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• June 9, 2006 •

Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 41 Issue Number 23 •

Thank you Surf n’ Turf participants and volunteers

This year’s annual Surf n’ Turf Relay race was a complete success, thanks to the dedicated teams of participants and volunteers, and of course, Mother Nature’s beautiful efforts for making the weather bearable.

With over 300 athletes and more than 100 race crew volunteers, the event’s success is due to the hard work of all involved.

Top finishers in the Tin Man category are as follows:

First place went to Duane Bryson, second place to Ken Mutch and third place was a tie between Eric Martinat and Michel Goulet.

Open category results, once again, went to the spirited Sar Tech team who took home first place with an unofficial time of 3:30:16 and demonstrated great athleticism.

In the mixed category, first place was awarded to the “Last Minute” team, who confirmed their participation the night before the race. All members of this team put a great effort forth and a special thank you is in order for the efforts of WO Carol Monsigneur.

In the master’s category, first place went to the Phoenix Flyers, who finished the race with a time of 3:37:40.

Other notable mentions to the all female winners, “Tri and Run Sports 1”, one of the many non-8 Wing/CFB Trenton teams. Their support for the event was greatly appreciated.

Great sportsmanship was spread throughout all participants and particularly to mountain biker Bill Benn from team ‘Fitters Union’ of 8 AMS, who walked his broken bike through the route, to keep his team in the race and prevent the time penalty.

Kudos to Scott Pennington from ATESS for the 2006 t-shirt design and a special thanks to our many sponsors, notably Independent Grocer and Trenton Cold Storage.

Thanks to all the chief connoisseurs for the very tasty barbeque, and to LCol William Lewis for opening the awards ceremonies. Congratulations to everyone on your efforts this year. On many levels, the base support was integral and much appreciated. Until next year... See Page 10 for photos.



Photo: Cpl David Cribb, 8 Wing Imaging

A farewell message from the Wing Administration Officer

by Amber Gooding
Contact Staff

As Lieutenant-Colonel Mark Roberts prepares for his departure from 8 Wing/CFB Trenton, he reflects on his time here as time well spent.

Looking back over the last couple of years, LCol Roberts has had the opportunity to be involved with a number of progressive initiatives that have seen 8 Wing/CFB Trenton at the forefront of it all.

Among the changes are a number of opportunities that will continue to carry over after his time here comes to an end.

From new facilities to upgraded services and the hundreds of personnel and dependants that have benefited from these developments, LCol Roberts is pleased to have been a part of it every step of the way.

“I’m quite happy about all that has been going on here at 8 Wing,” he said. “We have evolved over the last several years and have really become a Canadian Forces strategic asset.”

Some highlights over the last couple of years include in excess of \$2.5 million in renovations to a number of Personnel Support Programs (PSP) facilities, which include a revamped Warrant Officers’ and

Sergeants’ Mess, Baker Island and Labrador Lounge. This also includes a brand new Northern Lodge, which replaced the one previously destroyed by fire, and a Tim Horton’s located next to the Canex.

“We have made many upgrades to almost all of our facilities, which has been made possible through the cooperative abilities amongst base units and branches,” he said.

Aside from revamped facilities there have also been eight to 10 new PSP programs introduced, including shinny hockey, mixed martial arts, and aquatics, all of which provide personnel and their families with an

opportunity to participate in enjoyable activities with like-minded people.

Looking towards future PSP projects on base, LCol Roberts says they’re currently investigating the expansion of vending services in the passenger terminal (on the north side), to offer a greater selection of services for passengers.

“We have roughly 20,000 people coming through this terminal each year,” said LCol Roberts. “Sometimes there are delays and there is not a lot for them to do during their time here. Currently, there is really only a pop machine available to them while they

See LCol Roberts, Page 3

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Message de le MDN

Message de l'honorable
Gordon J. O'Connor
Ministre de la Défense
nationale

à l'occasion de la Journée
des Forces canadiennes

Le dimanche, 4 juin, marquait la quatrième édition de la Journée des Forces canadiennes - une journée où tous les Canadiens et toutes les Canadiennes sont invités à saluer la bravoure des hommes et des femmes qui servent dans les Forces canadiennes.

C'est à vous que revient le crédit de former une force armée qui n'a pas hésité à protéger notre pays et ses habitants, qui s'est portée à l'aide de ses amis et alliés partout dans le monde, et qui a montré sa compassion aux personnes dans le besoin.

Vous êtes une équipe extraordinaire de Canadiens et de Canadiennes. Le travail que notre pays vous a confié est loin d'être

facile, et vous êtes allés bien au delà de ce que demandait votre sens du devoir.

Comme ministre de la Défense, je désire vous exprimer ma gratitude personnelle pour le dévouement, les compétences, le professionnalisme et l'humanité dont vous faites preuve dans votre travail quotidien, tant au Canada qu'à l'étranger.

C'est pour moi un honneur d'être ministre de la Défense nationale et j'ai bien l'intention de veiller à ce que vous ayez le soutien que vous méritez. Notre gouvernement met en œuvre la stratégie de défense « Le Canada d'abord » qui protégera mieux les intérêts nationaux par le renforcement, l'expansion et la transformation des Forces canadiennes.

À l'occasion de la Journée des Forces canadiennes 2006, je vous félicite du travail exceptionnel que vous faites.

Message from MND

Message from the
Honourable Gordon
J. O'Connor, Minister
of National Defence

On the Occasion of
Canadian Forces Day

Sunday, June 4, marked the fourth annual Canadian Forces Day - a date designated for all Canadians to salute the brave men and women who serve in the Canadian Forces.

The credit goes to you for protecting this country and its citizens, coming to the aid of friends and allies the world over, and showing compassion to the people you have encountered.

You are an outstanding team of Canadians. The job this country has bestowed upon you is far from an easy one, and yet you have gone above and beyond the



call of duty.

As Minister of National Defence, I want to express my personal gratitude for the dedication, skill, professionalism and humanity which you demonstrate in your jobs everyday, whether here in Canada or abroad.

I am honoured to be your Minister, and both I and the government are committed to ensuring that you get the support you deserve.

On the occasion of Canadian Forces Day 2006, I want to congratulate you on the exceptional job that you do.



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WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Pte Owen Martin recently completed his QL4 Supply Technician Course at 8 Wing Supply. He was presented with his QL4 Certificate by the Wing Supply Officer Capt Gary Connolly on June 2, 2006. Pte Martin is currently employed with Canadian Forces Land Advanced Warfare Centre (CFLAWC) Support Company and will be leaving for CFB Borden to complete his QL5 Supply Tech training later this month. Congratulations Pte Martin from Wing Supply.

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LCol Roberts bids farewell, from Page 1

wait.”
He strongly believes in appealing to the service aspect of what the base is able to offer and trying to achieve, and feels as though it's important to create and build upon the initiatives that have brought forth the latest developments.

“We truly wish to meet the requirements of everyone on base and have been very successful with providing a number of well-rounded services,” he said.

Currently, a new Canex retail south initiative is in the development stages, and could come as soon as late July or early August. The new express-mart style vending operation would service hotel and accommodation guests beyond regular hours currently provided at the Yukon Galley.

“The Canex retail south will include a late-evening coffee bar, dry cleaning service, lottery tickets and movie rentals,” said LCol Roberts. “This initiative would also include a new location for PSP managers (senior staff) as well as a Health Promotion office and classroom.

Whether it is major or minor, the developments on base as it relates to PSP have been simply astounding. Those involved realize that during the developing stages of many of these implementations, service requirements remain the same, if not increase, depending on the demand.

“Overall we are in negotiations for a brand new Canex, which is a multi-million dollar project,” said LCol Roberts. “We would be looking at knocking down the current Canex retail north establishment sometime within this fiscal year and constructing a brand new Canex building.”

During his time as Wing Administration Officer of 8 Wing/CFB Trenton, LCol Roberts has come to realize that he is incredibly fortunate to have had the opportunity to be actively involved with such a progressive base and a dynamic group of people.

“We have all worked very hard to create, and maintain, what 8 Wing/CFB Trenton stands for, both locally and abroad,” he said.

He notes the hard work put forth in creating strong relationships with our

(Trenton's) increasing number of lodger units has helped define what it is that this base does. There has also been extensive work between personnel on base and national authorities, as it relates to departing and returning CF members.

“It's amazing how far we have been able to come in the CF and locally on base,” he said. “I'm sad to go but happy to have been a part of such a strong operation.”

8 Wing/CFB Trenton will continue to push ahead for years to come and although LCol Roberts will no longer be seen on base in the coming months, he will carry the memories and achievements with him for years to come.

“It's been a pleasure to have been here when I was, during such a progressive time,” said LCol Roberts. “I wish everyone the very best and would like to note a very deserving kudos to all.”



Photo: Andrea LeBlanc

LCol Mark Roberts, 8 Wing Administration Officer, presents 8 Wing 75th Anniversary bottles of white and red wine to visiting CANEX President, Mr. Gerry Mahon. Also pictured is PSP Manager John Snyder (far left) and Mr. Mac McMillan, CANEX Vice President (far right).

Search & Rescue UPDATE



There were two taskings last week. The first was for an overdue aircraft enroute from Toronto to Picton. The aircraft was found located in a hangar at the Picton airport. Rescue 493 safely returned to base. The second mission was for a disabled vessel on Lake Ontario. Rescue 317 located the vessel south of Newcastle and the position was passed along to the Canadian Coast Guard. Rescue 317 then returned to base.

Until next week, stay safe.

Missions for 2006: 60 Missions for June.: 2 Persons rescued: 9

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Local air cadets win drill competition

There is cause to celebrate at 704 Air Force City Air Cadets.

Their Drill Team advanced and won the Central Region Drill Competition. In order to achieve this, the team had to place first or second among 11 Air Cadet squadrons from Port Hope to Pembroke to Cornwall that competed in local competitions.

They accomplished this on Feb 25. At the next level they had to place first among six units from the same area in a tri-service competition. They succeeded in doing this on April 8 in Kingston and Team Captain WO2 Pierre Cook also won Top Drill Team Commander.

They were one of four teams eligible to compete at the Central Region Band and Drill Competition held in Trenton on May 27. Central Region basically encompasses the province of Ontario and has nearly 300 units; this includes Sea, Army and Air Cadets.

It has been a history-making year for the unit and the credit goes to the cadets who made the commitment to excellence and did the work. It took hundreds of hours of practice for the team to prepare for the final level of competition. The team would like to recognize Cpl



Photo: Submitted

Members of the 704 Air Force City Air Cadets Drill Team

Kyle Seleski who has worked with them for the past four years training them and perfecting their skills. Also many thanks to Capt Westbrook, Capt Sheppard and the staff of 704 Air Force City.

Team members include: WO1 Natalie Davis, WO2 Ben Slinn, WO2 Mykel Steeves, WO2 Pierre Cook, Sgt Scott Alexiuk, Sgt William Moroz, Sgt Cody Bond, Sgt Tyera Steeves, Sgt Miguel Sigouin, Sgt Nick Houde, Sgt

Christina Corriveau, Cpl Cheryl Marshall, Cpl Christy Fry, Cpl Winston Davis, Cpl Joseph Doxtater, LAC Dania Sigouin and LAC Ashleigh Randall.

704 Air Force City Squadron has 75 cadets on strength and parades every Monday night, from the beginning of September to the end of May, at the MSE Building, 11 Buffalo Ave, 8 Wing Trenton. For more information about Air Cadets, call 613-392-1360.

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Sports

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Summer swim lessons

Registration is as follows:
Session one: Mornings from July 17 to 28.
Session two: Evenings from July 18 to Aug 17.
8 Wing community: June 27 from 4 to 6 p.m. Registration for 8 Wing continues from June 28 to July 4.
Quinte West Residents: July 5 from 5 to 7 p.m. Registration for all continues from July 6 to July 16.
Session 3: Mornings from August 14 to 25.
8 Wing Community: August 1 from 4 to 6 p.m. Registration for 8 Wing continues from August 2 to August 7.
Quinte West Residents: August 8 from 5 to 7 p.m. Registration for all continues from August 9 to August 13.
 Registrations takes place at the RecPlex, during regular hours of operation unless otherwise noted above.

Learn To Run
 Monday nights, May 29 to June 26 at 4:30 p.m. (5 week session plus a race).
 Meet at The Gymnasium (south side).
 Learn about nutrition, clothing, footwear and much more! Register at the Rec Plex! Military /CRA Members: \$50; military community, non-CRA members: \$55; general public: \$60.

Introduction to kayaking

This three hour adventure is designed for people who would like an all-round 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.

Much Video Dance
 Saturday, June 17, 2006 from 6 p.m. - 10 p.m at the south-side gymnasium. Sponsored by the MFRC and the PSP Community Recreation Association. Cost is \$10 per person, open to ages 9 to 15-years-old. There will be a bag check at the door. Dance is fully chaperoned by adults. Tickets available at the door.

Morning/Evening aquafit classes
Morning: Classes are 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 are Tuesday's and Thursday 's 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 for military community with ID; \$5 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.

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

Golf Now!
 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.

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.

Senior lane swim schedules

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 military community takes place on June 16 at 8 a.m. and the general public registration is on 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.
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.

FIT TIPS

Make exercise a regular part of your life!

The values of regular exercise have been proven over and over again. It's not even debatable so here are some guidelines to help you stay with it...

- Develop an exercise program that is right for you and one you will stick to.
- Schedule your fitness just as you would any appointment.
- Attempt to complete your workout earlier in the day as a priority so there is less likelihood that it will be cancelled.
- Begin slowly with a new exercise program.
- Get advice, learn from a professional.
- Seek support from family members for your workout time.
- Attempt to workout every other day and allow for appropriate pacing.
- Have fun! It's one hour a day that is just for you!

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The Contact

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 - Ken Doherty

Public Notice

The Unexploded Explosive Ordnance Hazard At Wellers Bay National Wildlife Area And Surrounding Waters: A Public Information Session

The Department of National Defence Unexploded Explosive Ordnance (UXO) Program invites you to attend a public briefing concerning the hazard posed by unexploded munitions on the former Consec Air Weapons Range on the lands of the Wellers Bay National Wildlife Area. Environment Canada's Canadian Wildlife Service will be present as managers of the National Wildlife Area.

DND officials will brief participants on known hazards, the results of recent historical research, plans for a geophysical survey, and the need for continued access restrictions in the interests of public safety.

Canadian Wildlife Service representatives will be on hand to explain the ecological sensitivities of the fragile dune environment that makes up much of the Wellers Bay National Wildlife Area (NWA).

The information session will be held:

Tuesday, June 13, 2006
7-10 PM
Holiday Inn, Harvest Ballroom
99 Glen Miller Road
Trenton, Ontario

For additional information on the session, please contact:

Anita Peetsma
UXO Information & Communications Officer
DND UXO Program
Tel: 613-943-7138 / 1-800-207-0599
Email: Peetsma.AFM@forces.gc.ca

Avis public

Séance d'information publique sur les Risques concernant les munitions explosives non explosées dans la Réserve nationale de la faune de la Baie Wellers et des eaux environnantes

Les membres du Programme des munitions explosives non explosées (UXO) du ministère de la Défense nationale désirent vous inviter à une séance d'information publique concernant les risques posés par les munitions explosives non explosées dans l'ancien polygone de tir aérien Consec situé sur les terres de la Réserve nationale de la faune de la Baie Wellers. Les représentants du Service canadien de la faune de l'Environnement Canada seront présents à titre de gestionnaires de la Réserve nationale de la faune.

Des représentants du MDN informeront les participants sur les risques connus, les résultats de recherche historique récente, des plans de levé géophysique, ainsi que du besoin de continuer à restreindre l'accès dans le but d'assurer la sécurité du public.

Des représentants du Service canadien de la faune seront présents et expliqueront la vulnérabilité écologique et la fragilité des dunes qui constituent la majeure partie de la Réserve nationale de la faune de la Baie Wellers.

La séance d'information aura lieu :

Le Mardi 13 juin 2006
19 h - 22 h
Holiday Inn, Harvest Ballroom
99 Glen Miller Road
Trenton, Ontario

Pour des renseignements supplémentaires, communiquer avec :

Anita Peetsma
Agente des communications et de l'information sur les UXO
Programme UXO du MDN
Tél: 613-943-7138 / 1-800-207-0599
Courriel: Peetsma.AFM@forces.gc.ca

Canada

Sports Directors golf tournament

The first of six I/S golf tournaments, hosted by the Fitness and Sports Flight, was the Fitness and Sports Directors four-ball best-ball tournament.

The tournament was held on May 23 at the 8 Wing/CFB Trenton Golf Course with 13 teams teeing off from a shotgun start.

The winning team, with a score of 67 for 18 holes, is W Ops (Greg Zak, Rob Carroll, Duane Alexiuk, and Pete Filman).

The rest followed with scores ranging from 69 to 80 strokes for the course.

Closest to the pin on hole three was Bryan Pearce and hole 17 was Lawrence Smith.

Thanks to those who participated and helped to make this tournament possible.



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INFORMATION / REGISTRATION / INSCRIPTION 965-3575

In the memory of Kathleen MacVicar,
 who was last seen alive 5 years ago on June 13, 2001.
 There will be a memorial service at the site where Kathleen was found,
 followed by a reception at the MFRC.
 Those who wish to honour Kathleen's memory may do so by bringing flowers, reading poems, or simply by
 coming to show their support.
When : Tuesday June 13, 2006 @ 6:30 pm **Where :** Curtis Road (west of Lawrence Avenue), where the cross has been placed
 If you have any questions, please contact the MFRC at 965-3575.

Personal Development

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

Resume Workshop
 As Dr. Phil would say, "How is that working for you?" Is your resume working for you? Join me for a session on resume exploration. What resume type works best for you? Many professionals suggest that your resume be updated every six months, is yours?
 Designed to assist you in preparing for your next move. Students who will be looking for summer employment may also find this session informative.
When: Tuesday, June 13 9:30 a.m. - 11:30 a.m.
or 6:00 p.m. - 8:00 p.m

LabBrats Science Club

The LabBrats Science Club offers a number of exciting and educational science workshops. Students will learn the principles of the scientific method by watching interesting demonstrations, playing games and conducting their own science experiments using simple everyday materials
When: Tuesdays, July 4, 11, 18 and 25th **Time:** 9 a.m. - 12 p.m.
Ages: 8 - 12 years old
Cost: \$5 each session; please register the Friday before to ensure a spot.

French Second Language Training for Youth (9 - 12 years old)

This program will help those students in immersion maintain and improve their level of French over the summer period with indoor and outdoor activities.
Weekdays from July 17 to August 11, 9 a.m. - 12 p.m.
Cost: \$40 per week/military family members/ \$50 per week for non-military

Perfectionnement personnel

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

Curriculum vitae
 Comme dit le Dr Phil " Est-ce que ça marche pour vous? " Est-ce que votre c.v. fonctionne pour vous? Participez à mon atelier au sujet de l'exploration des c.v. Quel type de c.v. vous conviendrait le mieux? Plusieurs professionnels conseillent de mettre son c.v. à jour à tous les six mois. Qu'en est-il du vôtre? Le but de cet atelier est de vous préparer à trouver un nouvel emploi. Les étudiants qui se cherchent un emploi pour l'été pourraient aussi bénéficier de cette session d'information.
Date : le jeudi 13 juin de 9:30 à 11:30 ou de 18h à 20h.

Club de science Labbrats

Viens participer à différents ateliers excitants et éducationnels sur la science. Il y aura des démonstrations très intéressantes, des jeux, et les participants pourront essayer leurs propres expériences en utilisant des objets de tous les jours.
Dates: les jeudis, 4, 11, 18 et 25 juillet de 9h à 12h
Ages: de 8 à 12 ans
Coût: 5\$ chaque session, s.v.p., inscrivez-vous le vendredi précédant la session.

Cours de français, langue seconde pour jeunes (de 9 à 12 ans)

Ces cours offerts en session d'une semaine sont conçus pour aider les étudiants d'immersion française. Ils offrent l'occasion de maintenir et d'améliorer leurs connaissances du français par des activités à l'intérieur et l'extérieur.
 Du lundi au vendredi du 17 juillet au 11 août, de 9h à 12h
Coût: 40\$ par semaine pour les enfants de militaires/ 50\$ pour les enfants non-affiliés au F.C.

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0% APR		<p>2006 TUCSON GL FWD w/Air 2.0L, DOHC, CVT engine • Anti-lock braking (ABS) with Electronic Stability Control (ESC) and Traction Control System (TCS) • AM/FM/CD/MP3 6-speaker stereo • Floor mats • Full tank of gas • Power door locks and windows</p>
Purchase financing up to 48 months	MSRP \$22,999	Lease from \$245* MSRP \$22,999*
0% APR		<p>2006 SANTA FE GL FWD w/Air 2.4L, DOHC engine • Dual front airbags • 4-wheel disc brakes • 18" aluminum wheels • AM/FM/CD/MP3 6-speaker stereo • Floor mats • Full tank of gas • Power door locks and windows</p>
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THIS WEEK'S FEATURE

2004 CADDILLAC SRX



WOW! Panoramic, sunroof, V6, AWD. Loaded with optional Power heated leather, only 58K. Mint shape off GMAC lease. Balance of Fact. Warr. **\$32,995 cert.**

THIS WEEK'S 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.#47051. 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.

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2004 FORD FREESTAR



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

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2003 PONTIAC GRAND AM GT



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

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

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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.

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2003 BUICK RENDEZVOUS CX



Stk.#46141. Sharp! Loaded up! Off GMAC lease, mint shape with 49km, 10 to choose!

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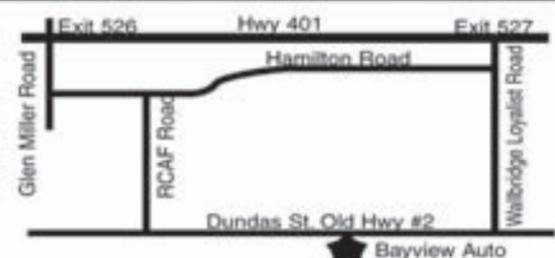
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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
June 11 - June 17

ARIES (March 21-April 19): You should be looking for something to do that will hold your interest on the 11th and 12th. Traveling or getting involved in a potentially lucrative business should be your goal. Network all you can on the 13th and 14th. The more people you can talk to about a project, the better equipped you will be to do it properly. Offer your services or time to someone or something you believe in on the 15th and 16th. The contributions you make will help you out in the future. Kept secrets will be the answer to staying out of trouble on the 17th. Don't listen or make comments about what you hear. Put some time and effort in yourself and the way you look.

TAURUS (April 20-May 20): A partnership will prove to be a little challenging on the 11th and 12th. Be ready to defend yourself but don't jump to conclusions or make matters worse by overreacting. A chance to show your expertise is apparent on the 13th and 14th. If you let personal problems take over, you will miss the opportunities that are available. You may feel at odds about some of the changes happening in your personal life on the 15th and 16th. Don't let uncertainties about a partnership cause you to miss out on something that you should attend. You can get ahead if you put time and thought into your future professional goals on the 17th. Plan out your strategy.

GEMINI (May 21-June 20): You'll face personal problems on the 11th and 12th if you can't control your obsession with flirting. You may think you are just being friendly but, to others, you are crossing the line. Invest in yourself and your future on the 13th and 14th. This is not the time to play games. Time is precious and, if you waste it on trivial matters, you will fall behind. Much can be accomplished if you refuse to let someone who wants to take advantage of your skills sidetrack you on the 15th and 16th. Turn something you enjoy doing into a lucrative operation. You may feel left out or jilted by someone you thought was on your side on the 17th.

CANCER (June 21-July 22): You can convince other people to look at what you have to offer on the 11th and 12th. Don't spend money on something you don't believe in. A lover, friend or child will try to take advantage of you financially. Take care of emotional matters on the 13th and 14th. Attending an event will lead to romance. You can win the heart and the respect of someone you care for. A chance to impress someone will arise through the generous offering you make to a cause you believe in. Don't believe everything you hear on the 15th and 16th. Get back to basics and use your home as your comfort zone. You can write your own ticket on the 17th. Get involved in a new pastime.

LEO (July 23-Aug. 22): You're think-big attitude may be cause for worry on the 11th and 12th. Being bold is fine but you don't have to overspend to impress someone. Be inventive and use your imagination. Stick to what you know and do best on the 13th and 14th. You'll need patience when dealing with partners. An unexpected bill will make you realize that you have to make some serious decisions. Listen instead of taking over on the 15th and 16th. The more you hear, the better you'll understand what needs to be done. You may feel like a change on the 17th but be sure you can live with the results. Someone you are close to is likely to be very disappointed in you if you don't do what's right.

VIRGO (Aug. 23-Sept. 22): Everything is starting to take shape on the 11th and 12th. Networking will pay off in the support and suggestions you receive. Travel and communications will open doors. You can make physical changes to bring your looks up-to-date on the 13th and 14th. A younger person will bring some very interesting insight into your life. You may confuse everyone if you keep changing your mind on the 15th and 16th. Concentrate more on research and less on what everyone around you is doing or saying. Love, romance, travel and intrigue are all in the picture on the 17th so don't sit there twiddling your thumbs. Act on your emotions.

LIBRA (Sept. 23-Oct. 22): Activities that lend themselves to networking and dealing with people will lead to fabulous information and food for thought on the 11th and 12th. Domestic issues will be perplexing on the 13th and 14th. Emotional complaints and discussions will not add up. You'll have trouble getting a straight answer. The 15th and 16th is all about you and what your needs are. Don't feel guilty if you want to buy yourself something new or spend time with friends. You are ready for positive changes and should get fabulous results. Your involvement with people who have similar interests on the 17th will help you develop something you have wanted to do for some time.

SCORPIO (Oct. 23-Nov. 21): The competition will be biting at your heels on the 11th and 12th and, if you don't make your move quickly, you may miss out. A partnership may be up in the air. Don't make the wrong decision. As long as you don't take things too seriously on the 14th and 15th, everything else will fall into place. This is a great time to connect with someone who is motoring down the same creative path as you. Don't count on the people you normally do to figure things out for you on the 15th and 16th. A problem with someone you are close to will be due to deception. Lend a helping hand to someone who is pressed for time on the 17th. A change at home will be to your benefit.

SAGITTARIUS (Nov. 22-Dec. 21): Don't even think about getting involved in joint ventures on the 11th and 12th. Gambling will be your downfall. Find ways to help others by offering services not cash. You have plenty at stake financially on the 13th and 14th. Be certain you are making the right move before you put your money on the line. A job offer will be hard to turn down. Get promises in writing. Your ability to react quickly will help you keep ahead of any problems that arise on the 15th and 16th but don't stray from the truth or you can expect to face the consequences. You can avoid a lot of grief if you keep your thoughts to yourself on the 17th. Focus on making money.

CAPRICORN (Dec. 22-Jan. 19): You have plenty on your mind and so much to get done on the 11th and 12th. Open up a dialogue with someone you know can offer you assistance. Home, family and making positive changes to your residence will be what counts on the 13th and 14th. Do what you say or you will face some backlash from someone you are close to. Get any deal in writing before you decide to celebrate on the 15th and 16th. Someone may want to pick your brain but not give you opportunity to get involved in the project. Interference can be expected on the 17th when it comes to choosing a new direction. Listen but follow your own best interests.

AQUARIUS (Jan. 20-Feb. 18): Troubles with a past lover will surface on the 11th and 12th. Don't take any guff from anyone who shouldn't be in your life anymore. A new look is overdue but don't go to extremes. Keep things discreet on the 13th and 14th. The less said about what you want to do, the better. Prepare everything before you decide to present and promote. You really aren't seeing things too clearly on the 15th and 16th. Don't jump to conclusions, make impulsive decisions or overindulge in order to forget about your worries. A partnership may be on the line on the 17th. Honesty will be important if you want to maintain this connection.

PISCES (Feb. 19-March 20): You won't be thinking straight personally and emotionally on the 11th and 12th. Just because someone tells you everything is OK doesn't mean that it is. There's plenty going on of which you aren't aware. The people you least expect will cause problems for you on the 13th and 14th. Impulsive action will lead to more complications. You may feel blocked by someone on the 15th and 16th. Don't be intimidated by someone just because he or she has a title. Believe in your own ideas and plans. A change of heart may lead to making alterations to your lifestyle or your living arrangements on the 17th. Drastic changes will not necessarily be what are required.

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



Thanks to Ernest Papette

THIS NEXT SONG'S GOIN' OUT TO THE NICE LADY IN THE FOURTH PEW WHO SUGGESTED I ACT MORE "PRIESTLY" ... I KNEW WHAT YOU MEANT !



Uh Harold, think maybe you've had enough?



Community Events

Community Events

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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 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
Senior First Aid Course



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.

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).



**Community fundraiser for
 playground and skateboard park**

Join us on on June 17 and 18 from 10 a.m. to 5 p.m. for the annual "**Garden, Art and Wellness Festival**" and barbeque fundraiser for the new Madoc playground and skateboard park.

Located on Hwy 62, just south of Madoc #12980. Admission is free and all are welcome to attend. For more information, please call 473-1725. Hope to see you there! For more information call 473-1725.



**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.

"Vibrations"

Annual drumming camp to be held on June 17 at 6 p.m.

Located on Hwy 62, just south of Madoc.

Hosted by David R. Maracle. Bring along your drums or rattles.

For tickets please call 473-1725.

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

"The 407 Demon Sqn"

will celebrate its 65th anniversary this fall.

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

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 ext. 8805. Hope to see you there!

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Showcase

Showcase



Mr. G. Vanwort

received his retirement certificate after 40 years of Public Service at CFB Trenton, presented by Capt C. Sawatzky, A/WCEO.



WO J. Kolontouros

received his promotion to that rank, presented by Maj D. Roy, A/CO 434.



LCol J. Komocki

received his promotion to that rank, presented by Col A. Deschamps, WComd.



Ms. M. Boissonneau

received a plaque in recognition and appreciation of her dedication and efforts with reclassification files at CE, presented by Maj D. Scherr, WCEO.



Mr. M. Defosse

received a 15-Year Long Service Award, presented by Maj D. Scherr, WCEO



Cpl A. McGraw

received a certificate marking 1,000 hours on a CC-150 Polaris, presented by Maj J. Latulippe, A/CO 437 Sqn.



MCpl C. Lamantagne

received a certificate marking 1,000 hours on a CC-150 Polaris, presented by Maj J. Latulippe, A/CO 437.



Cpl C. Demerica

received a certificate marking 3,000 hours on a CC-150 Polaris, presented by Maj J. Latulippe, A/CO 437 Sqn.



WO J. Kolontouros

received a certificate marking 1000 & 2000 hours in an CC-150 Polaris, presented by Maj J. Latulippe, A/CO 437 Sqn.



MCpl L. Archambeault

received her CD2, presented by Maj J. Latulippe, A/CO 437 Sqn.



Cpl L. Martin

received her Non-Article 5 Medal, presented by Maj J. Latulippe, A/CO 437 Sqn.



Capt L. St. Onge

received received a certificate marking 1000 hours in a CC-150 Polaris, presented by Maj J. Latulippe, A/CO 437 Sqn.



LS M. Pronovost

received a certificate marking 1000 hours in a CC-150 Polaris, presented by Maj J. Latulippe, A/CO 437 Sqn.



Sgt P. Belanger

received a certificate marking 3000 hours in a CC-150 Polaris, presented by Maj J. Latulippe, A/CO 437 Sqn.



MS T. Harris

received her Non-Article 5 and Peacekeeping Medals, presented by Maj J. Latulippe, A/CO 437 Sqn.



LS R. Craig

received a certificate marking 1000 hours in a CC-150 Polaris, presented by Maj J. Latulippe, A/CO 437 Sqn.



LS P. Greene

received his Non-Article 5 Medal, presented by Maj J. Latulippe, A/CO 437 Sqn.



LS T. Desgroseilliers

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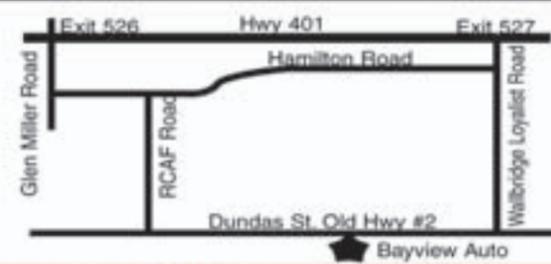
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Showcase

Showcase



MCpl R. Vanmeer, Cpl F. McArthur, Cpl R. McFadden, Cpl P. Landry and MCpl E. Gores each received their South West Asia Service Medals, presented by LCol W. Lewis, CO 8AMS.



Cpl M. Deragon and WO F. Hasiak each received their Canadian Peacekeeping Service Medals, presented by LCol W. Lewis, CO 8AMS.



Cpl C. Bouchard, Sgt A. Berube, Sgt D. Campaign and MCpl G. Blight each received the International Security Assistance Force Bar to the General Service Medal, presented by LCol W. Lewis, CO 8AMS.



Cpl D. Jillet, Sgt M. Farrell, Cpl B. Dwyer and Cpl S. Desilets each received the International Security Assistance Force Bar to the General Service Medal, presented by LCol W. Lewis, CO 8AMS.



Cpl D. McCrea, Cpl J. Laflamme, Cpl D. McDonald and MCpl S. McLeod each received the International Security Assistance Force Bar to the General Service Medal, presented by LCol W. Lewis, CO 8AMS.



Cpl B. Nadeau, MCpl R. McMullen, Cpl T. O'Hara and MCpl M. Packer each received the International Security Assistance Force Bar to the General Service Medal, presented by LCol W. Lewis, CO 8AMS.



Cpl D. Penney, Cpl M. Paul, Sgt J. Proulx and Cpl J. Rehner each received the International Security Assistance Force Bar to the General Service Medal, presented by LCol W. Lewis, CO 8AMS.



Sgt J. Shipley, MCpl M. West, Cpl M. Russell and MCpl A. Storey each received the International Security Assistance Force Bar to the General Service Medal, presented by LCol W. Lewis, CO 8AMS.



Cpl S. MacNeil and MCpl M. Atkin each received the General Service Medal with Allied Force Bar, presented by LCol W. Lewis, CO 8AMS.



Cpl S. Thompson received the South West Asia Service Medal, presented by L Col W. Lewis, CO 8AMS.



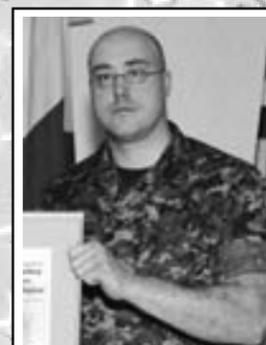
Pvt M. MacLean received his Gulf and Kuwait Medal, presented by L Col W. Lewis, CO 8AMS.



Capt A. Wedgewood received his Officer's Professional Military Education Award, presented by L Col W. Lewis, CO 8AMS.



Cpl D. Zewuster received his Commanding Officer's Commendation, presented by L Col W. Lewis, CO 8AMS.



MCpl S. Lambert received his Commanding Officer's Commendation, presented by L Col W. Lewis, CO 8AMS.



Cpl G. Wilson received her Certificate of Excellence, presented by L Col W. Lewis, CO 8AMS.

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Heat illness can create a number of health and safety problems



Submitted by
Don Heans,
Wing General Safety
Officer

Working in an excessively hot environment can be difficult -- and even fatal. Heat can create a number of safety problems and illnesses, including heat cramps, heat exhaustion and heat stroke, which can be fatal. These illnesses caused by too much heat are called hypothermia.

Heat can also cause you to become inattentive, short-tempered, dizzy and slow. All of these condi-

tions can cause you to work in an unsafe manner. Hot conditions can be caused by the weather or by the work situation itself, such as a laundry room or a foundry. When the atmosphere is humid, the effects of the heat are compounded. Here are the warning signals of heat illness:

Heat cramps affect muscles such as those in the arms, legs and abdomen -- the muscles which have

been used while working. These cramps may occur after work, when the person is resting. Heat cramps are a signal that the body has lost too much salt through sweating.

Heat exhaustion may have these symptoms: A feeling of exhaustion, nausea, dizziness, pale and clammy skin, quick pulse and low blood pressure. Heat exhaustion is also a warning that the mecha-

nism, which controls heat for the body, has become seriously overtaxed. Heat stroke may follow if heat exhaustion is not treated.

Heat stroke is a serious matter and it can be fatal. It occurs when the body's heat control mechanism simply shuts down. Perspiration stops and the body temperature rises. The heart pounds and the skin becomes flushed and hot. This condition is a

medical emergency and must be treated immediately.

Here are some tips for preventing heat illness:

Get used to working in the heat gradually. For example, if the weather suddenly turns hot or you are transferred to a hot environment, take it easy until you are accustomed to the temperature.

Drink water often to avoid dehydration.

It's that time of year again

The scorching summer heat seems to have arrived early this year and will periodically be making life very uncomfortable for those of us who are required to work outside or for those who work in non air-conditioned buildings and offices.

In addition to being merely "uncomfortable", the blaring summer sun could pose some real hazards to your health and safety. The following information is an extract from Wing Standing Order 1.08.

Summer Preventive Measures

The prevention measures to be taken to combat the effects of heat stress for individuals performing strenuous work are as follows:

Level	WBGT Index	Water Intake (L/HR)	Work/Rest Cycle
1	26 - 27.5	0.5	50/10
2	27.5 - 29	0.5 - 1.0	50/10
3	29 - 31	1.0 - 1.5	45/15
4	31 - 32	1.5 - 2.0	30/30
5	32+	2.0+	20/40

Special Clothing

Personnel wearing special clothing or that are working in enclosed spaces must be closely monitored for heat stress regardless of the WBGT index.

For those wearing cloth woven overalls, add 3.5 to the posted WBGT index to determine their level of water intake and work/rest cycle.

For those wearing double-cloth overalls, add 5.0 to the posted WBGT index to determine their level of water intake and work/rest cycle.

For less physically fit individuals more rest time should be considered.

Following Guidelines

Adherence to these guidelines for water intake and work/rest cycles will go a long way in avoiding some of the unpleasant consequences of summer heat (i.e. heat cramps, heat exhaustion, etc).

Supervisors, in particular, should ensure that these guidelines are followed.

For those exposed to the sun's direct rays, the use of a good sunscreen with a minimum Sun Protection Factor (SPF) of 15 is strongly recommended.

Additional Concerns

For outside workers, the use of appropriate clothing, (light coloured if possible) should be considered. The use of head nets, long sleeve shirts and long pants, combined with the use of a DEET-based insect repellent (such as Deep Woods Off) may be your best chance to prevent the dreaded mosquito bites, as well as avoiding sunburn/sunstroke.

Updated readings and information are available by calling local 2527.

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