

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

# the Contact

www.cfbtrenton.com

**MASS  
OPEN HOUSE**

Hosting 6 Open Houses in Brighton This Weekend!

Put The Power of Team Weir to Work For You!

**DAVID WEIR BA, CD**  
#1 Office Broker  
Top 1% in Canada 2005/06  
www.davidweir.com  
1.800.263.2177  
Royal LePage ProAlliance Realty,  
Brokerage

• May 25, 2007 •

Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 42 Issue Number 21 •

## Riggers' motto--I will be sure always

by 2Lt Jennifer Jones

TRENTON--“Who trusts a mechanic who doesn't know how to drive a car?” asks Major (Maj) Dan Smith, the Officer in Command of the Canadian Forces Land Advanced Warfare Centre (CFLAWC) Support Company (Sp Coy), while attempting to imagine a more effective way of testing the capabilities of a parachute than to get the individual packing it to test it on him/herself.

Although it is an unofficial test at the training unit, when parachute rigger trainees finish the first training phase of three, jumping with self-packed chutes on their backs is highly enforced by the training staff. The result is a dedicated team of packers and riggers who understand first hand the absolute necessity of due diligence and attention to detail in their line of work.

An integral part of CFLAWC, Sp Coy is Canada's home unit, main production facility, and training centre for parachute riggers, and supplies augmentation to nation wide units in need of riggers (such as the Sky Hawks, Light Infantry battalions, and Search and Rescue squadrons across the country). Concurrently, it houses the CF Parachute Supply Depot for all of Canada.

Currently, the unit is comprised of 53 members, 18 of whom are in the training system either on phase training or in between on-the-job training. Riggers are all supply technicians (techs) by trade and apply to become rig-



Photo: 2Lt Jennifer Jones

Corporal James Afseth, a rigger with the Canadian Forces Land Advanced Warfare Centre Support Company, demonstrates how to rig a CT-1 parachute.

gers. It takes about three years to become fully qualified and obtain riggers wings, time which includes maintaining qualifications as a supply tech on top of specializing in rigging.

To be selected for the course, candidates must complete the basic three-week jump course held at CFLAWC. Following this, candidates learn how to pack up to 14 different types of parachutes; from the Canadian Troop-1 (CT-1), the most basic chute, to cargo chutes each spanning 100 feet in diameter and requiring three packers and four hours for completion, as well as a large industrial fan to blow the canopy open for inspection. Aside from the chutes themselves, crewman restraint tethers (commonly known as “monkey tails”) and other essential harnesses, straps and clamps required for para-

chuting personnel or cargo loads compose a significant portion of the unit's inventory.

The importance of physical training (PT) in the unit is emphasized.

“The unit holds itself at a higher fitness level than most others”, explains Maj Smith. All personnel complete the Airborne Fitness Test three times annually and the army's Battle Fitness Test once annually. Unit PT is conducted five days a week, two of which days are devoted to cross fit training or as he likes to call it, “circuit training on steroids.”

It may seem extreme, but it is commonplace to see beads of sweat forming on the brows of packers and riggers, who are essentially doing PT all day long on the job.

Heading into the warmer parachuting season, Sp Coy will work

through three free-fall courses as well as one upcoming basic parachuting course.

Although busy, Master Warrant Officer Harold Pineault, CF Senior Parachute Rigger, explains that quality comes before quantity, whether it be by mandating breaks during the work day, or by carefully scrutinizing potential new inventory. Incoming equipment is carefully tested, down to the smallest piece of rope, and any outgoing equipment is properly demilitarized and used for other purposes.

Safety is a critical aspect to the job whether it is in maintenance, repair, or operation of the equipment. Sp Coy has never lost a jumper due to packing errors, and it seems that the motto of the riggers, “I will be sure always”, may have something to do with that.

## THE RIGHT FIT



Photo: Pte Isabel Lavallée-Raby, 8 Wing Imaging

Mr. Glenn Rainbird, soon to be Honorary Colonel of 8 Wing/CFB Trenton, is fitted for his Distinctive Environmental Uniform (DEU) by Chief Warrant Officer Tom Secretan, Wing CWO, on May 22, 2007 in the tailor shop at clothing stores.

## On the run for Special Olympics

A total of 10 personnel from the 8 Wing Military Police Squadron (Provost Marshall) took part in the annual Torch Run for Special Olympics in Trenton on May 23, 2007.

Also participating in the 25th annual fundraiser were members of the Quinte West Ontario Provincial Police detachment, students from St. Paul's Secondary School, and local Special Olympians.

The run began at St. Paul's in Trenton's west end and finished up at Smylie's Independent Grocers. Participants were treated to a barbeque there after the run.

Taking part from 8 Wing/CFB Trenton were: Cpl Ron Gamble, Cpl Jennifer Esser, Cpl Luc Whalen, Cpl Toby Sebaaly, MCpl Guy Paradis, Lt Eric Leblanc, Sgt Andre Vallee, WO Helene Clusiau, MWO Rick Day, MCpl Ian Hape and Liana Whitman (administrative assistant to the Provost Marshall).

See photo on Page 3.

**Proud Event Sponsor of the MFRC Invisible Ribbon Gala**

Top 5% of all Royal LePage agents nationwide

Achieved President's Gold status 6 of the past 7 years

**the CARL WILSON\* Team**

*...Committed to Quality Service!*

Office: (613) 394-4837  
carl@thecarlwilsonsteam.com  
www.thecarlwilsonsteam.com  
Katie Vanderploeg, Administrator

ProAlliance Realty, Brokerage

\*Sales Representative

POSTED?

Call  
**CARL**  
Today

# REPATRIATION CEREMONY

Photo: MCpl Chris Connolly, 8 Wing Imaging



The remains of Corporal Benoit Chevalier arrived at 8 Wing/CFB Trenton via a CC-150 Polaris on May 18, 2007. The Aerospace Control Operator lost his life in the crash of a Multinational Forces and Observers (MFO) aircraft on May 6, 2007, in Egypt while deployed there. Present to pay their respects were the Honourable Gordon O'Connor, Minister of National Defence; General Rick Hillier, Chief of the Defence Staff; Lieutenant-General Steve Lucas, Chief of the Air Staff; and other dignitaries. The Canadian contingent deployed with the MFO under Operation CALUMET comprises 28 personnel. The MFO is the peacekeeping mission established to monitor compliance by Israel and Egypt with the 1979 Camp David Accords. The MFO has included a Canadian contingent since 1986.

## Canada, USA sign ITAR arrangement

National Defence

OTTAWA, May 17, 2007 - The Honourable Gordon O'Connor, Minister of National Defence, together with the Honourable Peter MacKay, Minister of Foreign Affairs, and the Honourable David Emerson, Minister of International Trade, today welcomed the signing of an arrangement between the Department of National Defence (DND) and the United States Department of State. The arrangement addresses the application of the International Traffic in Arms Regulations (ITAR) to U.S. exports of defence articles and services to DND.

Under this arrangement, the Department of State has agreed to grant access to defence articles and services exported under the ITAR to DND personnel who are Canadian citizens holding a minimum secret-level security clearance, including dual nationals. DND personnel includes Canadian Forces members, civilian employees, embedded contractors and employees of other federal government departments and agencies working within DND.

"This arrangement is good news for the Canadian Forces," said Minister O'Connor. "It ensures that key defence procurements can be advanced and we can continue to move forward with the purchase of critical equipment for our troops."

"This achievement is a further sign of the goodwill between both countries and the strong commitment to working together on bilateral defence and security issues," said Minister MacKay. "This is a solution that supports common Canada/U.S. security objectives in this post-9/11 environment."

"Canada views today's arrangement as an important first phase in resolving this complex issue," said Minister Emerson. "Canada's high-tech, defence and aerospace sectors can rest assured that it is our priority to engage the U.S. in further discussions with respect to ITAR issues affecting these industries."

The arrangement, which took the form of an exchange of letters signed by Mr. Ward Elcock, Deputy Minister of National Defence, and Mr. John D. Negroponte, Deputy Secretary of State, reflects the shared objectives of the governments of both Canada and the United States to ensure the security of ITAR-controlled defence articles and services.

Canada's New Government recognizes that this is a first phase in resolving this complex issue and will continue to engage with U.S. officials to pursue a similar solution for other federal government departments and Canadian industry. The government will be actively engaged with Canadian industry through a consultative working group.

## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Pictured here is Bevin Stephenson of the Consolidated Services Centre (CSC), better known to most here at the Wing as the WTISS Help Desk. Bevin, along with her co-workers Angie Gmitro, Susan Hazell and Shelley Shanessy, last year alone received over 60,000 phone calls and emails looking for solutions to their communication problems. Of those the women solved 54,968 over the phone. As you can see, Bevin is truly enjoying her job. If you have computer or phone problems do not hesitate to contact the Consolidated Services Centre at local 7777.

**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**

**Tanglewood Farm & Equestrian Centre**

[www.freewebs.com/tanglewoodhorses](http://www.freewebs.com/tanglewoodhorses)

- Summer Camps
- Saturday Morning Camps
- Lessons
- Trail Rides
- Horse Sales & Boarding
- Indoor Arena

**Mention this ad and receive 10% off Children's summer camps, as well as lessons and Saturday morning camp packages.**

**CERTIFIED COACH**  
**613-392-8239**  
RR#2 CONSECON, 11 MILES SOUTH OF TRENTON

**Gimpel Electric Supply Ltd**  
38 Elgin Street Trenton Ontario K8V 3X8  
Ph 613-392-9261 — Fax 613-392-3374

Our experienced and friendly staff would be pleased to help you with all your electrical and electronic needs.

MEMBER OF IED/SEABELL EDGE Marketing Groups

SERVING 8 Wing CFB Trenton The Quinte Area since 1976

Visit our new Lighting Showroom

**beams lighting**

**613-392-3595**

country traditional log home residential  
lamps fans furniture  
*'let us light your way'*

**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](http://weaverfuneralhomes.com)

East Chapel 613-394-2433  
West Chapel 613-392-3579

Local news, in-depth features, eye-catching photos.  
Relax, read and enjoy.

**Contact**



# PASS THE TORCH

Photo: Andrea LeBlanc



Shown above are participants of the 2007 Quinte West Torch Run for Special Olympics, which took place on May 23, 2007. Participants included 10 personnel from the 8 Wing Military Police Squadron, members of the Quinte West Ontario Provincial Police detachment, students from St. Paul's Secondary School and local Special Olympians. The group made their way from St. Paul's on the west side of Trenton, to Smylie's Independent Grocer in the city's east end.

# Search & Rescue UPDATE



424 Squadron Tigers had only four missions since our last article. All four taskings were handled by our Griffon.

The first mission was on Saturday for an overturned vessel near Massena, New York. The two people on board were able to get out of their boat and were picked up by another private vessel. Our crew was released and returned to Trenton.

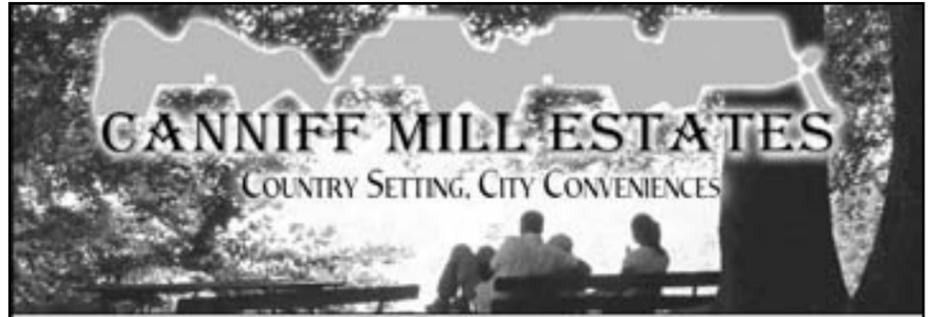
The same day our Helo crew was tasked to look for an overturned canoe 15 miles south of Thunder Bay. The weather en route forced the crew to stay overnight in Sudbury. The Hercules from Winnipeg located the other person in the water and she was picked up by the Coast Guard. Unfortunately, she did not survive.

On the way home from Sudbury, Rescue 440 was asked to investigate a sighting of an overturned boat near Meaford, Ontario. The crew arrived on scene and conducted a number of search patterns but saw no one in distress and they were once again released.

Once again the crew was tasked while enroute to investigate an ELT near Centennial Lake. A light float plane was located on shore and after several passes overhead, the ELT was turned off. Our crew was released and returned to Trenton.

Until next time, stay safe.

Missions for 2007: 41 Missions for May: 10 Persons rescued: 4



Serving Quinte's Military Families Since 1973

PHASE II & III - Now Open

PHASE II offers Prime Riverside lots with walkouts. And many upgraded features exclusive to this phase.

PHASE IV - Coming Soon - Late summer 2007 occupancy.

Various all clay brick models of bungalows and two stories available for quick occupancy starting at \$239,900 - 1650 sq.ft. and up

Lots 50' and up to 75' frontages

Buy Direct From the Builder... with guaranteed closing dates.

Begin Creating Your Dream Home Today by contacting us at...

www.staikoshomes.com - email: info@staikoshomes.com

**STAIKOS HOMES LTD.**

- 613-967-6560 -

Office and Model Home at 59 Simcoe Dr., Belleville

Take Hwy. #62 North, turn right on Maitland and follow the signs. Off Farnham Road  
Weekdays: Mon. - Fri. 9am to 4:30pm  
Saturday 11am to 4pm Sunday noon to 4pm



MODEL HOME & OFFICE

Does my previous education and work experience count?  
At Loyalist – Yes.

**RETURN TO LEARN**

Join Us Tuesday May 29

3:00 pm - 4:00 pm – Information and planning sessions

4:00 pm - 6:30 pm – Information kiosks

**You'll have the opportunity to:**

- Explore our over 50 career-oriented programs, with fast-track, one-year, two-year and post-diploma options
- Discover our flexible learning opportunities – full time, part time and distance
- Evaluate your options – assess the value of your previous learning and work experience

- Learn about your financial options – we offer a full range of support – it can be done
- Meet current students who returned to school and are on the way to achieving their goals
- Tour the campus
- Meet with advisors one-on-one
- Enter a draw for a chance to win \$2,000 to put toward your 2007/08 tuition\*

If you are unable to join us on May 29 please call the number below to book a campus tour and appointment with one of our advisors \*some conditions apply

**LOYALIST**

MY COLLEGE • MY FUTURE

Wallbridge-Loyalist Road • P.O. Box 4200, Belleville, ON K8N 5B9 • (613) 969-1913, ext. 2204  
T.T.Y (613) 962-0633 • e-mail: liaison@loyalistcollege.com

www.loyalistcollege.com



## The Contact Newspaper

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

### The Contact Staff

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



### Guidelines for submissions: ARTICLES AND PHOTOS

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

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

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

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



### 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?

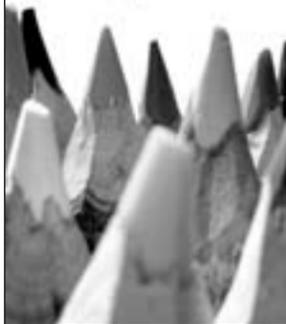
Want to be published?

Write a letter to the Editor

Email: [LeBlanc.AL@forces.gc.ca](mailto:LeBlanc.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 1-800-667-5137  
 Email: [habitat@habitat.ca](mailto:habitat@habitat.ca)  
[www.habitat.ca](http://www.habitat.ca)

# Canadiana Crossword

## A Queue of Qs

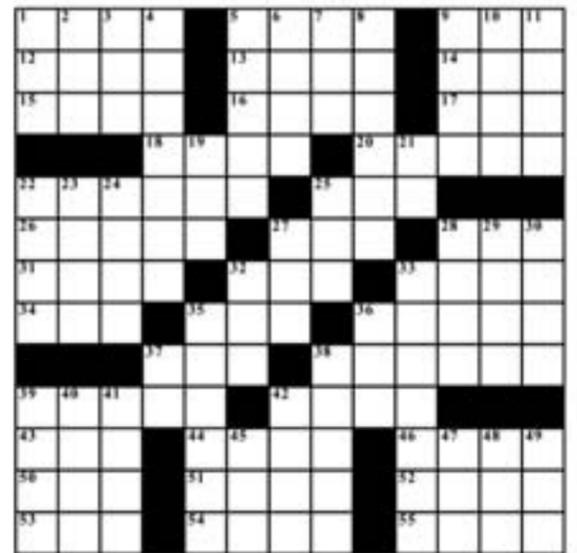
By Bernice Rosella and James Kilner

### ACROSS

- Alphabet run
- Saddam's domain once
- Greetings
- Boy friend in Brossard
- Snow bird destination
- Mandela's org.
- Barbary sheep
- Kind of decree
- Sgt. or Cpl.
- Young, for one
- Constitutional guarantee
- Polar
- Make do
- Quebec community
- Observe
- Sib
- \_\_\_\_ Batar
- Sun god
- British pound, slangily.
- Writer Rand
- Number on hand, for short
- Cultural or lateral lead-in
- Purchase
- \_\_\_\_ City
- Canadian water craft
- Asian dogs
- St. intersector
- Neighbour of Ontario
- Folding money
- Cariou, for one
- Pleasant
- Blackest black
- Wrath
- Wheel aloft
- Queue

### DOWN

- Raptors org.
- Lyricist's over
- French city
- Saskatchewan community



- Ancient Greek tongue
- Timber
- Sighs
- Ontario lake
- Secure
- Edge forward
- Burns, for one
- One, in Wurzburg
- That is, abbr.
- Turquoise
- Neat
- Shade of blue
- Moray
- Asiatic legume
- Putative tulip
- Religious observance
- About odes

- Pig pen
- British Columbia community
- Nova Scotia county
- Rob
- \_\_\_\_ Jangles
- Odd
- Columbian city
- Declare
- Hawaiian goose
- Printers measure
- \_\_\_\_ de Janeiro
- Japanese sash
- 2000 pounds
- Cochrane to Meadow Lake dir.



## This Week in Contact

1977 – Defence Minister Barney Danson announced promotions and new appointments for two Canadian Forces Admirals at CFB Trenton. Rear Admiral Andrew L. Collier, DSC, CD of Kamloops and Salmon Arm, BC, promoted to Vice-Admiral, and Commodore Michael A. Martin, CD, of Calgary, Alta, promoted to Rear-Admiral. Adm Collier, now Commander of Maritime Forces Pacific at Esquimalt, BC, has been appointed Commander of Maritime Command with headquarters in Halifax.

1987 – Canadian Forces jet fighters intercepted two Soviet military aircraft off the east coast of Canada in the early hours of the morning. According to the North American Aerospace Defence Command (NORAD), US Air Force E-3A AWACS (Airborne Early Warning and Control System) tracked the aircraft before entering the Canadian Air Defence Identification Zone without notification. Two CF-18 fighter interceptors of the Canadian Forces 425 Tactical Fighter Squadron were scrambled from CFB Bagotville. The pilots of the interceptors identified two long-range Soviet aircraft that are used for anti-submarine warfare.

1997 – The commander of Canada's Air Force, Lieutenant-General Al DeQuetteville, officially opened the NATO/Partnership for Peace exercise, Cooperative Zenith '97, at the NAV Canadian Training Institute in Cornwall. More than 40 military representatives from 16 former East-bloc nations and one NATO nation were involved. The Netherlands are on board to learn about the exchange ideas on search and rescue operations. The Canadian Forces SAR community, with a vast and varied territory to cover, is respected as a world leader in the field.

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



## The new face of 8 Wing Accommodations

by Andrea LeBlanc  
Managing Editor

A major renovation project, undertaken at 8 Wing/CFB Trenton's Yukon Lodge in March, is now complete.

The project involved the creation of a new and more professional front desk area, explained Leah Howe, Hospitality Services Director.

"The original space was gutted and redesigned to conform to industry standards for front desk reception areas," said Howe.

Total cost of the work was \$14,700, and included the construction of a new wall, which allowed for the creation of an additional office for the front desk supervisor, as well as the creation of a separate work area for the reservations department. In addition, the entire area was repainted and re-carpeted. New cabinetry and raised counters were also installed.

The end result is both very professional and pleasing to the eye.

"The result has been a very positive response from our guests—they've been very pleased. We have many guests who tell us that ours is one of the nicest accommodation facilities in the Canadian Forces, and who compliment our staff on their professionalism and friendliness," said Howe.



Front desk clerks Kim Schwager (left) and Sarah Kinmond stand at the ready behind the new front desk at Yukon Lodge.



Lorraine Fortin, Housekeeping Coordinator, is ready to welcome guests arriving at Yukon Lodge.

## Middleton Park clean up

**Hazardous Waste Drop Off:** Will take place on May 24, 2007 and May 31, 2007, at 27 Alert Blvd (across from heavy equipment), from 07:00 to 15:00 hrs

**Tire Drop Off (no rims):** Will take place on May 31, 2007, at 27 Alert Blvd (across from heavy equipment), from 07:00 to 10:00.

Please note: 4 tires per person (pick-up truck and car tires only)

**Yard Waste- Compost:** Will take place on May 26 and June 2, 2007 at the Green House (south side of Wing near the Cadet Camp), from 10:00 to 16:00

**Large Item Pick-up:**

Will take place on May 26 and June 2, 2007, from 08:00 to 16:00. Trucks will pick up large items on May 26 and June 2, 2007

Please place all items at the curb, before 0800 hrs on the day of pick-up.

Tires, propane tanks, refrigerators, freezers, air conditioners, hazardous and normal household waste will not be accepted these days; please contact Dot Serre at local 3295 for disposal advice.

Individuals dropping-off material on the above dates, must present identification indicating they are members or dependants of 8 Wing Trenton.

## Fight the Bite: 8 Wing Tire Day

Protect yourself and your family against the West Nile Virus and clean up the Environment. A well-known habitat for mosquitoes that carry the West Nile Virus is old tires.

Bring your old tires to the 8 Wing Tire Day on May 31, 2007, from 7 a.m. to 10 a.m. You may bring up to four tires per person, but please, no rims, to 27 Alert Blvd., which is located across from Heavy Equipment.

This event will be held rain or shine, and is free of charge, although we are asking that a donation be made to the Food Bank.

For more information, please contact Dot Serre at local 3295. Please note, this is a one-morning tire drive, so by the 8 Wing Logistics and Engineering Officer's orders, please do not drop off tires on the Wing at any other time.



## A fabulous community right at your doorstep

Antonia Heights in Frankford offers extra large lots, and is within walking distance to boating, the beach, shopping, the golf course, parks and school.

Antonia Heights

From **\$194,900**  
2 model homes to view



**HILDENHOMES**

393 Sidney Street, Belleville 613.962.4600 [www.hildenhomes.com](http://www.hildenhomes.com)

Health

**RAWSON TRAVEL** est 1969  
**Lahr, Friendship Flight**  
**Oct 17<sup>th</sup> - Nov 1<sup>st</sup>, 2007**  
 Unmatched Service, before & after your trip.  
**613-968-3526**  
 42 Dundas St. E Belleville ON.  
 rawsontravel@on.aibn.com

**Bay Marine**  
 SALES • SERVICE  
 ACCESSORIES  
 DOCKING • STORAGE  
 BROKERAGE  
 Hwy., #2 East of 8 Wing/CFB Trenton  
**613-394-6691**  
 www.bay-marine.com

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

**Credential Securities**  
 251 RCAF Rd., P.O. Box 278  
 Trenton, ON K8V 5R5  
 • Stocks • Mutual Funds • Bonds  
 • RRSP • RRIF • GIC  
**Don Lockey, BA, CSA**  
 Investment Advisor  
**Tel: (613) 394-6589 Fax: (613) 394-4903**  
 www.qcu.ca E-Mail: dlockey@qcu.ca Member: CIPF

**Silver Star Studio**  
 Oriental Shiatsu  
 Massage  
**\$40/30 min**  
**613-392-7119**  
 Open Daily 9 am - 9 pm  
 56 Elgin St. Unit 2 in Trenton (downtown)  
 Second block west of bridge @ 1 road north of Dundas  
 Enter front or rear door.

**TEEING OFF**

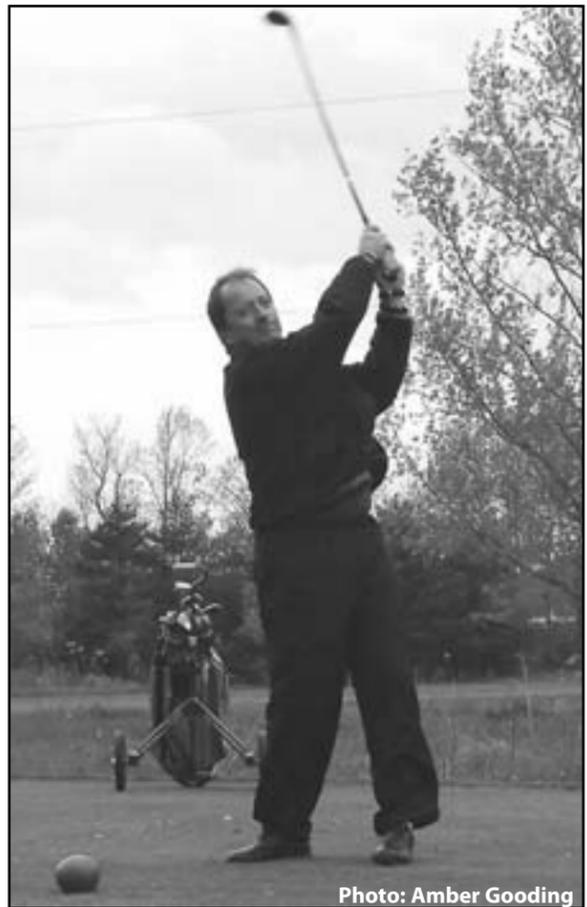


Photo: Amber Gooding

John Snyder, PSP Manager at 8 Wing/CFB Trenton, tees off in the second part of the Wing Administration Branch Professional Development Day, which was held on May 17. The morning session was held at the Astra Lounge, followed by a barbecue lunch and round of golf (and card games for those non-golfers) at the 8 Wing Golf Course. Although the weather had dwindled to less than appealing conditions and resembled the on-set of fall, everyone was in good spirits.

**Dr. P. Forrester PhD., ACE Certified**  
**Metabolism & Weight Loss Specialist**  
 "No Tricks, No Nonsense, Just Results!"  
 Weight Loss Plans  
 Counseling, Training  
 Workshops, Private & Corporate  
 Health Claim or Tax Deductible  
**613-968-8100**  
**SUMMER SPECIAL**  
**50% OFF**  
**6 Week "Diet Smart Plan"**

**RV Storage Compound**

All personnel are required to remove their items from the compound no later than July 1, 2007. Maintenance of the area will begin soon after. Users must find their own alternate storage location for the entire month of July. During the period of Thursday, August 2 to Monday, August 13, 2007, inclusive, priority re-issue of spots in the compound will be for those individuals whose contract was paid in full up to and including June 30, 2007. Beginning Tuesday, August 14, rental space will open up to others. No early registrations will be accepted.

**Oddball Olympics**

Are you between the ages of 11 and 16 years old? If so, come on out on Thursday, July 26, for the Oddball Olympics. This event will take place from 2:00 - 4:00 p.m. at the RecPlex gym and field. Cost is \$20 per team of 4 to 6 participants. Events will include Blind Bowling, Team Ski Event, Toilet Flush Relay, Ping Pong Soccer and Hand Free Obstacle Course. Pre-registration is required. Register at the Military Family Resource Centre (MFRC) Reception desk, located at 50 Rivers Drive, or at the RecPlex Reception desk, located at 21 Namau Drive.

**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 pro- tor 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. This service is offered to adults and youth 12 to 16 years of age. Manual fee: \$15. Proctor service fee: \$25.

**LOCAL SERVICES & TRADES**

<p><b>To Serve You</b></p> <p>Classified Advertising:                  613-392-2811 ext 3976                  Fax: 613-965-7490                  Email:                  sagriff.alf@forces.gc.ca</p>	<p><b>Auto Body</b></p> <p><b>VELEY</b>                  COLLISION &amp; REFINISHING</p> <p>Unit 35, 17 Frankford Crescent                  Trenton, Ontario K8V 6H8                  Tel: 613-394-2022 Fax: 613-394-2272</p>	<p><b>Auto General Service</b></p> <p><b>Cannifton Garage</b>                  2000 Ltd.</p> <p>We have gas generators for home &amp; rural use.</p> <ul style="list-style-type: none"> <li>✓ Tune-ups - Springs</li> <li>✓ Suspension Service</li> <li>✓ Safety Inspections</li> <li>✓ General Repairs</li> </ul> <p>Cars - Trucks - Vans - Buses                  Trailers &amp; Heavy Trucks</p> <p>Parts &amp; Service - Call Kevin  <b>613-962-1132</b>                  at Hwy.37 &amp; Casey Rd., Belleville</p>	<p><b>Auto Glass</b></p> <p><b>Doug's Auto Glass</b></p> <p><i>"Antique Auto Weatherstripping"</i></p> <p>9 Frankford Cres. Trenton  <b>613-394-3142</b></p>	<p><b>Building Material</b></p> <p><b>RONA CASHWAY</b></p> <p><i>"Buy Where The Builder Buys"</i></p> <p>House plans, engineered floors, kiln dried lumber, expert staff, etc.</p> <p>234 Glen Miller Rd  <b>613-394-3351</b></p>	<p><b>Cosmetics</b></p> <p>keep all <b>MARY KAY</b> eyes on the bride.</p> <p>best price radiant to your wedding day. Includes a free makeover from you. Includes a free make-over from you.</p> <p><b>Christelle Donovan</b>                  Independent Beauty Consultant  <b>613-965-1140</b>                  www.marykay.ca/cdonovan</p>
<p><b>Custom Builder</b></p> <p><b>LUYMES Construction Ltd.</b>                  General Contractors</p> <p>Kitchen &amp; bathrooms, rec-rooms, additions, replacement windows, refacing kitchen fronts &amp; stairways, textured ceilings &amp; fireplaces.</p> <p><b>613-962-8795 613-848-9996</b>                  E-mail: luymes@reach.net                  Free Estimates                  In business since 1967                  www.luymesconstruction.com</p>	<p><b>Kitchen &amp; Baths</b></p> <p><b>JOHN WEST CONSTRUCTION</b></p> <p>469 Cty. Rd. 64 RR#3 Brighton  <b>613-475-4828</b></p> <p><i>"The Very Best by John West"</i></p> <p>Call for a FREE Estimate                  CALL  <b>613-927-1581</b></p>	<p><b>Landscaping</b></p> <p><b>UNIQUE</b>                  WWW.UNIQUELANDSCAPE.CA</p> <p>We Provide...</p> <ul style="list-style-type: none"> <li>► Interlocking Pavers</li> <li>► Retaining Wall Systems</li> <li>► Water Features</li> <li>► Professional Landscape Service</li> <li>► We Sell To Do-It-Yourselfers</li> </ul> <p><b>CALL BRIAN</b>  <b>613-392-7052</b></p>	<p><b>Roofing</b></p> <p><b>Mitchell Roofing</b></p> <ul style="list-style-type: none"> <li>• Fully Insured</li> <li>• Free Estimates</li> <li>• 5 yr Guarantee on Workmanship</li> <li>• Insurance Claims</li> <li>• Wind Damage</li> <li>• Re-Roofs</li> </ul> <p><i>"Year Round Roofing"</i>                  Call <b>613-967-1726</b>                  Roof Doctor</p>	<p><b>Top Soil</b></p> <ul style="list-style-type: none"> <li>• TOP SOIL</li> <li>• DECORATIVE ROCKS</li> <li>• PLAY GROUND SAND</li> <li>• GRAVEL LARGE OR SMALL</li> <li>• PICK UP OR DELIVERY</li> <li>• EQUIPMENT RENTALS</li> </ul> <p><b>SCOTT'S HAULAGE</b>                  17 Lester Road  <b>613-392-3917</b></p>	<p><b>Tree Service</b></p> <p><b>Trenton Tree Service</b></p> <p>Tree Trimming &amp; Removal, Chipping &amp; Stumping</p> <ul style="list-style-type: none"> <li>• Free Estimates</li> <li>• Fully Insured</li> </ul> <p>A fair price for everyone  <b>613-392-7415</b></p>

# Fitness, Sports & Recreation

## Kayaking for kicks

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

Take this introduction course and enjoy renting the kayaks that are available at the South Side Gymnasium.

All equipment is supplied, and this is a great course suitable for small groups and families.

The course includes a Wet Exit and Re-entry Certificate, which is issued if the wet exit and re-entry is performed.

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

The following information is in regards to upcoming course dates: May 31, 5:30 p.m. to 8:30 p.m.; June 7, 5:30 p.m. to

8:30 p.m.; June 20, 5:30 p.m. to 8:30 p.m.; July 7, 9 a.m. to 12 p.m.; July 19, 8:30 a.m. to 11:30 a.m.; July 19, 1 p.m. to 4 p.m.; August 9, 5:30 p.m. to 8:30 p.m.; September 5, 5:30 p.m. to 8:30 p.m.; September 20, 5:30 p.m. to 8:30 p.m.; September 28, 5:30 p.m. to 8:30 p.m.

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

Location: Bernie Gray Kayaking, located at 383 Dundas Street West in Belleville.

Please register at the RecPlex to take advantage of the REDUCED cost of the course, (a \$60 regular value).

## Monday night Ladies Golf League

Despite the threat of rain, the Monday evening league got off to a roaring start this season, with 52 ladies turning out.

Closest to the pin prizes were won by Moira Rowe, Jessica Rowe, Diane Vermaat, Barb Hudson, and Moira Litowski each had two different outfits to wear, and they showed them to advantage.

Wine steward Charlie Fleming kept the glasses full, and Heather and Aggie looked after the food. A total of 14 participants won door prizes, and took home the candleabra centrepieces from the tables. Rae Carss, Debbie Wylie and Louise Maziariski won raffle prizes.

The fashion show was started two years ago, to promote the Monday

evening league, and it has been a great success each year.

The Monday evening league is open to all women. Anyone who is not a member of the CFB Trenton Golf Club pays a \$12 green fee, and a shared cart costs \$8 each.

The snack bar offers at least two choices on the menu each week, at reasonable prices, and only asks that the meals be ordered and paid for before the golf starts.

We play a shot-gun start at 5 p.m., usually alternating between the front and back nines each week. Score doesn't matter, and doesn't count for anything, but a prize is given out for closest to the pin after the second shots on the two par three.

Costs for the Monday evening league, and it has been a great success each year.

## Golf Passes

Golf passes are now on sale for \$27, for 18 holes of golf, at the CFB Trenton Golf Course.

You may purchase your pass at the RecPlex.

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

Passes are available to military personnel and CRA members.

## New Outdoor Pursuits Club

Please contact Dave Elverson at extension 2627, for more information regarding this exciting new club!

## 8 Wing Elite Hockey School

Join us for the 8 Wing/CFB Trenton Elite week of hockey school from August 6 to August 10, 2007, for minor atom to minor midget levels. The Julie Robitaille Power Skating instructors will be back again to assist with this program.

For the Select and House League levels, join us from August 13 to August 17, 2007. This school is for novice to minor midget players.

Cost for each school is as follows: \$275 for members of the military community; \$375 for the general public.

The cost of the school also 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 Summer Kids 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 began on April 23, and is

ongoing.

Registration for the general public will begin 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/hour/child or part there of.

## Trail Ride for Youth

Join us on Saturday, June 23, for the Trail Ride for Youth, which is a one-hour trail ride, fun in the sun and a barbecue lunch.

Cost is \$50, and includes transportation to and from the stable. This package would cost \$75 if purchased separately. Please note: Shoes with a minimum of a 3/4" heel are required for trail ride. No running shoes.

The bus leaves the RecPlex at 9:00 a.m., returning at approximately 3:00 p.m. Pre-Registration required by participants no later than May 11. Registrations are being accepted at the RecPlex reception desk, (21 Namao Dr.), or at the MFRC reception desk (50 Rivers Dr.).

For more information, please contact Debbie Schaab at 613-392-2811 ext. 2929.

## Video Dance

Join us on Saturday, June 2, 2007, at the south side gym for the Much Music Video Dance. The dance is open to those aged 9 to 12 from 5 to 7:30 p.m. The dance will then open to 13 to 16-years-old from 8:15 to 11:00 p.m.. Cost is \$10 per person, to be paid at the door. Please note that this will be an adult-supervised event.

## School Bus Races at Brighton Speedway

Join us on Saturday, June 16, 2007, for the School Bus Races which are being held at Brighton Speedway.

This event is open to those between the ages of 13 and 18 years old.

The bus will leave the RecPlex at 5:00 p.m. and head to Brighton, and will return after last race is finished, which is approximately around 11 p.m.

Cost is just \$10 per

person. Pre-registration is required for this event.

Those interested in attending may register at RecPlex (21 Namao Dr.), or Military Family Resource Centre reception desks, (50 Rivers Dr.).

## Adult Mixed Bowling League

Looking for something to do to get you out of the house? Why not join the Thursday night Summertime Adult Mixed Bowling League?

Please call Astra Lanes Bowling for more information at 613-392-2811 ext. 3705.

## Summer Shinny Hockey

Three weeks of shinny hockey for players from the tyke to the midget level, will be available from July 30 to August 3; August 20 to 24; and August 27 to 31, 2007.

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

**Where Quinte Goes To Invest**

- money markets • mutual funds
- GICs • bonds • stocks
- notes • new issues
- insurance products

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

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

**RBC Dominion Securities**

• Desktop Publishing • Posters • Laminating • Digital Copies

*Darling's*

**COPY DEPOT**

**Call Today 613-392-7273**

**Fax service: 613-392-7058**

www.copy-depot.com • 20 Dundas W., Trenton

• Fax Service • Enlargements • Scanning • Canon Laser Copies

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

**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

## 2007 Hydrant Flow Testing

As in previous years, the 8 Wing/CFB Trenton 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 Friday, June 1 to Sunday, September 30, 2007.

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

## It's now time to talk back



Submitted by  
Don Heans,  
Wing General Safety  
Officer

When was the last time you bent over and touched your toes just because you wanted to give your back a stretch?

Most people can't recall the last time. It's a sad reality to face, but for most of us, it's true.

The discs in your back started degenerating the minute you stopped growing.

Faced with the reality that things aren't going to get any better, it is probably time to start thinking about how you are treating your back.

On the top of this list is your posture. The issue is not just how you deal with your body at work but also how you deal with your back when you are just being you.

In other words, it's not just about how you lift a box at work, but how you take care of your back when playing sports or mowing the lawn.

Let's face it, some of us play a lot harder than we work.

The first step to a healthier back is to sit and stand straight.

We spend the majority of our time sitting or standing. And what compounds the daily damage is the daily repetition of poor habits.

You should be exercising your back for at least 15 minutes a day.

Here's an exercise you can do to stretch your lower back. Consult with your doctor before starting any exercise program:

Lie on the floor, on your back. Now grab one knee with both hands and pull it toward your chest.

Hold this position for five seconds. Do this five times. Then use the other leg.

Your last stretch is with both legs. If you feel pain at any time, stop.

If you are not used to taking care of your back, this exercise might be a good place to start. It's a simple way to determine how stiff your back is.

Excess pounds put a strain on your back, so maintain a healthy weight.

Keeping the muscles in your abdomen strong helps stabilize and support your back.

Taking care of your back will also help you in another important way. When you suffer an injury, a healthy back will likely suffer less injury from an accident and take less time to recover.

## Want to relieve back pain? Sleep on it

(NC)-Whether it's a slight twinge in your lower back or a serious, debilitating condition, many Canadians suffer from back pain and search for the best ways to treat it.

They may not realize one answer is right under their noses - literally - in the age and state of their mattress, according to a study published in the latest issue of the Journal of Chiropractic Medicine.

In fact, people in the study with high back pain reported a 63 per cent improvement in back discomfort after switching to a new mattress from their old beds, which were five years or older.

"More than 80 per cent of Canadians suffer from back pain at some time in their life, and they should take it seriously," said Dr. Stacy Irvine, chiropractor and fitness expert, on behalf of the Better Sleep Council Canada.

"Just think of how a bad back can affect your quality of life, your productivity at work and at home - evaluating your mattress is one of the easier things you can do to alleviate

some of that pain and discomfort," he said.

A mattress should be replaced after eight to 10 years of use, according to The Better Sleep Council Canada, and checked twice a year to ensure it's still as comfortable and supportive as when you bought it.

If you are looking to buy a new mattress, consider these tips:

Test-drive: Lie on the mattress in the store, in all different sleeping positions. If you sleep with a partner ensure they lie down with you.

Size: Ensure the bed is wide enough to fit you (and your partner) comfortably. A mattress should also be approximately 4-6 inches longer than the tallest person.

Firmness and Comfort: Mattresses don't have to be hard to be good for you. Consider a mix of a supportive core and comfortable padding.

Matching sleep sets: Mattresses and foundations are engineered to work together. Don't mix and match.

More information and tips on how to get a better night's sleep can be found online at [www.bettersleep.ca](http://www.bettersleep.ca).


DR. THOMAS G. MCDOWELL

"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.drtdomcdowell.com](http://www.drtdomcdowell.com)



## Australian Wine Dinner

5 course gourmet meal with a different wine paired for each course.

**Friday June 8, 2007**

**\$65 per person**  
including taxes and gratuities



**Call for reservations**  
**613-394-4855**

## I left high school a couple of years ago. Will I fit in?

### At Loyalist – Yes.

**RETURN TO LEARN**

**Join Us Tuesday May 29**

3:00 pm - 4:00 pm – Information and planning sessions

4:00 pm - 6:30 pm – Information kiosks

**You'll have the opportunity to:**

- Explore our over 50 career-oriented programs, with fast-track, one-year, two-year and post-diploma options
- Discover our flexible learning opportunities – full time, part time and distance
- Evaluate your options – assess the value of your previous learning and work experience

- Learn about your financial options – we offer a full range of support – it can be done
- Meet current students who returned to school and are on the way to achieving their goals
- Tour the campus
- Meet with advisors one-on-one
- Enter a draw for a chance to win \$2,000 to put toward your 2007/08 tuition\*

If you are unable to join us on May 29 please call the number below to book a campus tour and appointment with one of our advisors \*some conditions apply

# LOYALIST

MY COLLEGE • MY FUTURE

Wallbridge-Loyalist Road • P.O. Box 4200, Belleville, ON K8N 5B9 • (613) 969-1913, ext. 2204

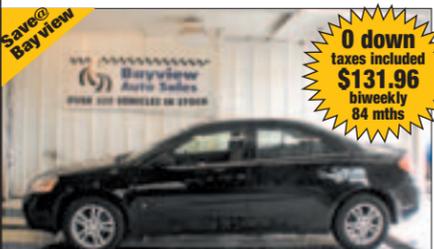
T.T.Y (613) 962-0633 • e-mail: [liaison@loyalistic.on.ca](mailto:liaison@loyalistic.on.ca)

[www.loyalistcollege.com](http://www.loyalistcollege.com)

**NEW SUMMER HOURS**  
 Mon.-Thur. 8-9  
 Fri. 8-8; Sat. 8-5  
**OPEN SUNDAYS**  
 10-4

Low Country Overhead!  
 Low Country Prices!

**OVER 300 VEHICLES**

<p><b>2003 DODGE GRAND CARAVAN</b></p>  <p><b>0 down</b> taxes included <b>\$149.49</b> biweekly 60 mths</p> <p>5614. TV, DVD, loaded w/every pwr. option inc. pwr. seat, alloys, &amp; more. Excellent cond., Fresh in off Chrysler lease. 77,000 kms.  <b>\$13,495</b> certified</p>	<p><b>2003 PONTIAC MONTANA EXT!</b></p>  <p><b>0 down</b> taxes included <b>\$133.30</b> biweekly 60 mths</p> <p>5713. TV, DVD, fresh off GMAC lease. Only 70,000 kms. Loaded w/every power option. Must see!              Excellent condition!  <b>\$11,995</b> certified</p>	<p><b>2003 DODGE CARAVAN SXT</b></p>  <p><b>0 down</b> taxes included <b>\$119.87</b> biweekly 60 mths</p> <p>5512. Fresh in off Daimler Chrysler lease. Loaded w/full power options w/only 79,000 kms! Quad captains chairs, colour keyed bumpers. 7 yr/115 km warranty.  <b>AMAZING SHAPE! \$10,750</b> certified              14 Grand &amp; Short Caravans to choose from!</p>	<p><b>2003 PONTIC AZTEK GT</b></p>  <p><b>0 down</b> taxes included <b>\$138.70</b> biweekly 60 mths</p> <p>5612. <b>SHARP!</b> Platinum! Loaded w/every power option inc. alloy wheels &amp; more. Only 72,000 kms.              Fresh off GMAC lease.  <b>\$12,495</b> certified</p>
<p><b>2003 CHEV CAVALIER</b></p>  <p><b>0 down</b> taxes included <b>\$100.92</b> biweekly 60 mths</p> <p>5675. 4 door, only 42,000 kms! Automatic, loaded w/every power option, GMAC Lease Return. Excellent condition.  <b>\$8,995</b> certified</p>	<p><b>2004 FORD F150 EXT. CAB 4X4 XLT</b></p>  <p><b>0 down</b> taxes included <b>\$218.31</b> biweekly 72 mths</p> <p>5231. Ford lease return! With only 38,000 kms!              Auto, loaded with full power options.  <b>\$22,995</b> certified</p>	<p><b>2003 DODGE REG CAB HEMI 4X4</b></p>  <p><b>0 down</b> taxes included <b>\$208.85</b> biweekly 60 mths</p> <p>5172. Loaded w/every power option. <b>RARE!!</b>              Hemi short box! 77,000 kms. Local trade. Mint shape!  <b>\$18,995</b> certified</p>	<p><b>2002 PONTIAC SUNFIRE GT</b></p>  <p><b>0 down</b> taxes included <b>\$63.15</b> biweekly 60 mths</p> <p>5248C. <b>YELLOW!</b> Power roof! Automatic, loaded with full power options. Local trade. Excellent shape!              174,000 kms.  <b>\$5,495</b> certified</p>
<p><b>2006 PONTIAC G6</b></p>  <p><b>0 down</b> taxes included <b>\$131.96</b> biweekly 84 mths</p> <p>5700D. Fresh in off GM Rental Return! 36,000 kms! Balance of warranty. 6 cyl., loaded with every power option. Mint condition!  <b>\$15,495</b> certified</p>	<p><b>2005 CHEVY COBALT SS</b></p>  <p><b>0 down</b> taxes included <b>\$148.61</b> biweekly 84 mths</p> <p>5671D. Supercharged! Two-tone leather, power s/roof, 18" alloys, many upgrades. A must see!!              GMAC Repo w/only 32,000 kms!  <b>\$17,495</b> certified</p>	<p><b>2004 CHEVY TRAILBLAZER LT 4X4</b></p>  <p><b>0 down</b> taxes included <b>\$171.57</b> biweekly 72 mths</p> <p>5442. <b>VERY SHARP!</b> Power heated memory leather, Onstar, 6 disc changer, dual zone climate, running boards, two tone paint, loaded with every power option. Amazing condition.  <b>A MUST SEE!</b> 93,000 kms.  <b>\$17,995</b> certified.</p>	<p><b>2003 PONTIAC MONTANA</b></p>  <p><b>0 down</b> taxes included <b>\$105.89</b> biweekly 60 mths</p> <p>5283. Loaded with full power options. Fresh in off GMAC lease.              72,000 kms.  <b>\$9,455</b> certified</p>
<p><b>2004 PONTIAC SUNFIRE SE</b></p>  <p><b>0 down</b> taxes included <b>\$82.75</b> biweekly 72 mths</p> <p>5566SDA. Fresh local trade. Automatic, loaded w/full power options, only 76,000 kms. Very nice!  <b>\$8,495</b> certified</p>	<p><b>2006 MINI CHOPPER</b></p>  <p>Over 90 kmh.  <b>NOT FOR ROAD USE.</b>              Amazing retail!!  <b>\$2,750</b></p>	<p><b>2004 ROCKWOOD FOREST RIVER 8281SS SERIES</b></p>  <p>28' 5th Wheel, 12' slide, minimal use, very clean and attractive. <b>UP TO 25 YEAR TERM AVAILABLE.</b> CALL FOR DETAILS.  <b>MANY TRAILERS IN STOCK!</b>  <b>\$19,995</b></p>	<p><b>2003 DODGE CARAVAN SXT</b></p>  <p><b>0 down</b> taxes included <b>\$119.92</b> biweekly 60 mths</p> <p>5510. <b>SMART BUY!</b> Only 73,000 kms. Loaded with power everything inc. quads, colour keyed bumpers &amp; much more!  <b>\$10,755</b> certified</p>

All payments based on bi-weekly payments: 2002/60 mths; 2003/72 mths; 2004-2005/84 mths. Admin., P.P.S.A. & taxes included. EG: \$10,000.00 + \$299.00 admin. + taxes \$1,441.86 + \$68.00 P.P.S.A. = \$11,808.86 financed over 60 months @ 8.4%=\$111.77. Bi-weekly with cost to borrow of \$2725.14 O.A.C. All cash deals are price plus administration.

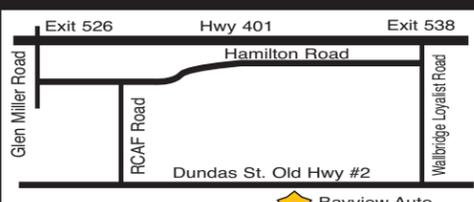


# Bayview Auto Sales

www.bayviewauto.ca 1-613-392-3339

Local or Long Distance

## Sales, Service, Selection



Bayview Auto

ALL PAYMENTS BASED ON BI-WEEKLY PAYMENTS 2002/60 MONTHS, 2003/72 MONTHS, 2004-2005/84 MONTHS. ADMIN. P.P.S.A. & TAXES INCLUDED. EG: \$10,000.00 + \$299.00 ADMIN. + TAXES \$1,441.86 + \$68.00 P.P.S.A. = \$11,808.06 FINANCED OVER 60 MONTHS @ 8.40% = \$111.80 BI-WEEKLY O.A.C.



# ANNUAL CADET REVIEW



704 Air Force City Squadron held its 46th Annual Review on Saturday, May 12, 2007. The Reviewing Officer was Major H. Nieuwland, CD, Commanding Officer of the Trenton Air Cadet Summer Training Centre. Congratulations to all cadets on another successful training year.



Photos: Submitted

FSgt M. Haigh accepts the Royal Canadian Legion Cadet Medal of Excellence from Mr. M. Ratchford of Branch 110 of the Royal Canadian Legion. The medal is awarded to the cadet nominated by the squadron who has excelled in demonstrating the attributes of leadership and citizenship based upon the guidelines provided by the Air Cadet program.



Sgt A. Sigouin accepts the Lord Strathcona Trust Fund Medal from Lt Commander Carter (EOA Detachment). The medal is awarded to the cadet nominated by the squadron who demonstrates a high level of physical fitness based upon the guidelines provided by the Air Cadet program.

# A THANKS FOR SUPPORT



Photos: Cpl David Hardwick, 8 Wing Imaging



Lieutenant-Colonel Ed Staniewski from Land Force Staff College in Kingston presents a photograph and signed hockey jersey to Sgt Duane Bailey, Vice PMC of the Senior NCOs Mess, as thanks to 8 Wing for its support of Team Canada 2007. Team Canada 2007 was an event that saw General Rick Hillier, Chief of the Defence Staff and 19 NHL alumni bring the Stanley Cup to Kandahar May 2-5 to show support for the troops. LCol Staniewski was once a professional hockey player himself, playing for Hartford, Winnipeg and St. Louis during his career.

**My job isn't taking me where I want to go. Is there help to figure out what my next step is?**

**At Loyalist – Yes.**

**RETURN TO LEARN**

**Join Us Tuesday May 29**

3:00 pm - 4:00 pm – Information and planning sessions

4:00 pm - 6:30 pm – Information kiosks

**You'll have the opportunity to:**

- Explore our over 50 career-oriented programs, with fast-track, one-year, two-year and post-diploma options
- Discover our flexible learning opportunities – full time, part time and distance
- Evaluate your options – assess the value of your previous learning and work experience

- Learn about your financial options – we offer a full range of support – it can be done
- Meet current students who returned to school and are on the way to achieving their goals
- Tour the campus
- Meet with advisors one-on-one
- Enter a draw for a chance to win \$2,000 to put toward your 2007/08 tuition\*

If you are unable to join us on May 29 please call the number below to book a campus tour and appointment with one of our advisors \*some conditions apply

**LOYALIST**

MY COLLEGE • MY FUTURE

Wallbridge-Loyalist Road • P.O. Box 4200, Belleville, ON K8N 5B9 • (613) 969-1913, ext. 2204  
T.T.Y (613) 962-0633 • e-mail: liaison@loyalistcollege.ca

[www.loyalistcollege.com](http://www.loyalistcollege.com)

# HOROSCOPES

Weekly Astrology by Christine Davison

May 27 - June 2

**ARIES** (March 21-April 19): Your family can be a source of solace and contentment. Siblings in particular can stimulate some wonderful feelings. Use your strengthened bonds to anchor you as you enter into the weekend. You may be learning deeply personal things about yourself and the world around you. Try to make important decisions either before Thursday or after the weekend.

**TAURUS** (April 20-May 20): The hard work is starting to pay off. Material security is now upon you but take care of important business before the weekend. Now is the time to take a chance and exert all the best qualities of Taurus. Try to be aware of the strength and determination of your sign and use it to your advantage.

**GEMINI** (May 21-June 20): Friends and loved ones tend to orbit around you. Gemini is sure to find deep enjoyment and luxury wherever they have friends. Try to remain light hearted as you approach the weekend. Romance and passion are in store and someone's heart may be in your hands. Try to make important decisions before Thursday.

**CANCER** (June 21-July 22): Sometimes Cancer finds it hard to take a compliment. It's important to be aware that often you deserve praise and to reject this is to do yourself a disservice. Spend time with friends and family early on in the week as after Thursday energies will be scattered and social activities unable to be focused upon.

**LEO** (July 23-Aug. 22): You like to take the lead and all the recognition that sometimes goes along with it Leo, but this week you'll need the support of allies. Take some time for self-reflection. Spending a light hearted evening with a loved one is more important than roaring along and saving the world. Decisions may best be made early in the week.

**VIRGO** (Aug. 23-Sept. 22): They say the best leaders are reluctant ones and this is certainly you this week. You'd rather influence from behind the scenes but you'll find that a little assertion up-front will gain you success and admiration. Memories of your childhood have a deep influence later in the week. Take some time to dwell upon how these memories inspire you now.

**LIBRA** (Sept. 23-Oct. 22): Allow luck and good fortune to fuel your decision making for Monday and Tuesday. Your brilliance will come in rapid succession but by mid week, you may feel pulled heavily by the opinions of others. Try to stick to what your heart tells you even if it means resisting trusted advice.

**SCORPIO** (Oct. 23-Nov. 21): You exhibit all the best qualities of an attentive lover. Your passion and sense of trust makes you productive in both personal and professional ways. Consider slowing your pace down by Thursday. Avoid heavy decision making as your inherent sense of suspicion may be put to the test. Your heart is in the right place and should guide you.

**SAGITTARIUS** (Nov. 22-Dec. 21): The love in your life grows stronger each day. The question is do you want to let this continue to grow? Romance feelings flow freely inside you and should be applied in creative ways. All this passion will amplify emotions, be careful. Thursday may begin a sensitive time so avoid criticism and heavy decisions.

**CAPRICORN** (Dec. 22-Jan. 19): You're the kind of person who does not turn away a friend in need. Immersion in shared social activities will bring out the best in you and help further collective goals. A little patience with your family is advised, especially as the week progresses. You are helpful and creative. Let these qualities guide you.

**AQUARIUS** (Jan. 20-Feb. 18): You have an unquenchable curiosity for all life's answers and should be able to tap into a sense of light-hearted fun. There's a potential for genius this week, but that must come from within you and only you! Remain patient with your siblings and adaptable at work. Navigate changes by following your heart.

**PISCES** (Feb. 19-March 20): A flood of childhood memories inspire you and family influences are strong. Share your wisdom and humour with the kids. They love your attention and you can rediscover your true sense of strength and determination when around them. Your intuition is true and will help you in dealing with crowds while finding a sense of peace amidst chaos.

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

On the move with 

# ROYAL LEPAGE



**NOW**  
is the time to list!

ProAlliance Realty, Brokerage  
INDEPENDENTLY OWNED AND OPERATED

Trenton 613.394.4837  
Brighton 613.475.6242  
Toll Free 1.800.263.2177

[www.DiscoverRoyalLePage.com](http://www.DiscoverRoyalLePage.com)



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

**MISFITS BY BRIAN CODAGNONE**

DESIGNER FABRÉ HAS A PRONOUNCEMENT REGARDING NEXT YEAR'S STYLES...

FIBERGLAS IS IT!

FASHION CRITIC RULA SCURVELLA HAS THIS TO SAY...

WHO'S SHE KIDDING? THAT OUTFIT WOULD MAKE A DOG LAUGH! I KNOW! MY DOG, HALSTON, LAUGHS ALL THE TIME! IT'S KIND OF DISTURBING, ACTUALLY.

B. CODAGNONE

©2000 BRIAN CODAGNONE

**DuJour**

## FULL SERVICE

ROBERT SEMUR



In case the new hair do doesn't do it.. we do offer plastic surgery

**Rules for Duffers**



A Duffer, hitting a bucket of balls!

Copyright © 2005 E.L. Cheney

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

WE'VE HAD REPORTS THAT YOU'RE ANSWERING TO THE NAME "WIENER DOG."

YUP.

DO YOU REALIZE YOU ARE BESMIRCHING THE DIGNITY OF DACHSHUNDS, AND EQUATING YOURSELF WITH A CHEAP MEAT PRODUCT?

I LOOK AT IT AS UPLIFTING THE SPIRITS OF MALIGNED MEAT PRODUCTS EVERYWHERE.

IT'S WORSE THAN REPORTED.

©1998 DALE TAYLOR




# Community Events

generously sponsored by...



# independent

YOUR INDEPENDENT GROCER



President's Choice

CFB Trenton

Smylie's Independent Grocer

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 [leblanc.al@forces.gc.ca](mailto:leblanc.al@forces.gc.ca), at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.*

**PLANNING TO GET MARRIED?:** If you're planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic Party must contact first the Wing Chaplains' Offices at 613-392-2811 ext. 2490 to begin the pre-nuptial process six months prior to the wedding day. That is to provide you with time to take the pre-marriage class and the padre to complete the marriage file, which must be sent to the Military Ordinariate's Chancery Office no less than three months prior to the wedding day. This is applicable to all members falling under Military Ordinariate Jurisdiction; that means for all CF personnel and DND employees who are RC. The latter have the choice between their Wing Chaplains' Pastoral Services and their civilian parish's. If a Catholic party wants to get married under the Rite of a particular Protestant denomination, the above still applies. If the marriage file is not processed on time the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and from, to the church of your wedding). If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

**VOUS PLANIFIEZ DE VOUS MARIER?:** Si vous projetez de vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, la partie catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au 613-392-2811 poste 2490. Ce premier contact, qui enclenchera l'ouverture du dossier pré-nuptial, devrait être fait six mois avant la date de la célébration du mariage. C'est le temps minimum pour planifier la session de préparation au mariage à suivre et de préparer le dossier de demande de mariage, lequel doit être envoyé au bureau du chancelier de l'Ordinariat militaire du Canada, à Ottawa, au moins trois mois avant la date choisie. Ce qui précède s'applique à toute personne assujettie à la juridiction canonique de l'Évêque du Diocèse militaire du Canada; en d'autres mots, à tous les membres des FC et aux employés du MDN qui sont CR. Cependant, ces derniers ont le choix de faire appel aux services des aumôniers CR de l'Escadre ou de s'adresser au bureau du pasteur de leur paroisse civile. A noter que si la partie catholique veut se marier selon le Rite d'une Église protestante, ce qui précède s'applique encore. Il importe également de prendre note que si le dossier pré-nuptial n'a pas été complété en envoyé dans les délais requis, le bureau de l'Aumônier de l'Escadre ne pourra être tenu responsable de toute complication et des coûts qui pourraient y être reliés. Trois mois précédant la date : voilà le temps souhaitable que les bureaux de l'aumônier et du chancelier ont besoin pour préparer et acheminer un dossier de demande de mariage. Si vous appartenez à une Église de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le padré de votre confession religieuse le plus tôt possible.



Association canadienne-française de l'Ontario (ACFO)  
Conseil régional des Mille-Îles

**AVIS DE CONVOCATION**

à l'assemblée générale annuelle de l'ACFO Mille-Îles le mardi 5 juin 2007 à 19h à l'École Madeleine-de-Roybon située au 2, avenue Montcalm à Kingston.

Nous recherchons activement un-e conseiller-ère du secteur Trenton-Belleville pour siéger au conseil d'administration de notre organisme régional.

Tous les francophones de la région des Mille-Îles sont les bienvenus.

Pour informations, communiquez sans frais au 1-800-561-4695.

[www.acfomi.org](http://www.acfomi.org)

## 10th Annual County Poker Run

Join us on June 9, 2007, for the 200 km ride.

Cost is \$20 with all proceeds going to Camp Trillium (Garrette's Island).

Riders will depart from the Consecon Legion at 11:30 a.m.

All riders welcome. For more information, please call Rick at 613-392-7794.

### New Anime Club for Trenton

TrentonAnime is a new fan-run club where people with an interest in Anime, Sci-fi, and Fantasy can meet, socialize and of course, watch Anime. A promotional showing will be held on June 2, at 6:00 p.m., at the Military Family Resource Centre (MFRC), at 50 Rivers Drive.

Membership and registration is free. Weekly meetings will begin the following Saturday. If you're interested in attending, or for information, contact David Hardwick by e-mail at "TrentonAnime@hotmail.com".

### Trenton Lioness Club Annual Spring Luncheon

Join us on Friday June 1, 2007, from 11 a.m. to 2 p.m. for our annual luncheon, which will be held at 77 Campbell Street in Trenton. The menu will include sandwiches, salad, strawberries and ice cream, coffee and tea. Admission is just \$6.00 per person. As always, everyone is welcome to join us!

### THE BIKERS EVERYWHERE SUPPORTING OUR TROOPS RIDE IN CANADA

The B.E.S.T. Ride in Canada is being held this July 15, in Cambridge, ON, at the Hespeler Legion (located at 26 Schofield St.). This ride is in support of fallen comrades and other Canadian Forces personnel returning from combat.

Registration opens at 9 a.m., followed by a pre-ride safety brief and the first set of riders are scheduled to depart at 11 a.m. There will also be a barbecue and refreshments available, followed by live entertainment and the closing ceremonies.

Cost: \$20/riders and \$10/passenger. Pledge forms are available at <http://www.geocities.com/bestridecanada/>



## 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.

### Walk to Support Dog Guides

For more information or to register for a walk near you please visit [www.purinawalkfordogguides.com](http://www.purinawalkfordogguides.com).

<p><b>Trenton Walk</b> <b>Trenton Lions Club</b> June 3 at 10 a.m. departing from the Centennial Park Amphitheatre Contact: Lion Diane Gardy 613-392-2939 <a href="mailto:diane.gardy@servicecanada.gc.ca">diane.gardy@servicecanada.gc.ca</a></p>	<p><b>Belleville Walk</b> <b>Wellington and District Lions Club</b> June 3 at 1:30 p.m. departing from Zwick's Park Contact: Lion Janet Marissen 613-961-0990 <a href="mailto:handjmarissen@sympatico.ca">handjmarissen@sympatico.ca</a></p>
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

# 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**

**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

**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

**For Rent**

**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

High quality bungalow in prestigious boating community, Brighton Bay Estates. Main floor has 3 bedrooms, full bath, living/dining, eat-in kitchen equipped with dishwasher. Lower area family room with gas fireplace, guest rooms, office, full bath, laundry room with washer & dryer. Garage, beautifully landscape yard. No pets, year lease, references, \$1200/mth, first & last req'd. Call Leah 613-849-0660

**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.

Please recycle this newspaper! 

**Trenton**  
1 Bedroom + Den in quiet building, separate entrance, no smoke/pets. Heat incl. Hydro & Water extra. 1st & Last. References \$625 monthly 613-968-6872

**Duplex for rent**  
10 mins. East of CFB Trenton, adult 2 bdrm duplex with fridge & stove. \$595/mth + utils, non-smokers, no pets, first & last & utilities deposit, references. 613-961-1104

**Renovated**  
1 Bedroom in Belleville, East Hill, Quiet Building. \$650 monthly + Hydro, non-smoking. No pets. First + Last. References 613-968-6872

**House For Rent**  
Brighton - 10 mins. to the Base, family home in the country. 3 Bdrm, brick bungalow, full basement, C/A, dishwasher, garage, huge yard, lots of parking. \$1200 + utilities. First & Last required. References. Call 416-427-5454

**Cleaning Services**

**Tammy's Cleaning Service**  
Years of 100% successfully passed Marchout Inspections, & 20 years of housecleaning in the Quinte Area. (limited spaces available) "I likely clean for someone you already know." Call Tammy @ 613-392-0759

**Marchout/Housecleaning**  
Guarantee to pass inspection. Quality, reliable and friendly service. Other home services available. Call Amy 613-208-0118 Tiffany 613-394-4680

Please recycle this newspaper! 

**For Sale**

**Belleville Volkswagen**  
JUST ARRIVED IN TIME FOR SUMMER!  
  
2003 Beetle Convertible Silver with black power top and leather interior, automatic. Under 25,000KM, VW Certified Warranty included.  
  
Fresh In: Two 2006 Jetta's 2.5's, 1 auto, 1.5 speed. Great cars, low KM, great financing. Call Paul for additional details...  
613-966-3333  
259 North Front Belleville  
www.bellevillevw.com

1999 Ford Taurus Sedan 6 cyl., loaded, keyless entry, new battery and brakes. 110km Certified, \$4200 Call 613-392-8468

**Trenton**  
26 Bridlewood Lane Spacious, bright 5 bedroom 3500 sq. ft. brick home, plus 1700 sq. ft. finished basement, with a 4(3+1) garage. 3 bedrooms 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 & Cherise Sue-Chue-Lam

**Employment**

**Teleperformance**  
GLOBAL TELEMARKETING & TELESERVICES SOLUTIONS

**GRAND!**  
NOUVEAU CLIENTS  
NOUVEAU PROGRAMME  
NOUVEAU OPPORTUNITÉS  
NOUVEAU HORRAIRES  
NOUS EMBAUCHONS....  
AGENT BILINGUE  
POUR LE SERVICE À LA CLIENTÈLE (15)  
LUNDI AU VENDREDI 8H00 À 17H00  
PAS DE SOIRÉE, PAS DE FIN DE SEMAINE  
PAS D'APPUI TECHNIQUE!  
LA FORMATION DÉBUTE DÈS MAY 2007

Tous les candidats posséderont les critères suivants:  
> Connaissances d'application d'ordinateur  
> Connaissances du service à la clientèle  
> Passe le contrôle de casier judiciaire

11.50\$/heure, benefice sociaux et formation payé

Vous êtes bienvenue au centre d'appel du lundi au vendredi de 9h00 à 17h00

199 rue Front, Belleville, On  
613-771-2000  
Ou envoyez-nous votre cv par courriel à blvicareers@teleperformance.com

**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

**CARRIERS NEEDED**  
to deliver  
Contact Newspapers here at 8 Wing/CFB Trenton Call 613-965-7248  
Leave your name, phone number, address & age.

**Crossword Answers**

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

**MFRC**



**TRENTON**  
**Military Family Resource Centre**



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Join your MFRC for a

Joignez-vous au CRFM pour une

*Prince Edward County*  
*Wine Tour*



*Tournée des vignobles*  
*de Prince Edward County*

Saturday, June 2<sup>nd</sup>, 2007

Leave the Siskin Centre @ 9:30 am & Back @ 6:00 pm  
 Cost: \$35.00/person

Le samedi 2 juin 2007

Départ du Centre Siskin à 9h30 & de retour à 18h  
 Coût: 35,00\$ par personne

Cost includes:

- Visit of 6 wineries
- Tasting fees for at least 3 wineries
- Bus Ride, Light lunch
- Prizes and tonnes of fun!

*Tips and Insight from our own Wine Connaisseur*

Le coût inclut:

- La visite de 6 vignobles
- Dégustation à un minimum de 3 vignobles
- Transport par autobus, Repas léger
- Des prix et beaucoup de plaisir !

*Information de notre conseillère en vin*

Information & reservation 613-965-3575 Space is limited / Les places sont limitées

**Deployment Support / Wednesday Night Out**

May 30th ~ Monthly Family BBQ ~ 6-8 pm

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.trentonmfrc.cfbtrenton.com](http://www.trentonmfrc.cfbtrenton.com)

**Soutien au déploiement / Les sorties du mercredi soir.**

30 mai ~ BBQ familial mensuel ~ 18h - 20h

Téléphonez 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.trentonmfrc.cfbtrenton.com](http://www.trentonmfrc.cfbtrenton.com)

MILITARY APPRECIATION DAY

On This Day,  
 You're Not Just Supporting  
 Your Team.  
 You're Supporting  
 Your Country.

**Blue Jays**

SATURDAY, JUNE 2, 2007 @ 1:07 P.M.

FIELD LEVEL BASES \$44 \$25\*

TO PURCHASE DISCOUNTED TICKETS, CONTACT:  
**Trenton MFRC 613-965-3575/3595**

IF YOU ARE PURCHASING 10 TICKETS OR MORE, OR FOR MORE INFORMATION, CALL PAUL RABEAU AT 416-341-1676 OR EMAIL PAUL.RABEAU@BLUEJAYS.COM



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

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

Sénior, Enfants, 3+ & moins de 48" hauteur ----- 21,00\$  
 Jusqu'au 30 juin, Adules (3-59 ans & plus que 48" hauteur) ---- 33,00\$

**Afghanistan Mission**  
**Deployment Briefing for Families**

June 6, 2007, 7 - 9 pm

Maj Roger Lupien from the Mission Support Unit with Valcartier will talk about the mission and answer questions.

**Mission en Afghanistan**

**Session d'information sur le déploiement pour les familles**

6 juin 2007, de 19h à 21h

Maj Roger Lupien de l'unité de soutien aux Missions à Valcartier parlera de la mission et répondra aux questions.

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

**LARRY'S**  
**MINI STORAGE**

- Heated Indoor Storage
- 24 hour video & monitored alarm protection

(Indoors & Outdoors) 47 Frost Rd & Hwy. 2 Bayside

(613) 967-7774

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](http://www.milbroauto.com)

DIAGNOSTICS - SHOCKS & STRUTS - TUNE-UPS

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](http://www.whitley.net)  
 E-mail: [info@whitley.net](mailto:info@whitley.net)

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

AUTO - HOME - BOAT - LIFE - INVESTMENTS



# On track for C-17: Training is key to readiness

## National Defence

OTTAWA, May 16, 2007 – As Canada's Air Force prepares to receive its first Boeing C-17 Globemaster III this August, personnel are working enthusiastically to get the training they need to operate the aircraft.

"Great progress has been made to ensure that when the first aircraft is delivered this August, our Air Force crews will be trained and ready to take flight – I'm very happy with the steps that have been taken to date," says the Honourable Gordon O'Connor, Minister of National Defence. "We have taken literally years off the

procurement process for the strategic lift capability – saving taxpayers millions of dollars and providing the Canadian Forces with the right equipment at the right time."

Canada announced it would buy four C-17s in February under a contract with Boeing. The estimated total cost for the project is \$1.8 billion, plus an estimated value of \$1.6 billion for 20 years of in-service support.

"I'm very pleased with the way that training is progressing and the fact that our crews will be ready when the aircraft arrive," says Chief of the Air Staff, Lt.-Gen. Steve Lucas. "The C-17 and its well-trained crews will provide us

with an unprecedented capability to support Canadian Forces operations, anytime, anywhere."

The excitement level is high among all air and ground crews who will be loading, maintaining and flying the massive aircraft here at home and around the world. The first group of pilots, loadmasters and maintainers will be fully trained and ready to operate the new aircraft as soon as it lands in 8 Wing Trenton, Ont. The C-17 Project Management Office, responsible for managing and coordinating aircrew training, is staggering the rest of the training to allow for each new crew to be trained as each new

aircraft arrives.

Four crews per aircraft are being trained – 32 pilots, 24 loadmasters, 10 maintenance management staff and 96 technicians have been selected for the C-17 initially. Air movements and aero-medevac personnel began their training in late February.

The training is being conducted in two phases – the first is a basic familiarization with the aircraft, the second is an embedding or "seasoning" training with a United States Air Force unit.

Master Cpl. Dean Desaulniers, an Aviation Technician from 426 Squadron at 8 Wing Trenton is more than half way through

his C-17 training at the 373rd Training Squadron at Charleston (United States) Air Force Base in South Carolina.

"It's a phenomenal plane. They have simulators for every part of the aircraft, which makes our training so much easier. The first time that big plane lands in Afghanistan to bring our ground troops their supplies, is going to be a really great day," says Master Cpl. Desaulniers, who moves on to his seasoning training at McChord Air Force Base in Tacoma, Washington in May and June.

"There is so much pride in what we're doing. The future is looking so bright for us."

## Nettoyage de Middleton Park

### Dépôt de matières toxiques

Dates: 24 mai 2007 & 31 mai 2007

Endroit: 27 Boulevard Alert (de l'autre côté de l'équipement lourd)

Heures: 07 h 00 à 15 h 00

### Dépôt de pneus (sans jantes)

Date: 31 mai 2007

Endroit: 27 Boulevard Alert (de l'autre côté de l'équipement lourd)

Heures: 07 h 00 à 10 h 00

Quantité: 4 pneus par personne (camion & automobile seulement)

### Compostage de cour/jardin

Date: 26 mai & 02 juin 2007

Endroit: Serres (côté sud, 8e Escadre, près du camp des Cadets)

Heures: 10 h 00 à 16 h 00

### La collecte d'objets lourds

Date: 26 mai & 02 juin 2007

Heures: 08 h 00 à 16 h 00

Endroit: Un camion ramassera les objets lourds le 26 mai et le 02 Juin. SVP placez vos objets lourds au bord de la rue avant 08 h 00 la journée de la collecte.

Les pneus, réservoirs à propane, réfrigérateurs, congélateurs, air climatisé, matières toxiques et déchets ménagers normaux ne seront pas acceptés aux dates mentionnées ci-haut; SVP contactez Dot Serre au local 3295 pour de plus amples informations.

Pour fin de dépôts aux dates ci-haut mentionnées, vous devez présenter une pièce d'identité démontrant que vous êtes membre ou un dépendant de la 8e Escadre de Trenton.



Terrific family home, 4 bedroom, master bedroom with ensuite. Open concept kitchen and dining room. Attached garage with inside entry. Great neighbourhood! Ready to move in!

mls# 2072851  
\$234,900

**Roxee Morden**  
Sales Representative  
Office tel. 613-394-4837  
Cell no. 613-969-2157

ROYAL LEPAGE  
ProAlliance Realty, Brokerage  
833 Dundas Street East,  
Trenton, Ont. K8V 1M1

**TRENTON ONTARIO**

ProAlliance Realty  
253 Dundas St. E.  
Trenton, Ontario  
O.613-394-4837  
1-800-263-2177

**POSTED?**  
**NEED TO SELL YOUR HOME?**  
**NEED AN AGENT AT YOUR NEW LOCATION?**

e-mail: bhieb@royalpage.ca  
"Hieb Ho, Your House Will Go!"

**Barb Hieb**  
Sales Representative

**ROYAL LEPAGE** **A House SOLD Name**

2000 2004 2006

**C. Jane Mulligan**  
Sales Rep.

\$148,500 Great location, picturesque, close to Trenton. Creek runs along back of property. LR and DR have hardwood floors and pine wainscoting. 4 bedrooms; updated windows. Roof 7-8 years, survey available. Woodstove in rec room. Sunny & bright windows. MLS# 2073014

**Office # 613-966-6060**  
e-mail: jmulligan@royalpage.ca

**Let Jane put her expertise to work for you!**

**Posted to Kingston in 2007?**  
**Don Wyld CD Military Authorized Realtor**

**Automatic Buyer Representation**

If a posting to our beautiful "Limestone City" of Kingston is where you are headed, please give me a call at the "TOLL FREE" number below and I will send you a "Worry-Endor Kit of Kingston" (with video) containing maps, home prices, school information, shopping facilities, transportation and more.

**NEW HOMES BY "CARACO"**  
Get a complete information package of new homes being built in Greenwood Park, minutes from CFB Kingston and RMC, and Cobblestone Ridge in West End Kingston. See the whole package at www.c21wyld.com

Please call or write:  
Don Wyld, CD, Sales Rep.  
#1 Barrielfield Centre,  
Kingston, Ontario,  
Canada K7L 5H6

Fax 1-613-545-1101 or  
613-545-3333 office  
Toll Free 1-800-438-9953

Visit the Canadian Military Relocation Network Website at www.interbaserealestate.com  
OR Email: donwyld@kos.net  
\*Subject to certain conditions

**1,000 AIR MILES**  
when you buy or sell  
a home with me!\*

**Century 21** **TOWN & COUNTRY REALTY INC.**

**Contact**

It is possible to fly without motors, but not without knowledge and skill.

— Wilbur Wright

**More sales means more experienced agents.**

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

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

**Anything less is second best!**

**Remax Trent Valley Realty Ltd., Brokerage**  
Independently Owned & Operated

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

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

**Please recycle this newspaper!**

