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• June 22, 2007 •

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• Volume 42 Issue Number 25 •

## A NEW HONORARY COLONEL



Photo: Cpl David Hardwick, 8 Wing Imaging

The investiture ceremony for 8 Wing’s new Honorary Colonel, HCol Glenn Rainbird, was held on June 15, 2007. Pictured above, HCol Glenn Rainbird signs the investiture certificate as Brigadier-General Tom Lawson, Commander, 8 Wing/CFB Trenton, looks on. See HCol Rainbird’s biography on Page 15.

## THE RACE WAS DEFINITELY ON



Photo: Cpl Frieda Van Putten, 8 Wing Imaging

The 13th annual Surf n’Turf relay race was held on Friday June 15, 2007 at CFB Trenton. The course started at the 8 Wing Gym then stretched into the Quinte West areas of Frankford, Batawa and Trenton before finishing back on the base. The course included a 10 km run, 7 km canoe, 15 km road bike, 5 km cross country Run, 10 km mountain bike, 6 km run, 475m swim and 3.5 km run to the finish line. See Page 8 for more photos.

## 8 Wing Honours and Awards

See Pages 16 and 17 to see which personnel have been recognized for their outstanding efforts!

## First Canadian C-17 rolls out of factory

Boeing

The first C-17 Globemaster III to be based in Canada rolled out of the Boeing factory on its way to the paint hangar June 16 at the Long Beach, Calif. assembly facility. Canada’s first C-17 airlifter is scheduled for delivery in early August to its new home at 8 Wing Trenton, Ontario.

“We are very excited to have Canada as a customer and to see their first aircraft enter the paint hangar and move closer to completion,” said Vanessa Milburn, C-17 Canada Program Manager. “This rollout is again a sign that we’re keeping our commitment to our customer to be on time and on budget.”

Boeing painters will apply distinct Canadian aircraft markings on the C-17 as well as the traditional gray base paint used

on all Boeing C-17s. The paint scheme includes the word “Canada”, the Canadian flag, and the maple leaf of the flag of Canada. The jet will also display the Canadian Forces signature “Canadian Forces ... Forces canadiennes”.

Boeing and the Canadian government signed an agreement for the purchase of four C-17 Globemaster IIIs for Canada’s Department of National Defence Feb. 1. The contract for the direct commercial sale of four airframes will provide new strategic airlift mobility capabilities for the Canadian Forces.

Boeing is on contract to deliver 190 C-17s to the U.S. Air Force, five to the Royal Air Force, four to the Royal Australian Air Force and four to the Canadian Forces. The aircraft will all be delivered by mid-2009.



Photo: Gina Vannater

Canada’s first C-17 Globemaster III rolls out of the Boeing Long Beach, CA factory June 16 on its way to the paint hangar. Canada will receive four C-17s with its first delivery scheduled for early August.

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# TROOPER CASWELL RETURNS HOME



Photo: Cpl David Hardwick, 8 Wing Imaging

The fallen soldier, Trooper Darryl Caswell, arrived at 8 Wing/CFB Trenton via CC-150 Polaris on June 15, 2007. Trooper Caswell was killed June 11, 2007, at approximately 6:25 p.m. Kandahar time, when the vehicle in which he was driving was struck by an explosive device approximately 40 km north of Kandahar city. Present to pay their respects were the Honourable Gordon O'Connor, Minister of National Defence, and Lieutenant-General Walter Natynczyk, Vice Chief of the Defence Staff.

## THANK YOU!

Photo: Submitted



From June 1-11, Stream International in Belleville employees were encouraged to bring in items as part of a site-wide competition to help support Canadian troops. The call centre held a competition between the different sections to see who could collect the most stuff. Some of the items purchased were 27 lawn chairs, soduko puzzle books, Canada Day souvenirs and Tim Hortons' gift certificates. Once the items were collected a team manager loaded them into his van and brought them home to his spouse, who works for DND, who then packaged it all up, addressed it to the Padre for distribution to various areas including front line troops. Thanks to the wonderful guys over at CMTT, the package will hopefully be making it to our troops by Canada Day.

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## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Each year 8 Wing EME Sqn sends an Annual Technical Inspection (ATI) Team into CFS Alert and various Cadet and Reserve units throughout Southern Ontario. These inspections verify the serviceability and status of Maintenance Operations by conducting inspections on all land based technical equipment and processes. This year's ATI of CFS Alert and Fort Eureka was conducted from 16 May 07 until 7 June 07. Due to a shortage of technicians this year, the ATI Team was made up of Vehicle Technicians from 3 Wing Bagotville, 14 Wing Greenwood, 17 Wing Winnipeg as well as both military and civilian technicians from the 8 Wg EME Wksp. The technicians worked diligently over weekends and put in significant overtime hours to ensure 100 per cent of the equipment holdings were inspected and as many repairs effected as possible before leaving the Great White North. The staff at CFS Alert was extremely helpful and accommodating, providing the ATI Team with equipment and personnel assistance without delay as required, making the task at hand as smooth as possible. Pictured from Left to Right: Front Row; Cpl Rick Walton, Cpl Jason Rose, Cpl Tami Bolduc, Mr Keith Parks, Sgt Bernard Cote, WO Reg Waugh. Second Row; Mr John Sutton, Mr Craig Crozier, Mr Randy Tarzwell, Cpl Patrick Cantin, Mr Mac Smith, MCpl Bruno Sheehy.



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# 413 WING SAYS THANKS

Photo: Amber Gooding



413 (Air Commodore Leonard Birchall) Wing, Air Force Association of Canada (AFAC), received a digital message board from QuintEssential Credit Union, which was unveiled at 413 Wing's new building located on North Murray Street in Trenton. Shown below the digital message board, from left to right are, John Hatton, Public Relations for 413 Wing; Darryl McCaw, Member Financial Advisor with QuintEssential; Teresa MacIntyre, Branch Development Officer with QuintEssential; and Neil Elliot, First Vice President of 413 Wing.

# Search & Rescue UPDATE

424 Squadron Tigers had another very busy week with 11 missions since our last article.

The first mission involved the Hercules tasked to search for an overdue hunter in the Resolute Bay, NWT area. Upon arrival, the visibility was limited and thus made the initial search very difficult. Overall, the mission lasted for four days and was accompanied by another Hercules from Winnipeg and a Cormorant from the East coast. The hunter was not found.

On Thursday, the Griffon was tasked while conducting a SAR demo in Windsor, ON. It was reported that a vessel had declared a MAYDAY call on Lake Erie near East Sistor Island, ON, after discovering it had a fouled propeller blade. The crew was able to locate the vessel while it was being towed by another. After refueling in Windsor, the Griffon was tasked to assist CASARA in locating an ELT in the Stratford, ON area. The ELT was located by CASARA while the crew was in transit. However, the day was not over for this Griffon crew. Another tasking required a search for a person adrift in a raft 4 miles off shore in the Fort Erie, area. The mission was stood down while en route after the person received assistance from the local fire department.

The next day, the Hercules was tasked with a search for a possible "person-in-water" south of Point Pelee. The area was searched but nothing was seen. The Joint Rescue Coordination Center (JRCC) then released the Hercules.

JRCC tasked the Hercules on Monday to investigate an ELT in the vicinity of Rouyn, QC. The signal was homed to a floatplane on Lac Duffault. The sound of the Hercules prompted the pilot on the ground to shut the ELT off. Later that day, the Hercules was involved with the US Coast Guard (USCG) in a search for an overdue vessel on Lake Michigan. The vessel was located on the first leg of the search. The USCG helicopter was able to confirm that there were no persons on board and the Hercules was released from the mission.

While conducting SAR training, the Hercules was tasked on Tuesday for an ELT search of a possible Bell 206 crash near Chibougamau, QU. Ten minutes back, the crew was informed that another helicopter had found the site and taken the injured persons to the local hospital.

Until next time, stay safe.

Missions for 2007: 70 Missions for June.: 20 Persons rescued: 7

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### The Contact Staff

**Editor-in-Chief:** Capt Nicole Meszaros  
**Managing Editor:** Andrea Steiner  
**Reporter/Photographer:** Amber Gooding  
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### Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (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:

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



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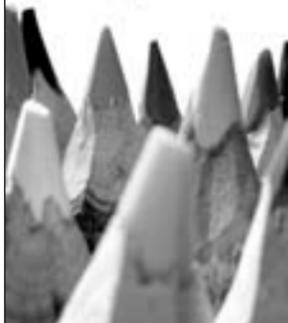
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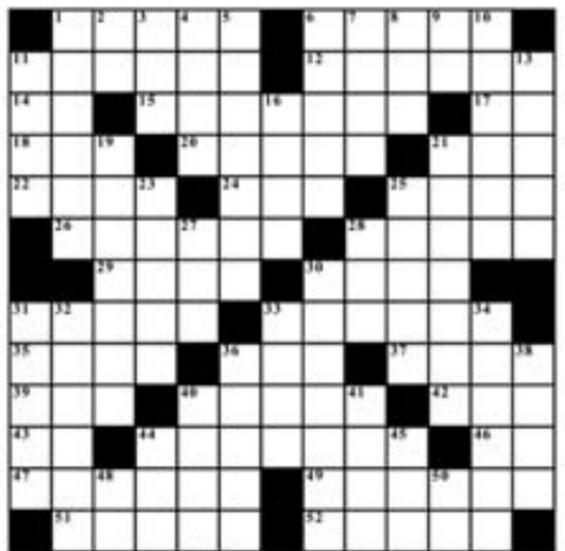


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## Canadiana Crossword

As Others See Us  
 By Bernice Rosella and James Kilner

- ACROSS**  
 1 Non believer  
 6 Nutmeg or cinnamon  
 11 Shed  
 12 Start of a quotation  
 14 Letters denoting "for example"  
 15 Shore birds  
 17 Sound unit, abbr.  
 18 Hospital depts.  
 20 Word types  
 21 No win situation?  
 22 Ship part  
 24 Putative louse  
 25 Guitarist Atkins  
 26 Last word of quotation  
 28 Squeeze  
 29 Quotation part 2  
 30 Rend  
 31 Pancake  
 33 With 16 Down, the person quoted  
 35 Nazi war criminal  
 36 Prohibit  
 37 Lyricist's concern  
 39 Mao or Dada follower  
 40 Ancient Greek colony  
 42 Quotation part 3  
 43 Compass pt  
 44 TV's \_\_\_\_\_Rock  
 46 Business letter abbr.  
 47 Quotation part 4  
 49 Quotation part 5  
 51 Cheese or chard preceder  
 52 Despots



- 5 Hog town, formally  
 6 Odour  
 7 Mauls  
 8 Outs' opposite  
 9 Accounting pro  
 10 Whorls  
 11 Welsh veggie  
 13 Aids a criminal  
 16 With 33 Across, the person quoted  
 19 Most alluring  
 21 Of that  
 23 Sibillates  
 25 Rocky peaks  
 27 Springhill to Truro dir.  
 28 In a  
 30 This evening  
 31 Porcelain  
 32 Stitches again  
 33 Strike noisily  
 34 Tangles  
 36 Canoes  
 38 \_\_\_\_\_ Cup  
 40 Showy spring flower  
 41 Woe is me  
 44 Memo header  
 45 Baseball stat.  
 48 Expression of disapproval  
 50 GP



### This Week in Contact

1977 – In response to the need for increased accommodations, the new barrack block under construction will provide 192 single rooms for corporals and privates. Each single room is approximately 10 feet by 10 feet and will contain built-in closets, vanity with sink, desk with chair and lamp, captain's bed, easy chair, bedside table, bulletin board and carpeting. There will be shared lounges, washrooms, locker storage and washing facilities. In comparison with present accommodation standards of the out-dated barrack blocks; the new quarters will have many improvements.

1987 – The Honourable Perrin Beatty, Minister of National Defence, announced the formation of the Defence Industrial Preparedness Advisory Committee. The committee acts as a forum from which the Minister of National Defence can seek advice on matters of mutual concern to the Department of National Defence and the Canadian business community. The committee holds no executive power and membership will be by invitation of the Minister for a set period of two years. The majority of members will be selected from companies who are recognized contractors for, or suppliers of, defence products.

1997 – Following 22 years of honourable service, Air Transport Group will disappear from the ranks of the Canadian Air Force. Accordingly, a Disbandment Parade at ATG HG at 8 Wing/CFB Trenton will be held. With it's 22 years of existence many achievements have helped define ATG, with many and varied operations, search and rescue missions and exercise support to the Canadian Forces, Canada and the world communities, which have touched all members of the group – past and present.

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



# The Canadian Forces, a real family affair for the Morins

by Major Sylvain Morin  
ATESS

Over the past three years, the Morins added three more members to the Canadian Forces (CF) family.

Maj Sylvain Morin, originally from Laval QC and currently a Communications and Electronic Engineering (CELE) (Air) officer employed at the Aerospace and Telecommunications Engineering Support Squadron (ATESS) in Trenton ON, has been a veteran of the CF for 31 years. Maj Morin is married to the former Donna Byrne of St. John's, NL who was also a member of the CF for six years (1980 to 1986). They have enjoyed a lot of travelling through several postings to places such as Goose Bay NL, St. John's NL, Winnipeg MB, Saskatoon SK, Kingston ON, Alaska

USA, and Trenton ON. They have three daughters --Gabrielle 22, Amanda 20, and Connie 18. All three have all decided to follow their parent footsteps and were enrolled in the CF under the Regular Officer Training Plan (ROTP) Program in 2004, 2005, 2007 respectively.

Gabrielle was enrolled in June 2004 as an Air Logistic officer and completed her third year at the Royal Military College (RMC) this past spring and is currently on her Logistic Common Phase training in Borden ON this summer.

Amanda was enrolled in June 2005 as a Naval Combat System Engineering Officer under the ROTP Program and just completed her second year at RMC. She is currently doing introductory naval training in Esquimalt

BC this summer.

Connie, the youngest sibling also applied for the ROTP Program this past winter. She was accepted at the University of Ottawa for a Bachelor degree in Science and aspires to be an Air Logistic Officer like her oldest sister. Connie, was enrolled in Ottawa in June 2007 with a large group of applicants presided by the minister of National Defence and the Chief of Defence Staff.

All three sisters were inspired to pursue a military career and develop a taste for the lifestyle from their multiple postings and while member's of the US Naval Junior Reserve Officer Training Corps (NJROTC) program and the Civil Air Patrol Program (Air Cadet Program equivalent). The oldest two have completed the four year NJROTC Program while in high school and



Amanda was enrolled by her father, Maj Sylvain Morin, in Kingston on June 24, 2005.

collected several awards whereas Connie completed only the first year

until her father's posting back to Canada. All three siblings are

proud to serve and excited about continuing the family tradition.



Photos: Submitted

Gabrielle is being enrolled by her father (then) Capt Sylvain Morin at Elmendorf Air Force Base Alaska on June 18, 2004.



Connie seen her with her father, Maj Sylvain Morin, shortly after the enrolment ceremony on June 1, 2007 at the City Hall in Ottawa.

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A barbecue was held on June 14 at the Yukon Galley Cadet Dining Room in conjunction with National Public Service Week. All Public Service, Non-Public Fund and Personnel Support Program employees gathered together for a lunch that consisted of hamburgers, salad, cold drinks and one giant cake displaying the words "Proudly Serving Canadians." Shown cutting the cake, from left to right, are Briane Birney, Human Resources Planning and Programs Officer; Lieutenant-Colonel Debbie Miller, 8 Wing Administration Officer; Barry Turner, Union of National Defence Employees President; and Lieutenant-Colonel Carrie Fortier, 8 Wing Logistics and Engineering Officer.

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# Fitness, Sports & Recreation

## Red Cross Swim Lessons

### Registration for Sessions 1 and 2

Session One will take place Monday to Friday mornings, from July 16 to 27. Session Two will take place on Tuesday and Thursday evenings, from July 17 to August 16.

Registration for the 8 Wing community begins on June 26, from 4 to 6 p.m., and continues from June 27 to July 3.

Registration for the general public begins on July 4 from 5 to 7 p.m., and continues from July 5 to July 15. All registrations take place at the RecPlex during regular hours of operation

### Registration for Session 3

Session Three will take place Monday to Friday, from August 13 to 24. Registration for the 8 Wing community begins on July 31, from 4 to 6 p.m. and continues from August 1 to 6.

Registration for the general public begins on August 7, from 5 to 7 p.m., and continues from August 8 to August 12, during regular hours of operation.

## Amazing Race: Youth event

Join us on August 24 at 10 a.m. at the RecPlex for the Amazing Race, with a new, longer route and more clues.

This event is open to those between the ages of 11 and 18 years old.

Cost is \$20/team of two (includes food and buff) Pre-registration required by August 20 at 4 p.m. (pre-race packages given out at registration).

Register at the MFRC or RecPlex reception desk. No motorized vehicles please!

## Sports of All Sorts camp

No books, no homework, no math. Nothing but sports!

Are you 13 to 15 years old and looking for something to do this summer? Do you like sports?

This is your chance to get together with friends, develop your skills and take part in some friendly competitions.

A featured sport will be highlighted each week while still playing a variety of other sports and activities.

Each week will be action-packed. Don't miss our awesome weekly bus trip to top it all off. Our coaches are chosen because of their knowledge of sports and their desire to see you have fun.

The camp will take place from 9 a.m. to 4 p.m.

each day at the south side Gymnasium.

Soccer Mania will take place from July 9 to 13; Hockey Heaven will take place from July 16 to 20; Baseball Bonanza will take place from July 23 to 27; Summer Sports will take place from July 30 to Aug. 3; Hardcore Sports will take place from August 7 to 10; More Baseball Bonanza will take place from Aug 20 to 24.

Cost is as follows: \$50/week for CRA member; \$55/week for military community non-member; \$60/week for the general public.

There is a discount for the second participant (same family only). Space is limited, so register now! Register at the RecPlex, 21 Namao Dr East.

## It's that time! 2007 Summer Kidz Kamp

Summer is well on its way - are you ready for some summer fun? The CRA is already planning for a high energy, fun-filled summer of adventure and fun. If you are between 6 and 12 years of age and enjoy swimming, playing sports and making new friends, this is the place to be this summer.

The 2007 Kidz Kamp will be held at the RecPlex (located at 21 Namao Drive), Monday to Friday, from July 3, until August 24, from 8 a.m. to 4 p.m.

Registration for the military community is ongoing.

## Elite Hockey School

Elite Hockey School from August 6 to August 10, for minor atom to minor midget levels.

The Julie Robitaille Power Skating instructors will be back again to assist with this program.

For Select and House League, join us from August 13 to August 17. This school is for novice to minor midget players.

Cost: \$275 for members of the military community; \$375 for the general public. Cost includes sweaters, socks, ball caps and lunch.

There is a 10 per cent discount for each additional family member and/or a second week of school.

Residence is available for out-of-town participants. Register today at the RecPlex.

## 2007 Oddball Olympics

Are you between the ages of 11 and 16 years old?

If so, join us on July 26, for the Oddball Olympics.

This event will take place from 2 to 4 p.m. at the RecPlex gym and field. Cost: \$20 per team of 4 to 6.

Events include Blind

Bowling, Team Ski Event, Toilet Flush Relay, Ping Pong Soccer and Hand Free Obstacle Course.

Pre-registration is required. Register at the MFRC Reception desk, located at 50 Rivers Drive, or at the RecPlex Reception desk, located at 21 Namao Drive.

## Kayaking for Kicks course

Kayaking for Kicks is a three-hour adventure on the Bay of Quinte!

Take this introduction course and enjoy renting the kayaks available at the south side Gymnasium. 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: June 20, 5:30 to 8:30 p.m.; July 7, 9 a.m. to 12 p.m.; July 19, 8:30 to 11:30 a.m.; July 19, 1 to 4 p.m.; Aug. 9, 5:30 to 8:30 p.m.; 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: \$50, military community/CRA members; \$55, military community non-members; \$60, general public.

Location: Bernie Gray Kayaking, 383 Dundas St. W., Belleville. Please register at the RecPlex to take advantage of the reduced cost (a \$60 regular value).

## Power skating: A gal's affair

Join us from August 6 to 9, from 6 to 8 p.m. at the RCAF Arena for this all-ladies, all-ages event.

Develop skating and puck skills; learn body control/positioning; and maximize efficiency while minimizing effort. Full hockey gear is required. Limited space for this program.

Cost: Military and CRA members, \$55; military community non-members, \$60; general public, \$70. Please register at the RecPlex, which is located at 21 Namao Drive E.

Registration for the general public began on June 4.

Cost for CRA members: \$78 for one child, \$141 for two children, \$184 for three children. Cost for military community non-members: \$83 for one child, \$151 for two children, \$199 for three children. Cost for the general public: \$88 for one child, \$161 for two children, \$214 for three children. Before and after care is available from 7 to 8 a.m. and 4 p.m. to 5 p.m. Cost: \$2/child/hour or part thereof.

## Kids learn to sail

Spots still available on:  
Course II starting Jul. 23rd  
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During your summer holidays 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

# Another successful Surf n' Turf Race



Right: A participant completes in the 10 km mountain bike leg of the annual race.

This 2007 course had a new start location and included a 10 km run, 7 km canoe, 15 km road bike, 5 km cross country run, 10 km mountain bike, 6 km run, 475m swim and 3.5 km run to the finish line.

*Please see next week's issue of The Contact Newspaper for full results.*



Above: Team 41 takes to the water during the second leg of the relay race, for the 7 km canoe.



Photos: Cpl Frieda Van Putten, 8 Wing Imaging

The 13th annual Surf n' Turf Relay Race was held on Friday June 15, at 8 Wing/CFB Trenton. The 60 km course started at the 8 Wing Gym and stretched into the Quinte West areas of Batawa, Frankford, and Trenton before participants finished back at 8 Wing/CFB Trenton.

## RecPlex Summer Hours of Operation

Summer hours at the RecPlex will begin on Saturday, June 30. Pick up a facility schedule at the RecPlex or online at [www.cfbtrenton.com](http://www.cfbtrenton.com)

## Defencemen ice-hockey clinic

This clinic offers 12 hours of on-ice instruction, which will take place on Saturdays July 7, July 21 and Aug 4, from 9 a.m. until noon plus July 28 from 4 to 7 p.m.

Open to Atom, PeeWee, Bantam and Minor Midget players. Cost: CRA members, \$65 ; military community non-members, \$70; general public, \$80. Limited space available. Register at the RecPlex.

## Albatross Outdoor Pool

The pool is scheduled to open on June 30. Rec Swims will take place seven days a week from 1 to 6 p.m. and on holidays from 1 to 4 p.m.

Free for military personnel and CRA members, RecPlex and combination membership holders. Drop-in fee for military community is \$1 and for the general public, \$2.

## Pleasure Craft Operator

As of September 2002, if you drive a powered boat under 4m in length, you need to get the Canadian Coast Guard Pleasure Craft Operator (PCO) card, regardless of what age you are.

This includes all dinghy and personal watercraft, such as Jet Skis or Sea-Doos.

Get Carded: Earn the PCO card by scoring 75 per cent on a basic boating safety knowledge test.

The CRA is a proctor site for the Boat Course.

Purchase a BOAT Study Guide and study at home. Make an appointment to take the test when you're ready, which takes an hour.

The Pleasure Craft Operator card is good for life and must be carried at all times while operating a powerboat.

Please note that the PCO certification service is offered to adults and youth, ages 12 to 16 years old.

Manual fee: \$15. Proctor service fee: \$25.

## Golf Passes

Golf passes are \$27, for 18 holes of golf, at the 8 Wing/CFB Trenton Golf Course.

Passes may be purchased at the RecPlex. Limit: one pass per member or two with proper ID.

Passes available to military personnel and CRA members.

## Shinny Hockey

Three weeks of shinny hockey for players from tyke to midget levels.

Weeks are as follows: July 30 to August 3; August 20 to August 24; and August 27 to August 31.

Cost: \$30 for military community; \$38 for the general public. Please register at the RecPlex.

## Toronto Lynx Soccer Game

Experience the atmosphere of a professional soccer game. Get your friends together and hop on the bus for a day in Toronto to watch the Lynx on July 11.

The bus departs from the south side gym at 9 a.m. returning at approximately 6 p.m. Cost: \$25.00.

This trip is for youth ages 12 and older. Includes bus and admission, and is chaperoned by adult volunteers. Limited space available. Deadline to register is July 9.

## Ontario Provincial Parks Day Passes available

The Rec Association has day passes available that can be used at North Beach, Presqu'ile, Sandbanks and The Outlet provincial parks. Passes are available to military personnel and CRA members. Cost is \$6 each. Passes are signed out and to be returned to the RecPlex.

## Evening Aquafit classes

Evening Aquafit will take place on Tuesdays and Thursdays from 7:30 to 8:30 p.m., from July 3 to August 23.

Cost: military and CRA members, \$35; military community non-members, \$40; general public, \$50.

Drop-in fee (space permitting) is \$4/class for military community with ID and \$5/class for the general public. Register today at the RecPlex

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# Garage sale items are not always a safe buy



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

Garage sale bargains can jeopardize your family's safety!

Hitting the garage sales on a Saturday morning is a favourite pastime for many die-hard bargain hunters. But don't save money at the expense of safety. Some items should not

be purchased second-hand. Keep the following in mind when you are out bargain hunting:

Electrical appliances and tools could be a poor investment at a garage sale. They could be damaged and put you in danger of electrical shock or fire. A well-meaning home handyman may have tampered with them by rewiring, putting on a new cord or plug or removing a third prong from a grounding plug. Hand tools are no bargain if they are old and defective.

Never purchase worn or damaged sporting gear. When buying bikes for yourself or your children, make sure they are the right size to operate

safely, and give them a good mechanical check before using them.

Don't buy second-hand safety equipment such as helmets, personal flotation devices, smoke detectors or fire extinguishers. These could be defective, or may fail to meet current safety regulations.

Dishes aren't always a safe buy either. Some old dishes and pottery contain lead which can leach into food and cause lead poisoning. Cracked dishware is unsanitary.

Buying at garage sales can save you money, but don't jeopardize your family's safety and health for the sake of a few dollars.

# Stroke - Know the signs

The following information is brought to you by the Heart and Stroke Foundation of Canada and 8 Wing/CFB Trenton Health Promotion.

The five signs: Stroke can be treated. That's why it is so important to recognize and respond to the warning signs.

**Weakness** – Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary

**Trouble Speaking** – Sudden difficulty speaking or understanding or sudden confusion, even if temporary

**Vision problems** – Sudden trouble with vision, even if temporary

**Headache** – Sudden severe and unusual headache

**Dizziness** – Sudden loss of balance, especially with any of the above signs

If you experience any of these symptoms, CALL 9-1-1 or your local emergency number immediately.

For more information, please contact the 8 Wing/CFB Trenton Health Promotion office at 613-392-2811 local 3767 or local 3768. You may also obtain more information by visiting [www.heartandstroke.ca](http://www.heartandstroke.ca)

# FireFighter Combat Challenge Training Camp 2007

by Cpl Jacques Caron

Dr. Joan White-Mathews and then the physical training started at the Edmonton Fire Centre.

Many personal bests were achieved but there only so many positions to be had. Cpl Dan White was selected on the team with a time of 1:57 and Cpl Caron won the bronze medal in the over 45 category with a time of 2:24. The rest of the team did very well too with a gold medal in the over 50 category and the women's category as well. Team 1 finished second overall in the team event.

Three members from the 8 Wing Firehall, Cpl Jacques Caron, Cpl Dan White and Pte Lyle Brennan, were selected to attend the training camp to choose a Canadian Forces team to represent the military at the national championship to be held in Halifax, NS this coming September.

This year 16 people from all over Canada were invited to the camp held at the University of Alberta in Edmonton from June 3 to June 10 where VO2 tests were administered by the physical education department. Lectures were given on nutrition by Dr. Sherry McCargar, "How to manage injuries" by

Good techniques and pointers were shown to us by members of the past year's team and then individual events timings were taken. The team is composed of five men under 40, two spares, one man over 50 and one woman. So the competition was fierce and when the teams were announced for training purposes only, we moved to the competition itself in Vermillion, AB.

There were 87 competitors on Saturday and the weather cooperated. Our relay teams finished second, fifth and twelfth and the real test started.

We are looking forward to our next event in Kingston and Brampton, and we are looking for other firefighters to help us. Don't hesitate to contact me at the Firehall. (Cpl Jacques Caron, Manager, 8 Wing Trenton Firehall, FFCC TEAM, local 2839)

# CHANGE OF COMMAND



Photo: Pte Isabel Lavallée-Raby, 8 Wing Imaging

A Change of Command ceremony for 24 Canadian Forces Health Services Centre was held at the Officers' Mess at 8 Wing/CFB Trenton on June 15, 2007. Pictured above, from left to right, are Major Annette Snow, outgoing Commanding Officer; Colonel Jean Grondin, Commander of Health Services Group; and Major Derek Miller, incoming Commanding Officer.

# HAPPY BIRTHDAYS!



Photo: Submitted

Some of the 8 Wing Medical Staff decided to celebrate their December birthdays in June. Pictured here, from left to right, are: Elaine Burke, Cpl Cunnif, Michelle Edwards, Cynthia Hawley, Deanne Chafe, Tracy Courneyea, Dr. Wetherall and Roger Mageau. Best wishes!

Photo: Submitted



Three members from the 8 Wing Firehall, Cpl Jacques Caron, Cpl Dan White and Pte Lyle Brennan, were selected to attend the FireFighter Combat Challenge Training Camp 2007.



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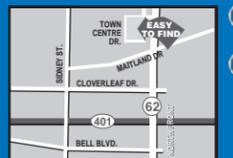
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 Auto, PW, PL, cruise, air, CD. STK#P1395  
**\$11,888**  
 \$135 Bi-weekly 60 mth

**2003 HYUNDAI SONATA GL**  
 4 cyl, auto, air, power group and much more. STK#022253A  
**\$9,995**  
 \$114 Bi-weekly 60 mth

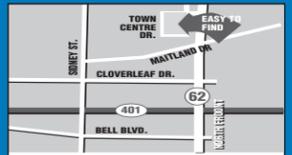
 <b>2002 FORD F150</b> Auto, air, power grp, CD, cruise, 8 cyl., burgundy, 95,398 kms. #033679A <b>\$14,988</b> *168 Bi-weekly 60 mth	 <b>2001 FORD F150 XL EXT</b> 2 Wheel drive, ext. cab, auto, air, CD & more 95,409 kms. #P5103A <b>\$12,495</b> *168 Bi-weekly 48 mth	 <b>2003 HYUNDAI TIBURON SE</b> 4 Cyl., black, auto, air, PW, PL, 109,629 kms. #P5356 <b>\$12,495</b> *141 Bi-weekly 60 mth	 <b>2003 CHEV VENTURE</b> Loaded, quad seats, rear heat/AC, CD, PW, PL, cruise, alloy wheels & more. 69,543 kms. P5207 <b>\$12,888</b> *146 Bi-weekly 60 mth
 <b>2003 HYUNDAI SANTA FE GL 2WD</b> Loaded, 2 WD, V6, alloy wheels and much more. Black. 81,825 kms. #020667A <b>\$13,995</b> *158 Bi-weekly 60 mth	 <b>2003 HYUNDAI SANTA FE</b> AWD, auto, air, cruise, tilt. 56,895 kms. #P5094 <b>\$16,995</b> *190 Bi-weekly 60 mth	 <b>2005 HYUNDAI TUSCON GL</b> V6, power pkg., auto, alloy wheels, CD & much more. #P5057 <b>\$20,995</b> *181 Bi-weekly 72/84 mth	 <b>2004 HYUNDAI SANTA FE GLS 3.5</b> 6 Cyl., auto, air, GLS. 75,206 kms. #012928A <b>\$19,995</b> *194 Bi-weekly 72 mth
 <b>2005 KIA SODONA LX</b> 6 Cyl., auto, air, PW, PL, CD, quads, power seats, 45,392 kms. #093319A <b>\$17,888</b> *155 Bi-weekly 72/84 mth	 <b>2003 HYUNDAI SANTA FE GL</b> V6, AWD, auto, air, power pkg., cruise, CD, 77,122 kms. #P5100 <b>\$16,495</b> *185 Bi-weekly 60 mth	 <b>2003 HYUNDAI SANTA FE</b> AWD, auto, cruise, air. 84,558 kms. #P5099 <b>\$15,495</b> *174 Bi-weekly 60 mth	 <b>2005 PONTIAC VIBE</b> Auto, air, PW, PL, spoiler, 96,180 kms. #P5240 <b>\$14,495</b> *127 Bi-weekly 72/84 mth
 <b>2003 HYUNDAI ELANTRA</b> Power pkg., cruise, auto, air, 81,210 kms. #P5208 <b>\$10,995</b> *125 Bi-weekly 60 mth	 <b>2004 HYUNDAI SONATA GL</b> 2.7L, V6, fully loaded, 42,270 kms. #568492A <b>\$13,495</b> *132 Bi-weekly 72 mth	 <b>2003 HYUNDAI SANTA FE</b> AWD, auto, V6, air, cruise, 47,256 kms. #019503A <b>\$17,495</b> *196 Bi-weekly 60 mth	 <b>2004 HYUNDAI SANTA FE GL 2WD</b> Auto, air, CRS, FWD, 67,398 kms. #011727A <b>\$17,995</b> *175 Bi-weekly 72 mth

† Denotes Former daily rental. Vehicles may not be exactly as shown. All Vehicles listed are used. All prices plus \$399.00 Admin Fee & applicable taxes. \*90 days no payments cost extra and interest for that deferral is due up front by purchaser. All payments are approximate calculated at 8.9% and may change without notice. Eg. \$9,995 price plus \$399 Admin plus PST/GST + \$70 Bank Reg. = \$113.75 (rounded to \$113 in ad) for 60 mos. Cost of borrowing is \$2868.34. Payments for 72/96 or 72/84 is 72 months amortised over 96 or 84 months etc. and balance of payments is required after 72 months. See dealer for details.



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# HOROSCOPES

Weekly Astrology by Christine Davison

June 24 - June 30

**ARIES** (March 21-April 19): Don't be surprised if there are more than a few communication problems over the course of the week; strange stumbles, stammers or slurs. If you stick with what you had planned a few weeks back, then you may find that no matter what happens that you'll safely be back on track again by Saturday afternoon.

**TAURUS** (April 20-May 20): There may be several visits with family members and special times spent with your brothers and sisters this week. You may find that you feel better than you have in months after sharing feelings, memories and laughter with your loved ones.

**GEMINI** (May 21-June 20): There may have been a gift given a few weeks ago, where the meaning is only now being fully understood. There is someone who has long admired you, but may be afraid to approach you outright. If they are a friend, it may be that they are a little nervous about how revealing their crush may affect your relationship.

**CANCER** (June 21-July 22): Things will change for you this Saturday. Your feelings have fluctuated back and forth so much over the last little while. This weekend may give you the emotional strength you need. Others are charmed by your beauty and grace and may wish to compliment you and emulate your appearance. Kindness is strength.

**LEO** (July 23-Aug. 22): You may feel the need to cast off the mundane, conservative and boring image you've recently acquired and delve into something avant-garde and a touch risqué. Make sure that your intentions are not misunderstood when speaking with others. Leo's are highly social, creative creatures. Take pride in your appearance.

**VIRGO** (Aug. 23-Sept. 22): If you are upfront and open with others, then you may find that being around large groups of people is not as scary as it may seem at first. Watch that you aren't slowed down by crowds and queues this week. What was begun 14 days ago may come into fruition by Saturday. This is a perfect time for romance.

**LIBRA** (Sept. 23-Oct. 22): Try to keep secrets and hidden information to yourself over the next little while or you may find it becoming public knowledge. There is a chance that words may be misspoken or misinterpreted. Pay attention to tacit communication and body language. You are stronger and braver than you know. Be gentle.

**SCORPIO** (Oct. 23-Nov. 21): Foreign interests may be of special importance this week, Scorpio. There is little that escapes your watchful eye and keen intuition, even if the events are going on a thousand kilometres away. If you find a way to bridge two different worlds, languages or cultures, then you may find your true path.

**SAGITTARIUS** (Nov. 22-Dec. 21): The strength of your emotions and desires may overwhelm and surprise you this week. All will be figured out and brought to fruition this Saturday. You have the ability to attract a bevy of admirers this week. You may find that what was begun several days ago is nearing completion. This may be a romantic weekend.

**CAPRICORN** (Dec. 22-Jan. 19): You may find yourself falling in love this week, Capricorn. Who is this wonderful person that you've become so strongly infatuated with and who remains constantly in your thoughts and desires? You'll make strangers smile sweetly at you as you walk through the streets holding hands and exchanging whispers/ kisses.

**AQUARIUS** (Jan. 20-Feb. 18): A loved one or friend may be in need of your kind hearted ways. You are a wonderful and supportive person, who many have come to rely upon during a crisis or time of need. There may be a time this weekend when you will need a friend's help and they will be happy to return favours that you have freely given in the past.

**PISCES** (Feb. 19-March 20): There is a very good chance that someone you think of as only a friend or acquaintance has developed deep feelings for you. Try not to encourage this crush or give false hope. You don't wish to hurt this other person, emotionally. Be careful not to lead someone on. True love isn't found through such means.

Astrological queries can be directed to Christine at [www.moonsignastrology.ca](http://www.moonsignastrology.ca)

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

**Not In My Backyard!** by Dale Taylor



AT LEAST NO ONE HAS SEEN ME IN THIS GET UP.

HA, HA! YOU HAVE TO PLAY DRESS UP.

OH LOOK WHO'S COME TO VISIT THE QUEEN!

KISS MINE RING, THOU KNAVE!

**DuJour**

**GRANDE MOCHA**



ROBERT SCIMUR

Was this REALLY necessary?

**Stuff!**



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Jogging in the country!

**NOT IN MY BACKYARD!** by Dale Taylor



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# Community Events

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

### Sunday Service

Come worship with us every Sunday at 10:30 a.m. at Orchard View Baptist Church.

Orchard View Baptist Church is located at 178 Lester Road, in Trenton.

This service is led by Pastor Raymond A. Wilson, DMin.

### Célébrations de la Fête de la St-Jean Baptiste

Pour une troisième année consécutive, le Franco-Phare, seul organisme communautaire et culturel à but non lucratif desservant les francophones de la région de Quinte, organise en partenariat avec la 8<sup>ème</sup> Escadre de Trenton, des célébrations de la Fête de la St-Jean Baptiste le 23 juin 2007.

Pour l'occasion, plusieurs activités sont au programme tout au long de la journée et auront lieu sur l'île Baker, située à la BFC Trenton, comme indiqué selon l'horaire ci-joint. Tous les citoyens, qu'ils soient militaires ou non, sont invités à prendre part aux festivités.

L'événement de clôture commencera à 18 h 45 à l'île Baker, après quoi s'enchaîneront deux groupes de musiques ainsi qu'un feu de joie et des feux d'artifice.

**Activités familiales et vente de garage**

11h00	Arrivée des exposants à la vente de garage (10 \$/table)
13h00	Début des activités familiales (à coût minime) et de la
17h00	vente de garage
	Fermeture des activités familiales et de la vente de garage

**Spectacle en soirée à l'île Baker**

17h00	Ouverture du site à l'île Baker
18h45-19h15	Ouverture officielle par les invités d'honneur
19h15-20h15	Spectacle du

groupe « SEMSARA »

20h15	Entracte
20h30-21h30	Spectacle de Vincent Poirier
21h30	Entracte
21h45-22h30	Retour de « SEMSARA »
22h30-22h45	Feux d'artifices par Bruce Cameron
22h45	Feu de joie
23h00	Retour de « SEMSARA »
00h00	Fermeture du Bar
00h30	Clôture de la fête

St-Jean Baptiste  
BBQ, Hot dogs / Hamburgers  
/Poutine à prix modique disponible dès 13 heures.

*AUCUN ALCOOL (BIÈRE, VIN, ETC.) EN PROVENANCE DE L'EXTÉRIEUR NE SERA ADMIS SUR LE SITE*

### Quinte Flywheels Antique Show

Join us on June 23 and 24, at Ameliasburgh Community Grounds, for a great number of antiques, engines, tractors, cars and blacksmithing items.

To receive more information please feel free to call 613-969-9516.



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

**Wing Chaplain/ Aumônier de l'escadre – Capt Padre Catherine Morrison**  
**Administrative Assistant/Adjointe administrative – Mrs. Manon Pilon Ext 2490**  
*UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS*

Capt Catherine Morrison, Capt Mike Adamczyk  
As support staff: Rev. Jim Craig (P) and Fr Julien R. Beaulieu (RC priest)  
Civilian Officiating Clergypersons/personnel de soutien: Rév. Jim Craig (P), le père Julien R. Beaulieu (prêtre CR), membre du clergé civil.

WORSHIP SERVICES	
<p><b>OUR LADY OF PEACE (RC)</b> <b>NOTRE-DAME-DE-LA-PAIX (CR)</b> Chapel Life Co-ordinator Julien Régis Beaulieu Responsable de la communauté, Coordinateur de vie de chapelle</p> <p><b>MASS</b> Sunday Mass (English) 0900 hrs Messe Dominicale: 1015 hrs</p> <p><b>CONFESSION</b> At all times</p> <p><b>PARISH ORGANIZATIONS</b> Parish Council third Thurs 1900 hrs</p>	<p><b>PARISH ORGANIZATIONS (Continued)</b> Knights of Columbus first Thurs 1900 hrs CWL second Tues 1900 hrs Chorale Merc 1900 hrs Choir Tues 1900 hrs</p> <p><b>ST CLEMENT ASTRA (P)</b> Chapel Life Co-ordinator Padre Mike Adamczyk</p> <p><b>WORSHIP SERVICE</b> Sunday Divine Worship 1130 hrs Holy Communion - First Sunday of the month</p> <p><b>PARISH ORGANIZATIONS</b> Chapel Guild Last Tues 1930 hrs</p>

**SACRAMENT OF RECONCILIATION/SACREMENT DU PARDON:** Please, make an appointment with a Roman Catholic priest through our Admin Assistant, ext: 2490 / S.V.P. prendre un rendez-vous avec un prêtre catholique à travers l'adjointe administrative, au 2490.

**DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR**  
After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 613-392-2811 et demandez 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.

## St-Jean Baptiste Day Celebrations

Le Franco-Phare, Quinte's only francophone community and cultural not-for-profit organization, in partnership with 8 Wing Trenton will, for a third year in a row, hold "St-Jean Baptist Day" celebrations on June 23, 2007.

For the occasion, various activities throughout the day will be held at Baker Island located at CFB Trenton as per the schedule herein. All greater Quinte area residents, civilian and military alike, are welcome to attend.

To conclude the day's events, official ceremonies will be held starting at 6:45 p.m. at Baker Island which will lead to an all-evening musical event followed by a bonfire and a fireworks display.

**Family activities and garage sale**

1100	Garage sale set-up (\$10/ table)
1300	Start of the family activities (small fee applies) and the garage sale
1700	End of the family activities and the garage sale

**Night show at Baker Island**

1845-1915	Official Opening by the guests of honour
1915-2015	« SEMSARA » band show
2015	Break
2030-2130	Vincent Poirier—singer
2130	Break
2145-2230	Return of « SEMSARA » band
2230-2245	Fireworks by Bruce Cameron
2245	Bon Fire
2300	Return of « SEMSARA » band
0000	Bar Closing
0030	Closing of the site

A BBQ, Hot dogs/Hamburgers/Poutine along with refreshments will be available starting at 1300.

*NO ALCOHOL ( BEER, WINE, LIQUOR ), UNLESS PURCHASED ON-SITE, WILL BE ALLOWED IN.*

**MFRC**



**INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575**

**Deployment Support / Wednesday Night Out**  
 June 27 - **Family BBQ** and get together.  
 July 4 - **Stress Busters**: We will talk about ways to relieve stress and have some fun with relaxation techniques.  
 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](http://www.trentonmfrf.cfbtrenton.com)**

**Soutien au déploiement / Les sorties du mercredi soir.**  
 27 juin - **Barbecue familial et rencontre**  
 4 juillet - **Éliminateurs de stress**: Nous aborderons les moyens de diminuer le stress et d'avoir du plaisir à pratiquer des méthodes de relaxation. 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](http://www.trentonmfrf.cfbtrenton.com)**

**TrentonAnime**  
 Hello and welcome to "TrentonAnime," the new anime club for Trenton, Belleville, and surrounding areas.  
 We are a new club just starting out and want to make this a venue where members of the local community with an interest in Anime, Sci-Fi, and Fantasy can meet, socialize and of course, watch Anime.  
**Showings are held on Saturday nights, 6pm to 11pm at the MFRC.**  
 If you are interested in attending, or wish to receive more information, please feel free to e-mail us at "[TrentonAnime@hotmail.com](mailto:TrentonAnime@hotmail.com)" and we will add you to our mailing list.  
 - David Hardwick, Trenton Anime Founder

**TrentonAnime**  
 Allô! Bienvenue au " TrentonAnime ", club d'animation de la région de Trenton, Belleville et des environs.  
 Notre club est tout nouveau et nous désirons créer un environnement où les membres de la communauté intéressés par l'animation, la science-fiction et le fantastique pourront se rencontrer, échanger et évidemment regarder des films d'animation.  
**Les projections sont les samedi soirs de 18 à 23h au CRFM.**  
 Si vous avez envie d'assister à cette projection ou désirez recevoir plus d'information, n'hésitez pas à nous envoyer un courriel à l'adresse suivante [TrentonAnime@hotmail.com](mailto:TrentonAnime@hotmail.com) et nous vous inscrirons sur notre liste d'envoi.  
 - David Hardwick, Fondateur du TrentonAnime

**What is a Behavioural Based Interview?**  
 Don't be scared, be prepared for the latest in interview tactics.  
 Date: Tuesday June 26, 2007, 6:00 - 8:00 p.m.  
 Objective: To provide an overview on this new interview format, answer some questions and gain some valuable insight.

**Qu'est-ce qu'une entrevue basée sur l'attitude?**  
 N'ayez pas peur, préparez-vous aux plus récentes tactiques d'entrevue.  
 Date: Mardi le 26 juin 2007, 18h - 20h  
 Objectifs : Donner une idée générale de ce type d'entrevue et répondre à vos questions afin de mieux vous préparer.

**French Conversation Classes**  
 Have you studied French in the past but feel you don't get enough chance to practice all the things you have learned? Then come and practice your French with our new conversations classes.  
 Classes will take place on the second Friday of every month from 10:00 - 11:00 a.m. A French instructor will be present for most sessions. All levels welcome.  
 Drop-off childcare is available for children aged 0-6 years. The cost is \$4.00 per hour. Registration for childcare is required by the Monday before the Friday.  
 For further information please contact Anu at 613 392-2811 ext. 3855.

**Cours de conversation anglaise**  
 Vous avez des connaissances en anglais et vous aimeriez avoir l'occasion de les mettre en pratique? On vous offre cette opportunité de parfaire vos compétences en vous joignant au nouveau cours de conversation.  
 Les sessions ont lieu le dernier vendredi de chaque mois de 10h à 11h.  
 Un membre du personnel enseignant anglophone animera la plupart des cours.L'invitation s'adresse à tous, quelque soit le niveau de connaissance.  
 Un service de garderie est offert pour les enfants, jusqu'à l'âge de 6 ans. Le coût est de 4,00\$ l'heure. Les inscriptions à la garderie doivent être faites à l'avance, le lundi précédent le vendredi du cours. Pour plus de renseignements appelez Anu au 613-392-2811, poste 3855.

**A Summer Job – a Stepping Stone to a Career**



**Students!**

**Looking For A Job?  
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 Want Excellent Job Search Strategies?**

Tuesday, June 26th, 4:00 - 5:30 pm

**Étudiants**

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 Besoin d'aide avec votre c.v.?  
 Voulez de bonnes stratégies de recherche d'emploi!**



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Senior, Children, 3+ & less than 48" tall ----- \$21.00  
 Until June 30, Adults ( 3-59 years & over 48" tall)----- \$33.00  
 Starting July 1st, Adults ( 3-59 years & over 48" tall) ----- \$38.00

Sénior, Enfants, 3+ & moins de 48" hauteur ----- 21,00\$  
 Jusqu'au 30 juin, Adultes (3-59 ans & plus que 48" hauteur) ----- 33,00\$  
 Débutant le 1er juillet, Adultes (3-59 ans & plus que 48" hauteur) 38,00\$

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



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## TYPHOON PILOTS ASSOCIATION VISITS 8 WING



Photos: Amber Gooding

Marilyn Minnes, a member of the Typhoon Pilots Association, browses through the countless displays at the newly re-named National Air Force Museum of Canada, located at 8 Wing/CFB Trenton. Minnes has been the event and tour planner for the association, which has seen members visit England, Belgium, Holland and Germany, among other places across the globe. The group, consisting of 12, (of a total 35 existing members), is currently in Trenton for a three-day tour before heading to Ottawa for a reunion and a tour of the National War Museum.



Members of the Typhoon Pilots Association listen to Major Georgina Jones, a navigator with 424 Transport and Rescue Squadron, as she describes the duties of SAR-Techs and the capabilities of the Griffon helicopter during the afternoon leg of the group's three-day tour of 8 Wing/CFB Trenton. The group consists of ex-fighter pilots, wives (some who also served in the Air Force) and other family members and friends. The 'Tiffany' pilots were quite excited to see the more modernized facilities and equipment used today by the service men and women of the Canadian Forces.

## H. Glenn Rainbird, O.C.

Glenn Rainbird is an untiring advocate and champion of development of Canada's science and technology capabilities. He is a strong and outspoken proponent of the importance of being at the forward edge of the information age to gain economic and social benefits for Canadians. His career encompassed over thirty years as a business executive. His leadership and contributions are evident at regional, national and international levels.

Glenn completed his business career as President and CEO of TRILabs, Canada's leading research consortium in information and communications technology. Under his leadership, TRILabs experienced considerable growth in North America and Southeast Asia pioneering significant international collaborative research and development agreements. During Glenn's tenure TRILabs became recognized as a leading model for industry-university-government collaboration. The organization and its personnel were honoured with several prestigious international, national and regional science and technology awards.

Prior to TRILabs, Glenn's career included executive responsibilities with Nortel Networks and Imperial Oil. As a vice-president at Nortel Networks he managed public relations and corporate advertising for the company's Canadian, Caribbean and Latin American operations. At Imperial Oil his duties covered such diverse areas as marketing and product management, public affairs, business development, and environmental protection.

A prominent spokesperson promoting Canada's global leadership in information technologies Glenn has represented Canada at major international forums in Europe, Southeast Asia and North America.

Throughout his life Glenn has demonstrated strong commitment and leadership in support of several important organizations underpinning Canadian society. Roles he has undertaken include: chair, Canadian Network for the Advancement of Research, Industry and Education; chair, Canadian Corporate-

Higher Education Forum; chair, Advisory Committee to the Government of Alberta on Information and Communications Technology Business Growth; chair, Alberta Science and Research Fund; chair, Edmonton Regional Airports Authority; vice-chair, Council of Chairs, Canadian Airport Authorities; co-chair, Greater Edmonton Competitiveness Strategy; director, Industry Canada's Communications Research Centre; director, Canadian Centre for Creative Technology; director, Alberta Science and Research Authority; member, advisory boards for the schools of business at Queen's and Royal Roads universities; Executive in Residence, University of Alberta; director, Muscular Dystrophy Canada; director, Swimming/Natation Canada.

Glenn is the recipient of the Hewlett-Packard Forum Award presented in recognition of his leadership and initiative in furthering industry-university co-operation and the Canadian IWAY Award for public leadership honouring his work in the development of Canada's information highway. Alberta Venture magazine named Glenn as one of Alberta's Fifty Most Influential People in its Millennium Year special edition. In 2003 Glenn was appointed an Officer of The Order of Canada recognizing his leadership role in developing Canada's capabilities in the Internet age.

Glenn has received professional engineer designations in Alberta and Ontario. His university accomplishments include a B.Sc. in Civil Engineering and an M.B.A., both from Queen's University where he was the gold medalist in each program. He holds an Honorary Diploma in Applied Arts and Technology from Loyalist College.

Glenn resides in the Quinte Region near Belleville, Ontario where he operates Rainbird Consulting providing counsel in governance and management helping businesses succeed. He and his wife, Jennifer, are proud grandparents of three grandchildren. An avid cyclist, Glenn rides over 4000 kilometers a year on his road bike. His hero is Curious George.

## A GOOD CLEANING



Photos: Cpl David Cribb, 8 Wing Imaging



Every year members of 436 Transport Squadron converge on the RCAF Memorial Air Park and wash the DC3, which was once a plane flown by the squadron. Tackling a year's worth of dirt, pollen and exposure, they restore the aircraft to its previous shimmering condition. Pictured at top, front row L-R: 2nd Lieutenant David Andrews, Officer Cadet James Crowe, Master Corporal Steve Peacock, Captain Harold Mulder. Back row L-R: Sergeant John Fleming, Corporal Dan Hawrylak, Private Salena Fox, Master Corporal Kim St-Denis, Corporal Victor Hriech, Captain Bill Kolupanowicz, Master Corporal Mark Wilson, 2nd Lieutenant Andy Bowser, Sergeant Doug Church. Pictured below is Corporal Victor Hriech doing his part.

*Honours & Awards*

# 8 Wing Honours & Awards



**Maj D. Harris**

received a Chief of the Land Staff Commendation, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Sgt A. Comé**

received a Chief of the Land Staff Commendation, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**WO J. Marshall**

received a Chief of the Land Staff Commendation, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Capt B. Siemens**

received a Chief of the Land Staff Commendation, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Capt N. Meszaros**

received a Chief of the Land Staff Commendation, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**MCpl V. Pye**

received a Air Command Commendation Award, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Maj E. Phillippouci**

received a Air Command Commendation, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Padre Capt C. Morrison**

received a Wing Commander's Commendation on behalf of the Wing Chaplain, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**MCpl C. Connolly**

received a Wing Commander's Commendation on behalf of Wing Imaging, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Sgt P. Flowers**

received a Wing Commander's Commendation, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



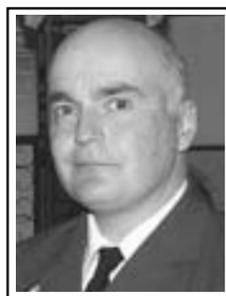
**MCpl R. Amyotte**

received a Wing Commander's Commendation presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**MCpl J. Jacques**

received a Wing Commander's Commendation presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**MCpl J. Ray**

received a Wing Commander's Commendation presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Mr. A. Ruckstuhl**

received a Wing Commander's Commendation presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Ms. D. Pudsley**

received a Wing Commander's Commendation presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Mr. W. Hewson**

received a Wing Commander's Commendation presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Mr. D. Heans**

received a Wing Commander's Commendation presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



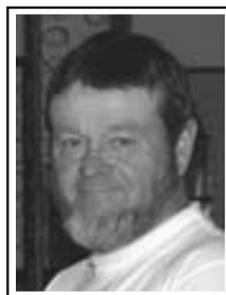
**Mr. D. Hay**

received a Wing Commander's Commendation presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Mr. P. Coles**

received a Wing Commander's Commendation presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Mr. R. Campbell**

received a Wing Commander's Commendation presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Mr. G. Nugent**

received a Wing Commander's Commendation presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Mr. R. Hadwen**

received a Wing Commander's Commendation presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Mr. G. Smith**

received a Wing Commander's Commendation presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Mrs. Margaret Franche**

received a Personal Development Achievement Certificate, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**MCpl A. Evans**

received a Personal Development Achievement Certificate, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**2Lt J. Jones**

received a Personal Development Achievement Certificate, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.

***Congratulations! Félicitations!***

*Honours & Awards*

# 8 Wing Honours & Awards



**BGen T. Lawson**  
received the Aerobic Award of Excellence, presented by Mr. John Synder, PSP Manager.



**Lt J. Dubeau**  
received a Personal Development Achievement Certificate, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**2Lt A. Besnard**  
received a Personal Development Achievement Certificate, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Cpl M. Donahue**  
received the 8 Wing/CFB Trenton Service Person of the Quarterly Award, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Ms. Jacqueline Marcipont**  
received the 8 Wing/CFB Trenton Civilian of the Quarter Award, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Mr. John Snyder**  
received the 10 Year Long Service Award, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Mr. Denis Gaboury**  
received the 10 Year Long Service Award, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**MCpl C. Malboeuf**  
received a 'For Professionalism' Flight Safety Award, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Cpl K. Dye**  
received a 'For Professionalism' Flight Safety Award, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Mr. Bill Shields**  
received the 'For Professionalism' Flight Safety Award, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**CWO G. Hudson**  
received the CF Chief Warrant Office Scroll, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Capt E. Dubé**  
received a Wing Commander's Commendation on behalf of Wing Food Services, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Capt B. Sing**  
received a Wing Commander's Commendation on behalf of 2AMS, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Maj D. Holden**  
received a Wing Commander's Challenge Cup on behalf of 426 Sqn., presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Leah Howe & Lauralee Marsh**  
received a Wing Commander Commendation on behalf of Wing Accommodations, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Maj J. Roy & MWO J. Campbell**  
received a Wing Commander Commendation on behalf of Wing OPS, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.



**Maj H. MacCharles & Chief WO M. Fortin**  
received a Wing Commander's Commendation on behalf of Wing Transport, presented by BGen T. Lawson, Commander, 8 Wing/CFB Trenton.

***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**

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

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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.

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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.

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

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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.

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**LIVE ELVIS TRIBUTE BAND!**

Romeo & Juliet is giving the stage to "Mike E & the Hound Dogs" **Sat. June 30, 2007** The event is open to everyone! Belleville Legion 8pm! Tickets available Legion Mon-Fri 9am-3pm \$18 each. Call Ed 966 5131 www.mikkeeandthehounddogs.com www.romeoandjuliet.ca **613 392 9850**

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**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

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1.8T GLS Wagon, Blue, Automatic, under 80,000km, Sunroof and Alloy wheels



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

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**Family Home For Rent**

3 bedroom, 2 bath home, centrally located in Belleville. Single car garage, finished basement with large family room. Fully fenced backyard. Located in beautiful neighbourhood. Move in August 15th. Call 613-961-1707 or 613-813-2648 after 5pm.

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S	W	I	S	S	T	S	A	R	S		



# GRILLING UP SOME GRAND BURGERS

Photo: Amber Gooding



Shown above are Doug Cowie, (left), Scott Dorion - two master grillers from Grand & Toy who switched gears from their regular duties to spend a few hours cooking up some burgers and hot dogs at the Trenton Military Family Resource Centre (MFRC) Fundraising Day barbecue. The barbecue, which included raffles and giveaways, including a well-stocked Grand & Toy goodie bag, was held at Baker Island Community Centre on June 18. All proceeds from the day's event go directly to the local MRFC.

## New resource helps CF families with special needs and responsibilities

Military families who have a child with special needs - or those who provide eldercare or care for a family member with complex health concerns - can now turn to the Internet to get help with transitioning their family to a new community and/or managing during a military deployment.

A new website and web tool, initiated at CFB Esquimalt Military Family Resource Centre (MFRC), is online and available to military families throughout Canada. This website and web tool helps families find extra supports and resources - and is part of the larger effort called "The Navigator Program".

"Military families will benefit from having a starting point to get the services they need," says

Caroline Barrette Prevention, Support and Intervention Coordinator.

In the past, military families who relocated had to "start fresh" to find resources and services for their unique family each time they relocated with the Canadian Forces - often finding themselves on waitlists for extended periods - and having to repeat this process each time they relocated. In other cases, military families have had to scramble to put services in place for an elderly family member - or a family member with complex health needs - before heading off on deployment. The new Navigator Program and the website and web tool is designed to assist families with these issues.

As a non-profit organization, the Trenton MFRC provides services and resources that support the well-being of military families. "Military families have different needs from their civilian counterparts because of the unique lifestyle which includes relocation and frequent deployment," says Caroline Barrette.

The website was to be launched on June 19 and you may access it at [www.familynavigator.ca](http://www.familynavigator.ca)

For additional information or to arrange an interview please contact: Caroline Barrette, Prevention, Support & Intervention Coordinator, Trenton Military Family Resource Centre, tel (613)965-3899 fax (613)965-7371 [barrette.c@forces.gc.ca](mailto:barrette.c@forces.gc.ca)

Here are the winning numbers for the Grand and Toy BBQ:  
 23764,23792,23748,  
 23746,23752,23881,  
 23785,23851,23868,  
 23801,23818,23751,  
 23778,23758,23793,  
 23739,23867,23762,  
 23901,23742,23906,  
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