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## LCol Mark Roberts welcomed as new Wing Admin Officer

by Captain Ian Stock  
 Wing Public Affairs

As a youngster visiting family in nearby Grafton, Lieutenant Colonel Mark Roberts would often accompany his father on a special drive to AMDU (now RCAF) Road at CFB Trenton to sit and watch aircraft take-off and land.

"I used to get very excited watching the aircraft come and go, and to this very day, I still take a moment here at the Wing to watch them," says the newly anointed Wing Administration Officer.

"I'm just as excited now as I was back then."

LCol. Roberts assumed the role of Wing Administration Officer at a ceremony at the Officers' Mess on June 28 from LCol Bill Lewis, who after a one year stint as W Admin O, recently assumed command of 8 Air Maintenance Squadron.

During his farewell speech, LCol Lewis remarked how much was accomplished by the people of Wing Administration in a very short time frame.

"This is a bitter-sweet day for me in

many respects as I am departing after what seems like just a short little while," said LCol Lewis. "I have so many people, especially the branch heads, to thank for their hard work, dedication and efforts. Wing Administration is such a diverse organization - like a river with many tributaries - it truly is the backbone of 8 Wing."

Wing Administration comprises many organizations under one umbrella, including Accommodation Flight, Training Flight, Medical Squadron, See Admin Officer, page 2



Photo: Cpl Gayle Wilson, 8 Wing Imaging

Captain Mark Levesque puts the CH 113 Labrador through its paces during the retirement ceremonies of the Labrador held at Baker Island in Trenton, Saturday, 26 June

## Hundreds bid farewell to Lab

by Capt Andy Coxhead  
 WPAFFO

After 41 years of faithful service and countless rescues, a Canadian Forces CH 113 Labrador Helicopter conducted the last official Labrador flying display at CFB Trenton on 26 June with close to 400 proud Labrador and Search and Rescue (SAR) community members on hand.

The flying display was just one part of an entire weekend organized to say "Goodbye to an old friend" - CH 113 Labrador Helicopter. Over 360 people attended the Friday night meet and were mesmerized on Saturday by the flying display at Baker Island. Thanks to the skill and prowess of veteran Lab pilots, Captain Mark Lévesque and his First Officer, Captain Livio Paronuzzi and Flight Engineer, Sergeant Kevin Gray, SAR Technicians, Master Warrant Officer Mike Maltais and Sgt Marc Lessard were able to exit the Labrador at altitude and jump into the Bay of Quinte to begin the historic display. The Lab

then demonstrated its ability to hoist the pair back on board from a rescue boat before demonstrating the aircraft's amazing ability to land on water to retrieve persons lost at sea.

"I flew the Army version called the Voyager in the mid sixties out of Edmonton," said Bill Binney, a retired Canadian Forces pilot. "It was a great machine. It gave us great service for many years. But I guess it can't go on forever can it?"

The weekend festivities wrapped up with a banquet that paid honour and homage to the CH 113 Labrador Helicopter and those who have been affiliated with this great aircraft over the past 41 years at the Atlantis Conference Centre in Belleville, Ontario.

"There has been an outpour of emotions from the people associated with the Labrador from its inception to those who fly in it today," said Lieutenant Colonel Michel LaLumiere, the Commanding Officer of 424 Transport and Rescue

See Lab Farewell, page 3

## WLEO CHANGE OF COMMAND



Photo: Cpl David Cribb, 8 Wing Imaging

The 8 Wing Logistics and Engineering branch held their Change of Command parade on June 24. Above: Colonel Dave Higgins, 8 Wing/CFB Trenton Commander; Lieutenant Colonel Ray Baker, outgoing WLEO, and Lieutenant Colonel Darwin Gould, incoming WLEO, sign documentation authorizing the hand over. See page 9 for story.

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# New cairn dedicated at museum

On Thursday, June 24, 306 Wing of the Air Force Association of Canada gathered to unveil their cairn in the Airpark at Canada's National Air Force Museum.

## Admin Officer, cont. from page 1

Personnel Services team." With several lengthy overseas tours of duty under his belt, including the former Yugoslavia and Persian

The cairns and monuments in the Airpark commemorate the contributions made by the women and men who have served our country since the beginning of powered flight in Canada. Over 6,500 "Ad Astra" stones line the pathways. Each stone commemorates an individual who contributed to the defence of our nation.

The Air Force Association is a national not-for-profit aerospace and community service organization composed of aviation-minded citizens established to remind Canadians of their country's rich aeronautical tradition and history, to support Canada's Air Force, and to support and encourage the civil aviation component within the country.

Over 35,000 tourists visit the RCAF Memorial Museum each year making it the largest year round tourist attraction in the Quinte Region. The museum is located at 220 RCAF Road, Trenton Ward, in the City of Quinte West. Visit our website at rcafmuseum.on.ca. Free admission. Open seven days a week.



Photo: Cpl Bernie Kuhn, 8 Wing Imaging  
Lieutenant Colonel Mark Roberts (r), the new Wing Administration Officer, receives the ceremonial quill from Wing Commander, Colonel Dave Higgins.

"Our tasking and training cells, whose workloads have remained extremely high for the past several years, have established new Air Command standards for excellence," he added.

Gulf region, LCol. Roberts has a unique perspective on how important a role Wing Administration plays in day-to-day operations.

"I'm expeditionary focused and I truly appreciate what it takes for our people to get the job done."

"I also want to extend a special thank you to MWO Bruce Leedham and Colonel Higgins for your support and confidence during this past year."

As a former Wing Comptroller and most recently, former Senior Staff Officer Readiness of 1 Canadian Air Division Contingency Capability Centre in Trenton, LCol Roberts is no stranger to 8 Wing.

"This is my fourth posting to Trenton and I am very happy and honoured to be back. I know Wing Administration's reputation for excellence did not just happen," said Roberts. "I am sincerely looking forward to working with such a diverse and dedicated

**ATTENTION!**  
The Contact office will be close for holidays from July 19 until August 2.

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**PICTURE OF THE WEEK**

Cpl George Osvald and Cpl Chris Cleary doing a repair on an Oxygen Delivery Unit, one of the approximately 600 pieces of equipment that EME Aircraft Maintenance Support Equipment (AMSE) Section inspects and repairs in support of operations. Cpl Osvald and Cpl Cleary are two of the seven EME personnel that provide this vital service to the Wing.

**News we can use? Photo opportunity?**  
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## Lab farewell...continued from page 1

Squadron who hosted the event. "This should be a sad occasion, but instead it is a great celebration thanks to the overwhelming sense of pride and accomplishment of everyone here."

Guests at the weekend event included present and former aircrew, search and rescue technicians, maintenance personnel as well as former CO's and Wing Commanders. MGen Marc Dumais, OMM, CD, Commander of 1 Canadian Air Division and Mr. Robert L McDonald, General Manager, Boeing Canada Technology were also on hand to represent the Air Force and the Industry that manufactured this great aircraft. Even the man who flew the original prototype to Ottawa in 1959, Lieutenant Colonel (ret'd) Lorne Rodenbush was on hand.

"A good time was had by all," said Major Dan Lachance, Lab pilot and event organizer. "There has been a mixture of

feelings from the sadness of seeing an old friend retired to the happiness that comes with getting together with old friends and reminiscing about the Lab and SAR excellence."

The honour of hosting this farewell tribute to the Labrador was given to 8 Wing Trenton's 424 Transport and Rescue Squadron, the last Air Force Squadron to fly this aircraft in an operational

role. Fifteen CH-149 Cormorant helicopters were purchased in 1998 to replace Canada's fleet of Labrador helicopters. The Cormorant has already resumed its role as Canada's primary search and rescue helicopter at 19 Wing Comox, B.C., 9 Wing Gander, NL, and 14 Wing Greenwood, N.S. The Cormorant will officially replace 8 Wing Trenton's Labrador later this summer.

Photo: Capt Andy Coxhead, WPAFFO



Howard Faulkner a spotter with The Civil Air Search And Rescue Association in London, Ontario takes a last look inside the Lab. More photos on page 8.

# Search & Rescue UPDATE



It was a busy two weeks for 424 Search and Rescue Squadron to end the month of June.

Our new rescue helicopter, the Cormorant, did yeoman's work flying seven of the 11 missions tasked. Five sorties involved overdue water vessels, one trip involved aiding the Quinte West Fire Department in the recovery of four people in the Bay of Quinte, and one mission was for a possible airplane crash. All flights ended successfully with no injury to man or craft.

The C-130 Hercules flew three rescue missions - one assisting the Cormorant look for a possible airplane crash and two involving homing in on airplane electronic locator transmitters. Fortunately, the aircraft were found not in distress.

Finally, the Labrador helicopter, on one of its' final search and rescue missions before retiring from the military inventory, aided the Cormorant and Hercules in the search for the possible airplane crash. No airplane was found and all three 424 Sqn aircraft returned to 8 Wing without incident.

Missions for 2004: 53 Missions for June: 16 Persons rescued: 11

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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

**Editor-in-Chief:** Capt. Andy Coxhead  
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**PSP Manager:** Bob Payette  
**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: [LeBlancAL@CFBTrenton@Trenton](mailto:LeBlancAL@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.



### A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity and is not funded by public funds. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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### message from the

## Editor

Last Wednesday I had the of covering the open of the Ranney Gorge Suspension Bridge in Campbellford.

It was with tremendous pride that I watched praise heaped upon the members of 81 AEF, who's high level of skill and expertise assisted in making this project a reality.

More than once it was mentioned how this bridge was the product of a successful union between military members and civilians.

As I drove back to 8 Wing/CFB Trenton, I reflected on how similar relationships have contributed to the success of the Contact Newspaper.

Although, technically, our role as a Personnel Support Agency entity is to serve the military, the military has gone out of its way many, many times to help us as well.

There is no finer example of this than in this week's issue. Both Public Affairs and 8 Wing Imaging contribute to this publication on a regular basis, but this week...they have simply outdone themselves with coverage of the Change of Command parades and Labrador helicopter close-out ceremonies.

Please, take the time to enjoy the stories and photos in this week's issue, and appreciate the level of cooperation between military members and civilians that has earned this newspaper recognition across Canada.

I'd be remiss if I didn't also give credit to all other squadrons and units who contribute on a regular basis. Many, many thanks - not only do you make our jobs easier, but serve the Canadian Forces well by highlighting the excellent work you perform on a regular basis. Cheers!

Sincerely,

Laurie McVicar  
 Assistant Editor

# Canadiana Crossword

## Bridges of Greater Van

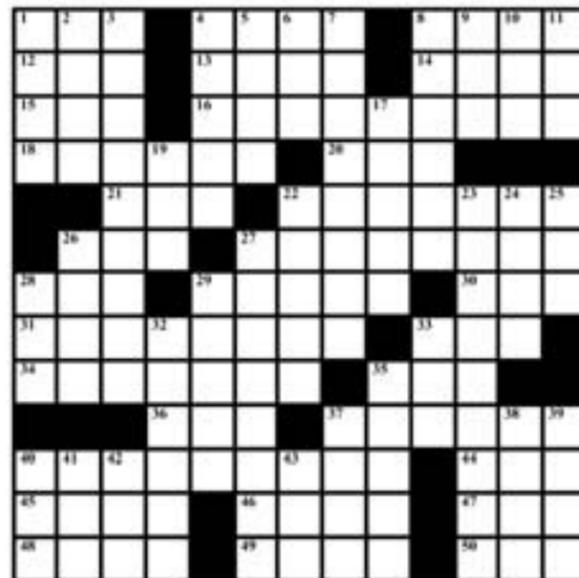
By Bernice Rosella and James Kilner

### ACROSS

- 1 Diminish
- 4 \_\_\_\_\_ Mann Bridge
- 8 Obtains
- 12 \_\_\_\_\_ baba
- 13 One time
- 14 French verb
- 15 Rearward
- 16 Bridge part
- 18 Laves
- 20 Burglarize
- 21 Beam
- 22 Sundry
- 26 Landed
- 27 Famous suspension bridge
- 28 Roman 104
- 29 A kind of boom
- 30 Relatives
- 31 Biblical brothers
- 33 West coast time
- 34 Rabbit candy?
- 35 Drunkard
- 36 Ms Suffolk
- 37 Elan
- 40 Bridge over Burrard
- 44 Poetic before
- 45 Sulphuric, for one
- 46 CEO
- 47 Time period
- 48 Depend
- 49 Stitches
- 50 High explosives, for short

### DOWN

- 1 Swedish car
- 2 \_\_\_\_\_ Romeo
- 3 \_\_\_\_\_ Bridge
- 4 Welfare
- 5 Obligation



- 6 Mil. unit
- 7 Edible turtle
- 8 Household pet
- 9 Itinerary ref.
- 10 Denoting three
- 11 Salt, in St Pierre
- 17 Kind of column
- 19 Chapeau
- 22 Fins
- 23 \_\_\_\_\_ Bridge
- 24 Item
- 25 Male descendant
- 26 Italian coin
- 27 Funeral processions

- 28 Broadcasting corp.
- 29 Demonstrates
- 32 Mod
- 33 Taro root dish
- 35 Eyeglasses, slangily
- 37 Worry
- 38 \_\_\_\_\_workers Memorial Bridge
- 39 Shelter
- 40 Household god ( Roman)
- 41 Off, in a way
- 42 Lubricate
- 43 Lay off

See answers on page 14



## This Week in Contact

**1974 --** The Canadian Forces 150 man commitment to the United Nations Disengagement Observer Force, UNDOF, arrived early, June 5, in Kuneitra, a totally destroyed village in Golan Heights. Setting up camp on the outskirts of Kuneitra in an area where Syrian army barracks once stood, the Canadians will provide logistics support and communications for this new United Nations Force.

**1984 --** General GCE Thériault, Chief of the Defence Staff, has announced the appointment of Chief Warrant Officer Giles Turgeon as Canadian Forces Chief Warrant Officer (CFCWO) effective July 16. CWO Turgeon is currently serving at CFB Trenton as Squadron Warrant Officer and Administration Officer with 426 Training Squadron.

**1994 --** A select group of 8 Wing Military Police members have embarked on a gruelling physical training program, in preparation for the Air Command Thunderbird Challenge. The competition includes a 9 mm pistol shoot, a C-7 rifle shoot which incorporates a run down with gas mask, and an unbelievable 21 part obstacle course followed by a two kilometre run to the finish, dressed in combats.



Created by Lt J. H. MacDonald  
 (Compiled by Laurie McVicar)



On June 25, the Nuclear Biological Chemical Defence Company received their official badge from reviewing officer Rear Admiral Pierre Thiffault, MSC, CD. Chief of Staff, Joint Force Generation - shown here with Major Ian MacVicar (second from right), MWO Fuller (far right) and Bruce Patterson, Saguenay Herald (centre). Also in attendance was Colonel Pat Stogran, Commander of CF Joint Operations Group.

# JNBC Unit receives badge

by Laurie McVicar  
Assistant Editor

The Canadian Forces Joint Nuclear, Biological and Chemical Defence Company was presented its unit badge during a parade at CFB Trenton on June 25.

The badge - which displays the international signs for chemical, biological and nuclear hazards surrounding a flaming grenade - was presented by Rear Admiral J. Thiffault, Chief of Staff Joint Force Generation, to the unit's Commanding Officer, Major Ian MacVicar.

A proclamation of the badge was made Bruce Patterson, Saguenay Herald, on behalf of the Chief Herald of Canada.

"Your badge is a mark of honour recognizing the important work you are called upon to perform," said Patterson.

In a letter read by Patterson, Governor General Adrienne Clarkson offered her congratulations to the unit.

"(The badge) is a tribute to your solid record of service and its presentation offers an opportunity to look ahead to the evolving role that members of your unit

will be asked to perform under the leadership of your present and future commanding officers," stated Her Excellency. "Your new unit badge is a symbol of respect and trust Canadians have in your work. It combines traditional heraldic symbols with the international symbols of the hazards you confront. The resulting symbol honours the work you do and the key role your Company plays in serving the military and in protecting Canadians. I hope it will inspire all members of the unit to uphold the motto 'NUNQUAM NON-PARATI' - Never Unprepared."

The unit was formed following the tragic events of 9/11.

"It was decided that a full time high to very high readiness Chemical Biological Radiological Nuclear (CBRN) Response Team was required in Canada," stated Maj MacVicar. "Joint NBCD Company assumed the role as the CF component of the National CBRN Response Team replacing the former part time members of the CF NBC School. Other Federal Government partners include the RCMP

and Health Canada. Major MacVicar presented copies of the new badge to representatives of the RCMP, Health Canada, and to the CF NBC School in recognition of their key roles in the creation of the unit and in appreciation of their continuing partnership.

"Unit members are trained to provide close support to RCMP operations at the site of CBRN (Chemical, Biological, Radiological and Nuclear) terrorist events, including NBC defence advice, reconnaissance, survey, surveillance, hazard prediction, limited decontamination of National CBRN RT members, and high risk searches in a contaminated environment. The unit also provides General Support NBC defence advice and capabilities to naval Nuclear Emergency Response teams on both coasts and Close Support NBC Defence to other CF specialists when required. Major training agencies have included the CF NBC School, the CF Fire Academy, and Defence Research and Development Canada (formerly DRE) Suffield and Ottawa. The unit is also transitioning toward conducting international war fighting and peace support operations and unit members have deployed operationally in Afghanistan and Haiti."

Joint NBCD Company was modeled on the United Kingdom Joint NBCD Regiment, with allowances being made in the structure for the domestic CBRN counter-terrorism role.

Members are chosen from a variety of CF occupations including armoured crewmen, infantrymen, naval trades, firefighters, combat service support trades, and medical.



Photo: Cpl Bernie Kuhn, 8 Wing Imaging

JNBC Company provided a live demonstration as well as static demonstrations following the unveiling of their new badge.



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# OFFICERS MESS

| SUN  | MON | TUE | WED   | THU   | FRI  | SAT |
|--|-----|-----|---|---|--|-----|
| The MESS will be CLOSED Thursday 1 July 04 for Canada Day<br>The MESS Office will be CLOSED Friday, 2 July 04<br>Due to Vacations<br>New Summer Bar Hours Effective 2 July - 31 August 04<br>Monday - Wednesday 16:00 - 23:00<br>Thursday 15:30 - 23:00<br>Friday 11:30 - 23:00 Saturday 18:00 - 23:00<br>Sunday & Stat Holidays Mess Closed |     |     |   | 1<br>Happy<br>Canada<br>Day!  | 2<br>Sandwich<br>Bar<br>11:30 - 13:15<br>Mess Office<br>CLOSED | 3   |
| 4<br>WCOMD<br>Change of<br>Command<br>Parade   | 5   | 6   | 7   | 8<br>MTGIT<br>17:30 HRS<br>Subs   | 9<br>Sandwich<br>Bar<br>11:30 - 13:15                          | 10  |
| 11   | 12  | 13  | 14  | 15<br>MTGIT<br>17:30 HRS<br>Lasagna                                       | 16<br>Sandwich<br>Bar<br>11:30 - 13:15                         | 17  |
| 18   | 19  | 20  | 21<br>Note to<br>MTGIT<br>Moved to<br>MTGIT<br>Mess Golf<br>Tourney | 22<br>MTGIT<br>17:30 hrs<br>Taco Bell<br>Sandwich<br>Bar<br>11:30 - 13:15 | 23   | 24  |
| 25   | 26  | 27  | 28  | 29<br>MTGIT<br>17:00 HRS<br>Steak Night                                   | 30   | 31  |

\*\* Food for MTGIT, 5 August 04 - Fish & Chips \*\*

# JULY 2004

News we can use?  
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# Real estate: Fantasy or storehouse of wealth?

## it's your Money



Garth Turner

It's kind of ugly - red brick down the sides and creamy stone on the front.

The house eats up most of the 30-foot-wide lot, leaving just enough room for a skinny driveway. The street is in an established North Toronto neighbourhood, but just a stone's throw away from a busy industrial area and big box stores.

In 1996 this two-storey,

four-bedroom house sold for just over \$300,000. Last year, in the fourth year of Canada's red hot housing boom, it changed hands for \$581,000. A builder bought it, did some renovations, and put it back on the market a few weeks ago. Asking price: \$999,000. Twenty-three days later it was sold, for \$1 million.

Is this fantasyland? Or has residential real estate

become the true storehouse of wealth? Are we at the tippy-top of a boom market that - like every boom before - will be followed by a bust? Or, are there solid reasons to believe that houses can continue to appreciate by double-digit amounts for the next decade? Are those waiting to buy the true fools? Or were greater fools the buyers of this million-dollar pile of bricks? Five years from now we will probably know the answers to those questions.

One of two things will be true: Either the people who bought houses in 2004 at the highest price in history made one of the smartest investment of their lives, or one of the worst.

One key ingredient will be the cost of money. Today you can gorge on mortgage money at just 3%, which means a \$1,000,000 mortgage carries for less than \$30,000 a year, or \$2,500 a month. And don't laugh - there are lots of people today who have gladly walked into that kind of a debt load. But if interest rates rise, then so do mortgage payments, making houses less affordable. That impacts the entire real estate market, dampening demand and bringing down values. Folks who bought with little or nothing down could conceivably end up with mortgages that exceed the worth of their houses.

Some economists are warning that a housing bubble has truly erupted in North America, while many others argue the market is stable and will continue to grow, albeit more moderately. The alarmists point out that house prices have now risen for the longest continuous stretch of time ever. They also point out that too many homeowners have an unrealistic expectation of future gains. An American survey last year showed people expected their homes to rise in value between 12% and 16% every year for the next

decade. Finally, we are told to worry because house prices are not just at an

historic high in dollar terms, but also at a zenith when compared to income, rent or replacement costs. That suggests if interest rates do start to jump - something everyone expects by the end of this year - it could be too much of a shock to a real estate market that has already exceeded itself.

On the other hand, a greater number of economists paint an entirely different picture. They point to strong immigration as fuelling a continued demand for housing, and net migration into the major urban centers of Toronto, Calgary and Vancouver. They're forecasting a long period of low inflation and steady economic growth. Yes, rates will rise, but the increase will probably be modest and gradual.

Finally, with a wonky stock market and low returns on fixed-income investments, the experts think real estate will continue to attract a huge share of all investment dollars, keeping prices high.

So, there you go. Clearly there are two visions of the immediate future of the housing market, which cannot both come to pass. To date, those who have been warning of a real estate disaster have been dead wrong. This is the longest, most vibrant, sustained, broad-based and active real estate boom in Canadian history. More houses have never been built before. Prices have never been higher. Never more multiple offers or bidding wars.

And that has brought us to this: The million dollar ugly duckling house on a 30-foot lot. Don't know about you, but it seems to me something spectacular is not far off.

Garth Turner's *Investment Television* airs nationally, Sundays on the *Global* network.

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**Hear Ye, Hear Ye**  
**The Contact**  
will be **CLOSED** for  
Holidays  
July 19th/04  
thru  
Monday Aug. 2nd/04

Have a Safe & Happy Holiday Season  
from the Staff at The Contact!!!

**Re-Opening Tues. Aug. 3rd/04**

## Protecting your high speed internet connection

(CAARA) - Securing your high speed Internet connection is important for a safe online experience. Protect personal information on your computer by installing the proper tools to ensure personal information remains safe and secure.

It is common to secure valuables in a safety deposit box. It is just as important to lock sensitive online information and valuables in a safe place. Banking, stock trading and personal medical information on your computer should be protected from outside eyes.

Most broadband connections offer open door access to information with little protection from viruses, worms and hackers. According to the 2003 Canadian Interactive Reid Report, almost all Canadians who are online have suffered some kind of security breach as a result of their Internet activities.

Consider the following tools you can use to protect yourself:

- Firewall: A firewall prevents outsiders from accessing information saved on your computer. Without an up-to-date

firewall, a computer is extremely vulnerable to hackers. Products like McAfee Personal Firewall Express provide protection from intrusions. Usually, firewalls are not included as a standard feature by Internet Service Providers (ISPs).

- Antivirus: Antivirus software protects users from Internet viruses and worms but does require regular updates in order to be effective. Some ISPs offer a free, up-to-date virus scanning with their service as well as regular updates regarding potential threats. More and more frequently, ISPs offer both antivirus and firewall tools as an add-on feature to their service.

- Anti-Spyware: Spyware can be sent to your computer through e-mail to secretly gather information about the user and relay it to advertisers or other interested parties. This happens through file downloads or just browsing the Internet. Antivirus products do not include spyware scanning. AOL Canada is the only Internet service available to Canadians that includes spyware protection within its standard 9.0 service.

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# Local dentist losing locks for charity

by Laurie McVicar  
Assistant Editor

After finally reaching a major personal goal, Dr Maggie Reade, a member of the 8 Wing/CFB Trenton Dental Unit, decided the best way to celebrate was to help those less fortunate.

The soft-spoken dentist plans on donating 22 inches of her beautiful, long blond hair to Locks Of Love, a non-profit organization that provides hairpieces to financially disadvantaged children under the age of 18 suffering from long-term medical hair loss.

"I just finished losing 50 pounds. I decided, as I was losing weight, when I reached my goal I wanted to do something special to help other people," said Dr. Reade. "I talked to a hair stylist to see if my hair could be used for a wig for children with cancer."

In order to see if her hair was suitable for the cause, Dr. Reade visited a local hair salon who

has dealt with the Locks Of Love organization in the past.

"They said I passed," joked Dr. Reade.

Bev Woods, a co-worker of Dr. Reade and a survivor of cancer, was quick to throw her support behind the initiative, dubbed "Hair Today, Gone Tomorrow", and suggested linking her dona-

tion with a fundraiser for Camp Trillium.

"It's a cause very close to my heart and to my family. I've lost my mom to cancer in the past year as well," said Woods, who had nothing but praise for Dr. Reade. "Anyone in the community who knows Dr. Reade, will realize how much she gives to the children already

through hospital dentistry."

Although there is no set goal for this fundraising effort, Woods is hoping they can at least send a few children to camp this year - which costs approximately \$550 each.

Dr. Reade will donate her locks at Scruples Salon, Riverside Plaza, Trenton, on July 15, 4:30 p.m. If you would like to make a cash donation, contact the Dental Unit at 392-2811, local 3330.

**HAIR TODAY GONE TOMORROW**

## LOCKS OF LOVE



Quinte West Dentist, Dr. Maggie Reade, will donate 22 inches of her golden locks on July 15, 2004.

Help us send a child to Camp Trillium.

Poster: 8 Wing Imaging



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## GLIDER INSTRUCTORS SWORN IN



LCol Peter van Haastrecht, the Regional Cadet Air Operations Officer, did the honours this past Friday as he swore in two new Officer Cadets, Kurt Kornellson and Kevin Nebrija. The two new members of the Cadet Instructor Cadre will be working as glider pilot instructors this summer at CFD Mountain View and Picton Airport.

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For more pet listings, adoption information, and animal care resources log onto [www.quintehumanesociety.com](http://www.quintehumanesociety.com)





# 424 Squadron hosts Lab helicopter closeout ceremonies



Photo: Cpl Gayle Wilson, 8 Wing Imaging



Photo: Cpl Tim Jordan, 8 Wing Imaging



Photo: Cpl Tim Jordan, 8 Wing Imaging

Above: 424 Squadron puts on a demonstration of the Labrador helicopter's water landing capabilities. Top right: A Labrador 310 performs precision in flight drill maneuvers as the crowd looks on from Baker Island. Bottom right: The final group image of the Search and Rescue (SAR) crew set to demonstrate the SAR ops in front of the large crowd on Baker Island Saturday the 26th of June 2004. The retirement of the Labrador helicopter was a big event with many retired and serving members coming from all over Canada to participate at 8 Wing/CFB Trenton. In the centre, front row in a blue flight suit is Capt Mark Levesque, the person with the most logged air time with the Lab at almost 6000 hours! Front Row (L-R) Sgt. Kevin Gray Flt Eng, Capt Mark Levesque A/C, Capt Livio Paronuzzi F/O Centre Row (L-R) MCpl Judith Arsenault SAR Rigger, Sgt Keith Mitchell T/L, Cpl Dan Leger, Sgt Gilles Tremblay, Sgt Darryl Cattell and MCpl Dino Simone. Back Row (L-R) Sgt Marc Lessard, MCpl Rob Valenti, WO John Oakes, Sgt Wayde Simpson, Sgt Steve Andrews, Sgt Marc Charron, MCpl Lee Bibby, and MWO Mike Maltais STL.



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# New Wing Logistics and Engineering Officer for 8 Wing/CFB Trenton

by Capt Andy Coxhead, WPAFFO

Lieutenant Colonel Darwin Gould officially took over command of the Wing Logistics and Engineering Branch from Lieutenant Colonel Ray Baker at a parade last Thursday afternoon in front of the Wing Headquarters building under perfect weather conditions.

"We all recognize the critical impact that the Wing Logistics and Engineering Branch has on the day to day operations of the Wing and Base," said Colonel Dave Higgins, Commander 8 Wing/CFB Trenton



Photo: Cpl David Cribb, 8 Wing Imaging

**Lieutenant-Colonel Darwin Gould comes to 8 Wing/CFB Trenton from the DCDS Group, where he served as J3 Engineering Doctrine and Training.**

who presided over the event. "Members of this branch have every right to feel tremendous pride for their individual and collective contributions to mission success."

"I leave what has been bar none, the best job of my military career, and I thank you all very much," said outgoing CO, LCol Ray Baker who took command of the Branch in July 2001. Lieutenant-Colonel Baker is now posted to Ottawa to complete the year long Second Language Training.

LCol Gould has been with the DCDS Group as J3 Engineering Doctrine and Training since 2001. The Logistics and Engineering Branch is responsible for a multitude of services provided by highly professional personnel in the following areas: Construction, Engineering, Telecommunication and Information Services, Electrical Mechanical Engineering, Food Services, Supply, Transportation, Environment, and General Safety. One of the largest branches in the Air Force, the branch remains true to its motto: "We deliver!"



Photo: Cpl David Cribb, 8 Wing Imaging

**During his address to branch members Lieutenant Colonel Ray Baker, stated he was leaving "the best job of my military career."**



Photo: Cpl David Cribb, 8 Wing Imaging

**Lieutenant Colonel Darwin Gould orders removal of head dress during the prayer portion of the Change of Command Ceremony.**



Photo: Cpl David Cribb, 8 Wing Imaging

**Colonel Dave Higgins, Commander of 8 Wing/CFB Trenton inspects and talks with members of the Wing Logistics and Engineering Branch.**

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## WO'S & SGTS MESS

| SUN | MON | TUE | WED   | THU  | FRI   | SAT |
|-----|-----|-----|---|--|---|-----|
|     |     |     |   |  | 1<br>2<br>3<br>TGIF<br>1200 hrs & 1700 hrs<br>Cancelled |     |
|     |     |     | 4<br>5<br>6<br>1000 hrs<br>Coffee<br>Break<br>Donuts    | 7<br>8<br>9<br>10<br>TGIF<br>1200 hrs<br>Pizza<br>TGIF<br>1700 hrs<br>BBQ Steak                                      |   |     |
|     |     |     | 11<br>12<br>13<br>1000 hrs<br>Coffee<br>Break<br>Donuts | 14<br>15<br>16<br>17<br>TGIF<br>1200 hrs<br>Fish & Chips<br>TGIF<br>1700 hrs<br>BBQ Steak                            |   |     |
|     |     |     | 18<br>19<br>20<br>1000 hrs<br>Coffee<br>Break<br>Donuts | 21<br>22<br>23<br>24<br>TGIF<br>1200 hrs<br>Donairs<br>TGIF<br>1700 hrs<br>BBQ Steak<br>Invitational<br>Golf Tourney |   |     |
|     |     |     | 25<br>26<br>27<br>1000 hrs<br>Coffee<br>Break<br>Donuts | 28<br>29<br>30<br>31<br>TGIF<br>1700 hrs<br>BBQ Steak<br>TGIF<br>1200 hrs<br>Cancelled                               |   |     |

**JULY 2004**

# Fitness, Sports & Recreation

## The importance of stretching



Jen Lecuyer

All too often, many think that warming up and stretching is one in the same, but they are not. It is very important to ensure you do a prop-

er warm up before any stretching.

Stretching a cold muscle is like taking an elastic out of a freezer and trying to stretch it, it's hurts when it snaps and hits you in the finger right? You could very easily cause injury to a muscle by doing so.

By warming up, such as doing a light cardio activity, you not only get the body physically prepared for a workout, but mentally as well. A stretching routine

should always be done after the body is warmed up, post warm up/workout. Gentle, static stretches are probably the most effective and safe ones to be performed. Find a stretch position that is comfortable, but where you "feel" the stretch, then hold for thirty seconds, doing each stretch two times on each side. Remember there should never be any bouncing or pain when stretching... remember the elastic!

## Are you stressed out?



Kara Mazerolle

### the Fit Stop

Stress is becoming an epidemic. Whether it is brought on by your family, occupation, environment or money everyone seems to, at one time or another experience this unpleasant feeling of panic, anxiety and exhaustion.

Here's some good news, you may not need to start taking medications to aid in relieving your stress. There is a much cheaper, exciting and natural way to relieve stress....Exercise.

Many studies have recently found that regular exercise lasting approximately 30 minutes at about 60% of ones V02 max is an excellent modality to relieve stress and it's symptoms. How does exercise help relieve stress? It's simple:

- Exercise acts as a coping mechanism because you will be

diverted from your stressors.

- Exercise occupies the mind, therefore distracting you and giving you some time away from your stressors.

- Exercise serves as an outlet to release emotions such as anger, fear and frustration.

- Exercise produces biochemical changes that alter psychological states. Low levels of norepinephrine is associated with depression. During exercise, norepinephrine increases, which may help alleviate symptoms of depression.

- Exercise also increases the levels of beta-endorphins in the blood. This is like a natural narcotic for our bodies and when it is released allows feelings of euphoria, or as commonly referred to "the runners high".

- Exercise can have a

beneficial effect on self-esteem and self-concept, which may increase one's capabilities to deal with everyday stressors.

- When cooling down take the time to use imagery and different mental strategies to relax, decrease your heart rate and increase alpha brain activity.

Overall, everyone needs to put himself or herself first. Take 30 minutes of your day and devote it to doing some type of physical activity. Not only will this help alleviate stress, but think of all those other health benefits from regular exercise... decreased risk of heart disease and many other diseases, improves cardiovascular system, regulates and improves overall body functions, increases the level of energy and job productivity, delays the aging process, maintenance of weight and the list goes on.

Come visit us at the gym if you need help getting started on an exercise routine or just need a hand to take a step in the right direction.

## JR RANKS MESS

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   | 5   | 6   | 7   |
| 8   | 9   | 10  | 11  | 12  | 13  | 14  |
| 15  | 16  | 17  | 18  | 19  | 20  | 21  |
| 22  | 23  | 24  | 25  | 26  | 27  | 28  |
| 29  | 30  | 31  |     |     |     |     |

Events: TGIF 1700 hrs BBQ Steak (Fridays 9, 16, 23, 30); Happy Canada Day! (Wed 7); Caribbean Fiesta (Sat 17); TGIF 1700 hrs BBQ Steak (Fridays 1, 8, 15, 22, 29).

## News from the Recplex

### Arena Graffiti Art

Bring your sidewalk chalk to the Arena and draw to your heart's content. Cost: \$2 per 10x10 space. Pay at the door. Ages 11 and under - Tuesday, July 6, 9 a.m. - noon, ages 12 and over - Thursday, July 8, 9 a.m. - noon. Your chance to show your graffiti talent. No profanity please.

### Outdoor Aquafit

At the Albatross Pool, Mondays/Wednesdays/Fridays, 6 - 7 p.m. Wear sunglasses and sunscreen. Cost \$65 Military and CRA Members, \$75 Non Members, \$5 drop-in fee. July 5 to August 30, 2004.

### Evening Aquafit

Tuesdays and Thursdays,

July 13 to Aug 12. Cost: \$25 Military and CRA Members, \$30 Non Members, \$5 drop in fee.

### Red Cross Swim Registration

Quinte West Residents - Tuesday July 6th from 5 to 7 p.m. at the RecPlex. Pick up a copy of the schedule for summertime swim lessons at the RecPlex.

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Showcase

# Showcase



**MCpl G. Ordish**  
received a promotion to that rank presented by Capt D. Munn, & CWO G.S.T. Martin, Atess



**MCpl B. Souter**  
received a promotion to that rank presented by LCol K. Shaw, & CWO G.S.T. Martin, Atess



**Maj W. Norquay**  
received a promotion to that rank presented by LCol K. Shaw, Atess



**MCpl T. Marentette**  
received a promotion to that rank presented by LCol K. Shaw, & CWO G.S.T. Martin, Atess



**Sgt C. Miller**  
received a promotion to that rank presented by LCol K. Shaw, & CWO G.S.T. Martin, Atess



**MCpl N. Peckham**  
received a promotion to that rank presented by LCol K. Shaw, & CWO G.S.T. Martin, Atess



**Cpl M. Fanella**  
received his CD1 & TRICO, presented by LCol M. Lalumiere, CO 424 Sqn



**Cpl M.J. Azpiroz**  
received his TRICO, presented by LCol M. Lalumiere, CO 424 Sqn



**MCpl L.M. Dearing**  
received her CD1 presented by LCol M. Lalumiere, CO 424 Sqn



**MCpl R.J. Desjardine**  
received a promotion to that rank presented by LCol M. Lalumiere, CO 424 Sqn



**Capt J.P. Herbert**  
received his CD presented by LCol M. Lalumiere, CO 424 Sqn



**MCpl P. Boisvert**  
received his Retirement Certificate presented by LCol M. Lalumiere, CO 424 Sqn



**MCpl K.S. O'Callaghan**  
received his Retirement Certificate presented by LCol M. Lalumiere, CO 424 Sqn



**Sgt V.G. Otterson**  
received his CD1 presented by LCol M. Lalumiere, CO 424 Sqn



**MCpl A. Ryan**  
received his CD1 presented by LCol M. Lalumiere, CO 424 Sqn



**Cpl B.G. Stewart**  
received his CD1 presented by LCol M. Lalumiere, CO 424 Sqn



**MCpl Vallenti**  
received his CSPM (Bosnia) presented by LCol M. Lalumiere, CO 424 Sqn



**Cpl A.J. Vatcher**  
received a TRICO presented by LCol M. Lalumiere, CO 424 Sqn



**MS M. Armstrong**  
received a promotion to that rank presented by Capt B.L. Austin, W Sup O



**Pte A. Ouellette**  
received her first hook presented by Capt B.L. Austin, W Sup O



**Pte J. Stenning**  
received his first hook presented by Capt B.L. Austin, W Sup O



**Cpl D. Miller**  
received a promotion to that rank presented by Capt B.L. Austin, W Sup O & Lt J. Blakie, SCO

*Congratulations! Félicitations!*



# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
July 4 – July 10

**ARIES** (March 21–April 19): Focus on what you can do to make things happen on the 4th and 5th. Help a cause you believe in. You can drum up financial assistance. Partnerships may cause problems if one of you has a fickle attitude. Look inward on the 6th and 7th in order to discover the truth about what's going on in your personal life. Soul searching will get you back on track. Take a lead position on the 8th and 9th. You'll outsmart any competition you face with your wit and your words. Saving may not be one of your things but the 10th is a great day to put an end to frivolous shopping sprees and debt you don't need to incur.

**TAURUS** (April 20–May 20): Less said and more done should be your goal on the 4th and 5th. A steady pace will pay off. Someone may try to waste your time, prepare to say no. You have to keep busy on the 6th and 7th. You can change your life direction by talking to someone who has the power to help you make your dreams come true. Financial promises may not be met on the 8th and 9th especially if you have let someone else handle the money matters. Go over what has been done and what's left to do. You won't be able to hide the way you feel on the 10th so let it out and get it over with. The end result won't be as bad as you think.

**GEMINI** (May 21–June 20): You will be hard to resist on the 4th and 5th and definitely able to convince others to help you pursue your dreams. Talks will pay off so set up meetings and present and promote. You will lack the information you need in order to make a good decision on the 6th and 7th. If you really want to get ahead be creative and work alone. Your take charge attitude will pay off on the 8th and 9th. Love is all around you so don't miss out on a good time. Money should be on your mind on the 10th. Invest in yourself, your home and your future. Rely on yourself – someone else will let you down.

**CANCER** (June 21–July 22): Real estate deals or retirement investments that can lead to less stress should be on your mind on the 4th and 5th. It's up to you to make the changes that best suit you. Promote your creative talents on the 6th and 7th. Get your act together and do something constructive. The future looks bright so stop being negative. Consider hiding out on the 8th and 9th. Someone may be on the rampage and you don't want to get caught in his or her fire. Work on your own creative dreams, not someone else's. You'll get the backing you need on the 10th so what's the hold up. Your own insecurity must be put aside.

**LEO** (July 23–Aug. 22): Keep things in perspective on the 4th and 5th, someone may be telling you whatever it is they think you want to hear. Partnerships may be on shaky ground if you aren't completely honest about the way you feel. Someone who needs your assistance will be willing to pay for it on the 6th and 7th. Don't feel guilty, take the cash. Make sure that the promises you make on the 8th and 9th are indeed possible and you will not only impress those around you but you will gain respect and help in return. Get your facts straight on the 10th and know what you want for what you can offer. Waffling will lead to a bad deal.

**VIRGO** (Aug. 23–Sept. 22): Take the first step towards a healthy regime on the 4th and 5th. Get your game plan in order and stick to it. You'll be surprised who you meet at the gym or at a nutrition or wellness center. Don't leave room for error, take control of whatever situation you find yourself in on the 6th and 7th. If you leave matters to others nothing will get done. Put your money in a safe place or invest in yourself or your surroundings on the 8th and 9th. Make provisions for your future. Pursue your own business interests on the 10th. A partnership will turn out to be an asset.

**LIBRA** (Sept. 23–Oct. 22): You must get moving on the personal changes you've been contemplating on the 4th and 5th. A make-over or image change will make you feel revitalized. Someone may be watching you on the 6th and 7th. Step into the limelight and let everyone see what you have to offer. You'll attract plenty of partners on the 8th and 9th but don't be too quick to hook up with just anyone. Motives may not be in your best interests. Bide your time before you make your move. You may find yourself taking care of everyone else's business on the 10th leaving little time to take care of your own.

**SCORPIO** (Oct. 23–Nov. 21): Don't believe everything you hear on the 4th and 5th. Someone may be trying to convince you to do something for the wrong reasons. Follow your own path. Everything will fall into place on the 6th and 7th if you haven't backed down or given in to doing something that doesn't suit you. You have to be prepared before you present on the 8th and 9th. You will be limiting your chances if you don't make the trip to see potential clients in person. Both personal and professional relationships will be undergoing change on the 10th. Stay on top of who wants what and you will get what you want in return.

**SAGITTARIUS** (Nov. 22–Dec. 21): Your involvement in community affairs on the 4th and 5th will lead to a romantic connection or at least meeting someone who can help you achieve your goals. Talk about your future goals. Changes at home and in your personal life will happen suddenly on the 6th and 7th. Prepare to do what you must. Money matters may be behind all the discontent. Put yourself and your ideas on the line on the 8th and 9th. You may find yourself learning from the very people you are trying to teach. Don't let on that you don't know everything. Not everyone you are dealing with on the 10th will be trustworthy.

**CAPRICORN** (Dec. 22–Jan. 19): Someone is likely to take advantage of you financially on the 4th and 5th. Whether you love this person or not you mustn't give in to someone else's whimsical spending habits. You will meet someone who can change your outlook and influence your future on the 6th and 7th. Having fun should be part of your plan. Proceed with caution on the 8th and 9th. Opposition may be far greater than you anticipate. You must have your facts straight and remain in control. Pampering yourself on the 10th or making some self-improvements will pay off in the compliments you get.

**AQUARIUS** (Jan. 20–Feb. 18): Your emotions may lead you in the wrong direction on the 4th and 5th. Take time out to reflect. Don't feel guilty you owe yourself time to sort things out. Don't dismiss your abilities on the 6th and 7th and pass your ideas off to someone else. Changes are apparent especially when it comes to how you make your money. Communication will be the key to your success on the 8th and 9th. Take the initiative and do something that will surprise everyone around you. Reassess your situation on the 10th. Only you can turn things around. Don't be afraid to admit that you were wrong and that you are sorry.

**PISCES** (Feb. 19–March 20): Focus on home, family and setting the record straight on the 4th and 5th. Not everyone will be honest with you but as long as you are forthright you shouldn't worry about what others do. Focus on creative projects on the 6th and 7th and you will discover far more about yourself than you will by listening to what others want you to do. Don't let friends, children or anyone else for that matter put you down or hold you back on the 8th and 9th. If you feel strongly about something you must follow through with your plans. Open your heart on the 10th to those who think like you and good things will happen.

## ENVIROPERSON OF THE MONTH



**Sgt Steve Anderson, WCE Alert Coordinator and 8 Wg's June ENVIROPERSON of the Month is presented his recyclable and re-useable Tim Horton's coffee mug by LCol Ray Baker, former WLEO. Sgt Anderson is a 37 year veteran of the Regular & Reserve Forces & currently employed as the WCE Alert Coordinator. In this position, Sgt Anderson is responsible for coordinating the delivery of equipment and infrastructure requirements to Alert and Eureka. And even though Sgt Anderson will insist that he is "just a trucker", it is by his diligent application of accumulated knowledge and experience and because of his unwillingness to pass by an unresolved problem, that a number of problems at Eureka have been brought to light and are being resolved. In his willingness to take action to resolve problems, Sgt Anderson sets an example that all persons would do well to follow. Sgt Anderson is commended for his ongoing efforts to ensure that things are done right and for taking action to ensure that the environmental impact of CF operations in Eureka is minimized to the fullest extent possible.**

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392-3897

# Community Events

## CENTRE THEATRE - TOTALLY RENOVATED INCLUDING D.T.S. SOUND

### BIRTHDAY PARTIES ARE NOW AVAILABLE

Matinees  
Saturday & Sunday

MOVIES  
MOVIES  
MOVIES

**MOVIE LINE-UP**

- Spiderman 2 (PG) 1:00 7:00 9:30
- Dodgeball (PG) 1:10 7:10 9:10
- Two Brothers (PG) 1:05 7:05
- Chronicles of Riddick (14A) 9:05
- Garfield (G) 3:00 Matinee Only

Coming Soon: Anchorman, I Robot

Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

GENEROUSLY SPONSORED BY  
THE CENTRE THEATRE

CALL  
**392-4211**  
FOR INFORMATION

Welcome to the Contact Newspaper's Community Events page! Thanks to the generosity of Trenton's Centre Theatre, we can now feature (space permitting) public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 965-7490 or email to [leblanc.al@forces.gc.ca](mailto:leblanc.al@forces.gc.ca), at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.



**Please register for the workshop and childcare by calling 965-3575. If there are less than five participants the workshop will be cancelled, and you will be called. There no cost for childcare for families of deployed members.**

**July 14** - "Deployment" Family Information Meeting- Learn about what services are available to you during deployment. Presentation on "The Effects of Deployment Stress on the Family" Please call to reserve.

**Aug 11** - "Deployment" Family Information Meeting- Learn about what services are available to you during deployment. Presentation on Reunion and getting back together. Please call to reserve.

**Notice**

St. Andrew's Presbyterian Church, 12 Marmora St., Trenton, presents a free concert by the Orangeville Elliotson Youth Band on Friday, July 2 at 7:30 p.m. Everyone is welcome. The Elliotson Band, established since 1993, brings a youthful energy in its symphonic approach to sacred and patriotic music. The 22 young people are an inspiration to young and old alike. They have toured British Columbia, Alberta, western Ontario and are currently on an eastern Ontario and Quebec tour. Don't miss this fantastic opportunity!

## RMC LEGACY DINNER CMR DINER

Heritage 30 September 2004 for more information or to purchase tickets please call 1 888 386 3762, or [www.rmclubfoundation.ca](http://www.rmclubfoundation.ca) .

This year we will be honouring RMC's Second World War Veterans.

Hommage des vétérans de la seconde guerre mondiale du CMR.

## Canadian Military Flight Engineer Association

9th Biannual Reunion  
Trenton, Ontario  
September 10, 11, 12, 2004

**Events:** Sept. 10—BBQ at WO/SGTS Mess—open to all aircrew  
Sept. 11—Dinner/Dance at Holiday Inn—open only to registered FEs  
Sept. 12—Brunch at Holiday Inn—open only to registered Fes

**Registration:** Weekend—\$50 per person  
TGIF only—\$10 per person

*This promises to be a great weekend. Come and enjoy the comradeship of old and present. For details, contact Ray McIntosh, 61 Nicholas St., Trenton, Ontario K8V 4H7, 613-392-2688 or e-mail at [rsmac@lks.net](mailto:rsmac@lks.net); or Geof Brodgen, 613-392-1905 or e-mail at [gbrodgen@magma.ca](mailto:gbrodgen@magma.ca)*

For logistical purposes, please register ASAP!

SUPPORT THE GLEANERS FOOD BANK

## Dunk Tank Downtown Waterfront Extravaganza July 7th - 10th

*Have fun, fun, fun!*

Dunk a co-worker, friend or boss  
Change rooms provided by Bob's Rentals and towels provided by Sears Distribution Centre.

Location: In front of the Empire Theatre  
Downtown Belleville  
Payable at registration/site  
Charitable receipts provided

**For more information, please call 962-9043**

Sponsored by businesses in the village of Downtown Belleville

## CHAPLAIN SERVICES SERVICES OFFERT PAR L'AUMÔNERIE

**Wing Chaplain/ Aumônier de l'escadre – Major Lloyd Clifton (Presbyterian)**  
**Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490**  
*UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS*  
Padre Rick Gould

**WORSHIP SERVICES**

**OUR LADY OF PEACE (RC)**  
**NOTRE-DAME-DE-LA-PAIX (CR)**

Chapel Life Co-ordinator/Responsable de la communauté chrétienne  
Padre Bastien Leclerc (RC)

**MASS**

Sunday Mass (English) 1015 hrs  
Messe Dominicale: 1130 hrs

**CONFESSION**  
At all times

**PARISH ORGANIZATIONS**

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

**ST CLEMENT ASTRA (PROTESTANT)**

Chapel Life Co-ordinator  
Padre Catherine Morrison (ACC)

**WORSHIP SERVICE**

Divine Worship (Sun) 0900 hrs  
Holy Communion 1st Sunday of the month  
Mid-Week Communion Wed 1230 hrs

**PARISH ORGANIZATIONS**

Chapel Guild Last Tues 1930 hrs

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

**MARRIAGES / MARIAGES**  
It is necessary to contact the chaplains' office prior to setting a date. Failure to do so could result in disappointment. Afin d'éviter des déceptions, il est important de communiquer avec le bureau des aumôniers avant de choisir votre date.

**DUTY CHAPLAIN/ AUMÔNIERS EN 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 .



# Classified

For Classified Information Call  
392-2811 ext: 3976

business • for sale • wanted • equipment • automobiles • child care • for rent • employment

## Information

### CLASSIFIED AD RATES

Word ad: 20 words \$3.00 per insertion. GST included. Cash or cheque to be paid at time of insertion.

### ORDERING AN AD

All advertising must be dropped off at CONTACT 142 Yukon Street, South Side Room 26 before noon Wed. for the next edition and payment should be made at that time. In the event of a statutory holiday all deadlines are advanced by one day.

### ERRORS & OMISSIONS

Advertisers should check their ad the first day it appears. 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.

## Business Services

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**SMITTY'S APPLIANCES LTD.**  
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## Wanted

### Wanted to Buy

Fridges, stoves, washers, dryers in working order and clean. Will pay good price. No dealers. Please call 1-613-969-0287 or 968-4183

## Announcements

### LOST CAT

from Park Motel around June 10, 2004 - Grey Tabby  
Call 392-1251 ext 123 or local 2938

### Lost & Found

**Metal Detector Sales**  
Whites, Fisher & Tesoro  
Lifetime warranty on Fisher & Tesoro  
View products at

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clayg@sympatico.ca

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**PARTS & REPAIRS** to all makes of refrigerators, freezers, air conditioners, dehumidifiers, washers, dryers & stoves.

**We certify appliances**  
For service call 962-4048  
For parts call: 966-6966

## RUSHNELL FUNERAL HOME & CREMATION CENTRE

60 Division Street  
Trenton

392-2111

## Death Notice

FILONIK, Wladyslaw (Wally) - Retired Major CFB Trenton. Peacefully with his family by his side at his residence, 345 Main Street, Wellington on Monday, June 28th, 2004. Wally Filonik at the age of 62. Beloved husband of Eleanor (Williams). Loving father of Miriam (Mike) Filonik-Galpin of Oshawa, Loloa (Greg) Filonik-McMurter of RR#7 Belleville and Patricia Filonik of Wellington. Adoring Papa of Renee, Jordan, Lauren and Joshua. Brother of Mary Senger of Edmonton, Roman Mitura of Ottawa and Eddie Mitura of Regina. A celebration of Wally's life will be held at the Ainsworth Funeral Home, 288 Noxon Avenue, Wellington on Friday, July 2nd at 11:00am. Padre Rick Gould officiating. Friends may visit with the family on Friday from 10:00am until service time. A reception will follow at the Wellington Legion Hall. Memorial donations to the Kingston Regional Cancer Clinic would be appreciated by the family.

## For Rent

### Great value!

1&2 bdrm apts  
ADULT OR FAMILY BUILDINGS  
clean & quiet  
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## For Sale

**For Sale**  
Oak entertainment centre 68" high 53 1/2" wide, holds 27" TV. Air master exerciser, Panasonic microwave & stand. HF amateur radio equipment. Call 475-4957 after 4:00 pm

### For Sale

Blue baby stroller \$35, good condition. Call 392-2811, ext. 3978 or 392-9395.

### For Sale

Queen size waterbed with blue side bumpers, mirror & bookshelf headboard. \$90 or best offer. Call 965-6222.

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Postings bring lots of new faces and your advertising introduces your business.

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McVicar.L@forces.gc.ca

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01 Beetle GLS- 2.0l, auto, power group, VW certified, cyber green, 59,000 kms.

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www.bellevillevw.com

## Air Force Captain's Mess Kit

Tailored by Claymore Clothing of Vancouver 6'2" - approx. 195 lbs - worn only 4 times Will add 15 1/2 or 16 by 35 formal shirt (both if you want them) Orinally cost, with shipping and taxes: \$598.00  
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## Sailboat - Aloha 28' 1978

Volvo Penta Diesel Full Batten Main. Harken Furling, Drifter, New Dodger, Steel Cradle & Cover. Excellent Condition!  
**\$28,500.00**  
Call Anytime #962-1372



**24 TRANSPORT & RESCUE SQUADRON DEMONSTRATION**

SAR DEMO 12 NOON TO 12:45 (TRENTON AREA)

**SATURDAY JULY 24, 2004**

SCOTT CANADIA FIREFIGHTER COMBAT

SEARCH & RESCUE

Please recycle this newspaper!



## Crossword Answers

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | A | P |   | P | O | R | T |   | G | E | T | S |   |
| A | L | I |   | O | N | C | E |   | E | T | R | E |   |
| A | F | T |   | G | U | A | R | D | R | A | I | L |   |
| B | A | T | H | E | S |   | R | O | B |   |   |   |   |
|   |   | R | A | Y |   | V | A | R | I | O | U | S |   |
|   |   | L | I | T |   | C | A | P | I | L | A | N | O |
| C | I | V |   | S | O | N | I | C |   | K | I | N |   |
| B | R | E | T | H | R | E | N |   | P | S | T |   |   |
| C | A | R | R | O | T | S |   | S | O | T |   |   |   |
|   |   | E | W | E |   | S | P | I | R | I | T |   |   |
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| A | C | I | D |   | E | N | E | C |   | E | O | N |   |
| R | E | L | Y |   | S | E | W | S |   | T | N | T |   |

# Hearing - don't take it for granted

by Doug Bird, Deputy Wing General Safety Officer

We often take our good hearing for granted. Many people start to lose their hearing gradually without noticing it. By the time they realize they are having problems hearing normal conversations, it's too late to take preventative actions. Once your hearing is lost, you can't replace it.

Noise is measured in decibels (dB). The higher the number of decibels, the louder the noise. If you're repeatedly exposed to sounds approaching 90 dB over 8-hour periods you risk hearing loss. Loud noises break down tiny

parts of the ear that conduct sound.. Although many people wear proper ear protection at the worksite, at home they may expose themselves to dangerously high noise levels. Remember that loud noises for even a short time can damage the ear.

Examples of noise levels are: Jet plane 140 dB (noises over 140 dB will cause pain); Gunshot 140; Chain saw, 110; Snoring, up to 90 (for the real loud ones); Noisy restaurant, 80; Street sounds, 70; Average around the home, 50.

*Signs of possible hearing problems:*

You have trouble hearing people when they speak  
To hear the radio or TV

you have to turn the volume up so high that other people complain

You have difficulty hearing certain sounds, such as those that are high pitched. Some sounds may seem muffled

Tinnitus (ringing in the ears).

If you have any of the above signs, see your physician, who can send you for a hearing test. Many companies test their employees' hearing. Early recognition of hearing loss is important.

### Protect your hearing

Wear proper hearing protection when working around noises, such as, cut-

ting the lawn or using power tools.

Be cautious when using headphones. No one else should be able to hear the music you're listening to. If they can, it's too loud.

When listening to music make sure you can hear other sounds over it. If you can't, it's too loud. Make your children aware of the hazards of loud music.

Don't forget your hearing protection for shooting practice, attending motorcycle or car races, or other activities where there are loud noises.

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## SIT BACK, RELAX, ENJOY



### Contact

*Delivering news and information. At home and around the world.*

# Two out of three ain't bad

by Lori Weisflock Wing Social Worker

On June 22nd myself and friend Cpl Stilwell were among the privileged few to take two familiarization flights on the Hercules and Labrador.

When we arrived at 424 we were greeted by several friendly people who invited us to their morning brief. A knowledgeable gentleman described the expected weather for the day using maps and other visuals. At this point we were informed that we would not be going up on the Cormorant. A little disappointed I thought to myself, two out of three ain't bad.

Before taking our first flight we were briefed on safety. As we walked across the air field toward the Herc I asked the loadmaster if their was a washroom on board and he replied "kind of". Then he offered to walk me back to the hanger and show me the facilities I required. I thought to myself what a patient man. Finally, the last to board the Herc with loadmaster Henderson I was ready to go. I found Cpl Stilwell amongst the other passengers and strapped in beside her. I asked if she wanted me to ask that we request sitting in the cockpit on landing and she agreed it would be fun.

After a tour of the Herc we took off. Once in the air we unbuckled our seatbelts, roamed around the plane checking out all the interesting interior details and gazing out the windows. Our loadie made sure we were comfortable at all times, generously pointing out things

below. Cpl Stilwell and I staggered up into the cockpit, giggling, as it became a little wobbly at that point, like walking through a crooked fun house at the fair. Cpl Stilwell and I admitted to each other that we felt a tiny bit nauseous.

Once in the front of the plane we met with the 4 operators. I asked the Navigator why were they wearing gloves. It was in case of a fire. I couldn't believe how at peace I felt staring out over Lake Ontario and the Sandbanks Provincial Park. We took about a 45 minute flight and prepared for landing. Our wish was granted as we sat in the cockpit quietly as the plane made a silky smooth landing.

Next was the half hour ride in the Labrador helicopter. My son had written a large message with our rid-

ing lawn mower on our lawn near Weller's Bay, which I hoped to see from the sky. The flight engineer and two pilots gave us a spectacular ride over Trenton, Weller's Bay, Bombers Island, and the North Beach area. As we swooped around Bombers Island, a place we boat over to in the summer and near our home, I thought what a pretty area and knew just then that we had made the right decision to move there four summers ago.

As Cpl Stilwell and I walked back to the social work office we agreed that we were tired mentally and physically from the mornings exciting activities. We were both thankful for this amazing opportunity and our chance to see first hand what some of the 8 Wing air crew do, who by the way are true professionals!

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