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Remembering Cpl Marie-France Comeau

by Capt Jennifer Jones
 8 Wing Public Affairs

Members of 8 Wing/CFB Trenton and the local community gathered at National Air Force Museum of Canada (NAFMC) on Wednesday, November 24, 2010 to remember the life of their friend, colleague and neighbour, Corporal Marie France Comeau, who tragically lost her life one year ago.

"We gather to remember the tremendous contributions that Marie-France made in the service of her country, as well as remember the incredibly positive impact she had on each and every person she met throughout her life," said Lieutenant Colonel Andy Cook, Commanding Officer, 437 Sqn, in his address. "Most importantly, however, we gather to remember her."

The Honourable David C. Onley, Lieutenant Governor of Ontario, attended the ceremony. Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, welcomed those in attendance, and thanked everyone for their ongoing support.

"As we gather together today, we find support within ourselves, amongst one another and from within our communities," he said.

Col Cochrane also spoke about Cpl Comeau and the positive effect she had on those who knew her. "One simply has to look at the tremendous outpouring of

support that has come out today for this occasion to see proof of this impact."

Members of 437 Squadron worked collectively with other members of 8 Wing and the with the local community to purchase a tree, bench and Ad Astra Stone in Cpl Comeau's name, all to be placed in the Air Park at the NAFMC. These items are placed in the Air Park as a reminder of Cpl Comeau's tremendous impact upon all members of 437 Squadron, 8 Wing, and the local community. The bench and tree are dedicated to her memory in the hope of offering visitors a place of peaceful and sombre reflection. With its growth and blooming, the tree offers a tangible, living reminder of a lost colleague and friend.

"Let this stone, this bench, this tree be everlasting reminders of the light that Marie-France's torch cast on all of us," said LCol Cook. "Let this place forever be a steadfast reminder of the abiding love and respect the Air Force family had for this valiant and heroic soldier."

A moment of silence followed the official blessing of the stone, bench and tree carried out by Padre Robert Lavoie, and the ceremony concluded with a CC-150 Polaris fly past of the Air Park.

"While no amount of grief can bring Marie-France back to us, we can honour her memory and provide her family with some small measure of comfort to know that she is not now, nor ever shall be forgotten," added LCol Cook.

Lieutenant Governor of Ontario visits 8 Wing/CFB Trenton



Photo: Cpl Levarre McDonald, 8 Wing Imaging

Their Honours, the Honourable David C. Onley, Lieutenant Governor of Ontario and Mrs. Ruth Ann Onley, are escorted to the National Air Force Museum of Canada by Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton and Wing Chief Warrant Officer, Kevin West during their visit to 8 Wing on Wednesday, November 24th 2010. Lieutenant Governor Onley took office on September 5th, 2007 as Ontario's 28th Lieutenant Governor. For more information on the Office of the Lieutenant Governor of Ontario, log on to: <http://www.lt.gov.on.ca>



Photo: Cpl Levarre McDonald, 8 Wing Imaging

Padre Captain Lavoie says the prayers during Marie France Comeau's Memorial Service held at the National Air Force Museum of Canada.

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Another successful year for the ATESS Food Drive

Over the past 14 years, ATESS has raised the following, in support of the Trenton Care and Share Food Bank:

Food donations to date: 12,300 lbs ~ Monetary donations to date: \$18,564



Photos: Submitted

The Aerospace and Telecommunications Engineering Support Squadron (ATESS) Food Drive was a huge success on November 25, 2010, collecting 1,300 lbs of food and raising \$3,564.00 from the generous people of 8 Wing/CFB Trenton, including the many contractors who are working on the base.

Al Teal of the Trenton Care and Share Food Bank expressed his deepest gratitude to 8 Wing/CFB personnel for its continuous generosity. We have made a difference in the many lives in our community. Thank you to all who contributed.



WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



The cooks at 8 Wing/CFB Trenton are tasked throughout the year with a myriad of Official Mess Dinners. Most of the legwork for these dinners is completed by Mr. Richard Fournier and Mrs. Shirley Koester, our Catering team leaders. Collaboration between military and civilian personnel ensures the best meal and service possible. They spend a copious amount of time preparing for these events and take great pride in the final presentation. Pictured (from right to left) preparing the CFAWC Mess Dinner on November 18, 2010 are cooks Master Seaman Jamie Istead, Corporal Lina Poulin and Mr. Derek Carter.

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Your Gateway to the CFB Trenton Community

Ham Radio: New food for thought on an old idea

by Lieutenant Dirk Lamoureux, Station Logistics Officer, CFS Alert

Being up at Canadian Forces Station (CFS) Alert, one surely can get a sense of isolation from the rest of the world.

The snow-covered treeless vast expanses seem to stretch as far as the eye can see. Cars, shopping malls, and other signs of life and civilization simply are nowhere to be found.

Neither are the plethora of communication services and devices such as cable TV, high speed internet and digital cellular equipment.

Not having access to these usual "back home" comforts can make the whole experience humbling.

One certainly won't hear any such grumblings from Jay Allen. For many years, Jay has had a passion for communication, yet not the type or form that many are even familiar with, let alone have even heard of.

Nestled on the top floor of the Alert gymnasium building, Jay has set up and operates an amateur (commonly referred to as "ham") radio system which allows him to communicate across the airwaves of the world.

When asked when he was bitten by the radio bug, he



Jay Allen has been working the amateur radio airwaves for over 50 years.

paused in amazement before he answered, "It's hard to believe, but I've been doing this since the age of 9... that's over 50 years!"

Although a new term for many, ham radios actually date back several decades, and have played a vital role in communications, particularly within Canada.

During the Second World War, ham radio was frequently used as a means to communi-

cate and proved to be an effective way to contact ships and send out emergency broadcasts.

Today, ham radio operation remains a pastime for many, allowing people to delve into the unique leisurely pursuit of amateur radio communication.

A world-wide hobby, licensed individuals set up equipment which allows them to communicate by short wave radio with other amateur operators during emergencies, such

as earthquakes, hurricanes, and other disasters.

Day-to-day diversification communications allow such amateurs to hone their ability to set up radio equipment and to communicate under adverse conditions when these disasters occur.

Although Alert can seem desolate at times, one thing that can be counted on is Jay riding the radio waves in search of new fellow encounters.

Jay's set-up at the station involves a low power 100-watt transmitter combined with simple wire antennas that were set-up by another Alert member, Warrant Officer Ken Moakler.

Although most amateur radio communications are mainly done via voice through a mode called single sideband, Jay prefers communicating with contacts that lean toward conventional Morse code with a hand key.

In the short time he has been operating at CFS Alert, Jay has had the thrill of coming into contact with over a thousand fellow enthusiasts in over 60 countries.

"I find it fascinating every time I take to the air, as I never know who I will get to meet."

One of his most memorable contacts was with an operator in Norway who had visited Alert 40 years prior as part of a team who had failed in their attempt to ski to the North Pole.

Asked what keeps the zeal of amateur radio going strong after over 50 years, he smiles and says, "apart from the great people one meets, I am always thrilled to assist others in becoming hooked to this incredible hobby."

Those interested in contacting Jay about ham radio operation can do so by emailing him at vy1ja@live.ca.

Search & Rescue Update



424 Squadron did not have any taskings this past week and took advantage of the time to do training.

Until next week, stay safe!

Missions for 2010: 179 Missions for Nov: 7 Persons rescued: 12

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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

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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 Newspaper* can be sent to Amber Gooding, Acting Managing Editor, at amber.gooding@forces.gc.ca (alternatively, the intranet address can be found on the DIN).

To contact the publication by phone, or if you have any question or concerns, please feel free to call 613-392-2811 ext. 3978. Thank you.

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Canadiana Crossword

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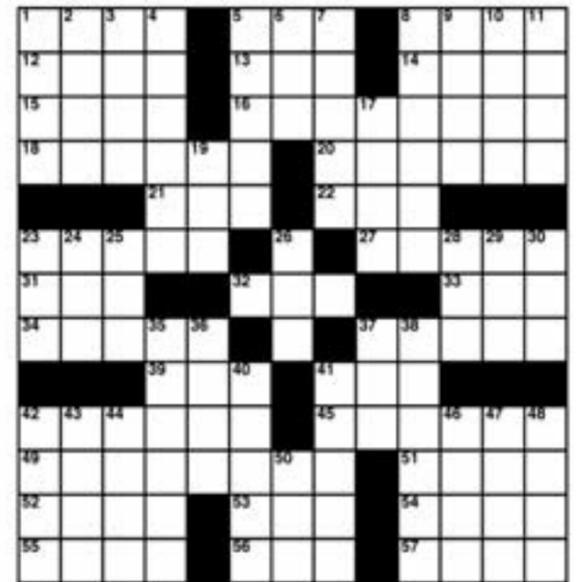
By Bernice Rosella and James Kilner

ACROSS

- 1 Tinned meat
- 5 Winken Blinken and ____
- 8 Bit of protein
- 12 Wizards
- 13 In the past
- 14 Peruse and correct
- 15 Atop
- 16 Oilers rookie Andrew
- 18 Oilers rookie Sam
- 20 Comedians
- 21 Bull ring salute
- 22 Open, poetically
- 23 Blackhawks rookie Jonathan
- 27 Canadiens rookie Carey
- 31 Medics
- 32 One
- 33 Ancient Egyptian monarch
- 34 Penguins rookie Jordan
- 37 Blue Jackets rookie Gilbert
- 39 Bit of bread
- 41 Cr. rating
- 42 Per ____
- 45 Thrashers rookie Bryan
- 49 Oilers rookie Kyle
- 51 60 minutes
- 52 Father in Francoeur
- 53 Young fish
- 54 EU currency
- 55 Main Coon and Abyssinian
- 56 Melancholy
- 57 Itin. items

DOWN

- 1 Complacent
- 2 Dada
- 3 Highly excited



- 4 Bait fish
- 5 Mother of pearl
- 6 ____ pogo
- 7 In hiding
- 8 A kind of counter
- 9 Dutch cheese
- 10 Baseball team
- 11 British school
- 17 Sami
- 19 Golf's Big Easy
- 23 D. Dickenson pursuit
- 24 Bit of food
- 25 Mr. Tikkanen
- 26 Frappe
- 28 Printers union, abbr.
- 29 ____ de sac
- 30 Summer to Stephane
- 35 Dwells
- 36 Figure skating maneuver
- 37 Sino-Tibetan language
- 38 Somewhat
- 40 Innocents
- 41 Synthetic resin
- 42 Canadian Book publishers org.
- 43 Zone
- 44 Harbour
- 46 Race track figure
- 47 Inveigle
- 48 God of love
- 50 Macaws

See Answers, Page 18



This Week in Contact

1980 – Impaired Driving – A Word to the Wise: A review of our 1980 statistics reveals that there will be more than a 25 per cent increase over 1979 in the number of military and civilian personnel attempting to exit the South Side main gate and the AMDU gate in a suspected impaired condition. This is disappointing and unacceptable. Our objective is to reduce the number of these “suspected impaired” main gate incidents to a minimum.

1990 – Living on a Budget: The method you use to pay your bills should help you keep track of your money. Some people put cash for the different items in separate envelopes. Others pay most of their bills with a credit card or by cheques. In most cases it will be beneficial to have at least one chequing account and two savings accounts. The chequing account is for depositing your income and writing cheques to pay bills and withdraw cash for food and pocket money. One savings account is for the 10 per cent you are saving for that goal. The other savings account s for the money set aside for the irregular expenses such as home upkeep, gifts and dental bills.

2000 – Snowbirds welcome 412 Squadron pilot: Captain Maryse Carmichael, a Challenger pilot with 412 Squadron in Ottawa has been selected as one of the Snowbirds newest pilots and the first woman ever to perform on Canada's National Aerobatic Team.

Created by Lt J. H. MacDonald,
 Compiled by Tiffany Gilroy.



Second World War: 429 Squadron crew remembered in Belgium

by Sgt Rich Lees
Loadmaster, 429 Squadron

October 22, 1943 – It is 8:00 pm in Germany. The rural area of Bolk, Belgium has been occupied by the Germans for the past three years. During the past hour or so the residents have been listening to the steady drone of a bomber stream making its way toward Germany.

Two of the Sysmans children, Karl, 7, and Mari Louise, 10, are playing with their brothers and sisters when they hear a series of crashes and a large boom. Their father gets up to look out the window there is another huge bang and what he sees could put his whole family at risk. He turns to his children and sternly says, "Get to bed!" Playtime is over. It's the start of a string of events that will leave its mark on this small community.

So what happened on that night? We know that 85 Halifax bombers from 419, 427, 428, 429, 431 and 434 Squadrons were joined by 22 Lancaster bombers from 408 and 426 squadrons on an attack at Kassel. These squadrons were joined by other commonwealth bomber groups to form a total force of 569 planes on target that night.

Of the 43 crews that failed to return from this operation, two were from 429 Transport Squadron. One ditched in the ocean after completing its run and the other did not make it to its target.

The latter were flying a Handley Page Halifax MK II four engine heavy bomber, number JD363 coded AL-J. Lost that night were: F/Sgt Graham Wilson Howard RCAF, 22, Pilot, Sgt Albert Henry Denton RAF, 19, Flight Engineer, F/O Alexander Edward Beyack RCAF, 22, Navigator, F/O Athanasie Chorneyko RCAF, 25, Bomb Aimer, Sgt George Charles King RAF, 25 Wireless Operator, Sgt Charles Chester Smith RCAF, 20, Air Gunner and Sgt Roger Moise Fournier RCAF, 20, Air Gunner.

They were on their first or second mission, having only being assigned to the squadron a month prior. Post-war access to German reports indicate this particular bomber had come within range of the flak battery in Gize Rijen taken damage causing it to crash in Bolk, near

Rijkevorsel, Belgium.

Eyewitness Jan Cox, who was 15 years old in 1943, remembers that... "there were 14 farmhouses in the area at the time. The bomber disintegrated in the air and pieces barely missed the houses, it left a deep impression as it crashed into a wooded area close by."

The next morning, 13-year-old Alber Sprangers was driving his bike by the crash site. "I saw the seven crew. It looked like two had tried to bail out because their parachutes were deployed. I noticed some had their shoes missing."

Mari Louise and Karl also saw the bodies. By that time they had been covered and were being guarded by a German Soldier. He saw the small children and shouted at them to go away.

Remnants of the plane were taken to Germany to be ground down and recycled as part of the Nazi war machine. The bodies of the airmen were taken to a nearby German air base and buried with a full and respectful ceremony.

The Germans learned early on that burying downed allied aircrew in the local cemeteries only meant the locals would enshrine the graves and in a way idolize the crews. This was strictly forbidden and therefore the crews were buried out of sight.

This year the local people of Bolk erected a memorial to commemorate and remember the crew that died there on that night. The ceremony took place on October 22, 2010 at 2:00 p.m. local time. It is placed on a spot near the crash with three other memorials.

One memorial commemorates the Polar Bear Brigade who liberated the area in 1944, the other is a crucifix in thanks that no local people were killed during the occupation, and the third is to the 429 Transport Squadron crew that died there in 1943.

As 429 Squadron historian, I was invited to attend the ceremony with Mr. Roger Fournier (nephew of Air Gunner, Sgt Roger Fournier). The local mayor and council members, historical societies, townspeople and several schools also attended. The schools in attendance signed a decree to learn about the crash and the crew as a part

of their curriculum. These school children also pledged to take stewardship of the monument by coming out each year to clean and maintain the site.

The ceremony was simple, yet poignant. A letter written by Sgt Fournier's sister was read, national anthems and acts of remembrance were played. Mr. Fournier and I were invited to formally unveil the monument alongside two local school children.

At the small reception that followed, I had the opportunity to meet with local veterans, eyewitnesses of the crash and the people of the area. The personal letters, pictures, Nazi intelligence reports and service records we looked over that night tell a compelling story. Disbelief was widespread amongst the families of the fallen because the deaths were reported through the German High Command and the reports were perceived as propaganda. Following the war, the victims' bodies were exhumed, identified and reburied at the Schoonselhof Cemetery in Antwerp.

The day following the ceremony I awoke to a surprise. Members of the local historical society, armed with metal detectors and shovels escorted Mr. Fournier and I to the empty corn field where the bomber crashed.

Less than a mile away is a landmark area that was the scene of heavy fighting in October, 1944 during Operation Market Garden, following which Cpl Harper of the 1st Canadian Army was awarded the unit's only Victoria Cross. Four kilometres to the east is the town of Rijkevorsel, liberated at the beginning of October. The town of Hoogsraten located an equal distance to the north was liberated at the end of October.

The cold biting wind coupled with freezing rain seemed insignificant when we found the first piece, a chunk of aluminum skin from the aircraft. Five hours later we had uncovered 100 lbs of wreckage and one unexploded artillery shell (a phone call to the local disposal authorities quickly followed).

After the war, Karl and Mari Louise Sysmans learned why their father had sent them to bed. It seems that after the crash a lone young airman had para-



Photos: Submitted

Above: Bolk Memorial Site in Belgium. Below: Roger Fournier and Sergeant Richard Lees (right) at the gravesite of Sergeant Fournier, 429 Squadron. Roger is shown holding his uncles medals.

chuted from his plane and thundered in through the roof of their barn.

Their father didn't want the children to know anything or they might all get taken away. In the barn, he helped the airman, a young man in his late teens or early twenties, onto his feet, threw his parachute down the well, dressed him in civilian clothes and burned his uniform.

Minutes later Mr. Sysmans' brother who was part of the Belgian resistance arrived with two bikes. He took charge of the young man and off they went. Mr. Sysmans and some neighbours spent the whole night repairing his roof so that by the next morning there was no trace of the hole or anything that could link them to the possibility of helping the allies.

The parachute remained in the well until the incident was forgotten about, at which time their mother made the children outfits out of its valuable silk. The identity of the airman is still unknown.

The heavy fighting in the area would last another year, and cumulate in October, 1944. Mari Louise recounts with clarity how her father constantly fought for their family's safety. At one point, a German soldier befriended the family, having a family of his own in Germany. One day he came to the cellar to



announce to the family that they would hear three big explosions, and then the war would be over for them. After nearly a month of fighting the Polar Bear Brigade, the Germans were pulling back.

And so ended the war in this area of Europe, but the memories and heartfelt appreciation continue to stand fast today. The enthusiastic faces of the people who volunteered their time to place a memorial for these seven members of 429 Squadron bring forth emotions within me that I cannot formally express through words.

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Apprenticeship Program: Working together in support of military families

by Lois Scharfe
Coordinator, Apprenticeship Program

In 2008, A1 Civilian Human Resource Management, 1 Canadian Air Division, provided special funding to 8 Wing/CFB Trenton in support of the Apprenticeship and Operational Development Program (AODP).

The funding allowed for the provision of in-class trade training for 16 apprentices and the creation of 16 full-time indeterminate positions.

As a result of the AODP, 8 Wing gained a qualified carpenter on September 7. Taylor Cole, now a fully licensed and qualified carpenter, is the first of the 16 apprentices on the Wing to successfully fulfill the hours worked and test requirements of his indentured trade.

The program is a win-win situation for all. Apprentices are integrated with experienced veteran trades personnel who pass on their knowledge to them and teach them valuable trade skills.

The retiring trades people have the satisfaction of knowing that the highly professional standard of work they carried out for over 30 years will continue on after they leave the base as the appren-

tices apply what they have learned.

The AODP ultimately aims to increase baseline knowledge of the CFB Trenton footprint within the community. In the end, 8 Wing will gain fully qualified trades people, specifically knowledgeable about the infrastructure on the Wing.

They are well-acquainted with both the older infrastructure and the new infrastructure currently being built around the Wing. Once an apprentice is licensed, they are appointed to the respective trade position.

The 8 Wing Family Medical clinic is being built entirely in-house by 8 Wing Construction Engineering trades people which includes carpenters, plumbers, electricians, painters and mechanics and designers.

This building project is the absolute best way for apprentices to draw upon years of trade experience and knowledge from our trades people.

With Taylor's success in the program, obtaining his Red Seal certification in the carpentry trade, 8 Wing now employs 15 apprentices in the Wing Logistics and Engineering (WLEO) Branch.



Photo: Submitted

Mr. John MacLennan, UNDE National President congratulates Mr. Cole on completing the apprenticeship program. Pictured, from left to right: Ms. Lois Scharfe, AODP Coordinator, Mr. John MacLennan, Taylor Cole, LCol Sean Lewis, Wing Logistics and Engineering Officer, Maj Phil Baker, Wing Construction Engineering Officer and Mr. Barry Turner, President Local 637, UNDE.

'Tis the season...Flu season!

Submitted by Michele Edwards
Community Health Nurse
24 CF H Svcs C

RESPIRATORY ETIQUETTE INSTRUCTIONS

- Cover mouth and nose when sneezing, by using either a tissue or the sleeve of clothing.
- Dispose of the used tissue in the nearest waste receptacle.
- Perform hand hygiene by washing hands with soap and water or using alcohol hand sanitizer.

With the Christmas season fast approaching, we often spend more time shopping in malls, attending social gatherings, and countless other activities that may involve large crowds.

It's not unusual for us to experience increased anxiety, pressed for precious time to accomplish endless tasks.

Before we know it we're so run down and when it's least needed those nasty viruses cling to us like a bad roll of tape. Yes folks, it's that time of year: Cold and Flu season!

At 24 Canadian Forces Health Services (24 CF H Svcs) clinic we practice Hand hygiene and Respiratory etiquette and encourage all our visitors to do the same.

Hand hygiene and respiratory etiquette are interventions to reduce the risk of transmission of viruses from patient to patient, patient to health care worker and health care worker to patients.

Respiratory illnesses like influenza are caused by a virus that infects the nose, throat and lungs.

Respiratory illness spreads from person to person when an infected person coughs or sneezes and droplets are deposited on another person or the environment.

At our front entrance we have touchless hand sanitizer stations as well as multiple hand sanitizer stations located all over the clinic.

Patients are encouraged to wash their hands upon entering and exiting the building. As well, we have a cough center located at the front desk which contains masks and tissues.

Please apply a mask after entering the building if you have a cold or flu especially if accompanied by a cough and/ or fever.

Other preventive measures include: Eating a well balanced diet, getting plenty of rest, exercise on a regular basis, and disinfect your home. Viruses can stay on hard surfaces for up to 72 hours or longer, always practice good hand washing. One of the best prevention measures is to get your FLU SHOT!

Any questions or concerns, please contact Michele Edwards RN, BScN, at local 2520 or Capt Gervais RN, BScN, at local 4310.

What is the flu? Influenza, commonly known as "the flu", is a serious, acute respiratory illness that is caused by a virus. People who get the flu may have common symptoms that can include a fever, chills, cough, runny eyes, stuffy nose, sore throat, headache, muscle aches, extreme weakness and fatigue.

Symptoms may vary from person to person. For example, the elderly may not have a fever. Children can also have earaches, nausea, vomiting, and diarrhea. The cough and fatigue can persist for up to several weeks, making the return to full personal and work activities difficult.

People of any age can get the flu and illness usually lasts two to seven days; sometimes longer in the elderly and in people with chronic diseases. Most people who get the flu are ill for only a few days. However, some people can become very ill, possibly developing complications and requiring hospitalization.

The flu spreads through coughing, sneezing or talking. It is also spread through direct contact with surfaces contaminated by the influenza virus, such as toys, eating utensils, and unwashed hands.

For more information please visit <http://www.health.gov.on.ca>

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SPORTS & RECREATION

The Community Recreation Association presents "PSP Online"

Register for the Winter session of Community Recreation Association programs from the comfort of your home.

If you do not have a User Name and a Password, you will need to contact the PSP Comm Rec Association to arrange set up of a Client Account.

Simply drop by the RecPlex at 21 Namao Drive or call the RecPlex Reception at: 613-392-2811 ext 3361 Monday to Friday from 9 a.m. to 8 p.m. Weekends 1:30 to 3:30 p.m or extension 2929 Monday to Friday from 9 am to 3 pm.



Daytime Yoga Class

Join us for this daytime yoga class held at the RecPlex every Wednesday from 1 to 2:15 p.m. Drop-in fee is \$4 for military community members and \$5 for the general public.

New methods of payment are now accepted at the RecPlex: Debit, VISA and MasterCard.

Hockey players honour fallen heroes

by MS Jay Power
HMCS St. John's,
Trident Newspaper

Whether you're a hockey fan or not, it would be safe to say that hockey is one of Canada's favourite pastimes.

Only Canadians would build a ball hockey rink in the middle of a war zone like Kandahar Airfield so that soldiers can blow off a little steam.

Hockey Night in Canada and hockey legend Don Cherry are proud supporters of our service men and women past and present.

Therefore, it would only be fitting to honor our Fallen Canadian Heroes in fine Canadian fashion on the back of a hockey jersey which has been adopted by some young hockey players last season.

Players from two Dartmouth hockey teams, the Atom Huskies and the Midget Huskies, were eager to take part in a tribute to Canada's fallen, which was called the Huskies Adopt a Fallen Hero Challenge.

The purpose is to honor the sacrifices of all fallen Canadian heroes who have given their lives for this country and most importantly, in the service of others.

The idea is to research one Canadian hero who has fallen during any past or present Canadian mission, including training accidents, and to wear the name bar bearing that person's name and rank for the rest of the season.

In addition each player has done some research regarding his or her personal hero in order to not only remember the name but to learn about who his or her hero was.

The purpose of this is to help

remember these very important Canadians and to ensure they are never forgotten, with the outcome that the kids learn how lucky we are to be Canadian.

This tribute received a tremendous amount of support from people all across the country and most importantly from many of the friends and families whose loved ones were represented on the back of one of our jerseys.

Last year we saw the idea spread to minor hockey teams in Dartmouth. In addition there has been an interest from minor hockey organizations across Canada. We even challenged the NHL to adopt this idea, even if it were for just one day such as Remembrance Day.

This season we have been actively trying to spread the word in order to see more names honoured on the backs of young hockey players' jerseys. One of the teams that have continued the tribute this year is the Peewee Flyers from Dartmouth, coached by Pte Rob Jackson, a supply tech with Fleet Logistics. He also coaches the Halifax Mariners Base Hockey team and plans to introduce this idea to this year's team.

In an effort to help us spread the word about this initiative, one of the parents from last year's Atom Huskies started a Facebook Group called The Huskies Adopt A Fallen Hero Challenge.

The group now has more than 800 members, including family members of some of the heroes that were represented last year. If you would like more information about this tribute feel free to contact me at jayp38@hotmail.com or visit our Facebook group.

Wing over 45 Shiny Hockey

The Fitness and Sports Flight is organizing a Wing Over 45 Shiny Hockey league and will commence on Friday, December 2, 2010, and will play every Friday from 1400 to 1600 hrs.

This league is open to Canadian

Forces military, DND and NPF full-time employees over 45 years of age. Come out and have some fun.

For further information or to register contact CWO Rae J.S., SCWO, WCE 8 Wing Trenton, at local 827-7218 or at 613-243-1635.

Military Family ID Card (MFID)

The Military Family Identification Card (MFID) has been designed to provide immediate family members with a standard means of identification.

It provides tangible recognition that the military family member is an integral part of the Canadian Armed Forces.

This card is available upon request to the immediate family (spouse and dependent youth ages 10 to 18) of all CF members (Regular and Reserve Classes A, B and C).

Military members wishing to obtain

the Military Family ID Card for their dependants can complete the Military Family ID Card Application at www.cfcommunitygateway.com.

The form can be completed online before printing.

Please note: Military member and dependant(s) must be present with a completed application form at the 8 Wing/CFB Trenton RecPlex, located at 21 Namao Drive, Middleton Park, Trenton. To obtain the ID Card, dependants must be at least 10 years of age.

Winter safety tips for kids

(NC)—Winter is upon us and the little ones are geared up for fun on the ice, in the snow and on the hills.

The Alberta College and Association of Chiropractors offers the following tips to help parents and children stay safe this winter:

- Check often to make sure your child is warm and dry. Younger children should take regular breaks and come inside to warm up.

- Never send children out in extreme weather, such as snowstorms.

- Help children choose play areas close to a warm shelter, such as near home or a friend's home.

- Apply sunscreen to exposed skin, even in cloudy conditions.

Clothing: If your child's feet and hands are warm, they are likely appropriately attired.

- Dress your child in layers that can be easily put on and taken off.

- A hat is essential as a lot of body heat is lost through the head.

- Ears should be covered at all times to prevent frostbite.

- Mittens are warmer than gloves.

- Select warm, waterproof boots with enough room for an extra pair of socks and to wiggle toes around.

- Remove drawstrings from clothing that could catch on climbing or other play equipment. Use Velcro or snap closures instead.

- After play, remove wet clothing immediately.

Winter play: Active games will help to keep your child warm. Teach your child a few important rules to ensure safe winter play.

- Stay away from snowplows and snow blowers. Choose play areas away from roads, fences and water.

- Take extra caution when crossing roads as it may be hard for drivers to see children through snowy or frosty windows.

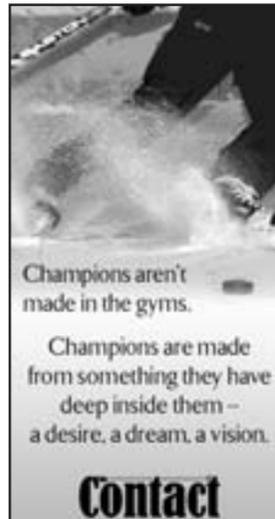
- Do not play on roadside snow banks. Snowplow drivers and other drivers may not see a child.

- Snowball fights can be dangerous and cause injury, especially if the snow is hard-packed or icy.

- Snow forts and tunnels can collapse and present a suffocation risk.

Chiropractors are experts in back, muscle and joint pain, but they are also trained to counsel families regarding overall healthy lifestyle.

More information, including where to find a chiropractor near you, can be found at www.albertachiro.com.



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FITNESS & HEALTH PROMOTION

Don't let stress send you back to the pack

As anyone who has tried to quit smoking before knows, nicotine is a powerfully addictive drug and relapse is common, particularly in times of stress or in environments that remind you of smoking.

The holiday season offers a double whammy to quitters as it combines both of these risks. But by following these tips, you can celebrate the season without giving in and lighting up:

Keep yourself busy. Consider hosting the family dinner to keep yourself occupied. If you're not cook, challenge yourself to make a dish to take with you.

Don't go overboard with the holiday feasting. Overdo the eating and the drinking, and it's easy to give in to other temptations.

Stick to club soda, punch with-

out alcohol, or apple cider. This will curb the urge to light up when drinking, and it can also help keep off unwanted extra pounds.

Experts say spicy and sugary foods can enhance the cravings for cigarettes. So just say no.

Low-calorie snacks like carrot sticks and apples can satisfy the munchies without packing on extra pounds. Eat slowly and pause between bites to make meals more satisfying.

To celebrate staying quit, why not treat yourself to a special something you have always wanted? It doesn't need to be anything extravagant, but it should be a real reward for a real accomplishment.

Avoid stress like you avoid a lit cigarette. A marathon mall session will tax anyone's nerves, so don't

wait until the last minute to shop. Try to keep calm in spite of frustrating lines, traffic, or sales clerks.

This relaxation exercise can help: Take a deep breath, hold it for a second, then release it very slowly. Remember, the urge to smoke is only temporary. It will pass.

Physical activity, such as walking, running, and racquet sports, helps relieve tension and the urge to smoke. Exercise will also help burn off any extra pounds.

If you're thinking about reaching for a cigarette, reach for help instead. Ask your friends and family to encourage the new nonsmoking you, look into a formal support group, visit smokershelpline.ca or call 877-513-5333.

Adapted from www.cancer.org

Did You Know?

There are over 4,000 dangerous chemicals in cigarette, cigar, and pipe smoke. Many of these chemicals are cancer-causing (carcinogens).

La fumée de cigarette, de cigare et de pipe contient plus de 4 000 agents chimiques toxiques dont un grand nombre causent le cancer (cancérogènes).



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

Ne laissez pas vos résolutions s'envoler en fumée à cause du stress

Tous ceux qui ont déjà essayé de cesser de fumer le savent, la nicotine est une puissante drogue entraînant la dépendance, et les rechutes sont fréquentes, surtout en période de stress ou dans un contexte qui rappelle le geste de fumer.

Durant les Fêtes, ces deux situations se présentent, et c'est une période doublement difficile pour ceux qui ont cessé de fumer. Toutefois, en suivant les conseils ci-dessous vous pourrez célébrer les Fêtes sans céder à l'appel d'une cigarette :

Soyez actifs. Songez à organiser le repas familial afin de vous tenir occupés. Si la cuisine n'est pas votre fort, relevez le défi de préparer un plat à apporter.

N'exagérez pas les festivités. Lorsqu'on abuse des mets et des boissons, il est facile de céder à d'autres tentations.

Ne buvez que du club soda, des punches non alcoolisés ou du cidre. Vous pourrez ainsi résister à l'envie de vous allumer une cigarette pendant que vous buvez, et peut-être éviterez-vous aussi de prendre quelques kilos indésirables.

Les spécialistes affirment que les aliments épicés et sucrés augmentent le désir de fumer. Alors, refusez-les tout simplement.

Vous pouvez satisfaire votre envie de grignoter sans prendre de poids en mangeant des amuse-gueule faibles en calories, comme des bâtonnets de carottes ou de pommes. Mangez lentement et

faites une pause entre chaque bouchée pour que votre repas soit plus satisfaisant.

Vous tenez bon? Alors, pourquoi ne pas célébrer en vous offrant quelque chose que vous désirez depuis toujours? Ça n'a pas besoin d'être extravagant, mais il doit s'agir d'une véritable récompense pour une véritable réussite.

Évitez le stress tout comme vous évitez d'allumer une cigarette. Les séances-marathons de magasinage sont éprouvantes pour tous; n'attendez donc pas à la dernière minute pour faire vos achats. Restez calmes malgré la frustration causée par les files d'attente, la circulation ou les vendeurs. Voici un exercice de relaxation qui pourra vous aider : prenez une respiration profonde, retenez-la durant

une seconde, puis relâchez-la très lentement. Souvenez-vous, l'envie de fumer est temporaire. Elle passera.

L'activité physique, comme la marche, la course et les sports de raquette, permet d'éliminer les tensions et le désir de fumer. L'exercice favorise également la perte de poids.

Si vous songez à vous procurer une cigarette, procurez-vous plutôt de l'aide. En tant que nouveaux non-fumeurs, demandez à vos amis et à votre famille de vous encourager, recherchez un groupe de soutien structuré, rendez-vous sur la page de Téléassistance pour fumeurs ou composez le 877-513-5333.

Adapté du site Web www.cancer.org

Annual Fitness Testing

PT tests are operating Mondays through Fridays at 0830 hrs.

To book your annual fitness test email +PSP Express Bookings on the DIN.

To book your step test, contact Monica at x7517.

To book your BFT, you are required to have a deployment message and must contact Monica at 7517.

Annual Spin Challenge: December 10

Join us for four hours of festive fitness fun on Friday, December 10, from 1000 hrs to 1400 hrs for the Annual Spin Challenge.

We encourage units to register as we try to fill the bikes for four hours of stationary cycling all in support of the local food bank this holiday season.

For more information please contact Monica at 7517 or Cindy at 4548.



Photo: Amber Gooding, Contact Staff



8 Wing Health Promotion - 177 Hercules St., Bldg 119
Phone: x3768

Email: healthpromotionTrenton@forces.gc.ca

Health Promotion Administrative Assistant:
Leslie Bedore

Health Promotion Manager:
Angela Prescott

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Kendra Lafleur

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



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The huge great room, with its soaring ceiling and V-bayed window, is located at the heart of the home. With a wood-burning fireplace, this room will be the gathering place for games, reading, TV watching or just relaxing that are so much a part of holiday activities.

The dining area is large enough for entertaining. A door opens to a patio covered by a cedar trellis, part of the huge sun deck that extends across the width of the home.

The U-shaped kitchen, an efficient design that will make meal preparation easy and is open to both the dining area and the great room, so the cook won't feel isolated.

The master suite located at the back of the home, for privacy, enjoys ensuite-style access to the main bathroom, which is shared by the second bedroom by means of a door off the hallway.

The laundry room is centrally located for easy access from both living and sleeping areas.

The large upstairs loft could be used as an extra sleeping area or as a games room.

The house measures 46 feet, 8 inches wide and 41 feet, 6 inches deep, totalling a generous 1,414 square feet of living space.

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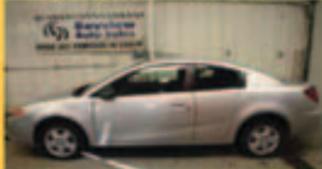
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Department of National Defence Photography Contest

by Ryan Cane
National Recreation
Manager

The 42nd DND Photography Contest wrapped up November 18 at the Director General Personnel and Family Support Services Headquarters in Ottawa with an awards reception.

The ceremony honored the major winners, thanked generous sponsors and celebrated another successful year of participation and excellence in photography.

A highlight of the evening was the unveiling of the Deputy Minister's Award. This award is chosen by the Deputy Minister of National Defense and is the photograph that best depicts the Canadian military. The photographs are chosen from both the professional and amateur category.

The honorable Robert Fonberg proudly chose "Helping Hand's" captured by Cpl Johanie Maheu of the HMCS Athabaskan.

"The image I have chosen depicts the work of our Canadian soldiers and the impact they make in the communities in which they serve," Fonberg says. "The earthquake in Haiti was devastating, but in this time of disaster, stories of bravery and remarkable courage were shot on film."

Mr. Fonberg, who is the patron of the program displays all the winning photographs at his office at NDHQ.

"When I pass the images I am reminded of attributes it took for the photographers to capture them; courage, perseverance and determination...the very qualities of the Canadian Forces and National Defense Team."

To view all the winning photographs and to watch for information on the 2011 program, log on to dndphotocontest.ca.



Photo: Submitted



Photo: Corporal Johanie Maheu

Above: The Honourable Robert Fonberg announces his choice for the Deputy Ministers Award. Right: Corporal Johanie Maheu's photo entitled "Helping Hand's".

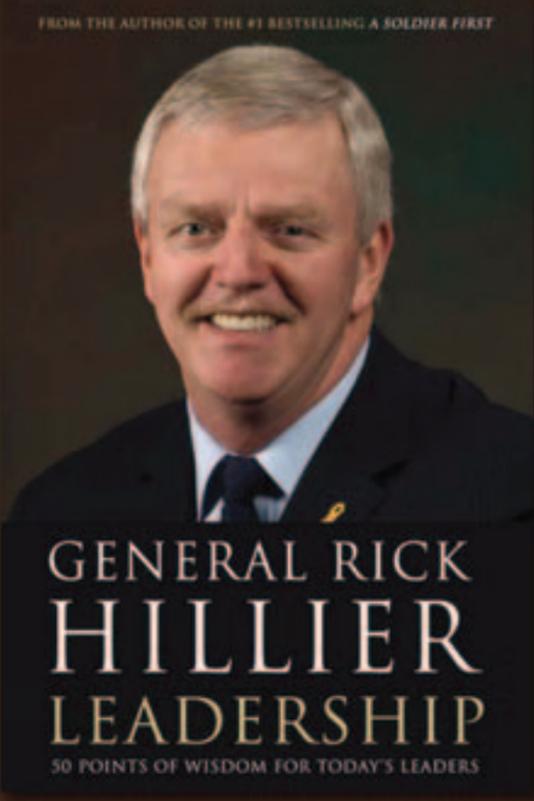


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It is possible to fly
without motors,
but not without
knowledge and skill.

— Wilbur Wright



Hercules celebrations mark milestone for Canada's Air Force



Photo: Cpl Precious Carandang, 8 Wing Imaging



Photo: Cpl Levarre McDonald, 8 Wing Imaging



Photo: Cpl Precious Carandang, 8 Wing Imaging

Counter clockwise, from top right: Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, presents the Air Force Coin to Chief of the Air Staff Lieutenant-General Andre Deschamps in 7 Hangar on November 15, 2010, during the 50th Anniversary of the Hercules in Canada celebrations.

A CC-130J (602) is shown in the background taken during the CC-130 Hercules' 50th Anniversary celebrations held on November 15, 2010 at 8 Wing/CFB Trenton.

A retired Radar Navigator of 419 Squadron, Stewart Crawford (left) looks back at his job and remembers his experience inside the CC-130 Legacy. He brings his wife (right) to show her where he used to work.

Brigadier-General (Ret'd) Jeffrey Brace, a retired pilot, and his son, Master Corporal Warren Brace, stands in front of the CC130333 to celebrate the CC130 Hercules' 50th Anniversary.

During the CC-130 Hercules' 50th Anniversary, Chief Warrant Officer Derek Gardner and Sergeant Steeve Russell work at the 424 Transport and Rescue Squadron booth to explain their experience with the CC-130 Hercules.



Photo: Cpl Precious Carandang, 8 Wing Imaging



Photo: Cpl Precious Carandang, 8 Wing Imaging

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Ensure safe use of wood stoves and fireplaces

Submitted by Wing General Safety Office

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

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

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

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

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

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

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

If you plan to install or alter a stove or a fireplace, the project must be care-

fully carried out in accordance with the manufacturer's instructions and at the same time meet fire prevention or building code regulations of the region where you live. Find out what the building codes are in your area before you begin installations of any kind.

Usually fire codes provide specific instructions for stove placement. It is important to place the appliance a safe distance between the fire and nearby walls as wood can ignite at temperatures as low as 200 degrees F, which is much less than the 800 degrees F temperature radiated by some stoves! Most codes require protective shields behind and beneath a stove and its flue to dissipate heat before it reaches combustible wall or floor materials. Most codes also specify the thickness of the masonry in a fireplace and chimney and the amount of air space that is required between the masonry and combustible interior walls.

Regular inspection, cleaning and maintenance are the best insurance

against chimney fires and fires resulting from a damaged stove or flue. Thoroughly check the entire system before lighting the first fire of the season and repeat inspections on a regular basis every month or so.

Safety tips for stoves and fireplaces: Use proper accessories for your wood burning system. Cradle shaped grates will keep burning logs from falling or rolling beyond the firebox opening.

A metal container provides safe transport of ashes, which may contain hot coals. Store them in a safe place outdoors for at least 24 hours before discarding them.

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

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

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

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

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

Keep a fire extinguisher handy to the fireplace or stove and be trained in its use. A fire extinguisher will not help if you don't know how to use it.

Burn only the fuels for which a stove is designed. Avoid any substance that could increase the heat of the fire starter fluids, coal, cardboard and especially trash such as Christmas tree boughs and plastic wrappings.

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

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

Fireplaces and wood stoves are great alternatives for heating. Just make sure you are aware and can handle the possible dangers associated with them.

National Road Safety Week

by MCpl St-Maurice, 2IC/MSE Safety, WTN/EME

As part of the annual National Road Safety Week, MSE Safety is offering a no cost Dependant's Defensive Driving Course on December 1 and 2, 2010, from 1800 to 2100 hrs (6 to 9 p.m.) both nights.

Please note, as the name implies this course is for the families of military and civilian workers at 8 Wing/CFB Trenton.

The course will take place at the Wing Transportation Safety Classroom located at 11 Buffalo Ave (located on the South Side near the Gym). Participants must attend both teaching nights in order to receive their DDC cards and accreditation certificates. This first come, first serve format has a limiting seating capacity of 30 persons.

All interested personnel are to be pre-booked for subject class by contacting Wing TN MSE Safety at local 3470 or local 3347 to secure a seat.

Note: This course is registered with Canada Safety Council and may be recognized by some insurance companies for cost reductions.

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TRENTON

Military Family Resource Centre



Events & Information

An exhibition of Christmas Trees in honour of our Canadian Forces
December 7th to 19th
National Air Force Museum of Canada
Middleton Park Wagon rides - Dec 7th & 14th
6:00 - 8:00 pm Meeting point: MFRC Parking Lot
Dec 8th My Theatre's "Christmas Carol" 7-8pm
Dec 9th Seniors Tea 2-4pm with Glee Club 105
Dec 10th Friends & Neighbours Night with Brittany Wade 6-8pm
Dec 11th Children's Delight 1:00-3:00pm
Dec 12th Veterans Day 2-4pm



Événements et Information

Un exhibition des arbres de Noel pour célébrer les Fêtes avec nos Forces Canadiennes.
Les 7-19 decembre
Musée National de la Force Aérienne du Canada
Promenades en charrette Middleton Park
Les 7 et 14 decembre 18 h-20 h Point de rencontre : stationnement CRFM
8 decembre, 19h-20h "Chants de Noël" de « My Theatre »
9 decembre, 14h-16h Thé des aînés avec Glee Club 105
10 decembre, 19h-20h Soirée Amis et Voisins avec Brittany Wade
11 decembre, 13h-15h Délices pour enfants
12 decembre Journée des vétérans





MFRC Daycare Spaces Available
For additional information
contact ext 2442



Des places en garderie CRFM disponibles
Pour plus d'informations
contactez poste 2442



Of your purchase of Trimpour's Mill wine 50 cents will be donated to Ontario Military Family Resource Centres



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For additional Information
www.TrentonMFRC.CFBTrenton.com
Contact: Jaimie Corriveau 613-955-8711

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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.

8 Wing Officer's Mess Ladies Club are hosting their annual Christmas Dinner.
December 8, at 6:00 pm

in the Upper Lounge Officer's Mess. Members and guest invited.
Musical Entertainment : "The String A Longs".
Tickets available until December 1.
For info call Kim 613-962-2718



Quinte's 15th Annual Christmas Model Railroad Show
December 4 & 5 10am - 4pm
Quinte Secondary School
45 College St., West, Belleville
11000 sq ft of Vendors & displays. Door Prizes.
Adults \$5 Students/Seniors \$4 Children \$2 Family rate \$10



TRENTON CHRISTMAS FANTASY

November 28, 2010 starting at 3:00pm
Hot Chocolate • Hot Dogs
• Entertainment • Watch the Parade
• See us turn on the lights!

Come out to Fraser Park and enjoy the fun and festivities!

The Stirling Santa Claus Parade
December 3, 6:30 pm

This year there will be a Community Float collecting food and cash donations for the Stirling Community Cupboard.
Bring the kids and a Food Bank donation and come see Santa and his crew in downtown Stirling. Stores are open late for shopping and treats!

Trenton Citizens Band 46th Annual Christmas Concert
Thursday December 9th,
7:30-9:30pm
Trenton High School Auditorium

Featuring music by the Wannamaker Family and a tribute to the Highway of Heroes with P/M Jim Douglas and P/S Mike Meagher of 8 Wing Trenton Pipes and Drums and our vocalist Miss Heidi Hayward

Auto Hobby Club (AHC)

The Club is located at 3 and 4 Chimo, which is tucked away on the north side of the Base, in behind the salt dome.
If you are looking for a place to repair your personal vehicle, the Auto Hobby Club provides the bay, certain tools, hoists and more.
The Club operates year-round and all is volunteered time.
Hours of operation: Mon - Thurs from 6-7:30 p.m.; Sat from 9-11 a.m.
Hoist bays \$20 a day, body shop bay \$10. Always looking to recruit new members and club attendants. Contact Sgt Lafleuat local 3623.



Make A Difference

Community Living Quinte West is seeking people who want to be involved in making a difference in people's lives. If you are looking for ways to give back to your community call us to find out more about the rewards of Board membership at CLQW. We are looking for people who are:

- curious
- energetic
- collaborative
- dedicated

If the words above describe you, then read on. If you have leadership skills, fund raising expertise, or ability to advocate, and a belief in social justice, please contact us for more information on Board membership.

Community Living Quinte West helps people with intellectual disabilities to live as valuable members of the community. If Board membership interests you, you will have the opportunity to provide strategic direction to the agency while having the opportunity to learn more about the changing attitudes and ways to support people with intellectual disabilities. Your membership on this Board will make a difference.

Call Lisa Monsma, Chair of the Search Committee at 613-394-2222 or submit your letter of interest to:

Community Living Quinte West
Chair of the Search Committee
52 Lafferty Road
Trenton, ON K8V 5P7
or e-mail communitylivingquintewest@clqw.ca

Links to Learning Reading Program

Links to Learning Resource Centre will be running a weekly no cost reading program for children of all ages. All books will be provided in a variety of levels. This is a drop in program so children who are interested can come between 1:30 to 3:30 p.m. every Saturday. They will be either read to or listened to as they read. Link to Learning is located at 188 Victoria Ave, Belleville (use the side door off the parking lot in the Quinte Bible Chapel).
Visit www.linkstolearning.ca to learn more.

Public Skating is Back!

Enjoy some fun ice skating for the low price of \$2.00 all winter long! Visit us at the Dr. McMullen Memorial Arena in Frankford Ward and the Duncan McDonald Memorial Community Gardens in Trenton Ward.

Frankford Arena
Wednesday: 12:00-2:00pm (FREE SKATE)
Sunday 2:00-3:30pm

Trenton Arena
Tuesday: 1:00-2:15pm (FREE SKATE)
Saturday: 8:00-9:00pm Sunday: 12:00-1:30pm





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The Contact Newspaper staff would like to acknowledge Trenton McDonald's as the weekly sponsor of our feature, The Contact Family feature.



Best bets for your child's next birthday bash

(NC) – Venue – check. Catering – check. Gifts – check. Birthday party budgets can easily get out of hand. While we all want our children to feel extra special on their big day, it doesn't require a big spend on mom and dad's part. With 60 birthdays under its belt, Minute Maid offers some expert "dos and don'ts" to help birthday parties generate bang for less buck.

Do set a party priority. Work with your child to decide what matters most to him or her. It could be a special party theme or a giant baseball game at the park. Whatever it is, let that priority guide your budget.

Don't go overboard on decorations. Purchase some colourful balloons and simple craft accessories such as wiggly eyes and felt facial pieces and let your child have some fun with the party décor. Consider replacing a table cloth with butcher paper to let children scribe their wishes to the birthday boy or girl as a party memento for your child. Just remember to replace it before dinner arrives.

Do make favourite foods a part of the birthday menu, but give them a twist. Add excitement to homemade bread by adding food colouring to the mix. Grilled cheese sandwiches are more fun when they come

on purple or blue bread. Replace the juice cup with a healthy juice pop by simply freezing Minute Maid Pure Squeezed Orange Juice in ice cube trays with a popsicle stick for easy handling.

Don't feel you need to host a party at the newest venue. A simple at-home party with classic games, hand-crafted decorations and lots of great food is often the best kind and requires less organization than you might think. Just don't forget to hide the breakables.

Do consider a charitable celebration if your child is eager. Support a local charity fundraiser by purchasing kid-approved, do-it-yourself craft projects or sweets to replace traditional loot. Take a cue from Minute Maid. To mark its own 60th birthday, Canada's largest juice maker is letting Canadians in on the fun by hosting an online celebration of games at www.minutemaids.ca. With every game played, Minute Maid will make a special donation to Breakfast Clubs of Canada, helping children in need by providing a healthy, nutritious breakfast at school each morning.

More information on how to donate to Breakfast Clubs of Canada can be found online at www.minutemaids.ca.

Mealtime.org Hearty Party Pozole

Ingredients:

- 1 pound lean, boneless pork loin, diced in 1/2 inch pieces
- 1/4 teaspoon pepper
- 2 tablespoons vegetable oil, divided
- 1 large onion, chopped
- 4 garlic cloves, finely chopped
- 1 tablespoon chili powder
- 1/2 teaspoon ground cumin
- 3 cans (15 1/2 ounces each) white hominy (mote blanco), drained
- 1 can (14 1/2 ounces) diced tomatoes, no-salt added, drained
- 1 can (14 1/2 ounces) reduced-sodium chicken broth
- 1 can (4 1/2 ounces) chopped, mild green chiles
- Finely sliced green onions, for garnish

Preparation Time: 10 minutes **Cook Time:** 25 minutes

Preparation: Season pork with pepper. Heat 1 tablespoon vegetable oil in a large saucepan over high heat. Add pork and cook and stir until pork is no longer pink. Transfer pork to a clean plate. Reduce heat to medium. Add remaining tablespoon vegetable oil, onion and garlic. Cook and stir about 5 minutes, or until softened and golden. Stir in chili powder and cumin. Add hominy, tomatoes, chicken broth and chiles, and bring to a boil. Add pork, reduce heat, and simmer for about 10 minutes until pork is cooked to desired doneness. To garnish, top with green onions. Servings: 8

Nutritional Information Per Serving: Calories 260; Total fat 9g; Saturated fat 2; Cholesterol 30mg; Sodium 580mg; Carbohydrate 30g; Fiber 6g; Protein 15g; Vitamin A 10%DV; Vitamin C 20%DV; Calcium 6%DV; Iron 10%DV. *Daily Value*

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Nadiya's Zodiac Starcast

Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC.
For expanded forecasts visit www.nadiyashah.com

November 28- December 4

Theme of the week: It's a busy astrological week. Events now propel us forward and into action, at times more impulsive than others would understand. If we can double-check our steps before we take them, we may yet navigate a successful week of progress and further momentum. It will be a great week, enjoy!

ARIES (March 21-April 19): You may be moved by a story of kindness, but being self-sacrificing to your own detriment is not asked for now. Pay attention to how you feel when requests are made. Be sure your actions come from a genuine desire to be helpful and don't make you feel uncomfortable.

TAURUS (April 20-May 20): You are reluctant to say how you really feel, but if you can find a way, at least the truth will be out there. Honesty is needed if anything is to change. You have had enough of a situation. Either decide to lovingly state your side or bow out with subtlety.

GEMINI (May 21-June 20): Every time you have felt like this, and you didn't trust it, you ended up being disappointed with yourself for knowing better. You have a feeling about someone. Trust it, even if you don't yet have an explanation, and keep some distance until more information comes in.

CANCER (June 21-July 22): You have put all your eggs into a single basket and are nervously anticipating their hatch. So much so, that your happiness depends on it. Try to ease some of the anxiety around what you clearly want. Whatever comes forth, it will be for the best.

LEO (July 23-Aug. 22): You are hoping to attract supporters now. They will certainly make their way to you, but the aggressive approach wont work. Instead of reaching too far out of your six degrees, start with the people you know and find subtle ways to state your proposition.

VIRGO (Aug. 23-Sept. 22): We all have skills, but some skills are more readily grasped, while others we can lose our grip on. Your ability to foster genuine connections and contribute to beautiful, pleasurable environments becomes stronger now. Use this power well.

LIBRA (Sept. 23-Oct. 22): Your premise may be strong, but the execution could miss an important nuance. Just take a quick second to glance at your plans from an intuitive standpoint. You know it makes sense, but does it feel right? Your answers will lead to the right refinements.

SCORPIO (Oct. 23-Nov. 21): You have the gift of gab. You can use it to perpetuate a juicy rumor or to finally find meaningful words to articulate what's in your heart. You can't have both now. You know which approach will create the more rewarding outcome.

SAGITTARIUS (Nov. 22-Dec. 21): We have to choose what we will let in, or else we are like rift rafts, being shaped and shifted by any passing wind. You've been connecting to your power to form yourself. Stay focused on living as the person you wish to be, keeping external influences in their place.

CAPRICORN (Dec. 22-Jan. 19): Consider the first few days of the week as the research phase. You are gathering perspectives by talking to people. Focus on gaining knowledge and intellectualizing what you have felt for weeks. Soon, you will use the information you gain to strategize the right approach.

AQUARIUS (Jan. 20-Feb. 18): Your allure is classically found in your eccentricity, but you will now find that you can bring about an air of authority. It's not harsh or dictatorial. Actually, there is a new warmth and softness to your style of leadership now. Use it to move closer to your goals.

PISCES (Feb. 19-March 20): You can stand out from the crowd for things you like in yourself or in a grasp at attention. However, all displays are not equal. Keep your exhibitionist streak in check. Let yourself shine, but be attentive. Don't do anything you would regret later.

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Source: Quanta & Duval Real Estate Board**

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- Century 21 Landon Real Estate Ltd. Brokerage - 15.80%
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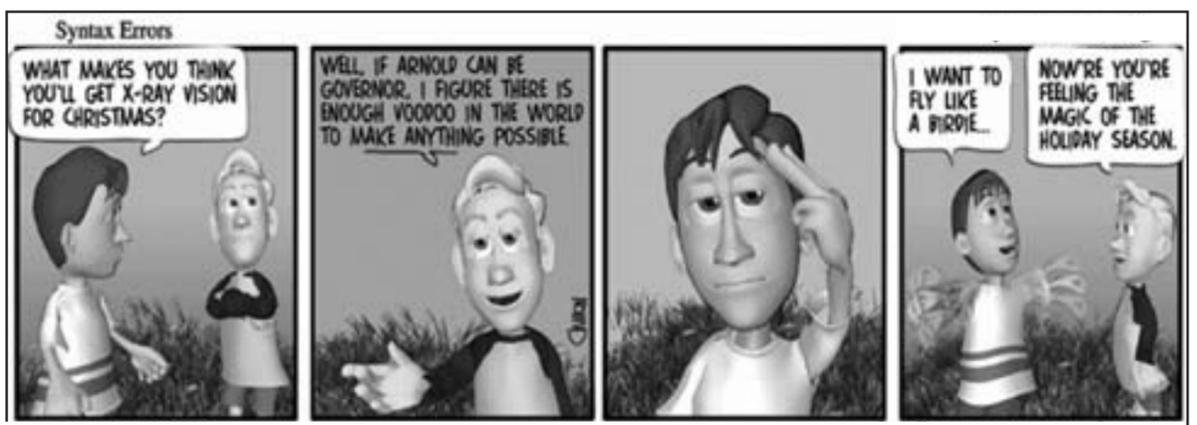
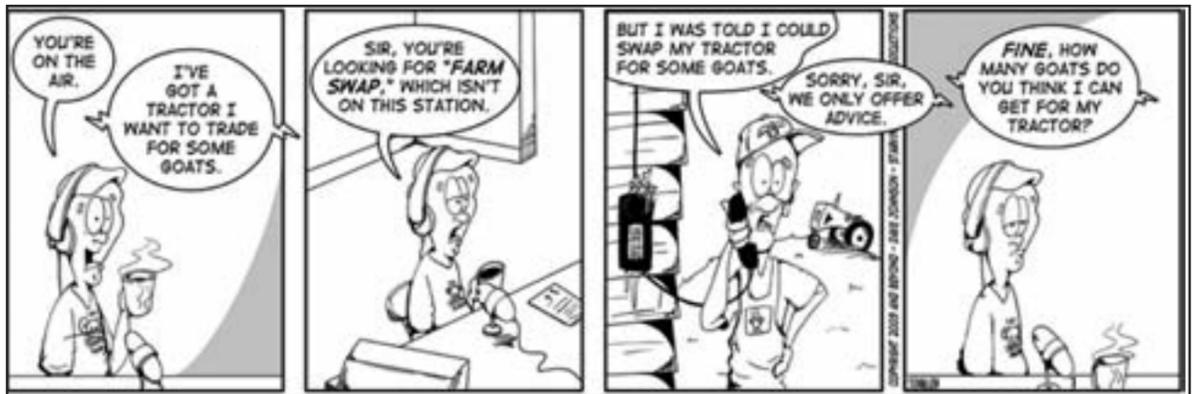
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, The Contact Comics.





INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575



- Schedule of Events**
- Dec 7th Middleton Park Wagon Rides 6-8pm
 - Dec 8th My Theatre's "Christmas Carol"
 - Dec 9th Seniors Tea 2:00-4:00 with Glee Club 105
 - Dec 9th Heidi Hayward 7:00-8:00
 - Dec 10th Friends & Neighbours Night with Brittany Wade 7:00-8:00
 - Dec 11th Children's Delight 1:00-3:00
 - Dec 12th Veterans Day with Singing with Grace Community Choir
 - Dec 13th Francophone Night
 - Dec 14th Middleton Park Wagon Rides 6-8pm With Our Lady of Peace Chapel Choir
 - Dec 15th Story time with Mr. Ken Rose 7:00-8:00
 - Dec 16th Songs of the Season with Laurie Schedlar 7-8pm
 - Dec 17th Downhomers Kitchen Party
 - Dec 18th Youth Yuletide
 - Dec 19th Closing Ceremony

December 7-19th
 National Air Force Museum of Canada
 Monday & Tuesday 5:30-8:30
 Wednesday to Friday 10:00-5:00
 5:30-8:30
 Saturday & Sunday 10:00-5:00

For information contact Trenton MFRC 613-955-8711

Are you looking to:
 - Establish or expand a business or idea?
 - Enhance your Employability Skills?

Join us for a **Meet & Greet**
 Trenton Military Family Resource Centre
 Wednesday, December 1st, 2010
 1600 - 1800

- Come and enjoy some refreshments
- Meet the SIFE Team
- Discover what their Free Series of Workshops can do for you!

Deadline to register is Thursday, November 25th, 2010.

Voulez-vous:
 - Etablir ou accroître une entreprise ou une idée?
 - Rehausser vos aptitudes d'employabilité?

Joignez-vous à nous pour **Une scéance d'accueil**
 au Centre de ressources pour les familles des militaires
 Le mercredi 1er décembre 2010 de 16h à 18h

- Venez et profitez des rafraichissements
- Rencontrez l'équipe SIFE
- Découvrir comment leur série d'ateliers gratuits peut vous aider!

Date limite pour s'inscrire est le jeudi 25 novembre 2010

To register/Pour vous inscrire, contactez Liz Nicholas, CHRP
 Employment & Education Coordinator at the Trenton MFRC/
 Coordinatrice des services d'éducation et d'emploi du CRFM de Trenton
 613-392-2811 ext./poste 3852 elizabeth.nicholas@forces.gc.ca



- Horaire**
- 7 décembre, 18h-20h Promenades en chariot, Parc Middleton
 - 8 décembre, 19h-20h "Chants de Noël" de My Theatre -
 - 9 décembre, 14h-16h Thé des aînés avec Glee Club 105
 - 10 décembre, 19h-20h Soirée Amis et Voisins avec Brittany Wade
 - 11 décembre, 13h-15h Délices pour enfants
 - 12 décembre Journée des vétérans 19h-20h, Singing with Grace Community Choir
 - 13 décembre, 17h30-20h30 Soirée francophone
 - 14 décembre, 18h-20h Promenades en chariot, Parc Middleton avec la chorale de "Notre-Dame-de-la-Paix"
 - 15 décembre, 19h-20h Contes avec M. Ken Rose
 - 16 décembre, 19h-20h Chants de saison avec Laurie Schedlar
 - 17 décembre, 18h-20h Party cuisine des Downhomers
 - 18 décembre, 14h-16h Fêtes de Noël pour les jeunes
 - 19 décembre, 14h-16h Cérémonies de clôture

du 7 au 19 décembre
 Musée national de la Force aérienne du Canada
 Lundi & Mardi 17h30 - 20h30
 Mercredi au Vendredi 10h00 - 17h00
 17h30 - 20h30
 Samedi & Dimanche 10h00 - 17h00

Pour de l'information contact er CRFM de Trenton 613-955-8711

Are you new at 8 Wing/CFB Trenton?
 Come to the MFRC, get your plant, coupons, information as needed, have a tour of the place. We are looking forward to meet you!

Partner's Away Wednesday Night 6 pm to 7:30pm
 Childcare is available but you need to reserve ahead so we will have enough caregivers for your children.
 December 1st, **Green Design**
 December 8th, **Cookie exchange/Making Gift Bags**

Groupe Partenaires au loin, le mercredi soir de 18 h à 19h30
 Le service de garde est disponible, toutefois vous devez réserver à l'avance pour que nous puissions prévoir suffisamment de gardiennes pour les enfants.
 1^{er} décembre, **Soyez verts**
 8 décembre, **Échange de biscuits/Fabrication de sacs cadeaux**

Etes-vous nouveaux à la 8e Escadre/BFC Trenton?
 Venez au CRFM pour avoir votre plante, coupons, de l'information et une visite de la place. Nous avons hâte de vous rencontrer!

www.trentonmfr.cfbtrenton.com ou www.familyforce.ca

NAPA AUTOPRO
CORMIER'S AUTO REPAIR
 Trenton's #1 Choice For Quality Auto Service For Over 23 Years

Complete professional service to all makes and models, Drive clean test & repair facility, Certifications, Courtesy Shuttle, Mon. to Sat.
 276 Front St., Trenton 613-392-2766

MOTOSPORTS
 (Of Trenton Ltd.) Ph. 613.965.6626 Fx. 613.965.1356

SALES, SERVICE, PARTS & ACCESSORIES
 ATVs • Motorcycles • Snowmobiles • Personal Watercraft

PERFORMANCE
 Sales & Leasing
FULL LINE ACCESSORY STORE NOW OPEN

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

28 Farnham Rd. Belleville
 613-962-3235

Classified

For Classified Information Call 613-392-2811 ext: 3976

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

Information

CLASSIFIED AD RATES

Word ad: 20 words \$4.00 per insertion. HST included. Visa/Mastercard, Cash or cheque to be paid at time of insertion.

ORDERING AN AD

All advertising must be dropped off at The CONTACT, 142 Yukon Street, Room 26, before noon Wed. for the next edition and payment should be made at that time. In the event of a statutory holiday all deadlines are advanced by one day.

ERRORS

& OMISSIONS

Advertisers should check their ad the first day it appears. The CONTACT shall not be liable for failure to publish an ad or any typographical errors in the publication except to the extent of the cost of the ad for the first day's insertion. Adjustments for errors are limited to the cost of the ad wherein the error occurred.

USERS & AD READERS

The CONTACT is not responsible for the products and/or services advertised. Readers should exercise their best judgement with the content. The CONTACT will not knowingly publish any advertisement which is illegal, misleading, or offensive. In compliance with the Human Rights Code. The CONTACT reserves the right to make necessary changes in ad copy.

Business Services

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

NEW & USED REFRIGERATORS
 Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees. Fridges \$100 and up
NEW APPLIANCES
 at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from
PAYS CASH
 for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices. Open 7 days a week & evenings. We deliver. We like Base people.
SMITTY'S APPLIANCES LTD.
 613-969-0287

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

Secure Exterior Vehicle Storage Space for Rent
 Cars, Trucks, Boats, ATV's, RV's, Camping Trailers, Heavy Equipment, Transport Van's and Shipping Containers etc.
 fgc@bellnet.ca 613-848-8300

BOARDING
 Dogs & cats. Individual exercise. Secluded country setting. Airport service available. 5 mins. from 401, 251 Long Reach Rd, Brighton.
Call Eddystone Kennels
 613-475-4405

Please recycle this newspaper. Thank you.

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

For Sale

Belleville Volkswagen
Sharp All Wheel Drive Sport Utility!

2006 Touareg, Auto, V6, sunroof, 63,000km
 Priced to sell!
 VW Certified Warranty for 2 years/40,000km

Email: paul@bellevillevw.ca for details
613-966-3333
 239 North Front Belleville
 www.bellevillevw.com

Free Spirit Magnetic Recumbent Cycle, 6 Programs, Only 2 Yrs Old.
 \$200
 613-965-6864

Cleaning Services

Tammy's Cleaning Service
 Years of 100% successfully passed Marchout Inspections, and 20 years of housecleaning in the Quinte Area. Opening and closing services available.
 "I likely clean for someone you already know."
 Call Tammy
 613-392-0759
 Cell: 613-847-7670

For Rent

ADULTS!
 1 bedroom apts. from \$645
 2 bedroom apts. from \$750
 Utilities & cable included
 Affordable, quiet & secure
CLOSE TO BASE
KLEMENCIC PROPERTIES
613-392-7839

Waterfront Home FOR RENT in the Village of Ameliasburgh. 2 Bedrooms, 1 bath bungalow with garage on a lovely lot on this picturesque lake minutes from Trenton and Belleville. Includes appliances and can be semi-furnished. Asking \$1200/mth plus utilities.
For any inquiries please call 613-962-0001 or email at izadan@xplornet.com

One bedroom with den 3 Mark Crescent, Trenton
 Large one bedroom with a den. Bright, spacious, apartments in a quiet neighbourhood of quality homes in Trenton's desirable west end, close to schools and shopping & downtown. Easy highway access and only 10 minutes to CFB Trenton. Well maintained with on-site parking, laundry and a huge yard. Heat & utilities included.
 One bedroom with den \$900/mth
 Two bedroom with den \$975/mth
CONTACT: LYNN MARIE 705-876-1632 ALVIN 416-723-6076 alvinschieck@gmail.com

Wanted

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

Please recycle this newspaper. Thank you.

OUTSMART WINTER WITH MICHELIN TIRES
 Buy 4 safe MICHELIN tires and receive a **\$70** cash rebate
 From October 1st to December 15, 2010. On Passenger or Light Truck tires only. See store for details.
 Stop up to 2.7 m shorter* in icy conditions with MICHELIN X-Ice⁺ X12⁺ tires.
AL'S TIRES & Automotive Service
 613-392-7083
 8 William St. Trenton
 TIRECRAFT

Crossword Answers

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

SILENT AUCTION
 In Support of United Way
 Where: 24 CF H Svcs C
 When: 22 Nov - 30 Nov
 (Last bid 1130hrs on 30 Nov)
 Some of the items for you to bid on are:
 • House wears • Christmas Decorations
 • Sports Equipment • Gift certificates and much much more...
 Note: Please be prepared to pay cash for the items you are placing a bid on. You will be notified on 30 Nov between 1300 - 1500 hrs that the items you placed a bid on are ready for pick up. All Items are to be picked up on 01 Dec between 0730 - 1300 hrs. Items not picked up by that time will be offered to the next highest bidder.

8 Wing Trenton Food Services is Hosting
PIZZA / PASTA LUNCH
Don't Miss the last one!! 3 December
 A serving of a piece of pizza, caesar salad and a drink.
 When: 11:00 - 13:00 hours
 Where: Yukon Galley (Cadet Dining Area)
Open to everyone
Cost: \$5.00 minimum donation at the door
 In support of Government of Canada Workplace Charitable Campaign & United Way of Quinte

RE/MAX Trent Valley Realty Ltd., Brokerage
 1-800-567-0776
 Serving Military Families of CFB Trenton

392-6594
 447 Dundas St. W., Trenton
 pat@patjacobson.com
 www.patjacobson.com

475-6594
 41 Main St., Brighton
 clay@clayjacobson.com
 www.clayjacobson.com

HALL OF FAME

Pat & Clay Jacobson Sales Reps.

Sat. Nov. 27 1-2:30pm

119 McGill St., Trenton \$142,900 1 Block to Hanna Park or walk to downtown. Eat-in kitchen, formal dining room, 2 baths, main floor family room can also be a master bdrm. Large lot. Single garage and storage or workshop building. Electrical has been upgraded by Janbar Electric.
MLS# 2105580

22 Fairview Cres., Trenton \$204,900 A "gracious" bungalow on west end crescent. Many quality upgrades-furnace & gas fireplace in LR '07, new shingles, insulation & front deck '08, Basement has in-law suite or can be rec room with wet bar, 3 pc bath. Large lot 145'x90'.
MLS#2107054

Sun. Nov. 28 1-2:30pm

172 Burns Ave., Bayside \$214,900 JUST REDUCED TO SELL. So many updates-new birch cupboards in kitchen & bath, hrdwd flooring on main, new doors & trim, H/E furnace & c/air '06, gas f/place in rec rm, 2 bths, in/g pool has new liner '10, new shingles '05. Quiet dead end location.
MLS# 2106174

PUT THE POWER OF '2' TO WORK FOR YOU

International Day for Persons with Disabilities

On Dec 1, 2010 the 8 Wing Employment Equity Advisory Group (EEAG) will commemorate International Day for Persons with Disabilities. This year theme is "Beyond Accommodation: Inclusion!" Visit us at the information Kiosk that will be set up at the Yukon Galley from 1130 -1300 hrs.

La Journée internationale des personnes handicapées

Le 1er décembre 2010, le Groupe consultatif d'équité en emploi de la 8e Escadre soulignera la Journée internationale des personnes handicapées. Cette année, la semaine a pour thème : "Au delà des mesures d'adaptation : l'inclusion!". Venez nous voir au kiosque d'information qui sera installé au Yukon Galley de 11 h 30 à 13 h.

ROYAL LePAGE Janice Davis Sales Rep. Direct: (613) 848-1918 j.davis@royalpage.com

Monica Vandermeer Sales Rep and Licensed Associate in Ontario Direct: (613) 921-2989 monicavandermeer@gmail.com

OPEN HOUSE
 Sunday November 28 2-3:30pm

Country living at its best!
 4 bedroom, quality built custom stone home overlooking Trent Hills, professionally landscaped gardens and interlock walkway with double entrance. Completely finished basement and spacious entertaining area with custom built stone fireplace, upgraded 3 piece bathroom with walk-in shower and beautiful cork flooring throughout.
The enhanced features of this home make it a must to see!
MLS# 2107081 \$289,900

Dir: Wooler Road North,
 Turn Left On Nichols Road To 274;
 Approx. 1 Mile Before Wooler

INTERNATIONAL DAY FOR PERSONS WITH DISABILITIES
STRENGTH through DIVERSITY

La DIVERSITÉ fait la FORCE
JOURNÉE INTERNATIONALE DES PERSONNES HANDICAPÉES

Canada

RE/MAX Rita Sweet Salesperson

Trent Valley Realty Ltd., Brokerage

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

NEW LISTING. Cute as a dollhouse, yet modern and private. Walking distance to downtown, schools and the Trent River. 2 bedroom bungalow on deep lot, with back deck and fully fenced for your privacy! 4 appliances included, and propane BBQ in backyard makes it perfect for first time home buyer, move right in and start building your equity now!

\$109,900 MLS# 2107410

Contact

Advertise your listings with us!

Call Patricia
 613-392-2811 Ext 7008

Our house, your home.
Open Houses
 Model homes available for immediate possession

Appledene Park (off Tripp Blvd.) Sat. 12:30-2
 The Arlington 2100 Sq. Ft. Trenton \$369,900

Appledene Park (off Tripp Blvd.) Sat. 12:30-2
 The Olivia 1522 Sq. Ft. Trenton \$278,900

Mercedes Meadows (off Hoag Rd) Sat. & Sun. 1-4
 The Willow 1532 Sq. Ft. Belleville \$319,900

Whispering Woods (off Hwy 2 Trenton) Sat. 12:30-2
 The Willowdale 1773 Sq. Ft. Trenton \$374,900

Pier Drive (off Cedar St.) Sat. 11-12:30
 The Palisades 1590 Sq. Ft. Brighton \$289,900

Mercedes Meadows (off Hoag Rd) Sat. & Sun. 1-4
 The Magnolia 1532 Sq. Ft. Belleville \$365,900

Cooke Court (off Bridgeway Rd.) Sat. 2:45-4 Finished Basement
 The Courtland 1738 Sq. Ft. Belleville \$349,900

Kyle Crt. (off Huffman Rd.) Sat. 2:30-4 Finished Basement
 The Hillview 1210 Sq. Ft. Frankford \$239,900

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

TARION 2010 Quality Home Builder
READERS' CHOICE 2010



Santa Claus Parade

Sun. Nov. 28th – 4:30pm

Parade will start in Centennial Park, arriving Downtown around 5:00pm. Lighting of the Christmas Fantasy of Lights will take place following the parade in Fraser Park.

Lighting of the Menorah

Wed. Dec. 1st – 5:45pm

at Fraser Park

Jingle Bell Walk

Wed. Dec. 1st – 6:15pm

The walkers will meet at the Quinte West City Hall parking lot for a brisk walk around downtown Trenton. The walk will end at Fraser Park at 7pm just in time for the opening of the Nativity Celebration.

(Support the Trenton Food Bank with a donation.)

Nativity Celebration

Wed. Dec. 1st – 7:00pm

Please join Trenton Christian School Choir in celebration of the Nativity at Fraser Park. Following the celebrations we will walk to Quinte West City Hall, led by piper, Beth Cleaton, playing seasonal music. At City Hall the Murray Centennial School Choir and Trenton Christian School Band will greet us with more sounds of the season and refreshments will be served by the DBIA.

Wagon Rides SCHEDULE

Saturday, December 4
12:00pm-3:00pm

Friday, December 10
6:00pm-8:00pm

Saturday, December 11
12:00pm-3:00pm

Sunday, December 12
12:00pm-3:00pm

Friday, December 17
6:00pm-8:00pm

Saturday, December 18
12:00pm-3:00pm

Sunday, December 19
12:00pm-3:00pm

Monday, December 20
6:00pm-8:00pm

Tuesday, December 21
6:00pm-8:00pm

Wednesday, December 22
6:00pm-8:00pm

Thursday, December 23
6:00pm-8:00pm

All rides will pick up and drop off at the DBIA Office in the King Street Parking lot.

Santa has agreed to help out the DBIA with appearances around the Downtown area during the hours of the Wagon Rides as well as Thursday evenings.

ALL EVENTS ARE FREE!

Everyone is welcome – bring your family and enjoy Seasons Greetings from all the businesses in Trenton's Downtown!

