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## New Wing CWO officially welcomed at ceremony

by 2Lt Jennifer Jones  
 8 Wing Public Affairs

Chief Warrant Officer (CWO) Don Cheverie was officially welcomed as the new 8 Wing/CFB Trenton CWO at a traditional handover ceremony held in the Warrant Officer and Sergeant's mess on Thursday, July 3, 2003.

A room full of personnel listened as CWO Jim Boland, stepping down as Wing CWO after four years to attend year-long second language training, opened by speaking of his experience at 8 Wing/CFB Trenton.

"This will be the best job I ever had. From the first day I represented the Wing, I accepted thank yous on behalf of its members. I was very proud of that," he said. "I hope that you feel that I've supported you half as much as you've supported me."

CWO Cheverie comes to 8 Wing/CFB Trenton from 1 Canadian Air Division, where

he held the position of Senior Occupational Advisor for the MOC 526 Avionics occupation. He was formally welcomed as the new Wing CWO with a traditional sword and epaulette exchange ceremony.

"The role of Wing and Base Chief Warrant Officer is one which is absolutely critical to our viability and effectiveness as an operational formation and installation," said Colonel D.S. Higgins, Commander of 8 Wing/CFB Trenton. "As CWO Boland closes out his watch, I can only add that there is no question that without his counsel and assistance we would not have attained the specific objectives that were assigned nor realized our record of accomplishment in general."

CWO Boland will remain in Trenton for the next year and looks forward to spending quality time at home with his wife Rebecca and two daughters, Jessica and Sarah.

Photo: Cpl Josee Menard, 8 Wing Imaging



New Wing Chief, CWO Don Cheverie, is officially welcomed to the position by his predecessor, CWO Jim Boland, and Colonel Dave Higgins, Commander, 8 Wing/CFB Trenton. Please see Page 8 for more photos.

## LCol Lewis assumes position of WAHRO at 8 Wing Trenton

by Laurie McVicar  
 Assistant Editor

After three tours at 8 Wing/CFB Trenton, Lieutenant-Colonel Bill Lewis, new Wing Administration and Human Resources Officer (WAHRO), has a unique understanding of the personnel he'll be managing.

LCol Lewis brings with him a wealth of skills acquired during his time with the former Aerospace Maintenance Development Unit, 8 Air Maintenance Squadron, Aerospace and Telecommunications

Engineering Support Squadron. He is returning here from a posting at the Canadian Forces College in Toronto where he completed the Command and Staff Course.

"It's wonderful to be back in Trenton. I know a lot of people here, plus I obviously have an understanding of operations and what the different organizations do," said LCol Lewis. "Regardless of whether it's administration or aircraft maintenance, a lot of the job has to do with interpersonal skills."

In addition to a successful career in the regular

forces, LCol Lewis has also dedicated much of his time to being the first military adjunct professor at the Royal Military College of Canada (RMC) in Kingston. He spent three years on the Academic Faculty in the Department of Chemistry and Chemical Engineering and holds degrees in chemical engineering, nuclear engineering and defense studies from the college.

"I've been very fortunate to have two careers simultaneously, one as an aerospace engineer and one as an academician," said LCol Lewis. "I've had the

chance to pursue an awful lot of education. (I enjoy) personal development and challenge."

Both of which will likely be present in LCol Lewis' first administrative position.

"There were a few projects started by my predecessor that I'd like to help see through to fruition. We're at a unique time for the medical services here at the Wing because they are being reorganized - I'd like to assist them. Other ongoing projects will help improve the quality of life for personnel," said LCol Lewis.



Lieutenant-Colonel Bill Lewis

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## WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Cpl Céline Picotin and Capt Louise Maziarski were recently presented with certificates of appreciation by LCol Baker, WLEO, for a job well done. Capt Maziarski has been posted to the position of WPSSO, and her strong work ethic and sense of humour will no doubt stand her in good stead in this challenging new position. Cpl Picotin will be moving on to WOPs next month (in an effort to make her true blue) upon the post-deployment return of Sgt. Sherry Simmoneau-Guay to the position of WLE HQ clerk.

## Le nouvel adjuc ere officiellement inauguré

par Sgt Jennifer Jones  
Affaires publiques de la 8e Escadre

L'Adjudant-chef (Adjuc) Don Cheverie a été officiellement accueilli à son nouveau poste d'Adjuc d'Escadre (Adjuc Ere) à une cérémonie ayant eu lieu jeudi, le 3 juillet 2003 au Mess des sergents et adjudants de la 8e Escadre / BFC Trenton.

Une salle remplie de personnel ont écouté avec une vive attention les paroles d'adieu de l'Adjuc Jim Boland, qui quitte son poste afin de suivre une année complète d'enseignement en langue seconde. "Mon poste ici aura été le meilleur de ma vie. Depuis le premier jour que je représente l'Escadre, j'accepte fièrement des remerciements pour le travail du personnel," dit Boland, "Je ne peux qu'espérer que vous avez ressenti autant d'appui de ma part que j'ai ressenti de la vôtre."

L'Adjuc Cheverie nous arrive de la

1re Division Aérienne du Canada où il occupait le poste de conseiller-en-chef pour le GPM 526 technicien en avionique. On lui a souhaité la bienvenue à son poste au travers une série d'événements traditionnels tels le transfert de l'épée et l'échange des épaulettes.

"Le rôle de l'Adjuc de l'Escadre et de la Base est absolument critique à notre viabilité et efficacité en tant que formation opérationnelle," dit le Colonel D.S. Higgins, commandant de la 8e Escadre / BFC Trenton. "Alors que l'Adjuc Boland quitte son poste, je ne peux qu'ajouter qu'il est sans doute que sans son conseil et son appui nous n'aurions pas atteint les objectifs spécifiques en vue ni réalisé notre record d'accomplissements en général."

Dans l'année qui suivra, l'Adjuc Boland demeurera à Trenton et planifie profiter du temps de qualité avec son épouse Rebecca et ses deux filles Jessica et Sarah.

## CF completes Congo mission

OTTAWA, July 7 /CNW/ - Operation CARAVAN, the Canadian Forces (CF) contribution to the French-led Interim Emergency Multinational Force in Bunia, Democratic Republic of Congo, has now concluded.

Operation CARAVAN was launched in response to a request from the United Nations for assistance in restoring order in that region. Beginning on June 8, 2003 two CC-130 Hercules tactical transport aircraft and about 50 CF personnel, detached from the Tactical Airlift Detachment (TAL Det) deployed in the Arabian Gulf region on Operation APOLLO, provided airlift from Entebbe, Uganda to Bunia. Both aircraft and most of the personnel will return to the

TAL Det which is also supporting Operation ATHENA, the Canadian contribution to the International Security Assistance Force (ISAF) in Afghanistan.

"The Canadian Forces have made a significant contribution to the restoration of

stability and security to Ituri Province in the Democratic Republic of Congo," said the Honourable John McCallum, Minister of National Defence. "The CF members deployed in the region worked tirelessly in support of the mission, and we are very proud of what they have accomplished in a relatively short time period in a high-threat environment."

During Operation CARAVAN, aircraft completed 50 flights, transported more than 545 personnel and delivered more than 490,000 kg of cargo with an excellent mission success rate.

"The airmen and airwomen of this group provided essential cargo transport support to the mission and this is particularly commendable considering the condensed timeframe within which we launched this mission," said General Ray Henault, Chief of the Defence Staff. "They are well-known to all our mission partners for their tenacity and unquestionable reliability."

## 8 ACCS does Canada Day at National Aviation Museum

by Major Sandra Baker, CO, 8ACCS

To help mark the Centennial of Canadian Military Communications, 8 Air Communication and Control Squadron (8ACCS) deployed a detachment to the National Aviation Museum in Ottawa from 28 June to 1 July to display its capabilities in support of the Air Force.

8 ACCS and 12<sup>e</sup> escadron de radar from 3 Wing Bagotville were approached by LCol G. Tremblay, the national coordinator for the Military Communications Centennial, to contribute a display of equipment representative of their support to the Air Force at the museum in Ottawa. As 8 ACCS is currently in the process of receiving new equipment from its modernization project, both old and new equipment were on display at the museum to demonstrate some of the squadron's history.

The squadron, which had just manned a display at the QIAS 21-22 June, packed up much of the same equipment and transported it via flat bed and squadron vehicles to Ottawa four days later. The equipment sent included the old QUAD Radar and ATC Control Trailer (ATCON), the new MPN-25 Radar and IFR shelter, Control Tower, TACAN, and Mobile Operations Shelter (MOPS) plus an On Scene Control Emergency Response (OSCER) vehicle and a variety of satellite communication equipment and radios. The display team of nine personnel included: Maj S.L. Baker, CWO S.J. Morrow, Sgt R.R. Viel, MCpls G.T. James, F.L. Malatesta, D.J. Murphy, J.H. Ray, D.F. Whitty and Pte J.K.E. Jacques.

As well as the many civilian visitors to the museum, the Canadian Forces School of Communications and Electronics (CFSCE) in Kingston sent a busload of Communications and Electronic Engineering (CELE) Air Basic students to tour the capabilities provided by both of these deployable Air Force squadrons. Additionally, senior staff from NDHQ, including the Chief of the Air Staff, took time out of their busy schedules on Monday, June 30 to visit both units and see the new 8 ACCS equipment.



8 ACCS displayed both old and new equipment at the National Aviation Museum in Ottawa to demonstrate some of the squadron's history and celebrate 100 years of communications and electronics.



MCpl Greg James of 8ACCS explains the new deployable MPN-25 radar on display at the National Aviation Museum in Ottawa to LGen Campbell, Chief of the Air Staff.



# One more way to attract pilots to the Air Force

by Capt Vance White

The sky is the limit! Well it could be if you're interested in becoming a CF pilot.

To help reach this year's intake requirement for Direct Entry Officer (DEO) unskilled pilots, Commander Canadian Forces Recruiting Group (CFRG) has opened the pilot occupation to compulsory and voluntary MOC reassignment. This means that if you are an officer who is not MOC qualified in your current occupation, you can apply for reassignment to become a pilot.

"Although we hope to re-enrol skilled pilots for some of the DEO positions, the training seats at NATO Flying Training in Canada (NFTC) will need to be filled," said Colonel Alain Tremblay, Commander CFRG.

"The fastest way to fill training seats is to get people who do not need to go through the recruiting process or through basic training, but aren't MOC qualified – these are reassignments."

The past year has brought significant changes in recruiting pilots. In

Fiscal Year 02/03, CFRG provided 135 pilots (less than 10% of the total officer intake), 65 of whom were Direct Entry Officers (DEO) – new applicants "off the street" with a university degree. The reduced intake was due, in part, to the backlog of training caused by the transition of providing pilot training under the umbrella of NFTC.

The planned pilot intake for this year is currently about 200 (17% of the total officer intake), and a significant increase, and challenge. To meet that challenge, Comd CFRG and Chief of Air Staff have agreed upon a dedicated advertising campaign to recruit pilots. You will learn more about that when a special insert is included in the Maple Leaf in early August.

"There is a large requirement for pilots now as the backlog at NFTC is almost gone," says Colonel Chris Little, Director, Air Personnel Professional Development. "Training positions for new pilot officers will be available starting in April 2004."

If you are interested in applying for reassignment you should contact



Photo: Sgt Frank Hudec, Combat Camera

It's pilots such as CC-130 Hercules pilots, Capt John Gelinas (foreground) and Capt Sylvio Roy, that the CF is hoping to attract.

your Base Personnel Selection Officer for more details. To be eligible you must be an officer, and not be qualified in your current occupation.

Before being selected, you must successfully complete the Air Crew Selection process at 8 Wing / CFB Trenton and the Air Crew medical at the Toronto office of Defence Research and Development Canada. Selection boards will be conducted in the fall – dates to be confirmed.

Capt White is the CFRG Public Affairs Officer.

# Search & Rescue UPDATE



A busy week for the "Tigers" with a lot of time spent flying lines over Lakes Ontario and Erie.

This week's taskings included two boat searches and approximately 20 hours spent searching for a missing aircraft in the vicinity of Toronto Island. Unfortunately only a debris field could be found.

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

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### Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) and as "text only" on a 3.5" disk and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.

Jpeg--Maximum (8X10), 300 dpi

- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- Articles must be received by Tuesday at noon prior to print date at The CONTACT office.

### Letters to the Editor:

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



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## LETTER

*Re Comrades' Night  
at 8 Wing Trenton*

I would like to express my appreciation of the excellent evening extended by the staff of 8 Wing to us Air Force Association guests on Comrades' Night. It was my initial meeting and I was greatly impressed by the interest and cordiality showed by the staff in conversing with an 80-year-old Air Force veteran.

The entertainment supplied by the Wing band was excellent, especially when they played some the old Glen Miller tunes such as *In the Mood*, which brought back memories and (got) a few couples up dancing, especially one couple jitterbugging.

It was a very enjoyable social evening. May I wish many more of them.

*Yours truly,  
Gordon K. Hunter*



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### Movers and Shakers

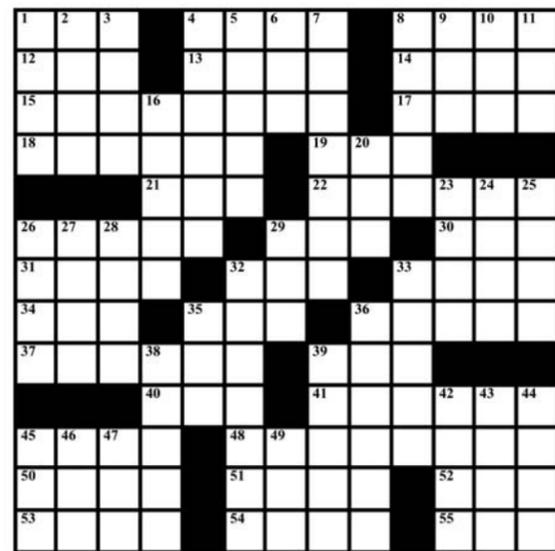
By Bernice Rosella and James Kilner

#### ACROSS

- 1 A kind of add on
- 4 Chemical compound
- 8 Canadian Hunter tycoon, Jim \_\_\_\_\_
- 12 Argentine metropolis
- 13 South American nation
- 14 Pro follower
- 15 Yahoo tycoon Paul \_\_\_\_\_
- 17 List part
- 18 Consecrate
- 19 Be indebted
- 21 \_\_\_\_\_ Dorval
- 22 Communications Tycoon, Ted \_\_\_\_\_
- 26 Scandinavian toast
- 29 Lick
- 30 Allow
- 31 Partner of ifs and buts
- 32 Computing acronym
- 33 Actress Turner
- 34 Dessert
- 35 Twosome
- 36 Northern Telecom tycoon Jean \_\_\_\_\_
- 37 JDS Uniphase tycoon Jozef \_\_\_\_\_
- 39 Take a taste
- 40 Partner of game and match
- 41 African fly
- 45 Harvest
- 48 Bombardier tycoon Laurent \_\_\_\_\_
- 50 Masculine
- 51 Showy flower
- 52 Ms Lennon
- 53 Headliner
- 54 Nostril
- 55 Underhanded

#### DOWN

- 1 So



- 2 Prevaricator
- 3 Brash
- 4 Toward the top
- 5 Queen, in Quebec
- 6 Poet's before
- 7 Northern lights
- 8 Norwegian composer
- 9 Tell on
- 10 Devoured
- 11 Root vegetable
- 16 Coin toss result, some-times
- 20 Was victorious
- 23 Verve
- 24 Monthly expense?
- 25 Remain
- 26 Depletes
- 27 Create with wool
- 28 European river
- 29 As well
- 32 Janitorial receptacle
- 33 Ran unhurriedly
- 35 Owed
- 36 Ill-treat
- 38 Canwest Global tycoon Izzy \_\_\_\_\_
- 39 Case or way preceder
- 42 Implement
- 43 Of China
- 44 Enough (arch.)
- 45 Local govts.
- 46 Corrode
- 47 \_\_\_\_\_mode
- 49 Geological period

## This Week in Contact

1944--School children from Victoria and Haliburton are honoured by G/C Bell-Irving when they raise \$25,000 through War Savings Stamps to buy the RCAF one Hurricane fighter.

1953-63--Unavailable

1973--436 Sqn performs humanitarian airlift of desperately needed food and supplies to Lagos, Republic of Niger.

1983--His Excellency Governor General Edward Schreyer invested three CFB Trenton personnel into The Order of Military Merit: Maj HL King, ATG; CWO JR Knapton, 70 Comm Gp; and MWO DE Bamford, 426 Sqn.

1993--8 Wing holds first Annual Wing Commander's Challenge. Century 21 Real Estate lists 3 and 4 bedroom area homes from \$104,900 to \$149,000, and a new Ford Tempo Max sells for \$11,000.

Created & compiled by  
 WO J. H. MacDonald, Deputy Wing Heritage Officer



## Cpl Clarence Smith receives award

by Sgt Mike Douglas

On June 13, 2003, Cpl Clarence Smith was awarded the Gaetz-Sinclair award for the 2002 calendar year.

This award, presented by 426 Squadron, on behalf of the Canadian Military Flight Engineers Association, is made to the entry level TQ-5 flight engineer student who, in the opinion of their instructors, represents the best potential as a flight engineer. The selection is not based purely on academic performance, but on attitude, teamwork, character, and positive effect on co-workers and supervisors.

The award commemorates the lives of the last two military flight engineers to give their lives on duty in the 20th century. Sgt Gaetz and MCpl Sinclair lost their lives in the crash of a Labrador helicopter, Rescue 305, in Quebec, on the 2nd of October, 1998.

Cpl Clarence Smith is the second recipient of this award, with Cpl Dwayne Capstick being the 2001 recipient. The award is normally presented at the members home unit but with the presence of Cpl Smith in Trenton recently on TD, this allowed us to make the formal presentation at 426 Transport, Training Squadron, the home of the TQ5 FE course instruction.

Cpl Smith was at 8 Wing Trenton accompanying a CH146 Griffon helicopter from 430 Sqn in Valcartier working with the Canadian Parachute Center. He was sum-

moned to 426 Sqn in order to "discuss some outstanding course report issues" from his TQ5 course. The award presentation was indeed a pleasant surprise.

"It blew me away" Cpl Smith remarked, tongue in cheek "Usually, when I get called back to a place where I attended a course, it's usually for something less pleasant, if you know what I mean"

"I'm really honoured to be selected for this" he continued, in a more serious vein.

Major Dave Cochrane, the 426 Sqn Acting Commanding Officer, commented "It's quite rewarding to present this important award as a member embarks on their new Flight Engineer classification and future experiences. It's a special occasion, especially when the member is completely surprised about the award"

Also present at the ceremony were Geoff Brogden, Ray Mackintosh, and "Bing" Crosby, representatives of the Canadian Military Flight Engineer Association. The association has sponsored this award and will include, for each recipient, a lifetime association membership.

"We're proud to be here" said Mackintosh. "This award represents an important link between the youngest members of the flight engineer family and their predecessors. We look forward to seeing this tradition continue. Perhaps, some day, Cpl Smith will be in our position watching this happen from our perspective".



Cpl Smith receives the Gaetz Sinclair award from Major Cochrane on behalf of the Canadian Military Flight Engineers Association.

## Mission accomplie pour les FC en République démocratique du Congo

OTTAWA, le 7 juillet /CNW/ - L'opération Caravan a pris fin; il s'agissait de la participation des Forces canadiennes (FC) à la Force multinationale intérimaire d'urgence à Bunia, en République démocratique du Congo (RDC), qui est dirigée par les Français.

L'opération Caravan a été lancée à la suite d'une demande d'assistance des Nations Unies en vue de rétablir l'ordre dans cette région. Le 8 juin 2003 donc, deux aéronefs de transport tactique CC-130 Hercules et environ 50 membres des FC, faisant partie du Détachement aérien tactique déployé dans la région du golfe Arabo-Persique pour l'opération Apollo, ont fourni du transport aérien d'Entebbe (Ouganda) à Bunia. Les deux aéronefs et la majorité du personnel retourneront dans le détachement mentionné précédemment, qui offre aussi un appui à l'opération Athena, la participa-

tion du Canada à la Force internationale d'assistance à la sécurité (FIAS) en Afghanistan.

"Les Forces canadiennes ont considérablement contribué à rétablir la stabilité et la sécurité dans la province d'Ituri en République démocratique du Congo", a affirmé l'honorable John McCallum, ministre de la Défense nationale.

"Les membres des FC déployés dans cette région ont travaillé avec acharnement pour appuyer la mission, et nous sommes très fiers de leurs réalisations accomplies au cours d'une période relativement courte et dans un contexte à risque élevé."

Lors de l'opération Caravan, les aéronefs ont effectué 50 vols, transporté plus de 545 membres de l'effectif et livré plus de 490 000 kg de marchandises, accomplissant une excellente mission.

"Le personnel navigant de ce groupe a fourni à la mission un

soutien essentiel pour le transport de marchandises, et compte tenu du court préavis pour la préparation de cette mission, ces hommes et femmes ont assumé leur responsabilité avec une efficacité particulièrement louable", a précisé le Général Ray Henault, Chef d'état-major de la Défense.

"Ils se sont fait une excellente réputation auprès de tous nos partenaires pour cette mission grâce à leur ténacité et leur fiabilité indéfectible."

L'opération Caravan ne constituait pas le seul engagement du Canada en République démocratique du Congo. Dans le cadre de l'opération Crocodile, la participation du Canada à la Mission d'observation des Nations Unies en République démocratique du Congo (MONUC), huit membres des FC travaillent au Quartier général de la MONUC à Kinshasa et au Quartier général de secteur à Kisangani.

## Canadian soldier dies from injuries received in accident

National Defence

VELIKA KLADUSA, BOSNIA-HERZEGOVINA - (July 8, 2003) A Canadian soldier was pronounced dead at 10:40 a.m. local time Sunday at Split Clinical Hospital, in Split, Croatia, of head injuries sustained in an apparently accidental fall from a hotel balcony early on Friday, July 4.

Corporal Jamie D. Vermeulen, 39, of Regina, Sask., was on leave at the time of his death. He was a member of the 2nd Battalion, Princess Patricia's Canadian Light Infantry (2 PPCLI) Battle Group, which is currently deployed with Task Force Bosnia-Herzegovina on Operation PALLADIUM as part of the NATO Stabilization Force (SFOR). Cpl. Vermeulen's next of kin have been informed of their loss.

"Our prayers and our strength are with Corporal Vermeulen's family at this heart-wrenching time," said Lieutenant-Colonel Mike Day, Commanding Officer of the 2 PPCLI Battle Group. "They are part of our regimental family, and this time is difficult for all of us."

After joining the Canadian Forces in 1986, Cpl Vermeulen completed three peacekeeping tours in the former Yugoslavia, and one

tour with the United Nations Force in Cyprus. He also served at Canadian Forces Base Baden-Söllingen in Germany. He was a parachutist, machine-gunner, driver, communicator and reconnaissance patrolman trained in winter and desert warfare. Cpl Vermeulen was employed in the "A" Company supply section in Drvar, Bosnia, and was scheduled to return with 2 PPCLI to Winnipeg, Man., in October.

Cpl. Vermeulen is the 23rd member of the Canadian Forces to die in the former Yugoslavia since peace-support operations began there in 1991. In accordance with standard procedure, the Canadian Forces National Investigation Service is looking into his death.



The Split Clinical Hospital, in Split, Croatia.

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**Do the bugs have a bead on the next big thing?**

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Garth Turner

"106 years of history is screaming at you," the ads for Goldcorp says, "Buy Gold!"

Apparently that message has found some fertile ground over the past three years. There are some very wise people I routinely run into in the Bay Street canyon who have turned into certified gold bugs. They believe the yellow metal, now selling for around \$350 U.S. an ounce, is on its way to \$1,000. Maybe even \$2,000 - and soon, within the next seven years.

The gold bugs can be pretty convincing if they get the time to back you against a wall and whip out their cursed charts. They point wildly to the decade after the 1929 stock market crash, in which equity investors ended up chewing cinders while gold investors saw their wealth rise six-fold. Then they start looking like Tricky Dick and reference the 1970s, when stocks went sideways while the Vietnam conflict raged, while gold once again broke out and

was a star performer.

The last big chart starts in 1999 and ends about now - showing that \$100 worth of stocks is now down to \$74, while a hundred bucks worth of bullion has climbed in value by a third. The gold gurus also believe there is a price cycle for gold and precious metals which is

*So, what's the deal today? Are conditions as ideal as the bugs believe for a big breakout in precious metal prices? Should you be buying Barrick or Goldcorp shares, loading up on precious metals funds or even dragging home bars of the stuff itself?*

generally a decade in length. That means, they say, we are just now into the early years of a bull run that will make everybody clever enough to turn paper money into bullion look like geniuses by 2010.

Well, true enough, gold was a great performer after Nine Eleven, and then again in the run up to the war in Iraq. The metal does have appeal for

those folks who think we are going to Hell in a hand basket - and there's been ample reason to believe that since September 11, 2001.

But, at just \$350 an ounce, gold is miles below the \$800 it fetched more than 20 years ago and, let's remember, the world is a far different place than it was then. Today there is no inflation, low interest rates, balanced budgets (when there isn't a war to fight), and reasonable economic growth.

Back in the Evil Eighties, which I personally liked a whole lot, we had double-digit annual price increases, interest

rates which ranged as high as 22 per cent, deep government deficits, runaway commodity and real estate prices, and the near collapse of the American economy. The gold bugs went nuts. Bullion became a reasonable alternative to the sickly U.S. dollar, and a tremendous hedge against the devastating effect of inflation.

In fact, there are just two things you can count on to goose gold - political or economic crisis which threatens the security of paper money, and inflation, which erodes the value of cash.

So, what's the deal today? Are conditions as

ideal as the bugs believe for a big breakout in precious metal prices? Should you be buying Barrick or Goldcorp shares, loading up on precious metals funds or even dragging home bars of the stuff itself?

Judge for yourself, but it seems to me that we have more to worry about deflation right now than inflation. Most of the economists I hang with expect at least a few months of negative inflation in the U.S. in the second half of this year. Already the prices of cars, computers, travel and food is actually on the decline.

Deflation, by the way, is the opposite of inflation. Instead of making money less valuable, it makes it more valuable, since a dollar will buy more.

Meanwhile, without inflation, the cost of money (interest) can continue to fall, which is ultimately excellent news for economic growth and equity markets.

In short, the current situation bears almost no resemblance to the Dirty Thirties or the faltering Seventies. Today the world is full of uncertainties in the aftermath of the burst of a stock market bubble, the advent of modern terrorism, and the American decision become the world's cop, no matter the price.

So, there are lots of places I'd be putting my money today. Metal isn't one of them.

Watch Garth Turner's Investment Television, Sundays on Global TV. Internet, [garth.ca](http://garth.ca).

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# Heavy equipment safety



Submitted by  
Doug Bird, Deputy  
Wing General Safety  
Officer

Highly skilled persons who have demonstrated the ability to operate heavy equipment safely must be the only operators of excavators, and cranes.

Ground-based workers must be trained to work safely around such equipment, and how to stay out of the way. Unsafe practices by either can result in hazardous situations.

• Good communication is essential: The operator and signal person must use standardized hand signals.

Operators should always know the exact location of all ground-based workers. High visibility vests will help locate them quickly. The equipment must have a back up alarm that can be heard by all nearby workers.

• Heavy equipment must have a rollover protective structure. The structure (ROPS) is designed to protect the operator if the machine tips over. A seatbelt must be worn so that the operator will not be thrown out of the seat during a rollover or upset situation. Use extreme caution when working near open excavations.

• Wear hearing protection. Noise levels around the equipment could potentially cause hearing loss.

• Never jump onto or off of the equipment: Operators should always use the

three-point contact rule when climbing on or off heavy equipment. The three-point rule means having both feet and one hand, or one foot and both hands in contact with the ladder access at all times.

• Inspect and service the equipment regularly: Complete equipment service in accordance with the manufacturer's recommendation. Periodic safety inspections on all components of the equipment should be done regularly by qualified personnel.

Mishaps involving heavy equipment on construction sites have a higher probability of resulting in a fatality than other types of incidents. It is critical to follow all safety rules and procedures when operating or working around heavy equipment.

# The facts about arthritis

• More than four million Canadians have arthritis – that's about one in every seven people

• The population of adult Canadians affected by arthritis is equal to or larger than:

– The combined population of Newfoundland, Prince Edward Island, Nova Scotia, New Brunswick, Manitoba and Saskatchewan

– The entire population of Toronto

• There are more than 100 different forms of arthritis, the most common being osteoarthritis, fibromyalgia, gout and rheumatoid arthritis

• One in 10 Canadians is living with osteoarthritis

– 85 per cent of Canadians will be affected

by osteoarthritis by age 70 – Warning signs may include pain, stiffness or swelling, alone or in combination, when they persist for more than two weeks

• One in 100 Canadians

suffers from rheumatoid arthritis

– Rheumatoid arthritis affects people of all ages from toddlers to seniors. It most commonly appears between the ages of 25 and 50.

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# Pet Particulars

## Meet Angel and Molson



Hi my name is Angel. I am a Rottweiler x Shep who is very friendly. As you can see, I have only one eye. At the age of about 1.5, I was hit by a car and left on the side of the road to die. A nice family picked me up and spent lots of time and money fixing me. I have lived happily until last month. I got out the door and attacked another dog (I don't care for other pets) My owner's landlord said it was them or me. They brought me to the shelter crying and begging for me to find a home. That is when they offered to spay me, and give me a big bag of food to go to my new home. If you have no pets and would like a nice friendly with people dog, please call Joanne at the shelter at 968-4673.



Hi my name is Molson. I am a male 7 month old Australian Shepherd x. I am good with other dogs, like to chase cats and very friendly. As you can see, I have a broken leg. I was brought to the vet by my owner asking for help. The kind Vet quoted a reduced price for my treatment. My owner left to get money and never returned. Probably because he could not afford my treatment. I am now at the shelter waiting for someone to adopt me. I am ready to go anytime but will need more medical treatment.. i.e.. cast removal and possibly another X ray. I really am a sweet boy and I deserve a wonderful forever home as we all do!!!

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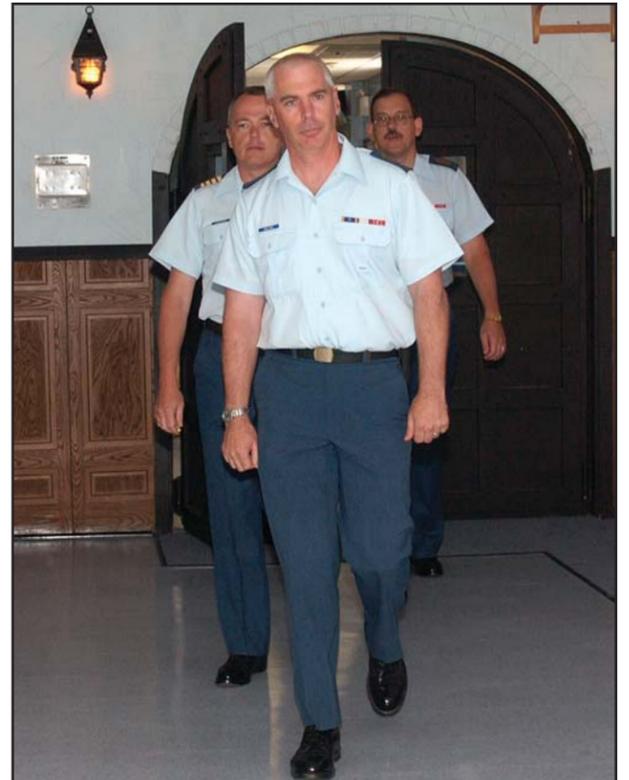
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## Two Chiefs--A fond farewell & a warm welcome



Along with the traditional passing of the sword and epaulette, CWO Jim Boland added a humorous and modern touch to last Thursday's ceremony by also handing over his cell phone and palm pilot.



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Draw will be made **Monday, July 21, 2003**. Ballot Drum located in Kindness Court.

1. No purchase necessary.
2. Limit one entry per person. Ballot must be fully completed.
3. Must be 19 years of age or older.
4. Contest closed to employees and immediate families of Ivanhoe Cambridge, Quinte Mall tenants, office tower tenants, advertising agency, consultants & other sponsors.
5. Contest closes at 5:00pm Sunday, July 20th, 2003.
6. A random draw will take place Monday, July 21st, 2003.
7. There will be five draws made with one prize awarded per draw. First prize: 8K BTU Window Air Conditioner (\$699.99); Second prize: 10K BTU Window Air Conditioner (\$529.99); Prizes 3, 4 & 5 consisting of 2 floor fans per draw (\$34.99 each).
8. Winners will be contacted by telephone and must successfully complete the skill testing question and contest release form before being deemed the official winner.
9. Winners shall authorize the release of their name and photograph for advertising and publicity purposes relating to the draw.
10. Prizes are non-transferable, non-refundable, have no cash value and must be accepted as awarded.
11. All entries become the property of Quinte Mall.



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# Summer Training Centre welcomes first batch of air cadets

by Laurie McVicar  
Contact Staff

Last weekend marked the beginning of another season at the Trenton Air Cadet Summer Training Centre (TACSTC) as youth from across the province were welcomed to 8 Wing/CFB Trenton.

More than 1600 cadets and staff are expected to arrive between the months of July and August to take part in numerous courses including: Basic, Introduction to Leadership, Introduction to Instruction, and General Service Band.

To train the cadets, over 250 officers and civilian staff are hired along with 100 senior "staff" cadets. These individuals, in most cases, are

teachers, students, business owners, police officers, and managers who donate their time to the organization.

"From June 29th to July 4th, officer, civilian instructor and cadet staff positions participated in training courses which assist in their duties with the Center as well as enhance their knowledge in policy and procedures," stated Captain Mike Campbell, TACSTC Public Affairs Officer. "Officers and civilian instructors participate in the Officer Development Course (ODC) and the cadet staff participate in the Staff Cadet Pre-Employment Course."

The TACSTC has been in existence here at 8 Wing/CFB Trenton

since the 1960's when it was started as a camp for local air cadet squadrons. Cadets were taught basic survival techniques and took part in sporting events. After the success of the Trenton camp spurred the formation of others across Canada, a decision was made to make them more structured and formalized.

In May of 1999, due to lack of accommodations at the wing/base, the Central Region Gliding School (CRGS) moved with the Air Traffic Control Course to Loyalist College, in Belleville. In the spring of 2000, the three-week Introduction to Aviation course was restructured to fall under the CRGS and is now also taught at the college.



Colonel Marcel Parisien, Deputy Region Cadets Officer, inspects the cadet staff during graduation ceremonies held July 4 at the Training Centre.



**Photos: Laurie McVicar, Contact**



LCol Jacquie Pepper and WO First Class Sarah Aranha ring the bell to officially open the Trenton Air Cadet Summer Training Centre.



LCol Jacquie Pepper, Commanding Officer of the TACSTC, presents Sarah Aranha with the rank of Warrant Officer First Class.



# Fitness, Sports & Recreation

## Youth Strength & Conditioning Introduction Course

For persons age 13 -15 who wish to gain access the Strength & Conditioning room.

Also open to those 16 – 18 who wish to learn safe and effective training techniques.

July 23, 2003

0930-1130 hrs

August 7, 2003

0930-1130 hrs

August 20, 2003

1330-1530 hrs

NOTE: a one on one personal training session will also be scheduled at a later date to finalize the training before the youth can gain access. (Before access can be gained to the Strength and Conditioning room, participant must have a current gym pass)

**Note: Documentation needs to be filled out by the participant and signed by a parent or guardian prior to the start of the course.**

To register, or for more information contact PSP Fitness Coordinator, Scott Burns, at 392-2811 loc. 3328.

## AIRCOM Official of the Year

LS Tom Desgroseilliers of 437 Sqn was recently selected as AIRCOM Official of the Year in recognition of his outstanding accomplishments as a soccer official during the year 2002.

LS Desgroseilliers had officiated in three (3) major CF Soccer events in 2002 - the Ontario Region Soccer Championships, CF National Soccer Championships and the CISM Women's Soccer Championships held in Kingston. His outstanding year was capped off as he was invited to officiate at the Dallas Cup World Youth Invitational Soccer Tournament in Texas, USA where he was selected to officiate the under 17 Championship Game & the under 19 semi final game. This was LS Desgroseilliers' fifth invite to this prestigious tournament.

Well known and

respected throughout the civilian and military soccer community for his sportsmanship, impartiality and professional competence as a soccer official, LS Desgroseilliers volunteers a considerable amount of personal time to officiate numerous community sporting events such as the men's 1st & 2nd division and ladies 1st division.

LS Desgroseilliers' repertoire of officiating extends beyond the military and local league as he has also officiated at the Canadian Professional Soccer League, Ontario High School Boys/Girls League, Canadian National under 16 Championship and, the Ontario University Soccer League. Assuming the position as the District Soccer Referee in Chief for Education further exemplifies his dedication as an official and a volunteer to the community.

LS Desgroseilliers is



**LS Tom Desgroseilliers, AIRCOM Athlete of the Year.**

very deserving of the AIRCOM Official of the Year Award and his commendable accomplishments have brought credit to 8 Wing/CFB Trenton and the Canadian Forces. We and we wish him good luck in the next selection process for the prestigious CF Official of The Year Award which will be announced at the CF Sports Banquet 01 Nov 03 in Ottawa.

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Surfing (and Sailing) The Internet

A good sailor always plans ahead and the Internet can be an excellent source of information and supplies (code word for more nautical stuff you can buy). Here are some useful sites:

**Equipment:**

[www.binnacle.com:80/online/](http://www.binnacle.com:80/online/) This Halifax based chandlery has competitive prices and they don't run out of stock near the end of the season like many retail stores.

[www.mustangs-survival.com/](http://www.mustangs-survival.com/) Excellent information, products and new developments in survival gear.

[www.thestoremasons.com](http://www.thestoremasons.com) Based in Port Credit, they have a good inventory (until end of season) and run supplier seminars in the spring at their retail outlet.

[www.boatcan.com](http://www.boatcan.com) Want to buy the whole rig? Here's a place to start.

[www.chs-shc.dfo-mpo.gc.ca/chs](http://www.chs-shc.dfo-mpo.gc.ca/chs) Fisheries and Oceans is where to get the latest charts—paper and digital plus Notices to Mariners.

**Weather**

[www.theweathernetwork.com/cities/can/Trenton\\_ON.htm](http://www.theweathernetwork.com/cities/can/Trenton_ON.htm) If you're going out for the day, check this site first. It gives local temperature, rain and winds throughout the day.

[www.intellicast.com](http://www.intellicast.com) Click on "RADAR", then select Lake Ontario on the map and you will get a weather loop of what is going on for all of Lake Ontario, covering Trenton, Kingston and Toronto.

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Most chandleries have courses on their sites or go to The Coast Guard [www.ccg-gcc.gc.ca/](http://www.ccg-gcc.gc.ca/) You can even challenge to test here if you like. For PCOC and many other good boating courses, Canadian Power Squadrons [www.cps-ecp.ca](http://www.cps-ecp.ca) or our site [www.reach.net/~cjones/](http://www.reach.net/~cjones/)

Finally, check out the Mother Of All Marine Links [www.boat-links.com/boatlink.html](http://www.boat-links.com/boatlink.html) or you can practice your knots at [www.mistral.co.uk/42brghtn/knots](http://www.mistral.co.uk/42brghtn/knots). Happy surfing/sailing!

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## Summer swim schedule

(Effective Friday, June 27 to Monday, September 1)

**RecPlex Pools**

Rec Swims (Both Pools Open) Mon, Tue, Wed, Thur, Fri - 1:00 - 3:30 p.m. Mon, Wed, Fri - 6:30 - 8:30 p.m. Sat 5:30 - 8 p.m. Sat, Sun and Holidays 1:00 - 3:00 p.m.	Parent & Tot Swims (Warm-up Pool) Mon, Tue, Wed, Thur, Fri, - 3:30 - 4:30 p.m. Mon, Wed, Fri - 5:30 - 6:30 p.m. Sat, Sun & Holidays- 3:00 - 4:00 p.m.
---	--

<b>Military Noon Hour Swim ( Main Pool )</b> Mon, Wed, Fri - 11:30 a.m. - 12 :30 p.m.	<b>Adult Lane Swims (Main Pool Open)</b> Mon, Tue, Wed, Thur, Fri - 3:30 - 4:30 p.m.
<b>Outdoor Pool</b> Tuesday and Thursday 12:00-1:00 p.m.	Sat, Sun & Holidays - 3:00 - 4:00 p.m.

1. All timings free for Reg Force military personnel upon presentation of military ID card and PSP RecPlex or Combination members.
2. Limited lanes are available during the weekday afternoon rec swims and adult lane swims due to Cadet training requirements
3. Children 5 years of age and under MUST be accompanied in the water by an adult who must remain within one arms reach at all times.
4. Parent & tot swims are restricted to infants 5 years of age and under.
5. Residents of Quinte West are invited to access the pool during the above timings, (except for military noon hour swim), on a "space availability" basis.

Drop-in Fees:  
 \$1.50 - 6 mos. - 5 yrs; \$2.00 - 6 - 17 yrs; \$3.00 - 18 yrs +

**Rec Swims (Albatross Pool)**

7 days/week from 1 - 8 p.m. Holidays 1 - 4 p.m.  
 \$2.00/person/visit payable at the pool.  
 Please bring correct change.

1. Free for Reg Force military personnel and PSP RecPlex or Combination members.
2. Children 7 years of age and under MUST be accompanied in the water by an adult who must remain within one arms reach at all times.

FOR INFO CALL 392-2811 EXT 3361.



# TRENTON Military Family Resource Centre





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Padre Rick Gould (on TD to 31 Aug 03)    Padre Matthew Lucas (deployed until 10 Aug 03)  
 Padre Al Murphy (posted on 14 July 03)    Padre Catherine Morrison (deployed until Jan 04)

### WORSHIP SERVICES

<p><b>OUR LADY OF PEACE (RC)</b> <b>NOTRE-DAME-DE-LA-PAIX (RC)</b></p> <p>Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)</p> <p><b>MASS</b> Sunday Mass (English) 0900 hrs Messe Dominicale: 1015 hrs</p> <p><b>CONFESSION</b> At all times</p> <p><b>PARISH ORGANIZATIONS</b> Parish Council 3rd Thurs 1900 hrs Knights of Columbus 1st Thurs 1900 hrs CWL 2nd Tues 1900 hrs Chorale Merc 1900 hrs Choir Tues 1900 hrs Silhouettes of Mary 2nd &amp; 4th Thurs 1830 hrs</p> <p style="text-align: center;"><b>BAPTISM/BAPTÊME</b></p> <p>Please allow 30 days notice for preparation. / Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.</p> <p style="text-align: center;"><b>MARRIAGES / MARIAGES</b></p> <p>It is necessary to contact the chaplains' office prior to setting a date. Failure to do so could result in disappointment. / Afin d'éviter des déceptions, il est important de communiquer avec le bureau des aumôniers avant de choisir votre date.</p> <p style="text-align: center;"><b>DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR</b></p> <p>After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 392-2811 et demandez l'aumônier en devoir.</p>	<p><b>ST CLEMENT ASTRA (PROTESTANT)</b></p> <p>Chapel Life Co-ordinator Padre Lloyd Clifton(Pres.)</p> <p style="text-align: center;"><b>WORSHIP SERVICE</b></p> <p>Divine Worship (Sun) 1130 hrs Holy Communion 1st Sunday of the month ACC Communion Wed 1230 hrs</p> <p style="text-align: center;"><b>PARISH ORGANIZATIONS</b></p> <p>Chapel Guild Last Tues 1930 hrs</p>
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### “Partner Away-Deployment Support/ “Partenaire au loin”-Soutien au déploiement”

<p><b>“Wednesday activities”</b></p> <p>Wednesday evenings, 6 - 8 p.m. Variety of events will be planned for each week. Please call ahead.  <b>July 16</b> - “Fantasia”, lingerie, sensual &amp; romantic products  <b>July 23</b> - <b>BBQ workshop</b>, learn &amp; taste some beef recipes, cost \$7.00, reserve ahead with payment, limit of 10.</p>	<p><b>“Activités du mercredi”</b></p> <p>Les mercredis de 18h à 20h, une diversité d'activités sont planifiées. S'il vous plaît, téléphonez à l'avance.  <b>16 juillet</b> - “Fantasia”, lingerie, produits sensuels &amp; romantiques  <b>23 juillet</b> - <b>Atelier de BBQ</b>, apprenez &amp; goûtez des recettes au boeuf, 7\$, réservez à l'avance avec paiement, limité à 10 personnes.</p>
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### Bully Proofing/ A l'épreuve de l'intimidation des brutes

<p>The Canadian Mental Health Association- Hastings &amp; Prince Edward Branch will be offering a workshop at the MFRC. There will be multi-media sessions that are interactive and very engaging for children ages 5 - 12 years old. It is recommended that children attend both sessions, but not a requirement.</p> <p><b>Session 1</b> Tuesday, August 12 10:00 - 10:50 am  <b>Session 2</b> Tuesday, August 19 10:00 - 10:50 am</p> <p>There is no charge for this workshop, but registration is necessary as we are limited to 30 spaces. Additional workshops for parents will be available if there is enough interest. Please let us know by calling the MFRC.</p>	<p>La filiale de Hastings Prince Edward de l'Association canadienne de la santé mentale offrira un atelier au CRFM. Cet atelier comprend deux sessions multimédias interactives qui éveillent l'attention des enfants âgés de 5 à 12 ans. Il est préférable mais non nécessaire que les enfants participent aux deux sessions.</p> <p><b>Session 1</b>-mardi le 12 août de 10h - 10h50  <b>Session 2</b>-mardi le 19 août de 10h-10h50</p> <p>Cet atelier est gratuit, mais il est nécessaire de s'inscrire car le nombre de participants est limité à 30. D'autres ateliers seront offerts pour les parents s'il y a un nombre suffisant de parents qui sont intéressés. Nous vous prions de nous laisser savoir si vous êtes intéressé en appelant le CRFM.</p>
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*Chèr(e)s ami(e)s,*

La vie militaire étant ce qu'elle est, je me vois dans l'obligation de quitter mon poste d'intervenante sociale pour la communauté francophone pour des raisons de mutation. Mon dernier jour de travail avec l'équipe du CRFM sera le jeudi 24 juillet 2003. Mais avant de ce faire je tiens à saluer et à remercier clients et amis pour leur confiance et leur encouragement. Ces deux années passées à vos côtés, au CRFM de Trenton m'ont apporté beaucoup de satisfactions personnelles et professionnelles. J'invite toute personne vivant des difficultés à faire appel à ma remplaçante et je souhaite bon courage à ceux et celles qui vivent des moments difficiles.

Respectueusement!  
Natalie Beaudet (psychosociologue)

<p>Discount tickets are back at the MFRC</p> <p style="text-align: center;"><b>\$38.00</b> instead of <b>\$51.91</b></p>	 	<p>Les billets à prix rabais sont de retour au CRFM</p> <p style="text-align: center;"><b>38,00\$</b> au lieu de 51,91\$</p>
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<p><b>How about winning 4 tickets for Wonderland?</b></p> <p>Come to the MFRC, buy a lollipop for \$2.00 and you get a chance at winning.  <b>Draw will be made on Thursday, July 17th</b></p>	<p><b>Que pensez-vous de gagner 4 billets pour Wonderland?</b></p> <p>Venez au CRFM, achetez un suçon pour 2,00\$ et vous aurez une chance de gagner  <b>Le tirage aura lieu jeudi le 17 juillet.</b></p>
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# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
July 13 - July 19

**ARIES** (March 21-April 19): Opportunities are present on the 13th and 14th. The more you do to solidify your position and direction the better. You must stick to what you do best on the 15th and 16th. You've got what it takes to finish present and secure a position amongst your peers. You may not get the immediate response you want but if you are patient the people in power will eventually share your vision. Use your intuition on the 17th, 18th and 19th and you won't be sorry. You'll be inclined to change your mind quickly. A past partner may try to come back into your life.

**TAURUS** (April 20-May 20): Don't let others know what you're up to on the 13th and 14th. Someone may be eager to take your ideas and run with them. If you don't protect your own interests no one else will. You may not get the type of reaction you want on the 15th and 16th if you try to convince others to support your beliefs or ideas. Take your time and don't go into debt over something that may or may not work. Test the waters first. Prepare to meet new people on the 17th, 18th and 19th. Join a new organization that can hook you up with people who have the same interests and concerns. Times are changing and so are you.

**GEMINI** (May 21-June 20): Get caught up on the 13th and 14th. Addressing any problems that an older relative is facing will help this person and make you feel good about yourself. You will crave knowledge and information on the 15th and 16th. Get involved in anything that interests you and you will feel the satisfaction of growing both mentally and philosophically. Your involvement in something that you believe in on the 17th, 18th and 19th will lead to interesting friendships. Take a position of leadership and make sound suggestions. Uncertainties are apparent especially if you are having a change of heart.

**CANCER** (June 21-July 22): You may not know what you want to do personally on the 13th and 14th but if you just sit back and observe how someone you care about is treating you it will be obvious what you should do to make things better. Consolidate your debts on the 15th and 16th and prepare to begin again. The changes that are coming your way will be spectacular so you'll want to have a clean slate before you move forward. You will be anxious to pick up information regarding your roots on the 17th, 18th and 19th. Don't be surprised to hear about someone from your past. Get on the information highway and research.

**LEO** (July 23-Aug. 22): You'll have lots of time to make the changes necessary to improve your health and lifestyle on the 13th and 14th so get busy doing what's best for you. Sudden opportunities are present on the 15th and 16th but don't expect lasting connections to be made. Letting others know about your personal life will only come back to haunt you. Someone may try to add to your responsibilities on the 17th, 18th and 19th. Don't get taken for granted. If someone tries to put unreasonable demands on you be prepared to say no. Joint ventures may not work out according to plan.

**VIRGO** (Aug. 23-Sept. 22): Don't sit there wasting time on the 13th and 14th you must get out and do things in order to meet new people who will spark enthusiasm in you as well as help you develop your creative ideas. You must clear up any left over business on the 15th and 16th before you can move on to more personal matters. Whatever isn't working for you should be eliminated and replaced with viable possibilities. Keep your private affairs to yourself on the 17th, 18th and 19th. Someone will take advantage of you if you let him or her. Protect your interests and don't be too accommodating.

**LIBRA** (Sept. 23-Oct. 22): You may have to deal with other people's problems on the 13th and 14th but that doesn't mean you should neglect your own needs. You may meet someone special while helping others. Take your creative ideas and put them to the test on the 15th and 16th. Someone will do you a favor and introduce you to an important contact. Make some changes regarding your health and well-being. You should take stock of your dietary and exercise habits and plan to rethink your strategy on the 17th, 18th and 19th. A new lease on life will be the result of doing what's best for you. A healthy attitude should be your intent.

**SCORPIO** (Oct. 23-Nov. 21): You will get the help you need on the 13th and 14th from friends, family and any organization or group that you've helped in the past. Don't go it alone because you are too proud to ask for help. Trouble will develop with the people you live with on the 15th and 16th if you stick around. The more you can do to promote your creative ideas the better. Don't be shy it's time for you to network and interact with those who can further your cause. You will want to take a little time to rest and relax on the 17th, 18th and 19th. You have very little reserve so put yourself first.

**SAGITTARIUS** (Nov. 22-Dec. 21): Your mind will be racing a mile a minute on the 13th and 14th especially if you are working on something that truly excites you. Don't forget to pay a little attention to the ones you love. All work and no play will not bring you happiness. Travel will pay off on the 15th and 16th, the information you discover while en route will make it possible for you to finish what you start. Get out with friends and do something that will spark enthusiasm in you on the 17th, 18th and 19th. A challenge or getting involved in something competitive will enable you to use your talents to the fullest.

**CAPRICORN** (Dec. 22-Jan. 19): You will be in a perfect position when it comes to moneymaking deals on the 13th and 14th. You will have a creative flair when dealing with other people's money and therefore should be able to drum up the support you require. Be careful not to promise the impossible. You may have to opt out if someone puts too many demands on you on the 15th and 16th. Don't try to deal with issues that are not in your territory. Adaptability will be your key to success on the 17th, 18th and 19th. Your ability to jump from one thing to another will bring admiration from the people you care most about.

**AQUARIUS** (Jan. 20-Feb. 18): You are best not to get involved in secret dealings at a personal or financial level on the 13th and 14th. Although things may be presented in a very tempting manner a hasty decision will lead to loss. Think before you take action on the 15th and 16th. Hold off making a decision that may change your life. Everything will work itself out if you give the people you are involved with time to think. You should stick to what you know and do best on the 17th, 18th and 19th, especially if it has to do with your financial position. You must not take a risk even if someone tells you it's a sure thing.

**PISCES** (Feb. 19-March 20): Don't sit around by yourself on the 13th and 14th. Get involved in something that you believe in. Your imagination is active and the creative ideas that can spin off your experiences will be worth something to you in the future. Focus on who you are and what you want on the 15th and 16th. Someone you know may try to mislead you. Honesty will be the best policy. Don't let your mixed emotions through you off course on the 17th, 18th and 19th. Get out and mingle. New partners and friendships can develop. Your emotional sensitivity will attract people who feel the same way you do.

# Sometimes, you should just run



Laurie McVicar

## Confessions from the Gym

Wednesday, July 9

Following a particularly excruciating workout with Jen, I'm starting to see the upside of her pending "deployment".

While awaiting her arrival in the Strength and Conditioning room this morning I began a leisurely warm up on the

elliptical machine. Suddenly she was there, with a handful of CDs and a demonic grin. I should have known what she had in store for me by the shouts of "run, Laurie, run" coming from another regular patron of the gym.

As we ascended up the stairs to the aerobics

studio, Jen gave away no secrets as to what kind of workout I could expect. I had the perfect opportunity to bolt as she struggled to unlock the door, however my stubbornness kept me there.

Music pumped out of the speakers while we rolled out the spinning bikes. Anyone who has ever used one of these will certainly understand my terrible yearning for the banana seat found on my childhood bike. By the time five minutes had past, I was almost grateful to move on to the stomach crunches

just so I could lie down.

When we finally finished the circuit, Jen informed me that I should expect similar sessions at least once a week. A well-planned move, I think, since I was too tired to argue.

In all seriousness, today's workout was the best one I've had in a while. It's so easy to fall into a slump when you are doing the same workout almost every day. So, Susan, perhaps you'll see me at those noon hour classes sooner than you think. That is, unless Jen cripples me first.

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# Community Events

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<p><b>MOVIE LINE-UP</b></p> <ul style="list-style-type: none"> <li>• Terminator 3 (14A) 1:00 7:00 9:15</li> <li>• SINBAD (G) - Animated 1:10 7:10 9:00</li> <li>• Legally Blonde 2 (PG) 1:05 7:05 9:10</li> </ul>	<p><b>CALL 392-4211 FOR INFORMATION</b></p>	<p>Matinees Saturday, Sunday, Tuesday &amp; Thursday                  Admission: \$7.00 (adults 18+) \$5.00 (youth) Wed. &amp; Matinees \$5.00 (ALL)</p>
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Welcome to the Contact Newspaper's brand new Community Events page! Thanks to the generosity of Trenton's Centre Theatre, we can now feature (space permitting) public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 965-7490 or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.

## ScotiaMcLeod Easter Seals Regatta

**July 19th**  
**Victoria Harbour, Belleville**

Featuring sailpasts, race, Navi-Guessing for powerboats, and post race awards ceremony. On-shore activities include: BBQ, fishpond, mini-golf, air bouncer and face painting.

This event is designed for the public to come and enjoy a great family day at the waterfront. Everyone is welcome and encouraged to join in the fun.

This event is held in support of children, youth and young adults living with physical disabilities.



The 8 Wing Fire Department will be hosting a car wash and BBQ on July 19th in support of the Muscular Dystrophy Association of Canada. The event will be held from 0900 hrs until 1600 hrs in the CANEX parking lot.

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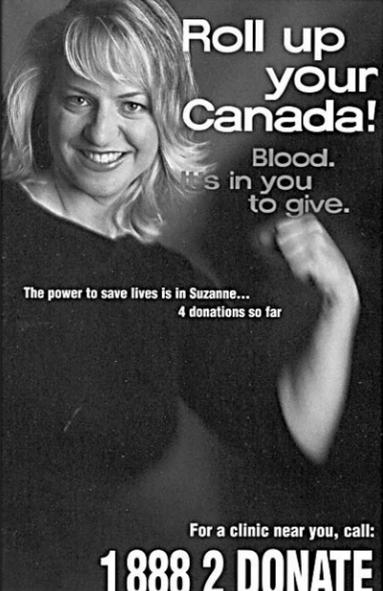
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CSBD is a member of The United Way of Quinte and Family Service Ontario.

*The Contact* will be **CLOSED** for Holidays  
 July 21st/03 thru til  
 Monday Aug.4th/03

**Have a Safe & Happy Holiday Season**  
 from the Staff at The Contact!!!  
 Re-Opening Tues. Aug. 5th/03

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### ERRORS & OMISSIONS

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

### USERS & AD READERS

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

*The Contact* will be **CLOSED** for Holidays July 21st/03 thru til Monday Aug.4th/03

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The Scouting Groups have active, Co-ed and Bilingual activities sponsored by Community Councils. The Groups have Committee Members, plus Leaders, Beavers, Cubs, Rovers, Scouts, and Venturers.

### New registrations are welcome.

But currently, we need motivated and responsible Scouting Leaders and Group Committee members. This is a small, but valuable service to your local community to help develop our youth, who in turn perform services for us.

## Crossword Answers

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

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# Which trimmer is right for you?

(NC)—The yard is freshly mowed and almost looking immaculate, except for those pesky areas around the landscaping, sidewalks and fences that couldn't be reached with your mower. Now it's time to use the trimmer to clean up the rest of the yard so that the neighbours will be in awe of its beauty.

Industry estimates indicate that more than three million trimmers are purchased every year. There are many brands out there, in a variety of price ranges, but are you getting the most zip for your dollar? Most importantly, does it meet your needs?

A quality string trimmer will last the average homeowner a minimum of six years. So when you're ready to make the purchase, turn to the pros for buying advice.

According to Mark Michaels, product manager at Husqvarna,

there are five main points to consider:

- Evaluate how the trimmer will be used. Will you be doing mostly trimming, edging or both? Depending on the type of cutting, the versatility of the trimmer should be evaluated. Look for



Photo: News Canada

models that accommodate various cutting attachments.

- Look for a trimmer that will give you a high power-to-weight ratio, while offering low exhaust

emissions, good fuel economy and low noise. A power-to-weight ratio between .15 and .21 kw/kg means you've got high power combined with light weight.

- Consider ergonomic issues. Look for an adjustable loop handle to provide proper balance and comfort for all using the trimmer. To help fight fatigue, look for a unit with low vibration.

- Always test drive. Most servicing dealers will allow you take the trimmer for a spin, to assure all the points above meet your specifications.

- Make quality a priority. If you're looking for a trimmer that will last through the years, the lowest price doesn't always mean the best deal. Buy from a company with a good warranty on the shaft and ignition, and from a retailer that will service or repair your trimmer in a manner that's convenient and affordable.

# Why the grass is always greener on the other side

Daniel Clement  
Canadian Forces  
Housing Agency —  
Dip. of Architecture,  
M.A.A.T.O.

It seems that as soon as the grass pokes through the snow the yellow flower everyone loves to hate, the dandelion, appears. Controlling dandelions in your lawn or yard can be a real challenge. Most people have been led to think that the quickest and most effective control is a herbicide (a type of pesticide), but is it?

There is a growing public concern over the use of lawn and garden pesticides. Increasingly, municipalities in Canada are restricting the use of pesticides on lawns and gardens. The Department of National Defence has recently implemented a similar directive to eliminate the use of pesticides for cosmetic lawn care purposes on its properties, including MQs. To support this, CFHA is embarking on an educational program for its staff and the occupants of the married quarters throughout Canada to raise awareness and explain how to maintain a Healthy Lawn without using pesticides.

Treating your entire lawn with pesticides is rarely necessary. This

method may also damage the beneficial organisms in your lawn and leave your lawn vulnerable to new pest problems. Pesticides give a short-term solution to a problem, but rarely solve it in the long term. With some simple preventative practices, you can keep your lawn healthy without using pesticides.

Don't bag your clippings unless the grass is very long or wet. Short clippings are a good source of nitrogen and the worms and insects that break them down help aerate the soil. Leave the thatch on your lawn unless it's deeper than 1 cm. It helps preserve soil moisture. Deep thatch should be raked out as it can shelter harmful insects and even prevent getting to the grass roots.

Bare or damaged spots on the lawn are favorite spots for weeds to start. You should seed the spot heavily and top dress with soil or compost. You could even replace the area with fresh sod. Keep the new seed or sod well watered for the first couple of weeks until it's well established. Once established, lawns need one inch of water once a week to maintain

healthy root systems. A healthy deep-rooted lawn is less susceptible to damage and pesticides are usually not needed for pest control. A thick healthy lawn will smother weeds and stop weed seeds from

germinating. A healthy lawn is resistant to pest problems, drought, temperature extremes and general wear and tear.

Mowing is also important. Keep your mower blade sharp. Grass can recover more quickly and

stays healthier if it is trimmed by a sharp blade instead of being ripped and torn by a dull one. Mow high by cutting grass at a height of 6-8 cm (2.5 - 3 inches). This will help your lawn develop a deep extensive root system, grow thicker blades and retain more soil moisture.

Water deeply and infrequently to promote deep roots. Generally, watering once each week to ten days for two to four hours is adequate.

Fertilize moderately in May and September with a "natural organic" or "slow-release" fertilizer. If you use a fertilizer be aware that some, i.e. weed and feed products, also contain pesti-

cides. In accordance with the Directive combined fertilizer/herbicide products should not be used on DND properties. Hand weeding is an option if the weeds are beyond your comfort level.

During the next coming weeks CFHA will be posting links and articles on its web site, which will highlight alternative practices for caring for your lawn. As part of this undertaking CFHA will also be distributing the brochure "Healthy Lawn Tips" to each of the households at Bases and Wings.

Take pride in your lawn, the care you provide it and consider environmental impact of your actions.

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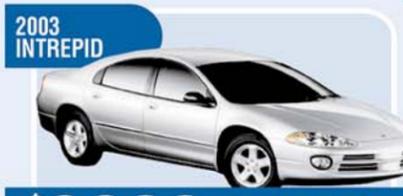
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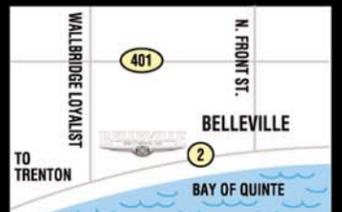


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