

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

the Contact

www.cfbtrenton.com

Where Quinte Goes To Invest



Ian R. Stock, CD
Investment Advisor
10 Front St. South,
Belleville
Member CIPF



(613) 966-4119
ian.stock@rbc.com
www.ianstock.com

• August 17, 2007 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 42 Issue Number 31 •

First of four Globemaster IIIs arrives at 8 Wing Trenton

by Jenn Gearey

The 12th of August was a glorious day at 8 Wing Trenton, Ontario, with the Canadian flag, Canadian Forces flag and Air Force flag snapping in the sunny breeze, and the newly arrived CC-177 front and centre.

During the CC-177's homecoming celebration yesterday, it was difficult for anyone to take their eyes off the new aircraft dubbed 'Large and In-Charge' due to its size and its ability to give

Canada the independence of having its own strategic airlift.

"It's a great day for the Air Force," said Chief of the Air Staff (CAS), Lieutenant-General Angus Watt. "As Commander of the Air Command, there's nothing I like to do better than welcome new aircraft. And this is a special day for Canadians because the C-17 is quite an aircraft!"

"I'm sure I'm preaching to the converted when I say that air mobility has always been an important capability for the



Photo: Cpl Tom Parker, 8 Wing Imaging

Canada's first CC-177 arrives at its new home at 8 Wing/CFB Trenton on August 12, 2007 for operations with 429 Transport Squadron.

Canadian Forces both at home and abroad—given the vast size of our country. The demand always exceeds the supply.

"The CC-177 is more than an airplane, it's a brand new capability," he continued. "In the Canadian Forces we hear talk about transformation and a lot has been accomplished. What you see here is transformation in action. This is transformation you can see, transformation that you can touch, transformation you can feel. And having flown in the aircraft yesterday, it's transformation you can smell—it smells like a new car!"

The CC-177s will provide the Canadian Forces with quick reaction time, flexibility to fly almost anywhere in the world, and ability to aid tremendously with humanitarian disaster relief—making the Canadian Forces a leader on an international scale.

"We purchased this aircraft not just for the Air Force, but also for the Canadian Forces. It's a

Canadian aircraft for all our interests that will provide support for at least 30 years - probably longer knowing the Canadian Air Force! You can imagine all the thousands of passengers and millions of tons of cargo it will carry in that time."

LGen Watt thanked Colonel Joe Breen, the U.S. attaché to Canada, for his help in helping see the Globemaster project to its completion.

"I couldn't be happier welcoming the latest aircraft to 8 Wing," said Colonel Mike Hood, Commander of 8 Wing. "As the air mobility hub and nexus of expeditionary capability in the Canadian Forces I think Trenton is the most appropriate home for the long list of aircraft that have graced this tarmac..."

"It's a real honour for 8 Wing to be chosen as the home of the Globemaster and I humbly say that I can't think of a better place for it. If there were ever a group of dedicated, talented and profes-

sional people that could meet the challenge of introducing and operating a new fleet of aircraft while keeping a pace of operations in support of missions in Afghanistan, this is the place.

"Today is proof positive of Air Force transformation and renewal. I think all of us at 8 Wing can be proud that we're part of an institution that values our contributions and is willing to ensure that the men and women of the Air Force have the best equipment available to execute our missions."

This is the first CC-177 to be delivered to 429 Transport Squadron, with the second expected in the fall and the last two in spring 2008.



Photo: MCpl Halina Folfas, 8 Wing Imaging

Pictured from right to left: Lieutenant-General Angus Watt, Chief of the Air Staff; Colonel (Col) Mike Hood, Commander, 8 Wing/CFB Trenton; LCol Dave Lowthian, Commanding Officer 429 Squadron; and Brigadier-General E. Thuen, Deputy Commander Mission Support, have the honour of participating in the cake cutting ceremony.

Read a message from the Wing Commander on P. 2.

Great Canadian OIL CHANGE
It's a Day, Only in Your Car!

Show your military ID and receive 15% OFF

- ➔ No Appointment Needed

➔ Drive-thru oil change (most brands available)

Oil Change includes:
5L of Oil, Warranty Approved Oil Filter
Lube to Manufacturer Specs., Fluid top-ups,
15 Point Inspection and a great cup of coffee!

➔ 10 minutes or Less (most vehicles)
- Other Services**

➔ Drive-thru radiator flush

➔ Drive-thru wiper blades

➔ Drive-thru differential transfer case & transmission fluid changes

Hours of Operation: Monday - Saturday 8:30 am - 6:00 pm
Wal-Mart Plaza, Trenton 613-394-2585

Oil Changes from \$37⁹⁹

Warranty Approved Oil and Filters



The Commander's Column

It is not often that I am at a loss for words, but as I stood on the tarmac and watched our CC-177 Globemaster III make its first landing here at 8 Wing Trenton this past Saturday, I just couldn't think of anything to say that would measure up to the moment. What an exciting time for 8 Wing, the Air Force and the Canadian Forces.

Thankfully, by Sunday morning, I had recovered all abilities to express my amazement in time to address our distinguished guests, our friends and our families during the CC-177 arrival ceremony celebrations.

Like myself, I am sure that many of you followed every step of the Globemaster's story that brought with every month more exciting and positive news for 8 Wing. From the February contract announcement, the training of our CC-177 team, the progress and milestones reached on the assembly line and most importantly, the re-formation of 429 (T) Squadron, we have witnessed in a little over six months a simple project turn into this amazing aircraft that brings with it capabilities



Photo: MCpl Halina Folfas, 8 Wing Imaging

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, addresses those gathered at the CC-177 arrival ceremony.

that our predecessors could have only imagined. This is, to be sure, proof positive of air force renewal and transformation. All of us here at 8 Wing can be proud to be the home to this impressive aircraft that joins a long line of outstanding airlift platforms that have operated from Trenton.

As I watched you and your loved ones walk through our new CC-177 aircraft, I thought about how fortunate I am to be commanding such a group of dedicated, talented and professional people as we enter the next phase of our proud air mobility heritage. I saw the crew, trained and ready to take on the challenge of providing a rapid,

reliable and flexible capacity to move heavy equipment and troops quickly over long distances in response to domestic emergencies and international crises. I saw our maintainers and traffic technicians, working tirelessly to ensure that all would be perfect for the flight that would follow the ceremony. I saw our team of support personnel moving chairs, driving buses, providing security, testing speakers, offering food and refreshments - doing everything necessary for the day to go on without a glitch. You made all of us proud. Thank you.

I would like to use this opportunity to also pass on from Lieutenant-General

Angus Watt, our newly appointed Chief of the Air Staff and Commander of Air Command, his most sincere thanks for a job well done. Sunday's events were but the culminating events in all the work you have done to get us here. Let me assure you that LGen Watt and I certainly know the dedication it took to bring us quickly and flawlessly to this historical moment.

I look forward to the many successes we will achieve together now that our newest member of the team has landed.

*Colonel Mike Hood
Commander
8 Wing/CFB Trenton*

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Pictured here is MCpl Smith, Weapons Technician at EME Squadron, preparing a 106mm gun for its final "fire mission" which will be at the armouries in Belleville. The Hasting and Prince Edward Regiment will have this M40A2 106mm Recoilless Rifle added to its collection of museum pieces. This gun was replaced by the TOW anti-tank missile system in the early 80s; during its time in service its main role was an anti-tank weapon during the Cold War. The weapon system is comprised of a .50 calibre-spotting rifle and a 106mm main gun.

POSTED TO CFB PETAWAWA?

The Difference Salon & Spa is currently seeking:
A Certified Barber & A Registered Massage Therapist

Join Our Award Winning Team By Sending Your Resume To:
The Difference Salon & Spa
3495 Petawawa Blvd,
Petawawa ON, K8H 1X2
Attention: Marlene / Connie Or
Call 613-687-8222

Contact

www.cfbtrenton.com

Now
you can browse the latest news stories on-line. You're one click away from finding out what's happening at Canada's largest Air Force wing.

(613) 392-2811
Ext. 7005 (editorial)
Ext. 7008 (ads)

HYDRANT FLOW TESTING - 2007

As in previous years, the 8 Wing Fire Department will be conducting annual hydrant flow testing throughout the Wing and PMQ areas.

These tests help to confirm and ensure that the water pressure servicing these areas is sufficient for firefighting operations. Occupants may experience water discoloration, but they need not worry. Simply continue to run your water until the discoloration disappears.

The testing period will run from June 01 to September 30, 2007.

If there are any concerns, please contact the Fire Department business line at Local 3511.

Give yourself peace of mind with the right coverage for you.

Bill Doyle Insurance Agencies Inc.
215 Dundas St. E, Trenton
613-392-3501

600 service offices across Canada to serve your military families.

The leading Canadian-owned multi-product insurer.



A Better Place For You™

Home Auto Life Investments Group Business Farm Travel

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

For NEW or GOOD USED Appliances

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



Best Selection **Best Guarantee** **Best Service**

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

AUTO - HOME - BOAT - LIFE - INVESTMENTS



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

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

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

AUTO - HOME - BOAT - LIFE - INVESTMENTS



TANKS FOR THE ASSISTANCE



Photo: Capt Linda Ballenthin, 2 Air Mov Sqn

Cpl Beaubien and Cpl Yendley were on hand recently in Geilenkirchen, Germany to receive the first of the new Leopard II tanks that will be deployed to Kandahar. 2 Air Movements Squadron was recently tasked to provide a MAMSO and a small MAMS team to assist in the preparation of Canada's new Leopard II tanks for airlift from Germany to Kandahar. Capt Linda Ballenthin, Cpl Fred Beaubien and Cpl Bryn Yendley (19 Wing Comox) arrived in Geilenkirchen on August 5, 2007 and are assisting MWO Paul Brochu (formerly of 2 Air Movements Squadron), the NATO Air Base Chief Air Cargo Movements Officer, in completing the required documentation, pallet build-up and pre-flight checks to ensure the tanks are ready for airlift.

Search & Rescue UPDATE



424 Squadron's Search and Rescue was tasked five times since the last article. The Griffon was put to the test this week as the squadron workhorse after being involved in all five taskings.

On Thursday, the Griffon crew was tasked in the morning to investigate a boat that was reported adrift with engine troubles south of Oshawa. The vessel was located with two persons on board and assisted by a tow vessel. Just after noon, the same crew was tasked to investigate a sailboat that was reported to be in distress in Bronte harbor. Nothing was seen after conducting a search pattern and the crew was therefore stood down. A few hours later, the Griffon was required to assist a 27-foot boat that had run ground on shallow rocks near Mississauga. Peel Marine Unit 2 was first on-scene. There was one person on board who was able to get to shore safely while the police secured the scene. For the last tasking of the day, the Griffon was sent to look for a possible person in the water 10 miles south of Oakville. A 17-foot boat was located with fishing lines in the water. The person was located floating face down. The crew directed Alliance 1 to the scene where they recovered the deceased person.

Two days later, the CH-146 was tasked to search for a missing vessel near the mouth of the Niagara. The search was stood down by JRCC after no distress was detected.

Until next time, stay safe.

Missions for 2007: 128 Missions for Aug.: 8 Persons rescued: 12

Government commits to world-class aircrew training capability

GATINEAU, August 13, 2007 – The Honourable Michael M Fortier, Minister of Public Works and Government Services Canada (PWGSC), today announced an important step toward the acquisition of critical air mobility services for the Canadian Forces.

A Solicitation of Interest and Qualification (SOIQ) has been posted on MERX, the government's electronic tendering service, to acquire aircrew training services for 20 years from an operational training systems provider for Canada's future tactical airlift aircraft and medium to heavy lift helicopter fleets. Once the C-130J Hercules and the CH-47 Chinooks have been acquired, updated aircrew training will be required for members of the Canadian Forces.

"This SOIQ represents an important step towards fulfilling Canada's urgent air mobility needs," said Minister Fortier. "Our goal is to secure the right kind of services for our military personnel and ensure that Canadian companies reap significant benefits from these contracts."

The SOIQ is the first step in an open, fair and competitive procurement process. Potential bidders will have at least 30 days to study the SOIQ and to indicate their interest in competing for the requirement. Potential bidders will have to successfully demonstrate their capability to meet the mandatory, high-level performance criteria in their response before being invited to submit a

proposal in response to a formal Request for Proposal (RFP).

The SOIQ will then be followed by a formal RFP to the qualifying bidder(s). Once a contract has been awarded, the supplier will be required to provide a minimum of 75% of the contract value in direct work for Canadian companies.

"This unprecedented approach to procuring training services represents a significant opportunity to leverage the world renowned expertise and knowledge housed within Canada's aerospace industry," explained Minister Fortier. "It also represents a significant investment in the country's economy as it will undoubtedly result in more jobs for the sector."

The acquisition of aircrew training services from a single training systems provider is part of the government's objective to establish a world-class aircrew training capability in Canada and to provide a seamless transition for the operation of these fleets.

Once a contract has been awarded, a centre of excellence will be established. It is expected that a significant number of jobs will be created over the length of the project to build, deliver, operate, support and maintain the aircrew training programs and devices for each of the fleets (C-130J Hercules and CH-47 Chinooks).

It is anticipated that an RFP will be released in fall 2007 and that a contract will be in place by early summer 2008.

BACK BY POPULAR DEMAND!!!

See dealer for details.

CHRYSLER Jeep

GET AN EMPLOYEE PRICE DISCOUNT
— PLUS SAVE 20¢/LITRE FOR ONE YEAR ON GAS —
ON SELECT VEHICLES

2007 Dodge Caravan 2007 Ram 1500 Quad Cab 4x4

See all of our new and pre-owned inventory at www.spelmer.com

All our new vehicles are on our website with 18 pictures and **EMPLOYEE PRICES** including FREIGHT charges.

NO OTHER DEALER MAKES IT THAT EASY !!!

Or come in and see all of our VEHICLES that are windshield priced.

MILITARY PERSONNEL RECEIVE 10% DISCOUNT
ON SERVICE, PARTS AND ACCESSORIES.
Thanks from all of us at Spelmer Chrysler.

SPELMER
CHRYSLER JEEP DODGE

Highway 33 just South of 401
Trenton, 613-394-3945





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 M.J. Hood, CD, Commander, 8 Wing / CFB Trenton.

The Contact Staff

Editor-in-Chief: Capt Nicole Meszaros
Managing Editor: Andrea Steiner
Reporter/Photographer: Amber Gooding
Advertising Production Asst: Adriana Sheahan
Advertising Sales: Patricia Mackie
Bookkeeper: Marilyn Miron
Circulation: Keith Cleaton
Translator/Proofreader: Sgt Louise Fagan
PSP Manager: John Snyder
Subscriptions: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.



Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (leblanc.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) or as "text only" on a disc 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: Steiner.AL@forces.gc.ca

Intranet: Steiner.AL@CFBTrenton@Trenton

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



A Military Community Newspaper



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



The Contact
Wing Headquarters Building Annex
8 Wing / CFB Trenton
PO Box 1000, Station Forces
ASTRA, ON K0K 3W0
Editorial: 613-392-2811 Ext. 7005 Fax: 613-965-7490
Advertising: 613-392-2811 Ext. 7008

Have an opinion or story to tell?

Want to be published?

Write a letter to the Editor

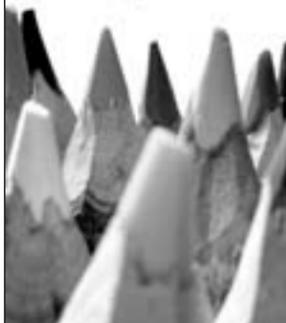
Email: Steiner.AL@forces.gc.ca

Fax: 613-965-7490

Mail: The Contact Newspaper
 Wing Headquarters Building Annex
 8Wing / CFB Trenton
 PO Box 1000, Station Forces
 Astra, ON K0K3W0

All letters must be signed and the names will be published unless otherwise requested. 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, fax, email or drop it off in person.



WANTED!

Volunteers of all ages, with and without construction experience, from all across Canada to work with families in need to help build their first safe, decent, affordable home.



Must be willing to get sore, tired muscles plus have a lot of fun!

Celebrate the International Year of the Volunteer by coming out to a Habitat for Humanity build.



For more information on Habitat for Humanity and to contact your nearest affiliate, contact us at 1-800-467-5137
 Email: habitat@habitat.ca
www.habitat.ca

Canadiana Crossword

Delightful Destinations

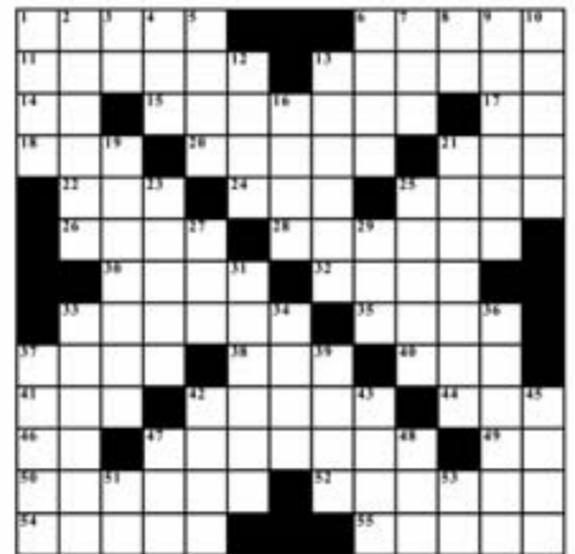
By Bernice Rosella and James Kilner

ACROSS

- 1 Renaissance card game
- 6 Ox of South Asia
- 11 Beetle
- 13 Et trailer
- 14 Opposite of DC
- 15 Alberta's Royal _____ Museum
- 17 Ontario's _____ Tower
- 18 Insurgent, slangily
- 20 Organic compounds
- 21 Tubular body structure
- 22 Pouch
- 24 Yes, to Yves
- 25 Subaltern
- 26 Store
- 28 Empower
- 30 Range part
- 32 Airline of Isr.
- 33 Appealing to the eye
- 35 Strikebreaker
- 37 Futurist, Hermann
- 38 Swiss river
- 40 Word after iron or ice
- 41 Birthplace of GBS
- 42 Blemishes
- 44 Sprite
- 46 Sodium symbol
- 47 Ontario's _____ Centre
- 49 _____ and behold
- 50 Au _____
- 52 Less dry
- 54 Cut wood
- 55 Humid

DOWN

- 1 Despot
- 2 Entry
- 3 Radium symbol
- 4 Food scrap
- 5 Comedian Danny



- 6 Goops
- 7 The A in AST
- 8 Thou
- 9 Covered passage
- 10 Newfoundland's _____ aux Meadows
- 12 Czech city
- 13 Famed Quebec chanteuse
- 16 Libertine
- 19 Saskatchewan's _____ Historic Site
- 21 New Brunswick's Acadian _____
- 23 13 witches, usually
- 25 Manila hemp
- 27 Mole
- 29 Eagleson and Waxman
- 31 One of the B vitamins
- 33 Seed of the ash or elm
- 34 Walking stick
- 36 Beauties in Beauharnois
- 37 New Brunswick's _____ Landing
- 39 Tear apart
- 42 Sour
- 43 Rip off
- 45 Ontario's Old _____ William
- 47 Agathe or Marie preceeder
- 48 Civil defence org.
- 51 Say _____
- 53 16th Greek letter



This Week in Contact

1977 – The long-awaited Squadron Colours arrived and were presented to 436 (T) Squadron in a ceremony, which was followed by a garden party and cocktails at the Officers' Mess. Several military and civilian dignitaries were in attendance, along with Lord Louis Mountbatten, Commander-in-Chief of Allied Forces in SE Asia where 436 (T) Squadron was formed.

1987 – Over 45,000 enumerators were knocking on doors across Ontario to compile a list of eligible electors for the province's 34th general election which was scheduled for September. The enumerators were appointed by the Retuning Officers in the 130 electoral districts from lists that are submitted by political parties.

1997 – WCE Electrical Generating Systems (EGS) Section constructed its own portable unit, which contains a 50-kilowatt generator capable of providing a variety of voltages. All equipment was acquired, from other units which have closed down, at virtually no cost to 8 Wing. The new portable power unit was a blessing after the numerous power outages that 8 Wing has experienced throughout the years.

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

429 MESS DINNER HELD

Photo: Cpl Frieda Van Putten, 8 Wing Imaging



The 429 Squadron Mess Dinner was held on Sunday August 12, 2007 in the Officers' Mess. This event celebrated the arrival of the first of four CC-177 Globemaster III's at 8 Wing Trenton. Lieutenant-General Angus Watt (right), Chief of the Air Staff, is seen here presenting Lieutenant-Colonel Dave Lowthian, Commanding Officer of 429 Squadron, with a framed photo from 429 Squadron's earlier days. The Mess Dinner followed the Arrival Ceremony for the CC-177 held at 8 Wing/CFB Trenton earlier in the day.

Soldier On Golf Tournament

by Amber Gooding

The cause is incentive enough and the perks are just an added bonus.

On August 22, at the 8 Wing/CFB Trenton Golf Course, hockey legend Johnny Bower, Canadian actor Harvey Atkin and Honorary Colonel of 436 Transport Squadron and current CTV meteorologist Dave Devall, among a list of other celebrities, are participating in the first-ever Celebrity "Soldier On" Golf Tournament, to raise awareness and money for a great program.

Cost of the golf tournament is \$125 per participant, which includes golf, dinner and prizes. Among the group of expected celebrities are athletes, comedians, actors and musicians, including Sandy Hawley, one of the world's best jockeys; Eugene Clark, ex-football player and current television and movie actor; and Aubrey Mann, legendary rhythm and blues musician.

Soldier On is a program available to serving military members and veterans who have been injured while serving overseas.

Created by the Canadian Paralympic Committee, and spearheaded by Canadian Forces Search and Rescue (SAR) Technician, Sergeant Andrew McLean, who was recently posted to 424 Transport and Rescue Squadron at 8 Wing/CFB Trenton, the program is designed to help injured Canadians become involved in sport, as a proven way of rehabilitation.

"The program helps regular and reserve force members, as well as retired service members, who have been injured on or off duty, maintain an active lifestyle," said Sgt McLean. "Soldier On helps to offset the costs of equipment and supplies required to participate in paralympic sports such as specialized wheelchairs or custom prosthetics."

The night before the golf tournament,

on August 21, Johnny Bower will be at Belleville's Crabby Joe's where he will be selling 35 autographed and personalized copies of the book *The China Wall - The Timeless Legend of Johnny Bower*. The book signing will take place in two sessions, the first from 5 to 6:30 p.m., and then again from 8 to 9:15 p.m. The cost of the book is \$35, with \$10 of each copy being donated to the Soldier On Program.

The inaugural golf tournament, in support of the program, begins at 11 a.m. with registration at the 8 Wing Golf Course, followed by a brief presentation and a shotgun start at 1 p.m. Dinner will follow at Crabby Joe's restaurant in Belleville at 7:30 p.m., followed by a great number of prizes and entertainment with some of Yuk Yuk's best comedians, such as Johnny Gardhouse and Kenny Robinson.

John Casey, a publicist and key organizer of the event, has been passionately campaigning to raise money and awareness, confirm celebrities and donations from a variety of corporate sponsors to help give this event the acknowledgement it deserves.

"This (event) is really something else that we civilians can do in support of our Canadian Forces members," said Casey. "With military sanction, the event itself not only helps raise some much needed funds for the Soldier On program, but also provides Canadians with an opportunity to do their part in supporting the CF and all its personnel."

Golfers will also have the chance to win some great prizes, including a trip for two to Las Vegas, courtesy of Crabby Joe's, and a 2007 Pontiac Vibe, courtesy of McCurdy GM, Trenton.

Registration packages are available at Crabby Joe's, Tzzz Spot Chip Truck in Brighton and at the 8 Wing Golf Course Pro Shop.



Photo: Amber Gooding

Sergeant Andrew McLean provides a few putting lessons to Canadian actor Harvey Atkin, who in all fairness carried the team through the first nine holes of the Soldier On media day on August 13 at the 8 Wing/CFB Trenton Golf Course. Glen Lidstone, a Strategic Technologist for corporate sponsor Nortel in Belleville, waits behind the putting duo with publicist John Casey.



"Home of the Big White Tooth"



Voted #1 - Trenton's Readers' Choice Award

New Patients Welcome

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

"Let our family treat your family"

613-394-8888

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

MENNONITE FURNITURE

Collection



• Tables & Chairs • Bedrooms • Occasional & Unique Home Accent Pcs

RUTTLE BROTHERS FURNITURE

SINCE 1974

1 mile N. of WALMART on HWY 62, Belleville • 969-9263

Fitness, Sports & Recreation

Weaver Family
 Funeral Homes
 Cremation Services

24/7 Compassion.
 24/7 Accessibility.

Our website does many things. But the one thing it does best is show how important the families we serve are.

A Legacy of Life....

weaverfuneralhomes.com
 East Chapel 613-394-2433
 West Chapel 613-392-3579

Brighton Speedway salutes the troops

Race night on Saturday, August 25, is a dedicated salute to the Canadian Forces.

In a tribute to the heroism and extreme dedication that CF members provide to our country 24 hours a day, seven days a week, 365 days a year, Brighton Speedway Park (BSP), will be providing free entry to any CF personnel presenting their Regular Force, Reserve Force, or Veteran's ID card.

"BSP salutes the CF in recognition of the service they provide Canada in extreme conditions during peace time and in war," said Mark and Angie Rinaldi, owners and promoters of BSP. "We support our men and women in uniform all over the world. Members of 8 Wing have been steadfast supporters of our racing events over the years, and in return we and our racers and fans would like to reciprocate for their service and sacrifice. We have CF members racing here every weekend with many others enjoying the racing from the grandstand. Without their participation, we wouldn't have experienced the level of success we have enjoyed up to now."

Belyea Racing's "Chase For The Cure Walk", an annual track event to raise money for cancer research accompanies this special event.

"Members from 8 Wing have been enthusiastic contributors to this cause since its conception and we anticipate another record-breaking fund-raising event," said Angie Rinaldi. "This year military and civilian personnel can contribute by sponsoring Warrant Officer Monsigneur whose wife Carol is presently deployed with the MSS, and his race team in their annual walk at the track."

You can check out his car, speak to him about racing or the Soldier On golf tournament, and make a pledge on Friday the 17 and Friday the 24 on the parade square, (the south side parking lot).

The Crabby Joe's #07 Canadian Modified race car will be there between 1200 to 1300 hrs, and again from 1500 to 1600hrs. He can be contacted through the DIN email services.

For a complete BSP race schedule, please visit www.brightonspeedway.com.

CARRIERS NEEDED

to deliver Contact newspapers here at 8 Wing/CFB Trenton

Please call **613-965-7248**
 Leave your name, address, phone number & age.



Contact

PSP Facility Memberships

1 September 2007 - 31 August 2008

Gymnasium (Includes Arena)	
Regular Members	Ordinary Members
Infant (6 months - 5-years-old): Free	Infant (6 months - 5-years-old): Free
Youth (6 - 17-years-old): \$35	Youth (6 - 17-years-old): \$45
Single (18+): \$40	Single (18+): \$60
Family: \$90	Family: \$140
RecPlex (Includes Arena and Outdoor Pool)	
Regular Members	Ordinary Members
Infant (6 months - 5-years-old): \$12	Infant (6 months - 5-years-old): \$20
Youth (6 - 17-years-old): \$35	Youth (6 - 17-years-old): \$60
Single (18+): \$45	Single (18+): \$70
Family: \$100	Family: \$180
Combination (Includes Gym, RecPlex, Arena and Outdoor Pool)	
Regular Members	Ordinary Members
Infant (6 months - 5-years-old): \$12	Infant (6 months - 5-years-old): \$20
Youth (6 - 17-years-old): \$45	Youth (6 - 17-years-old): \$80
Single (18+): \$60	Single (18+): \$100
Family: \$130	Family: \$245
Membership Upgrade: \$5 plus GST = \$5.30 Replacement for lost membership: \$10 plus GST = \$10.60	

Summer Shiny Hockey

There are still two more weeks of shiny hockey that will be offered at the RCAF Flyers Arena. The weeks are as follows: August 20 to August 24; and August 27 to August 31.

This program is designed for players from the tyke to midget levels.

Cost is as follows: \$30 for military community; \$38 for general public.

Full hockey equipment is required.

Please register at the RecPlex, located at 21 Namao Dr East, for desired session(s).

LOCAL SERVICES AND TRADES

To Serve You

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

<p>Auto Glass</p> <p>Doug's Auto Glass</p> <p>*Antique Auto Weatherstripping*</p> <p>9 Frankford Cres. Trenton 613-394-3142</p>	<p>Auto Service/Tires</p> <p>GOOD YEAR</p> <p>"YOUR COMPLETE AUTO SERVICE CENTRE"</p> <p>\$29⁰⁰</p> <p>Air Conditioning Service Check-up</p> <p>613-392-1354 303 Dundas St. W. Trenton</p>	<p>Building Material</p> <p>RONA CASHWAY</p> <p>"Buy Where The Builder Buys"</p> <p>House plans, engineered floors, kiln dried lumber, expert staff, etc.</p> <p>234 Glen Miller Rd Trenton 613-394-3351</p>	<p>Cash Advance</p> <p>RapidCash</p> <ul style="list-style-type: none"> • Pay day loans • Cheque cashing • Secured credit cards • Phone reconnect <p>Mon/Tues 10:00-5:00 Wed/Thurs/Fri 10:00-6:00 Saturday 11:00-4:00</p> <p>263 Dundas St. East, Trenton 613-392-0441</p>	<p>Computer Service</p> <p>TECHNOBYTES COMPUTERS</p> <ul style="list-style-type: none"> • Computer Repairs • Upgrades • Network Specialist • Consultant <p>24 Dundas East, Trenton 613-394-1097 www.techbytescomputers.com</p>	<p>Haulage/Top Soil</p> <p>•TOP SOIL• •DECORATIVE ROCKS •PLAY GROUND SAND •GRAVEL •LARGE OR SMALL - PICK UP OR DELIVERY •EQUIPMENT RENTALS•</p> <p>SCOTT'S HAULAGE 17 Lester Road 613-392-3917</p>
<p>Mini Storage</p> <p>BIGFORD MINI STORAGE</p> <ul style="list-style-type: none"> • Household & Commercial 24/7 Access • 200 Units • Lighted Fenced In Secured Compound \$1.00/day • Storage Containers Delivered or On-site •\$95.00/Month <p>•5x5-\$30/mo •5x10-\$55/mo •10x10-\$70/mo •10x15-\$95/mo •10x20-\$115/mo •10x30-\$185/mo</p> <p>468 Bigford Road, Brighton Conveniently located between Trenton & Brighton Most major credit cards accepted, Prices are per month + GST. 613-475-6500 or 1-877-475-6500</p>	<p>Advertise your business here</p> <p>Call 613-392-2811 Ext 3976</p>	<p>Roofing</p> <p>JONNY ROOFER</p> <ul style="list-style-type: none"> • Fast Service for Roofing Repairs • Asphalt Shingles • Flat Roofing <p>3 YEAR WRITTEN GUARANTEE FULLY INSURED - FREE ESTIMATES</p> <p>Belleville • Trenton • Tweed 613-921-ROOF (7663) Jon McEwen Owner 1-877-694-ROOF Joy Taylor Business Manager</p>	<p>Swap & Sell</p> <p>QUINTE WEST SWAP & SELL</p> <ul style="list-style-type: none"> • Bikes • Stereos • Tools • TVs • Game Systems • Movies • CDs • Guitars • Car Audio • Paint Ball Guns & Supplies <p>BUY-TRADE-LOAN</p> <p>391 Dundas St. W. Trenton (across from the High School) 613-392-5822 Open Daily 10-6 Sun 10-3</p>	<p>Tree Service</p> <p>Trenton Tree Service</p> <p>Tree Trimming & Removal, Chipping & Stumping</p> <ul style="list-style-type: none"> • Free Estimates • Fully Insured <p>A fair price for everyone 613-392-7415</p>	

Fitness, Sports & Recreation

Rec and Leisure Show

This year's Annual Recreation and Leisure Show will take place on Sunday, September 9, 2007. The show will take place from noon until 3 p.m. at the Gym.

There will be over 50 not-for-profit clubs and organizations in attendance. Come out and see what 8 Wing/CFB Trenton and the surrounding community have to offer.

If you are involved in a not-for-profit club or activity and are interested in booking a table for display, please contact the Personnel Support Programs (PSP) Community Recreation Director at 613-392-2811 ext. 2349.

Upcoming Pool Cancellations

Please be advised that Rec swimming will be cancelled on Wednesday, August 22, from 1 to 3 p.m., due to operational requirements.

Bronze Cross and Standard First Aid

The emphasis of this course is placed on the candidate's ability to respond to a variety of aquatic emergencies using principles of teamwork and emergency procedures.

Bronze Cross is a prerequisite for NLS. Candidates must be 14 years of age and have successfully completed Bronze Medallion and Emergency First Aid courses.

The Bronze Cross and Standard First Aid course will take place on Saturday, August 25, from 9 a.m. to 4 p.m.; Monday, August 27 to Thursday August 30 from 8 a.m. to 2 p.m.

The exam date is scheduled for Friday, August 31, from 8 a.m. to 1 p.m..

Cost is as follows: Military and CRA members, \$130; military community non members, \$140; general public, \$150. Manual fees extra if required.

Manuals used are the same as those used for the Bronze Medallion course.

POTTERY AND CERAMICS STUDIO

Watch for upcoming details on this new venture. The Rec Association will soon be offering studio time for experienced potters and ceramicists.

Please call 613-392-2811 local 2349 for more details.

Red Cross swim lessons

Registration for 8 Wing community begins on Saturday, August 25, from 10 a.m. until noon at the RecPlex. Registration will continue for 8 Wing from August 26 to September 8, during regular hours of operation.

Registration for the general public begins on Sunday, September 9, from noon to 3 p.m. at the Gymnasium, located on the south side of the base, during the annual Recreation and Leisure Show.

Registration for all will continue from September 10 to 21, at the RecPlex, according to the Recreation Association hours of operation.

Gear up for the Amazing Race

Join us on August 24, at 10 a.m. at the RecPlex Gym for the Amazing Race, with a new, longer route and more clues. This is open to those ages 11 to 18.

Cost: \$20 per team of two. Cost of the event also includes food and buff). Pre-registration is required no later than August 20 at 4 p.m. (pre-race packages given out at registration). Register today at the MFRC or RecPlex reception desk.

Kayaking for Kicks

Kayaking for Kicks is a three-hour adventure on the Bay of Quinte! Take this introduction course and enjoy renting kayaks at the south side Gym.

All equipment is supplied.

This course is great for small groups and families, and includes a wet exit/re-entry certificate, issued once performed.

Youth 12 years of age and over may take the course if accompanied by a parent.

Course dates: Sept. 5, 5:30 to 8:30 p.m.; Sept. 20, 5:30 to 8:30 p.m.; Sept. 28, 5:30 to 8:30 p.m.

Cost is as follows: \$50, military community/CRA members; \$55, military community non-members; \$60, general public.

Please note there is a new location for this course, which is 177 Main Street, Wellington.

Please register at the RecPlex to take advantage of the reduced cost (a \$60 value).

Disc Jockey Street Dance

Come on out and enjoy the live music of the Wired for Sound DJ.

Join us for a night of fun, music and friends, and meet the new kids on the block.

The dance will take place in the Military Family Resource Centre (MFRC) parking lot on Friday, July 20, and again on Saturday, August 25, from 7 p.m. to 11 p.m.

Cost is just \$5 per person, open to those between 9 and 18 years old.

Morning Aquafit classes

Morning Aquafit will take place on Mondays, Wednesdays and Fridays, from September 24 to December 21.

Please note, there will not be any classes held on Monday, October 8, 2007.

There are three classes to choose from. Class One will run from 7:45 to 8:30 a.m. (which is a shallow water class); Class Two will run from 8:40 to 9:25 a.m. (which is a deep water class); and Class Three will run from 9:35 to 10:20 a.m. (which is also a deep water class).

Cost is as follows: \$65 for military personnel and CRA members; \$70 for military community non-members; and \$75 for the general public

Registration for 8 Wing military community, (proof of qualification required at time of registration), will take place on Thursday, August 30, from 10 a.m. to 8 p.m.

Registration for the general public will take place on Thursday, September 6, from 10 a.m. to 8 p.m.

Carol Brown School of Dance

REGISTRATION

All Ages 2 1/2 years and up

Wed. Aug 22nd 10:00am - 5:00pm
Sat. Sept 1st 10:00am - 5:00pm

Studio: 49 Leopold St. Trenton
 Call 392-5693 or email: carol.cbdance@gmail.com

• Desktop Publishing • Posters • Laminating • Digital Copies

OP office plus **Randall's**

Darling's Copy Depot is now part of Randall's Office Plus and Gift Store. Come on in for some great deals on printing services, office supplies

Call Today 613-392-7273
Fax service: 613-392-3837

Trenton Town Centre • 266 Dundas St. E., Trenton
 • Fax Service • Enlargements • Scanning • Canon Laser Copies

NAPA AUTOPRO

CORMIER'S AUTO REPAIR

Trenton's #1 Choice For Quality Auto Service For Over 23 Years



General Repairs • Certifications • Alignment
 • Air conditioning • Drive Clean Test & Repair Facility

276 Front St., Trenton 613-392-2766

Advertise in

the Contact



Call Patricia
613-392-2811 Ext 7008

Please show appreciation and respect for the health and happiness of yourself and others.

Choose a designated driver when attending a party and, when hosting a party, be sure to supply non-alcoholic beverages for guests who are driving.




From the Management and staff of Personnel Support Programs



Contact CARRIERS NEEDED

to deliver Contact newspapers here at 8 Wing/CFB Trenton

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



Canadian Forces Ultrarunner: Running to make a difference

by Amber Gooding

Of all the things Sergeant Andrew McLean has managed to accomplish throughout his 17-year military career, none have been as satisfying as his current endeavour...helping to raise money and awareness for the Soldier On Program.

In partnership with the Canadian Paralympic Committee, Soldier On is geared towards helping injured Canadian soldiers rehabilitate and maintain a healthy



8 Wing Search and Rescue (SAR) Tech Sergeant Andrew McLean recently claimed the national title after competing in a 24-hour run in Ottawa.

active lifestyle through sport.

By introducing the injured to paralympic movement, activity and game, those that are now physically, and even mentally, disabled as a result of their injuries, have the chance to overcome their set-backs through this valuable program.

Sgt McLean, a Search and Rescue (SAR) Technician with 424 (T) Squadron at 8 Wing/CFB Trenton, spends his downtime trying to make a difference, setting goals along the way and achieving them with determination, tenacity and most importantly, a purpose greater than self-gratification.

He is also Canada's male Ultrarunner of the Year, having recently competed in a 740-kilometer race through the Yukon to raise awareness for Soldier On.

Unfortunately, Sgt McLean was left with no choice but to withdraw from the race after experiencing major pain due to a fracture-style foot injury.

As one of two Canadians to enter the the Yukon Arctic Ultra race, the event itself is the equivalent of 18 full marathons.

"I've always been aware and very conscious of society on many different levels," he said. "As a serving member, a friend, colleague and a Canadian citizen, I feel the need to do my part."

He also claimed the national title in the 24-hour run, held in Ottawa, raising \$2,000 for cancer research.

Sgt McLean's strong desire to help make a difference, and improve the lives of those who have been injured while serving overseas, stems from a long line of events that have made him step back and realize just how lucky some of us truly are.

"I have learned a lot about duty and selflessness," he said. "It's easy for me to get out there and run, it's what I do and have always done, but for those who have been faced with such a life-altering event, it's not always that easy to remain positive and see the future as bright as they had once before."

He realizes he's incredibly fortunate. Having served alongside those who are now permanently injured, as well as those who have lost their lives or loved ones in the line of duty, the world can seem like a dark place filled with daunting tasks, but like most of those with the spirit of strength and perseverance, even something so tragic can have a positive outcome.

That's why Sgt McLean wants to make his running count for something, and with that, draw attention to the work of the Canadian Forces, and the sacrifices being made every day—overseas and here at home.

"When I run, it's what I think about," he said.

Sgt McLean is at the forefront of Soldier On, having taken the initiative to contact the Canadian Paralympic Committee, and establish a program that helps the injured become involved in sport, as a proven way of rehabilitation.

"The aim of the program is to develop a sport system for people with permanent disabilities, that encourages participation at all levels," he said. "From recreational to high performance activities such as running, swimming, sledge hockey, wheelchair basketball and many others."

With over 20 different recognized and established sports (both summer and winter) for paralympic athletes to compete and participate in, athletes are able to continue

with a sport they've always played or have the chance to try something new.

While the Soldier On Program will benefit both serving and retired members, the program is uniquely designed to inspire soldiers to look beyond their injuries.

"The program also provides injured soldiers with an easier transition to reintegration in their community and independency," he said. "The program is a vehicle for those to continue to be physically active for life—and will open doors to other opportunities in life."

While Sgt McLean has participated and competed as a world-class athlete for many years, giving each race (as an example) a purpose, aside from beating a record or setting a new personal best, gives him a greater sense of satisfaction.

Whether it's raising funds and awareness in the battle against cancer, or helping to raise money for programs, services and equipment for Soldier On, Sgt McLean's races carry more weight than completing the race, or even winning it.

For a man whose career has led him to the aid of others, it only seems fitting that he would continue to help soldiers get back in the game.

"These soldiers have a full life ahead of them," he said. "And I hope to help members from the Canadian Forces and Veterans Affairs Canada one step further. Whatever sport or activity they want to do, I know they can do."

And of course, like any human being that takes pride in a job well done, as long as he raises the awareness, to raise the money, he's not opposed to beating the odd record once in a while—and no doubt, will.

Competition season winds down for 8 Wing Mixed Martial Arts Club

The 8 Wing Trenton Mixed Martial Arts (MMA) Club is now winding down from a busy competition season and turning their focus to fixing their training facility, located in the Officers' Mess, and gearing up for a new kids program scheduled for September.

Mixed Martial Arts is the popular sport displayed on events like the Ultimate Fighting Championships (UFC). The club has been at CFB Trenton for two years and offers instruction and coaching in Brazilian Jiu Jitsu, Boxing, Muay Thai Kickboxing, Wrestling, Judo, and MMA. The club makes the techniques and strategies available to everyone of all ages, gender, and fitness levels.

Not all members actively compete, but some competed in five different grappling tournaments this season, taking home a well deserved six gold, two silvers, and two bronze.

These mixed grappling competitions, hosted by the Canadian Jiu Jitsu Association and/or North American Grappling Association, allow practitioners of various martial arts such as Judo, Sambo, and Wrestling, to compete using any techniques without striking to win by points or

submission. Some members have also begun to compete in amateur boxing events and are doing well with the club supporting them.

Now the club is looking at updating its new facility and starting a new kids program that will offer training to ages 9-15, scheduled two to three times a week for one hour.

The club is currently canvassing people interested to determine the feasibility of the program as minimum numbers are required. The club is also looking for new adult members, teens ages 16-17 and adults over 18, to fill the empty spaces for personnel lost to 2007 postings. The RecPlex has lots of information for anyone interested in checking out the club's activities.

The club will also be doing its annual demonstration at the Recreation and Leisure Show on September 9 in the early afternoon at the base gym.

Right: Head Coach Sgt Chin-Leung (CFLAWC) executes a collar choke on Cpl Mike Dufour (8 AMS) from the back position.



 **JOAN MCGREGOR ENTERPRISES**
Presents the 2nd Annual
PSYCHIC & HOLISTIC FAIR
The Banquet Centre, 1 Alhambra Dr., Belleville

Friday Aug. 31st 1pm - 10pm \$1.00 Entry fee
Saturday Sept. 1st 11am - 10pm \$4.00 Entry fee
Sunday Sept. 2nd 11am - 8pm \$4.00 Entry fee
Monday Sept. 3rd 11am - 6:00 pm \$4.00 Entry fee
Weekend Pass Only \$7.00 Entry fee

Carefully chosen Psychics, spirit photos, computer printouts etc...
Free Draws and lectures. Related Products for sale.

**Present this ad and receive \$1.00 OFF the Entry Fee
OR a FREE Gemstone or Crystal on Sept. 1, 2 and 3**

**GOOD CREDIT 6.9%...BAD, CALL US FIRST
for an appointment**



2001 Grand Cherokee
8 Cyl., auto, air, tilt, cruise, heated leather seats,
PWindows, PLocks, CD player and much more!
Certified & E-Tested A MUST SEE!

 **Sundance Autos**
80 Highway #33, Trenton
613-392-6754
sundanceautos.ca

"The loan specialists"
• Cars • Mortgages
• Credit Cards



Leaders with "the AMS advantage"

by Suzanne Lebeau

Students from the Department of Applied Military Science (AMS) at the Royal Military College (RMC) located in Kingston, Ont. graduated July 3, after an intense and challenging academic year. The graduation represents the culmination of an intensive year of study by the students, which is designed to prepare them for the challenges of developing, improving and managing capabilities for the CF.

The knowledge and skills the grads gain while at AMS are especially important given Canada's current involvement in Afghanistan. As Dr. John Scott Cowan, principal of RMC, and the guest of honour at the graduation points out, "We are entering a period in which irregular warfare is now often the order of the day."

The realignment of CF priorities to cope with the current operating environment is an immense and complex

undertaking requiring new capabilities. Moreover, advanced technology, which is a key enabler of battlefield success, needs to be developed, refined and quickly integrated into the current force structure. It is therefore not surprising that increasingly, commanders are looking towards leaders with "the AMS advantage" to help them realize this complex change.

To meet this challenge students undergo a demanding year of education in the fundamentals of science and technology, they acquire in-depth knowledge on a variety of subjects in order to solve complex real life military issues using lateral, critical and creative thinking processes both individually and in team-based problem solving scenarios. The graduates from AMS programmes also understand the need for the soldiers, specialist and researchers to work towards achieving a common goal.

"You master the skills required for project man-

agement engineering and project direction, in completing this course it provides you with the "Advantage" required to achieve these challenges," said Captain Devon Matsalla, a former AMS student.

A key part of the learning experience provided to AMS students is the opportunity to study present and future trends in military technology within government and private sectors.

"I am definitely benefiting from the "AMS Advantage" in my employment as trial director for the Munitions Experimental Test Centre (METC)," says Chief Warrant Officer E. DeGready, a former student.

For more information about the programmes offered by AMS, please visit our web site at http://www.rmc.ca/academic/ams/index_e.html or contact Suzanne Lebeau at 613-541-6000 ext. 6158 or you can send an e-mail to Lebeau.SA@forces.gc.ca.

Des études en SMA : un atout indéniable

par Suzanne Lebeau

Des étudiants du Département des sciences militaires appliquées (SMA) du Collège militaire royal (CMR) de Kingston, en Ontario, ont obtenu leur diplôme, le 3 juillet, après une année d'études intense et exigeante. La collation des diplômés représente le point culminant d'une année d'études très chargée. Le programme est conçu pour préparer les étudiants à l'acquisition, à l'élaboration et à la gestion des capacités des FC.

Les connaissances et les compétences acquises par les diplômés durant le cours de SMA sont particulièrement importantes, étant donné la mission du Canada en Afghanistan.

« Nous amorçons une ère où les méthodes de guerre non traditionnelles sont chose commune », a expliqué M. John Scott Cowan, recteur du CMR et invité d'honneur à la collation des diplômés.

La réorientation des objectifs des FC afin que ceux-ci cadrent avec l'environnement actuel des

opérations est un projet immense et complexe qui nécessite de nouvelles capacités. Qui plus est, l'équipement de pointe, outil essentiel à la victoire sur le champ de bataille, doit être conçu, perfectionné et rapidement intégré à la structure actuelle. Il n'est donc pas étonnant que de plus en plus de commandants cherchent des chefs ayant étudié les SMA pour les aider à effectuer cette transition difficile.

Pour obtenir leur diplôme, les étudiants doivent réussir une année exigeante d'études sur les fondements des sciences et technologies. Ils acquièrent des connaissances poussées sur une variété de sujets en vue de résoudre des problèmes militaires compliqués réels en utilisant des approches indirectes, critiques et novatrices, individuellement et en groupe. Les diplômés du programme de SMA savent qu'il est primordial que les soldats, les spécialistes et les chercheurs travaillent ensemble à atteindre un but commun.

« Le cours permet de

maîtriser les compétences nécessaires à la gestion et à l'orientation de projets. Les diplômés des SMA ont ce qu'il faut pour surmonter les obstacles », souligne le Capitaine Devon Matsalla, ancien étudiant du programme.

Une composante importante de l'expérience d'apprentissage des étudiants en SMA est l'étude des tendances actuelles et futures de la technologie militaire dans un cadre gouvernemental et privé. « Mes études en SMA sont certainement un point fort dans mes fonctions de directeur des essais au Centre d'essais et d'expérimentation des munitions », affirme l'Adjudant-chef E. DeGready, diplômé en SMA.

Pour obtenir des renseignements sur les programmes offerts au Département des SMA, consultez le http://www.rmc.ca/academic/ams/index_f.html ou communiquez avec Suzanne Lebeau, par téléphone, au 613-541-6000, poste 6158, ou par courriel, Lebeau.SA@forces.gc.ca.

McCURDY

McCURDY CHEVROLET • PONTIAC • BUICK • GMC LTD.
"Multiline Supermarket of Cars & Trucks"



Welcome to 8 Wing CFB Trenton

Need Ontario Plates?

Safety Inspections and Emission
Testing Facility,
most makes & models

Full Service Shop
Shuttle Service
Open 6 days a week



McCurdy GM
174 Trenton Frankford Rd. Hwy 33, Trenton
613-392-1245

Easily accessed location just
South of exit 525 off of Highway 401

Monday - Friday 8:00 am - 6:00 pm
Saturday 8:00 am - 4:00 pm

www.mccurdygm.com

PLAYING THE LAST POST

Photo: MCpl Chris Connolly, 8 Wing Imaging



A bugler, Captain Kelly Begg of the 8 Wing/CFB Trenton Concert Band, plays the Last Post during a recent ceremony held at the National Air Force Museum of Canada which marked the dedication of a monument (cairn) to Canadian fighter pilots who gave their lives during the Battle of Britain.



8 Wing Trenton welcomes first of four CC-177s



Photo: Cpl Tom Parker , 8 Wing Imaging



Photo: Cpl Tom Parker , 8 Wing Imaging



Photo: MCpl Halina Folfas , 8 Wing Imaging

Clockwise from top left:

Canada's first CC-177 arrives at its new home at 8 Wing/CFB Trenton on August 12, 2007 for operations with 429 Transport Squadron.

Those in attendance at the Arrival Ceremony for the CC-177 GlobemasterIII had the opportunity to check out the interior of the massive aircraft.

Pictured from left to right: Lieutenant-General Angus Watt, Chief of the Air Staff; Colonel (Col) Mike Hood, Commander, 8 Wing/CFB Trenton, Sergeant N. Mallet; S.T. T. Cook; Captain M. Reekie; Warrant Officer F. Bessette; Leading Seaman J.F. Grenier and Chief Warrant Officer A. Maculey salute during the playing of the national anthem. The Air Force celebrated the arrival of the new CC-177 Globemaster III strategic lift aircraft at it's home base, 8 Wing/CFB Trenton.

**Entre de bonnes mains
à l'École élémentaire catholique
L'Envol**

**CONSEIL DES
ÉCOLES CATHOLIQUES
DE LANGUE FRANÇAISE
DU CENTRE-EST**
Le meilleur
conseil
qu'on puisse vous donner

**Bonne rentrée scolaire 2007-2008!
613.392.5590
www.ecolecatholique.ca**



HOROSCOPES

Weekly Astrology by Christine Davison

August 19 - August 25

ARIES (March 21-April 19): What began as a whimsical and carefree time may slowly become filled with plans, goals and determined steps towards achieving quick results. Make sure that some time is spent focusing upon sensual/ creative pursuits when the work is done. You'll feel elation after your ideas are put into action. Cultivate patience.

TAURUS (April 20-May 20): You may feel that love eludes you in some way, shape or form this week. There is much romantic potential if you re-examine the present situation and the relationships you are in. Those of you who are romantically involved may soon discover how deeply your current partner truly loves, cares for and desires you.

GEMINI (May 21-June 20): You may find yourself in a unique position to be of great assistance to someone else or for someone else to be in great assistance to you. Helping one another may strengthen bonds and feelings. Do you ever wonder why you spend so much time with this particular attractive friend and reveal so many secrets to them?

CANCER (June 21-July 22): There are many who may wish to get to know you better, despite the resistance and tough façade you show. One person in particular may be worthy of letting your guard down for. Chose wisely and follow your feelings this week and you may make a new friend as a result. Love can be found in strange places.

LEO (July 23-Aug. 22): You may feel as if everyone is putting on a show just for your benefit this week; you're not that far away from the truth. People want your attention; many desire to please you. A lover wishes to treat you regally while an admirer might worship you from afar. Try to keep things rooted in reality from time-to-time.

VIRGO (Aug. 23-Sept. 22): Happy Birthday Virgo! This may be a time of celebration, though it might also be a time for reflection. You may find your thoughts dwelling upon past relationships and your actions working towards some form of reunion or resolution. Follow your heart and trust feelings. Expect surprises, praise, gifts and romance.

LIBRA (Sept. 23-Oct. 22): Open up your heart and mind and you may be able to explore a relationship in a more in-depth, intimate way. If there is a choice to make this week regarding yourself and loved ones, take heart and have faith in your ability to judge fairly. This week a door may close at the same time another one opens....

SCORPIO (Oct. 23-Nov. 21): Others are irresistibly attracted to you this week. Use your power and influence wisely; it's alright to sway others' opinions, just don't harm anyone in the process, including yourself. Scorpio's deserve love and tenderness, even if their intense, brooding ways make them a tad difficult to cuddle at times.

SAGITTARIUS (Nov. 22-Dec. 21): This is your week to plan out an adventure. You may wish to wait a little bit yet before taking certain steps or implementing ideas; there will be new information and perhaps, changes in relationship dynamics over the next few days. What you discover will improve your life and opinion of others. Watch and wait.

CAPRICORN (Dec. 22-Jan. 19): You have many supporters and allies on your side in both your personal and professional lives. The work that you do now may change other's opinions and the ways that they relate to you. A new acquaintanceship may transform in surprising and highly interesting ways. Remain conservative, patient and strong.

AQUARIUS (Jan. 20-Feb. 18): Your superior intelligence sets the standard for which all should strive to achieve. What allows you to come up with such inventive, inspired thoughts is your need to be different in all you say, think and do. If someone compliments you, try to pay close attention to what they may be truly trying to express.

PISCES (Feb. 19-March 20): You need to show how much you care for and support those you love and they need to be there for you in return. This is a time to re-examine what it is you want out of life and whom it is you wish to share your heart with. Try to choose a partner who is as kind, loyal, artistic and spiritual as you are. Remain optimistic.

Astrological queries can be directed to Christine at www.moonsignastrology.ca

On the move with 

ROYAL LEPAGE



ProAlliance Realty, Brokerage
INDEPENDENTLY OWNED AND OPERATED

NOW
is the time to list!

Trenton 613.394.4837
Brighton 613.475.6242
Toll Free 1.800.263.2177

www.DiscoverRoyalLePage.com



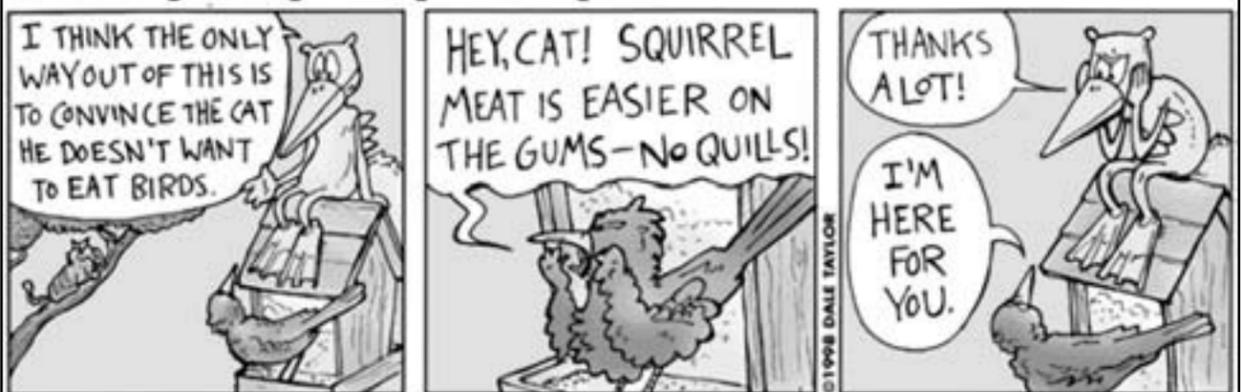
The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of The Contact Comics.



DuJour



Not In My Backyard! by Dale Taylor






Community Events

generously sponsored by...

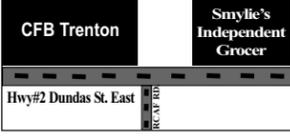


independent

YOUR INDEPENDENT GROCER



President's Choice



CFB Trenton
Hwy#2 Dundas St. East

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

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

37th ACS SYMPOSIUM

All former Canadian Forces Metals, Refinishing, Machining MOC trades personnel and or former and presently serving members of the Aircraft Structures Trade are cordially invited to attend the 37th ACS Symposium at 8 Wing Trenton 12-14 Sep 2007. Tentative schedule as follows:

- 2007-09-12: 0745 hrs - 1600 hrs
Symposium related guest speakers and sales demos
- 2007-09-13: 0745 hrs - 1130 hrs
Symposium related guest speakers and sales demo
- 2007-09-13: 1300 hrs - 1400 hrs
Stone dedication
- 2007-09-13: 1400 hrs- 1500 hrs
Proposed C-17 orientation
- 2007-09-13: 1730 hrs - 2400 hrs
Meet and greet @ Bakers Island
- 2007-09-14: 0800 hrs- 1500 hrs
Annual golf / euchre tournament

For more information please contact MWO Proulx (2007 chairman) 613-392-2811 (ext 2853) or Retirees point of contact Mr Mike Hackbart 613-827-7726 (csn).

ATTENTION PARENTS: Teddy Bear Wellness Clinic



LifeWorks invites you to bring your children and their teddy bears to Kids Food and Fun Day at the Belleville Farmers' Market on Saturday, August 25, from 9 a.m. to 11 a.m.

Join the zucchini car races, Teddy Bear Wellness Clinic, making veggie people, food tasting, colouring contest, family fun fitness, a puppet show and have your chance to meet Daffy Daffodil and win some great prizes!

For more information, please call 613-966-5513, ext. 213.

LifeWorks is a community partnership of individuals, community groups and organizations with an interest in promoting healthy living. We have been working together since 1998 to assist the residents in Hastings and Prince Edward counties to make positive lifestyle choices so they can live a healthy life.



CHAPLAIN SERVICES SERVICES OFFERT PAR L'AUMÔNERIE

Wing Chaplain- LCdr Steve Merriman -Aumônier de l'Escadre
Administrative Assistant - Mrs. Manon Pilon - Adjointe administrative 613-392-2811 x. 2490
UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS
LCdr Padre Steve Merriman, P; Capt Padre Mike Adamczyk, P; Agent de pastorale CR
Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate.
Rev. Jim Craig, P; Fr Julien R. Beaulieu, RC;
Both are Civilian Officiating Clergymen - membres du clergé civil.

WORSHIP SERVICES

- | | |
|---|--|
| <p>Our Lady of Peace(RC)
Christian community - communauté
Notre-Dame-de-la-Paix (CR)
Chapel Life Co-ordinator
Julien Régis Beaulieu
Co-ordinateur de Vie de Chapelle</p> <p>Mass
Sunday Mass (English): 1015 hrs
Messe Dominicale: 1130 hrs
Monday and Wednesday at 11h50</p> <p>Confession: Please, contact the W-Chaplains' receptionist to get in touch with a RC priest prior to coming over.</p> <p>Reconciliation: Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.</p> | <p>Chapel organizations (RC)
Chapel Pastoral Council: third Thursday, 1900hrs
Knights of Columbus: first Thursday, 1900hrs
CWL: second Tuesday, 1900hrs
Chorale: mercredi, 19h00
Choir: Tuesday, 1900hrs</p> <p>St. Clement Astra (P)
Protestant Community
Chapel Life Co-ordinator
Padre Mike Adamczyk</p> <p>WORSHIP SERVICE
Sunday Divine Worship: 0900 hrs
Holy Communion First Sunday of the month</p> <p>PARISH ORGANIZATIONS (P)
Chapel Guild: last Tuesday, 1930 hrs</p> |
|---|--|

DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR

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 pour l'aumônier en devoir.

NOTICE/AVIS

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.



Canadian Red Cross Quinte Branch



EMERGENCY AND STANDARD FIRST AID

The Canadian Red Cross, Quinte Branch, will be holding an Emergency and Standard First Aid course on Saturday, August 25 and Sunday, August 26 from 9 a.m. to 5 p.m. Please note: the Emergency First Aid course may be taken on the first day and then the Standard First Aid course.

Course will be conducted at the Quinte Branch Office located in the Lower Unit of McNabb Towers, 344 Front Street, Belleville.

For more information, or to register, please call 613-966-0730. Space is limited.

ATTENTION BOYS AND GIRLS AGES 11 TO 15

The Canadian Red Cross, Quinte Branch, will be holding a Red Cross Babysitting Course on Tuesday, August 28 from 9 a.m. to 5 p.m., at the Quinte Branch Red Cross Office, located in the lower unit of McNabb Towers, at 344 Front Street in Belleville.

Registration is required. Space is limited. Those interested are asked to call 613-966-0730.

Rainbow Dance Fundraising Event

Join us on September 29 at the Bohemian Penguin Banquet Hall, located at 399 Front Street in Belleville. The doors will open at 9 p.m. and the dance will last until 2 a.m. Admission is \$8.00 per person.

This event is sponsored by Free to Be and the Metropolitan Community Church.

Sunday Service

Worship with us every Sunday at 10:30 a.m. at the Orchard View Baptist Church, located at 178 Lester Road, in Trenton. This service is led by Pastor Raymond A. Wilson, D Min.

Health

Health Promotion in the Canadian Forces
**STRENGTHENING
 THE FORCES**
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes

The Jock Doc's tips on avoiding injury

by Major D. Menard
 MD Dip Sport Med

With the nice summer weather many of us participate in a wide variety of activities that may not have been possible over the long cold Canadian winter. Some of us do them for fun, others because we are required to and many simply want to shed a few pounds and get in better shape. Regardless of your motivation, the following are some common sense tips to help reduce your risk of getting injured:

1. Start back slowly. If you have been inactive for a while, your body will need time for your muscles, joints, ligaments and tendons to adapt to the stress of regular exercise. Your muscles will adapt faster than your tendons because they have a larger blood supply. This leaves your tendons vulnerable to injury if you train too hard too soon. A short period of muscle soreness always occurs when you resume being active and this is best handled by exercising at a lighter intensity until the soreness disappears. Don't stop being active.

2. Running isn't everything. While running is a very popular fitness activ-

ity, it is also a high impact activity. Each time a runner's foot hits the ground; their body must absorb a shock of 5 times their body weight. For a 100kg person this means absorbing a half-ton shock with every stride. Multiply this by thousands of strides and you have an enormous demand on the body's shock absorbers – muscles, joints, cartilages and discs. Incorporating some low impact activities into your training will help to reduce the stress on these important structures. Swimming, cycling, elliptical machine, power walking, rowing, weight load marching, cross country skiing, skating, snow shoeing and rollerblading are all excellent low impact aerobic fitness activities.

3. Cross train to reduce strain. Cross training involves varying up your training activities on a daily basis. Some people run one day and bike the next while others do a wide range of different things. Cross training is great for your body because it reduces the overuse injuries we see in people who do the same fitness activity every day of the year. With cross training, the body struc-

tures you stress today get to rest tomorrow when you do something else. This extra rest allows more time to repair the microtrauma caused by all your workouts. Varying your training is also good way to keep from getting bored.

4. No pain – No gain makes No sense! Beneficial exercising doesn't have to be a near death experience and yet many of us beat ourselves up every workout. When you find yourself doing this, try reminding yourself that you aren't trying out for the Olympic team. Training too hard and too often is one of the most common reasons that people get over tired and injured. Even very low intensity exercise is beneficial. What is important is how regularly you exercise not how hard.

5. Listen to your body! If you are in pain slow down. If the pain doesn't go away when you slow down, stop the activity and use the RICE principle (Rest, Immobilize, Cold compress and Elevate). If you remain in pain several days after your training session, consider seeing your physician. Allowing the time for injuries to heal in the early stages is a smart

move that can prevent little problems from becoming big problems. When your body is talking to you, hopefully you will listen so it doesn't have to scream.

6. Rest and recovery are essential parts of a great training program. If you are training hard, one way to reduce the chances of overtraining and injury is to regularly schedule recovery days. These are days when you significantly reduce the intensity of your workouts, cross train or completely rest. For example, a tired swimmer might go for an easy bike ride to give his/her arms a rest. Recovery days are just as important as your hard workouts because they give your body a chance to adapt and repair. As you age your need for recovery days increases. Most 40-year-olds will need two or more recovery days between intense workouts.

That's all for now folks. I hope these common sense tips help each of you to enjoy a healthy, active and injury free summer. Exercise is medicine!

For Health Promotion information, please contact Kendra Lafleur, HPD at local 3767.

Vaccination program to help reduce cancer

Hastings and Prince Edward Counties/August 14, 2007 – Grade 8 females will be offered Human Papillomavirus (HPV) vaccine (Gardasil) in school-based clinics in the Fall 2007 to fight cervical cancer.

The Hastings and Prince Edward Counties Health Unit will be offering the Gardasil vaccine to Grade 8 students in the Fall 2007 on a voluntary basis. Gardasil helps protect against several types of HPV. HPV is a common virus that can cause cervical cancer and/or genital warts. Most types of HPV do not cause any symptoms and therefore one can pass on

the virus without even knowing it. Although anyone is at risk for developing HPV infection, young women between the ages of 15 to 29 are at the highest risk. It is important to be vaccinated against HPV before being exposed to the virus via sexual activity even if there is no intercourse.

The Health Unit will be offering Gardasil in the Fall at school clinics. Gardasil requires 3 doses that are given over a 6 month period. It is very important to receive all three doses of Gardasil to allow one to get the full benefits from the vaccine. The first dose of Gardasil will be offered to

Grade 8 female students in Sept 2007 with follow-up doses in November 2007 and March 2008. The Gardasil vaccine (3 doses) is being offered to all Grade 8 female students at no cost.

Gardasil is not a mandatory vaccine. Students will receive an information package regarding this new publicly-funded vaccine in September to help parents/students make an informed decision whether or not they want the Health Unit to give the Gardasil vaccine. This new vaccine program will run like the Hepatitis B and Conjugate Meningococcal vaccination programs and require a

signed consent form.

Having a Pap test is an important way to protect yourself from cervical cancer later in life. A pap test looks for abnormal cells in the lining of the cervix before they have the chance to become precancerous or cervical cancer. Using condoms, limiting the number of sexual partners and/or vaccination with Gardasil are all important ways to help prevent cervical cancer later in life.

For more information about Human Papillomavirus (HPV) and the Gardasil vaccine please contact a member of the immunization staff at the Health Unit at 613-966-5513 Ext 313.



Notice TO ALL VETERANS

Please be advised that Mr. Scott Young, Provincial Service Bureau Officer from Aurora Ontario, will be at Trenton Legion Br. 110 from the hour of:

8:00 a.m - 4:00 p.m
Tuesday, Sept. 4, 2007

Anyone wishing more information, advice or assistance regarding War Disability Pensions, Treatment, Allowances etc. is requested to contact the Branch 110, to arrange for an interview. We urge you to take advantage and get some valuable advice concerning your problems.

For An Appointment Call
Branch 110, Trenton
613-392-0331 9:00 a.m - 4:00 p.m
Monday -Friday

RAWSON TRAVEL est 1969
 Cruises & Package Tours Worldwide
 Unmatched Service, before & after your trip.
613-968-3526
 42 Dundas St. E Belleville ON.
 rawsontravel@on.aibn.com

Carmela Estates Winery
 Book your event in the beauty
 and serenity of the vineyard
 Ask about free hall rental.
 613-399-3939
 www.carmelaestates.ca

**CARRIERS
 NEEDED**
 to deliver Contact newspapers
 here at 8 Wing/CFB Trenton

Please call
613-965-7248
 Leave your name, address,
 phone number & age.

Contact

Please recycle this newspaper!



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Deployment Support / Wednesday Night Out
 August 22 - **Tole painting**, with Gigi
 August 29 - **Family BBQ**- the Kiddy Commando will also be available
 Call to find out what is coming up 613-965-3595 or 613-965-3575
A variety of activities coming up, please visit the MFRC website calendar
www.trentonmfrf.cfbtrenton.com

Soutien au déploiement / Les sorties du mercredi soir.
 22 août - **"Tole Painting"** - avec Gigi.
 29 août - **Barbecue familial** - Le Kiddy commando sera aussi disponible.
 Téléphonnez pour savoir ce qui s'en vient comme activités,
 613-965-3595 ou 613-965-3575
Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, www.trentonmfrf.cfbtrenton.com

Quinte West firefighters donate profits of wearing red on Fridays

On 27 July 2007, professional and volunteer firefighters from the seven Quinte West Fire Halls presented MFRC representatives with a donation of \$2,000 to help with our work with the children of 8 Wing/CFB Trenton military members.

Red Shirt Committee Chairperson; Fire Fighter Ross Elson, explained that the firefighters had initially wanted to show their personal support for the military and their families, and had secured permission from Fire Chief Cliff Jeffrey to wear a red golf shirt on Fridays to show their support. That initiative led to fundraising for military families, and they then decided to entrust the MFRC with these funds.

He said this link to the military reflects the common sense of purpose that military and firefighters share: both have chosen careers that involve putting their own lives at risk for the welfare of others and both have families who live with a full understanding of these risks.

The MFRC was represented by Captain Steve Vollhoffer, a Past President of the MFRC and former 8 Wing Fire Chief, together with Mary Lazier-Corbett,

Executive Director of the MFRC, and Lesley Patterson, the Daycare Director. They accepted the cheque on behalf of the MFRC, and expressed the MFRC's appreciation for the support Quinte West Fire Fighters are offering the military and their families.

They also promised to make sure the Firefighters get a report on just how the funds are spent. Ms. Corbett advised that some would go to support the video pictures and messages prepared by children in daycare for their deployed parents, and some would go to support programs for children whose parents are being deployed.

Captain Vollhoffer noted that many military at Trenton, while not formally "deployed", are assigned to somewhat shorter missions in many parts of the world, away from their families for what can amount to substantial parts of the year, and, at times, facing dangers similar to those engaged in longer term, more publicized deployments.

A part of the Firefighters gift will also support the needs of this group.



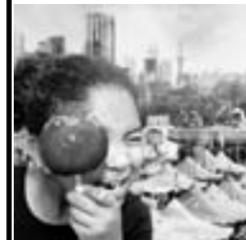
LET S GO TO THE VIENS, ON VA A U

AUGUST 17 - SEPTEMBER 3
 17 AOUT - 3 SEPTEMBRE



Buy your CNE tickets at the MFRC
 Save up to 36% and avoid line-ups at the gate!

Achetez vos billets de ENC au CRFM
 Épargnez jusqu' 36% et évitez les lignes 1 entrée!



* Tickets valid any one day of the 2007 CNE
 * CNE admission includes admission to Ontario Place
 * Les billets sont valides pour 1 journée de votre choix durant le ENC 2007 * L' admission au CNE inclut 1 admission la place

MAGIC PASS!
 admission + rides/manèges
 29,00\$ (rabais de 16\$)

FUN PASS! admission
 9,00\$ (rabais de 5\$)

Join the MFRC on Saturday, September 1 on a bus trip to the CNE. Buy your tickets at the MFRC and add \$5 per person to get on the bus. The bus will leave the MFRC at 8 a.m. and return by 9:30 p.m. ***Preferences will be given to families of deployed members until August 17***

Joignez le CRFM, samedi 1 septembre pour un voyage en autobus au CNE. Achetez vos billets au CRFM et payez 5\$ de plus par personne pour l'autobus. L'autobus partira du CRFM à 8h et reviendra vers 21h30.
La préférence est donnée aux familles des membres déployés jusqu'au 17 août

Danse dans la rue, pour les 9 à 16 ans

Vendredi, 25 août de 19h à 23h
 Coût : 5\$, dans le stationnement du Centre Siskin

Street Dance for the 9-16 years old

Friday, August 25, 7 - 11 pm
 Cost : \$5, Siskin Centre Parking Lot



Get tickets at reduced price at the MFRC
 Achetez vos billets au CRFM à prix réduit

Senior, Children, 3+ & less than 48" tall ----- \$21.00
 Adults (3-59 years & over 48" tall) ----- \$38.00

Sénior, Enfants, 3+ & moins de 48" hauteur --- 21,00\$
 Adultes (3-59 ans & plus que 48" hauteur) -----38,00\$

Please read our newsletter "Touching Base" or visit www.trentonmfrf.cfbtrenton.com for more information
 S'il vous plaît, consultez notre bulletin de nouvelles "Touching Base" ou visitez www.trentonmfrf.cfbtrenton.com

EXHAUST, BRAKES & ABS OUR SPECIALTIES

MILBRO
 AUTOMOTIVE

Full Service Automotive
 Repair Centre

DND
 Discounts

613-394-3357

220 Dundas St. E. Trenton www.milbroauto.com

SAFETY INSPECTIONS
 RUST PROOFING - TIRES
 DIAGNOSTICS - SHOCKS & STRUTS - TUNE-UPS

PET GROOMING • BOARDING
 FOR DOGS AND CATS

• FULL GROOMING FOR DOGS AND CATS OF ALL SIZES.

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

CALL NOW TO FIND OUT MORE ABOUT OUR SERVICES!

12 CARRYING PLACE RD. IN TRENTON

613-392-7087

Crazy Dogs
 PET STYLING SALON & BOARDING CENTRE

Credential
 Securities

293 Sidney Street
 Belleville, ON K8P 3Z4

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

Don Lockey, BA, CSA
 Investment Advisor

Tel: 613-966-9690 Fax: 613-966-8909
 E-Mail: dlockey@qcu.ca Member: CIPF



Don't get sidelined by a weekend accident



Submitted by
Don Heans,
Wing General Safety
Officer

We'd like to see you back at work on Monday. Weekend accidents on the road, at home and during recreational activities account for a great deal of lost work time. Take good care of yourself this weekend and keep these safety tips in mind:

Never drink and drive, and never ride with a driver who has been drinking.

Wear your seat belt any time you travel in an automobile. Insist all occupants buckle up.

Wear head protection

for activities such as bicycling and in-line skating. Wear the appropriate Personal Protective Equipment (PPE) for any sports. Remember to wear safety shoes, gloves, eye protection, hearing protection and other PPE when doing home maintenance and building projects.

Install smoke detectors in your home. Maintain them by checking and changing the batteries regularly.

Have family fire drills at least twice a year. Make sure everyone knows how to get out alive.

Inspect your home for safety hazards. Look for improperly stored flammable liquids, poisons and other hazardous materials. Check for electrical problems such as damaged cords, loose plugs or overloaded circuits.

Read the labels and follow directions when using any chemicals, even

common household cleaning products.

Use ladders correctly. Get a stepladder instead of climbing on a makeshift scaffold such as a chair or table. Open the ladder fully and lock the spreaders in place. Never use a metal ladder for any kind of electrical work, even changing a light bulb.

Avoid excessive exposure to the sun. Wear a hat, long sleeves and long pants to protect yourself from sunburn, and put on a sun-blocking cream. A sunburn can keep you from coming to work, and it can also lead to skin cancer.

Post emergency numbers at each telephone in your home. Along with the numbers for fire department, ambulance and police, you should also put your own address because it is easy to forget it in a crisis.

You are needed here at work. Don't let a weekend accident sideline you.

Fire Prevention Week 2007

With the approach of fall, the 8 Wing Fire Department is gearing up for yet another Fire Prevention Week. This year's theme is "Practise Your Escape Plan" and will kick off officially on October 7, 2007.

As in years past, the Department will be holding various activities throughout the base and at the various schools in the 8 Wing community. This year's unofficial opening and celebration for the community will be on September 30, in conjunction with the Military Family Resource Centre Family Day. The event will take place at the Siskin Center Parking Lot at 50 Rivers commencing at 1000 hrs and ending at 1500

hrs. All Wing personnel and their families are invited to attend.

Numerous activities are planned including a miniature Fire Fighter Combat Challenge, a smoke house for children to practice evacuation of their homes, a colouring contest, fire truck rides and a draw for a chance to win various prizes.

All members of the 8 Wing community are encourage to attend this year's event and, if history is any indication, the event will be enjoyed by all. If you require further information, contact the 8 Wing Fire Prevention Office at local 7880 or 3910.

See you there!



8 Wing firefighters perform well at Combat Challenge

by Cpl Jacques Caron

The 8 Wing Trenton Firehall Combat Challenge team participated in the Eastern Ontario championship event on Saturday, August 4, 2007 in the Kingston. The team was composed of Team Captain Cpl Jacques Caron, Cpl Daniel White, Pte Greg Scott, Andrew Husk, and Tony Wu

The individual competition — popularly known as the Firefighter Combat Challenge —

is a lung-burning, muscle-aching contest that includes six events designed to simulate some of the real-life obstacles firefighters encounter at an accident scene. Firefighters wear full gear, with breathing apparatus, in the competition.

All events replicate actual firefighting scenarios. "Motivation goes beyond a first-place finish. Participating firefighters train all year, which raises their level of on-the-job performance and helps

Photos: Submitted



Cpl Dan White is seen here giving some words of encouragement to his teammate, Cpl Jacques Caron.



The team was comprised of Pte Anthony Wu, Cpl Dan White, Cpl Jacques Caron, Pte Andrew Husk and Pte Gregg Scott.

them better serve their communities."

The location of the event was at Lake Ontario Park and the breeze from the lake felt good. The first part was the relay competition and we beat out the team we went against with a time of 1 minute 31 seconds which stood as best for six races—but it was not meant to be for this day.

8 Wing ended up in 16th place out of 28, which is not bad.

Then the real test started with individual races. Cpl White had a good race and finished with a time of 1 minute 46 seconds and I eventually competed and finished 4th overall in the over 45 category with a time of 2 minutes 19 seconds—which was a personal best this year for me and I qualified for the National Championship, which will be held in Halifax, Nova Scotia in late August.

More than 140 firefighters from all over Ontario, Quebec, Nova Scotia and even Vermont, U.S.A. competed in this year's championship and no records were broken.

I wish to thank all the people that helped me during the past three months, including the PSP staff, Red and Green crew and all of my supervisors at the firehall and finally, the Wing Fire Chief, for his financial support..

Showcase

Showcase



WO D. Elliott
received a promotion to that rank,
presented by LCol A. Agnew, CO 8AMS.



MCpl S. Bernard
received a promotion to that rank,
presented by LCol A. Agnew,
CO 8AMS.



MCpl C. Jodouin
received a promotion to that rank,
presented by LCol A. Agnew,
CO 8AMS.



Sgt D. Desaulniers
received a promotion to that rank, presented by
LCol D. Cochrane, CO 426 Sqn.



CWO J. Gyuk
received a promotion to that
rank, presented by LCol D.
Cochrane, CO 426 Sqn.



WO G. Bush
received a promotion to that
rank, presented by LCol D.
Cochrane, CO 426 Sqn.



Sgt J. Shewaga
received a promotion to that
rank, presented by LCol D.
Cochrane, CO 426 Sqn.



Sgt A. Skwirut
received a promotion to that
rank, presented by LCol D.
Cochrane, CO 426 Sqn.



WO W.J. Roth
received a promotion to that
rank, presented by LCol D.
Cochrane, CO 426 Sqn.



Capt S. Lemire
received a promotion to that rank,
presented by Maj S.M. Raby.



Sgt K.M. Clifford
received a promotion to that rank, presented by
Maj J. Fernandes, 8AMS.



Sgt J.J.P Turgeon
received a promotion to that rank,
presented by LCol Lowthian, CO 429 Sqn.



MCpl D.S. McDonald
received a promotion to that rank,
presented by LCol Lowthian, CO
429 Sqn.

Congratulations! Félicitations!

Classifieds

Classified

For Classified Information Call

613-392-2811 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 The CONTACT, 142 Yukon Street, 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. The 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 wherein the error occurred.

USERS & AD READERS

The CONTACT is not responsible for the products and/or services advertised. Readers should exercise their best judgement with the content. The CONTACT will not knowingly publish any advertisement which is illegal, misleading, or offensive. In compliance with the Human Rights Code, The CONTACT reserves the right to make necessary changes in ad copy.

Business Services

SEWING MACHINE REPAIR SERVICE

- Reasonable rates
- Specializing in older models.

Call 613-392-6670
Ask for Bob

NEW & USED REFRIGERATORS

Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees. Fridges \$100 and up

NEW APPLIANCES

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

PAYS CASH

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

SMITTY'S APPLIANCES LTD.
613-969-0287

RUSHNELL FUNERAL HOME & CREMATION CENTRE

60 Division Street
Trenton

613-392-2111

BOARDING

Dogs & cats. Individual exercise. Secluded country setting. Airport service available. 5 mins. from 401

Brighton. Call
EDDYSTONE KENNELS
613-475-4405

L&L BBQ Catering

Call
613-395-0097
FOR ALL OCCASIONS!
BBQ Rentals Available

For Sale

Belleville Volkswagen

Used Passats... 4 to choose from!



- 2003 GLX 4 motion, 6 cyl, automatic,
- 2003 GLS 6 cyl, 5 speed, manual
- 2001 GLS 1.8T, 4 cyl, manual
- 2001 GLS 1.8T, 4 cyl, manual

Call Paul for Details

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

House for Sale
26 Bridlewood Lane
Trenton

Spacious, bright 5 bdrm 3500 sq. ft. brick home, plus 1700 sq. ft. finished basement, with a 4(3+1) garage. 3 bdrms feature spacious walk-in closets. Private back yard with perennial landscaping overlooking a wooded ravine.

www.propertyguys.com
ID 136028
\$649,000
(705) 653-4545
Hosts Dr. Jerry & Cerise Sue-Chue-Lam

Kitchen table & chairs, reupholstered, excellent condition!
Asking \$150
Call 613-354-2230 or 613-392-2811 loc 3607

2004 Grand AM SE
V6, 78000 km, dark grey, lady driven, PW, PL, air, CD, cruise, factory tinted windows, 2 winter tires. Must sell. Excellent shape!
\$9500 as is.
Call Cori at 613-394-5587

Please recycle this newspaper!

For Rent

House for Rent

Brighton 10 -mins to base. family home in the country, 3 bdrm, brick bungalow, full bsmt, C/A, dishwasher, garage, huge yard, lots of parking. \$1200 + utils. First & last required. References.
Call 416-427-5454

ADULTS!

1 bedroom apts. from \$560
2 bedroom apts. from \$657

Utilities & cable included
Affordable, quiet & secure

CLOSE TO BASE

KLEMENCIC PROPERTIES

613-392-7839

Seeking quiet, professional for bedroom rental in house, Trenton, close to 401 & the base. \$425 incl. utils. non-smoking
613-243-4686

House for Rent

3 bedrooms, 2 baths, propane fireplace, deck with pool & hot tub, garage, large private lot, 1 bedroom guest house with 2 pc bath. Barcovan Beach Rd, first, last & references required. \$1100/month + utilities. Call Pat at 613-476-3443.

Multiple units for rent, in completely renovated building, located halfway between Trenton & Brighton. All on ground level. Lrg 2 bdrm units \$875/inclusive Lrg 1 bdrm units and furnished bachelor units starting at \$600/mth all inclusive.
Call 613-965-1062

Belleville All Inclusive
2 bdrm lower apartment. In adult building, nice area, Available Sept 1, 2007 \$1100 - includes appliances, hydro, cable plus. Lease. References. No Pets. Not suitable for students. Parking available.
613-962-8113 or 613-969-0138

Cleaning Services

Tammy's Cleaning Service

Years of 100% successfully passed Marchout Inspections, & 20 years of housecleaning in the Quinte Area. Opening and closing services available.

"I likely clean for someone you already know."

Call Tammy
613-392-0759
Cell: 613-847-7670

MOVING MAIDS

Total house cleaning top to bottom. You move... We clean... Moving Maid Easier!
905-349-2553

Wanted

Wanted to Buy

Fridges, stoves, washers, dryers in working order and clean. Will pay good price. No dealers. Please call
1-613-969-0287
or 613-968-4183

Employment

Full Time Pharmacy Technician

wanted in medical pharmacy in Trenton. Good computer & communication skills needed. Previous pharmacy experience preferred. No evenings & weekends. Please fax resume to 613-392-6635

CARRIERS NEEDED

to deliver Contact newspapers here at 8 Wing/CFB Trenton



Please call
613-965-7248
Leave your name, address, phone number & age.

Contact

Crossword Answers

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



« Le Canada d'abord » pour l'approvisionnement de la Défense – livraison du premier avion de transport aérien stratégique C-17

Défense nationale

Dans le contexte mondial changeant et incertain d'aujourd'hui, les Forces canadiennes doivent avoir des moyens fiables et indépendants de transport aérien stratégique pour déplacer leur équipement lourd ou un grand nombre de passagers rapidement et sur de longues distances, à l'endroit et au moment voulus. En fait, le transport aérien stratégique est la manière la plus efficace de couvrir de longues distances en réduisant le nombre d'équipage et d'escapes. En outre, il coûte moins cher en carburant.

En se dotant de la capacité de transport aérien stratégique, le Canada sera en mesure d'apporter une contribution opportune et appropriée aux opérations internationales comme seulement quelques pays peuvent le faire et d'intervenir dans les situations de crise au pays.

Il pourrait s'agir entre autres exemples: --de la participation aux secours humanitaires par l'entremise de l'Équipe d'intervention en cas de catastrophe des Forces canadiennes;

--du transport de secours dans une situation de crise au Canada, comme les inondations, les tempêtes de verglas ou les incendies de forêt;

--de l'envoi en Afghanistan de deux véhicules blindés légers, prêts au combat.

À l'heure actuelle, la

seule capacité de transport aérien stratégique dont disposent les Forces canadiennes est le CC-150 Polaris (un Airbus A310 modifié), qui est limité en raison de sa capacité restreinte de transport de cargaisons et des conditions opérationnelles dans lesquelles il peut servir.

Le Canada d'abord, ici et à l'étranger – Comment nous comblons les besoins en allant de l'avant: En acquérant une capacité de transport aérien stratégique, les Forces canadiennes seront en mesure de déployer rapidement leur équipement et leurs soldats sans devoir s'en remettre à leurs alliés ou à des entrepreneurs.

Capacités de l'aéronef: -- Un contrat a été accordé à l'entrepreneur retenu pour le projet de transport aérien stratégique en vue de la livraison de quatre aéronefs stratégiques qui satisfont à toutes les exigences en matière de capacités obligatoires des Forces canadiennes.

Voici les capacités du C-17 Globemaster III: Rayon d'action et charge utile maximale – Environ 76 657 kilogrammes sur 2 400 milles nautique, soit un rayon d'action suffisant pour appuyer les opérations qui se déroulent à l'échelle nationale et sur la scène internationale.

Opérations dans des endroits reculés du globe – L'aéronef peut décoller de pistes courtes, sans

revêtement (sur 2 359,15 mètres avec la charge utile maximale), y atterrir et y larguer du personnel ou de l'équipement, assurant ainsi la souplesse nécessaire pour soutenir les opérations des Forces canadiennes au Canada et sur des théâtres potentiellement hostiles à l'étranger.

Espace de chargement – L'espace de chargement fait environ 27 mètres de long sur 5 de large et 4 de haut, soit un espace adéquat pour transporter l'équipement sur roues et le matériel sur palettes normalisées de l'OTAN, l'équipement sur roues dans une configuration prête au combat et les hélicoptères de transport tactique des Forces canadiennes. L'aéronef permet également de charger et de décharger des marchandises sur palettes dans des endroits austères, sans équipement spécialisé. L'aéronef a été certifié à la date d'octroi du contrat selon les normes de certification des aéronefs reconnues par le Canada.

Une flotte de quatre aéronefs est suffisante pour fournir l'aérotransport et l'entretien stratégiques voulus et pour offrir la souplesse opérationnelle permettant de mener à bien des tâches multiples à l'appui de déploiements sur la scène nationale et internationale. Il s'agit du premier aéronef à être livré. Le deuxième devrait être à l'automne et les deux derniers, au printemps 2008.

Photo: Gina Vanatter



CC-177 Backgrounder

National Defence

Acquiring strategic airlift allows Canada to make timely and relevant contributions to international operations that few other countries can, and to be able to better respond to crises domestically.

Examples include: --Supporting humanitarian aid operations through Canadian Forces' Disaster Assistance Response Team operations;

--Providing relief to domestic crises such as floods, ice storms and forest fires; and

--Transporting two combat ready Light Armoured Vehicles to Afghanistan.

Currently, the only strategic airlift capability the Canadian Forces owns is the CC-150 Polaris (or modified Airbus A310), which is limited by its cargo carrying capacity and the operational conditions under which it can be used.

Canada First at home and abroad – how we'll meet needs moving forward: -- Gaining a strategic airlift capability will ensure the Canadian Forces can quickly deploy our equipment and personnel without having to rely on our allies or contractors.

Aircraft capabilities --The contractor selected for the strategic airlift project was awarded a contract to deliver four strategic aircraft that met all the mandatory capabilities of the Canadian Forces. **The C-17 Globemaster III capabilities:** --

Range with Maximum Payload – Approximately 2,400 nautical miles with 76,657 kg – sufficient range to support domestic and international deployed operations.

Global remote operations – The aircraft can take off from and land on unpaved, short runways, (2,359.15 m with maximum payload) and airdrop personnel and/or equipment; providing the flexibility required by the Canadian Forces for operations in Canada and potentially hostile theatres of operations overseas.

Cargo compartment – The cargo compartment is approximately 27 m long, 5 m wide and 4 m high – sufficient to transport wheeled and NATO standard palletized equipment, wheeled equipment in a combat ready configuration and Canadian Forces helicopter assets. The aircraft can load and unload palletized cargo at austere operating locations without the use of specialized loading equipment.

The aircraft was certified to aviation certification standards recognized by Canada by the contract award date.

A fleet size of four aircraft is sufficient to provide requisite strategic airlift and maintenance, and to enable the operational flexibility to permit the conduct of multiple tasks in supporting domestic and international deployed operations.

This is the first aircraft to be delivered, with the second expected in the fall and the last two in spring 2008.

SUPER STARTER
Maintenance free exterior, vinyl windows, steel doors, paved drive, fenced backyard, backing onto park. Two bdrm home with hardwood floors in livingroom and bdrms. Ceramic floors in kitchen and bath. New gas furnace (10 yr warranty), new bath. Updated hydro. Interior freshly painted. Call Roxee 613-969-2537

5 minutes to CFB
26 Kerr Crescent \$115,000

ROYAL LEPAGE
ProAlliance Realty, Broker
855 Dundas Street East, Trenton, Ont. K8V 1M1

Roxee Morden
Sales Representative
Office tel. 613-394-4857
Cell no. 613-969-2537

ROYAL LEPAGE **marlene LETOURNEAU** pen a la main
ProAlliance Realty, Broker Service en français

Office: 613.966.6060
Direct: 613.848.2284
Fax: 613.966.2904
mletourneau@royallepage.ca

357 Front St., Empire Square, Belleville, ON K8N 2Z6

My door is always open

Advertise your listings with us!

Call Patricia
613-392-2811
Ext 7008

Contact

We're big on results.

Remax Trent Valley Realty LTD Broker

Trenton 447 Dundas St. W 613-392-6594
Brighton 41 Main St. 613-475-6594
Toll Free: 1-800-567-0776

Check us out at... www.remaxtrent.com



Bob's GONE BAZOOKA ON USED

Bob's Pick of the Week

2004 SAAB

9.5 Arc, 245 HP, Turbo Charged, 4 Dr., Air, Cruise, Tilt
Air Conditioned & Heated Seats, 17" Wheels,
One Owner, Complete Service History,
Tap Down Transmission only 44 kms,
Balance of Factory Warranty



ONLY

\$19,999 PLUS NO GST



We Have the Largest Inventory of Used Saturns in Eastern Ontario.



2005 ION
#57365A - Auto, 4 cyl., 4 door, air, CD player



2005 ION
#57017 - Auto, air, 4 door power windows & locks



2005 ION SEDAN
#57026A - Auto, power, 4 door, CD player, air



2006 ION 2
#57236A - Auto, 4 cyl, power, 4 door, CD player, air



2005 ION 3
#5P7009 - Auto, 4 cyl., CD player, 4 door



2005 ION 3
#57225A - Auto, 4 cyl, air, power, CD player, compass

Featuring: ✓ Polymer panels - rust and dent resistant ✓ Factory warranty ✓ Saturn certified
✓ Bob makes your first 2 payments up to \$500 ✓ Great used Saturn models from 2003s to 2006s



2004 ION 3
#55106A - CD player, keyless entry, spoiler, 5 speed, air



2004 ION 2
#57245A - Auto, air 4 door, CD player



2005 ION 2
#5P7007 - Auto, 4 cyl., 4 door, CD player, air



2004 ION 3
#57232A - Auto, air, 4 door, CD player, PW, PL, tinted windows



2004 ION 3
#5P5082 - Auto, 4 cyl, 4 door, air, power, CD player



2003 ION 3
#5P5086 - 5 speed, air, power, CD player, 4 door

Bob Clute



SATURN OF BELLEVILLE

HWY #2 WEST OF WALLBRIDGE-LOYALIST RD, BELLEVILLE • 613-969-1166