SOUTHSIDE BARBERSHOP
CFB Trenton
(Corner of Anson & Yukon - Bldg 1)
2nd bldg on right - Southside
Courteous friendly service
À bientôt!
See you soon!
$10
Hair Cuts
Hours:
Mon-Thu: 07:00 - 15:30
Fri: 07:00 - 12:00
392-0015

SOUTHSIDE BARBERSHOP
Corner of Anson & Yukon - Bldg 23
2nd bldg on right - Southside
Hours:
Mon-Thurs: 07:00 - 15:30
Fri: 07:00 - 12:00
392-0015

October 9-15,
2005 is
Fire
Prevention
Week
This year’s theme is...
“USE CANDLES WITH CARE”
Check out Pages
15-16 in this issue
of The Contact
Newspaper!

CEREMONY CELEBRATES YEAR OF THE VETERAN

The 10th annual “AD ASTRA” Stone Dedication Ceremony, this year celebrating the “Year of the Veteran,” was held at the Royal Canadian Air Force (RCAF) Memorial Museum on Saturday, September 24, 2005. The Master of Ceremonies, Colonel (Ret’d) Cy Yarnell, founder of the stone initiative, is pictured here introducing the first guest, Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton, at the beginning of the ceremony.

This year more than 7,500 granite stones were dedicated at the afternoon ceremony. Special guest speaker was Lieutenant-General (Ret’d) William Carr, a WW2 veteran who flew Spitfires with the Photographic Reconnaissance Unit, and Canada’s first ever Commander of Air Command.

Clarkson awards Meritorious Service Cross to Gen Hillier

Governor General of Canada

OTTAWA – (Sep 21, 2005) Her Excellency the Right Honourable Adrienne Clarkson, Governor General of Canada, today presented the Meritorious Service Cross (military division) to General Rick J. Hillier, whose specific achievements have brought honour to the Canadian Forces and to Canada. General Hillier received his decoration at a private ceremony earlier today.

The Meritorious Service Decorations are separated into military and civil divisions, with two levels each: a medal and a cross. The military division recognizes individuals for their outstanding professionalism and for bringing honour to the Canadian Forces. The civil division recognizes individuals who have performed an exceptional deed or an activity that brought honour to their community or to Canada.

The citation reads as follows:

Lieutenant-General Rick J. Hillier,
C.M.M., M.S.C., C.D.
Ottawa, Ontario and Campbellton,
Newfoundland and Labrador
Meritorious Service Cross (military division).

Lieutenant-General Hillier, now General, is recognized for his outstanding contributions to NATO’s International Security Assistance Force (ISAF) and to the citizens of Afghanistan during his tenure as Commander ISAF V from February to August 2004.

Under challenging and demanding circumstances, he guided the ISAF during a critical transition period. This included projecting influence through provincial reconstruction teams, building the capacity of Afghan security institutions, and providing assistance and security for voter registration during the electoral process.

LGen Hillier’s leadership, fortitude and dedication were of the highest calibre and enabled him to foster relationships with Afghan authorities that will assist NATO for years to come. En français, p. 2

KABUL—General Rick Hillier, Canada’s Chief of the Defence Staff, speaks with soldiers of the Task Force Kabul Force Protection Company earlier this year.

WHERE DEALS HAPPEN EVERYDAY!

WE ARE YOUR FINAL ANSWER TO THE RIGHT VEHICLE AT THE RIGHT PRICE

1995 Toyota Tercel DX
4 cyl, auto, 4 door, very clean. Great on gas. Sale $4,990

2000 Dodge Caravan
V6, cruise, PW, PL, deep tint, 4 door.
Sale $8,950

2003 Dodge Caravan SE
V6, cruise, PW, PL, PM, CD & cassette.
Extra Clean. Only $12,500

Fin.OAC All cars cert. W/War.

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124 Dundas St.
A message from WCWO Cheverie

by CWO Don Cheverie, 8 WCWO

As the 8 Wing Chief Warrant Officer, I wanted to take a moment to let members of 8 Wing/CFB Trenton know about a program called Flight Plan For Life (FPFL), an initiative that has been around for several years but is not widely known about or understood.

The purpose of the FPFL program is to improve the conditions of service that affect the organizational health of the air force team, and every year this base sets aside money to create such improvements for integral units.

This year funding is set at approximately $143,000 and members with ideas about how their environments could be improved should now forward suggestions to supervisors, who will in turn bring those submissions to the appropriate Squadron/Unit Warrant Officer; all SWOs /UWOs and myself are on the FPFL committee, the main organizational body of the program. The committee has the responsibility of prioritizing submissions on the following two-tier criteria:

Tier 1 determines whether a submission would benefit the majority of the Wing, the majority of a unit/sqn or the majority of a section and

Tier 2 determines whether the submission is essential, necessary or desirable. The ideal submission would fulfill an essential need and benefit the entire wing!

As chairperson of the committee, I am responsible to ensure that submissions are legitimate for the expenditure of public monies, with final approval for a submission resting with Colonel Deschamps, Commander 8 Wing/CFB Trenton.

Last year, funds were expended on items that ranged from microwaves for the Air Traffic Control section—a unit which operates 24/7—treadmills and other exercise equipment for the gymnasium, to washroom renovations for Wing Transport. This list of expenditures is not at all exclusive or limiting, so please keep in mind, all legitimate submissions will be considered by the committee.

By the end of October, funds from the FPFL program should be allocated, so if you have a good idea, by all means submit it through your supervisor to your SWO/UWO now so the FPFL committee can have the opportunity to consider it.

La Gouverneure générale annonce l’octroi d’une Croix du service méritoire au Général Hillier

Gouverneure générale du Canada

OTTAWA – (Le 21 septembre 2005) Son Excellence la très honorable Adrienne Clarkson, Gouverneure générale du Canada, a octroyé aujourd’hui une Croix du service méritoire (division militaire) au général Rick J. Hillier, dont les actes remarquables ont fait honneur aux Forces canadiennes et au Canada. Le général Hillier a reçu sa décoration lors d’une cérémonie privée.

Les Décorations pour service méritoire sont séparées en deux catégories, la division militaire et la division civile, chacune comportant deux niveaux : la croix et la médaille. La division militaire s’adresse aux personnes dont le professionnalisme remarquable fait honneur aux Forces canadiennes.

Le général Hillier, maintenant général, est reconnu pour sa contribution exceptionnelle et qui, par conséquent, font honneur à leur collectivité et au Canada.

Citation:

Le général Hillier, maintenant général, a reconnu pour sa contribution exceptionnelle à la Force internationale d’assistance à la sécurité (FIAS) de l’OTAN pour des années à venir. Dans des circonstances difficiles et hostiles, il a guidé FIAS durant une période de transition critique, notamment en projetant une influence favorable par l’intermédiaire d’équipes de reconstruction provinciales.

Le général Hillier a pu nouer et entretenir des rapports avec les autorités afghanes qui aideront l’OTAN pour des années à venir.

8 Wing Chief Warrant Officer CWO Don Cheverie.
So what exactly is SICOFFA?

by Capt Nicole Meszaros, 8 WPAO

SICOFFA stands for the System of Cooperation Amongst the Air Forces of the Americas and is an apolitical and voluntary organization whereby member Air Forces can strengthen ties, exchange experiences and establish procedures to act in partnerships as directed by individual governments.

The organization was established in 1961 with Canada as an observer country. In May of 1992, Canada became a member of SICOFFA and has since hosted several conferences for the organization. This year, 8 Wing/CFB Trenton will be hosting a conference from October 3 until October 7. Delegates will begin arriving October 1 and will range in rank from major to colonel. Military members are reminded that in accordance with the CF Manual of Drill and Ceremonial, foreign officers shall be saluted in the same manner as Canadian officers.

Member nations of SICOFFA include Argentina, Bolivia, Brazil, Chile, Columbia, Dominican Republic, Ecuador, El Salvador, Guatemala, Honduras, Nicaragua, Panama, Paraguay, Peru, United States of America, Uruguay and Venezuela. Observer nations currently include Belize, Costa Rica, Guyana, Haiti, Jamaica and Mexico.

Missions for 2005:

- Missions for Sept.: 128
- Persons rescued: 118
The Contact Staff

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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 submitting your submissions for the paper:

• Articles should be typed in upper and lower case and in plain black
• Wherever possible, photos should be included with your article. Include
• Articles may be mailed, e-mailed or delivered in person. Non e-mail
• Graphics/logos may be sent as separate files.

Tips for writing:

• Do not include clip-art or graphics within your typed pages. Additional
graphics/logos may be sent as separate files.
• Articles must include author’s full name, unit and phone #.
• Please label all disk and hard copies with article name, contact person and phone number, date.
• Articles must be received by Tuesday at noon prior to print date at The CON-

Letters to the Editor:

Internet: LEBLANC@forces.gc.ca
Intranet: LeBlanc.Al-CFBTrenton@Trenton

All letters and advertise must be signed and the name of the author will be published, unless otherwise requested. Include a phone

number for verification. We cannot guarantee that any particular letter will be printed. Mail, e-mail or fax should be directed to the
Contact Office. Please refer to the information at the bottom of the page for how to reach us.

A Military Community Newspaper

The Contact newspaper is a Personnel Support Programs (PSP) entity. One newspaper rate applies solely on revenues generated that way and are paid by the

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Opinion / Editorial

message from the Editor

Okay, I am officially confused.

An article in this week’s issue of The Contact, submitted by MRE Safety, brought to my attention a new piece of provincial leg-

islation.

Bill 73, which took effect on September 1 this year, focuses on road safety, particularly involving chil-

dren and youth.

The section dealing with school bus safety is great (logical, necessary etc.), as is the part of the legis-

lation that addresses improving the graduated licensing system. The sec-

tion that pertains to car seats and booster seats, however, is somewhat puzz-

ling.

As the mother of two school-aged children, this portion of the legislation impacts me, though not nearly as much as it would have a year or more ago.

According to the new law, booster seats are required for children under the age of eight, weighing more than 18 kg but less than 36 kg, and who stand less than 149 cm tall, I, of course, completely under-

stand the height and weight guidelines, which are deter-

mined based on safety requirements relative to seat belt effectiveness. If a child is too small or too light, the belt cannot adequately pro-

tect in the event of a crash or collision. But what, pray tell, does age have to do with it?

Some seven-year-olds are huge compared to the average, and some 10-year-

olds are tiny. So why is eight the magic age when it is safe to abandon the booster seat? Unless I am missing something here, age should never be a factor when it comes to safety.

Bill 73 clearly states, and I quote: “A child can start using a seatbelt alone once any one

of the three criteria (age, height, weight) is met.”

In other words, the way I am reading this, a tiny lit-
tle eight or nine-year-old could kiss the booster seat goodbye, regardless of

whether he or she is tall enough or heavy enough to be properly protected by the seat belt alone should a vehicle accident occur.

How can this be? I wel-

come any calls or letters if

someone can just explain this to me...

Canadiana Crossword

Tieckler Talk

Barbara Rosella and James E. Crego

ACROSS
1. Res. income provider
5. Possesses
12. Little, in Lardine
16. Yd., in Yndabahei
18. AKA: Charles Lamb
20. Going forth
21. Castle foliage
23. Huldele, slungby
25. Flesh
28. “The ‘P’ in TCP”
29. Timespace
30. Lieutenant

5. Brooksister MacLean, for one
8. Vision
11. The “P” in COPR
17. Contributed to the pot
22. Assisted
32. Calendar arte
34. The “B” in PSC
36. Biblical ladder guy
37. Decato’s Pat
39. Telet in Twicenham
39. Joint
40. I
42. Go astray
44. Acanthus
45. Starzmered
46. Oakleaf, for one
47. Down
49. Cheer
50. LeBron

Down
1. Unplunred one
2. Bulsh
3. 5 Fish eggs
4. Mountain rage
5. Mcran
6. Vogon empire
7. The “N” in NARR
8. 10 Foot
9. 11 Kilt
10. 12 Cashew or almond
14. Ad
15. Red or Yellow
16. 16.2 Unr
17. 17 Chat
18. Obex
19. 19 Man’s ring

5. 2004 one
6. 2005 one
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50. 2049 one

This Week in Contact

1975 – Changes in rates of pay will mean an increase of 13-14 per cent for most servicemen. The new rates reflect the efforts of the Joint Treasury Board/DND Advisory Group on Military Compensation to ensure that military members continue as a group to receive overall pay comparability with public service as a group.

1985 – On the occasion of 424 Squadron’s 50th Anniversary this summer, the squadron received its new Colours, presented by Her Excellency, the Governor General of Canada. The old Colours will be returned to Hamilton, where the squadron received its Standard in honour of 25 years of accumulated service. The Colours will be laid up for safe keeping in Hamilton City Hall.

1995 – The members of the Canadian Forces who look after cargo and passengers aboard transport aircraft received full airline wings at a cere-

emony on September 26, 1995. Loadmasters have been part of transport crews since the mid-60s. At first they wore the same upright wing insignia as cabin attendants, with a maple leaf in the centre. In 1980, a special load-

master symbol, the balance beam, replaced the maple leaf. The wings remained raised, rather than spread.

Created by Lt J. H. MacDonald, Compiled by Laurie McVicar.
Mediating “on the edge”

For mediators of workplace disputes like me, every mediation is a happening. You work with each disputing party individually in advance to prepare a smooth and constructive meeting, but you still don’t know what will happen when you bring those parties together, face-to-face. Those who don’t like working tightlyrope without a net needn’t apply for this job.

But this particular case (not a Trenton case) would be no ordinary mediation. This one, I was warned up front, would be “high risk”. My colleague Dan and I, assigned to co-mediate, fully expected to fall flat on our faces on this one.

The request for mediation had come at the last minute from a difficult employee (call her Wendy). A civilian clerk, Wendy had over a long time exasperated and alienated just about everyone in her chain of command. Figuring that nobody else really knew her well enough to know how she could be most effective, she liberally re-interpreted every order and direction she was given. Now her supervisors, after years of getting only part of what they had asked of her, were taking administrative action. Sensing (correctly) that her career was in jeopardy, Wendy requested mediation.

Meeting with Wendy alone, Dan and I found her to be a sensitive, emotio- 

nally needy person. She broke into tears a number of times during our pre-

mediation meeting with her, usually when talking about Doris, her supervi-

sor. We found Doris to be practical and

optimistic about its outcome.

For his part, the unit CO actively

supported Wendy. But this particular case (not a

Trenton case) would be no ordinary

mediation. This one, I was warned up 

front, would be “high risk”. My colleague Dan and I, assigned to co- 

mediate, fully expected to fall flat on our faces on this one.

The mediation started well with

Wendy and Doris both saying very posi-

tive things about each other. Doris 

expressed both genuine respect for 

Wendy’s abilities and sympathy to 

Wendy’s unique needs. But Doris also 

stood firm on a number of things that 

she deemed to be hard job requirements for Wendy. Wendy, reacting to each 

point of Doris’ inflexibility as if it meant disrespect of her capabilities and unrea-

sonable denial of her freedom, repeat-

edly broke into tears. On each such 

breakdown, Dan and I as neutral medi-

ators, took her aside and dealt with the 

emotion, inviting her to consider other 

possible ways of looking at Doris’ insis-

tence. After our third such session with 

a tearful Wendy, Dan and I were 

resolved to having failed utterly.

Then, suddenly, late in the day— miracle of miracles—Wendy had an 

aha-moment… she let go of the idea 

that Doris’ inflexibility sprang from “disrespect for Wendy” and instead 

decided that this was indeed just Doris doing her best to be a good supervisor. 

Through the mediation process, Wendy got to the point where she could 

acknowledge that Doris is in fact a sympathetic supervisor whose demands of 

her staff are fair. Along with this new clarity in seeing her relationship with her boss, Wendy achieved new clarity on her own future. She conclud-

ed the mediation by signing an agree-

ment to henceforth meet all of her supervisor’s demands.

“A month later, when Dan and I last 

called these clients, their deal was hold-

ing up fine.”

Post Script: Mediation and various other

Alternative Dispute Resolution (ADR)

services are offered to the 8 Wing/CFB 

Trenton region by the Trenton Dispute 

Resolution Centre. You can learn more 

about ADR by taking one of the Workplace 

Conflict Management Courses to be 

offered by DRC Trenton as follows: 11-14 

Oct 05, 15-18 Nov 05 (serial customized to unit/chiefs’ needs) and 6-9 Dec 05. For 

information about any ADR course or 

service, please call Mr AE (Ed) Jarick, 

DRC Admin Assistant (local 3440).
The “empty nest” blues

by Lori Weisflock
Mental Health Services

Some of my friends’ children have gone away to college or university within the last year and report this as being quite traumatic. I never thought much about my children leaving home until last month when I went with my son to help him pick out his courses for his final year of high school. After our meeting I was surprised that I felt sad thinking that my eldest would probably be gone next fall.

Parents react in various ways when their children leave home for the first time. It is normal for you to worry, feel lonely, depressed, scared, excited, happy, anxious, etc. It is also normal for your son or daughter to react to the transition of leaving home. Here are a few ideas on how to cope:

1. Acknowledge your feelings by talking to others and the departing child.
2. Reassure your child that you are there for them.
3. Help them set up their new home away from home.
4. Have regular phone/email contact with your child.
5. Have a good cry and repeat as needed.
6. Say goodbye with something special.
7. Allow yourself to reflect on your child’s life so far and into their future.
8. Make sure that your child’s home away from home is a safe and friend-ly environment.
9. Plan to see your child for visits on a regular basis and have that first visit scheduled ahead of time.
10. Show yourself and your child around their new community.
11. Give your child as much choice and freedom as possible with the move.
12. It’s OK that your child knows that you will miss them a lot.
13. Clarify financial matters and the support that you will provide financially.
14. Let your child know that they will be just fine. And you will be too.

Microwave

Microwave safety hazards

Submitted by Don Heans
Wing General Safety Officer

Microwave ovens are almost as common to a household as a toaster. They offer a busy family a convenient way to enjoy a hot meal in minutes. But, because microwaves have become so widely used it is easy to forget the unique safety hazards associated with these special ovens. It is important to read the manual that comes with any new appliance. A manual will help you understand how to oper-ate your new microwave in the safest and most efficient way possible. Here are a few hazards to consider when using your microwave:

D i a r y  m i c r o w a v es or MWVs will escape from any opening such as cracks, holes or the open door. The door of your microwave oven should have one or more safety switches called interlocks which turn the oven off automatically as the door opens. Make sure these interlocks are not faulty. Check for loose or bent doors, missing screws and ineffective door latches. Make sure the door is not sprung, warped or misaligned. Electrical arcing or sparks which can lead to fire occur when food residue is in the oven. Your microwave is cooking the leftover food just as much as it is cooking the new food. Make sure meat, poultry and fish are cooked thoroughly to avoid sal-monella and other types of bacteria. Let microwaved food stand covered for a few minutes. This will allow heat from the food to expand throughout the food, completing the cooking process.

Microwave ovens don’t allow control over the temperature of the oil, which can spatter or boil over when overheated. If moisture were to reach the oil while your hand is inside, the pop-ping or boiling oil would have a close-range target. When you cover a dish with plastic wrap before microwaving, leave a cor-ner open so steam can escape. A tight seal could allow steam to build up in the dish causing painful consequences when you remove the food from the oven. Don’t let plastic wrap touch the food. Plasticizers from some

Legislation calls for older children to use car seats

MSE Safety

Car crashes are the number one cause of death for Canadian children. A properly installed car seat can reduce the risk of serious injury or death by as much as 75%.

Car seat clinics show that as many as 80 per cent of car seats are installed improperly. Common errors include not tightening the seat- belt and harness enough, and not properly using a crotch strap when required.

The Ontario govern-ment’s new legislation effective September 1, 2005 will require the use of booster seats for chil-dren who have outgrown a car seat but are too small for a regular seat-belt.

Booster seats are required for children under the age of eight, weighing more than 18 kg but less than 36 kg (80-80 lbs) and who stand less than 145 cm (4 feet 9 inches) tall. A child can start using a seatbelt alone once one of the following criteria is met:

- The child turns eight years old;
- The child weighs 36 kg (80 lbs) or;
- The child is 145 cm (4 feet 9 inches) tall.

More drivers, beyond parents and legal guardians, are required to use child car seats when traveling with toddlers including, for example, baby sitters and grand-parents as well as pri-mary caregivers. You are encouraged to consult your vehicle owner’s manual and child seat instruction manual when installing the child restraint. Ensure the seat is tightly secured.

If you are finding it difficult or you have concerns with the proper installation of your child car seat you may contact your local police service or public health unit listed in the blue pages of your phone book, for clinic informa-tion, or visit www.sja.ca for more information.

For more information about child car seat safety contact the Ministry of Transportation at 1-800-268-4686.

Road safety...it starts at you.
Fitness, Sports & Recreation

Having diet difficulties? Try a food log

Confessions from the Gym

Laurie McVicar

I appear to be suffering a major case of the dreaded writer’s block this week.

Even my usual back-up plan of surfing the fitness websites failed to turn up any interesting topics to discuss in this week’s “confession.” Hence, my trainer received an e-mail on Monday begging for topics to discuss in this week’s “confession.”

Hence, my trainer received an e-mail on Monday begging for topics to discuss in this week’s “confession.” I turn up any interesting fitness websites failed to turn up plan of surfing the web for the week.

Major case of the dread...

Having diet difficulties? Try a food log

PSP Fitness Instructors.

The Canadian Forces National Women’s Slo-Pitch Championship was held at CFB Borden from September 17 to 21.

This year, CFB Petawawa, a solid team who went undefeated at the Regional Championship, represented the Ontario Region. Cpl Céline Picotin, from 8 Wing/CFB Trenton, was picked up by the Regional Champions and got to represent the Ontario Region at the National Championship.

The Ontario team finished second in the round robin tournament with three wins and one loss. The only team to beat them, CFB Comox representing the Pacific Region, ended up as their opponent in the ultimate and final game. Ontario took a three points lead but were unable to maintain it when the Pacific Region took advantage of a bad inning. The final score was 7-5 in favour of CFB Comox.

Cpl Picotin’s performance was of great help to the Ontario team. In addition to being selected as the Most Valuable Player (MVP), she was selected in the CF All Star Team in the short-stop position.

Picotin picked for all-star team

Classifieds

Military Swim

Tuesdays and Thursdays will feature stroke correction clinics, water running, and some intense sport-specific training delivered by PSP Fitness Instructors. Join us Tuesdays and Thursdays from 1130-1300hrs at the Rec Plex Pool.

noon hour classes at the Gymnasium

feature the following Monday - Hi Lo Tuesday - Step Wednesday - Spin Thursday - NEW! two choices -Cardio&Core at the Gymnasium & Aquafitness at the RecPlex

Friday - Sweat

October’s PSP FTT-BITS Newsletter will be available at the beginning of October. To receive our complimentary newsletter, please email Fitness Coordinator Lisa Retasse.

Active Self Storage

100% Indoor Heated Units

As a state of the art storage facility we offer:

• High-tech video surveillance
• Large variety of unit sizes
• Competitive prices
• 24/7 access to your unit
• Individual unit alarms

15% OFF for Military Employees

392-3355

Open Mon - Fri: 8:00am to 5:00pm or call for an appointment #400 Sidney St., Trenton (off 491 at Exit #52b)

Sports shorts...

Obit Timers Team Looking For Players

The Old Timers Hockey Team is looking for players to compete at the 2006 Regional Championship scheduled in Kingston from February 19 – 23, 2006.

The team will play every Monday from 1500 – 1630 hrs and Wednesday from 1830 – 1930 hrs. Exhibition games will be held Thursdays from 1930 – 2130 hrs. This team is open to CF, Reserve class B or C Military personnel 35 year of age prior to Feb 19. Final team selection will be completed during the last week in January. Interested players are to attend the practices or contact the coach, MWO Len Wood, at local 7707 or Team Captain WO Brian Frank at local 3194.

Women’s Hockey Team

The 8 Wing/CFB Trenton Women’s Hockey Team will be hitting the ice every Tuesday and Thursday from 1600-1700 hrs.

No matter what your ability, you are welcome to join us, in an hour of learning and fun. This team does not play in a league but will attend the Ontario Regional Championship in Kingston, scheduled for Feb. 19 – 23. Anyone interested in playing is to attend the practices or contact Cpl Céline Picotin at local 2765.

Registration Extended

Player registration for NHL is extended until Friday, October 7.

The league is open to CF Military, DND, NPF and contract full-time employees. League will play at the RCAF Arena at noon, Monday – Friday. The cost is $30 until the official’s fees are determined. Players must register in person at The Gymnasium main office. For more information, contact the Military Sports Coordinator, Dan Cormier, by e-mail or at local 3373.

Curling League Meeting

The Intersection Curling League organizational meeting is scheduled at the Gymnasium conference room for 1000 hrs, Tuesday, October 4.

The league is open to CF Military, DND, NPF and full-time contract employees. Interested team reps or players are to attend this meeting in preparation for the 2005/2006 Curling Season. For further information, contact the Dan Cormier by e-mail or at local 3373.

Players Needed for Men’s Hockey Team

The Men’s Hockey Team is looking for players to compete at the 2006 Ontario Regional Championship, to be held in Kingston from February 20 – 24.

The team will practice every Monday from 1400 – 1700 hrs, starting on October 10. There will be a team meeting at 1900 hrs on Oct. 3 at Wahoo Sports Bar for all interested players to attend. If you’re not able to attend, please contact Sgt Wade Simpson at local 3781.

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Wexner Family Funeral Homes

1540 Kingston Rd.
**Journée familiale du CRFM de Trenton**

**Dimanche le 2 octobre de 11h à 15h**

BBQ, Peinture faciale, Course Bungee, Château gonflable, Kiddie Commando

Les pompiers de la 8e Escadre viendront avec Sparky, la maison de fumée, leur camion et des tirages horaires et beaucoup plus...

**Information Night**

Do you know where you can get the needed information? Are you looking for local assistance?

Volunteer and Information Quinte in partnership with the Trenton MFRC will hold a bilingual information session regarding the offered services in our area, including: community services, leisure and tourist activities.

**Wednesday, October 5th, 2005 7:00 - 8:30 pm**

Siskin Centre

Guests/Invités:

- Jacques Dufort, Le FrancoPhare
- Jaclyn McSwiggan, City of Quinte West
- Elaine Cole, QW Chamber of Commerce
- Hélène Cadotte-Gagnon, MFRC

**Date:** le 12 octobre, de 18h30 à 21h. 
**Coût:** 30,00$.  
**Animatrice:** Marie José Dassylva.

**Soirée d’information**

Savez-vous où chercher pour obtenir l’information dont vous avez besoin? Cherchez-vous une aide locale?

Volunteer and Information Quinte en collaboration avec le CRFM de Trenton tiendra une session d’information bilingue sur les services offerts dans la région; services communautaires, de loisirs et de tourisme.

**Mercredi le 5 octobre 2005 de 19h à 20h30**

Centre Siskin

Christine Geoffrion, VIQ

Cathy Fyros, Welcome Wagon

Holly Lalonde, Community Recreation Association

**Wednesday Night Out**

Pre register please by calling 965-3595 or 965-3575

**Information Night**

Come and find out what services the Quinte community has to offer. Guests from services in the Trenton Belleville area will answer your questions. Refreshments will be served. 

Date: October 5

**Tole Painting / Halloween Witch**

This Halloween witch can be yours! All materials, pre cut wood and paints and instructions are included. Explore your artistic talent making this craft. 

**Date:** October 5

**Cost:** $7.00 each 
**Instructor:** Marie José Dassylva

**Belly Dancing for Youth**

**The Dance that Celebrates Life, Birth and Creativity**

Ages: 6 - 12 years old 

Saturday, October 1st, 10:00 - 11:30 am

Cost: $7.00 each 

Payment must accompany registration to confirm spot.

**Japanese Language and Culture**

This course will introduce you to the basics of the Japanese language as well as giving you some background on the history, people, food and present day culture of Japan. Start exploring the mysteries of Asian culture. 

**Starting:** Wednesday October 5 for 8 weeks 7 pm to 9 pm 

**Cost:** $75
Energy Matters - heating
by WO. D. Carlson 81AEC

With the great summer we have experienced and hot temperatures we continue to enjoy, most of us are not thinking about the heating season.

The Farmers Almanac states the following: “The winter season will have below-normal precipitation and snowfall. Temperatures will be near normal, on average, with the coldest periods in early, mid-, and late December, and mid- and late January. The heaviest snowfalls will occur in late November, mid- and late December, late January, and late March.”

It sounds as if we will experience an average Ontario winter but one never knows. If you haven’t already done so, one never knows. If you have a forced air system, the filter should be cleaned or replaced once a month during the heating season.

1. Set your thermostat back. For each 4°C you turn back the thermostat each night, you save up to 10% in energy costs.

2. Install low-flow showerheads. Efficient showerheads can cut water use by up to 60% compared to conventional fixtures.

3. Clean or replace your furnace filter. If you have a forced air system, the filter should be cleaned or replaced once a month during the heating season.

4. Seal heating ducts. If you find a drafty seam, seal it with high-quality duct tape (wide metal duct tape is best) or approved mastic specifically for duct sealing.

5. Stop cold air blasts from switches and outlets on exterior walls. Install low-cost, high-density foam gaskets and seal them into place with clear caulk.

6. Atric hatches should be weatherstripped and the back of the hatch insulated as much as possible.

7. Insulate your hot-water storage tank. Wrap your hot water tank in a thermal blanket and insulate hot water pipes.

8. If your refrigerator-freezer is more than 20 years old, consider buying a new one. Fridges today use at least 55 percent less energy than those built in the 1970s.

9. Keep your dollars from escaping. Weather-strip your doors and windows to keep the cold air out and warm air in.

10. Stop air-conditioning your home year-round. Window air conditioners let in cold air and should be removed for winter.

Chimo!

8 WING HOSTS MILFOTO REUNION

Doug Price from British Columbia, a retired Canadian Forces photographer, participated in a tour of the RCAF Memorial Museum on September 17 as part of the Milfoto 2005 reunion. More than 300 retired or active Canadian Forces photographers/Imagery Technicians attended this reunion that was held at 8 Wing Trenton from Sept. 16-18.

Support the United Way/HealthPartners campaign. Please give generously.

8 Wing Trenton from Sept. 16-18.

Support the United Way/HealthPartners campaign. Please give generously.

Support the United Way/HealthPartners campaign. Please give generously.

Come and celebrate OKTOBERFEST with us in the Astra Lounge at the JR Ranks Mess on Friday October 7th 2000 hrs

Tickets: $5.00 per person
The first 500 people get a free hat, bratwurst & mug w/ refreshment
Advanced tickets may be bought at the JR Ranks Mess.
This event will coincide with the 210th anniversary of Alexander Keith’s Birthday
This event is open to Jr Rank members and their invited guests.

Many Door Prizes to win!
Courtesy Vehicles will be available.
For more information contact the JR Ranks Mess Office @3700

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Many Door Prizes to win!
Courtesy Vehicles will be available.
For more information contact the JR Ranks Mess Office @3700
EVERYTHING MUST GO SALE!!

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- Sofa Beds - Chest of Drawers & More!
- Pillowtop Mattresses

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BOX & MATT SETS $89
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every option available! loading power memory heated seats moon roof sunroof. 4wd. 90k km. $15,995

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dual power group packages included. 90k km. 4x4. $18,995

2002 SATURN 4x4 automatic included. loaded up with power windows & locks, air, cruize, dl steering, CD player, keyless entry. 100k km. $7,995

2002 GMC QUAD CAB Z71 4x4 5LE
dual power group packages included. 100k km. 4x4. $20,995

2002 CHEV AVALANCHE 8 cy, automatic, power windows & locks, keyless entry, cruize, dl steering, 4x4 door. 80k km. $32,995

2003 CHEV S10 LS EXT.CAB
dual power group packages included. 4x4. 90k km. $13,495

1996 CHEV TRALEZ LTR
dual power group packages included. 4x4. 130k km. $4,995

2001 CHEV L6 EXT.CAB
dual power group packages included. 4x4. 100k km. $7,995

2001 CHEV SILVERADO CREW CAB 4x4
dual power group packages included. 4x4. 80k km. $25,995

2001 KIA SPORTE 4x4
dual power group packages included. 4x4. 80k km. $1,995

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- Let’s Get Your Credit Rolling

CLEAN DEALS ON GREAT LOOKING WHEELS!
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ARIES (March 21-April 19): Too much going on and too many different interests will lead to mistakes on the 2nd that can be avoided. Dishonesty will be the enemy, so keep your word about you and concentrate. You have to take an aggressive stance on the 5th and 6th if what you’re making money on will be fantastic in financial and legal matters. Try to conclude a settlement that has been lingering. You may feel impulsive on the 5th and 6th, and that can lead to over-spending. Slow down and don’t make a decision even if someone is pressuring you to. Be very careful not to overspend your branch. You can pick up interesting items if you shop around on the 8th.

TAURUS (April 20-May 20): Everything will depend on how well you take care of yourself on the 2nd. You have to clear up all the noise under the 3rd, 6th and 7th that are getting in the way of your progress. Once you have, you will be free to start something new. An altering change will occur, so take part in an organized event. Love problems are likely to arise on the 6th and 7th. Be careful not to take advantage of the circumstances. Dangerous speculations can develop if you’re too cocky. You can make some adjustments on the 8th, but don’t make a decision in a hurry. Think things through if you don’t want to make a mistake. Getting upset or angry will be a waste of time.

GEMINI (May 21-June 20): Your creative side is a powerful ability that will adapt you to put yourself in the spotlight on the 2nd and keep everyone around you entertained. You have plenty to offer and everyone will see how competent, resourceful and passionate you are. The emphasis will be on money, health and legal matters on the 3rd, 4th and 5th. You will grab other people’s interest. The more mingling you do, the better you will do on the 3rd, 4th and 5th. Think outside the box if you want to get ahead. Career moves will be advantageous. Concentrate on getting ahead in the business world by connecting with people in the industry. A problem with an agreement settlement may cause some anger. You are on the right path and everything you do is leading to success on the 8th. It may be time to move on.

CANCER (June 21-July 22): You will have to be very careful how you handle personal issues on the 2nd. Someone will try to make sure you neglect the positions you take. You will love in luck and scandal just about now as it up on the 3rd, 6th and 7th. Refuse from expecting the world to improve in the way you love. Observe the behavior of children: A lot can be learned from the young as you have on the 2nd. You will know what to do. On the 3rd, set up for an auspicious program or change your dietary habits. A financial problem can lead to your using the 8th in a way that can change your fortune. A chance to connect with someone who can help you. Make any changes that you feel can contribute to your future advancement. Get involved in something totally unique on the 8th. It will bring you greater vision for future prospects.

LEO (July 23-Aug. 22): Someone from your past will be on your mind on the 2nd. Drop procrastination and get to work. A short talk will hold you in a new direction on the 3rd, 4th and 5th. You will be able to pick up valuable information now and the right thing. A partnership will mean out to be more unique than you imagined. Don’t let troubles at home slow you down on the 6th and 7th. You are a high social cycle, so hook up with people who can help you. Make any changes that you feel can contribute to your future advancement. Get involved in something totally unique on the 8th. It will bring you greater vision for future prospects.

VIRGO (Aug. 23-Sept. 22): Your mind will be on work and your future on the 2nd. If you have an idea, act on it. You can make a move from one career to another on the 3rd, 6th and 7th even get a job if you have been out of work. Business deals, increasing your income or making an investment looks positive. As much as you want to have everything fall into place, that won’t be the case on the 6th and 7th. You will have to work around people who are harming and having about what you should do. The low you allow others to get involved in your business, the better. Be reasonable on the 8th when it comes to relationships. Living in a dream world will only lead you down the wrong path.

LIBRA (Sept. 23-Oct. 22): Don’t let the idea that you can’t do much for too many on the 2nd. Call in the troops and get some help. The more versatile you are, the better you will feel on the 3rd, 6th and 7th. Think outside the box and you will grab other people’s attention. The more you do the mincing, the better your chance will be to promote your latest idea. Deals can be established and money made. You will find it difficult not to make a big deal out of little things on the 6th and 7th. Don’t get all worked up over nothing. A problem with a settlement may cause some anger. You are on the right path and everything you do is leading to success on the 8th.

SCORPIO (Oct. 23-Nov. 21): There may be too much going on underfoot on the 2nd. Do not rely on your senses. Be a diplomat, not a diva. You will have to make a total decision on the 3rd, 4th and 5th, and in order to get around some of the obstacles you face, it’s hard to make people with vision buy your idea. On the 3rd, you will work with certain persons and you are likely to pay more attention to you on the 6th and 7th. Question what this person wants before you pursue any sort of partnership. Money deals can be good on the 8th. Check out real estate opportunities. You will have a splendid turn this week. A credit makes a difference. If you want it, you get it. Cancer moves will be advantageous. Concentrate on getting ahead in the business world by connecting with people in the industry. A problem with an agreement settlement may cause some anger. You are on the right path and everything you do is leading to success on the 8th. It may be time to move on.

SAGITTARIUS (Nov. 22-Dec. 21): A chance to connect with some influential people on the 2nd will help you move into more prominent circles. Return to past places. You have been on the 3rd, 4th and 5th if you want to get ahead. Cancer moves will be advantageous. Concentrate on getting ahead in the business world by connecting with people in the industry. A problem with an agreement settlement may cause some anger. You are on the right path and everything you do is leading to success on the 8th. It may be time to move on.

CAPRICORN (Dec. 22-Jan. 19): You will come across and one clear about your future on the 2nd. Don’t let it ruin your time with loved ones. Stick to what you know and disc is a fabulous period if you own even the slightest mistake on the 3rd, 4th and 5th. Don’t get involved in gossip or stretch the truth. Be prepared to defend yourself. You may feel like helping someone out on the 6th and 7th, but chances are very good that you will be taken advantage of. Do not get involved in money deals or make decisions that could turn into long-term costs. Keep as much as you can. Someone on the 8th and 9th will help you deal with matters swiftly. Someone you think is on your side probably isn’t. Be careful how you handle others, regardless of the circumstances. Dangerous speculations can develop if you’re too cocky. You can make some adjustments on the 8th, but don’t make a decision in a hurry. Think things through if you don’t want to make a mistake. Getting upset or angry will be a waste of time.

AQUARIUS (Jan. 20-Feb. 18): Money is the name of the game and you are in charge on the 2nd. You will have to work hard on the 3rd to do really well in your field. You will have to work hard to do something great. Strictly business! That’s what you should be sticking to on the 3rd, 4th and 5th. Getting involved in the personal life of a friend will hinder you. Love may take a turn, but in the end it will be to your benefit. You have to communicate to as many people as possible on the 7th and 8th about something you want to pursue before moving forward. Don’t make sudden decisions or changes — lose your time. Don’t wait for someone due to start the ball rolling on the 8th. If an idea you’ve come up with will could be the right path.

PISCES (Feb. 19-March 20): Everything will depend on how well you take care of yourself on the 2nd. You have to clear up all the noise under the 3rd, 6th and 7th that are getting in the way of your progress. Once you have, you will be free to start something new. An altering change will occur, so take part in an organized event. Love problems are likely to arise on the 6th and 7th. Be careful not to take advantage of the circumstances. Dangerous speculations can develop if you’re too cocky. You can make some adjustments on the 8th, but don’t make a decision in a hurry. Think things through if you don’t want to make a mistake. Getting upset or angry will be a waste of time.
Welcome to The Contact Newspaper’s Community Events page! Thanks to the generosity of Trenton’s Centre Theatre, we can now feature (space permitting) public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 965-7490 or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.

**UNITED WAY TEEN DANCE**
Where - 8 Wing RecPlex  
When - October 14 (Friday)  
Time - 7 - 10 p.m.  
Cost - $4 at the door  
Ages - 9 to 15+  
DJ ON DUTY AND TAKING REQUESTS  
CANTEEN WILL BE OPEN

**Chronic Pain Management Support Group**  
Held Tuesday and Thursday Afternoons  
1330-1530 for 4 weeks  
Beginning Tues Sept 20 and ending Thurs Oct 13  
Open to all CF members, DND employees, Spouses or 8 Wing personnel.  
Meetings take place at Mental Health Office conference room  
at the new 8 Wing Medical Clinic.  
To register or for more information please contact Lori Weisflock at 2254.

**The Town & Country Camera Club**  
meets the first Wednesday of each month at 7:30 p.m. at the Dufferin Centre, Trenton.  
At the next meeting on October 5th, members are requested to bring slides and/or prints for “show and tell.”  
New members are welcome. For more information, call Harriet 392-4449 or Tony 394-5393.

**Astra Lanes** will be hosting a Karaoke Night on October 1 from 7 - 11 p.m.  
All you can bowl for $10 plus try out those singing voices with Karaoke.

**UNITED WAY GOLF TOURNAMENT**
The Wing Commander’s United Way Golf Tournament was conducted on September 14 at the CFB Trenton Golf Course. It was successful with numerous personnel taking part. The total amount raised was $8,200 for the United Way.  
The winners were: Lisa Rowe, John Sheard, Larry Macdonald and Stu Macmillan.  
We would like to thank our sponsors and volunteers for helping to make this tournament a success: Jim McPeake (Bay Mazda), Brent MacFarlane (Labatt), and Scott Bennett (Wilson Sports). Thanks also to all of the Hole Sponsors—Simonco Office, Front Automotive, Randall’s, Four Season’s Sports, Tomasso’s Dining, Fitness Depot, Advantage Fitness, Golden Valley Restaurant, Continental Fitness, Centre Theatre, Rumours Restaurant, Gym-Con, Irvin Canada, National Fitness, Tim Hortons Cobourg, Napa Automotive, Twin City Rentals, Carn’s Pools & Spas, Herrington Auto Service, Jack’s Filling Station and Loraday Environmental—and prize donors—Hercules Tires, Advantage Fitness, Fitness Depot, Ping Canada, Sysco, Royal Bank, Chaisson Trophies, Alpine Hotel, Timberswolf Gallery, Lansing Express and Irvin Canada. Special thanks to volunteers Mrs. Henderson, Dawn Henderson, Kristy Henderson, Christa Strickland, Lisa Leroyer and Shirley Martin.

**WHEN COMMANDER’S WING CHAPLAIN’S UNITEND WAY GOLF TOURNAMENT**
Wing Chaplain/Aumônier de l’escadre – Major Lloyd Clifton  
Administrative Assistant/Adjointe administrative – Manon Pilon  
Ext 2490

**UNITED WAY GOLF TOURNAMENT**
Wing Chaplain/Aumônier de l’escadre – Major Lloyd Clifton  
Administrative Assistant/Adjointe administrative – Manon Pilon  
Ext 2490

**CHAPLAIN SERVICES SERVICES OFFERT PAR L’AUMÔNIÈRE**
Wing Chaplain/ Aumônier de l’escadre – Major Lloyd Clifton  
Administrative Assistant/Ammointe administrative – Manon Pilon  
Ext 2490

**UNITED WAY GOLF TOURNAMENT**
Wing Chaplain/Aumônier de l’escadre – Major Lloyd Clifton  
Administrative Assistant/Adjointe administrative – Manon Pilon  
Ext 2490

**ORCHARD VIEW BAPTIST CHURCH**
178 Lester Rd., Trenton, 392-5294  
Pastor: Dr. Raymond Wilson Worship Services: Sunday 10:30 a.m.  
Everyone Welcome!

**BAPTISME/BAPTEMS’**
Please allow 30 days notice for preparation.  
- Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.  
- MARRIAGES / MARIAGES  
It is necessary to contact the chaplains’ office prior to setting a date. Failure to do so could result in disappointment.  
- Afin d’éviter des déceptions, il est important de communiquer avec le bureau des aumôniers avant de choisir votre date.

**DUTY CHAPLAIN/AUMÔNIERS EN DEVÔIR**
After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplain.  
Après les heures de travail, pour les urgences only, veuillez appeler le téléphoniste de la base au 392-2811 et demander l’aumônier en devoir.
Well, I guess I asked for it! Last week I responded to a few readers’ queries about their real estate and mortgage financing, and made the silly suggestion that any other reader could drop me a line with their own questions.

My email inbox is still recovering, as hundreds of people took advantage of the offer – so many, in fact, that I just can’t get around to responding to everyone. But below are some typical questions and I’ll get to some more in the next column. Boy, when it comes to the current market, we are all apparently fascinated!

From southern Ontario: “I am 30 years old, with a $100,000 mortgage and have some money to put against it. In these uncertain times, should I do that, or invest in RRSPs and use the tax credit to reduce the mortgage? My renewal is four years away – one of those locked-in coshorts.”

Well, dear coward, with residential real estate at, or near, the top of the price cycle in Ontario, I would be reluctant to put any immedi-ate money against the (relatively puny) mortgage – especially at today’s low rates. Yes, you are better to invest it in growth assets inside the RRSP (and that does not mean GICs), and throw the refund at the debt.

From Winnipeg: “You say we should buy in February – is that just in Toronto? I just bought a triplex here for $78,000, which is fully rent- ed. I want to buy more, but should I wait?”

Hey, a triplex for $78,000? You’ll have trouble finding a garage for that in Toronto. Of course it makes sense to pick up income properties like that, because, as I am sure you are aware, cash-flow positive from day one. Winnipeg is one of the most bargain-laden real estate markets in Canada, and if prices decline much more, they’ll be giving away properties like that. As with any income property, at any price – if it makes you money, buy it.

From Fredericton: “Do you think the coming real estate adjustment will have much of an impact in smaller towns? Five years ago a new home here was $235,000 and now it’s over $350,000, while in the prestigious areas, homes are $350,000 that were $230,000 five years ago.”

Yeah, the real estate boom that’s been on since 1999 has had an impact everywhere, and Fredericton – which is a government town with a fairly restricted supply of new homes, and whose riverside beauty is attract- ing more folks – has not been immune. The answer to your questions is simple: a weaker economy, higher mortgage rates and crazy energy prices will dampen real estate everywhere. But the impact will be far less in your city than in Toronto. If you want to move up, wait a few months.

From West Vancouver: “My house is worth about $800,000 and I have a mortgage of $238,000 at 4.45 per cent. I have about $250,000 in my RRSP and I am thinking about using that to create an RRSP mortgage when it comes up for renewal in May. I am having difficul- ties making the mortgage payments, and am consider- ing buying a smaller home. I’d like to retire in five years and will never pay off this mortgage. How much for the joys of living in the Lower Mainland, eh? Real estate values are nuts, and I would encourage you to move to Fredericton. Or Winnipeg! Seriously, if you want to have a nice retire- ment, then get your mits on the $350,000 in real estate equity that you currently have by selling and finding a better alternative. You are not a candidate for an RRSP mortgage with retirement looming in five years.”

Your other question – from Victoria: “I bought a townhouse last spring with $100,000 equity and a $200,000 variable rate mortgage. Should I lock in?”

No, Chill out, since the higher dollar will now still walk any serious rate hikes for a while. I’ll let you know when to lock.

From Toronto: ‘Twas a reader since 1955, and agree low rates are fuelling the market and it cannot go up 10 per cent for a few years. But don’t you think increased immigration and job growth affects demand for housing? Isn’t Toronto cheap by inter- national standards, like New York, Hong Kong or London?’

Shed the scales from your eyes, my friend. Yeah, the local economy does impact real estate, but Toronto is no London. In London average families do not expect to be able to afford to live in the city (and can’t), while in Toronto the market is driv- en entirely by domestic demand. That means when energy prices will dampen the market will not spiral out of control, this is not 1989, and the local economy does not a candidate for an RRSP mortgage with retirement looming in five years.”

So little space, so many questions.
Fire Prevention Week
Remember, fire prevention does not only last for one week but for 365 days a year.

A PROCLAMATION
Now know you that we, by and with the advice of our Privy Council for Canada, have thought fit to designate and do designate the week of Sunday the 9rd of October, and ending on Saturday the 15th of October in the present year as "FIRE PREVENTION WEEK"

This year Fire Prevention Week is from Oct 9th through Oct 15th, embraces the theme "USE CANDLES WITH CARE," and is dedicated to raising awareness of the dangers of fire and how important it is to ensure candles are NEVER left unattended—When you go out, blow out! While the 8 Wing Fire Department makes fire prevention and education an every day practice, this week is a special week where we make an exceptional effort to involve all of the elementary school children and all 8 Wing personnel.

Each day during this week members of our fire prevention team, as well as duty members, will visit the schools and give a presentation as well as conduct fire drills.

A member of the 8 Wing Fire Department assists a youth with the final task of the Mini Firefighter Challenge during last year’s MFRC Family Day.
The history of Fire Prevention Week has its roots in the Great Chicago Fire on October 9, 1871. This tragic event killed 250 people, left 100,000 homeless, destroyed more than 17,000 homes and buildings and burned 2000 acres in 27 hours. While the origin of the fire has never been determined there has been much speculation with one popular legend being that Mrs. Katherine O’Leary was milking her cow when the animal kicked over a lamp, set the O’Leary barn on fire and started this devastating fire.

On the Great Chicago Fire's 40th Anniversary, the Fire Marshall's Association of North America sponsored the first National Fire Prevention Day as a way to keep people informed of the importance of fire prevention. Every year since then, on the Monday through Saturday where the 9th of October falls, Fire Prevention Week has been observed.

Fire Prevention Week
Remember, Fire Prevention does not only last for one week but for 365 days a year.

Members of the 8 Wing Fire Department responded to a brush fire on April 18, 2005 in Middleton Park.

One of the many services provided by the 8 Wing Fire Department is fire extinguisher training.
Congratulations! Félicitations!

Cpl J. Crepeau received a promotion to that rank, presented by Maj S. Raby, WTO.

MCpl W. Baxter received a promotion to that rank, presented by Maj T. Giles, D/WLEO.

MWO L. Turner received a promotion to that rank, presented by Maj B. Bain and LGdr M. Doggett, CO24 CF H Svcs.

Cpl J. Amaral received a promotion to that rank, presented by Maj T. Giles, D/WLEO.

Cpl J.F. Pepin received a promotion to that rank, presented by Maj S. Roy, and Maj E. Morro, 8AMS.

Cpl S. McGrath received Driver of the Month Award, presented by Maj T. Giles, D/WLEO.

Maj S. MacLean received a promotion to that rank, presented by Maj B. Bain and LGdr M. Doggett, CO24 CF H Svcs.

Lt R. Wood received a Certificate for Health Service Management, presented by Maj B. Bain and LGdr M. Doggett, CO24 CF H Svcs.

Cathy Yeager received a Certificate for Risk Management and Safety, presented by Maj B. Bain and LGdr M. Doggett, CO24 CF H Svcs.

Mike Godkin received his 15-Year Long Service Award, presented by Capt D. Scherr, A/WCEO.

Bruce Morton received his 15-Year Long Service Award, presented by Capt D. Scherr, A/WCEO.

Ken Galloway received his 15-Year Long Service Award, presented by Capt D. Scherr, A/WCEO.

Bob Loshaw received his 15-Year Long Service Award, presented by Capt D. Scherr, A/WCEO.

Bill Vanclief received his 25-Year Long Service Award, presented by Capt D. Scherr, A/WCEO.

James LeBlanc received his 15-Year Long Service Award, presented by Capt D. Scherr, A/WCEO.

Bill Vanclief received his 25-Year Long Service Award, presented by Capt D. Scherr, A/WCEO.
Business Services

NEW & USED REFRIGERATORS
Shaws, sears, dryers, washer, dishwashers, 3 months old & up. Sold with written guarantees. Fridges $100 and up.

NEW APPLIANCES at the lowest price 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, no junk. YUGA & ENTHUSIASM accepted. Have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices.

We deliver. We like Base people. Open 7 days a week & evenings.

We have our own service available. 5 mins from 401 Brighton. Call 392-1623.

WANTED
New Barn & Cable style storage sheds 8’x8’ & 8’x10’. Delivered completely assembled. Call Fred’s Sheds 475-0192. Also will install vinyl siding.

WANTED
Wanted to Buy Fridge, stoves, washers, dryers in working condition but older. Dryer - Inglis (needs timer) Stove - Kenmore self cleaning Call 392-1623.

Cleaning Services

Cleaning Services

PMO’s, houses etc. at great prices. Call Tammy @ 392-0759.

CATERING

L&L BBQ Catering

Call 613-395-0097 FOR ALL OCCASIONS!

Yard Sale

Sat Oct. 1st

1266 County Rd #5

Minutes passed Stockdale.

8 am start.

Lots of great items!

PLEASE DON’T DRINK & DRIVE!

Attention Readers:

Check out page 12 for The Contact’s newest feature The Contact Comics! Thank you to our sponsor: Dr. Bruce D. Coward & Associates.
Credit card scam reported to MP Sqn

It has come to the attention of the Military Police that e-mails, regarding a credit card scam, have resurfaced on the Wing.

Although the information contained in the story is an urban legend dating back to the year 2000, the tactics utilized can be used to defraud someone.

The scam entails the following:

You receive a call from someone claiming to be from the Fraud Department of either Visa or MasterCard, stating that your card has been flagged for unusual purchases. The caller will state that they need to confirm that you are in possession of your card and ask you to provide him/her with a three digit PIN number located on the back of the card. Once you have provided them with the PIN number, the scammers have all the required information to make purchases on your credit card.

Should anyone become the target of such a scam, or any other telephone fraudulent activity involving your credit cards, hang up immediately, contact your local police department, the bank that issued the credit card and contact the following agencies:

• Phonebusters: 1-888-495-8501, or e-mail at www.phonebusters.com.
• Transunion – FVAD (Fraud Victim Assistance Department): 1-877-525-3823.
• Equifax Credit Information Services – Consumer Fraud Division: 1-800-465-7166.

If you have any further questions or concerns, please contact the Military Police Community Relations NCM, Cpl Lynne Papineau, at local 7154, or the shift supervisor at local 4444.
FINALE WEEK of Employee Pricing on all NEW ‘05 VEHICLES IN STOCK!

Here is an example of the GREAT TRADE-INS available!
All are priced to make room on the lot for the new 2006 Models!

2005 Chrysler 300
- V6, auto, air, CD, power windows & locks, cruise, tilt, keyless entry, alloy wheels, fog lights, roof rack, memory seat, auto. $24,999

2004 Dodge SX 2.0
- 4 cylinder auto, air, am/fm stereo, CD, power windows, tilt wheel. $26,094

2003 Dodge Dakota SLT
- 4 cylinder auto, air conditioning, anti-lock stereo, CD, bucket seats, 4th wheel. $23,344

2002 Ford F-150 XLT
- V8, automatic, air, CD, power windows, locks, cruise, tilt, alloy wheels, bedliner, bedliner, roof rack, 4th wheel, driver air bag. $22,999

1999 Chrysler Intrepid
- V6, automatic, air, CD, power windows, locks, cruise, tilt, keyless entry, alloy wheels, roof rack. $20,999

2002 Ford Windstar SEL
- V6, automatic, air, CD, power windows, locks, cruise, tilt, keyless entry, alloy wheels, overhead console, DVD. $21,499

2002 Saturn Vue
- V6, automatic, air, CD, power windows, locks, cruise, tilt, keyless entry, alloy wheels, roof rack, 4th wheel, driver air bag. $20,999

2002 Dodge Dakota
- V6, automatic, air, CD, power windows & locks, cruise, tilt, keyless entry, alloy wheels, wood trim, power locks, power windows, power seats, roof rack. $21,999

2001 Jeep Liberty Limited
- V6, automatic, air, CD, power windows & locks, cruise, tilt, keyless entry, alloy wheels, roof rack, 4th wheel, driver air bag. $22,999

2004 Ford F-150 XLT
- V8, automatic, air, CD, power windows, locks, cruise, tilt, keyless entry, alloy wheels, roof rack, 4th wheel, driver air bag. $24,999

2004 Dodge Ram 1500
- V8, automatic, air, CD, power windows & locks, cruise, tilt, keyless entry, alloy wheels, roof rack, 4th wheel, driver air bag. $25,999

2002 Dodge Neon
- V6, automatic, air, CD, power windows & locks, cruise, tilt, keyless entry, alloy wheels, roof rack, 4th wheel, driver air bag. $22,999