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October 15, 2010 Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 45 Issue Number 39 •

Celebrating 50 Years of CC-130 Hercules operations in Canada

Looking for former CC-130 air and ground crew

Canada's Air Force will honour the 50th Anniversary of CC-130 Hercules operations in Canada at 8 Wing/CFB Trenton on 15 November, 2010.

The event is open to current and former CC-130 Hercules air and ground crew who have served with the Canadian CC-130 fleets over the years.

Planned events include static displays of CC-130H and CC-130J models, a history and memorabilia display by the National Air Force Museum of Canada and CC-130 Squadrons and a gala dinner at the National Air Force Museum of Canada with open reception to follow.

The B-model version of the CC-130 Hercules was delivered in 1960, making it the longest serving transport aircraft to serve with the Canadian Forces. The recent arrival of the J-model promises many more years loyal CC-130 service to Canada.

Crew members and alumni of the CC-130 fleet interested in registering for the upcoming celebration or receiving additional information about planned events are asked to contact the Anniversary Committee:

Email: herc50thanniversary@gmail.com

Phone: Major Bill Snyder, (613) 392-2811 ext 2962

Space for the gala dinner is limited and must be reserved. Please RSVP by 5 November.



Media Inquiries: Captain Jennifer Jones
 8 Wing Public Affairs
 Tél: 613-965-2041
 Email: jennifer.jones@forces.gc.ca

50^e anniversaire du CC-130 Hercules au Canada

À la recherche d'anciens membres d'équipage et de personnel de piste

La Force aérienne du Canada soulignera le 50^e anniversaire des opérations du CC-130 Hercules au Canada à la 8^e Escadre et BFC Trenton le 15 novembre 2010.

Cet événement s'adresse à tous les anciens et actuels membres d'équipage et de personnel de piste des CC-130 Hercules du Canada.

Des modèles de CC-130H et de CC-130J seront exposés, et le Musée national de la Force aérienne du Canada ainsi que les escadrons de CC-130 présenteront une exposition sur l'histoire et les souvenirs du CC-130. De plus, un souper de gala

aura lieu au Musée national de la Force aérienne du Canada et sera suivi d'une réception ouverte à tous.

La version du modèle B du CC-130 Hercules a été livrée en 1960, ce qui fait de cet appareil l'avion de transport le plus longtemps utilisé par les Forces canadiennes, et étant donné l'arrivée du modèle J, le CC-130 sera sans aucun doute utilisé encore pendant de nombreuses années.

Les membres d'équipage et anciens membres de flotte de CC-130 intéressés à participer à l'événement à venir ou à recevoir davantage d'information au sujet des activités

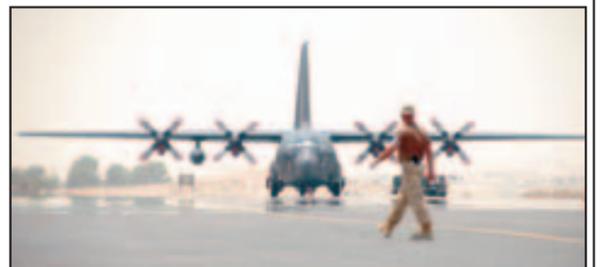
prévues sont invités à communiquer avec le comité chargé du 50^e anniversaire :

Adresse de courriel : herc50thanniversary@gmail.com

Numéro de téléphone : Major Bill Snyder, (613) 392-2811, poste 2962

Les places disponibles pour le souper gala sont limitées, et nous vous demandons de bien vouloir réserver la vôtre d'ici le 5 novembre.

Requête des médias : capitaine Jennifer Jones
 Affaires publiques de la 8^e Escadre
 Téléphone: 613-965-2041
 Courriel: jennifer.jones2@forces.gc.ca



Photos: CF archives

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Internal Conflict Resolution Day

by MWO Brian Doggett, Training and Promotions Coordinator, Dispute Resolution Centre, 8 Wing CFB Trenton

International Conflict Resolution Day provides an opportunity to recognize the benefits of using the various conflict management tools available to all members of the defence team.

8 Wing will be celebrating International Conflict Resolution Day on 21 October 2010, with participation from two of those conflict management tools: the Harassment Education Case Coordination Office (HECCO) and the Dispute

Resolution Centre (DRC).

An information kiosk will be located in the foyer of the Yukon Galley from 1130 to 1300 hours Thursday 21 October 2010.

It will include the HECCO and DRC representation and information/presentations about the services provided from both offices.

Make sure you stop by the kiosk to check out our literature, pick up a stress ball, and partake of the cake that will commemorate this auspicious day.

The Wing Commander, or one of his representatives, will be on hand to make the first cut of the cake.

CONFLICT RESOLUTION DAY
An Annual International Celebration
October 21, 2010

To learn more, please visit:
<http://www.cmp-cpm.forces.gc.ca/adr-marc>

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Arctic wolf pups howl while walking through the dump at CFS Alert. Eight pups from two families of wolves have moved into the area surrounding the dump over the last few weeks.

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Protect yourself: Combat flu season with a single vaccine

by Amber Gooding, Assistant Editor
with files from Michele Edwards,
24 CF H Svcs C, Community Health
Nurse/Immunization

This past week, personnel from 8 Wing/CFB Trenton Headquarters received the first flu vaccinations of the season, as part of the 24 Canadian Forces Health Services Centre (CF H Svcs C) campaign kick-off.

With the winter months quickly approaching, the Influenza vaccine is strongly recommended for all Canadian Forces members, regular or reserve, who obtain their usual medical care from the CF.

As a bonus, only one flu shot is required this year!

The 2010/2011 annual vaccination includes H1N1 as part of the mix of targeted Influenza A viruses, and it does not contain an adjuvant (an agent that may stimulate the immune system and increase the response to a vaccine.)

Influenza needs to be given annually

as the vaccine is modified each year to best match the anticipated circulating strains.

Personnel are to be immunized by their supporting CF H Svcs C, however if vaccination is done elsewhere, personnel must provide documentation to the CF H Svcs unit for recording in their immunization records.

The immunization clinic will be holding flu clinics starting October 19 from 1300 to 1430 hrs Tuesday to Friday. The clinics will continue until December 3.

Members must be expected to stay at the clinic for 15 minutes and aircrew are grounded for 36 hours.

Travelling clinics will be offered to the larger units on the North side of the base after October 19. Please call 2520 or 4310 to make arrangements.

The most effective way to protect yourself from flu is to be vaccinated each year in the fall.

Influenza is a respiratory infection caused by the influenza virus, with various strains of the virus circulating throughout

the world, causing local outbreaks year-round. In Canada, flu season usually runs from November to April.

Consider the health and safety of yourself and those around you, and remember, the benefits of flu shots far outweigh their risks.

Left: Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton receives the first flu shot of the season, administered by Community Health Nurse Michelle Edwards.

Middle: CWO Kevin West, 8 Wing Chief Warrant Officer, receives his flu vaccination from Warrant Officer Kathleen Harvey, 24 Health Services Clinic Warrant.

Right: LCol Ross Fetterly (left), 8 Wing Administration Officer, and LCol Dave Alexander (right), Chief of Staff of the Wing Executive, receive their flu shots, Major Bill Swales, 8 Wing Surgeon, is shown in the background.

TIPS TO STAY HEALTHY

- ✓ Get the flu shot
- ✓ Good hand hygiene is the best way to prevent the spread of all flu viruses. Wash your hands with soap and water thoroughly and often.
- ✓ Keep an alcohol-based hand sanitizer (gel or wipes) handy at work, home and in your car. It needs to be at least 60 per cent alcohol to be effective.
- ✓ Cover your mouth and nose with a tissue when you cough or sneeze and throw the tissue out. Cough into your upper sleeve if you don't have a tissue.
- ✓ Avoid large crowds of people where viruses can spread easily. Stay home when you are sick.
- ✓ Keep common surfaces and items clean and disinfected.

<http://www.health.gov.on.ca>



Photos: Cpl Carandang, 8 Wing Imaging

Search & Rescue Update



424 Squadron had five callouts this past week.

First the CH-146 Griffon was tasked to look for an overdue 29' Searay in the Turkey Point area. The mission was stood down while enroute.

The second mission was again for the CH-146, the crew was tasked to look for a missing boater in the Cornwall area. After an extensive search the mission was stood down with negative results.

The CC-130 Hercules was then tasked twice during the Thanksgiving weekend, first for a missing hunter in James Bay; the search got turned down when the missing hunter showed up safe and sound.

The second call-out was to assist the USCG in the search for a missing boat with three persons on board. The search was again turned down when the US authority confirm that the boat was actually in the marina with everyone safe at home.

Finally the CC-130 Hercules was tasked for an ELT search in the Sault Ste Marie area. The ELT was homed to a small airfield with four planes and one helicopter. No distress was seen, the crew returned home.

Until next week, stay safe!

Missions for 2010: 164 Missions for Oct: 9 Persons rescued: 11

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

The Contact Staff

Public Affairs, Internal Comms: Captain Jennifer Jones
 CFN Manager: Andrea Steiner
 Assistant Editor: Amber Gooding
 Advertising Production: Adriana Sheahan
 Advertising Sales: Patricia MacKie
 Bookkeeper: Marilyn Miron
 Circulation: Russell Webster
 Translator/Proofreader: WO Louise Fagan
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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Letters to the Editor:

Internet: ANDREA.STEINER@forces.gc.ca

Intranet: STEINER.AL@CFBTrenton@Trenton

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



A Military Community Newspaper



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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.

LETTERS TO THE EDITOR

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

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Canadiana Crossword

Of Maids and Maps

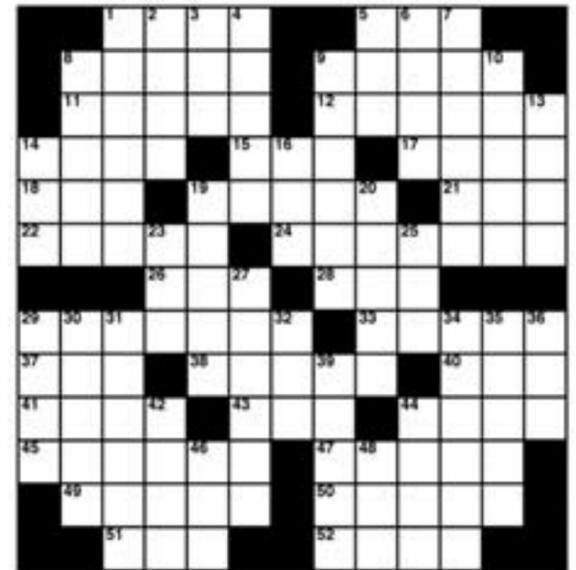
By Bernice Rosella and James Kilner

ACROSS

- 1 Scottish hillside
- 5 Promos
- 8 Mount _____, Newfoundland
- 9 Opt
- 11 Saint _____, Carribean Island
- 12 Lake _____, Saskatchewan community
- 14 Colourless
- 15 Tobermory topper
- 17 Platter
- 18 Itin. item
- 19 _____, Central Alberta town
- 21 Cool down
- 22 Indian statesman
- 24 Weekdays
- 26 Americas org.
- 28 Hullabaloo
- 29 Word pair with opposite meanings
- 33 Obliterate
- 37 Sheltered side
- 38 Cheeses
- 40 Hive dweller
- 41 Head of hair
- 43 Steve Nash's org.
- 44 Tote
- 45 _____, Saskatchewan hamlet
- 47 Sources
- 49 Film actor Keach
- 50 Stares in disbelief
- 51 Cat or cone preceder
- 52 Minerals

DOWN

- 1 _____, Manitoba hamlet
- 2 Steeplechase
- 3 Aristotle, familiarly
- 4 Stimulate



- 5 Brew
- 6 Damage
- 7 Slag
- 8 Hot or home follower
- 9 _____, Southern Ontario village
- 10 _____, Quebec community
- 13 Ogles
- 14 Write
- 16 Title character of eighties sitcom
- 19 Guitarist Allman
- 20 Assistants
- 23 Aussie icon
- 25 Dung beetle
- 27 _____, Nova Scotia port city
- 29 _____, Quebec address
- 30 Approaches
- 31 Creeds
- 32 Fairy Queen in Romeo and Juliet
- 34 Decreases
- 35 Grinch creator
- 36 Conger
- 39 _____, Central Saskatchewan village
- 42 Spirit
- 44 _____, Fraser Valley town
- 46 System or friendly preceder
- 48 Dory device

See Answers, Page 18



This Week in Contact

1980 – Take Time for a Shortstop – Recently you may have noticed a few changes around the base. Effective 12 September, the Base Exchange has taken over direct control of the two existing snack bars on the Base, has been involved with the renovation of the Yukon Lodge Restaurant and opened a new outlet yesterday, 14 October, called the “Shortstop”, formerly the Astra Conference Centre.

1990 – CDS Commendations Awarded – “I guess I’m following in my son’s footsteps,” says Capt(N) Bernard Derible, one of five Canadian Forces members to receive a CDS commendation recently. The commandant of the CF Fleet School in Halifax says his son Bernard received the commendation last year while he was stationed in Germany for pulling passengers away from a burning car.

2000 – Top trophy for 1 and 2 AMS – The commanding Officers of 1 & 2 Air Movements Squadrons received the Air Force Association of Canada’s (AFAC), McGregor Memorial Trophy, “in recognition of outstanding and meritorious achievement in the field of transportation,” October 7, in Penticton, BC.

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



Thanksgiving with the troops

Photos: Corporal Shilo Adamson, Canadian Forces Combat Camera



The Honourable Peter MacKay, Minister of National Defence, is greeted by members of the Joint Task Force Afghanistan Air Wing during a Thanksgiving weekend visit to Kandahar Province.



From left to right: The Honourable Jean-Pierre Blackburn, Minister of Veterans Affairs, The Honourable Peter MacKay, Minister of National Defence, Chief Petty Officer 1st Class Bob Cleroux, Canadian Forces Chief Warrant Officer, and General Walter Natynczyk, Chief of Defence Staff, dish out Thanksgiving dinner to troops at a forward installation in the Panjwa'i District of Kandahar Province.



The Honourable Peter MacKay, Minister of National Defence, visits and talks with Canadian troops at a forward installation in the Panjwa'i District during a Thanksgiving weekend visit to Kandahar Province.

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What is family violence?

Submitted by 8 Wing Family Violence Crisis Team

Family Violence occurs when someone in a family chooses to gain and maintain *CONTROL* over one or more family members. It is the abuse of *POWER* in a relationship that is constant, frequent and intense. It attempts to keep a family member or members in a position of inferiority.

One in four adults and children are reportedly in abusive controlled relationships.

There are 12 different types of Family Violence that may be used to control family members (1):

- Control through criticism;
- Control through moodiness, anger and threats;
- Control by ignoring your needs and opinions;
- Control through money;
- Control through sexual humiliation;
- Control through physical and sexual violence;
- Control through limiting contact with other people;
- Control through overprotection and caring;
- Control through decision making;
- Control through physical intimidation;
- Control through denying your perceptions;
- Control through shifting responsibility.

If you are in a family situation or relationship where you are a victim of abuse you may experience various physical or psychological stress reactions such as:

- headaches;
- other body aches and pain;
- nausea;
- poor sleep;
- fatigue or lack of energy;
- anxiety;
- depression;
- fear;
- loneliness;
- shame;
- guilt;
- crying;
- suicidal thoughts;
- loss of appetite;
- loss of confidence.

The above stress symptoms can severely affect your day to day functioning, overall health, work performance and your children's lives.

If you think you may be a victim of Family Violence or Workplace Violence or you know someone who is, here are just a few confidential resources in our community that can help you:

8 Wing Social Work Mental Health Office:
3651

MFRC Violence Counsellor:
613-955-8891

The Members Assistance Program:
1- 800-268-7708

Padres Office:
3316

Medical Officer:
3480

Military Police:
4444

Public Service Employee Assistance Program:
7911

Crisis Line:
613-962-7227

Kids Help Line:
1-800-668-6866

Three Oaks Women's Shelter:
613-966-3074

Children's Aid Society:
613-962-9291

Sexual Assault Center:
613-310-1122

Trenton Memorial Hospital:
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(1) Turgeon & Lemay, (2001). *Workshop on Conjugal and Family Violence for professionals working for the Canadian Armed Forces, Conjugal Priority Committee, Québec.*

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SPORTS & RECREATION

I/S Golf League Closing Ceremonies

The 2010 I/S Golf League winners was the JRCC/CMCC, composed of the following golfers:

Tony Hannam, Paul McBean, Rob Sirianni, Wayne McCrae, Kelly Freitag, Josef Sliwinski, Corey Richard, Tom Carter, JP Sharp, Robert Wilson, and

Larry Harbets. Second place goes to 426 Squadron.

The year end tournament winner was WOps with a total stroke of 67 with CJIRU with 68 and RTF with 69.

The league was highly competitive as indicated by the following stats.

A DIVISION					
Teams	Wins	Ties	Loss	Points	Place
CJIRU	8	0	1	25	First
WOps	6	1	3	23	Second*
426 Sqn	6	1	3	23	Third
CFLAWC	5	2	2	21	Fourth
WAdmin	4	2	3	19	Fifth
429 Sqn	5	0	2	17	Sixth
WCE # 1	4	1	3	17	Seventh
ATC # 2	4	0	5	17	Eighth
ARMF	3	1	6	17	Ninth
WCE # 2	3	1	4	15	Tenth
ACS	1	1	6	11	Eleventh
AMIS	2	0	5	11	Twelfth

*WOps won vs 426 Sqn

B DIVISION					
Teams	Wins	Ties	Loss	Points	Place
JRCC	7	0	2	23	First
424 Sqn	6	1	12	21	Second
RTF	5	2	1	20	Third
8 AMS	4	2	3	19	Fourth
8 ACCS	4	1	3	17	Fifth
WTISS	3	1	5	16	Sixth
429 Sqn #2	3	0	6	15	Seventh*
CCISF	3	0	6	15	Eighth
ATC #1	3	1	3	14	Ninth
Work Shops	3	0	5	14	Tenth
2 AMS	1	0	6	9	Eleventh

*WOps won vs 426 Sqn

Wins: Three (3) points; Ties: Two (2) points; Loss: One (1) point

FAMILY SKATING: RCAF ARENA

Family Skating began on October 9, as follows: Saturdays from 1 to 3 p.m. and Sundays from 1 to 3 p.m. at the RCAF Arena. Cost is free for military personnel with ID and CRA Members; \$1 for military community non-members; and \$2 for the general public.

8 Wing Hockey League underway

The 2010/ 2011 Wing Hockey Leagues is off and running with 16 teams playing, which are divided into two divisions.

Teams are as follows: 436 Sqn, ATESS # 1, ATESS # 2, CFLAWC, ATC, Hangar Hogs, 424 Sqn, CJIRU, WTISS, 437 Sqn/2 AMS, WCE, AVN, Wolverines, 429 Sqn, Rockets, and Supply/WTN/EME, all fighting for top honor.

The opening game saw the Wolverine take on ATESS # 1 on Sunday, October 3, 2010.

The Fitness and Sports Flight would like to take this opportunity



Photo: Submitted

Lieutenant-Colonel Ross Fetterly, 8 Wing Administration Officer, and Dave Rothermund, Fitness and Sports Director, conducted the official puck drop with Master Corporal Shawn Thompson and Sergeant Rob Cosstick.

to thank the executive Rob Cosstick, for volunteering their time. Good luck everyone! Have fun and play fair.

Shinny Hockey for Kids

Shinny Hockey for Kids began on October 12, as follows:

Tyke/Novice will take place on Sundays from 3 to 4 p.m.; Atom

will take place on Tuesdays from 4 to 5 p.m.; PeeWee will take place on Wednesdays from 4 to 5 p.m.; Bantam/Midget

will take place on Fridays from 7 to 8 p.m. Cost is \$2 for military community members and \$3 for the general public.

Power Skating begins October 18

Power skating provides co-ed instruction covering power development, power strides, starting, stopping, lateral mobility and power drills. This program will benefit kids who play hockey.

Skaters must be at least five years old, be able to skate forwards, backwards and be able to come to a stop without running into the boards! Skaters will be bro-

ken up into groups depending on age, skills and ability.

This program begins on October 18 and runs until December 6, each Monday from 5 to 6 p.m.

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

Please note: Full hockey equipment is required, including sticks and mouth guards.

NEW! PSP FACILITY MEMBERSHIPS

All memberships for the use of the RecPlex, Gym and Arena expired on 31 August 2010. Members are required to renew their membership at the RecPlex. For rates, please visit ww.cfcommunitygateway.com

Learn to Skate programs: RCAF Arena

Learn to Skate -Ages four to seven: This program will take place on Fridays from October 15 to December 3, from 4 to 5 p.m. Cost is \$65 for military community members and \$75 for the general public.

Learn to Skate - Youth eight years and older: Learn to Skate, for youth ages eight and older, will take place on Fridays October 15 to December 3, from 5 to 6 p.m. Cost is \$65 for military community members and \$75 for the general public.

Learn to Skate for Adults: Learn to Skate for Adults will take place on Fridays October 15 to December 3, from 6 to 7 p.m. Cost is \$65 for military community members and \$75 for the general public.

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FITNESS & HEALTH PROMOTION



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Submitted by 8 Wing Health Promotion

Anger is a natural and normal emotion just like happiness, sadness or fear.

The awareness that we are feeling angry lets us know that there is a problem to address.

Feeling angry is not a problem. How we express anger can be.

Avoidance and escape are two strategies that can be employed to reduce the tension created in dealing with anger generating situations.

Avoidance is most effective with predictable stressors such as slow downs due to road construction on the way to work, being asked to work on your days off, or dealing with someone who is difficult to communicate with in person.

In these situations, you

may wish to take yourself out of the situation before responding.

Finding another route to work to avoid construction, asking for some time to "think about it" before responding, or finding other means to communicate such as email are all options for avoiding an angry reaction.

Escape strategies involve disrupting the anger response in situations that can not be avoided.

By having a pre-determined plan, you are more likely to be able to stay calm.

You may wish to set a time limit on meetings that may trigger anger responses or distract yourself from dwelling on a situation until a long-term solution can be put into place.

A "time out" can be



taken when you need to step back from the situation to think about where you would like to go next and give you an opportunity to collect your thoughts and plan ahead to avoid acting impulsively, irresponsibly, inappropriately or violently.

These strategies are

not a permanent solution to the problem because the problem has not been solved.

However, avoidance and escape are very effective in preventing further damage especially in situations where there is a risk of harm to others or loss of job or relationships.

Apprenez à désamorcer vos explosions de colère

La colère est une émotion naturelle et normale, tout comme le bonheur, la tristesse ou la peur.

C'est parce que nous sommes conscients de nos accès de colère que nous savons qu'il y a un problème à régler.

Éprouver de la colère n'est pas un problème en soi. Notre façon de l'exprimer peut le devenir.

L'évitement ou la fuite sont deux stratégies à employer pour réduire la tension qui se crée lorsque nous sommes confrontés à des situations qui suscitent de la colère.

L'évitement est la stratégie la plus efficace face à des facteurs de stress prévisibles, par exemple quand vous vous retrouvez dans un bouchon dû à des travaux en vous rendant au travail, quand on vous demande de travailler durant vos jours de congé ou lorsque vous devez communiquer

avec quelqu'un qui a de la difficulté à le faire en personne.

Dans ces circonstances, il serait peut-être préférable de sortir de la situation avant d'y réagir. Trouver un autre chemin pour éviter les travaux, demander du temps pour « y penser » avant d'accepter les heures supplémentaires ou choisir d'autres façons de communiquer, par exemple par courriel, constituent des options permettant de prévenir une réaction de colère.

Les stratégies de fuite visent à interrompre la réaction de colère dans des situations incontournables.

En vous fixant un plan au préalable, vous serez probablement plus en mesure de conserver votre calme.

Vous pourriez décider d'accorder une durée limitée aux réunions pouvant provoquer des

réactions de colère ou préférer de ne pas vous étendre sur un cas jusqu'à l'adoption d'une solution à long terme.

Donnez-vous le temps de prendre du recul face à une situation donnée afin de décider de la suite des choses et d'avoir la possibilité de rassembler vos idées pour vous faire un plan.

Vous éviterez ainsi d'agir de manière impulsive, irresponsable, inappropriée ou violente.

Ces stratégies ne solutionnent pas le problème de façon permanente puisque le problème lui-même n'a pas été réglé.

Toutefois, l'évitement et la fuite s'avèrent très efficaces pour prévenir le cumul d'effets dommageables, surtout dans les situations où il y a un risque de nuire aux autres, de perdre son emploi ou de briser une relation.

Did You Know?

The average person experiences one anger related incident each day and will become annoyed at least 20 times each week.

En moyenne, les gens vivent chaque jour un incident suscitant de la colère et ils se sentent irrités au moins vingt fois par semaine.



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

8 Wing Health Promotion Schedule

ASIST (Applied Suicide Intervention Skills Training)
ASIST (Formation Appliquée En Techniques D'intervention Face Au Suicide)
 3 & 4 Nov, or/ou 8 & 9 Dec

Weight Wellness Lifestyle Program
 Tuesdays: 19 Oct to 7 Dec, 0830 to 1030 hrs
Programme style de vie poids-santé
 les mardis : 19 oct au 7 dec, de 08 h 30 à 10 h 30

Alcohol, Other Drugs and Gambling: Supervisor Training
 17 Nov, 0830-1600hrs
Formation des superviseurs – Problèmes liés à l'alcool, aux drogues et au jeu excessif
 le 17 nov de 8 h 30 à 16 h

Stress: Take Charge!
 19 Nov, 0900-1200
Le stress : ça se combat!
 le 19 nov de 9 h à 16 h

Register at/Pour s'inscrire:
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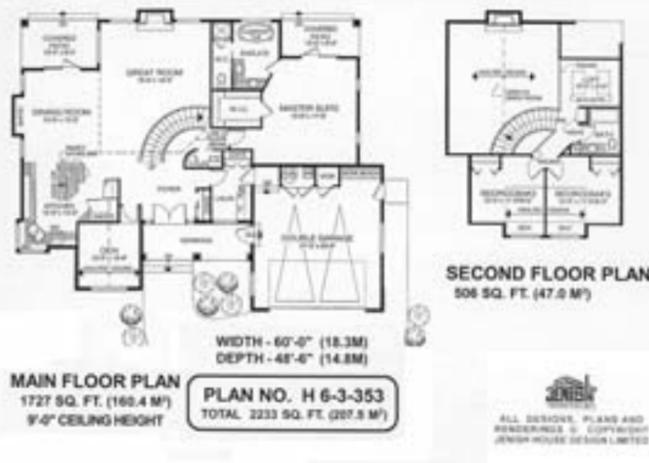
Dramatic Exterior
Plan Number 6-3-353

The dramatic exterior of this three-bedroom family home includes a multi-gabled roofline and arched windows, as well as decorative rock and wood trim. The entrance is enhanced by handsome double front doors protected by a covered veranda. Nine-foot ceilings create an immediate impression of spacious elegance. Directly ahead is the curved staircase, which leads to a loft, brightened by skylights, and two bedrooms. Just beyond the stairs are the great room, dining room and kitchen—all open to each other, creating an inviting area for informal entertaining.

The great room's gas fireplace is flanked by windows. The dining room includes a door that opens to a covered backyard patio, as well as a boxed-out area for a buffet. Among the design highlights in the kitchen are a corner window and a work island with a cook top and a raised eating bar.

The master bedroom suite is privately placed at the back of the house and has its own covered patio, an inviting spot for coffee on summer mornings. A clawfoot tub adds charm to the ensuite bathroom, which also boasts two sinks and a shower. The toilet is separated from the rest of the room by a sliding pocket door. Upstairs, vaulted ceilings create a sense of spaciousness in the two secondary bedrooms. These rooms share a three-piece bathroom and have access to a loft area that could be used as a computer room or library.

This home contains 2,233 square feet of finished living space and measures 60 feet wide by 48 feet deep.



Plans for design 6-3-353 are available for \$731 (set of 5), \$820 (set of 8) and \$875 for a super set of 10. Also add \$30.00 for Priority charges within B.C. or \$50.00 outside of B.C. Please add 12% H.S.T., 13% H.S.T. Or 5% G.S.T. (where applicable) to both the plan price and Priority charges. Our 42nd Edition of the Home Plan Catalogue containing over 300 plans is available for \$3.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home Plan of the Week" and mail to:

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DIRE Experiment tackles communications during disasters

by Holly Bridges, Air Force News

When disasters – such as the recent Hurricane Igor in Newfoundland – strike, police, fire, ambulance and, in this case, the Canadian Forces, have to be able to talk to each other.

The clock is ticking and lives are at stake. What hampers first responders more than anything, and delays their ability to coordinate search and rescue efforts, is the lack of communication between agencies. Why? Because there is no universal standard in Canada for the kind of communication devices or frequencies that should be used in an emergency.

Major Bernie Thorne, who heads up the Air Force Experimentation Centre in Ottawa (part of the Canadian Aerospace Warfare Centre at 8 Wing Trenton), recently coordinated the Disaster Interoperability Response Experiment (DIRE) in Ottawa. DIRE took place between October 4 and 8; Ottawa police, fire and paramedics worked side by side to manage a simulated earthquake response using aerostats, or giant tethered balloons, to relay information. Three engineering students from Ottawa, working with Defence Research and Development Canada, built and operated the live streaming video, transmitted from the balloons, that participants used in their decision making.

Major Thorne used the Hurricane Igor clean-up in Newfoundland as an example of what can be done better.

“[The CF] does not have radios to talk to the small towns because [they all] have different radios,” he says. “Everyone, not just the CF, does their best [to communicate]. We get creative, we solve every problem that’s put in front of us but if we weren’t solving our little problems we could be focusing on the big problems a lot more.”

The problem may be big, but one of the solutions could be something small enough to fit into the trunk of your car. The aerostats can be taken to a disaster scene, loaded with video cameras and radios, inflated and launched. Transceivers on the balloons relay voice communication from the ground to locations as far as 60 kilometres away, much further than most “line of sight” devices such as ground-based radios can transmit.

“It truly makes me feel good to be able to push comprehensive interoperability for Canada,” says Maj Thorne. “I’ve been an operator on board the CP-140 Aurora and I’ve worked with almost every agency across Canada on a lot of big disasters for the last two decades. In each of them I wished I could talk with the other agencies. To be here helping push the yardstick ahead [...] makes me feel happy to get up in the morning.”

Maj Thorne says there are municipal, provincial and federal working groups trying to achieve a common standard for disaster communications and he hopes their work will lead to a new national standard.

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Everyday computer use: A "site" for sore eyes



Submitted by
Wing General Safety
Office

Staring at a computer screen for hours at a time can result in fatigue, eye-strain, headaches and other problems.

The lighting in your work area, work area arrangement and use of corrective eyewear can make computer use more comfortable for your eyes.

These are signs of eye problems that can be caused by poor lighting of a computer workstation:

- Burning, itching, dryness, excessive tearing and soreness of the eyes or eyelids are the types of eye discomfort, which might be associated with poor lighting.

- Excessive blinking, squinting, difficulty in seeing, double or blurred vision and trouble with focusing can also indicate eyestrain from computer work.
- Even headaches, backaches, fatigue, dizziness and indigestion can indicate eyestrain from a poorly arranged computer workstation.

Here are some ideas for better viewing of your computer screen and hard copy:

- The center of the computer screen should be positioned about six inches below your eye level. If you have to look up to see the top of the computer screen, you put a strain on your neck as you tilt your head back.

- If you are keying in information from hard copy, the paper should be located about the same distance from your eyes as the computer screen. There should be adequate light on the hard copy, but the light should not cause excessive contrast. Don't just lay the paper beside the keyboard. Instead, a document holder at an easy to see angle should hold it. If you are reading complex information from the hard copy, use a text placeholder.

- The screen color should match the hard copy you are referring to. If you are reading black letters on a white page, adjust your computer display so it is the same.

- Adjust the screen brightness and contrast for comfort and clarity.

- The computer should be placed at right angles to any windows. Light from windows either ahead of or behind the computer is distracting. If necessary, use window shades.

- Less room light is needed for computer work than for paperwork. The room lighting should be about the same level as the lighting of the computer screen. If the overhead lighting is too

bright, replace it with softer task lighting.

- There should be no reflections on the screen from lamps and overhead lights.

- Glare can be decreased by painting walls with non-reflective paint in medium colors — not too dark and not too light.

- Desk surfaces should also be non-reflective.

- Give your eyes frequent rest breaks. Take five or 10 second breaks every twenty minutes or so. Look off into the distance to change your focus. Ideally, your computer workstation should have a view into the distance, such as across the office or out a far window. Every hour or two, take a break from the computer.

- When you are working around a computer screen, chances are you do not blink as often as you usually would. Make an effort to blink more frequently to prevent the discomfort of dry eyes.

- If you wear corrective lenses, make sure they are appropriate for computer distances. Ordinary glasses and contact lenses may be good for distance or close-up vision, but not for the middle distance view of a computer screen.

- Have regular eye exams so you can keep your corrective prescription up-to-date.

You will work more comfortably and efficiently if you practice computer eye care.



Photo: sxc.hu

Eyestrain is a symptom that manifests when you over-exert your eyes over an extended period of time, through activities such as reading or viewing an electronically-lit screen.

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Air Force joins a disaster response exercise in Chile

Air Force News

Twenty members of Canada's Air Force and a CC-130 Hercules aircraft from 435 Transport and Rescue Squadron in Winnipeg are participating in the first multinational disaster response exercise organized by the Sistema de Cooperación entre las Fuerzas Aéreas Americanas (System of Cooperation among the Air Forces of the Americas - SICOFAA). The two-week exercise, which began October 4 and is hosted by the Republic of Chile, aims at improving the interoperability of SICOFAA members during a disaster response operation.

"Canada's participation in Exercise COOPERATION 1 demonstrates our active engagement in the Americas," said the Honorable Peter MacKay, Minister of National Defence. "Participating in military exercises

such as this one strengthens our ties of friendship and cooperation with our 17 SICOFAA partners."

The Canadian military contingent participating in the exercise consists of search and rescue technicians and Hercules air and ground crews from 435 Squadron.

Operating in the Santiago and Puerto Montt areas of Chile, they are working with their partners to exercise humanitarian assistance, search and rescue, evacuation, and transport support services following a simulated earthquake in the region.

"Canada's Air Force is committed to working with our partners in the Americas in order to improve our interoperability and our ability to effectively respond to natural disasters, such as earthquakes, if requested to do so," said Major-General Yvan Blondin, Commander of 1 Canadian Air Division and the senior Canadian military observer of the exercise.



Canada has been a member of SICOFAA since 1992. SICOFAA consists of five committees whose areas of research and development include personnel, information, operations, logistics, and science and technology.

These committees meet individually throughout the year to discuss common issues and concerns, and then report their findings to a yearly pre-planning committee. This committee reviews all the reports and decides what topics will be brought forward for implementation at the annual Conference of Air Chiefs of the Americas.



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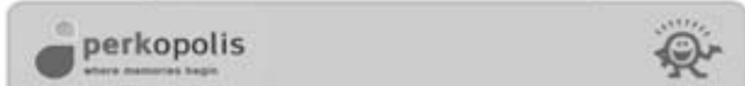
8 Wing Trenton Food Services is Hosting
PIZZA / PASTA LUNCH
29 October 12, 26 November, 3 December
A serving of spaghetti, a piece of pizza, garlic bread, Caesar salad and a drink.
When: 11:00 - 13:00 hours
Where: Yukon Galley (Cadet Dining Area)
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Cost: \$5.00 minimum donation at the door
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TRENTON Military Family Resource Centre

MFRC-EVENTS & INFORMATION



www.perkopolis.com

Contact MFRC reception for the password.

Bus Trip to the "Dixie Mall"

Saturday, November 13, 2010

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



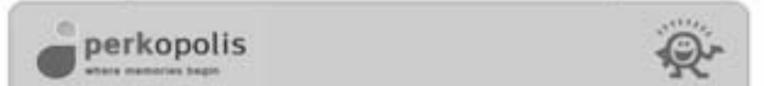
Poppy & Maple Leaf Quilt

A beautifully handcrafted Poppy and Maple Leaf quilt by Margaret Asseltine was donated to the Army, Navy, Air Force Veterans Association - Duke of Edinburgh Unit 201 of Belleville. The quilt will be raffled off with the proceeds going to the Trenton MFRC. Tickets can be purchased at the Trenton MFRC.



Tickets \$2 each or 3/55 Draw Date: November 11
For additional information Jaimie Corriveau at 613-955-8711

CRFM-Événements et Information



www.perkopolis.com

Contactez le bureau d'accueil pour le mot de passe.

Voyage en autobus au "Dixie Mall"

Le samedi 13 novembre 2010

Juste à temps pour Noël ou pour envoyer vos colis outre-mer aux êtres aimés. Le Dixie Mall est situé à l'ouest de Mississauga et offre plus de 135 magasins entrepôts. L'autobus quittera le Centre Siskin à 8h30 et partira du Dixie Mall à

18h30 appr. Les frais de \$15 doivent être payés à l'inscription au CRFM.



Courtepointe

L'Association des vétérans de l'armée, de la marine et de l'aviation - Duke of Edinburgh, Unit 201 de Belleville fut l'heureux récipiendaire d'une magnifique courtepointe fabriquée à la main par Margaret Asseltine. Cette courtepointe sera tirée au sort, et les revenus seront remis au CRFM de Trenton. Vous pouvez acheter les billets au CRFM de Trenton.



Coût: 2\$ chacun ou 3 pour 5\$ Date du tirage: le 11 novembre
Pour plus d'information, contactez Jaimie Corriveau au 613-955-8711.

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Community Events




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.

Quinte West All Candidate Night

October 19, 2010 7:00 pm - 9:00 pm
Location: Trenton High School
Calendar: Elections

All Candidate Night to be hosted by the Quinte West Chamber of Commerce, The Trentonian and CJBQ Radio.

This event is for candidates running for Mayor and in all 4 wards. It will also be broadcast live on CJBQ Radio



Skate with Santa

Monday November 1st, 2-4pm
Memorial Arena, 9 Market Square



Free skating with Santa and Mrs. Claus for the entire family and hot chocolate from Starbucks in the Market Square before the Santa Claus Parade.

Fundraiser - Pregnancy and Family Care Centre of Quinte West

Friday, November 5, 6:30-8:30 pm
Ballroom, The Holiday Inn, 99 Glen Miller Road
Silent Auction/Entertainment
Phone: 613-394-0844
Email for information/tickets: trentonian@hotmail.com

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.

FRANCO-PHARE CALENDRIER OCTOBRE 2010 FRANCO-PHARE CALENDAR OCTOBER 2010

Le 23 octobre : Mme Claudine raconte.. 10h à 11h pour les enfants 4 à 7 ans au local du Franco-Phare

October 23 : Reading of the tale at 10:00 to 11:00 a.m. at the office of the Franco-Phare.

Le 25 octobre : Journée ciné-pédago de 13h à 15h au local du Franco-Phare.

October 25 : PDA movie at 1:00 to 3:00 p.m. at the office of Franco-Phare.

Le 29 octobre : Soirée des ados "Rock'N'Bowl" 10 à 13 ans 19h au local du Franco-Phare.

October 29 : Kid's night "Rock'N'Bowl" 10 to 13 years old at 7:00p.m. at the office of Franco-Phare.

Le 30 octobre : Soirée halloween pour les adultes à 20h au mess des adjudants et sergents, 8\$ par couple et 4\$ par personne, inscription au 613-955-8837

October 30 : Halloween night for adults at 8:00 p.m. at the WO/SGT'MESS, \$8 for a couple and \$4 per person, registration at 613-955-8837.

*Club de marche - vérifier les date sur notre site web www.franco-phare.ca
Walking Club - Check our website www.franco-phare.ca for all the dates*

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For more information or to join today: 1 877 323 4545 ext 3424
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Play-Doh Presents Treehouse Live!

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Thursday, October 21 at 2 p.m. and 6:30 p.m.
Quinte Mall, near Old Navy.
Join your favourite Treehouse characters for a LIVE 30 min show!
Don't forget your camera!

Pennies for Pets could use your help!



The Quinte Humane Society is accepting all change in the Pennies for Pets Campaign. They will count it, roll it and even pick it up. You can also drop off your pennies and change at the shelter at 527 Avonlough Road or call 613-968-4673.

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 (Starting September 22nd)
Wednesday: 12:00-2:00pm (FREE SKATE)
Sunday 2:00-3:30pm

Trenton Arena (Starting September 18th)
Tuesday: 1:00-2:15pm (FREE SKATE)
Saturday: 8:00-9:00pm
Sunday: 12:00-1:30pm



Line Dancing Classes

We will be starting Line Dancing at the Trenton Seniors Club, located at 61 Bay St. Classes will be held on Monday mornings from 10:00 a.m. to 2:00 p.m. and Tuesday evenings from 6 to 8 p.m. Classes are open to the Public. Cost is only \$3 per class. Come out and have some fun. You can join at anytime and everyone is welcome to come. Teacher is Linda Nyholm and she will be specializing in beginners. Come on out and give it a try. For information call the office between 9 a.m. and 3 p.m. at 613-392-5400 or Betty at 613 392-3472. Hope to see you on the dance floor.



FAMILY



Activity: Potato-Print Decorations

Celebrate the holidays with great projects the whole family can enjoy, brought to you by Bounty®.

Get the kids involved in decorating your holiday table by creating a fun potato-print table runner and place cards.

It's an easy and inexpensive way to get everyone in the holiday spirit.

What you'll need: Potatoes; a roll of butcher paper; cardstock for the place cards; crayons and markers; acrylic paint; a bowl of water; small cookie cutters in various shapes; scissors; and bounty paper towels.

Instructions: Have an adult do all of the cutting in the activity. First, cut the potato in half with a sharp knife.

Press a small cookie-cutter shape into each half of the potato to create the shape you want.

Seasonal shapes, like leaves and pumpkins, work well for this craft.



Cut away the area around the shape so your potato is now a stamp.

Pour your paints into the containers.

Dip your potato stamp into one color of paint and press the stamp down firmly on your butcher paper.

Clean your potato stamps with water and dry them with a sheet of Bounty before switching to a new color.

If you are making place cards, trim white cardstock to the size you want and fold it in half lengthwise.

As you do your stamping, make sure to leave enough room on the card to write the names of your guests once the paint has had time to dry.

When you're done, clean up with soap, water, and paper towels.

Mealtime.org

Cheese Ravioli

with Pumpkin Sauce

Think "out of the box" with this recipe...pumpkin isn't just for pies anymore! Used in any dish, soups, stews and more, canned pumpkin adds beta carotene (vitamin A) and fibre. As the perfect thickening ingredient in creamy sauces, canned pumpkin can take the place of most higher fat ingredients (butter or cream) for a dish with less total fat, saturated fat and calories.

Ingredients:

- 1 bag (30 ounces) frozen cheese ravioli
- 1 can (15 ounces) solid pack pumpkin
- 1 can (15 ounces) reduced-sodium chicken or vegetable broth
- 3 tablespoons brown sugar
- 1 tablespoon butter or margarine
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground ginger or 1 teaspoon bottled, minced ginger
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/4 cup reduced-fat sour cream
- 1/4 cup grated Parmesan cheese, optional

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

Preparation: Place a large saucepan of water over high heat. Cover and bring to a boil. When water comes to a boil, add ravioli and cook according to package directions. Drain and set aside. Meanwhile, combine pumpkin, broth, sugar, butter, garlic powder, ginger, cinnamon and nutmeg in a medium saucepan, and stir to combine. Place over medium heat and bring to a simmer, stirring occasionally, until butter melts and mixture is heated through, about 10 minutes. Just before serving, stir in sour cream as desired. Serve ravioli on individual plates, top with pumpkin sauce, and sprinkle with Parmesan cheese. Serves: Six

Nutritional Information Per Serving: Calories 240; Total fat 8g; Saturated fat 4g; Cholesterol 30mg; Sodium 520mg; Carbohydrate 36g; Fibre 6g; Protein 10g; Vitamin A 220 per cent DV; Vitamin C 6 per cent DV; Calcium 15 per cent DV; Iron 10 per cent DV *Daily Value*

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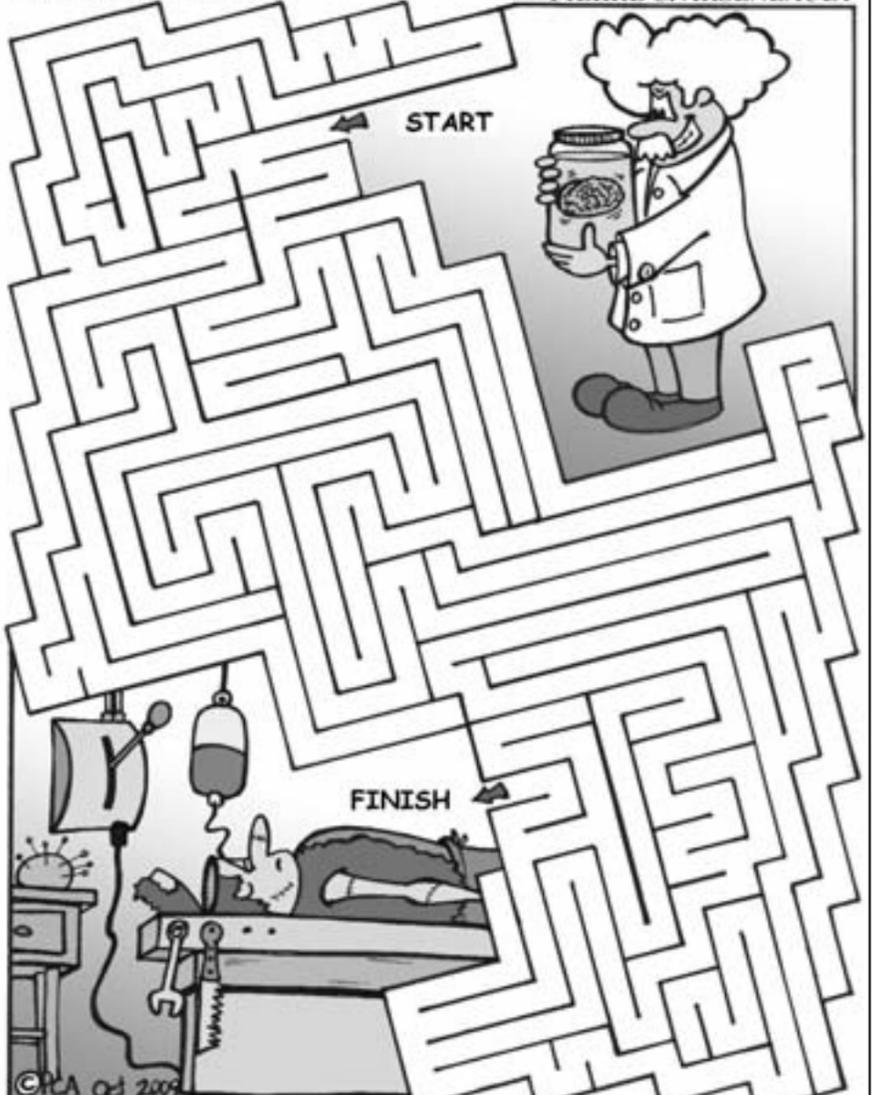
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Nadiya's Zodiac Starcast

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

October 17 – October 23

Theme of the week: An overall positive week with the added bonus of a Full Moon in Aries. It is rare to have two Full Moon's in the same sign occur just a month apart. If it seemed that there was resolution, we get a second chance to realize a goal. It will be a great week, enjoy!

ARIES (March 21-April 19): Almost all of us want a moment where we feel acknowledged and appreciated. A moment that allows us a platform to bask in the spotlight and be told we are fantastic. Your moment may not be as pronounced, but you now get your own version of an Oscar.

TAURUS (April 20-May 20): You have had to respond with quick feet. You weren't sure you could keep the pace, but now you are finding your flow. Stay on top of events. You have already proven you can handle anything. A wonderful opportunity is exciting and terrifying. You will exceed.

GEMINI (May 21-June 20): It seems people are driving home the message that the path you are on is not where you need to be. You now receive the affirmation that you are worthy of taking the best of care of you. Put self-respect first and supporting actions will flow organically.

CANCER (June 21-July 22): We can work endlessly before the breakthrough comes, but we continue to do so in an exercise of faith that all our efforts will matter over a course of time. You have put in most of the grunt work. Developments now affirm that your labor was never wasted.

LEO (July 23-Aug. 22): You can't blame yourself for everything that occurs. Some things are simply random and have nothing to do with you. You may think that there is reason for offence, but don't take anything personally. Stay focused on all the love and support that is on offer.

VIRGO (Aug. 23-Sept. 22): You have the chance to clear the air. The words unsaid have been lingering for too long. It's not appropriate to randomly bring up matters long gone, but when you see an opening, catch it as an opportunity to heal grievances.

LIBRA (Sept. 23-Oct. 22): Don't worry about the thing that seems so looming because it will not come to pass. What you wake up to that's on your mind will soon be insignificant. You've spent enough time imagining "what if" situations. Now let them go. Soon, there will be a lot to be happy about.

SCORPIO (Oct. 23-Nov. 21): The clock is ticking, but a part of you may be oblivious to it. You're too busy enjoying yourself going for the big dream, to notice that a tangible way towards it is right under your nose. What was previously overlooked remains, ready to be tapped into.

SAGITTARIUS (Nov. 22-Dec. 21): A psychosomatic diagnosis is usually met with some resistance. When there is real pain, it's hard to accept that it's all in our mind. Whatever your malady is, your healing is helped if you trust yourself and consider the emotional implication.

CAPRICORN (Dec. 22-Jan. 19): Fate could be the force that encourages us to become the person we need to be and the events are secondary. Regardless of how you understand it, you can see a higher hand working in your favor. Prepare by making the personal changes being inspired.

AQUARIUS (Jan. 20-Feb. 18): While your ability to distinguish between facts and a more idealized version of what you would like is blurred, you can use it to your advantage. See the best in any situation and elements will work to your advantage. Within a few days you move closer to perfection.

PISCES (Feb. 19-March 20): An urge to uproot your life and make a major change is far from frivolous. It has been a long time coming. You are ready to honor yourself more deeply. The outward changes are merely a reflection of an internal process that has been taking place for weeks.

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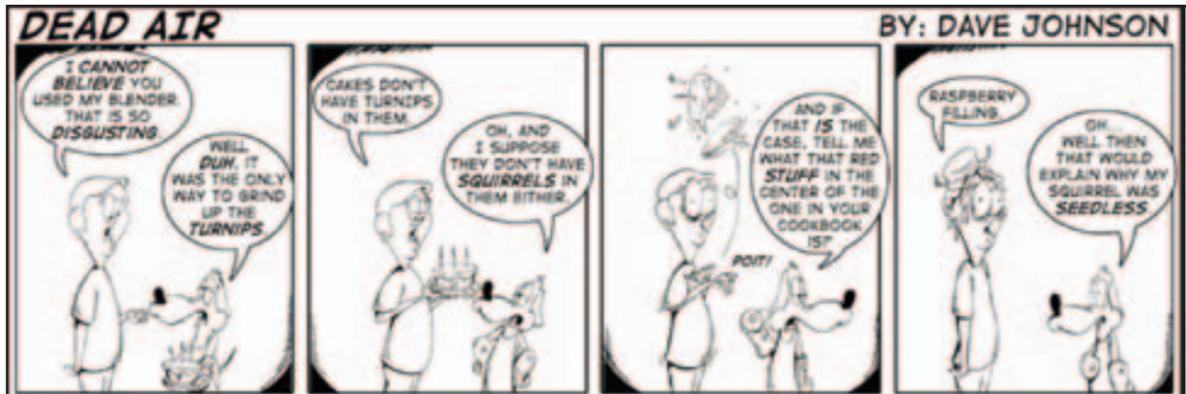
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, The Contact Comics.





MFRC



TRENTON Military Family Resource Centre



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Annual Family Day / Journée familiale annuelle

Despite the cool weather, over 800 people signed-in on Sunday October 3rd at the MFRC and enjoyed free food and activities such as; climbing wall, pony rides, craft, petting zoo and reptiles, firetruck rides and a lot more. Thank you to our partners in this event; 8 Wing Firefighters, SISIP, Health Promotion and Sports & Recreation.

Plus de 800 personnes ont bravé la température fraîche du dimanche 3 octobre pour venir au CRFM et profiter de nourriture et activités gratuites telles que; le mur d'escalade, les randonnées en poney ou dans le camion de pompier, le zoo de petits animaux et celui de reptiles, et encore plus. Merci à tous nos partenaires pour cet événement; les pompiers de l'Escadre, SISIP, Promotion de la santé ainsi que Sports & Loisirs.



See! There's nothing to be afraid of...
Regarde! Il n'y a rien à avoir peur...



Contest
"8 Wing Got talent"
the winners are;

Concours
"La 8e Escadre
a du talent",
les gagnantes sont ;

#1, Chloé Chiasson
#2, Anne-Marie
Turcotte
#3, Alison Cooke

Congratulations!
Félicitations!



The 8 Wing Firefighters demonstrating their cooking skills.
Thank you, it was delicious.
Les pompiers de la 8e Escadre démontrent leur expertise au BBQ. Merci, c'était délicieux.



Cutting the cake are Colonel Dave Cochrane and Rick Norlock, MP for Northumberland-Quinte West.

Colonel Dave Cochrane et Rick Norlock, député pour le comté de Northumberland-Quinte West, coupent le gâteau.

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.

October 20th, **Epicure**, Tasty dips, spices and more!
October 27th, **Dinner & "Colours and You"**

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.

20 octobre, **Épicure**, Trempettes, épices et plus!
13 octobre, **Souper et "Les couleurs et vous"**

Dispute Resolution Centre 8 Wing/CFB Trenton
and the Trenton MFRC present:

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- How to manage conflict?
- "Interest-based" discussion steps
- Coaching methods and more!

Invest your time and see the benefits!
October 24 & 25, November 26 & 27, all sessions must be attended for certification. This is offered free of charge to youth of Military Families aged 15+. Offert en anglais seulement.

Bus Trip to the 
"Dixie Mall"
Saturday, November 13th, 2010

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

Information 613-965-3575

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au "Dixie Mall"
Le samedi 13 novembre 2010

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

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

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

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

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

Employment

CARRIERS NEEDED
 to deliver
 Contact newspapers here at 8 Wing/CFB Trenton.
 PLEASE CALL
613-965-7248
 Leave your phone number, name, address & oge.


For Sale

Belleville Volkswagen
The All New 2011 JETTA Has Arrived!

 Completely redesigned, More Affordable, Visit Belleville Volkswagen for a test drive
Email:
 paul@bellevillevw.ca for details
613-966-3333
 239 North Front Belleville
 www.bellevillevw.com

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

Community Events

Annual Christmas Craft and Gift Sale.
Saturday October 16th at the Elks Lodge on Telephone Rd. in Trenton.
 From 10 am to 3 pm
 Please bring a donation of non perishable food for the Trenton Food bank.
 For more information please contact Carrie at 613-394-2648

Please recycle this newspaper. Thank you

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

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
 5 mins from CFB.
 Clean and bright 2 story, 4 bed, 2.5 bath home, large eat in kitchen, main floor laundry. Conveniently located on Old Hwy 2 in the Bayside area. High efficient gas furnace and central air. Appliances included.
 \$1,200/mth + utilities. First and last required. Applications will be verified. Minimum 1 year lease agreement.
613-813-5221
 10 min east of Base
 Clean bright 2 bdrm duplex with frig/stove. Outside deck & green space, suitable for mature persons, no smoking/pets. Available immediately.
 \$700/mth + utils. 1st & last, references.
613-961-1104

Education

Need a tutor?
 Retired teacher offers one hour lessons for grades 4-11. Specialities are Math & French.
Call Diane
 613-965-1954

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

Please show appreciation and respect for the health and happiness of yourself and others. Choose a designated driver when attending a party and, when hosting a party, be sure to supply non-alcoholic beverages for guests who are driving.

Arrive Alive Don't Drink & Drive!
 From the Management and staff of Personnel Support Programs

For Rent

DISCOVER BELLEVILLE'S BETTER RENTAL VALUES!
 • With carpet & sheers* • Close to Shopping Malls
 • Large walk in closets* • Heat & Hydro included*
 • Footsteps to transit stop • No pets preferred
 • Large doors to balcony or terrace
 • Park-like picnic area with bar-be-que
 * On Selected Units
613-966-1512
 201 Palmer Rd., Belleville
Rental Office Hours
 Mon-Thurs 9am-8pm
 Fridays 9am-4pm
 Saturday 10am - 2pm


3 bedroom bungalow, East end Belleville.
 Main floor landry, single garage. Available Nov 15 or Dec 1.
 \$1050/mth +utils.
613-968-5795

5 Bedroom Executive Model home for rent.
 3 yrs old, mint condition, finished basement, 3 baths, upscale neighbourhood, 2 car garage. Suitable for non-smoking executive family.
 1st & last required.
 \$2000/mth + utils.
Call 613-962-7827 or 613-848-7340 Email: jossy7@live.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

Quiet Victorian
 1 bedroom + den. Separate entrance and porch. Non smoking, no pets. \$650/mth heat included, +utils. References, 1st & last req'd.
613-962-6091

Victorian Home for Rent
 3 Bedroom, 2 bathrooms \$1200 per month plus utilities Located in the West end of Belleville Single detached garage Includes 4 appliances Intimate backyard.
 A must see!
 Call Helen
613-394-5595
 after 6:00 pm

Crossword Answers

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

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 thecontactnewspaper.cfbtrenton.com **Contact**


Weatherize your home for maximum energy savings

(NC)—Most weatherization updates are simple projects that can be finished over the course of a weekend or even within an hour. To help ensure heat is kept inside and money is kept in your pocket this winter, the experts at Lowe's Home Improvement Warehouse have the following tips for those looking to save energy:

Insulation - prepping your exterior walls, attics, basements, garages and crawl spaces with weatherization products such as insulation, weather stripping and caulking can help to save money on utility bills. Try a product like Johns Manville insulation, available at Lowe's, which is the only company to offer a full line of formaldehyde-free fiber glass building insulation, which can provide improved indoor air quality and is environmentally friendly because it contains more certified post-consumer recycled glass than other fiber glass insulation

Weather stripping, Caulking, Insulating Foam - gaps, cracks and holes throughout the home cause air to leak out, making many homes cold and drafty, resulting in sky high energy bills. Air leaks from

windows and doors are easy to find because they can be felt the most and can be repaired with weather stripping and caulking that help to seal the frame. Air leaks in the attic or basement are harder to find, but also cost more in the long run due to wasted warmth and money spent on heating. Fill these spaces with easy-to-use insulating foam like Dow's Great Stuff, available at Lowe's. Also be sure to check your ducts and vents and seal them with insulating foam.

Outlet/Switch plate sealers - energy is easily lost through poorly sealed outlet and switch plates in the home. Sealing these gaps is one of the easiest and most economical ways to conserve energy - this project can be done in a matter of minutes and all that's needed is a screwdriver, an electrical outlet tester and the sealers.

Replace flimsy windows - windows have the lowest insulation barrier in the home, making them a common source for heating/energy loss. Replace old, single-paned windows that waste energy with new windows that have many energy-efficient features and last for years.

Programmable thermostats - installing a programmable thermostat is as easy as turning off the power source leading into the thermostat, removing the old unit and installing the new one per the instructions of the manufacturer. Check out your local Lowe's store for a variety of Honeywell, Lux and Hunter programmable thermostats to maximize savings and tailor energy consumption to coincide with your individual needs.

Insulating your pipes - seal and wrap pipes to make sure they retain heat in the winter and don't freeze. Start by sealing any gaps or cracks in the pipe with Great Stuff foam sealant, available at Lowe's. Then wrap the pipes with pre-cut foam, rubber insulation or with fiberglass pipe wrap - the foam and rubber insulation do a better job of insulating and retaining heat than the fiberglass pipe wrap and is easier to install. Be sure all surface area of exposed pipe is covered.

There are many affordable, yet simple ways to help save money and the environment. To find more great energy-saving tips and products, visit www.lowes.ca to find a Lowe's store near you.

Investors Group
Casino Caritatif
Présenté par Darrell Smith, PFC

DENIM & Diamants

LE SAMEDI 13 NOVEMBRE, 2010
SALON ASTRA • BFC 8^e ESCADRE TRENTON
106 RUE YUKON, TRENTON
19:00 À 1:00

Les billets sont \$25 chacun, disponibles aux:
• CANEX, 241 rue RCAF, Trenton
• La Boutique Miss Priss, 159 rue Front, Century Place, Belleville
• Centre de Quinte, 249 rue William, Belleville
• À l'entrée

Soyez des nôtres pour une soirée avec hors d'œuvres, black jack, encaix, musiques sur place (The Remedy) et beaucoup plus!

Pour de plus amples informations s.v.p. appelez le 613-962-9515, cliquez sur le lien suivant www.unitedwayofquinte.ca ou cherchez United Way of Quinte sur Facebook, Twitter et Blogger!
Les revenus supportent Centre de Quinte.

Il est de retour! Le tirage d'une remorque GEM édition 2010 de la CCMTGC

Les billets sont seulement 5\$ pour chacun ou 3 pour 10\$ et peuvent être achetés à l'Escadron de Contrôle GEM, 31 Buffalo Ave.

Ceci est votre chance de gagner une remorque utilitaire de qualité tout en contribuant à soutenir une bonne cause!

La remorque dispose d'un pont de 5'x 9' muni d'un essieu de 3500lbs et des pneus de 15 po. Elle est aussi dotée d'un coffre utilitaire, d'une béquille réglable et d'un attelage de 2 po.

Pour plus d'informations, s'il vous plaît communiquer avec le Cplc Giles au poste 2328

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HALL OF FAME

OPEN HOUSE

20 Young St. Trenton
A "RARE FIND" 3 car garage, 4 yrs new, all insulated & wired, is 34 ft long to park 2 cars or can be divided for workshop area with separate entrance. Move in & enjoy all the first class upgrades- kitchen has granite countertops, bath has jacuzzi tub. Private backyard on a quiet crescent very close to CFB. \$224,900 MLS# 2105670

138 March St. Frankford
Backs onto Cold Creek. What a scenic backyard, 3 tiered deck, 27' A/G pool, firepit, mature trees. Many upgrades done in last 3 years- new furnace, windows, eave-strough, HWT, upgraded plumbing, kitchen re-done. Attached garage has workshop addition 25'x18', insulated & heated with new woodstove 2009 \$219,700 MLS# 2106625

31 Metcalfe St. Trenton
Sunday October 17 1:30-3:00 pm
15 year new raised bungalow with many upgrades, new hickory cupboards by Holden, new shingles 2007, FAG & C/A. Full fin bsmnt has bdrm, bath, rec room with gas f/p, has in-law potential. New patio door to raised deck, a/g pool, chain link fenced backyard. Shows very well. \$176,900 MLS 2106515

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New

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40', 50', 60', 75' Lots

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<p>07 DODGE CALIBER R/T AWD</p> <p>OC176B</p> <p>One owner trade, 2.4L, leather interior, pwr moonroof, pwr seat, red, factory warranty.</p> <p>\$12,878 \$38.63 Weekly <small>+HST 96 mths @ 5.07% o.a.c.</small></p>	<p>07 DODGE RAM 2500 SLT *HEMI*</p> <p>OX129</p> <p>Quad cab, 5.7L V* Hemi, power group with windows, doors, locks, remote entry, 4x4, factory warranty.</p> <p>\$23,968 \$71.90 Weekly <small>+HST 96 mths @ 5.07% o.a.c.</small></p>	<p>10 CHRYSLER 300 TOURING</p> <p>OX127</p> <p>Black beauty, 3.8L V6, luxury on a budget, power windows, locks, cruise, tilt, remote entry, factory warranty.</p> <p>\$18,768 \$56.30 Weekly <small>+HST 96 mths @ 5.07% o.a.c.</small></p>	<p>10 DODGE CHARGER SXT</p> <p>OX128</p> <p>Black, 3.5L V6, black beauty, extra clean, power windows, locks, cruise, tilt, remote entry, factory warranty.</p> <p>\$19,495 \$58.49 Weekly <small>+HST 96 mths @ 5.07% o.a.c.</small></p>	<p>07 FORD FOCUS SE</p> <p>OF133A</p> <p>4 Cyl, heated seats, CD, air, tilt, power locks, factory warranty.</p> <p>\$8,978 \$26.93 Weekly <small>+HST 96 mths @ 5.07% o.a.c.</small></p>
<p>07 BUICK ALLURE CX</p> <p>15529A</p> <p>Local trade in, fully loaded, air, cruise, alloy wheels, CD, power windows, locks, remote entry, factory warranty.</p> <p>\$13,478 \$40.43 Weekly <small>+HST 96 mths @ 5.07% o.a.c.</small></p>	<p>07 FORD EDGE SEL 4X4 AWD</p> <p>9Y148</p> <p>pwr heated seats, satellite radio, reverse sensing, traction control, chrome wheels, dual climate control, MP3/CD, remote entry, factory warranty.</p> <p>\$18,888 \$56.66 Weekly <small>+HST 96 mths @ 5.07% o.a.c.</small></p>	<p>08 LINCOLN MKZ</p> <p>9X198</p> <p>Black beauty, pwr heated leather memory seats, Sirius radio, luxury group, remote entry, steering controls, CD, reverse park assist, alloy wheels, factory warranty.</p> <p>\$21,988 \$65.96 Weekly <small>+HST 96 mths @ 5.07% o.a.c.</small></p>	<p>09 FORD FLEX SEL AWD</p> <p>OY130</p> <p>Loaded, like new, panoramic glass top, heated power seats, air, cruise, 6 disc changer, power locks, windows, traction control, factory warranty.</p> <p>\$29,988 \$89.66 Weekly <small>+HST 96 mths @ 5.07% o.a.c.</small></p>	<p>10 CHEV IMPALA LS</p> <p>OX134</p> <p>Fully loaded, black beauty, air, dual climate control, CD/MP3, Sirius satellite radio, onstar, pwr windows, locks, mirrors, traction control, factory warranty.</p> <p>\$17,968 \$53.90 Weekly <small>+HST 96 mths @ 5.07% o.a.c.</small></p>
<p>10 FORD FUSION SE</p> <p>OX137</p> <p>Sunroof, fully equipped, like new, air, stability control, CD/MP3, Sirius radio, pwr locks, windows, traction control, 90, alloy wheels, factory warranty.</p> <p>\$19,978 \$59.93 Weekly <small>+HST 96 mths @ 5.07% o.a.c.</small></p>	<p>08 FORD MUSTANG GT</p> <p>9X223</p> <p>V8, 4.6L, leather interior, pwr everything, must be seen, factory warranty.</p> <p>\$21,968 \$65.90 Weekly <small>+HST 96 mths @ 5.07% o.a.c.</small></p>	<p>10 TOYOTA COROLLA CE</p> <p>OX136</p> <p>Low kms, well equipped, like new, air, CD, pwr locks, windows, factory warranty.</p> <p>\$15,968 \$47.90 Weekly <small>+HST 96 mths @ 5.07% o.a.c.</small></p>	<p>10 HYUNDAI VERACRUZ GL</p> <p>OT917A</p> <p>Brand new condition, power equipped, heated seats, remote start, reverse sensing, 7 passengers, air, cruise, 100, dual climate control, alloy wheels, traction control, factory warranty.</p> <p>\$28,678 \$86.03 Weekly <small>+HST 96 mths @ 5.07% o.a.c.</small></p>	<p>09 CHRYSLER PT CRUISER</p> <p>OX115</p> <p>Auto, air, pwr windows, pwr locks, tilt wheel, locks, new! factory warranty.</p> <p>\$9,968 \$29.90 Weekly <small>+HST 96 mths @ 5.07% o.a.c.</small></p>
<p>10 DODGE CHARGER</p> <p>OX114</p> <p>2 TO CHOOSE FROM</p> <p>V6, air, pwr windows, pwr locks, cruise, tilt, loaded, factory warranty. Sharp car.</p> <p>\$14,968 \$44.90 Weekly <small>+HST 84 mths @ 5.07% o.a.c.</small></p>	<p>08 FORD F150 4X4 XLT</p> <p>OY167</p> <p>V8, Extended cab, pwr locks, windows, chrome pkg., loaded, factory warranty.</p> <p>\$21,968 \$65.90 Weekly <small>+HST 96 mths @ 5.07% o.a.c.</small></p>	<p>09 CHRYSLER SEBRING</p> <p>OX56</p> <p>V6, leather interior, pwr windows, pwr locks, pwr seats, factory warranty, must be seen!</p> <p>\$15,888 \$47.67 Weekly <small>+HST 96 mths @ 5.07% o.a.c.</small></p>	<p>06 MAZDA 3</p> <p>OX112</p> <p>V4, Sport hatchback, cruise control, pwr windows, locks, one owner.</p> <p>\$12,968 \$38.90 Weekly <small>+HST 96 mths @ 5.07% o.a.c.</small></p>	<p>08 DODGE GRAND CARAVAN</p> <p>OY111</p> <p>Swivel & go, V6, air, 6 power windows, pwr locks, cruise, tilt, loaded, factory warranty.</p> <p>\$17,688 \$53.06 Weekly <small>+HST 96 mths @ 5.07% o.a.c.</small></p>

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