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Air Reservist of the Year

This award honours the outstanding service of Pilot Flight Lieutenant Duncan Marshall Grant of 400 Squadron, now a Canadian Forces Air Reserve Squadron, who was killed in action on September 28, 1943 over Paris, France when his Mustang aircraft was hit by flak and crashed.

This award, established by the Air Force Association in 2000, recognizes the person who best represents the Reserve Component of the Air Force.

During the past year Master Warrant Officer Tom Fielding has been employed at 8 Wing/CFB Trenton, in the Wing Chief Warrant Officer's office. His primary duty was as the Repatriation Coordinator for fallen members returning to Canada.

In addition to this extremely demanding duty, he eagerly undertook the added responsibilities as the Wing Chief Warrant Officer's Assistant for the first quarter of 2009.

MWO Fielding's performance during this year can only be described as outstanding. Repatriations, by their very nature, are extremely challenging ceremonies, requiring a sense of compassion, perfection, and dedication.

The personal and public dimensions of these occasions can only be described as a "No Fail" event for the CF. All repatriated members deserve to be returned to Canada with dignity and honour, and an exacting sense of protocol that provides a sense of peace, care and compassion that is felt by all who are in attendance.

Every family and each member of that family must feel that their loved one is being returned to a grateful nation, given all the honours and respect as all that have returned before them. MWO Fielding absolutely excels in this.

His hard work and dedication to each event is the same, leaving no detailed unattended. As part of this duty, MWO Fielding ensures that each and every member of the guard and bearer party is trained to the same flawless standard.

He performs this duty with a degree of professionalism that has earned him the highest praise of all the Army Regiments that have come to 8



Master Warrant Officer Tom Fielding
Wing/CFB Trenton to welcome home one of their own. His duties on the aircraft prior to the ceremony are no less critical.

He performs the final check to confirm that the returning member is properly prepared for return to Canada, and their waiting family members. A failure at this moment would be tragic, and would resonate as a national embarrassment. MWO Fielding's ability to fulfill this extremely stressful task is nothing less than inspiring to all those around him.

At these moments, grieving colleagues and family members are a pressure that few could withstand time and again.

As the Assistant to the WCWO for the past four months, MWO Fielding's performance has been to the standard of a senior Chief Warrant Officer with several years in rank.

His experience and expertise in all aspect of military dress department and demeanour impress even the most senior Chief Warrant Officers. He willingly passes this knowledge to all who seek his advice, many of whom are unit Chief Warrant Officers, and who readily acknowledge MWO Fielding as "one of their own" in his personal department, professionalism, and job knowledge.

See "Air Reservist of the Year" Page 2

Teamwork is key to 8 MSS success in the field

by 2Lt Cynthia Kent
8 Wing Public Affairs OJT

The cool, often wet conditions of a field exercise at CFB Petawawa have done nothing to dampen the team work and enthusiasm of 8 Wing Mission Support Squadron.

8 Wing MSS is currently in the field as part of Exercise Osons Hammer, a confirmation exercise for the Combat Engineers of 2 Combat Engineer Regiment, Petawawa to prepare for the next Roto in Afghanistan.

The MSS mission during the exercise is to design, build, sustain, and tear down camp KAF, which will support some 300 to 400 members of 2 CER and other units across the country.

8 MSS is lead by Major Eric Cyr, the Officer Commanding 8 Wing Telecommunications and Information Services Squadron. So far, he's very impressed by his team's work in the field.

"If there's one word that can summarize everything we've done so far it is teamwork, and that's the way it should be," he said.

"I'm very, very proud of them. They've really proven that they are professionals. They know their job."

That team work mentality was evident the first week they arrived in Petawawa. Everyone pitched in to set up tents, fill sand bags and do whatever else needed to be done.

Captain Fred Dubeau is Operations Officer and the

deputy OC. Like everyone else, he worked long hours in the cold and rain to get the camp up and running. He was struck by the high morale of the team.

"People are getting along very well," he said. "I was amazed to see how many laughs and smiles during the whole setting of the tents, even nights when we worked very late."

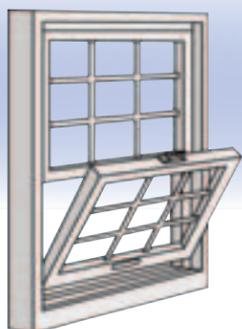
8 MSS only became involved in the 2 CER exercise at the end of July. With just two months to plan, prepare and execute the mission, teamwork was key. And not just from the 8 MSS team. It also required support from CFB Petawawa, the Readiness Training Flight in Trenton, and 1 Canadian Air Division.

See "8 MSS" Page 12

Photos: 2Lt Cynthia Kent, 8 Wing Public Affairs



Corporal Sean Connors and Cpl Rick Costain on a fire truck drill during the 8 MSS exercise in Petawawa.



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Air Reservist of the Year, Continued from Page 1

Throughout this period, recognizing the importance of uninterrupted Wing operations, he has cheerfully volunteered to work countless extra hours and weekends. His commitment to all facets of 8 Wing/CFB Trenton activities is genuine and heartfelt.

He has repeatedly been singled out by 8 Wing leadership for his detailed organizational

and coordinating skills in regards to the two most recent Wing Honours and Awards presentations.

It is a particular knack that he has in ensuring that all awards recipients feel that this event has been organized just for them, and he goes that extra mile to ensure that each member receives their own copies of photos from the presentation.

These are the qualities of a leader - of a team member - and one who consistently places, others and the Wing before himself.

Master Warrant Officer Tom Fielding is the quintessential airman, and his recognition by the Air Force Association with the Flight Lieutenant D.M. Grant award is the affirmation of this fact.

United Way update

Canvassers continue to look for money for a worthy cause.

The Government of Canada Workplace Charitable Campaign has raised \$39,033.03 so far for the United Way of Quinte.

The 50/50 pot is at \$677 (the winner gets half the pot) and 24 per cent of personnel have been canvassed. Our goal is 100 per cent canvassed.

There are several ways you can help: talk to your unit rep about donating money, buy a 50/50 ticket or dental basket rally ticket, or come to one of our events.

The next planned event is a \$5 chili luncheon on October 23 at the Yukon Galley. Good food for a good cause! Don't forget to come!

Remember, the money you donate helps people in your community.

For information on upcoming events, finding your unit rep and the programs supported, follow the link on the 8 Wing splash page.

It's back! United Way Dental Basket

Once again the dental team of 8 Wing have out done themselves.

The dental basket is outstanding. It's complete with multiple items that will be a treat for anyone who wins this great prize.

The basket value is close to \$740 to date. The main items of interest in are a Sonicare tooth brush, two golf clubs, a digital media player, jewellery from Tanzania, an entertainment grill and fondue set, \$25 gift certificate from Canadian Tire and more.

The dental team highly supports the United Way. Almost all the items in our gift basket are purchased by the dental team. A local business who recognizes the importance of our goal has also donated a prize to help us raise money for this great cause.

The dental team will be working hard to make sure everyone gets a chance to buy tickets. We will be at the Yukon Galley on various occasions but please feel free to come visit us at the 8 Wing Dental clinic throughout the campaign.

We call ourselves a team because we work as a team. So join our team to make the 2009 United Way Campaign a success. Good luck to all.



WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Replacing a high voltage pad mount switch - Ron Wood, Joe Dunkley, Cecil Chestnut and Cpl Dave Coe.



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424 Squadron presented with a piece of history

by Capt Kevin Coulombe, 424 Squadron

Photo: Cpl Brandon O'Connell, 8 Wing Imaging



Chris Charland (left), who is part of the Civil Air Search And Rescue Association (CASARA) in North Bay, presents Lieutenant-Colonel Tom Dunne, Commanding Officer of 424 Transport and Rescue Squadron with a Second World War Handley Page Halifax Bomber LW170 painting.

On October 9, 424 Transport and Rescue Squadron was presented with a piece of history from 57 Rescue Canada member Chris Charland.

The artwork is a print of a former 424 Squadron aircraft, Second World War Handley Page Halifax Bomber LW170. Resting from its days of glory, the aircraft currently sits on the bottom of the Atlantic Ocean off the Hebrides Islands, west of Ireland.

This particular aircraft is special because during the Second World War Canada flew 70 per cent of its missions in Halifax bombers, using 1,230 of them.

Of these 1,230 Canadian combat veteran aircraft, not a single one remains and only two Halifax aircraft in total are known to exist worldwide.

From May to August 1944, LW170 flew 28 combat missions to Germany and France during the critical days preceding and during D-Day.

In August 1945 while on weather patrol, LW170 sprung a fuel leak and while attempting to return to base the crew was forced to ditch the aircraft.

The aircraft floated for seven hours while the crew was rescued from their nearby life raft.

The delayed sinking permitted crews to map the exact location of where LW170 left the waters surface; making 57 Rescue confident that they would be able to locate and recover the aircraft.

57 Rescue Canada is dedicated to preserving

the bomber and its heritage and is actively raising financial support through corporate and public sponsorship.

You can learn more about 57 Rescue Canada and help their mission by visiting their website at 57rescuecanada.com.

Most of the facts in

this article were taken from the aforementioned website.

The donated artwork will find a home in the hallway of 424 Squadron, where it will be placed amongst other important pieces of the squadron's history.

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Search & Rescue UPDATE



424 Squadron had three missions this past week that were all handled by our Griffon crews.

The first tasking was to investigate an ELT signal in the Markham area. The signal was homed to a grass landing strip but there was no one in distress observed. The ELT was turned off and the crew was released and preceded to Buttonville for fuel.

While on the ground in Buttonville the crew was tasked to help the OPP in the Picton area look for an 81 year old gentleman who had wandered off from his residence. He could not be located in the dark and the griffon returned to base. A fresh crew recommenced the search in the morning and he was quickly located in a corn field a short distance from home. After turning the case over to the OPP our crew returned to Trenton.

Until next week, stay safe!

Missions for 2009: 203 Missions for Oct: 9 Persons rescued: 30

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The Contact Newspaper

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

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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: STEINERAL@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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ATTENTION Contact readers and contributors

Please be advised that any articles and/or photos you wish to submit to *The Contact* can be submitted to Amber Gooding, Acting Managing Editor, at amber.gooding@forces.gc.ca (alternatively, the intranet address can be found on the DIN).

Our apologies to those trying to submit pieces to the paper for the last few weeks, as the regular account for submissions has been temporarily disabled.

If you wish to contact the publication by phone, or have any question or concerns, please feel free to contact Amber Gooding at 613-392-2811 ext. 3978.

Thank you for your patience during this time.

LETTERS TO THE EDITOR

All letters must be signed and the names will be published unless otherwise requested.

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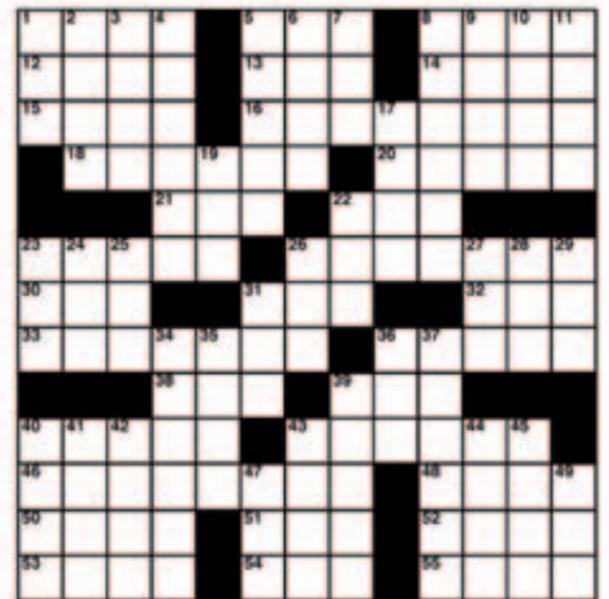
By Bernice Rosella and James Kilner

ACROSS

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- 6 Woodwind instrument



- 7 Part 8 of our quote
- 8 Snapshots
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- 25 Succumb
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- 42 Stitched
- 43 Privy to
- 44 _____ contendere
- 45 Part 4 of our quote
- 47 Decorate a cake
- 49 Raptor's org.

See Answers, Page 21



This Week in Contact

1979 – The Officers' Wives Club hosted "Fashions for You" in the Officers' Mess. Fall designs were courtesy of local businesses Honey's, Penningtons and Ashleys, with hairstyles and makeup courtesy of Reflections of Belleville. The evening event was attended by 250 people who paid a modest \$3.00/person admission fee.

1989 – CFB Trenton once again made history by hosting the inaugural CF Sports Award Banquet at the Junior Ranks Astra Lounge. A number of CF "VIPs" were in attendance, led by Vice Chief of Defence Staff, Vice Admiral C. Thomas. The event honoured Command athletes of the year; CF male and female athletes of the year; Hall of Fame and Honour Roll inductees; CF Chief Officials; and teams of the year.

1999 – Air Commodore Leonard J. Birchall, the first Canadian Forces member ever to receive the fifth bar in his Canadian Decoration, delivered a leadership lecture at the 8 Wing/CFB Trenton Officers' Mess. AComm Birchall was awarded the Distinguished Flying Cross for gallant service during the Second World War, and was given the title of "Saviour of Ceylon" in that same conflict.

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



Replacement air traffic control tower nearing completion

by Tom Philp, Contact Staff

Just over a month ago, Colonel Russ Williams, Commander, 8 Wing/CFB Trenton visited the construction site that would soon be released as the Wing's new Air Traffic Control Tower (ATCT). Now the installation of equipment in that facility, equipment essential to modernizing local air traffic control functions, is drawing to a successful close.

According to Aerospace Telecommunications Engineering Support Squadron (ATESS) Sergeant Lee Luker, crew chief for the equipment work, the 8 Wing Command Control Information Systems Flight (CCISF) was responsible for installing communications and navigational aids in the new ATCT to the point where it could be tested and certified. Once those critical tests are passed, transfer of control of the airspace from the old tower to the new could begin.

"Planning for this new tower began several years ago, and our involvement was initiated by the Radar and Control Systems (R&CS) 6-2 section in Ottawa, which is responsible for all Air Traffic Management systems in DND," Sgt Luker said. "We were tasked with installing all the electronic systems into the new tower as well as setting up a temporary tower used during the transition from the existing facility."

"We will also be transferring control from the old to the new tower and removing the systems from the old tower when it is decommissioned," he said.

ATESS began purchasing supplies and equipment for the current installation in the summer of 2008, anticipating technicians would start the new tower work last November. However, delays in construction pushed that start-date back significantly. Sgt Luker's crew finally began pulling wires and connecting cables on June 1, 2009. Of course, that did not mean that the ATESS crew just stood around, waiting for summer.

"Building the racks and assembling the equipment and console panels began last fall and continued this spring as we worked around other installation projects such as upgrading the Goose Bay tower, the new Cold Lake transmitter site, and Comox and Holberg VHF radio upgrade project," Sgt Luker said. "We were able to rearrange our schedule to complete other tasks while waiting for access to the new tower."

The array of new equipment includes 11 racks, 27 radios, four Frequentis touch-screen communications control panels, three RADAR and airfield status display panels, crash bell systems, emergency radios, several dedicated computer systems, numerous other controls, displays and systems used by Trenton's Air Traffic Controllers, "plus all the interconnecting communications feeds into, and out of these systems that tie the tower to the rest of the Wing," Sgt Luker said.

The crew chief said completing this immense task required extensive coordination with both 8 Wing and off-base units and agencies.

"Access to the Wing wide communications infrastructure and the airfield navigational aids and communications systems outside the tower is done in cooperation with Wing Telecommunications Systems (WTIS) who will also be assisting us with the transition to the new tower," Sgt Luker

said. "Wing Construction and Engineering (WCE) is also involved in some of the systems we are working with such as the crash bells and the Airfield Lighting Runway Control System (ALRCS)."

Other important ATCT project partners included Defence Construction Canada (DCC), the national project management team responsible for the entire tower job and daily on-site liaison; 1 Line Troop from CFB Kingston, responsible for installing antennae and associated cabling for the tower, and who also work with ATESS to provide "the circuits that feed our radios;" Radar and Communications Systems managers and other personnel in Ottawa who designed the equipment layout and positioning; and Life Cycle Material Managers in Ottawa, responsible for procuring and standardizing the equipment to be installed.

Time delays were overcome by the crew; but beginning their work on the tower just as the 2009 posting cycle started also put some minor kinks in the project.

"Postings out of crew members during the project (two Master Corporals and one Corporal Technician from the crew were posted in July and August, and another Corporal Technician moved to a different ATESS section during the summer) meant a loss of expertise on the crew since the onsite portion of the installation started just before posting season in June," Sgt Luker said. "But this allowed us to train the incoming crew members on an active, multifaceted, ongoing project close to home with all the resources of our home unit right here in Trenton."

One of the visitors invited to the ATCT last week by Lieutenant-Colonel Sean Lewis, Wing Logistics and Engineering Officer, was Captain Jeff Gallagher, currently the A1Coord2 with 8 Wing Administration. Capt Gallagher (then Master Corporal Gallagher) was an Air Traffic Controller here from 1987 to 1994. During his hour-long tour of the new facility, Capt Gallagher was able to compare what he saw last week with what he experienced 20 years ago.

"I was very impressed with the new tower," Capt Gallagher said. "It was obvious that a lot of thought went into tower operations, including state of the art communication systems, office space and ease of maintenance."

Capt Gallagher said he "loved the work in the old tower." Conditions were fine, he said ... "but the equipment?"

"Well, we all, being controllers and maintainers, did the best we could with what we had," Capt Gallagher said. "But I imagine the old tower was new once, and looked upon as a great improvement nearly 50 years ago."

"The new tower definitely made me miss the excitement of being a controller," he said "I am sure the current Trenton ATC crew can hardly wait to get on board and declare it serviceable."

"This complex project has been a great learning opportunity for our crew members both old and new," Sgt Luker said. "We will see and work on all aspects of the systems and technology involved in controlling an airfield during this installation ... critical systems on which so many lives will depend for the next fifty years."

In the photo at right, Captain Jeff Gallagher (left), an Air Traffic Controller (ATC) at 8 Wing from 1987 to 1994, talks VHF radios with Sergeant Lee Luker, 8 Wing ATESS, the crew chief for installation of equipment in the new ATC Tower.

Below (left to right) Sgt Luker, Capt Gallagher, Captain Konrad Ostner, 8 Wing ATC, and Major Donnie Munroe, Commanding Officer of 8 Wing ATC in the cab of the new tower, with a view of the airfield behind them.



Photos: Tom Philp, Contact Staff



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Soldier On program bolstered by 8 Wing/CFB Trenton efforts

by Tom Philp, Contact Staff

Canada's Soldier On program for military staff and family members who have been injured or suffer serious illness is \$15,000 richer today, thanks to 8 Wing efforts and the generosity of local realtors.

Soldier On co-founder, Warrant Officer Andrew McLean, was at 8 Wing/CFB Trenton's Roundel Glen Golf Club October 16 to accept the cheque from 8 Wing Administration Officer, Lieutenant-Colonel Ross Fetterly, filling in for Wing Commander, Colonel Russ Williams, and Roundel Glen's General Manager, John Casey.

The \$15,000 presented to WO McLean represented \$10,000 raised during Roundel Glen's June 16 Soldier On Golf Tournament, and \$5,000 contributed by the staff of Century 21 Lanthorn Real Estate, owned by Bill Rorabeck.

"Money raised through fund-raisers and generous gifts goes directly to our injured and ill," said WO McLean. "With it, we can fund adaptive sports equipment, training, coaching, travel to locations that offer adaptive sports, and inclusion of family during these times is also key and is supported by the fund."

WO McLean said the Soldier On Fund has supported



Photo: Tom Philp, Contact Staff

(left to right) Acting 8 Wing Chief Warrant Officer Derek Gardner, Darrell McNeil from Snap-on Tools, Warrant Officer Andrew McLean, Co-founder of Soldier On, Belleville radio personality Paul Ferguson, Roundel Glen Manager Warren Kennedy, Beckie Sarles-LaPalm from Rawdon Creek Marketing, Acting Wing Commander, Lieutenant-Colonel Ross Fetterly, Century 21 Lanthorn Broker Bill Rorabeck and Roundel Glen Manager John Casey with a cheque for \$15,000 presented to WO McLean for the national CF Soldier On Fund.

50 Canadian Forces personnel and their families to date in events such as sport fit camps, adaptive skiing, fly fishing, adaptive rowing, triathlon and sitting volleyball. Equipment purchases have included hand crank cycles, home gym systems and a custom mountain bike.

Roundel Glen patrons can be proud of their support of Soldier On, Casey said.

"Two hundred golfers played in the June tournament, but we had 400 on the waiting list," he said.

Proceeds from that 8

Wing/CFB Trenton tournament brought the total local funds raised to \$40,000, more than 10 per cent of money raised nationally by Soldier On since 2006. The Soldier On Fund has now raised nearly \$300,000 since its inception with almost half of that raised since June 2009.

Casey said a DVD of this year's tournament at Roundel Glen should be available within the next three weeks at a nominal cost of \$15. More information is available at roundel-glenc.com. He also wanted the

following additional sponsors to be given full credit for their ongoing support of the Soldier On tournament: SnapOn Industrial Tools, Beckie Sarles-Lapalm and Rawdon Creek Specialty Advertising, Smileys Independent Grocers, the Ramada Inn, Zellers Trenton, Sobeys, NSEM and celebrity guests including comedian Colin Mochrie, hockey legends Johnny Bower, Bobby Baun and Bob Neeley, and Canadian horse racing legend Sandy Hawley.

WO McLean said engaging the community is critical to both

Soldier On and Canadian forces members in general.

"Community outreach initiatives are awesome for CF moral," he said. "Knowing and understanding the efforts put in by local community volunteers directly relates to our operational effectiveness."

"Not everyone can be deployed, or be tasked on domestic operations to support Canadian communities, but efforts such as the one shown during the 8 Wing golf tournament provide an outlet for our communities and citizens to contribute to the effort," WO McLean said.

WO McLean said it is gratifying to see the pride in Canada's military being exhibited by the Canadian public, support that was clearly evident in the generous \$5,000 gift from Bill Rorabeck and his staff.

LCol Fetterly called Soldier On "an essential complement" to the rehabilitation work being done in the Return to Function Room (RFR) opened recently in the south side gymnasium at 8 Wing/CFB Trenton. Under the guidance of an exercise specialist hired specifically for the RFR, injured CF members follow individualized programs, using specially-designed equipment, "to improve their quality of life and get (CF members) back to their maximum capacity as quickly as possible."

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Sally and her 8 beagle babies were living outdoors under a truck cap when they were rescued!

Sally is timid, but very affectionate and friendly. It is time for Sally to retire as a Mom and have a happy, safe, caring and loving forever home. Her puppies all need homes as well. Beagles are known for barking, straying and high energy. They are not recommended for apartment living.

Contact the Quinte Humane Society for more information.

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SPORTS & RECREATION

Learn to Skate

Youth 8 to 16 years old

The Learn to Skate for Youth 8 to 16 years old is divided into various levels depending on participant skill.

Skaters are evaluated weekly by their coach. There are no formal "testing sessions" for learn to skate and the program consists of 50 minutes of ice time.

The instructor will divide the group based on their ability.

Parents are not permitted on the ice during

class instruction.

The program will take place on Fridays, from October 23 until December 11.

Children between the ages of four and seven years old will be on the ice from 5 to 5:50 p.m.

Youth between the ages of eight and 16 years old will be on the ice from 6 to 6:50 p.m.

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

Learn to Skate for Adults

Have you ever wanted to learn how to skate?

Haven't laced up the skates in awhile and are feeling a little rusty?

Why not come out to the RCAF Flyers Arena and give it a try.

New this year we are offering a "Learn to Skate" program for adults only!

The Learn to Skate for Adults program will run for a total of eight weeks, on Sundays, from October 25 to December 13.

Each session will run from 3 to 3:50 pm

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

8 WING NOON HOUR HOCKEY LEAGUE



Photo: Amber Gooding, Contact Staff

The Noon Hour Hockey League (NHL) is off and running with four teams fighting for top honour. The NHL opening game took place on Monday, October 19, 2009 with the Wing Commander's Representative Lieutenant-Colonel Sean Lewis, 8 Wing Logistics and Engineering Officer dropping the ceremonial puck with Dave Rothermund (back, left), Fitness and Sports Director, and NHL President Sergeant Willy Kaufman (back, right) to start things off between Sgt Rob Cosstick for the Bruins and Warrant Officer Brian Frank for the Flyers. The Fitness and Sports Flight would like to take this opportunity to thank the Executive Committee President Sgt Kaufman, and Vice President Captain Richard Dumais, for volunteering their time. Good luck players! Have fun and play fair.

Shinny Hockey for Kids: Ongoing

Shinny Hockey for Kids began on Tuesday, October 13.

Times are as follows: Bantam/Midget - Tuesdays, from 4 to 5 p.m.; Atom - Wednesdays, from 4 to 5 p.m.; PeeWee - Thursdays,

from 4 to 5 p.m.; and Tyke/Novice - 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.

Certified Volleyball Officials Clinic

Please be advised that 22 Wing North Bay will be hosting a Volleyball Officials Clinic from November 14 to 15, 2009.

The Officials Clinic is open to all Canadian Forces, Class B and C reserve members, as well as PSP and DND full-time employees.

Travel day will be Saturday, November 14, and Sunday, November 15.

For more information, or to register, please contact Dan Cormier, Military Sports Coordinator, at local 3373, no later than November 4, 2009.

CRA Volunteers Urgently Needed

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 moni-

tors during our family skating timings.

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

Please contact Brenda Riddell at the RecPlex at 613-392-2811 ext. 5230.

Family Skating

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.

Program Cancellation

Sorry to announce but the Hockey Skills and Drills program has been cancelled.

"You miss 100 per cent of the shots you never take."
— Wayne Gretzky

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FITNESS & HEALTH PROMOTION



Prep time means less stress time

From the moment you get out of bed to the time you fall back on the pillow, you never know if you'll run into an unforeseen stressful situation.

But hectic mornings, forgotten lunches, wardrobe disasters and overlooked appointments don't have to get you flustered – especially when you can avoid these problems altogether.

Planning and preparation are the best-kept secrets to keeping your life more balanced.

"Start to pay attention and become aware of stressful things in your life," says Dr. Kenneth Prkachin, a clinical psychologist and Heart and Stroke Foundation researcher.

Once you become aware of your stressors, then you can plan ahead to avoid getting into those situations in the first place.

Research shows that the body responds to stress with a rapid rise in blood pressure and heart rate. "When we're under stress, we have physiological changes that take place. These end up doing us no good," Prkachin says.

The effects of stress are usually temporary, but if stress is constant in your life, you could be putting your heart in danger, he warns.

There are many proven ways to reduce your stress once you're already experiencing it, but stopping it before it starts could be even better for your heart.

Always be prepared

There's a reason why this is the Boy Scouts' motto. Being prepared may take a bit of effort, but it will save you time and stress later.

Give yourself 15 minutes extra time to get to any appointment.

Don't wait to the last minute to start on projects at work. Start early and you'll be more likely to make it to deadline without feel-

ing under pressure.

Make three copies of your house keys. Carry one set in your pocket or purse. Keep the second copy in a safe place in your house. Entrust a friend or neighbour with the third set in case of lock-outs or other emergencies. Store the originals in a safety deposit box or other safe place so you can make the best quality duplicates if you lose your keys.

If you have a car, keep one key on your key ring, one in a safe place at home and one in your wallet. (If you lock your keys inside your car, this may save you major stress.)

Going to the bank, post office or airport? You'll probably be waiting for a while, so bring a magazine to read, a Sudoku puzzle to play or something else to distract you from clock-watching. This helps keep stress in check.

Make night into morning

When you start off your day in a calm, relaxed manner, it can help you stay composed throughout the day. Save yourself from hectic mornings that could set your mood to negative by doing the prep work the night before.

Choose tomorrow's outfit. Iron, if needed, and hang it up so it's ready to go.

Make packed lunches for you and your family.

Set the breakfast table.

Set your alarm 15 minutes earlier so you can enjoy a relaxed, unrushed morning.

Leave more time for sleep

Reduced amounts of sleep can put undue stress on you. Lack of sleep has also been linked to high blood pressure and other heart problems.

Getting a good night's sleep is important to your heart and it will also help your body recover

from daily stress. So, make it easy to get a good night's sleep.

Plan to get seven to eight hours of sleep every night.

Avoid coffee, tea, cola or anything caffeinated several hours before bedtime.

Plan to get regular physical activity most days of the week – it's a great stress reliever and sleep inducer.

Wear earplugs if outside noises keep you from a peaceful sleep.

Make your bedroom comfortable – lower the temperature on your thermostat, get curtains that block out the light well, buy a better mattress for maximum support.

Do any of your morning preparation at least one hour before your planned bedtime.

Give yourself time to unwind before getting into bed.

Use a calendar or electronic date book

A calendar can be a great way to stay abreast of upcoming appointments, birthdays and other events.

Place your calendar where you will see it every day and keep it updated. Or use a computer or electronic date book that can send you reminders ahead of time.

Write down any appointments on your calendar. Missing an appointment can be stressful or even costly.

Put in a reminder a few days before your actual appointment.

Mark down any upcoming deadlines at work, but use a separate calendar that you keep at your workplace.

Schedule one morning a week to do household chores and use the afternoon or evening to take a long bath, read a book or just relax.

Source: Heart and Stroke

Top Fuel for Top Performance

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

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

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

Online registration is available at healthpromotion.cfbtrenton.com.

Please note: Space is limited to sixteen people.



Did You Know?

"Half our life is spent trying to find something to do with the time we have rushed through life to save."

– Will Rogers



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



8 Wing Health Promotion

177 Hercules St., Bldg 119

Jessica Ivanko, local 3768
Health Promotion Administrative Assistant

Angela Prescott, local 4122
Health Promotion Manager

Kendra Lafleur, local 3768
Health Promotion Director

healthpromotionTrenton@forces.gc.ca

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

New SPIN Studio now open

The Fitness Flight of 8 Wing Trenton is pleased to announce that our Spin studio is open. Lots of great classes for the DND community at no charge. We have added Tuesday and Thursday 0630 classes; Monday and Wednesday 1200 hrs classes; and a Monday 1610 hrs class.

Please join us in this great new space. Hope to see you there!



100 Days, 3000 Minutes

BeneFIT by the Minute!

"100 DAYS, 3000 MINUTES" UPDATE

Number of participants: 180

Recommended activity minutes per day: 30

Number of minutes in a week: 10,080

Total minutes accumulated by participants as of Week Three: 76,658

8 Wing community adopting a health lifestyle: PRICELESS

MILITARY LANE SWIM

Military Lane Swim is operation on Mondays, Wednesdays and Fridays at 1200 hrs at the RecPlex.



Chainsaw safety tips



Submitted by
Don Heans,
Wing General
Safety Officer

Chainsaws pack a lot of power. They can cause serious, even fatal, cutting injuries.

Many of us use chainsaws on a regular basis at work, or off the job for weekend wood-cutting projects.

Don't take chainsaws for granted; always stay alert.

Here are a few reminders for chainsaw safety in the woods, at work and at home:

Get familiar with the manual.

Keep the cutting chain in good condition, sharpened and under the proper tension.

If the saw chain keeps moving when the engine idles, adjust the idle or clutch so it will stop. If it won't stop, don't use the chainsaw until it has been repaired.

Don't fill a gasoline chainsaw while the engine is hot. Keep the saw and fuel away from flame and any other ignition sources.

Keep the saw clean and free of dirt, sawdust

and spilled fuel.

Do not work with a chainsaw when you are tired, and never use a chainsaw or any power tool when you are under the influence of alcohol.

Work with a buddy who can help you in case of an accident.

Carry the chainsaw with the engine off. The chain bar should be pointed behind you, with the muffler away from your body. Use a chain bar guard.

Avoid kickbacks. Keep the working area clear of branches and other obstructions.

Never cut above shoulder height.

Keep your body out of the path of the saw, including the path it will follow after the cut is completed.

Never place a saw on your leg. Don't try to start a saw from this position.

Keep two hands on a running saw.

Wear the recommended *Personal Protective Equipment (PPE)* when using a chainsaw.

This will include heavy gloves, a hard hat, safety eyewear, ear protection and pants made of heavy material to prevent cuts.

Make sure you are fully informed before attempting to use a chainsaw.

Consult the manual, and take any offered safety training to prevent wood-cutting accidents.

Close calls reflect accident hazards

A worker received an electric shock on a piece of equipment he was using. He was not injured, and he did not report the incident.

A few days later another worker also received a shock from the same defective equipment, and again did not report the problem.

Within days a third worker also received an electrical shock which killed him.

This true story illustrates what can happen when we ignore close calls in the workplace. A close call is a chance to identify a hazard and correct it before someone is seriously injured or killed.

We have all had many experiences with close calls (also known as free warnings) in our everyday lives.

The best thing we can do is to pay attention and learn from them.

For example, most of us have slipped while rushing down a stairway. We may

have caught ourselves before falling, and then resolve to slow down in the future.

Another example is pulling out to pass when driving and being faced with an on-coming car. We quickly pull back into our own lane, and tell ourselves next time we will make sure it is safe before we try to pass.

In both instances, there was the potential for a serious accident but we were lucky. We've learned something by the close call, and will probably be more aware in the future.

Close calls in the workplace serve the same function. They give us an opportunity to recognize that something is wrong and to do something about it before someone gets hurt.

There are a number of common reasons for not reporting close calls. One is that we don't want to get into trouble with a supervi-

sor or fellow worker. Another reason may be embarrassment.

Nobody likes to admit being part of an accident or close call. We might find it's too much trouble to report it - forms to fill out and interviews to endure.

Another possible reason is that reporting an incident might ruin our crew's safety record, causing loss of an incentive prize.

Of course, none of these reasons amount to much when you consider that reporting a close call might save a co-worker from serious injury or death.

Imagine what it would be like to watch a buddy die because of a hazard which you knew about but did not report.

Think about it - what if you were the only one who knew materials were being stacked unsafely, because just last week you had to jump out of the way of a

falling object?

How would you feel if another worker was crushed and killed when the stack collapsed again?

When an accident occurs and someone is injured or killed, chances are someone else knew the hazards existed.

Think about that. Someone else probably had a hunch that the brakes were worn out, or the emergency exit was blocked, or the chemical container was in a position to be knocked over.

How do you think that person will feel after an accident occurs? Chances are, they'll wish they had reported the hazard.

A number of companies which have enviable safety records say they treat close call incidents as if they were fatalities. They say that the aim is not to place blame, but to figure out the basic cause of the accident. By treating close calls as seriously as accidents, we can have fewer tragedies.

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VIEW FROM THE PINE



I'm conflicted. Disturbed, if you will. And no, not in a "needs an immediate psychiatric intervention" type of way.

That boat sailed a long time ago, my friends. No, I am genuinely concerned that I am actually beginning to feel twinges of what some may call "sympathy" for Toronto Maple Leaf Fans.

Honestly, though, it is really hard not to. You see depressed Leaf fans everywhere, like shuffling hordes of blue and white clad zombies.

They stand out with their heads bowed in perpetual shame, looking pitifully like a lost three year old in a department store.

The front of their two-sizes-too-small Mats Sundin jerseys appear to be soaked with a mixture of drool and tears of despair. You almost want to put one arm around one of them and give them a reassuring hug.

"There, there, big fella", you would say compassionately. "Everything will be all right. You'll see."

The Leaf Fan would, of course, look up at you, eyes dark red and blurry after a month of crying, a huge, quivering glob of snot pooled precariously on their upper lip, "Really?" he would sniff, "You mean it?"

"Of course. Tie Domi can still win that figure skating thing. No worries guy."

You can sense the Leaf Fan starting to regain his composure a bit as he wipes the liquid nose candy and tears from his face with the sleeve of his jersey. "Sure he can. Probert ain't so hot. Domi's a beast with that double salchow jump."

"He sure is." You sympathize, patting the poor creature on the shoulder reassuringly.

Then you surprise him with an atomic wedgie and run off giggling like a little schoolgirl.

OK, maybe I am not totally sympathetic to their 0-6-1 cause but with Montreal sitting at a measly 2-5, I am only a few missed mortgage payments from relocating to a low-rent glass house and having to take up stone collecting.

Having watched both teams over the last couple of weeks (a painful experience, I must admit) I can honestly say that the Habs may be losing, but putting aside that 7-1 thrashing at the hands of the Canucks, they have been more or less competing.

And much like Maple Leaf fans

at their high school proms, they just aren't scoring. Toronto, on the other hand, has really not looked like they could skate with a Pee Wee House League Team (beat them up, maybe) since their opening night loss to Les Glorieux.

Unfortunately for the hapless Leafs, though, they have an excruciating long week before facing off with the Canucks in Vancouver on Saturday. Not exactly the remedy for a winless headache or Hockey Night in Canada ratings.

Luckily for Montreal, all of those poutine and Celine Dion CD bribes sent to the NHL's Scheduler are finally paying off as their next four games are within the friendly confines of the Bell Centre against the Thrashers, Islanders (twice) and the Rangers.

The Habs will have to win three of those four games if they want to begin the long road back to respectability in the Northeast Division.

Anything less than that and Montreal faithful will be rioting in the streets. OK, bad analogy there.

I will have to give some credit where credit is due in the sad sack Northeast. The Senators, despite having their obituary written at the start of the year with the epic departure of Dany "I Want Options" Heatley, have surged to a very nice 5-2 record to sit atop the Division. Are they punching above their weight class? Probably.

Kovalev has not exactly ripped it up yet and aside from Michalek's hat trick game, the ex-Sharks in the line-up have been quiet.

But with a seemingly happy locker room and Pascal Leclaire proving to be the answer between the pipes, Ottawa has found a nice groove through the first month of the season. Equally surprising? The Buffalo Sabres.

A 4-1-1 record has them solidly in second place, three points ahead of the erratic Boston Bruins. I cannot see the Sabres holding off the B's forever, however, as they just don't have the horsepower up front.

Early season prediction? Boston takes the Division followed by Montreal, Ottawa, Buffalo and Toronto.

Yeah, yeah, you can drug test me later.

CHARLIE POTATOES

Alexander Frolov (Benched by

Kings' coach Terry Murray for his lacklustre and passionless play. Publicizing the fact that these problems have plagued Frolov throughout his seven year tenure with the team was not probably an ideal way for Murray to build Frolov's trade value moving forward. I am sure Brian Burke could still be convinced to bite at the cost of the Leafs 2012 and 2013 first round draft picks, though), Alex Tanguay (Lighting winger is looking like a colossal bust early in the year with a paltry one assist and only six shots on goal. How does that happen playing with Vinny Lecavalier? I've always been a fan of Tanguay's and he was one of the few UFA's that I thought Montreal should have kept. Right now, though, he is making Habs GM Gainey look like a genius), Bobby Ryan (Ducks' Young Gun is shooting blanks with just one goal and one assist so far this season. This from a 30 goal scorer during the last campaign and who is in the final year of his entry level contract. Playing with Getzlaf and Perry for a full season should cure what ails him, though), Pekka Rinne (Nashville netminder posted a surprising 29-15 record with the Preds last year but has a Toskala ugly 0-3 line so far. Expect some competition from Dan Ellis moving forward), Ron Wilson (Feeling the heat from Leaf Nation and the Toronto media, Coach Wilson decides to relieve some team stress by playing.....dodge ball. The Maple Leafs respond by...losing. Next time use wrenches. If you don't get the refer-

ence you need to watch more movies).

MEAT AND POTATOES

Alexei Kovalev (Yeah, he has not been lights out for the Senators but he did find a way to stick it to his old club with a timely insurance marker against the Habs on Saturday night. We will see how he is doing at mid-season and if he needs a long walk with his GM along the Rideau to get him motivated), Anze Kopitar (His four goals and eight assists through seven games are one of the big reasons why the young Kings have been one of the NHL's bigger surprises early in the new season. He is looking like he will easily surpass his 66 points from 2008-2009), Ilya Bryzgalov (The Coyotes are perched at the top of the Pacific Division with a 5-2 record. Ilya has all 5 of those wins. Phoenix's reign at the front of the pack will not last for long but Bryzgalov's performance demonstrates how critical goaltending is, even for mediocre teams like the 'Yotes), Patrick Marleau (Good ol' Saskatchewan boy has seven goals and three assists through San Jose's first nine games. And to think they wanted to run him out of town on a rail a season and a half ago), Ryan Smyth (Captain Canada is leading the way in LA, tallying six goals and seven assists so far. He is also making a strong case for Olympic consideration. Nice to see him emerge from the wilds of Colorado and become relevant again).

By Gilmour Tuttle



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



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A summer of grilling, all for a great cause



Photos: Contact Staff

Colonel Russ Williams (left foreground), Commander, 8 Wing/CFB Trenton, presents Al Teal, General Manager of the Trenton Care and Share Food Bank, with a cheque for \$3,266 representing funds raised through 8 Wing Headquarters barbecues, organized by Joy Peloquin (centre) from May to October this year.

Above: Col Russ Williams, Commander, 8 Wing/CFB Trenton, presents Lieutenant Peter O'Connell with the "Celebrity Chef Award," based on a total of 77 votes collected from personnel around 8 Wing Headquarters. Voting was done by ballot, each vote representing the donation of one non-perishable food item or a dollar.



The 8 Wing Headquarters barbecue lunches raised a total of \$3,266.00 for the Trenton Care and Share Food Bank.



8 Mission Support Squadron (8 MSS), Continued from Page 1

With most of its own equipment diverted to Op Podium, the Canadian Forces support to the Vancouver 2010 Winter Games, 8 MSS had to get equipment from other parts of the country.

Master Warrant Officer Trent Doucette is the Camp Sergeant Major. He said equipment has come from other Wings, such as Bagotville, Cold Lake, and Winnipeg.

"We've put this MSS together from bits and pieces from right across Canada to make it work," he said.

Now that the camp is up and running and Exercise Osons Hammer is in full gear, 8 MSS will continue to sustain the camp. And some of the team will also get "outside the wire" experience with the soldiers of 2 CER.

Maj. Cyr said they will send out three or four people from his group at a time during the exercise to be exposed to tactical training. He said if the team goes to Camp Mirage next summer, there is a good chance some of them will get deployed forward to Afghanistan and have to go outside the wire.

"So it's good they get experience here in a training environment" he said.

When the exercise is over mid-November, the MSS will enter a state of high readiness. That means the MSS personnel are on a 21 day notice to deploy and will remain in that state for six months.

If they do not deploy within that timeframe, the team will deploy overseas as scheduled in June of 2010.



Corporal Kevin Rutter serves lunch during the 8 MSS exercise in Petawawa.



Corporal Chris Landry and Master Corporal Dave Clark (from left) check weapons during the 8 MSS exercise.



The team from 8 Wing Transport work to fill sandbags during the 8 MSS exercise in Petawawa.

High morale evident at 8 MSS confirmation exercise

by 2Lt Cynthia Kent
8 Wing Public Affairs OJT

Corporals Jeff Groenenberg and Mike Leblanc work securing the countless wires providing power at Camp KAF

It's cold and the skies are threatening rain, but the high spirits and morale of the two are hard to ignore.

"It's a great time. We've got a bunch of good guys here," said Groenenberg. "They know how to joke around and have fun, but get the work done."

Cpl Groenenberg is an Electrical Generating Systems technician at 86 Airfield Systems and Utilities (86 ASU). His job as part of the 8 Wing MSS team at Exercise Osons Hammer is working to make sure the lights stay on and the power supply is secure.

However, the man helping him secure the wires is more at home with pipes and fittings.

Cpl Leblanc is a plumbing and heating technician from 81 Construction Engineering Flight (81 CEF).

But for members of 8 MSS, pitching in where you're needed is all part of the job.



Photos: 2Lt Cynthia Kent, 8 Wing Public Affairs

Cpl Mike Leblanc and Cpl Jeff Groenenberg (right) work to secure wires during 8 MSS exercise

"We're all a team here so we've got to get together and help each other out," said Leblanc, "or this place would never get put up."

The approximately 100 members of 8 MSS come from different units and flights across 8 Wing.

So building that sense of team is an important part of the exercise according to Master Warrant Officer Trent Doucette, the Camp Sergeant Major.

"This whole exercise is to get everyone trained for deploy-

ment, but it's also to bring them together as a team," he said. "So you know who the supply tech is, you know who the admin clerk is, when you need to get something done and you need to get it done right away, you know who to talk to."

And that is something the members of 8 MSS have taken to heart.

"We have a lot of good people and that's what I like about this place," said Cpl Leblanc. "I wake up with a smile on my face."



WRITE TO THE TROOPS MORALE BY MESSAGE BOARD!

The men and women of the Canadian Forces have demonstrated time and again that they will rise to any challenge. Let your Canadian Forces members know you appreciate their service by sending a message using the monitored message board available at www.forces.gc.ca/site/commun/message/index-eng.asp

Canadian Forces Morale Mail: The Morale Mail service provides families and friends within Canada a cost-free alternative to using Canada Post to send care packages to those serving at a CF deployed operation.

Morale Mail can be dropped off typically at a Base or Wing Military Family Resource Centre, Mail Room, or Military Post Office.

ÉCRIREZ AUX MILITAIRES LE MORAL PAR BABILLARD ÉLECTRONIQUE!

Les hommes et les femmes des Forces canadiennes ont démontré maintes et maintes fois qu'ils sont à la hauteur de tout défi. Faites savoir aux membres des Forces canadiennes que vous appréciez leur service en leur envoyant un message à partir de ce babillard électronique surveillé. www.forces.gc.ca/site/commun/message/message-add-ajout-fra.asp

Le service de courrier d'encouragement vise à permettre à la famille et aux amis des militaires affectés à une opération déployée des FC de leur envoyer gratuitement des produits de réconfort, plutôt que d'avoir recours à la Société canadienne des postes.

Le courrier d'encouragement peut être déposé au Centre de ressources des familles des militaires de la base ou de l'escadre, salle du courrier ou Bureau de poste militaire.



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<p>06 BUICK LUCERINE CXS</p> <p>8885 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 PONTIAC GRAND PRIX</p> <p>9277 Pwr seats, OnStar, radio steering controls, pwr windows, locks, mirrors, air, cruise, tilt, factory remote start, alloy wheels, AM/FM/CD, keyless entry, 90,000kms.</p> <p>\$9,995</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>05 SUBARU IMPREZA RS</p> <p>9723 AWD, Manual transmission, 4 cyl, 4 dr, alloy wheels, air, cruise, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 96,000kms.</p> <p>\$12,995</p>	<p>08 TOYOTA YARIS</p> <p>D9855 Automatic, air, red, AM/FM/CD/MP3, 55,000kms.</p> <p>\$12,995</p>	<p>06 SATURN ION</p> <p>9910 Manual transmission, 4 cyl, 4 dr, air, cruise, tilt, steering wheel controls, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 63,000kms.</p> <p>\$6,995</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, mirrors, keyless entry, 78,000kms.</p> <p>\$12,295</p>

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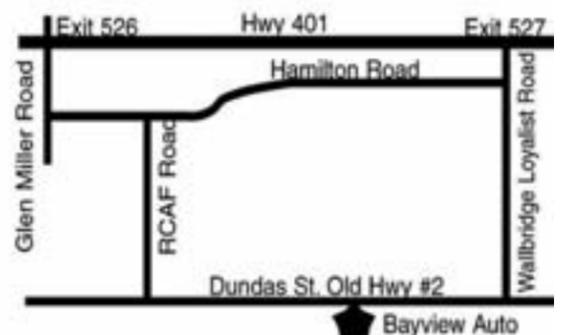
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FAMILY



Activity: Tony Chestnut



Children love to sing songs and do the actions that go with the words!

Tony Chestnut will have children moving and laughing as they try to keep up with the rhyme.

You will need: You will need the following song: Tony Chestnut knows I love you, Tony knows, Tony knows! Tony Chestnut knows I love you, That's what Tony knows!

Instructions: What to do: Every time you say

Tony's name, touch your toes and knees.

On the word "chest", touch your chest, on the word "nut", touch your head, and on the word "knows", touch your nose!

When you say, "I love you", point to your eyes, then cross your arms over your heart and point to a friend.

On the last line, clap twice for the words "that's what" and then end the rhyme by touching your toes, knees and nose.

Enjoy this more with Comfort, Play and Teach™:

Comfort: Reciting a rhyme about love encourages children to show affection to people who are important to

them and to use gentle and loving words.

Play: With each repetition of the rhyme, say or sing the words a little bit faster. Children will laugh when some of the words and actions become confused and people touching their toes when they should be touching their nose!

Teach: By saying this rhyme and doing the actions, children will practice using words to name different parts of their body, and also discover that words can sound the same but mean different things!

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

Mealtime.org Chicken Marinara

Here's how to turn a plain plate of spaghetti into a great meal. By adding four ounces of chicken breast, you up the amount of protein from about 10 grams per serving to 46 grams. As is, the recipe delivers more than one cup of vegetables, but serve it with a side salad and you can fit in more nutrient-rich vegetables.

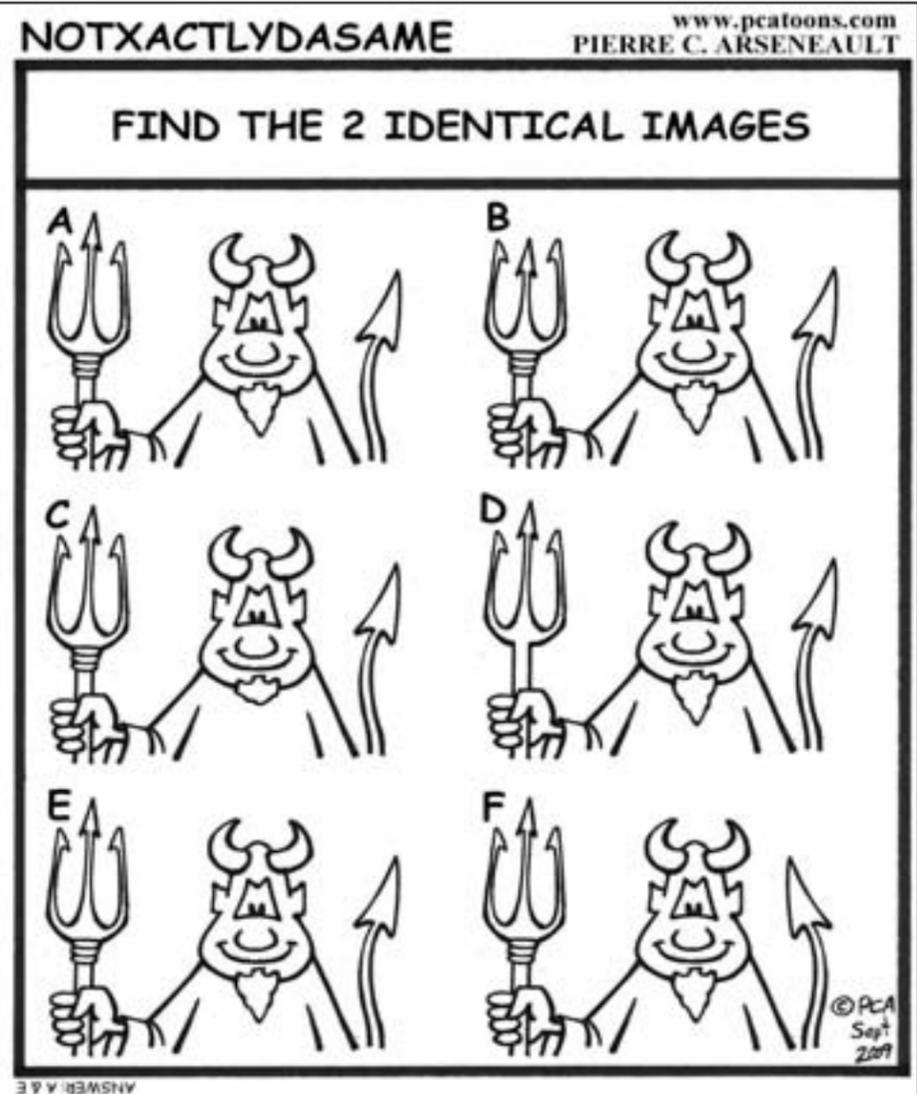
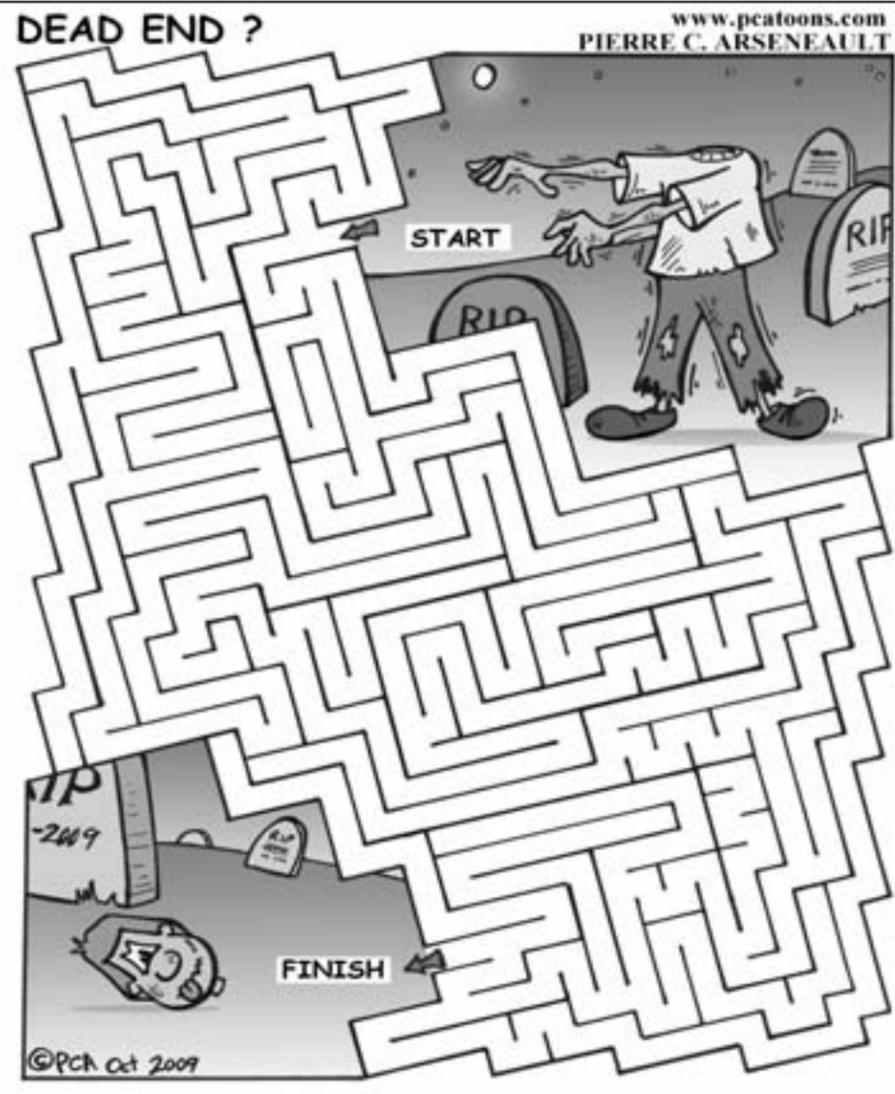
Ingredients:

- 1 tablespoon olive oil
- 1 large skinless, boneless chicken breast half (about 8 ounces), cut in 1-inch chunks
- 1 can (14 1/2 ounces) crushed or chopped Italian-style tomatoes
- 1/2 cup canned mixed vegetables, drained
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 2 cups freshly-cooked spaghetti

Preparation Time: 5 minutes **Cook Time:** 20 minutes

Preparation: Heat the olive oil in a medium skillet over medium-high heat. Add the chicken, and brown on both sides. Reduce the heat to medium; add the tomatoes, mixed vegetables, garlic powder and pepper. Cover and simmer for 10 minutes until the chicken is cooked through. Serve over hot spaghetti. Serves: Two

Nutritional Information Per Serving: Calories 480; Total fat 10g; Cholesterol 65mg; Sodium 760mg; Carbohydrate 59g; Fibre 5g; Protein 36g



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HOROSCOPES

Donna's Astrology Weekly
www.donnavantoen.com

October 25 – October 31

Theme of the week: There are a lot of intense feeling out there this week. There are also a lot of things you can do with those feelings. You can express romantic passion. You can express anger. Or you can take advantage of the opportunities available to you to express those feelings through art, music, or some other creative endeavour. The week ends with Halloween. May you find more treats than tricks in your bag!

ARIES (March 21-April 19): Health needs a little bit of extra care this week, as resistance to colds and other catching things is below par. On other fronts, a romantic matter could reach a make-it-or-break-it point. Knots can be tied, or they can be untied. It may be a challenging decision, but in the end it's entirely up to you!

TAURUS (April 20-May 20): You could learn an important lesson on the work front this week, and no, this isn't necessarily a bad thing. If speculating with your heart or your wallet, look at the long-term. What you're considering will not reap instant rewards. On other fronts, you may make some changes in your wardrobe, bringing out the dark colours and the winter clothes.

GEMINI (May 21-June 20): A domestic responsibility is lifted from your shoulders. You learn a valuable lesson in the relationship area this week as well. If you find you have trouble getting your ideas across to others, don't give up. It may take a while to convince them, but it will be worth the effort when you do!

CANCER (June 21-July 22): You put the finishing touches on an old plan and take on a new responsibility. This may involve providing emotional, material, or even custodial support. Aging parents or dependent children could figure. Avoid denial. This needs to be dealt with!

LEO (July 23-Aug. 22): You may have to settle a long-standing or recurring difficulty you've had with a relative or neighbour. It could involve money. On other fronts, your powers of concentration are particularly good. Take advantage!

VIRGO (Aug. 23-Sept. 22): This is an important week. Decisions made now will set the tone for events to come over the next two or three years. The pace of your life speeds up gradually from here on out, except in the realm of finances where there could be some short-term pain for long-term gain.

LIBRA (Sept. 23-Oct 23): You may find it necessary to stand up to someone you don't particularly like. This could be at work or in your private life. If there's been a misunderstanding, get it straight. If you can't, move on. Don't let it get you down. Sometimes people just aren't compatible.

SCORPIO (Oct. 23-Nov. 21): If there's a research project on your agenda, this is an excellent time to get it rolling. If you're instead thinking about signing up for some sort of self-improvement program, that looks good too. It's your choice!

SAGITTARIUS (Nov. 22-Dec. 21): Like Scorpio, you've got helpful transits for any sort of research you might want to do. You may be visiting a library or surfing the net to find some sort of information you need. Once you find it, you may have to fine-tune your hypothesis.

CAPRICORN (Dec. 22-Jan. 19): You have kind of a sardonic sense of humour, so celebrating Halloween is right up your alley. Why not get yourself a costume and be a big kid? Whether you're partying with the other big kids or handing out treats to the little ones, you're sure to have a good time!

AQUARIUS (Jan. 20-Feb. 18): This could be a transformation job if you've had it with the routine or the powers that be. Get that resume up to date!

PISCES (Feb. 19-March 20): You have a golden opportunity to celebrate the end of something and leave behind you with no hard feelings. Dance, sing, burn old mementos if it makes you feel better, but make it a party, not a burial. Then move on, free of bitter baggage. It'll be good!

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IN THE ZONE BY BRIAN CODAGNONE

NEW TEAMS OFTEN HOLD CONTESTS FOR FANS TO COME UP WITH A NAME.

I HOPE THEY PICK ONE SOON!

SUGGESTIONS FOR THE BUFFALO SABRES INCLUDED BEES, COMETS, MUGWUMPS, FLYING ZEPPELINS, BORDER RAIDERS AND HERD. NAMES FOR THE ATLANTA FLAMES INCLUDED REBELS, GRITS AND AARDVARKS.

AARDVARKS?

LUCKILY, THE NEW JERSEY TEAM BECAME THE DEVILS, NOT THE MEADOWLANDERS, COLONIALS, MEADOWLARKS OR COASTALS.

WHEW!



MISFITS BY BRIAN CODAGNONE

NOT SO GREAT IDEAS #237: SAFETY ENGINEER ELLSWORTH BINQUE BELIEVED THAT A PERSON COULD SURVIVE A FALL FROM A GREAT HEIGHT IF HE WERE SUSPENDED IN A WATER FILLED BAG. THIS THEORY WAS NEVER PROVED, HOWEVER, AS ELLSWORTH DROWNED ON THE WAY DOWN.



B. Codagnone

DuJour

DISCRIMINATE

HAPPY BIRTHDAY

TED

We don't use age anymore, BUT, if they can't blow out the...



Stuff!

HORSE SH...

"This new pneumatic nailer should speed things up a bit!"



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Big hearts shine at small Canadian Forces Station Alert

by Cpl Kim Grant
Canadian Forces Station Alert

When you think of Canadian Forces Station Alert, better known as CFS Alert, you likely visualize snow, cold, plane delays, and being in the middle of nowhere.

If you were here, what would come to mind is a family of approximately 55 military and civilian personnel who live, work and pull together to influence change and make a lot of good things happen. That's exactly how to describe CFS Alert's contribution to this year's Government of Canada Workplace Charitable Campaign (GCWCC).

The fundraising started with a comment during the station's Friday night ritual of "TGIF", when an Environment Canada employee wondered what Justin and Craig would look like bald...we all laughed, until Justin said "if you can raise \$200, I'll let you shave my head".

Well, at that point, the game was on and fundraising had begun. A baseball tournament was planned for that Sunday, with a barbecue afterwards, and the canvassing commenced there.

With every beverage sold, the question was asked "Would you like to see Justin and Craig get their heads shaved?" The answer was always yes...and, with that, \$265 was raised.

We lack for very little here in Alert, but the odd occasion will arise when we are running short of our favourite goodies, potato chips being one of them. It

had been about a month, and there wasn't a chippie to be found until a plane arrived.

While the Trading Post did not receive any bags of potato chips, Master Warrant Officer Darryl Foster, the Station Warrant Officer, had made arrangements for someone to bring a large bag with him. That person was willing to part with the bag of chippies, but it was going to cost someone a pretty penny, and it did!

The bag of chips was auctioned off to the highest bidder, Mr. Jim Wall, Canadian Base Operators (CBO) Site Manager, with the winning bid of \$55.

The Station's regular re-supply exercise was starting September 8, which meant that there would be an influx of personnel at the station for a few weeks. What better time to have some fun and again, help out a great cause.

Corporal Tammy Prebushewski, the Station's Mini Doc, organized, along with some great volunteers a charity casino on a Saturday night. Everyone got involved, playing cards games, throwing darts and having a great time.

A \$10 donation got you a starter pot of play money and depending on how well you had played your games, there was a table of prizes that were then auctioned off at the end of the night.

Included on that table was a beautiful winter landscape, painted by Warrant Officer Gaetan Tremblay. Total success of that evening of fun: \$720.

There are lots of opportunities to get



Photo: Cpl Joanne Prost
Above: Corporal Kim Grant is shown above with the quilt raffled, raising just over \$500 for United Way.

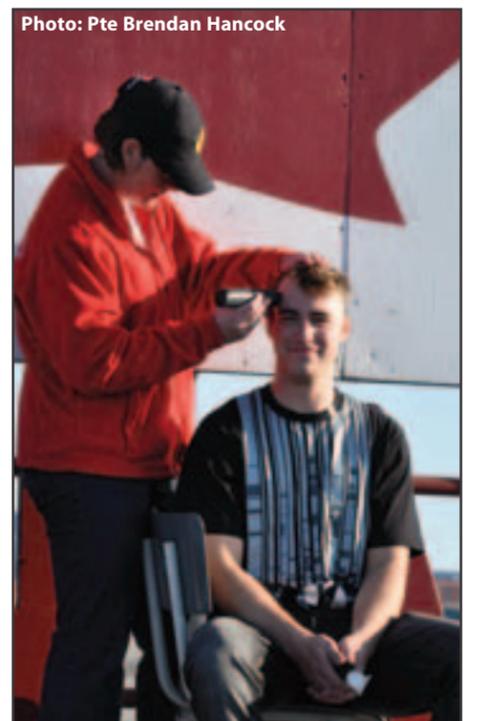


Photo: Pte Brendan Hancock
Right: Cpl Kim Grant, Chief Clerk, CFS Alert, shaves Craig Flood's head, as one of the many fundraising events carried out in support of United Way.

out and about here in Alert, but sometimes the weather can take a turn for the worse, and you end up spending more time inside.

For that reason, the Station has many clubs you can get involved with, and one of them is the Sewing Club. I've always enjoyed making quilts, and I thought that making a quilt to raffle off would be a great way to support the charity and keep the winner of it warm on the cold Alert nights.

I had lots of admirers and told everyone that when the quilt was completed, it was going to be raffled off,

with all proceeds going to the GCWCC.

The quilt was won on October 16, by Wendy Porter-Kean, a staff member of CBO, and \$510.00 was raised.

To date, CFS Alert has raised approximately \$1,600.00 for the GCWCC. We will continue to work hard together and support this campaign with other special events.

All in all, I think everyone is having a lot of fun with the campaign, and we sure hope to be making a difference even from our tiny place at the "Top of the World."

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Le jeudi 29 octobre 2009

Magasin de détail à Trenton à 10 h
Magasin de détail à Kingston à 14 h 30



A SMILE GOES A LONG WAY



Photo: Submitted

On October 14, a cheque for \$15,359 was presented to the Trenton Military Family Resource Centre from local Tim Hortons franchises. Tim Hortons franchises in the Belleville and Trenton area sold "Smile Cookies" from September 21 to September 27, and donated all the proceeds to the MFRC. This event is part of the Belleville Bulls initiative to dedicate their season to the men, women and families of 8 Wing/CFB Trenton, and to raise funds for the MFRC. Shown above from left to right: Lieutenant-Colonel Sean Lewis, 8 Wing Logistics and Engineering Officer, Susan Sweetman, MFRC Executive Director and Tim Hortons representatives Jamie Smid, Carl and Christina Eggiman, and Josephine and Doug Robertson.

The Smile Cookie fundraiser started in Hamilton, Ontario in 1996 as a way to help raise funds for the Hamilton Children's Hospital and since then it's grown across North America. All proceeds from purchasing Smile Cookies during campaign time go to local charities, hospitals and community programs from coast to coast.



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Thursday, October 22 & 29, 6:00-9:00
 \$50 until October 15, \$60 thereafter
 Brain Gym book: \$20 extra

For more information contact: Eve Lawrence 965-3595

Francophone Supper

This activity is for francophone adults and those wishing to practice their French.



Friday, October 23rd 7:00pm – Tomasso's
 Deadline to Register: October 22 at MFRC



POPS & TOTS
 Bilingual Drop In Play Group
 Every Thursday 5pm-7pm
 Children ages 0-6
 Free supper provided
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 -améliorer ses aptitudes d'apprentissage et les résultats de tests
 -augmenter sa motricité pour l'écriture, les sports et les arts de la scène

Les jeudis 22 et 29 octobre, de 18h à 21h
 Jusqu'au 15 octobre 50\$, par la suite 60\$
 Le livre « Brain Gym » est 20\$ supplémentaire

Pour plus d'information : Eve Lawrence 965-3595



Souper Francophone

Cette soirée est pour adultes et personnes qui veulent pratiquer leur français.



le vendredi, le 23 octobre à 19h – Tomasso's
 Inscription avant: le 22 octobre au CFRM

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 12.00\$ moins de 12 ans - 8.00\$



For additional information:
www.MFRC.CFBTrenton.com
 Contact: Jaimie Corriveau ext 4299



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The house is 57 feet, 8 inches wide and 32 feet, 8 inches deep with 1,486 square feet of living space and an unfinished basement.



MAIN FLOOR PLAN
1486 SQ. FT. (138.0 M²)

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DEPTH - 32'-8" (9.9 M)
PLAN NO. H 2-3-700
TOTAL 1486 SQ. FT. (138.0 M²)

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Chaplain Services

8 Wing/CFB Trenton Chaplain Services

services offerts par l'aumônerie de l'escadre

WING CHAPLAIN SERVICES

SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

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

Unit Chaplains – aumôniers d'unités

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

As support staff - comme personnel de soutien

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

WORSHIP SERVICES

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

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

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

Masses-Messes

Messe dominicale: 0900h
Sunday Mass at 1130hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 0900 hrs and coffee

3ième dimanche messe bilingue: 09h00 et café

Confession - Réconciliation

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

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

St. Clement Astra (P)
Protestant Community

Chapel Life Co-ordinator

Padre Jim Craig

Worship Service

Sunday Divine Worship, 1015hrs

Holy Communion:

1st Sunday of the month

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

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

SACRAMENT OF BAPTISM

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

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

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

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

SACREMENT DU BAPTÊME

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

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

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

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

Planning to get married?

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

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

Vous planifiez de vous marier?

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

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

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

CHAPLAIN EMERGENCY FUND

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

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There is a light at the end of the tunnel – and it's a halogen

(NC)—Add a little light to your life this winter to brighten your home and your mood. The change back to standard time (ST) from daylight savings time (DST) can leave Canadians feeling

like they are in the dark. The decrease in daylight can impact moods, attitudes and productivity both at work and at home. The effects of DST may still be controversial in the scientific

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During the winter, and especially during the holiday season, power consumption tends to spike. Luckily there are several options available for people wanting to entertain friends and family while being green and saving money. Philips now offers a range of Halogena Energy Saving products that will allow you to not only brighten your space, but do it in the most environmentally friendly way possible. These bulbs provide all the benefits and performance of standard halogen bulbs while decreasing your energy consumption by 30%. Saving energy and money are great incentives to try this ecologically friendly technology this fall.

While turning back the clocks on microwaves and DVD players, take a few minutes to switch the light bulbs to energy saving alternatives, as well. It's that simple to add a little brightness to your home and your day.

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<p>CIRCA 1910</p>  <p>MLS# 2094610</p> <ul style="list-style-type: none"> • Beautiful Farm House With 5 Bedrooms • Triple Car Garage • Large Barn With Hydro • Private Location 		<p>SPRINGBROOK RD., SPRINGBROOK</p>  <p>MLS# 2095187 • \$34,900</p> <ul style="list-style-type: none"> • Great Building Lot • Good drilled well • Nice country location • Build your Dream Home here 			
<p>WATERFRONT</p>  <p>MLS# 2091306</p> <ul style="list-style-type: none"> • Great Location On The Trent River • Gradual Slope For Walk-Out Design • Dock And Drive-Way Installed • Miles Of Lock Free Boating 		<p>142 FISH & GAME CLUB RD.</p>  <p>MLS# 2094064 • \$209,900</p> <ul style="list-style-type: none"> • Nothing left to do but “Move In” • Up-C... is newly renovated kitchen overlooking Great Room • New roof, windows furnace.. so much to offer 			
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<p>NEW LISTING MLS# 2096296 \$259,900</p>  <p>Nice quiet area, minutes to town and Presqu'ile Park with a view of Lake Ontario. Exceptionally landscaped, boasts a water garden and many perennials. Updates include: new furnace, air conditioning, fresh air exchanger with hepa filter, ceramic floors in rec room and lower level bedroom.</p>	
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<p>LAKE CONSECON LOTS</p>  <p>MLS# 2095615</p>  <p>MLS# 2095616</p> <p>Located at the west end of Lake Conseccon on a quiet country road and only 20 minutes south of Trenton are two great building lots. Both are marsh front, they are level with driveways and wells installed. In an area of newer homes and only 1 km east of Loyalist Parkway. Now is a great time to build your dream home!</p> <p>MLS# 2095616 2 Acres \$59,900 MLS# 2095615 15.9 Acres \$79,900</p>	

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 <p>Beacon Drive (off Cedar St.) Sat. 11-12:30</p> <p>The Emerald 1512 Sq. Ft. Brighton \$267,900</p>	 <p>Beacon Drive (off Cedar St.) Sat. 11-12:30</p> <p>The Hendrick 1628 Sq. Ft. Brighton \$329,900</p>
 <p>Appledene Park (off Tippa Blvd.) Sat. 1-2:30</p> <p>The Venessa 1728 Sq. Ft. Trenton \$308,900</p>	 <p>SOLD</p> <p>The Palisades 1590 Sq. Ft. Frankford \$265,900</p>
 <p>SOLD</p> <p>The Courland 1738 Sq. Ft. Belleville \$369,900</p>	 <p>SOLD</p> <p>The Tessa 1317 Sq. Ft. Belleville \$236,900</p>

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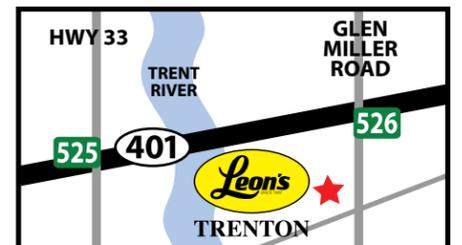
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