

“Delivering news and information. At home and around the world.” • “Des nouvelles d’ici et de partout ailleurs.”

Contact

www.cfbtrenton.com

2EXL HAIR & SKIN CARE
 2 EXL WITH PROFESSIONALS
FULL SERVICE SALON

We look forward to meeting all of your family's esthetic & hair care needs

613-392-2263
 Hwy #2 in the Appledene Plaza (across from Walmart), Trenton

• August 18, 2006 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 41 Issue Number 31 •

MORE TROOPS HEAD TO AFGHANISTAN



Photo: MCpl Chris Connolly, 8 Wing Imaging

General Rick Hillier (centre right), Chief of the Defence Staff, speaks to approximately 141 deploying troops at 8 Wing Trenton just prior to their departure for Afghanistan on Aug. 10, 2006. Mr. Robert Greenhill (centre left), President of the Canadian International Development Agency, and Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer and Acting Wing Commander, were also on hand to wish the troops success in their upcoming mission.



The 2006 Government of Canada Workplace Charitable Campaign is fast approaching. The Wing Commander's United Way Charity Golf Tournament is scheduled for September 13, and the Wing Commander's Challenge is slated for September 15. Watch upcoming issues of The Contact for more information.

TWO MORE REPATRIATION CEREMONIES AT 8 WING TRENTON



Photo: Cpl David Hardwick, 8 Wing Imaging

The Bearer Party Commander salutes the remains of MCpl Jeffrey Scott Walsh, placed in the awaiting hearse following a repatriation ceremony at 8 Wing/CFB Trenton on August 12, 2006.



Photo: Cpl Tom Parker, 8 Wing Imaging

The Bearer Party carries the remains of Cpl Andrew James Eykelenboom to the awaiting hearse during a solemn repatriation ceremony on the ramp at 8 Wing / CFB Trenton, August 14, 2006.

Bay Subaru

SUBARU
ALL-WHEEL DRIVE

32 Millennium Parkway, Belleville

613 968-9559

toll free 1-866-968-9559

Bay Subaru Sales Hours: Mon.-Fri. 9-6 Sat. Closed

IT'S NEVER BEEN EASIER TO TAKE HOME GOLD



Deal ends August 31st, so hurry to Subaru's Summer Gold Rush today and get a great deal on the IIHS top safety pick - gold award winning Impreza

IMPREZA

Think. Feel. Drive. SUBARU

* Insurance Institute for Highway Safety (IIHS). See its.org for more details. ** Offer valid on 2006 Impreza 2.5 Sedan MSRP \$23,495 & 2006 Impreza 2.5i sport wagon MSRP \$23,495. Payment of \$298 per month based on 2.8% lease rate for 48 month term on Impreza 2.5i sedan and Impreza 2.5i sport wagon with \$500 down payment and \$0 security deposit. Freight & PDI (\$1495), PPSA, licensed, insurance, registration fees, administration charges and taxes are extra. Lease based on a maximum of 20,000 kms per year with excess charged at \$0.15/km. Financing and leasing programs available through GMAC on approved credit. Other rates & terms available, downpayment may be required. Program expires August 31, 2006. See Bay Subaru for details.

FINAL MONTH

IMPREZA

LEASE RATE

2.8%**

FOR 48 MONTHS

\$298**/MO.

INSURANCE INSTITUTE FOR HIGHWAY SAFETY

* Top Safety Pick - Gold Award Winner





TROOPS DEPART FOR SIX-MONTH TOUR

Bdr Kyle Martin, a member of the Royal Canadian Horse Artillery, poses with his girlfriend, Shauna Fehrman, prior to deploying to Afghanistan for a six-month tour. A total of 140 Canadian Forces members departed from 8 Wing/CFB Trenton on August 14, 2006, aboard a CC-150 Polaris en route to Southwest Asia. As they were leaving, the troops were met by Lieutenant-Colonel Debbie Miller, Acting Commander, 8 Wing/CFB Trenton, and by the new Chief of Staff of the Land Force Doctrine and Training System, Colonel Sylvain Siros.

Photo: Cpl Tom Parker, 8 Wing Imaging



TRAINING PRIOR TO VISIT

Photo: Cpl Tom Parker, 8 Wing Imaging



Chief Warrant Officer (CWO) Tom Secretan, 8 WCWO, and Captain Nicole Meszaros, 8 Wing Public Affairs Officer, inspect each other's clothing and equipment before entering the gas hut on August 16, 2006. The pair from the Wing Executive staff require the Chemical Biological Radiological Nuclear Defence training prior to an upcoming technical assistance visit to Camp Mirage and Afghanistan planned for September with Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton. This was done under the watchful eye of MCpl Tony Bernier, A3 Readiness Training Flight.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



On July 8, 2006, 14 volunteers from Wing Supply gathered in support of Habitat for Humanity. Although we did not actually build a house, we did what Supply Techs do best—we helped with "Operation Restore" in setting up the warehouse. We gave a helping hand with putting up walls and building shelving units. We also provided some muscle unloading two tractor-trailers full of home building supplies. It was amazing to see what a small group could accomplish in one day.

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

"Des nouvelles d'ici et de partout ailleurs."



Contact



NorthChina
BUFFET

OPEN 7 DAYS/WK
Largest Seating for 300
No MSG Added • Licenced
Seniors (over 65) Always 10% off



300 Bell Boulevard
(West of Sydney St.) Belleville
(613) 771-9988

BUFFET HOURS Lunch: 11:30 - 3:30 pm Dinner: 4pm - 9:30 pm

Lunch Prices	ADULT	Kids (6-12)
Mon-Fri	\$6.99	\$4.50
Sat-Sun	\$7.99	\$5.50
		Toddlers \$1.99
Dinner Prices		
Mon-Thurs	\$10.99	\$5.50
Fri-Sun & Holidays	\$11.99	\$6.50

ALL YOU CAN EAT BUFFET



You concern is our concern, so don't hesitate to call

Dr. Jinni Demine



- Saturday and Evening Hours
- Small and Exotic Pets
- Surgical/Medical Services
- Dental Care
- Wellness
- Nutrition
- Emergency services
- Grooming
- Boarding

www.trentonpethospital.com

255 Glen Miller Rd. • Riverview Plaza • Exit 526 Hwy 401 •
North of Hwy 401 across from Rona Cashway
Phone: (613) 392-6667 • Fax: (613) 392-6844

Best Quality Best Price
"The Only Place To Go"
SMITTY'S
WAREHOUSE OPERATION

For NEW or GOOD USED Appliances

Smitty's has been keeping customers happy for 28 years in the appliance business. This proves Smitty has the Best Price, Selection, Guarantee, Quality & Price plus Same Day delivery, seven days a week. Smitty plans to be around for another 28 years. Now he has in-house financing at NO INTEREST. These are just a few of the many reasons to visit Smitty's for your new or used appliance purchase.



Best Selection Best Guarantee Best Service

SMITTY'S
KING OF APPLIANCES

613-969-0287
Open Evenings & Seven Days A Week
River Road-Corbyville (just N. of Corby's)

FORGET-ME-NOT
FLORIST

Carnations \$7.99/doz
*applicable taxes

Appledene Plaza, Trenton
Across from Walmart
613-394-1529

Silver Star Studio

Oriental Shiatsu Massage Relaxation

\$40/30 min

613-392-7119

Open Daily 10 am - Later

56 Elgin St. Unit 2 in Trenton (downtown)

Second block west of bridge @ 1 road north of Dundas

UNIGLOBE
Quinte Travel

www.uniglobequinte.com
 info@uniglobequinte.com
 (613) 394-6677
 469 Dundas St. W., Trenton

Book your Winter Vacation

Free MP3 player
 Early Booking Bonus
 Save up to \$1,600 per couple
 Contact us for details
 Conditions apply

The World's largest single brand Travel Franchise.
 Each office is independently owned and operated

TICO
 Reg. No. 2799351

Loyalist College
Continuing Education
Fall 2006

FOCUS
 on Lifelong Learning • Fall 2006

Don't be disappointed... register early

Classes begin September 11

Loyalist College Continuing Education
 www.loyalistfocus.com

Head into the fall with Loyalist College Continuing Education

There's something for everyone this fall at Loyalist. We offer over 400 courses at nine locations throughout the Quinte region, and on-line. Whether you are looking to enhance your career, fulfill an artistic passion, learn to belly dance or spice up your culinary repertoire – we're sure to have something for you.

Just for fun – check out *The Coloured Pencil*, *Gone Greek*, *Running Buddies*, *Living the Creative Life*, *Acting and Performance*, *Salsa Dancing*, *Women on Wheels* or our *One-day Extravaganza*.

Join us at the Quinte Mall on Friday September 1st from 9 am to 9 pm

Register now by drop-off, mail or fax.

(613) 969-7900 • TTY (613) 962-0633
www.loyalistfocus.com

Search & Rescue UPDATE

Photo: Sgt R. Ruthven, CFLAWC



It was another busy week at 424 Squadron with 11 missions flown.

On August 10, Rescue 305 responded to two persons in the water due to a capsized canoe. The people were found and a life raft was successfully dropped to them. A vessel picked them up 20 minutes later. Our Griffon Rescue 491, was tasked to medevac a female with multiple injuries near Rockaway Bay. Rescue 491 was stood down en route because an air ambulance reached the victim first. Rescue 491 was then re-tasked to search for a possible raft adrift. Nothing was found and Rescue 491 returned to base.

On August 11, Rescue 491 was tasked to aid the US Coast Guard with a search near Oswego, NY for a life raft. No life raft was found and Rescue 491 returned to base. Rescue 305 was launched to search for an overdue canoe on Lake Erie. With the help of the Canadian Coast Guard vessel Cape Lampton, the canoe was found and there was no distress. Rescue 440 was then tasked to search for an overdue canoe with two people on board west of Trenton. Our Griffon was stood down shortly after takeoff and returned safely to base. Rescue 305 was then sent to search for an overdue canoe near Gore Bay. Fortunately, the canoe arrived safely at its planned destination and Rescue 305 returned to base.

On August 13, Rescue 305 was sent to search for a missing vessel on Lake Erie. After a short search the vessel was located and Rescue 305 then returned to base. Rescue 305 was then tasked on August 14 to assist a person in the water near Sault Saint Marie, but was stood down while en route. Rescue 491 was then tasked to assist a vessel near Joe Dollar Bay, but again was stood down while en route.

Finally, on August 15, Rescue 440 was tasked to search for an overdue boat near Manitoulin Island. Our Griffon located the vessel after a lengthy search. Two SAR-Techs were inserted and confirmed the two minors on board were in good shape. The location of the vessel was passed along to the OPP and was recovered by another vessel. The SAR-Techs were retrieved and then Rescue 440 returned to base.

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

Missions for 2006: 151 Missions for Aug.: 29 Persons rescued: 27

Financial Fitness

Pay Yourself First...

Painless Monthly Savings...

Ask Us How.

Tone Up ◦ AUTOMATIC SAVINGS
Endurance ◦ TERM DEPOSITS
Bulk Up ◦ RRSP's
Reduce Stress ◦ DO IT NOW!

QuintEssential
 CREDIT UNION

When you bank with QuintEssential you're banking with friends

www.qcu.com

293 Sidney Street Belleville 613-966-4111 • 251 RCAF Road Trenton 613-394-3361



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 Tom Lawson, CD, Wing Commander, 8 Wing / CFB Trenton.

The Contact Staff

Editor-in-Chief: Capt Nicole Meszaros

Managing Editor: Andrea LeBlanc

Reporter: Amber Gooding

Advertising Production Assistant: Amanda Sagriff

Advertising Sales: Sheila Lund

Bookkeeper: Marilyn Miron

Circulation: Keith Cleaton

Assistant Translator/Proofreader: vacant

PSP Manager: John Snyder

Subscriptions: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.



Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

Letters to the Editor:

Internet: LEBLANC.AL@forces.gc.ca

Intranet: LeBlanc AL@CFBTrenton W Admin@Trenton

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



A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



The Contact
Wing Headquarters Building Annex
8 Wing / CFB Trenton
PO Box 1000, Station Forces
ASTRA, ON K0K 3W0

Editorial: 613-392-2811 Ext. 7005 Fax: 613-965-7490
Advertising: 613-392-2811 Ext. 2748/7008

Troops leave for theatre

In an atmosphere charged with emotion, many people were on hand on August 14 to bid goodbye and farewell to their loved ones as 140 Canadian Forces members boarded a CC 150 Polaris en route to Southwest Asia.

While some soldiers were pacing nervously, others sat stoically, waiting for the boarding announcement that for some, could not come soon enough, and for others, would come too soon.

Many of the younger soldiers looked determined and ready to go. Many others looked thoughtful, as though they were reflecting on what the near future would bring for them and their loved ones. Most were putting on a brave face, trying to reassure someone who cares for them, and possibly themselves as well, that everything would be OK.

Soldiers played with their small children and hugged their spouses one last time; parents, whose children were leaving for the harsh reality of military service in Afghanistan, held on to them as long as they could as they accompanied them to the departure gate.

There were a lot of smiles, but also a lot of tears. A lot of laughter, but also a lot of serious moments. Whether it was with a last shared cigarette, a family picture, or an extended hug and a kiss, people tried to hold on to each other and each other's memory as long as they could, in the hope that it would carry them safely through the next several months.

At last, the call for boarding came, and with it, the last touch to a loved one. It was an emotional time for many, mostly from the crowd of family and friends left behind.

Family and friends, who had gathered along the fence outside of the terminal after the final boarding call, applauded and cheered as the soldiers walked onto the tarmac and towards the awaiting plane. Many of the soldiers turned and waved in the fence's direction, hoping to get a last glimpse of a loving face. As they neared the aircraft, the troops were met by the acting Wing Commander, Lieutenant Colonel Debbie Miller, and by the new Chief of Staff of the Land Force Doctrine and Training System, Colonel Sylvain Sirois.

With many Canadian flags hung from the fence and flapping in the wind, the troops stepped off Canadian soil and onto the plane that would take them to an uncertain, but hopefully safe future.

by Lt (N) Pierrette LeDrew
8 Wing Public Affairs

Canadiana Crossword

Alliterative Locales

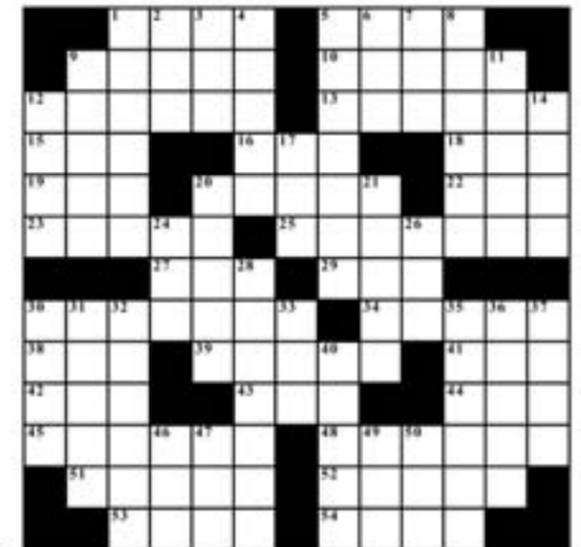
By Bernice Rosella and James Kilner

ACROSS

- 1 Leatherworker's tools
- 5 Big hair
- 9 Porcupine
- 10 Copper
- 12 Tummy upset
- 13 Obese
- 15 Branch
- 16 Fire, in Frontenac
- 18 Macaws
- 19 Lair
- 20 Korean city
- 22 Belief
- 23 Digression
- 25 Portage La
- 27 Swiss river
- 29 Bark
- 30 Fort
- 34 Fenelon
- 38 Poetic over
- 39 Fencing swords
- 41 Nautical ascent
- 42 Mil. address
- 43 Cruces or Serenas preceder
- 44 TSX once
- 45 Lake
- 48 St.
- 51 Porker's protuberance
- 52 Shakespearian sprite
- 53 Coastal feature
- 54 Give birth

DOWN

- 1 Old students club
- 2 Used to be
- 3 Fib
- 4 Debauch
- 5 Risk rater?



- 6 Ms Nightingale, breezily
- 7 Spanish for metro
- 8 Disabled transmitter
- 9 Reduces
- 11 Iranian language
- 12 Nothing, in Murmansk
- 14 Domesticated
- 17 Sixth sense
- 20 Harmony
- 21 Innocents
- 24 Matheson or Heatley
- 26 NS brew
- 28 Full
- 30 Colt
- 31 Certain autos
- 32 Approximately
- 33 It may be Black or Red
- 35 Sail
- 36 Disinfectant
- 37 Observed
- 40 Bit of literature
- 46 Gambler's acronym
- 47 Sol
- 49 Temper
- 50 Farrow, for one



This Week in Contact

1976 – Fifty-seven German teenagers from the Black Forest province of Baden-Wurttemberg visited Canadian army cadet camps in Ontario and Quebec as part of a Canada-Germany youth exchange sponsored by the Army Cadet League of Canada.

1986 – Recent amendments to CF dress regulations were approved, which permit members of the CF to comply with their religious customs without relegation to a status of less than full and proud membership. This change comes as the CF is composed of more and more members drawn from a wide variety of religious beliefs and cultural mores.

1996 – Dan Akroyd stars in a new TV mini-series that dramatizes the controversy behind the destruction of Canada's dream for aeronautical brilliance. Filming began in Winnipeg in June for "The Arrow", a two-part \$7.1 million series, which aired early the next year.

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



Joint and integrated CF operation underway in Canada's Eastern Arctic

JTFN

YELLOWKNIFE, N.W.T. - (August 11, 2006) Operation LANCASTER is a joint and integrated domestic operation taking place from August 12-25 in Canada's Eastern Arctic. It will contribute to Canadian sovereignty in the Arctic waters along the eastern and northern coasts of Baffin Island. Sailors, soldiers, airmen and airwomen will conduct operations in support of sovereignty and surveillance of these areas, including the waters of Lancaster Sound, the eastern entrance/terminus of Canadian internal arctic waters.

Operation LANCASTER is directed by Canada Command and executed by Joint Task Force North (JTFN) with forces participating from Joint Task Force (Atlantic), Joint Task Force (East) and Combined Force Air Component Command (CFACCA) as well. Operation LANCASTER will have representation from Other Government Departments (OGDs): Canadian Ice Service will provide information on arctic ice; shipping and pollution; the RCMP will conduct community policing and conduct a grave restoration on Devon Island; Parks Canada will co-locate with the two army observation posts located in Sirmilik National Park; Fisheries and Oceans Canada will take part in a fisheries patrol with

the Canadian Navy; and the Canadian Coast Guard Ship, CCGS Henry Larsen will also participate. The Government of Nunavut will co-host community day events in the various communities.

"Operation LANCASTER provides an excellent training opportunity for the Canadian Forces," said Colonel (Col) Chris Whitecross, Commander of JTFN. "This operation will hone the skills required to operate in the North and enhance partnerships and interoperability between the CF and other government departments."

"Arctic sovereignty falls directly in line with Canada Command's mandate to protect and defend," said Lieutenant-General (LGen) Marc Dumais, the Commander of Canada Command. "Operation LANCASTER is a perfect example of Canada Command's ability to thoroughly plan and execute operations within a domestic military context."

The operation will commence with all levels of Government and the Canadian Forces hosting Canadian Forces Days in Iqaluit, Nunavut, 12-13 August 2006. The kick-off to Operation LANCASTER coincides with the maximum concentration of ships, land forces, Canadian Rangers, aircraft and cadets in Iqaluit. Community visits will take place throughout

the operation with naval ships and CF personnel also visiting the communities of Pond Inlet, Clyde River, and Qikiqtarjuaq.

The joint task forces will conduct routine Sovereignty Patrols (air, land, sea) northward up the Baffin Coast and in the Lancaster Sound region in concert with the involved OGD's. HMCS Montreal will stop at Devon Island where a RCMP grave restoration will take place. The operation's contingent will then join together in Pond Inlet to take part in a community day on August 21. The Commander of Canada Command, LGen Marc Dumais will be on hand for the ceremony along with the Commander of JTFN, Col Chris Whitecross. The operation continues with an integrated fisheries patrol involving the Canadian Navy and Fisheries and Oceans Canada, operating in the Davis Strait enroute back to Iqaluit.

Operation LANCASTER follows another similar operation, Operation BEAUFORT, which is currently taking place in the Western Arctic.

JTFN is responsible for the conduct of all routine and contingency domestic operations in Northern Canada. It is one of six regional commands that all fall under Canada Command, which is the authority for all Canadian military operations in North America.



CFB Trenton Golf Club

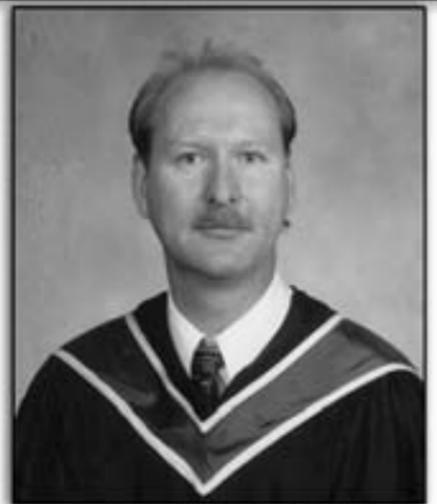
Purchase three 18 hole green fees at the regular price and receive the fourth green fee **FREE!**

Proshop 613-392-1544

Offer Expires 31 Oct 06

Good for Foursomes only

Present this coupon to the Proshop.



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 Laws.

Mark intends to remain in the Quinte area.

Our house,
your home.

Building quality
homes for over
20 years



HILDENHOMES

393 Sidney Street, Belleville 613.962.4600 www.hildenhomes.com

All the information you need
is just a click away!



www.thecontactnewspaper.cfbtrenton.com

Your Gateway to the CFB Trenton Community

FOR ALL YOUR FINANCIAL INVESTMENTS

ROBERT GRANDMAISON, CD, CFP
 Certified Financial Planner
 FINANCIAL PLANNERS (QUINTE) INC.
 55 Glenburnie Drive, Trenton, ON
 • RRSP • RRIF • MUTUAL FUNDS
 • GIC • SEVERANCE INVESTMENTS
 • EDUCATION PLANS • INSURANCE



Mutual Funds Provided by
WORLD SOURCE FINANCIAL MANAGEMENT INC.

Tel: (613) 392-0044 Res: (613) 392-0280
 Fax: (613) 392-7110 e-mail: rgrandmaison1@cogeco.ca

Credential Securities

251 RCAF Rd., P.O. Box 278
 Trenton, ON K8V 5R5

• Stocks • Mutual Funds • Bonds
 • RRSP • RRIF • GIC



Don Lockey, BA, CSA
 Investment Advisor

Tel: (613) 394-6589 Fax: (613) 394-4903
 www.qcu.ca E-Mail: dlockey@qcu.ca Member: CIPF

AUTO - HOME - BOAT - LIFE - INVESTMENTS

WHITLEY INSURANCE & FINANCIAL SERVICES
 613-392-1283
 (1-800-663-1384 Toll Free)

SINCE 1949 Visit our Website at www.whitley.net
 E-mail: info@whitley.net

"SAVE MONEY, CALL FOR A QUOTE"
 41 Dundas Street W. Trenton

AUTO - HOME - BOAT - LIFE - INVESTMENTS

Weaver Family Funeral Homes

Weaver Family Funeral Homes are pleased to offer you the opportunity to pre-plan and take up to 10 years to pre-fund your arrangements. Advanced planning and funding your funeral is one of the kindest acts you can do for your family. Please contact Kevin Weaver, our Funeral Planning Consultant, to discuss, without obligation, your individual requirements.



"Support, Service & Friendship in the Weaver tradition since 1945"

Weaver Family Funeral Homes
 (East Chapel) 613-394-2433 (West Chapel) 613-392-3579

• Desktop Publishing • Posters • Laminating • Digital Copies

Darling's COPY DEPOT Call today 392-7273

Fax service: 392-7058

www.copy-depot.com
 20 Dundas W., Trenton

• Fax Service • Enlargements • Scanning • Canon Laser Copies

Music for Young Children

Early music education plays a unique role in the cognitive development of young children. Self-discipline, patience, coordination, concentration and the ability to memorize are all enhanced by studying music.

Now is the right time to inquire about fall music lessons.

Come to an open house and meet the teacher
 Tuesday, August 29th, from 3-7 pm
 59 Heber Street, Trenton, (side entrance)

Accepting new students
 Contact Nicole Voyer, your local MYC® and piano teacher at 613-394-2318 email: nicole.voyer@sympatico.ca

Musique pour jeunes enfants®
 Septembre arrive à grand pas!

Avec la rentrée en classe c'est le moment idéal pour aider vos enfants à développer une attitude joyeuse dans l'apprentissage de la musique en les enregistrant dans le programme de Musique pour jeunes enfants®. Un programme de musique équilibré pour les enfants de 3-8 ans qui rassemble les apprentissages suivants: chant, piano, solfège, rythmique, lecture à vue, théorie, histoire et composition. Enseignement dynamique. Maximum de 5 élèves par classe. La participation des parents est nécessaire. Je suis graduée du Conservatoire Royal de Musique de Toronto et je donne également des cours privés de piano/théorie.

Pour plus de détails, faites le 613-394-2318 ou faites moi parvenir une note par courriel à l'adresse suivante: nicole.voyer@sympatico.ca

Governor General becomes Patron of MFSP

CFPSA

OTTAWA – (August 14, 2006) Major-General Doug Langton, Chief Executive Officer of the Canadian Forces Personnel Support Agency (CFPSA), is delighted to announce that Her Excellency the Right Honourable Michaëlle Jean, Governor General of Canada, has graciously accepted the position of Patron of the Military Family Services Program (MFSP).

"We are honoured that our program is to be associated with the name and prestige of the vice-regal office," says MGen

Langton.

The MFSP is managed and funded by the CFPSA Directorate of Military Family Services (DMFS). By promoting and facilitating community-based military family services, the MFSP enhances the quality of life of Canadian Forces (CF) members and their families and strengthens CF communities, thus contributing to the operational effectiveness of the CF.

"We are privileged, not only because the Governor General is the Commander-in-Chief of the CF, but also because she has a long-standing commitment to social issues –

particularly those relating to women and children," says Celine Thompson, Director of Military Family Services, CFPSA, "issues that resonate within our world of family support."

The program is delivered through Canadian/Military Family Resource Centres (C/MFRCs) located at all CF bases, wings and stations, as well as in some foreign locations. C/MFRCs provide support services to help CF members and their families manage the stresses associated with the unique characteristics of the military lifestyle.

"The Governor

General's areas of interest include our work in family violence prevention, youth services, family separation and reunion, and C/MFRCs," explains Thompson.

The CFPSA develops and delivers morale and welfare programs, activities, and services to members of the CF and their families, in Canada and overseas. Its goal is to enhance the quality of life of the military community, thus contributing to the operational readiness and effectiveness of the CF.

For more information on DMFS please visit www.cfpsa.com/dmfs.

DR. THOMAS G. McDOWELL
 "Home of the Big White Tooth"

New Patients Welcome

- Tooth Coloured Fillings
- Orthodontics
- Dentures
- Root Canal /sedation
- Wisdom teeth /sedation
- Dental Implants
- Whitening & Cosmetic Dentistry
- Electronic Insurance Submission
- Financing Available
- Close to Base

"Let our family treat your family"

613-394-8888
 169 Dundas St. East Trenton, Ontario
 Visit our website: www.drthomasmcdowell.com

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

"Des nouvelles d'ici et de partout ailleurs."



Contact

LOCAL SERVICES AND TRADES

To Serve You

Classified Advertising: 613-392-2811 ext 3976 Fax: 613-965-7490
 Email: sagriff.alf@forces.gc.ca

Building Material

RONA CASHWAY

"Buy Where The Builder Buys"

House plans, engineered floors, kiln dried lumber, expert staff, etc.

234 Glen Miller Rd
 Trenton 394-3351

Footcare

Brighton Footcare

~Since 1993~
 Jennifer Hardy, B.Sc. Pod; D. CH. Registered Chiroprapist

Custom orthotics and shoes. Expertise in diabetic foot and wound care. Huge selection of spring and summer footwear including customized Birkenstock and Naot sandals. Coverage available through most health care plans.

(613)-475-4453
 9 Park Street, Brighton

Garage Doors

CENTRAL GARAGE DOORS

Locally Owned & Operated
Mark Goodmurphy
 Installing and Repairing Doors and Openers Since 1981

Authorized Dealer for
 HORMANN Doors and Openers
 Service and Repairs to All Makes and Models of Doors and Openers

Military & Seniors Discounts Available
 Tel: 613-847-7488
 Fax: 613-966-8911

Home Improvements

ACCURATE CONSTRUCTION

- Renovations
- Additions • Soffits • Roofing
- Windows • Siding • Facia
- Eavestrough • Custom Homes • Snow Plowing
- Rubbish Removal

Free Estimates, Call Mike O'Hara 969-8387

Roofing

ROYAL ROOFING

- ✓ Commercial
- ✓ Residential
- ✓ Agricultural Asphalt & Steel
- ✓ Professional Installation
- ✓ Fully Insured

"The Very Best by John West"

Call for a FREE estimate CALL (613) 627-1551

JOHN WEST CONSTRUCTION
 469 Cty. Rd. 64 RR#3 Brighton
 (613)-475-4828

Shiatsu Massage

Silver Star Studio

★ Oriental Shiatsu Massage Relaxation ★

613-392-7119

Daily 10am - late

56 Elgin St. Unit 2
 Downtown Trenton
 Second block west of bridge & one road north of Dundas

Swap & Sell

QUINTE WEST SWAP & SELL

- Bikes • Stereos • Tools • TVs
- Game Systems • Movies • CDs
- Guitars • Car Audio
- Paint Ball Guns & Supplies

BUY-TRADE-LOAN

391 Dundas St. W. Trenton (across from the HighSchool)
392-5822
 Open Daily 10-6
 Sun 10-3

Tree Service

Trenton Tree Service

Tree Trimming & Removal, Chipping & Stumping

- Free Estimates
- Fully Insured

A fair price for everyone
 392-7415

Fitness, Sports & Recreation

Fall swim lessons registration

Registration for the 8 Wing military community will take place on August 29 from 4 to 6 p.m. at the RecPlex.

Registration for the military community will continue from August 30 to September 9 during normal hours of operation.

Registration will open to the general public on September 10 from noon to 3 p.m. at the south side Gym during the Recreation and Leisure Show.

Squash Club

Plans are now underway to get our Squash Club out of moth balls and we're looking for members interested in playing for fun, fitness or competition. Open to military personnel and family members.

If you are interested in joining or wish to obtain more information, contact Carl Charbonneau at: charbonneau capt jrc@forces.gc.ca or local 3438.

Final kayak course approaching

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 August 25 from 1 to 4 p.m. Cost is: \$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.

Final 'Swim to Survive' courses

There are two upcoming Swim to Survive clinics, one is on August 30 and the other on September 1. Clinics run from 9:00 to 10:15 a.m. Children must be seven years of age, or older, to participate in Swim to Survive clinics. Clinics are offered absolutely free.

Recreation and Leisure Show

The annual Recreation and Leisure Show is 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. For information, call 613-392-2811 ext. 2349.

Base hockey season upon us

The 8 Wing/CFB Trenton hockey leagues are open to CF military, DND and NPF full-time employees.

WHL: The Wing Hockey League (WHL) will commence on Sunday, October 1, and will play every Sunday, Tuesday, Wednesday and Thursday evening. The league organizational meeting will be held at 1000 hrs on September 12 in The Gymnasium conference room. All interested team reps are to attend.

NHL: The Noon Hour Hockey League (NHL) will commence on October 2 and will play noon hours at a cost of \$80 per player. Player registration for the NHL will be held weekdays from September 4 to 15, from 0800 to 1200 hrs and from 1300 to 1530 hrs, and again on September 6 from 1200 to 1600 hrs at the Leisure Show in The Gymnasium.

Please contact Dan Cormier at local 3373 for info.

Summer Shiny Hockey for Kids

Limited space is available in shiny hockey from August 21 to 25 and August 28 to Sept 1. Cost is \$29 for military community; \$38 for the general public. Register at the RecPlex.



Top Five Gym Mistakes

- 1) You always stick to the same workout. As a guideline, shake it up, prevent adaptation--your body getting used to the same overload and same functional exercise.
- 2) You mimic what you see other people do in the gym. Don't do it--you might think they have had the proper training, however it's best to have a certified fitness professional consult with you on technique and exercise choice.
- 3) You work out every day. The fitness industry suggests working out on *almost* every day of the week. Make sure you take a day or two off, to prevent injury and to promote balance.
- 4) You stick to the machines. The best workout regime is one you enjoy, however you need to attempt some cross training, some variety in the way you recruit your muscles.
- 5) You don't warm up specifically. Whether it's cardio or strength, you need to pace yourself into the workout. For example a gradual increase in intensity is the way to go! Mimic the activity in a less intense manner initially and then add intensity once your body has thermally warmed up. The injury potential is always there. Try to minimize it.

PSP Facility Memberships

1 September 2006 - 31 August 2007
(Rates were reduced by approx. 5 per cent)

Gymnasium (includes Arena)

Regular Members		Ordinary Members	
Infant (6 mo - 5 yrs)	Free	Infant	Free
Youth (6-17 yrs)	\$33	Youth	\$ 43
Single (18 yrs+)	\$43	Single	\$ 62
Family	\$90	Family	\$ 142

RecPlex (includes Arena & Outdoor Pool)

Regular Members		Ordinary Members	
Infant (6 mo - 5 yrs)	\$11	Infant	\$ 19
Youth (6-17 yrs)	\$38	Youth	\$ 57
Single (18 yrs+)	\$47	Single	\$ 71
Family	\$104	Family	\$ 180

Combination

(includes Gym, RecPlex, Arena, Outdoor Pool)

Regular Members		Ordinary Members	
Infant (6 mo - 5 yrs)	\$11	Infant	\$19
Youth (6-17 yrs)	\$47	Youth	\$81
Single (18 yrs+)	\$62	Single	\$104
Family	\$133	Family	\$247

Membership Upgrade: \$5.00 +GST (\$5.30)
Replacement for lost membership card: \$10.00 +GST (\$10.60)

Morning Aquafit

September 25, until December 20, (no class on October 9). Class 1 runs from 7:55 to 8:40 a.m. Class 2 runs from 8:50 to 9:35 a.m. Class 3 runs from 9:40 to 10:30 a.m. Please note, Class 3 will be a deep water class in the main pool. Participants will wear a buoyant belt and do not need to know how to swim.

Cost: CRA members, \$65 ; military community, non-members, \$70; general public, \$75. A maximum of 15 passes per class will be sold. Registration for military community is on August 31 from 10 a.m. to 8 p.m. and for the general public on September 7 from 10 a.m. to 8 p.m.

PSP membership renewal process

New memberships will go on sale at the RecPlex on August 25.

Hours of operation are Monday through Friday from 9 a.m. to 5 p.m.

Please be advised that TrentCards will no longer be used as a facility membership card.

New photo ID cards will be issued to all members, but this will be somewhat of a lengthy process.

Due to time constraints, members may be required to return to the RecPlex at a later time to pick up their new 2006/07 membership card.

Please be patient through this process.

8 AMS digs up gold at four-on-four beach volleyball tournament

A four-on-four beach volleyball tournament was held on August 11, as part of the Wing's Summer Sports Series, hosted by the Fitness and Sports Flight.

The aim of this year's series is to keep Canadian Forces members on track with their fitness schedules over the hot summer months, and to hold an outdoor sporting event that recruited members by unit, to participate in a friendly sporting competition.

The games were held at the new beach volleyball court, which has now covered one of the baseball diamonds on the south side.

There was a great turnout for a morning of fit-

ness. Teams played 20-minute matches, a round robin first, with a single elimination final.

The series wrapped up with 8 AMS winning first place. Second place went to ATESS 2, third place to ATESS 1, with a honourable mention to the Personnel Support Program's Fitness and Sports Flight.

A special thanks to all participants who joined in on the tournament and a congratulations to first place winners Corporal Matt Houtby, Second-Lieutenant John Dickens, Master Corporal Howie Honka and Second-Lieutenant Jamie Macdonald.



Photo: Amber Gooding, Contact Staff

Shown above is team 8 AMS (far courtside) playing their final match of the day against ATESS 2.



Last Days of Summer **AUGUST** Sale

<p>2004 HYUNDAI SANTA FE GL</p> <p>SHARPI! SILVER. Automatic, loaded up with full power options, mint shape. Off lease. 79,000 kms. Balance of factory warranty.</p> <p>\$16,995 cert. 0 down \$144.45 monthly 60 months</p>	<p>2001 GMC SIERRA SL 4X4</p> <p>RED. Reg cab short 4X4, A/c, tilt, chrome wheels, boxliner, V8, auto. 108,000 kms. Local trade!</p> <p>\$12,995 cert. 0 down \$154.89 monthly 60 months</p>	<p>2004 CHEV EXT. CAB</p> <p>SHORT BOX 2711 PEWTER. WOW! Only 29,000 kms. 5.3L V8 loaded with full power options inc. power seat, autotrac 4WD, factory trailer tow, mint shape. Off GMAC lease. Balance of factory warranty.</p> <p>\$25,995 cert. 0 down \$219.39 monthly 60 months</p>	<p>2002 CHEV VENTURE</p> <p>BURGUNDY. Fresh in from GMAC lease. Loaded with full power options, inc. alloys, quad captain's chairs and more! Very clean van. 79,000 kms.</p> <p>\$9,995 cert. 0 down \$111.72 monthly 60 months</p>	<p>2002 SATURN L100</p> <p>WHITE. SHARPI! 4 cyl., automatic loaded with full power options, fresh in from Saturn lease. Very clean. 91,000 kms.</p> <p>\$8,995 cert. 0 down \$100.92 monthly 60 months</p>	<p>2006 CHEV 1500 EXT. CAB</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>\$28,995 cert. 0 down \$227.70 monthly 60 months</p>
<p>2003 CHEVROLET VENTURE LS EXTENDED</p> <p>SHARPI! Only 60,000 kms., loaded with full power options incl. quad captain's chairs, dual heat and A/C & more! Mint shape. Off GMAC lease.</p> <p>\$19,755 cert. 0 down \$117.90 monthly 60 months</p>	<p>2003 GMC 1500 H.D CREW CAB</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>\$23,995 cert. 0 down \$227.66 monthly 60 months</p>	<p>2003 CHEVROLET TRAILBLAZER</p> <p>5.3L V8, auto, loaded, leather, P-moon-roof, alloys. Fresh GMAC Lease Return. Mint shape! 73,000 km 7 passenger.</p> <p>\$20,995 cert. 0 down \$199.61 monthly 60 months</p>	<p>2002 SATURN L100</p> <p>4 cyl., automatic, loaded with full power options, alloys, keyless, CD & more. Fresh in off Saturn lease. 84,000 kms.</p> <p>\$8,995 cert. 0 down \$100.92 monthly 60 months</p>	<p>2005 PONTIAC MONTANA SV6</p> <p>Automatic, 4 dr., 6 cyl., Gas, Front Wheel Drive, silver ext/gray int, Fog Lights, Roof Rack, Tinted Windows, 4 Captain's Chairs, Air cond., AM-FM Stereo, Compact... more. 36,333 km.</p> <p>\$16,995 cert. 0 down \$144.45 monthly 60 months</p>	<p>2003 NISSAN SENTRA</p> <p>4 door, automatic with Air conditioning, CD player, tilt and more. 83,000 kms. Local trade.</p> <p>\$10,995 cert. 0 down \$106.12 monthly 60 months</p>
<p>2003 FORD EXPLORER XLT</p> <p>4X4, SHARPI! High polish alloys, loaded with options. MUST SEE! Fresh off Ford lease. 75,000 kms.</p> <p>\$26,995 cert. 0 down \$162.22 monthly 60 months</p>	<p>2002 CHEV CAVALIER</p> <p>4 door, automatic, air conditioning, tilt, CD and more. Fresh in off GMAC lease. 79,000 kms.</p> <p>\$7,495 cert. 0 down \$64.76 monthly 60 months</p>	<p>2003 FORD F150 XL 4X4</p> <p>BLUE. Reg. cab, V8, auto with air conditioning. Fresh in off Ford lease. Chrome wheels, boxliner. 64,000 kms.</p> <p>\$15,495 cert. 0 down \$146.19 monthly 60 months</p>	<p>2003 GMC SONOMA EXT CAB</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>\$17,995 cert. 0 down \$171.57 monthly 60 months</p>	<p>2002 SATURN SL1</p> <p>4 door, automatic with air conditioning, tilt, CD and more. Local trade. 72,000 kms.</p> <p>\$7,995 cert. 0 down \$90.16 monthly 60 months</p>	<p>2003 VENTURE EXT.</p> <p>Loaded up with full power options inc. alloys, dal heat & A/C, only 60,000 kms. Fresh in off GMAC lease.</p> <p>\$11,755 cert. 0 down \$113.23 monthly 60 months</p>
<p>2003 BUICK RENDEZVOUS</p> <p>Automatic, 4 dr., 3.4, 6 cyl., Gas, AWD, Off White ext./Neutral int., Fog Lights, Alloy Wheels, Bucket Seats, leather, Power Seats, 3rd row, Air Cond., AM-FM Stereo & more. 66,000 km</p> <p>\$18,995 cert. 0 down \$192.87 monthly 60 months</p>	<p>2002 DODGE 1500 REG CAB</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>\$18,995 cert. 0 down \$208.85 monthly 60 months</p>	<p>2003 PONTIAC GRAND AM GT</p> <p>2 dr., ram, air hood! V6, H.O. auto, loaded w/ full power options inc. power sunroof, power seat, high polish rims, upgraded factory stereo & much more! Mint shape. Off GM lease. 100,000 kms.</p> <p>\$13,995 cert. 0 down \$106.12 monthly 60 months</p>	<p>2003 PONTIAC AZTEK</p> <p>Black Beauty! Loaded up w/full pwr options incl. Versatrak AWD, alloy rims & much more! Mint shape off GMAC lease 70,000 km.</p> <p>\$13,995 cert. 0 down \$134.17 monthly 60 months</p>	<p>2002 SATURN MIDSIZE L100</p> <p>WOW! Only 49,000 kms! 4 cyl., automatic, loaded w/ full power options incl. alloy wheels, & more. Mint shape. Off Saturn lease. \$10,995 cert. \$9,995 cert. 5 to choose from \$8,995 - \$10,495</p> <p>\$11,452 monthly 60 months</p>	<p>2002 SATURN SL2</p> <p>4 door, only 54,000 kms! 5 sp. loaded with full power options inc. pwr. windows, locks, a/c, cruise, CD, keyless entry. Fresh in off Saturn lease.</p> <p>\$7,795 cert. 0 down \$87.54 monthly 60 months</p>
<p>2003 CHEVROLET IMPALA LS</p> <p>Automatic, 4 dr., 3.4, 6 cyl., Gas, Front Wheel Drive, Brown ext./Grey in., Fog Lights, Alloy Wheels, Tinted Windows, Sun Roof, Spoiler, Bucket Seats, Air Cond., power roof! 77,755 km</p> <p>\$19,995 cert. 0 down \$124.82 monthly 60 months</p>	<p>2002 CHEV CAVALIER</p> <p>4 door, auto. with air conditioning, tilt, cruise, power locks, keyless entry. CD and more. 73,000 kms.</p> <p>\$7,495 cert. 0 down \$64.73 monthly 60 months</p>	<p>2005 PONTIAC GRAND AM</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>\$13,995 cert. 0 down \$111.15 monthly 60 months</p>	<p>2002 MONTANA EXT.</p> <p>Burgundy, loaded with options inc. pwr. seat, pwr. door, steering, radio controls, quad seating, dual heat & A/C, alloys & much more. 81,000 kms. Fresh in off GMAC lease.</p> <p>\$10,995 cert. 0 down \$122.51 monthly 60 months</p>	<p>2003 PONTIAC GRAND AM GT</p> <p>V6, Ram air, high polish chrome wheels, power sunroof! Power seat, loaded! Leather. Fresh GMAC lease return. Mint! 80,000 km.</p> <p>\$18,495 cert. 0 down \$120.15 monthly 60 months</p>	<p>2005 CHEV 1500 EXT CAB</p> <p>SHORT BOX 4X4 LS 5.3L V8, loaded with full power options, only 37,000 kms. Balance of factory warranty.</p> <p>\$24,995 cert. 0 down \$211.05 monthly 60 months</p>

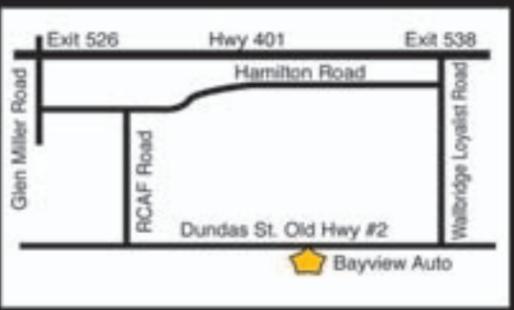


Bayview Auto Sales

www.bayviewauto.ca 1-613-392-3339
Local or Long Distance

980 Old Hwy. #2, Trenton
Fax 613-392-9692

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. RATES ARE ACCURATE ON PUBLICATION DATE.



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Personal Development

Wednesday Night Out
 Pre register please by calling 613-965-3595 or 613-965-3575
Activities TBA, please visit the MFRC website calendar
www.trentonmfr.cfbtrenton.com

Second Language Training for military partners
French & English
 Courses run for 10 weeks beginning September 25, 2006. Each session offers a total of 60 hours of instruction, beginner and intermediate. If you are new to our program, we can set up a placement test to determine your level. A deposit of \$50 is required upon registration for the course. This deposit is refundable if the participant attends 85 per cent of classes.
 A partial subsidy is offered for childcare. The Second Language Training is a national program and courses can be continued at most CF Bases across Canada.
Morning and Evening Classes
 Come in and register at the MFRC for the fall classes.
 Call Anu at 613-392-2811 ext. 3855 for more information.
 *Courses are open to military members for the same cost
 *Courses are also available to **the community at a non-refundable cost of \$100** per session.

Perfectionnement personnel

Les sorties du mercredi soir.
 Veuillez vous inscrire à l'avance en appelant au 613-965-3595 ou 613-965-3575
Les prochaines activités seront annoncées plus tard, svp visitez le calendrier sur le site web du CRFM, www.trentonmfr.cfbtrenton.com

Programme d'enseignement de langues secondes pour les partenaires militaires anglais & français
 Les cours sont d'une durée de 10 semaines débutant le 25 septembre. Chaque session offre un total de 60 heures de cours (débutant ou intermédiaire). Un dépôt de 50\$ est dû lors de l'inscription au cours. Ce dépôt est remboursé si l'étudiant participe à 85 per cent des cours.
 Une subvention est possible pour les soins de garde d'enfants. C'est un programme national, donc les cours peuvent être continués dans la plupart des bases des FC au Canada.
Classes offertes en matinées et en soirées.
 Venez vous inscrire au CRFM pour les classes d'automne. Pour plus de renseignements appelez Anu au 613-392-2811, poste 3855.
 *Les cours sont disponibles au même coût pour les militaires.
 *Les cours sont aussi disponibles à **la communauté civile au coût de 100\$** par session, non-remboursable.

Volunteer Opportunities

Board of Directors - Our MFRC is governed by a Board of Directors comprised of volunteers from our community. Board members can be spouses of military members, military members, or members of the local community who support the objectives of the MFRC. This 'Policy and Evaluation Board' meets once per month and Board members may also work with specific committees. If you would like to take an active role in the governance of your MFRC, please contact Cheryl Montgomery at 613-392-0909. At this time we are specifically recruiting spouses of military members. We have a requirement to always have a minimum of 51 per cent of our Board of Directors be military spouses and posting season is taking many away.

Opportunités de bénévolat

Conseil d'administration - Le CRFM est géré par un conseil d'administration composé de personnes bénévoles de la communauté. Les membres du conseil d'administration peuvent être des partenaires militaires, des militaires ou des civils de la communauté qui supportent les objectifs du CRFM. Ce conseil qui a pour but de gérer et d'évaluer les règlements, se rencontre une fois par mois; les membres du conseil peuvent aussi travailler au sein de comités spécifiques. Si vous désirez jouer un rôle actif dans l'administration du CRFM, veuillez communiquer avec Cheryl Montgomery au 613-392-0909.
 Due à la période de mutations, le Conseil d'administration a perdu plusieurs membres militaires. Nous recrutons donc en ce moment, seulement des partenaires de militaires. Selon notre charte, le conseil doit être composé d'au moins 51 per cent d'épouses ou d'époux militaires.

Back for the 6th year
A great deal for you!
A great fundraiser for your MFRC!

At the door you would pay \$56.26
 At your MFRC, for the summer, you pay \$38.00
 Children, 3 to 6 years old and adult 60+, you pay \$30.00



De retour pour la 6e année
Une excellente aubaine pour vous!
Une excellente collecte de fonds pour votre CRFM!

A la porte, vous payez 56,26\$
 À votre CRFM, pour l'été, vous payez 38,00\$
 Enfants, 3 à 6 ans et adultes 60+, vous payez \$30,00

Do you want know about restaurants in the Quinte area?
Try the Quinte Area Diners Reward Booklet
\$20 (approx. value \$250.00)
 Available at the MFRC reception

Où sont les restaurants dans la région de Quinte?
Achetez un livret de coupons-rabais pour restaurants
20\$ (valeurs appr. 250\$)
 En vente à la réception du CRFM

LARRY'S MINI STORAGE

- Heated Indoor Storage
- 24 hour video & monitored alarm protection

(613) 967-7774
 (Indoors & Outdoors) 47 Frost Rd & Hwy. 2 Bayside

Three generations of service to our friends and neighbours

East (613) 394-2433
 Chapel 1-866-5WEAVER
 West (613) 392-3579
 Chapel 1-866-4WEAVER

Ralph Weaver Founder (1916-2006) | Jeff Weaver President | Tim Weaver Funeral Director

W
 Weaver Family Funeral Homes

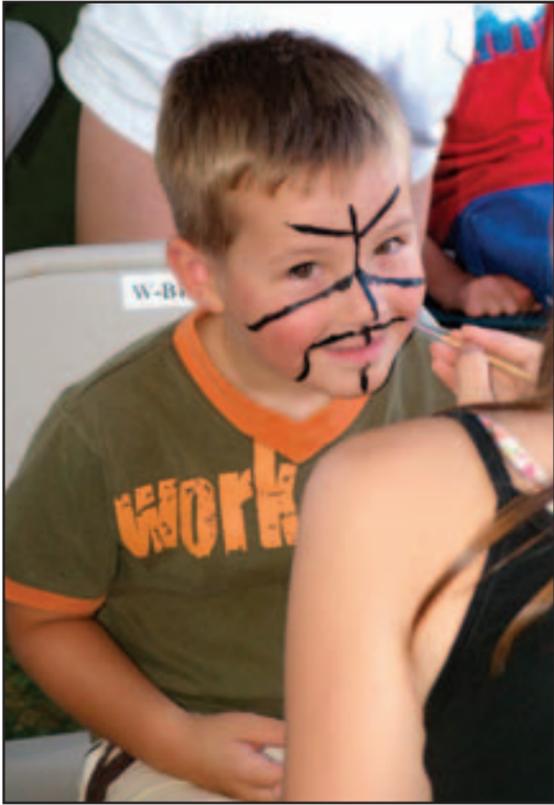
Bay Marine

SALES • SERVICE
 ACCESSORIES
 DOCKING • STORAGE
 BROKERAGE

Hwy., #2 East of 8 Wing/CFB Trenton
613-394-6691
www.bay-marine.com

**RINKER
 LUND
 SEA-DOO
 MOOMBA
 HONDA
 EVINRUDE
 VOLVO
 MERCUISER**

Kooky craziness at the 2006 summer Kids Karnival



The 13th annual summer Kids Karnival, held at the RecPlex on August 13, was a complete success.

With nearly 200 people in attendance for a fun-filled day of entertainment, games and all the carnival food one could possibly consume, even the parents couldn't help but get involved with the odd plunger toss or giant chess board game.

Music was provided by local band Immortality, who played everything from The Tragically Hip to Supertramp.

Madame Buskerfly's comedy and circus show entertained wide-eyed spectators, and also incorporated parents and kids into the show. The show included everything from a card trick involving a raccoon and cannon, to life-sized puppet ballroom dancers, and a tribute to the National Ballet School of Canada - on stilts. Needless to say the giggles amongst the audience were prominent.

Other popular favourites, such as the inflatable bouncers and digging for bugs in the bubble pit, were provided by Par-T-Perfect in Kingston.

A new event, which was in high demand throughout the day, was the Kiddy Commando Course where children went through a mini boot camp obstacle, equipped with sound effects and drill sergeants.

A sincere thank you to Sergeant Mike Hamilton and the Canadian Forces Land Advanced Warfare Centre (CFLAWC) for providing and setting up the equipment, as well as the volunteers and those in attendance for helping to make the day possible.



Photos: Amber Gooding, Contact Staff

HYUNDAI

FACTORY AUTHORIZED CLEAROUT

0% PURCHASE FINANCING*

APR up to 60 mos.

HYUNDAI

Drive your way™

Hurry in before August 31st for some of our best deals of the year.

2006 ELANTRA GL

- 2.0L DOHC, CVT engine
- Dual front airbags
- Multi-adjustable driver's seat with lumbar support
- 60/40 split fold-down rear seat
- AM/FM/CD/MP3 stereo

0% PURCHASE FINANCING* APR up to 48 mos.

DRIVE-AWAY DEAL

Lease from **\$199^{0.1%}** APR

CHOOSE YOUR PAYMENT

\$107/month	\$500 down
\$106/month	\$1,000 down
\$143/month	\$2,345 down

2006 ACCENT GL

- 1.8L DOHC, CVT engine
- Dual front airbags
- 8-way adjustable driver's seat
- AM/FM/CD/MP3 stereo
- One of the largest interiors in its class

0% PURCHASE FINANCING* APR up to 36 mos.

DRIVE-AWAY DEAL

Lease from **\$208^{3.9%}** APR

CHOOSE YOUR PAYMENT

\$106/month	\$500 down
\$102/month	\$1,000 down
\$177/month	\$1,889 down

2006 SONATA GL

- 2.4L DOHC, 162 HP engine
- 6 standard airbags (dual front, side and side curtain)
- Air conditioning
- Remote keyless entry with alarm

0% PURCHASE FINANCING* APR up to 60 mos.

DRIVE-AWAY DEAL

Lease from **\$329^{1.2%}** APR

CHOOSE YOUR PAYMENT

\$300/month	\$1,000 down
\$285/month	\$2,000 down
\$236/month	\$4,345 down

2006 AZERA

- 3.0L DOHC, V6 CVT engine
- 5-Speed Automatic Transmission with SHIFTRONIC™
- Anti-lock Braking (ABS) with Electronic Stability Control (ESC) and Traction Control System (TCS)
- Power door locks, windows with remote keyless entry and alarm

CASH PURCHASE PRICE \$30,495*

INTRODUCING THE ALL-NEW 2007 ACCENT HATCHBACK

INTRODUCTORY OFFER: Purchase for **\$13,495****

- 1.8L DOHC, CVT engine
- Dual front airbags
- Rear adjustable head restraints
- Rear wiper/washer
- AM/FM/CD/MP3 stereo

DRIVE-AWAY DEAL

Lease from **\$189^{2.8%}** APR

CHOOSE YOUR PAYMENT

\$102/month	\$500 down
\$171/month	\$1,000 down
\$188/month	\$1,000 down

5 YEAR WARRANTY | **5 YEAR / 100,000 KM**

BELLEVILLE HYUNDAI

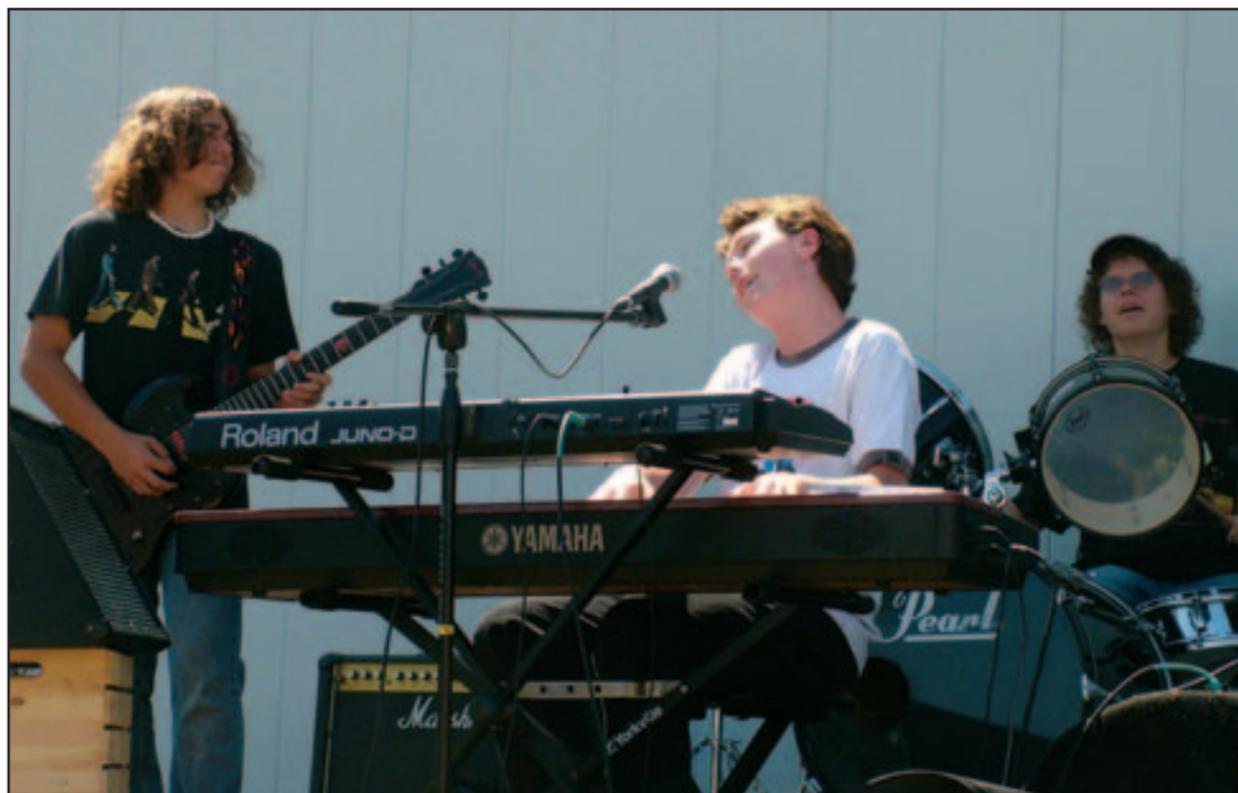
22 Town Centre Drive, (Hwy. #62, 1 Mile N. of 401)

613 962 3300

email: sales@bellevillehyundai.ca
Visit us at www.bellevillehyundai.ca



Music, dancing and games, oh my!



hot! hot!

DEALS

NO PAYMENTS

**UNTIL NOVEMBER 2006 (OAC)
(90 DAYS)**

Plus NO MONEY DOWN
AVAILABLE (OAC)

OVER 100 NEW & USED VEHICLES TO CHOOSE FROM

ALL TRADE-INS WELCOME

- CREDIT SPECIALIST ON HAND
- NO GIMMICKS + GREAT CARS
- ALL FULLY RECONDITIONED
- 7 DAY, 1000 KM EXCHANGE PRIVILEGE
- LOW RATE FINANCING
- MANUFACTURERS WARRANTIES AVAILABLE
- ASK ABOUT OUR LOWEST PRICE GUARANTEE
- 120 POINT VEHICLE INSPECTION

BRAND NEW BLOWOUT

2006 Santa Fe GL AWD

Loaded, PW, PL, CD, Cruise, Air, Silver Only. Sk# P097011 Sk# P097044

Only 2 Left

Cash Price \$23,440^{tt}

Pick-Ups - Vans - SUVs - Ford - Chrysler - GM

Many Makes & Models Available

- Belleville Hyundai -

Not Just New... Quality Pre-Owned Vehicles Too!

All Vehicles Listed Are Fully Certified & Ready to Go!

 2002 Hyundai Santa Fe P0247 - Loaded, Sunroof, Running Boards, 2004 \$17,995 ^{'04} <small>or weekly \$8.00</small>	 2006 Hyundai Tucson P0222 - 16, AWD, auto, cruise, 2004 \$25,495 ^{'06} <small>or weekly \$8.00</small>	 2002 Hyundai XG350 Sedan Loaded, leather, sunroof, air, 2004 16, 2004 \$14,495 ^{'04} <small>or weekly \$8.00</small>	 2006 Pontiac Montana SV6 P0224 - Loaded, power door, alloy wheels \$22,995 ^{'06} <small>or weekly \$8.00</small>
 2006 Hyundai Sonata GL P0217 - Loaded, Sunroof, Alloy Wheels \$22,995 ^{'06} <small>or weekly \$8.00</small>	 2004 Chev Epica P0186 - Loaded, auto, air \$10,995 ^{'04} <small>or weekly \$8.00</small>	<p>Only 2 Left</p> <p>Cash Price \$23,440^{tt}</p>	
 2006 Hyundai Sonata GL AWD P0220 - 4 cyl., auto, air, 2004 \$25,495 ^{'06} <small>or weekly \$8.00</small>	 2002 Hyundai Sonata GL P0201 - 4 cyl., auto, air, 2004 \$11,995 ^{'02} <small>or weekly \$8.00</small>	<p>Pick-Ups - Vans - SUVs - Ford - Chrysler - GM</p> <p>Many Makes & Models Available</p> <p>- Belleville Hyundai -</p> <p>Not Just New... Quality Pre-Owned Vehicles Too!</p> <p>All Vehicles Listed Are Fully Certified & Ready to Go!</p>	
 2002 Hyundai Sonata GL P0209 - 4 cyl., auto, air, 2004 \$10,995 ^{'02} <small>or weekly \$8.00</small>	 2001 Hyundai Tiburon SE P0208 - 2000 Sunroof, 1600 cc, 2001 \$8,495 ^{'01} <small>or weekly \$8.00</small>	 2002 Saturn IZ3 2002000 - Loaded, auto, air \$7,995 ^{'02} <small>or weekly \$8.00</small>	 2002 Sonata P0206 - 4 Cyl., auto, air, 2004 \$11,995 ^{'02} <small>or weekly \$8.00</small>
 2002 Hyundai Santa Fe GL P0202 - Loaded, air, cruise, auto, 2004 \$15,495 ^{'02} <small>or weekly \$8.00</small>	 2002 Hyundai XG350 P0203 - Loaded, cruise, air, leather, power, 2004 \$13,995 ^{'02} <small>or weekly \$8.00</small>	 2006 Grand Caravan Loaded, 20 5.3L auto, air, 2004 \$23,995 ^{'06} <small>or weekly \$8.00</small>	 2002 Hyundai Sonata P0209 - Silver, loaded, air, auto, only 10000 \$14,995 ^{'02} <small>or weekly \$8.00</small>
 2002 Chrysler Concord LE 020804 \$12,995 ^{'02} <small>or weekly \$8.00</small>	 2002 Hyundai Elantra SE P0204 - Loaded, cruise, air, auto, 2004 \$10,995 ^{'02} <small>or weekly \$8.00</small>	 2002 Hyundai Santa Fe P0204 - 4 cyl., air, auto, power group, 2004 \$13,495 ^{'02} <small>or weekly \$8.00</small>	 2004 Hyundai Accent GL 000700A - Loaded, auto, air, 1 owner, light blue \$11,995 ^{'04} <small>or weekly \$8.00</small>

DOOR CRASHERS

<p>2002 KIA SPECTRA</p> <p>P0307 - Blue, auto, cruise, fog lights, air, 65K's.</p> <p>NOW ONLY... \$7,495</p>	<p>2002 CHEV CAVALIER</p> <p>Loaded, Auto, Air</p> <p>STARTING AT... \$5,888</p>	<p>2004 INTREPID SE</p> <p>054630A - Green, auto, air, loaded, only 60K's.</p> <p>NOW ONLY... \$11,888</p>
---	--	--

*Some deals apply while stocks last or while in stock. **All vehicles plus delivery, tax & fees. ***All deals for 90 days (Finance requires monthly payment over 90 days). **See dealer for more details and restrictions. See dealer for full details. ©2006 Hyundai. See dealer for details.

BELLEVILLE HYUNDAI

www.hyundaincanada.com

GRADUATE REBATE PROGRAM

22 Town Centre Drive
(Hwy. #62, 1 Mile N. of 401)

613 962 3300

email: sales@bellevillehyundai.ca
Visit us at: www.bellevillehyundai.ca

HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
August 20 - August 26

ARIES (March 21-April 19): Don't keep secrets on the 20 and 21. Get things out in the open. Once you're in the clear, you can move in a direction far better suited to your needs. Social events or a networking group will enable you to show your talents. You're in control on the 22 and 23. You can and will get what you want if you concentrate on your own goals. Don't let someone else take up your time. Love is looking very positive but take care of business first. You'll be torn between doing things the easy way and putting an all-out effort into something worthwhile on the 24 - 26. You can't just throw things together and expect it to work. You must spend more time on detail.

TAURUS (April 20-May 20): You may be able to convince outsiders that you're doing the right thing on the 20 and 21. However, with people who know you well, expect to be questioned. A change in your lifestyle will be blamed on the company you're keeping. Take care of your responsibilities on the 22 and 23 before you decide to relax. You can expect to face some challenges that don't necessarily involve you. Tread carefully. You may feel as if you aren't making any progress on the 24 - 26 but you are. Stop being so hard on yourself. Don't hand over something you can do yourself and don't give up because someone tells you that you can't do something.

GEMINI (May 21-June 20): You'll know exactly how to manipulate whatever situation you find yourself in on the 20 and 21, but don't be overconfident. Someone will take you by surprise. Staying humble will ensure that everyone wants to be on your team. You've got everything going for you on the 22 and 23 as long as you don't get caught up in someone else's melodrama. Make it clear that you're going to follow your own path. Please the people around you on the 24 - 26 who love you for who you are, not what you have. Fair-weather friends will be there only as long as you can help them out. Choose those who are loyal.

CANCER (June 21-July 22): An opportunity to make changes at home or to visit with old friends will arise on the 20 and 21. If someone wants to talk about work, stick to the basics and avoid exaggerating. Keep your personal plans a secret. Step up and give your opinion on the 22 and 23 if you want people to take notice and consider you a viable candidate for projects that interest you. Make a professional change or sign up for a course that will influence the way you make money on the 24 - 26. Your enthusiasm will allow you to get the full benefit of what someone else is trying to teach you. Travel will be worth while.

LEO (July 23-Aug. 22): You're the master, the one behind the idea, on the 20 and 21. You have a whole new attitude that can make you shine while around your peers. Don't get too overconfident on the 22 and 23 or you'll miss something very important. A social gathering will be intense and important for your future. Be on guard for little comments that will help you make the right decisions. You can make a change in your financial situation on the 24 - 26. Protect yourself from spending too generously on everyone around you. To worry about someone who isn't treating you properly to begin with is a waste of time.

VIRGO (Aug. 23-Sept. 22): Don't push yourself on the 20 and 21, if you can take time off. You can reorganize your personal papers or go through your cupboards but most of all, enjoy the moment instead of putting undue pressure on yourself. Don't be too quick to jump into something or you'll be caught in the middle of a bad situation on the 22 and 23. Don't overreact; instead, say little. If someone retaliates, let the dust settle before you confront the situation. Spend time fine-tuning some projects on the 24 - 26. The added detail will put you ahead of everyone else. Compromising and sharing will get you what you want.

LIBRA (Sept. 23-Oct. 22): You may be uncertain about what you should be doing to secure future prospects on the 20 and 21. Don't waste your time procrastinating. It's vital that you take control and make things happen while you have such great ideas and a captive audience. Someone will exaggerate on the 22 and 23 but, as long as you keep things in perspective, you can take something useful away from the conversation, leading to your own advancement or profits. Not everyone will be straight with you on the 24 - 26 about the promises being made. Deal with people who are out in the open and willing to share. A romantic evening looks promising.

SCORPIO (Oct. 23-Nov. 21): Just when you think you have everything in place, something will spiral out of control. Be prepared for the unusual and the unexpected on the 20 and 21. If you can work under these conditions you'll impress even your toughest critic. Hold your position on the 22 and 23 and refuse to let anyone step into your space. You'll have to watch out for anyone coming at you from a different angle. You're likely to be taken advantage of or used by someone you thought you could trust. You've got to wage your wars carefully on the 24 - 26. You may be taking your anger out on the wrong individual; wait until you have enough proof.

SAGITTARIUS (Nov. 22-Dec. 21): Your colourful way of expressing yourself will bring you plenty of attention on the 20 and 21. Don't be too quick to make a decision. Keep your impulsiveness and temper under control on the 22 and 23. The opportunity to make some cash is present but don't get involved in joint financial deals. Go it alone, eliminating someone falsely leading you down the wrong financial path. You'll face trouble if you are too pushy on the 24 - 26. Be more selective about the people you hang out with and the places you frequent. A love issue will leave you begging for change. Someone will grant you a much-needed favour.

CAPRICORN (Dec. 22-Jan. 19): You may not be aware of all the facts so, before you make a financial commitment, double-check the probable outcome and the consequences. Money can be made on the 20 and 21 but a questionable element as to how you make it will be present. Expect the unexpected on the 22 and 23. Collect an old debt, regardless of the consequences to your friendship. You're better off with the cash than having a friend who takes you for granted. You're on your own on the 24 - 26 but that shouldn't stop you from following through with your plans. You may not get the support or encouragement you want but, whatever you do, it will belong to you alone.

AQUARIUS (Jan. 20-Feb. 18): Everything will hinge on how well you get along with others and how honest you are on the 20 and 21. This is not the time to be vague or to hold back. Speak up if you want something positive to happen. You're trying to do too many things at once on the 22 and 23. Slow down and pick and choose with care what you're going to do. Follow the path that will bring you the highest returns and, if you have time left over, you can help others. Your innovative ways and ability to adapt to whatever comes your way will help you do what's right on the 24 - 26. Even if you don't like the initial outcome, it will turn out to be in your favour.

PISCES (Feb. 19-March 20): You can expect to receive money or a gift on the 20 and 21. A secret matter will keep you on your toes. Weigh the pros and cons before making a decision. A timeout to pamper yourself will do you good and give you added strength. You can profit on the 22 and 23 if you implement the changes you've been thinking about regarding work, business and your direction. Complete your work on the 24 - 26 before you plan to have a good time. What you pull together will separate you from those who just put in time and go home. You'll be the one to advance. Take advantage of what's available to you by taking a leap of faith.

**Royal LePage
ProAlliance Realty**



253 Dundas Street E., Trenton 613-394-4837

143 Main St., Brighton 613-475-6242

Toll Free: 1-800-263-2177

www.discoverroyallepage.ca

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



Community Events



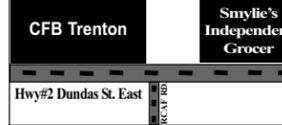

Community Events

generously sponsored by...

independent

YOUR INDEPENDENT GROCER





**293 Dundas St. East,
Trenton • 613-392-0297**

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, at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.

Trenton Learning and Career Centre Announcement
 Royal Military College of Canada, Division of Continuing Studies
 Undergraduate Course (On-Site in Trenton)
ENE 150 - Advanced Writing Skills

When: Monday evenings (1830 - 2130 hrs) 11 Sep - 11 Dec 06
Where: 105 Yukon St (Bldg 56) Room 307
Instructor: Les Casson, MA [Editor of A Writer's Handbook (Broadview, 2006)]
Eligibility: Military, spouses of Regular Force members and full-time civilian employees of DND.
Cost: \$370.00. Military personnel may be eligible for reimbursement IAW Regular Force and Primary Reserve Force Education Reimbursement policies which can be found at:
http://www.cda.forces.gc.ca/dlm/engraph/services/er/reimbursement_e.asp
 DND civilian personnel may inquire with their supervisor/training coordinator re: re-imburement.
Text: ENE150 Advanced Writing Skills: Student Reader. ISBN: 88880078195 Price: \$28.21
 Order online at www.campusbookstore.com

To Register: If already an RMC student, On-line via the RMC Portal; <http://portal.rmc.ca>.
 Or complete the Course Registration and Payment Form - Undergraduate.
http://www.rmc.ca/academic/continuing/forms/annex_g_e.pdf
 New students must also fill out at application to RMC.
http://www.rmc.ca/academic/continuing/forms/annex_m_e.pdf
 Application/Course registration submission from 1 Jun to 31 Aug 2006. (min 15 - 20 students max).

Please contact an Undergraduate Counsellor at RMC for more information. Phone:(613) 541-6000, ext. 6797 or 6444 or the Trenton Learning and Career Centre at (613) 392-2811 ext 2557.

Collège militaire royal du Canada
 Division des études permanentes
 Cours du premier cycle (Offert à Trenton)
ENE 150 - Ce cours est disponible en anglais seulement.

Quand: 11 sep au 11 déc 2006, lundi soirs 18h30 - 21h30
Endroit: 105 Yukon St (Édifice 56) Salle 307
Professeur: Les Casson, MA [Editor of A Writer's Handbook (Broadview, 2006)]
Admissibilité: Tout personnel militaire, conjoint(e)s des membres de la Force régulière et les employés civils à temps plein du MDN.
Coût: \$370.00.
Livre: ENE150 Advanced Writing Skills: Student Reader. ISBN: 88880078195 Coût: \$28.21
www.campusbookstore.com

Inscription: L'inscription aux cours du premier cycle et aux cours non crédités offerts par l'entremise de la Division des études permanentes (DÉP) peut se faire : en ligne via le Portail du CMR;
<http://portal.rmc.ca>.
 Les étudiants qui ne disposent pas d'un accès à l'Internet et qui désirent s'inscrire à des cours offerts par l'entremise de la DÉP doivent compléter un formulaire d'inscription et acquitter les frais de scolarité.
http://www.rmc.ca/academic/continuing/forms/annex_g_e.pdf
 Les nouveaux étudiants à CMR doivent remplir et envoyer à la Division des études permanentes une demande d'inscription à des cours en même temps que leur demande d'admission à un programme d'études.
http://www.rmc.ca/academic/continuing/forms/annex_m_f.pdf
 Date limite pour l'inscription au cours : Le 1 juin au 31 août 2006. (min 15 — max 20 étudiants).

Communiquez avec les conseillers d'étudiants Téléphone : (613) 541-6000, poste 6797, poste 6444, Ou avec le Centre d'apprentissage et de carrière de Trenton au (613) 392-2811, poste 2557.

Trenton Learning and Career Centre

September 2006 Courses

- 12: MS Word Level 1
- 13: MS Power Point Level 1
- 19: Exploring the Leader In You
- 26: MS Access 200 Level 1
- 28: You and Change

For registration forms please contact us at 613-392-2811 local 2557.

"The 407 Demon Sqñ"
 65th Anniversary

All former members and spouses of 407 Sqñ 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.

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

"TO HOLD ON HIGH"

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

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

NDT REUNION
 18-20 Aug 06 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 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.

Registration forms can be found by visiting www.cfbtrenton.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
(with special guests)
 Canadian Country Music Artist



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

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
 or call (613) 847-0041

Second course of cadets graduates

by Lt Steven Dieter

The Trenton Air Cadet Summer Training Centre (TACSTC) has been quite busy this past week as the second course of Basic Course cadets graduated on Friday, as well as hosting some distinguished guests.

The smiles on the faces of cadets and their parents made up for the drizzle and grey skies on Friday, July 28, as close to 400 cadets graduated from Advanced Courses. Candidates from the Introduction to Instruction, Introduction to Leadership, and Introduction to Physical Education and Recreational Training courses taught at TACSTC, combined with the graduates of the first Introduction to Aviation Course taught by the Regional Gliding School (Central) at Loyalist College, graduated during a parade performed inside the Southside Recreation Centre. The Reviewing Officer was Major (retired) Charles H. (Chuck) Verge, Chair of the Ontario Provincial League of the Air Cadet League of Canada (and a former pilot in the RCAF and CF).

On August 2, Brigadier-General (BGen) G.R. Thibault, Commander of Land Forces Central Area (LFCA), visited TACSTC, accompanied by CWO J.K. McGregor, the RSM for LFCA. Each summer, the Commander of LFCA takes time to visit the Cadet Summer Training Centres

(CSTC) located in Central Region – TACSTC, RGS, HMCS Ontario Sea Cadet Training Centre, Blackdown Cadet Summer Training Centre, and Connaught Army Cadet National Summer Training Centre. As Commander of LFCA, BGen Thibault carries a strong interest in the cadet units located within his region. During his visit to TACSTC, BGen Thibault toured the Training Centre, meeting staff and course cadets to gain insight into the courses offered in Trenton.

The next day, Lieutenant-Colonel (LCol) M.B. Armstrong visited TACSTC. Currently Commanding Officer (CO) of 11 Field Regiment, Royal Canadian Artillery in Guelph, LCol Armstrong will assume the position of Regional Cadet Officer and CO of Regional Cadet Support Unit (Central) in Borden later this year. A former air cadet who earned his glider and power scholarships, LCol Armstrong was very impressed with TACSTC, its staff, and the courses offered.

August 4 saw the graduation of the second Basic Cadet Course with close to 360 graduates on parade at the 8 Wing Parade Square. Serving as Reviewing Officer was LCol R.A.A. Blair, Deputy CO, CF Aerospace Warfare Centre. In his remarks to the graduates, LCol Blair noted the high level of dress and deportment of the gradu-



Photo: Civilian Inst. Vanessa Samuel

TACSTC WO1 Serena Palmer receives the Commander's Coin from BGen G.R. Thibault, Commander of Land Forces Central Area, during the Commander's recent visit to TACSTC.

ates and congratulated them on graduating from their first summer training course.

August 6 was the final intake day for the Training Centre as the final 360 Basic Course cadets arrived for their two weeks of instruction. They, along with the final 360 Advanced Wing cadets who arrived the week previous, will graduate at the Final Graduation parade on August 18, along with

cadets currently on the six-week Trenton General Service Band Course. Major-General J.D.A. Hincke, Chief of Programs at National Defence Headquarters in Ottawa, will visit Trenton and serve as Reviewing Officer for that morning's parade, as well as the Wings Parade at Canadian Forces Detachment Mountain View for graduates of Regional Gliding School (Central).



Photo: 2Lt Adam Kidd

LCol R.A.A. Blair, DCO of CFAWC, inspects air cadets during the Second Basic Course Graduation at TACSTC.

Murray Rug & Tile

Carpet • Hardwood
Vinyl Flooring • Laminate
Hundreds of roll ends

Tel: 613-969-7847 • 1325 Hwy 2 Bayside
Established in 1954

COUNTY CAR CARE & CUSTOM

• Oil Changes from \$35 • Also Exhaust Work
• Hand Car Wash from \$10 & Tune-up Packages
• Detailing from \$65 Available

Between Trenton & Belleville • 1325 Old Hwy 2, Unit 1
(613) 966-9666

PET GROOMING • BOARDING FOR DOGS AND CATS

• FULL GROOMING FOR DOGS AND CATS OF ALL SIZES.

• COZY & CLEAN BOARDING FACILITY THAT'S FUN AND SAFE.

CALL NOW TO FIND OUT MORE ABOUT OUR SERVICES!

12 CARRYING PLACE RD. IN TRENTON



PET STYLING SALON & BOARDING CENTRE

613-392-7087

Advertise in

Contact

Call Sheila
613-392-2811 Ext 7008

THE Wingnut's WOW!

2005 Chev Optra LS

4 cyl, Auto., Air, Cruise, Pwr Locks, Pwr Windows, CD.
Stk# A99610

Unbelievably Priced at

\$12,998^{00*}

SEE MORE CARS @ www.mccurdygm.com

GET MORE INFO @ **1-866-323-9483**

*Optimum vehicle add \$349 admin, \$269 etching + applicable taxes.

MCCURDY TRENTON

SOUTHSIDE BARBERSHOP

CFB Trenton
(Corner of Anson & Yukon - Bldg 23
2nd bldg on right - Southside)

Ken

Shirley Gagnon

Hours: Mon-Thurs: 07:00 - 15:30 Fri: 07:00 - 12:00

613-392-6015

www.thecontactnewspaper.cfbtrenton.com

Your Gateway to the CFB Trenton Community



Three new birds tests positive for West Nile

Hastings and Prince Edward
Counties Health Unit

August 16, 2006 -- Three additional birds submitted for West Nile Virus (WNV) testing by the health unit to the Canadian Cooperative Wildlife Health Centre in Guelph, have been confirmed positive for the virus.

The three birds all coming from the city of Belleville closely follow last weeks initial report that the virus was present in a bird in the east end of the city.

The Hastings and Prince

Edward Counties Health Unit urges residents not to drop their guard in using personal protection measures against mosquito bites.

"There has been a drastic increase in the number of WNV positive birds in the last week", said Shannon Del Grosso a Health Promoter in the Environmental Health department.

"Although there are no human cases in our area, we are strongly recommending that people take extra precautions in the closing weeks of the summer," said Del Grosso.

The health unit is increasing their surveillance of birds and mosquitoes in the affected areas and plan to treat where necessary.

For more information and future updates regarding positive birds, see the left menu bar on the Health Unit Web site www.hpechu.on.ca.

The public can also call 613-966-5513 ext. 320 if they have questions.

For those in North Hastings, collect long distance calls to 613-966-5500 are accepted from 8:30 a.m. to 4:30 p.m. Monday to Friday.

Safety footwear



Submitted by
Don Heans,
Wing General Safety
Officer

Safety footwear is required on many jobs. Falling objects are just one of the many dangers present in the workplace.

Feet can also be crushed by rolling objects. Puncture wounds and cuts, can be caused by stepping on sharp objects.

Chemical spills, hot and cold temperatures and electrical shock are among other hazards.

Even materials, which can spread infections, can be a threat to foot safety. Safe workplaces and safe work practices are the best guarantee against injuries.

But Personal Protective Equipment (PPE) for the feet gives an added measure of protection.

The best known type of safety footwear is the standard safety boot. It has reinforcement in the toe, traditionally made of steel, to protect against injuries caused by compression, impact and sharp objects.

The sole is also reinforced to prevent puncture injuries. The high top protects the ankle from impact, cuts and twisting types of injuries.

These boots may be insulated against temperature extremes. Soles may be made of materials to grip walking surfaces, and other features may be available to protect against specific hazards.

Other types of safety footwear are available to protect against a variety

of hazards. Some are made to protect against electric shock. Others are conductive, to prevent the build-up of static electricity which can spark an explosion.

Special insulation protects against temperature extremes, such as wooden-soled shoes for walking on hot surfaces.

Some special types of PPE protect the ankles and shins. Others are designed for quick-release so you can pull off a boot if a spark or molten material enters it. Certain types of footwear are made to keep the feet safe from infection.

Some standard excuses for not wearing safety shoes are these: they are too heavy, too ugly, too hot, too cold, too expensive or too uncomfortable. But safety footwear is getting easier to live with all the time.

New materials are lighter. Safety shoes are available now in a variety of styles, ranging from the classic safety boots to athletic-type shoes, men's and women's dress shoes and western boots.

Women's sizes, as well as the less common sizes, are becoming increasingly easy to find.

Like all forms of PPE, safety footwear doesn't do any good if you don't use it.

Your safety supervisor can tell you what kind of foot protection you need and where to obtain it.

Make an effort to get a good fit to ensure that you wear the shoes regularly. It is important that you maintain your safety shoes for maximum protection, checking for wear and defects which would affect their ability to protect you.

The small amount of effort and the slight extra expense which safety footwear may involve is certainly worth the protection it provides.

This Fall at Loyalist College NEW – Diploma in Military Arts and Sciences (DMASc, On-line Delivery)

Beginning September 2006, Loyalist College will deliver this new and exciting on-line diploma developed through an innovative partnership between OntarioLearn, the Royal Military College and the Canadian Defence Academy. The (DMASc) is intended for Non-Commissioned Members of the Canadian Forces in addition to members of the Canadian Forces and their dependents, DND personnel, and the general public.

The DMASc is designed to provide participants with the essential skills and knowledge required to excel in the modern military or in large organizations by focusing on leadership, critical thinking, military studies, resource management and communication. DMASc graduates may qualify for advanced standing in the Bachelor of Military Arts and Science offered at the Royal Military College.

Admission Requirements:

Military Status or Mature Student or OSSD

Core Courses (mandatory):

DMAS1000	Canadian Military History: A Study of War and Military History, 1867 to the Present
COMM1010	Communications 1
DMAS1001	Fundamentals of Human Psychology
WRIT8020	Writing Grammatically
BUSI8209	Leadership in a Team Environment
COMM1000	English 1
DMAS1002	The Law of Armed Conflict
DMAS2001	The Canadian Forces and Modern Society: Civics, Politics and International Relations
DMAS2000	Operations Planning Process
BUSI8207	Critical Thinking (prereq English 1)
DMAS2002	Management: Principles and Practices in a Canadian Defence Setting

Elective Courses (must complete 9):

COMM2002	Business Communications II (prereq English II)
BUSI8183	Developing Leadership Capacity
BUSI8205	Dispute Resolution (prereq Fundamentals of Human Psychology)
LANG8019	English II (prereq English 1)
BUSI3011	Introduction to Project Management
BUSI8184	Leadership and Communication
BUSI8206	Learning, Thinking and Problem Solving (prereq Communications 1)
BUSI8189	Management Principles
BUSI8024	Management/Leadership Skills
BUSI8210	Organizational Skills (prereq Fundamentals of Human Psychology)
LASA1000	Principles of Ethical Reasoning
BUSI8164	Technical Mathematics
DMAS1003	Technology, Society and Warfare
BUSI8208	The Political Geography of World Affairs
LAWS8007	Racism and Discrimination
COMP1000	Computers 1, Intro to
POLI8017	Cults and Terrorism
POLI8013	Intercultural Communication

DMAS course codes are credit transfer courses to be taken on-line through RMC.

Course descriptions and fees at www.loyalistfocus.com

On-line classes begin September 8th. Register now. For further information and to register contact Karen Quinney at 613-969-1913, ext. 2383 or e-mail kquinney@loyalistic.on.ca

Loyalist College – the leader in DMASc program development.



Advertise in
Contact

Call Sheila
613-392-2811 Ext 7008

Showcase



WO D. Hillier

received her promotion to that rank and her CD1, presented by LCol J. Fortin, WOPSO.



Sgt R. Gillis

received his promotion to that rank, presented by LCol J. Fortin, WOPSO.



Maj T. Burke

received his promotion to that rank, presented by LCol J. Fortin, WOPSO.



MCpl J. Lamarche

received his promotion to that rank, presented by LCol J. Fortin, WOPSO.



MCpl P. Leighton

received her promotion to that rank, presented by LCol J. Fortin, WOPSO.



MCpl L. Bell

received her promotion to that rank, presented by LCol J. Fortin, WOPSO.



MCpl M. Picotin

received her promotion to that rank, presented by LCol J. Fortin, WOPSO.



Capt D. Perrault

received his OPME Certificate, presented by LCol J. Fortin, WOPSO.



Cpl C. Linteau

received her promotion to that rank, presented by LCol J. Fortin, WOPSO.



Ms. Sandi Hope

received her Retirement Certificate, presented by LCol J. Fortin, WOPSO.



Ms. Natille Serre

received her Long Service Award, presented by LCol J. Fortin, WOPSO.



CWO W. Brown

is presented with the pace stick, by LCol B. Ewing, CO CFLAWC. Looking on is the outgoing RSM CWO M. Saulnier.



MCpl K. MacAusland

received her promotion to that rank, presented by LCol B. Ewing, CO CFLAWC.



WO K. Maude

received his promotion to that rank, presented by LCol B. Ewing, CO CFLAWC.



WO S. Roy

received his promotion to that rank, presented by LCol B. Ewing, CO CFLAWC.



WO C. Robin

received his promotion to that rank, presented by LCol B. Ewing, CO CFLAWC.



Cpl R. Vulakovich

received his Canadian Forces Decoration, presented by LCol B. Ewing, CO CFLAWC.



Sgt P. Major

received his Canadian Decoration 1st Class, presented by WCompt, Major M. Lionais.



MWO T. Sylvain

received his promotion to that rank presented by LCol B. Lewis, 8 AMS CO



Cpl J. Clarke

received his promotion to that rank presented by LCol B. Lewis, 8 AMS CO

Congratulations! Félicitations!

Showcase



Sgt D. Buchan

received his General Campaign Star (ISAF) and his CC-130 Flying Time Certificate, presented by LCol M. Fortin, CO 426 (T) Sqn.



MCpl D. Brewer

received his General Campaign Star (ISAF), presented by LCol M. Fortin, CO 426 (T) Sqn.



MCpl N. Kossey

received his General Campaign Star (ISAF), presented by LCol M. Fortin, CO 426 (T) Sqn.



Capt S. Aumont

received his General Campaign Star (ISAF), presented by LCol M. Fortin, CO 426 (T) Sqn.



MWO G. Sutherland

received his 426 (T) Sqn Commander's Commendation, presented by LCol M. Fortin, CO 426 (T) Sqn.



Sgt D. Vautier

received his 1,000 Hour CC150 Polaris Certificate, presented by LCol M. Fortin, CO 426 (T) Sqn.



2LT R. Kean

received his Commissioning Scroll, presented by LCol M. Fortin, CO 426 (T) Sqn.



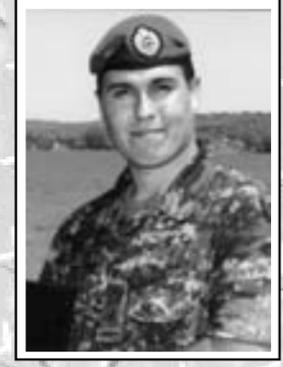
Maj B. Malak

received his promotion to that rank, presented by LCol M. Fortin, CO 426 (T) Sqn.



MCpl I. Sandback

received his promotion to that rank, presented by Maj D. Scherr, WCEO.



Pte A. Baran

received his promotion to that rank, presented by Maj D. Scherr, WCEO.



MCpl G. Driscoll

received his promotion to that rank, presented by Maj D. Scherr, WCEO.



Cpl A. Spurrell

received his promotion to that rank, presented by Maj D. Scherr, WCEO.



WO V. Bolduc

received his promotion to that rank, presented by LCol D. Gould, WLEO.



WO W. Overby

received his promotion to that rank, presented by LCol D. Gould, WLEO.



WO R. Brassington

received his promotion to that rank, presented by LCol D. Gould, WLEO.



WO S. Butt

received his promotion to that rank, presented by LCol D. Gould, WLEO.



WO P. Dionne

received his promotion to that rank, presented by LCol D. Gould, WLEO.



Sgt D. Veinot

received his promotion to that rank, presented by LCol D. Gould, WLEO.



Sgt J. Latulippe

received his promotion to that rank, presented by LCol D. Gould, WLEO.



WO T. Gowanlock

received her promotion to that rank, presented by LCol W. Lewis, 8 AMS CO.

Congratulations! Félicitations!

Classifieds

Classified

For Classified Information Call
613-392-2811 ext: 3976

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

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.
613-969-0287

The Largest Discount Furniture & Appliance Store Between Toronto & Montreal

PX Over 50 Years in Business

FURNITURE & APPLIANCES
The King of Low Prices

BIG 30% OFF ON FURNITURE

50 Mile FREE DELIVERY
Open 7 days a Week
Thurs & Fri 9-8
Sun. 11-5

CANADA'S Super Stores SAVE \$\$\$

TRENTON
Hwy. 33 just south of 401
613-392-6690

Plus NO GST NO PST

ON SERTA & SIMMONS MATTRESSES & ALL FURNITURE
1/2 PRICE MATTRESS SALE

ALL APPLIANCES AT BLOW OUT PRICES
• Fridges • Stoves • Washers • Dryers

WE FINANCE S.A.L. IN APPROVED CREDIT

For Rent

Trenton, Family Home

3 bdrm + 2 bdrm, finished basement, 2 bath, quite, great neighbourhood, huge yard. C/A, 4 car parking \$1,250 + utilities. First & Last required, rent or rent to own.

613-243-1213

www.perfecthabitat.com

Great value!

1&2 bdrm apts
ADULT OR FAMILY BUILDINGS
clean & quiet
utilities & cable included

CLOSE TO BASE

KLEMENCIC PROPERTIES
613-392-7839

1 bdrm + Den Furniture Apartment

In Victorian Home
Available September 1st
\$675+hydro/month
1st & Last Req'd
No Smoking, No Pets
5 minutes from Base

Call
613-392-2008
or 613-394-5173

1 bdrm + Den in Trenton

Renovated Victorian Mansion, Quiet Building, non-smoking, no pets, heat included, hydro + water extra, First & last, References, \$625/month

613-968-6872 or 416-802-6186

3 bdrm brick home with garage

Finished walk-out basement with wood stove. Work shop; Trent access Glen Miller Rd. \$950+hydro/month

Call
613-398-8837

4 Bedroom Waterfront Home

Includes garage and boat house. 45 Minutes from 8 Wing. \$1,250/month First & Last. Avail. Immediately

Call
613-472-1247

For Sale

Equipment Rentals

Fitness and Sports Flight is pleased to offer equipment rentals to Military Members and DND/NPF employees. \$5/day rentals include PFD, paddles, safety lines and pumps/bailing buckets and selection from:

- 4 Aluminum Canoes
- 4 Kevlar Canoes
- 19 Sea/Touring Kayaks
- 3 Creek/Recreational Kayaks
- 2 Tandems Kayaks
- 6 Sit on/Recreational Kayaks
- 7 White Water Kayaks

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

Belleville Volkswagen

Just Arrived

2002 Jetta GLS TDI
Auto, Sunroof, Diesel with VW Cert. Warr 92K. S&P #20099A
\$21,900

2006 Demo Jetta GLS TDI
Wagon, 5 spd, Diesel, Alloys, Bal of New Car Warr 21K. S&P #000095
\$25,900

All prices +Admin, GST & PST & Licensing

Call Paul at
613-966-3333
239 North Front
Belleville
www.bellevillevw.com

Help Wanted

Bilingual Instructors

(French & English)

Needed for Scroll Saw Courses. Will Train.
(Both Men & Women Welcome to Apply)

Call Peter at
613-965-1288

Studio // Hairstyling

Requires a Hair Stylist

Apply at 40 Frankford Crescent, Trenton.

613-392-7169

RUSHNELL FUNERAL HOME & CREMATION CENTRE

60 Division Street
Trenton

613-392-2111

Cleaning Services

Cleaning Services
PMQ's, houses etc.
at great prices.
Call Tammy
@ 613-392-0759

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

Community Events

Romeo & Juliet Next Singles Dance!

Sat Aug 26th
Guest DJ Dave

All music types, Playing card ice-breaker. Age of Majority Event.

Top Floor
Belleville Legion
9pm-1am

FREE SITE!
www.romeoandjuliet.ca
613 392 9850

the Contact

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

— Wilbur Wright



Crossword Answers

	A	W	L	S		A	F	R	O	
	P	L	A	I	N		C	L	I	F
N	A	U	S	E	A		T	O	O	F
A	R	M			F	E	U			A
D	E	N			P	U	S	A	N	I
A	S	I	D	E			P	R	A	I
			A	A	R		Y	I	P	
F	R	A	N	C	E	S		F	A	L
O	E	R			E	P	E	E	S	A
A	P	O			L	A	S			T
L	O	U	I	S	E			S	I	M
	S	N	O	U	T			A	R	I
		D	U	N	E			Y	E	A

COLDWELL BANKER



**Approved For
DND Relocation!**
Have You Been Posted In Or Out
Of The Quinte Area?
Call Our Trenton Coldwell Banker Branch,
They Are Ready To Serve

 Jamie Troke Broker of Record/Owner	 Sue Barlow Broker	 Wes Cawker Sales Representative
 Mike Miron Broker	 Sylvia Smith Sales Representative	 Toni Troke Sales Representative

Helping You Find Your Way Home...

(613) 394-9901
82-84 Dundas St. W
Trenton, ON K8V 1P7
www.ekortrealty.ca
ekortrenton@kos.net

COLDWELL BANKER
EKORT REALTY
BROKERAGE*

"We Keep Our Promises, Or You Don't Keep Us"
Offices also in Belleville, Tweed, Madoc & Marmora
*Independently Owned And Operated.

SHOWCASE OF HOMES
August 19th & 20th

Prince Edward County
Near the beautiful shores of Pictou's famous
Sandbanks Provincial Park
Close to Downtown Shops
Restaurants • Libraries • Churches
Wineries • Country Markets
Parks • Beaches & More

**Wellington
on the lake**
AN ACTIVE ADULT LIFESTYLE COMMUNITY IN PRINCE EDWARD COUNTY



ACTIVE LIFESTYLE LIVING

**In A Unique Lifestyle
Community**
Spacious Recreation/Social Centre
Golf Course • Tennis Courts
Swimming Pool • Games Room
Clubs & Other Activities
• The most amenities for the
lowest cost/own fee in all Ontario

1-800-353-7823
www.wotl.com



**We're
big on
results.**

RE/MAX

Remax Trent Valley Realty LTD Broker

Trenton 447 Dundas St. W
Brighton 41 Main St.
613-392-6594 **613-475-6594** **Toll Free: 1-800-567-0776**
Check us out at... www.remaxtrent.com

Local news, in-depth features,
eye-catching photos.
Relax, read and enjoy.

**the
Contact**



**Please
recycle this
newspaper!**

**NOTICE TO CREDITORS
AND OTHERS**

In the estate of Gladys Alexandria Trelloggen (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
595 Bay Street, Suite 800
Toronto, Ontario M5G 2M6
File: 816607-011

*"I love
lot time home
buyers"*

Debra O'Brien-Darling,
Sales Rep.
RE/MAX
RE/MAX Trent Valley,
Brokerage Ltd.



Vacant Land
There's still time to build
on this 39 acres located
on English Settlement Road
located just west of Trenton.
Fields, Trees, and the
Murray Canal is located at
the back of the property.
approx. 15 min to base.
MLS#2065360

Nature lovers Lot 21 acres
of trees, trails and a pond,
located just west of
Brighton on Hwy 2.
approx. 30 min to the base
MLS#2063036

Montrose Beauty
Just move in and enjoy this
gorgeous 4 level split with nice
fenced yard. Hardwood floors
in family rm, dining rm and
living room. New kitchen with
ceramic, newer windows and
doors, 2 tiered deck, C/A
approx 10 min to the base.
MLS#2066315

cell 613-922-1768
office 613-392-6594
www.yoa.ca/debraobriendarling
www.quinteandareahomes.com
dhomesale@aol.com

**Children's
Charities** **RE/MAX**

Century 21
Lanthorn Real Estate Ltd.
Brokerage

441 Front St.
Trenton, ON K8V 6C1
413 392-2511 / 413 475-5677
1-888-792-5499

make it count

 It's In Great Shape. Superb east side home, 1 1/2 story design w/ 3 bdrms & updated kitchen. Beautifully kept & the bonus is the in-ground pool. Call Earl* MLS# 2065998.	 \$199,900. 3+1 bdrms; TAG heat, C/A, kitchen renov. (04); huge rec. rm w/bar & gas stove; main flr repositd; fenced yard w/deck, A/C pool. Bill Wallace* MLS# 2065993.
 Lovely Older Home. Flowers galore! Cover the deck & backyard. Inside is brimming with charm, hrdwd flrs, beveled glass doors, new windows. Must be seen! Call Judy* MLS#2065181	 First Time Home Buyers Start Here! 2 bedrooms up, 1 down. Eat-in kitchen, rec. rm w/gas fire, sterling flr, sunporch & enclosed deck, single garage. Call Liora Botley** MLS#2065731.

Each office is independently owned & operated
*Sales **Brokers
website: c21lanthorn.com e-mail: trenton@c21lanthorn.com



• VISIT OUR WEBSITE: www.bellevilledodge.ca • VISIT OUR WEBSITE: www.bellevilledodge.ca

GET AN EMPLOYEE PRICE DISCOUNT*



PLUS

UP TO **\$6,000** IN DELIVERY ALLOWANCE.**

0% PURCHASE FINANCING UP TO 36 MONTHS.†

THE BEST PRICES OF THE YEAR!
ON ALL 2006 MODELS.

HURRY! OFFERS END SOON

Home of the "Real Jeep Deal"

2006 JEEP TJ SE

- 4x4
- DUAL TOPS
- Stk# 6190



\$21,725* **12 IN STOCK!**
Employee Price

2006 JEEP LIBERTY

- SPORT 4x4
- V/6 AUTO
- WHITE LETTERED TIRES
- Stk# 6265



10 IN STOCK! **\$27,555***
Employee Price

NOW AVAILABLE! **2007**
The All New COMPASS



2.4L, SPORT 4x4
STK# 7035
starting at \$18,970

2006 JEEP COMMANDER

- 4.7L V/8
- ALLOY WHEELS
- STK# 6217



\$36,687* **2 IN STOCK!**
Employee Price

2006 GRAND CHEROKEE LAREDO 4x4

- 4.7L V/8
- Automatic
- White Lettered Tires



1 AT THIS PRICE! **\$35,978***
Employee Price

* Employee pricing applies to remaining 2006 Models. Plus freight, taxes, dealer admin. 0% financing subject to OAC. See dealer for complete details.



BELLEVILLE DODGE



SHOWROOM HOURS: MON-THURS 9-7 • FRI & SAT 9-6 • 613-966-9936 OR 1-888-757-9994

Visit Our website: www.bellevilledodge.ca HOME OF THE "REAL DEAL" Visit Our website: www.bellevilledodge.ca

• VISIT OUR WEBSITE: www.bellevilledodge.ca • VISIT OUR WEBSITE: www.bellevilledodge.ca

• VISIT OUR WEBSITE: www.bellevilledodge.ca • VISIT OUR WEBSITE: www.bellevilledodge.ca