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## Sombre repatriation ceremonies at 8 Wing/CFB Trenton



Photo: Cpl Tom Parker, 8 Wing Imaging

The Bearer Party carries the remains of Master Corporal Raymond Arndt to the awaiting hearse while the Guard of Honour presents arms in respect for a fallen comrade. The remains of Master Corporal Raymond Arndt, a Loyal Edmonton Regiment soldier serving with the Princess Patricia's Canadian Light Infantry Battle Group, arrived at 8 Wing/Canadian Forces Base Trenton via CC-150 Polaris on Aug. 8 2006. Master Corporal Arndt was in a convoy delivering medical supplies to combat troops when his vehicle hit a civilian truck head-on.

**Captain Nicole Meszaros**  
 8 Wing Public Affairs Officer

The East Ramp of the 8 Wing/CFB Trenton airfield has been the location of four sad and sombre repatriation ceremonies over the last two weeks. Families and friends of the fallen have gathered in front of the Airbus as the cargo door opened up to reveal the familiar flag-draped caskets on the hot summer evenings.

On July 27, the remains of Corporal Francisco Gomez and Corporal Jason Warren arrived in Trenton to their loved ones. Cpls Gomez and Warren were killed in a suicide vehicle attack that occurred on July 22, five kilometres west of Kandahar City, Afghanistan.

On August 4, the remains of Major Paeta "Wolf" Hess-von Kruedener arrived in Trenton to awaiting loved ones. Maj Hess-von Kruedener lost his life while serving with the UN Truce Supervision Organization in the Khyam area of south Lebanon.

On August 6, the remains

of Sergeant Vaughan Ingram, Corporal Christopher Reid, Corporal Bryce Keller and Private Kevin Dallaire, all of the Princess Patricia's Canadian Light Infantry, arrived here to a very large group of loved ones and friends. Cpl Reid was killed when the vehicle in which he was riding struck an improvised explosive device. Sgt Ingram, Cpl Keller and Pte Dallaire were killed as a result of a rocket propelled grenade attack. Both incidents occurred August 3 near the village of Pashmul.

On August 8, the remains of Master Corporal Raymond Arndt, a soldier of the Loyal Edmonton Regiment arrived in Trenton to a devastated wife and other family members. MCpl Arndt died when his "G (Gelaendenwagen) Wagon" was involved in an accident with a civilian truck about 35 kilometres southeast of Kandahar City on August 5.

The Honourable Gordon O'Connor, Minister of National Defence, General Rick Hillier, Chief of the Defence Staff and Lieutenant-

Colonel Debbie Miller, Acting Wing Commander, attended all repatriation ceremonies. Her Excellency, the Right Honourable Michaëlle Jean, Governor General of Canada and Commander-in-Chief of the Canadian Forces attended all but one of the above mentioned ceremonies.

Another Canadian soldier was killed on August 9 while conducting routine operations on Highway 1, about 20 km West of Kandahar City, in a weapons related accident. The incident occurred while conducting operations outside the Zharey district centre.

The accident resulted in the death of Master Corporal Jeffrey Walsh of the Princess Patricia's Canadian Light Infantry, based in Shilo, Manitoba.

MCpl Walsh recently arrived in Afghanistan as part as the new rotation of soldiers contributing to Task Force Afghanistan. At the time of printing, his repatriation ceremony was still being planned.

**See Repatriation photos, Page 10**

## Canadian Hercules crews conduct Dutch troop insertion

by Major Andy Cook  
 436 (T) Squadron

Shortly after sunrise in the mountains northwest of Kandahar, Afghanistan, a CC-130 Hercules from the Tactical Airlift Unit at Camp Mirage began the steep descent to Tarin Kowt, where a forward operating base or FOB (a compound with a gravel airstrip) lies only 5 km from bandit country. Aboard the Herc was the lead element of the first Dutch contingent to serve in this area.

In a co-operative gesture typical of coalition forces operating here, Task Force Afghanistan eagerly agreed to transport about 200 Dutch soldiers from Kandahar to FOB Tarin Kowt. This troop insertion took several days and was executed smoothly, safely and efficiently.

With anti-coalition fighters so close, Tarin Kowt may be the most dangerous destination visited by a TAU crew to date. Despite the risk to themselves and their aircraft, the flight crews were thoroughly prepared and, as the mission unfolded, buoyed by its outstanding success.

"The topography of Tarin Kowt, especially the airstrip, is very much like some of our Arctic outposts in Canada," said aircraft commander Major (Maj) Andy Cook. "Our Canadian tactical training prepared me completely for the challenges of this sortie, and I'm very happy that my crew was able to perform this historic mission and assist our Dutch colleagues."

Mission commander Lieutenant-Colonel Rob Coulthard, the Commanding Officer of the Theatre Support Element, agreed with Maj

Cook's assessment.

"I am very proud that the Tactical Airlift Unit (TAU) was able to provide crews to carry out this challenging and dangerous mission. Its flawless execution and perfect safety record showcased the skills, professionalism and teamwork of our tactical aircrews in one of the most austere and dangerous theatres of operation in the world today."

Maj Gary Stone, the navigator on that first Hercules into FOB Tarin Kowt, was equally positive.

"Our aircrew are performing some of the most demanding tactical missions flown by Canadians in decades. Whether supplying food, water and ammunition to coalition forces by air-drop, or conducting challenging troop insertions

for our allies, the men and women of the Tactical Airlift Unit are proving day after day that their skills rank with the very best in the world."

The contingent from the Netherlands will be in Tarin Kowt for a period of a few weeks for some, such as PRT Logistical Set-up personnel, to many months for front line soldiers.

The crew of first mission into Tarin Kowt—all from 436 Transport Squadron at 8 Wing/CFB Trenton--included mission commander LCol Rob Coulthard, aircraft commander Maj Andy Cook, navigator Maj Gary Stone, first officer Capt Daryl Dubuc, intelligence officer Capt Jim Burton, flight engineer Sgt Jean Audette, loadmasters Sgt Kel Brown and Sgt Parry Chrysler and aircraft ground-security specialist Cpl Gilbert Rigg.

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# A message from the Wing Commander

I have already come to love my days in Trenton, each one starting with a fresh run along the track beside the Bay of Quinte. I pass groups of runners along the way, and turn around at the Air Cadet camp about the time that it is coming alive with the energy that only hundreds of youthful cadets can provide.

Meetings and discussions with the new Wing leadership team fill most of my days. I can assure you that they are as excited about leading their units as I am about leading the Wing. I marvel at the dedication of everyone engaged in MFRC activities and am very appreciative for all the things they do, especially in support of families with deployed members.

Many days, I have the opportunity to speak with the Mayor Campney of Quinte West and a wide array of talented Honorary Colonels and retired military personnel. It has quickly become clear to me that the local community is very much behind everything we do here. Nevertheless, mission success sits squarely with the airmen and women of 8 Wing/CFB Trenton, whose skills and energy carry out the jobs at hand. Your commanders and I need your dedication, loyalty and creativity to excel. You hold the key to improving the way we do things and we will be looking for you to come forward with your sugges-

tions and recommendations for improvement. This is how we will grow as a team.

So much has been accomplished at the base in the last several years that Canadians, nationwide, know the name of 8 Wing/CFB Trenton. From the search and rescue lifeline we provide to Canadians in dire troubles, to the air mobility link we provide to troops in contact with the enemy, there isn't an activity that takes place here that isn't in support of our mission.

Many years of reductions have honed 8 Wing to a fine edge. There is no fat. It is with great satisfaction, therefore, that we recently received news of growth in the CF, and growth at our base.

With the Minister of National Defence's recent procurement announcements, we can expect to employ several new fleets of aircraft as we continue our missions. In addition to equipment purchases, we will have funds to reinvest in our aging infrastructure. In the near future you will see buildings and hangars being constructed throughout base confines while others are overhauled and refurbished. What an exciting time to be in the Canadian Forces. Opportunities abound for CF members, and also for our children, the next generation of soldiers/sailors/airmen and airwomen who choose to serve Canada.

Still, we have impor-



Colonel Tom Lawson

tant missions to continue and I need to emphasize to you that we will be doing it using our venerable "workhorses" for some time yet. There will be some frustration as we nurse the last thousands of hours out of our amazing E-Model CC-130 Hercules aircraft, and yet, 8 AMS performs "miracle maintenance" and our crews perform admirably in theatre and in the SAR role. We will need to "keep our eye on the ball" as we make do with our CH-146 Griffons and older Hercs, but take solace in the thought that the CH-149 Cormorants will soon grace our ramp again alongside freshly minted strategic and tactical airlift fleets.

It has been a joy to complete the CC-150 Polaris course and get back to flying operations. Each time I am on the flight line, I take the opportunity to drop in at Wing Ops to "take the operational pulse", at 8 AMS and 2 Air Mov Sqn to see what amazing work is happening in those hangars, and finally into the flying

squadrons to see what's up – and there is always something up! How can anyone walk across the 8 Wing ramp, filled with aircraft and bustling traffic, without reflecting on how lucky we are to be a part of all of this?

One more thing that has become very clear in my first several months here is that the mission successes on the flight line could not be sustained if not for the marvellous support provided from within the Wing Administration and Wing Logistics and Engineering Branches. Additionally, our lodger units, many of which bring with them an army flavour, add to our rich culture here. Our diversity, so unique to 8 Wing/CFB Trenton, truly makes this base the crown jewel of the Air Force.

In short, I am very proud to be your new Wing Commander. When we have the chance to meet, you will find me to be an upbeat and optimistic person, as I am finding so many of you to be, but this can never mask the fact that I care deeply about the welfare of everyone working here, and the success of the missions we carry out. These are the things that remain foremost in my thoughts through each day I spend as your Wing Commander.

Sincerely,  
Colonel Tom Lawson  
Commander 8 Wing/CFB Trenton



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## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



The staff at the Yukon Galley has been very busy over the past few weeks, working hard to feed over 1,200 diners every meal. To feed that kind of crowd, close to 2,000 litres of beverages are consumed every day and we use an average of 300 pounds of potatoes per meal. Kristah Payne is about to start the grueling task of peeling the potatoes for supper and she is still smiling...keep up the good work, people.

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# Coast to coast SAR: Air Force rescues Canadians in peril

by Holly Bridges  
CAS Public Affairs

It was a busy week for Search and Rescue crews across the Air Force as crews from 8 Wing Trenton, 19 Wing Comox, 17 Wing Winnipeg and 1 Wing Kingston, as well as other units, have all been called upon to rescue Canadians in peril.

In British Columbia, two men in a 14-foot aluminum boat in Rennell Sound, off the West Coast of the Queen Charlotte Islands, were picked up by a CH-149 Cormorant helicopter after being reported overdue to the Joint Rescue Coordination Centre (JRCC) Victoria late Sunday night, July 30. The JRCC launched Air Force and Coast Guard assets in response.

A CC-115 Buffalo aircraft and CH-149 Cormorant helicopter from 442 Squadron at 19 Wing Comox had been

searching into the early hours of the morning when crews spotted a fire during a low-level sweep of the shoreline.

The location of the fire was then relayed to the Coast Guard assets and the Cape Saint James picked up the two men and took them back to their base camp at the Shield's Bay campsite.

"Having the correct gear and being prepared are very important in survival situations," said Master Corporal Chad Hildebrandt. "In this case, the men had the ability to light a fire, which provided heat and acted as a signal to search and rescue crews. If people are missing and have no way to contact us or indicate where they are, it makes it much more difficult and the outcome could be much worse."

Meanwhile, the search for a missing pilot in Northern Canada ended successfully on

July 31 as several Air Force crews were dispatched to locate the pilot who'd been missing for two days. The pilot, who was flying a Cessna 206 from Rankin Inlet to Hall Beach, crashed about 150 kilometres south of Repulse Bay. He was found approximately eight kilometres northeast of the crash site with minor injuries.

Canadian Forces SAR crews were the first to locate the downed plane and two Search and Rescue Technicians (SAR Techs) based at 8 Wing Trenton, Ont., parachuted to the site. Once on scene, they discovered a note from the pilot stating that he was walking to Repulse Bay.

A more focused search continued where a CC-130 Hercules aircraft from 435 Transport and Rescue Squadron based in Winnipeg then located the pilot. Two

Winnipeg-based SAR Techs, Master Corporals Brian Decaire and Shawn Harrison, parachuted to his location. They prepared to stay with the pilot on location until a helicopter could remove them from the site.

"Once again, Canadian Forces Search and Rescue assets have performed efficiently and professionally to locate the missing pilot", said Major Colin Duncan, Officer in Charge of JRCC Trenton which coordinated the search. "The airmen and airwomen who engage in SAR find personal satisfaction in helping Canadians who require assistance".

The search mission involved nine military aircraft from 8 Wing Trenton, 17 Wing Winnipeg, 9 Wing Gander, 1 Wing Kingston and Yellowknife. A Canadian Coast Guard Ice Breaker, the Canadian Rangers, the

RCMP, and some civilian aircraft also assisted in the search.

And finally, A CH-146 Griffon helicopter crew from 400 Tactical Helicopter Squadron rescued a five-member B206 Long Ranger helicopter crew, which crashed about nine miles out of Eureka on July 22. The Griffon crew was airborne within 20 minutes of the call and transported a military medic from Eureka to the crash site.

400 THS, which operates out of CFB Borden had been flying in the Ellesmere Island, NU area between Canadian Forces Station Alert and Eureka in support of OP HURRICANE for the previous six weeks. The aim of the annual operation is to provide helicopter support to the annual High Arctic Data Communications Systems (HADACS) engineering and system maintenance.

## Search & Rescue UPDATE

Photo: Sgt R. Ruthven, CFLAWC



With The Contact Newspaper office being closed and not publishing since 28 July, our crews at 424 Squadron have flown 21 missions since our last article.

We were tasked by JRCC on three missing persons, seven reports of "persons in the water", one ELT, two overdue boats, along with two reported boats in distress. We had to investigate three separate flare sightings, and we were involved in the search for three aircraft crashes, two of which were in the Toronto area.

The third took two of our Hercules crews as well as numerous other SAR units searching for an overdue Cessna 206 in the Repulse Bay area of Nunavut away from home for three days—one of our 424 Squadron crews found the wreckage of the downed aircraft. Our SAR-techs parachuted to the site and discovered that the pilot had survived the crash and set out on foot for Repulse Bay. A CC-130 crew from 435 Squadron Winnipeg found the pilot alive and in relatively good condition. He was evacuated by helicopter to hospital and the search crews returned home.

Until next week, the Tigers of 424 Squadron hope you all stay safe.

Missions for 2006: 103 Missions for Aug.: 23 Persons rescued: 23

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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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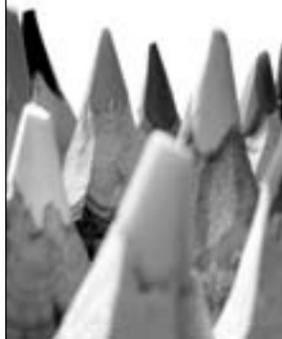
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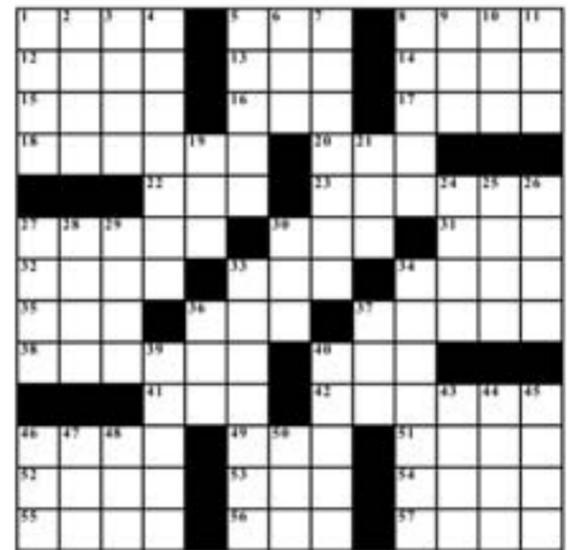
# Canadiana Crossword

## Alphabet Soup

By Bernice Rosella and James Kilner

### ACROSS

- 1 BTOs conveyance
- 5 Common detergent?
- 8 Needles partner
- 12 Locale
- 13 Court
- 14 Montgomery initials, followed by a blunt refusal?
- 15 Clamour
- 16 Plant part
- 17 Mimed
- 18 Horn
- 20 Brewery vessel
- 22 Cheer for Sevi
- 23 Eats away at
- 27 Slap
- 30 Tolkien tree creature
- 31 Summer, in Ste Adele
- 32 Breezy greeting for Ms Rowling?
- 33 Be indebted
- 34 Federal water conservation org.
- 35 Flower petals
- 36 Poetic evening
- 37 Tantrums
- 38 Statue staff
- 40 Collie's coat
- 41 Auricle
- 42 Domains
- 46 Quebec postal abbr., followed by monogram of Yukon poet?
- 49 Southeast Asian
- 51 Clout
- 52 Fat
- 53 Hill dweller
- 54 Lamb alias
- 55 Small fry
- 56 The terminal trio?
- 57 "You" affectionately in Yamachiche, followed by ubiquitous German auto?



### DOWN

- 1 Doctor Zhivago heroine
- 2 Press
- 3 Gist
- 4 Dory part
- 5 Knowing
- 6 Boat feature
- 7 Assemble
- 8 Greek philosopher
- 9 Mischief maker
- 10 Compass pt
- 11 Turf
- 19 Northern deer
- 21 Tom Thomson output
- 24 "Of" in Outremont, followed by CFL stat?
- 25 Verb "to be" in Temiskaming
- 26 Sargasso and Tasman
- 27 Feign
- 28 Mrs Mulroney
- 29 Not shut
- 30 Ms Merino
- 33 Stress out
- 34 Jumping off spot?
- 36 Guido note
- 37 Regret
- 39 Defeats
- 40 Cartoon cat
- 43 Remarkable thing
- 44 Roman 1054
- 45 Cabbage salad
- 46 BC time
- 47 Quid pro ...
- 48 Soak
- 50 Unspecified number



## This Week in Contact

1976 – The first part of a two-phase, multi-million dollar program to maintain the high level quality of schooling for children of Canadian Forces' members at home and aboard, was completed. The program, which fell under the direction of the Director General Dependents Education Programs, was launched in 1975 to modernize school curricula and to keep DND schools competitive in standards and course selection.

1986 – A formation of CF-18 fighters swept past the ancient Hohenzollern Castle in southern Federal Republic of Germany. The aircrafts were from 409 All Weather Fighter Squadron based at CFB Borden-Soellingen and were the first fully operational Canadian squadron in Europe equipped with the CF-18, and were scheduled to be followed by 439 and 421 Squadrons respectively.

1996 – Combined renovations began on the Junior Ranks kitchen to convert it into a modern food court. The renovations, which were part of the Wing Logistics Re-Engineering Plan for Wing Food Services, provided staff with the latest in food preparation equipment and patrons with a variety of food stations, which could be enjoyed in the controlled dining room or outside patio.

**Created by Lt J. H. MacDonald,  
Compiled by Amber Gooding.**



# Speaking of standards...

by WO Al Magee  
426 Sqn FE Standards

Every school has standards.

Dalhousie University in Halifax has standards, the University of British Columbia has standards. It doesn't matter where you are, there is a standard or standards. Here in Trenton at 426 Squadron, we also have a standard. This standard is documented in many publications, orders and training manuals. The standard is so important that a course has been designed to teach those who need to know how to achieve this standard.

In order to carry out this task, 426 Squadron has an Aircrew Standards Cell. This cell is made up of one CC-130 Loadmaster, one CC-150 Loadmaster, one Navigator, one Pilot and one Flight Engineer. These trades work as one during a normal work day, supporting each other administratively as well as intellectually with knowledge and experiences gained over the years. This knowledge and experience comes from a total of over 25000 hours of flying and 75 years of military service on numerous types of aircraft as well as a multitude of instructional rolls in different schools.

The Standards Cell in 426 Squadron has been mandated to ensure

the published standard does not diminish and is met in all phases of training in the squadron. This includes all staff aircrew instructors during their yearly or quarterly qualification assessments, students on the numerous courses, as well as all the training and lesson plans used by the instructors during the different phases of instruction. The way we achieve this is by carrying out yearly check rides on the instructors, yearly classroom and flight simulator monitors, and by monitoring all lesson plans produced by the individual instructors.

Throughout my career I have always found it interesting how my personal view and outlook have changed as the years go by. My first check ride was so nerve racking; the crusty Standards Flight Engineer would watch me from afar, not saying a word, just scribbling in his notebook. I didn't know if I had done something wrong or if he was just sketching a cartoon. After the first few annual check rides, I realized that the Standards personnel weren't there to mess with me, but to help me along. All the questions and what ifs that they asked were designed to teach me as well as to test my knowledge. We, as Standards, are not here to just test or check

that the individual has met or exceeded the published standard, but to also to teach and pass on what is important, enabling the individual to confidently do their job with the tools of knowledge. This is one of the few chances we have to pass on the experiences and knowledge that we have acquired over the years and I personally take advantage of it whenever I have the opportunity.

This can be a daunting task but it is attainable during any of the many long range trainers that we are tasked with. The trip could be to Europe, Northern Canada or anywhere in the world. You must be able to read people and figure out what is the best way to approach a training situation. Most trips depart from Trenton very early in the morning, so it is safe to assume that the candidate is probably tired. That's not a good time to start talking about experiences you have been through, but when you arrive in Shannon, Ireland, or Thule, Greenland, it is a great time to talk while you unwind with your colleagues and friends.

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Photo: Submitted

To signify this aircraft's participation in the combat re-supply drops of Coalition Forces engaged in OPERATION MOUNTAIN THRUST, "On Time, On Target" decal was created, (shown on the aircraft in the top left corner). Captain Aidan Costelloe masterminded the design with input from other deployed 436 (t) Squadron members. Sergeant Leiska, ATESS, converted the design to shades of gret, making the decal the product of a team effort. Aircraft with the decals include CC-130319, 130325, 130327 and 130333.

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# Fitness, Sports & Recreation

## Is your pool affecting your health?

Hastings and Prince Edward Counties Health Unit

It's another hot summer and many homeowners are enjoying their backyard pools.

Many of these homeowners, however, do not realize the health risks associated with pools in general.

"Although pools are a wonderful source of activity and enjoyment, they can be dangerous," says Rebecca Mathers, a health promoter with the Hastings and Prince Edward Counties Health Unit. "In addition to injury and drowning concerns, pools that are not properly maintained pose a risk for disease transmission, parasitic infections, or infections of the eye, ear, nose, throat, skin or intestine."

Below is a list of safety tips to keep in

mind:

- Maintain proper levels of disinfectant in the pool.

Disinfectant helps prevent the spread of communicable diseases and reduces algae growth. If using a chlorine-based disinfectant, the concentration should be maintained at not less than 1 part-per-million (ppm).

If using bromine, the concentration levels should be kept at a minimum of 2 ppm.

- Use a proper pool kit to monitor disinfectant levels.

A complete pool kit can also test for pH, total alkalinity, and calcium hardness.

- Store chemicals safely out of the reach of children and always follow the manufacturers directions regarding use and storage of pool chemicals.

- Never swim in a cloudy pool or a pool where the water has

turned green from algae growth.

- Actively supervise children in and around the pool area.

- Establish and communicate safety rules for your pool and surrounding area.

These rules can include no running, no pushing and no diving in the shallow end.

- No one should ever swim alone.

- Ensure safety equipment, such as a telephone, ring buoys, reaching pole, and a first aid kit are close to the pool.

- Install a fence around your pool to guard against the entry of small children and pets.

The perimeter fencing should be equipped with a self-closing and self-latching gate.

If you would like more information on pool safety please call the Health Unit at 613-966-5513 ext. 315.

### Pool admission policy (for infants 6 months to five years)

This policy has been in place for a number of years. As a reminder to parents, babies under 6 months of age are not permitted access to the pool. This is a safety measure for the little ones whose immune system is not developed enough, coupled with the fact that the pool temperature may not be warm enough to permit the little ones to retain body heat. Toddlers and children 5 years of age and under must be accompanied in the water by a parent or guardian 16 years of age and over, who must remain within one arm's reach at all times.

### Youth Dance

The Community Recreation Association (CRA) and the Trenton Military Family Resource Centre (MFRC) will be hosting a Youth Street Dance on August 1, from 8 to 11 p.m., in the MFRC Parking lot. Admission is just \$5 at the gate. The DJ is "Wired for Sound". There will be a canteen and much more. Come out and have some fun! Hope to see you there.

## Track and field mini camps

The Quinte Legion Track Club will be holding mini camps during the week of August 14 to 18. These camps are designed for ages 8 to 28. Camps will run mornings from 9 a.m. to 12 p.m. and afternoons from 1 to 4 p.m.

Participants will practice how to run, jump and throw for most events. Registration will be held on Monday, August 14, at 9 a.m. for the morning sessions and again at 1 p.m. for the afternoon sessions.

The camps take place at the Bruce Faulds Track, located on Harder Drive in Belleville, across from Centennial Secondard School on Palmer Rd.

Report to the north end of the track for the registration. Cost is \$25 per person. For more information please call 613-394-1107.

## Upcoming Wing Commander's Challenge

Recruit your team for a day of friendly sports competition in conjunction with 8 Wing Trenton's United Way campaign, at this year's Wing Commander's Challenge scheduled for Friday, September 15 at the 8

Wing/CFB Trenton sports fields.

For more information please contact Fitness and Sports Instructor Mat Cassidy at local 7517 or Fitness Coordinator Lisa Refausse at local 3328.

### Aquafitness

The Fitness and Sports Flight presents outdoor aquafitness classes, every Thursday at 1200 hrs at the Albatross pool. This class will operate until Labour Day weekend.

### Attention all sports and unit reps

Facility allocation booking and Unit PT requests are forthcoming. Start thinking about your Unit PT requirements for the fall. All bookings will go through Paul Deschamps, the Facility Coordinator, at local 3372.

The August Fit BITS newsletter is available at [cfbtrenton.com](http://cfbtrenton.com) - go to 'Programs and Services' under the Fitness and Sports section.

### National Lifeguard Service (NLS)

Must be 16-years-old on the day of the exam. Courses are as follows: August 17 from 6 to 10:00 p.m., August 18 from 6 to 10:00 p.m.

There is also a two-weekend crash course offered: August 19 and 26 from 8:30 a.m. to 9:00 p.m.; August 20 and 27 from 9:00 a.m. to 8:00 p.m.

Cost is as follows: \$210, \$220 or \$250 depending on status. Please also note an extra \$35 for the manual.

## 2006 Annual Summer Kids Carnival

The Personnel Support Programs (PSP) Community Recreation Association (CRA) will be holding their second annual Summer Kids Carnival at the RecPlex on Sunday August 13,

from 12 p.m. to 4:00 p.m.

There will be live entertainment featuring Immortality and Madame Buskerfly, and a number of great carnival games, bouncers, refreshments, bal-

loon animals, face painting, prizes and a whole lot more.

It's a fun-filled day packed with great family entertainment! There's something for all ages to enjoy. Hope to see you there!

### Annual Recreation & Leisure Show

The annual Recreation and Leisure Show will be held on September 10, from 12 p.m. to 3 p.m. at The Gym. There will be over 50 not-for-profit clubs and organizations in attendance. Come and check out what 8 Wing/CFB Trenton and the surrounding community have to offer. For more information please call 613-392-2811 ext. 2349.

### Ontario Provincial Park day passes

The Rec Association has several day passes available that can be used at North Beach, Presqu'ile, Sandbanks and The Outlet provincial parks. Passes are available to military personnel and CRA members. For more information please call local 3361 or 2349.

### Swim to

### Survive courses

There two upcoming Swim to Survive clinics, one is scheduled for August 30 and the other for September 1.

Each clinic will run from 9:00 to 10:15 a.m. Children must be 7 years of age, or older, to participate in Swim to Survive clinics.

Clinics are offered absolutely free.



### Hydration

Water is one of the most neglected micronutrients while participating in a fitness program, with the heat these days plan ahead!

Drink 8 ounces of water, as a minimum, prior to exercise and for every 15 minutes of exercise drink another 8 ounces.

You could be supplementing with up to 2 litres after an intense workout!

Please remember that the days leading up to a workout or competition in this heat are also playing on your system, so follow the advice of hydrating daily up to 8 glasses a day. If exercising outside is your thing, supplement with a power drink that supplies carbs as well. Beat the heat, hydrate.

## Introduction to kayaking

A three-hour adventure designed for people who would like an intro to sea kayaking.

During the course, you will paddle on the Bay of Quinte and learn the basics, including wet exit and re-entry, with an emphasis on learning new skills under the coaching of our expert.

There is one session remaining for this series of courses, which will take place on Friday, August 25 from 1 to 4 p.m.

Cost is as follows:

- \$45 Military or CRA Members;
- \$50 Military Community Non-Members;
- \$55 General Public.

Register at the RecPlex. Courses will be held at Bernie Gray Kayaking, 383 Dundas Street West in Belleville.

## Contact

It is possible to fly without motors, but not without knowledge and skill.

— Wilbur Wright



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# Message de la commandant

J'en suis déjà venu à aimer mes journées passées à Trenton. Je débute chacune d'entre elles par une bonne séance de jogging sur la piste au bord de la baie de Quinte. Je dépasse des groupes de coureurs sur le chemin, et fais demi-tour au camp des Cadets de l'Air à peu près au moment où il commence à prendre vie grâce à l'énergie que seuls des centaines de jeunes cadets peuvent déployer.

Les réunions et les discussions avec les membres de la nouvelle équipe de commandement de l'Escadre occupent la plupart de mes journées. Je peux vous assurer qu'ils font preuve d'autant d'enthousiasme à diriger leur unité que moi à l'Escadre. Je m'étonne du dévouement de toutes les personnes qui participent aux activités du CRFM et je suis très reconnaissant de toutes les choses qu'elles accomplissent, particulièrement à l'appui des familles des militaires participant à un déploiement.

Ayant souvent l'occasion de m'entretenir avec le maire Campney de Quinte West et avec un grand nombre de colonels honoraires talentueux et de militaires retraités, j'ai vite réalisé que la collectivité appuyait largement toutes nos entreprises. Il n'en reste pas moins que la réussite de nos missions est nettement attribuable aux aviateurs et aux aviatrices de la 8e Escadre/BFC Trenton, qui accomplissent leurs tâches avec compétence et énergie. Vos commandants et moi-même avons besoin de votre dévouement, de votre loyauté et de votre créativité pour exceller. Vous êtes la clé de l'amélioration de nos processus et nous vous invitons à nous transmettre des suggestions et des recommandations en ce sens. Voilà comment nous deviendrons une meilleure équipe.

Tant de choses ont été accomplies à la Base au cours des dernières années que les Canadiens de partout au pays connaissent la 8e Escadre/BFC Trenton.



Colonel Tom Lawson

Des services de recherche et de sauvetage que nous offrons aux Canadiens en grande détresse à la liaison de mobilité aérienne que nous mettons à la disposition des troupes en contact avec l'ennemi, absolument toutes les activités menées ici appuient notre mission.

De nombreuses années de compressions ont mené la 8e Escadre à se surpasser. Nous fonctionnons au strict minimum. C'est pourquoi nous avons accueilli avec grande satisfaction l'annonce de croissance dans les FC et dans notre Base.

Étant donné les récentes annonces d'acquisitions du ministre de la Défense nationale, nous pouvons nous attendre à utiliser plusieurs nouvelles flottes d'aéronefs dans le cadre de nos missions. En plus des budgets d'achat d'équipement, nous disposerons de fonds qui nous permettront d'investir de nouveau sans notre infrastructure vieillissante. Très bientôt, des travaux de construction, de remise en état et de remise à neuf de bâtiments et de hangars débiteront dans l'enceinte de la

base. Quel bon moment pour faire partie des Forces canadiennes! Les occasions abondent pour les militaires des FC de même que pour nos enfants, la prochaine génération de soldats/marin/aviateurs au service de leur pays.

Néanmoins, nous avons d'importantes missions à poursuivre et je dois insister sur le fait que nous accomplirons nos tâches à l'aide de nos vénérables « chevaux de bataille » encore quelque temps. Nous éprouverons certaines frustrations pendant les derniers milliers d'heures de vol de notre magnifique avion CC-130 Hercules de modèle E. Il reste que le 8 EMA assure une « maintenance miracle » et que nos équipages exercent admirablement leurs fonctions de recherche et de sauvetage ainsi que leur rôle dans le théâtre des opérations. Nous devons suivre la situation comme nous composons avec les CH-146 Griffons et les Hercules plus anciens, mais consolez-vous en pensant que le CH-149 Cormorants se retrouvera bientôt sur notre aire de trafic aux côtés de flottes de transport stratégique et tactique

toutes récentes.

J'ai été très heureux de suivre le cours sur le CC-150 Polaris et de revenir aux opérations de vol. Chaque fois que je me retrouve sur la ligne de vol, j'en profite pour m'arrêter au Centre des opérations de l'escadre pour y « tâter le pouls opérationnel », au 8 EMA et au 2 Esc Mouv Air pour y constater le travail exceptionnel réalisé dans les hangars et enfin aux escadrons aériens pour voir ce qui s'y passe – et il y a toujours du nouveau! Comment est-il possible de traverser la piste de la 8e Escadre remplie d'aéronefs et animée d'une circulation affairée sans penser à la chance que nous avons de faire partie de cette organisation?

Pendant mes premiers mois ici, j'ai également réalisé que la réussite des missions sur la ligne de vol ne saurait être maintenue sans l'excellent soutien de l'Administration de l'escadre, la Logistique de l'escadre et les branches du génie. En outre, nos unités hébergées, dont beaucoup apportent avec elles la couleur de l'Armée de terre, viennent rehausser la richesse de notre culture. Notre diversité, toute particulière à la 8e Escadre/BFC Trenton, fait de cette base le plus beau fleuron de la Force aérienne.

En somme, je suis très fier d'être votre nouveau commandant d'escadre. Lorsque nous aurons l'occasion de faire connaissance, vous pourrez constater que je suis une personne enthousiaste et optimiste, comme beaucoup d'entre vous, mais cela ne pourra jamais masquer le fait que je tiens profondément au bien-être de tous ceux qui travaillent ici et à la réussite de nos missions. Voilà donc ce qui occupe mes pensées quotidiennes en ma qualité de commandant de l'Escadre.

Veillez agréer l'expression de mes sentiments distingués.

Le commandant de la 8e Escadre/BFC Trenton  
Colonel Tom Lawson



# WATER TOWER REVEALED

Photo: Cpl Tom Parker, Wing Imaging



The water tower that stands behind the Headquarter Building on the south side of the base was revealed to anxious eyes during the first week of August, as the scaffolding started to come down. The newly painted tower also received some maintenance to help ensure the 75-year-old structure's longevity for many years to come. The \$750,000 project started on March 15 and is expected to be completed by mid-September. Although it is no longer used as a water tower, it is one of the oldest standing structures at 8 Wing/CFB Trenton and serves as the Wing's Rotating Beacon and communication tower.

# 437 CHANGE OF COMMAND

Photo: Cpl David Hardwick, 8 Wing Imaging



The 437 (T) Squadron Change of Command parade took place on the 8 Wing flight line on July 21, 2006. Shown above from left to right during the signing of the change of command certificates are LCol Russ Williams, outgoing commanding officer, Col Tom Lawson, Wing Commander and LCol Yvan Choiniere, incoming commanding officer.

# FINAL FAREWELL



Photo: Cpl Tom Parker, 8 Wing Imaging

Incoming 8 Wing Logistics and Engineering officer LCol Carrie Fortier leads a final cheer for outgoing WLEO LCol Darwin Gould. The Wing Logistics and Engineering Branch held a Change of Appointment ceremony on July 27, 2006, on the parade square at 8 Wing. The documents were signed by LCol Gould, Col Tom Lawson, Wing Commander and incoming officer LCol Fortier, officially handing command of the 8 Wing Logistics and Engineering Branch to LCol Fortier.

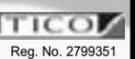
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# Somber, solemn ceremonies held at 8 Wing/CFB Trenton



Photo: Cpl Tom Parker, 8 Wing Imaging

The Bearer Party carries the remains of Pte Kevin Dallaire to the awaiting hearse. The remains of four Canadian soldiers arrived at Canadian Forces Base Trenton via CC - 150 Polaris on 6 August 2006.



Photo: Cpl Tom Parker, 8 Wing Imaging

Canadian Forces (CF) members form up to pay respect to the remains of Major Paeta Hess - von Kruedner during a repatriation ceremony at 8 Wing / CFB Trenton on August 4, 2006. The Bearer Party was made up of soldiers from the Canadian Forces Land Advanced Warfare Centre.



Photo: Cpl David Cribb, 8 Wing Imaging

The remains of Cpl Francisco Gomez of the 2nd Battalion Princess Patricia's Canadian Light Infantry arrived at 8 Wing/CFB Trenton on July 27, 2006. Present to pay respects were Her Excellency the Right Honourable Michaëlle Jean, Governor General of Canada and Commander-in-Chief of the Canadian Forces; the Honourable Gordon O'Connor, Minister of National Defence; General Rick Hillier, Chief of the Defence Staff and Lieutenant-General Andrew Leslie, Chief of the Land Staff.



Photo: Cpl Tom Parker, 8 Wing Imaging

The Bearer Party carries the remains of Cpl Bryce Keller to the awaiting hearse. The remains of four Canadian soldiers-- Cpl Keller, Cpl Christopher Reid, Sgt Vaughan Ingram, and Pte Kevin Dallaire-- arrived at 8 Wing/CFB Trenton via CC - 150 Polaris on Aug. 6, 2006.

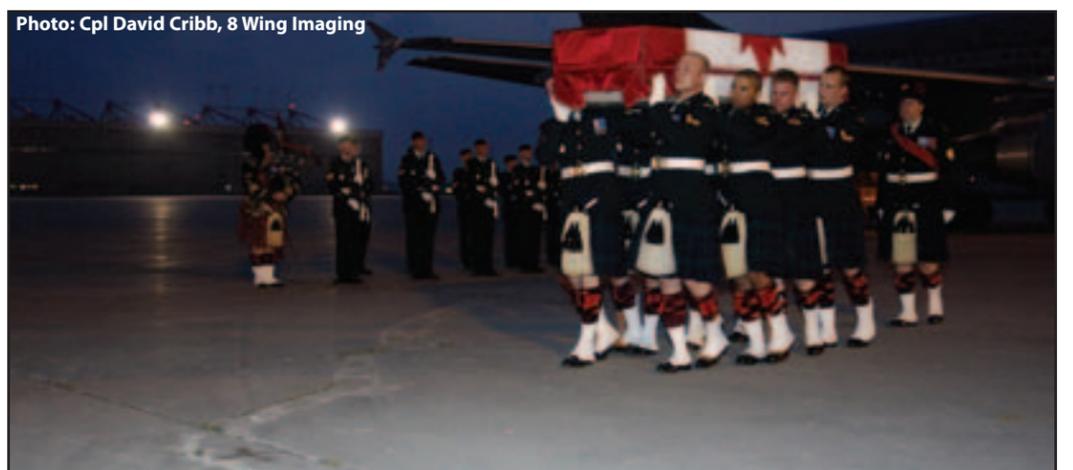


Photo: Cpl David Cribb, 8 Wing Imaging

The remains of Corporal Jason Warren of the Black Watch (Royal Highland Regiment) arrived at 8 Wing/CFB Trenton on July 27, 2006 via a CC-150 Polaris; the soldier was killed in a suicide vehicle attack that occurred on July 22 in Afghanistan.



Photo: Cpl Tom Parker, 8 Wing Imaging

The Bearer Party prepares to load the remains of Cpl Chris Reid into the awaiting hearse. The remains of four Canadian soldiers arrived at Canadian Forces Base Trenton via CC - 150 Polaris on Aug. 6, 2006. Cpl Reid was killed when his vehicle struck an improvised explosive device (IED) on Aug. 3 in Afghanistan. Later that day Sgt Vaughan Ingram, Cpl Bryce Keller and Pte Kevin Dallaire were killed as a result of a rocket propelled grenade (RPG) attack that occurred approximately 25 km southwest of Kandahar City.



Photo: Cpl Tom Parker, 8 Wing Imaging

The Bearer Party carries the remains of Sgt Vaughan Ingram to the awaiting hearse as the Guard of Honour presents arms. The remains of four Canadian soldiers arrived at Canadian Forces Base Trenton via CC - 150 Polaris on Aug. 6, 2006.

# Last Days of Summer **AUGUST** Sale

<p><b>2003 CHEVROLET VENTURE LS EXTENDED</b></p>  <p>SHARP! Only 64,000 kms., loaded with full power options incl. quad captain's chairs, dual heat and A/C &amp; more! Mint shape. Off GMAC lease.</p> <p><b>\$12,995</b> cert. <b>0 down \$117.90</b> bi-weekly 72 months</p>	<p><b>2003 GMC 1500 H.D. CREW CAB</b></p>  <p>Short box 4WD, SLE 6.0 V8, auto. Loaded w/full pwr options w/only 55,000 km! Inc. p/seats, auto trac 4WD, keyless, full pwr options, mint shape, off GMAC lease.</p> <p><b>\$23,995</b> cert. <b>0 down \$227.66</b> bi-weekly 72 months</p>	<p><b>2003 CHEVROLET TRAILBLAZER</b></p>  <p>5.3L V8, auto, loaded, leather, P-moon-roof, alloys. Fresh GMAC Lease Return. Mint shape! 73,000 km 7 passengers.</p> <p><b>\$20,995</b> cert. <b>0 down \$199.61</b> bi-weekly 72 months</p>	<p><b>2002 SATURN L100</b></p>  <p>4 cyl., automatic, loaded with full power options, alloys, keyless, CD &amp; more. Fresh in off Saturn lease. 84,000 kms.</p> <p><b>\$8,995</b> cert. <b>0 down \$100.92</b> bi-weekly 60 months</p>	<p><b>2005 PONTIAC MONTANA SV6</b></p>  <p>Automatic, 4 dr., 6 cyl., Gas, Front Wheel Drive, silver ext/grey int, Fog Lights, Roof Rack, Tinted Windows, 4 Captain's Chairs, Air cond., AM-FM Stereo, Compact... more. 36,333 km.</p> <p><b>\$17,995</b> cert. <b>0 down \$152.77</b> bi-weekly 60 months</p>
<p><b>2003 BUICK RENDEZVOUS CX</b></p>  <p>V6, auto, fully equipped, popular SUV, fresh GMAC lease return. Like new! 51,000 km.</p> <p><b>\$18,995</b> cert. <b>0 down \$143.52</b> bi-weekly 72 months</p>	<p><b>2002 CHEV CAVALIER</b></p>  <p>4 door, automatic, air conditioning, tilt, CD and more. Fresh in off GMAC lease. 79,000 kms.</p> <p><b>\$7,495</b> cert. <b>0 down \$84.76</b> bi-weekly 60 months</p>	<p><b>2002 KIA SEDONA</b></p>  <p>Fresh trade! Loaded with full power options incl. dual heat and air conditioning, local trade. 114,000 kms.</p> <p><b>\$8,495</b> cert. <b>0 down \$95.56</b> bi-weekly 60 months</p>	<p><b>2003 GMC SONOMA EXT CAB</b></p>  <p>ZR2 Highrider 4x4 wow! Black beauty, only 72,000 km. Mint shape, fresh off GMAC lease, V6, auto., loaded with every option available. Rare!</p> <p><b>\$17,995</b> cert. <b>0 down \$171.57</b> bi-weekly 60 months</p>	<p><b>2002 SATURN SL1</b></p>  <p>4 door, automatic with air conditioning, tilt, CD and more. Local trade. 72,000 kms.</p> <p><b>\$7,995</b> cert. <b>0 down \$90.16</b> bi-weekly 60 months</p>
<p><b>2003 BUICK RENDEZVOUS</b></p>  <p>Automatic, 4 dr., 3.4, 6 cyl., Gas, AWD, Off White ext./Neutral int., Fog Lights, Alloy Wheels, Bucket Seats, Power Seats, Air Cond., AM-FM Stereo &amp; more. 66,000 km</p> <p><b>\$18,495</b> cert. <b>0 down \$157.54</b> bi-weekly 72 months</p>	<p><b>2002 DODGE 1500 REG CAB</b></p>  <p>SHORT BOX SPORT 4X4 — WOW! 20" high polish rims. 4.7L V8 automatic, loaded w/ full power options. MUST SEE! Balance of 5 yr. / 100,000 km. warranty. 66,000 kms.</p> <p><b>\$18,995</b> cert. <b>0 down \$219.67</b> bi-weekly 60 months</p>	<p><b>2003 PONTIAC GRAND AM GT</b></p>  <p>2 dr., ran, air hood! V6, H.O. auto., loaded w/ full power options inc. power sunroof, power seat, high polish rims, upgraded factory stereo &amp; much more! Mint shape. Off GM lease. 100,000 kms.</p> <p><b>\$10,995</b> cert. <b>0 down \$106.12</b> bi-weekly 72 months</p>	<p><b>2003 PONTIAC AZTEK</b></p>  <p>Black Beauty! Loaded up w/full pwr options incl. Versatrak AWD, alloy rims &amp; much more! Mint shape off GMAC lease 70,000 km.</p> <p><b>\$13,995</b> cert. <b>0 down \$134.17</b> bi-weekly 72 months</p>	<p><b>2002 SATURN MIDSIZE L100</b></p>  <p>WOW! Only 30,000 kms! 4 cyl., automatic, loaded w/ full power options inc. alloy wheels, &amp; more. Mint shape. Off Saturn lease. <b>\$10,495</b> cert. <b>0 down \$117.11</b> bi-weekly 60 months</p>
<p><b>2003 CHEVROLET IMPALA LS</b></p>  <p>Automatic, 4 dr., 3.8, 6 cyl., Gas, Front Wheel Drive, Brown ext./Grey int., Fog Lights, Alloy Wheels, Tinted Windows, Sun Roof, Spoiler, Bucket Seats, Air Cond., power roof! 77,755 km</p> <p><b>\$13,995</b> cert. <b>0 down \$134.17</b> bi-weekly 72 months</p>	<p><b>2002 BUICK CENTURY</b></p>  <p>Great value! V6 automatic, loaded with full power options, mint shape. Off GMAC lease return. 90,000 kms.</p> <p><b>\$8,755</b> cert. <b>0 down \$98.36</b> bi-weekly 60 months</p>	<p><b>2005 PONTIAC GRAND AM</b></p>  <p>Automatic, 4 dr., 3.4, 6 cyl., Gas, Front Wheel Drive, maroon exterior, charcoal interior, Fog Lights, Tinted Windows, Bucket Seats, Air Conditioning, AM-FM Stereo, Compact Disc, ... more. 37,544 km.</p> <p><b>\$13,995</b> cert. <b>0 down \$111.15</b> bi-weekly 60 months</p>	<p><b>2004 FORD FREESTAR</b></p>  <p>Automatic, 4 dr., 4.2, 6 cyl., Gas, Front Wheel Drive, Silver ext./Grey int., Tinted Windows, Bucket Seats, Air Cond., AM-FM Stereo, CD, Power window, ... more 86,906km</p> <p><b>\$13,995</b> cert. <b>0 down \$111.15</b> bi-weekly 60 months</p>	<p><b>2003 PONTIAC GRAND AM GT</b></p>  <p>V6, Ram air, high polish chrome wheels, power sunroof! Power seat, loaded! Fresh GMAC lease return. Mint! 60,000 km,</p> <p><b>\$13,495</b> cert. <b>0 down \$129.15</b> bi-weekly 72 months</p>
<p><b>2006 CHEV 1500 EXT. CAB</b></p>  <p>SHORT BOX LT 4X4 — WOW! Only 12,000 kms! 4.8L V8, full power options. MUST SEE! Mint shape. Off rental balance of factory warranty.</p> <p><b>\$27,495</b> cert. <b>0 down \$231.86</b> bi-weekly 60 months</p>	<p><b>2003 NISSAN SENTRA</b></p>  <p>4 door, automatic with Air conditioning, CD player, tilt and more. 83,000 kms. Local trade.</p> <p><b>\$10,995</b> cert. <b>0 down \$106.12</b> bi-weekly 72 months</p>	<p><b>2002 PONTIAC GRAND PRIX GT</b></p>  <p>4 door BLACK BEAUTY! High polish mags, loaded up with full power options inc. keyless entry, CD &amp; much more! Mint shape. Off GM 1 owner lease. 98,584 kms.</p> <p><b>\$10,495</b> cert. <b>0 down \$117.14</b> bi-weekly 60 months</p>	<p><b>2002 PONTIAC SUNFIRE</b></p>  <p>4 door automatic, with air conditioning, tilt, power locks, CD, keyless entry and more. Only 44,000 kms.</p> <p><b>\$8,755</b> cert. <b>0 down \$98.36</b> bi-weekly 60 months</p>	<p><b>2003 FORD ESCAPE XLT</b></p>  <p>SHARP! 4WD, automatic, loaded with full power options inc. pwr. seat, keyless, CD, upgraded rims, raised roof rack and more! Fresh in off Ford 1 owner lease. Mint shape. 71,000 kms.</p> <p><b>\$18,495</b> cert. <b>0 down \$157.54</b> bi-weekly 72 months</p>

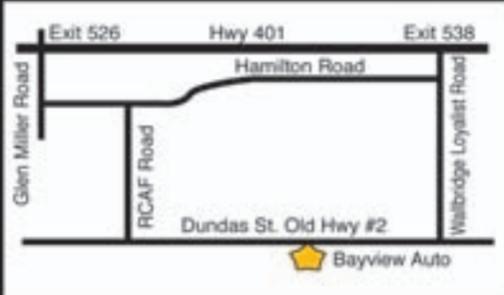


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### Sales, Service, Selection



ALL PAYMENTS BASED ON BI-WEEKLY PAYMENTS 2002/60 MONTHS, 2003/72 MONTHS, 2004-2005/84 MONTHS. ADMIN. P.P.S.A. & TAXES INCLUDED. EG: 1000.00 + 299.00 ADMIN. + TAXES 14441.86 + 68.00 P.P.S.A = 11808.06 FINANCED OVER 60 MONTHS @ 8.40% = 111.80 BI-WEEKLY O.A.C.



# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
August 13 - August 19

**ARIES** (March 21-April 19): Don't make financial decisions on the 13 and 14. This is not the time to gamble or to take on costly, major renovations. Concentrate on your home, family and easing the stress you are feeling. You can make anything happen on the 15 and 16 if you take the right steps. You'll be difficult to turn down, hard to resist and should be able to get others to help you. Network, tie up loose ends and sell your ideas on the 17 and 18. You'll have a good handle on what's marketable. You're up for a good time on the 19 and should make plans to socialize. You'll be able to help a younger member in your family. Don't overreact to someone who is overindulgent.

**TAURUS** (April 20-May 20): Not too much will fall into place for you on the 13 and 14. Keep things to yourself if you want to accomplish anything at all. Don't push your luck or try to enforce your will. You'll face problems with friends, neighbours and family on the 15 and 16 if you're stubborn. Be patient. If you're willing to take a back seat for a moment, you can bypass some of the setbacks you've been encountering. Be nonchalant in your approach on the 17 and 18 and things will lean in your favour. You'll be highly competitive on the 19 and this will allow you to satisfy your own needs and show everyone how in control you actually are.

**GEMINI** (May 21-June 20): Travel should be on your agenda on the 13 and 14. The more time spent networking with people of similar interests, the closer you'll come to taking on a project you will really enjoy. If you let personal issues cloud your mind on the 15 and 16, you'll miss out on an important opportunity. A chance to meet someone who inspires you will occur if you travel. You'll pick up valuable information if you talk to neighbours, friends or relatives with experience on the 17 and 18. Someone you live with or are close to will not be happy with your busy schedule. Don't let anyone put demands on you or stop you from doing what you want on the 19.

**CANCER** (June 21-July 22): A chance to do something totally different should be your goal on the 13 and 14. A change of scenery or thinking along different lines will help you grow mentally and possibly lead you to a new lifestyle. Put yourself on the line on the 15 and 16 if you believe in what you're doing. A money deal may not be as it appears. Investigate before you make a commitment. If you try to make choices for other people on the 17 and 18, you'll end up being blamed for the outcome. Nagging won't get you what you want. You can help a friend in need on the 19. The lesson for you will be how lucky you are to have what you do.

**LEO** (July 23-Aug. 22): This is your time to excel. Added discipline and charisma will lead to the success you're looking for on the 13 and 14. Don't let emotional issues drag you down on the 15 and 16. Being non-productive because you're going through uncertainties will lead to more trouble. Focus on work, making money and a game plan for the future. You've got the creative edge on the 17 and 18. A chance to meet with someone will open up new outlets for your ideas. Don't think too big or you'll miss your mark. Be cost-efficient and creative. Money, a gift or winning is headed your way on the 19. Don't trust everyone. Judge for yourself.

**VIRGO** (Aug. 23-Sept. 22): Make the changes at home that will lead to a more comfortable and stress-free environment on the 13 and 14. A change of heart will make it easier for you to make a final decision. Keep your strategy or game plan a secret on the 15 and 16. You need to use the element of surprise if you want to get your way. Keep things light on the 17 and 18. Deep discussions regarding emotional matters are not likely to turn out to your liking. Secrets are apparent and you may not be privy to all the information you need to make a personal decision. You're overdue to make some changes on the 19. It's time to find out who's on your side and who isn't.

**LIBRA** (Sept. 23-Oct. 22): Don't sit around waiting for someone to call you on the 13 and 14. Get out and participate and you'll make new friends. Don't donate money - offer your services instead. Get that creative idea you have been labouring over out in the open on the 15 and 16. Someone you least expect will make a comment that will pull the whole project together for you. This is a great time to take on a partner. You can clear up old debts on the 17 and 18. Both collecting and paying back will lead to new deals and offers. Keep your emotional thoughts to yourself on the 19. A chance to do things a little differently will lead you to make personal changes.

**SCORPIO** (Oct. 23-Nov. 21): You may feel the necessity to make some very quick changes on the 13 and 14 but hold off. Watch what everyone else is doing before you proceed. Jealousy will lead to unwarranted problems on the 15 and 16. A hard decision is evident but, once you've made it, everything else will fall into place. A deal that's been on the table for some time will take a turn on the 17 and 18. Don't feel obligated to accept what's being offered. You can turn one of your creative ideas or projects into a money-maker on the 19. Talk to people who show an interest in what you're doing. A change in your financial status is looking positive. Protect your assets.

**SAGITTARIUS** (Nov. 22-Dec. 21): You are ready to take on the world on the 13 and 14. Don't let anyone deter you. Money can be made and deals struck. Don't believe everything you hear or think that the grass is greener on the other side of the fence on the 15 and 16. Chances are someone is trying to fool you. Avoid confrontations with authority figures. Be cautious while traveling. Travel will lead to adventure and excitement on the 17 and 18. The more you do with people who have totally different lifestyles, the better your chance of finding your own niche. Make some interesting changes at home and to your personal life on the 19.

**CAPRICORN** (Dec. 22-Jan. 19): Take care of personal matters that you never seem to have time for on the 13 and 14. The changes you need to make around home can finally be completed, allowing you to forge ahead with something new. You've got the edge on the 15 and 16 so follow through with your plans and you'll get ahead. Financial deals will be dangled in front of you on the 17 and 18 but be careful not to be fooled by the returns you are promised. Do your homework and protect your assets. Rely on someone you trust to bounce off some of your ideas on the 19. A friend may have a lead on a position that interests you.

**AQUARIUS** (Jan. 20-Feb. 18): Something doesn't add up on the 13 and 14. You are probably being told what you want to hear not what is actual fact. Do a little soul searching. Don't be fooled by appearances on the 15 and 16. Given the opportunity to look deeper, you may already sit in a much better position. Hold on to and nurture what you have. Love is in the stars on the 17 and 18 allowing you to make the relationship you're in even better or, if you are single, the opportunity to meet someone who is particularly good for you. Use your intuition in making choices on the 19. Your personal life may be experiencing some unusual changes.

**PISCES** (Feb. 19-March 20): You have the knowledge and the information required to put something you want to do into play on the 13 and 14. A partnership will help. However, don't give up too much; you have plenty to contribute as well. If you aren't happy with some of the people in your life on the 15 and 16, consider distancing yourself. A chance to make some money, come into money or receive a gift is apparent. A problem with someone you're close to may end up causing a feud on the 17 and 18. Refuse to take sides. Someone will offer you something you can't turn down on the 19. Changes should be made quickly.

## Royal LePage ProAlliance Realty



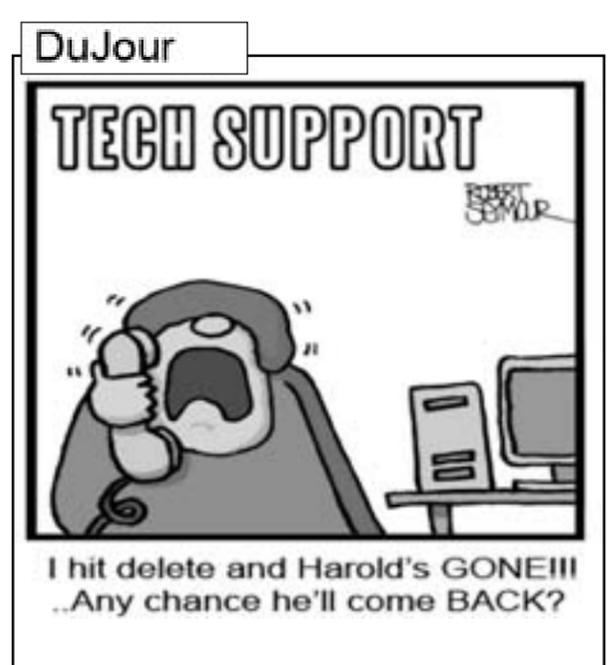
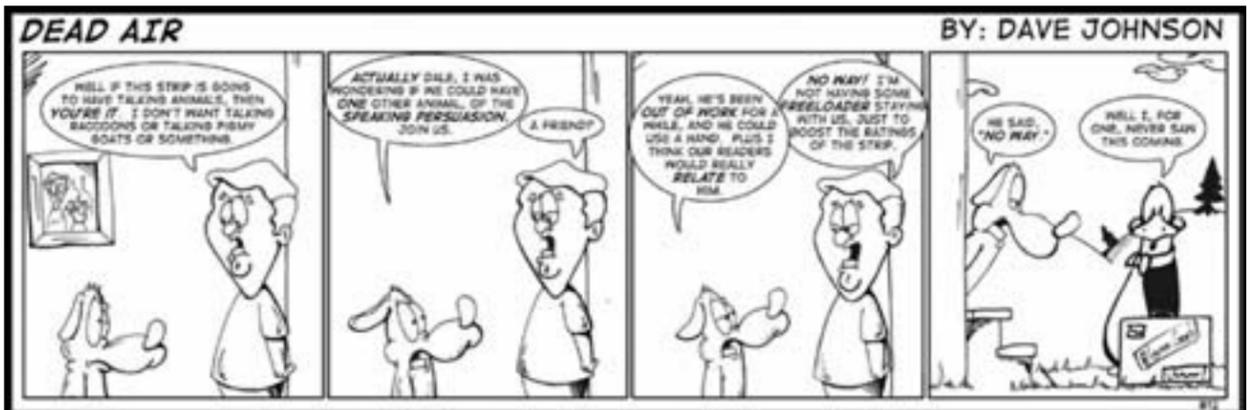
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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, **The Contact Comics**.



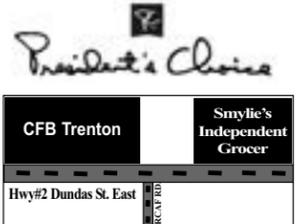
Community Events

Community Events

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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 613-965-7490 or email to [leblanc.al@forces.gc.ca](mailto:leblanc.al@forces.gc.ca), at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.



**Please be advised that the 8 Wing Fire Department will be conducting ANNUAL HYDRANT FLOW TESTING**

As in previous years, the 8 Wing Fire Department will be conducting annual hydrant flow testing throughout the Wing and in the PMQ area. These tests help to confirm and ensure that the water pressures servicing these areas are sufficient for fire fighting operations. Occupants may experience discolouration of their water and need not worry. If this occurs, simply continue to run your water until the discolouration disappears.

The testing period will run from 1 June until approximately 1 September. If there are any concerns, please feel free to contact the Fire Department business line at local 3511.

**"The 407 Demon Sqn"**  
65th Anniversary

All former members and spouses of 407 Sqn are invited to join us at 19 Wing Comox from September 22 - 24, 2006.

For up-to-date information, or to download a registration form, please visit: [www.407reunion.com](http://www.407reunion.com).

For registration purposes only, please contact Capt Tyler Bowell;  
e-mail: [bowell.trf@forces.gc.ca](mailto:bowell.trf@forces.gc.ca);  
phone: (250) 339-8211 ext. 8805.

**"TO HOLD ON HIGH"**

**Trenton Scottish/Irish Festival**  
September 9, 2006

Come join this annual event and celebrate the Celtic heritage through music and dance, featuring many pipe and drum bands from across Ontario. You may also enjoy the work of authentic crafters and artisans, and taste the traditional fare from the food vendors.

For more information please call 613-392-2841 or visit [www.city.quintewest.on.ca](http://www.city.quintewest.on.ca). Hope to see you there!

**36th Annual ACS Symposium/Reunion**  
13-15 Sep 06  
8 Wing Trenton

For more information, please contact Sgt Farrell at 613-392-2811 ext 7109

**ATTENTION AIR TRAFFIC CONTROLLERS**

The RCAF Memorial Museum is looking for ATC personnel from all parts of the country who may be interested in promoting an ATC display in the museum.

For more information, contact David Weir, BA, CD (Ret'd ATC) toll free at 1-800-263-2177 or via email at [david@davidweir.com](mailto:david@davidweir.com)

**CORPORAL RANDY PAYNE BENEFIT CONCERT**

Randy Payne of Gananoque, ON, was killed Apr 22, 2006 while serving in Afghanistan. The Proceeds from this Benefit will be donated to the education fund for his children: Tristan aged 7 and Jasmine aged 5.

**STARRING**

**JULIAN AUSTIN**  
Canadian Country Music Artist

**THE McDONOUGH BAND**  
Boston Ma. Based Rock n' Roll Trio

(with special guests)

Also featuring **Colonel Angus**  
Classic Rock'n Roll Cover Band

Appearance from the Canadian Forces Parachute Team **The SKYHAWKS**

**22 September 2006**  
Canadian Forces Base Trenton, Ontario  
Advance Tickets \$20.00  
Doors open at 5:00 PM

**OPEN TO THE PUBLIC**

For more information or to buy tickets, visit [www.corporalpayne.ca](http://www.corporalpayne.ca) or call (613) 847-0041

**NDT REUNION**  
18-20 Aug 06

The Nondestructive Testing reunion will be held at 8 Wing/CFB Trenton.

For information please contact Orv Francescone at PO Box 4681, RR4, Trenton, ON, K8V 5P7 or by email at [Francescone.OS@forces.gc.ca](mailto:Francescone.OS@forces.gc.ca) or by phone at 613-392-2811 local 2330 or 394-3592.

You may also contact CWO Bill Gosse at 613-392-2811 ext. 3218 or by email at [Gosse.WD@forces.gc.ca](mailto:Gosse.WD@forces.gc.ca).

Registration forms and all related information can be found by visiting [www.cfbtrenton.com](http://www.cfbtrenton.com).

Showcase

# Showcase



**MCpl B. Williams**

received his promotion to that rank, presented by Maj M. Beauchesne, ATESS and CWO A. Begg, AEM CWO.



**MCpl J. Lewis**

received her promotion to that rank, presented by Maj E. Morris, SOPSO 8 AMS, and WO J. Parent, AMO Support 8AMS



**WO D. Murphy**

received her promotion to that rank, presented by LCol F. Allen, CO ATESS.



**Maj D. Campbell**

received his promotion to that rank, presented by Maj P. Jaeggi, A/CO 436 Sqn.



**MWO R. Lavigne**

received the ATESS Commanding Officer's Achievement Award, presented by LCol F. Allen, CO ATESS.



**MWO B. Shockleton**

received his promotion to that rank, presented by LCol B. Lewis, 8 AMS CO and CWO M. Rodrigues, 8 AMS SCWO



**MCpl L. Nadeau**

received his promotion to that rank, presented by Capt J. Beschoner, ARMF ATESS.



**WO R. Nickerson**

received his Retirement Certificate, presented by LCol F. Allen, CO ATESS.



**Maj B. Austin**

received her promotion to that rank, presented by LCol G. Roberts, CFAWC.



**Sgt. J. Burns**

received her promotion to that rank, presented by Maj D. Jose, OC DRTSET.



**Pte M. Burgess**

received his promotion to that rank, presented by Maj E. Morris, SOPSO 8 AMS.



**Cpl J. Tellier**

received his promotion to that rank, presented by Maj E. Morris, SOPSO 8 AMS.

*Congratulations! Félicitations!*

Showcase

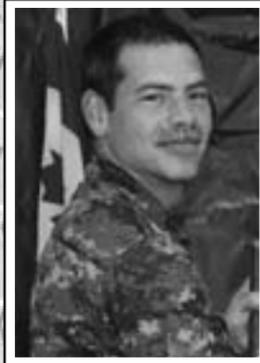
# Showcase



**WO D. Wheeler**  
received his promotion to that rank,  
presented by LCol F. Allen, CO ATESS.



**MCpl S. Hunt**  
received his promotion to  
that rank, presented by LCol  
F. Allen, CO ATESS.



**Sgt B. Gavin**  
received his promotion to  
that rank, presented by LCol  
F. Allen, CO ATESS.



**Sgt D. O'Rourke**  
received his promotion to  
that rank, presented by  
Maj C. Duncan, RCC.



**MCpl M. Leduc**  
received his promotion to that rank, presented by  
Maj D. Scherr, WCE CFAWC.



**MCpl L. Charest**  
received his promotion to  
that rank, presented by  
Maj D. Scherr, WCE CFAWC.



**WO J. Provost**  
received his promotion to that rank, presented by  
LCol D. Gould, W LEO.



**Sgt P. King**  
received his promotion to  
that rank, presented by  
LCol D. Gould, W LEO.



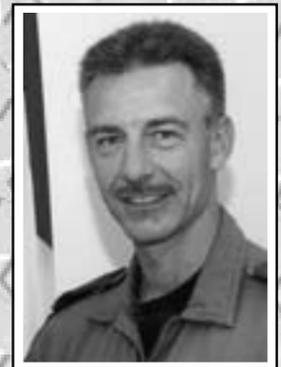
**MCpl Y. Leclerc**  
received his promotion to that rank, presented by  
Maj G. Kap, CO CFASC.



**MWO D. Knockleby**  
received his 5000 hr certificate for C130 Hercules,  
presented by Maj C. Brown, OC TRSET.



**Capt C. Nicholson**  
received her CLS  
Commendation, presented by  
Maj C. Brown, OC TRSET.



**WO A. Zayachowski**  
received his promotion to  
that rank, presented by  
Maj C. Brown, OC TRSET.



**MCpl B. Tanner**  
received a promotion to that rank, presented by  
Maj J. Gagnon, CO CMED Petawawa



**PO2 J. Anderson**  
received a promotion to that rank, presented by  
Major JHD Gagnon, CO CMED Petawawa



**Sgt W. Sarty**  
received his promotion to that rank,  
presented by LCol F. Allen, CO ATESS.

*Congratulations! Félicitations!*



# CDS bids farewell to troops



Photos: Cpl Tom Parker, 8 Wing Imaging

Master Corporal Richie Hamilton gives Chief of the Defence Staff, General Rick Hillier, a kiss before boarding the plane and deploying to Afghanistan.

Approximately 138 troops departed from 8 Wing/CFB Trenton on August 4, 2006 via a 437 Transport Squadron CC-150 Polaris as part of Roto 2 of OP ARCHER.

Task Force Afghanistan's mission is to improve the security situation in southern Afghanistan. Approximately 2300 CF personnel served on Roto 1 of OP ARCHER.



# INSPIRATIONAL GRATITUDE



Photo: Cpl Simon Duchesne

Colonel Tom Lawson, Commander 8 Wing/CFB Trenton presents Mr. Eric Smith with a "2005 Year of the Veteran" mounted poster, upon which Col Lawson is featured with a veteran and another CF member talking to children. Mr. Smith was a young Colonel Lawson's mentor in aerodynamics and principles of flight, and inspired the Wing Commander to become a pilot and make flying his career. Presently, Colonel Lawson flies the CC-150 Polaris with 437 Transport Squadron.

All the information you need is just a click away!



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Your Gateway to the CFB Trenton Community

# Million dollar contribution made to RCAF memorial museum

RCAF Memorial Museum News Release

The Honourable Gordon O'Connor, Minister of National Defence announced a \$1 million contribution to the Royal Canadian Air Force (RCAF) Memorial Museum in Trenton.

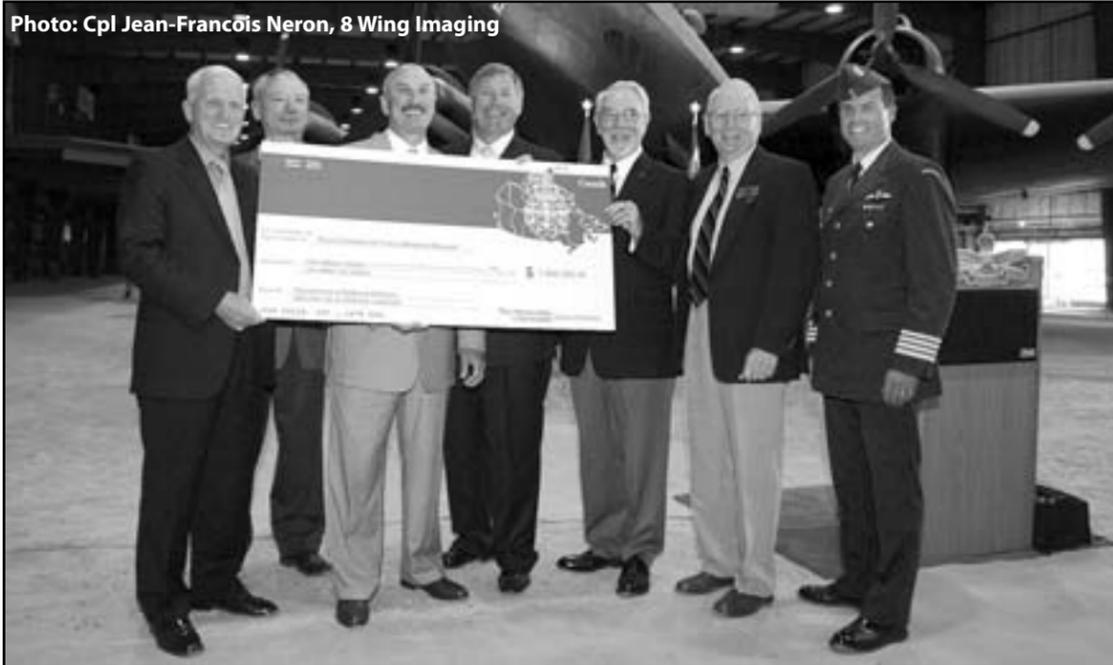
The money will be used to assist with building improvements, including housing the recently acquired Halifax Mark VII Bomber.

"Today's contribution will allow the museum to share with visitors our proud Canadian military heritage," said Minister O'Connor.

"This investment was allocated in Budget 2006 and is an example of the government delivering on yet another campaign commitment," he said.

"I am delighted with today's contribution, which signifies the importance of pay tribute to proud moments in our military heritage," said Colonel Tom Lawson, Commander 8

Photo: Cpl Jean-François Neron, 8 Wing Imaging



**Presentation of a \$1 million dollar cheque to the Royal Canadian Air Force Memorial Museum was made by the Honourable Gordon O'Connor, Minister of National Defence, at 8 Wing/CFB Trenton, on July 21, 2006. Shown above from left to right are The Honourable Gordon O'Connor, Lieutenant-Colonel (Ret'd) Mr. Chris Colton, Executive Director of RCAF Memorial Museum, local members of legislative assembly Mr. Rick Norlock, Mr. Darryl Kramp, Lieutenant-Colonel (Ret'd) Peter McCulloch, Chairman of the Board, RCAF Memorial Museum, Colonel (Ret'd) Ken Kee, Chairman of the Fundraising Committee, and Colonel Tom Lawson, Commander 8 Wing/CFB Trenton.**

Wing Trenton.

The contribution made represents the government's

commitment to preserving Force tradition, said Rick Norlock, Member of Legislative Assembly,

Northumberland Quinte West.

"I thank the Minister of National Defence for this investment, which illustrates exactly the mission of the Royal Canadian Air Force Memorial Museum - to showcase our proud military history," said Lieutenant Colonel (Ret'd) Chris Colton, Executive Director RCAF Museum.

The RCAF Memorial Museum is Canada's National Air Force museum and houses the only fully restored Halifax Mark VII Bomber in the world.

Approximately 45,000 people visit the museum annually to gain a better understanding our proud Air Force history.

One hundred volunteers work at the museum along with staff to achieve the museum's mission of keeping the air power story alive.

The RCAF Memorial Museum is the Air Force's national museum and features vintage material from all aspects of Canadian Forces flying operations.



# JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 TGIT 1700 hrs BBQ Steak	4	5
6	7 Civic Holiday	8	9	10	11 TGIF 1700 hrs BBQ Steak	12 Astra L. Diner Wedding Reception
13	14	15	16	17 Astra NDT Reunion	18 TGIF 1700 hrs BBQ Steak Astra NDT Reunion	19 Astra NDT Reunion
20 Canada's Paramount Wonderland Trip	21	22	23	24	25 TGIF 1700 hrs BBQ Steak	26
27	28	29	30	31 TGIT 1700 hrs BBQ Steak		

**Bar Hours**  
 Saturday - Thursday: 1130-2400 hrs.  
 Friday: 1130-0100 hrs.  
**Office Hours**  
 Monday-Friday: 0800-1200 / 1300-1600 hrs

For More info on what's going on at the Messes and Base, go to [cftrenton.com](http://cftrenton.com) and follow the links.

## AUGUST 2006

# WO & SGT'S Mess

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 Soup & Sandwich 1130-1330 hrs TGIF 1700 hrs BBQ Steak	4	5
6	7 Civic Holiday	8	9	10 PMC Coffee Break 1000 hrs	11 Soup & Sandwich 1130-1330 hrs TGIF 1700 hrs BBQ Steak	12 Main Lounge Wedding Reception
13	14 Main Lounge Hockey School Lunch 1100-1400pm 14-18 August	15	16	17	18 Soup & Sandwich 1130-1330 hrs TGIF 1700 hrs BBQ Steak	19
20	21	22	23	24	25 Mess Championship Golf Tournament Soup & Sandwich 1130-1330 hrs TGIF-1700 hrs BBQ Steak	26 Main Lounge Artillery Reunion 1100-0300pm
27	28	29	30	31 PMC Coffee Break 1000 hrs Soup & Sandwich 1130-1330 hrs TGIF-1700 hrs BBQ Steak		

**Bar Hours:**  
 Monday - Thursday 1130 - 1330 & 1500 - 1900 hrs.  
 Friday 1130 - 2100 hrs.  
 Saturday & Sunday 1200 - 1500 hrs.

**Office Hours:**  
 Monday - Friday 0800 - 1600 hrs.  
 For Bookings (Wed Recept/Conferences/Private Parties)  
 Call (613)392-2811 ext 2438/2768

## August 2006

# Officer's Mess August 2006

Tue	Wed	Thu
Up Coming Events Golf Tournament 22 Sept	1 TGIT Chinese Food 1730 hrs	2 Sandwich Bar 11:30-15:15 hrs
7 Civic Holiday MESS CLOSED	8 TGIT Golden Chicken 1730 hrs	9 Sandwich Bar 11:30-15:15 hrs
13 TGIT Seaak Night 1730 hrs RSVP by: 15 Aug	14 RCMI Golf Tourny Sandwich Bar 11:30-15:15 hrs	15 TGIT Fish & Chips 1730 hrs
20 FAMILY FISHING DAY	21 TGIT Donair's 1730 hrs	22 FOR MORE INFO CONTACT: MRS SHAIFA MOORE EXT 2205 PO2 SHAWN BROWN EXT 3437

# OFFICERS' MESS FAMILY FISHING DAY

Where: Pure Springs Trout Pond, Shannonville Road, north of 401, follow signs  
 When: Sunday 27 August 11-2 pm  
 Cost: \$10 per child, Includes lunch & cost of fish  
 (Mess will pay for Max 3)  
 Parents are required to pay for their own fish

Bring your fishing gear - Worms sold on site  
 All non-swimmers will require personal floatation  
 Register @ Officers Mess Shaifa Moore ext 2205

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45 Minutes from 8 Wing.

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- 7 White Water Kayaks

Please call the Fitness & Sports Flight at local 2289 to arrange rental reservations.

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

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# How to make home buying less stressful

(NC)—Buying a home is probably one of the biggest emotional and financial decisions you'll ever make. So it's not surprising that moving is rated as one of the most exciting and stressful times in one's life.

Not only are there a lot of things to think about, (location, affordability, mortgage term and rate, etc), there are also quite a few people you'll need to deal with: real estate agent, lender, lawyer, seller, etc.

Fortunately, there are a number of tools to help make buying a home an easier and more enjoyable process, one of which is the pre-approved mortgage certificate.

What is a pre-approved mortgage certificate?

This is a certificate that secures a mortgage amount at a guaranteed rate (for fixed-rate mortgages) for a specific length of time. Consider for example the one you can obtain from CIBC: if interest rates increase, your rate will not. And, if interest rates fall, you

get the lower rate. You're under no obligation to purchase a home within the time period. If your CIBC Pre-Approved Mortgage Certificate expires before you've found a home, you can apply for a new one by calling a CIBC adviser.

Why is it important in buying a home?

A pre-approved mortgage certificate allows you to shop confidently and provides you with the security of negotiating a house price that falls comfortably within your budget. Many real estate agents will encourage you to get a pre-approved mortgage certificate before they begin working with you. The fact that you already have your mortgage financing arrangements in place indicates to prospective vendors that you are a serious buyer. The certificate outlines the maximum amount that can be borrowed, the interest rate to be charged, and the monthly payments. Of course, the confirmation is subject to a few conditions such as an



appraisal of the property being mortgaged and satisfactory credit review.

What do I need to get one? Here are some things you'll need to have ready to obtain a pre-approved mortgage certificate:

- Personal information, including identification such as your driver's license
- Details of your job, including confirmation of salary in the form of a letter from your employer
- Sources of income
- Information and details on all bank accounts, loans and other debts
- Proof of financial assets
- Source and amount of down payment and deposit

- Proof of source of funds for the closing costs (these are usually 1.5% of the purchase price)

It's not easy losing out on the home you set your heart on. Before you fall in love and start bargaining, make sure you have a pre-approved mortgage certificate. With most banks, it's absolutely free, with no cost or obligation. Knowing what you can afford makes buying a home less stressful. More information regarding a CIBC pre-approval certificate is available from your local CIBC branch, by calling 1 800 465-CIBC (2422) or visiting the CIBC website at [www.cibc.com](http://www.cibc.com).

# How to update your kitchen cabinets without losing your shirt

(NC)—Your cabinets are the focal point of your kitchen. They set the style and create the mood. When you want to update that style or are just ready for a "new look," you have two choices – remodeling or refinishing.

According to Remodeling Magazine, the average cost to remodel an upscale kitchen is over \$68,000. For a midrange job the average cost is roughly \$43,000. For most people, these costs are too high and discouraging.

However, there is a more cost-effective method according to Eric Chaimberg of Swing Paints, "If your kitchen is in good condition, you can simply transform it by refinishing your cabinets and changing the countertops. This is the most economical solution for anyone looking for an updated look. Plus, refinishing means a minimal disruption to your daily life with less mess and no damage to your walls and floors.

Twenty years ago, if you wanted a professionally stained finish for your

cabinets, you either had to be a professional yourself or look to hire one. Today there are finishing gels that even a novice do-it-yourselfer can easily apply with outstanding results. There is no mixing needed, no matching, just straight out of the can. And, if you choose a similar or darker colour to your existing cabinets, you won't even have to strip them down to the bare wood.

Chaimberg recommends Circa 1850 Stain'n Varnish, a unique product that combines the penetration of a wood stain with the protective qualities of a hand rubbed varnish – all in one easy to use gel.

"You no longer have to stain your wood, wait 'til it dries, then apply the finish," said Chaimberg. "You can now do both in one quick and easy step. The first coat is simply wiped on with a rag. There's no need to sand, simply let it dry 12-24 hours."

Applying additional hand-rubbed coats will deepen the colour and add more protection, added Chaimberg. "Or you can use Circa

1850 Antique Paste Varnish as the second coat to get the added protection without changing the colour."

Because Circa1850 Stain'n Varnish is a gel, it can be applied to any type of cabinet surface: wood, plastic, metal, masonite, composite, etc. In fact, it is the best way to give non-wood surfaces, such as embossed composite doors, the look of real wood.

Besides ease of use and a consistent finish, Circa 1850 Stain'n Varnish can also offer a new colour dimension to the finishing spectrum with grain highlighting. "You can take any kind of wood – oak, cherry, whatever – and finish it in forest green, emerald and steel blue or even black cherry," added Chaimberg. "That's something you just can't do with anything else. And because it is transparent, a thin coat of a contrasting colour over an existing colour can be used to give wood an antique, distressed, or faux-finish." For more information or tips on finishing your cabinets visit [www.circa1850.com](http://www.circa1850.com).

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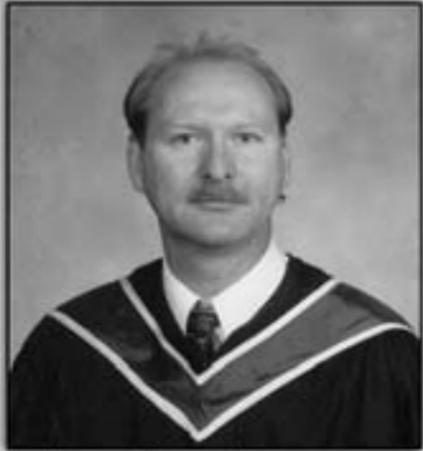


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It is with great pleasure that we announce that

**Mark A. Bumstead, LL.B, CD**

(formerly of 8 AMS)  
has graduated from  
**Queen's University**  
with a Bachelor of Law. Mark  
intends to remain in the Quinte area.

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**NOTICE TO CREDITORS AND OTHERS**

In the estate of Gladys Alexandria Tregolgen (a.k.a. Gladys Alexandria Champagne), Pensioner, Deceased.

All persons having claims as creditors against the estate of the above mentioned, late of the Carrying Place, City of Quinte West, in the County of Hastings, who dies at the said Carrying Place, City of Quinte West, on February 15, 2006, are required to file proof of the same with the undersigned on or before September 15, 2006.

After that date the Public Guardian and Trustee will proceed to distribute the estate, having regard only to the claims of which she then shall have had notice.

Anyone having knowledge of a Will or next-of-kin of the above mentioned is also requested to contact the undersigned.

Dated at Toronto on July 14, 2006.

Public Guardian and Trustee,  
Estate Trustee  
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Toronto, Ontario M5G 2M6

File: 816607-011



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-DELIVERY ALLOWANCE: \$2,200

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**2006 Dodge Caravan Canada Value Package**

MSRP: \$17,995

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**MPG** Fuel consumption:  
City: 12.2L/100 km (23 mpg)<sup>§</sup> Hwy: 8.2L/100 km (34 mpg)<sup>§</sup>

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**\$16,952<sup>†</sup>**



**2006 Dodge Grand Caravan SXT**

MSRP: \$36,730

-EMPLOYEE PRICE DISCOUNT: \$3,251

-DELIVERY ALLOWANCE: \$6,000

**MPG** Fuel consumption:  
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\* Excludes CAW negotiated ebonus.

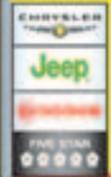
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Wise customers read the fine print: \* Limited time offers apply to retail deliveries on 2006 models from retailer inventory only. At participating retailers only. All offers exclude freight (\$1,050 for PT Cruiser, \$1,200 for Caravan, Grand Caravan and Charger) license, insurance, registration, any retailer administration fees and applicable taxes. Retailer trade may be necessary. Financing is subject to approval by Chrysler Financial. See retailer for specific pricing details and conditions. Retailers are free to set individual prices. \*\* Excludes CAW negotiated ebonus and DCCI retiree bonus cash. Offer does not apply to Dodge Viper & Sprinter models. \*\*\* Delivery allowance applies to all 2006 models except Caravan 28T, Viper, Sprinter, Ram 2500/3500 (Diesel) and all B7R8 models. - 0% purchase financing for up to 36 months terms on all 2006 models excluding Caravan 28T, Viper & Sprinter models. Down payment may be required. Example: \$36,000 financed at 0% for 36 months, monthly payment is \$1,000, cost of borrowing is \$0 and the total obligation is \$36,000. † Purchase prices apply only to 2006 Chrysler PT Cruiser (270), Caravan (28T), Charger SE (27E), and Grand Caravan SXT (29K-CVV-JPR) models. Prices exclude freight (\$1,050 for PT Cruiser, \$1,200 for Caravan, Grand Caravan and Charger) license, insurance, registration, any retailer administration fees and applicable taxes. ‡ This limited time offer applies only to qualifying retail purchases delivered under the Employee Price Discount program without a trade-in by July 31, 2006 and is subject to a 5% remarketing fee (based on MSRP) and \$30/km mileage charge plus applicable taxes. Purchase taxes, title and retailer administration fees, finance and insurance charges will not be refunded. Limited to one vehicle return per customer and does not apply to vehicles equipped with optional non-Mopar equipment. Vehicle must be returned in like new condition within 30 days of delivery. § Based on 2006 Fuel Consumption Guide ratings published by Natural Resources Canada. Your actual fuel consumption may vary.

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