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## Local ceremony marks 80th anniversary of RCAF

by Laurie McVicar  
Assistant Editor

On Thursday, April 1, members of 8 Wing took part in a ceremony that marked the 80th anniversary of the Royal Canadian Air Force (RCAF).

In the blustery wind at the Centennial Park cenotaph, military personnel, legionnaires, and members of 413 Wing watched as the RCAF ensign was raised, and listened as Master of Ceremonies Colonel (Ret'd) Cy Yarnell recounted the proud history of Canada's Air Force.

"1924--that's when it happened, a new name for our Air Force. Those who served in the RCAF 80 long years ago dedicated themselves to build on the solid foundations and traditions that had already been established by those who preceded them in Canadian military aviation," said Yarnell.

According to Yarnell, the roots of the Air Force were first planted in 1909.

"The first military display flights of the Silver Dart in Petawawa turned our eyes up from the military use of the land and oceans to recognize the tantalizing military potential of the

immeasurable skies," he stated.

Between WWI and 1924, the RCAF continued to grow and flourish, said Yarnell.

"The RCAF experienced many difficulties in its early days, but true to its motto, Per Ardua Ad Astra (through adversity to the stars), it survived and it thrived," said Yarnell. "When the dark clouds of WWII loomed on the horizon, the RCAF burst out strong, determined and vigorous," stated Yarnell. "It produced the Commonwealth Training Plan that graduated thousands of aircrews and thousands of ground crews. It formed squadrons, squadrons and even more Canadian squadrons that flew bomber, fighter, transport and coastal operations. They flew well and they flew valiantly in every theatre of the war, bringing magnificent honour to themselves, to Canada, and all Canadians."

When peace returned following WWII, the RCAF again adapted and reorganized.

"Soon younger wings filled the skies and Number One Air Division fighter squadrons thundered across the skies of

Europe in support of NATO," noted Yarnell. "Transport command crisscrossed the globe 24/7 with its aircraft, in support of Canada's Armed Forces and the United Nations relief and peacekeeping actions."

Meanwhile, said Yarnell, several Canadians cities boasted post-war reserve and auxiliary squadrons, cadet programs for youth, and Air Force Association of Canada wings.

"The regular force logged hundreds of hours flying millions of air miles over our vast northern territories, producing accurate surveys, navigational maps and confirming Canadian sovereignty," said Yarnell. "Maritime command conducted surveillance and search and rescue operations on our east and west coasts."

The Canadian Air Force has also become a "mighty partner" of NORAD, with a string of radars across the continent "giving surveillance and direction to our all weather fighter squadrons and ground-to-air missiles."

"Over our 100-year history, changing roles, changing names, and even the temporary change to green uniforms did not prevent



Photos: Cpl Gayle Wilson, 8 Wing Imaging

the Air Force from maintaining brilliant operational levels," state Yarnell. "Despite restraints over the recent years, the Air Force still reaches new plateaus of operational excellence because of its sturdy roots and the dedication of all its members, regardless of rank, role or gender. We salute all the airmen and airwomen who now wear the Air Force blue magnificently. But today, especially today, we pause to remember with deep affection, that 80 long years ago Canada took to the skies bearing a new banner...RCAF."

"A lot of things have changed over the past 80 years - technology has driven much of that. The one thing that has not changed is the pride and professionalism- See Ceremony, Page 2



A ceremony to mark the 80th anniversary of the RCAF was held April 1. Pictured at top, from left: Red McLean, Branch 110 Royal Canadian Legion; George McMahon Jr, Ontario Group President, Air Force Association of Canada; and LCol W.J. Lewis, Acting Commander, 8 Wing Trenton. Below: Noel Funge, Parade Commander, Ontario Group 1st Vice President, Air Force Association of Canada.

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# Ceremony marks anniversary

Continued from Page 1

-ism of the men and women that serve in the Air Force," said Lieutenant-Colonel Bill Lewis, Acting 8 Wing/CFB Trenton Commander, during the service.

"Those of us who are carrying on those traditions are very proud of what we are accomplishing on a

daily basis."

LCol Lewis noted that 8 Wing is currently supporting two operations, providing search and rescue to the largest region throughout Canada, and offering support to over 40 lodger units.

"With all of this activity, I can honestly say there are times that

we don't seem to have enough people, we don't seem to have the resources that we need. But, due to the professionalism of the men and women standing here, those at the base, and those around world, I can say the mission is getting done," said LCol Lewis.



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# TOP STUDENT HONoured



LCol J. Anderson (CO 426 Sqn) presents MCpl Laurie Moore (436 Sqn) with the Sgt Al Michaud, MCpl Ron McWilliam award for the top Loadmaster (LM) student on Basic Tactical Air Transport course 0303. The award is only presented to the top LM student who best exemplifies professionalism, dedication and academics. This award is dedicated to the memory of Sgt Al Michaud and MCpl Ron McWilliam, who gave their lives in the line of duty, conducting a LAPES mission on EZ Wainwright Alberta aboard aircraft CC130 321, on 22 July 1993.

# New D-Day collector coin launched

Trident

A new collector coin commemorating the 60th anniversary of the D-Day invasion of Normandy on June 6, 1944, was formally unveiled in a ceremony on Monday, March 29 in Halifax.

The ceremony was held at Pier 21, a historic site that was the point of departure for thousands of Canadian troops sailing to battle in Europe in both world wars. Over 60 of Canada's D-Day veterans were in the audience for the event and were presented with the collector coins, which are sterling silver nickels created by the Royal Canadian Mint.

Thomas Shingles, former chief engraver for the mint, designed the new coin. The design is a salute to the Canadian nickel issued between 1943 and 1945, with a V prominently featured as the Roman numeral for the denomination, as well as being a reference to Winston Churchill's signature "V for Victory" sign. A code message of dots and dashes along the rim spells out the slogan We Win When We Work Willingly. On the reverse side of the coin is a depiction of Queen Elizabeth II.

tion of Queen Elizabeth II.

The event was the first of many planned remembrances to acknowledge the 60th anniversary of D-Day, the massive landing of Allied forces on the beaches at Normandy on June 6, 1944. Several hundred Canadians were killed on that day that is now regarded as a turning point of the Second World War.

Dignitaries on hand for the occasion included the Honourable Myra Freeman, Lieutenant Governor of Nova Scotia, and His Honour Larry A. Freeman; the Honourable John McCallum, Minister of Veterans' Affairs; Rear-Admiral (RAdm) Glenn Davidson, commander of Maritime Forces Atlantic; Nova Scotia's Senator Al Graham; and Beverley Lepine, chief operating officer of the Royal Canadian Mint.

Eighty-six-year-old Roy Rushton, president of the Normandy Veterans Association, was on hand for the occasion and unveiled the coin. Following the ceremony, the new coins went on sale. They are available to the public for \$29.95 and only 20,000 coins will be minted.

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## WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Morning routine for Wing Transport: Mr. Neil Carter is seen here doing a daily inspection to the ambulance.



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The Quinte TrashBash is a roadside and community spaces litter cleanup that takes place ( RAIN OR SHINE ) on Saturday, April 24th, 2004, throughout Quinte West and Belleville municipalities. Quinte Watershed Cleanup has partnered with several local organizations including the Trenton Military Community Council to plan and implement the 2004 Quinte TrashBash.

Volunteers will be supplied with kits containing garbage bags, recycling bags, cotton work gloves, safety instructions and traffic caution signs. Recycling and garbage collected at predetermined drop-off stations. A free BBQ will commence after clean-up at 11:30 in Centennial Park, Trenton.

For more info or to register please call Sgt Tina Gores at loc 3141 or after hours at 965-1209.

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# Search & Rescue UPDATE



It was another quiet week, and 424 Squadron did not have any rescue missions to report.

Missions for 2004: 24    Missions for Apr.: 2    Persons rescued: 2

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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  
**Editor:** Andrea LeBlanc  
**Asst. Editor:** Laurie McVicar  
**Advertising Sales:** Judy Leavere  
**Media Marketing & Sales:** Sandi Ramsay  
**Advertising & Promotions Assistant:** Corrie MacDonald  
**Bookkeeper:** Marilyn Miron  
**Circulation:** Keith Cleaton  
**Assistant Translator/Proofreader:** MCpl Louise Fagan  
**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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## The DND/CF Help Line

If you feel you are being harassed and are reluctant to complain or even ask for help, please give us a call!

1-800-290-1019 (or 10191 outside North America)

The DND/CF Help Line provides a safe means of obtaining support and qualified assistance for DND and CF personnel and their dependants, as well as members of the Canadian Cadet Movement and the Canadian Ranger and Junior Canadian Ranger Programs, who have been, or currently are, victims of harassment or sexual assault.

Staffed by agents—including nurses, social workers, human resource specialists, and former CF members—who act as facilitators, the Line responds to callers who believe they have been harassed, who simply wish to be well informed about their rights and responsibilities as leaders, managers, members or employees, and/or who find it difficult to access the various complaint resolution avenues set up within DND/CF.

The Line does not subscribe to call display; agents need not know callers' names to provide the requested assistance. In fact, callers often choose to remain anonymous. Callers are not obligated in any way to continue or to start harassment complaint proceedings. Once they hang up, callers alone decide whether or not to pursue the issue, seek mediation, or make a formal complaint. Agents are there to help callers help themselves.

The Line, launched in May 1998, has provided assistance and guidance to over 4,000 callers, demonstrating that CF members and DND employees today have a heightened comfort level with regard to raising issues of unacceptable conduct within their chain of command. It is not being disloyal or petty to complain. The CDS has advised the senior leadership to exercise their disciplinary responsibilities with respect to anyone who interferes with the right of a member or attempts to discourage, silence, intimidate, or retaliate against one attempting to seek assistance regarding a complaint of harassment or abuse.

The DND/CF Help Line for Harassment/Sexual Assault operates from 9 a.m. to 5 p.m. Eastern time. Voicemail is available for all other times and agents will return all calls.

## Canadiana Crossword

### Easter Bonnets

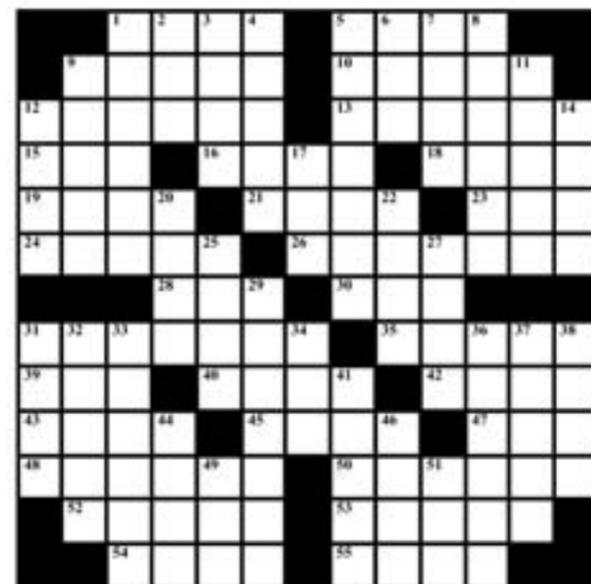
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Turbo 900 maker
- 5 Overtake
- 9 Swampy
- 10 Dyes
- 12 Biker's bonnet
- 13 Central American bonnet
- 15 Mineral bearer
- 16 Mule, for one
- 18 Misstep
- 19 Ego
- 21 Arouse
- 23 Latino's cheer
- 24 Eye infections
- 26 Boater's bonnet
- 28 Chop off
- 30 Brewery product
- 31 Pharmacist's bonnet
- 35 Loaded
- 39 Irish military org.
- 40 Ooze
- 42 Man about town
- 43 Drinks, slangily
- 45 Supreme leader
- 47 Shark part
- 48 Worldly possessions
- 50 Bonnet, in Boucherville
- 52 Israeli dances
- 53 Lane
- 54 Wallin, and others
- 55 Plant product

#### DOWN

- 1 Uniquely
- 2 Co. gathering
- 3 Matured
- 4 Computer memory units
- 5 Sweet pepper



- 6 Collection
- 7 Wrongdoings
- 8 Ski race
- 9 Soldier's bonnet
- 11 Grim
- 12 One of the Cartwrights
- 14 Imitator
- 17 UFO drivers
- 20 Topped
- 22 Rivulet
- 25 Weeps
- 27 Medieval beverage
- 29 Female versifier

- 31 Year
- 32 Whiskey genre
- 33 Computer
- 34 Crosses out
- 36 Flubbed
- 37 Enlighten
- 38 Hawaiian goose
- 41 Burrowing rodents
- 44 Wife of Abraham
- 46 Identity
- 49 Burns' bonnet
- 51 \_\_\_ Royale



## This Week in Contact

**1974** – One of the ways in which the Royal Canadian Air Force Association marked the 50th Anniversary of the formation of the Royal Canadian Air Force was the chartering of its first Wing outside of the continental North America. The charter was presented to No. 4 Wing at Baden-Soellingen, West Germany.

**1984** – An historic artifact going back 44 years has been acquired by its Air Command successor on the eve of the RCAF's 60th anniversary. The first RCAF ensign ever, presented in June, 1940, approved only days before by King George VI, was presented to Commander of Air Command, Lieutenant-General Paul D. Mason, by Winnipeg's Western Canada Air Museum Inc.

**1994** – The annual SERVIRE ARMATIS Essay Contest, open to all Personnel Administration Officers and NCMs, was won this year by Training System's own Sgt Terry Groves who works at the Region Cadet Office. Sgt. Groves won with his essay "Any idiot..." No stranger to writing, Sgt Groves currently has eight stories, in the horror genre, before American publishers.



Created by Lt J. H. MacDonald  
 (Compiled by Kevin Leahy)



# Chocolates donated to families of deployed personnel

by Amber Gooding  
Intern student

The Trenton MFRC has received more than 2,000 Easter chocolates for children and partners of deployed service members in Trenton.

Thanks to Laura Secord, Lindt and Sprungli, whose combined donations exceed more than 18,000 chocolates, families of deployed service mem-

bers across Canada will enjoy a combination of Easter eggs and chocolate bunnies.

As part of an initiative program, all Military Family Resource Centres across the country have received similar shipments.

"This is the first time for the initiative program," said Eve Lawrence, Deployment Support Services Co-

ordinator. "It's a little something extra for families to look forward to during the holiday."

Though nothing substitutes for an absent family member, both companies were pleased with the idea and very eager to get involved.

Ellen Thompson, Vice-President of Marketing for Laura Secord, is very pleased with the results of this new program.

"We hope that we can deliver some smiles to the families of our overseas soldiers during the Easter holiday," said Thompson. "We would like to thank the CAF for their time and assistance in making this gift a reality."

Cyndi Culp, Chief Financial Officer for Lindt and Sprungli, said the initial idea was to send out the chocolates to military members overseas. After speaking with someone involved with the military, it was decided that the shipments would go out to those family members stationed at bases across the country.

The chocolates were shipped out to a number of bases over a week ago, she said, and although Lindt and Sprungli make a number of donations throughout the year, this particular donation is the first of its kind. Culp feels it's a nice way to recognize those members of the Canadian Forces and their families.

"Today people are a little more aware of what's going on in our world, and of those people out there who are protecting our country," said Culp. "Because of that awareness, we felt that sharing our product with others, especially around the Easter holiday, would be a great way for families to enjoy this time."

Lawrence has been in contact with those who have a family member away from home, either on overseas deployment, sepa-

rate postings or extended courses. Those families are being asked to pick up their packages at the Siskin Centre at 50 Rivers Drive East.

"There may still be families who are unaware, or unable to pick up the chocolates, and in that case, are being asked to call the centre and arrange a time for delivery," said Lawrence.

To arrange a time for pick up or delivery, please contact Eve Lawrence at the MFRC at 965-3595.

Photo: Amber Gooding



Three-year-old Stirling Rainey will be sharing his Easter treats with his sister Halley. Their father Peter was deployed at the end of February with Op Athena.

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The Contact staff would like to wish everyone a warm, wonderful, and safe Easter holiday weekend.

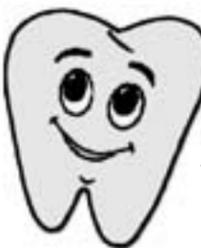


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# A few rules for the orgy of borrowing

## it's your Money



Have you refinanced your mortgage yet? This is one of the hottest things you can do this Spring, and a stunning 50 per cent of all homeowners have trooped off to the bank to cut a new deal. And how can you blame them?

These days the prime rate is just 4 per cent, and on its way down. You can get a five-year mortgage for 5 per cent or less, and variable rate, below-prime home loans are available all over the place in the 3 per cent range. That means a \$200,000 mortgage carries for about \$600 a month, which is why it makes almost no sense for anyone to remain a tenant.

It also makes today the best time in the history of real estate to pull money out of home equity by borrowing against it. You can do this by simply renegotiating your mortgage at a new, lower rate while keeping your monthly payment the same - which means you finance more money and get a nice cheque from the bank. Or, you can arrange a home equity loan whether you have a mortgage or not, and simply suck off some of the accumulated equity while financing the loan at the prime rate, or lower.

This is exactly what people are doing in droves. According to a new CIBC survey, homeowners pulled a stunning \$29 billion out of their houses over the last couple of years, saving themselves a substantial \$7 billion in interest charges by going for a new, lower rate. And one in three of these people took the opportunity to increase

*Third, you should always remember that the best mortgage is a dead one, so the goal is rapid repayment.*

their mortgage amount (by an average of close to \$30,000), which added up to \$18 billion in total new mortgage financing. Another \$11 billion came from people taking out new home equity loans.

The good news is that about a quarter of all the new mortgage debt was used by borrowers to pay off existing debt with a higher rate on it, like credit card balances. The bad news is that just as many people took the money and blew it on new spending, typically home renovations. The interest on this debt, of course, is not tax-deductible, while many home renovation projects actually add nothing to

the value of a home.

So what is the smart way of approaching a home refinancing?

First, do your homework. If you have a five-year mortgage at 7 per cent, for example, with two years left, it will cost you some money in penalty to break the loan and refinance it at today's much-lower rates. Typically the penalty will be the greater of the interest rate differential between the old and new rates over the term remaining, or three months' interest. It shouldn't take you long to figure out if you are better off over the long term to pay the fine.

Second, you will be

given the choice of replacing your old mortgage with a new one, or blending and extending the existing loan. In the second instance, your overall mortgage rate will be reduced and the term extended several more years - a better deal than you had, but not as dramatic a decrease as if you'd paid the penalty.

Third, you should always remember that the best mortgage is a dead one, so the goal is rapid repayment. That means keeping monthly payments as high as you can afford, despite the mortgage rate. That way, the lower the rate, the more in principal you are retiring. Also bear in mind that a weekly-pay

mortgage will give you the very best shot at getting rid of this sucker the soonest.

Fourth thing to realize is that we are very, very, very close to the bottom of the interest rate trough. The economists I hang with are convinced the Bank of Canada will shave another quarter point off the cost of money - maybe a half point - later this year, and after that the direction changes.

Right now we have the least expensive money of an entire generation, with the most flexible, generous mortgage products ever. If there were to be an absolutely perfect moment to refinance, this is it.

Lastly, be aware that all debt incurred today - no matter how ridiculously cheap the interest is - will have to be paid back in the future. And when interest rates inevitably rise, it will be more painful. For that reason, I always like to make my debt tax-deductible. In other words, borrow against your house to buy stocks or mutual funds, and all of the interest can be written off against taxable income. Just make sure the investments are conservative, well-managed, and held for the long-term. When rates rise in the future, so does the size of the break you get on your tax bill.

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# Know what you are getting into



Submitted by  
**Doug Bird, Deputy  
Wing General Safety  
Officer**

Working within a confined space means working with hazards seen and unseen. All supervisors and workers working around or within a confined space should be completely familiar with their own company's recommended procedures and equipment required for their own particular circumstances.

Your company's guidelines may be similar to these:

- A permit in writing from the operator or other person in charge should be obtained before entry is permitted into a confined space. Such permits should specify the conditions for safe entry. Work permits should be obtained separately for each specific job, location and time. A permit should never be carried from one shift to the next. A copy of the permit should be given to the worker in the confined space.
- Special signs to indicate work is being carried out inside a confined space are helpful. They serve to keep away bystanders, to prevent start-up of dangerous equipment nearby and to guide rescuers, if necessary.
- A confined space should be well ventilated by mechanical means where there is liable to be dangerous vapors, mists, fumes,

dusts or extreme temperature. Hot confined spaces should always be allowed to cool before entry. Inert gas used in purging should be completely removed before entry. Ventilation should continue while work is being carried out within the enclosure. This will provide extra protection in case of a change in the atmosphere. To ensure thorough ventilation, the points of air supply and exhaust should be separated as far as possible. Replacement air should be clean and pure (outside air). Oxygen should never be used to ventilate any confined space.

• Before entry into confined spaces in which dangerous vapors, mists, fumes, dusts or extreme temperatures are liable to be present, air testing by a trained professional should be carried out.

• If there is any possibility of fire or explosion, all sources of ignition in the area should be eliminated.

• Cylinders of oxygen or other gases should never be taken into confined spaces. This does not apply to breathing equipment. Welding and cutting torches should be removed immediately after their use.

• Valves which are closed may leak; therefore, merely shutting off the valve is not considered adequate. Confined spaces should be physically disconnected from all lines and systems which may introduce hazards, and these should be blanked off. The blanks should be sufficiently strong to withstand the line pressure and not susceptible to corrosion by materials within the lines.

• Electrical switches supplying power to any mechanical apparatus in the

confined space should be tagged and locked out by every department involved. The workers within the enclosed space should retain the key.

• Electrical tools and equipment should be grounded. Welding electrodes should be well insulated. This is a special problem when welding is carried out inside tanks containing liquid or moisture.

• Proper personal protective equipment depends upon the nature of the exposure. This may range from chemical goggles, hard hats, gloves and safety shoes to complete body-covering. If there is liable to be harmful exposure to a toxic substance or lack of oxygen, suitable breathing apparatus must be provided. Personal protective equipment should never be a substitute for proper ventilation.

• A safety harness with an attached life line should be worn by persons entering confined spaces where; (a) dangerous vapors, mists, fumes, dusts or extremes of temperature are liable to be present, (b) respiratory protection is necessary, or (c) rescue may be difficult.

The free end of the life line attached to the harness should be secured outside the enclosed space. It should be under the control of a worker stationed outside, who will keep the worker inside under observation at all times. The observer should be trained in rescue, first aid and in the administration of artificial resuscitation. For rescue purposes, it is preferable to maintain self-contained breathing apparatus conveniently located outside, together with a safety harness and rope. Suitable reviving

apparatus should be conveniently available at the site.

Your company's confined spaces policies and procedures will include similar guidelines. Follow your company's procedures exactly. Confined spaces are not the easiest places to work in, nor are they the safest. Be sure you are fully aware of what you are getting into before entering them. Your life depends on it.

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With support from the pet food company Iams Canada, three contests are being held to promote the event and to educate the public. Children in kindergarten to grade five are invited to participate in a drawing contest to draw the answer to the question "How are you kind to animals?". Students from grades six to eight are being asked to submit a slogan or poem that answers the question "Why is it important to be kind to animals?". The third contest is a photo contest for cat and dog photos. Prizes will be provided by Iams Canada and the CFHS. Winning entries will also be featured in 2005 promotional campaigns. Lesson plans are also available for teachers to use in their classrooms.

For more information, check out the special CFHS website at: [www.bekindtoanimals.ca](http://www.bekindtoanimals.ca).

*The Quinte Humane Society is still looking for a used trailer, or other large storage type container to keep supplies in, which will help provide much needed space within the building that houses the animals. Please send an email to [www.macylu@sympatico.ca](mailto:www.macylu@sympatico.ca), if you can help.*



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18 	19	20	21	22	23 TGIF 1700 hrs - Donairs Sports - Pool	24
27 	28	29	30 TGIF 1700 hrs - Pizza Sports - Eachre			

**APRIL 2004**




## DEBUT PERFORMANCE

Photo: Cpl Gayle Wilson, 8 Wing Imaging



The 8 Wing Pipes and Drums took part in the April 1 ceremony honouring the 80th anniversary of the RCAF. Pictured above is Jesse Reedy, 12, the son of Drum Major MWO Ron Reedy, in his debut parade with the band.

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# RCAF celebrated 80th anniversary



Photos by Cpl Gayle Wilson, 8 Wing Imaging



Above: Lieutenant Colonel Bill Lewis, Acting Commander of 8 Wing/CFB Trenton, and George McMahon, Ontario President of the Air Force Association of Canada, salute during the raising of RCAF ensign. Bottom: Members of the Legion, RCAF Association and 8 Wing/CFB Trenton perform a march past by LCol Lewis and Mr. Mahon.

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# Fitness, Sports & Recreation

## Ontario Badminton Team wins gold at Nationals

On Saturday 6th of March, 2004 teams from Ontario, Quebec, Atlantic, Pacific and the Prairie Region met in Borden to participate at the CF National Badminton Championship.

For the first time in many years the teams were fairly even in strength, which made for an exciting championship. During the Round Robin the points

between all the teams were close, it came down to the last 3 matches between Ontario and Quebec determined the winner. It was very exciting, 2 of the matches went to the 3rd and deciding game. The Ontario team captured all 3 matches to win the title by a margin of 3 points.

This was the first time in many years that the Ontario Region has

won the Team Competition.

The team comprised of WO Gervais (North Bay), WO Roy (Trenton), PO2 Tremblay (Hamilton), Sgt Potter (Petawawa), Sgt Campaigne (Trenton), Sgt Lepage (Borden),

Lt Gagne (Borden), Cpl Binczak (Petawawa), Cpl Fitzpatrick (Trenton) and Cpl Forget (North Bay).

On the last day, in the Ladies finals two Trenton players faced each other with Sgt Deb Campaigne defeating Cpl Roz Fitzpatrick to win the Gold. The

Trenton ladies won the Doubles and Sgt Deb Campaigne and PO2 Tremblay lost in the Mixed Doubles finals against the Prairie team to win the silver.

Overall the CF Nationals was a great success, in addition to the Team winning Gold, Sgt Nelson Lepage of Borden was given the CF National Badminton Dedication to CF Sports Award.



The Ontario Badminton Team pose for group shot.

## 8 WING/CFB TRENTON 18th Annual Surf 'n Turf Relay Race

424 Squadron was responsible for introducing the annual Surf 'n Turf Relay Race to the personnel of 8 Wing Trenton in 1987.

The event was originally presented as a challenge by the Search and Rescue Technicians (SAR Techs) to all Units / Squadrons on base. The race was originally a 38 km course consisting of two canoeists, two speed cyclists, two runners and one brave swimmer. Back in 1987, the race had a total of sixteen teams that participated, with the team entered by the Physical Education and Recreation Instructors (PERI) taking home the trophy.

The numbers have grown to last year's total of 31 teams. There were also 5 entries into the "Tin" person category, who in all their guts and glory, complete all legs of the event on their own. The course is now approximately 60 km in length and includes the following legs: 10 km Run, 7 km Canoe, 15 km Road Bike, 5 km Cross Country Run, 10 km Mountain Bike, 6 km

Run, 475 m Swim and a 3.5 km Run. Note: All legs and distances are subject to change.

The course typically starts at 8 Wing/CFB Trenton then stretches into the Quinte West areas of Frankford, Batawa and Trenton before finishing back at 8 Wing / CFB Trenton.

**Participants:** The race includes mostly military members, but also has teams from local corporations and businesses. Over 400 participating racers are expected including the 75+ race volunteers and Organizing Committee.

The race will be on 4 June 2004 rain or shine beginning at Baker Island at 0900 hrs "sharp".

**Team Composition:** A team can enter in to one of the below categories (# of team members is 8). Also, individual military members may register as a "Tinperson" and complete all legs of the race on their own. Note: a Tinperson may participate as a member of a Team but can only compete in the first leg of the

race (the 10 km run) as part of that Team.

**Categories:** Open - open to any mixture of age and gender

Mixed - must have a minimum of two females or two males

Female - all female team

Masters - sum of all participants ages must equal 280+

Tinman - one male completes all legs of the race

Tinwoman - one female completes all legs of the race.

There is also a spares list so if you want to participate but are not part of a team, call local 2993 to add your name to the list and we'll do our best to find you a team.

Keep an eye on the CONTACT for more information about the 18th Annual Surf N Turf Relay Race.

Race OPI is Fitness & Sports Instructor, Jen Lecuyer at local 2993.

Volunteers are needed to help with the organization of this event. Please contact 2993 if you would like to become part of the organizing team.

## I/S ball hockey meeting

An intersection ball hockey organisational meeting is scheduled for 1000 hrs, Friday, April 16 in The Gymnasium conference room.

The league is open to CF Military, DND & NPF full time employees. Interested unit sports reps or team reps are to attend subject meeting in preparation for the 2004 Spring Ball Hockey Season.

The league will play at the RCAF Arena. Players with no reps wishing to play or for more information can contact Shirley Martin at 7160 or the Military Sports Coordinator, Dan Cormier at local 3373.



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# Golfers flock to 8 Wing/CFB Trenton

Photo: Judy Leavere



Photo: Sandi Ramsay



More than 300 people attended the first-ever 8 Wing/CFB Trenton Golf Show on Sunday, April 4. Approximately 11 exhibitors were on hand to answer questions and present the latest golf gear.

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# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
April 11 - April 17

**ARIES** (March 21-April 19): It won't be easy to confront any situation that is bothering you on the 11th and 12th, but it will be better than letting it fester. Don't let anyone push you around. Get involved in a cause you believe in on the 13th and 14th. You will feel much better about yourself and will meet someone who will help you in the future. There are a lot of changes going on behind your back on the 15th and 16th. Ask questions and don't be too trusting. Not everyone is as honest as you are. Take a step back before you blow a fuse. You will be a little on edge on the 17th. Relaxation will be a must.

**TAURUS** (April 20-May 20): You will be able to expand your awareness through the people you meet on the 11th and 12th. Focus on your goals. If someone doesn't want to listen or is being hard to get along with on the 13th and 14th, don't waste your time. Occupy your time with your own creative hobbies or personal enhancement. Someone you had a crush on years ago may be on your mind on the 15th and 16th. This is an ideal time to try to reconnect. Take a walk down memory lane or visit some of the old familiar places. Stay cool on the 17th and you will impress everyone you meet.

**GEMINI** (May 21-June 20): Take your money matters seriously and stop letting your cash slip through your fingers on the 11th and 12th. Set some boundaries if you have been paying the way for someone who should be standing on his or her own feet. Travel and communication will lead to a greater understanding of what's available on the 13th and 14th. Different lifestyles will capture your attention. Don't say something that you'll live to regret on the 15th and 16th. Gossip will only lead to your own demise. Follow the path that best suits you on the 17th instead of letting someone else lead the way.

**CANCER** (June 21-July 22): Love and romance should be on your mind on the 11th and 12th. If you are single, let friends set you up on a date or contact someone from your past. If you are in a good relationship, make special plans for two. You may be faced with a burden on the 13th and 14th. Be sure you understand the ramifications. People from your past may pop back into your life on the 15th and 16th. Your sensitive and compassionate nature will win approval. Love and romance are in your corner. Stop worrying and focus on yourself on the 17th. Avoid any gatherings that include business associates.

**LEO** (July 23-Aug. 22): You'll be strictly business on the 11th and 12th. If you can attend a workshop or a convention pertaining to what you do for a living, you will make valuable connections and acquire interesting information. Partnerships may not be as they appear on the 13th and 14th. Tension will mount if you haven't been pulling your weight. Make amends by taking time to listen. An unusual money opportunity could crop up on the 15th and 16th. Be ready to be a little creative with your cash and watch it grow. Don't count on others on the 17th. Interesting news will come your way.

**VIRGO** (Aug. 23-Sept. 22): You need a stress buster in your life on the 11th and 12th. Don't scrimp on an upcoming event. There will be plenty of people you'll want to impress with your abilities. A job opportunity will surface on the 13th and 14th. Being a team player can be beneficial. Praising those around you will ensure the support you need. Getting involved in something of an intellectual nature or something you believe in will lead to romance on the 15th and 16th. A sudden change of heart may occur with someone you have been questioning lately. Ask for advice on the 17th regarding diet, exercise and health.

**LIBRA** (Sept. 23-Oct. 22): Don't argue and you won't find yourself in an emotional duel. Don't take criticism to heart on the 11th and 12th. Not everyone is going to agree with what you want to do. Get out and be a participant. If you've been thinking about making a physical change, the 13th and 14th is a perfect time to check out the possibilities. Take a leap of faith and present your unique ideas on the 15th and 16th. You will get ahead if you are quick to respond to the reactions you get from others. Someone you care about may be on the rampage on the 17th. Stay out of the line of fire.

**SCORPIO** (Oct. 23-Nov. 21): Time spent with people in the know will lead to an interesting proposal. Experience will count for a lot on the 11th and 12th. You will face some discord on the 13th and 14th if you have been secretive. You can expect changes at home as a result. Prepare to discuss things amicably. Socializing with other creative people on the 15th and 16th will spark a renewed enthusiasm in something you have been working on. Let your imagination wander and you will find a unique way of expressing yourself. Consider what you can do to make improvements to your lifestyle on the 17th.

**SAGITTARIUS** (Nov. 22-Dec. 21): It's up to you to wheel and deal until you drop on the 11th and 12th. Lots can be accomplished if you are persistent and well prepared. Short trips to old familiar places will bring back memories on the 13th and 14th. Make plans to spend some time with someone you don't get to see often. Your main objective should be to rest and relax. Don't count on anything going according to plan on the 15th and 16th. Sudden disruptions will occur, leaving you wondering where you stand. The more you do on the 17th to challenge yourself, the better. Love can flourish.

**CAPRICORN** (Dec. 22-Jan. 19): You will be full of good ideas on the 11th and 12th and intent on following through with your plans. Don't let anyone stop you from doing something you want to do. Take a very basic approach on the 13th and 14th to what it is you want to do and you stand a better chance when it comes to getting the support you need. Plan an open house or get-together on the 15th and 16th that will get you in touch with what others are doing and thinking. You can learn much from other people's experiences. Some issues are likely to be brought to the surface on the 17th. Clear the air and move on.

**AQUARIUS** (Jan. 20-Feb. 18): Problems will arise with authority figures on the 11th and 12th should you not play by the rules. Don't take a chance and trust someone to keep a secret. You'll be inventive, innovative and very unpredictable on the 13th and 14th. Let your imagination wander and follow your heart, but don't do anything that may hurt someone else's feelings. You may be living in the past on the 15th and 16th. Thinking of days gone by may lead to an interest in something you used to enjoy. Love and romance will be on your mind on the 17th. Social events will be a must. Consider updating your image.

**PISCES** (Feb. 19-March 20): Your involvement in a creative group will lead to a chance meeting with someone who perks your interest on the 11th and 12th. Someone may suggest a new business enterprise that sounds enticing. Keep a lid on any secrets you have on the 13th and 14th. This is not the time to share, but instead to listen. You'll be emotional, sensitive and very much in the mood for romance on the 15th and 16th. Don't hesitate to make the first move. Someone from your past is probably thinking about you. You may be in a very contemplative mood on the 17th. Take some time to readdress your goals.

# Spring Seatbelt Campaign set to start

The Ministry of Community Safety and Correctional Services will be hosting their annual 2004 Spring Seatbelt Campaign from April 16-24.

Using a seat belt is the single most effective way to reduce the chance of injury or death if you're involved in a motor vehicle collision!

Unbelted drivers and occupants can become projectiles during a collision, causing serious injury or death to themselves or others!

Air bags DO NOT replace seat belts! While air bags activate during a

forward movement of the upper torso and minimize impact, they DO NOT prevent drivers and passengers from being ejected from the vehicle!

In the event of a collision, your chances of survival increase up to 50 per cent if a seatbelt is properly fastened.

The aim of the campaign is to increase Ontario's seat belt compliance rate, which currently stands at just over 92 per cent. The campaign will also emphasize the importance of children in vehicles being properly secured in the appropriate child car

er seat booster seat or seat belt.

The following is a list of regulations governing the use of seatbelts and the accompanying fines, if a person contravenes the regulation.

Sect 106 (3) of the Highway Traffic Act: *Use of seat belt assembly by driver:* "Every person who drives on a highway, a motor vehicle in which a seat belt assembly is provided for the driver shall wear the complete seat belt assembly in a properly adjusted and securely fastened manner."

A driver can be

\$90.00 (with an additional \$20.00 victim surcharge) and two demerit points, which remains on the individual's driving record for two years from the date of offence.

Sect 106 (4) of the Highway Traffic Act: *Use of seat belt assembly by passenger:* "Every person who is 16 years of age or over and who is a passenger on a highway in a motor vehicle in which a seat belt assembly is provided for the seating position occupied by the passenger shall wear the complete seat belt assembly in a properly adjusted and securely fastened manner.

A passenger who is 16 years of age or older can be charged and face a fine of \$90.00 (with an additional \$20.00 surcharge)

Sect 106 (6) of the Highway Traffic Act: *Driver to ensure passenger uses seat belt assembly:* No person shall drive on a highway a motor vehicle in which there is a passenger who is under 16 years of age and occupies a seating position for which a seat belt assembly has been provided unless that passenger is wearing the complete seat belt assembly and it is properly adjusted and securely fastened.

A driver who fails to ensure that a passenger is wearing a properly fastened seat belt can be charged and face a fine of \$90.00 (with an additional \$20.00 surcharge) and two demerit points

Sect 106 (7) of the Highway Traffic Act: No person shall drive a motor vehicle on a highway in which there is a child passenger weighing less than 23 kilograms who does not occupy, if available, a seating position for which a seat belt assembly is required

Motor vehicle drivers who fail to ensure that children in their vehicles are properly secured in a seat belt or child car seat could face a fine of \$90.00 (with an additional \$20.00 surcharge) and two demerit points

In support of this campaign, the 8 Wing Military Police will be conducting periodical spot checks throughout different locations at 8 Wing Trenton.

**BUCKLE UP! IT'S YOUR LIFE!**

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**To Serve You**

Classified Advertising 392-2811 ext 3976 24 Hour Faxing 965-7490 email:MacDonald@forces.ca

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# Community Events

**CENTRE THEATRE - TOTALLY RENOVATED INCLUDING D.T.S. SOUND BIRTHDAY PARTIES ARE NOW AVAILABLE**

GENEROUSLY SPONSORED BY THE CENTRE THEATRE

CALL 392-4211 FOR INFORMATION

Matinees  
Friday, Saturday,  
Sunday & Monday

**MOVIES  
MOVIES  
MOVIES**

**MOVIE LINE-UP**

• Dawn Of The Dead (18A)	1:10	7:10	9:00
• Scooby Doo 2 (PG)	1:05	7:05	9:10
• Home on the Range (G)	1:00	7:00	9:15
• The Girl Next Door (14A)			

Coming Soon: The Punisher, 13 Going On 30

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

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.

The Belleville Choral Society  
directed by Susan Richardson  
presents  
**CHORAL CAVALCADE**  
Delightful music for all  
with special guests  
8 Wing Concert Band

Saturday, April 25 at 2:30 p.m.  
Bridge Street United Church,  
60 Bridge Street East, Belleville

TICKETS \$10, available at Quinte Arts  
Council, 36 Bridge Street East,  
Belleville, and at the door.

**Don't miss it!**

**Quinte West Lion's Easter Egg Hunt**

Saturday, April 10th  
Batawa Ski Club  
8:00 a.m. Pancake breakfast  
10:00 a.m. - 1:00 p.m.

Free: Kids 12 & under

Fire  
Truck  
Demo &  
Sparky the  
Dog!



Lots of games,  
prizes &  
Face Painting!

Organized by the Quinte West Lions with the support of other Lions Clubs  
For more information call 392-7994

The Canadian Mental Health Association  
Hastings and Prince Edward Branch

CMHA is a non-profit agency that strives to enhance the mental wellness and quality of life of people in our diverse community. The agency is currently recruiting volunteers for the following:

- Warm Line Telephone Support Program
- Homelessness Initiative
- Assertive Telephone Outreach Program

If you have a strong interest in helping others and making a difference in your community, call Ann @ (613) 969-8874.  
CMHA is a United Way Agency

CF SHOW TOUR  
La tournée de spectacles des FC

# OP Altair

April 15-23 • 2004 • 15-23 avril



April 11th  
7:30pm start time  
doors open at 6:30pm  
food donation for admission.

Jr. Ranks Astra lounge  
food donation for admission.



**TRENTON**  
Military Family Resource Centre

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.

April 14- **Stress Reduction** – This workshop will give you some very practical exercises and tools to enable you to reduce the stress in your life. Jean Dunnett

April 21- **Attention Deficit Disorder** – Jeff Waplak from Quinte Children's Homes will talk about the tools to help you identify and deal with children living with Attention Defecit Disorder.

April 28 – **Line Dancing** – Come in for a night out and learn some line dancing steps! Elaine Lemon who teaches dancing classes will show us some steps. Wear comfortable shoes and clothes.

May 5 – No guest tonight! Come in for coffee or tea and a visit.

May 12- **Tai Chi** -

May 19 - **Quilting** – Fran Vidal will bring a trunk full of samples of different quilts and quilting supplies. She will introduce you to the basics of quilting and will talk about the different methods of quilting; patchwork, reverse, picture etc.

May 26 – **Mind Mapping** – Relieve your stress, explore and expand your mind by focusing on your dreams. Visualize and focus on what you would like to do and let your imagination take you there! Linda Shepherd will lead this workshop.

The Hastings County Chapter of the MS Society will hold its' Board of Directors Meeting in the common room of 97 Sidney St on 15 April 2004 at 7 p.m.

**Take a Red Cross Babysitting Course at the Red Cross, Quinte Branch**

365 North Front Street, Suite 212, Belleville, or at your own location. To register, call 962-9122 today!



Canadian Red Cross



# 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.

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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.

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## For Sale

### For Sale

Black Nikon FG 35mm SLR camera system with Nikkor 35-70 zoom lens, Nikon MD-E motor drive, SB-15 speedlight. Many accessories, original manuals, lowePro bag. Mint Condition. \$325.00  
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www.bellevillevw.com

## Help Wanted

### LURALDO HAIR CONNECTION

Is seeking an experienced hair stylist to join their team of upbeat salon professionals. Interested Candidates should apply in person with résumé. See Deborah at the Luraldo West Location, 459 Dundas St. W. in Trenton.

News we can use?  
Call us!  
Locals 7005, 3978

Thank you to all Exhibitors and Sponsor's who contributed to the success of Golf Show '04

### A special thanks to:

95.5, Cool 100, Community Press and Labatt's  
Congratulations to the following

### door prize winners:

- Shaun MacQuarrie - Belleville
- Calvin Acorn - Belleville
- Grant Brummell - Trenton
- Joe Vinkle - Trenton
- Bob Wallbridge - Belleville
- Ross Legalt - Trenton
- Steven Droup - Stirling
- Francois Romard - Brighton
- Anita McMurdo - Belleville
- Laura Lee Hogan - Stirling
- Bill McDermott - Belleville
- Nancy Allanson - Campbellford

## Crossword Answers



# Does your wood deck need a facelift?

(NC)-With the warmer temperatures upon us, backyards across the country will soon become the gathering places of choice for many friends and families. Now is the time to transform your weather-beaten wooden deck from an eyesore into a beautiful outdoor living space.

Here are some simple steps you can follow to help give your deck that much needed facelift from the refinishing experts at Swing Paints, the country's leading

manufacturers of interior and exterior wood care products.

**Step 1 - Restoration:** According to Swing's Eric Chaimberg, the first step you need to take is to tighten loose screws and nails and secure floor boards on your deck. Look for mildew or rotting wood by inspecting underneath and then sink any protruding nails.

**Step 2 - Surface Preparation:** A good cleaning will remove dirt grime and the gray colour from

your deck. Bleach is recommended to eliminate mould and mildew.

**Step 3 - Protection:** To preserve that beautiful natural look, you need to protect your surface. Circa1850 Exterior Varnish contains transparent absorbers to screen out UV rays and inhibit the greying and fading effects of the sun. It also incorporates a superior fungicide and mildewicide to increase performance. To create a fresh two-toned look on your deck, try fin-

ishing your railings and posts in a different accent colour. Chaimberg says that Circa 1850 Exterior Varnish now comes with a selection of new tinting colours that will help you create a customized look. For more information or tips on finishing visit [www.circa1850.com](http://www.circa1850.com).

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