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• June 18, 2004 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 39 Issue Number 25 •

Vets return home after emotional D-Day anniversary



Photo: Cpl Tim Jordan, 8 Wing Imaging

Aboard 437 Squadron's Airbus Flight 001 on June 5, Prime Minister Paul Martin is surrounded by WW2 veterans destined for the 60th anniversary D-Day celebrations in Normandy, France. From the left: Mr. William Cowan, the Prime Minister's father-in-law; Mr. Mitch Lutczyk, 2Lt with the Polish Armoured Division; Mr. Lawrence Morriseau, Private; Mr. Gord Partridge, a Corporal whose 80th birthday was celebrated not only on the aircraft but as he was landing on the beach on D-Day; and behind him is Mr. Gordie Rowan, Able Seaman of Calgary, who was tasked with ferrying the soldiers from the ships to the beach.

by 2Lt Kendrah Denny
A/WPAO

As the clouds break over the Atlantic and the ground becomes visible, there are no words to describe the sight below. To see the beaches of Normandy, so clear and distinct, one can't help but get emotional even from six miles above the shoreline.

After reliving the horror and sacrifice that plagued those very beaches 60 years ago, a group of fifty veterans, along with friends and family, finally made the journey back to Canada this past Saturday. The trip overseas was a demanding one, both physically and emotionally, but inconveniences were overshadowed by the sense of duty to go back to the site that impacted their lives so profoundly.

For veterans like Bob Ross, returning to France was an opportunity to revisit fallen comrades. Touching the gravestones of his friends brings back memories of those who fought by his side and makes the long voyage worthwhile. Mr. Ross felt that this year the ceremony was overdone, but in a very good way.

"The words given by the Governor General were very good, and the wreaths; I don't think I've ever seen so many wreaths laid by so many regular soldiers before. It was wonderful," he says with a smile. As Mr. Ross recounts his experiences as a private with The Lincoln and Welland Regiment on D-Day, complete with fond memories of praying for hot fudge sundaes and hearing the inspiring tunes of the bagpipes overpowering the sounds of war, it's impossible not to be touched by humility.

"Sitting in a trench, I remember hearing those pipes and it boosted my morale so much," he recalls. "I said to my friend 'I'm ready to go,'" and at that moment he had the strength to go on.

As retired members of the Navy attending the 60th commemoration, Mable and Jamie Crooks offer a differ-

ent perspective on the events.

"It was a unique experience for us being Navy, since it was a primarily an army endeavour. Hearing all the stories and, knowing that so many didn't make it, it really is very emotional," says Mr. Crooks. He and his wife were most affected by the services in a small garden at L'Abbaye d'Ardenne held in honour of 23 Canadian soldiers who died there as POWs.

As the granddaughter of one of the men read a poem, the reality of what took place on those very grounds was a poignant moment for Mrs. Crooks. "What these men went through for our freedom is amazing," she says slightly teary-eyed. "Valour, Sacrifice and Bravery now have a new meaning for me."

Barney Danson also finds comfort in returning to the site where so many of his friends were laid to rest. As a sergeant with Toronto's Queen's Own Rifles, Mr. Danson's experience overseas was cut short after a piece of shrapnel pierced the left side of his head, blinding him in one eye and forcing him to leave his comrades behind as he headed home to Canada. His eyes sadden with the admission that the years are catching up to him and this was probably the last anniversary he and his wife would be able to attend.

"It's hard because I've lost most of the sight in my other eye, too, so I can't read the gravestones anymore--so my wife walked ahead of me and found the right ones," he says as he glances at his wife sitting beside him. Unfortunately, there are so many graves to visit and not enough time to reach them all. This is disappointing for Mr. Danson but he's sure his friends would understand.

Although he went on to become Minister of National Defense from 1976 to 1979 and a very influential player for the Canadian War Museum, it's undeniable that Mr. Danson will always be a soldier at heart.

Many veterans can sympathize with **Please see Veterans revisit, Page 5**

Northern Lodge ravaged by fire

by Laurie McVicar
Assistant Editor

A lodge used primarily by the 8 Wing/CFB Trenton Fish and Game Club was ravaged by fire last Wednesday following a major thunderstorm that passed through the area.

Lightening is suspected to be the cause of the blaze which destroyed the 40+-year-old building on Lake Shabomeka near Cloyne, leaving six adjoining cabins without water and one without electricity.

"The main lodge was equipped with a shower and indoor washroom facilities. It was often used as a meeting area," said Judi Christopherson, Community Recreation Director.

The property for the lodge was donated to RCAF Station Trenton in 1963 by

the Thompson family. It was frequented by many units on the wing/base and by the Trenton Family Resource Centre.

"It's a big loss for everyone. Certainly a lot of memories have gone up in smoke," said Susan Stoddard, MFRC Child and Youth Coordinator.

Julia Brown, Youth Centre Coordinator, was devastated by the loss. She had accompanied a group of youth from the MFRC on a trip to the Lodge the weekend before the fire.

"It's really upsetting. It was not just a building, it was so much more. Families shared their vacations there, cadets shared fellowship and it has been used by the MFRC for the past three years," said Brown.

Julia and her husband Maj Bill Brown **Please see Lodge burns, Page 3**

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NORTHERN LODGE DESTROYED BY FIRE



Photo: Submitted

The remains of the Northern Lodge after being ravaged by fire last week. See story Page 1.

418 (Belleville) Wing to host Deseronto service

On June 26, at 11 am, a special memorial service will be held in the Deseronto Cemetery to honour the seven Royal Flying Corps/Royal Air Force Cadets who lost their lives while undergoing pilot training at Camp Mohawk during World War 1. Belleville 418 Wing of the Air Force Association of Canada (AFAC) will host the event.

In 1917/18, the British War Office approved the formation of Canadian Squadrons to expand their training and recruiting of aircrews in support of the Allied operations in Europe. The town of Deseronto provided an ideal location, with facilities in the town and on the Tyendinaga Indian Reserve. For the pilot training, the Curtiss JN4 "Jenny" was selected. Each pilot required eight or more hours of dual training with an instructor, then 25 to 30 hours of solo flight, according to information supplied by J. Allan Smith of Trenton.

Annually, 418 Wing has held Remembrance Ceremonies at the burial site in November, with uncertain weather conditions. In cooperation with the Meteorological Section at 8 Wing Trenton, it was determined that the most favourable weather could be expected in the mid-June to mid-July time frame. Accordingly, June 26 was selected. In keeping with the theme "RFC/RAF Remembered", two Royal Air Force Officers,

Squadron Leaders Aston and Farrell, on exchange flying duty at 8 Wing Trenton, will participate.

418 Wing organizing group is supported by the Deseronto Mayor and Council, Branch 280, Royal Canadian Legion and Air Cadet 704 Squadron. Invitations to attend have been extended to Trenton, Picton, and Kingston AFAC Wings and the Quinte Region Regional Vice President. All interested persons will be welcome. The cemetery is located 1km east of Deseronto on Highway 2.



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WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Norene Day and Trudy Hamilton discuss the new Trentcard system at the Yukon Galley. The Trentcard is an identification system that will allow users to access multiple CFB Trenton services and entities. It can also be used like a cash card for individuals who apply monies to the card at various organizations at 8 Wing—the Trentcard will replace the meal cards that are currently being used at the Yukon Galley now. For further information contact the Trentcard office at www.cfbtrenton.com or call 965-2929 or 392-2811 extension 2929.

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TRENTONIANS ARE SHIPMATES ON TORONTO

MCpl Colin Kelley, Formation Imaging, Halifax



LS John Girard, left, PO1 Warren Petrie, centre, and PO1 Kevin Ablett all work in the marine engineering systems department onboard HMCS Toronto as marine engineers, or "stokers". As stokers they are responsible for maintaining everything from the diesel generators that supply the ship's power to the gas turbines that propel the ship. Stokers' responsibilities also include providing the ship with fresh water, heating and air conditioning as well as being the damage control experts onboard. They could be called upon to fight fires, floods or any other at-sea emergencies. But three men also have something else in common—they all hail from Trenton. Kevin Ablett is the son of Dave (Ret. Air Force) and Pauline Ablett, while John Girard has his mother Patricia Burgoyne and Stepfather MCpl Dave Brewer living in Trenton. Warren Petrie is the son of Duncan Petrie (Ret. Air Force) and brother Mark, also from Trenton. HMCS Toronto, based in Halifax, NS, has been deployed since January 14th with the USS George Washington Carrier Strike Group in the Arabian Gulf. HMCS Toronto is scheduled to return to Halifax in late July.

Lodge burns

Cont'd from P. 1

(who is Treasurer for the Fish and Game Club) have been posted to Shearwater, Nova Scotia. Julia acknowledges the incredible ironies that surrounded her final stay at the camp. "During a quiet moment of reflection I told the kids they should enjoy their time there, because it may be their last visit," she stated. "I don't know if the next Youth Centre Coordinator will do the same."

Also, during their visit the youth performed a fire safety check of the lodge as part of their usual volunteer activities. "We checked the batteries in the fire alarms, checked the fire extinguishers and made sure there were no barbecue propane tanks in the building," said Julia.

Though immediate plans have not been made to rebuild the main lodge, the Fish and Game Club is looking for assistance to help rebuild the pump house so that the remaining cabins can be used for the remainder of the summer.

Search & Rescue UPDATE



The Cormorant, call sign Rescue 915, was tasked to proceed to the Cumberland area for a floatplane that had crashed in the water. OPP divers were on-scene when Rescue 915 arrived. Though they searched from the crash site to approximately 10 miles downstream, nothing was found. Rescue 915 refueled and returned to base without further incident.

The Labrador, Rescue 08, was tasked to search for a missing boat in the Wiarion area. The mission was cancelled just as the Lab arrived on-scene.

The Cormorant, Rescue 915, was tasked to investigate an ELT signal, but just after the crew became airborne, the mission was cancelled.

Missions for 2004: 48 Missions for June: 5 Persons rescued: 7

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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.

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

Letters to the Editor:

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



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LETTER

I have been a resident of Trenton almost all my life, except recently because I have left to go to school in Peterborough.

Sometimes I am lucky enough to look out my window in Peterborough and see the lab flying over the city, but I can never wait to get home to Trenton on the weekend in hopes that the lab will fly directly over my head. I currently have no one in my family serving in the military, but 8 Wing Trenton has always had a large influence on my life.

When I was young, I remember when I was inside and I heard the unique sound of the twin rotor blades, and I would run to the window to watch her fly over. She is an amazing sight to see. Even now if I am doing something and I hear her twin blades, I stop what I am doing and watch her fly over.

About four years ago I had the opportunity to meet one of the SAR-Techs from 424 Squadron—luckily enough it was not during a rescue—who provided me with the opportunity to see the Labrador's beauty up close and personal. The SAR-Tech also provided me with a lot of knowledge about the Labrador and what her capabilities were, including her amazing ability when placed in the water and how she can glide on it. With the knowledge I was provided I was then able to understand why she has such a successful rescue record and has built the trust of those who fly her on a regular basis.

The Labrador has touched the lives of many and deserves to be commended for the service she has provided. She has proved to be a successful member of the fleet, and for her dedicated service to not only those who work with her, but to those in the community and across Canada. Her retirement is well deserved and the memories of her flying overhead will not be forgotten.

Thank you to those who have helped to make her a success, including those who pilot her, those who help to keep her maintenance up-to-date and able to provide the service she did. As well as those who trust their lives to her, and risk their lives to save others. You have truly made her a part of history that no one will forget. Her legend will live on.

An anonymous Resident of Trenton

Canadiana Crossword

Ports and Portlets

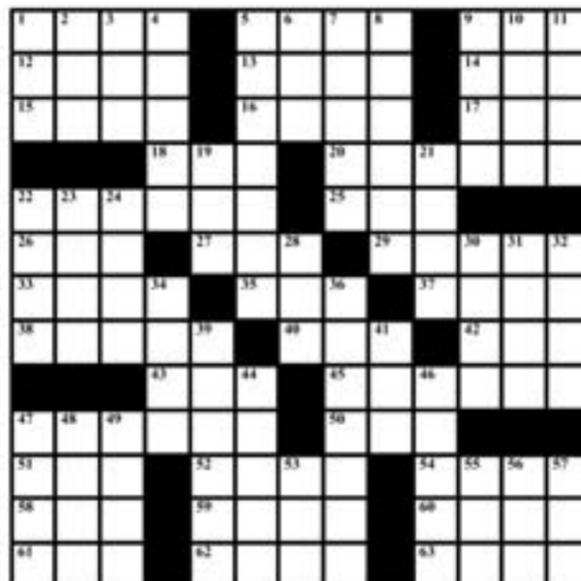
By Bernice Rosella and James Kilner

ACROSS

- Gritty pear
- Hitch
- Have, to Burns
- Figure skating manoeuvre
- Nap
- Expose, in a way
- Electronics giant
- Chickpea stew
- Harem quarters
- Cherry, for one
- Lake Ontario Port
- Puts off
- Ova
- Dory propeller?
- Clothe
- Drains
- A kind of gait
- Tease
- Cube
- Lake Ontario Port
- However
- Fury
- Ump
- Northwest Territories Port
- Describe again
- Court
- Mimic
- Only
- Young beef
- Born of
- Russian city
- Defeat narrowly
- Pro
- Brad
- Cheer

DOWN

- Degrees, for short
- Beef or chicken cube
- Japanese coin



- Nova Scotia Port
- Patron
- None
- British Columbia Port
- Nova Scotia Port
- Nova Scotia Port
- German auto
- State, in Sept Iles
- Bit of food
- Oh God, var.
- Age
- Nobleman
- Hoof part
- Brit. Colony
- Roman 8

- Beige
- Appear
- Grow weary
- Ontario Port
- Manitoba Port
- Religion
- Partner of fauna
- Ontario Port
- Rave
- Fencing sword
- Swarm
- Garland
- Japanese Capital
- In the past
- Rent



This Week in Contact

1974 – Each year Armed Forces Bases across Canada open their gates to allow the public a chance to discover the roles and activities of its Armed Forces. CFB Trenton, one of the largest and the most senior base, is no exception. This year as in the past we will demonstrate the role of Air Transport Command and update you on its many and varied activities... Today gives us the chance to explain and demonstrate just what we do and how we do it.

1984 – A team of Canadian Forces personnel will take part June 17-22 in a nine-nation competition sponsored by the United States Air Force Military Airlift Command. The competition, code-named VOLANT RODEO, will test the participants' skills in airlift, airdrop, resupply, ground maintenance of aircraft, security, patrolling and tactics. The Canadian team leader is Major Don Bengert of 436 Squadron, Trenton. His aircrew will fly a CC-130 Hercules transport aircraft in the competition. The ground crew for the Canadian team will be provided by 2 Air Movements Squadron Unit. An aircraft maintenance team from Trenton will also compete.

1994 – The National Transport Week Awards Committee has conferred the Award of Valour on behalf of all Air Transport Group aircrews involved in the 1993 Sarajevo Airlift. The outstanding professionalism, selfless dedication and tireless efforts of the men and women who had flown in support of this humanitarian relief operation are most worthy of this prestigious national recognition.

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





Veterans revisit Normandy

continued from Page 1

Mr. Danson's fear that this trip may have been his final farewell. With every passing year, there are fewer and fewer veterans around to share their heroic stories. With the help of young Canadians like Maureen McGovern and Natasha Tattuinee, however, the past will hopefully live on. Maureen and Natasha were among a group of students traveling to France with Encounters with Canada, a program designed to teach youths about their country. Thirteen students displaying interest and strong academic achievement were selected to represent each

province and territory at the D-Day ceremonies. Maureen, who represented the Yukon, was not too sure what to expect but is returning home with a whole new respect for veterans. "To think that a lot of them were only 18 or 19 when they were over there; I'm 18 and I couldn't do what they did," she says with wide eyes. While most passengers on their flight home are preoccupied with the in-flight movie, she and Natasha walk up and down the isles eagerly requesting autographs. Their enthusiasm is a comforting sign for the future.

It's this link between the past and the future that will keep the many stories alive for years to come. The stories of Margaret Marshall, an evacuee who recalls feeling safe and secure because the soldiers had arrived and were going to help and those of Fred Pollak who, only weeks after joining the Army, found himself headed overseas with the #2 Special Wireless Intelligence Section because of his proficiency in German and ability to use a typewriter. It's impossible for veterans to tell each and every story, but it is possible to pass on the ones they do.



Photo: 2Lt Kendrah Denny

About 50 veterans, along with friends and family, board the plane for the long journey from Normandy back to Canada.



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20 Happy Father's Day!	21	22	23	24	25 TGIF 1700 hrs BBQ Steak 1800 hrs Euchre	26
27	28	29	30			
<p>JUNE 2004</p>						

Real estate--A no-brainer no more?

it's your Money



Garth Turner

WARNING: If you have recently bought a home, especially a big, expensive one with a mother of a mortgage, do not read this column!

For the last 10 years, and especially since the day everything changed--Nine Eleven--residential real estate has been a no-brainer. It's been virtually impossible not to make money, as the price of houses continued to rise.

This happened for two primary reasons:

For years now, nobody has trusted the stock market, mutual funds or financial advisors. And how can you blame them? First came the technology bubble, the dot-com mania and the ascent of Nortel, encouraging millions of us to put billions into these "growth" assets. That was followed by the tech bubble bursting, dot-coms turning into dot-gones and the collapse of both Nortel and the entire

market. By comparison, real estate looked like a solid, familiar, riskless place to put money. So we did.

Second, nothing has given more octane to any housing market ever than the collapse in interest rates that is now coming to an end. With the prime rate sitting at less than 4 per cent and with variable-rate mortgages available everywhere at just 3 per cent, real estate stayed affordable even as the price rose.

In fact, this abnormal plunge in the cost of money has encouraged the biggest orgy of borrowing in Canadian history.

The result was inevitable--the average house price jumped to a point never before witnessed. The media went real estate crazy. Multiple offers and bidding wars erupted in demand neighborhoods. Recreational and cottage real estate soared to

unheard-of levels. Houses in Toronto that sold for \$500,000 in 1999 were changing hands in 2004 for \$1 million. Finally, in a symbol of an era gone nuts, the government changed the rules to allow for the no-money-down purchase of real estate.

So today we have the phenomenon of a market that has started to slow quickly, while prices continue to rise--something not seen since 1989. Bank economists, realtors and most of the media continue to promote home ownership without reservation or qualification. The big banks--locked in a competitive battle for market share--continue to offer incredibly cheap mortgage money and some of the most flexible loans in history.

But, sadly, the party is coming to an end, and the signs are all around for those who care to look. In most major centres it is starting to take a lot longer to sell a house, while the selling price as a percentage of the asking price is beginning to slip. It's getting a lot rarer to see a bidding war and, most telling, the number of listings in most areas is starting to rise.

First-time buyers are getting harder to find, because those who have not already taken the plunge into home ownership are finding the market is starting to price them out. Soon it will become quite apparent that builders throwing up urban condos in the belief the market would never cool, will have for-

gotten the lessons of the early Nineties. The supply of real estate will soon exceed the demand for it, and that is the only thing that really matters.

Why is this happening now? Among the major reasons:

House prices have been rising faster than family incomes. When the average family can no longer afford the average price, then the market as a whole takes a dive.

Fear of debt. Canadians are normally a wary, cautious lot who go into debt with reluctance and try to pay it off with a vengeance. But when a decent house costs \$600,000, whaddya gonna do? Debt is inevitable--unless your Canadian gene kicks in, suggesting that it might be time to take a pass.

Interest rates are going to rise. Current rates are neither normal nor sustainable, and the coming months will see the cost of money rise by about 50 per cent. That will come as a nasty surprise for many of the Newly & Hugely Mortgaged. Also, rising mortgages will chill prices and make the cost of every variable rate loan go up.

So, the real estate orgy may be over. But no collapse is coming. No 1989-style meltdown. No reason to bail out of your house. But lots of reasons to buy carefully, borrow delicately and--maybe the best strategy of all--to wait.

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Tis the season--barbecue safety



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

Barbecue season is upon us. This means many people will be enjoying cooking and eating food that was prepared in this manner. It also means people will be injured and thousands of dollars of property damage will result because of carelessness.

Even people who use combustible products safely at the worksite will make mistakes and ignore safety practices once they are at home. As a fire fighter and paramedic I have responded to many barbecue fires that could have been prevented. The following are a few tips

we should keep in mind to help us have a safe barbecue season:

After purchasing a barbecue, make sure you follow the manufacturer's directions for assembly and use.

Don't use your barbecue indoors. Fire and carbon monoxide poisoning are a real threat. Keep the barbecue a safe distance (over 3 metres, or 10 feet) from your house. If there is a fire, you don't want it to spread to your house.

Keep your barbecue's propane tank in an upright position. If it's not in an upright position, the tanks relief valve may not work properly. Also make sure the burner ports are clear of rust and dirt.

Check for leaks by putting a soapy solution on the connection of the tank and hoses. Where you see bubbles, tighten the connection. If you can't stop the bubbles, don't use the barbecue - it's leaking propane. Never use a match to check for leaks.

When lighting a gas barbecue, keep the lid open to avoid gas buildup and light the barbecue as soon as you turn on the gas. Keep your face away from the grill. Make sure the flame is visible from the burner ports.

A barbecue lighter with a long handle is safer to use than matches. It provides the extra reach that reduces the chance of singed hair or a burn to your body.

When finished barbecuing, turn off the burner and the tank valve.

Never use gas or naphtha to light a charcoal barbecue. Always use barbecue lighter fluid and let it soak for five minutes before lighting. Read and follow the directions on the can.

Make sure coals are cool before you dispose of them.

Avoid wearing baggy sleeves when cooking over a barbecue. They could catch fire. Remember, the entire barbecue assembly is hot. Keep children away.

Family Health Centre Update

With all the preliminary issues resolved (infrastructure, renovations), the military family health centre project is now awaiting the final signing of a contract with a doctor who has been in negotiations with the project staff this past couple of weeks.

Expectations are high that he will be able to sign on with the health centre within the next couple of weeks and will become increasingly involved with the finishing touches of the project. Once signed, we will be introducing him to the community through various ways and means. We are confident that the 8 Wing/CFB Trenton military community will make him and his family feel welcome and comfortable setting up practice with us.

We will engage the doctor in the hiring process of the centre staff and with meeting various third party organizations to explore mutually beneficial arrangements for the centre. The Canadian Forces Medical School in Borden and the Victorian Order of Nurses are two such organizations.

Once more concrete details are known, we will advise all personnel so as give to keep all informed of our progress. Both organizations would offer the ability for the health centre to handle not only more patients but to also be able to address a wider range of issues. The doctor has expressed his approval with the approach and will be involved with the negotiations and with helping to secure the necessary approvals for both the Medical School and the Victorian Order of Nurses to work at the centre.

Renovations to 95 RCAF Road should commence shortly. We have secured funding from the 8 Wing Base Fund and WCE has selected a local contractor for the project. Given that construction is expected to take approximately two months, this puts

us on track with our projected end August opening date. We are working on securing surplus equipment from other clinics and purchasing new equipment for the incoming doctor. We expect everything in place by end August, meaning that we would have patients being treated at that time. Once again, our goal is to ensure that the primary health care needs of the military families in the Trenton area are met. We are standing up this health centre to address this need. To be able to continue providing this service we need to ensure that the centre remains viable. The success of the centre will depend on the patient throughput and our ability to maintain a fair and equitable arrangement with our physician and other associated practitioners.

We continue to be motivated and excited about this project as it is deemed to be a critical requirement for the health and well-being of our people. The care of military dependants directly impacts on the deployability and effectiveness of our military personnel. Looking after our families' needs is the right thing to do and we remain committed to making this a reality. We believe that with the signing of this physician, we are ensuring the success of the project. He is equally motivated and excited about this endeavour and is committed to providing quality health care to our people.

We'd like to thank all those people who have called the office wishing us well in our efforts or inquiring about how to help. The encouragement and offers of support are very much appreciated. As always, questions, comments or concerns may be addressed to the Health Centre Project office, Major A. Edmilao or Capt J. Schuell, at 613-392-2811, extension 2595 or 2062.

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Pet Particulars CATS, CATS, CATS, CATS!!

Due to the huge volume of cats currently under the care of the Quinte Humane Society, and the pressing need to find them all good homes, a cat "sale" is now on!

According to Jill Brideau, cats can be adopted at the reduced price of \$75--a terrific bargain given that this one-time fee includes spaying/neutering, microchipping and vaccinations! And kittens? Just \$50, with a guaranteed \$25 back (upon presentation of proof of spaying/neutering.)

Why not check out the Quinte Humane Society's web site (www.quintehumanesociety.com) and give some thought to giving a new home, and a new lease on life, to a cat or kitten? If you've been thinking about adding a furry friend to your family, now is definitely the time.





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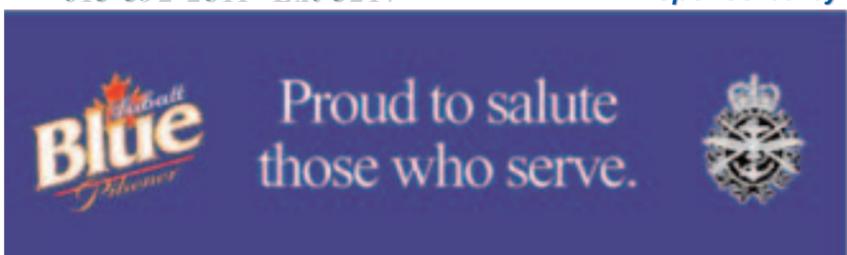
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437 Squadron flies PM Martin to Normandy, then Georgia

Photo: Cpl Tim Jordan, 8 Wing Imaging



Prime Minister Paul Martin and his wife Sheila were greeted at Hunter Army Airfield in Georgia on June 9 by a crowd of excited children waving Canadian and USA flags. The PM was in Savannah, Georgia for the annual G8 Summit.



Photo: Cpl Tim Jordan, 8 Wing Imaging

Major Jim Kinnear of 437 Squadron welcomes Prime Minister Paul Martin aboard the CC150 Airbus June 5, enroute to Versailles, France. The PM took part in ceremonies pertaining to the 60th anniversary of D Day.

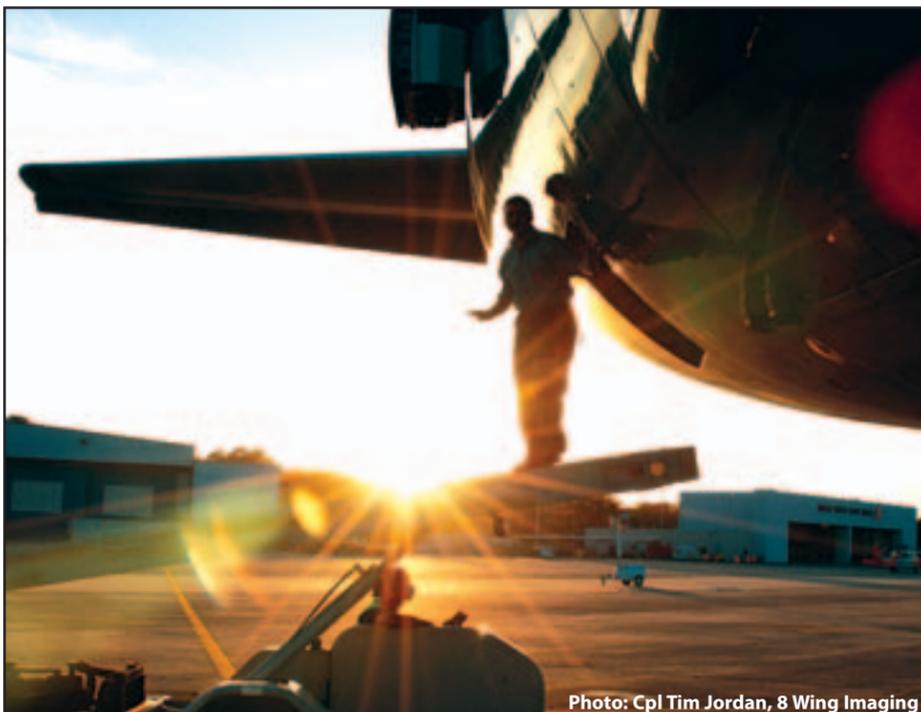


Photo: Cpl Tim Jordan, 8 Wing Imaging

Mr. Ron Neri pops out of the hatch and onto a cargo loading vehicle post inspection in the tail of Aircraft 003 from Canada to the G8 Summit in Savannah Georgia. Mr Neri is one of two Air Canada techs that are brought along by 437 Squadron to ensure the aircraft is top notch regardless of the location.



All in a day's work for 8 Wing Trenton's 437 Squadron

by 2Lt Kendrah Denny
A/WPAO

Spending the weekend in Hawaii. Jetting off to Russia for a couple of days. It sounds like an unbelievable opportunity to most people, but for the Airbus crewmembers of 437 Transport Squadron, it's all in a day's work...a very long day's work.

Today's mission: to France and back in 34 hours to pick up veterans, along with family and friends, who attended the 60th anniversary D-Day ceremonies.

Operating at about 95 per cent serviceability, the Airbus is definitely seeing its share of action. In addition to VIP transportation for members of the Royal Family, the Prime Minister, the Governor General and various Heads of State, 437 frequently supports CF, NATO and UN operations as well as Red Cross initiatives. Demands are high and the tempo is quick.

This trip proves to be no different. With a nearly full passenger load expected for the return leg home, the cabin crew must prepare for a hectic flight. Fortunately, an empty cabin on the first leg means an opportunity to rest in anticipation for the long trip home--only 18 hours after landing. Crewmembers must learn to adjust to various time zones in order to avoid the intense jet lag that can result from such a demanding schedule.

"This trip isn't too bad," confesses Cpl Darlene DeGrandpré referring to the daytime itinerary. "Sometimes we fly overnight so you miss out on an entire night's sleep, but you get used to it."

DeGrandpré, along with Cpl Carole Labrecque and MCpl Sylvie Dupuis, is currently posted to 437 as a flight attendant. Becoming a Flight Attendant is a highly competitive process and, due to the nature of the position, is normally a one-time posting. Over a two-week period, flight attendants are trained to handle anything from regular cabin duties to in-flight emergencies.

Their training, although similar in nature, does have unique aspects compared to commercial airlines.

"Unlike civilian flight attendants, we have commands for everything," explains DeGrandpré. "In an emergency, the Loadmaster has to know that we could take over any position in the cabin."

Having a fully knowledgeable and multi-functional crew comes in very handy for Loadmaster Sgt Dwayne Vautier. He is responsible for everything behind the cockpit, from catering orders to passenger lists to cargo loading, and must verify that all numbers add up correctly.

"Things like the number of passengers will constantly change from minute to minute before a flight," says Sgt. Vautier. "It's not bad when it's one or two people, but 10 or 12 can really make a difference."

As dozens of people bustle about with lists and numbers, the hours prior to take-off appear somewhat chaotic and disorganized-- but under the watchful eye of Sgt. Vautier everything is calculated with precision and accuracy.

Flight Steward Sgt Angèle Poulin efficiently choreographs in-flight services at the back of the cabin while her counterpart, Master Seaman Alan Brown, does the same for the front half of the aircraft. In order to accommodate this flight, the aircraft is carrying in excess of 25 litres of milk, 24 litres of juice, 190 hot meals and 95 litres of water, as well as coffee, tea and other snacks, all of which are carefully monitored by the Flight Stewards.

At the head of this operation are Maj. Rob Aman and Capt. Mike Chaytor, sharing the roles of Aircraft Commander and First Officer on this trip. Although the planning for trip started days before departing, they, too, must deal with last minute changes such as weather, no-fly zones and other unforeseen situations, all of which

must be dealt with in order to get the passengers safely home. Flying schedules for the pilots at 437 can also pose certain challenges.

Depending on various requirements and demands placed on the squadron, it isn't uncommon for pilots to rotate through trips with as few as two days in between.

It is through a great deal of cooperation and good humour that the crew completes its mission. As the final passenger count reaches 179 and everything is loaded and ready to go, they prepare for the seven-hour trip home. They work together like a well-oiled machine, maneuvering about the cabin with maximum efficiency and minimal disruptions.



Photo: 2Lt Kendrah Denny

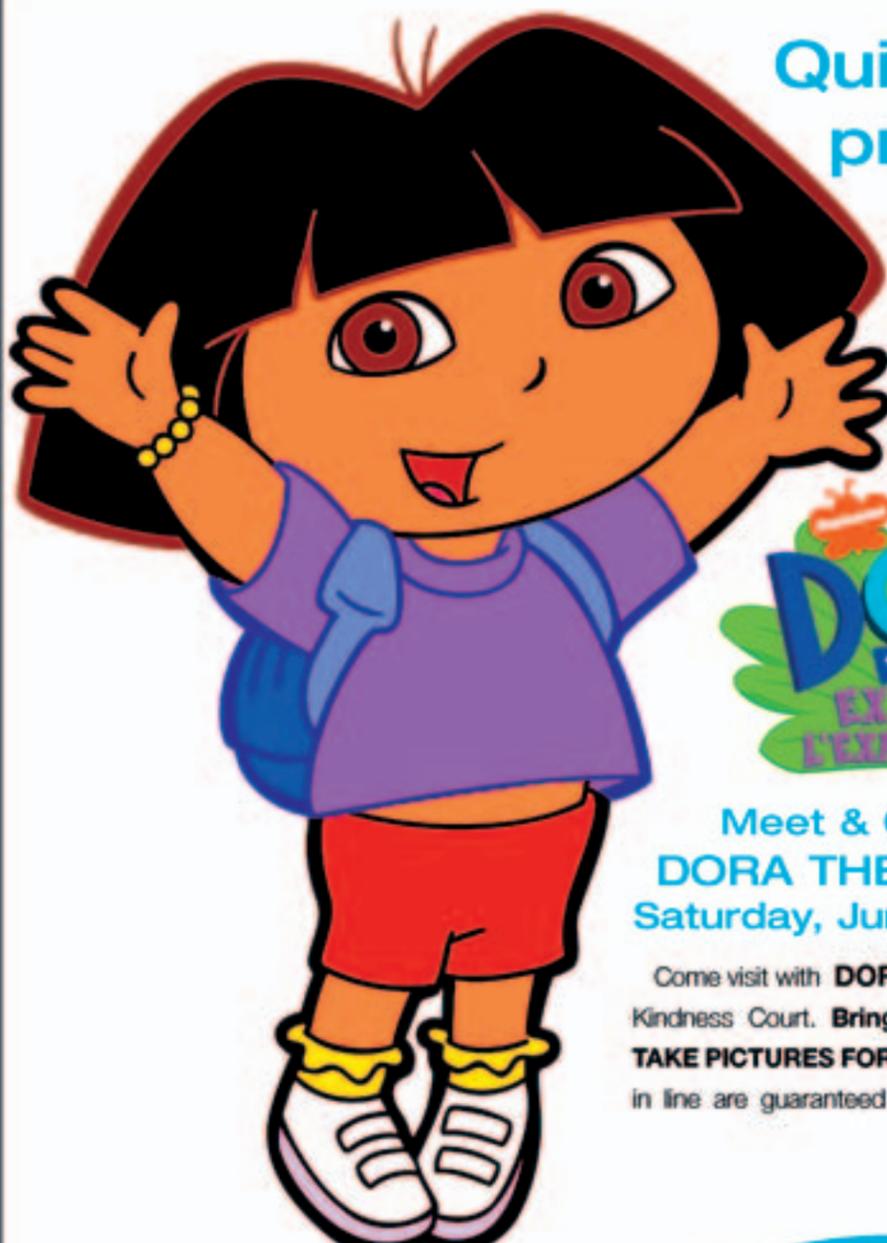
The crew from 437 Squadron (L-R) Capt Chaytor, MS Brown, Mr. Fitzgerald (Air Canada rep.), Sgt Poulin, MCpl Dupuis, Sgt Vautier, Cpl Labrecque, Maj Aman, Cpl DeGrandpré.

One day after leaving Trenton, flight 3688 finally touches ground back home. The entire trip has taken the crew over 11,000 km and through 12 time zones in

a day and a half. The time difference is starting to take its toll but, in true spirit of their motto "Omnia Passim"- Anytime. Anywhere- it won't be long before

these crewmembers will be off on yet another trip. Is it hard work? Certainly? Can it be frustrating? Of course. Would they give it up? Not a chance.

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Fitness, Sports & Recreation

POTENTIAL HOLE IN ONE?



Photo: Laurie McVicar, Contact

Graham Elder in mid-swing during the 10th Annual Camp Trillium Golf Tournament, hosted by 8 Air Maintenance Squadron.

Members needed for CISM Sailing Team

The CF CISM Sailing Team is continuing to look for new members to strengthen the team's competitive performance at the next World CISM Sailing Championship.

The next World event will be held in SNIPE class, in Brest, France May/Jun 05. Team members must meet the following criteria:

- Member of the Regular or Reserve Force
- Passed the annual fitness test and maintain an active fitness program

- Proven competitive (top 50%) at the National level in one or more classes, preferably dinghy

- Available to train and travel to regattas as required, with only partial financial support

- Participate in local sailing events

- Supporting the local sailing community through coaching, race Committee work, seminars, self-help support.

Interested members are requested to send the following info to the Military Sports Coordinator, Dan Cormier: SN, rank, name, MOC, current job description, age, sex, weight, height, home & work phone number, copy of last years fitness report, and a resume of the last 5-10 years racing (event, boat class, date, location, number of boat races, final placing, position (helm, tactician, foredeck, trimmer).

Wing Administration Officer's 4 Ball Best Ball Tournament

Tuesday, June 29
at the CFB Trenton Golf Club

Limited to 21 teams (All units wishing to participate will be guaranteed a spot, and leftover spots will be on a first come basis).

Registration fee will be \$10 per person for door prizes. Green Fees for Military and Golf Club members will be Free and all other \$20, and an optional \$5 for food. Payment will be made at The Gymnasium Main Office no later than 1600 hrs, June 25.

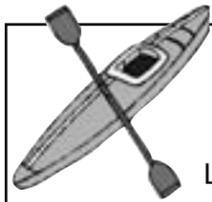
Tournament will be a shotgun start; team briefing 0800 hrs. Register your team or as individuals with Shirley Martin at loc. 7160 or for info Contact the Military Sports Coordinator, Dan Cormier, at local 3373.

Playdown

The 8 Wing/CFB Trenton golf play down will be held at the CFB Trenton Golf Course on June 28, 29 and 30 to select a Wing/Base golf team that will represent 8 Wing/CFB Trenton at the Ontario Region Golf Championship hosted by CFB Kingston.

Tee off time will be at 1400 hrs. A handicap of fewer than 15 for men and 20 for women is required to compete in this play down. The top 12 competitors will advance to day two. Competition is open to all CF, Class B & C Reserve Members.

The team will be made up of five men and one woman. To register or for more info contact Shirley Martin at local 7160 or Dan Cormier at local 3373 no later than June 24.



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SPORTS AWARDS BREAKFAST



Photo: Cpl David Cribb, 8 Wing Imaging

Bryan Pearce presents Acting Wing Commander Lieutenant Colonel Bill Lewis with the Mens' Broomball Regional Gold Championship.



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Top athletes/teams honoured at Awards Breakfast

The 4th 8 Wing/CFB Trenton Sports Awards was held on Thur 10 Jun 04 at the Astra lounge.

On behalf of all the athletes, volunteers and PSP personnel, the Fitness & Sports flight would like to personally thank Lieutenant Colonel Bill Lewis, the CO's, Branch Heads, the WCWOs, Supervisors and especially the fellow workers who usually pick up some of the extra workload or change shifts, for their continued support to the Wing Sports Program.

In these busy times of Operational commitments and shortage of personnel, it is gratifying that our athletes, coaches, managers and volunteers are afforded the necessary time off to practice and prepare themselves so that they can compete competitively while representing our Wing in various sports competitions.

Winners of the Inter Section Leagues:

Noon Hour Hockey	Gold Team
WHL A Div	CPC
WHL B Div	8 ACCS
Slow-Pitch	Work Shops
Ball Hockey	CPC
Floor Hockey	WLE
Volleyball	8 AMS

ONTARIO REGION CHAMPIONSHIPS

8 Wing/CFB Trenton has been tremendously successful this past year at the Regional level.

REGIONAL "SILVER"

Finalist and finishing 2nd in the Ontario Regional competitions last year with a Silver Medal are the following 4 Teams from our Wing:

Bowling, Curling, Soccer, Old Timers Hockey

REGIONAL "GOLD"

This past year and a half, Trenton has been declared Ontario Region Champions 6 times, a truly outstanding accomplishment.

Ball Hockey, Men's Broomball, Men's Slow Pitch, Basketball, Men's Hockey, Squash

2003/04 CF NATIONAL SPORTS CHAMPIONS

Teams work very hard all year long to win the Ontario Region Championships and represent the Base and the Ont Region, at the CF National Championships. The honour and prestige of competing at the CF National level of competition is something that a competitor will never forget as they realise that all their hard work and commitment has finally paid off. This past year, four of our Teams made it to the finals and as such, came home with a "Silver Medal".

CF NATIONALS "SILVER"

Men's Slow Pitch, Basketball, Men's Hockey, Women's Hockey.

Badminton: Ladies Single, Cpl Roz Fitzpatrick

Mixed Double, Sgt Debbie Campaigne

CF NATIONAL "GOLD"

The thrill and excitement of achieving your goal as CF Champions in your particular sport brings out tremendous emotion and joy, even for the toughest competitor. One of our Trenton Flyers participants represented our Base and the Ontario Region at the CF National Championships and brought home the "Gold".

Triathlon: MCpl Duane Bryson

Badminton Team: WO Sylvain Roy, Sgt Debbie Campaigne, Cpl Roz Fitzpatrick

Badminton Ladies Single: Sgt Debbie Campaigne

Badminton Ladies Doubles: Sgt Debbie Campaigne, Cpl Roz Fitzpatrick

CISM SPORTS

CISM - International Military Sports Council, is an international military sports organization founded at the end of WW 2. The CISM organization comprises today of 122 member countries. Training camps are held and a Team is selected to be named to such a Team is the highest honour that a member can receive in the CF Sports Program.

We have six (6) elite athletes who have represented Canada and the CF in International Military Sports Competitions this past year. Representing your Country is the highest honour bestowed upon any athlete in Canada and I ask that the following 8 Wing/CFB Trenton Athletes who represented Canada and the CF in CISM competition this past year to please stand and be



Photo: Cpl David Cribb, 8 Wing Imaging
Lieutenant Colonel Bill Lewis presents Corporal Bruce Mathews with the Male Athlete of the Year award.

recognized:

Cpl Paul Hungler, Basketball

Capt Jodi Miller, Women's Volleyball

Cpl Ross Findlater, Sailing

Cpl Ken Roy, Soccer

LS Tom Desgroseilliers, Soccer Official

Cpl Guy Valade, Men's Volleyball

8 WING/CFB TRENTON SUPPLEMENTARY SPORTS AWARDS

Here at 8 Wing/CFB Trenton, we also recognize Sportsmanship and Community Service in our Sports Awards Program. The awards for Volunteer of the Year, Most Sportsmanlike Team of the Year, and Most Sportsmanlike Player of the Year are not staffed to Command however, these individuals have made a valuable contribution to the Wing Sports Program and deserve to be recognized. Once again, it was tough for the Selection Committee to choose the winners of the following three Wing Sports Awards categories:

MOST SPORTSMANLIKE PLAYER: CPL CAVIN DESMOND.

Involved with I/S Floor Hockey & Slow Pitch, Cpl Desmond played in an enthusiastic and fair manner each and every game - a real team player.



Photo: Cpl David Cribb, 8 Wing Imaging
LCol Bill Lewis Presents Bryan Pearce with the Civilian Coach of the Year award for his work in multiple sports including broomball and ball hockey.

MOST SPORTSMANLIKE TEAM(S): ARO - I/S Slo-Pitch League.

This team was fun to be part of and fun to play against and truly understood and displayed the philosophy of participation in recreational sports.

VOLUNTEER OF THE YEAR: BRYAN PEARCE
Coached the Wing/CFB Trenton Men's Broomball & Ball Hockey Teams to a Gold Medals at the Regional and Silver medal in men's Broomball Championships. Coached a Girls Hockey Team to a Provincial Championship.

MALE ATHLETE OF THE YEAR - BRUCE MATTHEWS

This versatile, creative and dependable individual has had

a broad variety of successful accomplishments participating in various sports. Participated in five Regional Championships, Ball Hockey, Broomball, Hockey, Slow Pitch, and Volleyball winning four and advancing to the CF National Championships. Runner up in three of four CF National Championships. Three game MVP awards and selected to two all-star teams.

FEMALE ATHLETE OF THE YEAR - CPL CELINE PICOTIN

Cpl Pecotin is a Multi athletic team player. Participated in the Ontario Region Women's Hockey Camps and was selected to the team. Participated in the CF National Women's Hockey Championship winning Silver and was selected Final game MVP. Participated in the I/S Noon Hour Hockey League. Played in five I/S Golf Tournaments. Has two military static line parachutes jump. Pick up as member of the CFB Borden Women's Slow Pitch Team to represent the Ontario Region at the CF National Slow Pitch Championship. Selected as an outfielder for the CF National All Star Team and received a game MVP.

OFFICIAL OF THE YEAR - CAPT RON STAKES

Capt Stakes participated at the CF National Men's & Old Timers Hockey Championships where he was selected to officiate the finals of the Men's Championship. He is known and admired throughout the Hockey community for his sportsmanship, impartiality and professional competence as a Hockey Official. He was an intricate part of the CF Hockey Officials School held at CFB Borden. He officiated at the University level both as a Referee and Lineman.

MALE COACH OF THE YEAR - SGT GREG KING

Sgt King Coached the 8 Wing/CFB Trenton Old Timers Hockey Team to a Gold Medal wins at the Ontario Region Championship & a Silver Medal at the CF National Championship. Instructor for the Ontario Minor Hockey Association (OMHA). Instructed the NCCP Coach and Intermediate level. He also instructs the Initiation Program that is the grassroots program for new coaches. He is an OMHA Mentor coach that mentors (assists) other coaches with any requirements they may have. This may include practice planning, meeting planning, dealing with parents, dealing with players, rule interpretation, etc. He also assists hockey associations in starting/setting up the mentorship program. He is part of the OMHA I/P Festival Committee that travels the OMHA area holding hockey festivals. This is a one-day information session and hockey instructional session for new parents and players.

3M Canadian Forces Sports Coaching Award

CIVILIAN COACH OF THE YEAR - BRYAN PEARCE

Bryan Pearce was the driving force behind the 8 Wing/CFB Trenton Men's Broomball & Ball Hockey Team. His vast knowledge and experience as a player was instrumental in bringing new players to the Sport of Broomball and Winning Gold at the Ontario Region Broomball and Ball Hockey Championships and Silver at The CF National Broomball and 3rd at the CF National Ball Hockey Championships.

TEAM OF THE YEAR - Men's Broomball Team

The 8 Wing/CFB Trenton Men's Broomball played exhibition game against CFB Kingston and various team from the area. The Ontario Region Men's Broomball Championship was held in Trenton in which the team had to fight hard to win the Gold, as the competition was good and tight. The National was a hard fought battle but the team had to settle with a 2nd place Silver losing the final by one goal.

AIR COMMAND AWARD WINNERS

MALE ATHLETE OF THE YEAR - CPL BRUCE MATTHEWS

CIVILIAN COACH OF THE YEAR - BRYAN PEARCE



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
June 20 - June 26

ARIES (March 21-April 19): Lots will be happening when it comes to social gatherings, love and getting your creative ideas off the ground on the 20th, 21st and 22nd. Take the initiative and network until you find someone who recognizes your talent. This is really all about you and getting ahead in all aspects of your life. Speed will be essential on the 23rd and 24th however not at the expense of doing a poor job. There will be too much on the line to leave room for error. Not everything will go according to plan on the 25th and 26th but as long as you are adaptable you will do just fine.

TAURUS (April 20-May 20): You probably aren't viewing things too accurately on the 20th, 21st and 22nd especially at a personal or emotional level. Not everything is all that bad. If you can put what you can't change out of your mind you will see there is plenty to be thankful for. You will feel good on the 23rd and 24th and should be able to make some progress in areas that have been difficult in the past. A little shopping spree will result in a good deal. Keep moving, don't look back and you will accomplish all that you set out to do on the 25th and 26th. Relationships may develop through work.

GEMINI (May 21-June 20): Join in the fun on the 20th, 21st and 22nd and you will end up being the center of attention. Your friends will rally round and help you with whatever it is you are doing. Your ideas will inspire. Love connections can be made. Someone may be waiting for you to slip up. Don't take unnecessary chances. You may have to watch your back on the 23rd and 24th. Someone may try to undermine you or take credit for something you did. You can impress even your toughest candidate with your candor and quick responses on the 25th and 26th. Expressing yourself openly will result in some great advice.

CANCER (June 21-July 22): Don't fool yourself on the 20th, 21st and 22nd when it comes to money matters. You aren't likely to have as much stashed away as you first thought. You may be wise to set up a strict budget. There will be lots to discover on the 23rd and 24th so get on the information highway or open up discussions with people who can shed some light on something that interests you. Plenty can be accomplished if you are prepared to wheel and deal. You can't expect everyone to bend to whatever it is you want to do on the 25th and 26th. It will take lots of coaxing on your part in order to get your way.

LEO (July 23-Aug. 22): You may find it hard to contain your excitement on the 20th, 21st and 22nd. You will be riding a crest and will view everything as an opportunity. Seize the moment and follow through with your plans. Romance will blossom if you open up your heart to someone you are attracted to. Money will probably be on your mind on the 23rd and 24th if you have overspent lately. Get a game plan in order that will ensure that you put a certain amount away for your future. An opportunity to land a much better job is apparent. Discuss your ideas on the 25th and 26th and someone will offer to help you follow through.

VIRGO (Aug. 23-Sept. 22): Lots of changes are apparent on the 20th, 21st and 22nd but you may not see them coming. Be aware that you don't have all the information you need to make the right decision. Avoid problems by taking care of matters yourself. Partnerships may take a sudden turn on the 23rd and 24th so be prepared to deal with whatever circumstances arise. Over-indulgence will not be the answer to any problem you are facing. You will have to be organized on the 25th and 26th if you want to finish what you start. Success can be yours as long as you don't get flustered.

LIBRA (Sept. 23-Oct. 22): Someone may be trying to make you look bad or hold you back on the 20th, 21st and 22nd. Keep your secrets to yourself and be ready to take a defensive position if necessary. It will be worth your time and effort to put this person in his or her place once and for all. Something won't measure up on the 23rd and 24th. You may not know everything that you require in order to make a decision. You must bring things out into the open if you don't want to be blamed for something you didn't do. Get busy and complete what you've been working on so that you can get on to new things on the 25th and 26th.

SCORPIO (Oct. 23-Nov. 21): Nothing will stop you from getting your way on the 20th, 21st and 22nd. You will be hard to resist and should be ready to tango with the one you love. Your ability to develop something highly creative is in the stars. Take time out of your busy schedule on the 23rd and 24th to help others. You will end up connecting with someone who will help you in return in the future. Your ability to size matters up and to take action will be impressive to say the least. Don't take chances or rely on anyone but yourself on the 25th and 26th. You can master whatever you focus on.

SAGITTARIUS (Nov. 22-Dec. 21): If someone is giving you a hard time on the 20th, 21st and 22nd - deal with him or her swiftly so that you can get on to better things and better times. Be courageous and you will set the stage for future troublemakers. This is not the time to be timid. Keep a low profile and you might be able to stay out of trouble on the 23rd and 24th. Don't exaggerate, the truth will come back to haunt you. You may find yourself involved in something purely by accident on the 25th and 26th. The very thing you have been trying to avoid will lead to an opportunity that is far beyond your wildest dreams.

CAPRICORN (Dec. 22-Jan. 19): Something has to give on the 20th, 21st and 22nd especially where your finances are concerned. You may have to take a closer look at what is available to you in terms of savings plans. Don't let anyone talk you into putting your money into something you aren't fully familiar with. Don't hold back on the 23rd and 24th - the world is your oyster and now all you have to do is bring on the charm, finesse and of course your good sense and know how and you will reach whatever goal you set. You can expect to face some criticism on the 25th and 26th especially if you have neglected your responsibilities.

AQUARIUS (Jan. 20-Feb. 18): Lots of thoughts are going through your head. What to do - where to go. You need to think about your goals and if you are actually heading in a direction that will help you fulfill them. If not you may want to take a look at what it would take to change your direction. Personal problems will escalate with someone you are close to on the 23rd and 24th. Be open and receptive and listen to what others have to say before you fly off the handle. Compassion and understanding will get you much further ahead. Nothing should slow you down or stand in your way on the 25th and 26th. Love is in the air.

PISCES (Feb. 19-March 20): Treat yourself on the 20th, 21st and 22nd. A little pampering or a shopping spree will make you feel good and help you look your best. Romance is evident and you will be able to entice whomever your heart desires. Focus on your creative talent and getting to meet and know new people on the 23rd and 24th. You need to change your lifestyle a bit in order to move on and get your life back on track. There are lots of possibilities when it comes to your personal life. Think about your future on the 25th and 26th and what you can do to protect yourself. Set up a retirement fund.

HELPING OTHERS...THAT'S WHAT THEY'RE ALL "ABOUT"



Photo: Laurie McVicar, Contact

Private Louis-Marie Neault collects money from motorists at 8 Wing/CFB Trenton's south gate for the Fire Department's annual Boot Drive for Muscular Dystrophy. This year's drive raised well over \$1,500. Thanks to all who contributed to this worthwhile charitable event.

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MOVIE LINE-UP

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- Harry Potter 3 (PG) 1:05 7:05 9:35
- Garfield (G) 1:10 7:10 9:10
- Shrek 2 (G) 3:00 Saturday & Sunday
- Scooby Doo 2 (en français) (PG) 3:15 Saturday & Sunday

Coming Soon: Mom'n Tot Day (Wed. June 23 10:00am) Featuring Harry Potter 3 & Garfield

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

**CALL
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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, 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.

June 23 – **Music Therapy**- The ultimate in relaxation! Learn how music can benefit your total being!

July 14 – Aug 11 – **"Deployment" Family Information Meeting**- Learn about what services are available to you during deployment.

Dragon Boat Team Recruitment Drive

Anyone interested in become part of the 8 Wing/CFB Trenton Dragon Boat team and compete at the Annual Dragon Boat Races in Belleville scheduled for 11 Jul 04, are requested to contact Dan Cormier at local 3373 or call Capt Munn at 7141, and or via e-mail. Deadline for submitting your name is Monday 21 Jun 04 at 1200 hrs.



Anchors Away!

The 14th Annual Easter Seals Regatta

will take place on
Sunday, June 27th

in support of children, youth, and young adults with physical disabilities. This year's event will take place Bay of Quinte Yacht Club. Bring the family for a pancake breakfast, Scavenger Hunt, a barbecue, and make sailboats out of paper. Quinte SailAbility will be putting on demonstrations throughout the day.

MONTHLY BOOK SALE

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All Quinte Youth are welcome

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* PLEASE BE ADVISED A DRESS CODE WILL BE IN EFFECT *

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Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS
Padre Rick Gould
Padre Catherine Morrison

WORSHIP SERVICES

<p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</p> <p>Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)</p> <p>MASS Sunday Mass (English) 0900 hrs Messe Dominicale: 1015 hrs</p> <p>CONFESSION At all times</p> <p>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 Silhouettes of Mary 2nd & 4th Thurs 1830 hrs</p>	<p>ST CLEMENT ASTRA (PROTESTANT)</p> <p>Chapel Life Co-ordinator Matthew Lucas (Bapt.)</p> <p>WORSHIP SERVICE</p> <p>Divine Worship (Sun) 1130 hrs Holy Communion 1st Sunday of the month Mid-Week Communion Wed 1230 hrs</p> <p>PARISH ORGANIZATIONS</p> <p>Chapel Guild Last Tues 1930 hrs</p>
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Hear Ye, Hear Ye

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Is a "Zero" Down Payment mortgage right for you?

(NC)-With highly intense competition in today's mortgage marketplace, financial institutions are coming up with even more innovative ways to attract customers than they have in the past. We have been offered cash back on our mortgages and even points

that will earn us free flights or merchandise. We have seen mortgages for the self-employed, assuring us of an easier application process.

The latest mortgage offering is the "zero" down payment mortgage which can be an ideal product for

those consumers who have an excellent credit history, but have not yet saved up the required minimum down payment. This type of mortgage is now available because the Canada Mortgage and Housing Corporation no longer requires that a minimum

five per cent down payment come from the consumer's own resources. As of March 1, 2004 the down payment can come from any source such as lender incentives and borrowed funds. Some financial institutions are offering homeowners either the 5% for the downpayment as cash back, which can only be applied towards the down payment, or allowing customers to borrow the 5% for the downpayment. In either situation, the consumer is virtually obtaining their mortgage without using any of their own resources. Sounds like a great opportunity, doesn't it? Well, there are a few drawbacks that people shopping for mortgages should consider.

- This type of mortgage carries a higher insurance premium than a regular high-ratio mortgage (financing up to 95% of the property value), which is an added cost to you.

- The qualification criteria is very strict. You must have a high credit score (680 beacon score) and an excellent credit history.

- There is less variety to choose from. This type of mortgage is usually offered on a fixed-rate closed mortgage with a limited number of terms. In most cases, rate discounting or reward points programs are not offered.

- The less money you put down on your home, the higher the carrying costs of your mortgage. However, if you are able to make a bigger down payment, you will not only lower your

mortgage insurance premiums (default insurance is charged on mortgages with a downpayment of less than 25% of the property value), but the total cost to finance your home will be reduced.

How do you know if a "zero" down payment mortgage is right for you? The best way to find out is to schedule and appointment with your personal banker. Your personal banker can complete a financial needs assessment with you that can help identify not only the right mortgage, but the right financial plan, for you.

Home energy saving tips

(NC)-Conserving electricity is always a good idea, but in Ontario it's more important than ever. On April 1, Ontario's electricity rates changed, but by coming up with a conservation strategy for your home, you can actually make your bills go down.

Here are a few ideas:

- Get the facts-How energy efficient is your house? Do you feel a cold breeze in the hall? Are you roasting in summer? Hidden air leaks account for up to 40 per cent of the heat loss in your home. The Energuide Audit for Houses program lets you call licensed professionals, who can come to your house and evaluate what you can save. Even before this, you can improve efficiency by maintaining your equipment, such as by replacing your air filter regularly.

- Insulate, ventilate...and more-The easiest, cheapest ways to save energy are often the most basic: in cold weather, make sure the windows are closed, in warm weather, let the air circulate. And this summer, reset your air conditioner to 25 or 26 degrees-electricity use tends to go way up when the setting is below this range. When you go out, turn the air conditioner off-it uses less energy to restart it than to leave it running all the time. For approximately \$50, you can invest in a timer-thermostat that will do the job for you, and it will more than pay for itself in the electricity bill savings you'll see.

- Upgrade your fridge-"The best thing you can do for conservation is to throw away your beer fridge," says one expert. Older fridges (typically, pre-1990) use as much as three times the energy of

newer model; you can save \$150 a year by turning off the old clunker. The better way to keep your beer cold is to invest in a new fridge bearing the Energy Star® symbol. Energy Star® appliances are 10 per cent more efficient than minimum federal efficiency standards. You'll also save the Provincial Sales Tax on qualified Energy Star® appliances. Other Energy Star® appliances such as dishwashers and front-loading clothes washers can multiply your savings.

- Easy on the lights-You can lower overall energy demand by concentrating bright light where you need it rather than evenly lighting the entire room. This is called "task lighting". Less dramatic ways of saving energy include; opening the blinds, replacing your lightbulbs with low-watt, energy efficient ones and turning off the lights when you don't need them. Contrary to a popular misconception, it takes less energy to turn lights on and off than to leave them burning.

- Stop the leaks-Is your computer on all the time? It doesn't need to be-especially the monitor, which uses 60 per cent of the electricity drawn by your computer. Nor does that extra TV you hardly ever use need to be plugged in because it's drawing energy even when it's off. All those gizmos plugged into rechargers can be unplugged too, once they're charged.

Conservation in the home can be as easy as planting a tree or putting down a rug. What's important is to start today-you can save the planet and save money. For more energy saving ideas visit www.energy@gov.on.ca or call 1 888-668-4636.

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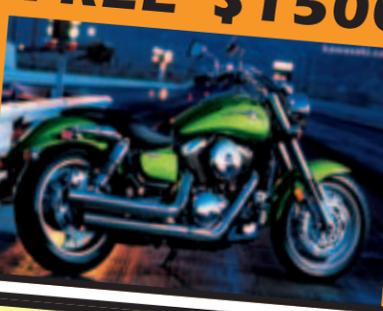
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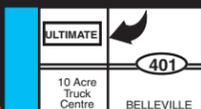

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