

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

the Contact

www.cfbtrenton.com

EXPOSED!

View the enclosed flyer to see how to get your home sold quickly!

Contact

DAVID WEIR BA,CD
Top 1% - Broker
Royal LePage ProAlliance
Realty, Brokerage
#1 in Quinte West
david@davidweir.com
394.4837 or 848.0615

• June 2, 2006 •

Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 41 Issue Number 22 •

Colonel Tom Lawson: Happy to be at the helm at 8 Wing

by Andrea LeBlanc
Contact Editor

“Well, it’s probably obvious that I am on the verge of ecstatic at being here. I am. In the first couple of weeks that I’ve been here, every time I turn around another good thing is happening. It’s one positive thing after another.”

So says Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton, in his first official media interview after taking command. His optimism and excitement are undeniable.

“The hope all along was that I would get the chance to command a wing, and it was almost too much to hope for that it would be 8 Wing. The first couple of weeks have been as good or better than anything I’d anticipated. Trenton is it.”

Col Lawson says his overall impression of 8 Wing is one of great vitality, with well-trained and well-motivated personnel who have jobs that we know make a difference. But there are concerns as well, with

challenges and difficulties ahead.

“How much can we do with what we’ve got? And we’re always asked to do a little bit more than we thought we were going to be able to do. In recent years we have been resourced certainly on the infrastructure side, for what needs to be done. But we’ve got some significant difficulties—which aren’t a secret to anyone. We have equipment that is very stressed, that’s aged, and with this equipment we are maintaining an operational pace that we have never maintained before. We are going to have some years of frustration before we’re into smoother sailing, but that’s just a result of the time lag between excellent decisions being made on behalf of the government and by the Chiefs of Defence Staff at headquarters, and the fruition of these things—seeing the new fleets on the ramp, whatever those new fleets are going to be.”

Col Lawson was referring to the various new fleets proposed for the



Photo: 8 Wing Imaging

Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton

Canadian Forces—a new strategic fleet, a new tactical fleet, and a new fixed wing SAR fleet, all of which he notes bode well for 8 Wing—and “our capability to do our jobs, and it also solidifies the importance of the base in defence activities in Canada and around the world.”

Col Lawson added that though 8 Wing has come a long way in terms of infrastructure, more work is still required.

“We have vigorously taken positive steps in recent years to update infrastructure—that’s partly because there has been some money available because we couldn’t proceed on some of those capital purchases, those fleets. So we benefited, though we certainly need more upgrades. We need a better or a new hangar, an extended 10 hangar, and we need to look at what is going to support fixed wing SAR (aircraft) in terms of hangars. Those are huge things in infrastructure but by and large, a lot of the buildings have taken a huge

step forward. What this does is prepares us very well for the time when we need to take the focus a little bit off the infrastructure and focus more on the operational.”

As for specific goals, Col Lawson admits to having quite a few, but says he prefers to acclimatize himself first before making any moves.

“I have a list of 20 or 25 initiatives that I would be very interested in; many of them are small, things that I would like to see instituted. But what you’re never certain of as you come to a new wing is which ones of those may already be sailing along quite well or in a different form that’s working as well or better than what you might have put in place.”

“In terms of plans for the future, I am bubbling with ideas, seething with ideas, but in terms of specifics, I would really like to be kind of quiet about them as I let my eyes adjust to the wing.”

Col Lawson is not one
See Colonel Lawson, P. 2

LABRADOR LOUNGE OFFICIALLY OPENS AT 8 WING/CFB TRENTON

Photo: Cpl Tom Parker, 8 Wing Imaging



Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton, cuts the ribbon and officially opens the Labrador Lounge on May 25, 2006. The lounge, which pays tribute to the CH-113 Labrador helicopter that was the workhorse of Search and Rescue operations for decades, is located in the basement of the Junior Ranks building. Pictured from left to right: Dan Koets, PSP Coordinator; Captain Randy Henning, 8 Wing Heritage Officer; LCol Mark Roberts, 8 Wing Administration Officer; John Snyder, PSP Manager; Colonel Tom Lawson, Commander, 8 Wing /CFB Trenton; Chief Warrant Officer Don Cheverie, 8 Wing CWO; MS Gary Austin, Mess Manager. See page 3 for story.

Where Deals Happen Everyday!

246 Dundas St. Trenton

2000 Toyota Corolla
4 dr., 4cyl., CD/Stereo, AC, 105K
\$7900

2000 Mazda Protege
4cyl., 1.6L, Standard 5 spd, 4 dr, 94K, stereo/cassette.
Only \$7400

2000 Buick LeSabre
4 dr., 6cyl., PW, PL, AC, Stereo/Cassette
\$7900

2001 Chev S10 PU
Long box/ Liner, V6, Auto, AC, AM/FM
\$7600

6.9% financing on selected vehicles

WE ARE THE HOME OF THE REAL DEAL!!



Colonel settles in at 8 Wing/CFB Trenton

Continued from Page 1

to rest on his laurels, as evidenced by his educational and military background and impressive list of accomplishments (including, but by no means limited to: a Bachelor's Degree and Master's Degree in Electrical Engineering, and a Master's Degree in Public Administration; an accomplished pilot who has flown CF-104 Starfighters, CF-5s, CF-18s, and CC-144 Challengers as Commanding Officer of 412 Squadron; Weapons and Tactics Officer in Cold Lake, where he was in charge of the Fighter Weapons Instructor School; Director of Air Force Employment; Director of Air Contracted Force Generation, both in Ottawa; Executive Officer of the Strategic Joint Staff) and it is a good bet he doesn't plan on letting 8 Wing rest on its laurels either—from operational tempo to fitness.

"I think that the CDS has made it clear that the CF needs a culture of fitness. In general, we have developed fitness programs that match our work days, and our work days in recent years have been enormous, so our self-generated fitness programs may have taken a back seat."

"Hence, especially in the Air Force, you may have seen people who have been a little less fit in

recent years than historically we have been, and maybe there's a bit of a divide developing between the army and the air force (I am not sure where the navy rests in there), and that's been a concern. Fitness in general has been a great concern to the CDS, and in particular there have been air force commanders who have come back from deployment and said we're not where we need to be with fitness."

"So I am very interested in how I, as commander, can help develop a culture of fitness here on the base. It just doesn't happen by itself. We've probably got a third of the people who have a fitness program like myself, out running five or six days a week, or playing hockey. But it's more than that—we may have to find ways within our day to allow extremely busy people to work it into their shifts, so that we can be more prepared for the demands of the jobs we have."

Col Lawson made it clear that he didn't mean that all personnel should be expected to march 13 kilometres in combat boots and carrying 45 pounds of weight, but indicated that a modified fitness goal — a march or a run of some distance — definitely needs to be

implemented.

"So how do we motivate personnel to adopt a culture of fitness? Well, we can probably inject a sense of fun and competition at the same time. It's worked in the past."

He was referring to a recent weight loss challenge initiated within 426 Squadron, and indicated that he would like to see more of the same.

As for his immediate plans here on the wing, Col Lawson made mention of the benefits of arriving at the wing a few months "early"—commanders traditionally start in the summer, but Brigadier-General Deschamps was needed in Ottawa sooner rather than later.

"The luxury I have over the next little while is that I now have two months with the cohesive and motivated team BGen Deschamps formed and trained and placed...I am lucky to have inherited that, and my job then becomes one of maintaining the momentum that he set in place. It's sad for me that three quarters of these commanding officers are leaving, but with the new commanders who are going to be coming in the next little while, we will forge our own team and it will be an excellent team too."

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



MSE Ops personnel from Transportation/Electrical Mechanical Engineering Squadron, specifically the Heavy Equipment Section, prepare to load a tractor trailer with a Canadian Forces Land Advanced Warfare Centre (CFLAWC, formerly CPC) dropped load known as a "heavy," at Mountainview. Here, the "heavy" was dropped out of the back of a CC-130 Hercules, and Cpl Luc Forest and Cpl Kenneth Doonan (crane operator) are recovering the load using the drop zone recovery machine. The load will then be transported back to CFLAWC where it will be unloaded and reconfigured in preparation for its next drop. BZ to Heavy for their DZ work.



NorthChina BUFFET

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



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

BUFFET HOURS Lunch: 11:30 - 3:00 pm Dinner : 3:30pm- 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



POSTED TO WINNIPEG?

Free Relocation Package

CALL ED DALE

CF Approved Relocation Agent
The #1 Agent in Winnipeg in 2004 - 2005

1-800-361-0500

www.eddale.com

• Desktop Publishing • Posters • Laminating • Digital Copies

Darling's Call today

COPY DEPOT 392-7273

Fax service: 392-7058

www.copy-depot.com

20 Dundas W., Trenton

• Fax Service • Enlargements • Scanning • Canon Laser Copies

Photograph Photocopying-Full Colour • Engineering & 36" Copies Format

COUNTY CAR CARE & CUSTOM

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

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

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

Voted #1 - Trenton's Readers' Choice Award

"Let our family treat your family"

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

Contact CARRIERS NEEDED

to deliver Contact newspapers here at 8 Wing/CFB Trenton.

Please call **965-7248**
Leave your name, address, phone number & age.

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

969-0287

Tribute to old SAR workhorse

by Captain Nicole Meszaros, 8 Wing Public Affairs Officer
With files from Captain Randy Henning, Wing Heritage Officer

A lasting tribute to the venerable CH-113 Labrador helicopter, the Labrador Lounge officially opened on May 25 downstairs in the Junior Ranks building.

Colonel Tom Lawson, Commander, 8 Wing/CFB Trenton, cut the ribbon with Chief Warrant Officer Don Cheverie, Wing Chief Warrant Officer and other special guests.

"This is a beautifully decorated lounge where the airmen and airwomen of 8 Wing/CFB Trenton will be able to come and relax and also to remember the proud heritage of the Labrador helicopter," said Col Lawson.

The lounge walls are adorned with paintings, prints and other memorabilia of the retired helicopter. An acrylic and airbrushed painting of the Labrador by artist

John Valo has been signed by aircrew and ground crew of 424 Transport and Rescue Squadron, representing the last military personnel to work on the aircraft; this historic painting, donated by Captain Keith Hoey, a pilot from the Wing's SAR squadron, is hanging in the lounge with other donated pieces of nostalgic art.

The Labrador helicopter was the workhorse of SAR operations in Canada for more than four decades and was a familiar site in Quinte West and surrounding

area for many years. It was easily recognized because of its long service in the Canadian Forces and because of its bright red and yellow SAR colours.

The Labrador Lounge is available for all-ranks functions, accommodating up to 60 people. The lounge can also be used for conferences, training purposes and workshops and may be booked by calling the Junior Ranks Mess.

The Labrador Lounge commemorates the helicopter and members of the SAR community.



Photo: Contact archives

Search & Rescue UPDATE



There were two ELT searches conducted by 424 Squadron's CC-130 last week. Luckily, both were false alarms. The first was for an ELT near Earleton, Ontario. The Herc searched the area with negative results. Tiger 317 then safely returned to base. The second ELT search found a float plane safely moored on a lake north of Thunder Bay. Communications were established, there was no distress and the ELT was turned off. Tiger 317 then returned to base after a long night's work.

Until next week, stay safe.

Missions for 2006: 58 Missions for May: 17 Persons rescued: 9

Enjoy the quiet rear yard!

Fully Landscaped, Low Maintenance,
Very Private Rear Yard!



The Modified Carlisle
1473 sq.ft.
Lot 16, Finch Drive
\$265,900.00

Model Home
Hours
Sat. 12-3
Tue 12-3, Thurs 12-3

Directions : College St. E. to Heartwood Drive to Finch Drive.

406 Maitland Drive,
Unit 3 Maitland Plaza,
R.R. #5 Belleville, ON K8N 4Z5

BELLEVILLE OFFICE:
(613) 966-8420

E-mail: info@geertsma.com
www.geertsma.com



Good to be home.



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.ca

293 Sidney Street Belleville 966 4111 • 251 RCAF Road Trenton 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: Judy Leavere

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: LeBlancAL@CFBTrenton@Trenton

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



**A Military
Community
Newspaper**



The Contact newspaper is a Personnel Support Programs (PSP) entity. 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

message from the

Editor

It's been a really wonderful year here at The Contact. We have the best team working on the paper, perhaps in the history of the Contact (my opinion), we lifted ourselves up out of financial purgatory and we are now holding our own, and to top it all off...

WE PLACED AN AMAZING SECOND IN THE COUNTRY in the military newspaper category in the Canadian Community Newspaper Association's annual Better Newspapers competition. Hurray!!

First place went to the indomitable Trident (the newspaper of Maritime Forces Atlantic), and third went to The Aurora (14 Wing Greenwood, Nova Scotia). Congratulations to both of my fellow managing editors, Lynn Devereaux and Stephen Boates, respectively.

Watch out next year, Lynn... :-)

I want to commend every member of The Contact staff for their hard work, dedication and sense of humour (necessary in this business), personnel from 8 Wing Imaging for their terrific photographs, to everyone here on the base for submitting their stories and story ideas, to PSP Manager (now at Wainwright, Alberta) Bob Payette for his unfailing support, and, last but not least, Captain Nicole Meszaros, for being the best editor-in-chief we could ever ask for.



Contact

Canadiana Crossword

Valley Tally West

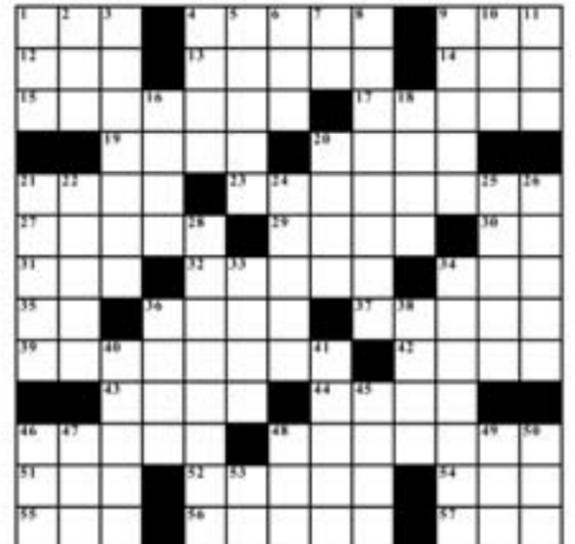
By Bernice Rosella and James Kilner

ACROSS

- 1 Finale
- 4 Moral principle
- 9 Marquee acronym
- 12 Gib. for one
- 13 Word before graph
- 14 Not I
- 15 Start to behave
- 17 Hermit
- 19 Mass of matter
- 20 Car
- 21 Portal
- 23 River of the Saskatchewan badlands
- 27 Buffaloes
- 29 Plunders
- 30 That man
- 31 2000 pounds
- 32 Prefix for comedy
- 34 ___ porn
- 35 Case for an ER
- 36 Court order
- 37 Aspen
- 39 Southern Manitoba waterway
- 42 Portent
- 43 Explain
- 44 Riding horse
- 46 Steak
- 48 Printing
- 51 River of southern Alberta
- 52 Concerning birth
- 54 No. to R. Burns
- 55 Skater Scott's middle name
- 56 Here's opposite
- 57 Rearward (nautical)

DOWN

- 1 S
- 2 Utmost
- 3 River of central Alberta
- 4 Foil's cousin



- 5 Digit
- 6 High school dance, maybe
- 7 A kind of crowd
- 8 River of southern British Columbia
- 9 Ecclesiastical council
- 10 Eurasian deer
- 11 Yours and mine
- 16 Humble request
- 18 Bird genus
- 20 Frantic
- 21 Cousin of Croc
- 22 Positive pole
- 24 Incensed
- 25 Wild dog of Asia
- 26 Middle eastern nation
- 28 Loud and harsh
- 33 Rend
- 34 River of southern Manitoba
- 36 Legendary architect or tiny songbird
- 38 Word after show or slow
- 40 Drench
- 41 Aviation aid
- 45 Stir up
- 46 Info is yet to come
- 47 Jour or chance preceder
- 48 Hiver's opposite
- 49 Klutz
- 50 Fisherman's requirement
- 53 Exclamation of surprise

FlyPast will return later this summer.

Contact

CARRIERS NEEDED

to deliver Contact newspapers
here at 8 Wing/CFB Trenton.

Please call
965-7248
Leave your
name, address,
phone number & age.



ANNUAL FOD WALK



Photo: Cpl David Cribb, 8 Wing Imaging

Members from across 8 Wing/CFB Trenton went out May 31, 2006 for the annual FOD (Foreign Object Damage) walk. The FOD walk clears the base of debris, and ensures no foreign matter interferes with the safe operation of the base aircraft. Seen here, members sweep the flight line clear of all debris.

Advertise in **the Contact**

Call Judy or Sheila
392-2811 Ext 2748/7008



CANNIFF MILL ESTATES

A New
Staikos Homes Community
Featuring Bungalow and Two Storey
All Clay Brick Home Designs
with all city amenities
including sewer and water.
Lots 50' and up to 75' Frontages



PHASE I - SOLD OUT
PHASE II & III - Now Open
PHASE II offers Prime Riverfront lots with walkouts.
And many upgraded features exclusive to this phase

Various models of bungalows
available for quick occupancy
starting at
\$233,900 - 1580 sq.ft. and up



Take Hwy.#62 North, turn right on Maitland and follow the signs. Off Farnham Road
Office and Model Home at 59 Simcoe Dr.,
Belleville

Weekdays: Mon. - Fri. 9am to 4:30

STAIKOS HOMES LTD. BUILD **Comfort**
967-6560

www.staikoshomes.com E-Mail: info@staikoshomes.com

The Jr Ranks Mess

IS PROUD TO PRESENT

WORLD'S BEST UNCENSORED HYPNOTIST!

SAILESH

Step into a new generation of live entertainment!

WWW.SAILESH.CA

Friday, 23 June 06

Jr Ranks Mess
Astra Lounge

Door Opens: 2000 hrs

Show Starts: 2130 hrs

DJ: Rob Pond

Cost: \$5.00 per person
Advance tickets

now on sale at the Mess Office.

Hours: Monday - Friday

0800 - 1200 hrs / 1300 - 1600 hrs

Courtesy Vehicles Available

Jr Ranks Mess
8 Wg Trenton
Astra, ON
KokWo
(613) 392-2811
ext 3700



UNCENSORED ADVISORY UNCENSORED ADVISORY UNCENSORED ADVISORY UNCENSORED ADVISORY
SAILESH SAILESH SAILESH SAILESH
WORLD'S FUNNIEST HYPNOTIST WORLD'S FUNNIEST HYPNOTIST WORLD'S FUNNIEST HYPNOTIST WORLD'S FUNNIEST HYPNOTIST
www.sailesh.ca www.sailesh.ca www.sailesh.ca www.sailesh.ca

MASTER CORPORAL NIGHT

29 JUNE 2006

**WO & Sgts' Mess
1530 hrs**

PIZZA & DRINKS

Courtesy Vehicle Available

News

Postcards that came to life at Prince Charles Public School

by Lt Marie-Noëlle Blanchet

Somewhere in Afghanistan, in Haiti or in another country far away from Canada, a soldier will receive a post card. A special postcard written by a Grade 8 student from a school somewhere in Ontario. This postcard represents the greatest support from kids in Canada who believe in a better future and above all, who believe in our Canadian soldiers.

The students of Prince Charles School, in Napanee, On., have written dozens of post cards to our deployed comrades. Their greatest desire is to get a response back from overseas and finally have proof that their words of encouragement have made their way to the soldiers and perhaps made a difference in those difficult times, away from their loved ones.

The end of the school year is near and Tamerin Martin, one of the students who participated in the project, fears she will not get an answer before summer

vacation.

On May 26, more than just receiving a post card from soldiers, the students received the visit of six soldiers, in the flesh, from 8 Wing Trenton.

One thing these soldiers had in mind was to tell the students how they appreciate their support for the Canadian Forces.

“It’s important for these kids that live in a small community like Napanee to recognize that there is something more outside, that they have to think inside of their own experiences and personnel comfort,” said Grade 8 teacher Linda Leroux, who started the project with her students. “I personally insist that they realize all the sacrifices being done by the soldiers over there, the impact on their lives and how it is difficult to be in the military,” she adds.

According to Ms. Leroux and her colleagues, today’s kids are used to having everything they want when they want it. They must understand that in other parts of the world,

kids don’t have the same rights and that some of them can even barely eat every day.

The soldiers of 8 Wing Trenton had a huge impression on the kids who had their eyes and ears wide open as they were showing them all the equipments, videos and pictures of overseas missions.

“I’m just thrilled that they are right there in front of me,” says Martin. “Now, even if I’m not getting a response from the soldier who I have sent my postcard to, I know I had an impact on him (the soldier), I know what he is doing there and I really think that it’s good.”

Like Martin, the students of Prince Charles School have learned something that no one in the civilian world can teach them, something only a soldier can do -- to be strong and proud of the men and women of the Canadian Forces.

Despite all this, at the end of the day, those kids will still wait for a postcard from overseas...This is just the nature of things.

Photos: Lt Marie-Noëlle Blanchet



The young girls proudly show their new makeup style that is, quite frankly, a lot different from what they usually wear.



Four students try on the full combat gear. These paint ball fans all agreed that this awesome kit would be great for their next paint ball season.

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: dloockey@qcu.ca Member: CIPF

AUTO - HOME - BOAT - LIFE - INVESTMENTS

WHITLEY INSURANCE & FINANCIAL SERVICES
 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

SUPPORT YOUR LOCAL CANEX!

LOCAL SERVICES To Serve You AND TRADES

Classified Advertising 392-2811 ext 3976 24 Hour Faxing 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

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

Lawn Care

WHO WANTS THE BEST LAWN ON THE BLOCK?
 PERSONALIZED LAWN CARE TO SUIT YOU.
 10 YEARS - HORTICULTURE/TURF MANAGEMENT/GOLF COURSE.

Property Maintenance Services: Mowing, New Lawns & Restorations, Garden Care, Ornamentals, Artistic Pruning, Turfgrass Horticulture & Ecology, Snow Blowing, Exterior House-Sitting

GRAY'S GREENS & BLUEGRASS
GRAHAM FINLAY - (613) 475-2485

Roofing

ROYAL ROOFING

- ✓ Commercial
- ✓ Residential
- ✓ Agricultural
- ✓ Professional Installation
- ✓ Fully Insured

“The Very Best by John West”
 Call for a Free Estimate
 Call 1 (877) 827-1581

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

Tattooing

Jonzies Tattoo

- * Walk - ins
- * Appointments
- * Modern & Sterile
- Tattoo Parlour

Hours:
 Noon - 9PM
 Closed Sunday & Monday

48 King St.
 392-2500

Top Soil

- TOP SOIL
- DECORATIVE ROCKS
- PLAY GROUND SAND
- GRAVEL LARGE OR SMALL
- PICK UP OR DELIVERY
- EQUIPMENT RENTALS

SCOTT'S HAULAGE
 17 Lester Road
392-3917

Tree Service

Trenton Tree Service
 Tree Trimming & Removal, Chipping & Stumping

- Free Estimates
- Fully Insured

A fair price for everyone
392-7415



Fitness, Sports & Recreation

Trenton hosts annual fun day

Trenton and District Special Olympics will be hosting the fourth annual Maureen Francis Memorial Fun Day.

It is scheduled to be held on Saturday, July 8, from 9 a.m. to 4 p.m. at Bain Park in Trenton (next to CFB Trenton).

Teams from Trenton, Belleville, Centre Hastings, Bancroft, Oshawa, Durham, Peterborough, Cobourg will be arriving to participate in the T-ball or softball tournament, along with some other fun games.

There's something for everyone to play, such as: throw-for-distance, bucket brigade, frisbee golf, egg toss and the three legged race.

Cost is \$50 per team. The main trophy for the day is for sportsmanship.

All participants win a prize during the fun games and ribbons.

Volunteers are also needed to help run the games.

Come on out to support these very special athletes. For more information please call Debbie 827-4189.



Special Olympics

Athlete's Oath

*Let me win, but if I cannot win,
let me be brave in the attempt.*

Canada's Wonderland bus trip

There will be a Canada's Wonderland bus trip on June 10, 2006.

This event is open to all interested youth ages 13 to 18-years-old and is sponsored by the Community Recreation Association (CRA) and the Military Family Resource Centre

(MFRC).

Cost is \$50 per person and includes transportation and park admission.

Tickets can be purchased at the Rec Plex or the MFRC.

For more information please call 392-2811 local 3361 or 3575.

Senior lane swim schedule

Monday, Wednesday and Friday mornings from July 5 to September 1st (No swimming on Aug 7). Register for one of the two times 7:00 - 7:55 a.m. or 8:00 to 8:55 a.m.

Registration for all 8 Wing military community takes place on Friday June 16 at 8 a.m. and the general public is set for

registration on Friday June 23 at 8 a.m.

Cost is \$60 for CRA members, \$65 for military community non-members, \$70 for the general public. You may also pay the drop-in fee if space is permitting. \$3 for military community with ID, \$4 for the general public.

8 Wing golf play down

The 8 Wing/CFB Trenton Golf Play Down will be held at the CFB Trenton Golf Course.

Tee off time will be at 1400 hrs, on June 19, 20 and 21, to select a Wing/Base golf team that will represent 8 Wing/CFB Trenton at the Ontario region golf championship hosted by CFB North Bay.

A handicap lower than 15 for men and 20 for women is required to compete. The top 12 competitors

will advance to day two.

Competition is open to all CF, Class B and C reserves members. Five men and one lady make up the 8 Wing/CFB Trenton golf team for the championships at CFB North Bay, July 23 to 27.

For more information or to register please contact Shirley Martin at local 3467 or the Dan Cormier at local 3373. Deadline for all registration must be done no later than June 9, 2006.

Calling all shinny hockey players

This year's season of shinny hockey will begin on June 5 and run weeknight's until June 30, from 6 to 7:30 p.m.

Monday: Tyke/Novice division;
Tuesday: Bantam division;
Wednesday: Atom division;
Thursday: PeeWee division;
Friday: Midget/Intermediate division.

Cost is \$1 for Military Community Members and \$2 for the General Public. For more information please contact the Rec Plex office at 392-2811, ext. 3361.

Drop-in Youth Ball Hockey

Weekly games are every Thursday from now until June 15 and are open to the following ages:

Peewee, 11 to 13-years old: 6 - 7 p.m.

Bantam/Midget, 14 to 17-years-old: 7 - 8 p.m.

Drop in rates are:

CRA Members: \$1.00;

Military Community, Non-members: \$2.00;

General Public: \$3.00

Introduction to kayaking

A three hour adventure for people who would like an introduction to sea kayaking. During the course, you will paddle on the Bay of Quinte and learn the basics, including wet exit and re-entry, with an emphasis on learning new skills under the coaching of our expert instructor.

Tuesday, June 13, 2006 6 - 9 p.m.

Wednesday, July 12, 2006 1 - 4 p.m.

Wednesday, July 26, 2006 6 - 9 p.m.

Friday, August 25, 2006 1 - 4 p.m.

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

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

Learn To Run

Clinic: Monday nights, May 29 to June 26 at 4:30 p.m. (Five week session plus a race).

Meet at The Gymnasium (south side) to learn about nutrition, clothing, footwear and more!

Cost is as follows:

Military and CRA members: \$50; military community non-CRA members: \$55; general public: \$60.

Register at the RecPlex.

Golf Now!

It's that time of year! Play 18 holes for \$27 at the CFB Trenton Golf Course.

Get your pass today at the Rec Plex.

Limit of one pass per member or two passes with the proper ID.

Ball hockey team in the works

The defending Ontario region ball hockey champs are seeking interested players.

The 8 Wing/CFB Trenton ball hockey team is looking for players to participate in the 2006 Ontario region Ball Hockey Championship, to be held at CFB Borden from 9 - 14 Jul 06.

The team will practice every Monday at the Trenton Arena (downtown).

All interested players are required to contact Bryan Pearce at the RCAF Arena at local 4110.

Morning/Evening aquafit classes

Morning: Classes will take place from July 5 to September 1 (Please note there will not be a class on Aug 7).

Class one runs from 7:00 to 7:45 a.m.; Class two runs from 7:55 to 8:40 a.m. Cost is \$60 for CRA members; \$65 for military community non members; \$70 for the general public. Drop-in fee: \$3 or \$4 per class space permitting.

Evening: Classes will be held every Tuesday and Thursday from July 18 to

August 17.

Classes run from 7:30 to 8:30 p.m. Cost is \$35 for military and CRA members; \$40 for military community non-members; \$50 for the general public.

Drop-in fee: \$4 per class for military community with ID and \$5 per class for the general public.

Registration for military community: June 13 at 10 a.m.; general public: June 15 at 10 a.m.

For more information call 392-2811 ext 3361



What's the Buzz on Treadmills?

Treadmills have experienced substantial growth over the years. They are designed to enhance the most popular form of exercising -- running and walking. Treadmills are built on the basic premise that the more effort you put in, the more you will get out. As other fitness equipment and gimmicks gather dust, treadmills continue to gain popularity and get results.

The two most popular forms of exercising are running and walking. Whether you are a casual walker or a serious runner, a treadmill can accommodate your exercise needs. You can do a power walk up an incline or a heart pumping run at high speed.

When wanting to progress and add intensity, you can add speed or incline, both options increasing your caloric expenditure and assisting you to work harder. The treadmill is unsurpassed for a cardiovascular workout. It works the large muscles in your body. Treadmills can guarantee a consistent workout in all seasons. In warm or wet regions, you don't need to be concerned about heat exhaustion in hot and humid weather.

Stay tuned for next week's 'Fit Tips!'

Summer fun for kids

This camp is designed for kids 6 to 12 years of age that are looking for loads of fun this summer.

Come join us at the Rec Plex from July 4 to August 25. Camp hours are from 8:00 a.m. to 4:00 p.m., Monday to Friday. Before and after care is available from 7 to 8 a.m. and from 4 to 5 p.m. at a cost of \$2 per child.

Registration for the military community is taking place now and on 5 June 06 for non-military community.

Military Community (Non-Member):

-- \$83 for one child
-- \$151 for two children
-- \$199 for three children

CRA Member:

-- \$78 for one child
-- \$141 for two children
-- \$184 for three children

General Public:

-- \$88 for one child
-- \$161 for two children
-- \$214 for three children

For more information, please call the Rec Plex at 392-2811 ext. 3361 or 3348.

Health/Safety





MUTÉ À BORDEN?

École catholique Marguerite-Bourgeois

(Éducation en français)

- ▶ Maternelle à la 8^e année
- ▶ Service de garde avant et après l'école disponible

POSTED TO BORDEN?

(Education in French)

- ▶ Pre-kindergarten to grade 8
- ▶ Childcare before and after school available

(705) 424-0049

<http://www.csdccs.edu.on.ca>

Basic Relationship Training (BRT)



Basic Relationship Training is a Strengthening the Forces Health Promotion program for Canadian Forces (CF) members and their partners that focuses on preventing problems before they start.

BRT offers a comprehensive, skill based and effective approach to navigating the unique challenges of life in the CF for couples.

The program begins 3 June 06 from 0900-1600 hrs, with two follow-up sessions on 7 and 14 June 06 from 1800-2000 hrs.

Those interested in registering may call local 3768 or email pitt.l@forces.gc.ca

Nutrition For Action

Learn about:

- Everyday eating
- Timing of food and fluids
- Body composition and weight issues
- Dietary issues and supplements
- Fine tuning your eating and activity habits

Two-day course, June 15 and 22, 2006. To register call local 3768 or email pitt.l@forces.gc.ca

Butt Out

Butt Out can help you identify your personal reasons for smoking, then help you develop and practice substitutes for smoking that do the same good things for you, without the negative long-term effects that smoking gives you.

Session One begins June 5, 2006. To register call local 3768 or email pitt.l@forces.gc.ca.



UNDER NEW OWNERSHIP

MILITARY MILITARY FAMILIES MILITARY EMPLOYEES

15% OFF WITH YOUR MILITARY ID

DRIVE-THRU • WE CATER

MON.-THURS. 10-9 • FRI. 10-10 • SAT. 11-11 • SUN. CLOSED

392-4448 FREE DELIVERY TO THE BASE min. \$20.00

367 Dundas St. West Trenton

Contact CARRIERS NEEDED

to deliver Contact newspapers here at 8 Wing/CFB Trenton.

Please call 965-7248

Leave your name, address, phone number & age.

Water world--stay safe



Submitted by
Don Heans,
Wing General Safety Officer

Safety shoes, hardhats, goggles, earplugs - these are the standard items of Personal Protective Equipment (PPE) required for many jobs.

If you work around open water, you have to consider some other types of PPE, to keep you out of the water and to keep you alive if you do fall in. Protect yourself from drowning by following all safe work procedures and by having the correct protective equipment in place.

If you work around docks, ships, lagoons and dams, you will be protected by railings. If you see any problem with the condition or the design of these guards, talk to your supervisor right away. When you go to work on a job around water, locate these two lifesaving devices so you can reach them quickly in an emergency:

One is the life preserver ring, attached to a rope, which can be thrown in water for

someone to grab in an emergency.

Another is the ladder leading out of the water. These ladders should be located at intervals along the edge of the water.

Also helping to prevent you from ending up in the water is fall prevention and fall arrest equipment. When working over water on jobs such as construction and painting you should be using this equipment correctly.

Another type of PPE to prevent falls into the water is the correct footwear. Non-slip soles should be worn wherever there is danger of a fall from a dock or deck. In the forest industry, caulked boots are worn for walking on logbooms.

When you are on board a watercraft, the kind of flotation gear you wear can make a difference in your survival. A Personal Flotation Device is made to keep you on top of the water. A life-jacket is designed to keep your face out of the water in case you are unconscious. You should talk to your supervisor about the correct gear to use for your particular on-board job.

If you work around the water, learn all you can about the equipment designed to keep you safe and dry. And learn to swim!

HILDEN HOMES LTD HILDEN HOMES LTD



Our House - Your Home

Building throughout the Quinte Region since 1985

"The Builder of Choice for Military Families."

Spend your House Hunting Week at a Hilden Homes Open House



Trenton



Brighton



Belleville



Belleville

Visit all of our Open Houses

Ask about our 100+ lot locations as well



OPEN HOUSES:
Appledene Park
Trenton

Every Wed. & Thurs., from 3 - 5pm
Saturdays from 12 - 1:30pm
LOCATIONS: Dundas W, South on Tripp Blvd.
Right onto Parkview Heights,
right onto Sunshine Lane.



OPEN HOUSES:
Harbour Point
Brighton

Every Wed. & Thurs., from 12:30 - 2:30pm
Saturdays from 2 - 3:30pm
LOCATIONS: South on Hwy 30
to Prince Edward S. Take Cedar St. then right onto
Raglan St. & right onto Cove Cres.



OPEN HOUSES:
Follwell Park
Belleville

Every Wed. & Thurs from 2-4 pm
Saturdays from 1:30 - 3pm
LOCATIONS: East onto College, North on
Centre St. to Follwell Cres.



OPEN HOUSES:
Cooke Court (#30)
Belleville

Every Wed. & Thurs., from 2 - 4pm
Saturdays from 1:30 - 3pm
LOCATIONS: Dundas St. E to Bradgate Rd. & right
onto Cooke Court.






393 Sidney St. Belleville Email: info@hildenhomes.com 613-962-4600 Website: www.hildenhomes.com

**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**

392-7087

SALES • SERVICE
ACCESSORIES
DOCKING • STORAGE
BROKERAGE

Hwy., #2 East of 8 Wing/CFB Trenton

394-6691**www.bay-marine.com**

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

**CFB Trenton
Golf Club**

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

Proshop 392-1544

*Offer Expires 31 Oct 06
Good for Foursomes ONLY
Present this coupon to the Proshop.*

Les prêts à faible taux d'intérêt permettent d'alléger le fardeau des études postsecondaires

Par Aimee Igliorte, coordonnatrice du
marketing, et Joyce Sharp, coordonnatrice de
l'éducation et des communications,
Services financiers du RARM

Si la hausse des frais d'études postsecondaires vous
préoccupe, jetez un coup d'œil sur la Caisse d'assis-
tance au personnel des Forces canadiennes
(CAPFC), qui offre des prêts à faible taux d'intérêt
dans le cadre du programme de prêts d'études (PPE).

« Le PPE est destiné aux militaires actifs ou à la
retraite, ainsi qu'aux personnes à leur charge ou à leurs
survivants, qui sont inscrits à un programme à temps
plein dans une institution postsecondaire reconnue,
indique M. Yves Rioux, gestionnaire de la CAPFC.
Chaque étudiant peut recevoir au plus 4 000 \$ par
année, le maximum possible à vie pour chaque étu-
diant étant de 16 000 \$. »

Vous et votre conjoint pouvez vous prévaloir du
programme, de même que vos enfants ou petits-
enfants, s'ils sont à votre charge et âgés de 27 ans ou
moins.

Pour y être admissible, vous devez avoir été mem-
bre de la Force régulière au moins un an. Vous devez
rembourser le prêt sur 12, 24, 36 ou 48 versements
mensuels. Vos versements débiteront le mois suivant
la réception du prêt et peuvent être effectués par délè-
gation de solde si vous êtes un membre actif ou par
prélèvement automatique si vous êtes libéré des FC.
Vos survivants, s'ils sont admissibles, rembourseront
également le prêt par prélèvement automatique.

« En 2005, la CAPFC a aidé près de 700 person-
nes par l'entremise du PPE, affirme Mme Andrea
Ravnich, coordonnatrice des prêts d'études de la
CAPFC. Les demandes sont traitées dans l'ordre
et sont acceptées à longueur d'année. Mais les personnes
désirant obtenir un prêt en vue du semestre d'au-
tomne 2006 devraient présenter une demande d'ici le
30 juin. »

Présentation d'une demande :

--Rendez-vous à
http://www.sisip.com/fr/Downloads_f/ealp_f.asp;
--Communiquez avec la CAPFC au 1-888-753-
9828 ou par fax au (613) 233-5907;
--Demandez au conseiller financier de votre base,
escadre ou unité;
--Consultez l'un des bureaux régionaux du min-
istère des Anciens Combattants à http://www.vac-acc.gc.ca/general_f/sub.cfm?source=contact ou au 1-
866-522-2122 ou,
--Trouvez la direction provinciale pertinente de
La Légion royale canadienne à
http://www.legion.ca/asp/common/prov_f.html.

Chaque année, les 2,5 M\$ du budget du PPE sont
engloutis en raison du grand nombre de demandes
d'adhésion. C'est pourquoi la CAPFC dépend en par-
tie des dons pour continuer d'assurer un appui finan-
cier aux membres des FC et à leurs familles. Si vous
désirez faire un don déductible d'impôts aux pro-
grammes de la CAPFC, faites le 1-888-753-9828 ou
rendez-vous à www.sisip.com.

**Wondering how you'll
manage the rising cost
of post-secondary
education?**

Apply for a **low-interest loan**
through the Educational Assistance
Loan Program offered by the
Canadian Forces Personnel
Assistance Fund (CFPAF).



**La hausse des frais
d'études postsecondaires
vous préoccupe?**

Communiquez avec la Caisse
d'assistance au personnel des
Forces canadiennes (CAPFC),
qui offre des **prêts à faible
taux d'intérêt** dans le cadre
du programme de prêts d'études.



A Division of the Canadian Forces Personnel Support Agency
Une division de l'Agence de soutien du personnel des Forces canadiennes

**CFPAF/CAPFC****www.sisip.com • 1-888-753-9828 • Ottawa: (613) 760-3447**



Les ramener à la maison--médicale d'évacuation aérienne

par Lt Marie-Noëlle Blanchet
Bureau des affaires publiques
8e Escadre Trenton

«Les héros de ce monde ne sont pas toujours ceux qui apparaissent en premier plan sur la scène publique. Ils font parfois un travail plutôt anonyme, mais pourtant crucial. Ils ont leur façon bien à eux de « sauver le monde. »

À l'hôpital américain de Landstuhl, en Allemagne, trois soldats canadiens attendent patiemment l'arrivée de l'équipe médicale d'évacuation aérienne. Quand leurs regards se croiseront, ces soldats réaliseront enfin qu'il est temps pour eux de rentrer à la maison, près des leurs êtres chers. Cet instant, il restera gravé à tout jamais dans l'esprit des membres de l'équipe médicale. Cet instant, il représente leur raison d'être et justifie tous les sacrifices faits. Cet instant, il vaut d'avantage que tout l'or du monde.

Le 24 Centre de service de santé (24 CSS) de la 8e escadre de Trenton est la plaque tournante des Forces canadiennes en ce qui a trait au service d'évacuation médicale. Bien qu'il existe du personnel médical proprement qualifié dans d'autres bases à travers le Canada, la majorité d'entre eux proviennent de Trenton, étant donné le haut niveau d'activité aérienne de l'escadre. Que cela soit au pays ou à l'étranger, les militaires du service d'évacuation médicale sont toujours prêts à se déployer.

Réaliser une mission d'évacuation aérienne est extrêmement complexe, indique le matelot-chef Lise Boucher, qui occupe la position de directeur de l'équipe médicale (DEM) pour la mission en cours. Tout doit être pris en considération et ce jusqu'au moindre petit détail. « Il s'agit d'un véritable travail d'équipe », m'affirme-t-elle. Bien qu'une équipe soit composée d'infirmiers et de techniciens de différents grades, c'est l'expérience et le

nombre d'heures passées à bord de l'appareil utilisé pour le type de mission en question qui déterminera celui qui dirigera la mission.

« En général, nous avons 24 à 48 heures pour planifier une mission, mais tout dépendant de la gravité des blessures, cela peut prendre jusqu'à une semaine », affirme le matc Boucher. « Tout doit tourner autour d'un seul facteur : la sécurité du patient », ajoute-t-elle. La planification technique et la logistique qui entoure la préparation avant le départ, durant le vol, à l'endroit où se trouve les patients, lors du vol de retour avec les patients, le débarquement des patients et à l'arrivée au point de départ est un travail de longue haleine. « Le temps de repos est souvent extrêmement court ce qui, ajouté au décalage horaire et aux nombreux facteurs de stress en vol, devient très demandant physiquement pour l'équipe », indique le matc Boucher. « Il n'y a pas de repos possible tant que l'on a pas rencontré les patients à l'hôpital, que l'on ne les a pas rassurés de notre présence et que l'on a pas coordonné les derniers préparatifs pour leur retour à la maison. Dès fois, tout ce cheminement peut prendre jusqu'à 26 heures », enchaîne-t-elle. Cependant, avec un petit scintillement au fond des yeux, elle n'hésite aucunement à témoigner de sa passion pour son métier qu'elle qualifie de « crème de la crème du métier de techniciens médicaux et d'infirmiers. »

Malgré tout le degré de préparation, le fait d'avoir des vies humaines entre les mains peut tout faire changer, d'où l'importance du travail d'équipe selon le capitaine Connie Watson, infirmière réserviste également qualifiée pour les évacuations aériennes. « Il faut savoir anticiper les choses et surtout, envisager l'envisageable. Avec l'équipement médical de base, notre seul but est de maintenir les mêmes conditions de soins dans les airs qu'à l'hôpital. » La



Photos: Lt Marie-Noëlle Blanchet

Le Caporal Colleen Penttinen et le Caporal-chef Kate Ryan s'assure que le patient est confortable et le prépare pour le décollage en direction du Canada. Colleen et Kate font partie du 24 CSS de la 8e Escadre de Trenton.

condition du patient en vol peut changer à chaque instant et l'équipe doit être continuellement en synergie afin de faire de cette mission un succès. « Très souvent, l'équipe est tellement cohésive qu'on n'a même pas besoin de se parler pour se comprendre. De simples signes suffisent pour que chacun de nous pose l'action appropriée », renchérit le capt Watson.

Ce métier unique « n'est pas fait pour tout le monde », affirme le caporal Éric Mantha, technicien médical qualifié pour les opérations d'évacuations aériennes depuis 2004.

« On doit être fasciné par la machine humaine et vouloir par-dessus tout aider les gens », ajoute-t-il. Pour lui, il est également important de pouvoir rester empathique face au patient et surtout, malgré la fatigue, rester calme en tout temps. « Il faut être très motivé, déterminé et extrêmement passionné pour exceller dans le métier », indique également le matc Boucher. « La formation est très technique et dans ce métier il n'y pas de place pour l'erreur », poursuit-elle.

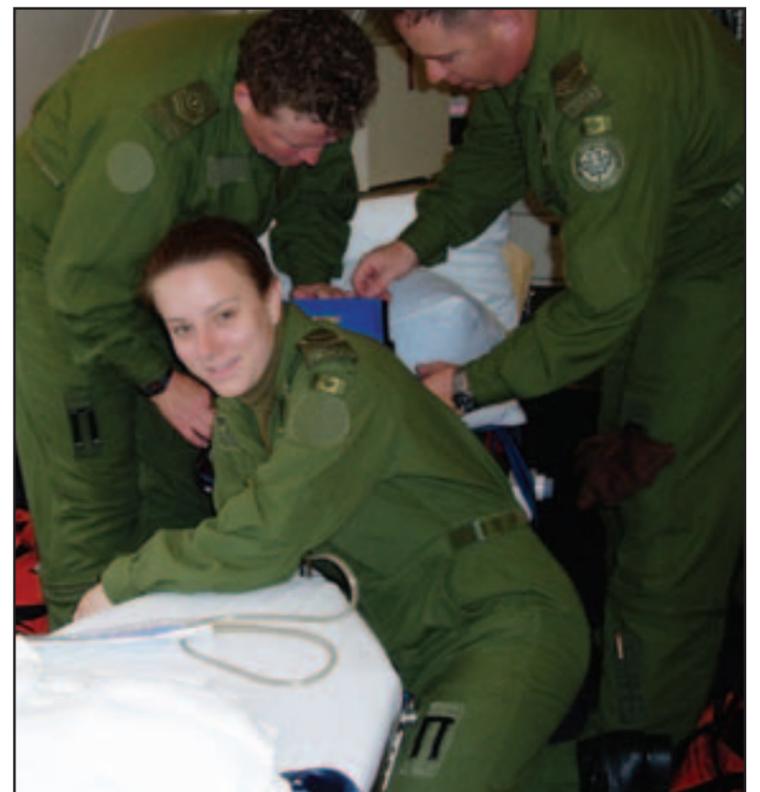
La formation s'effectue sur une période de deux mois, mais ensuite le personnel doit suivre une période de familiarisation et d'évaluation individuelle intense qui peut prendre jusqu'à six mois pour qu'un stagiaire puisse effectuer une mission sans supervision et éventuellement à titre de DEM. Le capitaine François Vachon, un infirmier, est un des instructeurs du 426e escadron de Trenton chargé de former le personnel d'évacuation médical aérien. Une trentaine de techniciens médicaux et d'infirmiers sont qualifiés à chaque année. « Le besoin en personnel médical d'évacuation

aérienne est très élevé », indique-t-il. Avec le rythme opérationnel grandissant et les opérations d'évacuation domestiques courantes, il est certes à prédire qu'il y aura un manque au niveau du personnel qualifié. Le matc Boucher, qui en est à sa cinquième mission depuis décembre 2005, est du même avis. « Trop souvent, se sont les mêmes personnes qui effectuent les missions les unes après les autres. C'est très exigeant physiquement et mentalement. Je peux mettre jusqu'à quatre jours pour me remettre complètement d'une mission d'évacuation outre-mer. Malheureusement, on a à peine le temps de se reposer d'une mission qu'on doit retourner au travail et se préparer pour la prochaine intervention. »

Malgré la fatigue et le travail intense qu'exige ce métier, l'équipe médicale rentre au pays avec, une fois de plus, ce sentiment au fond de la poitrine qui témoigne d'un travail accompli. Un travail inestimable qui, malheureusement n'est pas toujours reconnu à sa juste valeur. Pourtant, grâce à eux, nos soldats canadiens qui tombent au combat ou qui deviennent soudainement malades, loin de chez-eux, sont ramenés auprès des leurs, en sécurité. Leur seul récompense : le sourire d'un soldat qui rentre enfin chez-lui, les larmes de joie d'un enfant et d'un parent qui finalement n'auront plus à s'inquiéter. Bref, la définition même de l'héroïsme, à saveur différente.



Le Caporal Éric Mantha organise tout l'équipement médical avant l'arrivée des patients à bord du Airbus en direction du Canada.



Caporal Colleen Penttinen prépare l'équipement médical à bord du Airbus qui transportera les patients de Landstuhl en Allemagne jusqu'au Canada. Colleen est une technicienne médicale récemment qualifiée pour effectuer des missions d'évacuations médicales aériennes.

BAYVIEW IS MAKING WAVES WITH A HUGE SELECTION AND GREAT SAVINGS!



Over 280 Vehicles In Stock



Come in and join in on the bubbles... Enter a ballot to win a ROTOSPA HOT TUB. No Purchase Necessary. Draw to be held July 31/06.

5% GST Plus

THIS WEEKS FEATURE
2005 COLORADO



Black beauty. ext. cab, only 30km., 4x4, leather, loaded with full power options. **\$25,495**

THIS WEEKS FEATURE
2003 AVALANCHE Z71 4X4



Stk.#46621. 5.3L V8, yellow! Ready to rock, auto, loaded, CD, heated p. seat, alloys, mint shape, fresh off GMAC lease, 52km. **\$25,995**

2003 CHEVY IMPALA LS



Stk.#46791. 3800 V6, all power group options, leather seats, 54 km. fresh off GMAC lease return. Must see!

ONLY \$13,755

2002 BUICK RENDEZVOUS CX



Stk.#46611. Loaded with options, two-tone beauty! Fresh off GMAC lease! 96km. Must see!

ONLY \$12,395

2002 SUNFIRE



Stk.#45891. 4 door, loaded with options. Fresh off GMAC lease return! 74km. Must see!

ONLY \$7,995

2002 CHEV VENTURE VAN



Stk.#46751. Loaded with full power options incl. keyless entry, CD, child seats and much more! 73km., mint shape, off GMAC lease!

ONLY \$9,995 cert.

2003 PONTIAC MONTANA



Stk.#44801. Sharp! Loaded up with full power group incl. child seats, keyless, CD, & much more, mint shape, off GMAC lease, 71km.

\$10,995 cert.

2003 BUICK RENDEZVOUS



Stk.#41531. WOW! Leather, 3rd row seating, loaded with full power options, mint shape, off GMAC lease, 66km.

\$15,495 cert.

2003 WINDSTAR SPORT



Stk.#47951. Only 34,000 km.! Loaded up with full power options incl. TV, p. seat, alloy wheels and much more. Mint shape off Ford lease.

ONLY \$13,995 cert.

2003 PONTIAC GRAND AM GT



Stk.#46421. Black beauty! High polish wheels & p. sunroof, V6 H.O. auto, loaded with full power options incl. upgrades stereo & PS, much more. Only 55km., mint shape, off GMAC lease.

ONLY \$12,995

2002 CHEV CAVALIER



Stk.#46371. 4 door, only 42,000 km., 5 spd., with A/C, CD, locks, tilt & more. Mint shape off GMAC lease.

ONLY \$7,995

2004 FORD FREESTAR



Stk.#46851. New Style! Only 68km., loaded up with full power options! Mint shape, off lease.

\$12,995 cert.

2003 PONTIAC GRAND AM GT



Stk.#44401. Sharp! High polish wheels, p. sunroof, V6 H.O. auto, loaded incl. PS, moon-son upgrade stereo & much more. Must see! Mint shape off GMAC lease, 79km.

ONLY \$11,995

2003 WINDSTAR SEL



Stk.#247021. WOW! Sharp! Loaded up incl. TV, p. doors & seats & much more. Ford Lease Return, 87km.

\$11,995 cert.

2003 PONTIAC GRAND PRIX GT



Stk.#46201. Black beauty, high polish wheels & p. sunroof, loaded with full power options, mint shape, off GMAC lease, 76km.

ONLY \$12,995 cert.

2002 PONTIAC GRAND PRIX GT



Stk.#45911. Only 56km., loaded up with full power options incl. keyless entry, CD, steering radio controls, PS & much more, mint shape, off GMAC lease. Burgundy!

ONLY \$11,495

2002 PONTIAC GRAND PRIX GT



Stk.#45791. Sharp! Power leather seats, high polish rims, p. sunroof & much more, loaded up, off GMAC lease, 76km.

ONLY \$12,495 cert.

2002 BUICK RENDEZVOUS CX



Stk.#44541. Sharp! Loaded up, off GMAC lease, 96km.

\$12,595 cert.

2003 BUICK RENDEZVOUS CX



Stk.#46141. Sharp! Loaded up! Off GMAC lease, mint shape with 49km.

\$15,995 cert.

2003 CHEV EXT. CAB SHORT BOX Z71



Stk.#46601. 4X4, electric blue, 327 V8, mint shape., off GMAC lease, loaded, very sharp, must see! 20km.

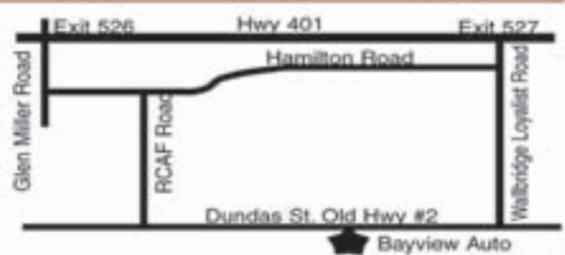
\$20,995 cert.

VISIT OUR ONLINE SHOWROOM WWW.BAYVIEWAUTO.CA



Come and see your trusted credit specialists
Bayview Auto Sales
Sales, Service, Selection

980 Old Hwy # 2, Trenton 1-866-260-6755
(LOCAL OR LONG DISTANCE)



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
June 4 – June 10

ARIES (March 21-April 19): Take care of your health and well-being on the 4th and 5th with proper diet and physical activity. Avoid hanging out with negative people. Surround yourself with progressive people who will be as enthusiastic as you. Do whatever you can for others on the 6th and 7th and you will get all the help you need in return. You don't have to spend money to have fun or to impress someone. Use your ingenuity and you can entertain on a shoestring. Get involved in something that really holds your interest on the 8th, 9th and 10th. If you can offer help or solutions to others, you will find yourself in a key position to get ahead. An opportunity will develop through someone you are close to.

TAURUS (April 20-May 20): Don't be fooled by a big talker on the 4th and 5th. You have a better handle on how to make money and get what you want, so don't put your finances in someone else's hands. Someone may be leading you on the 6th and 7th. An opportunity presented to you will have its flaws. Problems at home will mount if you are stubborn. Refuse to let personal matters interfere with your productivity. Have patience and understanding with others on the 8th, 9th and 10th. Insecurities will lead to jealousy and discord. Try to sort things out by talking honestly but without criticism about the concerns you have. Do whatever it takes to keep the peace.

GEMINI (May 21-June 20): You may confuse someone who has an interest in you on the 4th and 5th if you keep changing your mind. Try to stick to what you say you are going to do so your motives aren't questioned. Everything is starting to turn in your favour on the 6th and 7th. Socialize with colleagues and you will reach an agreement that helps you all excel. An interesting partnership will allow you to try things that you have wanted to do for some time. You may have to work a little harder and faster to complete your work on the 8th, 9th and 10th. Just when you think you have everything done, someone is likely to dump something else in your lap. Prepare to say no.

CANCER (June 21-July 22): You can talk your way in and out of anything on the 4th and 5th. There is a good possibility you can make positive financial changes because of advancement. Don't wait for things to come to you. If you want something, go after it. Your mood swings will confuse everyone you encounter on the 6th and 7th. Retreat until you know what you want to say and what your intentions are. Don't lead someone on if you no longer feel the same. You have plenty to deal with on the 8th, 9th and 10th but, for now, put everything out of your mind and spend time with the people you love. After a little rest and relaxation, you will be in a much better position to make sound decisions.

LEO (July 23-Aug. 22): You may be questioning everything you've been doing on the 4th and 5th. Don't be so hard on yourself. If you take on too much, you will become rundown. Pace yourself and don't take on responsibilities that really don't belong to you. Don't believe everything you hear on the 6th and 7th. It's what you aren't told that will change the course of a situation you face. An investment will pay off but avoid joint ventures. Fast-decision buys will be the death of your bankbook on the 8th, 9th and 10th. Refrain from overspending. Hiking, bike riding or having a picnic at the park will be much cheaper alternatives and better for you.

VIRGO (Aug. 23-Sept. 22): Offer your help but don't let anyone take advantage of you on the 4th and 5th. An emotional problem may crop up if you're torn between what you feel you should be doing and what your responsibilities actually are. Stay organized. You may come across as being unusually erratic on the 6th and 7th. Evaluate your motives and decisions. This is not the time to make moves that could end up costing you financially. Don't lend or borrow money. You can make some inroads on the 8th, 9th and 10th by talking to people who can contribute to something you want to pursue. You will be open and receptive to ideas, solutions and plans.

LIBRA (Sept. 23-Oct. 22): Everything should be going according to plan on the 4th and 5th. Take a look at some career options and plan to make a move that will increase your income and help you get closer to your goals. Put what you know to good use on the 6th and 7th. Help a cause you believe in but don't do so monetarily. Offer your service, ideas and hands-on help. Protect your heart and your money. You can't miss a beat when it comes to work situations and advancement on the 8th, 9th and 10th. Be ready to take any opportunity that comes your way. You will get the recognition you've been looking for if you are persistent. A chance to be in the limelight is apparent. Spice up your life.

SCORPIO (Oct. 23-Nov. 21): Don't let anyone convince you to spend or donate to something that you know little about on the 4th and 5th. Instead, invest in yourself or something you truly believe in. Your dedication to what you want to pursue will sway any opposition. Uncertainties will surface on the 6th and 7th because of hidden matters you aren't allowed to discuss. Money is coming your way but be discreet. Someone is likely to make a romantic move on you. Ulterior motives are present. Travel or surf the information highway on the 8th, 9th and 10th to research a place, an activity or a hobby that you want to learn more about. You can finalize a deal you've been working toward.

SAGITTARIUS (Nov. 22-Dec. 21): You can make money on the 4th and 5th as long as you have done your research and made strategic plans. Making a hasty decision will not bring the results you want. Don't trust what others tell you - think for yourself. Use your charm and your intellect to get what you want on the 6th and 8th. A favour will be granted if you present your ideas and promote your talents. A love connection can be made or you can reinforce an existing relationship that requires attention. If things haven't been going your way, question your motives and how you have contributed to your success on the 8th, 9th and 10th. Sitting back and taking a wait-and-see attitude won't work.

CAPRICORN (Dec. 22-Jan. 19): Don't let your emotions lead you down the wrong path on the 4th and 5th. You may find it difficult to differentiate between love and friendship. Purchasing a luxury item will not alleviate the stress you are feeling. Your ideas will be well received and a chance to move up professionally is likely on the 6th and 7th. Don't let an agreement you have with someone hold you back. Too many things have not been revealed on the 8th, 9th and 10th for you to make an accurate assessment of what is going on both at work and in your personal life. Sit back and observe what everyone else is doing. Take time for yourself and someone you are close to.

AQUARIUS (Jan. 20-Feb. 18): Do what you can to make your place more comfortable without overspending. You aren't likely to understand what someone is trying to tell you on the 4th and 5th. At the first sign of confusion, ask questions. You will pick up information through the company you keep on the 6th and 7th. Focus on your own personal situation and consider how you can cut corners and budget. Don't put yourself in jeopardy for someone else's gains on the 8th, 9th and 10th. Look out for your own interests and protect yourself from unjustified rumours. You've worked hard to get your life back on track so protect yourself and your future. Distance yourself from your past.

PISCES (Feb. 19-March 20): The dynamics of a partnership will change on the 4th and 5th if you question your role. Money can be made if you sign a contract or you make a proposal. A change in your personal life will give you something to think about. Someone from your past may try to reunite on the 6th and 7th - think twice about it. A partnership with someone who thinks along the same line as you will work in your favour. You can make some really good changes on the 8th, 9th and 10th that will help you at home and with your career. A chance to talk with someone you have had a falling out with will enable you to mend a relationship that can help shape your future prospects.

**Royal LePage
ProAlliance Realty**



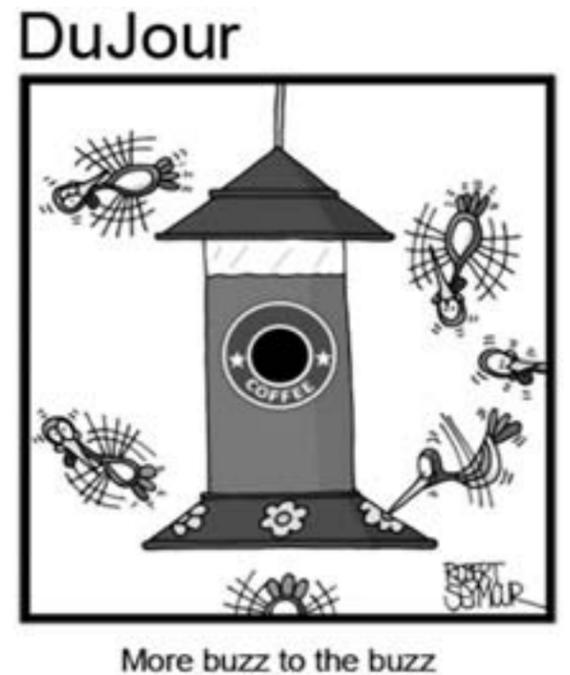
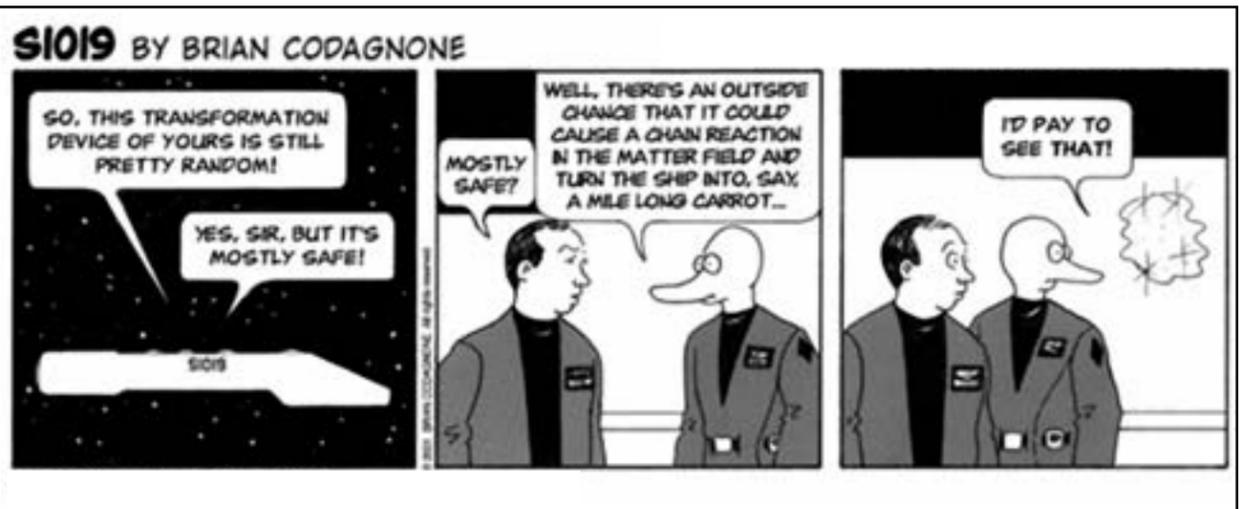
253 Dundas Street E., Trenton 394-4837

143 Main St., Brighton 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

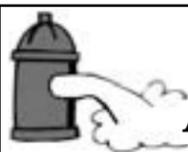
DRUGStore
 PHARMACY

 President's Choice
 FINANCIAL

CFB Trenton	Smylie's Independent Grocer
Hwy#2 Dundas St. East	

**293 Dundas St. East,
Trenton • 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 965-7490 or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.



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

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

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

Canada Week Celebrations

Begin your Canada Day celebrations by attending Bridge Street United Church's annual Canada Week Service on Sunday, June 25 at 10 a.m. This special service will welcome Barbara Hall, former Mayor of the City of Toronto and present chair of the Ontario Human Rights Commission as guest speaker. The service will be followed by a reception, complete with a birthday cake and an opportunity to meet out guest speaker. All are welcome.

For further information please contact the church office at 962-9178 (weekdays between 9 a.m. and 4 p.m.).



Canadian Red Cross
First Aid Courses



The Senior First Aid: Participants of this workshop will have the chance to learn the basic skills, geared for people who may not be physically able to participate in a regular CPR class. This class will take place on Thursday, June 22, from 9 a.m. to 1 p.m. at the Quinte Branch Training Room located in McNabb Towers, 344 Front Street in Belleville.

Pre-payment and registration is required. For more information please call 966-0730.

Standard First Aid/CPR: This is a recertification course which will take place on June 10 in the lower unit of McNabb Towers, 344 Front Street in Belleville.

Pre-registration is required. For further information or to register please call 966-0730.

FRANCO-PHARE is having a **YARD SALE** on June 10 (or the 11, in case of rain) at Rumour's Restaurant 242 Dundas E, Trenton. Profits to go towards the costs of the St-Jean Baptiste celebrations to be held on Baker Island on June 24. For details regarding activities of the day please call: 965-6006. You may also visit our website for more information at (www.franco-phare.ca).

THUNDER CYCLE & SPORT PRESENTS

'Thunder in the County'

Ride in support of the MS Society of Prince Edward County on June 3, 2006 and we will knock 10 per cent off in-store purchases for this event. The event will take place at Thunder Cycle and Sport, 456 County Road #1, Picton, On. Arrive at 8 a.m. -- the ride will kick off at 10 a.m. sharp. Entry donations are \$20 per person or \$25 per couple and include a complimentary BBQ and raffle ticket.

For more information please call John Jackson at 476-4110 or Jason Lentz at 398-6732. You may also contact Thunder Cycle and Sport at 476-5225.

NDT REUNION

18-20 Aug 06

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

For information please feel free to 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 392-2811 local 2330 or 394-3592. You may also contact CWO Bill Gosse at 392-2811 ext. 3218 or by email at Gosse.WD@forces.gc.ca.

Registration forms and all related info can be found by visiting www.cfb-trenton.com.

Senior's Health/Wellness Day

Tuesday, June 13, 2006 from 1 - 4 p.m.

Join us for this new initiative that will provide the community with an opportunity to gain information about various drugs and their interactions; see displays and demonstrations on foot care and nutrition, and learn about the importance of regular blood pressure checks.

Admission is free and includes a nutritious snack. Everyone is welcome.

For more information, contact Bridge Street United Church, weekdays between 9 a.m. and 4 p.m. at 962-9178.

"The 407 Demon Sq"

will celebrate its 65th anniversary this fall. All former members and spouses of 407 Sq are invited to join us at 19 Wing Comox from 22-24 Sept 06. For the most 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 extension 8805. "TO HOLD ON HIGH"

RAINBOW DANCE

June 10 2006 at the Bohemian Penguin, from 9 p.m. to 2 a.m., 399 Front St., Belleville. Admission is \$ 8.00. This event is sponsored by Free to Be, MCC.

9th Annual County Poker Run

June 10, 2006

All riders are welcome to participate in this 200 km ride. Cost is \$20.00, with all proceeds going to Camp Trillium (Garrett's Island). Departure time: 11:30 a.m. This is a 'ride at your own risk' event. For more information please contact Rick Haagsma at 392-7794.

"Live to Ride -- Ride to Live"



Camera Club Meeting

The Town and Country Camera Club will meet on Wednesday June 7 in room P17A of the Pioneer Building at Loyalist College.



Members are asked to bring their portfolios for judging, along with tidbits to complete a social evening. New members are always welcome.

For more information, please call Harriet at 392-4449 or Tony at 394-5393.

News

Loans lighten post-secondary education load

by Aimee Igloliorte, Marketing Coordinator, and Joyce Sharp, Education and Communications Coordinator
SISIP Financial Services

If you are finding the rising cost of post-secondary education a problem, check out the Canadian Forces Personnel Assistance Fund (CFPAF) for low interest loans through the Educational Assistance Loan Program (EALP).

"The EALP is for serving and former personnel and their dependants or survivors who are attending a recognized post-secondary program full-time," says M. Yves Rioux, CFPAF Manager. "Each student can receive a maximum of \$4000 per year, up to \$16 000 over a lifetime."

You and your spouse/partner are eligible for the program, as are your children or grandchildren as long as they are dependant upon your earnings. Your children and grandchildren

are eligible only until they're 27.

In order to qualify, you must have served in the Regular Force for at least one year. You are responsible for repaying the loan over a 12, 24, 36 or 48-month period. Your payments will start in the month after you receive the loan, and can be made through pay allotment if you are serving or through a pre-authorized debit if you have released. Your eligible survivors will also repay the loan through a pre-authorized debit.

"In 2005, CFPAF assisted almost 700 people through the EALP," says Ms Andrea Ravnich, CFPAF Education Loan Co-ordinator.

"Applications are processed on a first-come, first-served basis and are accepted year-round. However, those who wish to obtain a loan in time for the 2006 fall semester should submit an application by June 30."

For an application form:

--simply visit the following site--
www.sisip.com/en/Downloads_e/eal

p_e.asp;

--connect with CFPAF by telephone at 1-888-753-9828 or by fax at (613) 233-5907;

--ask your base/wing/unit financial counsellor;

--visit your local Veterans Affairs Canada office at www.vac-acc.gc.ca/general/sub.cfm?source=contact or telephone 1-866-522-2122; or

--find your provincial command of the Royal Canadian Legion at www.legion.ca/asp/common/prov_e.html.

Every year, the \$2.5 million EALP budget is exhausted because of the high volume of applications. As a result, CFPAF relies in part on donations to continue providing financial assistance to CF personnel and their families. If you would like to make a tax-deductible donation to CFPAF programs, telephone CFPAF at 1-888-753-9828 or visit www.sisip.com.

Advertise in

the Contact



Call Judy or Sheila
392-2811 Ext 2748/7008



Government
of Canada

Gouvernement
du Canada

Canada's New Government

BUDGET 2006

Focusing on priorities

Tax Relief. Focused Spending.
Debt Paydown.

- Tax relief for all Canadians including 1 percentage point off the GST and 28 other tax cuts.
- Focused spending to help families including child care spaces and the \$1,200 per year Universal Child Care Benefit.
- Balanced budget and plan to reduce debt by \$3 billion per year.

Find out what Budget 2006 does for you, click

www.fin.gc.ca

or call 1 800 O-Canada (1 800 622-6232)
TTY 1 800 926-9105 (telecommunications device
for the speech and hearing impaired/deaf) or
visit a Service Canada centre near you.

Le nouveau gouvernement du Canada

LE BUDGET DE 2006

cible vos priorités

Réductions de taxes et d'impôts. Dépenses ciblées.
Remboursement de la dette.

- Des réductions de taxes et d'impôts pour tous les Canadiens, y compris une baisse de la TPS de 1 point de pourcentage et 28 autres réductions d'impôts.
- Des dépenses ciblées pour aider les familles, y compris plus de places en garderie et une Prestation universelle pour la garde d'enfants de 1 200 \$ par année.
- Un budget équilibré et un plan pour réduire la dette de 3 milliards de dollars par année.

Pour tout connaître sur le budget de 2006, visitez le

www.fin.gc.ca

ou appelez au 1 800 O-Canada (1 800 622-6232) ou au
1 800 926-9105 (téléimprimeur, pour les personnes ayant une
déficience auditive ou un trouble de la parole) ou rendez-vous
au centre de Service Canada le plus près de chez vous.

Canada



Le colonel Lawson: heureux d'être à la barre de la 8e Escadre/BFC Trenton

par Andrea LeBlanc
Rédactrice en chef de
Contact

«Difficile de cacher mon enthousiasme à être ici. Depuis mon arrivée, l'une après l'autre et toutes positives, ce ne sont que des bonnes choses qui s'offrent à moi».

Voilà ce qu'a déclaré le colonel Tom Lawson, commandant de la 8e Escadre/BFC Trenton, lors de sa première entrevue officielle avec les médias, après la prise de commandement. Son optimisme et son enthousiasme sont indéniables.

«J'espérais depuis longtemps avoir la chance de commander une escadre, mais jamais je n'aurais osé espérer que ce serait la 8e Escadre. Les premières semaines ont été aussi formidables, et même mieux, que tout ce que j'aurais pu souhaiter. Merci Trenton».

Le col Lawson considère que la 8e Escadre fait preuve d'une grande vitalité et que son personnel, bien entraîné et motivé, exécutent des tâches qui, nous le savons, font une différence. On y trouve par ailleurs certains éléments de préoccupation, avec les enjeux et les difficultés qu'ils comportent.

«Que pouvons-nous faire avec ce que nous avons? On nous demande toujours de faire un peu plus que ce que nous pensions pouvoir réaliser. Au cours des dernières années, nous avons obtenu les ressources nécessaires pour l'infrastructure, pour ce qui devait être fait. Nous faisons cependant face à d'importantes difficultés, lesquelles ne sont un secret pour personne. Malgré le fait que notre équipement soit extrêmement usé, même âgé, nous maintenons une cadence opérationnelle

que nous n'avons jamais connue auparavant. Bien sûr, nous devons traverser quelques années de frustration avant d'arriver à un rythme de croisière, mais ce n'est qu'une question de temps entre les excellentes décisions prises au nom du gouvernement par les chefs d'État-major de la Défense,

années, à moderniser notre infrastructure, en partie parce qu'il y avait de l'argent disponible pour ce poste et parce que nous ne pouvions pas acquérir certaines immobilisations, certains avions. Nous en avons donc profité, mais nous avons encore besoin d'améliorations. Ainsi, il

« J'ai une liste de 20 ou de 25 initiatives qui m'intéressent beaucoup. Plusieurs sont de petites choses, des projets que j'aimerais voir concrétisés. Mais, lorsque vous arrivez dans une nouvelle escadre, vous ne savez pas d'emblée lesquelles de ces initiatives fonctionnent déjà bien ou d'une autre manière, aussi bonne sinon meilleure que ce que vous auriez voulu mettre en place ».

au quartier général, et la réalisation des projets souhaités : de nouvelles flottes d'avions sur la piste, peu importe de quel type ».

Le col Lawson faisait allusion aux nouvelles flottes d'avions proposées pour les Forces canadiennes, notamment une flotte stratégique, une flotte tactique et une nouvelle flotte d'avions SAR à voilure fixe, des flottes qui correspondent tout à fait à la 8e Escadre. Il précise que ces nouveaux avions permettront de « renforcer notre capacité à faire notre boulot et de solidifier le rôle de la base dans les activités de défense au Canada et dans le monde ».

Le col Lawson ajoute que, bien que la 8e Escadre revienne de loin en terme d'infrastructure, il y a encore beaucoup de travail à abattre.

« Nous nous sommes attaqués énergiquement, au cours des dernières

nous faut un hangar plus fonctionnel ou un nouveau hangar, un hangar 10 plus grand, de même que nous devons prévoir les hangars nécessaires pour accueillir les avions SAR à voilure fixe. Ce sont des modifications énormes à l'infrastructure, mais de façon générale, plusieurs bâtiments ont déjà fait l'objet d'importantes améliorations. Tout cela nous prépare au moment où nous devons délaisser quelque peu les infrastructures et nous concentrer davantage sur les opérations ».

Quant aux objectifs particuliers, le col Lawson admet en avoir plusieurs, mais dit préférer s'acclimater avant d'entreprendre quoi que ce soit.

« J'ai une liste de 20 ou de 25 initiatives qui m'intéressent beaucoup. Plusieurs sont de petites choses, des projets que j'aimerais voir concrétisés. Mais, lorsque vous arrivez dans une nouvelle escadre, vous ne

savez pas d'emblée lesquelles de ces initiatives fonctionnent déjà bien ou d'une autre manière, aussi bonne sinon meilleure que ce que vous auriez voulu mettre en place ».

« Quant aux plans d'avenir, j'ai la tête qui bouillonne, la tête pleine d'idées, mais rien de précis. Je préfère rester tranquille sur ce point, pour le moment, et ajuster mon regard à l'escadre ».

Le col Lawson n'est pas du genre à s'asseoir sur ses lauriers, comme le montrent ses antécédents scolaires et militaires, ainsi que la liste impressionnante de ses réalisations, dont voici une partie: *baccalauréat et maîtrise en génie électrique, maîtrise en administration publique, pilote accompli de CF-104 Starfighter, de CF-5, de CF-18 et du CC-144 Challenger à titre de commandant du 412e Escadron, officier de l'armement et de la tactique à Cold Lake, où il était responsable de l'École d'instructeur - Armement de chasseur, Directeur - Emploi de la force (Air) et*

Le conditionnement physique préoccupe beaucoup le CEMD. Des commandants de la Force aérienne, au retour d'un déploiement, ont déclaré que nous étions loin de la condition physique dont nous avons besoin ».

Directeur - Production à contrat de la force (Air), à Ottawa, et officier exécutif de l'État-major interarmées stratégique. Parions qu'il n'a pas l'intention de laisser la 8e Escadre se reposer sur ses lauriers non plus, que ce soit sur le plan du rythme des opérations ou du conditionnement physique.

«Le CEMD a clairement exprimé que les FC avaient besoin d'une nouvelle culture en ce qui a trait au conditionnement

physique. Nous avons bien mis en place des programmes adaptés à nos journées de travail, mais, depuis quelques années, celles-ci sont devenues à ce point épuisantes que nous avons délaissé ces programmes, même nos programmes personnels.

« Ainsi, vous avez sans doute vu ces dernières années, en particulier au sein de la Force aérienne, des gens un peu moins en forme qu'à l'habitude. Il se peut également qu'un fossé se creuse sur ce plan entre l'Armée de terre et la Force aérienne (je ne sais pas où se situe la Force maritime sur cette question), et c'est inquiétant. Le conditionnement physique préoccupe beaucoup le CEMD. Des commandants de la Force aérienne, au retour d'un déploiement, ont déclaré que nous étions loin de la condition physique dont nous avons besoin ».

« Je suis donc déterminé à trouver comment, à titre de commandant, je peux aider à développer une culture du conditionnement physique ici, sur la base. Ça n'arrive pas

aux exigences de nos fonctions.

Le col Lawson a bien expliqué qu'il ne s'attend pas à ce que tous marchent 13 km, chaussés de bottes de combat, en transportant un poids de 45 livres. Il estime cependant que de nouveaux objectifs de conditionnement physique doivent absolument être fixés, par exemple en faisant de la marche ou de la course sur une certaine distance.

« Alors, comment motiver les troupes à adopter une culture de conditionnement physique? Nous pourrions peut-être introduire un peu de plaisir et de compétition dans les programmes. Ça a déjà fonctionné ».

Il faisait allusion à un récent concours de perte de poids organisé par le 426e Escadron, indiquant qu'il souhaitait voir d'autres initiatives de ce genre.

Quant à ses plans immédiats, ici, à l'escadre, le col Lawson a parlé des avantages à être arrivé quelques mois « plus tôt ». En effet, les commandants arrivent traditionnellement en poste au cours de l'été, mais dans ce cas-ci, les services du brigadier-général Deschamps ont été requis plus tôt à Ottawa.

« Je profiterai d'un certain luxe pendant quelque temps. Ainsi, au cours des deux prochains mois, j'aurai l'occasion de travailler avec l'équipe soudée et motivée que le bgén Deschamps a constituée, formée et mise en place... Je suis chanceux d'avoir reçu un tel héritage; je n'ai qu'à garder le cap. Je regrette que les trois quarts des commandants doivent quitter, mais, grâce aux nouveaux commandants qui arriveront bientôt, nous formerons notre propre équipe, tout aussi performante.

Three generations of service to our friends and neighbours



Ralph Weaver Founder
Jeff Weaver President
Tim Weaver Funeral Director

East (613) 394-2433
Chapel 1-866-5WEAVER

West (613) 392-3579
Chapel 1-866-4WEAVER

Weaver Family Funeral Homes

LARRY'S MINI STORAGE



• Heated Indoor Storage
• 24 hour video & monitored alarm protection
(Indoors & Outdoors) 47 Frost Rd & Hwy. 2 Bayside

(613) 967-7774

Murray Rug & Tile

Carpet • Hardwood
Vinyl Flooring • Laminate
Hundreds of roll ends

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

Showcase

Showcase



Cpl W. Knight

received her Certificates of Service and Appreciation, presented by LCol W. Lewis, CO 8AMS.



MCpl J. MacLean

received his Certificates of Service and Appreciation, and a letter from Prime Minister Paul Martin, presented by LCol W. Lewis, CO 8AMS.



MCpl M. Blythe

with wife Christine, received his Certificates of Service and Appreciation, and a letter from Prime Minister Paul Martin, presented by LCol W. Lewis, CO 8AMS.



CWO M. Rodrigues
received the second rosette on his CD, presented by LCol W. Lewis, CO 8AMS.



Cpl G. Frizzell
received the first rosette on his CD, presented by L Col W. Lewis, CO 8AMS.



Sgt R. Joice
received the first rosette on his CD, presented by LCol W. Lewis, CO 8AMS.



Cpl G. Snodgrass
received the first rosette on his CD, presented by LCol W. Lewis, CO 8AMS.



MWO J. Oscien
received his second rosette on his CDI, presented by LCol W. Lewis, CO 8AMS.



Cpl S. Rossignol
received his Certificate of Service, presented by LCol W. Lewis, CO 8AMS.



MCpl L. Plante
received her Certificate of Service and first rosette, presented by LCol W. Lewis, CO 8AMS.



MCpl D. Hardwick
received his Canadian Decoration, presented by LCol W. Lewis, CO 8AMS.



Cpl T. Parker
received his Canadian Decoration, presented by LCol W. Lewis, CO 8AMS.



Cpl C. Campbell
received his Canadian Decoration, presented by L Col W. Lewis, CO 8AMS.



Sgt B. Shipley
received his first rosette on his CD, presented by L Col W. Lewis, CO 8AMS.



Sgt M. Wright
received the first rosette on his CD, presented by LCol W. Lewis, CO 8AMS.



Sgt K. Robertson
received the first rosette on his CD, presented by LCol W. Lewis, CO 8AMS.



Sgt D. Cote
received the first rosette on his CD, presented by LCol W. Lewis, CO 8AMS.



Cpl J.R.J.M. Fortin
received the first rosette on his CD, presented by LCol W. Lewis, CO 8AMS.



Cpl S. Robertson
received the first rosette on her CD, presented by L Col W. Lewis, CO AMS

Congratulations! Félicitations!

Classifieds

Classified

For Classified Information Call
392-2811 ext: 3976

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

Business Services

BIGFORD'S STORAGE & SUPPLY



- Household & Commercial 24/7 Access • 180 Units
- You Store It, Lock It & Keep The Key.
- Fire Resistant Steel Buildings LOW Rates
- Lighted Fenced In Secured Compound \$1.00/Day
- Storage Containers Delivered Or On Site
- \$95.00/Month

Most major credit cards accepted.
468 Bigford Rd. Between Trenton & Brighton
613-475-6500 or 1-877-475-6500

For Rent

1 bdrm + Den in Trenton

Renovated Victorian Mansion, Sep. Entrance, non-smoking, no pets, heat included, hydro + water extra, First & last, References, \$650/month

613-968-6872 or 416-802-6186

1 bdrm + Den in Belleville

East Hill, Quiet Building \$675 + Hydro Non smoking, no pets First & Last, References

613-968-6872 or 416-802-6186

148 Bay St. Adult Lifestyle

1 bdrm \$665 Inclusive
2 bdrm \$725 Inclusive

Call Dena @ 965-5844

57 Edward & 23 Meyers

2 bdrm Houses
\$685 + Utilities

Call Todd @ 392-3105

Sidney Court Under New Management

1 bdrm \$623 Inclusive
2 bdrm \$704 Inclusive

Call Brenda @ 392-4918

Great value!

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

CLOSE TO BASE
KLEMENCIC PROPERTIES
392-7839

For Rent 3 Bedroom Duplex

Full Basement, Parking, Fridge, Stove. Close to base \$650/month Utilities Extra First & Last Month req. (no pets)

Phone 394-29108

For Sale

Belleville Volkswagen

2002 GOLF's



2 to choose from!
Both Blue...
both in Great Condition

2 Door GL with air, automatic, CD player, VW certified warranty, 87K
\$14,900

4 Door GL with air, 5 speed manual, VW certified warranty, 101K
\$14,900

Financing available up to 3.9% for up to 66 mos. OAC

All prices +Admin., GST & PST & licensing
Call Paul at

966-3333
239 North Front Belleville
www.bellevillevw.com

1988 GMC 5-TON Truck

Excellent Condition, Only 133,000 Original Kms.

Also Selling Pressure washer

Contact Phil 966-0290

Harley-Davidson Sportster Hugger 1997

Only 10,000 Kms Lady ridden As New - Must See

Call 475-5121 after 5pm or weekend

Yard Sale

2 Family Yard Sale Saturday June 3rd 45A & 47A Borden Dr. Microwave & Stand, kids toys, kids stuff, furniture, computer desk, Yokoyama, 175 14R tires & more

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.



One 14 KT gold Lady's Engagement Ring

Princess cut brilliant diamond and six channel set diamonds as per photo. Total weight of diamonds .52 ct. Purchased in Australia. Local Certificate of appraisal available

Asking \$900
394-8379

Cleaning Services

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

RUSHNELL FUNERAL HOME & CREMATION CENTRE

60 Division Street Trenton

392-2111

NEW & USED REFRIGERATORS

Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees.

Fridges \$100 and up

NEW APPLIANCES

at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from

PAYS CASH

for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices. Open 7 days a week & evenings. We deliver. We like Base people.

SMITTY'S APPLIANCES LTD.
969-0287

Shared Accom.

Brighton 312 Raglan St.

Private Home, 2 fully furnished bedrooms, full use of home, 1 @ \$375/mth & 1 @ \$350/month, use of kitchen, phone, washing machine, bedding supplied. Available now.

Call Tom 613-475-3841

Crossword Answers

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

Community Events

Throw on your Jeans!
COUNTRY NIGHT!

Singles!
Sat. June 3rd is Country Night!
Guest DJ Dave!
Top floor Belleville Legion.
Doors open 9pm
Check out the Brand NEW
Free Local Dating Site!
www.romeoandjuliet.ca



Contact

CARRIERS NEEDED

to deliver Contact newspapers here at 8 Wing/CFB Trenton

Please call **965-7248** Leave your name, address, phone number & age.

Advertising

GIVE YOURSELF ROOM TO RUN!



MODEL HOME AVAILABLE FOR IMMEDIATE OCCUPANCY!



The Bayshore
1281 sq.ft.
\$239,900.00

Lots of Plans to Choose From
Visit Our Open House
Sat. 1-3

Directions: Hwy 37N. to Roslin Rd.

406 Maitland Drive,
Unit 3 Maitland Plaza,
R.R. #5 Belleville, ON K8N 4Z5

BELLEVILLE OFFICE:
(613) 966-8420
E-mail: info@geertsma.com
www.geertsma.com



Good to be home.



JR RANKS MESS

SUN MON TUE WED THU FRI SAT

					1 Patio/BBQ 2 JRCC 1400 hrs	3
					TGIF BBQ STEAK 1700 HRS	
4	5	6 Astra 426 Sgt Re-Union Meet & Greet	7 Astra 426 Sgt Re-Union Dinner/Dance	8	9 Patio/BBQ WTN 1100 hrs	10 Astra S. Crowe Wedding Reception
					TGIF BBQ STEAK 1700 HRS	
11	12	13 Patio / BBQ WTSS 1100 hrs	14	15	16 TGIF BBQ STEAK 1700 HRS	17
18 Father's Day!	19	20	21	22 Patio / BBQ 8 AM-5:00 1200 hrs	23 Patio/BBQ LAMS AR/Engby 1200hrs	24
				Astra St Paul Prom	TGIF - BBQ STEAK 1700 HRS "Salsab" Hypnotist Show	
25	26	27	28	29 TGIF BBQ STEAK 1700 HRS	30	

JUNE 2006

Bar Hours
Saturday - Thursday: 1130-2100 hrs.
Friday: 1130-0100 hrs.
Office Hours
Monday-Friday: 0800-1200 / 1300-1600 hrs.

For More info on what's going on at the Messes and Base, go to cfbtrenton.com and follow the links.

Officer's Mess

SUN MON TUE WED THU FRI SAT

			1 TGIF Pizza 1730 hrs	2 Sandwich Bar 1130-1315 hrs	3 Dining In Cocktails 18:00 hrs Dinner 19:00 hrs
4	5	6	7	8 TGIF Steak Night	9 Sandwich Bar
11	12	13	14	15 TGIF Lasagna	16 Sandwich Bar
18 Father's Day!	19	20	21	22 Golf Tournament TGIF Arby's	23 Sandwich Bar
25	26	27	28	29 TGIF Chinese	30 Sandwich Bar
					24 Down Homers Cocktails 17:30 hrs Dinner 18:30 hrs

June 2006

Upcoming July Events
20 July Golf Tourn.
TBA - White Water Rafting



WO & SGT'S Mess

SUN MON TUE WED THU FRI SAT

			1 Soup & Sandwich 1130-1330	2 TGIF BBQ STEAK 1700 HRS	3 Fireside Lounge MP Posting Party
4	5	6 Main Lounge 426 SQN Meet & Greet 1800-2000 hrs	7	8 PMC Coffee Break 1000 hrs	9 Soup & Sandwich 1130-1330
11	12	13	14	15 TGIF - BBQ STEAK 1700 HRS	16 TGIF BBQ STEAK 1700 HRS
18 Happy Father's Day!	19	20	21	22 Main Lounge General Mess Meeting 1430 hrs	23 Soup & Sandwich 1130-1330
25	26	27	28	29 WCWO Coffee Break 1000hrs	30 Soup & Sandwich 1130-1330
				MCpl Appreciation Night! Main Lounge 1530 hrs	TGIF BBQ STEAK 1700 HRS

June 2006

Bar Hours:
Monday - Thursday 1130 - 1330 & 1500 - 1900 hrs.
Friday 1130 - 2100 hrs.
Saturday & Sunday 1200 - 1500 hrs.
Office Hours:
Monday - Friday 0800 - 1600 hrs.
For Bookings (Wed Receipt/Conferences/Private Parties)
Call (613)392-2811 ext 2438/2768



Real Estate/Storage

TWIN CITY RENTALS

19 FRANKFORD
CRES. TRENTON

392-6539



Heated Car Storage with
Monthly Car Start

- Warehousing
- Small Business Units

All the information you need
is just a click away!

www.thecontactnewspaper.cfbtrenton.com
Your Gateway to the CFB Trenton Community

NEARLY 20 YEARS SERVING
TRENTON & BRIGHTON

Coldwell Banker
Ekort Realty

82-84 Dundas St. W., Trenton
Office: (613) 394-9901
Cell: (613) 391-8845
Email: mikemiron@hotmail.com



Mike Miron
Associate Broker

WANT SPECIAL TREATMENT? CALL MIKE!
YOU WILL BE GLAD YOU DID.

PINES STOR & LOK

MINI STORAGE UNITS

- RENT BY WEEK/MONTH/YEAR
- EASY ACCESS • SECURITY SYSTEMS
- UNHEATED OR TEMPERATURE CONTROLLED LOCKERS
- VARIOUS UNIT SIZES AVAILABLE

SELF STORAGE UNITS



UHAUL Dealer
For your convenience
trucks & trailers one way or
in-town moving vehicles.
Easy Access

Serving Households & Businesses
in the Quinte Region

#416 Highway #33, Trenton
(613) 392-6402

Moving to Bagotville(Saguenay)
To BUY a house

with confidence, deal with a military spouse in Saguenay,
a real estate agent aware of your needs and concerns.
Member of cross Canada Relocation for military employees

Bilingual services

Monique Gagnon
Affiliated real estate agent
Cellular Saguenay
(418) 817-2434
Office Saguenay
(418) 543-5511



La Capitale Saguenay-Lac-St-Jean
chartered real estate broker

moniquegagnon01@videotron.ca

A phone call away from \$uccess



Approved DND Relocation Company

Relocating to the Quinte Area?

Ask about our
"Ultimate Service Guarantee"



Ekort Realty
Brokerage

www.ekortrealty.ca

"We Keep Our Promises Or You Don't Keep Us"

Trenton 394-9901 Belleville 969-9901
82-84 Dundas St. W. 65 Station St.
ekorttrenton@kos.net ekortbelleville@kos.net

Broker of Record, Jamie Troke

"Each Office Is Independently Owned And Operated"

Relocating this year?

Call Judy Caswell R.N.
jcaswell@royalpage.ca

(613) 394-4837

1-800-263-2177

Selling Quinte Since 1980

ROYAL LEPAGE 253
Dundas St. E.
Trenton

ProAlliance Realty
Independently Owned and Operated



Judy Caswell R.N.
Sales Representative

TRENTON POSTED? DO YOU NEED?

- Opinion of value on your home for listing?
- A referral to a great agent where you are posted (let me do the work)
- Posted in? Relocation package sent out promptly
- To list your home?
- Buyers representation given to all purchasers

12 YEARS EXPERIENCE SELLING LOCALLY
CF APPROVED RELOCATION AGENT



ROY MILLAR
Associate Broker

Call me today
Toll Free 1-800-567-0776
Email: millar@kos.net
www.remxtrent.com

RE/MAX Trent Valley Realty LTD.

447 Dundas St. W., Trenton

(613) 392-6594

Each office is independently owned & operated

POSTED TO GREENWOOD?

WE CAN HELP
Relocation Packs, Maps,
Real Estate Guides

Office: 902 765 3505
Cell: 902 848 6643
E-mail: valj@rs.sympatico.ca
www.valj.com



EXIT Realty Town and Country
Independently Owned & Operated



Val Connell
Broker / Owner

Judy Degeer
Broker, Owner



Elaine Markell
Sales Representative

Pembroke Realty

PETAWAWA BOUND??

Tel: 613-687-2020
Toll Free: 888-377-8977
Fax: 613-687-1995

www.petawawarealestate.com

Email: degeer@magma.ca

3584 Petawawa blvd. Petawawa, ON K8H 2W7

POSTED THIS YEAR?

CALL ANDRÉ (Andy) MARTIN, CD1



ProAlliance Realty

HELPING DND
MEMBERS
BUY OR SELL HOMES
SINCE 1990

"LIFETIME AWARD OF
EXCELLENCE"

1-800-263-2177

394-4837

253 Dundas St. E.,
Trenton

"Service Bilingue"
amartin@royalpage.ca



André (Andy) Martin CD1
RCAF/CFRETD
Sales Representative

More sales means more
experienced agents.

RE/MAX
agents sell three times
more properties than
the average agent.*

* Based on MLS sales.
Each office is independently owned and operated.

Anything less is second best!

Remax Trent Valley Realty LTD Broker

Trenton
447 Dundas St. W.
392-6594

Brighton
41 Main St.
475-6594

Toll Free:
1-800-567-0776

Check us out at... www.remxtrent.com

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

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



Contact



Lanthorn Real Estate Ltd.
Brokerage



Lovely Home - Great Area
Attractive 3 bdrm. home with many extras
& updates. Gas heat, central air & vac., 2
bths, gas f/p. In a very popular established
subdivision.
MLS# 2064665



A terrific starter or retirement,
just a doll house! FAG and central air.
Lovely private rear yard-fenced.
Eat-in kitchen.
Call Barb Wood* to view.
MLS# 2064694



Wow!
A must see. Completely renovated.
2 bdrm. Call Al Duffin*.
MLS# 2064762



Outstanding Home
Many updates in this 3+1 bdrm. home. Lots of
extras. A well cared for home on large lot. Min.
from Belleville. Call for features. Norma Christie.
MLS# 2063119

Each office is independently owned & operated

*Sales ** Associate Broker

website: c21lanthorn.com

e-mail: trenton@c21lanthorn.com

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

Discover the Advantage

AT BELLEVILLE DODGE

CHECK OUT THE ALL NEW 2007 DODGE CALIBER

7 AVAILABLE!

starting at \$15,998

• PRODUCT • PRICE
• VALUE • SELECTION

CERTIFIED
PRE-OWNED
VEHICLES

JUST ANNOUNCED
0% PURCHASE FINANCING ON MOST NEW 2006 MODELS

2004 CHRYSLER CROSSFIRE V6, loaded, power group, alloy wheels, low kms. \$28,888 ONE ONLY!	Brand New 2006 DODGE CARAVAN Canadian Value Package \$17,995* Plus Freight & Taxes. <small>* \$6500 discount not available to 26T package Caravans</small>	2006 DODGE CHARGER V6, auto, air, 2000 kms. \$24,888 ONLY 1 AT THIS PRICE
SEE OUR INDOOR SHOWROOM		
2002 DODGE GRAND CARAVAN V6, auto, power windows and locks \$12,900 ONE ONLY!	'05 CHRYSLER TOWN & COUNTRY Leather, loaded! Quads, sunroof, entertainment system, Balance of factory warranty. \$34,888	2005 PACIFICA ALL WHEEL DRIVE V6, leather, chrome wheels, sunroof, 6-CD changer, heated seats, 4000 kms. \$34,995
2005 DODGE RAM QUAD 4X4 Red, automatic, hemi, 2,000 kms. \$28,888	2005 PT CRUISER Convertible Auto, air, CD, X-Rental \$19,900	2005 CHRYSLER PT CRUISER Cool Vanilla - auto, air, CD, power windows & locks, cruise, 98, alloy flat windows. Rental - balance of warranty. \$15,998 X-RENTAL 2 IN STOCK!
UP TO \$6,500 OFF ALL NEW 2006 CARAVAN & GRAND CARAVANS IN STOCK!		
2005 PACIFICA F.W.D. Auto, CD, factory warranty, V6, power group, X-rental. \$24,888 2 IN STOCK	2005 DODGE DAKOTA CLUB CAB V6, auto, air, 4X2, Low Kilometers \$19,998 3 IN STOCK!	2005 DODGE MAGNUM SKT V-6 automatic, air conditioning, tinted windows, alloy wheels, power locks, power windows. Rental - Balance of Warranty X-RENTAL \$20,978 2 IN STOCK!
2005 CHRYSLER 300C HEMI V6, automatic, leather, executive dials. LOADED! LOW KMS. \$34,900	2006 SMART CABRIO DIESEL ENGINE GETS 70 MPG! IN THE SHOWROOM ONE ONLY READY FOR SUMMER!	2005 PACIFICA SPORT TOURING MODEL V6, auto, air, CD, 11,000 miles \$22,888 2 IN STOCK
UP TO \$6,500 OFF ALL NEW 2006 CARAVAN & GRAND CARAVANS IN STOCK!		
2002 RAM QUAD 4X4 \$20,888	2005 RAM REG. CAB RUMBLE BEE special edition low kms. \$31,888	2005 RAM REG CAB DAYTONA Low Kms! LOADED, leather \$32,888

SHOWROOM HOURS:
MON-THURS 9-7
FRI & SAT 9-6

BELLEVILLE DODGE

613-966-9936
OR
1-888-757-9994

HOME OF THE "REAL DEAL" Plus taxes, license, admin, salesperson's DVC

VISIT OUR WEBSITE: www.bellevilleodge.ca