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Governor General presents Medal of Bravery to two Air Force members

by Holly Bridges
Air Force News

Two members of the Air Force received the Medal of Bravery from Governor General David Johnston during a recent ceremony at Rideau Hall in Ottawa.

Fifty one other decorations were handed out, including three Stars of Courage. The citations for Corporal Gabriel Proulx and Master Corporal David King read as follows...

"On June 8, 2008, Belleville, Ont. residents David Byrd, Michael Byrd and Private Gabriel Proulx (now a Corporal and still posted to 2 Air Movements Squadron at 8 Wing/CFB Trenton, Ont.) rescued three people from a burning vehicle, near Napanee, Ontario.

After witnessing an accident that caused one of the vehicles to immediately burst into flames, they hurried to the vehicle and pulled a teenage boy through the car's back passenger window. As the interior became fully engulfed in flames, the rescuers then hauled a woman to safety. Battling the heat, flames and smoke, they finally extracted the driver just as the gas tank ignited. Sadly, the driver succumbed to his injuries a few weeks later."

"On August 14, 2008, Leading Seaman Robert Binder, Master Corporal David King (an avionics technician with 443 Maritime Helicopter Squadron in Esquimalt, B.C.) and Able Seaman Jaret McQueen rescued a man from a submerged vehicle, in Esquimalt, British Columbia.

Upon hearing the crash of the vehicle - which was



Corporal Gabriel Proulx receives his Medal of Bravery from Governor General David Johnston on Oct. 22, 2010.

then propelled into the waters of Lang Cove, at Canadian Forces Base Esquimalt - Leading Seaman Binder and Master Corporal King entered the murky waters to reach the vehicle.

After repeated efforts, they extracted the unconscious man from the vehicle, brought him back to shore and began CPR. Master Corporal King and Able Seaman McQueen dove numerous times to the vehicle to search for other possible victims.

Only once the vehicle was pulled out of the water did they find a deceased woman inside."

The Decorations for Bravery were created in 1972, to recognize people who risked their lives to try to save or protect the lives of others.

The Cross of Valour (C.V.) recognizes acts of conspicuous courage in circumstances of great peril; and the Medal of Bravery (M.B.) recognizes acts of bravery in hazardous circumstances.



Master Corporal David King receives his Medal of Bravery from Governor General David Johnston.

Le gouverneur général remet la Médaille de la bravoure à deux membres de la Force aérienne

par Holly Bridges, Nouvelles de la Force aérienne

Son Excellence le très honorable David Johnston, gouverneur général du Canada, a présenté la Médaille de la bravoure à deux membres de la Force aérienne au cours d'une cérémonie qui a eu lieu récemment à Rideau Hall, à Ottawa.

Il a également remis 51 autres décorations, dont 3 Étoiles du courage.

Voici le texte des citations du Caporal Gabriel Proulx et du Caporal chef David King...

« Le 8 juin 2008, trois résidents de Belleville (Ontario), David Byrd, Michael Byrd et le Soldat Gabriel Proulx (promu depuis caporal et toujours affecté au 2e Escadron des mouvements aériens de la 8e Escadre Trenton en Ontario) ont secouru trois personnes coincées dans un véhicule en feu, près de Napanee, en Ontario.

Après avoir été témoins d'un accident à la suite duquel l'un des véhicules s'est enflammé, ils se sont précipités pour sortir un adolescent par la fenêtre d'une des portières arrière.

Malgré l'intensité du brasier à l'intérieur du véhicule, les sauveteurs ont réussi à en extirper une femme et à la mettre à l'abri du danger. Luttant contre la chaleur, les flammes et la fumée, ils ont finalement pu dégager le conducteur au moment où le réservoir d'essence prenait feu. Malheureusement, le conducteur a succombé à ses blessures quelques semaines plus tard. »

« Le 14 août 2008, le Matelot de 1re classe Robert Binder, le Caporal-chef David King et le Matelot de 2e classe Jaret McQueen ont secouru un homme coincé dans un véhicule submergé dans les eaux de l'anse Lang à la suite d'un accident, à la base des Forces canadiennes Esquimalt, en Colombie Britannique. Ayant entendu le bruit de l'accident, le Matelot de 1re classe Binder et le Caporal-chef King sont entrés dans l'eau trouble pour se rendre jusqu'au véhicule.

Après plusieurs efforts, ils ont réussi à extirper le conducteur inconscient, qu'ils ont ramené sur le rivage pour ensuite le réanimer. Le Caporal-chef King et le Matelot de 2e classe McQueen ont plongé à plusieurs reprises pour tenter de repérer d'autres victimes possibles.

Ce n'est qu'une fois le véhicule sorti de l'eau qu'ils ont trouvé le corps d'une femme à l'intérieur. »

Les Décorations pour actes de bravoure ont été créées en 1972 afin de rendre hommage aux personnes qui ont risqué leur vie pour tenter de sauver ou de protéger une autre personne.

La Croix de la vaillance (C.V.) reconnaît les actes de courage vraiment remarquables accomplis dans des circonstances extrêmement périlleuses; l'Étoile du courage (É.C.), des actes de courage remarquables accomplis dans des circonstances très périlleuses; et la Médaille de la bravoure (M.B.), des actes de courage accomplis dans des circonstances dangereuses.

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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



With the ever increasing flights at 8 Wing/CFB Trenton, even the runway needs some cleaning from time to time to remove a build up of rubber left by the aircrafts during landings. On October 14 and 15, Heavy Equipment, Field Maintenance and the Base Fire hall were involved in a rubber removal project on the east end of Runway 06/24. This process consisted of laying down a biodegradable detergent called Avion 50, activating and reactivating it with water, continually scrubbing it with our runway sweepers then finally flushing and sweeping the residue off the runway. As a result of everyone's efforts those days, a safer landing surface is available for continued operations at the Wing.

First poppy of the 2010 National Poppy Campaign

Air Force News

His Excellency the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada and Patron of The Royal Canadian Legion, received the symbolic first poppy from Patricia Varga, Dominion President of the Royal Canadian Legion, and Larry Murray, the organization's Grand President. The ceremony was held on Monday, October 25 at Rideau Hall.

Poppies will be available to the general public beginning October 29, 2010.

"I am truly proud and humbled to wear this poppy," said Governor General Johnston. "Your stories are the ones I will continue to share with my children and my grandchildren. Your stories are the ones I will continue to tell at home and abroad. As commander-in-chief, I will work hand-in-hand with you, so that Canadians never forget the service and sacrifice of those who went before us to bring peace. Each year, approxi-

Photos: MCpl Dany Veillette, Rideau Hall



Above: Governor General David Johnston presents a poppy to a veteran at Rideau Hall. / Below: His Excellency, Ms. Varga and Mr. Murray received the first poppy of the 2010 National Campaign.

mately 18 million poppies are distributed in communities across Canada. Officially adopted in Canada in 1921 by the Great War Veterans' Association (the predecessor of today's Royal Canadian Legion), poppies are recognized as the national symbol of remembrance for the 117,000 Canadian men and women who gave their lives during military service around the world.



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.



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Canadian Forces workhorse: The CC-130 Hercules

Files from:
airforce.forces.gc.ca

The first CC-130B Hercules entered service in Canada in 1960. In total, five B-models were purchased and traded back to Lockheed in 1965 in order to purchase newer E-models.

Since then 24 E-models and 16 H-models have been acquired by the CF. Currently the oldest of the E-models are being retired as the CC-130Js are being delivered. CC-130H models are expected to continue in service in the SAR role until 2017. The first of 17 new J-model CC-130s have begun arriving to replace the oldest aircraft in the Hercules fleet.

The CC-130 Hercules is a four-engine fixed-wing turbo-prop tactical transport aircraft with a rear cargo ramp, rugged landing gear, good short-field performance and high ground clearance for engines and propellers.

It is used for troop transport, tactical airlift of both palletized and vehicular cargo, search and rescue (SAR), air-to-air refuelling (AAR), and aircrew training and qualification. It is designed to operate from unimproved airstrips in an active theatre of operations.

The CC-130 Hercules can carry up to 78 combat troops. It

can carry more than 17,000 kilograms (about 38,000 pounds) of fuel for tactical AAR. In the tactical AAR role, the Hercules can transfer 450 to 900 kilograms (about 1,000 to 2,000 pounds or 450 to 900 litres) of fuel per minute, and refuels the CF-18 Hornet fighter aircraft in less than five minutes.

The Hercules has a maximum range of 7,222 kilometres (4,488 miles) and a cruising speed of 556 kilometres per hour (345 miles per hour). Capable of short takeoffs and landings (STOL) on unprepared runways, it can respond to SAR emergencies on almost any terrain and under the most challenging weather conditions.

It can also transport troops and equipment in support of humanitarian aid operations conducted by the CF Disaster Assistance Response Team (DART).

The current CC-130 Hercules transport aircraft has been in service with the CF in support of the Afghanistan mission since January 2002, when three Hercules deployed to the Persian Gulf with flight crews and ground staff as the Tactical Airlift Detachment. By the end of Operation APOLLO, in October 2003, these aircraft had transported some 6,000 passengers and more than 6.8 million



Photo: CF archives

The first CC-130Bs entered service in Canada in 1960. Five B-model Hercs were initially purchased and eventually traded to Lockheed for newer E-models.

kilograms (about 15 million pounds) of freight to destinations in the theatre of operations, including Afghanistan.

On Operation ATHENA, the CC-130 Hercules continues to operate as part of the Joint Task Force-Afghanistan (JTF-Afg) Air Wing. The Hercules is a mainstay of NATO airlift in Afghanistan.

A new generation of Hercs: The CC-130J

The familiar CC-130 Hercules is a mainstay of the CF's transport fleet. Renewing the tactical airlift fleet is a Government of Canada priority as part of the Canada First Defence Strategy,

and emphasizes its commitment to a modernized and strengthened Canadian Forces.

The CC-130J Hercules is a four-engine, fixed-wing turbo-prop aircraft that can carry up to 92 combat troops or 128 non-combat passengers.

While on the outside the CC-130J looks almost identical to the traditional Hercules, internally the J model Hercules is essentially a completely new aircraft. The new "Hercs" fly faster, higher and farther, and they carry heavier loads while burning less fuel. They can use shorter landing and take-off fields and their climb time is reduced by up to 50 per cent compared to the older models. They deliver cut-

ting edge technology to provide the CF with a modern, cost-effective, operationally-proven tactical airlift capability.

Not only is the new Hercules a more capable aircraft, it also requires fewer crew members than the older Hercules; it flies with a minimum crew of three – two pilots and a loadmaster – compared to five on the older Hercules.

To emphasize the "newness" of this aircraft, the J models have been given a new series of tail numbers – the 600 series. The older Hercules have 300 series tail numbers (e.g., 130337). Thus, the first CC-130J Hercules has the tail number 130601.

Search & Rescue Update



424 Squadron had two callouts this past week.

The Hercules was tasked to investigate a flare sighting near Rochester. The crew searched the area but found no distress.

The Griffon and Hercules were tasked to search for a man overboard on from the *Canadian Provider* cargo ship. After extensive searching of the very large search area, nothing was found and the crews were stood down.

Until next week, stay safe!

Missions for 2010: 171 Missions for Oct: 16 Persons rescued: 11

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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.
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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.**

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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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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

On Noah's Ark

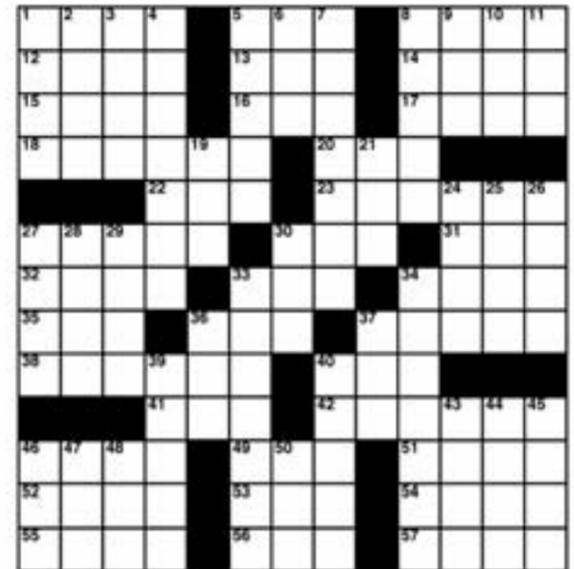
By Bernice Rosella and James Kilner

ACROSS

- Computer clutter
- Canadian Manufacturing Standards org.
- Impulse
- Currency of Bangladesh
- Indian city
- Northern Ireland
- Plant part
- Golfer Mackenzie
- Svelte
- Rooster
- Twice, to Tiberius
- Letters denoting psychic powers
- Take a drag
- Bit of news
- Wild ox
- La Biche
- City of Caesars
- Pro's opposite
- Try out
- Wood sorrel
- Pick a pocket
- Pasta sauce
- Textile
- Sin
- No, to Normand
- Breed of sheep
- Naval hoosegow
- Mischief maker
- Privy to
- Stead
- Drunkard
- Beige
- Seamen
- Fodder
- Radiators or radicals, slangily

DOWN

- Knife



- Legal or chute preceder
- Similar
- Breed of cat
- Holding device
- Melancholy
- Breed of horse
- Breed of pig
- Go quickly
- Deadly sin
- Checkers pieces
- Shade tree
- Sign, in a way
- Brews
- Cobbler's concern
- Prefix denoting outside
- Starting point
- Crazy to Carlos

- Wet nurse
- Hooligan
- Breed of chicken
- Breed of dog
- Brazilian city
- Nuptial or natal prefix
- Breed of beef cattle
- Drained
- South American aboriginal
- Ancient scandinavian
- Responsibility
- Deli offering
- Ocean inlet
- Grump or dump trailer
- Flightless bird

See Answers, Page 18



This Week in Contact

1980 – Conserve Energy NOW – Once a year we initiate all sorts of patriotic gestures aimed at conserving energy. Wouldn't it be more realistic if we gave it the royal treatment year round. If everyone were to pull together in a joint effort, energy conservation could become routine and a way of life.

1990 – Nineteen ways to reduce packaging waste at home, work and school – Do you reuse grocery bags as garbage bin liners? If so, your helping to protect Canada's environment from a worrisome threat: packaging waste. Each year, all that packaging we toss out – everything from styro-foam cups to giant shipping boxes – usually ends up in landfill sites, which are now often choked to the limit. So, reusing the grocery bags, instead of buying additional bags, helps take the burden off Canadian landfills.

2000 – A prescription for drug safety – Prescription drugs are used to treat countless illnesses and problems. If you are taking prescription drugs, do so intelligently. Talk to your doctor and pharmacist about them. Carefully follow directions and be aware of unwanted effects.

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



Initial Flight Safety Report: CF-18 accident of July 23, 2010

Oct. 27, 2010 – The initial flight safety report entitled "From the Investigator" (FTI), dealing with the July 23, 2010 crash of the CF-18 demonstration aircraft in Lethbridge, Alta., is available on the Air Force Directorate of Flight Safety website.

The Flight Safety investigation is still ongoing, but the FTI is the team's initial report containing the facts of the accident as they are known at this time. Conclusions, cause factors and recommendations are not contained in the FTI report.

A final Flight Safety Incident Report (FSIR) will be published on the same website, normally about one year after the accident.

The Flight Safety investigation continues to examine the loss of thrust in one of the aircraft's engines, factors that prevented safe in-flight recovery of the aircraft, and training for demon-



Photo: DND

Earlier this year, the CF-18 Hornet demonstration aircraft from 425 Tactical Fighter Squadron, 3 Wing Bagotville, Que., displays its unique tail painting marking the 100th anniversary of the Canadian Navy.

stration pilots.

Flight Safety investigations are ordered to determine the causes of

accidents so measures can be put in place to prevent a recurrence. These preventive measures can then be

applied throughout the Air Force.

The FTI can be viewed on the DFS web site at www.airforce.gc.ca/dfs-dsv.

Rapport initial sur la sécurité des vols : Écrasement d'un CF-18 le 23 juillet 2010

Le 27 oct. 2010 – Le rapport initial sur la sécurité des vols intitulé "L'enquêteur vous informe" portant sur l'écrasement de l'avion de vol démonstration CF-18 à Lethbridge, en Alberta, le 23 juillet 2010, est publié sur le site Web de la Direction de la sécurité des vols de la Force aérienne.

L'enquête étant encore en cours, ce rapport initial contient donc les faits relatifs à l'accident, selon ce qu'on en sait à l'heure actuelle, mais il ne contient pas de

conclusions ni de recommandations et il n'énonce pas les causes. Le rapport final d'enquête sur la sécurité des vols est publié dans le même site Web, habituellement environ un an après l'accident.

L'enquête de sécurité des vols se poursuit afin d'examiner la perte de traction de l'un des moteurs de l'appareil, les facteurs qui ont empêché l'appareil de se redresser en vol en toute sécurité ainsi que la formation que suivent les pilotes de vols de démonstra-

tion.

Les enquêtes de sécurité des vols visent à déterminer les causes des accidents afin que des mesures préventives soient prises, et ces mesures peuvent être instaurées à l'échelle de toute la Force aérienne.

Pour consulter le rapport "L'enquêteur vous informe", veuillez consulter le site Web de la Direction de la sécurité des vols à l'adresse suivante : www.forceaerienne.gc.ca/dfs-dsv.



Photo: DND

Nos vétérans le méritent

Le gouvernement du Canada vient d'annoncer d'importantes mesures à l'intention des vétérans de l'ère moderne, qui ont besoin de services et de soins adaptés à leur réalité.

Ces mesures s'ajoutent aux autres services prévus dans la Nouvelle Charte des anciens combattants, comme la réadaptation, du soutien au revenu, des soins de santé, de la formation et une aide pratique à la recherche d'emploi.

Aide financière – Beaucoup plus qu'un montant forfaitaire

Nouvelles mesures de soutien financier aux vétérans les plus gravement blessés :

- **Allocation pour perte de revenus** – Un minimum de 40 000 \$ par année ou 75 % du salaire militaire à la libération versé aux vétérans en réadaptation
- **Allocation pour déficience permanente** – Plus de vétérans gravement blessés auront accès à une prestation mensuelle pouvant s'élever à 1 609 \$, à vie
- **Supplément à l'allocation pour déficience permanente** – Allocation supplémentaire de 1 000 \$ par mois, à vie, pour les vétérans les plus gravement blessés ne pouvant plus travailler à leur plein potentiel

Ces mesures garantissent aux vétérans les plus gravement blessés un minimum de 58 000 \$ par année.

Une tradition de soins

Plus de 52,5 M \$ additionnels afin d'améliorer la qualité de vie des militaires blessés et de leurs familles :

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- **Indemnité pour auxiliaires de soins** – Jusqu'à 100 \$ par jour versés à un parent ou un proche quittant son emploi pour fournir des soins au militaire blessé
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- **Gestion de cas améliorée** – Ajout de 20 gestionnaires de cas pour un soutien personnalisé

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Le gouvernement du Canada a également pris des mesures pour fournir un soutien amélioré et plus rapide aux vétérans atteints de **sclérose latérale amyotrophique (SLA)** – ou la maladie de Lou-Gehrig.



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Whitehorse witnesses last flight for Hercules aircraft

by David Elias, Air Force News

After traveling the equivalent of six times to the moon, a CC-130E Hercules aircraft spent its final flying hours carrying out search and rescue (SAR) training north of the 60th parallel during the annual Search and Rescue Exercise (SAREX), which took place from September 20-25, 2010, in Whitehorse, Yukon.

The aircraft's 46-year legacy with the Canadian Forces was celebrated with a farewell flight involving the mass drop of 31 brightly coloured parachutists on the evening of September 22.

In the skies above the city's main airstrip, row after row of tiny specs leapt from the Herc's belly, then burst into blooms as the jumpers deployed their orange canopies and navigated to the ground.

Of the large contingent of parachutists, 26 were Canadian Air Force search and rescue technicians (SAR techs) and five were U.S. Air Force rescue jumpers, all participating in SAREX.

"This aircraft has safely and reliably



Photo: Cpl Darcy Lefebvre

One of the last take offs for the CC-130E Hercules aircraft participating in SAREX 2010.

flown countless missions for nearly half a century," said Major Dom Paquette, who piloted the final flight. "She's been to every corner of this country and has transported people, supplies and aid all over the world."

In its life, this particular CC-130 E model Hercules, call sign 130306, has also performed multiple search and rescue (SAR) missions and assisted in the training of new pilots.

Its last few months were spent working with 435 Transport and Rescue Squadron at 17 Wing Winnipeg, Man.

With more than 45,000 flying hours to its credit, the retired Herc will join three other retired E models in Abbotsford, B.C. Four other E models rest in Trenton, Ont.

As of the end of September, 12 E model Hercs still fly with the Canadian Forces.

The first of Canada's new J model Hercules aircraft arrived in June 4, 2010, six months ahead of schedule. A total of 17 new J model Hercs are scheduled to be delivered in the coming months.

September 2010 marks 50 years that

the Hercules aircraft has served the Canadian Forces. The first model of this mainstay aircraft was delivered in 1960.

The Hercules aircraft are retired at a scheduled maintenance inspection prior to reaching 50,000 equivalent hours. Of the nine currently retired aircraft, the average equivalent hours is 48,760 hours or 44,150 flying hours.

The aircraft are retired prior to reaching their structural life of 50,000 equivalent hours, which is actual airframe hours multiplied by a mission severity factor.

Whitehorse est témoin du dernier vol d'un avion Hercules

par David Elias
Nouvelles de la Force aérienne

Après avoir parcouru l'équivalent de six fois la distance séparant la Terre de la lune, un avion CC-130E Hercules a passé ses dernières heures de vol à participer à un exercice de recherche et de sauvetage au nord du 60e parallèle. Les vols d'entraînement faisaient partie de l'Exercice annuel de recherche et de sauvetage (SAREX) qui a eu lieu à Whitehorse, au Yukon, du 20 au 25 septembre 2010.

Afin de souligner les 46 ans de service de l'avion dans les Forces canadiennes, on a organisé un vol d'adieu au cours duquel 31 parachutistes aux couleurs éclatantes ont sauté de l'appareil pendant la soirée du mercredi 22 septembre.

Dans le ciel du principal aéroport de la ville, on a vu des rangées successives de points minuscules sortir du ventre du Hercules, puis s'épanouir comme des fleurs tandis que les parachutistes déployaient leur voile orange et glissaient en douceur jusqu'au sol.

Vingt-six des 31 parachutistes étaient des techniciens en recherche et sauvetage (Tech SAR) des Forces canadiennes, et les cinq autres, des parachutistes secouristes de l'Aviation militaire américaine (USAF). Tous participaient à l'exercice SAREX.

« Cet avion a exécuté de façon sûre et fiable d'innombrables missions pendant presque un demi-siècle », a déclaré le Major Dom Paquette, qui l'a piloté au cours du dernier vol. « Il est allé dans toutes les parties du Canada et il a transporté des personnes, des ravitaillements et des secours humanitaires partout dans le monde. »

Au cours de sa durée de vie, cet appareil CC130E Hercules, en particulier, dont l'indicatif d'appel est

130306, a également rempli de multiples missions de recherche et de sauvetage et a servi à entraîner de nouveaux pilotes.

Au cours des derniers mois, il a été utilisé par le 435e Escadron de transport et de sauvetage, basé à la 17e Escadre Winnipeg, au Manitoba.

L'appareil, qui a accumulé plus de 45 000 heures de vol, se joindra à trois autres Hercules de modèle E mis au rancart à Abbotsford, en Colombie-Britannique. Quatre autres avions du même genre ont été retirés du service pour de bon à Trenton, en Ontario.

À la fin de septembre, 12 avions Hercules de modèle E étaient encore en service dans les Forces canadiennes.

Le premier Hercules neuf de modèle J acheté par le Canada est arrivé chez nous le 4 juin 2010, soit six mois avant la date prévue. En tout, 17 nouveaux appareils du même modèle sont censés être livrés au Canada au cours des prochains mois.

En septembre 2010, on a célébré le cinquantenaire de l'entrée en service du premier avion Hercules dans les Forces canadiennes. En effet, le premier modèle de cet avion vénérable a été livré au Canada en 1960.

Les avions Hercules sont retirés du service à l'occasion d'une inspection de maintenance régulière, avant qu'ils accumulent 50 000 heures de temps équivalent. Neuf appareils ont actuellement été mis au rancart, et le nombre moyen d'heures de vol équivalentes est de 48 760, soit 44 150 heures de vol réelles.

Les avions sont retirés du service avant d'atteindre la limite de leur durée de vie structurale (50 000 heures de vol équivalentes), ce qui équivaut au nombre d'heures de vol de la cellule multiplié par un facteur d'intensité des missions.

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PSP Facility Memberships

REGULAR MEMBERS					
	Annual	9 Month	6 Month	3 Month	1 Month
Infant (6 mo - 5 yrs)	\$15	\$13.50	\$9	\$6	\$3
Youth (6 - 17 yrs)	\$50	\$45	\$30	\$20	\$10
Single (18 yrs+)	\$75	\$67.50	\$45	\$30	\$15
Family	\$160	\$144	\$96	\$64	\$32

ORDINARY MEMBERS					
	Annual	9 Month	6 Month	3 Month	1 Month
Infant (6 mo - 5 yrs)	\$25	\$22.50	\$15	\$10	\$5
Youth (6 - 17 yrs)	\$85	\$76.50	\$51	\$34	\$17
Single (18 yrs+)	\$130	\$117	\$78	\$52	\$26
Family	\$270	\$243	\$162	\$108	\$54

- Your membership includes access to the RecPlex, Gymnasium, RCAF Arena and Albatross Outdoor Pool.

- It is for casual use of the facility and does not include any programs and services.

- **Regular Members include:** Family members of the Regular and Reserve Force, family members of foreign military personnel on duty with the Canadian Forces.

- **Ordinary Members include:** Retired military personnel, civilian public and non-public employees, retired civilian employees in receipt of an annuity, widows of former members of the CF, full-time DND contract employees, members of the RCMP

- **Restricted Access Hours:** During the hours of 11:30 a.m. to 1 p.m. Monday to Friday, access to the Gymnasium is restricted to military personnel and full-time civilian employees.

- Members are required to present their membership cards to Reception when accessing the facilities

- **Cost of replacing a lost card** \$ 10 + HST = \$ 11.30

NEW: Upcoming evening Yoga classes

This class involves the synchronization of breath with a progressive series of postures and stretches.

In this relaxed atmosphere, these postures lead to an improved circulation and a strong, yet relaxed body and mind. Enjoy a few moments for yourself. *Namaste.*

This class will take place on

Wednesdays, from 7:15 to 8:15 p.m., at the South Side Gym, from November 3 to December 15 (please note there is no class on November 17).

Cost is \$24 for military community and \$29 for the general public. Registration is being accepted at the RecPlex.

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

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.

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.

FAMILY SKATING

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.

Mask appeal – and a chance to win

(NC)—Hockey masks have come a long way from mere protection gear—and now one hockey fan can become a part of its history

When Jacques Plante became the first professional hockey player to wear a goaltender's mask during the 1959-1960 season, he probably didn't know he was changing the face of hockey forever.

Nowadays, the plain white masks are long gone, replaced with elaborate customized paint jobs that allow goalies to express their individuality—think of it as a fashion statement on the ice.

Boston's Gerry Cheevers can take credit for inspiring the eye-catching masks, with his iconic painted-on stitches in the 1970s setting off the trend. That same decade, Philadelphia's Doug Favell followed suit by adorning his mask with a coat of orange paint one Halloween.

Since then, everything from an image of rapper Lil Jon and a moose dressed as Captain Jack Sparrow from Pirates of the Caribbean and the initials of loved

ones have appeared on these statement pieces.

And this year, thanks to the Clorox company, one lucky hockey fan has the chance to win the opportunity to design a mask for Montreal's Carey Price. The winning designer will get to see their mask in action by attending the Montreal vs. Washington game at the Bell Centre on March 24, 2011, during which Price will sport the mask. Will a prize-winning mask sponsored by Clorox (best known for their bleach products) bring about a blanchissage from Price, and perhaps set off a new superstition? We'll have to tune into the game to find out.

Fans interested in this once in a lifetime opportunity can enter by drawing their design on paper, or by visiting clorox.ca to design it online. The winning artwork will be painted by renowned artist David Arrigo, who has designed numerous masks for NHL players, including a Remembrance Day mask for Carey Price in 2009.

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FITNESS & HEALTH PROMOTION

Alcohol and weight gain

All alcohol, no matter the type, contains calories. You may be surprised just how many calories are hidden in your favourite beverages.

Calories from alcohol provide no nutrients. This means that any calories consumed in the form of alcohol provide no benefit to the body and are, in a sense, empty calories.

Drink mixes may also contain a number of calories. In addition to the 98 kcal per serving (1.5 oz) of liquor or spirits, you may also be adding up to 150 kcal to your drink total (see table)

Alcohol can stimulate your appetite. When you consume alcohol, your



willpower and inhibitions are reduced and this can make you more likely to overeat.

It's always important to be aware of portion control (it's not just for food items)!

Source: Health Promotion

Mix	Calories (250 ml)
Cola	110
Diet Cola	3
Ginger Ale	88
Tonic Water	124
Club Soda	0
Orange Juice	116
Cranberry Cocktail	152
Tomato Juice	44
Clam + Tomato Juice	123

Reference: Canadian Nutrient File, 2007.

Alcool et prise de poids

Toutes les boissons alcooliques, sans exception, contiennent des calories. Le nombre de calories qui se cachent dans nos boissons favorites est tout à fait surprenant

Les calories absorbées sous forme d'alcool ne présentent aucun intérêt nutritionnel pour notre corps. Elles constituent, dans un certain sens, des calories vides.

Les cocktails peuvent également renfermer un certain nombre de calories. En plus des 98 kcal par

portion (1,5 oz) de boisson forte ou de spiritueux, vous pouvez ajouter jusqu'à 150 kcal au nombre total de calories que contient votre consommation (voir le tableau).

L'alcool peut nous stimuler l'appétit. La consommation d'alcool affaiblit notre volonté et diminue nos inhibitions, ce qui peut nous inciter à trop manger. Il est important de toujours surveiller les quantités (cela vaut aussi bien pour l'alcool que pour la nourriture)!

Boisson	Taille d'une consommation	Énergie (kcal)
Bière		
Ordinaire (5 %)	Canette de 12 onces (355 mL)	146
Légère (4 %)		103
Vin		
Rouge	5 onces (150 mL)	108
Blanc		102
De dessert	3 onces (90 mL)	139
Spiritueux/Liqueurs		
Vodka/rhum/gin/whisky (40 %)	1,5 onces (45 mL)	98
Liqueur de café (26,5 %)		178
Panachés		
Panaché de vodka*	12 fl. oz (355 mL)	220
Panaché de rhum*		200
Panaché de vin (13,7 %)		178
Mélange	Calories (250 ml)	
Cola	110	
Cola diète	3	
Ginger Ale	88	
Soda tonique	124	
Eau gazéifiée	0	
Jus d'orange	116	
Coquetel de canneberge	152	
Jus de tomate	44	
Jus palourde/tomate	123	

Noon Hour Fitness

Please note that we offer Military classes daily at noon for our 8 Wing Trenton Community.

Everything from Yoga to Spinning to Bosu, to Strength Training.

All taking place in the MPR at the gym, taught by Fitness and Sports Instructors.

20 MSR PT Tests

2) 20 MSR PT tests are offered now four mornings a week - Mondays, Wednesdays, Thursdays and Fridays at 0830 hrs at the Gym.

You must pre book with + PSP Express Bookings on the DIN and please be mindful that this is our busy season, tests are taking up to two hours for completion due to the volume of members being tested.

We welcome Unit Block bookings for the annual test, please contact Lisa at 3328 to arrange a one time test for your members.

SPINNING Classes at 8 Wing

We are pleased to offer many different timings for 8 Wing's most popular fitness class.

Spinning classes takes place as follows:
Tuesdays and Thursdays at 0630 hrs;
Monday, Wednesdays and Fridays at 1200 hrs ; and Mondays at 1610 hrs.

Please join us in our state of the art studio for this great workout. Offered by the industry's best instructors!

Watch for our December Spin Challenge where we complete a four hour spin class - recruit your teams now for a workout none like any other.

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<p>07 PONTIAC VIBE</p> <p>P11775 Manual transmission! 4 Cyl, 4 dr, tilt, cruise, air, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 95,000kms.</p> <p>\$9,995</p>	<p>08 PONTIAC G5 GT</p> <p>P11778 Pwr sunroof! 18" Alloy wheels! Automatic, 4 cyl, 4 dr, steering wheel controls, factory remote start, OnStar, cruise, tilt, air, satellite radio, CD, pwr mirrors, locks, windows, keyless entry, only 35,000kms!!</p> <p>\$12,995</p>	<p>06 CHEV IMPALA LS</p> <p>D11587 Factory remote start! Pwr seat, wood grain trim, steering wheel controls, OnStar, cruise, tilt, air, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 80,000kms.</p> <p>\$9,995</p>	<p>07 SATURN ION LT</p> <p>P11833 Alloy wheels! Automatic, 4 cyl, 4 dr, coupe, steering wheel controls, cruise, air, tilt, satellite radio, CD, pwr locks, windows, mirrors, keyless entry, only 36,000kms!</p> <p>\$10,495</p>
<p>07 PONTIAC WAVE LT</p> <p>P11512 Burnt orange! Automatic, 4 cyl, 4 dr, steering wheel controls, tilt, air, cruise, AM/FM/CD/MP3, pwr locks, windows, mirrors, keyless entry, only 15,000kms!!!</p> <p>\$9,995</p>	<p>06 PONTIAC G6 SE</p> <p>P11727 Alloy wheels! Automatic, 4 cyl, 4 dr, factory remote start, steering wheel controls, air, cruise, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 55,000kms.</p> <p>\$9,795</p>	<p>06 CHEV MALIBU MAXX LT</p> <p>P11635 2 Pwr sunroofs! Alloy wheels! Steering wheel controls, factory remote start, traction control, OnStar, tilt, cruise, air, satellite radio, DVD, pwr windows, locks, mirrors, keyless entry, 73,000kms.</p> <p>\$10,995</p>	<p>06 VOLKSWAGEN JETTA</p> <p>11159 Manual transmission! Pwr heated leather seats! Pwr sunroof! Alloy wheels! Air, tilt, cruise, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, 97,000kms.</p> <p>\$12,795</p>
<p>06 PONTIAC G6 SE</p> <p>P11655 Alloy wheels! Automatic, 4 cyl, 4 dr, pwr seat, steering wheel controls, air, cruise, tilt, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 76,000kms.</p> <p>\$8,995</p>	<p>06 PONTIAC PURSUIT GT</p> <p>P11697 Pwr sunroof! Alloy wheels! Automatic, 4 cyl, 4 dr, steering wheel controls, cruise, tilt, air, satellite radio, CD/MP3, pwr mirrors, windows, locks, keyless entry, 76,000kms.</p> <p>\$8,995</p>	<p>10 MAZDA 3</p> <p>D11954 Automatic, 4 cyl, 4 dr, cruise, air, tilt, AM/FM/CD, pwr windows, mirrors, locks, only 35,000kms!!</p> <p>\$15,995</p>	<p>06 CHEV IMPALA LTZ</p> <p>P11639 Pwr heated leather seats! Pwr sunroof! Alloy wheels! Wood grain trim, dual climate controls, OnStar, factory remote start, steering wheel controls, air, cruise, tilt, satellite radio, CD, pwr locks, mirrors, windows, keyless entry, 58,000kms.</p> <p>\$12,995</p>



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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 and a commemorative 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 of loyal CC-130 service to Canada.

For more information, including registration details, log on to airforcemuseum.ca.



50e 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 50e anniversaire des opérations du CC-130 Hercules au Canada à la 8e 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, ainsi que des expositions sur l'histoire et les souvenirs du CC-130. De plus, un souper aura lieu au Musée national de la Force aérienne du

Canada et sera suivi d'une réception.

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. L'arrivée récente du modèle J fait en sorte que le CC-130 sera sans aucun doute utilisé encore pendant de nombreuses années.

Les renseignements au sujet des activités prévues et sur l'enregistrement sont disponibles au : www.airforcemuseum.ca.

To all CC-130 air and ground crew - past and present:
À tous les membres d'équipage et personnel de piste du CC-130 - anciens et actuels:

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CC-130 Hercules Operations
in Canada

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Carbon monoxide: The invisible killer



Submitted by
Wing General Safety
Office

Carbon monoxide (CO) is a deadly gas, which causes many deaths each year.

It kills without warning because it has no smell or color.

It is a by-product of burning of organic fuels such as gasoline, diesel, wood, propane, natural gas, charcoal briquettes and other such materials. When these materials are burned in a poorly-ventilated space, carbon monoxide can build up and cause poisoning.

This poisoning can occur even when there is plenty of oxygen in the air.

The carbon monoxide replaces oxygen in the body's circulatory system, quickly causing illness and even death.

These are some of the symptoms of CO poisoning:

- Headache
- Dizziness
- Sleepiness
- Ringing in the ears
- Nausea
- Poor co-ordination and weakness
- Confusion
- Breathing difficulty
- Unconsciousness

Some of the symptoms of carbon monoxide exposure

may be mistaken for other ailments such as allergies, the flu, exhaustion or a heart attack.

Carbon monoxide poisoning can also be mistaken for intoxication from alcohol or drugs.

If carbon monoxide exposure is suspected, move immediately to fresh air. If the case is a mild one, this may be all that is required for the person to recover fully.

However, more serious cases of exposure may require Cardiopulmonary Resuscitation (CPR) and medical attention.

Oxygen may have to be administered.

In some workplaces, carbon monoxide is not merely an unwanted by-product of combustion, but is actually part of the process.

Carbon monoxide elimination and control methods will vary greatly from one industry to the next.

However, here are some general tips on ways in which carbon monoxide exposure can be eliminated:

-Switch to equipment which is operated by a power source other than organic fuels _ such as electricity or batteries.

-Keep any fuel-burning equipment in good condition so that it is burning efficiently. This would include fuel-burning engines, furnaces and heaters.

-Separate the work area from the carbon monoxide hazard.

-Ventilate the area. Local exhaust ventilation,

or large complex systems may be required depending on circumstances.

-Monitor the atmosphere to detect carbon monoxide levels.

-Use supplied-air respiratory protection when the hazard cannot be eliminated.

Don't forget about carbon monoxide hazards off the job too. Here are some safety tips:

-Keep your automobile and its exhaust system in good repair.

-Never run the engine in an enclosed space such as a garage.

-If you must sit in a stationery vehicle with the engine running _ to keep warm, for instance _ be sure to open a window.

-Keep all heaters and furnaces in good repair too, so that they will burn fuels completely.

-Provide adequate ventilation for any heaters.

-Never use a barbecue indoors. There have been a

number of cases of carbon monoxide poisoning occurring as people tried to use barbecues indoors for cooking and heating during power outages.

- Carbon monoxide is just one more reason not to smoke cigarettes. Tobacco smoke, including second-hand smoke, contains carbon monoxide.

Poisoning is not the only danger associated with carbon monoxide. It is also flammable and explosive.

When it builds up in an enclosed area, it can explode if there is a source of ignition such as a match, cigarette or electrical spark.

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704 Squadron 50th Anniversary Party (Royal Canadian Air Cadets)



704 Sqn will be hosting a casual evening celebration to celebrate the 50th anniversary of cadets from 704 Sqn at CFB Trenton. The event will take place Wednesday, Nov 3, from 1800-2100 at the Baker Island Community Centre, and is open to current and former cadets, staff and volunteers of the squadron, as well as other well wishers and friends of the cadet program. Light refreshments will be served. Join us for a chance to chat, share memories of the squadron, meet current cadets and staff, etc. There is no cost to the event. *OPI: Capt Garret Watts Phone: 613-392-1360*

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Trenton Craft Guild
16th Annual Christmas Show & Sale
 K of C Hall, Stella Cres, Trenton
Nov 6, 10-4 pm & Nov 7, 10-3 pm
2nd Annual Christmas Show & Sale
 Masonic Hall, Main St. Brighton
Nov 13, 10-4 pm & Nov 14, 10-3 pm
 Fine Hand Crafted Items
 Door Prizes • Admission • Lunch Counter

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 8 William St. Trenton

It's Back The 2010 GCWCC EME Trailer Raffle!

Tickets are only \$5 each or 3 for \$10 and can be purchased at the EME Sqn Control Office, 31 Buffalo Ave.

This is your chance to WIN a quality utility trailer while helping support a worthy cause! The trailer features a 5' x 9' deck atop a 3500 lb axle and 15" tires. It has a built-in utility box, adjustable jack standard and a 2" hitch.

For More Info Please Contact MCpl Giles @ Loc 2328

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TRENTON Military Family Resource Centre

MFRC-EVENTS & INFORMATION

Portfolio Development

Join us for an information session to obtain more detailed information about the requirements and benefits of the portfolio development process.

Date: Tuesday, November 2nd
Your Choice of Time: 9:00 - 11:00 or 18:00 - 20:00
Fee: No charge
Register deadline: Monday, October 25th
Contact information: MFRC Reception or Elizabeth.nicholas@forces.gc.ca

CRFM-Événements et Information

Développement du Portfolio

Joindre à nous pour une session d'information et obtenir plus de détails à propos des prérequis et bénéfices du processus de développement du portfolio.

Date : Mardi le 2 novembre
Votre choix de temps : 9h00-11h00 ou 18h00-20h00
Coût : Pas de frais
Date limite pour inscription : Lundi le 25 octobre
Information pour contact : Réception du CRFM ou Elizabeth.nicholas@forces.gc.ca

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/\$5 Draw Date: November 11
 For additional information Jaimie Corriveau at 613-955-8711

Courtepointe

L'Association des vétérans de l'armée, Edimburgh, 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.

THE ANNUAL BELLEVILLE GIRL CONFERENCE

Presented by Paul Henry Danylewich & The White Tiger Group
 A violence against women conference designed for teen girls
 Thursday November 18th - Belleville Ramada Inn

The MFRC will be sending a group of girls to represent our military community. For more information or to reserve your place for the conference, please contact Andrea at ext. 2382 or ANDREA.TURNER@forces.gc.ca

LA CONFÉRENCE ANNUELLE DE BELLEVILLE POUR LES FILLES

Présenté par Paul Henry Danylewich & le White Tiger Group
 Une conférence conçue pour les jeunes filles sur la violence envers les femmes
 Mardi le 18 novembre - au Ramada Inn de Belleville

Le CRFM enverra un groupe de jeunes filles pour représenter la communauté militaire. Pour plus d'information ou pour réserver une place à la conférence, svp contactez Andrea ext 2382 ou ANDREA.TURNER@forces.gc.ca

Evergreen Memories 2010

December 7th to 19th
 National Air Force Museum of Canada

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

Mémoires de sapin de Noël 2010

Les 7-19 décembre
 Musée National de la Force Aérienne du Canada

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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.

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.



100

1910-2010
Girl Greatness Starts Here
Le leadership des filles commence ici

 Girl Guides of Canada
Guides du Canada

GIRL GREATNESS STARTS HERE

Girl Guides could not exist without the amazing women who commit their time to leading, mentoring, and spending time with our girls. By getting involved in Girl Guides, you become a part of a world wide organization for girls and women. Along with making a difference in your community, there are amazing adventures to be had and life long bonds to be formed. Women 18 years and older can join and share their skills as a unit leader in Rangers, Pathfinders, Guides, Brownies and Sparks. We are looking for women from all walks of life who believe that today's girls can accomplish great things, and who want to help them grow into responsible citizens of the world.

For more information or to join today: 1 877 323 4545 ext 3424
email: acl.24@guidesontario.org

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





**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

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.



*704 Air Force City Squadron
50th Anniversary Party*

**Wednesday, November 3, 2010
6:00 PM-9:00 PM
Hosted by Capt. Garret Watts
613-392-1360
Baker's Island Community Centre
CFB Trenton**

**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.

8 Wing Officer's Ladies Club are hosting their Annual Charity Night.
November 10, 2010 6:30 pm
in the Upper Lounge of the Officer's Mess. Admission: \$10 donation or item donation for the auction. *Light refreshments served.*
For Info call Kim 613-962-2718 or Betty 613-392-4539

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

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*

**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*



McDonald's in Trenton proudly supports our troops, and the men and women at CFB Trenton.

266 Dundas Street East (Trenton Town Centre) | 18 Monogram Place (near the YMCA) | McDonald's in WalMart Trenton

*Drive-Thru NOW OPEN AT 5:00 AM | Drive-Thru - Open 24 hours



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



Celebrate Halloween with these spooky literacy tips

This Halloween, ABC Life Literacy Canada reminds families to practice literacy skills with some fun literacy tips, tricks and treats:

1. Tell ghost stories on Halloween night. Make up your own stories or read a classic scary book together.
2. Have a costume party and write your own unique invitations. Once guests have arrived, why not play a word game using only Halloween-related words!
3. Organize candy in different ways. Organize by shape, size, candy name, or even candy type, and then trade! This activity helps to reinforce the importance of math in



everyday life.

4. Bake a pumpkin pie. Following recipes is a great way to improve both reading and math skills. Children can read the instructions out loud to help measure the ingredients when making a treat for the family.

5. Research the history

of Halloween, and share spooky statistics!

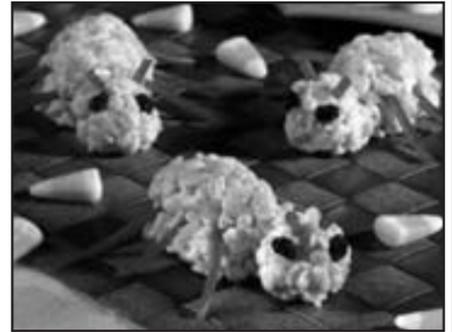
Literacy benefits the entire family. All it takes is spending 15 minutes a day reading, writing, singing, playing a game or following a recipe together.

For more information visit FamilyLiteracyDay.ca.

Mealtime.org Munch-A-Roaches

Ingredients:

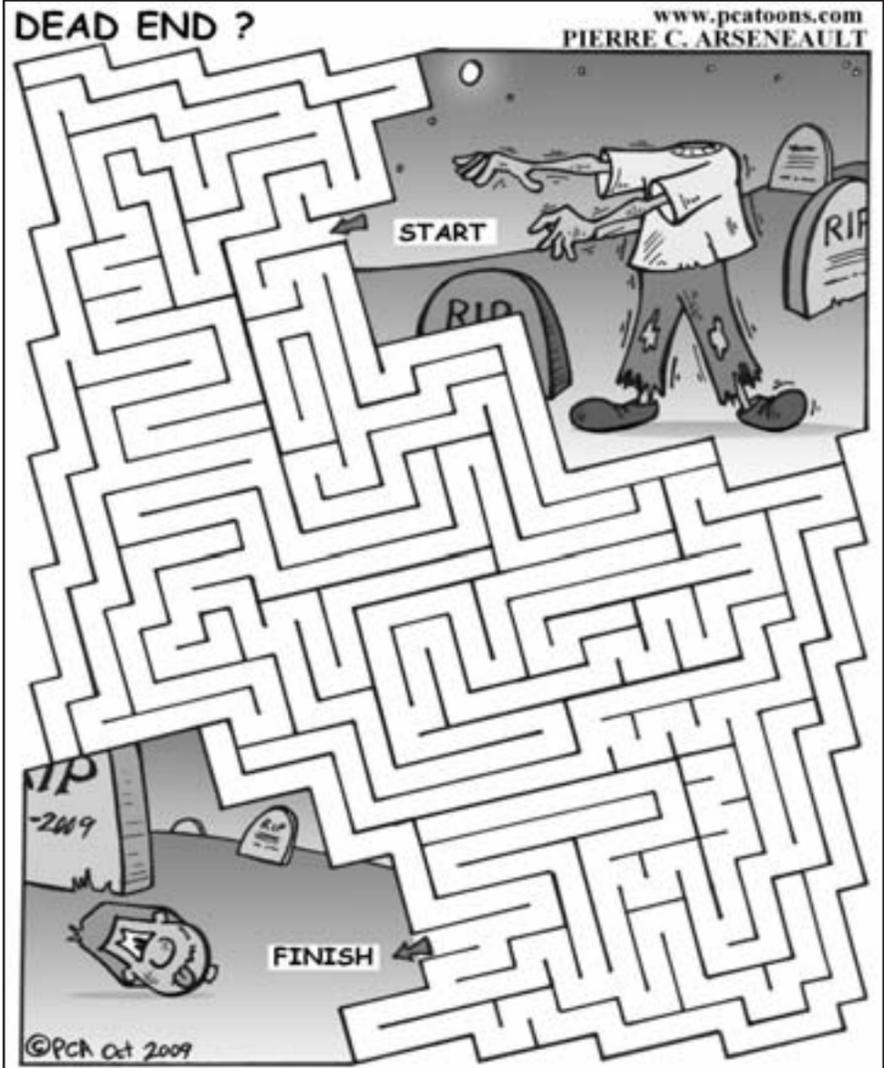
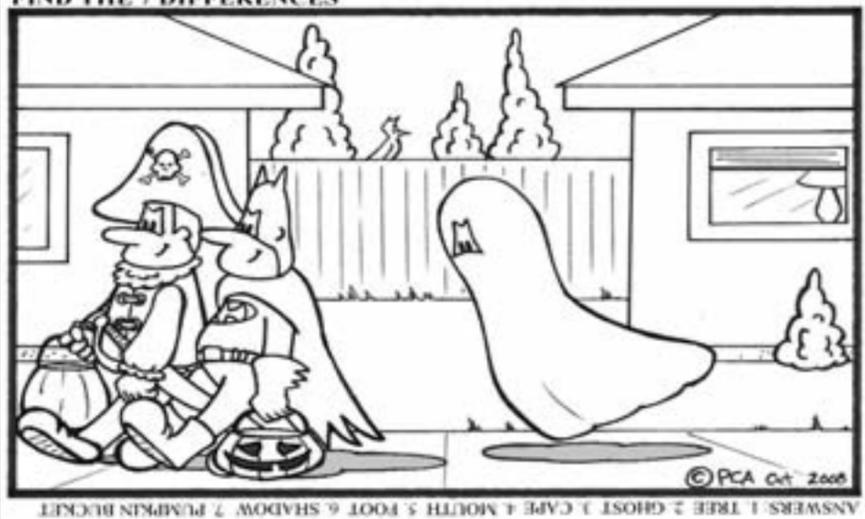
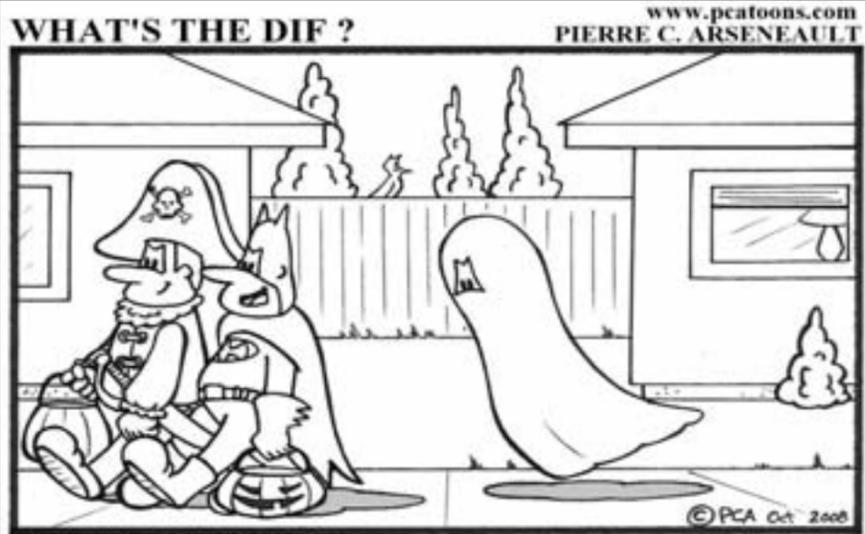
- 1 can (15 ounces) tropical fruit salad, drained and finely chopped
- 3 tablespoons butter or margarine
- 1 package (10 1/2 ounces) mini-marshmallows
- 6 cups crisped rice cereal
- 48 currants or dried blueberries
- 10 licorice laces, any colour



Equipment: Paper towels; large pot; baking sheet; and scissors

Preparation: Sandwich the fruit between 2 layers of paper towel and blot away as much moisture as possible. Melt butter in a large pot over medium heat. Add the marshmallows and stir until melted. Remove from heat and stir in fruit and crisped rice cereal until cereal is uniformly moistened. Scrape onto a sheet pan and cool. Wet your hands and form cereal mixture into 24 tablespoon size, egg-shaped balls (bodies) and 24, 1 1/2 teaspoon size balls (heads). Stick the heads onto the bodies and decorate with currants or dried blueberries for eyes, and small pieces of licorice for legs and antenna. Servings: 24

Nutritional Information Per Serving: Calories 100; Total fat 1.5g; Saturated fat 2g; Cholesterol 5mg; Sodium 80mg; Carbohydrate 22g; Fibre 0g; Protein 1g; Vitamin A 4 per cent DV; Vitamin C 20 per cent DV; Calcium 0 per cent DV; Iron 15 per cent DV. *Daily Value*



Nadiya's Zodiac Starcast

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

October 31- November 6

Theme of the week: Mercury will be making beautiful aspects to Jupiter and Uranus this week, indicating a sweet deal that delights all parties, or in the very least, a brilliant idea. There is also a magnificent new Moon in Scorpio, bringing the determination to get to the root of any issue. It will be a great week, enjoy!

ARIES (March 21-April 19): You can see the whole adventure in front of you. You have it mapped out in your mind. You can smell it and taste it already. Now that you have connected to it emotionally and in your imagination, you have to take a tangible step. Commit to your vision.

TAURUS (April 20-May 20): When you least expect it, love can strike. The best experiences come up out of nowhere. You are attracted and you are intrigued. The moment is fun. Can you keep it innocent? Be honest with yourself before you make a step you can't undo.

GEMINI (May 21-June 20): We all have accomplishments we use to justify our authority. However, there comes a time when being real is more important than how others may perceive it. You are considering a bold change and not sure how others may react. The support will be there.

CANCER (June 21-July 22): You are aching to have some fun, though may be a touch suspect of it. It may seem frivolous on the surface, but you will let yourself shine most once your is guard down. That's when, in a quick instant, you will find yourself attracting a promising opportunity.

LEO (July 23-Aug. 22): Just when it seems like you have found the perfect "one" who holds your dreams in their hands, along comes the reminder that there are certain things you must do for yourself. From a place of inner security, you are able to give the connection deeper meaning.

VIRGO (Aug. 23-Sept. 22): While most people say they want to be great at something, you are one of those that actually put in the hours to make it happen. Yours is the sign of mastery, after all. You have been too humble to notice how good you are. Now the confirmation arrives.

LIBRA (Sept. 23-Oct. 22): This week is about money, but it's also about more than just financial considerations. You can see what it will take to raise your bottom line. The ideas and the opportunities come together in a very lucky break.

SCORPIO (Oct. 23-Nov. 21): You finally see the piece of the puzzle that's been hiding under the couch for weeks. Even if all the confidence isn't there, you do possess the faith to follow up your insights with action. A fresh beginning resonates close to your heart. It will bring eventual joy.

SAGITTARIUS (Nov. 22-Dec. 21): A straightforward approach seems brave, but what is often downplayed is that it can also be callous. There are many ways to say the same thing that take sensitivities into account. Refine your approach for a more desired reaction.

CAPRICORN (Dec. 22-Jan. 19): Weeks like this make the toil and trouble all worth it. You are the sign of sticking to your guns and seeing your ambition through. It pays off this week, when a friend comes through for you and helps you secure a dream.

AQUARIUS (Jan. 20-Feb. 18): It's a big career week for you, or in the very least, you finally feel on track to a major achievement. You seem to find the perfect words to get your point across and state your case. You are the sign of brilliance. The right impulse can lead to a spontaneous triumph.

PISCES (Feb. 19-March 20): In a quick moment, your world expands and gets much bigger. You have been aching to grow beyond your annoying limitations and finally reach the masses. The penny drops. You see what you can do, and you follow through with confidence and success.

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- Please visit our new display at the CANEX

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

THE ANNUAL BELLEVILLE GIRL CONFERENCE

Presented by Paul Henry Danylewich & The White Tiger Group

A violence against women conference designed for teen girls
Thursday November 18th - Belleville Ramada Inn

Girl Conference is violence against women conference specially designed to meet the needs of teenage girls between the ages of 14 to 19 years. Our goal is to empower young women with the resources that will help them avoid abuse and assault.

Topics may include: sexual assault prevention, self-defense, drug rape, abusive relationships, stalking & harassment, date rape, party safety and more.

Speakers include: Survivors of abuse, frontline professionals, safety experts and female recoding artists.

The MFRC will bring a group of girls to represent our military community. For more information or to reserve your place for the conference, please contact Andrea Turner at 613-392-2811 ext. 2382 or andrea.turner@forces.gc.ca.

LA CONFÉRENCE ANNUELLE DE BELLEVILLE POUR LES FILLES

Présenté par Paul Henry Danylewich & le White Tiger Group

Une conférence conçue pour les jeunes filles sur la violence envers les femmes
Le jeudi 18 novembre – au Ramada Inn de Belleville

La conférence pour les filles est une conférence qui porte sur la violence envers les femmes mais conçue spécialement pour rencontrer les besoins des jeunes filles entre 14 et 19 ans. Notre but est de donner le pouvoir aux jeunes femmes à l'aide de ressources qui les aideront à prévenir l'abus et les agressions.

Les sujets peuvent inclure: La prévention des agressions sexuelles, auto-défense, la drogue du viol, le harcèlement et le traquage, le viol lors de sorties, la sécurité lors des parties, etc. Les invités incluent: Des survivantes d'abus. Des professionnels de premier plan, des experts en sécurité et des artistes de musique.

Le CRFM amènera un groupe de jeunes filles pour représenter la communauté militaire. Pour plus d'information ou pour réserver une place à la conférence, svp contacter Andrea Turner au 613-392-2811 poste 2382 ou andrea.turner@forces.gc.ca

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

Visit www.trentonmfrfrc.cfbtrenton.com
 Visitez www.trentonmfrfrc.cfbtrenton.com

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.

November 3rd,

Simple plumbing fixes

November 10th,

The "How to" for laying flooring

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.

3 novembre, **Solutions simples aux problèmes de plomberie**
 10 novembre, **Comment poser un couvre-plancher**

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

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.

Toy Cleaners - Volunteers are needed to help clean and sanitize the toys in the Playroom on a weekly basis. Volunteers can help every week or as suits their schedule. We are cleaning toys on Thursday afternoons from 1-2 and usually have a team of 3-4 volunteers. We can accommodate your children while you volunteer for this activity.

Nettoyage de jouets – Nous avons toujours besoin de bénévoles pour nous aider au nettoyage hebdomadaire des jouets de la salle de jeux. Le nettoyage se fait tous les jeudis après-midi à partir de 13h pour environ une heure. Notre but est d'avoir 3 ou 4 personnes par semaine. Nous pouvons offrir du gardiennage si nécessaire.

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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

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Silver Star Studio
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 Relaxing Shiatsu Massage
 Open Daily 9am - 9pm
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Fridges \$100 and up
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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

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 Belleville
 www.bellevillevw.com

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For more info
 Call Phillip 613-392-0044

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For Rent

Gorgeous, Newly Renovated Condo in Downtown Belleville
 Gorgeous, newly renovated 2 bedroom, 2 bathroom condo for rent in McNabb Towers in downtown Belleville. Great view of downtown Belleville (across the street from the Empire Theatre) and the Moira River. New laminate flooring and newly painted with custom blinds throughout. Includes underground parking and water. Available December 1, 2010. \$1000/month. Please contact Bree at 613-922-8942 or ricketts_breanne@hotmail.com for details.

2 bdrm Apt for Rent
 Hardwood floors, balcony, centrally located. 13 mins to base. \$750/mth + H&H
 Call 613-961-1640

For Rent

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 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

Completely renovated,
 2 bedroom house, 5 mins to base, bright and spacious with large deck & yard. Suitable for mature adults. \$925/mth + utils. 1st & last req'd, no pets, no smoking. Available Nov. 1st. 613-962-9883

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

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

Crossword Answers

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



Please recycle this newspaper.
Thank you.

National Road Safety Week: December 5 - 12, 2010

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.



Semaine National de conduite preventive: Decembre 5 to 12, 2010

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

Pendant la semaine nationale de conduite preventive annuelle, la sécurité routière offre un cours gratuit de conduite défensive pour les dépendants.

Tel que le nom le dit, ce cours est pour les familles de militaire et travailleurs civil de la 8ere Trenton. Ce cours n'est cependant offert qu'en anglais.

Prerequis; Classe G1 du permis de conduire provincial de l'Ontario.

DATE : 1&2 decembre 2010 / HEURE : 18h a 21h les deux soirs / ENDROIT : Salle de classe de la

Sécurité routière de la base situé au 11 Buffalo Ave (Coté Sud près du Gymnase). Les participants doivent assister aux deux soirées de classe pour pouvoir recevoir leur carte CCD et le certificat d'accréditation.

La méthode "premier arrivé premier servi" est limité a 30 personnes. Toutes personnes intéressées doivent s'inscrire a l'avance en contactant la Sécurité Routière au Transport de la base au local 3470 ou 3347 pour réserver un siège.

Note : Ce cours est enregistré avec le Canada Safety Council et peut être reconnu par quelques Compagnie d'assurance automobiles pour réduire les coûts.



Get your winter driving checklist ready

NC)—With summer in the rear-view mirror and Jack Frost knocking at the door, it is time to think about winterizing your car.

"With unpredictable weather conditions, Canadian winters are challenging for even the most seasoned motorists, placing extra demands on your vehicle and driving skills," says Bill Hume, Vice President of Hankook Tire Canada. "Every driver should create a complete seasonal checklist to ensure they and their families are prepared to face the elements head on."

In other words, start thinking about mechanical maintenance and winter tires long before you see snowflakes falling. Here are a few things you can do to help your car get through the winter and keep from getting caught in the cold:

- Change your oil: The change in seasonal temperatures may also dictate changing to a thinner viscosity engine oil to more efficiently lubricate moving parts in colder conditions. Check your car's owner's manual for fluid recommendations.

- Consider winter tires: Winter tires have added groove capacity, which helps dispel excess snow from your tires. Winter tires are also made of a softer compound, providing additional traction in colder temperatures. Hankook's winter I*Pike

tire, equipped with v-shaped tread, is an ideal solution for winter roads - offering maximum steering response and stability.

- Check your battery: With cold weather comes increased power demand: defrosters, windshield wipers and heating systems can really take a toll on your car battery. For a simple battery test, run your vehicle's headlights before starting the engine. If you notice that your vehicle's headlights get brighter once you start the engine, more extensive battery tests may be needed.

- Prepare an emergency kit: The Ministry of Transportation recommends keeping a winter survival kit in your vehicle. Having essential supplies can provide comfort and safety for you and your passengers in the event of an emergency. Some of the essential items include: ice scraper/snowbrush, shovel, sand or other traction aid, booster cables, flashlight, first aid kit, a blanket and a spare winter tire.

It is also important to stay alert, slow down, and stay in control — the three key elements of safe winter driving. Drive according to highway and weather conditions, and keep an eye on your car's maintenance throughout the season. Be prepared and don't let winter ruin your road trips.

For more information visit hankook-tire.ca.

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A stately character home upgraded & in excellent condition. Original gumwood trim, hardwood floors, 2 gas fireplaces, formal dining room & living room have bay windows. Full finished basement has rec room, office, bath/laundry & workshop. Shows to perfection.
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HAVE A SAFE HALLOWEEN WEEKEND WITH YOUR FAMILY.

PUT THE POWER OF "2" TO WORK FOR YOU

5 CATHERINE CRES. BRIGHTON
NEW LISTING R2000 Home Built by Tobey. On a dead end crescent. 1600 square feet plus full finished basement with huge rec room & games room. 3 baths-ensuite has jacuzzi tub, hardwood floors in foyer & hall, main floor family room, formal living & dining room. Very private lot with cedar hedge across back.
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<p>Sat. 1-4</p> <p>The Magnolia 1532 Sq. Ft. Belleville \$365,900</p>	<p>Sat. 2:45-4</p> <p>The Courtland 1738 Sq. Ft. Belleville \$349,900</p>	<p>Sat. 2:30-4</p> <p>The Hillview 1210 Sq. Ft. Frankford \$239,900</p>	<p>Sat. 2:30-4</p> <p>The Hillview 1210 Sq. Ft. Frankford \$239,900</p>

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