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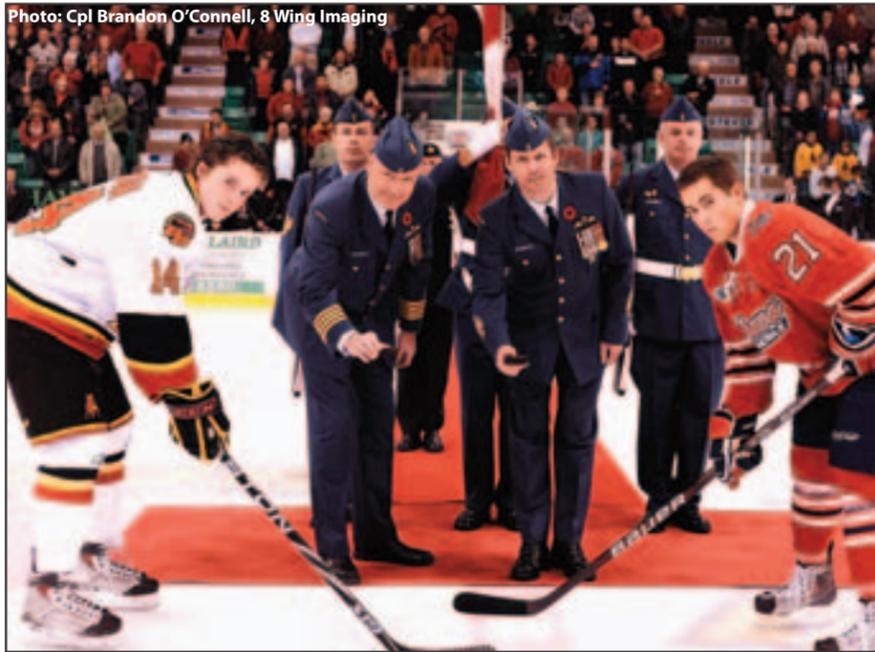
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• November 13, 2009 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 44 Issue Number 43 •

8 Wing personnel attend various Nov. 11 ceremonies

Photo: Cpl Brandon O’Connell, 8 Wing Imaging



Colonel Russ Williams, Commander, 8 Wing/CFB Trenton, and Wing Chief Warrant Officer CWO Kevin West, share the honours in a ceremonial puck-dropping at the Belleville Bulls game on Wednesday, November 11.



Photo: Cpl Brandon O’Connell, 8 Wing Imaging

Both veterans and 8 Wing /CFB Trenton active duty members of the Canadian Forces took part in Remembrance Day ceremonies held throughout the Quinte region. See Page 14 for more photos.

Olympic Flame lights up northern skies at CFS Alert

by 2Lt Cynthia Kent
8 Wing Public Affairs

Twenty-two people from CFS Alert made history on November 8 when they carried the Olympic Flame on the most northern route it’s ever travelled.

Both civilians and military personnel make up the team that works at CFS Alert, so the team that carried the torch had the same composition.

The first person to carry the torch was Inootiq Manik. Next were the “Chosen Frozen”, a group of 20 members of the military and civilians who work there. Finally, it was handed over to George Stewart, the longest serving person at CFS Alert.

The temperature hovered around (minus) - 31 and this time of year Alert experiences 24-hour darkness. But the frigid night could not cool the enthusiasm of the Torchbearers.



Photo: WO Shane Ethier

George Stewart lights the Cauldron during the Olympic Torch Relay at CFS Alert. See Page 22 for more Alert coverage.

Cpl Roel Pacheco was one of the “Frozen Chosen” who carried the Torch.

“It was incredible,” he said. “Watching the Olympic flame come up and actually shedding light in a completely dark land. It was amazing!”

Originally from the Phillipines, Pacheco’s family moved to Canada when he was just five years old.

He said serving in the military is one way his family is giving back to the country that gave them so much. And carrying the Torch meant a lot.

“My parents were just ecstatic,” he said.

Terry Gibbons works for Canadian Base Operators, the civilian contractor at CFS Alert. For him, carrying the torch was also a patriotic experience.

“There’s a maple leaf on the back of the torch, so when you’re walking with the flame it points to your heart,” he said.

Gibbons says he will have quite a story to tell his first child who is due in the New Year.

“I was one of the first people to ever run the Olympic torch up in the Arctic,” he said. “It was amazing.”

The man who lit the cauldron was George Stewart, who manages airlift support and logistics for the base.

Stewart first came to Alert as a member of the military in 1957 and returned several times until he retired as a Chief Petty Officer First Class in 1984. His second career as a civilian has seen him return to Alert three or four times a year for the past 25 years.

He said to be part of the Olympic Torch Relay at CFS Alert was a humbling experience.

“For them to even bring it up here was something to behold I think,” he said. “And for me to be able to have the last leg and light the cauldron, it was quite an honour.”

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Réunir des familles pendant les Fêtes

Voici revenu le temps de l'année où les membres des FC doivent réserver leurs vols afin de pouvoir retrouver leurs proches pendant le temps des Fêtes. Eh oui, plus que 42 jours avant Noël - le temps presse.

Nous avons établi le programme de transport pour les congés de

Noël et du Nouvel An de 2009-2010, qui prévoit le retour des militaires au plus tard le 5 janvier 2010.

Pour déterminer la priorité d'embarquement, les demandes de places dans le cadre du programme se feront par catégories (cat) de voyage. Les militaires célibataires et

les militaires mariés voyageant pour rejoindre leur famille seront traités de la même façon, et la priorité sera accordée en fonction de la date de présentation des demandes.

Consultez le CANFORGEN 165/09 pour plus de détails et pour déterminer si vous êtes admissible au programme.

Reuniting families for the holidays

It's almost that time of year again, when serving CF members need to book their flights for the holidays, so they can be reunited with their loved ones.

Yes, with only 42 days until Christmas—time is

running out.

The Christmas and New Year flight program has been established for the 2009/2010 timeframe, with the return portion of the trip to be completed no later than January 5, 2010.

Application for seats under subject program will be by categories (CAT) of travel, which in turn determine boarding precedence. Married and unmarried members travelling to reunite with family will be

considered equally, with priority going to the earliest date and time of application.

Check CANFORGEN 165/09 for more details on whether you are eligible for the flights.

GENERAL (RET'D) HILLIER PROMOTES NEW BOOK



Photo: Cpl Igor R. Korpan, 8 Wing Imaging

Colonel Russ Williams (right), Commander, 8 Wing/CFB Trenton with General (Ret'd) Rick J. Hillier. Gen (Ret'd) Rick J. Hillier held a signing session to promote his new book "A Soldier First" at 8 Wing/CFB Trenton's Canex.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



A total of 13 members from 8 Wing Supply Squadron and one from 8 Air Movement Squadron (8 AMS) descended on the Petawawa training area for exercise Osons Hammer. This Field Training Exercise will help develop the skills necessary for deployment to Camp Mirage in the summer of 2010. They are all part of 8 Mission Support Squadron (8 MSS), which was formed as part of the Air Force Expeditionary Capability Readiness to support air operations to Canadian Forces deployed forces at home and abroad. Pictured above in the group photo: MCpl Clark, Cpl Giroux (8 AMS), Pte Darby, Sgt Caouette, Cpl Neal, Pte Foster, Cpl Martineau, Cpl Rowlands, Capt Dubeau, Pte Labrie, MWO Lewis, Cpl O'Brien, Cpl Landry and Cpl Parent.



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An 8 Wing GCWCC update

The 2009 Government of Canada Workplace Charitable Campaign at 8 Wing/CFB Trenton is coming to an end on 4 December, but we still have many events left on our calendar.

With three weeks left to raise money, it is important that we keep working hard at reaching our goal of 100% face-to-face canvassing. You have many options to help our community such as purchase mega 50/50 tickets, dental basket or Tn/EME raffle tickets, bet on a tandem jump and participate in the upcoming events. This week, we have raised a total of \$73,901.32, canvassed 65% and mega 50/50 jackpot now sits at \$1,345.28 for the winner.

Last week's events included a Pizza-Pasta lunch on 6 November and \$323.66 was raised. Although GCWCC at 8

Wing/CFB Trenton is its own campaign, the money is raised in conjunction with United Way of Quinte. They have recently held a warehouse sale at the Trenton Public Works Yard where some members of 8 Wing/CFB Trenton have lended a hand. They have raised \$35,000 on 5 November. We congratulate them for their hard work.

Make sure not to

miss our upcoming events:

- 14 November: Casino night at the Astra Lounge.

- 20 November: 2nd Annual ATESS hockey challenge.

- 23-27 November: 24 CF H Svcs C Silent Auction.

If you are looking for additional information about this year's campaign and events, contact your unit canvasser or visit our link on the Splash page.



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<p>Astra Lounge CFB 8 Wing Trenton</p> <p>106 Yukon Street, Trenton Saturday, November 14th, 2009 7:00pm - 1:00am Casual dress Taxi chits available</p>	<p>Tickets \$ 25.00</p> <p>Available at:</p> <p>† CANEX</p> <p>† United Way of Quinte 249 William St., Belleville</p> <p>† At the door</p>
---	---

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

Search & Rescue UPDATE



This past week 424 Squadron was involved in two searches.

The first search took place near Sioux Lookout. The search was for a confirmed overdue aircraft containing three people on board. The search involved five crews from 424 and four aircraft. There were two Hercules aircraft and two Griffon helicopters involved. The search lasted two days and covered a large area near Sioux Lookout. 424 also sent a ground team consisting of a search master and accompanying ground support that organized the search out of Thunder Bay airport. On the second day of the search, the missing aircraft was located and when the SAR-Techs arrived on-scene it was confirmed that there were no survivors. The scene was handed over to local authorities and all crews returned to Trenton.

The second search again involved both the Hercules and Griffon aircraft. They were tasked to search for an 82-year-old lost hunter with severe medical conditions. The Hercules was providing top cover and communications for the Griffon when the man was located. The SAR-Techs were hoisted down and then OPP arrived on-scene. It was determined that the man was going to be transported to hospital by the OPP. Both the Hercules and the Griffon then returned to base.

Until next week, stay safe.

Missions for 2009: 208 Missions for Nov: 14 Persons rescued: 33

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

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Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.
Jpeg—Maximum (8X10), 300 dpi
- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- **ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

Letters to the Editor:

Internet: 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.



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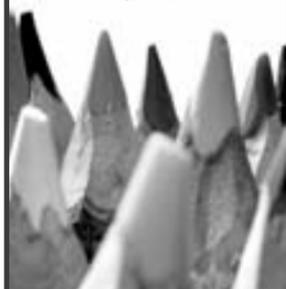
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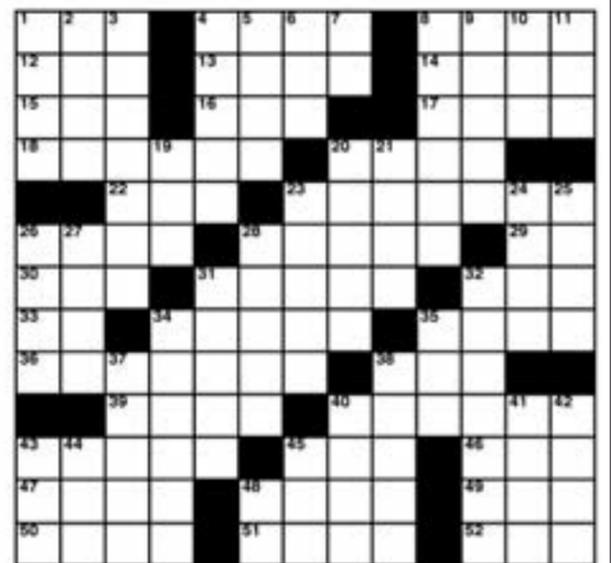
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Canadiana Crossword

Up Hill and Down Dale

By Bernice Rosella and James Kilner

ACROSS
 1 Promos
 4 Smudge
 8 Stuns
 12 Enclosure
 13 _____dale (Toronto suburb)
 14 Syngman _____
 15 Civil defense org.
 16 St. intersector
 17 Birthmark
 18 British Columbia's _____ Creek
 20 Threesome
 22 Sun. follower
 23 Broom e.g.
 26 Downs _____ (Toronto suburb)
 28 Units
 29 Toronto (slangily)
 30 Many a Scot
 31 Scottish hillsides
 32 Rotating mechanism
 33 Attorney Gen.
 34 Malmo moniker
 35 Up _____ (Ontario town)
 36 Balms
 38 Bro
 39 _____ de combat
 40 _____hill (Nova Scotia mine site)
 43 Cheap wine
 45 Foot feature
 46 Toxic preceder
 47 Husband in Hauterive
 48 Singer McLaughlan
 49 Guido's high note
 50 Put in harmony
 51 Hike
 52 Haul



2 Used auto
 3 Winter figures
 4 Organ
 5 Amour
 6 Exploit
 7 Bus. letter letters
 8 Battle groups
 9 Fort _____ up (Alberta historic site)
 10 Slippery fish
 11 Perceive
 19 This minute
 20 Twist
 21 Radioactivity units
 23 Leading ladies
 24 And the rest
 25 European Capital
 26 Ampoule
 27 Shakespeare villain
 28 Presses
 31 _____dale (Saskatchewan town)
 32 Storage unit
 34 Superhuman
 35 Title of respect
 37 _____hill (Toronto suburb)
 38 Orate
 40 Ticked off
 41 _____ contendere
 42 Chew
 43 R.B. Bennett and S. Harper
 44 Song
 45 Gob
 48 Ave. intersector

DOWN
 1 Imitated

See Answers, Page 26



This Week in Contact

1979 – Thirty military and civilian members of the Canadian Forces graduated from the second General Safety Officer Course held at CFB Trenton. Candidates for the safety certification represented bases across Canada. A total of seven GSO courses were scheduled for 1979-1980.

1989 – Freedom-loving people throughout the world celebrated the fall of the Berlin Wall this week in 1989. Erected in 1961 by the communist government of East Germany, the heavily defended wall was meant to prevent German emigration to West Berlin. Still, an estimated 5,000 people attempted to cross it over the years, and about 200 East German and other citizens died trying.

1999 – 8 Wing/CFB Trenton personnel “blew the lid off the monetary thermometer” tracking progress of the annual United Way campaign by boasting 100 per cent canvassing that resulted in the base hitting 123 per cent of its goal. The 1999 fundraising target was \$55,000, and \$67,500 was raised. Let's beat that percentage this year!

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



8 Wing executive officers reflect on Remembrance Days past

Colonel Russ Williams, Commander, 8 Wing/CFB Trenton

There isn't a particular Remembrance Day service that stands out for me. That said, when I think of Remembrance Day, I think of the many rainy, snowy and cold ceremonies that I've attended. I find that the more ugly the weather, the better, because it puts me, and I expect many others, in a frame of mind to imagine the hardships faced by our veterans as they served, and continue to serve in defence of our country.

Golan Heights. We remembered the Canadian military personnel who had sacrificed their lives over the years on that United Nations Mission. More recently, I attended the 2008 ceremony with the Canadian Contingent at the Kandahar Airfield. This ceremony was also attended by several families of Canadian soldiers who had died serving their country in Kandahar province. Although quite a sad occasion, it demonstrated the respect and care shown by the Canadian Forces towards the families left by their loved ones.



Lieutenant-Colonel Ross Fetterly

marked Canada's coming of age: Vimy Ridge, Dieppe, Juno Beach, the Korean War, our many peacekeeping missions throughout the world, and the sacrifices our men and women continue to make today in armed conflict. It is our duty to honour their courage, their sacrifices and their memory.

Lieutenant-Colonel Dave Alexander, Chief of Staff, Air Mobility Advisory Group

In 2001, while attending the Command and Staff College Course, part of our curriculum included field visits to both the site of the



Lieutenant-Colonel Sean Lewis

Dieppe amphibious landing in WWII and the Vimy Ridge 'battle space' (WWI). Although not specifically on 11 Nov, the

staff and students participated in Remembrance Ceremonies at both locations. The circumstances of Canadian participation in both locations were particularly moving but most startling for me was that in walking around the Commonwealth cemeteries and looking at the ages of the fallen the sheer loss of potential of our nation's youth - and the similar losses of our Allies and

of those killed or wounded in action - was so evident.

Chief Warrant Officer Kevin West, 8 Wing Chief Warrant Officer

My most memorable moment would have been when I was a Sea Cadet. I had the opportunity to listen to and meet Brigadier General (Ret'd) Paul Triquet VC, CD. He was a member of the Royal 22 Regiment who, during WWII, had been awarded the Victoria Cross for valour in the face of the enemy during the attack at Casa Berardi, Italy in 1943. He spoke to us about the honour and dedication that military personnel have to each other when they are side by side in battle. BGen (Ret'd) Triquet reinforced the importance of not only remembering the fallen, but all those who sacrificed their youth to defend our country. I have tried to remember his words in my daily life as a service person.



Colonel Russ Williams

Lieutenant-Colonel Ross Fetterly, 8 Wing Administration Officer

Remembrance Day was always a memorable day early in my life, because November 11 is my birthday. Since joining the military, I have had a number of significant experiences on Remembrance Day. In 2001, I was part of the ceremony as part of the Canadian Contingent on the

Lieutenant-Colonel Sean Lewis, 8 Wing Logistics and Engineering Officer

I have memories of Remembrance Day ceremonies from an early age. In all of them, it was always impressed upon me that we, as Canadians, must never, ever forget those who volunteered to serve to keep our country free. So many did not return from the battles that



Lieutenant-Colonel Dave Alexander

Foes as well - becomes particularly evident. The Commonwealth cemeteries I have personally observed are very well kept (this includes the Canadian cemetery at Groesbek, Netherlands) but their size and the numbers of grave markers is disconcerting. I personally found the Vimy Ridge Monument to be a most awe-inspiring and appropriate memorial to those lost in that 'campaign'. The loss of life, particularly for so many so young, and the devastating effects it must have had on the home front - particularly to family members



8 Wing Chief Warrant Officer Kevin West

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8 Wing Personnel at Work -- Sgt John Schrauwen

by Master Corporal
Kamaljit Singh

Sergeant John Schrauwen is one of the people that people at 8 Wing have seen and would sometimes care to forget. Sgt Schrauwen plays a vital role in 8 Wing's operations abroad by training its personnel in the skills they need in order to do their job anywhere in the world – even when the training is less than pleasant.

Sgt Schrauwen has numerous roles as chief instructor and supervisor for deployment courses at the Readiness Training Flight (RTF). His job involves managing the First Aid, Communication/Land Navigation, Peace Support Operations (PSO), and the Chemical Biological Radiological Nuclear (CBRN) course which includes the "gas hut".

The unpleasant training involves the "gas hut" which students must successfully complete or unfortunately, reattempt in order to obtain the qualification for deployment.

"The challenge of the job is in impressing upon people – students or instructors – the importance of the job, and that the skills that we teach are important. At some point they may save your life," he says.

As an instructor, Sgt Schrauwen must remain current on the material that he instructs. He must also supervise and manage his staff with regards to their instruction. His job also involves awareness of course criteria that require updating, and subsequently implementing those changes to lesson plans.

Sgt Schrauwen joined the Canadian Forces in 1972 from Hamilton, Ontario after growing up in Burlington, Ontario. After completing 29 years in the Regular Forces as a Radar/Ground Controller, he transferred over to the Reserve Forces. He has been employed at RTF for more than four years with more than one year in his current role.

With five operational deployments including Cyprus, Egypt, Sinai, Bosnia and most recently



Photo: 8 Wing Imaging

Sgt John Schrauwen (left), and MCpl Luke Bourdeau, both instructors with A3 RTF, examine a standard gas mask.

Afghanistan, Sgt Schrauwen is well aware of what is required for deployment.

"It is gratifying to prepare people for deployment. I now have the ability to affect what peo-

ple feel when deploying and I hope I alleviate any apprehension of deploying," he says.

The nature of instructing can be a difficult one. With new students for every course, Sgt

Schrauwen enjoys the dynamic of working with people and meeting different people during different courses.

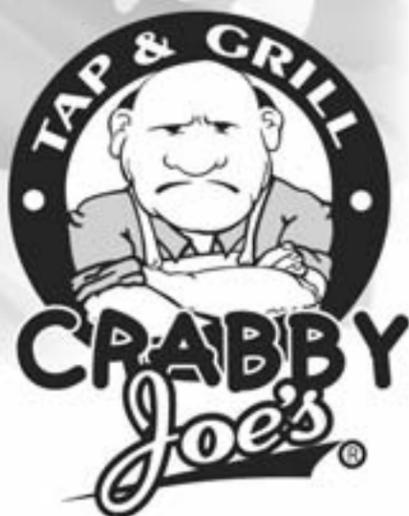
Sgt Schrauwen lives in Frankford with his two cats. His hobbies include

cars, and landscaping. He has a teenage daughter presently enrolled at the University of Toronto. In the future he looks forward to one additional deployment before he decides to retire.

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SPORTS & RECREATION

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Help out the military community by volunteering your time with the PSP Community Recreation Association (CRA).

We are urgently seeking adult volunteers to oversee the kids shinny hockey program as well as ice monitors during our family skating timings.

If you are interested and able, we would love to hear from you.

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This course will take place on November 20, 21, 22 and 27, 28, 29.

Various course times are as follows: Fridays from 5 to 9 p.m.; Saturdays from 9 a.m. to 5 p.m.; and Sundays from 9 a.m. to 5 p.m.

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

Please note that the cost of the manual is included

OTTAWA SENATORS SUPPORT TROOPS



From left to right: Ottawa Senators' Captain Daniel Alfredsson, Lieutenant (N) Jolene Lisi, Master Corporal Kelly-Anne Blagdon, Captain Leslie Adair, Sens owner Eugene Melnyk, Chief of the Defence Staff General Walter Natynczyk and Tampa Bay Lightning's Captain Vincent Lecavalier performing the ceremonial puck drop at the sixth annual Ottawa Senators CF Appreciation Night on November 5, 2009. The appreciation night took place at Scotiabank Place in Ottawa, when the Senators defeated the Tampa Bay Lightning with a final score of 3-2. Photo: Yannick Beauvalet

Wing over 45 Shinny Hockey

It's that time of year again. The 2009/2010 hockey season is here.

The Fitness and Sports Flight is organizing Wing Over 45 Shinny Hockey league that will commence on Wednesday, October 28, and play every Wednesday from 1500 to 1600 hrs.

This is open to Canadian Forces Military, DND and NPF full-time employees over 45. Come out and have some fun.

For further information or to register contact the Fitness and Sports Director, Dave Rothermund, at local 3754.

Shinny Hockey for Kids

Shinny Hockey for Kids takes place as follows:

The Bantam/Midget division will take to the ice on Tuesdays, from 4 to 5 p.m.; Atom division will play on Wednesdays, from 4 to 5 p.m.; PeeWee division will take place each Thursday, from 4 to 5 p.m.; and the Tyke/Novice division will place on Fridays, from 4 to 5 p.m.

Cost is as follows: \$2 each, for military community members with ID, and \$3 each for the general public.

Family Skating times

Family skating times will take place on Fridays from 7 to 8 p.m.; and on Saturdays and Sundays from 1 to 2:50 p.m.

Family Skating is free for military personnel and Rec Association members and is available at a cost of \$1 each for military community members and \$2 each for the general public.

8 Wing/CFB Trenton Old Timers Soccer Team

The 8 Wing/CFB Trenton Old Timers Soccer Team (35 and over) is looking for players.

This is a new team that is being formed in anticipation of an Ontario Region and Canadian Forces National Old Timers Soccer Championship in 2010.

The team list is being prepared to see if there is enough interest on the base to register a team in the C division of the Belleville Soccer League.

Interested players are to contact the Coach, Corporal Albert Elliott on the DWAN at Elliott Cpl AHB@8AMS@Trenton.



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FITNESS & HEALTH PROMOTION



What is an addiction-free lifestyle?

According to the CF Health and Physical Fitness Strategy, an addiction-free lifestyle is one "that does not compromise health and performance with behaviours such as alcohol abuse, illicit drug use, problem gambling, and tobacco use."

This Strategy also says that developing an addiction-free lifestyle means, first, choosing a lifestyle that is about moderation or that strives to stay within reasonable limits; not too excessive or extreme.

It also suggests that "developing effective coping skills" will go a long way in reducing the likelihood that you will become involved in these potentially harmful behaviours.

So, what does this really mean? How do you know what is reasonable when we talk about alcohol, illicit drug use, gambling and tobacco?

Here are some guidelines and suggestions that have been developed by researchers and practitioners in this field.

They are meant to help you make decisions about the lifestyle you choose.

Alcohol use: An addiction-free lifestyle is one that limits alcohol intake. The Low Risk Drinking Guidelines are suggestions to assist healthy adults to make informed decisions about their alcohol consumption.

They describe drinking practices that minimize alcohol-related risks. They suggest the following guide for maxi-

One standard drink = 13.6 grams of alcohol =

wine	spirits	beer
	OR	OR
5 oz/142 mL of wine (12% alcohol)	1.5 oz/43 mL of spirits (40% alcohol)	12 oz/341 mL of regular strength beer (5% alcohol)

Higher alcohol beers and coolers have more alcohol than one standard drink.

mum daily and weekly drinking limits because research indicates that staying within these guidelines is a good way to remain healthy.

LOW RISK DRINKING GUIDELINES

Zero: Zero drinks = lowest risk of an alcohol-related problem

Two: No more than two standard* drinks on any one day

Nine: Women: up to nine standard drinks a week

Fourteen: Men: up to 14 standard drinks a week

Illicit drug use: The Canadian Forces strives to maintain an impairment-free workplace for many reasons, including safety and legal concerns.

Therefore, choosing to use illicit drugs means making a decision to accept the various risks from the drug use itself; risks to your job readi-

ness, as well as to your mental and physical health; along with the risk of putting your career and the safety of others in jeopardy.

Gambling: Gambling, like alcohol, is considered a behaviour that can be done in moderation, although there is a risk of problematic use developing.

These tips for responsible gambling are suggestions to help people who choose to gamble make the experience safe and enjoyable.

They are as follows: Have a plan. Before you start gambling, have an idea about the kind of experience you want to have.

Decide how much time and money you want to spend on gambling and stick to it.

If you lose money, never try to get it back by going over your limit. Never borrow money to gamble. When the

amount is gone, call it a night and have fun another day.

Don't gamble to escape your troubles. It's a form of entertainment and is supposed to be fun.

If you decide to gamble for fun, stay within your limits and gamble safe!

Tobacco use: Research has consistently shown that there is no safe exposure to any type of tobacco and almost all use results in addiction.

An addiction-free lifestyle is one that does not include tobacco use, including the use of smoke free tobacco products such as chewing tobacco.

For more information on Addictions Awareness Week and the Health Promotion program, please contact your local Health Promotion office or visit our website at forces.gc.ca/health-sante/pps/hpp-pps/default-eng.asp

Alcohol, Other Drugs and Gambling Awareness: Supervisor Training

Join us on November 19, 2009, from 0830 to 1600 hrs for Alcohol, Other Drugs and Gambling (AODG) Awareness Supervisor Training course.

AODG Supervisor Training provides mandatory supervisor training outlined in CANFORGEN 043/09 for all Canadian Forces members in leadership positions.

Topics include: Low Risk Drinking Guidelines; recognizing the early warning signs; developing effective interviewing skills; and understanding and changing the culture of an organization.

To register for this course, please visit healthpromotion.cfbtrenton.com



Did You Know?

You don't have to be over the Criminal Code blood alcohol limit of 0.08 to face serious consequences.

As of May 1, 2009, Ontario drivers who register a blood alcohol level of 0.05 will lose their licence at roadside for three, seven or 30 days.

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

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Lessons learned from a proud regiment's history

by Tom Philp, Contact Staff

"We are who we were; a Canadian Forces borne and evolved from a volunteer militia force. In many ways the stories in this armoury are the stories of Canadian history."

With those words, Lieutenant-Colonel Sean Lewis, 8 Wing Logistics and Engineering Officer, last week led a contingent of personnel from his branch to the Belleville Armouries, home of the Hastings & Prince Edward Regiment, one of Canada's oldest and most battle-tested reserve units.

LCol Lewis organized the half-day, professional development tour that included WLE officers, senior Warrant Officers, more than a dozen junior officers, civilian apprentices and WLEO branch administrative staff to instill a sense of pride by exposing them to "the rich history of one of Canada's finest units." The head of 8 Wing's largest and most active branch also wanted "to illustrate the heavy emphasis on mentorship in the branch and Wing; (and) to expose WLE leadership and new CF/DND members to the concept of support missions to units outside the Air Force."

"The support community must think and act jointly. We are a "purple" capability," LCol Lewis said. "In order to

plan properly as a multi-faceted Canadian Forces, we must understand some of the history and accomplishments of our predecessors, regardless of whether their affiliation is air, water or land."

Leading the on-site tour of one of the Quinte Region's most significant landmarks was Colonel (Ret'd) John Sherry, a former Commanding Officer of the "Hasty Ps", and Tom MacDonald, an accomplished amateur military historian and armoury volunteer. The Armouries, like the Hastings and Prince Edward Regiment, is under the command of Lieutenant-Colonel Joe Parkinson, CFB Kingston.

"I believe it is important for the current members of the CF, in particular those who have not yet deployed overseas, as well as the civilian personnel within DND, to understand CF operational history," LCol Parkinson said. "The Hastings and Prince Edward Regiment has sent many soldiers on operational deployments, up to and including Afghanistan. In fact, we have members in Afghanistan right now serving with TF 3-09."

"In terms of sacrifice, we just have to look at the Hasty Ps of WWII: 150 soldiers killed in the fight for Ortona in a five-week period, the Regiment having deployed from

1939-1945," LCol Parkinson said. "Put that in terms of today in the era of six-, or nine- or even 12-month tours with HLTA, and in light of the CF casualties to date in Afghanistan. It illustrates not only a change in times, but the fact that we have actually learned some things based on lessons from the past; learned by the soldiers, NOCs and Officers serving at the time."

Information about the Belleville Armouries, and the history of the Hastings & Prince Edward Regiment is available here: <http://www.theregiment.ca/hastypee.html>.



(Above) Belleville Armouries' volunteer, Tom MacDonald, explains the proud military heritage of the Hastings and Prince Edward Regiment to members of 8 Wing/CFB Trenton's Logistics and Engineering Branch. (Below) Colonel (Ret'd) John Sherry (front right, dark shirt) a former Commanding Officer of the 'Hasty Ps,' gives members of the branch information about the regiment's accomplishments.

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READERS' CHOICE 2009



Ed Robertson and friends in 8 Wing concert for United Way

by Tom Philp,
Contact Staff

Honorary Colonel Ed Robertson will trade his uniform for a different sort of blues next week as he and other Canadian entertainers take to an 8 Wing stage to benefit the Government of Canada Workplace Charitable Campaign (GCWCC) and the United Way of Quinte.

Robertson, best known as co-founder of the popular Canadian band Barenaked Ladies, was

invested as an Honorary Colonel of 424 (Transport and Rescue) Squadron earlier this year. One of his stated intentions at that time was to “give back” to 8 Wing/CFB Trenton and the Canadian Forces whenever he had the opportunity. That promise will be realized with a fundraising concert at 8 Wing’s Astra Lounge on Friday, November 20.

“424 Squadron, indeed all members of the Canadian military, put it on the line on a daily

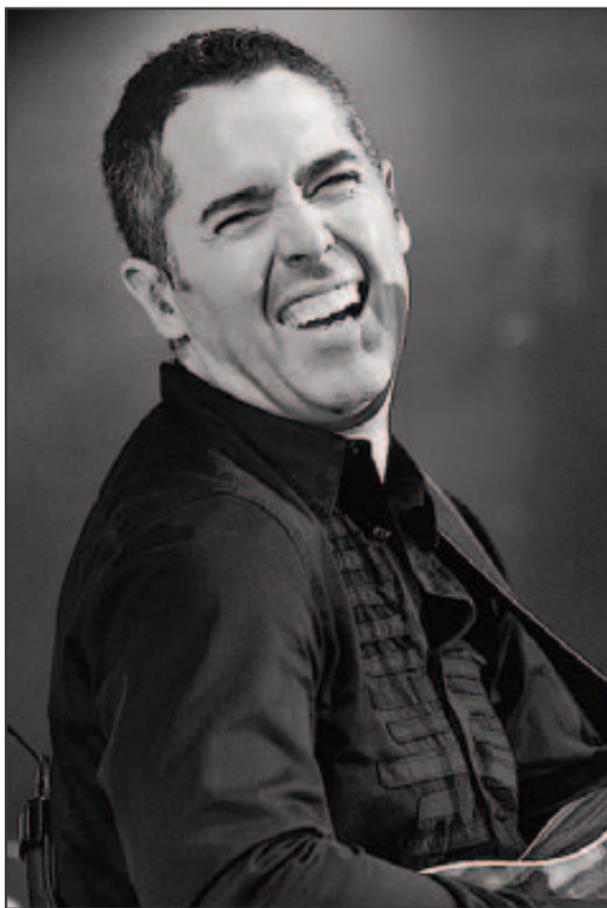
basis,” Robertson said when The Contact caught up with him this week in a Toronto recording studio. “The least I could do is play them a little rock and roll!”

“Plus, we’re raising money for the United Way,” he said. “Sounds like a pretty good night!”

Robertson will be joined that night by Canadian country singer Sarah Cripps (a headliner and favourite at the Havelock Jamboree), and the “fun rock” band, ChatterBox. Tickets are only \$10 and available at the door. The Astra Lounge will open at 7:00 p.m. Courtesy vehicles will be available. All proceeds go to the GCWCC and United Way campaigns.

If you’re planning to attend to support an 8 Wing Honorary Colonel/Canadian entertainer who is not only donating his time and talent to benefit our area, but bringing his musical friends to 8 Wing/CFB Trenton too, please note that this is a tri-mess function open to members of the defence community, and dependents 19 years of age or older, only.

“I’m happy to be able to entertain the folks at 8 Wing while supporting the United Way campaign,” Robertson said. “It’s a win-win situation, and it should be a really fun night.”



Popular Canadian entertainer Ed Robertson.

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Museum's restored Halifax bomber a focal point in new stage play

by Tom Philp, Contact Staff

Theatre goes in the Quinte region will have a special treat in the coming weeks as the National Air Force Museum of Canada, located at 8 Wing/CFB Trenton, hosts the premiere of 'Bomber Command,' a play by award-winning author Carl Cashin that will be staged around the museum's restored Halifax bomber.

Based in part on conversations Cashin had with local Halifax crew veteran Lloyd Wright, "Bomber Command" presents the story of one Halifax crew and their families, as the men prepare for military service during the Second World War, and then follows those people through a bombing mission someplace in Europe.

The entire production takes place along the side of the NAFMC's showpiece.

"The RCAF (Memorial) Foundation approached me about a year ago to write a play about the Halifax on dis-

play at the museum," Cashin said. "I went in circles for about a month before I happened to meet Lloyd Wright at the museum and we started talking about his experiences as a member of a Halifax crew."

Cashin said he hopes the audience will understand "the important thing" about this story is "what makes two men embrace 50 years after the fact."

"It was the sense of family that these men developed; men from radically different backgrounds, education, social strata, whose lives would never have crossed outside of the war," he said.

The cast of characters in 'Bomber Command' includes a Toronto banker, a pair of "stereotypical" Mafia guys, a francophone bus driver from Quebec, a housewife, a female receptionist in a recruiting office, and a "torch" singer. Lieutenant Annie Morin, 8 Wing Public Affairs, plays the role of housewife to a Halifax crew member.

"It's really a pleasure to do this," Lt Morin said. "This is the third year that a play has been staged to raise funds for the museum, but the first year it has been done on-site, essentially under the nose of the restored Halifax."

Directed by Liz Marshall of the Belleville Theatre Guild, Cashin's play is meticulous in its detail, evidence of the "extensive research" the author did with Wright and other veterans. Wright, now 87 and living in Quinte West, was a particularly valuable resource for Cashin, having flown 33 bombing missions during the war, and being a principal member of the museum's Halifax restoration team.

"Lloyd told me that when they went up (on bombing missions) ... the bond that they had between them was incredible, because every crew member had to know and trust that each man knew what to do," Cashin said. "Their very lives depended on that bond."

The two-act play begins with a series of



Lieutenant Annie Morin (right), 8 Wing Public Affairs in a scene from the new play "Bomber Command" with veteran local actor Thomas Harris.

short background vignettes explaining the "who" and the "why" of the people whose lives would be permanently affected by the aircraft, Molly May. In act two, the crew of Molly May flies a bombing mission knowing, as always, that it could be their last flight ... ever.

Lt Morin is joined on stage by two other 8 Wing members, Master Corporal Todd McGowan (Aerospace and Telecommunications Engineering Support

Squadron) and Corporal Alex Robertson (8 Air Maintenance Squadron), and cast of local actors including Thomas Wayne Harris, Chris Marshall, Jeffery Van de Kleut, Corina Drover and Esther Parry.

Cashin said the ambience of the museum, and staging near the Halifax presented excellent opportunities for special effects, including some surprises in lighting and sound.

"With the lights and all the sound effects, you'll

feel the building shaking on opening night," said Cashin.

Show time for 'Bomber Command' at the NAFMC, located on RCAF Road north of Highway 2, is 8 p.m. Friday and Saturday Nov. 20, 21, 27 and 28.

The doors will open at 7 p.m. Tickets are \$20 each, with about 200 seats available on each night.

For more information and to buy tickets, call the National Air Force Museum of Canada at 613-965-7314.

New museum exhibit profiles highly decorated RCAF veteran, Ray James

by Tom Philp, Contact Staff

A new exhibit unveiled at the National Air Force Museum of Canada (NAFMC) last week is not only the culmination of one veteran's generosity to that repository of military history, but a rare glimpse of the wartime experiences of a highly decorated flyer with the Royal Canadian Air Force (RCAF).

Raymond Henry James enlisted as an airman in the RCAF in June 1940, graduating as an air observer in 1942. Commissioned the same year to the rank of Pilot Officer, James deployed overseas as a bomb aimer with 434 (Bluenose) Squadron in Yorkshire, England. During his service with the RCAF, James flew 39 missions,

was awarded Operational Wings twice, and received the Distinguished Flying Cross (DFC) in 1944. He retired later that year with the rank of Flight Lieutenant.

Historical records about the circumstances leading to F/L James' DFC say this about his valour:

"DFC awarded for act of bravery during the Second World War. While at 1500 feet altitude, during a test flight, the aircraft flew into a flock of gulls which broke the windshield and the pilot was set unconscious in the accident ... F/O Raymond H. James, took over the controls. Although without any previous flying instruction, he managed to successfully land the Halifax bomber at an air-

field, saving the aircraft and its crew."

James also had distinguished careers in civilian life. Starting as a salesman for the Johnson & Johnson Company, he rose through the ranks to become Chief Executive Officer and president of Ethicon Sutures, a division of the J&J Company based in Peterborough, Ontario.

James believed firmly in becoming actively involved in community affairs. He was a former Board Chair of Sir Sandford Fleming College, Peterborough Civic Hospital, the Greater Peterborough Economic Council, and the United Way of Peterborough. In 2004, Raymond James, supported by his family, gave substantial monetary

gifts to both the Peterborough Riverview Park and Zoo, and the NAFMC. In fact, the James donation to the museum remains "the single largest financial contribution to date towards the museum's capital fundraising campaign," according to the NAFMC curator, Dr. Georgiana Stanciu.

"This exhibit acknowledges the dedication and service to Canada made by this highly decorated airman," Dr. Stanciu said. "The story of F/L Ray James, DFC, is one about courage, enthusiasm and generosity."

The Raymond H. James exhibit, all of which is on loan to the NAFMC from the James family, includes 1940 dog tags for Airman R.H.

James; a log of RCAF personnel trained in Regina, Saskatchewan, 1940-1942; Flight Officer Ray James' RCAF cap; commissioning documents; an identification bracelet; Operational Wings presented to James; medals, including James' DFC; and other memorabilia.

F/L (Ret'd) Raymond Henry James, DFC, died in 2008. Most of his family remains in the Peterborough area.

For more information regarding the exhibit, please contact Georgiana Stanciu at the NAFMC, at 613-965-3521, or you can email her at curator@airforcemuseum.ca.



Members of the James family work with NAFMC staff to display the military memorabilia collected by F/L (Ret'd) Raymond H. James, DFC.

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Remembering ... The Last of Trenton's Sharks

by Jodi Ann Eskritt
Wing Heritage Office

7 October 1938 – Landing on glassy water could be tricky. It was easy to misjudge the landing and that could be disastrous. Cautiously, the pilot of Shark 505 continued his approach to RCAF Station Trenton.

No.6 (Torpedo Bomber) Squadron was busier than usual that October in 1938. After two years of negotiations they were getting ready to leave RCAF Station Trenton for the west coast.

Trenton had been selected as the home of Canada's newest air station in 1929 in large part because of its proximity to the water and its suitability for seaplane operations. In these early years, the RCAF had arguably been more of a civilian force than a military one: its squadrons flew fire patrols, photographic operations and even experimented with air mail service. It was important work and good experience, but it did not necessarily build a professional military air force ready for operations. Although in the face of the Great Depression and government spending cut-backs, remaining in the game at all was a major achievement.

By 1935, a school had opened for the training of marine crewman destined for the RCAF Marine Section. A year later the anticipated move of seaplane training from Vancouver had taken place. Then General Order 11/36 authorized the formation of No.6 (Torpedo Bomber) Squadron at RCAF Station Trenton on 1 November 1935 – the first squadron to be formed at the new air station.

With the new

squadron came new aircraft (new equipment purchases had been lacking under the restrictive spending regime imposed during the Great Depression) which undoubtedly was met with some excitement. The British Air Ministry recommended the Blackburn Shark already in service with the Fleet Air Arm. The Shark was a sturdy single-engine biplane capable of carrying a two or three man crew, armed with torpedoes, it was easily maintained and could operate on either wheels or floats, all important features for the RCAF. Seven aircraft (numbered RCAF 501 through 507) were ordered to form the nucleus of 6 (TB) Sqn, the first aircraft in the 500 series numbers reserved by the RCAF in 1928 for its single-engined bombers.

The first two Sharks arrived in Canada in early October 1936,

"And so, Shark II 505 was found approaching RCAF Station Trenton on that fateful day in October 1938 on its last flight before being crated for shipment. The glassy waters would be its undoing."

making their first stop at No.1 Aircraft Depot in Ottawa to be uncrated, erected and test flown before delivery to RCAF Station Trenton. Trials were, at first, successful. The Sharks lived up to their billing. More ominous signs loomed ahead. The Armstrong Siddeley Tiger VI engines installed in the aircraft were extremely bearing-sensitive and traces of bearing metal kept turning up in the oil strainers. Furthermore, the cooling system was more efficient than Canadian conditions required, causing oil to congeal in cooler weather. Before



Wreckage of Blackburn Shark 505 after being pulled from water. Photo courtesy of Canada Aviation Museum, Ottawa.

they could begin flying operations, the Sharks would have to be adapted to Canadian flying conditions.

For the first commanding officer of 6 (TB) Sqn, the Sharks early problems were just one more challenge to be faced. Flight Lieutenant Clive Leonard Trecarten, a

Lac-du-Bonnet, MB substation in 1933.

Trecarten returned to Camp Borden in October 1934 where he took command of the Flying Training Flight. For the next eighteen months, he would work under the severe regime imposed by federal budget cutbacks – an experience that must have proved valuable later. He was then transferred to England for a course on torpedo bomber operations and on his return to Canada given the responsibility of standing up No.6 (Torpedo Bomber) Squadron.

While awaiting delivery of the Sharks, 6 (TB) Sqn used the Canadian Vickers Vedette for their early training. But, at times, it might have seemed as if even the elements were against them. On 29 October 1936 a tornado struck Trenton damaging and sinking the squadron's Vedettes moored in the bay. Fortunately, by that December, the Sharks were making their presence known on the air station.

But they still had to contend with the Sharks' engine troubles. After Shark 501 flew into Trenton from

Ottawa in January 1937 bearing metal was found in its filters. As a result the motors from all three Sharks then in Trenton were returned to Ottawa. 6 (TB) Sqn was limited to marine and wireless training.

On 28 April 1937, the last three Sharks arrived by rail at the station. They were immediately uncrated, assembled and test flown. By July, 6 (TB) Sqn was flying again although now under some restriction. "...on 26 July 1937, Trenton was told by RCAF HQ that the Sharks 'were not to be flown outside gliding distance of the aerodrome or if on floats beyond gliding distance of suitable water'."¹

It would be a short flying season, flying short distances, as all the aircraft were removed from the water with the coming of winter.

The 1938 flying season seemed fated to be little better. From February to June 1938 the Sharks were returned to Ottawa for modifications to their engines and for the addition of covers to their open cockpits. In June only one aircraft remained at Trenton for training purposes. Then in July, just as the Sharks

started coming back to Trenton, 6 (TB) Sqn was warned to get ready to move to RCAF Station Jericho Beach, BC. The rumours of the last two years were to become reality.

Preparations and packing had begun in September; just over one hundred officers and men, fifteen families and six aircraft would be moving across the country. As the squadron readied itself only limited flying continued. Pilots and aircraft enjoyed one last flight over the Bay of Quinte before the long train trip to Vancouver. And so, Shark II 505 was found approaching RCAF Station Trenton on that fateful day in October 1938 on its last flight before being crated for shipment. The glassy waters would be its undoing.

The pilot misjudged the landing. No. 505 became the first, although sadly not the last, RCAF Shark to crash land. Remarkably, no one was hurt. A section of the wreckage was pulled from the water and drained in the hopes of salvaging the aircraft, but it does not appear that 505 ever flew again.

It may even have left more than memories behind. Recently divers found what they believe are remains of RCAF Shark II 505 resting on the lake bottom at Brighton Bay. Time will tell if this "last of the Sharks"² to fly at Trenton still rests in the familiar waters of Lake Ontario.

¹ Quoted in Carl Vincent, *Canada's Wings Vol.1: The Blackburn Shark*, p.9
² It should be noted that 502 remained with the Air Armament School in Trenton until 1940; one of two Sharks to remain in Ontario after 6 (TB) Sqn moved to Jericho Beach.

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Local communities host various Remembrance Day ceremonies



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Clockwise from top left: A poppy-covered wreath, one of the more enduring symbols of Remembrance Day ceremonies.

Legion Colour Party leading the Remembrance Day parade down West Front Street, Stirling, ON to the cenotaph. *Photo: Pte Allyssa Carter, 8 Wing Imaging.*

Remembrance Day parade in Bellville brought out many people to the ceremony. Here LCol Agnew and CWO Muehlgassner on behalf of 8 Wing Trenton lay there wreath then step back and salute. *Photo: Cpl Drew Deics, 8 Wing Imaging*

Case Uitbeyers (left) saluting with Sgt Chrysler (right) after laying the Stirling Royal Canadian Legion #228 Wreath in front of the cenotaph for Remembrance Day Ceremony in Stirling. *Photo: Pte Allyssa Carter, 8 Wing Imaging*

Legion Colour Party lowering the Colours during the Last Post at the Remembrance Day Parade in Stirling. In the background is Canadian Forces Base Trenton, 2 Air Movements Squadron. *Photo: Pte Allyssa Carter, 8 Wing Imaging.*

Some of the members of 426 Squadron salute during the playing of O Canada at the Remembrance Day service in Frankford. *Photo: Cpl Brandon O'Connell, 8 Wing Imaging*



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Community Events

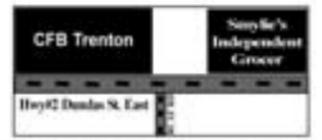
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations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



Trenton Childrens Centre Christmas Craft and Gift Show

Join us on November 14, 2009, from 10 a.m. to 4 p.m. at the Elks Lodge, 18092 Telephone Road in Trenton. This is a fundraising event for the Trenton Children's Centre. Admission is only \$2 and includes entry for the door prize draw. Stock up on tasty treats for the holiday season at our bake sale or find unique gifts for Christmas. Come hungry and enjoy a hearty lunch. All proceeds from the bake sale and lunch support the Trenton Children's Centre.

For more information contact 613-392-0595

Book Sale

The Friends of Quinte West Public Library will hold their monthly book sale on Saturday, November 28 between 9 a.m. and 1 p.m. at the Municipal building (located at 22 Trent Street North) in Frankford. A great selection of books, puzzles, videos and CD's will be available for all ages. For more information please call 613-392-3131.

All proceeds will go to the Quinte West Public Libraries.

2009 Trenton Santa Claus Parade

Sunday, November 29, 2009
Parade leaves Centennial Park at 4:30 PM



It's your choice! Vote for the best parade online at www.quintewestchamber.ca or vote at the Chamber office at 97 Front Street, Trenton.



Introducing the Tim Hortons School Band Challenge. Local area schools will compete for a chance to win money for their music program!

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Please bring an unwrapped toy or a non-perishable food item for the drive. Santa Letters will be picked up by Canada Post Carriers throughout the Parade.

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FOR MORE INFORMATION, CONTACT ALLISON AT: (613)392-9189 or all_gbr@hotmail.com

"Dove Real Beauty" Workshop

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Dove Real Beauty Workshop December 5, 2009

Each day we are exposed to different images along with the misconception of "REAL BEAUTY"...

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Young Girls Between the ages of 8-13 (young persons must be accompanied by a female mentor age 18 years +)

Date: December 5, 2009
Time: 9 am - 1 pm For Girls age 8 - 10
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Place: MFC Centre

RSVP to: MFC RECEIPTION 613-392-2811 Ext. 3073
RSVP By: Friday November 27th

For More Information Please Contact Christa at: 613-955-0902



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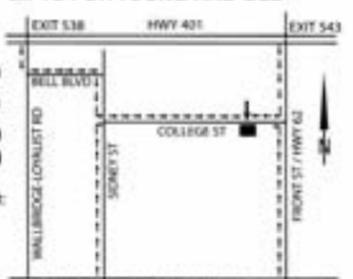
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Ways to help reduce the spread of Flu



- * Wash your hands
- * Cough and/or sneeze into your sleeve
- * Stay home when you're sick
- * Clean and disinfect high touch areas (like doorknobs, 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, visit <http://www.health.gov.on.ca/en/ccom/flu/>

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Feature

FAMILY



Mealtime.org Southwest Soup

Ingredients:
 1 tablespoon olive oil
 1/2 cup chopped onion and 1/2 cup thinly sliced celery
 1 can (10 3/4 ounces) low-sodium cream of chicken soup
 1 cup low-sodium chicken broth
 1 cup cooked wild rice
 1 cup canned, sliced carrots, drained
 2 cans (3 ounces each) premium chunk chicken breast in water, drained
 1/2 teaspoon chilli powder and 1/2 teaspoon ground cumin
 Pinch ground chipotle chile
 1 cup shredded, pepper jack cheese, divided
 1/3 cup whipping cream
 3 tablespoons chopped cilantro
 Cilantro sprigs for garnish

Preparation Time: 15 minutes **Cook Time:** 25 minutes

Preparation: In a large saucepan, heat oil over medium-high heat; add onion and celery. Sauté, stirring occasionally, 8 to 10 minutes or until softened. Stir in soup and broth. Add rice, carrots, chicken, chilli powder, cumin, chipotle chile and 3/4 cup cheese; bring to a boil, stirring occasionally. Reduce heat and simmer 10 minutes to blend flavours; stir in cream and chopped cilantro. Garnish with remaining cheese and cilantro sprigs. Serves: Six

Nutritional Information Per Serving: Calories 252; Total fat 15g; Cholesterol 54mg; Sodium 472mg; Carbohydrate 15g; Fibre 2g; Protein 15g; Potassium 312mg; Vitamin A 3514 IU; Vitamin C 2mg; Vitamin D 7 IU; Calcium 133mg; Iron 1mg

Activity: Eye Dropper Planets



Here's an activity that will encourage your child to explore a rainbow of colours as he creates his own solar system!

Mixing colours and making designs is a wonderful way to spend Comfort, Play and Teach™ time together!

You will need: Eye droppers; food colouring (primary colours); muffin tins; coffee filters; plastic place mat; hole puncher; and string.

Instructions: Pour a different colour of food colouring into each cup of

a muffin tin. You can create different colours by combining primary colours.

Show your child how to use an eye dropper. First squeeze the bulb and then dip the end of it into the food colouring. Release the bulb to fill the dropper. Your child can also use a plastic spoon to scoop and pour the food colouring.

Place a coffee filter onto the plastic mat. Your child can squirt different colours onto the coffee filter, creating interesting designs.

Allow the coffee filter to dry and then display it by punching a hole in the top, affixing a string and dangling it from the ceiling.

Your child can make several eye-dropper planets and create her own

solar system!

Enjoy this more with Comfort, Play and Teach™:

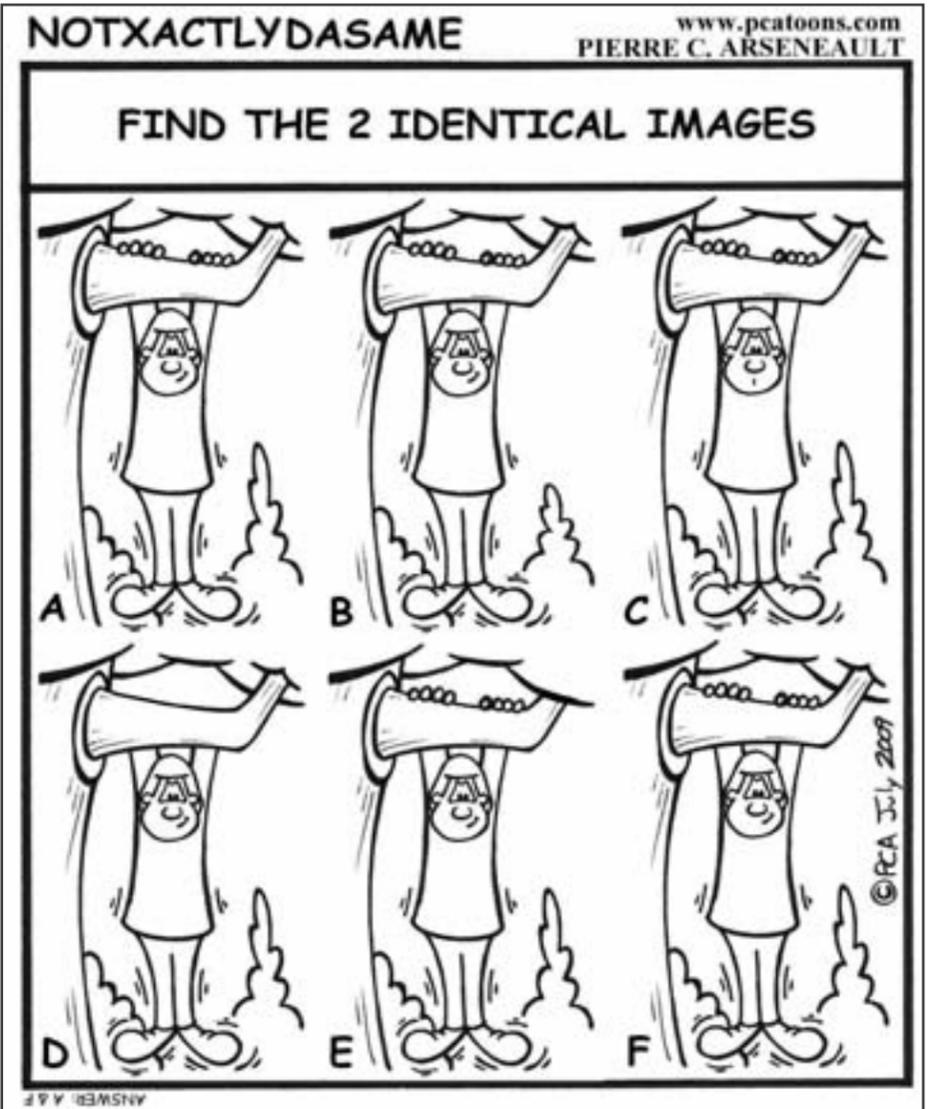
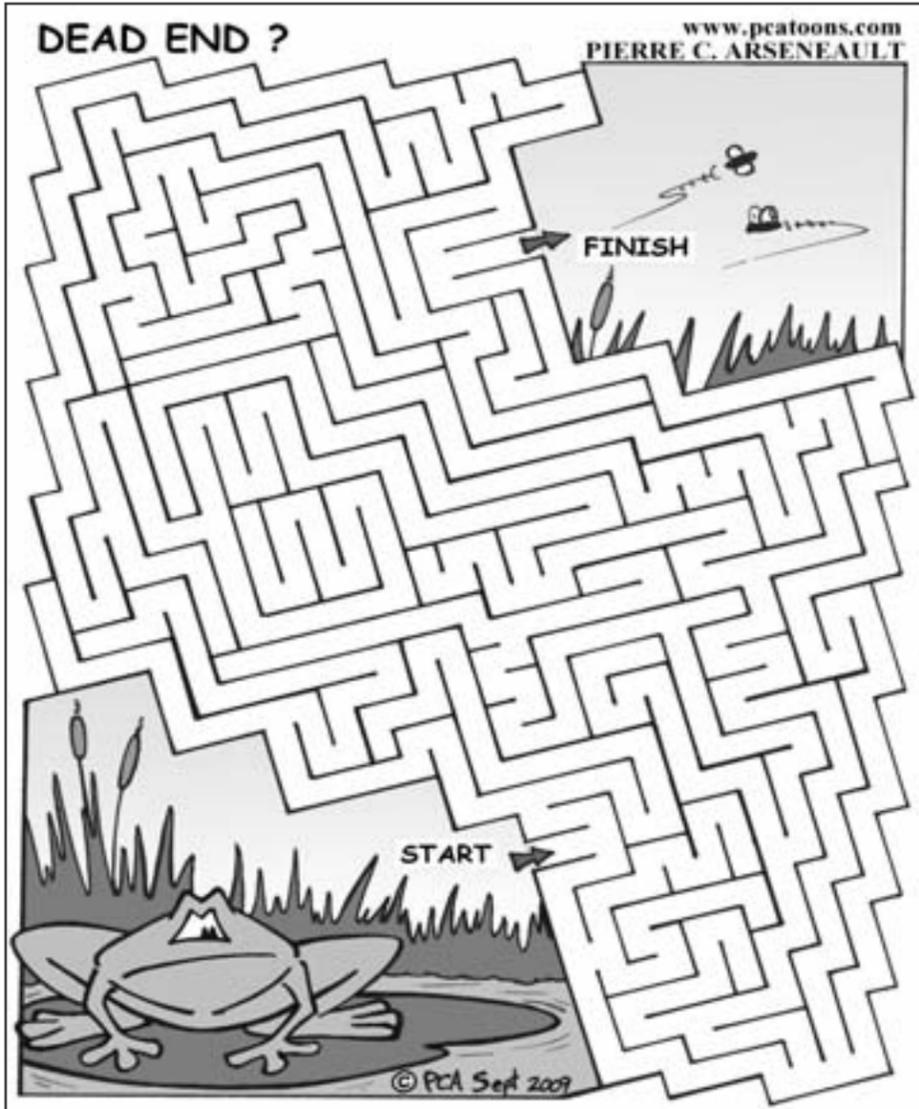
Comfort: Comment on what your child is doing as she chooses different colours and create unique patterns

Play: Make up stories together about what happens on each planet that your child is creating. Who lives on them? What do they look like?

Teach: Encourage your child to identify different colours. Talk about what happens when two colours are combined to create a new one.

Courtesy of the D-News Network, DND-CF Public Affairs Newswire.

All text by Invest in Kids. www.investinkids.ca



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November 15 – November 21

Theme of the week: Little fires are being lit all over the place this week. No, it's not arson unless it's emotional arson. For some, the flames of desire lead to shopping sprees, job searches, or quests for promotions. For others, romantic fires burn brightly. Unfortunately, for a few, there are sparks triggered by insensitive words or irritation. Be kind to others. Let your fire warm hearts rather than ignite tempers. You'll be glad you did!

ARIES (March 21-April 19): A New Moon on Monday bodes well for an end to a financial problem. Help is there if you need it. And if you're self-employed, new business is in the works! The social area is low-key, mostly emphasizing TV and quiet times.

TAURUS (April 20-May 20): The New Moon plants seeds of change in the relationship area. Romance, work, or both could be affected. The nature of these changes depends on your current status. Suffice to say they're for the better. If you've got any say in the matter, err on the side of caution.

GEMINI (May 21-June 20): You may see a slight improvement on the work front. You'll probably also want to participate in some sort of public function. Dreams of exotic places dance in your head, but fulfilling them may have to wait until the new year. Otherwise, no problems!

CANCER (June 21-July 22): You're one of those for whom the fire lit may well be a romantic one. This is one lucky week for your love life, especially if you're single. Married or single, it's not half bad for money either. Last but not least, there could be an unexpected trip or outing towards the end of the week. Enjoy!

LEO (July 23-Aug. 22): There are some changes on the home front. They may be good, but they can also be disruptive, especially if they involve house guests. You're a generous soul, and someone may feel free to impose on you for that reason. Set limits gently but firmly!

VIRGO (Aug. 23-Sept. 22): Your brain is on fire. Your mind is overactive, racing. This may be due to a communication with a relative, or it may be due to plans connected with your home. It's great to be excited, but don't stress yourself out before the actual event. You've got plenty of time to get things done right!

LIBRA (Sept. 23-Oct. 23): There could be some financial fluctuations this week. You're in an adventurous mood and keen to try new things. Some may cost you more than you expect. Be aware of that and all else will be fine!

SCORPIO (Oct. 23-Nov. 21): Expect to be especially active this week. Also expect to be dealing with people of many different ethnic, religious, and philosophical persuasions. Mostly you're comfortable with this, but occasionally you may need to restrain your rather strong opinions. Ask questions instead!

SAGITTARIUS (Nov. 22-Dec. 21): Early in the week you have plans in the making. Carry them out and they could put a positive spin on your bank balance, though it may take a couple of weeks for you to see results.

CAPRICORN (Dec. 22-Jan. 19): You're one of the signs who could see sparks flying in the form of arguments this week. There could also be a new responsibility in the offing. Accepting it is to your advantage, even if you think it should be somebody else's job!

AQUARIUS (Jan. 20-Feb. 18): There could be some changes on the work front this week. These create tension. Be careful about criticizing them, though, or you're liable to wind up falling out of the frying pan right into the fire!

PISCES (Feb. 19-March 20): There could be an argument with someone you don't know well, possibly even a total stranger. Or there could be strain in a relationship with an in-law. The source of the irritation is relatively trivial, but it rankles. You're in the right. Everybody knows it. Be gracious and let the provocateur look silly on their own!

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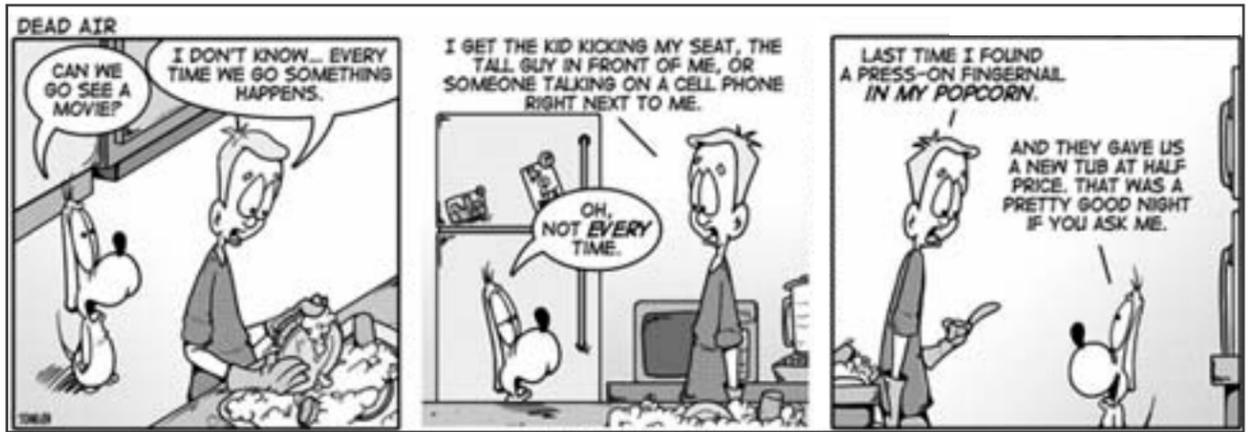
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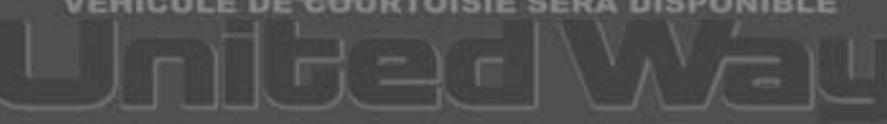


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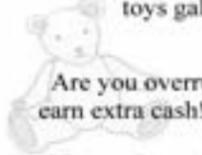
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November 14 10am -2pm RecPlex Gym

Francophone Community Counselor

My role at the MFRC is to be present, represent and support all francophone families, work with different programs within the MFRC, work with Quinte West region to find out what resources exist for our francophone community, as well as offering counseling, referrals and punctual and longer term interventions with individuals, couples, families and groups.

For more information: Mona Lise Dubé 613-955-0646

We Have Moved!
The following MFRC staff has moved to 9 Namao Drive, next to the Chapel.



David Lee – Financial Administrator – 955-0719
Jaimie Corriveau – Special Events Coordinator – 955-8711
Roxanne Lamothe – Violence against Women Counsellor – 955-8891
Christa Zappitelli – Prevention, Support & Intervention – 955-0902
Mona Lise Dubé – Francophone Community Counsellor – 955-0646
Stéphanie Bernier – Francophone Social Worker – 955-0419

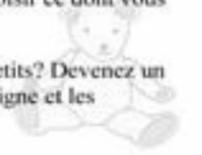
For additional information:
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Le 14 novembre 10h -14h au gymnase du RecPlex

Conseillère Communautaire Francophone

Mon rôle au CRFM est d'être présente, de représenter et de supporter les familles militaires francophones, collaborer avec les autres programmes du CRFM, travailler avec la communauté de Quinte West afin de trouver des ressources francophones et en premier lieu offrir des services de counselling, de références et des interventions ponctuelles ou de moyenne durée pour les individus, les couples, les familles ou des groupes.

Pour information contactez : Mona Lise Dubé 613-955-0646

Déménagement
Ces membres du personnel du CRFM ont déménagés au 9 Namao Drive (à côté de la chapelle)



David Lee – Administrateur – 955-0719
Jaimie Corriveau – Événements spéciaux – 955-8711
Roxanne Lamothe – Intervenante "Violence envers les femmes" – 955-8891
Christa Zappitelli – Prévention, Soutien & Intervention – 955-0902
Mona Lise Dubé – Conseillère Communautaire Francophone – 955-0646
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Double doors lead from a covered porch into the foyer. To the right is the living room, where light will floor in through the large window that looks out to the front garden. Windows also flank the wood-burning fireplace, and brighten the dining room.

The kitchen, separated from the living area by a partial wall, boasts a raised eating bar with room for three, a generous pantry and a window over the double sink.

Exterior finished include stucco with brick accents, a square pilaster defining the entrance and partly mullioned windows, as well as a traditional brick chimney.

This home measures 43 feet wide by 61 feet, six inches deep, for a total of 1,386 square feet.



Plans for design 5-3-665 are available for \$532 (set of 5), \$592 (set of 8) and \$640 for a super set of 10. B.C. residents add 7% Prov. Sales Tax. Also add \$25.00 for Priority courier charges 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 postage 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:

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Bus Trip to the "Dixie Mall"
Saturday, November 21st, 2009

Just in time for Christmas or to send your parcels overseas to loved ones. Dixie Mall is west of Mississauga and has over 135 Outlets. The bus will leave the Siskin Centre at 8:30 am and leave Dixie Mall to come home at appr. 6:30 pm. The cost is \$15 and must be paid at time of registration at the MFRC.

Information 613-965-3575

Voyage en autobus au "Dixie Mall"
Le samedi 21 novembre 2009

Juste à temps pour Noël ou pour envoyer vos colis outre-mer aux êtres aimés. Le Dixie Mall est situé à l'ouest de Mississauga et offre plus de 135 magasins entrepôts. L'autobus quittera le Centre Siskin à 8h30 et partira du Dixie Mall à 18h30 appr. Les frais de \$15 doivent être payés à l'inscription au CRFM.

Partner's Away Wednesday Night
6pm to 8pm

Childcare is available but you need to reserve ahead so we will have enough caregivers for your children.
 November 18—Assembling packages for the troops.
 November 25— End of the month Dinner.
 Please call ahead to reserve.

Groupe Partenaires au loin, le mercredi soir de 18 h à 20 h.

Le service de garde est disponible, toutefois vous devez réserver à l'avance pour que nous puissions prévoir suffisamment de gardiennes pour les enfants.

18 novembre – Assemblage de colis pour les troupes
 25 novembre – Souper de la fin du mois
 S'il vous plait, appelez à l'avance pour réserver

Souper francophone

Vendredi le 20 novembre, 19h, Aji Sai (Belleville)
 Vendredi le 11 décembre, 19h, Kelseys (Trenton)

Inscrivez vous au CRFM, au plus tard, le jeudi 16h avant la réservation.
 613-965-3575

Pour plus d'information sur ces sorties, contactez Mona Lise au mon-alise3@hotmail.com.

Note: Vu l'heure du souper, nous préférons que cette soirée soit pour adultes.

To know more about Military Discount Program, please visit the MFRC website!!!

If you know of any businesses offering discount to the military, tell them about this program or tell us about them. Thank you!.

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

The MFRC has now available for your convenience the Quinte West garbage tags. You can purchase them at the reception at the cost of \$2.50 each.

Vous pouvez maintenant vous procurer les étiquettes pour les sacs de vidange de Quinte West au bureau d'accueil du CRFM au coût de 2,50\$

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The profits will go to the Trenton Military Family Resource Centre
 Les profits seront versés au Centre de ressources pour les familles des militaires de Trenton

Everything for Baby to Kids to You
Consignment Sale

Saturday, November 14th, 2009
 10:00am to 2:00pm
 RecPlex Gym
 (please bring your own bag)

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

Proceeds from the sale will go towards MFRC Children & Youth programs
Cash Sales Only -NO DEBIT!

Tout pour bébé, les jeunes et vous
Vente de consigne

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 Au gymnase du RecPlex
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Olympic Torch Relay holds symbolism for CFS Alert

by 2Lt Cynthia Kent
8 Wing Public Affairs

Having the Olympic Flame at CFS Alert was not just historic, it also was steeped in symbolism for the personnel there.

The relay was run in three legs, up the hill from the airfield to the base. The first leg was run by Inootiq Manik, to represent the Inuit community in the North. Next was the "Chosen Frozen."

"We wanted to represent the same thing that happens when people arrive at station," said Commanding Officer Major Sylvain Giguère. "Normally the SWO and I meet everyone who

arrives."

So, the first to take the torch in that group of 20 was MWO Darryl Foster, the Station Warrant Officer and highest ranking non-commissioned member on base.

Every 50 metres the torch was passed among the team, which had representation from across the base: civilians from Canadian Base Operators and Environment Canada as well as military personnel.

The last in the group to carry the torch was Maj. Giguère. He then passed the flame to George Stewart, who lit the cauldron.

Maj Giguère said

Stewart, the longest serving person at the base, is the person who helps "handover the torch" from one Commanding Officer to the next, so it was appropriate that he lit the cauldron.

And he said just being part of the run meant a lot for everyone in Alert.

"We are so remote from the rest of the world that to be part of what's happening in the rest of the country was really, really great."

Maj Sylvain Giguère, Commanding Officer, CFS Alert, carries the Olympic Flame during the Olympic Torch Relay at CFS Alert.

Photo courtesy of 2Lt Cynthia Kent, 8 Wing Public Affairs



CFS Alert Olympics: Personnel participate in special competition

Photos: 2Lt Cynthia Kent



CFS Alert SWO, MWO Darryl Foster works on a sculpture.



The final results of team Miga's sculpture at CFS Alert

by 2Lt Cynthia Kent
8 Wing Public Affairs

As part of the Olympic Torch Relay going to CFS Alert, personnel there participated in their own competition. The CFS Alert Olympics took place the week before the Olympic Flame arrived. The sports were ball hockey, cross country skiing, indoor curling using rocks with wheels, and

snow sculpting.

The base was broken down into teams and the overall winner was Team Miga: PO1 Wayne Jackson, Ray Johnston, Josette Jutras, Cpl Kreyestof Kumor, MCpl Mark Lalancette, Roxanne Lodge, Jason MacAulay, Nathan MacLean, Patrick Manik, Inootiq Manik, Angelina Maurer, and Team Captain Gilbert Tremblay.



Cpl Roel Pacheco (left) and Warrant Officer Shane Ethier chase after the ball during CFS Alert's Olympic Torch Relay Olympics.

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Find it at any of these
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- Belleville Public Library
- Belleville Legion 99
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- Luc's Variety

Trenton Locations

- Smylies Independent Grocers
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- QHC Trenton Memorial
- Shopper's Drug Mart



Investiture of Honorary Colonel is a first in Canadian Forces history

by 2Lt Vince Bédard
Public Affairs OJT

For the first time in Canadian Forces history the title of Honorary Colonel is being passed down from father to son.

Mr. Eben James III was invested as the new Honorary Colonel of 2 Air Movement Squadron at 8 Wing/CFB Trenton in July 2009. To formally acknowledge and celebrate this appointment, an Investiture Ceremony was held on base on October 29, 2009 with Colonel Russ Williams, Commander of the Wing, as Presiding Officer.

It was a well attended ceremony. The room was packed with more than 200 guests, testifying to both Honorary Colonels' influence and popularity with the local population, and the military men and woman they have had the pleasure to work with.

Major Aaron Spott, Officer Commanding, 2 AMS, delivered a touching speech to the audience before transferring Corporal Penguin, official mascot of the Squadron, to the good care of Honorary Colonel Eben James II. The now heavily decorated 2 AMS's mascot returns to its previous employment as an office decoration at the headquarters of the James family business, Trenton Cold Storage Group (TCS Group)

"The list of candidates for the honour was

long and full of highly regarded individuals; but to name Mr. Eben James III as our Honorary Colonel was a choice without risk" said Maj. Spott.

HCol Eben James III took the opportunity to thank the Canadian Forces members, and particularly the CF families for their support

"Thank you for all you give, physically, mentally and emotionally" he said.

Born in Trenton, the current HCol James is a graduate of the Schulich School of Business with both an Honours Undergraduate Degree in Business Administration and an MBA.

In 2007, he was one of 40 entrepreneurs from across Canada invited to participate in the Quantum Shift Program by The Richard Ivy School of Business and was subsequently named a Fellow of that organization.

HCol James joined the TCS Group of Companies in 1986 and was named president and Chief Executive Officer in 2000.

HCol James has given back to his community by raising hundreds of thousands of dollars for the Canadian Cancer Society, the Alzheimer's Society, the Heart and Stroke Foundation and the Greater Quinte area. He enjoys running, downhill skiing and sailing with his family in Prince Edward County.



(Above, left to right) Newly-invested Honorary Colonel of 2 Air Movements Squadron, 8 Wing/CFB Trenton, Eben James III, Colonel Russ Williams, Commander of the Wing, and Major Aaron Spott, Officer Commanding, 2 AMS. (Below) Former Honorary Colonel of 2 AMS, Eben James II (left) is presented the squadron mascot, Corporal Penguin, as a token of his service.



Photos: 8 Wing Imaging

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New CD raises funds to support troops

by Shelley Lipke
Lookout Newspaper

To coincide with Remembrance Day in Canada and the United Kingdom, and Veterans Day in the United States, a new CD for the troops called *Independents For Independence* will be released in stores and online.

Created by more than 30 emerging artists, this CD will be sold internationally to generate funds to support the families of fallen military personnel and those who return from duty with life altering injuries.

"I thought this CD was a great idea to show how we can support our troops and show our appreciation for everything they do," said Vancouver-based production president James Miller. "Sometimes people don't support a particular mission, but they should always support the people who protect and serve our country to keep it safe."

The CD was recorded by Canadian and American artists who volunteered their time and talent.

More than 30 artists came together to record the title track *We Will Be There*.

"The main style of the CD is country and rock, but it also has a bit of hip hop, metal and adult contemporary songs on it," said Miller.

The Canadian profits from the sale of the CD will be divided between the Canadian Forces Personnel Support Agency and the Red Friday Foundation to support the military member's



Shown above is a copy of the "We will be there" CD cover.

families.

The CD retails for \$17.99 in music stores and online, but through www.cd4thetroops.com, a higher profit is generated and therefore more money is passed onto military related charities.

"We are encouraging people to buy online as the extra profit will go to The Wounded Warriors Canadian Fund for repatriating troops and injured soldiers," said Miller.

United States sales will go to the Military Families Fund and the British Army Benevolent

Fund in the United Kingdom.

The general public are also encouraged to send messages to the troops through the message board on the website to show their support.

"I'm fortunate to have the ability to work in the music industry and be in a position to create a CD for the troops," said Miller. "My hopes are to sell at least half a million copies in the next year in Canada, but more importantly, I hope that people listening to the music will let the troops know that we are behind them."

Show support by writing, but no packages, please

National Defence – As the holiday season approaches, many Canadians will be thinking of the troops deployed overseas.

Director General Personnel and Family Support Services (DGPFSS) would like to remind the public that even though the military appreciates any show of support, the collection of gift boxes and packages for shipment overseas is not practical.

"Support for our troops has been tremendous over the years, and this year, Canadians again want to know what they can do to help," said Jim Peverley, Director of Deployment Support at DGPFSS. "We appreciate that Canadians want to share their time and generosity with our troops, but unfortunately, we do not have the capability to send individual donations overseas."

As the flights that re-supply CF personnel in places like Afghanistan are filled with priority items such as combat supplies, vehicle parts, equipment and mail from families, there is very limited space for any items that are not critical to the mission, including donations from the public.

One easy way for Canadians to show their support is through e-mail messages on the Canadian Forces website (www.forces.gc.ca), using the "Write to the troops" message board.

Also, postcards and letters without enclosures which are addressed to "Any CF member" will be accepted, although similarly addressed care packages will not be.

In addition to care packages from family and friends, each CF member deployed on operations over the holiday period will receive a package through DGPFSS' Operation Santa Claus.

These care packages are made possible through the generous donations of companies from across Canada.

Canada Post will be providing free regular parcel service this year for family and friends of deployed military personnel, from 26 October to 15 January 2010.

The "Write to the troops" website has mailing guidelines to assist families and friends in preparing their letters and parcels for delivery to CF personnel overseas.

There are many other ways to show support to CF personnel and their families. To learn more, please visit the Director General Personnel and Family Support Services website at supportingourtroops.ca.

REMEMERING THOSE BEFORE US



Photo: Department of National Defence

November 9, 2009 – The Honourable Peter MacKay, Minister of National Defence, along with Ambassador Peter Boehm, Colonel Tony Battista and Sergeant Nathalie Boutin, take a moment to reflect at the Berlin 1939 to 1945 Commonwealth War Graves Commission cemetery in Germany. A total of 528 Canadians are buried in this cemetery. Lest we forget.

Contact

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

— Wilbur Wright





Showcase



Showcase



Capt M. Besnard

received his CD1, presented by Maj S.L. Camps, WOPS O.



Maj G. Fraser

received his CD1, presented by Maj S.L. Camps, WOPS O.



Lana Whitman

received her 10 year pin, presented by Maj S.L. Camps, WOPS O.



LCol T. Dunne, 424 Sqn CO

received his CD1, presented by Col Russ Williams, Commander, 8 Wing/CFB Trenton.



Cpl A. Roddy

received a promotion to that rank, presented by Maj M.J.C. Lefebvre, OC Sup & FDS.



Sgt H. Goodyear

received a promotion to that rank, presented by CWO Wudrick, SCWO ATESS and LCol J. MacCaull, CO ATESS.



Sgt H. Goodyear

received a Commanding Officer's Achievement Award Certificate, presented by CWO Wudrick, SCWO ATESS and LCol J. MacCaull, CO ATESS.



Capt J. Hanson

received her CD, presented by Maj S.L. Camps, WOPS O.



Capt J. MacMillan

received her CD, presented by Maj S.L. Camps, WOPS O.



MCpl T. Thickson

received his CD1, presented by Maj S.L. Camps, WOPS O.



MS C. Grondin

received his CD1, presented by Maj S.L. Camps, WOPS O.



MCpl S. Lemieux

received his CD1, presented by Maj S.L. Camps, WOPS O.



PO2 R. Losier

received his CD1, presented by Maj S.L. Camps, WOPS O.



Sgt R. McKinnon

received his CD1, presented by Maj S.L. Camps, WOPS O.



WO P. Banfield

received his CD1, presented by Maj S.L. Camps, WOPS O.

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This nicely restored home has: 3 large bedrooms, with 2 bathrooms, large bright kitchen and is available for rent for the winter period of: Dec. 1, 2009- May 1, 2010. (possibly the week prior to Dec. 1st - possibly longer!) Large principal rooms, Solid older home on a one acre lot, located in Bayside.

Ideal for a small family or professional couple. Especially Ideal for couples moving to the area with the intent of purchasing in the spring of 2010! Military families take note!

This home is on the Bayside School route, has ample parking, and is close to all amenities. Pleasant outside garden and deck, Includes fridge, stove, washer, dryer, dishwasher - water/ sewage included. Window A/C's.

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			M	O	N		S	W	E	E	P	E	R
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Contact

Ten tips for selling your home during the holidays

(NC) As houses tend to be packed with decorations, baked goods and parcels, the holiday season can present challenges for sellers who know the importance of keeping their property minimally adorned and tidy for showings.

To assist, here's a list of 10 tips to help houses shine (and sell) this holiday season:

1. Outdoor lights: Exterior holiday lights can brighten up any house and increase curb appeal. Keep the less-is-more motto in mind and use sparingly.
2. Fake it: Placing frost resistant potted plants such as flowering kale or miniature trees in the walkway and garden to give buyers a sense of the landscape potential.
3. Let it snow: Snow can look beautiful on the trees, but driveways and walkways should be

cleared. Don't forget the backyard terrace and walkways around the house.

4. Toasty and cozy: A warm home is always more inviting than one that has you reaching for your coat. Be sure to have the heat set at a warm temperature for the entire day.

5. Sugar and spice: To create an inviting and festive atmosphere, boil a pot of cider with cinnamon during any open houses or showings.

6. Home sweet home: From fish to cabbage rolls, the holidays can be a fragrant time of favourite family dishes. Certain dishes may leave an odour in your home that not everyone will appreciate, save the holiday cooking for another day.

7. Photos: Display several photos of the home's yards, gardens

and patios in spring and summer to show potential buyers what the house looks like at different times of the year.

8. Size matters: Choose a smaller Christmas tree, and dress it with minimal decorations; a huge tree will make your room look smaller, and busy decorations can look messy.

9. Presents: It is important to cut back on clutter when listing a home; so wrapped presents should not be on display.

10. Less is more: A tasteful greeting card, or themed ornament can accent a home during the holidays, but be mindful not to go overboard.

More information and advice are available from a real estate agent or online at www.royallepage.ca.

Think of your house as a system

(NC) A house is made up of components that work together to form an integrated system. The performance of one component depends on its relationship with other components in the same system. Your home's ventilation and heating components, construction materials, their assembly and the behaviour of the people living there all interact – a change to one affects all others.

Changing one component of a house without considering how it influences other components and the entire house system can waste energy and money.

This fall, as we prepare to face another "fresh" Canadian winter and all the utility bills

that go along with that, take a moment to think about the system in your house and how you can create efficiencies to save you money and help the environment:

- Investing in a high efficiency furnace is a great idea, but it will have to run a lot longer if you have poor weatherstripping around windows and doors and insufficient insulation in the walls and attic. Invest in proper air sealing and insulation levels, and watch your savings soar;

- New high-efficiency windows won't prevent condensation problems if they are improperly sealed or insulated, the humidifier on the furnace has not been adjusted or if kitchen and bathroom exhaust fans

are rarely used or are improperly ventilated;

- A properly functioning home incorporates air tightness and good ventilation. You can have those systems tested by a certified EnerGuide energy advisor who is certified by Natural Resources Canada. He or she makes sure that any recommended upgrades will take both these factors into account as well as other components of the house as a system, thereby ensuring the health and safety of you, your family and other dwellers in the home. You can find a licensed EnerGuide advisor in your area by visitingnewhomes.nrcan.gc.ca or call 1-800-387-2000 to order publications.



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<p>06 MAZDA 3</p> <p>9968 Manual transmission, 4 cyl, 4 dr, air, AM/FM/CD, 78,000kms.</p> <p>\$9,995</p>	<p>06 PONTIAC G6 GTP</p> <p>9914 Panoramic sunroof, pwr heated, leather seats, 18" wheels, pwr pedals, factory remote start, steering wheel controls, air, tilt, cruise, AM/FM/CD, pwr windows, mirrors, locks, traction control, keyless entry, only 32,000kms.</p> <p>\$14,995</p>	<p>09 DODGE CALIBER SXT</p> <p>9692D Automatic, 4 cyl, 4 dr, chrome wheels, pwr sunroof, air, tilt, cruise, Sirius radio/CD/MP3, pwr windows, mirrors, locks, keyless entry, only 18,000kms!!</p> <p>\$16,495</p>	<p>06 SATURN ION</p> <p>9783 Manual transmission, 4 cyl, 4 dr, coupe, air, pwr locks, tilt, AM/FM/CD, only 30,000kms!!</p> <p>\$8,495</p>
<p>05 NISSAN SENTRA</p> <p>9099 Automatic, 4 cyl, air, tilt, pwr mirrors, windows, locks, AM/FM/CD, keyless entry, 66,000kms.</p> <p>\$8,995</p>	<p>06 PONTIAC G5 GT</p> <p>9283 Manual transmission, 4 cyl, 4 dr, alloy wheels, air, tilt, radio/cruise steering controls, pwr locks, mirrors, windows, AM/FM/CD/MP3, keyless entry, 96,000kms.</p> <p>\$8,995</p>	<p>09 NISSAN MAXIMA</p> <p>D9736 Pwr sunroof, pwr seat, alloy wheels, radio/cruise steering controls, air, tilt, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 34,000kms!</p> <p>\$28,495</p>	<p>06 CHEV MALIBU LT</p> <p>9197 Automatic, 4 cyl, pwr seat, alloy wheels, factory remote start, air, cruise, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 62,000kms.</p> <p>\$9,995</p>
<p>06 BUICK LUCERINE CXS</p> <p>8895 V6, Pwr heated, leather, memory seats, OnStar, park assist, steering controls, dual climate controls, 18" high polish wheels, XM radio/CD, factory remote start, pwr windows, locks, mirrors, keyless entry, 64,000kms.</p> <p>\$20,495</p>	<p>06 CHEV OPTRA LT</p> <p>9998 Automatic, 4 cyl, 4 dr, air, cruise, tilt, AM/FM/CD/MP3, pwr mirrors, windows, keyless entry, 55,000kms.</p> <p>\$7,995</p>	<p>06 PONTIAC PURSUIT</p> <p>9750 Automatic, 4 cyl, 4 dr, burnt orange, air, tilt, cruise steering controls, pwr locks, AM/FM/CD, keyless entry, 59,000kms.</p> <p>\$8,495</p>	<p>05 NISSAN SENTRA</p> <p>9540 Automatic, 4 cyl, pwr windows, locks, mirrors, air, AM/FM/CD, tilt, keyless entry, 62,000kms.</p> <p>\$8,995</p>
<p>06 SATURN ION</p> <p>10033 Automatic, 4 cyl, 4 dr, coupe, pwr sunroof, air, tilt, cruise, steering wheel controls, alloy wheels, AM/FM/CD, pwr mirror, locks, windows, keyless entry, 82,000kms.</p> <p>\$7,995</p>	<p>06 CADILLAC CTS</p> <p>10029 Pwr heated leather seats, pwr sunroof, alloy wheels, wood grain trim, steering wheel controls, OnStar, navigation system, 18" chrome wheels, dual climate controls, air, tilt, cruise, AM/FM/3 disc changer, pwr windows, mirrors, locks, keyless entry, only 22,000kms!!</p> <p>\$24,995</p>	<p>06 PONTIAC GR. PRIX GXP</p> <p>9995 Pwr heated leather seats, pwr sunroof, chrome wheels, OnStar, top shift, air, cruise, tilt, satellite radio/CD, steering wheel controls, dual climate controls, pwr mirror, windows, locks, factory remote start, keyless entry, 55,000kms.</p> <p>\$15,995</p>	<p>06 PONTIAC G6 GTP</p> <p>9903 Burnt orange, pwr sunroof, pwr heated leather seats, alloy wheels, pwr pedals, factory remote start, air, cruise, tilt, traction control, AM/FM/CD, pwr windows, locks, mirror, keyless entry, 78,000kms.</p> <p>\$12,995</p>

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