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Aircraft lauded for milestone

by Capt Nicole Meszaros, 8 WPAO

"It's well worn, but I always have confidence it will get safely to where it is going."

So said Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton, of Hercules 315 in his opening remarks during a ceremony to commemorate the milestone of 45,000 flying hours of the revered aircraft. If we have our say, explained Col Deschamps, "it will be around for quite a while."

Hercules 315 was purchased in May 1965 by the RCAF as part of a 20-aircraft purchase from Lockheed Aircraft in Marietta, Georgia. Over its lifetime, the E-model turbo-prop has operated in numerous roles including: air transport of freight and passengers, troop transport, paratroop airlift, Low Altitude Parachute Extraction System drops, Search and Rescue missions, humanitarian airlift and aircrew training.

Of the original airframe many of Hercules 315's components and parts have been repaired, overhauled, and replaced. It has undergone over 600 modifications that have included a modern electronic warfare and countermeasures suite and

armour plating. It also received an avionics update that helped to standardize the cockpits of the CC-130 fleet.

During numerous structural inspections it has been determined that the structures and systems of Hercules 315 have been maintained to a high standard which is why the Commanding Officer of 8 Air Maintenance Squadron, Lieutenant-Colonel Bill Lewis said during the commemorative ceremony that, "we are not here to celebrate an aircraft but to celebrate people. It takes great people to get us to here to celebrate the success." The high standard of airworthiness has been achieved through 12 progressive structural inspections, 52 periodic inspections, and 88 supplementary checks.

Hercules 315 has been flown extensively by various squadrons, including 413, 424, 435 Transport and Rescue Squadrons, 426 Transport and Training Squadron, and 429 and 436 Transport Squadrons.

Hercules 315 officially reached the significant flying milestone on May 27, 2005, while deployed to 4 Wing Cold Lake in support of EXERCISE Maple Flag.

Canadian Forces begin transformation

OTTAWA – Defence Minister Bill Graham, and General Rick Hillier, Chief of the Defence Staff, announced that Vice-Admiral J.Y. Forcier is promoted to that rank and appointed the first Commander of Canada Command – the CF organization from which all domestic operations will be commanded, and to which eventually six regional commands will report.

"The creation of Canada Command is a demonstration of the government's commitment to enhance the security of Canada and Canadians as outlined in the Defence Policy Statement," said Defence Minister Bill Graham. "This is a major step that will see the Canadian Forces transform to become more relevant, responsive and effective."

Vice-Admiral Forcier is charged with standing-up the new Command in a phased

approach starting July 1. In the first phase, Vice-Admiral Forcier will lead an initial joint planning staff of approximately 60 to develop the final operating concept and master implementation plan for Canada Command with a view of commanding Canadian Forces routine and contingency operations in Canada as early as Spring 06.

"We are moving through this transformation process at a phased, but aggressive pace," said Gen Hillier. "This is the right time with the leadership, vision and funding in place to kick-start the process. The effect we are after is irreversible momentum, and we have that."

The creation of Canada Command means that for the first time, a unified and integrated chain of command at the national and regional levels will have the immediate authority to deploy maritime, land and air assets in support of domestic

operations.

Vice-Admiral Forcier commanded Maritime Forces Pacific since 2003. During the past several months he led the Chief of Defence Action Team responsible for generating options for the CF's transformed command and control structure.

"It is indeed my pleasure and great honour to have been designated as the first Commander of Canada Command," said Vice-Admiral Forcier. "During my 33 plus years in uniform, I have had the privilege of serving at home and overseas to defend Canadians and their interests. This new emphasis on affording Canada more attention is not just a great opportunity for me, it is a recognition that Canadians deserve at home the same quality of planning and response to protect them and their interests, as we deliver overseas."

BIKING WITH STYLE



Photo: Laurie McVicar, Contact Staff

From left: Annabelle Cusson, Isabelle Genest, Joany and Fanny LeBlanc (inside buggy) got into the spirit of things during Saint Jean Baptiste Day celebrations last Saturday. The foursome took part in the Bicycle Parade at the Siskin Centre and then dropped by the Bike Rodeo at the CANEX. See pages 8 and 9 for more photos from this event.

429 Squadron Meet and Greet/Barbecue



WHEN: 7 July 2005 1700 hrs
as part of the closing ceremonies of the squadron.

WHERE: Held in the Fireside Lounge, Games Room and roof top patio at the WOs' & Sgts' Mess, 106 Yukon Street

COST: The cost is \$5.00 per person and the menu will consist of your choice of Steak or Chicken Breast with baked potato, salads and dessert.

All former 429 Sqn members are invited to attend.

If planning to attend, please confirm your attendance by contacting Captain David Simpkin via e-mail at simpkin.dm@forces.gc.ca or if unable to access e-mail, please contact the CO's Secretary, Gloria Hewson at (613) 392-2811 ext 7056.

Check out www.429sqn.8wing.ca for more information



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HERC FLIGHT COMMEMORATED



Photo: Cpl David Cribb, 8 Wing Imaging

Lieutenant-Colonel Bill Lewis, Commanding Officer of 8 Air Maintenance Squadron, presents Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton, with a montage of images of Hercules #315, celebrating its achievement of 45,000 flying hours.

Governor General visits CFS Alert crash sites

by Sgt Eric Jolin, Rideau Hall

On June 18, 2005, the Governor General, Adrienne Clarkson, took a moment during her visit to the Canadian Forces Station (CFS) Alert to place a wreath at the Hercules crash memorial. Five people lost their lives in the accident on October 30, 1991.

As Commander-in-Chief of Canada, the Governor General also visited the gravesite of nine people who lost their lives on July 31, 1950, while attempting to make an airdrop of equipment into Alert.



Photo: D-News

MILITARY POLICE TIP LINE

As of 20 June 2005, the Military Police will be offering a new service. This service can be utilized to report any criminal or illegal activity anonymously by calling **613-392-2811 ext 4400.**

All calls will be answered via an answering machine only, which will be checked daily for messages. Persons can utilize this service to report either a National Defense Act infraction or Canadian Criminal Code offence. Callers are asked to leave a detailed message, and the caller's identity will not be required. The information provided will be examined by the Military Police and if warranted an investigation launched.

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Cpl Catellier prepares dozens of meals for flights and ground exercises that occur in Trenton on a frequent basis. The 8 Wing Trenton Flight Feeding section produces hundreds of hot and cold meals for a variety of flights from commercial passenger jets to search and rescue helicopters. Food services offers an extensive variety of rotational menus and flexible staff that accommodate every requirement.



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Turkey	5.25	Cookies	1.00
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Club	5.50	Tomatoes	Cheddar
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Mentoring for women in Canada's Air Force

by Holly Bridges
Internal Communications Advisor
Air Force Public Affairs

OTTAWA – One of the suggestions that came out of the Canadian Women in Aviation Conference in Ottawa was to create a system of mentoring for women within the Air Force.

The suggestion was made during an informal bear pit session between Brigadier-General Gaston Cloutier, Director-General of Air Personnel, and approximately 50 military members.

"I had no mentor or role model when I went through for pilot in 1981," said Major Mickey Colton, one of the first women in Canada to become a military pilot. She now has more than 5 000 flying hours and works at 424 Search and Rescue and Transport Squadron at 8 Wing Trenton.

"Sometimes it can be so isolating for women, particularly if you are the only woman on a course, or in a particular occupation on a squadron. If these women had someone they could talk to, someone who could bring them up through the system who has been there, they might be more inclined to stay in or handle the challenges that come up. I know I am a role model for others which is why we want to get this mentoring program going."

Maj Colton and other senior Air Force members agreed to continue talking after the conference about how to start such a mentoring program, whether through official channels or otherwise.

"This suggestion will be investigated," said BGen Cloutier. "My initial comment is that a formal or informal mentoring program for women within the Air Force could be one of many tools that would contribute to attracting and retaining women in the Air Force."

FINAL 429 MISSION ACCOMPLISHED



The last-ever 429 (T) Squadron mission at Camp Mirage was flown on 25 June 2005. The mission was flown in support of Task Force Kabul (TFK), the Provincial Reconstruction Team - Theatre Activation Team (PRT-TAT) Kandahar, and the Joint Liaison Team. The crew departed Camp Mirage at 0745, made two enroute stops in Afghanistan, and returned to base at 1830. The crew successfully transported 25,000 lbs of cargo and 75 passengers, under extreme conditions of heat and low visibility, in a safe and very professional manner. The crew members were, from left to right: Sgt Don Maclean (LM), Capt Michael Sampson (Nav), Sgt Beverlee Bourdeau (FE), MCpl Ken Ryan (LM), Capt John Gelinis (AC). Maj Sam Nelson (FO, 436 Squadron) is absent from the photo.

Search & Rescue UPDATE



424 Squadron Tigers were tasked with three Search and Rescue calls this past week, and the Squadron kept busy with much needed SAR training. The first SAR tasking was for an overdue 14-foot aluminum boat on Lake Michigan. Upon arrival at the search scene the boat had been located by a US Coast Guard helicopter. The second tasking was for an overdue helicopter near La Tuque, Quebec. The helicopter had suffered a damaged skid due to a hard landing and was awaiting assistance from its company. All occupants were uninjured and did not require any further assistance. The third tasking was for an ELT signal located in the vicinity of Lac Megantic, Quebec. The signal was accidentally triggered during repairs to a float plane. The ELT was turned off and the Hercules returned to base. Until next week, stay safe.

Missions for 2005: 53 Missions for June.: 15 Persons rescued: 100

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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 J.P.A. Deschamps, CD, Wing Commander, 8 Wing / CFB Trenton.

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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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Intranet: 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.

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message from the

Editor

Despite having spent many, many years as a journalist, it only occurred to me recently what a truly macabre field I work in. The very language of journalist is, well, gruesome.

Here are just a few examples to illustrate my point:

We store extra copies of old issues in the *morgue*, and we work against constant, looming *deadlines*.

If we position two stories side by side on a page without a photo or a box to separate them, the undesired result is a *tombstone*.

A *widow* is the preferred term used to describe any single word that ends a paragraph at the very top of a column of type. Similarly, an *orphan* is the label for a solitary word on a line of type that ends a paragraph.

And finally, a favourite industry motto regarding story placement states very bluntly "*if it bleeds, it leads*."

Kinda grisly, don't you think?

Canadiana Crossword

Westcoast Wonders

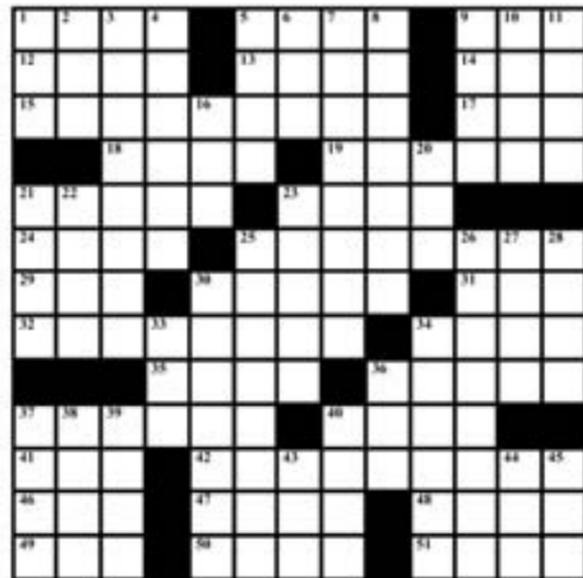
By Bernice Rosella and James Kilner

ACROSS

- 1 Qatar's Capital
- 5 Ho Hum
- 9 Adversary
- 12 _____ Wynne Stadium
- 13 Credit or agate follower
- 14 Smoked salmon
- 15 BC's _____ Island
- 17 Magnet or critic follower
- 18 Leisure
- 19 One of BC's Gulf Islands
- 21 One of BC's Gulf Islands
- 23 Mine entrance
- 24 Abbot, in Abitibi
- 25 A Bishop's duties
- 29 Caviar
- 30 Young sows
- 31 Colour
- 32 Mountaineer's concern
- 34 Vagabond
- 35 Evergreen shrub
- 36 One of BC's Gulf Islands
- 37 Ontario city
- 40 Tennis great Bjorn
- 41 Natl. Broadcaster
- 42 Allotting
- 46 Defence sys.
- 47 Requirement
- 48 Scottish hillside
- 49 Take forty winks
- 50 Harem suites
- 51 Mass of matter

DOWN

- 1 Military org.
- 2 Eggs
- 3 Apis mellifera
- 4 Esoteric
- 5 Depressed
- 6 Actress Ullmann, for one
- 7 Biographical account
- 8 Daring deeds
- 9 Dart
- 10 Seep
- 11 Former mates
- 16 Verb follower
- 20 Map ref.
- 21 Lalonde or Gameau
- 22 Dialect of northeast India and Burma
- 23 _____ Craig
- 25 Infected
- 26 Hooper
- 27 French river
- 28 A sign of the times?
- 30 One of BC's Gulf Islands
- 33 Home nursing org.
- 34 One of BC's Gulf Islands
- 36 Fen
- 37 Examine hastily
- 38 Swedish rock group
- 39 Canadian police org.
- 40 Officers
- 43 Sargasso, for one
- 44 No, in Nairn
- 45 Precious stone



This Week in Contact

1975 – With the advent of VOYAGEURS helicopters into the Search and Rescue program, 424 Squadron's Twin Otters are destined to leave this unit by early fall. To start things rolling, the first week of June saw the departure of our first aircraft piloted by a crew from Edmonton. The obvious advantages of helicopters in a Search role along with a greater flexibility in the Rescue mode, have made this change a viable one.

1985 – In a ceremony steeped in hundreds of years of tradition, two squadrons were presented Standards by Her Excellency, The Governor General. The ornate and intricately embroidered Standards symbolize the spirit and loyalty of squadrons. The Battle Honours emblazoned on the Standards chronicle the squadrons' traditions and histories. 424 Squadron received a new Squadron Standard in recognition of over 50 years of service in defence of Canada, while 437 Squadron received a Squadron Standard in recognition of 25 years of service in defence of Canada.

1995 – As the forest fires raged untamed around the distant communities of northern Ontario last week, Air Transport Group crews from 8 Wing/CFB Trenton and 17 Wing Winnipeg did what they do best - help people. During five days, from June 15-20, the airmen and women of 429 Squadron (Trenton) and 435 Squadron (Winnipeg) flew 15 sorties and evacuated some 1,500 citizens from Bearskin Lake, Wunnummin Lake, Muskrat Dam, God's Lake Narrows and Kasabinika.

Created by Lt J. H. MacDonald,
Compiled by Laurie McVicar.

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Museum unveils display dedicated to Spitfire pilot

by Laurie McVicar
Assistant Editor

The RCAF Memorial Museum paid tribute to a Canadian pilot whose young life was cut short during World War II D-Day operations by unveiling a new display in his memory.

Flight Lieutenant Charles Fairfield's story unfolded during a moving speech by his brother Colonel (Ret'd) Albert Brum, who has spent the better part of 15 years attempting to both discover the information related to his brother's death and recover precious artifacts from France, where F/L Fairfield's plane went down.

Described by his brother as an exuberant man who graduated with Wings of Merit, F/L Fairfield flew Spitfire aircraft with 401 (Ram) Squadron.

"For several months leading up to D-Day, the RCAF flew bombing and fighter operations

over France," stated a press release issued by the museum prior to the unveiling. "As a pilot with 401 Sqn, F/L Fairfield was part of the fighter battle against German Luftwaffe to assure Allied air supremacy over the D-Day landing sites. When the Allies landed on June 6, and as they pursued the Germans across France, 401 Squadron provided protection and ground support to the Canadian troops fighting on the ground."

During F/L Fairfield's last mission, his Spitfire was among three shot down while attacking heavily armoured German columns. The Germans were attempting to escape the Allied ground forces via the Falaise Gap.

According to information provided later by Squadron Leader C.E. Trainor, whose aircraft landed close to his fellow Squadron member;

F/L Fairfield survived the crash but was pulled out of the wreckage and beaten to death by German troops.

Finding artifacts from the wreckage proved to be a daunting task for Col Brum, due largely to the fact the plane was stripped of all useful materials by the Germans. Through a great number of contacts, he was eventually able to find and secure the wheels from his brother's plane.

"For year's they were used as cart wheels," stated Col Brum.

Explaining that the display was a type of closure for him, Col Brum thanked all who helped make it possible, including LCol (Ret'd) Joe Bourgeois, Chairman of the Museum Board.

"(This display) falls into the D-Day category and helps us to remember those who fought and gave their lives. It's an honour for us to have this," said Bourgeois.



Photo: Laurie McVicar, Contact

Colonel (Ret'd) Albert Brum points to a photo of his brother, Flight Lieutenant Charles Fairfield, hung above a set of wheels from his Spitfire. The young Canadian pilot was shot down over France during D-Day operations and is the focus of a new display un-veiled Tuesday at the RCAF Memorial Museum.

"We build from history. We'll use this as an example to educate the young ones, to help them identify the effort put out by young ones."

Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton echoed these sentiments.

"Anything with historical influence adds value to the museum," he said. "This is a treasure and we will display it with honour."

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	10			14	15	16
	Toronto Zoo Trip				TGIF 1700 hrs BBQ Steak/Chicken Sports 1800 hrs Pool	
	17	18	19	20	21	22
					TGIF 1700 hrs BBQ Steak/Chicken Sports 1800 hrs Euchre	23
	24	25	26	27	28	29
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Home equity=money for nothing

it's your Money



Garth Turner

For those who missed it last week, the Toronto stock market exploded through the 10,000 mark for the first time since 2001.

You remember 2001, don't you? That was when Nortel was still worth the better part of \$100 a share, when dot-com millionaires still had money, when everybody loved mutual funds, and when some crazed idiots drove airplanes into the World Trade Centre and the Pentagon.

The market those days was wonky, slipping through the 10 grand mark on the way down, since the economy was showing signs of weakness, the tech boom was clearly overdone, and terrorism shocked everyone. Today, it is an entirely different situation, with the market ascending, largely on the back of rising resource stocks, thanks to \$60-a-barrel oil. But, we also have some good economic factors at play - sustained low interest rates, modest job growth, and a runaway real estate market that has created a lot of household

wealth.

In fact, it is time a lot of people who are real estate-rich considered diversifying into other assets which - unlike housing - are not at the top of the cycle. Today, according to a recent Bank of Montreal study, almost 80 per cent of all Canadian household wealth is sitting in residential real estate. At the same time, we are making less than 10 per cent of the RRSP contributions we're entitled to, and the family savings rate has dropped like a stone.

The net result, is that most folks in this rocky land are house-rich and cash-poor. That's not a good thing, and it is a swell time to change that. If interest rates start to rise (which, by the way, is 100 per cent certain), and the housing market starts to slow (ditto) with a decline, albeit modest, in values (ditto again), then smart people will have already withdrawn some money from real estate and plunked it elsewhere.

Today's healthy stock market should remind us that there are other alter-

natives for wealth. A nice little portfolio of blue-chip stocks is a great long-term hold. Well-managed mutual funds, under the direction of a seasoned Bay Street pro, are wonderful assets for your RRSP. And if you know that interest rates will be rising, then it's guaranteed that bond prices will be falling, also spelling out opportunity.

But, I hear you crying, where am I going to get the money to invest, and achieve diversification? All my moolah is stuck in bricks and mortar.

Well, that's understandable, after real estate prices have been rising by double digits in each of the last five years - it takes a lot of cash to get into this game. But, as I have said for years and years, the logic of just leaving money sitting in your house is very questionable. And this is increasingly so when it is quite likely the value of your home is soon going to stall. And this brings us to the creative use of home equity.

One of the cheapest sources of investment capital anywhere is your own house. You can borrow against your equity in an instant, because all the banks - rightly or wrongly - consider real estate to be the best collateral possible for loans. That means you can get cash at the prime rate, which is now just 4.25 per cent. Typically, the

banks will loan you up to 75 per cent of the value of your home - but I wouldn't recommend that for most folks - and sometimes up to 90 per cent or more.

If you use this money to invest in stocks or mutual funds or to buy a plaza or apartment building, then the interest on the home equity loan is tax deductible. This means you can write it off your taxable income, which - in most cases - will reduce the charge by half. So, suddenly, you are investing with money that cost you just over 2 per cent which, after inflation, is basically free. How smart is that? Can you afford not to do this - use the wealth inside your home to achieve diversification and a new income stream with cash that costs you nothing?

I think not. But if you do borrow against your equity remember a few rules: Don't go wild, and keep the borrowing to a comfortable level since it is debt, after all. Don't invest in speculative assets that could drop in value as easily as rise. Get professional help, from a financial advisor, preferably. Make sure your repayments are interest-only. And do not borrow against your home to buy a big screen TV, a boat, to renovate the kitchen or take a trip to Aruba. In those case, the interest is not tax-deductible. Besides, you don't need it!

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Fitness, Sports & Recreation

News from the RecPlex

Volunteers needed
For Summer Kids Carnival, July 10 and August 14 at the RecPlex, 11 am - 5:00 p.m. Can be used for Community Hours for school.

Albatross Outdoor Pool
Will be open SOON! Call the RecPlex at ext 3361 for more details.

RV Storage Compound
Must be cleared of all vehicles no later than 3 July 05, due to WCE annual brush clean-up

and weed control. All users to remove vehicles during the period 3 - 31 July 2005.

Golf for less at CFB Trenton & Oak Hills
Oak Hills \$ 20 weekdays. \$ 28.50 weekends. CFB Trenton \$ 28 weekdays & weekends. Save money by purchasing a green fee pass at the RecPlex.

Kayak Courses
A three-hour intro course on the Bay of Quinte. All courses conducted at

Bernie Gray Kayaking, 383 Dundas St West, Belleville. \$45 / person. (A regular \$60 value!)
Upcoming course dates include: July 12, 5:30 - 8:30 pm; July 17, 9 am - noon; Aug. 3, 1 to 4 pm; Aug. 12, 5:30 to 8:30 pm; Aug. 25, 1 to 4 pm.

New course dates will be added so check back with us. Register and pay at the RecPlex. Youth 12 years of age and older may take the course if accompanied by an adult.

The treadmill of horrors



Laurie McVicar

Wednesday, June 29

Confessions from the Gym

Treadmills scare me. I know, I know, it's an odd phobia and I'm sure there's likely no support group out there for the likes of me, but it's the abashed truth none the less.

I tend to give these evil machines a wide berth when working out in the gym cardio room and very seldom, if ever, use them. Give me the outdoors, give me the fresh air, give me a solid surface that

won't fling me off the end if I get too tired to carry on at the same pace.

On Monday, the humid weather made it almost impossible to run outside without gasping for breath after each step (wait..and that would be different from any other day how?). It was with certain reluctance that I agreed with my trainer's suggestion to run on the treadmill. RUN on a treadmill! I'm petrified to even walk on it at the risk I may totally humiliate

myself. We started at a brisk walk and kicked it up to a jog after a few minutes. It was the most awkward movement I have done in awhile. First of all, I have the total inability to run in a straight line. I'm not sure if it's the fact my equilibrium is a bit off or the fact that my water bottle is actually filled with something a lot stronger than H2O when I hit the trails (kidding!). If you've ever run on a treadmill, you pretty much know where I'm going with this. If you don't run straight on one, your foot is bound to hit the side, you stride is broken and basically they'll have to scrape you off the wall. Fortunately I avoided said experience...this time.

C.F.B. Trenton

Ripples

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Electronic Navigation

The term "electronic navigation" covers a broad spectrum of devices from the simple hand calculator, to sophisticated satellite systems. Although they make navigation easier, they should not take the place of basic piloting skills. Some of the more common electronic aids for navigation include: GPS, radar, depth sounders, LED compass interface, VHF radios, Loran-C, laptop computers, and electronic chart plotters.

When using these tools, a basic understanding of navigation is required. Paper charts are a must to have on board when underway. If your lap top batteries die, or your files get corrupted, being able to locate yourself by acquiring a latitude and longitude fix from a chart can guide you to safe waters. When using GPS, or global positioning system, you are given a compass bearing to your next waypoint, speed of advance, your magnetic heading, and distance traveled. Depending on your unit, there can be marine charts and several hundred waypoints. Being able to read a magnetic compass, and knowing how to plot a course with the variation is not a hard task, but if your unit gets damaged, or falls overboard, you must be able to pilot your vessel back home safely.

A marine radiotelephone (VHF) is also a must have item on vessel, if not for any other reason but to communicate with your fellow boaters. The operator is required to be licensed to operate it. It's a useful tool--you can get marine forecasts for different areas and an instant connection the Coast Guard on channel 16.

The best practice is to get familiar with these aids in calm, clear seas, so when the fog rolls in, or the night creeps up, you will have confidence in your navigation skills.

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Triathlon Team seeks members

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

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, have, on at least two separate occasions during the current year, achieved the minimum time requirement for an Olympic distance non-drafting race (1.5 km swim, 40 km bike, 10 km run) as follows:

- Male Open 2:10:00
- Female Open 2:35:00
- Men Masters (40+) 2:20:00
- Women Masters (35+) 2:45:00

Interested members are requested to send the following info: SN, rank, name, MOC, age, sex, home and work phone number, copy of last years fitness report, and two qualifying times no later than August 23. For more info, contact the Military Sports Coordinator, Dan Cormier, at local 3373.

Intersection golf tourney a hit

by Dan Cormier

The Fitness and Sports Director's 4 Ball Best Ball Tournament was held on Tuesday, June 14 at the CFB Trenton Golf Course with 17 teams, teeing off from a shotgun start at 0800 hours.

Three teams were tied with a score of 62 for 18 holes - 2 AMU (Wayne Malashersky, Frank White, Ernie St-Pierre, Papey) 436 Sqn, (Darrell Steele, James Dickinson, Daniel Bouchard, Dave Lamarre) and the Odds & Sods (Ted Taylor, Giovanni Cruz-Lopez, Bill K + 11 Kolupanowicz). The rest of the groups followed with scores ranging from 65 to 81 strokes for the course. Closest to the pin for the men's category were Dan Bouchard and Rob Best while Lisa Rowe was closest for the ladies' category. The weather was great and all had fun.

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Local Francophones celebrate Saint Jean Baptiste Day



Photo: Cpl J.F. Neron, 8 Wing Imaging



Photo: Laurie McVicar, Contact



Photo: Laurie McVicar, Contact



Photo: Laurie McVicar, Contact



Photo: Cpl J.F. Neron, 8 Wing Imaging



Photo: Cpl J.F. Neron, 8 Wing Imaging



Feature



Photo: Laurie McVicar, Contact



Photo: Cpl J.F Neron, 8 Wing Imaging



Photo: Laurie McVicar, Contact



Photo: Cpl J.F Neron, 8 Wing Imaging

8 Wing/CFB Trenton was simply buzzing with activity on Saturday, June 25 as members of the French community celebrated Saint Jean Baptiste Day. Festivities began early in the day with a bicycle parade and rodeo (organized by the Military Police), followed by an afternoon of games and a BBQ at the Siskin Centre. Good music, a breathtaking bonfire and fireworks were the focus of the evening entertainment, which took place at Baker Island. Taking the stage were Robert Fournier and Eric Brisson (below, right) and Vincent Vallières (above, left).



Photo: Cpl J.F Neron, 8 Wing Imaging



Photo: Laurie McVicar, Contact



L'énoncé du commandant de l'Escadre sur le PAE (Programme d'Aide aux Employés)

Le PAE du Ministère est une initiative conjointe syndicale/patronale fonctionnant sur une base bénévole et confidentielle, afin d'aider les employés faisant face à des problèmes personnels ou inhérents au milieu de travail, nuisant à leur bien-être ou à leur rendement professionnel.

Ce programme très important est venu en aide à plusieurs employés de la 8e Escadre depuis son implémentation en 1982 et est un élément essentiel afin d'assurer le rendement efficace, à tous les jours, à la 8e l'Escadre. Le PAE s'est prouvé un outil indispensable en vue d'offrir une aide aux employés ayant des difficultés à trouver des solutions aux problèmes personnels qui affectent leur rendement au travail.

Le Programme d'Aide aux Employés a été conçu afin de venir en aide aux personnes ayant des difficultés à identifier le type d'aide, où et comment la trouver. Les Orienteurs ont été

entraînés à porter une oreille attentive afin de pouvoir obtenir suffisamment d'information en vue de diriger l'employé vers l'aide appropriée.

Je veux profiter de cette occasion pour offrir mon support total au PAE et j'encourage tout le personnel de la 8e Escadre à se servir de ce programme lorsqu'ils auraient à faire face à des problèmes personnels.

Je veux aussi mettre de l'emphase et demander à tous les superviseurs d'offrir leur support total à ce programme important. Afin d'être efficaces, les Orienteurs doivent avoir la liberté de rencontrer les clients aussitôt qu'un employé en fait la demande. En tant que bénévoles, il est important pour les Orienteurs du PAE d'avoir le support total de leurs superviseurs.

Nous sommes très fiers des bénévoles de notre comité local du PAE et de la tâche à laquelle ils se sont chargés afin de venir en aide à leurs confrères.

Wing Commander's statement of Employee Assistance Program

The Employee Assistance Program is a joint program, offering confidential assistance on a strictly voluntary basis to civilian employees with personal concerns or problems.

This very important program has provided assistance to many employees at 8 Wing since its inception in 1982. I consider this undertaking an essential element in ensuring that 8 Wing operates efficiently on a day to day basis. EAP has proven to be an effective tool in providing referral assistance to employees who are having difficulty coping with circumstances

beyond their control.

The Employee Assistance Program is for people who need help, but are having difficulty in identifying what kind, where or how to find it. A trained Referral Agent is a "listening ear" who obtains enough information from the employee to direct him/her to appropriate help.

I want to take this opportunity to give my complete support to the EAP and encourage all employees of 8 Wing to take advantage of this effective program should they face personal challenges, which may require assistance in

resolving.

I also want to emphasize the requirement for all supervisors to give this important program their complete support. In order to be effective, EAP Referral Agents must have the freedom to deal with clients whenever they are approached for assistance. As volunteers, it is important that Referral Agents know that they have the full backing of their supervisors.

We are proud of the volunteers on the local EAP Committee and the task they have taken upon themselves in helping their fellow employees at 8 Wing.



On June 8, 2005, the official signing of the Employee Assistance Program (EAP) Declaration took place. The Wing Commander and the President of UNDE local 637 jointly signed the documents. Colonel Andre Deschamps and Mr Barry Turner both stressed that the EAP would not be possible if it were not for the dedication of the EAP volunteers and expressed their sincere appreciation for their excellent work.



Employee Assistance Program (EAP) members present at the June 8 signing ceremony including Chair Manon Pilon, and Referral Agents Ed Jarick and Arlene Preston. Absent was Ms Dot Serré.

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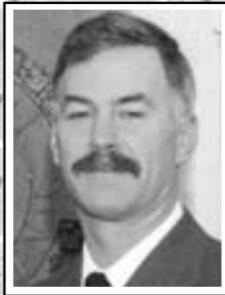
Showcase

Promotions & Awards for 436 Sqn



Capt A.M. Teaffe

received a promotion to that rank, presented by LCol R.M. Coulthard, CO 436 Sqn.



Sgt D.M. Finnegan
received his General Campaign Star medal, presented by LCol R.M. Coulthard, CO 436 Sqn.



Capt E.N. Rozema-Seaton
received a promotion to that rank, presented by LCol R.M. Coulthard, CO 436 Sqn.



Capt P.G. Moore
received his General Campaign Star medal, presented by LCol R.M. Coulthard, CO 436 Sqn.



Capt J.L. Brown
received his General Campaign Star medal, presented by LCol R.M. Coulthard, CO 436 Sqn.



Sgt J.B. Lachance
received his General Campaign Star medal and a promotion to that rank, presented by LCol R.M. Coulthard, CO 436 Sqn.



Capt T.A. Rodrigue
received his General Campaign Star medal, presented by LCol R.M. Coulthard, CO 436 Sqn.



Capt J.C. Gauthier
received his General Campaign Star medal, presented by LCol R.M. Coulthard, CO 436 Sqn.



Capt H.J. Tetzlaff
received his General Campaign Star medal, presented by LCol R.M. Coulthard, CO 436 Sqn.



Sgt L.L. Moore
received her General Campaign Star medal, presented by LCol R.M. Coulthard, CO 436 Sqn.



WO R.K. MacCarl
received his General Campaign Star medal, presented by LCol R.M. Coulthard, CO 436 Sqn.



Capt B.D. Thomas
received his General Campaign Star medal, presented by LCol R.M. Coulthard, CO 436 Sqn.



Capt P.L. Anderson
received his European Security and Defence Policy medal, presented by LCol R.M. Coulthard, CO 436 Sqn.



MCpl N.M. Mallet
received her General Campaign Star medal & her Hercules Flight Hour award 1000 hours, presented by LCol R.M. Coulthard, CO 436 Sqn.



Sgt M.A. Young
received his General Campaign Star medal & his Hercules Flight Hour award 1000 hours, presented by LCol R.M. Coulthard, CO 436 Sqn.

Congratulations! Félicitations!



Safety



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
July 3-July 9

ARIES (March 21-April 19): Do something meaningful yet stimulating on the 3rd, 4th and 5th. A short trip will turn out rather well. Take the initiative and follow through with your plans. Love is in the stars so put time aside for a little romancing. Personal changes should be considered on the 6th and 7th. If you aren't happy with your current setup at home it is up to you to do something about it. Stop spinning your wheels and get rid of the dead weight that has been holding you back for the past couple of years. You will be anxious to get things underway on the 8th and 9th. An energetic approach to all that you do will attract positive attention. This can turn into a highly auspicious period.

TAURUS (April 20-May 20): Kindness, compassion and patience will all be required on the 3rd, 4th and 5th. You will have a problem with someone who is not being honest with you. Ask questions and don't be afraid to oppose anyone who is making life difficult for you. Friends or relatives are likely to interfere in your personal life on the 6th and 7th. The less you confess about what is actually going on the better. A short but sweet pleasure trip will help you clear your mind and come up with viable solutions for any problems you face at home. You are on your own on the 8th and 9th. Don't expect anyone to help you or give you good advice.

GEMINI (May 21-June 20): You may be explosive on the 3rd, 4th and 5th if you don't get your way. You can achieve the most if you focus on getting ahead professionally. Your unique ideas may not be shared by your peers but someone will have the same vision as you and help you out. You can make money on the side on the 6th and 7th if you put your mind to it. A small business venture or investment could lead to financial security. You can expand your horizons on the 7th and 8th. Get motivated and involved in a cause you believe in. Friends and family will do whatever they can to help you out. Travel, socializing and partnering with someone looks promising.

CANCER (June 21-July 22): You will gain private information on the 3rd, 4th and 5th. Keep whatever you hear to yourself. Dealing with an institution will give you an idea regarding future prospects. Prepare for upcoming changes. You may find it difficult to keep your mind on what you are supposed to be doing on the 6th and 7th. Personal problems due to your own emotional moodiness will lead you in the wrong direction. You will need to be tolerant of a situation that you don't like until the timing is right to do something about it. Money can be made and advancement can be yours on the 8th and 9th if you are relentless in your pursuits. Preparation and organization will pay off.

LEO (July 23-Aug. 22): Put your efforts into activities that will help others on the 3rd, 4th and 5th. Volunteer your services or contribute what you can to an organization you believe in. Romance is predominant and should not be ignored. You will find out some valuable information if you take a trip or visit with someone you deal with professionally. Make sure you stay in the loop on the 6th and 7th by asking questions and getting as involved as possible. Wheeling and dealing can make a difference where money matters are concerned. You will need to experience different surroundings and lifestyles in order to spark your creative imagination on the 8th and 9th.

VIRGO (Aug. 23-Sept. 22): Don't let life's little disappointments get you down on the 3rd, 4th and 5th. Avoid discord. Consider your career options and do a little research about a professional move. Rely on yourself if you want to get things done. Do what that little voice inside of you is telling you to do on the 6th and 7th and stop blaming yourself for things that you have no control over. A change of heart is likely to set things off. You will have to compartmentalize in order to see your personal situation clearly. You'll be faced with a financial situation on the 8th and 9th. Consider what you can do to get ahead. Property or domestic issues can be resolved.

LIBRA (Sept. 23-Oct. 22): Everything is looking good on the 3rd, 4th and 5th, including you. Now is the time to set the record straight, let people know how you feel and to move on to greater things. Turn things around to suit your needs. Romance is looking good. Nothing will get resolved on the 6th and 7th if you don't take action. You can't continue to procrastinate and expect to get ahead. Don't let compliments go to your head. You have to take things one-step at a time. The key is to do what you can instead of just thinking about it. You can set a new trend by changing your style to suit your mood on the 8th and 9th. Don't let anyone hold you back or dishearten you from following your heart.

SCORPIO (Oct. 23-Nov. 21): Take care of any financial problem you face swiftly on the 3rd, 4th and 5th. A chance to do something totally different will give you ideas regarding your professional direction. Money can be made if you are willing to make few changes to the way you do things. Think big and go after your dreams. There is plenty of positive change headed your way on the 6th and 7th. Focus on business travel, publishing and gathering information. Don't settle because for a little success when you should be receiving a lot. Hold out and get what you are worth. Nothing will go according to plan on the 8th and 9th but if you are adaptable you will do all right in the end.

SAGITTARIUS (Nov. 22-Dec. 21): You may need some help getting things finished on the 3rd, 4th and 5th. Rely on someone you feel comfortable with. A love relationship can take a positive twist. Social activities, travel and making some physical improvements should be your prime concern. Sudden changes at home on the 6th and 7th may leave you wondering what to do next. Property investments or doing something with your cash that will ensure that it will grow should be your intent. A family outing or short pleasure trip on the 8th and 9th will allow you to fulfill one of your dreams. Take part in activities that challenge you. Love is in the picture.

CAPRICORN (Dec. 22-Jan. 19): You can expect something strange to occur with regard to your work or the way you earn your living on the 3rd, 4th and 5th. It looks positive as long as you are receptive to the ideas suggested. Whatever efforts you put into what you do will be appreciated and rewarded. Not everyone will feel the same way you do on the 6th and 7th. Don't reveal your intentions. You may have to change your plans at the last minute. Don't get angry it will only make matters worse. Question your motives and honesty regarding your personal feelings. Everything will be about money, health and settlements on the 8th and 9th. The more prepared you are the better you will do.

AQUARIUS (Jan. 20-Feb. 18): Everyone will want to be on your team on the 3rd, 4th and 5th. Your vibrant, innovative persona will enable you to find love or nurture the relationship you are already in. Commitment will be the hot topic. Take the initiative on the 6th and 7th. Don't wait for someone else to make the first move. By taking control you will show how capable you are. It's time to focus on how you can earn more money. Use your innovative intellect to point you in the right direction. Get busy deciphering exactly what is going on in your personal life and what you should do about it on the 8th and 9th. The choice is yours so don't let anyone influence what you know in your heart is right.

PISCES (Feb. 19-March 20): Don't take things too seriously on the 3rd, 4th and 5th. Emotional problems will surface if you try to confront someone. Take care of your responsibilities without complaining. Don't get involved in a poor investment. Don't waste your time on past regrets or mistakes on the 6th and 7th. Perhaps someone you had a falling out with will be willing to work with you again if you approach this person with apologies and a spectacular offer. Love is building momentum. The little extras you do on the 8th and 9th will pay high dividends. Don't spare any expense and be as detailed as possible. A creative opportunity will develop.

General Safety -- Hot weather can kill

submitted by Don Heans
Wing General Safety Officer

If you work outdoors in hot weather, or work in other hot environments, you are at risk for heat illnesses. The most serious of these illnesses is heat stroke, a life-threatening condition requiring immediate medical attention.

Take these precautions to avoid heat illness:

- Take it easy. Working in a hot environment is a stress on your body, so don't overdo it. Take frequent short breaks.

- Drink plenty of water, and drink it frequently. Avoid alcoholic beverages and drinks containing caffeine which can contribute to dehydration.

- Dress in lightweight fabrics that provide ventilation. Light colours are cooler than dark colours which absorb the sun's heat.

- Know you are at particular risk for heat illness if you are overweight, in poor health, poor physical condition, have heart disease, diabetes or other medical condi-

tions. Know the symptoms of heat illness:

- Heat cramps are caused by heavy sweating which can deplete the body of salt. They may be accompanied by hot, moist skin and a slightly elevated body temperature. The cramps in the arms, legs or stomach can occur while you are working, or when you are relaxing after your shift. Heat cramps are a danger signal of heat stress.
- Heat exhaustion may be characterized by heavy sweating, strong thirst, cool and moist skin, a quick pulse, rapid breathing, nausea, a feeling of fatigue and possibly fainting. Heat exhaustion indicates the body's mechanism for controlling heat is beginning to break down.
- Heat stroke is a serious medical emergency that can quickly proceed to unconsciousness and death. It occurs when the body loses too much salt and water so that sweating stops. At that point, the body's temperature control

mechanism fails and body temperature increases rapidly. Symptoms include hot, red, dry skin, a quick pulse, difficulty breathing, dizziness, confusion, strange behavior, weakness and nausea. Heat stroke can quickly progress to convulsions, coma, loss of pulse and an extreme body temperature. Death can follow rapidly.

Know how to treat heat illness by doing the following:

- Treat heat cramps by moving into the shade and loosening clothing. Drink a lightly salted liquid. If cramps persist, seek medical help.
- For heat exhaustion, cool the victim as fast as possible, fanning and pouring water on the victim if necessary. Have the victim drink water and call immediately for medical help.
- For heat stroke, immediately begin cooling the victim to lower the body temperature as fast as possible. Immerse him in water or use ice to cool his body. Call for an ambulance immediately.

Other hot weather hazards:

- Sunburn is another hazard of hot weather. Not only is sunburn a painful condition, but it can contribute to skin cancer. Cover up to prevent sunburn. A hat with a brim, long-sleeved shirt and pants rather than shorts can help prevent burning. Use a sun-block with a sun protection factor (SPF) of at least 15. Try to stay out of the sun during the peak hours of 10 a.m. to 3 p.m.
- Too much bright sunlight can cause temporary eyestrain and permanent eye damage. Exposure to the sun can damage the retina inside the eye, and contribute to the development of cataracts which cloud the vision. Protect your eyes from exposure to the sun's rays. Wear sunglasses which provide protection against both UVA and UVB ultraviolet radiation.

Hot weather can bring a host of hazards. Take precautions to prevent heat illness and sunburn.

LOCAL SERVICES To Serve You AND TRADES

Classified Advertising 392-2811 ext 3976 24 Hour Faxing 965-7490 e-mail:Sheahan.AE@forces.gc.ca

<p style="text-align: center; font-weight: bold;">Auto Detailing</p> <p style="text-align: center; font-size: 1.2em; font-weight: bold;">Bonnie's Auto Spa</p> <p style="text-align: center; font-size: 0.8em;">"Let me pamper your vehicle"</p> <p>Complete Auto Detailing Cleaning inside & out Reasonable Rates Fast Service Pick-Up & Delivery</p> <p style="text-align: center; font-weight: bold;">(613) 921-0734</p> <p style="text-align: center;">25 Frankford Cres. Unit 43 Bldg 1, Trenton email: autospa@kos.net</p>	<p style="text-align: center; font-weight: bold;">Auto General Repairs</p> <p style="text-align: center; font-size: 1.2em; font-weight: bold;">Cannifton Garage 2000 Ltd.</p> <p style="text-align: center; font-size: 0.8em;">We have gas generators for home & rural use.</p> <p>✓ Tune-ups ✓ Safety - Springs ✓ Inspections</p> <p>✓ Suspension ✓ General Service ✓ Repairs</p> <p>Cars - Trucks - Vans - Buses Trailers & Heavy Trucks</p> <p>Parts & Service - Call Kevin 613-962-1132 at Hwy.37 & Casey Rd., Belleville</p>	<p style="text-align: center; font-weight: bold;">Boat Repairs</p> <div style="text-align: center;"> </div> <p style="text-align: center;">We Come To ALL BOAT REPAIRS WATERCRAFT, SMALL ENGINES LAUNCH/RECOVERY, ETC.</p> <p>Picton: Wayne 849-2071 or 476-4307 Trenton: Don 922-8741</p>	<p style="text-align: center; font-weight: bold;">Building Material</p> <div style="text-align: center;"> </div> <p style="text-align: center; font-size: 0.8em;">"Buy Where The Builder Buys"</p> <p style="text-align: center;">House plans, engineered floors, kiln dried lumber, expert staff, etc.</p> <p style="text-align: center; font-weight: bold;">234 Glen Miller Rd Trenton 394-3351</p>
<p style="text-align: center; font-weight: bold;">Custom Builder</p> <div style="text-align: center;"> </div> <p>Kitchen & bathrooms, rec-rooms, additions, replacement windows, refacing kitchen fronts & stairways, textured ceilings & fireplaces.</p> <p style="text-align: center; font-weight: bold;">962-8795 848-9996</p> <p style="text-align: center; font-size: 0.8em;">E-mail: luymes@reach.net Free Estimates In business since 1967 www.luymesconstruction.com</p>	<p style="text-align: center; font-weight: bold;">Eavestrouging/ Siding</p> <p style="text-align: center; font-size: 1.2em; font-weight: bold;">"RICH" HOME IMPROVEMENTS</p> <ul style="list-style-type: none"> • Roofing • Windows • Fascia & Soffit • Eavestrouging • Vinyl Siding <p style="text-align: center; font-size: 0.8em;">Tel & Fax: (613) 475-3749 Cell: (613) 827-8218</p>	<p style="text-align: center; font-weight: bold;">Heating/Air Conditioning</p> <div style="text-align: center;"> </div> <p style="text-align: center; font-size: 0.8em;">Reliable, energy efficient home heating and cooling systems</p> <div style="text-align: center;"> </div> <p style="text-align: center; font-size: 0.8em;">100% Locally Owned & Operated 63 Dufferin Ave. Trenton 394-5000 or 1-877-394-0909</p>	<p style="text-align: center; font-weight: bold;">Natural Foods</p> <div style="text-align: center;"> </div> <p style="text-align: center; font-size: 0.8em;">BULK & NATURAL FOODS supplies *Wine & beer making *natural vitamins & herbs *body building supplies *giftware *specializing in custom gift baskets</p> <p style="text-align: center; font-size: 0.8em;">Cindy Thompson 39 Dundas St., W. Trenton, (613) 394-2882</p>
<p style="text-align: center; font-weight: bold;">Storage</p> <div style="text-align: center;"> </div> <p>2 RIVERSIDE DRIVE, TRENTON (500 feet North of 401 & Glen Miller Rd.)</p> <ul style="list-style-type: none"> • Secure Storage Lockers in the sizes you need • High Visibility Secure Location • Alarmed Lockers Available • Truck & Trailer Rentals - • Appliance & Utility Dollies • Packing Boxes & Complete Line of Moving Supplies <p style="text-align: center; font-weight: bold; font-size: 0.8em;">ONE STOP FOR ALL YOUR MOVING & STORAGE NEEDS</p>	<p style="text-align: center; font-weight: bold;">Tree Service</p> <p style="text-align: center; font-size: 1.2em; font-weight: bold;">Trenton Tree Service</p> <p style="text-align: center;">Tree Trimming & Removal, Chipping & Stumping</p> <ul style="list-style-type: none"> • Free Estimates • Fully Insured <p style="text-align: center; font-weight: bold; font-size: 0.8em;">A fair price for everyone 392-7415</p>	<p style="text-align: center; font-weight: bold;">TUTORING</p> <p style="text-align: center; font-weight: bold;">CUNNINGHAM CENTRE TUTORING</p> <ul style="list-style-type: none"> * Assessments * All Grades * All Subjects <p style="text-align: center; font-size: 0.8em;">Trenton, Belleville offices</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">Call 966-9250</p>	<p style="text-align: center; font-size: 1.5em; font-weight: bold;">This spot could be your's! Call today to reserve! 965-7248</p>

Community Events

CENTRE THEATRE

TOTALLY RENOVATED INCLUDING D.T.S. SOUND
BIRTHDAY PARTIES ARE NOW AVAILABLE

CENEROUSLY SPONSORED BY THE CENTRE THEATRE

Matinees
 Friday, Saturday, Sunday
 Tuesday & Thursday

MOVIES
 MOVIES
 MOVIES

MOVIE LINE-UP	1:10	7:10	9:25
• War of the Worlds (14A)			
• Hebbie: Fully Loaded (G)	1:05	7:05	9:15
• Batman Begins (PG)	1:00	7:00	9:35

Coming Soon: Fantastic Four, Charlie & The Chocolate Factory
 Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

CALL 392-4211 FOR INFORMATION

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

PREPARE TO RESPOND AND REGISTER NOW!!

Take a Red Cross Standard First Aid/CPR Course.
 Located at the Quinte Branch Red Cross Office
 Lower Unit, McNabb Towers
 344 Front Street
 Belleville
 July 16/17, 2005

To register, call 966-0730 today!

429 Squadron Meet and Greet/Barbecue

WHEN: 7 July 2005 1700 hrs
as part of the closing ceremonies of the squadron.

WHERE: Held in the Fireside Lounge, Games Room and roof top patio at the WOs' & Sgts' Mess, 106 Yukon Street

COST: The cost is \$5.00 per person and the menu will consist of your choice of Steak or Chicken Breast with baked potato, salads and dessert.

All former 429 Sqn members are invited to attend.

If planning to attend, please confirm your attendance by contacting Captain David Simpkin via e-mail at simpkin.dm@forces.gc.ca or if unable to access e-mail, please contact the CO's Secretary, Gloria Hewson at (613) 392-2811 ext 7056.
 Check out www.429sqn.swing.ca for more information

ORCHARD VIEW BAPTIST CHURCH
 178 Lester Rd. Trenton, 392-5284
 Pastor: Dr. Raymond Wilson *Worship Service: Sunday 10:30am*
Everyone Welcome!

Attention all boys and girls aged 11-15!
 Take the new Red Cross Babysitting Course

Located at the Quinte Branch Red Cross Office
 Lower Unit, McNabb Towers
 344 Front Street, Belleville
 Next Session: Wednesday, July 6, 2005
 Space is limited... To register or for more information, please call 966-0730

CFB PETAWAWA HOMECOMING WEEKEND

Friday, Saturday & Sunday
JULY 1ST, 2ND & 3RD, 2005

Come Celebrate The
100th Anniversary Of CFB Petawawa
 Meet Old Friends & Join In The Events

- Freedom of the Town Parade
- Kids' Activities
- Tug of War
- Museum Opening
- Gun Race
- Snow Birds
- Fireworks
- Unveiling Of Arch Museum
- Canadian Guards Reunion
- CF Day
- Airborne Meet and Greet
- Centennial Golf Tournament
- Pancake Breakfast
- Governor General Visit
- 3RCR Para Jump
- Gun Race
- Sky Hawks
- Dancefest
- Airborne Reunion
- PLUS More!
- 100 Years Of Pride Multi Media Show
- 2nd Annual Jamie Murphy Softball Tournament

Watch The Petawawa Post For Event Timings!

CHAPLAIN SERVICES SERVICES OFFERT PAR L'AUMONERIE

Wing Chaplain/ Aumônier de l'escadre – Major Lloyd Clifton (Presbyterian)
Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
 UNIT CHAPLAINS / AUMONIERES DES UNITÉS
 Padre James Craig
 Padre Marc Torchinsky

WORSHIP SERVICES

<p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</p> <p style="text-align: center;">MASS Sunday Mass (English) 1130 hrs Messe Dominicale: 0900 hrs</p> <p style="text-align: center;">CONFESSION At all times</p> <p style="text-align: center;">PARISH ORGANIZATIONS Parish Council 4th Sun 1330 hrs Knights of Columbus 1st Thurs 1900 hrs CWL 2nd Tues 1900 hrs Chorale Merc 1900 hrs Choir Tues 1900 hrs</p>	<p>ST CLEMENT ASTRA (PROTESTANT)</p> <p style="text-align: center;">Chapel Life Co-ordinator Padre Catherine Morrison (ACC)</p> <p style="text-align: center;">WORSHIP SERVICE</p> <p style="text-align: center;">Divine Worship (Sun) 1015 hrs Holy Communion 1st Sunday of the month</p> <p style="text-align: center;">PARISH ORGANIZATIONS</p> <p style="text-align: center;">Chapel Guild Last Tues 1930 hrs</p>
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BAPTISM/BAPTÊME
 Please allow 30 days notice for preparation. / Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.

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

DUTY CHAPLAIN/ AUMONIERES EN DEVOIR
 After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 392-2811 et demandez l'aumônier en devoir.

Classified

Classified

For Classified Information Call
392-2811 ext: 3976

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

Information

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

ORDERING AN AD

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

ERRORS & OMISSIONS

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

USERS & AD READERS

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

Business Services

Paradise Adult Video
394-6600
DVD's FOR RENT & FOR SALE
Toys - Videos - Magazines
255 Glen Miller Rd.
Riverview Plaza, Trenton
(North of 401, across from Rona)
Open Mon. - Sat. 11-8
Sunday 12-3

BOARDING
Dogs & cats. Individual exercise. Secluded country setting. Airport service available. 5 mins from 401 Brighton. Call
EDDYSTONE KENNELS
613-475-4405 2-2-RB

L&L BBQ Catering
Call 613-395-0097
FOR ALL OCCASIONS!
Bookings available for 2005!

RUSHNELL FUNERAL HOME & CREMATION CENTRE
60 Division Street Trenton
392-2111

Please recycle this newspaper!

Business Services

NEW & USED REFRIGERATORS
Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees. Fridges \$100 and up
NEW APPLIANCES at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from
PAYS CASH for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices. Open 7 days a week & evenings. We deliver. We like Base people.
SMITTY'S APPLIANCES LTD.
969-0287

Please Don't Drink & Drive this holiday weekend.
Happy Canada Day!
From all the staff at **The Contact**

For Sale

Belleville Volkswagen

2002 Jetta GLS TDI 5 spd, diesel, leather, silver, sunroof, VW certified power group, 73K. \$21,900

2003 Jetta GLS TDI Diesel, auto, power group, silver, 71K. \$21,900
All prices +Admin., GST & PST & licensing
Call Paul at 966-3333
239 North Front Belleville
www.bellevillevw.com

New Barn & Gable style storage sheds 8'x8' & 8'x10'. Delivered completely assembled. Call Fred's Sheds 475-0192
Also will install vinyl siding.

For Sale

MOVING SALE!
Swing Set (\$150), Wading Pool with matching slide (\$75), Portable TV w/ VCR for van (\$150), Girl's Bicycle with training wheels - small (\$25), Girl's Bicycle - medium (\$50), Refrigerator (\$75), Men's Mitre Rugby cleats (\$75), LG large window air conditioner barely used (\$300)
Call (613) 394-6930

PLEASE CONSERVE ENERGY

For Rent

Beautiful Victoria home, 4brms, den, in-lawsuite, garage optional, no pets, close to downtown, great family area.
\$1100 +utils 1st & last and references req'd
Call 392-8680

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Suited for adults, near downtown in quiet building, no pets, 1st & last and references req'd
Call 392-8680

Great value!
1&2 bdrm apts
ADULT OR FAMILY BUILDINGS
clean & quiet
utilities & cable included
CLOSE TO BASE
KLEMENCIC PROPERTIES
392-7839

Coming Events

SINGLES BEACH DANCE & CUBA VACATION!
Beach Party Singles Dance!
Contests, Prizes & Hundreds of Singles!
Guest DJ Super Sound! Sign up for a Singles trip to Cuba this Dance!
Sat July 2nd Belleville Legion 9pm-1am
www.romeoandjuliet.ca
613 392 9850

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Bilingual an asset part or full time wages negotiable. Apply in person
Classic Coiffure
282 Dundas St. E. Trenton

Wanted

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

House For Sale

52 Forchuk Cresent Trenton
Excellent 1337 Sq. ft. Klemenic built bungalow on quiet crescent in desirable west end, pro finished basement, 3pc bath, 4th bdrm or sewing/craft room, family rm with gas fireplace. Also games/computer room or 5th bedroom, 2 car garage with openers and loft storage area, pro landscaped, asphalt driveway, ensuite with shower, jacuzzi tub in main bath, oak kitchen with pantry and pocket door. Asking \$222,900
Call (613) 394-6055 or www.ontariolistings.ca then click Quinte.

Cleaning Services

Cleaning Services
PMQ's, houses etc. at great prices. Call Tammy @ 392-0759

Job Posting

POSTE À POURVOIR
Le Conseil des écoles catholiques de langue française du Centre-Est (CECLFCE) est à la recherche de personnes intéressées à se joindre à son équipe pour poursuivre avec passion une vision commune, axée sur la collaboration et sur l'innovation en éducation. Avec près de 17 000 élèves, le CECLFCE est LE PLUS IMPORTANT RÉSEAU D'ÉCOLES catholiques de langue française au Canada.
ÉDUCATRICE/ OU ÉDUCATEUR
ÉCOLE ÉLÉMENTAIRE CATHOLIQUE L'ENVOI (TRENTON, ONTARIO)
Dossier 165104-05
1 poste à temps à 100 % du temps - 10 mois (30 trimes/semaine)
Pour obtenir tous les détails relatifs au poste susmentionné, veuillez consulter le site Internet du CECLFCE au www.ceclf.edu.on.ca à la rubrique « Emploi ». Il est également possible d'obtenir une copie des offres d'emploi à la réception du Centre éducatif du CECLFCE, situé au 4001, rue Labarre, Ottawa (Ontario), entre 8h et 17 h.
Conseil des Écoles Catholiques de Langue Française - 800 Centre-Est
Direction des ressources humaines
4001, rue Labarre, Ottawa (Ontario) K1J 1A1
Téléphone (613) 744-2055 ou sans frais 1-888-238-0111
Téléc. (613) 744-2185 Courriel : drh@ceclf.edu.on.ca
Site Internet : www.ceclf.edu.on.ca

Crossword Answers

D	O	H	A		B	L	A	H		F	O	E
I	V	O	R		L	I	N	E		L	O	X
V	A	N	C	O	U	V	E	R		I	Z	E
		E	A	S	E		C	O	R	T	E	S
M	A	Y	N	E		A	D	I	T			
A	B	B	E		D	I	O	C	E	S	A	N
R	O	E		G	I	L	T	S		H	U	E
C	R	E	V	A	S	S	E			H	O	B
			O	L	E	A				B	O	W
S	A	R	N	I	A		B	O	R	G		
C	B	C		A	S	S	I	G	N	I	N	G
A	B	M		N	E	E	D			B	R	A
N	A	P		O	D	A	S			Y	L	E

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Sales, Service, Selection
CALL TODAY FOR YOUR NO HASSLE, NO PRESSURE CONSULTATION
LET'S GET YOUR CREDIT ROLLING AGAIN

GRADE 6 STUDENTS D.A.R.E TO BE DIFFERENT



Photos: Laurie McVicar, Contact

Grade six students at Breadner Public School (pictured left) and Cité Jeunesse held graduations last week in celebration of their successful completion of the D.A.R.E (Drug Abuse Resistance Education) program. Founded in Los Angeles in 1983, D.A.R.E teaches kids how to recognize and resist the direct and subtle pressures that influence them to experiment with alcohol, tobacco, marijuana, and other drugs. "We give them the tools and let them make their own decisions," said Cpl Fred Noreau, D.A.R.E officer with the 8 Wing/CFB Trenton Military Police. The program also goes to great lengths to bridge the gaps between youth and police. "Kids know there is a police officer they can trust," said Cpl Noreau. Because of this, several incidents involving drugs have been reported by students, some of which have led to arrests.

Real Estate

New listings needed New listings needed

Remax Trent Valley Realty Ltd.,
Realtor Trenton



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Assoc. Broker
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392-6594 1-800-567-0776

New listings needed New listings needed

Advertise in **The Contact** with a quick and easy call to **392-2811x 2748**

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Lantern Real Estate Ltd.

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website: c21lanthorn.com
1-888-792-5499

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A Great place to Call Home!
\$129,900.00 Excellent raised bungalow w/ 4th bdrm down. Open concept kit-dining w/ patio doors to deck. Large rec room down. Call Judy*
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New Price!



On Out skirts of base!
\$144,900.00 Super updated bungalow. garage & carport. 3 bdrms + den. Finished RR & 3 pc bath with shower on LL. Ceramic and hardwood floors. Call Mickey Herrington* #2052317

\$89,900



2 Storey semi - Featuring 3 bdrms, full bsmt, gas heat and newer windows. Lot 33x132. Close to base Call Helen* to view.
#2052571

3+2 Bdrms



Full Finished Basement
\$159,900.00 3+2 bdrms Large rec rm. spacious bright, well maintained home on dead end. 2 baths + cen. air. Very appealing to all family types. Call Norma*
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Pat & Clay Jacobson
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pjacobson@remaxtrent.com

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41 Main St., Brighton
cjacobson@remaxtrent.com

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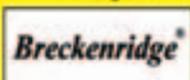
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- 5th Wheels
- Park Models
- Lightweight Towables

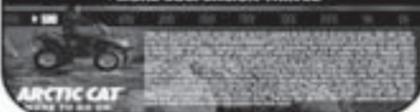


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CLASSIC 200 CR SE \$13,699 1588 GUIDE \$15,999

SEVILLE 200 CR SE \$20,499 20 EXTREME \$22,999



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2005 MODEL 1700

FROM \$4,895 OR \$43.29* BI-WEEKLY

FEATURES:
• 1000 Series Heavy Axles • Max Storage/Total Side Windows
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Bicycle rack • Daily full with central Vacuum System

*Financing at 12.9% APR over 60 months
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\$22,645 OR \$94.79* BI-WEEKLY

*Financing at 12.9% APR over 240 months
DAC taxes not included

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Open Sat 9-6pm

Kawasaki
2005 MODELS

Vulcan 1600 Nomad \$17,299**

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