1-800-567-0776

Check us out at... www.trentvalleyrealty.com

Our house, your home.



READERS' CHOICE 2009

Beacon Drive (off Cedar St.)
Sat. 11-12:30
The Emerald 1512 Sq. Ft. Brighton \$267,900

Beacon Drive (off Cedar St.)
Sat. 11-12:30
The Hendrick 1628 Sq. Ft. Brighton \$329,900

Appledene Park (off Trapp Blvd.)
Sat. 1-2:30
The Venessa 1728 Sq. Ft. Trenton \$308,900

SOLD
The Palisades 1590 Sq. Ft. Frankford \$265,900

SOLD
The Courland 1738 Sq. Ft. Belleville \$369,900

SOLD
The Tessa 1317 Sq. Ft. Belleville \$236,900

HILDENHOMES
393 Sidney Street, Belleville 613.962.4600 www.hildenhomes.com

FINANCING AS LOW AS 6.25% WE LOVE TRADES!

FREE:
CarProof VERIFIED
History Reports Upon Request

07 GMC SIERRA 1500 SLE Z71



9952 4X4, 5.3L-V8, Crew cab, short bed with bed liner and tow pkg., pwr seat, alloy wheels, 4th dr., steering wheel controls, dual climate controls, air, tilt, cruise, traction control, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 102,000kms.

\$21,695

Payments Include EVERYTHING!

06 CHEV SILVERADO LT



92015 Special Edition, 4x4, 4.8 V8, Extended cab, short bed with bed liner, tow pkg., chrome step bars, steering controls, dual climate controls, cruise, tilt, air, AM/FM/CD, alloy wheels, pwr windows, locks, mirrors, keyless entry, 58,000kms.

\$19,995

Payments Include EVERYTHING!

06 GMC SIERRA SLE



10011 4X4, 5.3L-V8, Extended cab, short bed with bed liner & tow pkg., pwr seat, dual climate controls, alloy wheels, tilt, air, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, 54,000kms.

\$19,995

Payments Include EVERYTHING!

06 CHEV SILVERADO



9402 Special Edition, 4x4, 5.3L-V8, Extended cab, short bed with bed liner and tow pkg., alloy wheels, chrome step bars, dual climate controls, air, tilt, cruise, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, only 46,000kms.

\$21,995

Payments Include EVERYTHING!

06 FORD F150 FX4 SPORT



9843 4X4, Crew cab, short bed, alloy wheels, pwr seat, step bars, park aid, pwr pedals, key pad entry, air, cruise steering controls, tilt, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 60,000kms.

\$24,795

Payments Include EVERYTHING!

09 NISSAN FRONTIER SE



D9730 4X4, 4.0L-V6, Crew cab, short bed with bed liner, alloy wheels, cruise steering controls, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, only 19,000kms!!

\$26,495

Payments Include EVERYTHING!

07 CHEV AVALANCHE 1500 LTZ



8919 4X4, Crew cab, short bed with bed liner, pwr heated leather seats, pwr sunroof, 20" alloy wheels, wood grain trim, steering controls, flex fuel, park aid, pwr pedals, dual climate controls, XM radio, OnStar, dual climate controls, traction control, 46,000kms.

\$29,995

Payments Include EVERYTHING!

06 CHEV SILVERADO 1500



9930 4X4, 4.8L-V8, Special Edition, Extended cab, short bed with bed liner & tow pkg., chrome step bars, alloy wheels, 4th door, dual climate controls, air, cruise, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 84,000kms.

\$17,995

Payments Include EVERYTHING!

06 DODGE RAM 1500 SLT



D9953 4X4, 5.7L-V8 Hemi, Crew cab, short bed with bed liner & tow pkg., pwr seats, pwr sunroof, 4th dr., 20" alloy wheels, chrome step bars, steering wheel controls, wood grain trim, air, cruise, tilt, AM/FM, pwr mirrors, windows, locks, keyless entry, only 36,000kms.

\$21,995

Payments Include EVERYTHING!

06 GMC SIERRA SLE



10005 4X4, 4.8L-V8, Nevada Edition, extended cab, short bed, bed liner, tow pkg., 4th dr., alloy wheels, chrome step bars, dual climate controls, air, cruise, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 54,000kms.

\$18,995

Payments Include EVERYTHING!

09 NISSAN FRONTIER



D9768 Crew cab, bed liner, air, AM/FM/CD, pwr windows, locks, mirrors, cruise, tilt, alloy wheels, keyless entry, only 32,000kms.

\$26,495

Payments Include EVERYTHING!

06 GMC SIERRA SLE



9383 4X4, Crew cab, short bed with bed liner and tow pkg., pwr seats, chrome step bars, steering controls, dual climate controls, AM/FM/CD, air, tilt, cruise, pwr windows, locks, mirrors, keyless entry, only 41,000kms.

\$23,495

Payments Include EVERYTHING!

Bad Credit Stalling Your Car Purchase? WE DEAL IN SOLUTIONS!

**Re-establish your credit today!
APPROVALS WITHIN 24 HOURS**

Have you been turned down in the past due to Bankruptcy, Divorce, Collections, Fixed Income, Slow Payments or Credit Counselling? Come see the True Credit Experts at Bayview Auto Sales. We specialize in making auto loans easy and affordable.

If you're in the market for an auto loan, stop by today and talk to one of our elite trained finance consultants. We'll work with you and get you the car and credit you deserve!

Apply on our secure website at www.bayviewauto.ca
By phone 1-888-412-1841
Or in Person

Together, we'll work out a lending plan that's just your speed!



All vehicles purchased direct from
Manufacturer Lease Returns or Factory Buybacks!



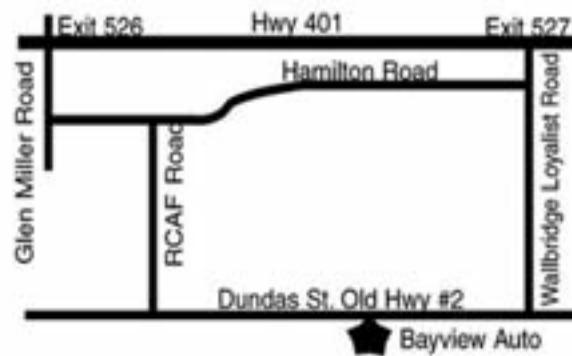
All payments based on bi-weekly payments: 2003 - 48 mths; 2004 & 2005 - 60 mths; 2006 & 2007 - 72 mths; 2008 & 2009 - 84 mths. Admin., PPSA, and taxes included. EG: \$10,000 + \$299 admin. + taxes \$1338.87 + \$65 PPSA = \$11,713.40 financed over 60 months at 6.50% = \$105.65 bi-weekly with a cost of borrowing of \$2021.10 on approved credit. All cash deals are price plus administration + taxes. Terms & rates current at time of print. 0 down, taxes included. Bayview Auto is not responsible for any errors in pricing. See dealer for details.

Come and see your trusted credit specialists

Bayview Auto Sales

Sales, Service, Selection

980 Old Hwy # 2, Trenton 1-866-260-6755
(LOCAL OR LONG DISTANCE)





CASHLESS CHRISTMAS



3 DAYS ONLY! TRENTON LOCATION ONLY!

SAT: 9 AM - 6 PM, SUN: NOON - 5 PM, MON: 9 AM - 9 PM

YOU CAN BE THE FIRST TO TAKE ADVANTAGE OF LEON'S CHRISTMAS FLYER PRICES PLUS CASHLESS CHRISTMAS PAYMENT OPTIONS!!

CHOOSE YOUR PAYMENT OPTION...

OPTION

1

3 Years INTEREST FREE!

36 Equal Payments!
NO TAXES OR FEE DOWN!



Don't Pay For 20 Months!

That's July 2011, with
No Money Down!
No Interest! No Payments!
NO TAXES OR FEE DOWN!



OPTION

2

APPLIANCE OFFER! BUY MORE, SAVE MORE!

BUY ANY **2** MAJOR APPLIANCES FROM THE SAME MANUFACTURER AND GET **\$75 OFF**

BUY ANY **3** MAJOR APPLIANCES FROM THE SAME MANUFACTURER AND GET **\$150 OFF**

BUY ANY **4** MAJOR APPLIANCES FROM THE SAME MANUFACTURER AND GET **\$250 OFF**

\$100 OFF

A MATCHING HOME THEATRE, BLU RAY OR STAND WITH PURCHASE OF ANY TV 40" OR LARGER



Trenton Location Only.

This coupon is valid from Nov 7 to Nov 9, 2009 (not applicable to previous purchases)

FURNITURE OFFER! BUY MORE, SAVE MORE!

RECEIVE A **\$75** INSTANT REBATE ON ANY FURNITURE OR MATTRESS PURCHASE OF **\$1000 - \$1499** BEFORE TAXES

RECEIVE A **\$125** INSTANT REBATE ON ANY FURNITURE OR MATTRESS PURCHASE OF **\$1500 - \$1999** BEFORE TAXES

RECEIVE A **\$175** INSTANT REBATE ON ANY FURNITURE OR MATTRESS PURCHASE OF **\$2000 - \$2499** BEFORE TAXES

RECEIVE A **\$250** INSTANT REBATE ON ANY FURNITURE OR MATTRESS PURCHASE OF **\$2500 OR MORE** BEFORE TAXES



Santa Will Be Here!
Saturday November 7th
Noon to 4 pm
Come in & get your
FREE picture with Santa!



Schedule your
'Just in Time for Christmas' Delivery,
so you can relax & enjoy the Holidays.

Visit Uncle Frilly's Diner for **FREE** Popcorn, Pop & Hot Dogs



ENTER TO WIN!
a 2009 XRT 950 EX 4X4 Side by Side Utility Vehicle at WWW.MIX97.COM



HWY 401 & GLEN MILLER RD TRENTON
613-394-3322 OR TOLL FREE 1-877-394-3322
HOURS: MON - FRI 9 AM - 9 PM, SAT 9 AM - 6 PM, SUN: NOON - 5 PM

One coupon per family. O.A.C. \$79.95 fee for 36 equal payments or 20 months deferred. ** No charge delivery on items \$498 or more. SEE STORE FOR DETAILS! Not applicable to previous purchases, or to markdown items.

