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• June 13, 2003 •

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## Local ceremony marks opening of Juno Beach Centre



Photo: Cpl Max Murphy, 8 Wing Imaging

Veterans stand during the national anthem at the RCAF Flyer's Arena on June 6. They were watching the opening ceremonies of the Juno Beach Centre in France broadcast live at 8 Wing Trenton.

by Laurie McVicar  
Assistant Editor

Over 200 members of 8 Wing/CFB Trenton, the Royal Canadian Legion and 413 Wing of the Air Force Association gathered at the RCAF Arena on June 6 to witness the official opening of the Juno Beach Centre.

Following a parade from the 8 Wing chapel, the crowd watched, via television, the momentous ceremony which included speeches from the prime ministers of France and Canada, the delivery of the Canadian flag by the SkyHawks parachute team, and the unveiling of a bronze sculpture depicting several World War II Canadian soldiers stretching outwards.

Construction of the Centre began in April 2002. It was a "dream come true" for the Juno Beach Centre Association who had put considerable effort into raising the estimated \$8.1 needed for the project.

"There is no suitable memorial to mark the tremendous sacrifices made by

Canada and Canadians to help achieve victory in WW II. The Juno Beach Centre will fill that unacceptable void," said Garth Webb, President of the Juno Beach Centre Association, in a press release issued last year. "We believe it is incumbent upon all of us to preserve the honour and provide commemorative remembrance for those who gave us the freedoms we enjoy today."

In addition to being an educational facility, the Juno Beach Centre also serves as recognition of Canada's military and civilians who contributed to the Second World War. Various exhibits trace the evolution of Canada from the war to the twenty-first century.

Best summed up on the Centre's website, 'It will preserve for future generations the knowledge of the contributions of that generation of Canadians and honour the gifts of valour and freedom that were given by all Canadians who participated.'

For more information, log on to [www.juno beach.org](http://www.juno beach.org).

## Government announces financial support for marketing of QIAS

Dr. Doug Galt, MPP for Northumberland, presented \$10,500 in funding June 9 to support the marketing efforts of the Quinte International Air Show (QIAS).

"The air show is an exciting event that has something for Ontarians of all ages to enjoy," Dr. Galt said. "The Ernie Eves government is a proud supporter of festivals, events and attractions that boost tourism in all four seasons and encourage people to stay longer when visiting our province."

The QIAS has been in existence for more than 20 years and traditionally, has taken place bi-annually. It is held on Canada's largest military base, 8 Wing/Canadian Forces Base Trenton, and is recognized as one of the top three air shows in Canada.

This year's show takes place on June 21 and 22, celebrating

"100 years of Flight" and will have numerous artifacts of aviation history on display. The air show will feature The Snowbirds, The Skyhawks (Canada's parachute team) and many other performers. In addition, spectators can visit the RCAF Museum and see other historical aircraft and more artifacts. In the past, the air show has attracted more than 100,000 spectators and organizers are predicting from 55,000 to 75,000 will enjoy this year's show. This funding will allow organizers to grow and expand the show by exploring Toronto and Eastern Ontario markets.

"The Quinte International Air Show is important for the surrounding communities generating a significant economic impact," said Dr. Galt. "I want to congratulate the staff and volunteers who have worked so

hard to ensure that this event is a success."

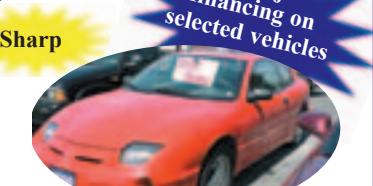
"Tourism is Ontario's seventh largest export industry," said Tourism and Recreation Minister Brian Coburn. "Festivals and events help every part of Ontario by increasing tourism, bringing in new business and creating jobs right in the community."

QIAS is among a growing number of Ontario events and festivals sponsored under the Ontario Tourism Marketing Partnership Corporation's Tourism Event Marketing Partnership (TEMP) program. By assisting local organizations with their marketing initiatives and showcasing the province to the people of Ontario and the world, TEMP encourages increased tourist numbers and strengthens Ontario's tourism brand image. There really is more to discover in Ontario.



Northumberland MPP Dr. Doug Galt (left, holding cheque) presented a cheque for \$10,500 to assist in the promotion of this year's Quinte International Air Show.

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## WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



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## Trenton navigator awarded General Franks' Coin

*MacDill AFB, Tampa, Fl* – Capt. Stewart Askew, a CC-130 Hercules navigator with 429 Transport Squadron (Trenton), was awarded the U.S. Central Command Commander's Coin here, on 23 May 03, for his contribution to the Canadian effort in the campaign against terrorism.

Capt. Askew received this commendation award for outstanding dedication and tireless efforts in coordinating the Canadian Airlift Detachments operating out of the Arabian Gulf region.

"The seven months I've had here have been unlike anything I'm used to, this being my first headquarters job let alone my first deployment. The learning curve was definitely steep, but I'll be bringing back some very valuable experience. And I can't think of a better way to end it on a high note than with this recognition from General Franks himself," said Capt. Askew.

"Canada plays a significant role in the 40-nation strong coalition engaged

in the global war against terrorism since 11 Sep. 01", said Brig.-Gen. Dennis C. Tabbernorn, commander of the CF Operation in Southwest Asia. "This sustained commitment was made possible because of the hard work achieved by the near 7,000 CF members who have, like Capt. Askew, served with distinction and dedication."

Canada's contribution to the campaign against terrorism, also known as Operation APOLLO, currently consists in a Naval Task Force with HMCS Iroquois and HMCS Fredericton, a Tactical Airlift Detachment with three CC-130 Hercules transport aircraft, and a Long Range Patrol Detachment with two CP-140 Aurora maritime patrol aircraft. These forces are supported by a National Support Unit that provides logistic services to CF assets operating in the Arabian Gulf Area, a National Command, Communication and Information System Squadron and a National Command Element.



"It's a real one" said Capt. Askew, biting the U.S. Central Command Commander's Coin he received from Gen. Tommy Franks.

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## 19 Wing search for kayakers ends on sad note



Photo: Capt Grant Blair, 442 Squadron



A Cormorant search and rescue helicopter from 442 Squadron sits on a Vancouver Island beach. The helicopter's crew located and recovered the bodies of two kayakers who went missing during a trip near the Island's west coast. The photos were taken by the crew with a new camera that has been outfitted by Public Affairs to document searches as they happen.

## DJ Garland Tully to release new CD



When Garland Tully recorded a CD of favourite songs for his wife's birthday, he had no idea that he'd be returning to the studio a year and a half later to record a second one for his fans.

Tully, a sales manager and popular DJ, has gained notoriety in the Quinte area through the release of his first CD "Timeless", a collection of ballads that include "Desperado" and Lonestar's "Amazing". In addition to having his songs played on local radio stations, Tully has sold 300 copies of his CD.

"For my second CD I'm working on a few originals and some cover tunes," said Tully, who expects it to be released in late July.

"Timeless" is available at Sam The Record Man (Belleville), Music World (Belleville), Zed's Pool Hall (Belleville), Stix 'n Stones (Trenton) and Ryan's Bar and Grill (Belleville).

## Search & Rescue UPDATE



The past week at 424 Squadron was a quiet one, at least from a SAR perspective. The bulk of the squadron was moved this week, and now occupies six trailers on the ramp to the west of 9 Hangar. The move is to facilitate renovations to 9 Hangar, which are scheduled to be complete by sometime next fall. While this move created some turmoil and perhaps the odd sore back, the SAR standby posture was maintained due to the hard work of all squadron personnel.

That's all from the Tigers for another week.

Missions for 2003: 55 Missions for June.: 3 Persons rescued: 4

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## The Contact Newspaper

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.

## The Contact Staff

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**Subscriptions:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

## 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:

Internet: [LEBLANC.AL@forces.gc.ca](mailto:LEBLANC.AL@forces.gc.ca)

Intranet: [LeBlanc AL@CFBTrenton@Trenton](mailto:LeBlanc AL@CFBTrenton@Trenton)

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



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## LETTER

Dear Colonel Higgins:

I would like to bring to your attention the outstanding performance of two members from your Wing.

On Sunday, May 18, 2003, Sgt Dave MacDonald (81 AEF) and MCpl Gordon Wood (86 ASU) were in a convoy heading south on US41, traveling from the Air National Guard Base, Nashville, TN to the Volunteer Training Site, located in Smyrna, TN. (While stopped in a local parking lot to cover luggage that was being transported in an open truck) they heard a loud noise and observed a young boy lying on the shoulder of the road. A damaged bicycle lay some 20 feet away. MacDonald and Wood, accompanied by SMSgt Nelson of the 118th, rushed to the scene. While attempting to cross the road on his bicycle, the boy had been struck by a car. MacDonald immediately checked the boy for vital signs and noted that the boy had a pulse, pupils dilated, and his breathing was laboured and accompanied by a heavy gurgling sound. He was bleeding from the nose and from the right side of his face, and his right arm appeared to be broken. MacDonald worked to stabilize the boy, attempted to immobilize the arm and leg, and called 911. A physician, Dr. Ward Gardner, who (was passing by) soon joined them.

When the emergency vehicles arrived, Wood assisted in traffic control while MacDonald gave the emergency personnel details on what they had heard and seen. It was at this time that the boy's family arrived, and when a family member thanked the doctor for his help, he remarked that he really did not have to do much as they (MacDonald and Wood) had it under control.

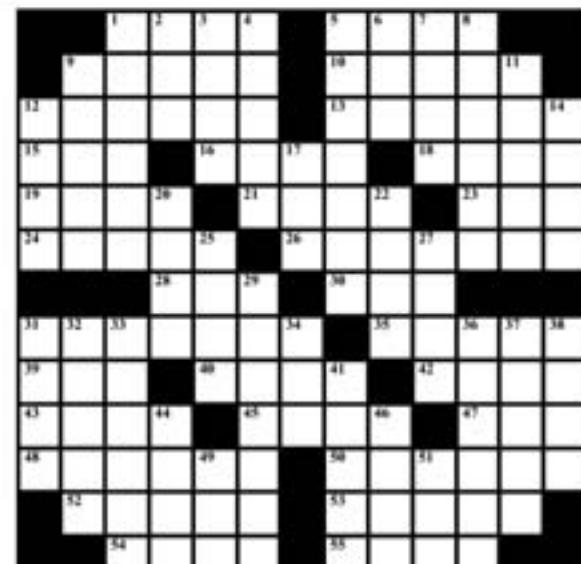
In summary, MacDonald and Wood acted quickly in assessing the situation and demonstrated a calm and professional competence in dealing with the emergency. Their unselfish actions and willingness to get involved is a credit to themselves and the uniform they proudly wear. I recommend them for the highest award appropriate for their actions.

K. Mike Hatcher,  
**LT COL**  
**TN Air National Guard**  
**Base Civil Engineer**

## Canadiana Crossword

### Fly Time

Bernice Rosella and James Kilner



- ACROSS**
- 1 Aquatic fly?
  - 5 Despot
  - 9 Chap
  - 10 Muslim deity
  - 12 Trauma
  - 13 St. George's fly?
  - 15 Twosome
  - 16 Vice president, slangily
  - 18 Lesion
  - 19 Irish Republic
  - 21 Post box opening
  - 23 Purpose
  - 24 Barrel part
  - 26 Biased
  - 28 Linear units
  - 30 Environmental prefix
  - 31 Scripted again
  - 35 Jewish holy book
  - 39 Accounting credential, abbr.
  - 40 Appendage
  - 42 Proboscis fly?
  - 43 Small lake
  - 45 Crush
  - 47 Dir. from Hub City to Queen City
  - 48 Make grainy
  - 50 From the sky
  - 52 Killed
  - 53 Grouper
  - 54 Ogled
  - 55 Tree feature

- DOWN**
- 1 Topper
  - 2 Dorval
  - 3 Serb or Croat

- 4 Compels**
- 5 Infant frog
  - 6 Camera type, abbr.
  - 7 Woe is me
  - 8 Stew
  - 9 Apple or banana fly?
  - 11 Equine fly?
  - 12 Praiseful poems
  - 14 Require
  - 17 Some railways
  - 20 From now on
  - 22 Diplomacy
  - 25 Organic compound
  - 27 Midday
  - 29 Compensation
  - 31 NWMP successor
  - 32 Fencing swords
  - 33 Singing fly?
  - 34 Aussie bird
  - 36 More optimistic
  - 37 Analyze
  - 38 Achilles fly?
  - 41 Midnight fly?
  - 44 Internet retailer
  - 46 Labourer
  - 49 Untruth
  - 51 Genetic material, abbr.



## This Week in Contact

1944--RCAF Station Trenton Hospital hailed as "best in the RCAF" with over 200 beds, 10 permanent staff doctors, 15 nursing sisters, 85 support personnel, labs, pharmacy, physio, and x-ray.

1953-63--Unavailable

1973--Twelve CF medical personnel endure 130 degree heat while administering X-ray and other laboratory tests to over 6,000 Asian refugees expelled from Uganda and bound for Canada. Five CF parachutists place eighth among 22 countries entered in the International Freefall Competition at Schaffen, Belgium.

1983--Seventeen busloads of paratroopers from the Special Service Force arrived at Trenton where they paraded the Canadian Airborne Regiment Colours on the West ramp, marched into six awaiting Hercules aircraft, and conducted a mass drop, Colours and all.

1993--Canadian Forces Station Bermuda closes after 30 years. Royal LePage Real Estate lists 3 and 4 bedroom area homes from \$83,900 to \$185,000.



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



## 437 Squadron welcomes former pilot as new Honourary Colonel

by Laurie McVicar  
Assistant Editor

In a ceremony held at the Officers' Mess on June 6, Wilfred Henry (Pete) Porter was invested as the new Honourary Colonel for 437 Squadron. HCol Porter replaces Hillary Weston, former Lieutenant Governor of Canada.

During his address, Colonel Dave Higgins, Presiding Officer and 8 Wing Commander, outlined the responsibilities involved with the prestigious position.

"Honourary Colonels are expected to promote strong ties and good relationships between the Air Force and the business community and general public, attend Air Force and Canadian Forces events, participate in conferences, training activities, parades, ceremonies and social events in support of these aims," stated Col. Higgins. "As such, Col Porter, a highly distinguished airman and citizen, whose record of military and community service has been underscored by excellence, selflessness and accomplishment, is an outstanding choice for this important appointment."

HCol Porter's affiliation with 437 Squadron began in 1944 as a Pilot Officer. He has maintained close ties through his participation in the 437 Squadron Wartime Reunion Committee and the Allied Air Forces Reunion Group.

"I would like to thank LCol (David) Murphy and Major (James) Kinnear and all those involved in recommending me to be Honourary Colonel for this great squadron," said HCol. Porter. "I consider it to be an honour and will do everything in my power to justify this appointment."

He then went on to offer a brief history of the Squadron, including its conception during the Second World War.

"There was a great need for air transport after D-Day to support the troops with equipment, supplies and personnel as they advanced through Europe. Canada rose to the occasion by creating 437 Squadron and equipping them with the Dakota aircraft," said HCol. Porter.

After thousands of successful sorties, 437 Squadron was disbanded in 1946 and later reformed in 1961.

"It would take hours to list the many accom-

Photo: Cpl Willie Langer, 8 Wing Imaging



**Col Dave Higgins, 8 Wing Commander, presided over the investiture of Wilfred Henry (Pete) Porter as 437 Squadron's new Honourary Colonel.**

plishments the crews were able to achieve and the number of hours flown with cargo and personnel over the years. They did their work well and are a credit to Canada," said Porter.

"This squadron has earned the distinction of being Canada's premiere long-range transport squadron. Thanks for making me your Honourary Colonel, I won't let you down."

### EXERCISE MERCURY TREK



Photo: MCpl Mike Watkins

**Major Francois Beaupre, WTISO, MWO Bob Fisher, WTIS SCWO and Sgt Sylvain Bernard were on hand to welcome members of Exercise Mercury Trek to 8 Wing/CFB Trenton on May 30. The 21-member cycling team, made up of regular and reserve force members, is currently making its way across Canada to commemorate the centennial of military communicators. In each province, the cyclists have their proclamation signed by the Lieutenant-Governor, recognizing the contribution of military communicators to the development of Canada. The exercise is expected to wrap up in St. John's, Newfoundland on July 1.**

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22 Air Show Weekend	23	24	25	26	27 TGIF 1700hrs BBQ Steak Sports 1800hrs Pool	28
29	30	<b>JUNE 2003</b>				

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# Hey, did you hear the one about the bull market?

## it's your Money



Garth Turner

The news last week that Canadian investors removed another \$700 million or so from their mutual fund accounts in May just proves the old adage that most of the people are mostly wrong most of the time.

The carnage suffered by the fund companies over the last six months is unprecedented and - without a doubt - the retirement goals of countless numbers of people will now forever remain unmet.

It's ironic that people pulling money out of funds which are often based on stock market performance are doing so because they're afraid of financial failure. Usually they stuff the remaining cash in GICs, short-term government securities or their chequing and savings bank accounts. A recent CIBC World Markets report showed that about \$45 billion in new cash is slopping around in vehicles such as these, now earning next to nothing.

At the same time, of course, the stock market is on a tear that too many Canadians have simply failed to notice. Instead, tens of thousands of us waited until the worst possible moment - after three years of grinding market declines - to throw in the towel and move to cash. Today interest rates have collapsed, and are about to decline further, while the performance of stocks and funds is starting to dazzle again.

And it all started with Iraq - the war, as I stated here in early April, "that changes everything." Two months later, that cocky statement has proven to be spot on.

The seeds of the

But, you ask, can it last? Is this a sucker's rally; just a dead cat bounce after the short and victorious Iraq war? Is it safe to invest once again?

Well consider two things. First, the fundamentals: Interest rates are r-e-a-l-l-y low and appear poised to decline even further. The American central bank wants even cheaper money to stimulate the US economy and that will just make stocks look even more attractive. Then there is the low American dollar, which helps US corporations by making their exports cheaper and improving profits.

*At the same time, of course, the stock market is on a tear that too many Canadians have simply failed to notice. Instead, tens of thousands of us waited until the worst possible moment - after three years of grinding market declines - to throw in the towel and move to cash.*

back burner; America had gone from being victim nation to conqueror; and Nine Eleven was truly being avenged.

Since the fall of Baghdad, the Dow has risen more than 10 per cent and regained the 9,000 level. The S&P/TSX in Toronto has also jumped almost 10 per cent since that day just two months ago, while the tech-heavy Nasdaq is ahead more than 20 per cent.

True, we are still below the all-time high water mark hit in the heady, bubbly days of early 2000 (the Dow is off that by 23 per cent), but the pace of this rally's advance has been remarkable. From the low point hit last autumn, markets have gained 20 per cent, turning them, in technical terms, into full-fledged bulls.

So, once the average investor stops being paralyzed by SARS-mad-cow-West Nile mania, and takes a hard read of the financial page, look out. Those tens of billions of dollars ripped out of financial assets and parked in real estate or loser bank accounts are soon going to be looking for a new home. The smart money will move in first.

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

## Dr. Garry Solomon

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## Sexual Abuse of Children--what to do, what not to do, and how to help

by Lori Weisflock  
WSWO

How do we help child victims of sexual abuse? We should always believe their allegations. There is no evidence in the literature I have read or among service providers that children are unable to distinguish fact from fantasy in sex abuse situations. The younger the child the more unlikely it is that the child would or even could imagine such things, given the detail and accuracy with which children report these incidents.

As a past investigator of child abuse I always believed the child when they told me that someone did something to them that was sexually intrusive. Believing the child was a vital part of the healing process. It was important that the child and parent understood exactly what sexual abuse was.

Sexual abuse is any sexual gesture, with or without physical contact, perpetrated by an individual towards another, without his/her consent, or in some cases, especially those regarding children by emotional manipulation or black-

mail. It is behavior meant to subject another person to someone's own desires using abuse of power, physical force, constraints, explicit or implicit threats. A sexual aggression attacks the fundamental rights, especially a person's physical, psychological integrity as well as the security of the individual. (Turgeon and Lemay).

Children should be educated by their parents as early as possible about good touches and bad touches. Some schools have programs in place to introduce children to this. The majority of sexual abuse towards children occurs between them and someone they know such as a relative, family friend or neighbor. It is common for the child to be confused and embarrassed after a sexual assault. It is also common for adults not to believe them especially if they are very young. If a sexual injury is not dealt with appropriately by way of counseling or therapy the suffering can go with that person into adulthood; manifesting itself into fear, isolation, anxiety or depression.

Those who sexually

assault others do not fit a particular profile, race, age or socio-economic status. Abusers come from all walks of life. Why is it that some prey on and violate innocent children? It might be that they were brought up themselves being abused, for control, for pleasure, domination or as a result of mental illness to name a few reasons.

What should you do if you suspect a child has been sexually assaulted. Here are some suggestions:

- Report to the police. The sooner the better while the child's recollections of the assault are fresh in their mind.

- Contact your local Children's Aid Society (they have trained professionals who can talk to your child in a non threatening environment).

- You may need to take the child to a doctor for examination and treatment. (This is vital especially for later court evidence.)

- Support and BELIEVE what the child is saying.

- Stay calm and reassure (over and over

again) the child that they did nothing wrong.

- Don't force the child to talk any more than they are ready to talk at this point.

- Allow the child to express their feelings. Find a therapist that the child trusts. Children will likely do better with the opposite sex of the gender who assaulted them. Throughout the process if you feel that the service provider is not supportive...find another who cares.

- ALL SEXUAL ASSAULTS ARE A

CRIME AND THEY TREATED ACCORDINGLY.

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## Are you going on vacation?



Submitted by  
Doug Bird, Deputy  
Wing General Safety  
Officer

Don't let your great vacation give way to a possible break-in. Precautions for the safe-keeping of your home while your family is away on vacation can provide the important benefits of safety and peace of mind.

Inform a trusted

neighbour of your departure and return dates. Leave a number where you can be reached in case of an emergency. Be sure to leave a house key with your neighbour, and ask him to park in your driveway.

Have your neighbour pick up newspapers and mail. Arrange for trimming of the lawn and clearing of the walkways.

Valuables should be stored in a safe deposit box.

Use clock timers to activate lights or radios at intervals, giving the impression that someone is home.

All tools and ladders should be out of sight

and locked up. Don't provide a thief with tools to invade your home.

Unplug all electrical appliances and the television to prevent against a fire hazard in your absence.

Close the fireplace flue to prevent birds or animals from entering.

Put your garbage cans in the basement or in storage shed; empty ones are a sure sign you're away.

Before leaving, double check to ensure all entries are secured.

An unoccupied dwelling is a favourite target for a thief. Be sure to safeguard your home before leaving on vacation.

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## 8 AMS AERE Officer receives award

16 Wing Borden - It was with great pride that Second-Lieutenant Jodi Miller (promoted to Captain upon graduation) walked to the front of the parade to accept the top candidate award for the Aerospace Engineering Officer Basic course during a graduation ceremony last month in Borden.

For Captain Miller, this was a happy conclusion to more than six months of hard work at the Canadian Forces School of Aerospace Technology and Engineering, at 16 Wing in Borden. During that period, she studied a variety of topics ranging from leadership and management to aerospace engineering including principles of aerodynamics, aircraft propulsion and weapons systems.

"There was a lot of studying and homework involved," said Captain Miller with a smile, "but with the great team work it worked out really well."

During the May 7 ceremony, Captain Miller was presented with the Air-Vice Marshal E.W. Stedman Trophy as the graduate who best combined the qualities of leadership and academic ability. In addition to the



Photo by MCpl K.C. Paul

**Captain Jodi Miller (right) receives the Air-Vice Marshal E.W. Stedman Trophy from Brigadier-General Dwayne Lucas.**

top award, she was also the recipient of the Group-Captain John D. Syme Award, presented to the student who best demonstrated excellence in military professionalism.

According to the Aerospace Engineering Officers Squadron Commander, Major Greg Merrill, this may not be the first time that one student picks-up both awards, "but it is certainly a very rare and noteworthy achievement."

Captain Miller said that she was attracted to the Air Force mainly because of the challenges offered by a Canadian Forces career. "I'm looking forward to

start my real job in the Air Force. I'm hoping to get involved in overseas operations within the next few years."

Captain Miller joined the Forces in 1995 and graduated from the Royal Military College in 1999. She has since pursued post-graduate studies at the University of Bristol in the United Kingdom and is currently finishing her PhD in aerospace engineering. So far, her military training has taken her to Greenwood, Nova-Scotia, Comox, British-Columbia, and Trenton, Ontario where she was posted upon graduation.

**Jr Ranks-WO/Sgt Mess  
Family Day  
Toronto Metro Zoo  
Sunday, 06 July  
2003**

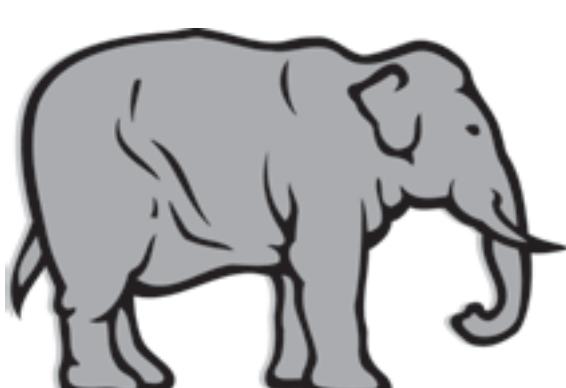
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Deadline - 25 June 03-1200hrs

Open to Members & Families Only

All Children must be Accompanied by Adults





## News



Members of the Logistics and Supply Chain Management course break for a quick photo.

**Class is in**

Military personnel and members of the DND community in general, have unique challenges when pursuing post-secondary training. Combining all of the factors affecting the typical military family: deployments, transfers, increased workload, family and so on, it is understandable that the ability to commit to an educational goal is challenging and sometimes a little overwhelming.

Therefore, the Canadian Forces Community College Network (CFCCN) is changing its focus a little for CFB Trenton. We would like to bring the college to the military community. The first course started on May 7, a course within the "Logistics and Supply Chain Management", Post Diploma program from Canadore College.

This program offers tremendous value to MOCs 911, 933 & 935 at the QL5/QL6 level because a significant number of advanced credits have been granted based on military training and experience. This translates into less investment of your time and money while pursuing certification from an Ontario Accredited College. As well, the CFCCN Coordinator with the support of Canadore College is attempting to 'Fast Track' the courses wherever possible so that the students can complete the courses at a faster rate. Correspondence study is also available for students who enjoy independent study or are affected by deployment, transfer, etc.

Starting in September...

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To learn more, please contact Andrea Dawe at 392-2811 (2373) or email: Dawe.AE@forces.gc.ca or adawe@cogeco.ca. The CFCCN Services are available to military personnel, DND employees and family members. Our web site is [www.cfccn.ca](http://www.cfccn.ca).

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# Fitness, Sports & Recreation

## 8 Wing/CFB Trenton represented at Firefighter Challenge

by Laurie McVicar

Assistant Editor

(with files from [www.firefit.com](http://www.firefit.com))

Three members of 8 Wing/CFB Trenton took part in what has been dubbed the "toughest two minutes in sports" during the Regional Firefighter Combat Challenge held May 12-17 in Comox, British Columbia.

Preceding the actual challenge was a training camp that took place at CFB Comox. Involved

**Photo:**Submitted by Cpl Robert Comeau



**Firefighter Challenge competitors must be in top-notch shape to withstand the physical demands associated with the race.**

### Golfers needed for rep team

A play down will be held at the CFB Trenton Golf Course on June 23, 25 and 26 to select a team that will represent 8 Wing/CFB Trenton at the Ontario Golf Championship. Tee off time will be at 1300 hrs.

A handicap of fewer than 15 is required to compete in this play down. The top 12 competitors will advance to day two. This competition is open to all CF, Class B & C Reserve members. The final team will be composed of five men and one woman.



To register or for more information contact Shirley Martin local 3467 or the Military Sports Coordinator, Dan Cormier, at local 3373 no later than Wednesday, June 18.

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with the camp were MCpl Gerard Slaunwhite, Cpl Robert Comeau and Cpl Paul Dicaire. Both MCpl Slaunwhite and Cpl Comeau advanced to the competition stage.

The Firefighter Combat Challenge is based on fire fighting tasks commonly performed in emergency situations. The levels of competitors vary but, due to a physically demanding course, many participants perform at the level of elite athletes.

Teams of three to five people compete individually against a clock, wearing full gear (helmet, coat and pants with liners, boots, and gloves) while breathing from self contained breathing apparatus (SCBA). The tasks are as follows:



**Cpl Robert Comeau on the keiser machine.**

**Task 1: Stair Climb with High Rise Pack -** Carry a high-rise standpipe pack (2-50 foot sections of 1 3/4 inch hose—weighing approx. 42 pounds) to the fifth floor. The hose load must be deposited into the designated area on the fifth floor.

**Task 2: Hose Hoist -** From the top of the tower, using a hand over hand motion, pull a 5/8 inch rope to hoist a donut roll of LDH hose (45 pounds). This evolution is complete when the donut roll clears the rail and is dropped into the designated area on the floor.

**Task 3: Forcible Entry -** Using the nine pound



**Cpl Darren Vandberger of CFB Esquimalt, demonstrating the hose advance portion of the Firefighter Challenge.**

shot mallet and Force Machine, drive a 165 pound I-beam five feet. This event is complete when the end of the beam crosses the five foot line.

**Task 4: Hose Advance -** After moving a distance of 140 feet around six hydrants, pick up a nozzle and move a 1 3/4 inch charged hose straight forward for 75 feet, crack the nozzle, hit a designated target, and place the nozzle on the pavement. Then move 30 feet to the next event.

**Task 5: Victim Rescue -** Drag a 175 pound victim (SIMULAIDS's, Rescue Randy) a distance of 100 feet. This event and the course is complete when both the victim and competitor completely clear the finish line.

Cpl Comeau did extremely well in the competition, winning gold as a member of the Canadian Forces relay team and bronze in the team division. In the individual category, Cpl Comeau finished 18th out of 83 people while MCpl Slaunwhite finished 57th.

### Food journal woes, mommy olympics



**Laurie McVicar**

### Confessions from the Gym

*Monday, June 9*

It was with mixed emotions that I met with Jen today.

Don't get me wrong, as a friend I couldn't wait to get the scoop about her recent time away on course. As a trainer, however, I was a little less than enthusiastic to have to hand over my barely touched food journal to her. The evidence of my downward slide was there in

black and white...actually, I guess that's not entirely accurate. It was the lack of entries that got me in trouble.

I can't quite understand what it is about the food journal that I detest so much. It is such a useful tool in identifying bad eating habits! Not only can the act of writing down your meal help you rethink your choices, but also it can assist you in discovering where

your trouble spots lie (snacking on the sofa for example). Eating is such a mindless act, I mean, how often do you really ponder about what you're consuming? I think having to write down what I eat is just far too much guilt for my conscience. Perhaps its just easier for me to accept Jen's disapproving glance when I conveniently "forget" to bring my journal than have to explain to her why I have seven cheat days listed in it.

Jen and I have talked several times about increasing my level of activity over the weekends when I'm less likely to make it to the gym. After much deliberation on Sunday, I

realized that as the mother of a two-year-old, perhaps I'm getting more exercise than I realized. If you take into consideration the daily wrestling matches we have when it's time to get dressed, the sprints I'm forced to break into every time he gets it in his head to wander (which is A LOT!), the number of times a day I have to lift him off the floor after a temper tantrum just so we can get out the door, and the myriad of toys I dodge to avoid serious head trauma, I'd say my physical activity level is pretty darn good. All I need is one more child and those size 10 pants are in the bag!



# TRENTON Military Family Resource Centre



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Please allow 30 days notice for preparation. / Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.

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**DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR**  
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.



## CHAPLAIN SERVICES SERVICES OFFERT PAR L'AUMÔNERIE

## Volunteer Needed

The Trenton MFRC Daycare needs volunteers to assist with the swimming program on Wednesdays from 11:00 a.m. - 1:00 p.m. The volunteer must enjoy working with young children and be comfortable in the pool. Volunteers will be screened for suitability to work with children. For more information or to volunteer, call Wendy at loc. 3557 or drop into the MFRC.



## Besoin de bénévoles

La garderie du CRFM de Trenton a besoin de bénévoles pour aider pendant le programme de natation qui se tient le mercredi de 11h à 13h, les candidats doivent aimer travailler avec les petits et être à l'aise dans la piscine. Les candidats bénévoles seront passés au crible afin de déterminer s'ils possèdent les conditions requises pour travailler avec des enfants. Pour de plus amples renseignements ou pour devenir bénévole, appelez Wendy au poste 3557 ou bien présentez-vous au CRFM.

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### "Wednesday activities"

Wednesday evenings, 6 - 8 p.m. Variety of events will be planned for each week. Please call ahead.

June 18 - "Health & Stress" with Debbie Williams, chiropractor.

June 25 - "BBQ Workshop", taste & learn with Daniel Béland.

### "Activités du mercredi"

Les mercredis de 18h à 20h, une diversité d'activités sont planifiées. S'il vous plaît, téléphonez à l'avance.

18 juin - "Santé & Stress" avec Debbie Williams, chiropracteur.

25 juin - "Atelier BBQ", goûtez & apprenez avec Daniel Béland.

## Youth Programs/Programmes Jeunesse

### SECOND LANGUAGE TRAINING FOR TEENS

Two new programs are available this Summer for students aged 10 to 14 years. For young people registered in French immersion it will help them maintain and improve their level of French over the summer period. This program will help those students in immersion Indoor and outdoor activities will focus primarily on language acquisition.

For young people who need a little extra help with their oral English. This program will help young francophones to improve their English in a "painless" out of school environment

We are offering 6-week programs (broken down into 2 weeks sessions) from July 7 until August 15. These programs will be given five mornings a week from 9 a.m. to 12:00 p.m. at the Siskin Centre. The cost is \$40.00 per two weeks sessions for military family members and \$50.00 per two weeks sessions for non-military members of the community. For further information or to register call Manon at 392-2811 ext 3852 or the reception desk at 965-3575. If your child is younger than 10, let us know, we can always add a second group if we have enough interest.

### COURS DE LANGUE SECONDE POUR ADOS

Deux nouveaux programmes sont disponibles cet été pour les étudiants âgés de 10 à 14 ans. Débutant le 7 juillet nous offrons ces programmes d'une durée de six semaines (sessions de deux semaines chacune). Ces programmes prendront fin le 15 août. Pour les jeunes qui sont inscrits en français d'immersion. Ce programme aidera les étudiants d'immersion à maintenir et améliorer leurs connaissances de la langue française durant l'été. Il y aura des activités à l'intérieur et en plein air qui ont l'acquisition du langage comme but principal.

Pour les jeunes qui ont besoin d'un peu d'aide à s'exprimer en anglais, cela aidera les jeunes francophones à améliorer leur anglais dans un milieu moins structuré que l'école. Il y aura des activités à l'intérieur et en plein air qui ont l'acquisition du langage comme but principal.

Ces programmes se donneront au Centre Siskin cinq avant-midis par semaine de 9h à 12h. Le coût est \$40.00 par session pour enfant de militaire et \$50.00 par session pour enfant de civil de la localité. Appelez Manon au 392-2811, poste 3852 ou la réception au 965-3575 pour de plus amples renseignements ou pour vous inscrire. Si votre enfant est plus jeune que 10 ans et vous êtes toujours intéressé, dites-le nous! On peut faire un deuxième groupe s'il y a lieu.

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# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
June 15 - June 21

**ARIES** (March 21-April 19): Someone you least expect may try to put a damper on your plans on the 15th and 16th. Be prepared to jump into an alternative plan that will be just as entertaining. Learn from your past mistakes. Your charm and overall enthusiasm will enable you to spark interest in something you really want to pursue on the 19th, 20th and 21st. Presentations should be scheduled. Any opportunity to talk to people in high positions will pay off. Your mind will wander on the 19th, 20th and 21st, but take note because many creative ideas can develop for future projects. You will instinctively know what moves to make in order to stay ahead of the game.

**TAURUS** (April 20-May 20): It won't take too much of an effort to get everyone to pitch in and help on the 15th and 16th. Don't condemn yourself for having a change of heart. This is not necessarily a bad thing. Sometimes taking a completely new direction turns out to be a blessing. Refrain from jumping into something that is not likely to lead you down a promising path on the 17th and 18th. You will make poor choices based on emotions rather than reason. You will be able to make a contribution to your community on the 19th, 20th and 21st, resulting in new friendships and opportunities.

**GEMINI** (May 21-June 20): A financial problem may set you back on the 15th and 16th. You may end up having to take care of someone else's responsibilities. Try to be patient. Think for yourself and you won't be sorry. Your inquisitive manner will enable you to pick up some valuable information on the 17th and 18th that will lead to all sorts of prosperous ventures. Reading and research will pay off. Stick to what you know on the 19th, 20th and 21st instead of fabricating what you think is going on. Someone may blame you for something you didn't do. Be careful not to put yourself in too vulnerable a position.

**CANCER** (June 21-July 22): You'll find it most difficult to keep your opinions to yourself on the 15th and 16th. Don't be too pushy, smothering or argumentative. Mistakes must be made for lessons to be learned. The changes you make to your home on the 17th and 18th will lift your spirits, giving you a better emotional outlook. Spend a little cash on items that will help you get your chores done more quickly. You can make your dreams come true on the 19th, 20th and 21st if you take the initiative. Trust your intuition to lead you to a new way of life, or at least to a unique way of doing things. Seize the moment.

**LEO** (July 23-Aug. 22): You can make changes, enhance your working conditions and do something that will be healthy for you on the 15th and 16th. You will be surprised at just how successful you can be with a little effort. You'll be highly emotional on the 17th and 18th, enabling you to talk about your true feelings with passion. Your ability to inspire people will ensure that you get the backing and support you need. Limitations are likely on the 19th, 20th and 21st if you have overspent. Take a look at how you can recoup any losses. Inside information will be made available.

**VIRGO** (Aug. 23-Sept. 22): If you mingle and socialize on the 15th and 16th, you will meet someone who can make a difference to your future. Change can be good so don't shy away. Lots will be happening at work on the 17th and 18th. Your energy and ability to get along with others should make it possible to start new projects with the promise for future advancement. You will have plenty of romantic opportunities if you make yourself available on the 19th, 20th and 21st. Let someone you care about know how you feel. This is a great time to form new business or emotional partnerships.

**LIBRA** (Sept. 23-Oct. 22): Someone older may try to take you for granted on the 15th and 16th. Be smart and well prepared with your own plans so that you don't end up doing for others instead of accomplishing for yourself. Travel should be on your agenda. Romance will be very enticing and lead to new and exciting plans for the future. You can learn a lot on the 17th and 18th. Contact with new people will turn out favourably and lead to interesting information. You can do a lot to ensure good health on the 19th, 20th and 21st—treat yourself to something special. Consider ways to eliminate your stress.

**SCORPIO** (Oct. 23-Nov. 21): You'll be trying to get everyone to tag along with you on the 15th and 16th. Don't mix with too many different people or you will find yourself in the middle of someone else's debate. You may find it difficult to please other people on the 17th and 18th, so focus instead on what you know you can accomplish. This can be a very productive period if you develop some of your creative ideas. Indulge in something fun, creative and inspirational on the 19th, 20th and 21st. You need the freedom to express yourself. Let your mind wander and your thoughts lead the way.

**SAGITTARIUS** (Nov. 22-Dec. 21): You should have your mind set on getting ahead in business on the 15th and 16th. The past couple of years may have been difficult, but that doesn't mean uncertainties should hold you back. Refurbish your ideas from the past and start moving forward. You will be able to convince anyone to join your cause on the 17th and 18th. The help you receive will ensure success. The more you interact with others, the greater your understanding. Plenty can backfire on the 19th, 20th and 21st if you think that your way is the only way to do things. Have patience with those you live with or you may find yourself in a very uncomfortable position.

**CAPRICORN** (Dec. 22-Jan. 19): You will be overly sensitive and emotional on the 15th and 16th. Uncertainties about your direction may lead to confusion. Travel and study should be on your mind. You will find it easy to meet new people on the 17th and 18th if you get involved in something that interests you. A serious-minded group may ask you to contribute cash, but you should offer your time instead. Valuable information will be yours regarding a partnership or personal relationship on the 19th, 20th and 21st. Be prepared to face whatever opposition comes your way. You will be most convincing and should be able to change even your toughest opponent's mind.

**AQUARIUS** (Jan. 20-Feb. 18): Someone may try to lead you astray on the 15th and 16th. Do your own research and follow your own path if you really want to change aspects of your life. Nothing is likely to go according to plan on the 17th and 18th so don't even expect it. Thinking on your feet and being versatile may result in a pleasant surprise. Moneymaking opportunities will be yours if you act quickly on the 19th, 20th and 21st. Follow your intuition and do what you believe will help the most. Be sure to take a little time out to regain your strength.

**PISCES** (Feb. 19-March 20): Changing times are causing you to rethink your old plans on the 15th and 16th. This is not a bad time to open up new doors that could lead you in a more lucrative direction. Don't be afraid of change. Someone may not be willing to tell you what is really happening on the 17th and 18th. You will have to do your own investigating. Don't make a decision unless you have all the facts. Problems will occur on the 19th, 20th and 21st if you sit around waiting for someone to take care of you. The more you do for others, the more you will get in return. Your fabulous ideas will draw interest.

## Generous cheque presented at St. Mary School

On May 1st, Lieutenant David Schwarz, 8 AMS, had the honour of attending the Algonquin and Lakeshore Catholic Education Foundation's Spring Grants Ceremony during the celebration of Catholic Education Week.

During the ceremony, the Foundation presented over \$40,000.00 to various schools in the district. A cheque for \$503.00 was presented by Callista Markotich, Foundation Chair, to Lt David Schwarz, Chairman of the School Advisory Council at St. Mary School and Pat Mulvihill, Principal of St. Mary School. The

money will be used to enhance initiatives within the Breakfast Program being offered at St. Mary.

The Algonquin and Lakeshore Catholic Education Foundation is a Canadian Registered Charitable Foundation governed by a volunteer Board of Directors. Operating at arm's length from The Algonquin and Lakeshore Catholic District School Board, the Foundation seeks to encourage tax-deductible donations from all individuals, groups, schools, businesses and the faith community to support enriched educational and

lifelong learning programs for elementary and secondary students. Many programs such as music and the arts, athletic undertakings, social justice projects, breakfast /lunch programs, etc. are supported by the Foundation.

This was the first Grants Ceremony of

hopefully many more. Without the support of the community, businesses and individuals, our schoolchildren would not be able to benefit from these grants which help to realize the dreams and potential of thousands of children in our community.



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## Community

# Community Events

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**MOVIE LINE-UP**

• The Italian Job (14A) -	1:10	7:10	9:20
• 2 Fast 2 Furious (14A) - Paul Walker	1:05	7:05	9:15
• Finding Nemo (G) - Disney	1:00	7:00	9:10

Matinees Saturday & Sunday

**MOVIES MOVIES MOVIES**

**MOVIES MOVIES MOVIES**

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.ca, at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.

Brighton Barn Theatre presents...

## "Northumberland calling Normandy"

June 6th marked the 50th anniversary of the Allied D-Day Invasion of the Normandy beaches in France. In commemoration of the part played by Canadians at Juno Beach, Brighton Barn Theatre is presenting a variety show featuring songs of World War II and comedy bits outlining some of the hardships experienced on the Northumberland home front during the stressful days of the war.

The show, entitled "Northumberland Calling Normandy" is in the form of a radio show, which might have been presented for the troops serving in Normandy, especially Canadians, about one month after D-Day. The Cobourg radio station, CHUC, is featured (fictionally) as the station airing the show from the Brighton Barn Theatre July 3-5, 10-12, and 17-19.

"Northumberland Calling Normandy" will appeal to all ages. For those who lived through those difficult times, it is a nostalgic trip down memory lane. For those too young to remember, the show gives an authentic glimpse into a very special time. World War II veterans are entitled to complimentary tickets. For information or ticket prices, call 475-2144.

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## Le 21 juin c'est la St-Jean à Kingston

Une journée familiale pour célébrer la St-Jean est organisée par les francophones de Kingston. Les activités se déroulent au Parc du lac Ontario de 11h à minuit. Forfait pour les manèges et les repas. Divers concours et un spectacle de jeunes talents à 20h suivi du spectacle du groupe professionnel "La Vesse Du Loup" à 21h et vers 23h un feu de joie couronnera la journée. Soyez de la fête.

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## Protect your family with home security

(NC)—It is certainly distressing to note that every day in Canada, well over 5,000 homes are burglarized. There is however a few clever steps a homeowner can take to discourage a break-in before it begins.

Installing high-grade, one-inch deadbolts on every entrance door is first and foremost when seeking maximum security. Another is an alarm system with decals prominently placed on windows and doors. But there's more you can do. Let's take a look at a few of the most frequently asked questions on this subject, answered by Weiser Lock, an industry leader in household security.

Q: We like the idea of window decals indicating the house is wired and monitored with an alarm. Are there any other warning deterrents like this?

A: The decals of neighbourhood support systems work very well too. A program called Operation Identification for example will make your possessions a risky liability to a criminal if stolen. Operation Identification instructs its members to engrave an identifying number on primary target items such as stereos, televisions, cameras, and computers. Electric engraving markers can be arranged and provided. If you were to engrave your Social Insurance Number for example, onto your big screen TV, who else would be able to call it their own? And if retrieved by the police there would be no doubt that the TV is yours. Operation Identification decals are provided for prominent display on household windows and doors. You may also want to join Neighbourhood Watch, a system that reduces crime by getting neighbours



Photo: News Canada

to look out for each other. More information on both security programs is available at [www.weiserlock.com](http://www.weiserlock.com).

Q: The doors on our older home are lightweight and probably hollow. What are the best features for security when replacing them?

A: Many older homes were built with hollow doors — no wonder 80 percent of burglars enter by using a door.

Replace low-grade doors with solid wood or metal ones. For those who can't, or won't be replacing their doors immediately after moving in, it is highly recommended to at least have a locksmith rekey the locks on both a new house and on a resale. This ensures your keys are the only ones that unlock your doors, as you have no way of knowing how many keys a previous owner had made for his friends and relatives. While the locksmith is at your home, have him do a security check of your home and check the doors and windows.

Q: What security features are recommended on new locks?

A: Be sure you choose premium, deadbolt locks with a one-inch throw bolt. For optimum security, combine the top-of-the-line deadbolt (#D4000) and upgrade the strike plate as well to a four-screw, heavy-duty strike plate with 3-inch screws to make the door difficult to kick in. A hidden bonus in your investment is the chance to beautify your home too. All handlesets, entrysets, knobs and levers represent both luxury and sound security, as long as they come complete with heavy-duty, latch mechanisms. Information is extensive on the Weiser Lock Web site.

## Enjoy convenience of keyless home

(NC)—At this time of year, most of us prefer to be outside as much as possible to fully enjoy the freedom that spring and summer brings. Practicalities however often get in the way.

Do you ever feel encumbered by the need for a purse, a belt, or a shoulder bag for keys, when all you really want to do is take long walks, ride your bicycle, prune the roses, swim in the backyard, jog in the park, or jump and climb and play ball with the kids?

Locking-up the house while our back is turned is an unfortunate upgrade too.

but necessary sign-of-the-times, so there is no question that we have to bring along, or hide our keys. Technology of the 21st century however is currently tempting homeowners with an attractive alternative: Weiser Lock has developed the keyless entry system called the Powerbolt 1000. This highly practical, digital mechanism has been dominating the spotlight in home decor mainly because its appealing, futuristic design and anti-tarnish brass finish has made it a fashionable upgrade too.

"The Powerbolt 1000 works with a deadbolt, a code, and an attached keypad," says company spokesperson Derek de Jong. "Your own secret digital code unlocks the door. If the wrong code is entered three times in a row, a buzzer will sound for 15 seconds and the system shuts down to discourage further guessing. Codes can be

changed as often as you like. As you exit, one push of a button secures the door from outside."

This keyless entry system is featured online at [www.weiserlock.com](http://www.weiserlock.com), including tips on installation. It replaces existing door hardware, according to de Jong, with nothing additional to buy.

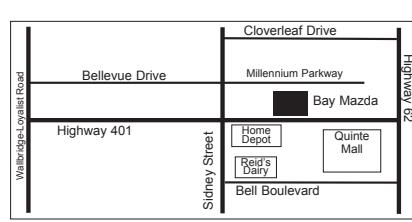
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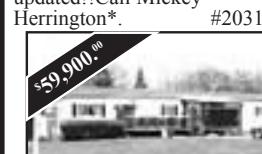
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