"CONTACT"

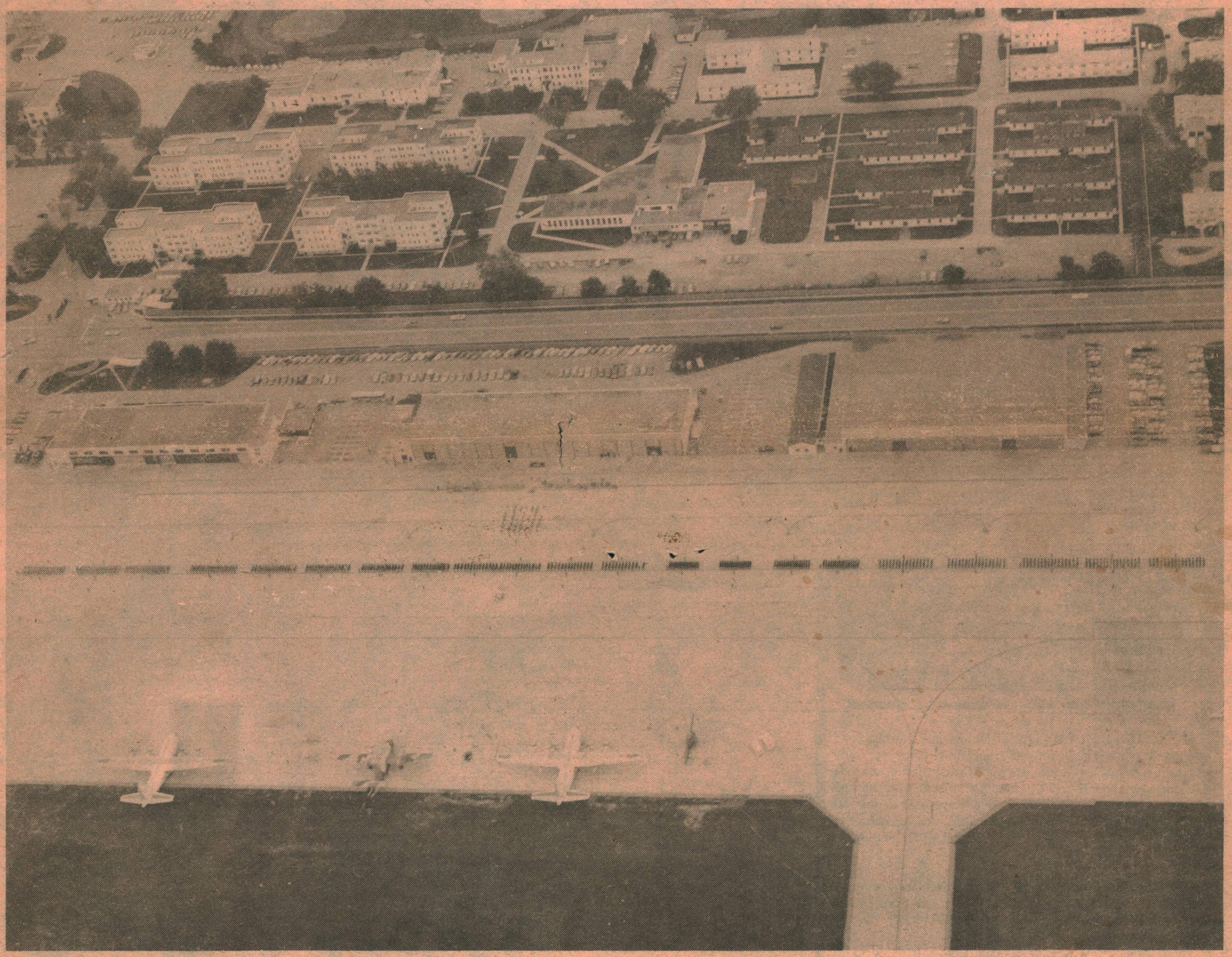
A MILITARY COMMUNITY NEWSPAPER

CNA

Vol 17, No 35

September 26, 1984

Brian – Where were you when the lights went out?



(Photo by Sgt Moon)

Passing In Review

What happened in the RCAF this day?

Sept 26, 1978 – First flight of Turbo Otter (CF-MESS-X) PT6A-27 engine at CFB Namao, Edmonton.

Sept 27, 1940 – S/L Ernie McNab becomes first RCAF ace in WWII, shooting down two aircraft in one day.

Sept 28, 1945 – RCAF acquires first Goster Meteor, Mk3 (EE311) for cold weather trials.

Sept 29/30, 1939 – S/L WI Clements, attached to No 53 (Blenheim) Sqn RAF, made a long distance night reconnaisance from Metz, France, to the Hamm-Hanover area of Germany – the first member of the RCAF to fly over enemy territory.

Sept 30. 1947 – The "interim period" ended and personnel who had agreed to serve during that period were released. Simultaneously the RCAF, on active service since 1 Sept 1939, stood down. An intensive tri-service recruiting campaign was opened.

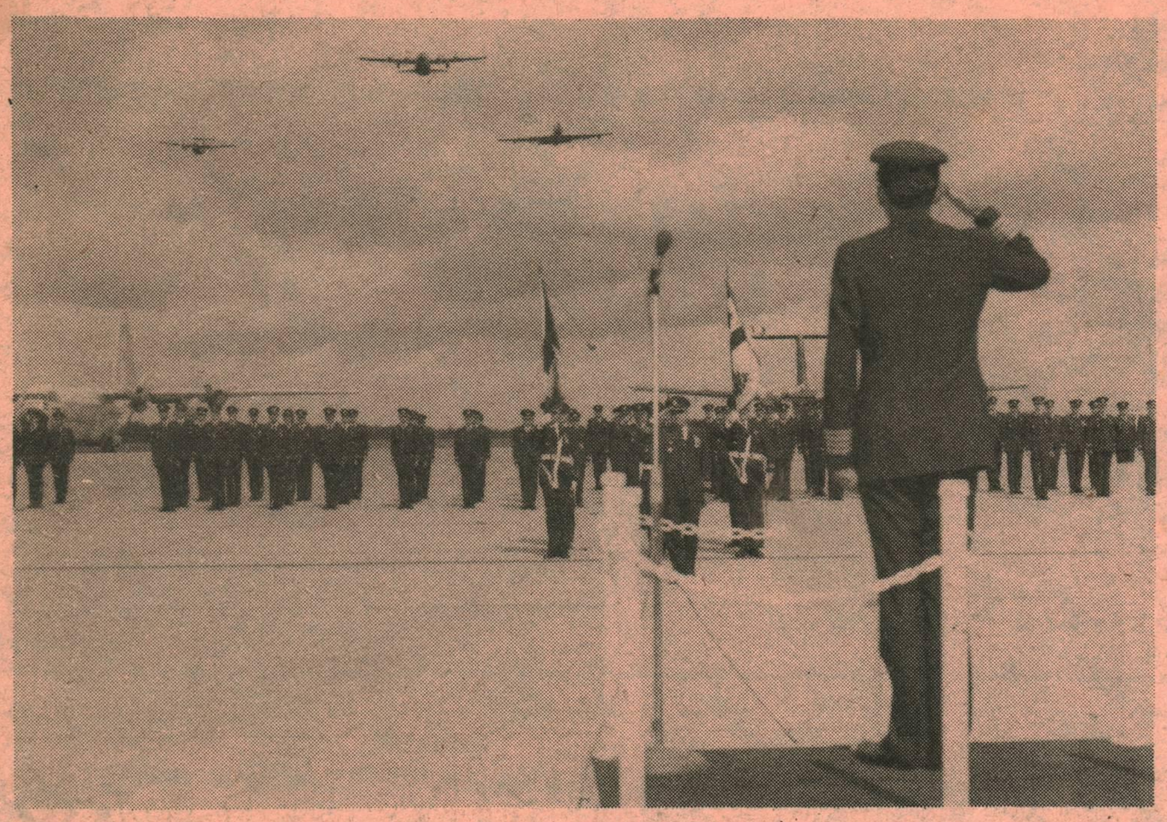
Sept 30 - Nov 22, 1947 – A joint Canadian Army-RCAF expedition evacuated Canon John H Turner, a gravely injured Church of England missionary from his remote outpost on Moffet Inlet, Baffin Island, to hospital at Winnipeg.

Oct 1, 1914 – Canada's first military aircraft (Burgess Dunne) arrived at Valcartier.

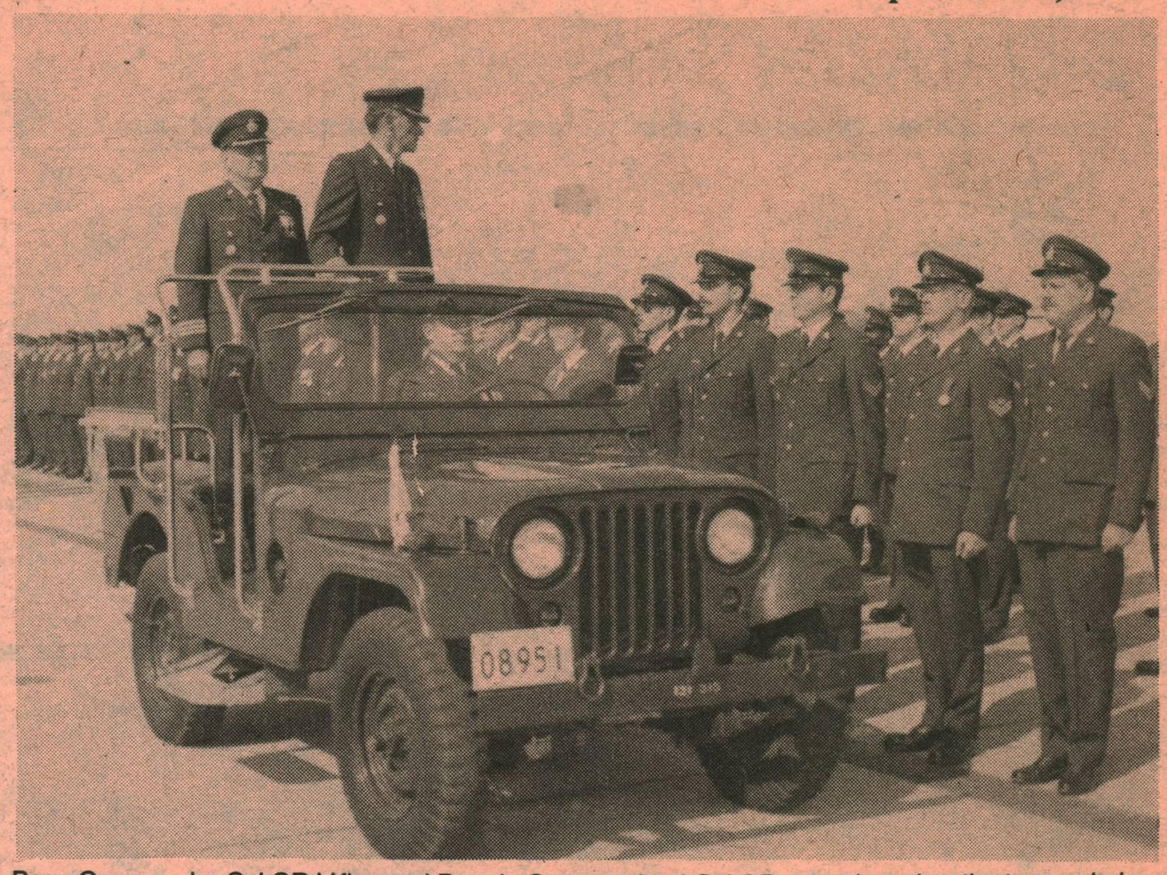
Oct 1, 1920 – Refresher training began at Camp Borden. By the end of the year 86 officers and 111 airmen had completed courses. (733 hours' flying.)

Oct 1, 1946 – The RCAF returned to a peacetime footing and many personnel of the Regular Force reverted to lower rank in the permanent establishment.

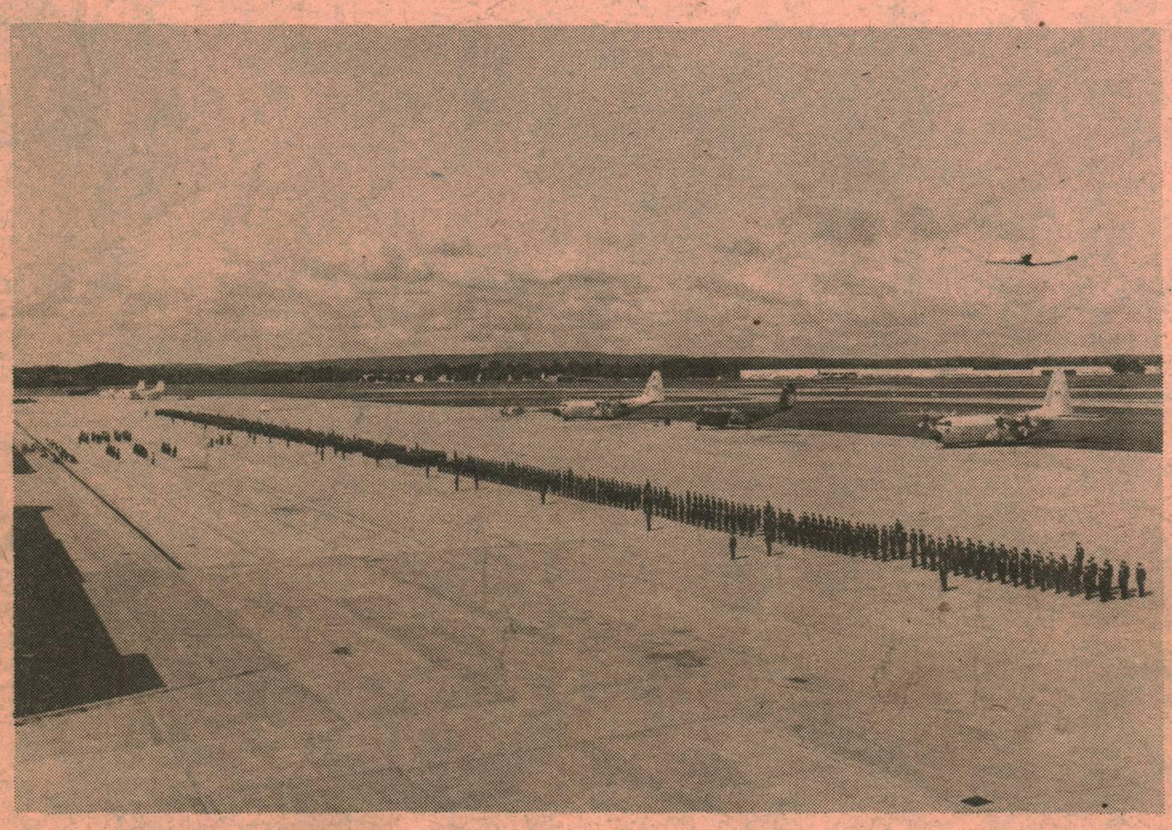




Battle of Britain Parade – Col GRJ King accepts the General Salute. (Photo by Cpl Couture)



Base Commander Col GRJ King and Parade Commander, LCol J Bourgeois review the troops during the Battle of Britain Parade. (Photo by Cpl Rice)



View of the Battle of Britain Parade taken from the Disaster Response Centre. (CFB Trenton Photo)



"Stacking of the Drums" during Battle of Britain Parade. On the battlefield, the drums were stacked and used as an alter for religious services. (Photo by Cpl Rice)

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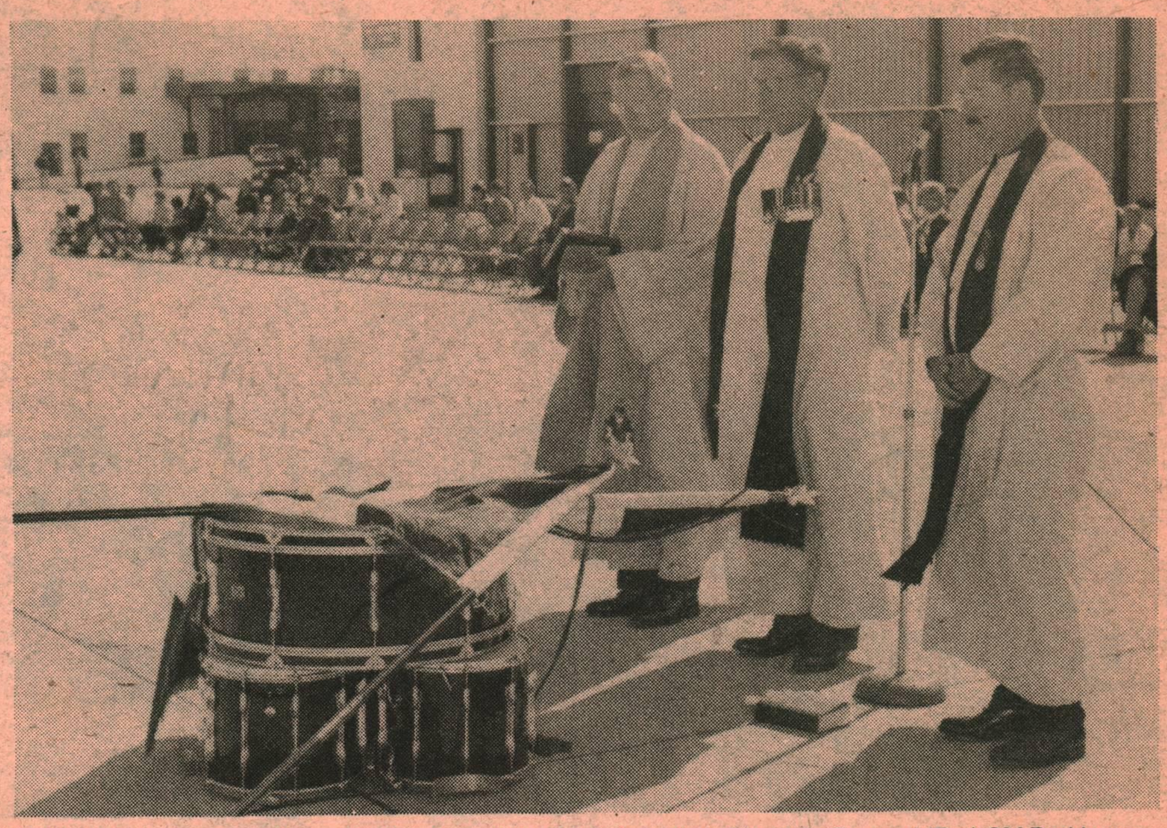
OFFICE 962-9254

MINI-METRICS

Most cakes are baked at 180°C (350°F).

424 Squadron Reunion

On 15 May 1985 424 Transport and Rescue Squadron will become the first regular force squadron to attain the ripe old age of 50 years. We are currently compiling a list of our ex-members from the 19 and 119 Bomber Squadron days, through the war years (and the renumbering to 424 Squadron) to the present. Ex-members are requested to contact: Capt Brad Gibbons, 424 Transport and Rescue Squadron, Canadian Forces Base Trenton, Astra, Ont K0K 1B0.



Battle of Britain Parade Memorial Service – (L to R) Father Hunt, Chaplain General (Ret) SM Parkhouse, and Padre Walker. (Photo by Cpl Rice)

Watch for the Panoramic Souvenir picture in the Oct 3rd edition of CONTACT. It promises to be a "centrefold" worth saving.

Familiar Faces



Base Commander, CFB Greenwood, Col DF Braidwood is shown presenting Cpl Tremblay, Airborne Electronic Sensor Operator (AESO 081) Wings and promotion to the rank of MCpl. MCpl Tremblay will be employed on the Aurora Aircraft flying out of CFB Greenwood with VP 505 Squadron. MCpl Tremblay is a former member of CFB Trenton. (CFB Greenwood Photo)



Base Commander, CFB Greenwood, Col DF Braidwood is shown presenting Cpl Church, Airborne Electronic Sensor Operator (AESO 081) Wings and promotion to the rank of MCpl. MCpl Church will be employed on the Aurora Aircraft flying out of CFB Greenwood with VP 415 Squadron. MCpl Church is a former member of CFB Trenton. (CFB Greenwood Photo)

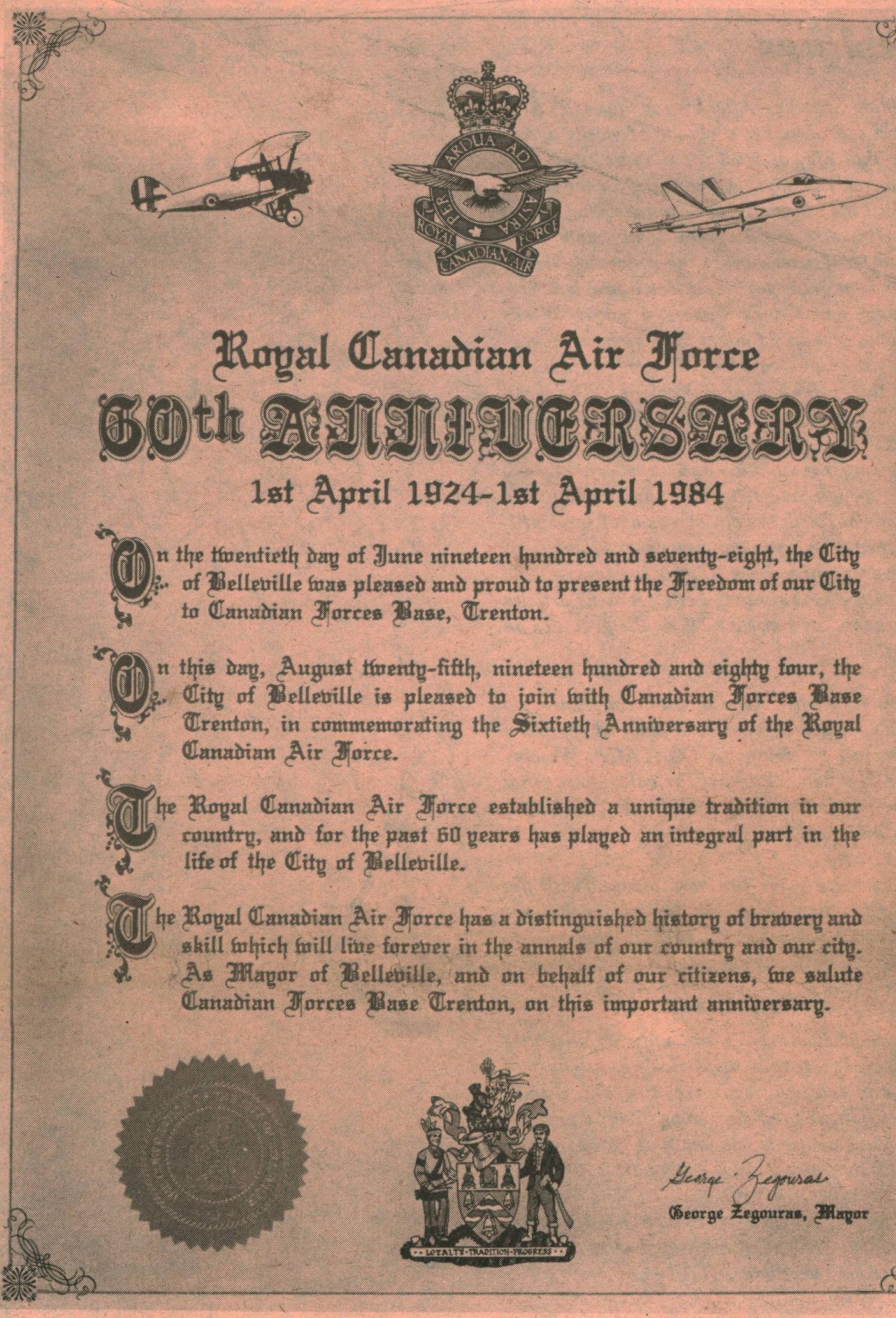
Suggestion Award



Col GRJ King, BComd, is shown presenting Cpl RR Webber with a Suggestion Award for the modification of the loader's seat on the Leopard Tank. A problem developed when the loader's seat began to rust whcih necessitated frequent replacement. Cpl Weber devised a method of attaching a grease nipple to lubricate the seat mechanism which greatly reduced seat failures. Cpl Webber is a Weapons Tech (L) who was posted to B Maint L in Jun 84 from the maintenance troop of C Sqn, Royal Canadian Dragoons, in Gagetown. Cpl Webber's initiative earned him a cash award of $650.00. Well done, Ron, and keep up the good work!
(CFB Trenton Photo)

Crosswalk – Canex and Yukon Lodge

In the interests of safety all Middleton Park PMQ occupants are reminded that there is no longer a crosswalk between Canex and the Yukon Lodge, on County Road 21 (AMDU Rd). The crosswalk signs have been removed and the road markings painted over. All personnel are urged to use the crosswalk at the intersection of Rivers Drive and AMDU Road.



Royal Canadian Air Force
60th ANNIVERSARY
1st April 1924-1st April 1984

On the twentieth day of June nineteen hundred and seventy-eight, the City of Belleville was pleased and proud to present the Freedom of our City to Canadian Forces Base, Trenton.

On this day, August twenty-fifth, nineteen hundred and eighty four, the City of Belleville is pleased to join with Canadian Forces Base Trenton, in commemorating the Sixtieth Anniversary of the Royal Canadian Air Force.

The Royal Canadian Air Force established a unique tradition in our country, and for the past 60 years has played an integral part in the life of the City of Belleville.

The Royal Canadian Air Force has a distinguished history of bravery and skill which will live forever in the annals of our country and our city. As Mayor of Belleville, and on behalf of our citizens, we salute Canadian Forces Base Trenton, on this important anniversary.

LOYALTY · TRADITION · PROGRESS

George Zegouras

George Zegouras, Mayor

(CFB Trenton Photo)

During Armed Forces Day, the Mayor of Belleville, Mr G Zegouras presented the Base Commander and personnel of CFB Trenton with a Commemorative scroll.

Calendars

On Thursday, 27 September, the Beavers, Cubs, and Scouts from Airforce Trenton District will be going through the PMQ area offering calendars to residents for only $1.50. All boys are to meet at the school in uniform at 5:30 pm. In case of rain, this event will take place on Thursday, 4 October.

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From The Editor's Notebook

Ramblings

Grumbling Grannies. ***After buying the CONTACT grannies a coffee maker a couple of weeks ago, I was sure that life, at least for a while, would be quite pleasant. Not so, they phone me for the silliest things. Just the other day, for example, they called me with (I'm sure you'll agree), some minor complaints: the typesetter broke; the processor broke; the power kept going off; their was a problem with paycheques; and Canex wanted 6 pages of ads which would give us 32 pages for which there were no articles to fill. "Gee whiz", I stated profoundly, "at least the coffee maker is working. Why don't you have 2 cups and a cigarette and call me in the morning? Maybe, by then, things will be better."***

By morning, the situation had, indeed, improved. Numerous people had felt the grannies wrath: the equipment was fixed, the power was back, and NPF had thumped the payroll computer into submission. Alas, however, there were still far too few suitable articles for the next edition. Let's get some articles in here readers or, I swear, I'll sic the grannies on all of you!

* * * * *

We Aim To Please. ***One of our readers (we do have a few) called a few weeks back to complain that he wasn't receiving his CONTACT. We corrected the situation. Yesterday, he called to say that he had received 21 copies of last week's edition. Now that's service!***

* * * * *

Our New Artist. ***We are very pleased with the abilities of our new cartoonist. It appears that our readers are in for a weekly treat in the coming months. If you have any suggestions for topics, give us a call at 3393.***

* * * * *

Give Credit Please. ***We are quite excited that other Base papers have been picking up some of our cartoons and features in recent weeks. It indicates to us that we are doing*** *some* ***things right. We give you our blessing to use anything you like from CONTACT but, please, give us credit.***

* * * * *

Pet Peeve. ***A big raspberry to all those who could have attended, but found excuses to miss, the big parade. Let's not hear you saying I was there . . .***

– BP



1,199 service personnel got wet during the Battle of Britain Parade practice – Gendron Sept/84



Letters TO THE EDITOR

Dear Sir:

Enclosed are two items for the RCAF Memorial Museum and I would appreciate your handing them over to Captain E Hewison or Mrs Mary Poechman with my best wishes for the success of the Museum.

Tracy's cartoons were a great favourite in their time with his Sgt Shatterproof being my personal favourite. Believe it or not I knew an airman who might well have been Tracy's inspiration for his character. The chap I knew certainly didn't abuse the uniform like the Sergeant but his craggy features and the pipe bear more truth than fiction. I hope many will enjoy this folio in the confines of the Museum.

CONTACT for the 60th Anniversary is a super job of work and brought back many memories. The Mitchell on page 7, kites on page 10, the Hair Train Plan on 12, the tartan story on 28 are just a few which caught my eye. On 49 and 50 re Per Ardua Ad Astra – I was always told the translation was Through Adversity to the Stars. There might be a variety of interpretations but I do believe the one quoted here was most used during the war.

Best wishes to the Museum staff and everyone at CFB Trenton.

Sincerely,
JC Campbell, MWO (Ret)

Ed Note: The items have been turned over to Capt Hewison as requested. Thank you for your contribution and kind words.

Your newspaper depends on advertising revenue to cover the costs of production. If you use a service or patronize a firm advertised in Contact – let them know. It shows that advertising in CONTACT is good business.

"CONTACT" A MILITARY COMMUNITY NEWSPAPER

Telephone 392-2811 local 3393

SECOND CLASS MAIL Registration Number 1892. Published every Wednesday with the kind permission of Colonel GRJ King, CD, Base Commander, CFB Trenton.

COURRIER DE DEUXIEME CLASSE Enregistrement no 1892. Paraissant tous les mercredis avec l'aimable autorisation du Colonel GRJ King, CD, commandant de la Base des Forces canadiennes de Trenton.

Chairman Editorial Committee – Président du comité de rédaction: LCol GL Walker

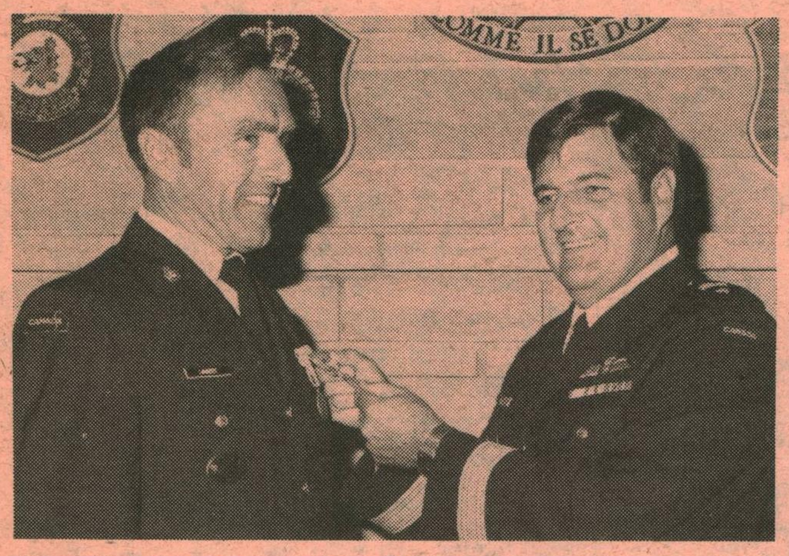
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CONTACT est une publication non officielle de la BFC de Trenton. La rédaction se réserve le droit de modifier la forme et le fond des textes et de refuser toute publicité en fonction des besoins de la publication. A moins d'être expressément attribuées au MND, aux FC et à d'autres organismes, les vues qui y sont exprimées sont celles des contributeurs. En cas d'ereur typographique sur le prix d'une marchandise offerte, on n'a pas le droit de la vendre et de réclamer la différence au journal, dont la responsabilité est limitée au remboursement du coût de l'annonce qui contient l'erreur. "La publicité consiste en une offre de vente qui peut toujours être retirée". Adresser toute correspondance au rédacteur en chef de CONTACT, BP 40 Astra (Ontario) K0K 1B0.

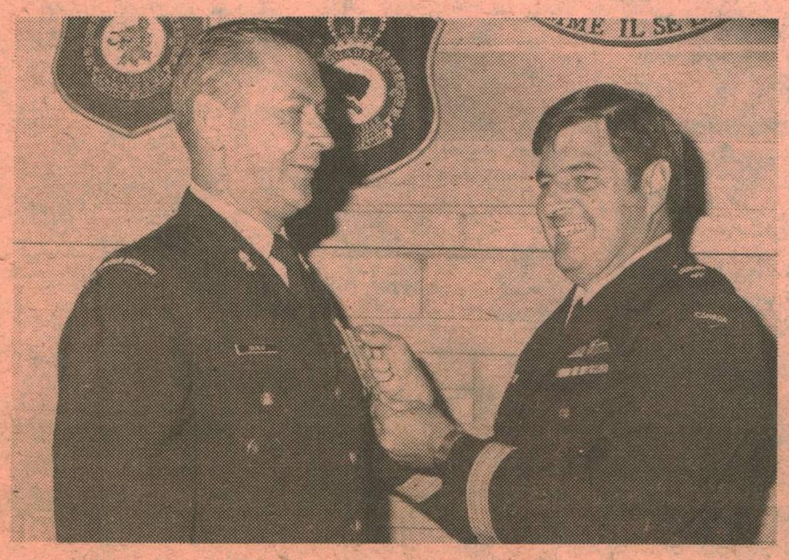
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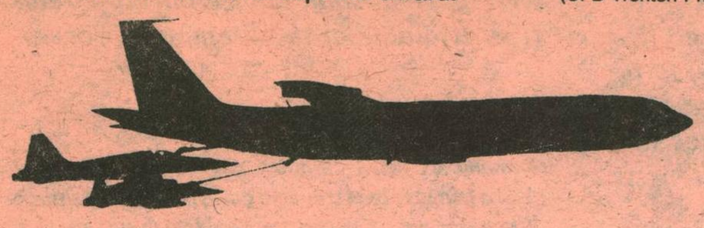
Captain FF (Fred) Lambert, an AERE Officer serving as SO Air Tech Training, happily receives his award. (CFB Trenton Photo)

Training Systems HQ

Two CFTSHQ Staff Officers were recent recipients of the Second Clasp to the CD. They received the decoration, recognizing 32 years of military service, from BGen JML Bourgeois, on behalf of the CDS.



Captain RA (Bob) Douglas, an Artillery Officer who works in the Scheduling Branch of TSHQ, appears a little skeptical of the presentation, however he did accept the award. (CFB Trenton Photo)



CANUCKS UNLIMITED 436 Sqn

10,000 Hour Milestone



On 11 Sep 84, MWO Bob Lloyd, the Loadmaster Section Head of 436 Sqn, achieved a total of 10,000 hours flying time. He is only the second Loadmaster now serving in the CAF to reach this milestone. In one photo MCpl Roger Hirtle is topping up his glass with champagne. Toasting the achievement in the other photo are (l to r) Lt Harold Mulder, Sgt Bill King, Capt Hal Morrison, Lt Murph Irving, MCpl Roger Hirtle, and Lt Jacques Robitaille.

The photos were taken at St John's, Newfoundland at the end of a long crew day. After 10,000 hours, an overnight trip to St John's is certainly a just reward.



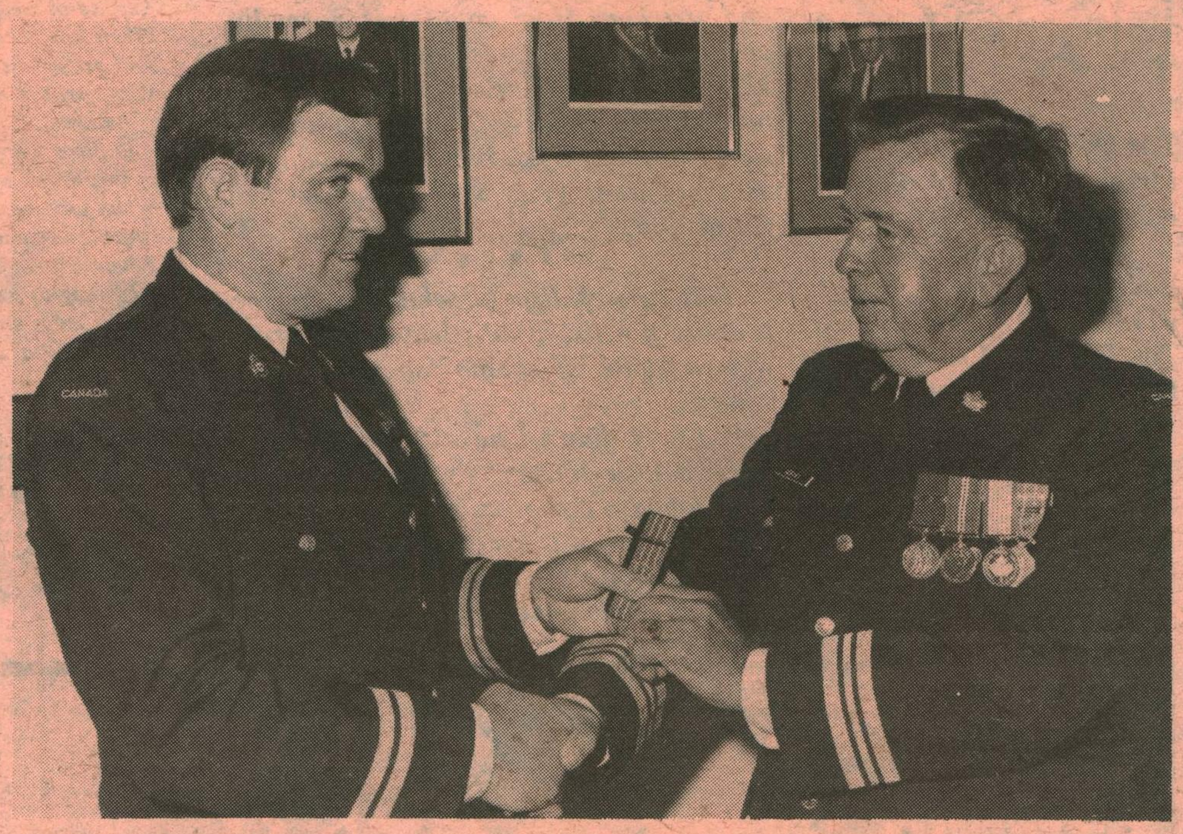
Another "First" for CFB Trenton

Another "first" was achieved recently at CFB Trenton when Captain TE Adkins of 437 (T) Sqn presented his father, Major RGM Adkins of RCO Cadets with a third clasp to the Canadian Forces Decoration, representing 42 years of service in the Canadian Forces.

This is the first time in Canadian Forces history that a father/son combination have been so involved.

These two officers have been involved in other forces "firsts", eg the first father/son to fly around the world together (435 (T) Sqn in 1975). Major Adkins presented Capt Adkins with the Canadian Forces Decoration in 1979; other presentations to Captain Adkins by his father include his RCAF pilot wings, and his Queen's Scout award in Europe in 1960.

It is interesting to note that this father/son team represent a combined total of 60 years airforce service in this 60th Anniversary year.



Major RGM Adkins of RCO Cadets staff is seen being presented with the 3rd Clasp to the Canadian Forces Decoration by his son, Capt TE Adkins, a pilot with 437 (T) Squadron. (CFB Trenton Photo)

A march on City Hall shouldn't be the only time you get out for a walk.

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STARTER OR RETIREMENT HOME – 2 bedrooms, hardwood floors, insulated laundry room adjacent to kitchen, storage shed included. B5814

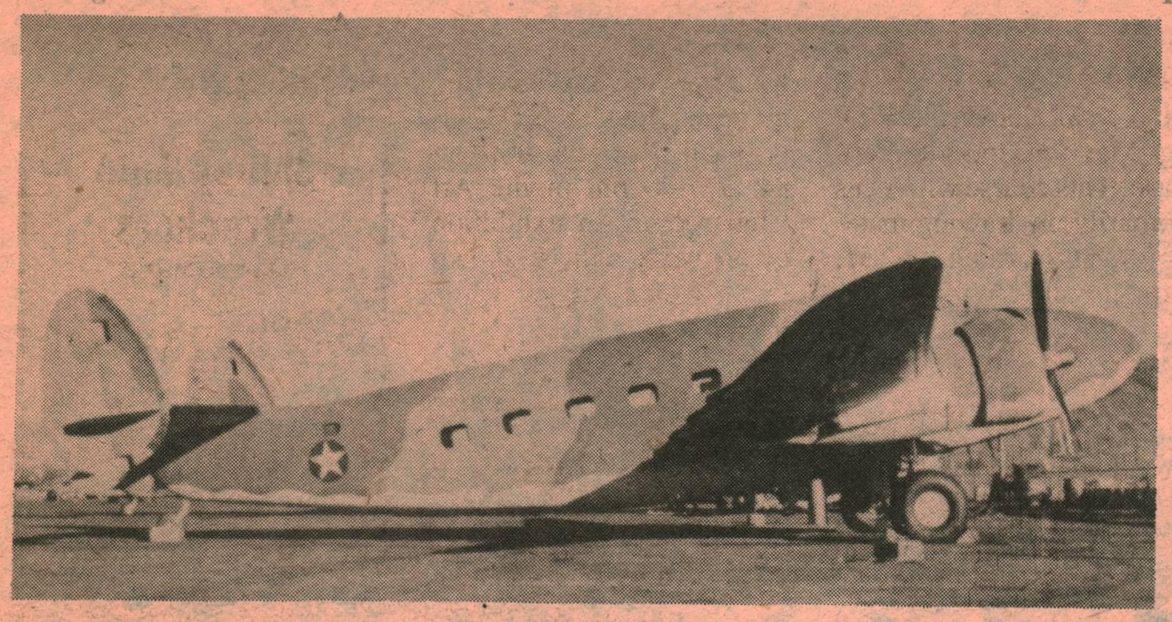
THREE BEDROOM – Bi-level with roughed-in 2 piece bath in basement. Patio doors from dining room to backyard deck. New construction. $67,000. B5910

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NAME THAT PLANE

THE PLANE THE PLANE

Last week's plane was a Bristol Bombay.

An old-timer in transport service, the Bombay was a bomber-transport serving the Allies on several secondary fronts. Powered by two Bristol radial engines developing a total of 1,980 hp, it had a maximum speed of only 192 mph, cruised at 160 mph, had service ceiling of 25,000 feet and a miximum range of 2,230 miles. The Bombay had a wing span of 95 feet, 6 inches and measured 69 feet, 3 inches in length.

Sorry guys, the only correct guess this week came from Alex Fox of Tech Stores.



The Dodo Bird Club of ex-Flight Sergeants of the RCAF.

Founder,
RG McPhie
The Dodo Bird Club
PO Box 6154, Station "C"
Victoria, BC V8P 5L5

FITNESS NOW!
Fitness is a national issue.
We call it Body Politics.

Books & Things — H Noffke

Confrontations Of The Worst Kind

"Mom, where are my glasses?" He finds them.

A few moments later . . . "Son, would you please clean them before starting your homework?"

"Mom, they're NOT dirty!!"

"But yes, they are, Son. I tried them on this morning!"

"You tried on my glasses? WHY?"

I look up at him, and say half-seriously, "I was trying to see the world through YOUR eyes."

He smiles. And the tension of the past difficult hour is broken.

* * * * * *

Trying to see the world through the eyes of an adolescent can be a rewarding and enlightening experience; it opens communication lines between parent and child, and the relationship of mutual trust and caring that develops from a parent's readiness to empathize with a teenager's viewpoint can actually minimize the frequency of parent-adolescent altercations.

But what happens when an adolescent fails to understand a parent's point of view? What happens when an adolescent, bent on gaining his own ends, decides to try to manipulate the parent through such standard rhetoric as:

** "Why can't I go out on school nights? All my friends are allowed to go out!"*

** "You never let me do anything. I never have any fun!"*

The caring parent generally responds firmly and calmly, reiterating the reasons for the restrictions: ie poor grades, or punishment for a misdemeanor committed the week before.

The adolescent is unrelenting. He wants to go out – he is determined to be with his friends. Jaw set in a hard line, he is sullen and silent. The minutes tick by. Suddenly he speaks, and the tone is definitely accusatory:

"You don't care about me! You don't understand me!"

By this time the parent is feeling hurt and stricken. How could this normally amenable child say such an unjust thing? Keeping the bewilderment under wraps becomes an impossible task; the discussion turns into a full-blown confrontation as the parent gives vent to his or her frustration.

* * * * * *

This type of dispute, which in essence is a test of wills, usually leaves the parent with a sense of shame for having lost control:

** "Why didn't I have the patience to listen a little longer? Perhaps we could have found a compromise."*

** "Why was it necessary to bring out the sword of authority? I've worked so hard on communicating, and now I've blown it!"*

The sense of having failed as a parent may also be amplified by a niggling doubt as to whether or not existing disciplinary measures are equitable:

** "Am I too strict? Should I have capitulated?"*

Self-recrimination on the part of the parent is largely unwarranted.

The teenager is just testing the parent's authority. He is rebelling for the sake of learning self-assertion. As he strives to be more independent of his family, he feels compelled to reject his parent's attitudes, behaviour, and sometimes the parent's life-style. The adolescent still loves his parent(s) but is temporarily under the influence of a high degree of self-interest. His needs come first, those of his friends second, and those of his parent(s) last. So strong is his unconscious desire for self-autonomy that he is unable to fully realize the extent of the pain he inflicts when he ridicules his family and his home. Parents are the enemy! After all, it is the parent who "rules the roost" and enforces the "unreasonable" rules.

According to a book called Talking With Your Teenager: A Book for Parents by Ruth Bell and Leni Zeiger Wildflower, it helps "to remember that though this behaviour is hard to accept at the moment, much of it will pass. As they enter their late teens and early twenties, children are more able to love their parents, to see them simply as people, not as the enemy. A mellowing generally takes place in which our teenagers are apt to want to renew their relationships with us and appreciate us again for our best selves."

The book covers a wide variety of subjects: sex, drugs, medical problems, as well as good solid advice for all parents. It is available at the Trenton Library.

* * * * * *

HIPPIE – Author Unknown

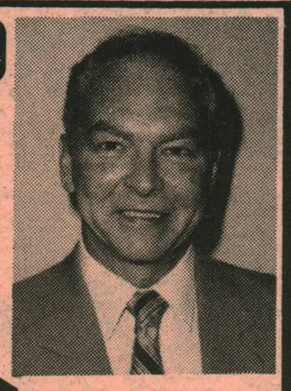
Remember, when "hippie" meant big in the hips
And a trip involved travel in cars, planes and ships?
When pot was a vessel for cooking things in
And hooked was what grandmother's rug might have been?
When fix was a verb, that meant mend or repair
And Be-in meant merely existing somewhere?
When neat meant well ordered, tidy and clean
And grass was a ground cover, normally green?
When groovy meant furrowed with channels and hollows,
And birds were winged creatures like robins and swallows.
When fuzz was a substance, real fluffy like lint,
And bread came from bakeries and not from the mint?
When roll meant a bun, and rock was a stone
And hang-up was something you did on the phone?
It's groovy, man, groovy, but English it's not
Methinks that our language is going to pot!

Pick Up And Pitch-In

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to: good friends
good music
...good times
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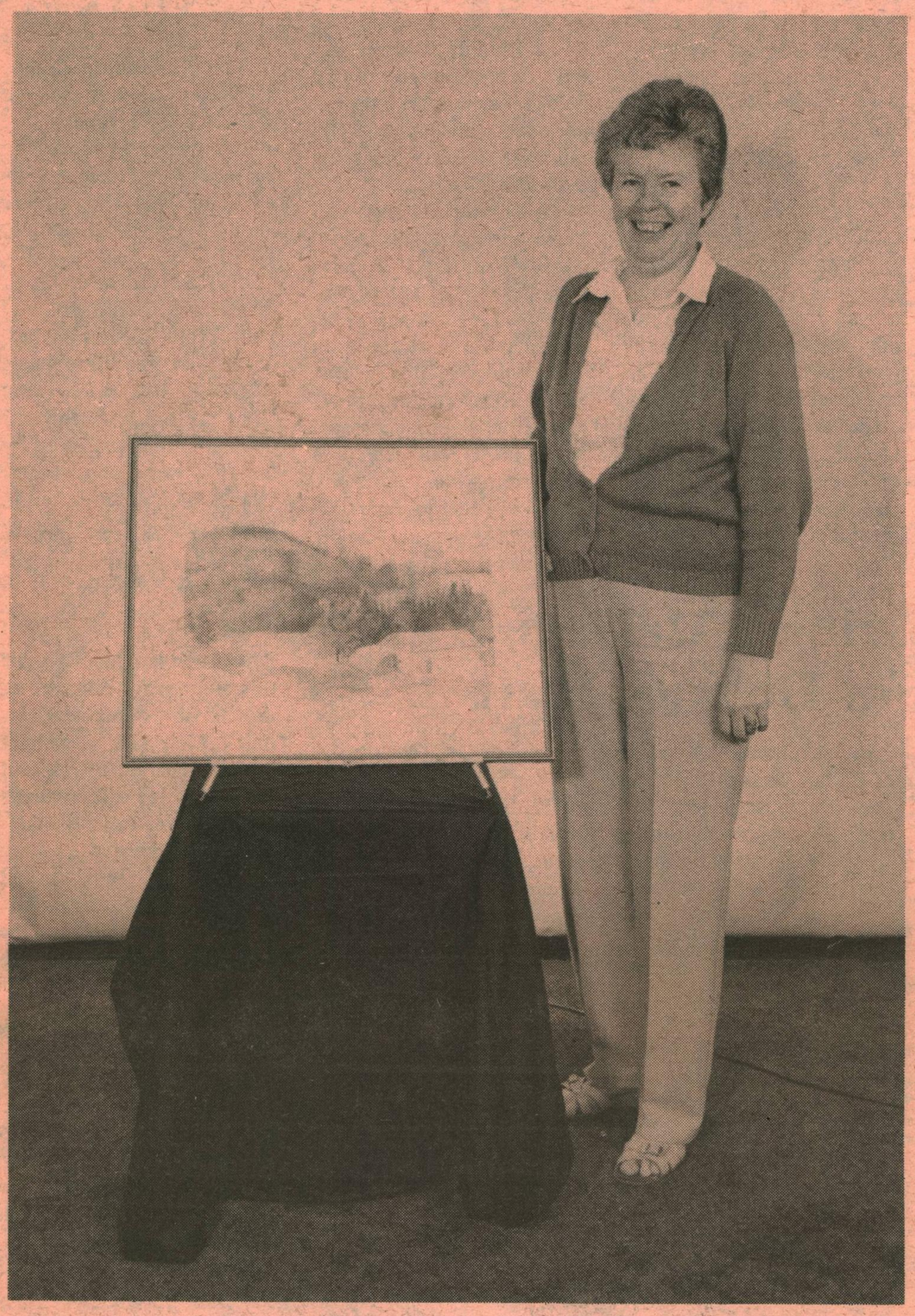
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CFB Trenton Art Club Proudly Presents Joan Reive



Joan has been teaching at the CFB Trenton Art Club since its beginning in 1977. She has seen many of her students come and go and come again. Some of her students have become skilled artists in their own right.

Joan has been drawing and painting for most of her life, but started to become serious about art when she and her husband George were at Base Namao, where she enrolled in a three year fine arts correspondence course. While looking after five children, she managed to devote two hours a day to her art and finished the course. When they were posted to Trenton in 1966, she took advantage of local art courses given by Peter Kolisnyk RCA of Cobourg at Trenton High School in the Night School Program, as well as summer workshops at Schneider's School of Fine Art.

It has been a long process of study and practise, but Joan feels she has a lot to learn. "The emphasis is on the basics, such as drawing, colour and design", says Joan about her teaching. "I try to make it fun as well as instructional. Painting and drawing are something you can enjoy for the rest of your life, because you become so absorbed in what you are doing. It's the best therapy in the world."

Joan paints in watercolour as well as pastel. She also is involved in silk painting, making handmade clothing which she sells at area craft shows. She has had a one woman show at Gallery 8 in Wellington and her next show will be at the Dufferin Centre Gallery November 2, 3 and 4. She has won several awards for her watercolours in area juried shows and her work hangs in many private collections. She is an active member of the Arts Council of Trenton, the Belleville Art Association, the Quinte Arts Council and Surfacing (Textile Dyers and Printers Association) as well as an inactive member of Visual Arts Ontario, the Ontario Crafts Council and the Canadian Quilters Association.

Joan will be teaching a beginner's class Tuesday evenings from 7-9:30 pm at CFB Trenton Art Club – as well as a 6 week Quilting Technique Course on Thurs mornings from 9:30 – noon.

Thank You Rec Centre Staff for a successful "Welcoming Night" held 12 Sep! There are still a few openings in the following classes. If you are interested in joining, contact the instructor concerned and reserve your spot.

Introduction To Drawing/Colour – Instructor Lauren Hare 966-2692. Classes being held on Monday evenings from 7-9:30 pm starting 15 Oct to 26 Nov. Price $35. In the Art Club room above the WO/Sgt Mess on South Side of Base. This course will focus primarily on drawing materials and learning to see, with an introduction to colour.

Beginner's Watercolour Class: Instructor Joan Reive 968-4173. Classes being held on Tuesday evenings from 7-9/30 pm starting 15 Oct - 10 Dec. Price $30. This course is aimed to familiarize you with the materials and various techniques of watercolour and colour mixing through a series of exercises.

Portraiture: Instructor Marj Rinearson 392-2423. Wednesday evenings 7-9:30 pm. Price $30. Classes from 10 Oct - 28 Nov in the Art Club room. This course will include a study of each feature of the face, as well as its position. The effect of light, using live models and media used will be drawing ink, pencils, and oil paint.

Quilting Classes For Beginners – Instructor: Joan Reive 968-4173. Price $15. Time 11 Oct - 15 Nov. Thursday mornings 9:30-12 held in the Art Club room. This course will involve the basic techniques of quiltmaking. You will make a sampler which will include piecework, applique, reverse applique, seminole and trapunto.

Come and Quilt on Thursday afternoons in the Art Club room and help us with our 60th Anniversary Quilt, or bring your own projects and meet new friends. Come for lunch (your own brown bag) at noon. Coffee-tea available. Hope to see you there.

Working With Pastels – Instructor Lauren Hare 966-2692. Price $35. From 11 Oct - 22 Nov on Thursday evenings 7-9:30 pm in the Art Club room. This course will be made up of 7 classes which will combine drawing instruction and pastel exercises.

A Stained Glass Course is being offered early in January with instructor Pat Henry 394-4089 or loc 3805. Dates for this evening class will be posted later. Price $30 for an 8 week course, which will include the copper foil method, and projects of a free-hanging piece, a small window, and a glass etching. Contact Pat as soon as possible, so the class can be organized.

A Meet and Greet Evening for the 1984/85 membership of the Art Club is planned for the 9th Oct 84 at 7:00 pm in the Art Club room. An exhibition of art work will be shown (from works created while at Lac St Denis 23-30 Sep). Come on out and meet your fellow artists for an evening of friendship.

A Special Thank You to Jil Zimerman and Olive Burke for the super artistic posters!

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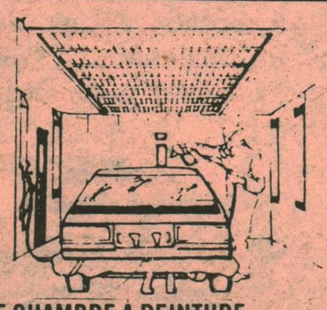
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Battle of Britain Message from Commander Air Command

Two weeks ago there was a reunion here in Winnipeg of Commonwealth Wartime Aircrew, attended by some 3,000 veteran military flyers. I was struck by the intensity of their dedication to the principles for which they served so gallantly in the Second World War and other conflicts.

The Battle of Britain was fought 44 years ago, but it is still a vivid experience in the minds of those who took part.

We in Air Command have inherited a great tradition of which the Battle of Britain was a glorious part. In this 60th Anniversary Year we can be particularly thankful that our predecessors, when the challenge came, were able to win a victory that changed the course of history.

Il y a deux semaines, quelques 3,000 anciens membres des Forces aériennes du Commonwealth qui ont servi durant les récentes guerres mondiales se réunissaient à Winnipeg. En discustant avec eux, j'ai été frappé par l'intensité de leur attachement aux principes pour lesquels ils ont si vaillament combattu pendant la seconde guerre mondiale et les autres conflits.

La Bataille d'Angleterre qui s'est déroulée, il y a déjà 44 ans, reste une expérience très vive à la mémoire de ceux qui y ont participé.

Nous, du Commandement aérien, avons hérité d'un passé riche, dont la Bataille d'Angleterre constitue un des événements glorieux. En cette année du 60e anniversaire, nous pouvons être reconnaissants envers nos prédécesseurs parce qu'ils ont relevé le défi et remporté une victoire qui a changé le cours de l'histoire.

Battle of Britain Message from Chief of Defence Staff

On Sunday, 16 September, we commemmorated the 44th Anniversary of the Battle of Britain. Rarely, if ever, in recorded history have the actions of so few, so heavily outnumbered, produced a victory of such consequence.

The Blitzkrieg that overran Europe in late 1939 and early 1940, culminating in the defeat at Dunkirk, presented the world with a subjugated continent and victorious, apparently omnipotent enemy poised to invade England.

The ensuing Battle of Britain (July – October 1940) became one of the most momentous events in aviation history. The dedication and sacrifice of the Airmen and Airwomen of the Royal Canadian Air Force, in conjunction with members of other Commonwealth Air Forces and volunteers of the Free French and Free Polish Forces, stemmed and turned the tide of battle. That magnificent oneness of resolve to defend freedom, preserved the base from which all subsequent operations were mounted.

I urge you to join with me to reflect on the devotion and dedication of our predecessors and to renew our resolve to serve Canada in a manner that will honour the memory of "The Few".

Message du Chef de l'état-major de la Défense à l'occasion de l'anniversaire de la Bataille d'Angleterre. Rarement dans l'histoire a-t-on vo les actions d'un si petit nombre produire une telle victoire avec les conséquences qu'on connait.

La guerre éclair qui ravagea l'Europe en 1939 et 1940 et se termina par la défaite de Dunkerque, laissait un continent subjugué par un ennemi apparemment omnipotent, aux portes de la Grande-Bretagne.

La Bataille d'Angleterre qui s'ensuivit (juillet-octobre 1940) devint l'un des événements les plus importants dans l'histoire de l'aviation, où le sens du sacrifice et du devoir des hommes et femmes de l'Aviation royale canadienne, de concert avec les membres d'autres forces aériennes du Commonwealth ainsi que les volontaires des Forces libres françaises et polonaises, refoulèrent l'ennemi. Cette résolution commune de défendre la liberté, protégea la base sur laquelle toutes les opérations qui suivirent furent érigées.

Je vous prie de vous joindre à moi, pour réfléchir sur l'engagement de nos prédecesseurs et renouveler notre résolution de servir le Canada d'une façon qui leur fera honneur.

Brownies, Guides, Pathfinders, Rangers

Registration will be held in the Senior Breadner School Gym on Wednesday Sept, 5/84 from 7:00 to 8:00 PM. All girls must be accompanied by an adult. The registration fee will be $10.00.

Leaders are needed at all levels. Training is available for those with no experience in the Guide Movement. If you are interested please contact Ruth Watson at 392-0019.



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Trent-Severn Waterway News

The Haliburton Lakes declined to reach an average of 62.9 by September 10, which was 7% above the average for the years 1970-79. This was 17% higher than on the same date in 1983.

The early drawdown of three lakes with Shallow Lake Trout spawning is underway to get these lakes (Kushog, Big Bob, Little Bob) down before the egg deposition begins, often by the first week of October. One stoplog is reinserted in each dam at the time of spawning to cause these lakes to stay at least as high as during egg deposition.

One other lake level drawdown has been altered this autumn for reconstruction of the concrete dam. Percy Lake has been held higher than the average of the others for a few weeks to enable construction materials to be barged to it by water since there is no road access. Now that most materials are in place, the lake will be lowered quite rapidly to facilitate the concrete chipping and pouring operations before the weather gets too cold.

The rest of the lakes' drawdown will follow a decline rate faster than the normal until interrupted by wet weather or the normal levels are reached.

Kawartha Lakes levels too have been run down some in spite of wet weather, in case even more rain is in the offing. This will hopefully prevent excessive flows from disrupting navigation and make it possible to avoid disruption of the Dam #12 replacement construction occurring on the Trent River near Campbellford.

Lake Simcoe-Couchiching has not responded dramatically to the wet weather, but is still running about 3 or 4 cm above the rule curve level for the time of year. Larger than average flows are being run on the Severn River, however.

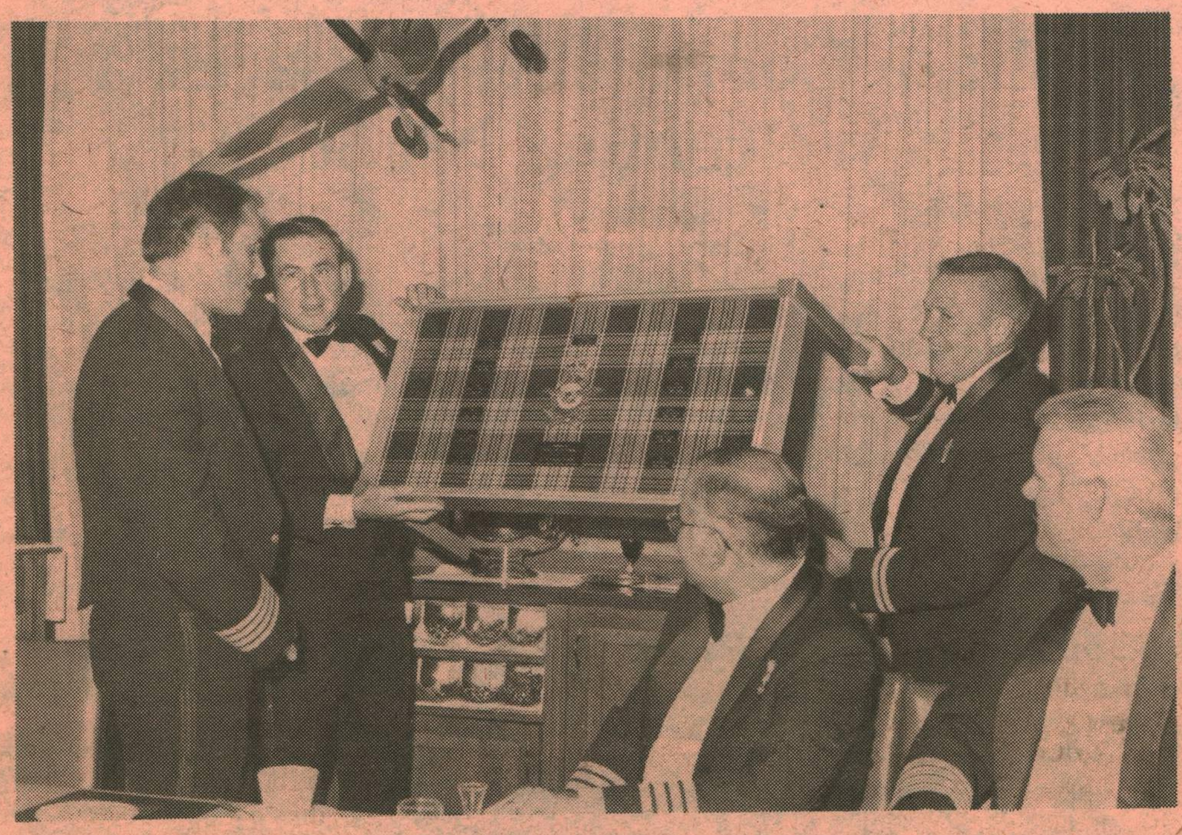


Colonel MF Phillips was presented with a silver casserole dish, a CFB Trenton Officers' Mess retirement gift. The gift was presented to him by LCol RW Fraser, BAMEO, on behalf of the Officers.
(CFB Trenton Photo)



Colonel MF Phillips is being presented with an AERE Council Plaque by Brigadier-General WC Gelling, NDHQ/DGAEM.
(CFB Trenton Photo)

Commanding Officer, AMDU Retires



Colonel MF Phillips was presented with a coffee table which contained a montage of miniature shields each depicting various appointments and ranks held by the Colonel throughout his illustrious career in the RCAF and CF. The shields were mounted on an RCAF Tartan background and included an RCAF Crest. The gift was presented on behalf of all AMDU personnel. (CFB Trenton Photo)

Colonel MF Phillips, Commanding Officer, Aerospace Maintenance Development Unit is retiring after approximately 25 years of Reserve and Regular RCAF and CF service.

Colonel Phillips who was born in Halifax, Nova Scotia, joined the RCAF Auxiliary on 1 January 1959, and graduated from high school in Montreal, Quebec in 1960. He enrolled in the RCAF Regular on 5 September 1961. He graduated from Sir George Williams University Montreal with a BSc in 1964. In 1968 he completed post graduate studies with an MSc at the United States Naval Post Graduate School in Monterey, California, USA.

After serving in a number of appointments at Bases and/or Headquarters at various locations in Canada (having gained experience on at least 12 different aircraft types and culminating in the appointment as Commanding Officer at AMDU Trenton), Colonel Phillips has accepted the position of Senior Director Maintenance and Engineering with Eastern Provincial Airways in Halifax, Nova Scotia.

His parents Mr and Mrs Walter and Bernice Phillips currently reside in Hubbards, Halifax County, Nova Scotia.

Colonel Phillips, his wife Eva and daughters Joan and Karen will be taking up residence in Halifax, as well as Lawrencetown, Nova Scotia where he currently owns a hobby farm.

On behalf of all AMDU personnel we wish him and his family many happy years in retirement from the CF and best wishes for his future endeavours with Eastern Provincial Airways.



AMDU

Avionics Projects Branch

"What's News In The Avionic Projects Branch

After two months of quarrelling about who's in charge, APB has finally been issued one Major, type CF, branch head for the use of (no NATO stock number available). Greetings are extended to Major Jim Mackenzie, the new Avionic Projects Officer for AMDU. We extend a welcome as well to the following new members of the APB team: Sgt "Joe" (we don't know his real name) Yeoman, Sgt Gord Ginn, MCpl Ian "Monty" Monteith, MCpl Bill Perry, and Pte Steve Vella. We hope all the new personnel will quickly adapt to the rigorous work schedule of APB.

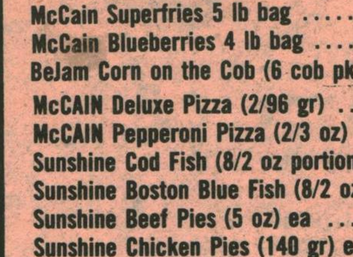
On that note, the first annual APB Golf Tournament was held on the 28th of August at the CFB Trenton Golf Club. Although we are a small branch, competitive spirit and maximum participation made the tourney a rousing success. The "divot slingers" hit the course (with apologies to the golf course) with high hopes of low scores (or was it low hopes for high scores?). At any rate, the competition was close with the eventual outcome being somewhat of a surprise.

The team consisting of Larry "Eagle-Killer" Rankin, Marc "Fireball" Belanger, Ron "Dr Putter" Light, and Jim "Gorilla-Drive" Lockhart took top honours. A note to their victory is that the opposing foursome's Danny "I love to help the other team" Morgan was able to hit the opponent's ball with his ball to advance them into a considerably better playing position. Thanks a lot Danny! Of course we cannot overlook the most honest golfers in the tourament. This special award went to the "sad sack" quartet of Tony "Worm-Burner" Frost, Moe "Chainsaw" Henderson, Peter "Duck-Pond" Burleau, and Ray "Don't do as I do, do as I say" Degrace. Congrats to the honesty guys, and hopefully the winners didn't drink all their prizes in one place!

Most of all, the tournament was a relaxing afternoon and a good time was had by all. Let's hope this is just the beginning of many APB sports events to come!

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Corn, Whole Kernel	.82	1.81
Leaf Spinach	.77	1.70
Mixed Vegetables	.79	1.75
Peas	.86	1.90
Peas & Carrots	.73	1.61
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(CFB Trenton Photo)

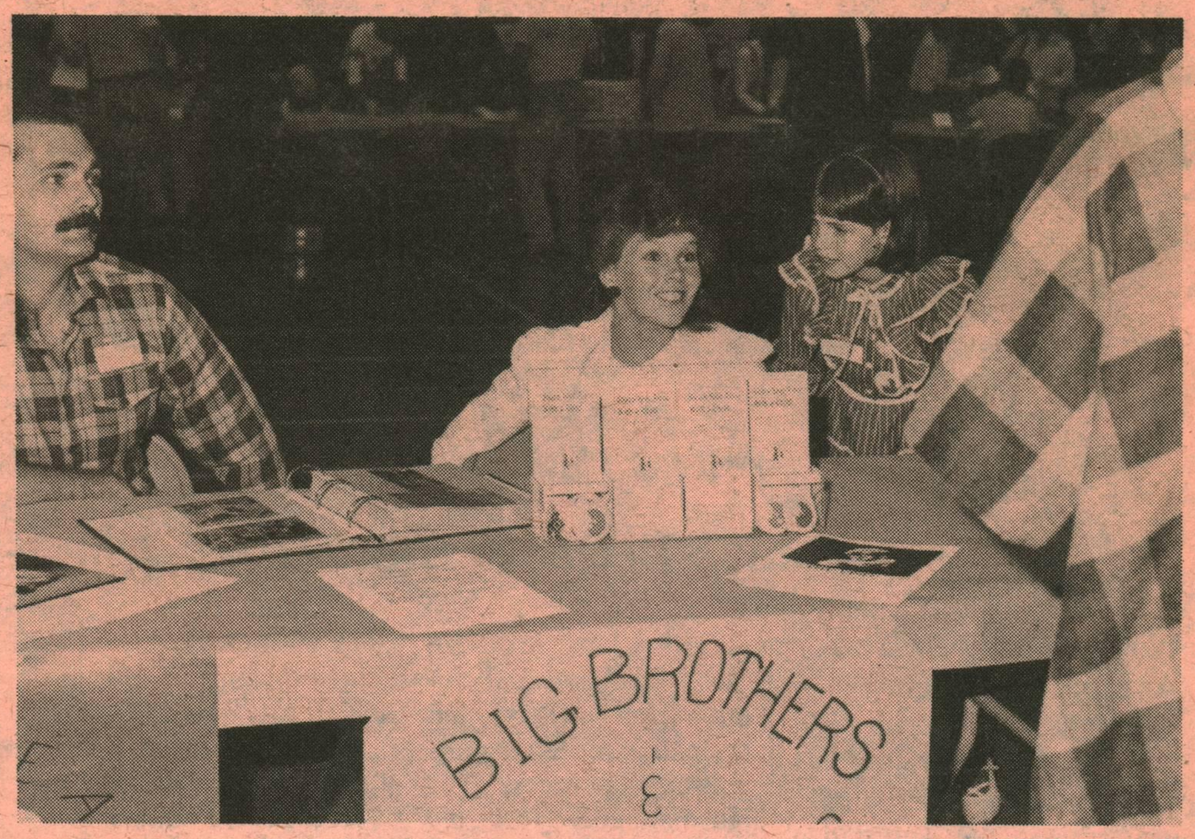
Base Community Services Welcoming Night

Welcoming Night was held at the South Side Rec Centre on Wednesday, September 12th. A large crowd of newcomers and oldtimers alike, was treated to an interesting display of crafts, hobbies and other leisure time activities. Many people made use of the opportunity to sign up or to gain information on their special interest.

Base Community Services supplied free coffee and cookies and the CFB Trenton Brass and Reed Band added a happy sound to the evening.

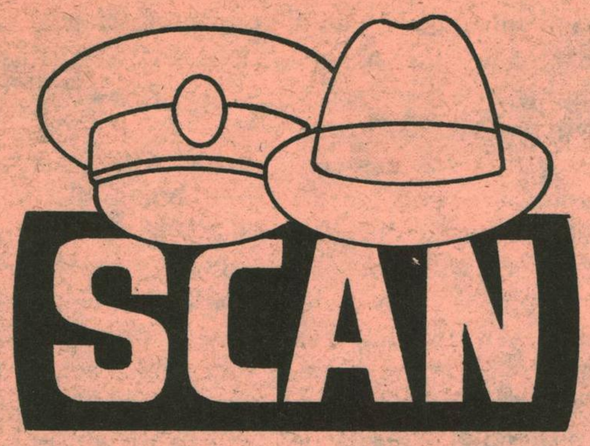
The staff of the Rec Centre was of immense help to BCS in setting up tables and chairs and they deserve a big thank you for their efforts.

The BCS volunteers hope that all who attended Welcoming Night, whether to inform or to be informed, found that their time was well spent. If by any chance you didn't get out to the Rec Centre on the big night, call 392-2811, local 2326, for information at any time.



(CFB Trenton Photo)





Your Personal Inventory

Well, we have now discussed a lot of points about the SCAN program, how you fit into it, the labour market, your personal strengths and interests, what to look for in a job and job hunting. Many of you will have already established your second career goal, even a specific job. Others will be fairly certain about a range of career options while some will still be looking. If you are among the latter, don't stop thinking about what you would like to do – if you want to talk about your future or want some assistance or direction, make an appointment with the BPSO. If you are among the former, you are ready to begin applying for jobs.

The time has come to take the first and most critical step in preparing for your second career; that is the decision you must make as to your occupational goal or objective. You will base this decision on a host of personal factors including your mobility, age of children, experience in the service, and salary expectations. One method of bringing all of these factors together for examination and consideration for the major decision you must make is to prepare a career/job inventory.

The career/job inventory is a complete, detailed description of every aspect of your working history: education, qualifications, skills, experience. It is, in effect, a history of your work life and your source book for your resumé and to help you prepare for interviews. Ideally, the career/job inventory should be started with your qualifications and maintained throughout your working life.

I suggest that you use a three ring binder and loose-leaf paper. The first page of your inventory will contain your personal data: name, address, telephone numbers, marital status, number of dependent children and your health.

The remainder of your binder will be divided into nine main sections: education, military training, equipment trained and qualified to operate, other qualifications, work experience, main accomplishments, personal strengths, hobbies, interests and affiliations and references. In this type of document, it is usual that you start with the present and work backwards. To avoid missing information or having to insert in the middle of a page, it is much more convenient for you to use a single page for each event, job, course, etc. Do not be concerned about the length of your inventory but try to concentrate on what you are describing; use a telegraphic method for making entries, use action verbs and use civilian language – **NO MILITARY JARGON!!**

Education

The first page in this section should contain information on your High School education: grade completed, name of school, province, year completed and final grades. Put at the bottom of the page three courses you liked best and on the opposite side of the page three which you disliked. Include also any information such as prizes, scholarships or awards. On subsequent pages, put each additional high school, community college, correspondence and university courses (use one page for each course). Each page should include the name of the course, name of institution, province, year completed and final grade. You should also include a brief description of the course; rate each course as to whether you liked or disliked it and why (should not be more than one sentence). Also list the reason you took the course or the qualification the course counted toward.

Military Training

Using one page for each course, write down the title of the course; use both the official military title and a civilian equivalent. You should also include the length of the course in weeks, a short description and content of the course, the grade and the skill level achieved.

Again, rate the course as to whether you liked or disliked it and the reasons for that attitude. It is important to practice the use of civilianese – since this inventory will be used to prepare your resumé, military jargon and terms should not be used. Include all your military courses in this section, not only the trade related courses, but also management, first aid, sports and other courses.

Equipment Trained and Qualified to Operate

In this section, each loose leaf page should be focused on the types of equipment you have been trained to operate and/or repair, the level to which you are qualified and the amount of time you operated the equipment. For the latter, use the time measurement appropriate in the civilian labour market. You should include all equipment on which you are trained and qualified to operate and maintain inside and outside the CF. As well as writing down any paper qualification for operation such as licenses or diplomas, you should also include three other things you liked about operating/maintaining the equipment and three things you disliked.

Other Qualifications

In this section you should include non-work related qualifications, licenses, diplomas, etc such as First Aid, swimming instructor, karate instructor, photo jounalist, hockey coach, and many, many others. On each page write down a qualification title, the issuing authority, when and where it was achieved, a description of the course(s) involved, and rate your feelings about it – both the good and bad points.

Work Experience

On each page in this section compile your complete work history by starting with your current job and

– Cont on page 12

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VERY SCENIC LOCATION – 150' of good waterfrontage, close to Trenton. Spacious home, 2 full baths, main floor family room, large living room with hardwood floors, 3 bedrooms, nice kitchen, lower level has finished rec room with patio doors. Attached garage and breezeway. Listed at $81,500.00.

PRICED AT $54,500.00 – 3 bedroom brick bungalow with a full finished basement, 2-car driveways, single carport, and a small shaded lot for privacy.

HORSE LOVERS. STOP PAYING BOARDIN G FEES, this 1 3/4 acre property is fully fenced and has a four horse stall barn, and a 5 year old 1,400 square feet 3 bedroom bungalow, large rec room with woodstove, sliding doors to a large private deck. $65,900.00

JUST LISTED – In Batawa, this large beautiful home with attached garage, new gas furnace, main floor family room with fireplace with sliding doors to a 75' x 125' lot. Listed at $76,900.00.

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SCAN

– Cont from page 11

working backwards through every job you have had, including military and civilian, full-time and part-time. You may find it more convenient to sib-divide this section into two parts, if you have had extensive part-time civilian employment or, if you have had many secondary duties, another sub-section.

On each page write down the position/job title, the base/section (name and address of employer), the dates from start to finish, and your reason for leaving the job – including posting. This is the information you will have to put on employment application forms and about which you will be asked in job interviews, so it is best to get right now!

Second, list all the functions, tasks and duties you had to perform in the job. Use your Unit Employment Record to pick out the jobs and duties you have performed, and your memory to recall the actual functions of the job. Do not worry about the length of your inventory, but try to describe in telegraphic sentences, using action verbs, the things you have done. Following the description, write a short list of the skills you had to learn and use on this job. After each skill you should give an indication of your proficiency and whether or not you think you need additional training in that skill.

Finally, at the end of each page for a particular job you should write down the things you liked and disliked about the job. This will include not only things about the actual work itself but also general working conditions, hours of work, relationships with subordinates, co-workers and supervisors and all other factors contributing to your enjoyment of the job. In most instances you should not indicate more than three of each – likes and dislikes. From all the likes and dislikes for each job, you will have a fairly good picture of the types of jobs that you should consider and the jobs you should strike off your list of possible second careers.

Main Accomplishments

Write a list of all the interesting and meaningful things you have done. In this list include such things as safety awards, mention Flight Safety for a good job, cash awards for savings to the Crown, commendations from civilian organizations, and other incidents of which you are proud of your contribution. You can also put down some interesting job-related incident here which can be used to colour a job interview.

Personal Strengths

No career/job inventory would be complete if you do not give yourself an opportunity to look closely at your inner self. Put headings on two columns of looseleaf paper. One heading will be "Positive" and the other "Negative". Then start filling in the columns with words and phrases which describe who you really are – your personality. A few examples of positive personality characteristics include cheerful, friendly, club joiner, positive outlook, and enjoy sports. Negative personality characteristics can include reserved, passive, not a club joiner, easily angered and easily tired. The more personality characteristics you can fill in, the clearer the picture you will see of yourself. The picture you put down will also tend to be the way others see you. Chances are that, if you like this picture you develop of yourself, now is the time to take positive steps to change them because it means you will tend to attract negative responses to yourself – something you do not need when attempting to start a second career. It may be one of the reasons you will be refused jobs. Developing such a list will make you better able to identify your personality characteristics most likely to turn people off. Remember, an important aspect of the hiring dynamic is that the person who will hire you must first like and, to some degree, trust you.

When you make the list, be very honest with yourself about yourself. You will find it very difficult to be objective – everyone likes to believe that they are basically a friendly, honest and loving person. This state does not exist just because you put it down on paper – it is something you must work at and some must work harder than others to develop a personality that will bring admiration and respect from others.

Hobbies, Interests and Affiliations

Many people have been able to convert their hobbies or part-time interests into full-time second careers. Ham Radio Operators often find jobs in the communications, electronic or computer industry. House tinkerers can often convert their home repair/rebuilding skills into a home repair/remodelling business or hobby painters can turn to commercial art.

This list is endless; it is sufficient to say that if you are interested, happy with and have the necessary skills in your hobby, it could make a good second career.

Record your hobbies and leisure time activities, put them all down, no matter how irrelevant they may appear to be now. Also put down your community activities, sports participation and memberships in clubs or professional associations. Include in this section a list of your major interests; working indoors or outdoors, with your hands or your brain, like or dislike shuffling paper. How about helping people or animals? Don't limit yourself to things directly related to your work, include as much as you can. This section will assist you in choosing something you really like doing for a second career. The clubs and associations you belong or have belonged to provide not only a list of interests but also contacts either for information about job openings, or jobs themselves.

References

In this section, build a list of people on whom you can trust to provide not only good, but meaningful references.

The information recorded in the personal inventory may appear unstructured and not oriented to a specific type of employment. It is not meant to be – this is a record of your work history and yourself. Once created, and kept current by adding new jobs, duties, interests, etc, it can be ready to build a resumé for any new employment opportunity without much effort. It is a working document you will use to create your job resumés now and until the time you "retire". It might even provide the basis for a book – a biography of a Canadian Forces serviceman. Remember, some authors get paid well!

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YOUR CHOICE OF
Whole Baby Lobster or Alaskan Crab Legs or
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Changes to Canex 90-Day Credit Plan

As a result of a meeting of the Canadian Forces Central Fund Advisory Committee, National Defence Headquarters has standardized local credit plan procedures.

These changes have some implications in the way CFB Trenton has controlled its 90-Day Interest Free Credit Plan.

In years past, we have offered a credit envelope of $50 to $60 thousand to customers at Christmas time. This is an added shopping benefit which helps both the customer and Base Fund.

The credit plan will be offered once again this year for a three month period beginning 27 September with the start of our Canex 16th Birthday Sale.

Extension of local credit to all authorized Canex customers has caused serious problems at some bases; therefore, this year's plan will be restricted to the following:

a. Regular Force personnel on establishment including Class C reserves;

b. DND civilian personnel on establishment;

c. RCMP employed in the area;

d. Foreign military personnel on exchange duties filling established positions; and,

e. NPF employees of the Base.

The credit offered is interest free. The minimum credit sale is $100 and the maximum allowable is $1,500.

Payment this year will require a cheque for 25% down and three equal monthly post-dated cheques for the remainder.

The changes provide better control for Base Fund and they spread the cash flow so that more individuals than ever before can take advantage of the plan.

MINI-METRICS

4.5 L is about a gallon.

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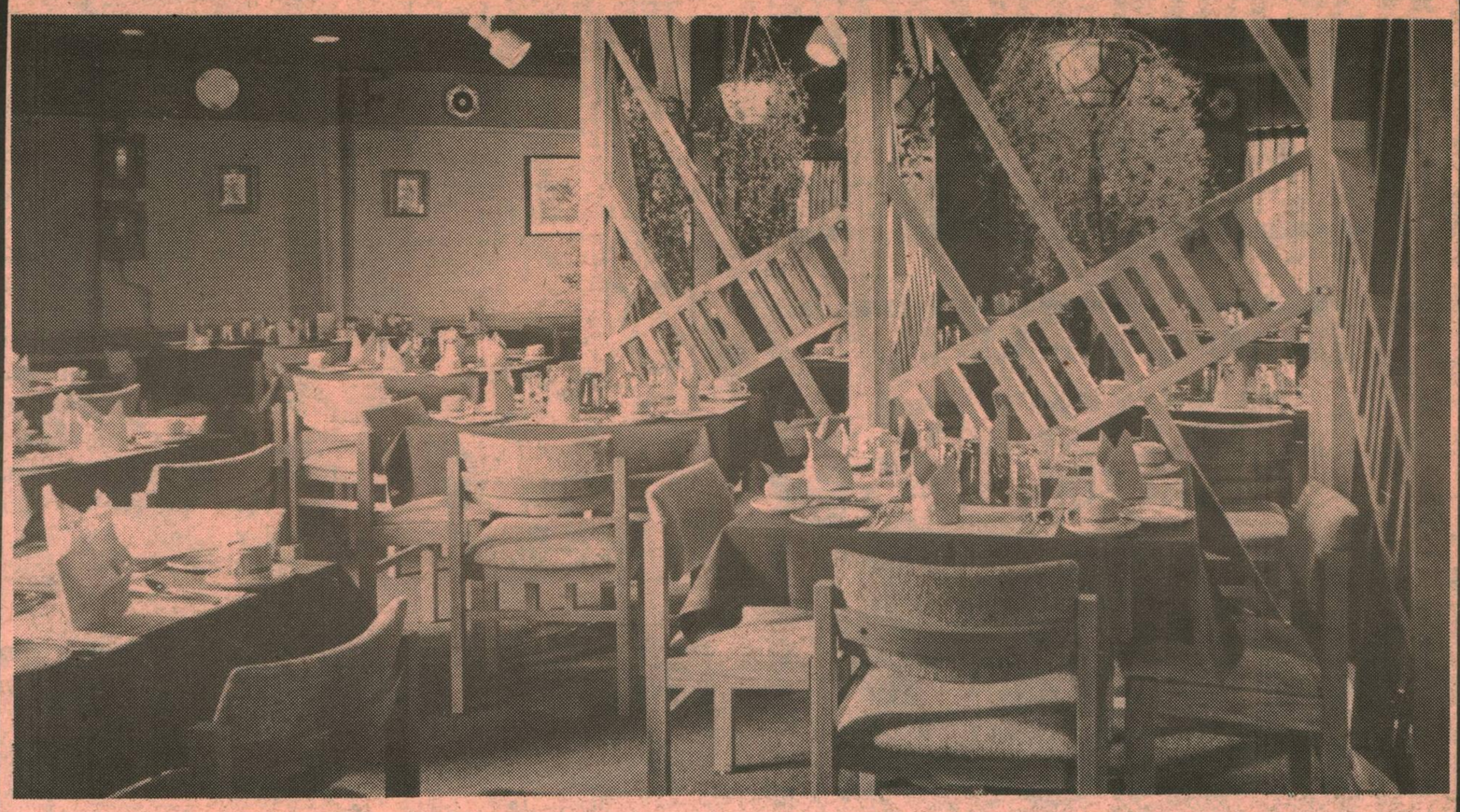
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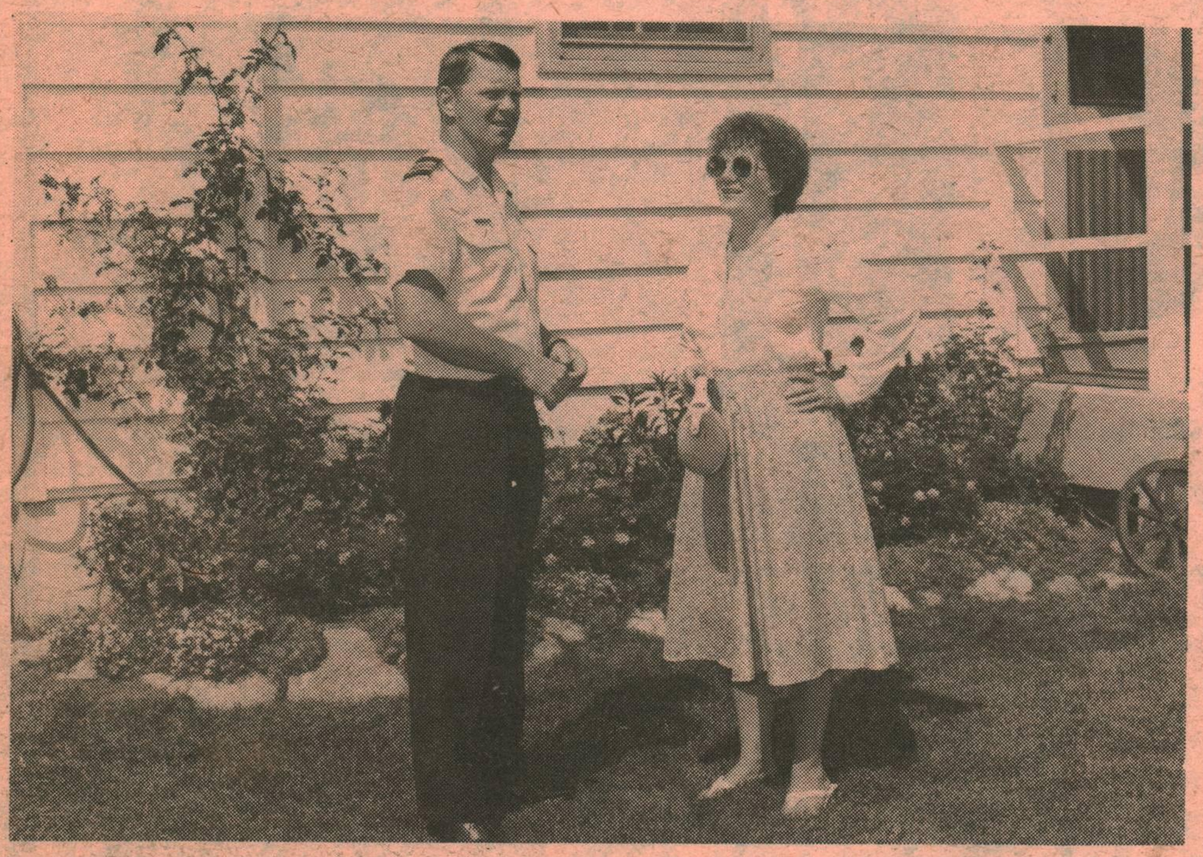
During our Canex 16th Birthday Celebrations your Canex Vending Manager invites you to . . .
EX
Enjoy Coke
LOOK UNDER THE CAN FOR INSTANT WINNERS
YOU ARE A WINNER — Coke — Gatsby Coke Cap
YOU ARE A WINNER — Coke — Vinyl Sports Bag
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Middleton Park Beautification Program



Pictured is the Mayor, MPCC Major Terry Popowych, chatting with Mrs Bates while she was watering her flowers at 38 Laird Dr. The Bates family were winners of of first prize in the annual MPCC beautification program.
(Photo by Cpl(W) Riel)



Mrs Dunfield, 15 Johnson, tidying up the front lawn, received the word that their address was awarded third place in the MPCC beautification program.
(Photo by Cpl(W) Riel)



Second place – a typical scene at 48 Laird all summer, was the well groomed lawn and beautiful garden maintained by Sgt Winkler and family.
(Photo by Cpl(W) Riel)

Summer has come and gone, however, many of us having the pleasure of living in the MQs will remember with fondness our many neighbours who went out of their way to "fix-up" our neighbourhood.

The Middleton Park Community Council sponsored a "low keyed" contest to identify the nicest places. Two judges were imported from out of the area and they found it very difficult to pick the winners. Their choices were:

1st – 38 Laird
2nd – 48 Laird
3rd – 15 Johnson
Honourable Mention – 25B Johnson, 31 Cosmos

For the majority of our residents – well done. Middleton Park is a "pretty" nice place to live.

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Sept 27, 28 & 29 Thurs Fri & Sat
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DANCERS		HAPPY HOUR
Mon Tues Wed Till 1:00 am Thurs Fri Sat 12:00 – 7:00 pm		Wed Thurs 7:00 – 9:00 pm

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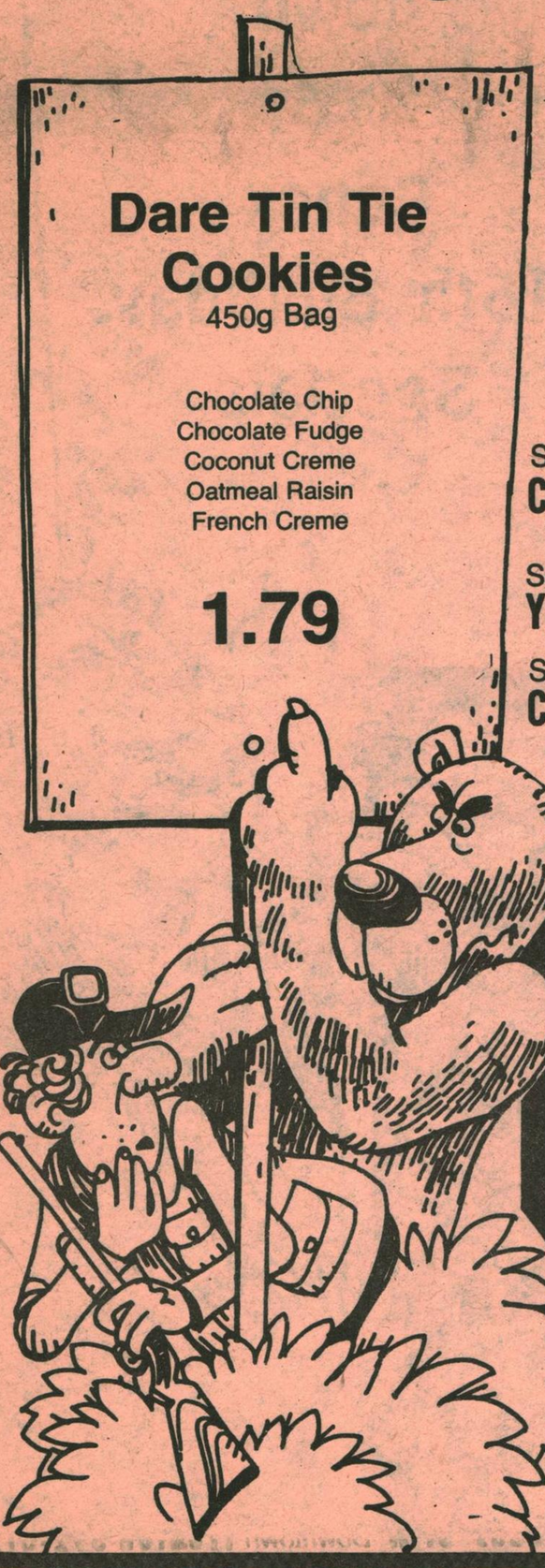
Pepsi 750 ml Reg & Diet **.39** plus deposit

Reg & Diet
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750 ml Reg & Diet
Minute Maid Orange Drink .39 plus deposit



Limited quantities. Prices in effect 27 to 30 Sept.
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250g
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TRIVIAL PURSUIT $20

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Prices in effect
27 Sep to 6 Oct
Hurry!
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You may qualify for our 90 day Interest Free Credit Plan

Track down these Canex 16th Birthday Specials



BARGAIN HUNTERS

More! Bonus Buys at your Exchange Department Store

Sept 27 – Oct 6

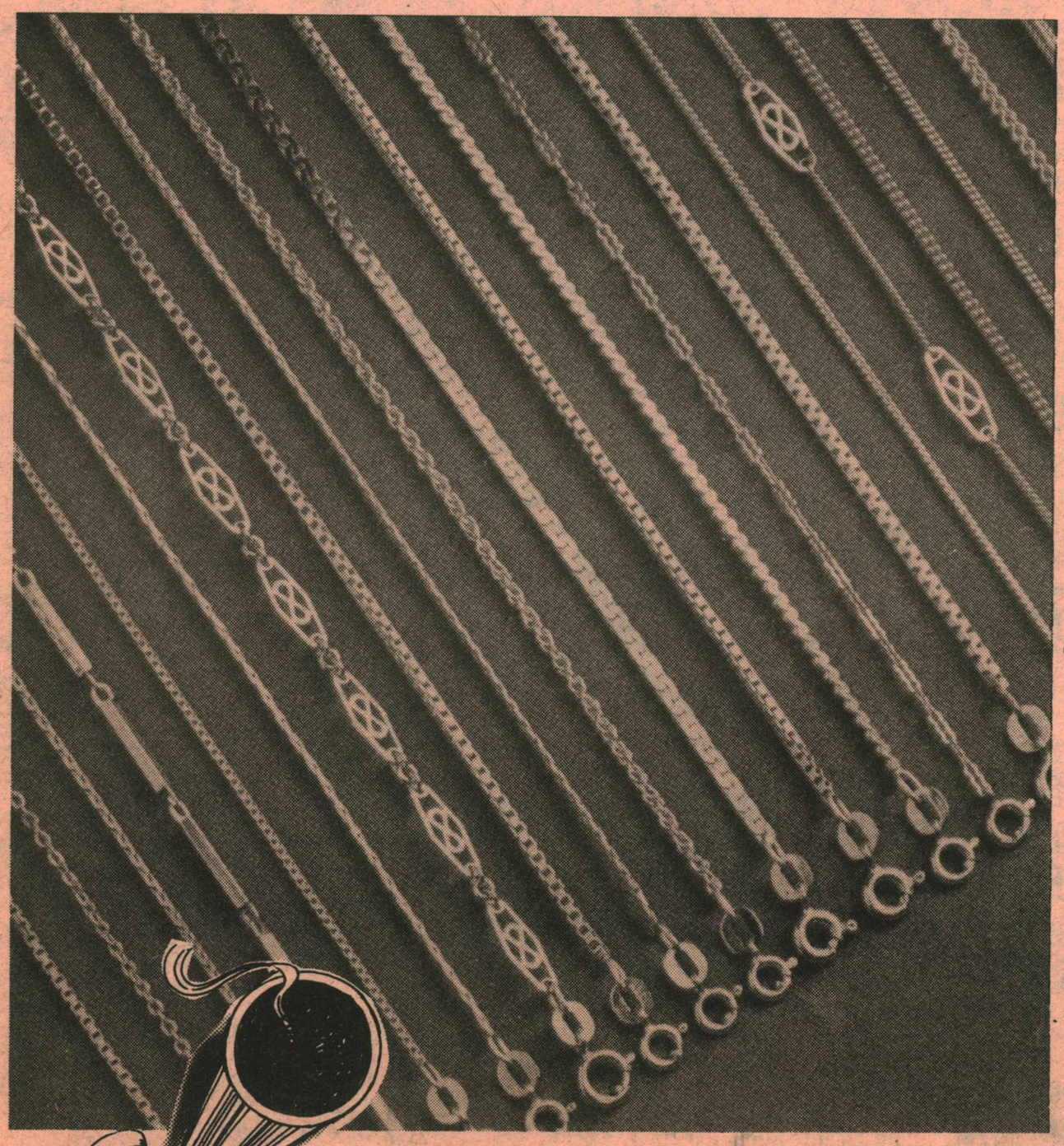
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Thurs & Fri till 9:00 PM



Extra 16th Birthday treats for the best customers in Canada!

SONY HF 90 Min CASSETTE TAPE **$2.30**	The DOLL A look-alike cousin to you-know-who **$16**	**PANTY HOSE 50¢**	20-Piece **STAINLESS STEEL CUTLERY $8**	4-Piece **SCISSOR SET $3**
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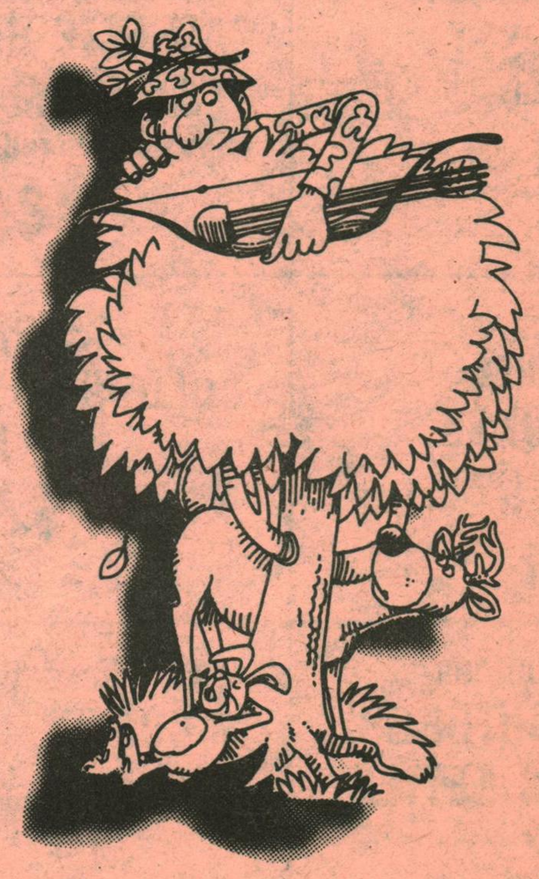
Our ever popular Jolyn Jewellery Sale is Back!
For your buying assistance, Mr Joe McDondald from Jolyn will serve you from 10:00 a.m. to 4:30 p.m.
Thursday 27 September

You can't miss these buys at your Canex Service Stations

Snacks
Salt 'n Vinegar Fries
Cheese Twists
Sour Cream Rings
200g bag
99¢

Coca-Cola & Sprite
Case of 24 Cans
4.99

Booster Cables
Be ready to help
or be helped
this winter
6.99



SPORTS

BITS and PIECES



– by Al Thompson, Sports Editor

Decision Time Again

It's time again where each individual has to make a decision as to what to get involved with in the fall/winter sports program. The choice is absolutely limitless, but your time is not. It's important to take the time to analyze personal, community and sports commitments to ensure that you don't put too many "irons in the fire"; the end result is frustration and lack of accomplishment, so plan your fall/winter sports activities thoroughly before making a commitment.

"Participate, don't Hibernate".

Dependants Swimming Lessons

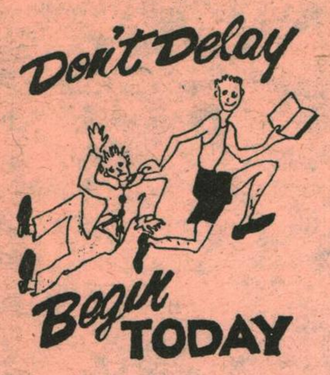
The first session will be from 6 Oct - 15 Dec. The lower levels (yellow to maroon) are filling up fast, however there is lots of room at the higher levels (blue to white, Lifesaving & Bronze). The cost is $15 for single child or $25 per family. The Bronze is $30 per person.

The classes are held Saturday morning and the following schedule will apply:

Grey - White	0900 - 0950	Green	1040 - 1130
Red (1)	0900 - 0940	Yellow (11)	1040-1110
Orange (1)	0900 - 0940	Red (11	1040 - 1120
Yellow (1)	1000 - 1030	Yellow (111)	1140 - 1210
Orange (11)	0950 - 1030	Orange (111)	1120 - 1200
Maroon	0950 - 1030	Blue	1130 - 1210

Bronze & Lifesaving – 1230 - 1430

All lessons will be held at the indoor pool, Bldg 24, east end. Adult lessons begin 15 Oct on Monday evenings.



Bowlers Wanted

CFB Trenton North Side Mixed Bowling League requires bowlers for Monday and Tuesday nights. If you are interested, please contact one of the following: President – Bert Niehaus local 3633 or 392-0415; V/President – Gerry Galbraith local 8 201 or 392-3028; Bowling Alley Manager Harold Stoddart at Bowling Alley 3305. League bowling commences 17 Sep 84.

Ladies Fitness

Regular ladies fitness classes have begun at the North Side gymnasium. The classes run from Monday to Friday. Monday, Wednesday and Friday the classes run from 0900 - 1000 hrs while Tuesday and Thursday classes run from 0930 - 1030. Under the instruction of Lynn Burman and the PERI staff, the fitness classes have been very successful over the last year.

There is a babysitting service which is available this year with a cost of 50¢ per child or $1.00 for a family. Anyone interested in the fitness classes are welcome to work out with the group.

Return Sports Equipment

All personnel in possesion of spring/summer sports equipment are requested to return items soonest. No fall/winter sports equipment will be issued to those individuals with outstanding loan cards.

AMDU Gymnasium MPCC

The AMDU gym will be open to MPCC dependents commencing 6 Oct every Saturday and Sunday from 1300 - 1600 hrs.

Old Timers Hockey

There will be a meeting of all interested hockey players 35 years of age and older to discuss the Old Timer's League of up to four teams in the 84/85 hockey season. The meeting will take place in the North Side WO & Sgt's Mess Tue 2 Oct 84 at 1930 hrs. If you're interested in playing Old Timer hockey please make the effort to attend. This meeting also includes personnel interested in playing for the base team, who are now underway with their second practice 1430 hrs 28 Sep 84. For further information contact Sgt Sheppard local 3474 or Maj Smith at 3620.

Inter-Section Ball Hockey

All sections on base interested in putting a team in the Inter-Section Ball Hockey League this year are asked to send a representative to the organization meeting to be held in the SS Rec Centre coffee room at 1000 hrs 02 Oct 84. For further information contact Cpl Fernandes at local 3328 or Cpl Barr at 3761.

Servicewomen's Volleyball

CFB Trenton Servicewomen's Volleyball team (National champs 83-84) are now holding practices weekly at the North Side gym 1700 - 1900 hrs Tuesdays and Thursdays. All servicewomen who are interested in playing for the base team are welcome to attend. The ladies are looking for a repeat of last years season are striving for the same goals, ie Ontario Women's Region 4 League Champs and Servicewomen's National champs.

For more information contact coach Sgt Al Legood at local 3523/3446 or PRI Rep Sgt Swann 3373/3467.

Noon Hour Fitness

Noon hour fitness classes will commence Tues 9 Oct at the SS Rec Centre. The times will be as follows:

1st Class – 1210 hrs. Dancercise/workout, all personnel welcome.

2nd Class – 1240 hrs. PERI instructed/controlled workout.

Duration of classes will be 20 minutes including a 5-minute warm-up and will consist of light work-ups, stretching, strengthening/power exercises and cool down.

NHL Hockey 1984/85

The No Hit Hockey League is now in the organizational stage and for the newcomers, here is a brief outline of the league:

a) **Purpose** – To provide recreational hockey for those military and DND employees who do not play on Base or Inter-Mess teams. Remember the first priority of the league is "fun", skill is secondary.

b) **Team Selection & Registration** – each individual wishing to play in this league must report to the SS gym sport stores, register his name and pay a nominal fee of $15.00 to off-set officials costs. After registration is completed you may sign out your required hockey equipment. A representative, preselected from each team will meet with the league president and hold an "NHL Draft" just prior to the regular season. You will then be contacted by your team representative.

c) **Games** – each game will commence at 1200 hrs on Mon, Tues, Wed, and Fri of each week with the league tentatively slated to start 15 Oct 84.

d) **Eligibility** – Players participating in this league cannot play in any other league.

This league has proven to be very successful and an enjoyable hockey experience for those who have participated in the past. Register now!!

Broomball Officials Wanted

The Ladies Broomball League are in need of referees on Monday nights from 9:00 pm to 12:00 pm. It's a "no body contact" broomball league, so if you are free on Monday nights come out and help the program. If interested contact Steve Kelsey at local 3747 or at home 392-4057.

Ski Club Meeting Change

There has been a genuine interest shown towards the formation of a Ski Club here at CFB Trenton. A meeting will be held in the RCAF Lounge (SS Rec Centre) on Thursday 11 Oct 84 at 1900 hrs. All interested cross country and Alpine Skiers are encouraged to attend.

CFB Trenton 60 KM March

Keep your eyes on the CONTACT for information on the 60 km March. You may enter as a team or individually, so start training now!!

Trenton Flyers Basketball

The basketball season is fast approaching once again. For all returning players, and all interested newcomers, there will be a general meeting Tue 2 Oct 84 1000 hrs at the Bull Pen, SS Rec Centre. For further info contact Cpl MacKenzie, local 3474.

Servicewomen's Basketball

In an attempt to form a servicewomen's basketball team this season, all interested personnel are invited to contact SS Rec Centre, local 3373, or Cpl Jim MacKenzie, local 3474.

All interested players may attend a general meeting Tue 2 Oct 1000 hrs at the SS Rec Centre Bull Pen.

CFB Trenton Curling Club

A General Meeting for the CFB Trenton Curling Club will be held at the Curling Club 11 Oct 84 at 1930 hrs. Wine and cheese will be served following the meeting. All past and prospective members are invited to attend.

The Curling Club will be open for memberships commencing 1 Oct 84. Hours will be: 1130-1330 and 1900-2100 (1-19 Oct only). Deadline for memberships is 17 Oct.

Organizational Meetings (All meetings take place in the Bull Pen of the SS Rec Centre)

Basketball – Tues 02 Oct 84 at 1000 hrs PERI Rep Cpl Jim MacKenzie, local 3474.

Ski Club – Thur 11 Oct 84 at 1200 hrs. PERI Rep Sgt Al Thompson, local 3373.

Men's Broomball (Rep Team) – Thur 27 Sep 84 at 1630 hrs. PERI rep is Cpl Mike Dawson, local 3328.

Inter-Section Curling – Wed 03 Oct 84 at 1000 hrs. PERI Rep is Sgt Don Sheppard, local 3474.

Inter-Section Floor Hockey – Thur 27 Sep 84 at 1000 hrs. PERI Rep is Cpl Stan Fernandes, local 3328.

"Be A Good Sport All Year Round!

Hockey Survey

In order to improve the hockey league system at CFB Trenton, the BPERO is conducting a survey. This survey is designed to collect and assimilate information and opinions on all aspects of our hockey program, toward its overall improvement for the 1984/85 hockey season.

Questionnaires are available at the SS Rec Centre. Come out and get one right away. We need your suggestions and comments. For more information contact Sgt Thompson, local 3373.



The Men's Club Championship was held 18/19 Aug with a reasonable representation of 72 golfers.

The 84 season Club Champion is Terry Sutton with a two round total of 148.

The other winners were:

Low Net – Dick Thomson; A Flt – Low Gross, Russ Dasilva; Low Net Greg Fleet; B Flt – Low Gross Jeff Higgs, Low Net Bernie Collins; C Flt – Low Gross Ron Parker, Low Net Chuck McPhee; Closest to the Pin – #1 Wally Morehouse, #2 Bob Mound. Good Show TR GRND.

All those that participated enjoyed this two day event, even though the weather did not cooperate on the second day.

SPORTS

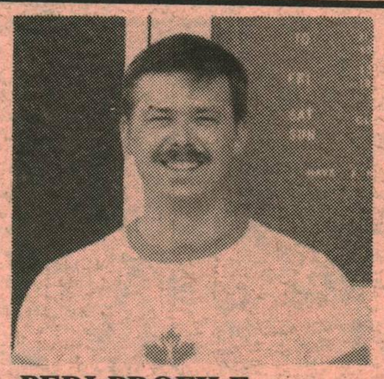
Trenton Flyers Men's Volleyball

Volleyball season is just around the corner with league play starting 4 Nov. Practices are underway. With a very successful Regional last year, finishing 2nd to NDHQ, enthusiasm is high for the upcoming season.

The Flyers take part in Ontario Region 4 League. The league runs by the teams getting together once a month on a Sunday and playing a round robin type of tournament. At the end of the season a final tournament is held to determine the winners. Listed below is the schedule for the 84-85 season.

Anyone interested in playing volleyball is welcome to come out to the practices every Monday 1700 - 1830 hrs. For further info contact Cpl Jim MacKenzie at local 3474/3328.

DATE	PLACE	HOST
4 Nov	Trent University	Peterborough
2 Dec	Madoc High School	Madoc
13 Jan	NS Rec Centre	CFB Trenton
3 Feb	TBA	TBA
3 Mar	TBA	TBA
24 Mar	Trent University	Peterborough



PERI PROFILE

Another new face on the Phys Ed & Rec staff this summer is Cpl Mike Dawson who hails from Grimsby, Ontario. Mike has just been posted in from CFB Halifax, accompanied by his wife Carolyn and son Matthew. Mike remustered from the Navy in 1981 to the Physical Education & Recreation trade. He is a qualified ships diver, enjoys hunting/fishing and this fall will be the PERI Representative for both men's and ladies broomball teams as well as playing broomball himself. If you need to contact Mike reference broomball don't hesitate – call the SS Rec Centre local 3328.

It's nice to have someone on staff shorter than I am. Welcome Mike, Carolyn and Matthew to CFB Trenton.

(CFB Trenton Photo)

INDOOR POOL SCHEDULE
Effective Sep 1 – 1984/85

DAY	TIME	ACTIVITY
Monday	0930 - 1030	Open Swimming (Ladies)
	1030 - 1100	Mother & Tot Classes
	1100 - 1330	Service Swim (Fitness Club)
	1330 - 1500	424/426 Sqn Ditching Drills
	1500 - 1600	Physiotherapy
	1630 - 1845	Dolphin Swim Club
	1900 - 2100	Adult Swim Classes
Tuesday	0700 - 0745	Dolphin Swim Club
	0900 - 1000	St Mary's/Stepping Stones
	1100 - 1330	Service Swim (Fitness Club)
	1330 - 1430	Open for Bookings
	1630 - 1845	Dolphin Swim Club
	1900 - 2100	Open Swimming
	2100 - 2300	Scuba Club
Wednesday	0800 - 0900	TAMS
	0930 - 1030	Open Swimming (Ladies)
	1100 - 1330	Service Swim (Fitness Club)
	1330 - 1500	426 Ditching Drills
	1500 - 1600	Physiotherapy
	1630 - 1845	Dolphin Swim Club
	1900 - 2100	RLSS Classes and Cadets
	2100 - 2300	Scuba Club
Thursday	0700 - 0745	Dolphin Swim Club
	0900 - 1000	St Mary's/Stepping Stones
	1000 - 1100	Brighton Public School
	1100 - 1330	Service Swim (Fitness Club)
	1330 - 1430	Open for Bookings
	1500 - 1600	Physiotherapy
	1630 - 1845	Dolphin Swim Club
	1900 - 2100	Open Swimming
	2100 - 2300	Scuba Club
Friday	0900 - 1100	424 Sqn/Loyalist
	1100 - 1330	Service Swim (Fitness Club)
	1330 - 1530	Breadner School Sr/Primary
	1630 - 1845	Dolphin Swim Club
	1900 - 2100	Open Swimming
Saturday	0900 - 1600	Dependant Swim Class RLSS/CRCS
	1800 - 2000	Family Swim
Sunday	1000 - 1200	Dolphin Swim Club
	1400 - 1600	Open Swimming
	1600 - 1800	Sea Cadets
	1800 - 2000	Family Swim

NOTES:

1. For special bookings, contact the Pool Supervisor at local 3364.
2. Family swim will be on a trial basis until Christmas.

MINI-METRICS

The average man is 175 cm tall.

CFB TRENTON MARTIAL ARTS CLUB

It's always enjoyable to run a martial arts done in front of an audience of children – and Kids' Day at the Quinte Ex on Sept 12 was no exception. The weather was perfect, and the crowd of 4,400 youngsters in the grandstand was full of enthusiasm. Members of our club's Demo Team came out onto the track and started things off with board breaking to set the tone, then led the youngsters through a survey of basic Karate, Jiu Jitsu and Kung Fu techniques up to the more advanced and difficult movements found at the Black Belt level.

The theme of the demo was "to learn to fight in order not to fight", or, as was physically demonstrated, training in martial arts provides the confidence to become non-violent. Members of the Team who participated were: Jaret Armstrong (Breaking); Sandy Tayler (Basics, Kata); Helen Meinzinger (Breaking); Jason Struss (Full contact Karate, Jiu Jitsu Basics); Dave Meinzinger (Blindfold Kata); Sensei Legault (Kung Fu Staff form, Jiu Jitsu Basics); Sensei Lundy (Kung Fu Sword Form, Breaking Kung Fu style, Kung Fu Basics); Sensei Chamberlain (Kung Fu Sword Form, Braking Kung Fu style, Kung Fu Basics); Sensei Foulkes (Demo Team leader, Breaking, Axe-Kick Break, Karate Basics, Full Contact Karate).

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82 OLDS Cutlass, 4 door Brougham, V-6, automatic, power windows, air-conditioned, stereo, 36,000 miles. C57

83 AMC CONCORD 4 Dr D/L 6 auto P/S P/B, RWD, individual rec seats, white with blue vinyl roof, matching blue plush int. As nice as a new car but sells for a great deal less. Only 18,000 miles. C77

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82 PONTIAC 6000 2 Door 4 Cyl automatic, very well equipped, dove gray with deluxe cloth interior, only 33,000 miles. C68

82 AMC Concord DL 2 dr, a superb looking car, 6 cyl, a/t, p/s, p/b, well equipped. Only 27,000 miles.

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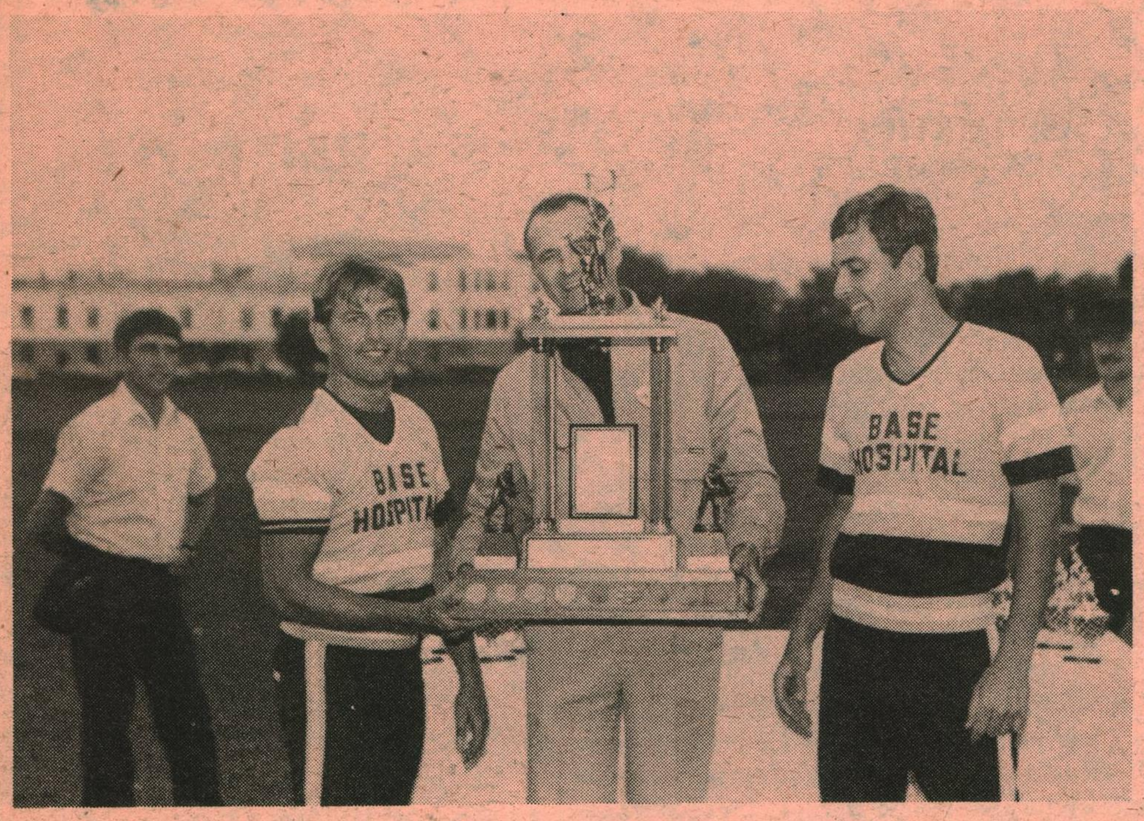
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. . . . and more Sports



"To The Victor Go The Spoils"

LCol GL Walker presents the "A" Division Championship trophy to team representatives Maj Jim Gill and Capt Brian O'Rourke with umpires Paul Kelly and Rick Wilkinson looking on. Congratulations Base Hospital. (CFB Trenton Photo)



Inter-Section Softball "A" Division Champs

Base Hospital – Back Row (l to r): Jeff Usher, Steve Bush, Brian O'Rourke, Bruce Kean. Front Row: Mark St Pierre, Dean Powell, Jimmy Wong, Jim Gill, Bob Monroe. Missing from photo: Tom Ashman, Rene Levesque. (CFB Trenton Photo)



Play-Off Action

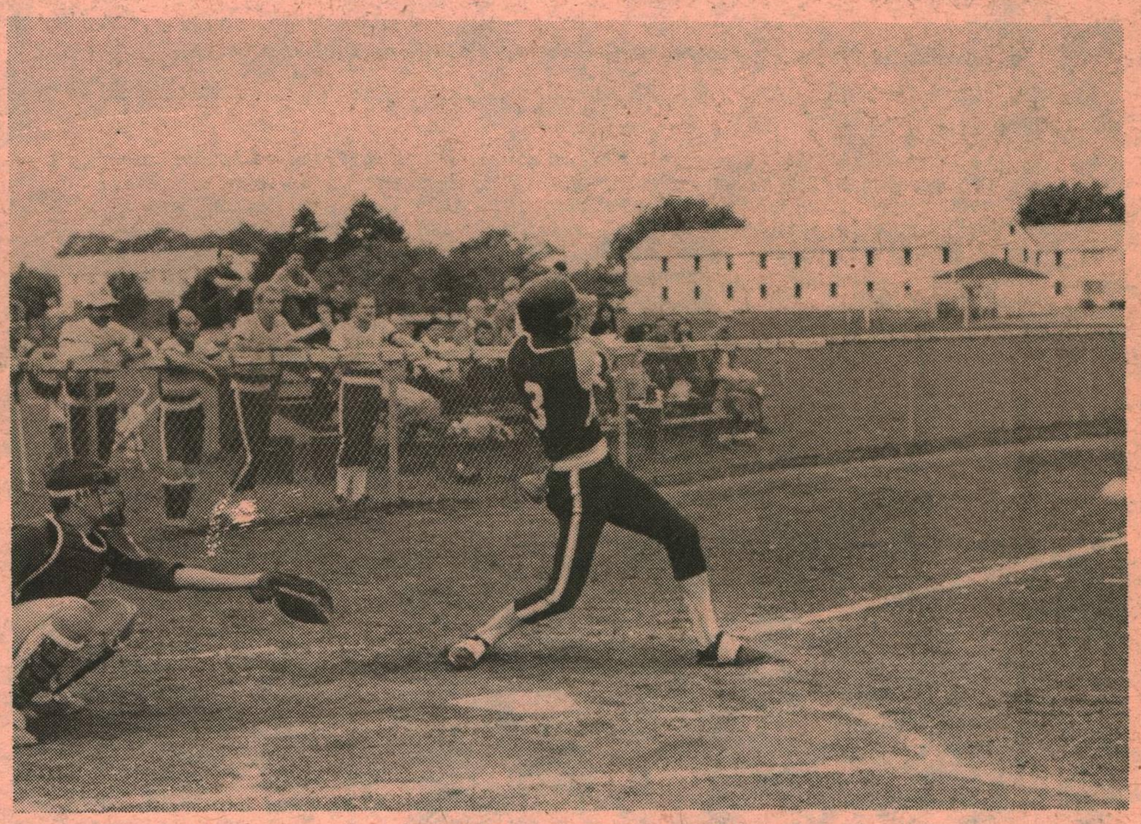
Base Headquarters "Speed Merchant" Mike Hamilton lays down a bunt and beats the throw easily but to no avail as BHosp wins the game and the play-offs. (CFB Trenton Photo)

Inter-Section Softball



Inter-Section Softball "A" Division Runners Up

Base Headquarters – Back Row (l to r): Dave Burgoyne, Rick McIntyre, Pat O'Flaherty, Mark Levesque, Bruce MacNeil. Middle Row: Nathan McCorkle, Ralph McDonald, Ray Shepard, Pierre Poulin. Front Row: Mike Hamilton, JC Lemieux. (CFB Trenton Photo)



"What Style"

Steve Bush of Base Hospital shows his onlooking teammates the fine art of hitting as he makes contact for a single against Base Headquarters. (CFB Trenton Photo)

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MEMBERSHIP APPLICATION

CFB TRENTON SQUASH RACQUETS ASSOCIATION

OFFICE	
	Date
	Paid by Cq Cash
	Amount
	Category
	Membership No.

Return completed form with cheque made payable to CFB Trenton Squash Racquets Association and MAIL to: LT STEVE FEJES BAMEO/AVSO (Local 3525).

COST: $5.00 per member.

Name (Surname, First Name, Initial) | Rank

Home Address | Phone | Phone

I wish to enter the house league: Yes____ No ____

Level of experience: (check one) Beginner [ ] INT [ ] ADV [ ]

Membership Category: (Check one)

[ ] Regular Members - Members of the Regular Force or Reserve Force on full-time military service in the CFB Trenton area and their dependants; and, foreign military personnel on duty with the Canadian Forces in the CFB Trenton area and their dependants.

[ ] Ordinary Members - All Canex patrons listed in Chap 6 of A-PS-110-001/AG-C. This includes civilian members of DND employed in the CFB Trenton area and their dependants.

[ ] Associate Members - Sponsored civilians approved by Club executive.

WAIVER

I, the undersigned, do hereby release and agree to indemnify and save harmless the CFB Trenton Squash Racquets Association, its Sponsors, Individual Members, or Agents from all or any claims for loss, injury, or damage to persons and property while participating in or travelling to and from any Club or related activity which I, or any person claiming through me or on my behalf, may at any time have arising out of or connected with the participation or operation of the Club activities.

Date _____

Signature of Parent/Guardian (if applicant is under 18)

Signature of Applicant

. . . . and more Sports

CFB TRENTON SQUASH RACQUETS ASSOCIATION NEEDS MEMBERS



- male or female
- military or civilian
- experts and beginners
- all ages welcome
- low cost membership of $5.00
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- house league play available on base courts
- tournaments scheduled Nov/Dec/Spring
- low cost lessons arranged at Copperfields for beginners

– 1984-85 Executive –

Chairman	LCol Doug Ross	2274
Vice-Chairman	Capt peter Garton	3428
Secretary & Membership	Lt Steve Fejes	3525
Treasurer	Maj Tony Humphreys	3806
Competition Director	2Lt Mike Petriv	2235
Ladies Rep	Mrs Sylvia King 392-2468	
Ex Officio (PERI)	Sgt Al Thompson	3373

"We are looking for more members to serve on the Executive"

Now that a nip is in the air, frost is on the ground, and the ducks are heading south all the golfers, sailors, and tennis buffs will be turning to indoor sports, (hopefully squash) to keep themselves fit until next summer.

The first executive meeting of the 1984-85 season was held 19 Sep and plans for the upcoming year were discussed. It was decided to conduct a House League on the base now that our courts are in excellent shape and to offer a limited number of low cost lessons for beginners at Copperfields – both programs starting mid-Oct. Our first House League Tournament is set for Fri, 16 Nov and an inter-club competition against Copperfields is planned for early Dec.

Please complete the application form below and return it with your $5.00 cheque to any member of the executive. Come out and have fun, make friends, and stay fit.

AEROSPACE

R&D pays off

(NC) — The federal government, many leading businessmen, and economists have drawn attention to Canada's need to catch up with foremost industrial nations in the percentage of our Gross National Product devoted to Research and Development (R&D).

The Canadian aerospace industry has consistently performed close to 20 per cent of all the R&D carried out by the Canadian manufacturing industry.

It is only through a sustained commitment to technological innovation that our aerospace industry has maintained its position as the free world's fifth largest.

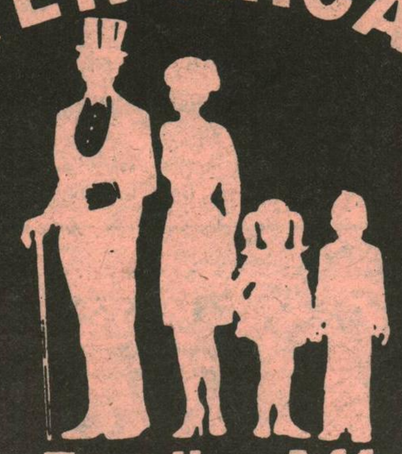
One single aerospace company, Pratt & Whitney Canada, was ranked second largest corporate R&D investor in this country in 1983.

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At Wit's End

By Erma Bombeck

When they talk about space travel, the good news is that sometime in this century, people will be able to travel on a shuttle to the moon.

The bad news is their luggage will end up on Mars.

Wherever travelers gather, the subject eventually gets around to lost luggage. They are not pretty stories. Like the Olympic cyclist medal winner whose bicycle did not make it home with him . . . not to mention his medals. Or the cardinal who flew on a commuter plane from Chicago to Dubuque, Iowa, and watched the luggage holding his vestments being unloaded in Galena.

And you don't want to know what happened to poor Roselyn Gordon of Ft Lauderdale, Fla.

Earlier this year, Roselyn went to Pittsburg for the wedding of her grandson. It was a shame the wedding wasn't held in Canada, because that's where her luggage went.

The agent told her if she did not receive her luggage in 24 hours, she would receive $35 for "new underwear." The luggage did not arrive and "new underwear" was the least of her worries. All she had to wear to the wedding were the slack suit and sneakers she had traveled in. The family tried to come to the rescue. But the mother of the bride was too short and too thin. Finally, they found something to fit . . . a blue maternity dress. They washed out the spots and dried them with a hair dryer and Roselyn marched down the aisle between her two grandsons wearing a maternity dress and a pair of gold bedroom slippers.

End of the story? Grow up. As they were eating dinner the waitress spilled salad all over the gold bedroom slippers and the next time around she spilled champagne down the maternity dress. It was probably nothing personal . . . just an opinion.

My husband is in the process of filling out a two-page questionnaire on his luggage that sat in Dallas for a month while he was vacationing in New Guinea.

They want every item in the suitcase listed along with when it was purchased, where purchased and the original cost. The clothes could go out of style before he gets all the questions answered. There is no place on the form for the clothes he had to buy in Port Moresby where they stock clothes for men 5'4 or under (he's 5'11). Or how he had to endure smart remarks like, "Are you on your way to a flood?"

I find myself empathizing more and more with the non-English speaking Yugoslavian woman I saw who boarded an airplane in Los Angeles wearing two wigs and three fur coats.

The woman obviously spoke fluent airlines.

Copyright 1984

Participaction Network Tops 25,000!

Twenty-five thousand people have already joined the Participaction Network.

"We launched the Network in February, 1984 as a kind of "club without walls" to link the thousands and thousands of people in Canada interested in physical fitness with the nation's internationally recognized fitness experts and vast fitness resources", says Norm Woods, General Manager of the Participaction Network.

To date, we've sent our members three "Action-Paks": kits containing a lavishly illustrated members' magazine, posters, plus expert motivational and educational materials to help them attain personal fitness goals.

Included in each "ActionPak": a "Contact Sheet" response form that lets members communicate with us and through the magazine, each other.

"A network, after all, provides wide-spread mutual support", says Woods.

Participaction, Canada's private, independent, non-profit fitness organization operates the Participaction Network with support from Fitness Canada.

Anyone interested in joining can call 1-800-361-6060 toll free.

LIVING WITH ARTHRITIS

by Patrick Baker

The Importance Of Early Diagnosis

All physicians involved in the treatment of patients with arthritis agree that anyone with the disease will enjoy his best opportunity for successful treatment if he obtains an early diagnosis by a qualified physician.

Best Chance

The simple truth of the matter is that the physician has his best chance to relieve pain and reduce the potential for damage if he sees the patient before the destruction of the connective tissue has begun.

A Common Fallacy

A common fallacy among the uninformed is that because arthritis cannot be "cured" in the traditional sense, **nothing** can be done. Too often, this is compounded by a patient tendency toward self-diagnosis and self-treatment.

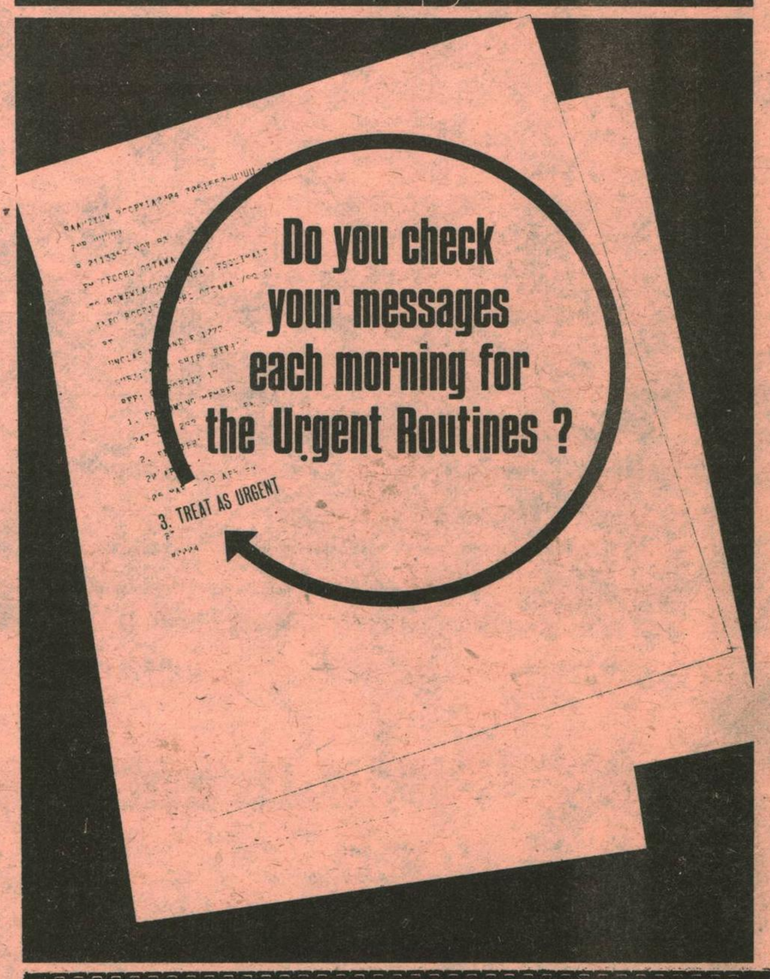
If your family physician diagnoses your condition as arthritis, make time to ask questions about what he or she can do for you. If the answer is "nothing", consider asking for a referral to a specialist. Medical professionals are rarely insulted by a request for a consultation, and often welcome the opportunity to learn more about one of their patient's problems.

The Best Chance

Early diagnosis and prompt treatment offer the patient his best chance to avoid the deformity and disability that can sometimes be a consequence of arthritis. If you think you've got a problem, see your doctor immediately. You may pay a much bigger price than you're prepared to if you delay too long.

Patrick Baker is Director of National Communications & Public Education for The Arthritis Society.

from
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ATTENTION MQ Pet Owners

It is time to licence your pets for 1985. You can expect the animal control officer to call on you soon. For everyone's convenience pet owners are asked to have proof of immunization at hand as well as the appropriate documents for proof of spayed or neutered animals

The fees are as follows:
Unspayed or unneutered cats and dogs $10.00
Spayed or neutered cats and dogs $5.00

Anyone who would like to licence their pets at their own convenience can make an appointment to pick up their tag by calling 392-1087.

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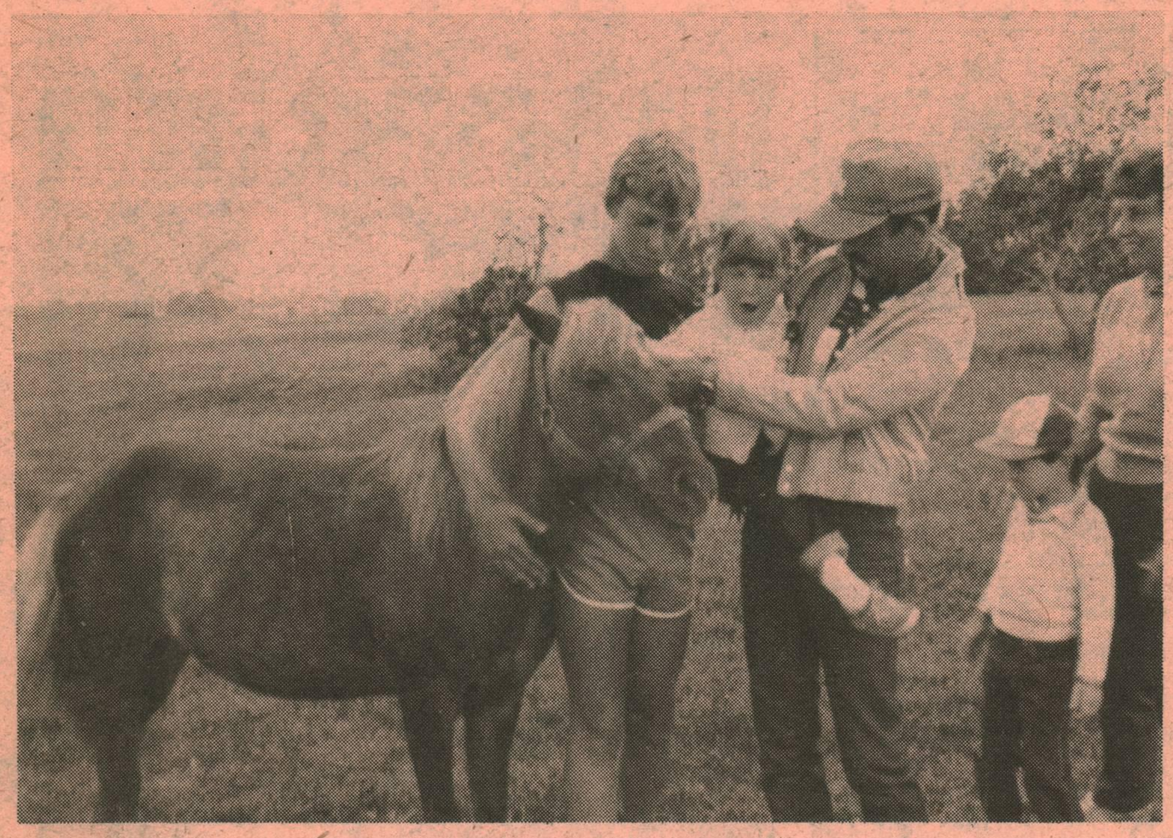


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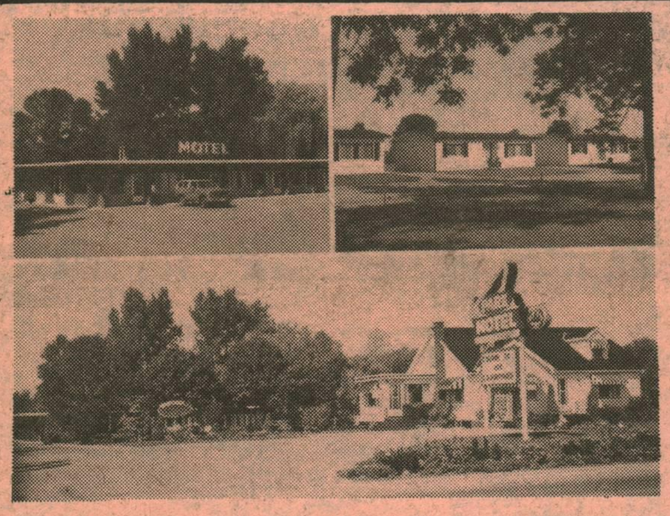


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TOTEM TALK 426 Sqn

426 Squadron Picnic

Another summer is over but 426 Sqn attempted to keep the summer feeling alive by holding our annual picnic on Baker Island. The sky was rather cloudy that day but did not affect our turnout in the least. The day started out with 424 Sqn charging out of the sky to let off a passenger. After talking to some of the kids they said they would like to fly with 424 Sqn but would rather have the helicopter land before being told they have to get off.

Like all our picnics, the day was designed to entertain the members and families, particularly the younger dependants. Mrs Reid and friends brought their ponies to allow the kids to experience first hand that old-western feeling. When the kids got fed up with horsing around, they could switch from four legged to two wheeled rides around the island given by Sgt John MacDonald, Sgt Jess Vernier and Doug Kelly. Mrs MacDonald acted as loadmaster to make sure every little head had a helmet.

The food was plentiful and well prepared by our local FE instructors and everyone left with a full stomach. We would like to send special thanks to all who made this a memorable day. Sincere thanks to Maj Dressel and the RCACC for loaning us the tents; a thank you to the Community Council for their support, and last but by no means least, a BIG THANK YOU from the kids to Trenton MacDonalds, Kmart, Woolworth, Base Canex, Wandlyn Inn and 426 Sqn for the great gifts which made the day one the little people will remember.



I'm sure Charlie wouldn't mind having these three lucky Angels on his team.



Ahoy! The mighty 424 Sqn on the attack.

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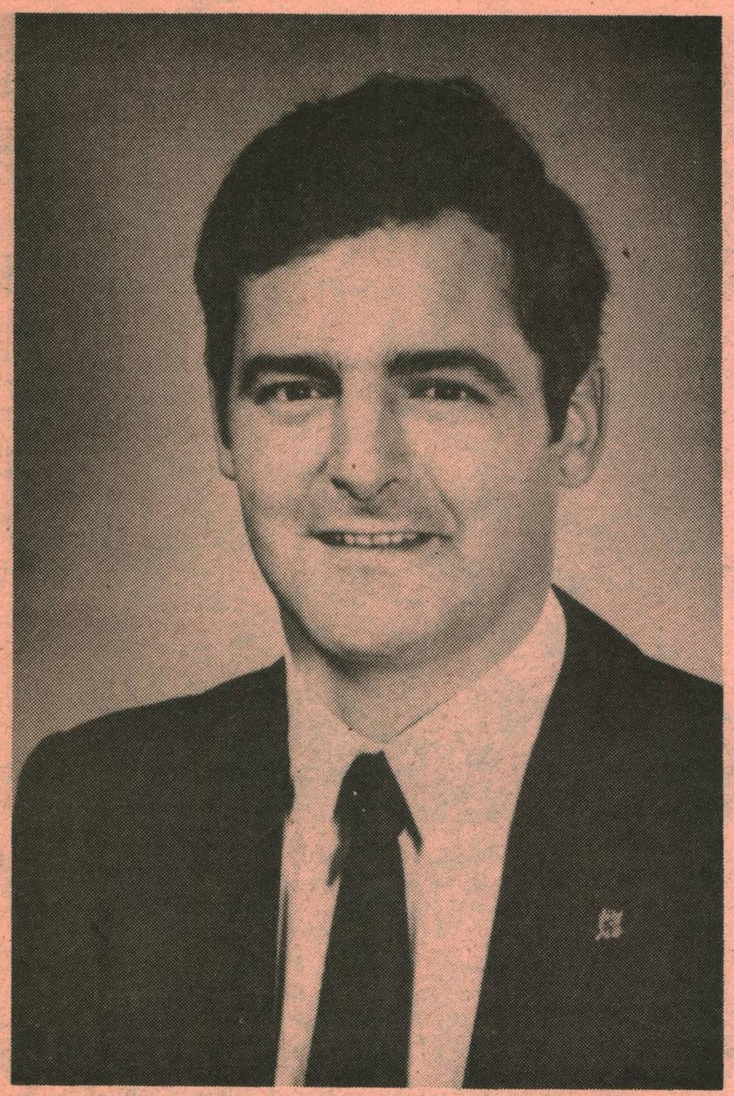
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Marc Garneau

Orbiter Mission 41-G

Astronaut Marc Garneau will be the first Canadian in space when he flies as a payload specialist on Mission 41-G, scheduled for launch October 1, 1984. During the eight-day mission, Gareau will conduct 10 experiments in space technology, space science and life sciences. These experiments were designed and developed in Canada.

Garneau and the five other members of the Canadian Astronaut team are employees of the National Research Council of Canada (NRCC) and are based in Ottawa. NRCC media relations personnel will be at Kennedy Space Center and Johnson Space Center beginning Sept 24.

Mission Profile

Mission: 41-G
Orbiter: Challenger
Launch: Scheduled for Monday, October 1, 1984, at 7:00 am EDT, from Kennedy Space Center, Florida.
Duration: Eight days
Landing: Scheduled for Tuesday, October 9, 1984, at 12:20 pm EDT, at the Kennedy Space Center. If weather prohibits a landing at Kennedy, Challeger will land at Edwards, California.
Altitude: 356 km (190 nautical miles) to 224 km (121 nautical miles).
Inclination: 57 degrees. This is the second mission to fly at this inclination, the one which gives much more coverage of the earth than is possible from the normal shuttle orbit of 28.5 degrees. This means that, on a number of orbits, Challenger will be flying over Canada. However, the shuttle will NOT be visible because all of these orbits will occur during daylight.
Crew: Commander - Bob Crippen; Pilot - Jon McBride; Mission Specialists - Kathy Sullivan, Sally Ride, David Leestma; Payload Specialists - Marc Garneau, Paul Scully-Power.
Payloads: ERBS (Earth Radiation Budget Satellite); GAS (Getaway Specials - 6); IMAX (Canadian film company); LFC (Large Format Camera); ORS (Orbital Refueling System); OSTA-3 (Office of Space and Terrestrial Applications).
Experiments: APE (Auroral Photography Experiment); CANEX (Canadian Experiments); EOIM (Evaluation of Oxygen Interaction with Materials); RME (Radiation Monitoring Experiment)
Highlights: ERBS release; ORS Ops - Extravehicular activity (EVA); Kathy Sullivan will be the first American woman to do an EVA; Marc Garneau will be the first Canadian Payload Specialist.

The Canadian Experiments (CANEX)

During the eight day mission scheduled for Monday, Oct 1, Marc Garneau will conduct 10 experiments in three main categories: space technology, space science and life sciences. The space technology experiments involve two areas: important development tests for the NRCC Space Vision System experiment to be flown on a mission in early 1986 and tests to determine the effect of exposure to space on different advanced composite materials. The space science studies deal with the physical characteristics of the space environment and of the earth's upper atmosphere. The life sciences component includes serveral experiments on human adaptation to space flight as preparation for the more detailed investigations on a mission in mid-1986.

Each experiment is scheduled to be conducted on specific days of the mission. Besides conducting the experiments, Garneau will do his share of housekeeping duties such as making meals and stowing and unstowing equipment. He will also help in any job that "needs three hands" such as taking notes for others and arranging for others to do the same for him.

Personal hygiene will also take its share of time – handwashing takes twice as long in space as it does on earth and shaving with an electric shaver, up to three times longer. Even sleeping is different in a space environment. In order to get his eight hours of sleep each mission day, he will have to attach himself to some spot in the mid-deck with Velcro to keep from floating freely.

Garneau will use a combination of filling out check lists and speaking into a tape recorder to record the conditions under which the experiments are performed and their results.

All the equipment he needs for the 10 experiments fits into one locker about half the size of a legal-size filing cabinet drawer.

Marc Garneau – a profile

Marc Garneau the Payload Specialist assigned as a crew member for the October 1, 1984 mission of Space Shuttle Challenger was born on February 23, 1949, Quebec City, Quebec.

He attended primary and secondary schools in Quebec City and London, England. Received his bachelor of engineering physics from the Royal Military College of Kingston in 1970 and a doctorate in electrical engineering from the Imperial College of Science and Technology, London, England, in 1973. Marc attended the Canadian Forces Command and Staff College in Toronto for 10 months in 1982-83.

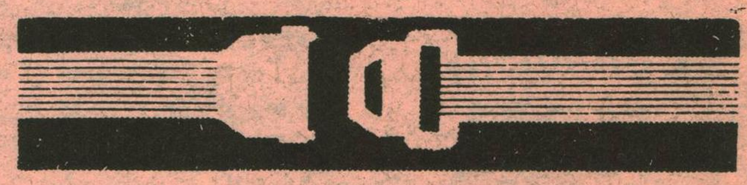
His is married to the former Jacqueline Brown of London, England and has two children, twins, Yves and Simone, born January 8, 1976.

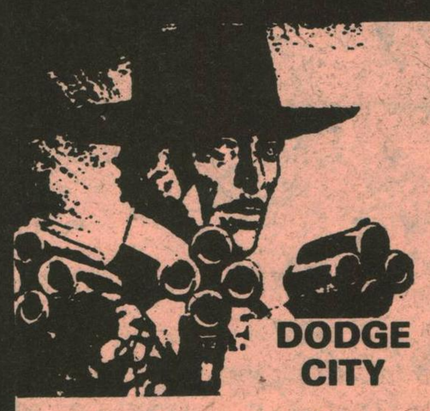
Marc enjoys flying, jogging, swimming, squash, tennis and scuba diving; wine-making, car mechanics and home repairs. In 1969 and 1970, he sailed across the Atlantic twice in a 50-foot yawl with 12 other crewmen.

He is a member of the Association of Professional Engineers of Nova Scotia and of the Association of Old Crows, and was recipient of the Athlone Scholarship in 1970 and of a National Research Council of Canada Bursary in 1972.

Marc Garneau was Combat Systems Engineer in HMCS Algonquin in 1974-76 and instructor in naval weapon systems at the Canadian Forces Fleet School in Halifax in 1976-77. While there, he designed a sumulator for use in training weapons officers in the use of missile systems aboard Tribal class destroyers. He was Project Engineer in naval weapon systems in Ottawa from 1977 to 1980 when he was transferred back to Halifax with the Naval Engineering Unit which troubleshoots and performs trials on ship-fitted equipment. While there, he helped develop an aircraft towed target system for the scoring of naval gunnery accuracy. In 1983, he was promoted to Commander and transferred to Ottawa to become design authority for all naval communications and electronic warfare equipment and systems.

He is one of the six original Canadian astronauts selected in December, 1983, and was seconded to NRCC by DND in February, 1984, to begin astronaut training.





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Sparky's Comments

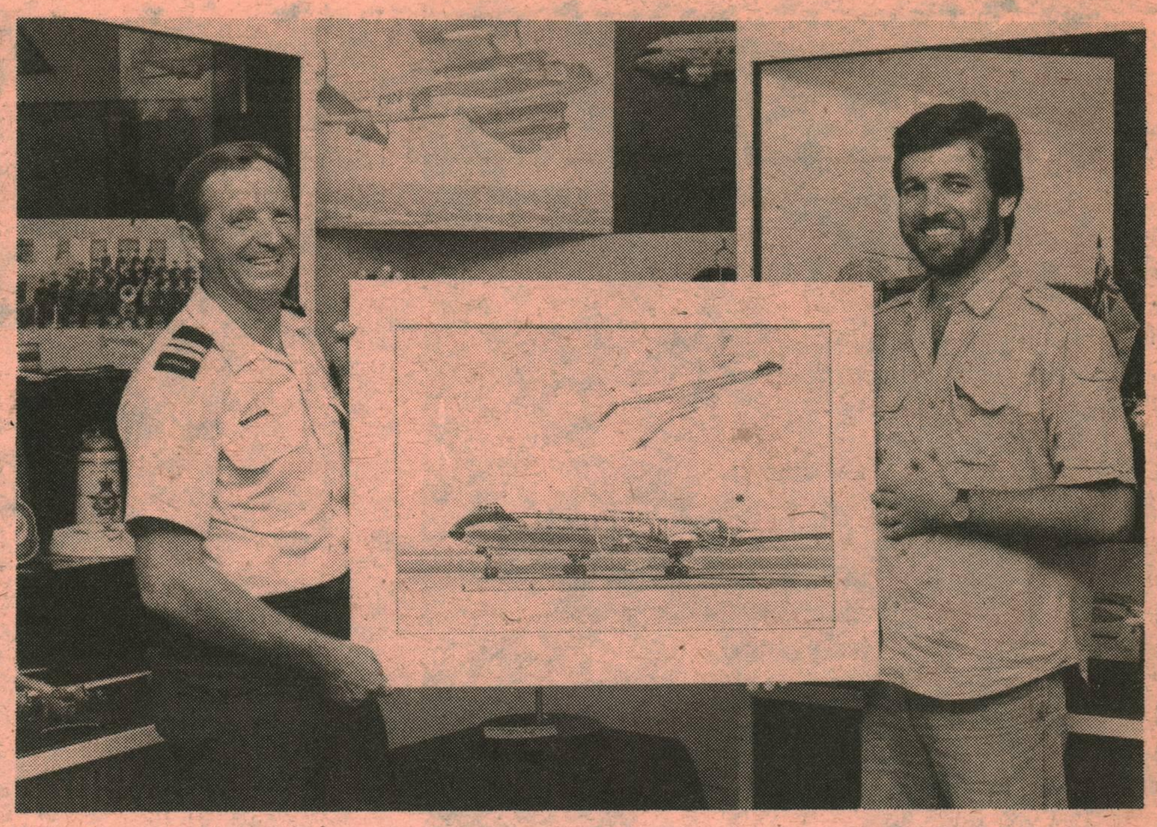


Although not prohibited, MQ occupants are encouraged NOT to use Kerosene Heaters as a supplementary source of heat, because of the hazards associated with this type of heating.

Occupants using the heaters are reminded to read and strictly adhere to the guidelines in the manufacturers' operating and maintenance instructions, ie proper filling procedures ventilation, placement, the use of ONLY number one grade kerosene and the safe storage of fuel.

It is important to note that fire or other damage resulting from improper use will be considered contradictory negligence and grounds for recovery by the crown. Therefore, users of Kerosene Heaters in MQs are advised to carry sufficient insurance to cover better than personal effects and any possible liability for loss or damage to Public Property.

The Base Fire Department has a twenty minute audio-visual presentation on Kerosene Heaters, which may be viewed upon request. Telephone local 2965.



Artist Steven Snider presents a painting of the "Yukon" to the RCAF Memorial Museum and Library director, Capt Earl Hewison. Steve Snider is an international award winning artist who is also the creator of the 1983 and 84 Armed Forces Day posters. This painting will remain on display in the museum for all to enjoy.

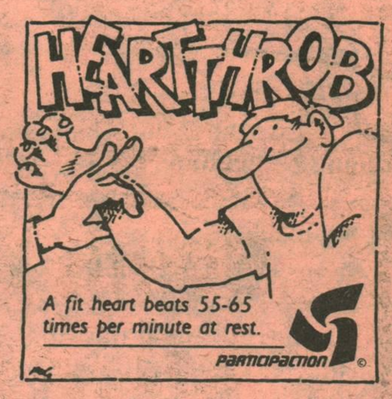
EDUCATION
MSE/POMV SAFETY
ENFORCEMENT ENGINEERING

Recently a spokesperson for the automobile insurers of Canada made a statement that more people who had attended or taken driver education courses have submitted accident claims than those who did not. The implication being that driver education courses have limited value. How this individual could make such an unsupported statement in view of the fact that driver education courses are strongly encouraged by the Canada Safety Council, School Boards across the nation and most certainly by DND is beyond comprehension.

The statement provided no facts on age breakdown; the amount of claims; what type of courses being referred to; types of accidents; who was at fault; in which provinces; etc. To make such an imprudent statement undermines the efforts of driver educators; law enforcement agencies, and the Ministry of Transport in their efforts to make motorists more aware and ultimately safer drivers.

The real cruncher of the statement came when the spokesperson stated that the insurance companies did not condemn driver education courses but in fact encouraged them.

MSE Safety strongly endorses driver education courses. In an effort to provide more widespread access we conduct Defensive Driving courses four times a year to dependants of Military personnel and DND civilians employed at CFB Trenton. The next course is scheduled for Mon-Tues the 15-17 Oct 84 from 1800 to 2200 hrs nightly in the MSE Safety classroom Bldg 28 (Marine Hangar). Interested persons may book by calling 392-2811 local 3470 Mon-Fri between 0800-1600 hrs. This course is designed for people who already hold a Driver's Licence. Booking is on a first come first served basis (max 25), so reserve a position early.



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Trenton after dark

The corn boil and dance held last Saturday evening Sept 15th was a small disaster financially to the mess and saw a crowd of about 3 couples at 9:00 pm grow to about 13 couples at 10:00 pm. Left over was about 20 dozen corn, cold cuts, salads, tomatoes cucumbers, etc and a bill for the band "Swift Water". Most discouraging to your entertainment committee and PMC members. Hopefully the Mixed TGIF this Friday will see a much better turnout.

COMING EVENTS

Coming Fri Sept 28 – TGIF and the month will conclude with a Cabaret Night Sat Sept 29. Table service 1900-2100 hrs. Dance to band "The Country Raiders" 2100-0100. Menu will be Prime Rib, Chicken Kiev or Seafood Platter, salad bar, rolls, dessert, coffee or tea – Cost $6.00 per person.

SS WO & Sgt's Darts Trenton & District Men's League – Thursday nights – see sheet on board in Mess or call local 2926 Sgt Homer.

Lindsay Legion Open Dart Tournament Branch 67 Oct 20 – $20 per team. See Bulletin Board in Mess for further details.

Golf on Thursday Sept 27 at 10:30 and Carling-O'Keef's golf at CFB Toronto on Friday Sept 28th at 0900 hrs. Contact Sgt Gerry Homer for further details at local 2926.

Steak Day is every Wednesday 1030 to 1330 hrs. $4.00 per steak and trimmings. Members and guests most welcome.

Promoted: MCpl DB Mackenzie to Sgt effective 29-08-84 (426 Sqn). Congratulations and welcome to the mess.

Retirements: WO WC Aker 03/5/85, MWO Jack Bates 2/11/84, WO JD Bouchard 9/5/85, WO JT Bucknell 19/1/85, WO T Clancy 7/11/84, CWO RJ Cook 25/1/85, Sgt B Crowder 10/1/85, MWO Len J (Jr) Hinds 16/1/85, WO AI Kirschner 7/4/85, WO JA Knight 20/12/84, Sgt CL Leighton 20/3/85, Sgt DR Macinnes 13/12/84, Sgt WJ McInnes 20/12/84, MWO BJ Moher 13/3/85, WO A Moroz 13/12/84, MWO Ron Nicholas 10/11/84, Sgt MD O'Rourke 11/11/84, MWO GR Poisson 28/9/84, Sgt TH Smith 28/8/84, Sgt JT West 28/8/84, Sgt CR Wheeler 20/4/85, Sgt RL White 11/10/84.

All the best Ladies and Gents. Happy Retirement, Good Health, Good Luck, and Good Fortune, always.

Members will shortly receive a letter from the PMC, Mess Manager and Executive Committee, please read, digest, and give it your immediate attention. Thank you.

Battle of Britain Dedication and Ceremony was held Sunday Sept 16th with about 1200 on parade, a fly past, and most senior NCOs on parade; smartly attired. A tribute to those few who gave so much and to whom we owe so much.

Any news for publishing may be left at Mess Manager's office or at the bar "Attention: Don Dishart" or phone 392-5988.

* * *

Chinese Proverb
If you are planning for a year – sow rice
If you are planning for a decade – plant trees
If you are planning for a lifetime – educate a person.

* * *

If a man has enough horse sense to treat his wife like a thoroughbred, she will never become an old nag.

* * *

Merci, and cheers! See you at the mess!

South Side Junior Ranks

Hunters Derby



29th Sep

Fish and Game Club

Sat 29th September (ALL DAY)

Briefing For Hunters At 1800 Fri 28th
in Astra Lounge

Breakfast For The Hunters:
Sat 0800 til 1130 at Mess

LOTS OF PRIZES FOR
UPLAND GAME AND WATER FOWL



Prizes Awarded At
OCTOBERFEST!

SS JR RANKS

Octoberfest

Sept 28th & 29th



"Gemutlichkeit"

eat, drink and enjoy
good fellowship

COME
In Authentic
Octoberfest Costume
and Win a
FREE Bottle of
Wine.



BAND
HARMONY

FOOD
German Style

COST $6.00 per member
8.00 per non-member

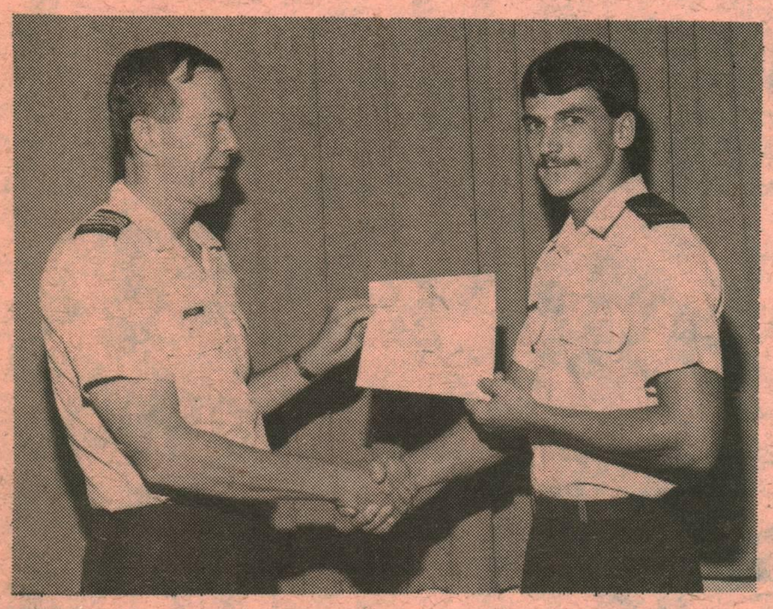
ADMISSION includes FREE Hat, Mug & Food

Octoberfest

ADVANCE: TICKET SALE
Available at
S.S. JUNIOR RANKS Club
Admin Office or Main Bar



BAMEO



LCol Fraser, CGMA de la BFC Trenton, présente au Cpl Christian Matte le sceau bleu pour excellence aérobique. Cpl Matte s'est mérité cette distinction en ayant parcourut 3600 milles pendant ses trois années à Trenton. Félicitation, Christian! (CFB Trenton Photo)

Well, the summer posting/promotion season has finally swung to an end. BAMEO organization has kept very busy although the BAMEO corner remained silent over the past couple of months.

Welcome to all new personnel. BAMEO is the largest organization on the base, comprised of over 750 personnel at last count. To mention a few of the recent postings is worthy. MWO Dave Simms took over for the departing John McQuiag, who heads east to Greenwood. He has promised to return for the "odd" fishing trip. MWO Bill Muir is the new D/AESO and MWO Rick Empsall the new D/AVSO for the retiring Gil Poisson and Junior Hinds. Sgt Silva White left the hills of Comox for 'flat' Trenton in ARO/HT.

Welcome to Major Wagner, the new AMCRO. He's learning quickly the skills of survival as an exchange officer in Trenton (luncheons, a low handicap, maxflex). It's cooler here than in California where the Major is posted from. Rumour has it he's planning a small antique business on the side. Also welcome to Major Looper, our new MSO. It's a long ride from Staff School in Toronto.

Promotions went out to Sgt Keith MacFarlane (now in RS Labs) and to Sgt Nick Struss (ASO/HT). Promoted to MCpl was Phil Hackett (ARO/HT).

Extensions of service went out to WO Dutch Simms (ARO/HT) and to MCpl Cliff MacFarlane (IS Labs). Both were ready to retire but were called back to duty (much to their dismay) very recently. Best wishes to you both.

The golf tourney final round was played yesterday. Details to follow next issue. October 11 is the Second Annual Car Rally, promising a good time for all. Many events are promised in the near future, get out and support our social calendar!

One last note! Congrats to Cpl Chris Matte (AECMS) on his super achievement of having run 3600 miles in his short time here. He recently received the blue seal for aerobic excellence in respect to this achievement.

That's all for this issue, next issue will highlight the golf tourney. Any information for submission should be forwarded to the PIO prior to 1200 hrs on Tuesdays. Until next week . . .

437(T) Squadron Colours 85 Travel Draw

437(T) Sqn is sponsoring a travel draw to offset the cost of their Squadron Colours Presentation and reunion in June 1985. A total of 2,000 $5.00 tickets will be printed for this draw with the winners being selected 15 Dec 84.

First Prize is an exciting all inclusive "Jack Tar Village" vacation for two in Jamaica, Feb 16-23 1985. Some of the highlights of this attractive "winter get-away" include:

– round trip jet transportation from Toronto to Montego Bay with complimentary in-flight meals and refreshments

– round trip transfers and baggage handling between the airport and village

– 7 nights accommodation at Jack Tar Village plus all meals during stay

– unlimited wine with lunch and dinner plus unlimited bar, wine, and cocktails daily and nightly

– unlimited cigarettes

– unlimited watersports including sailing, waterskiing, snorkelling and windsurfing

– a wide variety of other "summer" activities plus free nightly entertainment

– the approximate cash value of this prize is $2800.

Second and Third Prize are both $1,000 travel vouchers. It should be noted that if the winners so wish, all prizes are redeemable for cash. Tickets may be purchased from any 437 Sqn Member or the Squadron Orderly Room located in the south-west end of 10 Hangar. Tickets will also be available at the 437 concession at Airforce Day '84.

Your support in purchasing these tickets will help ensure the success of this most historic and prestigious event for 437(T) Sqn, not to mention the excellent opportunity to spend one week away from the winter doldrums, enjoying sun, sea and sand.

Loyalist Nursing Assistants Registration Results

Loyalist students again placed well in the national registration examination for Nursing Assistants.

Thirty-eight out of thirty-nine students writing, were successful in the examination written last June. The mean mark achieved was 544.51, well above the provincial and national means. There were thirty-one centres in Ontario, and Loyalist students ranked seventh in the province.

Both the students and the dedicated faculty are to be congratulated on their performance. Loyalist students, as a group, have consistently ranked within the top programs of Ontario over the past several years, and the College is proud of their achievements.

Trudeau MOTORS LIMITED
CUSTOMER SERVICE
CUSTOMER SATISFACTION
Probably the four most important words in the Automotive Business
For your New and Used Car or Truck needs
MAJOR NORM CAIRNS (Ret'd)
Is your personal contact at Trudeau Motors Ltd
Chev – Olds – Cadillac
Same day delivery if required
Pick up for service & use of a courtesy car
When you putt into our garage, we make sure you drive out.
31-45 Station St, Belleville 968-6767


SALE
40% OFF ALL FRAMES
20% OFF SOFT CONTACTS
For Your Eyes Only
52 Quinte St. Trenton
(Across from A&P Food Store)
392-2276
54 Bridge E.
Belleville
962-9311

RAMADA INN
2 RAMADA INNS
to serve you
TRENTON-RAMADA
Colonial Dining Room - 110 Guest Rooms
Indoor Pool - Racquet & Squash
394-4855 for Reservations
BELLEVILLE-RAMADA
Overlooking the Bay of Quinte
125 Guest Rooms - Dining Room
Jessica's Night Club - Terrace Bar Entertainment
968-3411 for Reservations
"Special Rate for Armed Forces Personnel"

THE SWITCH IS ON.

GM Bert Jones BELLEVILLE
PONTIAC-BUICK-GMC
HWY 14 NORTH, BELLEVILLE
962-4584
(JUST MINUTES FROM DOWNTOWN BELLEVILLE)
(A QUELQUES MINUTES DU CENTRE VILLE)

Presenting mazda
'84 MAZDA GLC
626 and RX-7
The more you look, the more you like. Especially the Price
'84 RABBIT DIESEL
Once again the Rabbit Diesel has the best fuel economy in Canada – 56 mpg (5.0L/100 km)
*Rating based on approved Transport Canada test methods. Your fuel consumption will vary.
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$8.99
8 kg
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234 North Front St
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Res: 392-4929
Box 280
Trenton, Ont K8V 5R5
Downtown Trenton
(613) 392-1283

Classified Ads

CLASSIFIED ADS MUST be written out and brought in to the CONTACT office, Bldg 23. The charge is 50¢ for twenty works or a portion thereof, to be paid at the time of submission. Classified ads cannot be taken over the telephone.

FOR RENT: Large unfurnished house in Frankford. Reasonable rent for good tenants able to help with upkeep. References required. Occupancy 1 Oct immediately. Call 398-7537.

FOR SALE: Brownie uniform $12; Brown size 14 maternity dress $25; Maternity clothes size 14. Call 394-3503.

FOR SALE: Gas conversion burner, electric ignition, excellent condition. 30 ft TV Tower and head. Call 962-7638.

FOR SALE: 1978 Ford Landau Ltd, air cond, PS, PW, cruise control, PB, AM/FM radio, 42,000 km, certified. Leather interior, asking $2600 OBO. Call 394-3762 if interested.

AHA Now that I have your attention FOR SALE: 1978 TS-100 Suzuki (dual purpose), a great commuting or trail bike. Is in immaculate looking and running shape. A steal at $450 OBO. Also Marushin Motocross helmet $75; leather Motocross gloves $5; Nylon jacket $5. Package deal $500 OBO. Call Kevin 392-2369 anytime!

UPHOLSTERY: $5.00 hr plus materials. All work & materials guaranteed against normal wear, 2 year warranty on select materials. Free accurate estimates, pick-up and delivery. Call 394-4248.

J.E.D. The Dj. Music for all occasions. Competitive prices. Call anytime 392-7003.

I WOULD BABYSIT in my own home on Namao Dr. Full or part time. Starting now. Call anytime 392-5839.

VHS & BETA MOVIES Mon to Fri $1.39, weekends $2.00. VHS MACHINE RENTALS $7.00 day & 2 Free Movies. Mon to Fri 11 am to 9 pm, Sat 10 am to 6 pm. Free membership. M & F Sales 186 Dundas St East Trenton 394-3408.

WE NOW HAVE Beta movies – M & F Sales 186 Dundas St East, Trenton, 394-3408.

WILL BABYSIT toddlers in my home. 9 Cory Cres. 392-9548

SAVE UP TO 50%! 2 pce sectional chesterfield, nylon, $499; Twin bed, $145, double bed $189, 5 pce kitchen set $99; Bed chesterfield – features a spinal guard mattress $499; Queen size waterbed, waveless $599.
Low overhead – low prices on quality furniture. Brighton Home Furniture 166 Main St (Hwy 2 & Ontario St). 475-1108 – Open Thuirs & Fri 11 am – 9 pm. Sat & Sun 10 am – 4 pm.

FOR SALE: Boy's bike 24" 3-speed racer $40; large Bar-B-Q like new with hood $22; Movie/slide screen $10; 40 watt stereo amp, solid state $40; new AM/FM portable transistor radio $20; electric kettle $8. Call 392-9801.

FOR SALE: Mickey Thompson aluminum rocker covers for small block Chevy $75. Turbo 400 transmission with a 3000 rpm stall converter. Chevy V8 and V6 electronic ignitions. Call 392-2749.

FOR SALE: Queen-size waterbed, Sanzui cassette deck, new 13" radial tires, hi-rise bicycle. Call 392-6714.

FOR SALE: Freezer upright $150; 10 hp electric motor, 3 phase, 108-220-440 volts, $200. Phone Roger 392-4365 or local 3708.

FOR SALE: Portable sewing machine (White) free arm. Six automatic stitches zig-zag, buttonholer, perfect condition. Price $175 firm. Phone after 6 pm 392-9483.

ALCOHOLICS ANONYMOUS

We attempt to follow a program of recovery which has for its chief objective: sobriety for ourselves – help for other alcoholics who desire it – amends for past wrongs – humility – honesty – tolerance – and spiritual growth.

If you want to drink that's your business. If you want to stop drinking that's our business. Call Alcoholics Anonymous at 392-5965.

FOR SALE: 1 pair Michelin TRX snow tires. Will fit late model Capri or Mustang. Also one Luxman L410 integrated amp 75w/chan. Call Harold Mulder at 392-0511 or leave name and number at Loc 3626.

APPLE PICKERS Wanted Sept 22 to Nov 1. Full time or shiftworkers. Call West Brighton Orchards 475-1388 after 8 pm.

FOR SALE: 1982 Yamaha Virago 920CC, less than 8000 km, great condition, equipped with faring and lowers, saddlebags and carrier box. Two full face helmets included. Asking $3400. Must sell ASAP. Call 392-7593 after 5:00 pm.

FOR SALE: 1983 Yamaha Virago 500 cc, less than 7500 km, equipped with engine guard. Very Good Condition. Asking $1900. Call 394-2759.

FOR SALE: 1983 Ford Escort L, 4 door hatch, PS, POB auto. Call JP at local 245 or 395-5377 after 6.

VINYL TRAX DJ service. Available for private parties, weddings and barmitzvahs. Phone Darrell Barr at 475-3289 or Benn Pridham at 392-5209.

RICK'S MUSIC EXPRESS Disc Jockey available for dances, parties, banquets. Experienced, all types of music, reasonable rates. Call Rick 392-6888 after 5.

TUNE-UP Your mowers, tillers, chain saws, snowblowers, etc. $20 includes points, condenser, timing and blade sharpening. In Bayside. Call Bill 392-8419 or 392-8904.

FOR SALE: Radial Tires – 3 summer 155 SR 13; 2 winter 185/70 HRB on rim for Rabbit. Call 392-0826.

FOR SALE: 15 ft cedar strip boat 25 hp Evinrude with 2 gas tanks. Call 392-0826.

FOR SALE: Great Hobby for This winter! 16-ft 'shell' of an old cabin cruiser with 4 cyl inboard motor. Best Offer! Phone 392-8442 after 5 pm.

FOR SALE: 12' aluminium boat with 5 HP motor & trailer – $850. Sears 5 light chandelier – $40. Bellinni accordian, 120 base/3 voice – $250. 1970 Honda 90)cc – as is $100. Manual typewriter – $25. Call 392-3874.

IMPRESSIONS IN COLOUR – colour consulting & draping for men and women; wardrobe planning; make up; skin care. Call Eileen Bain (613) 392-7943.

FOR SALE: 1977 Camper. Excellent condition, fully equipped with many extras. $3800. Call 392-3975 after 4.

WANTED: Part time sales person for retail store. Thursday and Friday nights 5-9 pm, Saturday 9-5:30. $5.00 per hr plus commission. Apply to Box 3034, RR3 Trenton, Ont K8V 5P6.

FREE to good home. 9-month shepherd/collie, spayed, all shots. Very well mannered, affectionate. Good with children. Call 394-2989.

FOR SALE: Beautiful Vilas 9 drawer dresser and 2 end tables. Excellent condition, Canadian made & no longer produced. Evenings 394-2989.

BAINER'S LTD "The Radiator Man": We are the Quinte Area's fastest growing auto radiator company because we save our customer's money. Opposite The Trenton Town Centre. Phone 392-5553.

BUILDING LOTS for Sale: Beautifully treed lots, water access, with all bldg approval for permanent homes, year round services. Owner will take back mortgage for 12%. Call 613-962-1129 or 613-472-3031.

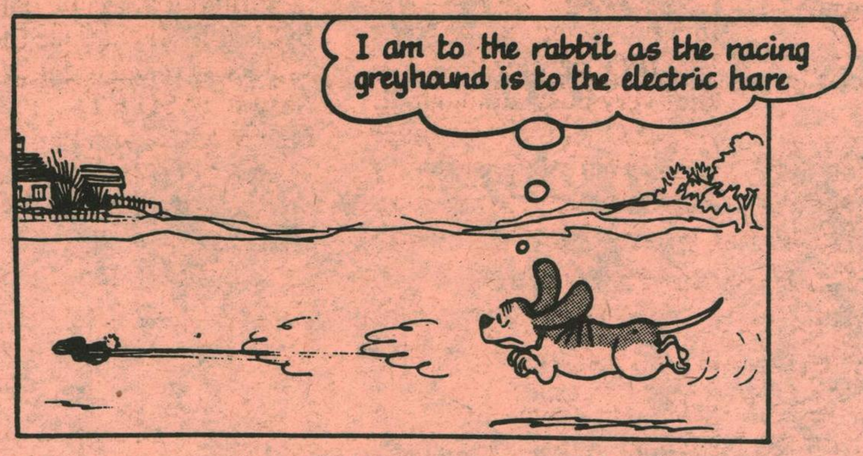
FOR SALE: Large ceramic kiln, stilts, cones & furniture. $750. 392-6972.

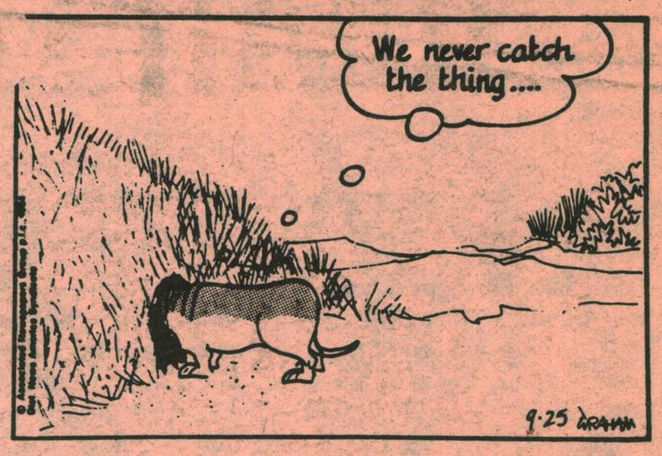
SEWING & ALTERATIONS "No job too big or small, give Dolly a call". Custom drapes and curtains a specialty. Call 394-3456.

HUNT'S CHIMNEY Cleaning – Protect your family with proper cleaning and maintenance. Call us for a free inspection. Do you have a water, draft or pest problem? Ask about our superior line of chimney caps. Call 966-1396

FRED BASSET

by Alex Graham





ARTY Reunion 85

Retired Gunners, retired "other persons" who had the honour of serving the Guns, and serving Gunners of the current Regular Force will concentrate at the Home Station of The Royal Regiment of Canadian Artillery, Canadian Forces Base Shilo, Shilo, Manitoba, during the week-end 24, 25 and 26 May 1985.

For further information contact:
Mrs SG Witt
Chairman Arty Reunion 85
General Delivery
Shilo, Man R0K 2A0

Applications for participation must be received by 1 January 1985.

"Once a Gunner Always a Gunner"

Tempting Apple Ideas

The Ontario apple has long been cherished for its "tempting" qualities. It is a well known fact that the original out-of-hand snack is truly delicious when prepared as a traditional dessert such as apple cake, applesauce, apple squares and, last but not least, the famous apple pie. Foodland Ontario, however, has recently developed a number of exciting new apple recipes to tempt even the most traditional taste.

Why not change pace from the regular apple dessert by serving Honey Poached Apples as an elegant finale to a special dinner. Apple Cheesecake Supreme, glazed with apple jelly, is a cheesecake-lover's dream. Double Apple Tart, with thinly sliced apples crowning a generous layer of sweet applesauce and shortbread pastry, is truly a vision to behold. But we do not live by desserts alone.

Be inventive with Ontario apples. Serve them diced in a salad or stuffed with a chicken and mayonnaise mixture as an Appetizer, and don't forget the main course. Sautéed Apples and onions in a creamy sauce add a lovely touch to chicken or pork, while Baked Sausage and Apples create a quick and easy breakfast or brunch feast.

Old favourites such as Baked Apples and Apple Oatmeal Squares haven't been forgotten. A crunchy variation of these recipes is included in the new Ontario Apples brochure. For a free copy of these tempting recipe ideas, write:
Ontario Ministry of
Agriculture and Food
Consumer Information
Centre
801 Bay Street
Toronto, Ont M7A 2B2

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"Ardyce"
DOG GROOMING SERVICES
PET SUPPLIES &
SHOW ACCESSORIES
Over 25 yrs experience
All Breeds
Breeders of
Scottish Terriers
392-3070
Whites Rd, Bayside

Kenron Estates Ltd
at Bayside – 394-3388
17 FT CITATIONETTE Travel Trailer priced to sell
12 X 60 2 BEDROOM – Being sold unfurnished. The owners are leaving the area. Available Nov 1st. Must be seen.

TAFT Auto Recycling
RAGLIN ST
BRIGHTON, ONT
WANTED
CARS & TRUCKS
FOR SCRAP
Highest price Paid in Area
475-1334

GM MARK OF EXCELLENCE
. . . and the
Davidson Family
serving the Trent Valley since 1910
BERT ADAMS
Sales Manager
DAVIDSON PONTIAC BUICK LTD.
38 Elgin Street - Trenton Ontario
Business 392-1245 Residence 392-4592

QUINTE DRIVE-IN THEATRE
Fri, Sat & Sun Sept 28, 29, 30
TIGHT ROPE
GRANDVIEW U.S.A.
ADMITTANCE RESTRICTED
Located on First Road East of Air Base
392-7441

The Bulletin Board

Stirling Art Show and Sale

The Stirling Community Hall will be the setting of the twelfth annual Art Show and Sale, Saturday September 29 and Sunday September 30, 1984 in downtown Stirling, Ontario. The event is sponsored by the Hon JR Cooke Chapter, IODE. Area artists – Edna Henderson, Jack Downey, Madeline McIntosh, Florence Lennox, Lilian Peddie, Marilyn Lundy, Marjorie McMullen, Jerry Stapley, Anneka Chapman, Gary Miller, Helen Meiklejohn and Gary Barr will be present and showing their works in oils, acrylics, water-colours and pen & ink. Pearl White will be displaying hand built and wheel-thrown ceramics; Marilyn Holden and Diane Russel – Hand woven articles; Pamela Bailey-Brown with pottery and Audrey Sunderland – hand painted silk scarves.

Proceeds from sales are directed to educational projects, mainly two bursaries to area students, proficiency prizes to Grade 8 students and services to the community. IODE is a non-profit organization.

CFB Trenton Microcomputer Club

Thur 27 Sep – CFB Trenton Microcomputer Club Meeting in Bldg 21.

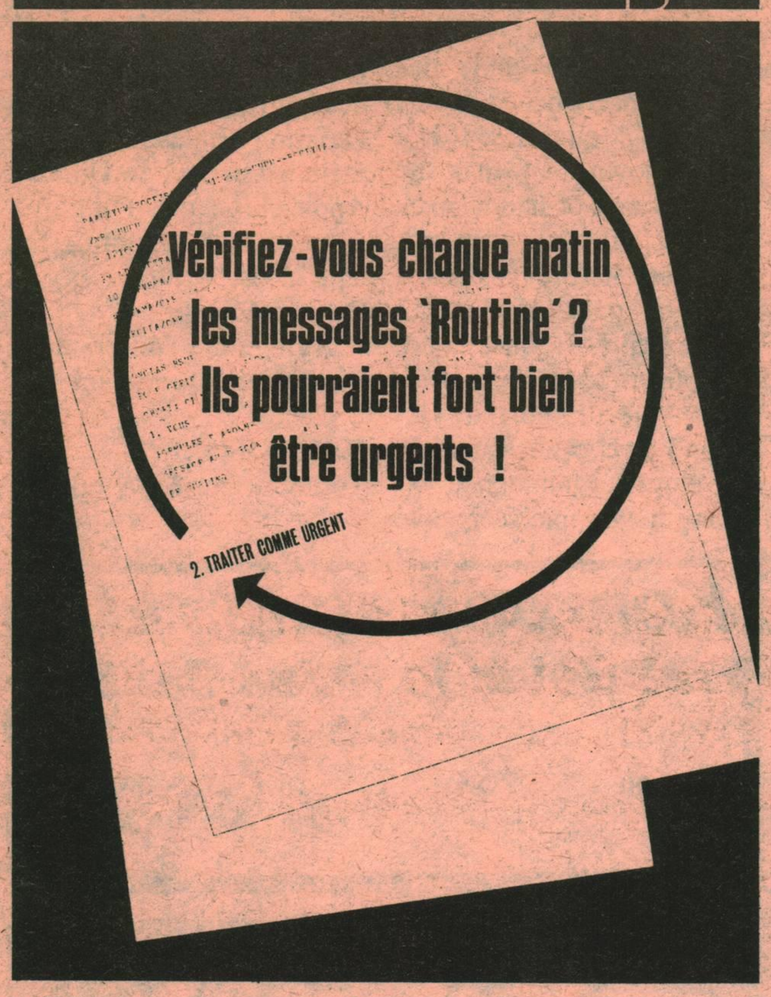
NB: The Microcomputer Club quarters are in the North-West basement of Bldg 21, which is the first building west of Base Headquarters along Hwy 2. The area is also used as a Camera Club facility by the Cadet Camp in the summer.

Meeting times and places announced in the Club Newsletter last spring are no longer valid. The September Meeting schedule is as follows:

All meetings begin at 1930 hrs.

du

Centre de Messages



Weaver
FUNERAL HOME
170 Dundas St W
Trenton, Ont
(613) 392-3579

The Dog Hutch
ALL BREEDS
Professional
Dog Grooming
QUALIFIED GROOMER
10 Years Experience
211 Dundas St E
#3 Trenton, Ont
392-4411

Good News for Modern Man

St Clement Astra Chapel (Protestant)

CHAPLAINS

Padre Frank Walker
Bldg 23 – local 2298
2B Breadner, Middleton Pk
Trenton, Ont 392-6801

Padre Venice Guntley
Bldg 23 – local 2314
Room 228, Hastings Hall
CFB Trenton, Ont

SERVICES

Sunday:
0900 hrs – ACC Holy Communion Starting 30 Sep
1100 hrs – Divine Worship (Nursery Service)

PARISH ORGANIZATIONS

Sunday School – 0930 hrs – Grade 5 and up.
1100 hrs – All others.

Senior Choir:
Practice each Thursday at 1915 hrs.

Junior Choir:
Practice each Sunday at 1230 hrs.

Chapel Guild (Ladies):
Meets last Tuesday of each month at 1930 hrs.

Noon Hour Fellowship:
Meets each Wednesday at 12 o'clock in the Chapel.
Bring your own lunch.

Adult Fellowship:
Last Sunday of each month.
First meeting will be on 29 September.

BASE COMMUNITY SERVICES

The Thrift Shop on AMDU Road, opposite Canex, is now open after the summer break. Hours of operation are:

Tuesday mornings – 9 till 11
Wednesday afternoons – 1 till 3
Thursday evenings – 7 till 9

Bring in good used clothing or other goods to sell and check out the bargains already on the shelves.

Volunteers are urgently needed for this new season. Call 392-2811 local 2326 if you have a few hours to spare and would like to help. The work is easy and the company's good!

FIRE EMERGENCIES
Base Personnel

Effective July 84 all fire alarm boxes (located outside buildings) will be removed. In future all fire emergencies will be by pull stations inside the building, and by telephone, base local 3333, or PMQ 392-3333. All building Fire Wardens are requested to amend their fire orders accordingly. Please contact Sgt Escott at local 2965, if you require assistance. Buildings listed below have pull stations mounted outside ONLY.

Building – 163A – 163B – 165 – 57
Marine Dock – 211 – 61.

* * *

Trent Valley Chapter One Parent Families Association

Holds general meetings at Marmora St School every first and third Monday of the month at 8 pm.

All single parents are welcome. Custody is not a factor. For more info call 968-3179.

Queen of Heaven Chapel (Roman Catholic)

CHAPLAINS – AUMONIERS
Father Joseph Borg
Office/Bureau: Bldg 23 – local 3665
Residence/Résidence: 21A Lawrence, Middleton Pk
Trenton, Ont (no res phone yet)

Father John Hunt
Office/Bureau: Bldg 23 – local 3487
Residence/Résidence: Rm 128 Hastings Hall
CFB Trenton Phone 3487

MASSES – MESSES
Saturday/samedi – 1900 hrs
Sunday/dimanche (French/en français) – 0930 hrs
Sunday/dimanche – 1100 hrs
Weekdays/sur semaine – 1630 hrs

Confession:
Before and after all masses – Avant et après messes.
Baptisms:
Please allow at least 30 days' notice for preparation.
Baptêmes:
Communiquer avec l'aumônier pour preparation.
Marriages:
Please allow at least 60 days' notice for preparation.
Veuillez prendre rendez-vous avec l'aumônier au moins deux mois avant la date choisie.

PARISH ORGANIZATIONS

CWL:
Meets the second Tuesday of each month. Mass celebrated in the Chapel at 7 pm followed by meeting

CHOIRS

English Choir:
Practice each Thursday at 8 pm in the Chapel.
Saturday Night Choir:
Practice each Saturday at 6 pm in the Chapel.
Chorale français:
à la messe de 09:30 am. Un urgent besoin de membres de la chorale et de musiciens tels que organistes, guitaristes, etc. SVP appeler Carole Dion au poste 3739 ou à la maison 392-0825 ou Marc Drolet au poste 2986 ou à la maison 392-4986. Nos pratiques seront à tous les mercredis soirs à 07:30 pm à la chapelle. Venez nous rencontrer!

Want To Scuba Dive?

The Flying Frogmen Scuba Club will be conducting a Basic Scuba Course starting 16 Oct 84 at 1900 hrs at Bldg 34 (426 Sqn). If you are interested contact Tom Horn at 394-4264.

Karate Ontario

Grand Prix Karate Tournament on Sun day 30 September. 1100 hrs at CFB Trenton South Side Rec Centre.
Your Host – Bruce Wylie Sensei, and the Shotokan Middleton Park Karate Dojo.
Cost: Adults $1.00 – Youth 50¢ – Children free.

Trenton & Murray Township BICENTENNIAL CELEBRATIONS

Sept 29 – Bicentennial Seminar Business & Professional Women's Club "Women the Achievers Then, Now, Future – Ramada Inn, Trenton evening.

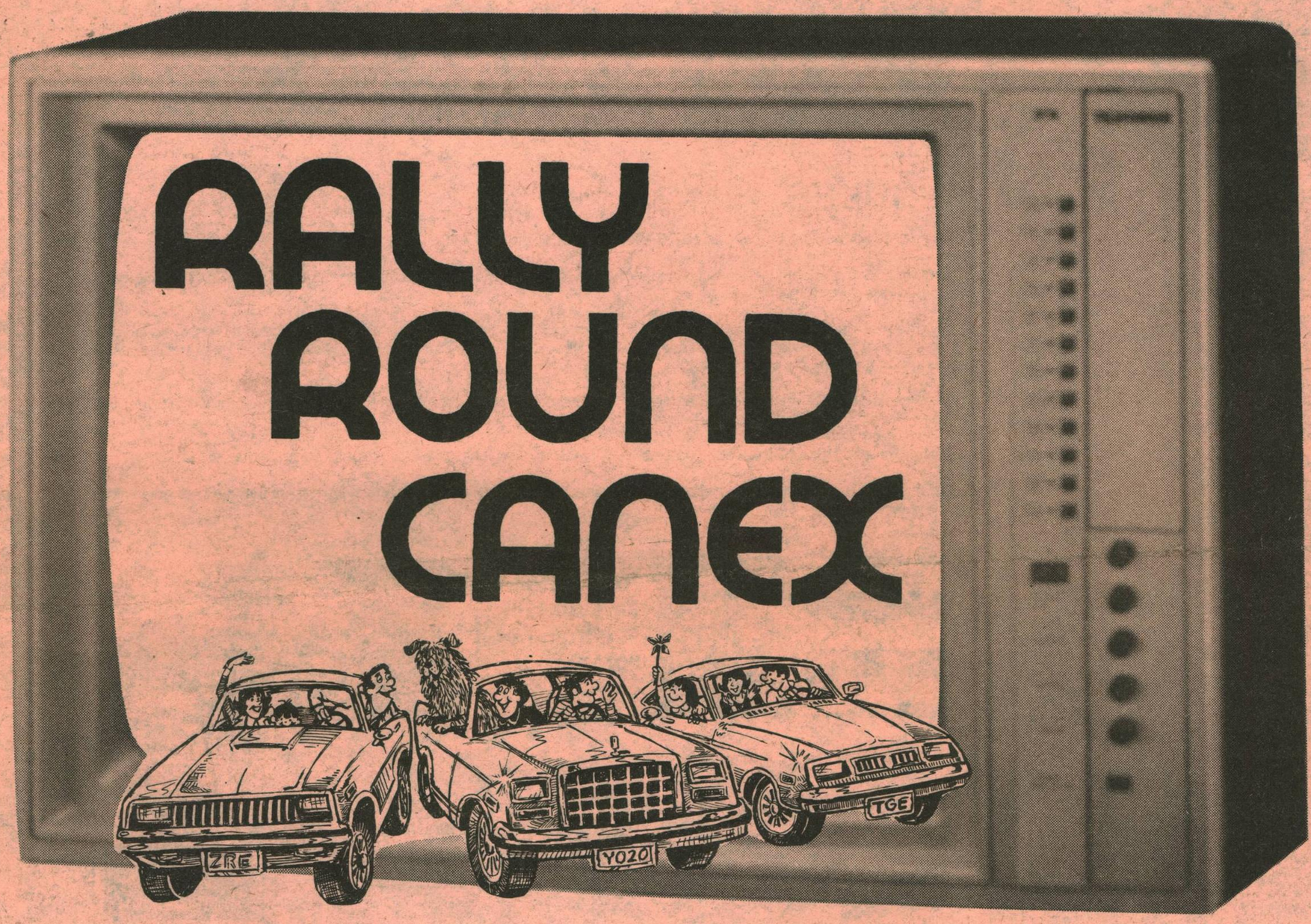
Sep 30 Ecumenical Service Westminster United Church 7:30 pm.

Oct 6 – Harvest Barn Dance. Wear a Costume – Batawa Community Centre 8:00 pm. Hosted by Sidney Township BiCentennial Committee.

Oct 14 – BiCentennial Celebrations "Looking Back 200 Years" Westminster United Church 11:00 am. Everyone Welcome.

GREAT WAY TO SHAPE UP...
HIKE

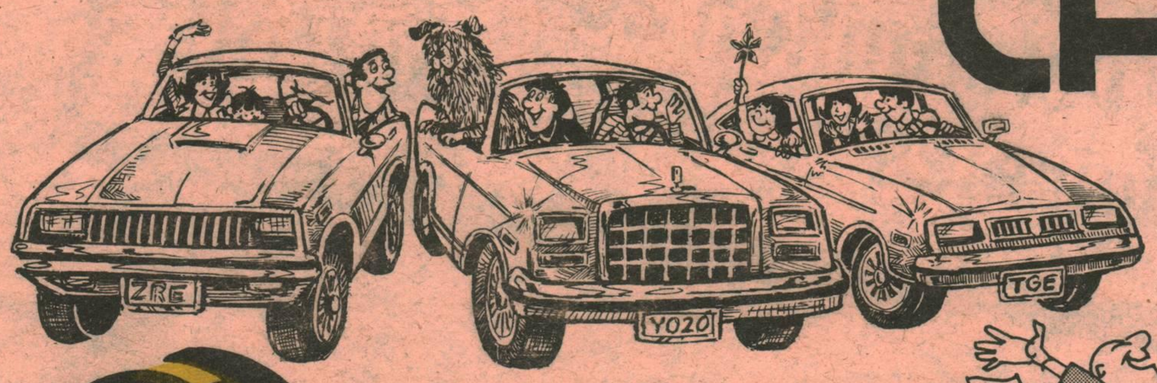
Some lucky CFB Trenton customer is going to win this Telefunken 20" Colour Television with wireless remote control!

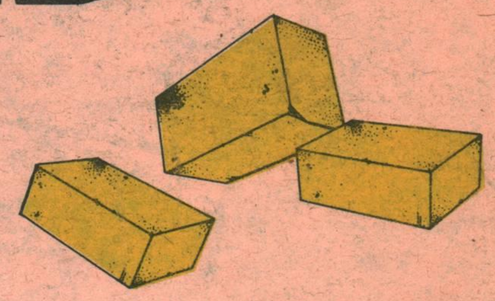


Great Prize! Great Buys!

. . . but only to those who join our 16th Birthday 'Rally Round Canex'. See reverse side for complete details.

RALLY ROUND CANEX

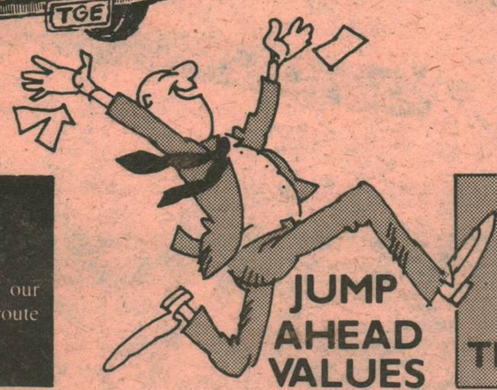




big savings on the yellow brick road.

START

CHECKPOINT 1
FOOD SERVICES
Make any purchase at any of our four Canex outlets. Get your route map stamped.



DON'T PASS THESE SAVINGS

TURN HERE AND SAVE

BRIDGE

HIGH COSTS

RALLY RULES

1. Rally participants must proceed in NUMEPICAL ORDER through ALL FOUR Checkpoints.
2. To qualify for the shopping values offered along the route one must have passed through all PREVIOUS Checkpoints and had one's route map stamped.
3. Only the four Checkpoints constitute compulsory stops on the rally route. For interested participants, however, several optional bonus values are offered. Rule 2 still applies . . . to qualify for these bonus values one must have passed through all previous checkpoints.
4. The completed route map stamped at all four Compulsory Checkpoints qualifies Rally participants for the draw for the Grand Prize.
5. One may proceed through the Rally Route as many times as one wishes but may use only one route map at a time.
6. Canex employees and their dependants may partake of the promotion and special buys except that they are not eligible for the winning of the Grand Prize.

Watch for Prize stickers on bottom of Coke cans and cups in Canex Vending Machines

BLOCKS

Rent a video tape for just 50¢ from our library.

Kids 12 and under eat free off the children's menu in The Yukon Lodge Continental Room

NAME

ADDRESS

TELEPHONE

CHECKPOINT 4
EXPRESSMART

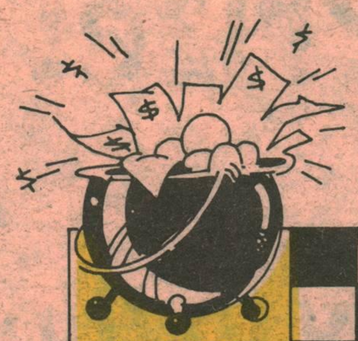
Cigarettes
Rothman's..No 7..Craven A
Export..Select..Vantage
$11.99 ctn

Canex Bread
24 oz loaf
Limit 10 per customer
29¢

Butter
Limit 3 per customer
$1.29

Special buys optional but get your Route map stamped

Drop your route map in the drum in the Department Store to be eligible for the grand prize.



You must finish prior to the close of business Sat 6 Oct 1984

FREE PARKING

CHECKPOINT 2
DEPARTMENT STORE
Make any purchase. Get your route map stamped.

BARGAINS JUST AROUND THE CORNER

ADD UP SAVINGS



Oil Change Filter & Lubrication Only $12.99 at either Service Station

USE YOUR CREDIT CARD



Buy a case of Coke (24 cans) for only $3.99 at either Canex Service Station

STOP

SAVE $1
On a fillup of 30 L or more at either Canex Service Station

CHECKPOINT 3
SERVICE STATION
No purchase necessary. Get your route map stamped.

FREE Pen at CHECKPOINT 3

ONE WAY TO CUT COSTS