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• Volume 41 Issue Number 25 •

## Ideas brew during the Airmen Talks North discussions

by Captain Nicole Meszaros,  
8 Wing Public Affairs Officer

Jets of the United States Air Force (USAF) landed one after another on the 8 Wing/CFB Trenton airfield on June 14 as senior officers of the world's most powerful air force turned up for the semi-annual, bilateral Airmen Talks North discussions between Canada's Air Force and the USAF.

Leading the talks were General T. Michael Moseley, Chief of Staff of the U.S. Air Force, and Lieutenant-General (LGen) Steve Lucas, Chief of the Air Staff and Commander of Air Command. The talks are a forum for addressing pertinent Canadian and American aerospace issues and fostering professional relationships between the two air forces. As LGen Lucas explained during a pause in the talks, the two forces have similar issues

despite the size differences.

"Generating forces, ageing fleets and supporting troops in theatre are issues we deal with daily," said LGen Lucas. "The Airmen Talks North discussions are useful as a venue to exchange ideas about how to manage these matters and others by taking advantage of the collective experience between our two forces."

This information sharing will be particularly useful to the Canadian Forces as new fleets of aircraft are introduced into the air force. "We will look to the USAF for ideas on introducing new fleets into service as we move forward. The experience of our allies will be taken as a helping hand especially as their experience pertains to the introduction of fleets which they are already flying," said LGen Lucas.

The USAF intended to present discussion topics of their own including predator flight plans, material exploita-

tion and the Space Based Infrared System Program Update, which provides missile warning data for NORAD.

This professional development opportunity for the senior leadership of each air force simply strengthens relations between two organizations that already share strong ties.

"In terms of military relations, the air force to air force relationship is on a very solid footing," said LGen Lucas. "We have an outstanding relationship with the USAF and, although it begins with NORAD, the Airmen Talks North discussions cement the relationship through the sharing of information and ideas."

The discussions, which take place twice a year, are held in Canada once per year and once in the United States. The Canadian location changes each year in order to highlight different parts of the country to the visiting Americans.



Photo: Cpl Tom Parker, 8 Wing Imaging

During the Airmen Talks North discussions on June 13 - 14 2006, LGen Steve Lucas, Chief of the Air Staff and Commander of Air Command, met with General T. Michael Moseley, Commander of the United States Air Force on the 8 Wing/CFB Trenton airfield.

### FLYING HIGH WITH CADETS



Photo: Submitted

Visiting Barbadian cadet Lt Lincoln Springer and CRGS Senior Instructor Lt Rachelle Pharand are shown before their glider flight at Picton Airport. Springer and Lt Michael Boyce arrived from Barbados June 9. They are participating in a cadet exchange, and are taking the Captain's Qualification course at CFB Trenton. The exchange program is in place to help Barbados further develop its cadet training system, by implementing some of the techniques practiced by Canadians. Please see Page 2 for full story.

### EX JUMP OUT AND GET WET



Photo: Cpl David Hardwick, 8 Wing Imaging

During EXERCISE Jump Out and Get Wet, the Tigers of 424 Transport and Rescue Squadron hone their Search and Rescue skills by undertaking survival refresher training in the Bay of Quinte on June 21, 2006. This included helicopter evacuation and rescue drills. Maj Shawn Duffy is being rescued by MWO Mike Maltais in the water with Sgt Ben Srdoc controlling the hoist on the CH-146 Griffon helicopter. The helicopter is being piloted by Maj Clint Mowbary and co-piloted by Capt Tim Seibert.

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## BREADNER STUDENTS GRADUATE



Photo: Cpl Tom Parker, 8 Wing Imaging

The Drug Abuse Resistance Education (D.A.R.E.) program graduated another group of students June 8, 2006 at Breadner Elementary School. MCpl Noreau of the Military Police Squadron and Mr Lassardo, the physical education teacher at the school, are shown with this year's graduates.

## Cadets from Barbados check out CRGS

by Kiel Edge  
PIO  
Central Region  
Gliding School

PICTON-- Two visiting cadets from Barbados arrived at Picton Airport June 16, 2006 and were treated to a trip that neither will soon forget.

"Everyone should experience this in their life," said Lt Lincoln Springer of the Barbados Cadet Corps shortly after his flight in a Central Region Gliding School (CRGS) glider. "It's more exhilarating than [anything I've done]."

Springer and Lt Michael Boyce arrived from Barbados June 9. They are participating in a cadet exchange, and are taking the Captain's Qualification course at CFB Trenton.

The two cadets

were treated to glider flights with CRGS instructors at the Picton Airport. The visiting cadets were escorted by Lt Tim Munsie, a former CRGS cadet and instructor who is currently on the CQ course with the visitors. He felt the experience would give the visiting cadets a complete picture of Canada's cadet operations.

"This way, [the visitors] get to experience everything," Munsie said. He also explained that, in addition to their glider trips and course requirements, Springer and Boyce also participated in activities with the Sea Cadets.

The exchange program is in place to help Barbados further develop their cadet training system, by implementing some of

the techniques practiced by Canadians. Those involved in the program hope the cadets will return to their home with new knowledge and put it to use in their teaching programs.

"They don't have the structure in place to teach, so they are seeing how we do it here, and hopefully taking it back with them," Munsie said.

So far, the visitors have been impressed with the Canadian cadet system and the people they have met.

"I've been sold on Canada, and on the cadet movement in Canada," Springer said. "Everyone has been friendly and accommodating. I've been really impressed with the Cadet Corps; especially the Air Cadets."

The visitors were given flights in a

Schweizer SGS 2-33A Glider, CRGS' trainer. CRGS teaches a glider pilot training course to scholarship winning cadets each summer. Currently, the school is completing their instructor's training course in anticipation of the arrival of the cadets in early July.

Springer was impressed by the work of the CRGS staff and understands why the competition is fierce for acceptance into the summer cadet program. "How can Canadian kids not want to join Air Cadets?" he asked.

The Barbadians returned home on June 18. However, after their experience here, they expect to return in the near future.

"I've had a fantastic time, what I've seen of Canada I've loved," Boyce said. "This won't be my last time here."



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## APPRECIATION BBQ



Photo: Amber Gooding, Contact Staff

LCol Mark Roberts, 8 Wing Administration Officer (left), and Ryan Ayres from the Union of National Defence Employees (UNDE) with Briane Birney, Human Resource Planning and Program Officer (HRPPO), cut the cake at the annual National Public Service Week (NPSW) appreciation barbecue held on June 14 at the Cadets' Mess.

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## Search & Rescue UPDATE



There was only one mission last week. 424 Squadron's Griffon was tasked to investigate a possible flare sighting off the shores of Rochester, NY. After an exhaustive search, nothing was found and Rescue 493 returned safely to base.

Until next week, stay safe.

Missions for 2006: 65    Missions for June.: 6    Persons rescued: 15



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## The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel T.J. Lawson, CD, Wing Commander, 8 Wing / CFB Trenton.

## The Contact Staff

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**Managing Editor:** Andrea LeBlanc  
**Reporter:** Amber Gooding  
**Advertising Production Assistant:** Amanda Sagriff  
**Advertising Sales:** Judy Leavere  
**Advertising Sales:** Sheila Lund  
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## 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](mailto:LEBLANC.AL@forces.gc.ca)

Intranet: [LeBlancAL@CFBTrenton@Trenton](mailto:LeBlancAL@CFBTrenton@Trenton)

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



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## Thank you

From December to 1 May 2006 on the Wing and in the Trenton area, there were Knights of Columbus members selling Charity Raffle tickets to support the Arthritis Society of Canada and the Knights of Columbus Ontario State region.

There were 900,000 tickets printed and sold only in Ontario for a chance to win one of seven cars, five trips and 12 cash prizes for \$25,000.00, \$10,000.00 and \$5,000.00. The draw was held in Toronto on May 22, 2006 for all 24 prizes.

Between the two councils in the Trenton area alone, there were about 20,000 tickets sold to military members and civilians of the Trenton area.

One of the councils selling tickets is called Father Rheal Thurgeon Council #10280, located at the Wing Chapel beside the RecPlex. We are a small council of 43 members and we only sold 450 tickets to military members and their families.

My name is Anthony Kester and I'm the Grand Knight of the Council and I'm happy to announce that one of the winning tickets from the charity raffle came back to the Wing. Army Hoekstra of Brighton, Ontario won the \$10,000.00 travel voucher to anywhere he wants to go. His wife is Debbie Hoekstra, a Reserve military member, who works at the AMU on base.

Once again, thank you to all the military members who bought tickets from the canvassers who came asking you to buy a ticket. Most of the money goes to the Arthritis Society and the State Office of the Knights of Columbus Ontario region charity fund. If you are a Catholic gentleman or a Knight from another province that has not yet transferred to a council, call me at 613-394-4984 or come and see us at the Wing Chapel during Sunday masses and we will give you all the information you need to join our council.

Anthony Kester  
 Grand Knight  
 Council #10280  
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## Canadiana Crossword

### Roman Roaming

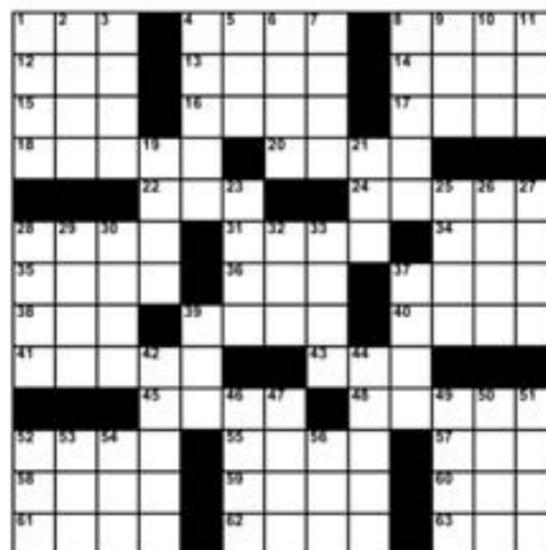
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Valemount area code, to Julius
- 4 Dauphin area code, to Cas-sius
- 8 Intense
- 12 Caviar
- 13 Sea Eagle
- 14 Dessert
- 15 Macaws
- 16 Conduit
- 17 Ship's company
- 18 Italian city
- 20 Plains Indian
- 22 Tem or rata prece-der
- 24 Scrupulous
- 28 Shut down
- 31 Civil wrong
- 34 Shopkeepers org.
- 35 Pioneer plow pullers
- 36 Deuce
- 37 Den
- 38 Racket
- 39 Bridge, in Beauharnois
- 40 Newspaper item
- 41 Hedge
- 43 Wood sorrel
- 45 Fencing sword
- 48 Pincher Creek area code, to Portia
- 52 Info
- 55 Guinness, for one
- 57 With it
- 58 Stringed instrument
- 59 Balkans person
- 60 Consumed
- 61 Day on Nero's calendar
- 62 Abominable one
- 63 Lamb's lament

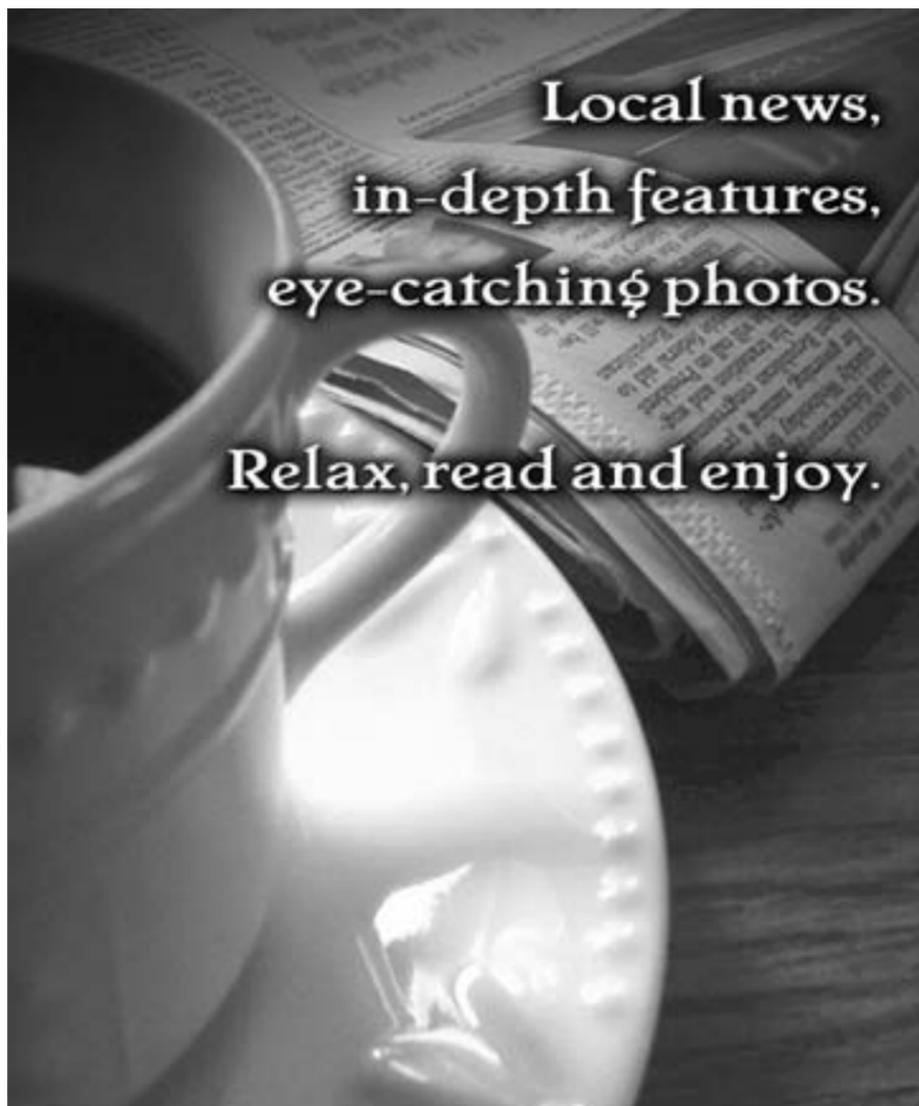
#### DOWN

- 1 Cliff
- 2 Centre
- 3 Emulate Pisa's tower



- 4 Shakes, of a kind
- 5 Wine designation
- 6 Foot part?
- 7 Overrule
- 8 Come by Chance area code, to Aurelius
- 9 Receptor
- 10 Scrimp
- 11 Church bench
- 19 Frank
- 21 Teacher's \_\_\_\_\_
- 23 NHL's Joel
- 25 Exotic steed
- 26 Inverness area code, to Flavius
- 27 Sour
- 28 Womens' org.
- 29 Pointe Claire area code, to Brutus
- 30 \_\_\_\_\_ the Hyena
- 32 Possess
- 33 Gravure or tiller prece-der
- 37 Burden
- 39 Energy
- 42 Transactions
- 44 Assiniboia area code, to Calpernia
- 46 Not demanding
- 47 Fashion magazine
- 49 Eastern leader
- 50 Microscopic amount
- 51 Inspiration
- 52 Campbellton area code, to Darius
- 53 Assist
- 54 Foot part
- 56 Feed

FlyPast will return later this summer.



**the Contact**



Photo: Amber Gooding, Contact Staff

## THE GIFT OF LIFE

Cpl John Burton, from the machine shop at ATESS, donates blood at a spotlight clinic held in the Cadets' Mess at the Yukon Galley during National Donor Week. Like many Canadians, Cpl Burton has become a regular donor and because of this, Canadian Blood Services has been able to help save the lives of many people in need of this gift of life. Blood and blood products are used for a variety of reasons, including cancer treatments, major surgeries and transplants. Every minute of every day, someone in Canada needs blood.

## New president for 25,000 Air Cadets

by Sarah Putinski  
Air Cadet League of Canada



RICHMOND, B.C. — (June 19, 2006) The Air Cadet League of Canada elected Craig Hawkins, former Vice President of the Air Cadet League, to the position of National President at their Annual General Meeting on June 16, 2006 in British Columbia.

Craig Hawkins, on accepting the appointment, stated "I had no idea that I would still be actively involved in the program thirty-five years later and that I would be the National President of the Air Cadet League. It is both a tremendous honour and responsibility to represent 25,000 Air Cadets as well as 5,000 volunteers who work in our 458 local squadrons, provincial committees and at the national level."

The newly elected President considers the Air Cadet Program a "program for life" that offers wonderful opportunities for youth and the chance to develop life-long skills. Hawkins says that the League will continue to face the on-going challenges of fundraising, recruiting and retention of

both young people and adult volunteers.

He added that, "what many do not appreciate is the wide range of opportunities the League has to offer for adults to be involved in the program and make a valuable contribution to young people in their community."

Craig Hawkins, principal of Midland Secondary School, joined the Air Cadet program as an officer cadet in 1975. He is currently serving as Vice-Chair of the Volunteer Screening initiative as part of the implementation of the new Memorandum of Understanding that has been developed by the League and our military partners.

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# Brighton Speedway salutes the CF

by Elaine Burke  
 8 Wing Clinic Pharmacy

On June 24, Brighton Speedway Park will pay tribute to the members of the Canadian Forces.

To show their appreciation for CFB Trenton's contribution to the local community and recognize the work of our members at home and abroad, the management of Brighton Speedway offers free admission to the races on Saturday, June 24 to all personnel with military ID. Yellow ribbons will be distributed to all fans as they pass through the gates.

Brighton Speedway Park has been owned and operated by the Rinaldi family for 25 successful years. The track currently hosts four regular classes of racing: the Mister Signz Pure Stock Division, Bill's Johns Comp 4 Division, Brighton Automotive Pro Stock Division and the Bainer's Radiators Canadian Modified Division. Additionally, the Sobey's Southern Ontario Sprints will visit the Speedway six times this year. The 1/3 mile clay oval will also see appearances from the 358 DIRT Modifieds, Lawn Tractor Racing, 4 Wheelers and Motocross. The diverse entertainment offered by the Brighton Speedway keeps fans intrigued and anxious for more dirt flying action.

Don't think you know anyone there? Think again!

Major Tim Burke of Wing Ops drives #06 in the Canadian Modified Division. Tim's been racing on dirt since 2001-- he earned the Novice Championship and Rookie of the Year award that year. The following year, he moved up to the Modified Division. A year or so later, his wife Elaine, who works at the base clinic pharmacy, joined him on the track in the Comp 4 division and the Stick Racing Team was born.

In 2005, the team acquired another modified car. Tim Bradley grabbed the Modified Championship for Stick Racing while Tim earned a 3rd place finish overall. Elaine finished a respectable 12th in the Pro Stock Division. She is currently 4th in the standings.

The team has distinguished itself over the last few years, not only by earning several track championships and Promoter of the Year award, but by being involved in the Racing to Read program, Chase for the Cancer Cures fundraiser and Kids' Club activities.

While Tim is away on a six-month tour in support of Op Archer, Elaine will continue to manage the team and race every Saturday night with the help of Greg Hale (driver of the team's #28 Mod), Tim Bradley (last year's Mod champion), Jim & Jimmy Jamieson, Chris Hale and Sue White (employed at the Officer's Mess) and the

support of many others. Be sure to visit [www.stickracing.ca](http://www.stickracing.ca) for the latest news.

Pitting next door to Stick Racing is WO Pete Lessard. Pete has been in the military for 18 years. He spent nine years at CFB Trenton as a Traffic Technician /Loadmaster and was posted to CFB Borden in 2004 as a Production WO for CFSTG. Pete drives down every weekend to race in the #18 Modified. Pete was actually a valuable team member in the pits for Stick Racing in the last few years. This year is his first year of racing, and he didn't waste any time working his way up through the various divisions: he started right at the top. He is currently 13th in the standings and his goals are to have fun and earn Rookie of the Year. He is well on his way to do so.

Right next to him in the pits is the Monsigneur Motorsport team of Warrant Officers Pat and Carol Monsigneur. Pat started by attending racing school at Saratoga Speedway in Black Creek on Vancouver Island in 2003. By the end of that first season, with Carol as crew chief and team manager, they drove their #18 Chevy Camaro to eighth place of 34 racers. That feat earned him Rookie of the Year honours and a bright future in motor racing. The highlight of the year was winning all three races one night, the only "hat

trick" won by any team that season.

In 2004 they purchased a proven championship car from CWO (R) BJ Bradley. The new #18 was refitted with a new drive train and painted in 442 Squadron SAR colours. By the end of 2004, they had clinched the "Bomber" (street stock) championship, in only their second season of racing. They also received awards for Racing Promoter of the Year and Best Looking Car and Crew of the Year.

In 2005, they moved up a few classes and started the season racing the track owner's "Outlaw" Stock Car (late model) at the Saratoga tri-oval. A sudden posting to Trenton ended their run early, and they moved to Brighton starting new jobs at 8 Wing. The team purchased their first dirt car, a Canadian Modified.

Pat admits the only weak link in the program is the driver as he gains experience on the ever-changing 1/3-mile clay oval.

The events Saturday night will include the Sunoco/Tribospec Ontario Legends Series 10 lap Trophy Dash, the Green Mamba Jet Car and the Mayor's Hospice Cup. The Green Flag flies at 7:00 pm.

For more information about these events, or for a complete schedule, visit [www.brightonspeedway.com](http://www.brightonspeedway.com) or call 613.475.1102.

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## Sports



# Fitness, Sports & Recreation

## Rec swim courses

For more information please call 613-392-2811 ext. 3361 or 3348.

**Bronze Medallion:** Must be 13-years-old on the day of the exam. Course runs weekdays from July 10 to 21, from 8:30 to 10:30 a.m. Cost: Military and CRA members: \$100; Military community non-members: \$110; General public: \$120. Please note an extra \$35 for the Lifesaving manual, \$15 for the First Aid manual. (Manuals also used for the Bronze Cross Course).

**Bronze Cross:** Must be 14-years-old on the day of the exam. Course will run weekdays from July 31 to August 11, from 8 to 10:30 a.m.; Saturday, July 29, from 8 a.m. to 1p.m. Cost is as follows: Military and CRA members: \$110; Military community non-members: \$120; General public: \$130, plus \$35 for the Lifesaving manual and \$15 for the First Aid manual (if required). Please note there will be no classes on August 4 and August 7.

**NLS (National Lifeguard Service):** Must be 16-years-old on the day of the exam. Courses are as follows: August 17 from 6 to 10:00 p.m., August 18 from 6 to 10:00 p.m.; Two-weekend crash course also offered: August 19 and 26 from 8:30 a.m. to 9:00 p.m.; August 20 and 27 from 9:00 a.m. to 8:00 p.m. Cost is as follows: \$210, \$220 or \$250 depending on status, plus \$35 for the manual.

## 8 Wing ball hockey team

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

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.

## Summer family skating nights

Come join in on our summer family skating program offered weeknights, Monday through Friday at the RCAF Arena. All are welcome to attend. Sessions will continue until June 30, from 4:30 to 6 p.m., Monday through Friday.

Cost: Military, CRA members: free; Military community, non-members: \$1; General public: \$2.

## 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 613-392-2811 ext. 3361 or 3348.

## 2006 Shiny hockey league

This season of shiny hockey runs weeknights until June 30, from 6 to 7:30 p.m. Cost is \$1 for military community members and \$2 for the general public.

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

For information please call 392-2811. ext. 3361.

The 2006 I/S slow pitch league has started with six teams fighting for top honour. Games are held every Tuesday and Thursday at 1700 hrs and 1830 hrs on diamonds one and three. Play safe and have fun!



### Strength Training Diversity

Please remember that there isn't much a stability ball can't do that a flat bench is used for.

For a change in your program, or to add challenge and core try to substitute the stability ball in place of that flat bench, to recruit stabilizers, add intensity and a variety to your workout.

Body alignment on the ball is important; head, neck and upper back on the ball, with your hips up and your quads and glutes contracted is your best bet for a stable bench substitution.

For even more of a challenge, keep your legs and feet together, incorporating even more of those stabilizing muscles.

*Check back here next week for more 'Fit Tips!'*

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

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

## 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.

### 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.

## Morning/Evening aquafit classes at the RecPlex

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 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 each 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 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.

## Best-ball golf tournament

The Fitness and Sports Flight is hosting the four-ball best-ball, PSP Manager's golf tournament on June 27.

The tournament is limited to one team per unit, up to a maximum of 21 teams.

Leftover spots will be available on a first-come basis.

Registration fees are \$20 per person and include your chance to win some door prizes.

Green fees for military and golf course members are free; for all others, a cost of \$27 will be charged with an optional \$6 for food paid at The Gymnasium, no later than 1600 hrs on June 26.

Participants are required to sign in at 0800 hrs. Team briefings are at 0815 hrs, and tee off is set for 0830 hrs.

To register please contact Shirley Martin at local 3467 or Dan Cormier at local 3373.

## 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.

- |                          |            |
|--------------------------|------------|
| 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.

## Summer swim lessons

Registration dates and times are 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.

Registration for all continues from August 9th to August 13th during regular hours of operation.



# Operation Hawk--reliving a piece of squadron history

by Major J.R. Bound

Unit history is very important to all Canadian Forces units, and any opportunities to celebrate the successes of our veteran members should be taken.

This thought was in my head as I read the proposed itinerary for a specific 426 (T) Squadron Pilot Advanced Course (PAC) mission. The PAC mission provides an opportunity to train aspiring aircraft commanders on the CC-130 Hercules, as well as a challenging flight for upgrading navigators to operational category. The staff intentionally try to find itineraries that will provide the students with many opportunities to practice the skills that they have been taught.

The first leg of this particular mission was to take the crew from Trenton to Denver, one of the largest and busiest airports in the USA. From there we were to proceed to 19 Wing/CFB Comox, BC, where we would load up with equipment from 407 Maritime Patrol Squadron whose members were deploying with their CP-140 Aurora aircraft to Shemya Island for Operation Driftnet. From Comox we were to fly to Anchorage, then on to Shemya Island, the second last island in the Aleutian Island chain. From Shemya, we would proceed to Tokyo, Japan, to fulfill an oceanic crossing leg as well as to challenge the students with opera-

tions in a different country, with perhaps some difficult-to-interpret accents.

As I read the itinerary, I remembered an old plotting chart hanging on the wall outside of the navigator office in 426 Squadron. It was donated by a squadron veteran and is on display as part of the squadron's historical collection. It is the plotting chart from the last 426 Squadron mission from Shemya to Tokyo back in 1954.

Flash back to 1950, with the Korean Conflict in full swing. Canada has agreed, as part of a United Nations force, to provide assistance. As such, 426 Squadron personnel, flying North Star aircraft at the time, deployed with very short notice from Lachine, Quebec, to McChord AFB in Washington State. This was officially known as Operation Hawk and makes up a significant portion of 426 Squadron's post-war history. Over the next four years, the squadron launched 599 round-trip flights from McChord AFB to Tokyo, flying through Anchorage and Shemya, to deliver much-needed supplies. It was an impressive record with no loss of cargo or life, under very challenging conditions.

The North Star was unpressurized, so most flights took place at 9,000 feet or below. Mountains along the coast of BC and Alaska loomed over the aircraft, some reaching as high as 14,000 feet. As

well, the weather along that part of the route was very unpredictable, with unforecast winds often blowing the aircraft off course. Add to this the limited navigational aids available to the aircrew and it is truly amazing that the squadron was able to com-

*Being able to experience the places and read stories of our predecessors helps everyone have a better understanding of the importance of the teamwork and unit cohesion required for successful completion of the challenging missions that the squadron is presented with everyday.*

plete these missions with no losses.

On the Shemya to Tokyo leg there were more perils. The oceanic weather itself was unpredictable, but added to this was the proximity of Russian airspace. The Russians would deliberately transmit false radio navigation frequencies to try and lure the aircraft into crossing the border. As well, they would try to jam the voice broadcasts that the Canadian aircraft were relying upon for weather updates. Throughout all of this the Thunderbirds prevailed and delivered their vital cargo.

The last flight was on June 3, 1954, almost 52 years to the day of our flight on May 31, 2006.

The crew dedicated this mission as the Operation Hawk Commemoration Flight, flying a route very similar to what our squadron mates had followed many years before. As well, our plotting chart from this mission will soon join the

original VC599 flight chart that is posted in the hallways.

Our mission was much more sedate than those that the veterans will remember. The Hercules is relatively comfortable, cruising at 24,000 feet and another 100 knots faster than the North Star. As well, we had the luxury of full weather briefings, an onboard weather radar and state-of-the-art navigational equipment. That said, the flight still tested our crew's abilities. The weather at Shemya Island was typical of what the North Stars would have dealt with. Low ceilings and visibility in fog with the aircraft breaking out of the weather at 200 feet, just before we would have

had to go around and try again. The next day, we had to wait two hours for the fog to lift sufficiently before we could depart.

While in Shemya, the crew left behind a plaque to be mounted in the Shemya history display. The plaque is a memento so that future aircrew passing through Shemya will know of the Canadian presence during those four years in the 1950s. As I leafed through our squadron history book, looking at the men and machines pictured there, it is apparent that Shemya has changed dramatically since the 1950s.

On to Tokyo and it didn't disappoint. The voices on the radio were difficult to understand and the airspace was very busy. It was all excellent training for the student crew. On the ground in Tokyo, we had some time off for crew rest. I discovered that the Marunouchi Hotel, where our 426 crews stayed in Tokyo all those years ago, still exists today. Five of the crew decided to take the train and subway downtown to find the hotel. It was not difficult to find, as the hotel is right across the street from the main Tokyo station. Any thoughts of stopping for a quick meal were dashed when we found that the price for a coffee in the hotel restaurant is \$13.00 Canadian.

Unfortunately, we found out from the staff that the hotel is not the original one, and has in

fact moved down the street from its original location some years ago. Still, it was interesting to be back downtown, where many 426 crews had spent days off before.

The next day we were back in the airplane for the flight home, logging 19 flying hours over two days, leaving our body clocks somewhere over the Pacific Ocean. Still, it was well worth it to relive this piece of squadron history. The week that we arrived home was the 426 Squadron Association Reunion. Its focus this year just happened to be Operation Hawk. As such, I rushed to put together a compendium of photos from Shemya and Tokyo for a quick briefing to the veterans. They were very interested in seeing the present day images of the places they visited so many years ago, and I spent some time talking with them about their experiences and mine.

This is what being a part of a squadron is all about. Opportunities to commemorate the achievements of the squadron and its veterans don't present themselves everyday. Being able to experience the places and read stories of our predecessors helps everyone have a better understanding of the importance of the teamwork and unit cohesion required for successful completion of the challenging missions that the Squadron is presented with everyday.

## Trenton welcomes new Wing Administration Officer

by Amber Gooding  
Contact Staff

Lieutenant-Colonel Mark Roberts, outgoing Wing Administration Officer of 8 Wing/CFB Trenton, confidently passed the reins over to LCol Debbie Miller at a Change of Command Ceremony held at Baker Island on June 15.

Serving as Presiding Officer for the ceremony was Colonel Neville Russell, A4 Logistics at 1 Canadian Air Division.

Throughout his time in Trenton, LCol Roberts noted he has witnessed remarkable change in a progressing Personnel Support Programs (PSP) branch that has brought forth many new developments and initiatives.

"I have been blessed with the opportunity to have worked with such a diverse and dedicated team," said LCol Roberts. "Trenton is a busy base and I'm going to miss being a part of it."

LCol Miller arrives in Trenton with extensive background in training and education. Prior to her posting in

Trenton, LCol Miller attended Canadian Forces Command and Staff College in Toronto where she completed her Master's of Defence Studies. In addition to earning a BA in Political Science and an MA in War Studies, she is currently near completion of a PhD in History.

In 2002/2003 LCol Miller took up position as Team Leader Warehousing and Distribution to the Material Acquisition and Support Optimization Project (MASOP). She was promoted to her current rank in October, 2003.

As mentioned at the ceremony, LCol Miller set her sights on moving into this position at Trenton and was eager to venture back.

"I'm extremely thrilled to be given the chance to work as Wing Administration Officer at the largest air base in Canada," said LCol Miller. "Trenton's future looks bright and promising and will undoubtedly continue to progress."

LCol Roberts leaves with a sense of accomplishment and is proud to say he has spent these last couple of years

in Trenton as the wing's administration officer.

He said there is no doubt in his mind that LCol Miller will continue on to do an outstanding job.

"I would like to thank you all for the support you have shown and the confidence you have had in me during my time here," said LCol Roberts. "It has made each element of my job over the years worth every minute of it."

As he prepares for the next chapter in his life he welcomes LCol Miller to the base that holds a special place in his heart.

"Trenton will bring a joy to your life you may have once though impossible," he said to LCol Miller. "This base is lucky to have you on board as are the many men and women you will have the chance to work with." Although he will miss the wing, he notes there will now be more time for the little things in life that make it all worthwhile - his wife Beth and their two children, daughter Emma and son Liam.

"I wish everyone all the best and thank you for sharing this wonderful



Photo: Cpl Kimberly Gosse, 8 Wing Imaging

Pictured above are, from left to right: LCol Debbie Miller, Colonel Neville Russell, A4 Logistics at 1 Canadian Air Division, and LCol Mark Roberts.

time in my life," he said. "Especially to my wife who has stood by my side and to my children who have learned to understand that bedtimes and story-books would be missed if there was

work to be done."

LCol Miller officially took over as Wing Administration Officer at 8 Wing/CFB Trenton on June 15, 2006.



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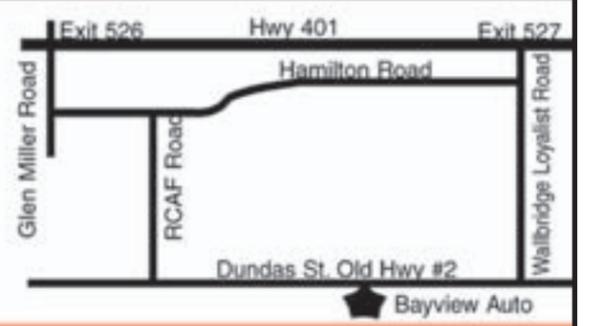


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STRENGTHENING THE FORCES

## Health Promotion lunch and learn series

The following is a list of programs available to you, through the 8 Wing/CFB Trenton Health Promotion office.

Each session will run from 1200 to 1300 hrs.

For further information, or to register, please feel free to contact local 3768 or 3767.

**Weight Wellness:** Have you tried everything you can to maintain or reach a healthy weight?

We have taken our popular healthy eating and activity program and crammed it into the lunch hour for those of you who can't fit it in anywhere else.

This eight week course begins June 29.

### Computer Comfort:

Do you sit at a computer for several hours a day? Many of us don't think about whether we are comfortable while working...after-all it is work.

Join this one hour session to learn simple techniques to improve your comfort, avoid debilitating injuries and increase productivity.

Course takes place on July 4.

**Ticked Off:** Is your workplace challenging you to blow your stack? Is the morning traffic just a little more than a rude wake up?

If these are some irritations that tick you off and you would like to receive some tips on how to better manage these emotions then this Ticked Off Lunch and Learn is for you.

Course takes place on July 18.

**Mind Tools:** Are you stressed out? You do have the power to change your situation. You can choose to change your interpretation and how you feel about it. For those incidents where you truly have no control over, learn how to survive the stress.

Course takes place on July 25.

## Night safety can save your life



Submitted by  
**Don Heans,**  
**Wing General Safety Officer**

Thousands of people are injured or die every year as a result of collisions between pedestrians and automobiles.

Pedestrians must do everything possible to ensure drivers can see them, especially at night.

In the past it was thought wearing white or light coloured clothing made pedestrians safely visible at night.

But recent studies show this is not the case.

Drivers approaching pedestrians wearing white will have to be able to see them within 180 feet to be able to see them.

However, tests show under ideal, flat road conditions, a driver travelling at 60 mph needs 260 feet to stop. Add darkness, snow or rain and oncoming headlights, then the time needed to react increases significantly.

Pedestrians can greatly improve their visibility by wearing clothing with reflective strips.

The beam from automobile headlights hits the reflective material and sends the light back to the driver. This is not fluorescent material.

Studies show fluorescent coloured fabrics create no greater visibility at night than white ones.

Reflective clothing is available at most sports stores in the bike acces-

sories section.

Manufacturers produce many different items including reflective vests (similar to the kind worn by traffic crossing guards), reflective arm/leg bands and reflective tape.

So the next time you walk, run or jog at night, take steps to improve your visibility to drivers and follow these tips:

--If there is a sidewalk, use it.

--If there is no sidewalk, use the shoulder of the road facing the traffic.

--Wear light coloured clothing with some sort of reflective device.

--Carry a small flashlight.

Pedestrians need to ensure their safety when walking at night.

Don't walk alone in strange, deserted areas, use well-lighted routes and wear clothing easily seen by drivers.

## Getting to the heart of depression and anxiety

(NC)-The cornerstone relationship that people have with a mate plays a significant and pivotal role in maintaining a person's emotional well being.

For many people, loved ones are the main source of happiness and satisfaction in an increasingly stressful world.

Over two million or 10 per cent of Canadians experience common mental illnesses such as anxiety and depression; however, these conditions may be undermining this happiness, contributing to their relationship woes and love-life letdowns.

Mental illnesses can often be misunderstood or confused as being something insignificant. However, when significant feelings of sadness, hopelessness or guilt are lasting, cause significant distress and interfere with life, relationships and happiness, this may be a sign of more serious conditions.

Dr. Irvin Wolkoff, a psychiatrist who specializes in helping couples in crisis, suggests that the isolation, loneliness and even fear associated with depression may work to damage even the most stable relationships.

"People suffering from depression often have difficulty sharing their feelings, disconnecting from the people they love most," says Dr. Wolkoff.

Dr. Wolkoff also acknowledges the emotional strain depression can put on both partners. "Watching your spouse or loved one struggle with something you either don't understand or can't control can be extremely difficult," says Wolkoff. "I encourage anyone who suspects their partner is experiencing anxiety or depression to seek the help of a physician. There is help - and remission from depression is possible."

If you are concerned that you or a loved one is experiencing anxiety or depression and would like further information on these mental illnesses, visit [www.peaceofmind.ca](http://www.peaceofmind.ca).

### Body clues checklist

Symptoms of depression are known to show up as physical ailments. If you or someone you know regularly experiences any of the following body clues it may be a sign of something more than just regular aches and pains and you should seek a physician's counsel.

**Constant Headache:** A common symptom of depression or anxiety. If it persists, it may be considered a symptom.

**Dizziness:** A symptom of anxiety. As with all physical symptoms, dizzy spells will be regular and will continue for long periods of time.

**Sleep:** Difficulty falling or staying asleep is a symptom of depression and anxiety. When it continues for a few months, it is considered a symptom.

**Breathing:** Rapid and deep breathing is a symptom of anxiety. This alone doesn't indicate you have an anxiety disorder. Only a doctor can decide if you have a problem.

**Choking Feeling:** May indicate anxiety.  
**Racing Heart:** Fast or irregular heart-beat may be a symptom of anxiety, as is chest pain or tightness around the chest.

**Stomach:** Loss of appetite may be a sign of depression. An irritable bowel or an upset stomach may also be a sign of depression or anxiety. These symptoms can result in a noticeable change in weight.

**Interest in Sex:** A decrease in libido or sex drive is a classic sign of depression.

### Did you know...

-Mood disorders include clinical depression, bipolar, obsessive compulsive or anxiety.

-One in five people will need treatment for a mood disorder in their lifetime

-Three million Canadians have depression. Only 187,500 are diagnosed and treated effectively, slightly more than 6 per cent.

-Depression is growing. People get it young (age 20 in 40 per cent of cases, 27 overall).

-According to the World Health Organization (WHO), mood disorders and depression will be the number one health problem by the year 2010.



**INFORMATION / REGISTRATION / INSCRIPTION 965-3575**

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

At the door you would pay \$56.26  
At your MFRC,  
Until June 30, you pay \$33.00 / In the summer, you pay \$38.00  
Children, 3 to 6 years old and adult 60+, you pay \$30.00



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

A la porte, vous payez 56,26\$  
À votre CRFM,  
Jusqu'au 30 juin, vous payez 33,00\$ / Pour l'été, vous payez 38,00\$  
Enfants, 3 à 6 ans et adultes 60+, vous payez \$30,00

**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](http://www.trentonmfrf.cfbtrenton.com)

**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](http://www.trentonmfrf.cfbtrenton.com)

**Youth Activities**

**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 demonstration, playing games and conducting their own science experiments using simple everyday materials  
**When:** Tuesdays, July 4, 11, 18 and 25 **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.

**Activités pour les jeunes**

**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.

**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

**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.

**Children Activities**

**SUMMER Play "N" Go-Round  
A Traveling Playgroup  
(Weather Permitting)  
Every Thursday Morning 10:00am**

**July**

6	Reid's Dairy	Bring your quarters
13	Mount Pelion	Bring your binoculars
20	Zwicks Park	Pack a swimsuit
27	New Park in Belleville "The Pirate Ship"	

There will be planned outdoor activities & time for a snack.  
We will provide the blankets.

**Activités pour enfants**

**POUR L'ÉTÉ Groupe de jeux mobile**  
(si la température le permet)  
**Tous les jeudis matins à 10h**

**Juillet**

le 6	Reid's Dairy	Apportez vos 25 sous
le 13,	Mount Pelion	Apportez vos jumelles
le 20	Zwicks Park	Apportez votre maillot de bain
le 27,	"The Pirate Ship"	Nouveau parc à Belleville

Nous planifions des activités extérieures et des pauses collations  
Nous fournissons les couvertures pour les pique-niques.

**Take a Bite Out of Crime**  
**Quinte Area Diners Reward Booklet**  
**\$20** (appr. value \$250.00)  
Available at the MFRC reception



**Prenez une bouchée dans le crime**  
**Livrets de coupons-rabais pour restaurants**  
**20\$** (valeurs appr. 250\$)  
En vente à la réception du CRFM

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Chapel 1-866-4WEAVER

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**HOROSCOPES**  
 ASTRO ADVICE WEEKLY By Eugenia Last  
 June 25 - July 1

**ARIES** (March 21-April 19): Plan an outing on the 25th that will stimulate you physically and calm you down mentally. You need a break and time to relax with loved ones. Don't take everything you hear personally on the 26th and 27th. If you show strength of character, you'll impress even your greatest critic. Take a little time out for yourself on the 28th - 30th. You've paid your dues and done more than your fair share. Love and romance are in the stars. You'll be the proverbial host should you decide to throw a party on the 1st. Make it an open event and someone will bring a new friend whom you will find most intriguing.

**TAURUS** (April 20-May 20): Don't overspend on an investment that depends on other people on the 25th. Anything that sounds too good to be true probably is. Seize the moment on the 26th and 27th and do all the little things that have been left undone. You'll impress the people you love and be handsomely rewarded for your efforts. An opportunity to get involved in a new project will make you realize your true potential. Your heart is in the right place on the 28th - 30th but that doesn't mean you should allow someone to take advantage of you. Stick to your decision regardless of the pressure. Question your motives on the 1st. Don't try to change others.

**GEMINI** (May 21-June 20): You can sidestep a lot of problems on the 25th if you refuse to let anyone goad you into a debate. Get involved in an activity on the 26th and 27th that will help you meet people working toward a similar goal. Your creative and unique approach will lead you to a beneficial organization. A change in direction will spark renewed enthusiasm. Don't hold back on the 28th - 30th, present your thoughts and put your plans into motion. A partnership looks promising and a career change or advancement is apparent. Boredom will cause restlessness on the 1st. Keeping busy will help you rethink your need for change.

**CANCER** (June 21-July 22): Your past experience will help you make the right decisions on the 25th. A change in your professional direction is looking very positive. Don't let your imagination run away with you on the 26th and 27th. Instead of overreacting, show your feelings by being affectionate, not by complaining or being jealous. Secret activities will not turn out as planned on the 28 - 30th. Watch what you say and do if you don't want to be blamed for something that isn't your fault. Don't try to impress someone by overdoing it or spending too much; you'll only make yourself look bad. You can make some very important personal changes that will help your frame of mind on the 1st.

**LEO** (July 23-Aug. 22): If you attend a meeting or event that interests you on the 25th, you will meet someone who sparks your interest. Your personal life may be getting a little convoluted on the 26th and 27th, especially if you are trying to keep secrets from the people you are involved with professionally and personally. Be careful, things could backfire on the 28th - 30th if you don't stick to your plan. Taking on extra because you're trying to be nice or generous will upset your own goals. Be a little selfish if you want to get things accomplished. You need to decide what you really want and what will make you happy on the 1st before making a move.

**VIRGO** (Aug. 23-Sept. 22): The more involved you get in something you believe in on the 25th, the greater your chance will be of finding a compatible partner. Your insight and talent will leave you in control on the 25th and 26th. This is a perfect time to discuss your plans with people who can help you achieve them. Follow through with whatever you said you would do or you will be talked about behind your back on the 28th - 30th. Someone you least expect isn't on your side. Get involved in community events or go shopping on the 1st. See if there's a good deal on a travel destination that intrigues you. Satisfy your own needs first.

**LIBRA** (Sept. 23-Oct. 22): What you say may be held against you on the 25th, especially if you're out with friends or family and decide to voice your opinion. Be careful how you handle colleagues on the 26th and 27th. If you are too candid in your remarks, you will be taken the wrong way. Being a little careless with your actions will reveal information that you wanted to keep secret for now. Don't be lazy and settle for what's available on the 28th - 30th. Put in extra effort and you'll double your intake. You will be entertaining and impressive and will meet people who can be beneficial to you in the future on the 14th. Put time aside for love and romance.

**SCORPIO** (Oct. 23-Nov. 21): Visit friends, take a short trip or get involved in a group that's living the lifestyle that suits you on the 25th. Deal with people from all walks of life who can contribute to the big picture rather than focusing on just those close to you on the 26th and 27th. Someone unique will enlighten you. Stay on top of things on the 28th - 30th or someone else will take credit for what you do. This isn't the time to take chances with your position or personal life. Stay in the loop so you know what to expect and how to counteract it. Someone may lie to get you to do something on the 1st. Be unpredictable and you can avoid getting cornered.

**SAGITTARIUS** (Nov. 22-Dec. 21): Don't be fooled by someone who is offering you a deal on the 25th. Take your time, do your research and see if you can get a better price elsewhere. If someone is giving you a hard time on the 26th and 27th, deal with him or her swiftly so you can get on to people and projects that really count. Don't overspend on the 28th - 30th. Pushing your goals in a cost-efficient manner will bring you high rewards. An unusual offer will catch you off guard. Take a closer look. Focus on friends, travel and finances on the 1st. Avoid conversations that will lead to discussing your feelings, intentions or discontent.

**CAPRICORN** (Dec. 22-Jan. 19): Attending a tradeshow on the 25th will help you decide what direction to take. Emotional issues can be resolved with cash and a promise. You may feel as if you are being pushed and pulled by everyone around you on the 26th and 27th. Stand your ground. If you don't feel comfortable about what's going on around you, don't do anything at all. A partnership may take on a different spin on the 28th - 30th. Don't take anyone or anything for granted. Someone may have ulterior motives, making it important for you to keep your thoughts to yourself. A money matter can be resolved on the 1st. Love is looking very pleasurable.

**AQUARIUS** (Jan. 20-Feb. 18): Check out something unique in your community on the 25th. Love is in a high cycle and a commitment can be made. You will be drawn to someone or something on the 26th and 27th that will make you question your past, present and future. Before you decide to turn your life upside down, consider the good things and people in your life. You don't need to be extreme, only reasonable. Stay calm and don't jump to conclusions on the 28th - 30th. You may not be thinking too clearly but, if you have questions, ask. Take care of legal matters and agreements on the 1st before they cause you trouble. Once you have your papers in order, you can move forward.

**PISCES** (Feb. 19-March 20): You can't lose on the 25th if you are diplomatic. You will be able to get things done your way. Do something nice for yourself on the 26th and 27th. A little pampering or shopping spree will make you feel good and help you look your best. Someone you least expect may be setting you up to look bad on the 28th - 30th. Don't trust anyone with your work or your responsibilities. Someone you think is interested in you or something you do will prove to be leading you on. You'll be emotional, difficult to understand and totally caught up in your own little world on the 1st. Positive changes will improve your mood.

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

**IN THE ZONE BY BRIAN CODAGNONE**

THE STANLEY CUP IS EASILY THE MOST RECOGNIZABLE TROPHY IN SPORTS. MANY DON'T REALIZE THAT THE ORIGINAL CUP WAS JUST THE BOWL ON TOP, NOT THE TROPHY WE KNOW TODAY.

IT WAS DONATED AS A CHALLENGE CUP IN 1893 BY LORD STANLEY OF PRESTON, GOVERNOR GENERAL OF CANADA AND AN AVID SPORTSMAN.

SINCE THAT TIME IT HAS HAD MANY ADVENTURES INCLUDING BEING DROP KICKED INTO THE (LUCKILY FROZEN) RIDEAU CANAL, LEFT ON THE SIDE OF THE ROAD AND BEING USED AS A FLOWER POT IN A MONTREAL PHOTOGRAPHER'S STUDIO.

**DuJour**

**CRAZY**

All I said was... "Mom's moving in"

**Stuff!**

What cowboys lack in talent they make up for in volume!

THIS APARTMENT NEEDS A GOOD REDECORATING.

HOW SOP?

I'M THINKING WE GO ALL SHABBY CHIC!

SHABBY WHAT?

I SEE LOTS OF LACE AND WHITE, BUT WITH A NICE LIVED-IN LOOK.

THAT'S IT. NO MORE HOME AND GARDEN CHANNEL FOR YOU.

COME LOOK AT THE JOHN... IT JUST SCREAMS FEATHERS AND SILK!



# Community Events

generously sponsored by...

# independent

YOUR 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](mailto: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.

**RAINBOW DANCE**

Join us on July 1, 2006 at the Bohemian Penguin (399 Front St, Belleville). The dance runs from 9 p.m. to 2 a.m.. Cost is \$8.00 per person. Sponsored by: Free to be MCC.

**CHAPLAIN SERVICES**  
**SERVICES OFFERT PAR L'AUMÔNERIE**

**Wing Chaplain/ Aumônier de l'escadre – Major Lloyd Clifton**  
**Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490**

*UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS*  
Padre Mike Adameczyk  
Padre Mel Talan  
Padre Marc Torchinsky (deployed)

**WORSHIP SERVICES**

<p><b>OUR LADY OF PEACE (RC)</b> <b>NOTRE-DAME-DE-LA-PAIX (CR)</b></p> <p>Chapel Life Co-ordinator Padre Frank Pellerin</p> <p><b>MASS</b> Sunday Mass (English) 1130 hrs Messe Dominicaine: 0900 hrs</p> <p><b>CONFESSION</b> At all times</p> <p><b>PARISH ORGANIZATIONS</b> Parish Council 4th Sun 1330 hrs Knights of Columbus 1st Thurs 1900 hrs CWL 2nd Tues 1900 hrs Chorale Merc 1900 hrs Choir Tues 1900 hrs</p> <p><b>DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR</b> After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 392-2811 et demandez l'aumônier en devoir.</p> <p><b>NOTICE/AVIS</b> It is now possible to have the Club Xtra points that are earned on all your purchases at CANEX go to the Chaplain Emergency Fund. Simply ask to have the points placed on the Chaplains' card. The Chaplain Emergency Fund is used to assist our military families during times of family crises. / Vous pouvez dès maintenant, lors de vos achats au Canex, donner vos points Club Xtra au Fonds d'urgence des aumôniers. Vous n'avez qu'à mentionner que vous désirez donner vos points sur la carte des Aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales.</p>	<p><b>ST CLEMENT ASTRA (PROTESTANT)</b></p> <p>Chapel Life Co-ordinator Padre James Craig</p> <p><b>WORSHIP SERVICE</b> Divine Worship (Sun) 1015 hrs Holy Communion 1st Sunday of the month</p> <p><b>PARISH ORGANIZATIONS</b> Chapel Guild Last Tues 1930 hrs</p>
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**NDT REUNION**  
18-20 Aug 06

The Nondestructive Testing reunion will be held at 8 Wing/CFB Trenton. For information please contact Orv Francescone at PO Box 4681, RR4, Trenton, ON, K8V 5P7 or by email at [Francescone.OS@forces.gc.ca](mailto:Francescone.OS@forces.gc.ca) or by phone at 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](mailto:Gosse.WD@forces.gc.ca). Registration forms and all related info can be found by visiting [www.cfb-trenton.com](http://www.cfb-trenton.com).

**Boys and Girls**  
**11 to 15-years-old.**

++++

Prepare for a summer job as a 'professional' babysitter. Join the Red Cross Babysitting Course on July 6 from 9 a.m. to 6 p.m. at the Quinte Branch Red Cross Office, (lower unit, McNabb Towers). Call today to register 966-0730. Space is limited.

**"The 407 Demon Sqñ"**

will celebrate its 65th anniversary this fall. All former members and spouses of 407 Sqñ 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](http://www.407reunion.com).

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

**"TO HOLD ON HIGH"**

**Friends of Quinte West Public Library host monthly ... Book Sale ...**

Check out the great selection of books available for all ages at the Municipal building in Frankford, (22 Trent Street N.), on June 24, between 9 a.m. and 1 p.m. Everyone is welcome to attend. For more information please contact Ann at 397-1680.

**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 our 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.).

**ATTENTION AIR TRAFFIC CONTROLLERS**

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

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

# Classified

For Classified Information Call  
392-2811 ext: 3976

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

## Information

### CLASSIFIED AD RATES

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

### ORDERING AN AD

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

### ERRORS

#### & OMISSIONS

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

## Cleaning Services

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

## Community Events

**Canada Day Party!**  
**Canadian Artists!!**  
Single's Canada Day dance!  
Canadian music  
9 pm -11 pm  
July 1st  
Belleville Legion  
9 pm -1 am

Join us after the fireworks!  
[www.romeoandjuliet.ca](http://www.romeoandjuliet.ca)  
613-392-9850

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- 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**

### RUSHNELL FUNERAL HOME & CREMATION CENTRE

60 Division Street  
Trenton  
**392-2111**

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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

## 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**

### Great value!

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

### 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**

### Near Montrose Road

2 bedroom ADULT duplex with frig & stove, avail. immed., \$650/mth + utilities  
no smokers or pets,  
1st & last + utilities, references  
**613-961-1104**

## Crossword Answers

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

## For Sale

### Belleville Volkswagen



**2001 Passat GLS Sedan**  
Fully loaded, V6, auto., grey, VW certified warranty, 95K  
**\$17,900**



**2002 Passat GLS 4 Motion Wagon**  
V6, auto, fully loaded, silver, VW certified warranty, 97K  
**\$18,900**

All prices + Admin., GST & PST & licensing  
**Call Paul at 966-3333**  
239 North Front Belleville  
[www.bellevillevw.com](http://www.bellevillevw.com)

### 1988 GMC 5-TON Truck

18 ft Box, Roll-up Door, Excellent Condition, Only 133,000 Original Kms.

Also, Pressure washer

Contact Phil  
**966-0290**

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3 bedroom Energybuilt™ Home.  
20 Upgrades  
Buy Direct from Builder

See it at  
[bythebuilder.com/3924993](http://bythebuilder.com/3924993)

### 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
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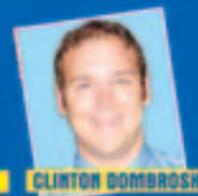
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