

"Delivering news and information. At home and around the world." · "Des nouvelles d'ici et de partout ailleurs."

# the contact

[www.thecontactnewspaper.cfbtrenton.com](http://www.thecontactnewspaper.cfbtrenton.com)

Want to  
advertise in  
this prime  
location?

Call Patricia  
613-392-2811  
ext 7008

Contact

• September 5, 2008 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 43 Issue Number 34 •

## The Canadian Forces – A strong, caring force sends help south

by Amber Gooding,  
Assistant Editor

When a call came in that help was needed in New Orleans, there was no hesitation – the Canadian Forces would be there to help.

On Sunday, August 31, crew members from 8 Wing/CFB Trenton took part in the most recent humanitarian relief mission, including two pilots, two loadmasters, two tech crewman, five medical staff and one Search and Rescue Technician.

With very little notice, and a primary role for MEDIVAC, the crew loaded into a CC-177 Globemaster III and were airborne on their way to transport 20 patients from Lakefront Municipal Airport in New Orleans to Little Rock, Arkansas.

It wasn't until they were in the air that those involved started to receive more details in regard to the situation down south, and about the duties required of them. Nobody knew what to expect – where they were landing, how many patients needed help, or even what the condition of those patients would be.

"Once we were in the air, we coordinated with a command post from the United States for further details on what our follow-on requirements would be," said Captain Bryce Graham, a pilot with 429 (Transport) Squadron. "Once we arrived, the airport was very busy and we were required to hold on a taxiway because they had no room for us at that time."

Military aircraft and long lines of ambulances filled the ramp. Once the crew was cleared to taxi in, communication lines opened up from command staff to the ground.

Major Annette Snow of 24 Canadian Forces Health Services Centre was the flight surgeon with the medical team and was at work, ready to leave within one hour of receiving the call. All she knew was that help was needed, and like others involved, little else mattered after that point.

"The patients that were awaiting



**Emergency vehicles carrying evacuees of Hurricane Gustav stage near a Canadian Air Force CC-177 at Lakefront Airport in New Orleans on August 31, 2008. The Federal Emergency Management Agency and The Department of Defence chartered flights to transport citizens to destinations safely outside the hurricane's path.**

ing transport were critical patients (some more critical than others), and very frail nursing home patients requiring full assistance," said Maj Snow. "The most urgent requirement was for the movement of ventilated patients...a capability we did not have."

Fortunately, she said, the mismatch of resources was quickly identified and rectified, after all, there was a beautiful CC-177 Globemaster III with ample supplies of therapeutic oxygen.

"The American military had Critical Care Augmentation Team (CCAT) personnel and equipment – but no plane," said Maj Snow. "Two CCAT teams joined ours and we started moving patients on board. Stretchers were brought in and strapped to the stanchions or floor. Nursing home patients were wheeled up the ramp and carried into their seats. Everyone involved pitched in to assist."

At that point the medical team was expecting four more ventilated

patients and were completing the final check with Ops to confirm if they existed (they didn't) and when they would arrive (they wouldn't) when the front edge of the storm hit.

In a matter of 15 minutes, Hurricane Gustav reared its ugly head turning the blue sky above to a black sky of rain, hard wind and flying debris – and even though it was only the front edge of the storm, nothing compared to the full fury of a hurricane, it added to the sense of urgency to get the aircraft up and out of there.

"From the storm perspective, everything was anticlimactic after that," said Maj Snow. "The crew quickly got us out of the weather and we had a smooth flight. Medically, however, things got a little more interesting."

Maj Snow explains that one of the ventilated patients went into cardiac arrest during the trip, which is a great cause for concern at any time, but in the back of an airplane

that effect is multiplied due to the noise, cramped conditions and limited resources.

"Fortunately, due to immediate CPR and the considerable skills of the CCAT team, the patient's heart started beating again and remained stable for the rest of the trip," she said. "And the front end team did an awesome job of pushing up the air speed and getting us to Little Rock in record time."

The crew was met in Little Rock by a small army of volunteers and the critical patients were immediately taken by ambulance to local hospitals. The rest of the patients were triaged, provided refreshments and comfort. The crew were given a hero's welcome for their efforts, and even though to them they were "just doing their jobs," every person they met shook their hands and thanked them for coming down to help out.

The CF played a major role in this relief effort – a contribution that the United States appreciates immensely.

"The collaborative effort to assist in natural disasters dates back to Hurricane Andrew in 1992, and Hurricane Katrina in 2005 – and now Hurricane Gustav, which has been designated as OP UNIFY," said Capt Graham. "I am extremely proud to be a member of the CF, and to be able to represent the strong set of values that Canadians have when it comes to assisting the U.S. in a time of need."

Although there were only 13 crew members on board for the MEDEVAC flight, the efforts of many other 8 Wing/CFB Trenton personnel during the 12 hours leading up to the set departure played such an important role. Included in that group were pharmacy and orderly room staff, confirming that the kit scheduled for the mission was ready to go.

"It's missions such as Operation UNIFY that make you remember why we wear the uniform," said Maj Snow.

"It is the best part of the job."

**McKeown's**

CHRYSLER JEEP DODGE

View our entire inventory at:  
[www.mckeownmotorsales.com](http://www.mckeownmotorsales.com)  
[www.wheelsonline.ca](http://www.wheelsonline.ca)

HWY 14, 10 kms North of Stirling  
613-395-5355 • 1-800-465-9297

For 25 YEARS We keep doin' what we're doin' at McKeown's

**Moisture in Windows?**  
GET THE FOG OUT! [www.getthefogout.com](http://www.getthefogout.com)

**Save your windows... Save your money!**

Crystal Clear Window Works  
**613-969-9588**

Environmental Restoration Specialists  
20 year warranty

**2 EXL** HAIR & ESTHETICS SALON  
2 EXL WITH PROFESSIONALS

Complete Hair Care and Esthetics  
for the Whole Family

Relax with our Knowledgeable Professional Staff

Where you are treated to the very best!

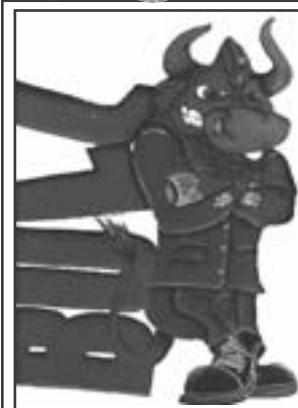
Hwy #2 in the Appledene Plaza, Trenton  
(across from Walmart)

**613-392-2263**



## From the Bull's Pen

### A message from the 8 Wing Chief Warrant Officer



Station Warrant Officer,  
Warrant Officer First  
Class, John A. Silver,  
CIRA 1941

Trenton's Station Warrant Officer, Warrant Officer, First Class (WO 1) John Silver origin was from London, England.

Immigrating to Canada, his military career commenced during the First World War as a private of the 96th Lake Superior Regiment.

Through diligence, study and natural ability he rose to the rank of Warrant Officer first class at 22 years of age – the Youngest of the Canadian Forces.

John Silver spent four years and eight months on Active Service with

the Canadian Expeditionary Force.

He served with the 96th Lake Superior Regiment, the 52nd overseas battalion, the 15th Saskatchewan Regiment Depot, the 28th North-West Battalion and following the Armistice – the 1st Lake Superior Regiment.

He served in Canada, England, Belgium and Germany.

John Silver's decorations include, Service Medal, Victory Medal, and the Mons Medal of 1918.

He received Honourable Mention in Brigade Orders, represented his battalion at the Duchess of Connaught Memorial Service in Westminster Abbey, acted as Corps Sergeant-Major to General Currie when he took the salute from the Canadian crossing the Rhine into Bonn, Germany.

He was Regimental Sergeant-Major to his majesty, King Edward VIII, when he unveiled Canada's War Memorial at Vimy, France.

Then John Silver did

it all over again when during the Second World War when he joined the Royal Canadian Air Force (RCAF), as an AC2.

In just over thirteen months he became the Station Warrant Officer at Flying Station Trenton. AC2 John Silver left Fort William in October 1940 and reported to No. 1 Manning Depot, Toronto as a Disciplinarian.

He was promoted there to Acting Corporal (unpaid) and transferred to Flying Station Trenton. And the Disciplinarian Course No.5 of the composite Training School and was reverted back to AC2.

Upon completion of the course where his course report read "top ranking man with a score of 91.5 per cent and the rating of EXCEPTIONAL" he was once again an Acting Corporal (paid).

He reported into the Station Headquarters as an Acting Sergeant (unpaid). Posted back to the Composite Training School he quickly raised

to Warrant Officer Second Class, Sergeant-Major of the school.

On 18 Dec 1941 Sergeant-Major John Silver was appointed Station Warrant Officer. He held this position for several years and soon became a legend on the Station, so much so that after more than 60 years, he is still the standard all other Station Chief Warrant Officers, Base Chief Warrant Officers and Wing Chief Warrant Officers at Trenton are measured against.

The den in the Air Mobility Conference center has been named after WO 1 John Silver, and has been filled with memorabilia from his service years.

*Note: The term Sergeant Major is used repeatedly through out this BIO and was infact a common used title in the RCAF during the Second World War.*

Just a thought!

T.J. (Bull) Secretan  
CWO  
8 WCWO

Ottawa (August 27, 2008) – Canadian Forces personnel participated in a historic flight with Belgium, the Netherlands and Luxembourg over Bosnia-Herzegovina on 20 August 2008 aboard a Belgian aircraft, which undertook the 500th observation mission conducted under the Open Skies Treaty, which promotes openness and transparency among its signatories.

"The participative role that we are fulfilling during this particular mission and others like it, not only allows us to actively contribute to the mission, but also re-enforces Canada's support for the Open Skies Treaty as a multi-lateral, coopera-

tive endeavor" said Major John Nowak, mission team leader.

The treaty formally entered-into-force January 2002 and is designed to enhance trust, confidence and collective understanding by providing all participating states with the means through which to obtain information on military or other activities of interest or concern to them.

Open Skies is one of the most wide-ranging international treaty mechanisms established to date designed to foster openness and transparency of military forces and their activities.

Canada is an active participant in the international proliferation security regime and is a signatory to several treaties dedicated to the elimination, reduction and control of weapons of mass destruction and conventional arms. The Open Skies Treaty illustrates Canada's commitment to developing greater openness and trust amongst states and lowering the potential for conflict.

For more information about the Open Skies Treaty, the OSCC, and the observation flights, go to: <http://www.osce.org/about/13516.html>



Photo: Organization for Security and Co-operation in Europe (OSCE)

## Solar and Wind Electrical Power Systems



**Electricity from the Sun,  
Energy controlled by you!**

**SUN VOLTS UNLIMITED™**

**(613) 969-7778 • Toll Free: 800-558-7939 • Fax: (613) 968-4994**

**6950 Hwy. 62, Belleville**

**email: belleville@sunvoltsolar.com • Website: www.sunvoltsolar.com**

**Sales • Service • Installation**

## MASSAGE

### Silver Star Studio

Licensed Oriental Massage

### Relaxing Shiatsu Massage

Open Daily 9 am - 9 pm

56 Elgin St., Unit 2, Trenton **613-392-7119**  
Across from Quinte Hotel

**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**

**"SAVE MONEY, CALL FOR A QUOTE"**

41 Dundas Street W. Trenton

**AUTO - HOME - BOAT - LIFE - INVESTMENTS**

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

Bill Doyle Insurance Agencies Inc.

215 Dundas St. E, Trenton

**613-392-3501**

600 service offices across Canada  
to serve your military families.

The leading Canadian-owned  
multi-product insurer.

**the co-operatotis**

A Better Place For You®

Home Auto Life Investments Group Business Farm Travel

**Best Quality**  
**Best Price**  
**It's 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)

**Contact** Wondering where to find The Contact?  
Check out some of these off-base locations.

**Belleville Locations**

Belleville Public Library

Belleville Legion 99

Luc's Variety

QHC Belleville General

**Trenton Locations**

Smylies Independent

A&P

QHC Trenton Memorial

Shopper's Drug Mart



# Central Region brings home the Aggregate Trophy

by Grace La Rose  
Contact Staff

After a week of careful driving at the 2008 Canadian Forces Professional Driver Championship, the Central Region Team is bringing home the National Championship Aggregate Trophy.

The Central Region Team racked up the most points in the five categories including; Bus (40 passengers or more seating capacity), Tractor-Trailer, Heavy Logistics Vehicle Wheeled (HLVW), Straight Truck (five ton payload rating) and Road Discipline (road rally).

Five personnel from 8 Wing/CFB Trenton helped push up the team's score; Private Maxime Brisson and Corporal Benoit Fallu formed a team and placed fifth in Road Discipline. Corporal Kathryn O'Brien and Private Matthew Crowley formed another team for Road Discipline and placed eighth. The only veteran to the event, Corporal Jacques Paquet, placed seventh in the Tractor Trailer event.

Chief Warrant Officer Marc Pelletier, Central Region Coordinator and Chief Scorer at the championships, says that it's a tough competition between the regions.

"You have the top of the top

participating. So you have a lot of pride and a lot of challenges to face because people are trying to get first place," CWO Pelletier.

Master Warrant Officer Joseph Sampson, who in the past has competed in regional championships and has sat on the national committee, says that most of the participants are in it for the pride of the title.

"They're looking for bragging rights for the next year. They want to be able to say that they're the best military driver in Canada," said MWO Sampson.

For next year CWO Pelletier says the challenge will be to keep the Aggregate title in Ontario. The last time the Aggregate trophy came to Ontario was in 2003, five years ago.

From 1948 to 1961, the Department of National Defence participated in the Armed Forces Division of the Canadian National Truck Driving competition sponsored by the Automotive Transport Association (ATA). The ATA competition at the national level was discontinued after 1961 although local and provincial competitions continued to be held. These safe and skilled driving competitions became known as "Roadeos".

The 1961 Roadeo was also the last pre-unification DND national roadeo competition. The



Photo: Submitted

**Participants in the Canadian Forces Professional Driver Championship from 8 Wing/CFB Trenton (left to right) Sergeant Kidel, Private Brisson, Corporal Fallu, Master Corporal MacDonald, Warrant Officer Bureau -Central Region Team Leader, Pte Crowley, Cpl O'Brien, Corporal Paquet, Cheif Warrant Officer Pelletier -Central Region Coordinator and Cheif Scorer.**

"regional" elimination roadeos based on the army, navy and air force command structure were also discontinued, and remained dormant until 1979. In that year an ad hoc committee was formed to hold a Trucker's Potlach - the First Pacific Region Truck Roadeo at CFB Chilliwack. This sparked renewed interest in road-

eos and regional roadeos were held in 1980 in Atlantic, Eastern and Central regions. The interest generated by these competitions prompted the decision to introduce a roadeo in DND at the national level in 1981. In 1987 the name was changed to Canadian Forces Professional Driver Championships

The purpose of the national championship is to promote safety and to encourage both MSEOPs and civilian MDO tradesperson to develop and perfect professional calibre trade skills, and to provide an arena in which to demonstrate these skills in a challenging competition.

## Search & Rescue UPDATE

424 Squadron had a busy week responding to six call-outs.

On August 28, our Griffon was tasked to the Tobermorey area for a person in the water. Fortunately, the person was rescued before Rescue 491 arrived on-scene. The crew then returned to Trenton without further incident.

There were three missions on August 29. The first mission was for an overdue boat on Lake Ontario. While conducting the search, the boat was located by the USCG. Rescue 306 then returned safely to base. That night, Rescue 324 was tasked to Lake St. Clair to search for a disabled vessel. The vessel was located and the USCG towed the vessel to harbour for repairs. Rescue 324 was then tasked to search for a person who fell off his jet-ski. With the aid of the Canadian Coast Guard, two people were found and recovered by the CCG vessel Cape Commodore.

On September 1, Rescue 491 was tasked to the Muskoka area to search for an ELT. The signal was homed to a life raft near a cottage. The owner of the raft was on-scene, there was no distress and the ELT was de-activated. Rescue 491 then safely returned home. That night Rescue 324 was tasked to the Orangeville area for a crashed aircraft. The plane was located by local authorities prior to Rescue 324 getting airborne and was subsequently stood down.

Until next week,, stay alert and stay safe.



Serving Quinte's Military Families Since 1973

Canniff Mill Estates, a community worth looking into...

Multiple phases with over 100 choice addresses  
Various all clay brick models of bungalows & two stories  
available for quick occupancy  
Lots range from 50' to 75' frontages standard sized,  
prime riverside, and walkout lots available

Buy Direct From the Builder... with guaranteed closing dates.  
Begin Creating Your Dream Home Today by contacting us at...

[www.staikoshomes.com](http://www.staikoshomes.com) - email: [info@staikoshomes.com](mailto: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 Maidland  
and follow the signs. Off Farnham Road  
Weekdays Mon-Fri 9am - 4:30pm  
Sat 11am-4pm Sun 12pm-4pm





## 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 Mike Hood, CD, Wing Commander, 8 Wing / CFB Trenton.

## The Contact Staff

**Managing Editor:** Andrea Steiner  
**Assistant Editor:** Amber Gooding  
**Reporter/Photographer:** Grace La Rose  
**Advertising Production Asst:** Adriana Sheahan  
**Advertising Sales:** Patricia MacKie  
**Bookkeeper:** Marilyn Miron  
**Circulation:** Keith Cleaton  
**Translator/Proofreader:** WO Louise Fagan  
**PSP Manager:** John Snyder  
**Subscriptions:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.



## Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
  - Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
  - Articles may be mailed, e-mailed (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents 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 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

## Letters to the Editor:

Internet: [STEINER.AL@forces.gc.ca](mailto:STEINER.AL@forces.gc.ca)

Intranet: [STEINER AL@CFBTrenton@Trenton](mailto:STEINER AL@CFBTrenton@Trenton)

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



## A Military Community Newspaper



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

The Contact  
Wing Headquarters Building Annex  
8 Wing / CFB Trenton

PO Box 1000, Station Forces  
ASTRA, ON K0K 3W0

Editorial: 613-392-2811 Ext. 7005 Fax: 613-965-7490  
Advertising: 613-392-2811 Ext. 7008

Have an opinion  
or story to tell?

Want to be  
published?

## Write a letter to the Editor

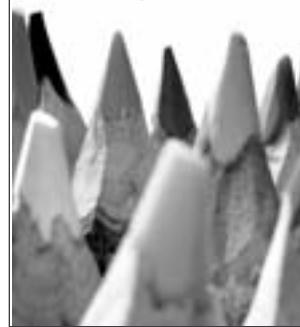
Email:  
[Steiner.AL@forces.gc.ca](mailto:Steiner.AL@forces.gc.ca)

Fax:  
613-965-7490

Mail:  
The Contact Newspaper  
Wing Headquarters  
Building Annex  
8Wing / CFB Trenton  
PO Box 1000,  
Station Forces  
ASTRA, ON K0K 3W0

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.



Habitat for Humanity  
  
For more information on  
Habitat for Humanity  
and to contact your nearest  
affiliate, contact us at  
1-800-667-5137  
Email: [habit@habitat.ca](mailto:habitat@habitat.ca)  
[www.habitat.ca](http://www.habitat.ca)

## Canadiana Crossword

### A Flurry of Firsts

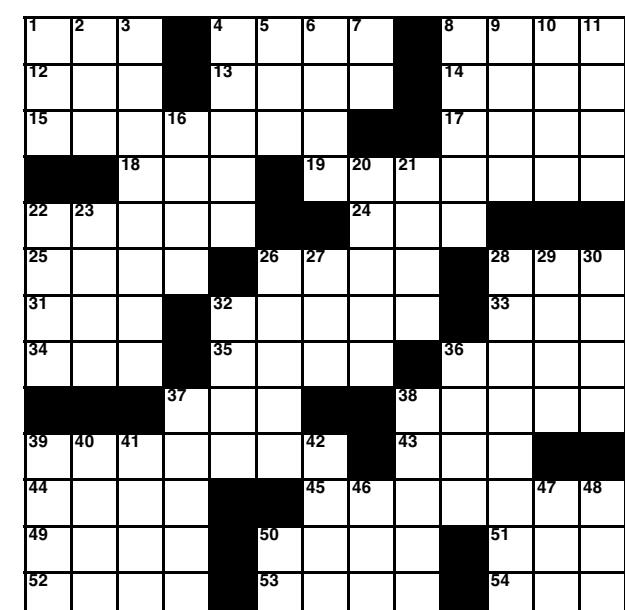
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Radon, for one
- 4 Pater
- 8 Shopping venue
- 12 Squid juice?
- 13 Strays
- 14 Dwarf buffalo
- 15 First Canadian astronaut
- 17 Tend
- 18 Corn cob
- 19 Paint roller inventor
- 22 Squander
- 24 Outs opposites
- 25 Competent
- 26 First Canadian woman atop Everest
- 28 Hayloft
- 31 Word with whizz
- 32 Matches
- 33 Chemical ending
- 34 Summer time in Ont.
- 35 Friends, en Francais
- 36 Pacific island
- 37 Prospector's quest
- 38 Sylvan deity
- 39 First Canadian enshrined at Cooperstown
- 43 Lube
- 44 Mimic
- 45 First to span the Atlantic wirelessly
- 49 2nd Greek letter
- 50 Badgers company
- 51 Swiss river
- 52 Dried hemp
- 53 Is indebted
- 54 Agio

- 4 Green machine maker
- 5 Macaws
- 6 Defeat decisively
- 7 Word in a simile
- 8 Ewes or does
- 9 First Canadian space satellite
- 10 Single
- 11 Lord's mate
- 16 Essayist Hawthorne or lexicographer Webster, familiarly
- 20 Debaucheries
- 21 Objectives
- 22 Perpetrate
- 23 In the sack, slangily
- 26 Female persons
- 27 Yes, to Yves
- 28 Bat Out of Hell band
- 29 Sole
- 30 First Canadian winner at Augusta
- 32 Italian seaport
- 36 Tibeto-Burman tongue
- 37 Gumbos
- 38 Lesions
- 39 Stabs
- 40 Fencer's concern
- 41 Court features
- 42 Expert diver?
- 46 Fed
- 47 Glaswegian's no
- 48 Wrath
- 50 Cobalt symbol

See Answers, Page 18



#### DOWN

- 1 Small boat
- 2 Collection
- 3 First Canadian man atop Everest

- 28 Bat Out of Hell band
- 29 Sole
- 30 First Canadian winner at Augusta
- 32 Italian seaport
- 36 Tibeto-Burman tongue
- 37 Gumbos
- 38 Lesions
- 39 Stabs
- 40 Fencer's concern
- 41 Court features
- 42 Expert diver?
- 46 Fed
- 47 Glaswegian's no
- 48 Wrath
- 50 Cobalt symbol

#### Illustration



## This Week in Contact

1978 – The first new German-built Leopard C-1 Main Battle Tank (MBT) for the Canadian Forces in Canada arrived by ship in Halifax, destined for CFB Gagetown, NB. Two more are scheduled to arrive at the Montreal dockside September 3, headed for CFB Borden, and another half dozen will be off-loaded in Halifax in mid-September en route to the Combat Training Centre at Gagetown.

1988 – After little more than 24 hours notice, a servicing crew of 24 maintenance personnel, a media and Major Janes were selected and dispatched on Operation Vagabond. Passports were a must and several people had to be replaced; not because they didn't want to go but because they lacked proper documentation. However, Warrant Officer Eagles has assured everyone that even he will have a passport.

1998 – A part of the Tiger Force Second World War veteran, Ron Craven visited the Halifax Bomber Restoration Crew in Trenton, accompanied by his wife Kay. Craven has flown many airplanes including the "Vicious Virgin Vicky" which was a Halifax Bomber, Mk VII like the one being restored at the Royal Canadian Air Force Museum. Craven was around 24 years of age when he first went on operations. He retired in 1945. Craven has a total of 27,000 flying hours.

Created by Lt J. H. MacDonald,  
Compiled by Grace La Rose.



# MFRC says “goodbye” to summer with carnival



Kids at the Military Family Resource Centre (MFRC) daycare said goodbye to summer last week at the annual MFRC end-of-summer carnival. Volunteers and staff organized a series of fun outdoor games for the kids, including spoon races and duck fishing, where kids had to fish a rubber duck out of the water with chopsticks to get a prize. Kids practiced their target shooting with water guns, trying to knock plastic balls off a stand, and got their faces painted by staff. Each station had prizes for the kids to win.

**MENNONITE FURNITURE Collection**



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

**RUTTLE BROTHERS FURNITURE**  
SINCE 1974  
[www.ruttlebrothersfurniture.com](http://www.ruttlebrothersfurniture.com)  
1 mile N. of WALMART on HWY 62, Belleville • 969-9263

**SIDNEY GRILL FRITO**

425 Sidney St., Trenton  
6 am to 11 pm • Open 7 Days a Week  
Dine in, take out or delivery  
Call ahead for pick up order  
613-965-1701

**THE BEST ALL DAY BREAKFAST IN TOWN**

**Sub Special**  
Buy one, get the second 1/2 price (same kind)  
with 2 pops from \$11.78 taxes included.

**Walk-in Special**  
Large 3 topping pizza with family salad & 6 pop \$19.99 + tax

**LUNCH SPECIALS DAILY**  
Fresh Deli with 2 Homemade Soups to Choose from.

**You'll Never Leave Hungry**  
*Good Canadian Dishes with that Mediterranean Flavour*  
*Authentic Home Cooking*

**Pizza by the Slice from \$2.95**



## Men's soccer team undefeated at Ontario Championship

by Corporal Van Der Kamp, Head Coach

What a week it was with 17 goals scored and one goal against, at the Ontario Region Soccer Championship.

The first day we played against CFB Kingston and after the first half it was tied at zero. A late goal from Captain Darryl Dubuc broke the deadlock and gave us the one-nothing win.

The second day was against six time champions Petawawa and after 70 minutes nobody scored and the game ended in a zero-zero tie.

On Wednesday we ended up playing two games. The morning game was against CFB Borden and after the first half, the game was tied zero-zero.

Captain Dominique Drouin gave us the win in the second half with two "cracking" goals for a two-nothing win against Borden - not a bad result.

That night we played Toronto and came out with an eight-nothing

win. Corporal Randy Dalgir, who played in net, earned the shoot-out and scored a penalty shot.

Other goal scorers also included Corporal Adam Sanogo, two goals; Corporal Yannick Couturier, two goals; Corporal Richard Morris, two goals; and Captain Darryl Dubuc, one goal.

The round robin games put us in first place, which saw us play CFB Kingston in the semi-finals.

With the wind in our back in the first half and two goals up at half time, all looked good and we had to play the second half in a defensive mode.

CFB Kingston came within one goal, because of a phone-call by Sears, telling us that someone's purse was in.

The game ended with a two-one win and we earned a place in the finals. Goals were scored by Cpl Richard Morris and Capt Darryl Dubuc.

Borden defeated CFB Borden with a final score of four-zero. Major Mike Thornley,



Photo: Submitted

**The Ontario Region Championship team, from left to right, front row:** Assistant Coach Master Corporal Paul Kelly, Corporal Cesar Borquez-Lascano, Corporal Yannick Couturier, Captain Dominic Drouin, Captain Marc Saucier, Master Corporal Chris Liu, Captain Darryl Dubuc, and Corporal Joe Kerlow. **Back row, from left to right:** Corporal Igor Loutsiouk, Corporal Justin Kingsley, Captain Bart Harbour, Master Corporal Damien Robison, Captain Rod Short, Corporal Richard Morris, Corporal Adam Sanogo, Captain J.P. Landry, Major Mike Thornley, Corporal Randy Dalgir, and "Coach" Corporal Gabe Van Der Kamp.

were decided.

The Friday morning began with a 9 a.m. kick-off time, giving us the perfect finish and a perfect week for soccer.

CFB Trenton defeated CFB Borden with a final score of four-zero.

Major Mike Thornley, Cpl Yannick Couturier and Captain Rod Short scored the goals in the final.

The gold – and the banner – are now here in Trenton.

With three weeks to go until the Canadian Forces (CF) National

Championship, our team will be getting ready with practices, and perhaps an exhibition game.

I hope that personnel from 8 Wing/CFB Trenton will support the

players and give them the time to participate –

not only to claim the gold but also to bring the CF National Championship banner home to Trenton.

Thank you to all for supporting the team.

Coach out...oh, and I did pick up my purse. Go Flyers, GO!

## LOCAL SERVICES AND TRADES

To Serve You

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

### Boat / Upholstery

**EXCEL**  
Covering Your Needs



- Antique • Furniture
- Automotive • Marine
- Supplies & Foam

We cover all your maine needs from tops, covers, seats & repairs.

79A Dufferin Ave., Trenton

613-965-6110

### Building Material

**RONA** **CASHWAY**

"Buy Where The Builder Buys"

House plans,  
engineered floors,  
kiln dried lumber,  
expert staff, etc.

234 Glen Miller Rd  
Trenton

613-394-3351

**Concrete**  
**J's Concrete Stamping**  
Stampcrete®  
Decorative Concrete Applications  
  
Free Estimates

**Residential & Commercial**  
• Patios • Driveways • Floors  
• Walkways • Pool Areas  
Place, Pour and Finish  
Regular Concrete  
1121 Slash Rd., Deseronto  
613-476-1279  
613-396-5434  
email: js\_stamping@hotmail.com

**Doors/Windows**  
**Colasante Windows & Doors**  
"Where Everyone can Afford Quality"  
**Sunrooms**  
Screen Rooms • Additions  
• Porch Enclosures  
**Exterior Renovations**  
Siding • Soffit • Facia  
• Seamless Eavestrough  
Gutter Protection System  
613-392-2157  
www.colasantequinte.com  
email:mcolasante@cogeco.ca

**Handyman**  
**Clean up Time is Here!**  
W.C. HANDYMAN - WITH TRUCK  
To do any odd jobs that you  
DON'T want to do or CAN'T do.  
**Inside or Outside**  
Painting repairs, clean-up, yard  
maintenance, garbage and/or  
scrap removal, power washing  
& driveway sealing  
Call for your free estimate  
today!  
Wayne; 613-394-4462

**Haulage/Topsoil**  
• TOPSOIL •  
• Decorative Rocks  
• Playground Sand  
• Gravel  
• Large or small  
Pick up or delivery  
• Equipment Rentals  
**SCOTT'S HAULAGE**  
17 Lester Road  
613-392-3917

**Mini Storage**  
**BIGFORD MINI STORAGE**  
  
HOUSEHOLD & COMMERCIAL - MONTHLY  
WELL LIT, FENCED IN SECURED COMPOUND  
DELIVERED OR ON SITE STORAGE CONTAINERS  
U-HAUL  
468 BIGFORD ROAD  
BRIGHTON ON KOK 1H0  
613-475-6500  
bigfordministorage@xplornet.com

**Mortgages**  
**Mortgages? Frustrated? Don't Be..**  
  
HASTINGS MORTGAGE  
CENTRE  
Call Duaine Hamilton at  
613-392-7225  
hamilton007@sympatico.ca

**Packing Services**  
  
Packing &  
Unpacking  
Home Staging/Clear Out  
Organizing/Final Cleanup  
CALL FOR A FREE ESTIMATE  
613-920-2221  
613-920-9038

**Pools/Spas**  
**Trent Pools & Spas**  
For the best prices - the best  
service - the best selection  
• Above ground pools  
• On ground pools  
• In ground pools  
83 Dufferin Ave Trenton  
613-392-7498 or  
1-888-711-POOL  
email: trentonpoolsandspas@cogeco.net  
Family owned & operated

**Roofing**  
**Mitchell Roofing**  
• Fully Insured  
• Free Estimates  
• Work Guaranteed  
For 5 Years  
613-967-1726  
Harold Mitchell  
"The Roof Doctor"  
WE'RE JUST A LADDER AWAY

**Tree Service**  
**Trenton Tree Service**  
Tree Trimming &  
Removal, Chipping &  
Stumping  
• Free Estimates  
• Fully Insured  
A fair price for everyone  
613-392-7415

**Advertise your listing here!**  
Call  
613-392-2811  
ext 3976 or 7248

PLEASE RECYCLE THIS NEWSPAPER



*Sports & Recreation*

# SPORTS & RECREATION

## CFB Trenton Golf

### MONDAY EVENING LADIES LEAGUE

Jeri Joyce took all the money for the two closest to the pin prizes during Monday Evening Golf League play at the CFB Trenton Golf Course on August 25, with a birdie on hole number three and a par on hole number one. Play continues September 8, with the normal shotgun start at 5 p.m.

Anyone who is considering participating in the closing, currently scheduled for Saturday, September 13, is asked to either play on September 8, to sign-up, or email the convenor, Bev Davies, at doun-bev@cogeco.ca

## Upcoming Registration: Red Cross Swim Lessons

Registration for all 8 Wing community members, for the fall session of the Canadian Red Cross Swim Lessons, will take place on Saturday, September 6, 2008, from 9 a.m. to 11 a.m. at the RecPlex (21 Namao Drive, just off of RCAF Road). Numbers for service

will be handed out beginning at 9 a.m. as you enter the RecPlex.

Registration for 8 Wing community members will continue until Tuesday, September 16, at the RecPlex during our regular hours of operation.

Registration for the general public will take place on Wednesday,

September 1, 2008 – August 31, 2009

### Regular Members

- Infant (up to 5 years of age): \$15
- Youth (6 to 17 years of age): \$50
- Adult (18 years old+): \$70
- Family: \$150

### Ordinary Members

- Infant (up to 5 years of age): \$25
- Youth (6 to 17 years of age): \$85
- Adult (18 years old+): \$120
- Family: \$240

## 2008 Ottawa Army Run

The 2008 Army Run will be held in Ottawa on September 21, 2008, consisting of a 5 km race.

To be eligible to compete, all participants must be a member of the Regular Forces, Class B or C reserve.

We are looking for runners to represent 8

Wing/CFB Trenton at the 2008 Army Run.

Personnel wishing to participate must complete a CFAO 50-3 Annex B Appendix 1 and obtain authorisation from your unit to participate.

Please return all required information to Dan Cormier, Military Sports Coordinator.



September 17, 2008, from 5 p.m. to 7 p.m. at the RecPlex.

Numbers for service will be handed out beginning at 4 p.m.

Registration for all will continue at the RecPlex, until the start of lessons, according to the RecPlex regular hours of operation.

## Bronze Medallion Course and Emergency First-aid Course

This is the first step to becoming a Lifeguard.

Bronze Medallion Course and Emergency First-aid will take place on Saturdays for 10 weeks.

The course will run from September 27, 2008 to December 6, 2008, from 1:30 to 4:30

p.m.

Cost is as follows: \$190 for military community and \$210 for the general public.

Manuals are included in the price.

Please note that 100 per cent attendance at all training sessions is required.

## National Lifeguard Course

In order to enroll for the National Lifeguard Course participants must first show proof of Bronze Cross and current Standard First Aid and CPR-C completion and must be at least 16 years of age.

Please note that 100 per cent attendance is mandatory. All students must attend all training sessions in order to ensure successful completion.

The course will take

place on Friday, October 17, and October 24, from 5 to 10 p.m.; Saturday, October 18, and October 25, from 9 a.m. to 5 p.m.; and Sunday, October 19, and October 26, from 9 a.m. to 4 p.m.

Cost is as follows: \$295 for military community members and \$320 for the general public.

The manual is included in the cost of the course.

## Evening Aquafit Classes

Evening Aquafit will take place Tuesdays and Thursdays from 7:30 to 8:30 p.m., from September 30 to December 18, 2008, (12 weeks).

Classes will alternate between the warm-up pool and the main pool. Participants will wear a floatation belt in the main pool.

During these classes, the pools will be shared with Red Cross Swim Lessons.

Registration for military community mem-

bers (proof of qualification required), will take place on Tuesday, September 2, 2008, at 8 a.m.

Registration for the general public will take place on Tuesday, September 16, 2008, at 8 a.m.

Cost is as follows: \$50 for military community, and \$60 for the general public. Drop-in fee option for \$4 per class for military community with identification, and \$5 per class for the general public.

## Morning Aquafit Classes

Morning Aquafit will take place Mondays, Wednesdays, and Fridays from September 22 to December 19, 2008, (13 weeks).

There will not be a class on October 13.

Class One will take place from 7 a.m. to 7:50 a.m.; Class Two\* will take place from 7:55 a.m. to 8:45 a.m.; and Class Three\* will take place from 8:50 a.m. to 9:40 a.m.

\*Class Two and Three will be a deep water class in the main pool. Participants will wear a buoyant belt and do not need to know how to swim.

Cost is as follows: Military community,

\$80; general public, \$90.

Drop-in fee option available, space permitting, at a cost of \$3 for military community members or \$4 for the general public. A maximum of 15 passes per class will be sold.

Registration is required, and is being accepted at the RecPlex for 8 Wing military community members, (proof of qualification required), on Thursday, August 28, 2008, from 10 a.m. to 8 p.m.

Registration for non-8 Wing community members will take place on Tuesday, September 9, 2008, from 10 a.m. to 8 p.m.



R2000 custom homes of distinction from \$295,000

Visit our showhome at  
5 Tall Pines Drive, Brighton, ON  
1 800 544 0535 or 613 475 0618  
[www.tobeydevelopments.com](http://www.tobeydevelopments.com)

## Canadian Sport Subs

Quinte's Most Complete Dive Training & Service Facility

Scuba Instruction from Open Water to Instructor  
Emergency First Response & CPR  
Equipment Sales, Service & Rentals  
Visuals & Hydrostatic Testing  
Air & Nitrox Fills  
Dive Travel  
Wet Suit Rentals  
48 Dundas Street West, Belleville  
613.966.8903



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

• Desktop Publishing • Posters • Laminating • Digital Copies



Randall's

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

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

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

• Engineering & 36" Copies Format



# FITNESS & HEALTH PROMOTION



## Do you know how to be Supplements Savvy?

Many CF members believe supplements and energy drinks will help them meet the increased physical demands of a deployment. Here's our take on s-u-p-p-l-e-m-e-n-t-s:

**Seldom work:** Despite what supplement makers say, very few supplements work.

**Unnecessary:** Supplements aren't magic potions. The road to success is paved with hard work, intelligent training and proper nutrition.

**Potentially harmful:** Supplements can cause serious side effects including the death of soldiers and athletes. Some of these side effects could reduce your chances of survival in theatre.

**Protein powders:** Won't stimulate your body to build more muscle. On deployment your body's daily protein needs will be 1.2-1.4 grams of protein/kilogram body weight. This means, a soldier that weighs 100kgs needs to eat 120gms of protein/day – any excess will be stored as FAT!

**Lying labels:** Many supplements aren't accurately labeled. These products often contain things they don't tell you about and don't have the things they say they do.

## Study looking for people ready to quit smoking

*Hastings and Prince Edward Counties Health Unit* - The Health Unit is hosting the Centre for Addiction and Mental Health (CAMH) Team on Monday, September 15, 2008.

CAMH will be in the area to recruit approximately 110 participants for their STOP Study. STOP stands for Smoking Treatment for Ontario Patients and is a study that provides nicotine replacement therapies and counselling support to eligible participants who want to quit smoking. The study is delivered in partnership with the Ontario Ministry of Health Promotion.

"Smokers who are ready to quit smoking frequently need support, and we are ensuring that they have access to effective support to help them along the way," says Minister of Health Promotion Margaret Best. "That is why the McGuinty government has made unprecedented investments to improve access to smoking cessation resources for Ontarians who are ready to quit."

In order to become involved in the STOP Study, people are required to call the Health Unit where they will be asked a series of questions. If they are eligible for the study, they will be required to attend a three-hour workshop on September 15, 2008 where study details will be provided

Ephedrine is dangerous: Despite being banned in Canada, many supplements still contain ephedrine – a drug that is chemically similar to amphetamines (Speed). Ephedrine is especially dangerous when combined with caffeine.

**Medication complications:** Many substances in supplements can interact with your medications and cause serious problems. Tell your Health Care Provider about any supplements you use.

**Expensive urine:** Supplements cost lots of money and since very few actually work you are simply peeing your hard earned money into the sands of Afghanistan.

**Natural doesn't mean safe:** Many potent poisons and medications are derived from plants and other "Natural" things.

**Training smart:** Is the formula to success as a soldier and athlete. Train consistently, gradually progress your workload, rest regularly and ensure you eat well.

Say no to supplements!

The bottom line is: supplements have nothing to offer you and have the potential to hurt you physically and financially.

We would like to invite all CFB Trenton Military Personnel to visit our dealership. We have a bilingual sales person on staff to assist you with all your automotive needs.

**Pat Morgan**

Nous souhaitons la bienvenue à tous le personnel militaire de la BFC Trenton et nous vous invitons à visiter notre concessionnaire. M. Pat Morgan pourra vous servir en français.

**McCURDY**

McCURDY CHEVROLET • PONTIAC • BUICK • GMC LTD.

"Multiline Supermarket of Cars & Trucks"

**174 Trenton Frankford Rd. Hwy 33, Trenton**

**613-392-1245**

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

**Weaver Family**



*Funeral Homes  
Cremation Services*

24/7 Compassion.  
24/7 Accessibility.

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

A Legacy of Life....



**weaverfuneralhomes.com**

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



**SCHOOL'S IN  
DRIVE SAFELY**

**Drivers- Always stop for a bus**  
Motorists travelling in both directions must stop when approaching a stopped school bus with its upper red lights flashing

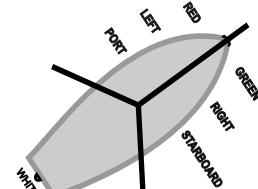
**Parents and kids - have a bus talk before school**

Remind your kids the rules of bus safety.

- Never distract the bus driver.
- Always follow his or her instructions.
- Find a seat right away and stay seated facing forward at all times.
- Do not place things in the aisle.
- Avoid rowdy behaviour.

**ROAD SAFETY. IT STARTS WITH YOU**

**keeping you up-to-date  
on health, fitness &  
well-being.**



## Boating Course

.....boat safer, better and more  
environmentally responsible

### Sail and Power + PCOC\* certification!

\* Mandatory for all boaters Sept 2009

**Course covers all the basics, from knots and handling to trailering**

- \$180 for 18 weeks
- \$45 reduction for 2nd family member
- includes manual CD, and all materials
- CPS membership

**Registration: Mon. Sept. 22, 7- 9 pm  
at CFB Trenton Yacht Club; Info: 613 475-4427**

**STRENGTHENING  
THE FORCES**

The 8 Wing  
Health Promotion  
office is located  
at 177 Hercules,  
Bldg 119  
(South Side CANEX)

**HP Director:**  
Kendra Lafleur  
local 3767

**HP Admin  
Assistant:**  
Shalyn Mann  
local 3768

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



**Contact**



## Returning to school: Children's safety

by Master Seaman Martina Duffy  
Military Police Squadron

As with every September students of all ages will be returning to school after having spent an enjoyable care-free summer. As adults it is our responsibility to ensure this transition is a safe one, and I would like to point out a few reminders to both returning students and vehicle operators:

While within the school zones, the posted speed limit is 30 km/hr, this will be strongly enforced at all times;

Be mindful and watchful when approaching cross-walk areas and

school bus zones;

During scheduled school hours there is a high volume of vehicle traffic in the Personal Married Quarters area, please be cautious and courteous, as small children will be transitioning to and from school by either walking or riding their bicycles;

Parking around the schools are limited so be mindful as not to double-park your vehicle or obstruct residential driveways. Additionally, be watchful of children exiting parked vehicles to cross the roadway;

Take the time to perform a safety check on your child's bicycle (breaks-front and rear, reflectors, sizing of

bike, tires, gears, etc...), ensure that your child wears a helmet ensuring that it fits properly as he/she may have grown over the summer months; and

If your child will be walking or biking to school, it's a good idea that your child is familiar with their intended route of travel. Points of interest that you may wish to instruct your children are "safety spots" in case of emergencies such as Block Parents, Military Family Resource Centers, etc.

Have a great school year from the 8 Wing Military Police.

## Fire Prevention Week: Prevent Home Fires

This year's Fire Prevention Week is scheduled to run from October 5 until October 11, 2008. The theme for this year's event is "Prevent Home Fires".

As in prior years, the 8 Wing Fire Department will be holding fire drills at various buildings throughout the base. All Wing personnel are advised to review their work place Fire Orders in order to ensure they are familiar with the procedures to follow in the event of a fire.

In addition, the Fire Department will be holding a host of activities on October 5, in conjunction with the Military Family Resource Centre's (MFRC) Family Day.



All Wing personnel are invited to attend and bring their little ones to participate in events such as the Miniature Fire Fighter Combat Challenge, Fire Truck rides and a coloring contest.

If the past is any indication, these events are an enjoyable time for the little ones and adults alike. For further information please contact the Fire Prevention Office at local 7880 or 3910.

## Semaine 2008 de Protection Contre l'Incendie

Cette année, la Semaine de prévention des incendies se déroulera du 5 au 11 octobre. Le thème de cette année est «Prévenir les incendies à la maison». Tout comme les années précédentes, le service d'incendie de la 8<sup>e</sup> Escadre mènera des services d'évacuation dans divers bâtiments de la base.

On conseille à tous les employés de l'Escadre de réviser les ordres d'incendie de leur lieu de travail afin de s'assurer qu'ils connaissent bien les procédures à respecter en cas d'incendie.

De plus, le service d'incendie organisera une multitude d'activités le 5 octobre en même temps que

la Journée de la famille du CRFM.

On invite tous les employés de l'Escadre à y participer et à amener leurs enfants pour qu'ils puissent prendre part à des activités telles que le mini défi de combat des pompiers, la maison à évacuer, les tours en camions incendie et le concours de coloriage.

Comme en témoigne le passé, ces activités sont des moments agréables tant pour les petits que pour les adultes.

Pour un complément d'information, veuillez communiquer avec le bureau de prévention des incendies aux postes 7880 ou 3910.

*Congratulations...  
Over 40 years of product and service excellence with the CF community!*

*Félicitations...*

*Pour offrir à la communauté les FC d'excellents produits et services depuis 40 ans!*

**SISIP RARM**  
Financial Services  
Services financiers

1-800-267-6681 • www.sisip.com • Trenton: 613-965-4823

## Beat SAD odds



submitted by  
Don Heans,  
Wing General  
Safety Officer

Have you ever noticed how you have more get-up-and-go at certain times of the year than others?

For example, it can be quite easy to get up at 6 a.m. on a June morning and go for a walk, but really difficult to do so in darkness during a fall or winter morning.

Could this dragged-out feeling increase a worker's risk of suffering an injury on the job?

Two university professors who specialize in researching the body's internal (circadian) clock think so.

Dr. David Glass, a professor of biological science at Kent State University in Ohio, says some people become extremely depressed and lethargic because of a lack of sunshine in the winter. This condition is called Seasonal Affective Disorder (SAD).

"Some people are really rocked by it. They feel really depressed and they don't want to get out of bed. Their productivity is way down," says Glass.

He suspects others who might have a milder form of SAD could experience decreased alertness and productivity on the job during the fall and winter months.

Dr. Ralph Mistlberger, professor of psychology at Simon Fraser University in Burnaby, BC, believes there might be some truth to people being less

alert in the winter.

"Bright light has an alerting effect and one would certainly think if you are going to work in the dark there would be some effect."

However, Mistlberger says he is not aware of any specific studies into seasonal alertness.

He suggests drinking an extra cup of coffee might help a worker compensate for having to rise in darkness, as might sitting in bright artificial light, which reduces the brain's production of melatonin, a hormone.

Melatonin levels increase in darkness, leading to a sleepy feeling. When daylight arrives, levels drop and the person begins to awaken.

Mistlberger says exposure to artificial light can help increase alertness when the sun isn't around to do it. Indeed, many people who suffer from SAD find relief by sitting near special light boxes.

A National Institute for Occupational Safety and Health (NIOSH) publication called *Plain Language About Shiftwork*, by Roger Rosa and Michael Colligan, reports that laboratory research has found people exposed to a few hours of bright light in the morning felt alert earlier in the day than those who were not.

"Still, workers have to be careful about using bright light, so that they will be alert at the right time. For bright light to work, a worker also must stay in low light or darkness during some times of day," say Rosa and Colligan.

Too much bright light at the wrong time can throw your internal body clock off. If this happens, you won't be alert at the times you really need to be, they add.



### SCHOOL'S IN DRIVE SAFELY

**Drivers- Always stop for a bus**  
Motorists travelling in both directions must stop when approaching a stopped school bus with its upper red lights flashing

**Parents and kids - have a bus talk before school**  
Remind your kids the rules of bus safety.

- Never distract the bus driver.
- Always follow his or her instructions.
- Find a seat right away and stay seated facing forward at all times.
- Do not place things in the aisle.
- Avoid rowdy behaviour.

**ROAD SAFETY. IT STARTS WITH YOU**



## New Hercules Training Facility almost ready for occupancy

by Master Corporal Chuck Bailey  
Propulsion System Instructor

Since our last Contact article, the big news around the Thunderbird Squadron has been the highly anticipated move into the new Hercules Training Facility (HTF).

426 (Transport) Training Squadron will proudly take possession of its new building mid-September of this year, which is specifically designed for CC-130 Hercules practical training.

This new facility is fully equipped with all the amenities required for aircraft practical training, including a state of the art building air exchange system, illuminated work benches, classrooms/briefing rooms, and staff office space.

The idea of the HTF was conceived several years ago when 426 Sqn was mandated to develop and teach CC130 AVN and AVS courses comprising of the theory and practical (hands on) training required to enable students to be authorized Performance of Maintenance (POM) upon graduation from these courses.

This new training approach exposes students to a regimented practical aircraft maintenance schedule in a controlled learning environment and has drastically improved the quality of technicians graduating as well as the speed at which they are qualified.

The HTF building plans evolved from initially being a golf dome design to its present day identity, but the road from idea to the finished product has been a little bumpy to say the least.

There were the normal logistics of a new building construction, the movement of the required equipment for the facility set up from the south side of the airfield and on top of all that, a rigorous training mandate with schedules that had to be met.

As the final building possession date approached, plans for moving aircraft 315 and all the subsequent equipment had to be finalized.

The upcoming reconstruction of the east ramp was going to be a major stumbling block, as the timelines of that project conflicted with our training schedule, so arrangements had to be made to move the aircraft and equipment before the ramp construction began.

The next hurdle was to move 32 sections of aircraft maintenance staging, from 10 Hangar to the Aerospace and Telecommunications Engineering Support Squadron (ATESS) apron across the active runway; this was going to be no small task as squadron personnel would be required to walk along side these enormous stands, guiding the stands as they were being towed.

The men and women of 426 Sqn persevered through and this phase of the move was completed in short order without incident, except for a few out of breath members complaining about the speed the tow vehicles were travelling.

The remaining pieces are falling into place and the course transition from 10 Hangar to the new facility will be seamless as possible with very little impact on the training schedule.

The countless logistical difficulties



Photo: Amber Gooding, Contact Staff

**Inside of the new Hercules Training Facility (HTF) located on the North side of 8 Wing/CFB Trenton.**

encountered throughout this whole process could not have been resolved without the excellent co-operation received from many different organizations of 8 Wing/CFB Trenton.

8 Air Maintenance Squadron, Wing Construction Engineers, Wing Recovery and Salvage and Support (RASS) section, as well as Wing Operations, to mention a few, were major contributors to this process, providing everything from manpower, services and parts needed to complete this endeavour within the targeted time period.

Their help was invaluable to the successful completion of this project; signalling the beginning of a new chapter for CC-130 Hercules Technical

Training at 426 Sqn.

On a different note, the Technical Instruction Flight said goodbye to some valuable members this past APS, Sergeant Les Stykel, Sergeant Phil Cousineau, Sergeant Mitch Bradley and Warrant Officer Kevin Robertson, have all moved on to new and different challenges, we wish them well in their new endeavours.

Having said that, I would be remised if I didn't welcome aboard their replacements, Master Corporal Cathy Moreau, Master Corporal Even Jacques, Master Corporal Dion Gilbert and Sergeant Keith Newman.

We hope your stay at 426 Sqn will be a rewarding and enjoyable one.

Until next time... "On Wings of Fire"

## JR RANKS MESS

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	TGIF 5 Chicken and Taters & Sports TBA	Astra 6 Wedding Reception Cpl Ouali	
7 LL Scuba Club Astra DCSM Seminar	8 LL ACS Symposium Meet & Greet	9 MB/Patio ACS BBQ Astra ACS Symposium	10 Bosses night & dance at Club Astra Astra ACS Symposium	11 TGIF Subs & Sports TBA	12	13
14 Astra Firefighter Challenge Banquet	15	16	17	18 LL Outdoors Pursuits Club Astra ATESS PD Day	19 MB/Patio WComd Challenge BBQ TGIF Donairs & Sports TBA	20 Astra RCSU Training Seminar
21	22	23 Astra 8 Wing Indoc Day	24	25 Astra/MB/Patio/ BBQ -8 AMS Sports day TGIF Donairs & Sports TBA	26 Astra Wedding Reception Bradford Lewis	27
28	29 LL Government Meeting	30 LL Government Meeting				



September  
2008



## WO & SGTS' MESS

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3 MFRC Ballroom Dance 6:00-10:00	4	Toomie Lunch 5 1130-1300 fireside Ig soup & sandwich TGIF Main Lounge Rib night 1500-2030	6 Wedding 1500-0100 Fireside Lounge BT BBQ Use
7	8 MFRC Ballroom Dance 6:00-10:00	9	10 MFRC Ballroom Dance 6:00-10:00	11 S&S 12 Toomie Lunch 1130-1300 fireside TGIF Main Lounge Sheperds Pie 1500-2030	13	
14	15	16 MFRC Ballroom Dance 6:00-10:00	17	18	S&S Toomie Lunch 1130-1300 fireside TGIF Main Lounge Fish & Chips 1500-2030	19 20
21	22 Retirement Party 1130-1400	23 MFRC Ballroom Dance 6:00-10:00	24 MFRC Ballroom Dance 6:00-10:00	25 S&S 26 Toomie Lunch 1130-1300 fireside TGIF Main Lounge Chinese Night 1500-2030	27	
28	29 8AMSTIG WK	30 MFRC Ballroom Dance 6:00-10:00 8AMS TIG WK				

### BAR HOURS:

Monday - Wednesday 1500-1800 hrs

Thursday 1500-1930 hrs

Friday 1130-1330 hrs

1500 - 1930 hrs

### Office Hours:

Mon -Fri 0800-1600 hrs

### For bookings

(wedding/conferences/private parties)

Call

613-392-2811 Ext 2438/2768

Email: Briggs.RLE@forces.gc.ca

September  
2008





## The Canadian International Air Show and 8 Wing Trenton

by LCol Debbie Miller  
8 Wing Administration Officer

Air shows are not all smoke and oil but flight suits, metal, noise, fuel, and crowds. Crowds that sit in awe as these metallic birds dance along the edge of an envelop we cannot see but have only heard about. They loop and swoop teasing their feathered cousins. They hurtle and roll, dive and recover, show and amaze all who gather to look skyward.

Well, the 59th Annual Canadian International Air Show (CIAS) is in the 'bag' for another year. The 2008 edition of the Classic Air Show took place in Toronto over the Labour Day Weekend and I had the privilege of attending the function along the HCol Glenn Rainbird, WCWO Tom Secretan, and MWO Dan Fielding. Chief of the Air Staff, LGen Angus Watt was also in attendance to open this year's edition of the CIAS on Canadian Forces Day. Hosted by the Canadian National Exhibition (CNE), the CIAS drew a record crowd and helped boost the CNE's attendance records for the three days it ran. The theme of this year's air show was 'Celebrating Freedom through Flight', paying homage to the 50th Anniversary of NORAD.

This year, as we celebrated the 50th Anniversary of the NORAD bilateral partnership between Canada and the United States, we pause to reflect on the past, ponder the present, and look to the future, secure in the knowledge that this agreement continues to ensure continental air security. And just as we acknowledge our friendship with our neighbours

to the south, we are poised to celebrate the Centennial of Flight in 2009, as we honour aviation pioneers who were instrumental in the creation of flight in Canada. They always looked beyond the horizon and imagined doing greater things – going where no man had gone before. Nowadays we tend to take air travel and space travel for granted; however it was the vision and efforts of those who began the 20th Century who made Canada a first-rate aviation nation.

Air shows are more than just popular attractions for the tens of thousands of people who are drawn to the roar of aircraft (military or civilian) and the finesse of aerobatic manoeuvres. These individuals are thrilled by the speed and the sound, enthralled by the pilots' flying skills and the professionalism of the techs that keep the aircraft in the air. Air shows are also primary delivery systems for showcasing equipment, capabilities, and skills. It was also an opportunity for the Canadian Forces to showcase some of our equipment and capabilities. These are good days for the Air Force and the Canadian Forces. The Chief of the Air Staff is quoted as saying. There is a pride in our rich heritage and a renewed confidence in our future, given the recent purchases of new weapons platforms and equipment.

Presented at this year's CIAS were the Canadian Forces Snowbirds (431 Sqn), CP-140 Aurora (407 Sqn), and the CF-18 Demo Hornet. 2008 was the first year that the CF-18 flew with the Russell Group's Spitfire MK IX in the Canadian Heritage Flight. Civilian performers included aerobatic displays by the Canadian Harvard Aerobatic Team (4-

ship demo), Matt Chapman (Embry-Riddle Eagle 580), Julie Clark and the T-34A Mentor, Mike Wiskus in the Super Stinker Pitts S-111B, and an appearance by the Royal Canadian Air Cadets gliders.

The CIAS also welcomed the F-16 Viper East team, a C-130 from Niagara Falls Air Reserve Station, a T-38 Talon 4-ship fly-by, and the Ministry of Natural Resources water bombers and Eurocopter AS-350.

The CC-177 was to have done a fly-by but when it was announced that it was unavailable there was a low murmur from the crowd – but when the announcer advised that it had been tasked to support our southern neighbours in humanitarian relief a loud thunderous applause broke out. This realization was very refreshing and most people I met afterwards strongly declared their support of the military. Also got to visit with many of the sponsors, well known in the aviation world, Lucas Oil Products, Nav Canada, Landmark Aviation, Sky Words, Air Combat Zone, Bennett Jones, USAF, Porter Airlines, Breitling (stop by and see their Snowbird edition watch for \$8K), Gowlings, Toronto Pearson, Talon, Canadian Coast Guard and Fisheries, Transport Canada, and 'The Ex'.

This year's event could not have been made possible without the assistance, contribution, and cooperation of 8 Wing/CFB Trenton members. It is these individuals that I would like to bring to your attention as I had the distinct pleasure to see them work and hear their praises sung by people like Trish Roberts (President of the Air Show), Ross Devlin

(Chairman of the Board of Directors), the Air Boss, Security, Emergency Response, the flyers, and the attendees. It is because of these individuals that the planes flew, the air display directors and commentators were heard, and the general public got a better understanding of the capabilities of the CF. It is most certainly acknowledged that the air show could only be accomplished through the hard work of approximately 200 dedicated volunteers, many of whom rarely see the show as they work in various locations around the venue.

As I mentioned, 8 Wing/CFB Trenton was most certainly represented in the scores of volunteers and taskings. Here are just a few that were involved in the air show: Sgt Ringuette, Sgt Riutte, MCpl Demarest, MCpl Maher, MCpl Robertson, Cpl Cook, Cpl Gerald, Cpl Girouard, Cpl Haynik, Cpl Hennessey, Cpl Hough, Cpl Neilson, Cpl Price, Cpl Scott, Lt Rivera (and hubby), Capt Olsen. These are just a few of the military involved from all over the southern Ontario regions, some have also come as far as Cold Lake to spend the week and give of their time. They presented not only themselves by the CF in a very positive light, not only on those three days, but for several days leading up to and following the event. Their professionalism and technical expertise is an asset valued not only by us but by those like us.

So as we move forward to commemorate and celebrate those four (4) significant anniversaries next 4-5 July, it is hoped that they will be front and centre helping the Wing remember those pioneers past and present.

## OUT WITH THE OLD, IN WITH THE NEW



Photo: Amber Gooding, Contact Staff

The sights and sounds of various construction projects around the wing is nothing new to 8 Wing/CFB Trenton personnel. Shown above are the beginning stages of the new Canadian Forces Aerospace Warfare Centre (CFAWC) building, on the south side, located on the grounds of the old sports fields. Ground clearing has already begun on RCAF Road for the construction of two baseball diamonds and a soccer pitch.

## IT'S COMING

**WATCH FOR IT, YOU DON'T WANT TO MISS IT!**

**STREET MOTORS**  
**LIGHT DUTY TRUCK CENTRE**

**IS HAVING ANOTHER  
PUBLIC AUTO AUCTION  
WATCH THIS PAPER FOR MORE DETAILS**

**MARK YOUR CALENDAR FOR  
SEPTEMBER 27TH - DON'T MISS IT!**

- Over 150 vehicles to be sold by public auction
- 75 vehicles to be sold unreserved to the highest bidder
- Many vehicles safetied and E-Test
- Great Selection of cars-trucks-van's-rv's-tent trailers-
- 5th wheel's-tractor-chipper-mo jo's-wazat's

Visit our Website for full details [www.streettruckcentre.ca](http://www.streettruckcentre.ca)

24 FAMILY LANE CORNER OF HWY. 15 AND THE BAY ROAD.  
4 KIL SOUTH OF SMITHS FALLS.

# HOROSCOPES

Weekly Astrology by Christine Davison

September 7 – September 13

**ARIES** (March 21-April 19): You may find yourself attracted to many strange and dangerous activities. Try and have fun but make sure that you take precautions while engaging in any risky activities. This could be a time of transformation for you if you play your cards right. You may come out in the lead. Do not act in a brash manner this week.

**TAURUS** (April 20-May 20): This is a good time for you to invest in your future. You may find yourself attracted to new occupations or different ways of achieving better financial means. This is a great time for those of you who have latent artistic streaks. Try and uncover and rediscover your artist within and you'll be very glad you did.

**GEMINI** (May 21-June 20): You may become involved with someone who lives very far away. Focus your attentions upon what is necessary and what needs to be done at this time and you'll be very glad that you did. People may wish to reward you for your recent help, advice and efforts. It may be time for you to rediscover a lost kindred spirit.

**CANCER** (June 21-July 22): Try and focus your attentions upon someone who is as intelligent, kind, persevering and nurturing as you are and you'll be very glad that you did. Someone close to you may wish to impart their wisdom or ancient and helpful secrets to you in some way. Do you know what the future has in store for you? Follow feelings.

**LEO** (July 23-Aug. 22): This is a great time to pursue your dreams, desires, and goals. You may find yourself succumbing to peer pressure at many points over the next few weeks. However, if you trust in your own wisdom and ability, then good things should soon come your way. People admire your gumption, positive energy and fortitude.

**VIRGO** (Aug. 23-Sept. 22): There is a chance that things you enjoy may taint your ability to think and feel clearly over the next little while. Try and focus your attentions upon what you truly desire and what you know is right for you and those you care about. Make sure that you have some fun, just don't break any rules or hearts along the way.

**LIBRA** (Sept. 23-Oct. 22): Your usual fair minded and fair handed ways may make you more flexible, understanding and open to changes of plans. Your fickle nature may cause you to swing back and forth quite often between decisions, feelings and opportunities this week. However, when the time comes, opportunities will still be there for you to grab.

**SCORPIO** (Oct. 23-Nov. 21): There is a very good chance that you will come into money over the course of the week. You may find yourself in control in ways that you had not previously foreseen. There is also a chance that you may find yourself becoming confused as to what it is you truly want or the means you must employ to gain your true desires.

**SAGITTARIUS** (Nov. 22-Dec. 21): You may lack confidence in your abilities or perhaps what the future may bring. Rest and relax and know that good things should soon come your way through your own hard works, moral efforts and talents. People will support you and remain on your side as long as you remain a good person with the reins in hand.

**CAPRICORN** (Dec. 22-Jan. 19): You may find new opportunities to make friends or partnerships. Try to assert your own will whenever possible over the next little while, even if you feel pressured by others to say or act in popular or expected ways. Try to seize opportunities when they present themselves. Cooperation may work.

**AQUARIUS** (Jan. 20-Feb. 18): It's time for you to look for opportunities to prove what you really can do. People understand your need to explore and control over the next little while and may help to support you in whatever it is you do or wish to achieve. Someone in particular may find this new confident air magnetically attractive.

**PISCES** (Feb. 19-March 20): Make yourself available to others but be careful that you don't say yes so often that you end up denying yourself in the process. Someone may wish to assist you in unforeseen ways. This is a good time to take stock of the situation and to take heart as well as people will support you whenever you have the need.

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

## On the move with

NOW  
is the time to list!

**ROYAL LePAGE**

ProAlliance Realty, Brokerage  
INDEPENDENTLY OWNED AND OPERATED

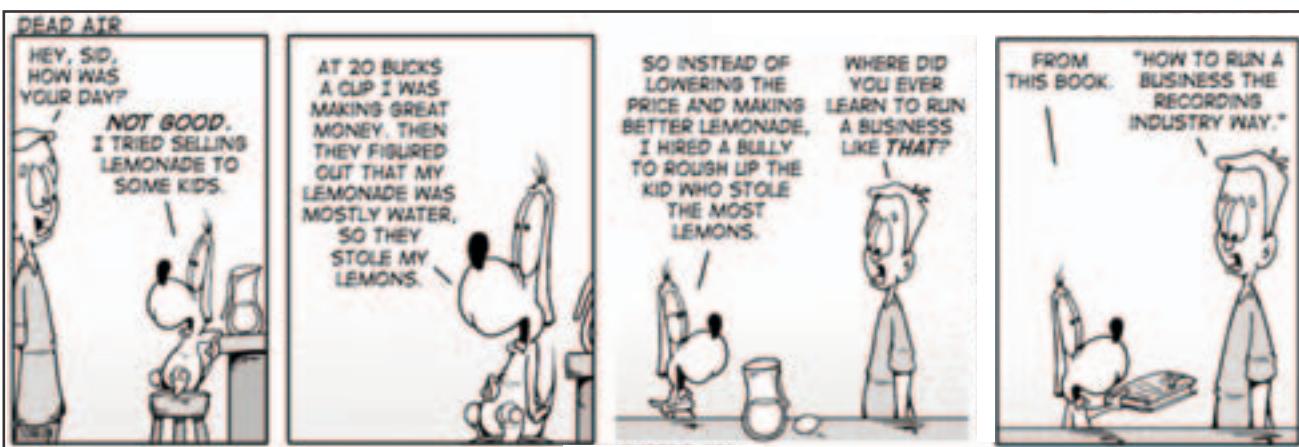
Trenton  
Brighton  
Toll Free

613.394.4837  
613.475.6242  
1.800.263.2177

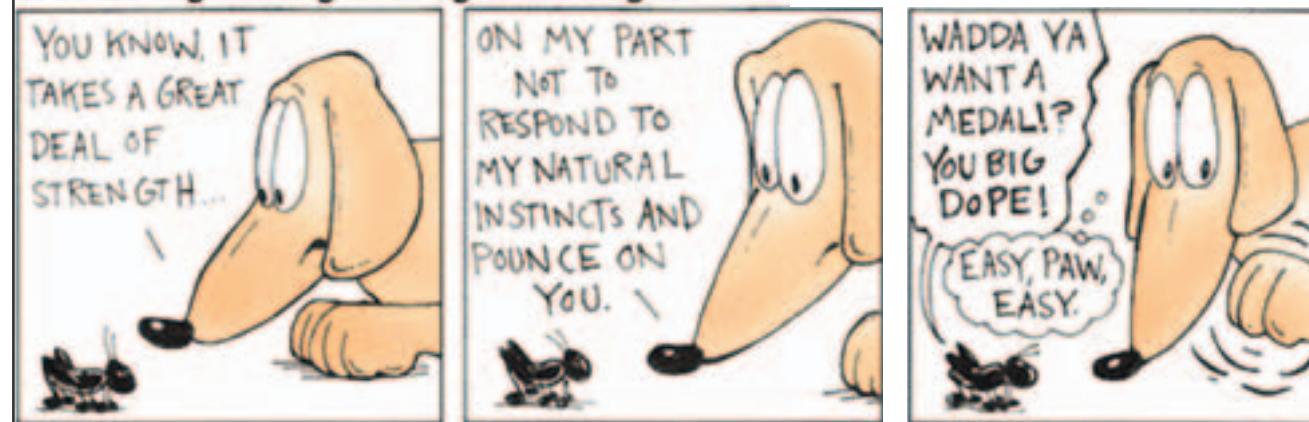
[www.DiscoverRoyalLePage.com](http://www.DiscoverRoyalLePage.com)



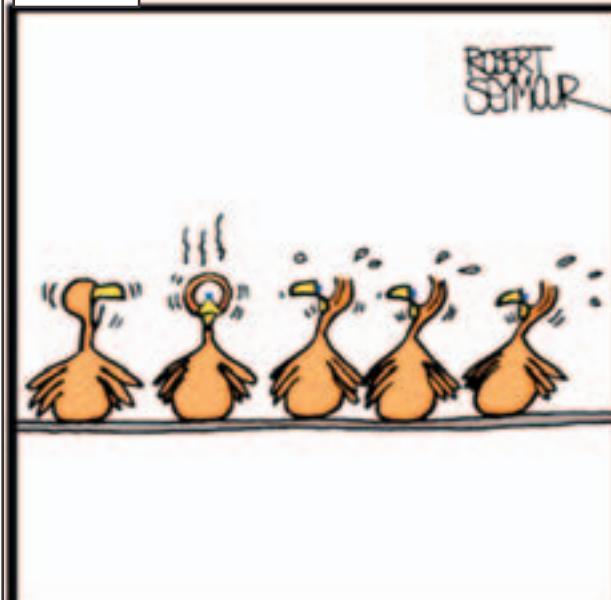
The Contact Newspaper staff would like to acknowledge Royal Lepage ProAlliance Realty as the weekly sponsor of our feature, The Contact Comics.



### Not In My Backyard! by Dale Taylor

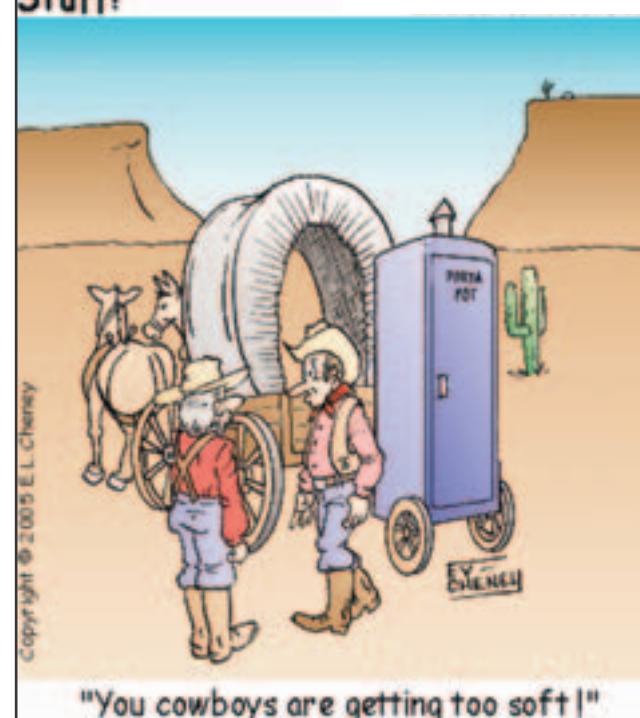


DuJour



OKI  
WHO's got the WORM breath?

Stuff!



## Community

OWNED & OPERATED BY  
**SMYLIE'S**  
YOUR NEIGHBOURS

# Community Events

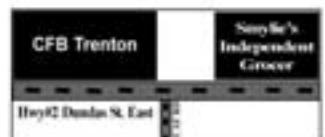
generously sponsored by...

# independent

YOUR INDEPENDENT GROCER

**DRUGSTORE**  
PHARMACY

President's Choice



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

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

## Invisible Ribbon Parade & Rally

Supporting military families on Saturday, September 20, 2008, beginning at 11 a.m. All proceeds will be donated to the Trenton Military Family Resource Centre. Mark the date on your calendar and join us for static displays and entertainment.

If you would like to join the committee, please call Ena at 613-394-1635.



**SEPTEMBER 20TH, 2008**  
Welcoming BBQ and Annual General Meeting  
At École Secondaire Marc Garneau - 30 Fullerton Ave  
From 11:30 to 15:00  
Daycare services available no charge  
**For more information call 613-848-5080**



**Girl Guides Open House for Women**  
**Saturday September 13th**

Guiding is the largest movement of girls and women in the world. It is a chance to try new things, make new friends and a fun way to give back to your community! Drop-in from 9am-4pm to find out what Guiding is all about!

Kingston Guide House, 216 Mowat Avenue (at King St W) or Oshawa Guide House, 121 Simcoe Street South (south of King W)  
For other locations, check our website [www.guidesontario.org](http://www.guidesontario.org) / 1-800-565-8111

## AIR TRAFFIC CONTROLLERS

The Military Air Traffic Control Heritage Association, in conjunction with the National Air Force Museum of Canada, is dedicating an **Air Traffic Control (ATC) memorial cairn** and external ATC display at CFB Trenton on the 28th of September 2008 to help celebrate the **65th Anniversary** of the formation of Canadian Military ATC. Anyone who may be interested in participating, or obtaining more information about future displays & our ATC personnel database, is asked to contact David Weir via

1.800.263.2177 or [david@davidweir.com](mailto:david@davidweir.com)

## Free Seniors Computers Course at The Quinte West Public Library

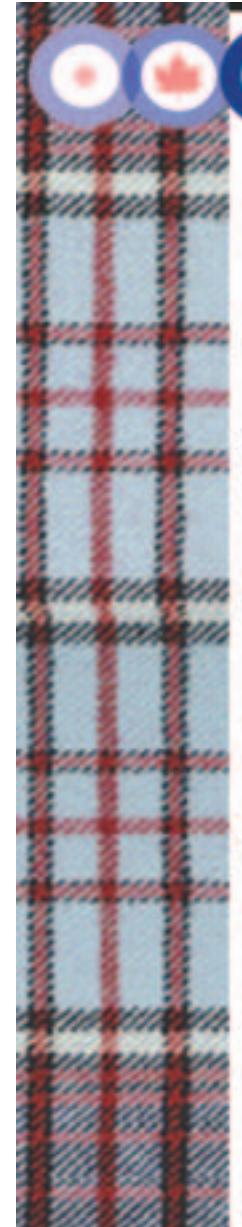
Gain a basic understanding of computers and some of the benefits of using the Internet.

**Computer Essentials** (1 hour) September 9th, October 7th, November 4th

**Email Essentials** (1 hour) September 16th, October 14th, November 11th

**Internet Essentials** (1 hour) Sept. 23rd, October 21st, November 18th

"Hands on" Computer Training (2 hours) September 30th, October 28th, November 25th  
Tuesday afternoons- 2 p.m. -3 p.m.  
Sign up in person at the library or call 613-394-3381 (ext. 3325 or ext. 3323)  
Space is limited and will fill up fast!



**The RCAF Memorial Foundation**  
in support of the  
**National Air Force Museum of Canada**  
presents

## TARTAN TIE GALA

**27 September 2008**

**Ad Astra Weekend**

**Location:** National Air Force Museum of Canada

**Cocktails: 1830 hrs**

**Dinner: 1930 hrs**

**Dress:**

**1940s theme or formal**

**Price:**

**\$75 per person**

**Enjoy the 8 Wing Band**

**For reservations call**

**Cecilia Bate 613 965 7314**

[foundation@airforemuseum.ca](mailto:foundation@airforemuseum.ca)



**Reservations made at the Museum Gift Shop**

## BEACH'S 16TH ANNUAL TOY RUN

ALL PROCEEDS TO THE BELLEVILLE FIREFIGHTERS TOY DRIVE

**OCTOBER 5, 2008**

DUG-OUT SPORTS BAR  
HAIG ROAD, BELLEVILLE  
613-968-5169

MEET AT 10:30AM FOR COFFEE AND DONUTS  
RIDERS LEAVE AT 11:00AM

PLEASE BRING A TOY OR A SMALL CASH DONATION - ALL RIDERS WELCOME

FOR MORE INFORMATION CONTACT  
**BEACH 613-847-6750 OR 613-392-6988**



## Trenton Amateur Radio Club Meeting

**Tuesday Sept 9, 2008**

**Time: 7:00 p.m.**

**Location: 4 Beaver Ave (on the south side of the base)**

**Our club meets every second Tuesday of the month.**

<http://www.qsl.net/ve3ytr/>



## TRADITIONALLY GRILLED



Photos: Amber Gooding, Contact Staff

A group of grill masters took to the patio of the Junior Ranks Mess for the 2008 Annual Union of National Defence Employees (UNDE) and Public Service Alliance of Canada (PSAC) Labour Day weekend barbecue on Thursday, August 28, 2008. The barbecue helped to raise money for the 2008 Government of Canada Workplace Charitable Campaign (GCWCC) with a 50/50 draw. The winner took home more than \$200, with the remainder of proceeds from ticket sales going to the United Way of Quinte. Shown above, from left to right is Preben Hansen, Ryan Ayres, Derek Carter, Grant Gabovic, Dave English and Barry Turner. Shown left is Preben Hansen working on the grill.

## Kandahar school receives a year's worth of school supplies

by Captain Amber Bineau,  
2 PPCLI Battle Group

*Kandahar Airfield, Afghanistan*—Canadian Forces soldiers and members of Kandahar City's Skills Generation presented a year's worth of school supplies to both students and their teachers at the Afghan National Army camp's Sayd Pacha School during a symbolic ceremony today.

The school supplies were purchased with money donated by Canadian soldiers' families back home. The project started after a few Canadian soldiers, responsible for training and mentoring the Afghan National Army at Camp Hero, began working with Mohammad Issa, the principal of Sayd Pacha School, and visiting the school regularly to spend time with the students.

"It was a great opportunity for people at home to feel like they are doing something tangible to support what their loved ones are doing here," said Major Jim Short, the chaplain of Task Force Kandahar's Operational Mentor and Liaison Team. "Apart from the things that make us very different, we all want the opportunity for our children to be educated."

To ensure the school supplies are evenly distributed throughout the school year, Canadian soldiers engaged the Afghan non-governmental organization Skills Generation and officially handed over the project. Skills Generation's mandate is to help Kandahar schools receive adequate school supplies and textbooks for teachers and students by working closely with the

Ministry of Education to improve Kandahar Province's school system.

"Skills Generation will help to continue the donations from families to Afghans; school bags are being made by Skills Generation who hires women to sew the bags," said Luc Saint-Jean, who previously served with the Canadian Forces in Afghanistan as a Civil-Military-Cooperation operator and who now works for a Kandahar City business development company responsible for Skills Generation. "School supplies will be put into the bags to be given to the school and a link put on the [web]site so they (families) have proof."

Major Short said the project began five months ago and has finally come to fruition after the hard work of a small,



Photo: Capt Mike McBride, Operational Mentor and Liaison Team

**Students at Sayd Pacha School focus on their Principal as he announces that their school has just received a year's worth of school supplies.**

dedicated team of Canadian soldiers. "Children are the future of this country," said Major Short. "And they want to learn...we all want the children to go to school."



Drs John and Sue Marinovich and staff have been serving the dental community of Quinte since 1994. We offer complete dental care for all ages. *We are now accepting new patients at our office at the M&M's plaza.*



**613-392-3939**

257 Dundas St E  
Trenton  
K8V 1M1



**ALARM SYSTEMS**

### TOTAL HOME PROTECTION PACKAGE

- Burglar, Fire, Camera Systems
- Medical & Environment Alarms
- ULC Approved 24 Hour Monitoring
- High Water, Low Temp Alarms
- User Reports

**Military Members 25% OFF**  
first year's monitoring



**ALARM SYSTEMS**

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

**613-969-5100**

Local news, in-depth features, eye-catching photos.

Relax, read and enjoy.

**The Contact**



# FAMILY

## Activity: My Special Day



glue or tape, and mac tac

**Instructions**

Glue or tape the pictures in order onto a piece of Bristol board to create a chart. Laminate the chart so that it will last longer.

Enjoy this more with Comfort, Play and Teach™:

**Comfort**

Toddlers enjoy an ordered routine. Creating a picture chart will give your toddler a sense of security about the events in his day. Describing and showing him what will happen next will give him reassurance about what to expect.

**Play**

Point to one of the pic-

tures and say something silly about it. For example, if it is a picture of a child brushing their teeth, say "Look! They're eating an apple!" See if they notice your mistake! Encourage them to say something about what's really happening in the picture.

**Teach**

Looking at each of the pictures provides an opportunity for your toddler to label what he sees and to tell you about his own experiences with eating, brushing his teeth, playing, preparing for bed – things he does every day!

*Courtesy of the D-News Network, DND-CF Public Affairs Newswire. All text by Invest in Kids. www.investinkids.ca*

Toddlers feel secure when they know what is going to happen and they enjoy a predictable routine.

Making a picture chart that shows the different part of your toddler's day provides some time to talk to her about her activities!

**You will need**

Magazine pictures of children engaging in daily activities (i.e. eating breakfast, brushing teeth); Photos of your own child if available; Bristol board,

## Mealtimes.org Stuffed Cabbage

**Ingredients:**

8 large, savoury cabbage leaves  
1 tablespoon olive oil  
1 can (12 ounces) chunk chicken, drained  
1 garlic clove, diced  
1 can (14 1/2 ounces) zucchini with peppers  
2 cups cooked brown rice  
1/4 cup chopped basil  
1 cup canned diced tomatoes with chillies  
2 tablespoons Parmesan cheese  
2 tablespoons chopped Italian parsley

**Preparation Time:** 20 minutes    **Cook Time:** 25 minutes

**Preparation:** Preheat oven to 350°F. Remove main stem from cabbage. Bring water in a medium saucepan to boil; lower heat and soften cabbage leaves in boiling water for two to three minutes. Remove with a slotted spoon; set aside until cool enough to handle. Heat oil in a medium, non-stick skillet. Add chicken and garlic; cook until lightly browned. Remove from heat. Cool slightly. Mix zucchini, rice and basil into chicken mixture. Place 1/3 cup of chicken mixture on each cabbage leaf. Wrap, tucking the edges in, to make a small package. Arrange cabbage rolls in a baking dish, seam side down. Pour tomatoes over cabbage rolls. Cover. Bake at 350°F for about 25 minutes. To serve, sprinkle with Parmesan cheese and parsley. Serves: Four

**Nutritional Information Per Serving:** Calories 340; Total fat 8g; Saturated fat 2g; Cholesterol 75mg; Sodium 880mg; Carbohydrate 38g; Fibre 7g; Protein 29g; Vitamin A 25 per cent DV\*, Vitamin C 50 per cent DV; Calcium 10 per cent DV; Iron 15 per cent DV; Folate 17 per cent DV; Potassium 15 per cent DV. \*Daily Value

### WHAT'S THE DIFF?

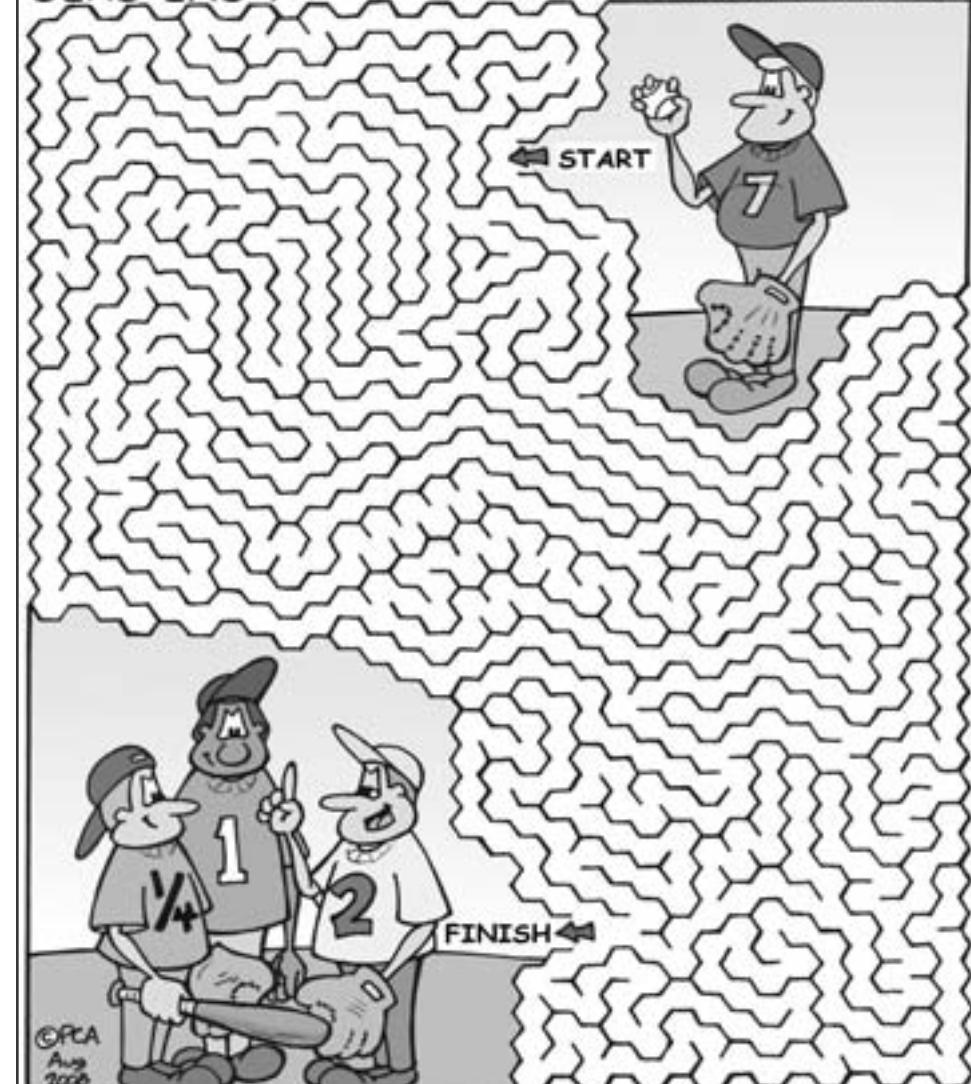


www.pcatoons.com

PIERRE C. ARSENAULT

ANSWERS: 1. GLASS 2. NOSE 3. STEAK 4. BRANCH 5. ROOF 6. HAT 7. BUTTONS ON SHIRT

### DEAD END?



www.pcatoons.com

PIERRE C. ARSENAULT

©PCA Aug 2008

**STARTING  
SEPTEMBER 2, 2008**

**Every Tuesday is  
MILITARY MOVIE NIGHT  
\$5.00 per person**

(Military ID required. Up to a family of 4, tax included)



Regular Adult \$7.50 • Youth & Seniors \$6.00  
Matinees & Wednesday  
Adults \$6.00 Youth \$5.00

**Mamma Mia (PG)**

Matinee • 1:10 • Everyday 7:10 • Fri. Sat. 9:15

**Disaster Movie (14A)**

Matinee • 1:00 • Everyday 7:00 • Fri. Sat. 9:05

**Bangkok Dangerous (18A)**

Matinee • 1:05 • Everyday 7:05 • Fri. Sat. 9:10

Matinees are Saturdays, Sundays

**120 Dundas West, Trenton • 392-6100 • www.centretheatre.ca**

*Chaplain Services*

# 8 Wing/CFB Trenton Chaplain Services

## services offerts par l'aumônerie de l'escadre

### WING CHAPLAIN SERVICES

#### SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

Wing Chaplain- *LCdr Steve Merriman* -Aumônier de l'Escadre  
Administrative Assistant - adjointe administrative  
613-392-2811 x 2490

#### Unit Chaplains – aumôniers d'unités

LCdr Padre Steve Merriman, P; Capt Padre Philippe Boudreau, RC; Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate/Agent de pastorale

#### As support staff - comme personnel de soutien

Rev Jim Craig, P Civilian Officiating Clergyman – membre du clergé civil

#### WORSHIP SERVICES

Our Lady of Peace (RC)  
Christian community – communauté catholique

Notre-Dame-De-La-Paix (CR)

Chapel Life Co-ordinator

*Father Philippe Boudreau*

Co-ordinateur de Vie de Chapelle

**Masses-Messes**

Messe dominicale: 0900h

Sunday Mass at 1130hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 0900 hrs and coffee

3ième dimanche messe bilingue: 09h00 et café

#### Confession - Réconciliation

Please, contact the Wing Chaplains' Receptionist to get in touch with a RC priest prior to coming over. *Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.*

#### Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs

Knights of Columbus: first Thursday – 1900hrs

CWL: second Tuesday – 1900hrs

Chorale : mercredi – 1900h

Choir: Monday – 1900hrs

#### 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, svpappelez le téléphoniste de la Base au 613-392-2811 et demandez l'aumônier en devoir.*

St. Clement Astra (P)  
Protestant Community

Chapel Life Co-ordinator

*Padre Jim Craig*

#### Worship Service

Sunday Divine Worship, 1015hrs  
Holy Communion:  
1<sup>st</sup> Sunday of the month

#### Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

### **SACRAMENT OF BAPTISM**

Parents wishing to have their child baptized are to contact the parish through the Wing Chaplain's Administrative Assistant at local 2490 at least two weeks prior to the desired date. After completing the request form, the dates for both the pre-baptismal session and the baptism will be booked.

The pre-baptismal session is mandatory for both parents; however, godparents (one of them at least must be RC) are invited to participate. Proxy might be an option if godparents cannot attend.

For liturgical reasons and the baptism sacramental theology, baptisms are not celebrated during the Lent Liturgical Season.

Civilian parents who wish to have their child baptized at our military facility must first contact their civilian parish (whether or not they are active at that parish) before contacting our chapel. As Our Lady of Peace belongs to the Military Diocese of Canada, a letter of canonical jurisdiction from your civilian pastor giving the reasons supporting your request will be needed.

### **SACREMENT DU BAPTÈME**

A tous les parents désirant faire baptiser leur enfant, svp communiquer avec notre assistante de bureau au moins deux semaines avant la date désirée au poste 2490 pour entreprendre les démarches. Une rencontre est nécessaire avec le pâtre pour faire l'inscription. Il vous avisera de la date de la rencontre pré-baptismale obligatoire ainsi que de la date du baptême.

Une rencontre pré-baptismale est obligatoire pour les deux parents (père et mère), tandis que les parrains sont invités à y participer. Au moins un des parrains doit être Catholique romain. Il est possible de désigner des mandataires si les parrains ne peuvent être présents.

Pour des raisons liturgiques et de théologie sacramentelle, il n'y a pas de baptême célébré durant la période du Carême.

Les parents civils qui souhaitent faire baptiser leur enfant à la chapelle de l'Escadre doivent contacter leur paroisse civile (étant pratiquants ou pas) avant de communiquer avec notre secrétariat. La communauté de chapelle Notre-Dame-de-la-Paix de la 8<sup>e</sup> Escadre appartient à une juridiction canonique différente qui est celle du Diocèse militaire du Canada. Une lettre/courriel de délégation canonique de la part du prêtre de votre paroisse civile (appuyant votre démarche auprès de cette chapelle militaire) devra être envoyée à l'aumônier catholique de l'Escadre.

### **Planning to get married?**

If you are 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, local 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 (which must be attended) 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. Please, keep in mind that pre-marriage classes are not offered from May to September. This is applicable to all members falling under Military Ordinariate's jurisdiction; that means for all CF personnel and DND employees who are RC. The later 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 prénuptial, 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 laquelle les fiancés doivent participer et qui ne sont pas dispensées entre les mois de mai et septembre.) et de préparer le dossier de demande de mariage. Le dossier 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 prénuptial n'a pas été complété et 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 pâtre de votre confession religieuse le plus tôt possible.

### **CHAPLAIN EMERGENCY FUND**

You can help the chaplains help our military families most in need. *How?* Every time you make a purchase at our CANEX, ask to have the Club Xtra points put on the Chaplain's Club Xtra Card. The points will be used to help our military families during times of family crisis. For more information, ask one of the Canex employees.

### **FONDS D'URGENCE DES AUMÔNIERS**

Vous pouvez aider les aumôniers à aider les familles de nos militaires qui en ont le plus besoin. *Comment?* Chaque fois que vous faites un achat dans notre CANEX, demandez que les points du Club Xtra soient crédités à la carte Club Xtra des aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales. Pour avoir des renseignements supplémentaires, demandez à l'un des employés du Canex.

Show this ad and  
**SAVE 20%**

On Shop Labour (except advertised specials)  
Details in store. Expires Sept 30/08



**Canadian Tire**  
**613-392-3509**

285 Dundas St East Trenton



**10% OFF  
EVERYDAY  
for Military Personnel**

Honouring all frequent Buyer Cards

470 2nd Dug Hill Rd., Trenton  
(Walmart Plaza)

**613-392-9191**



**CORMIER'S AUTO REPAIR**

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



Complete professional service to all makes and models,  
Drive clean test & repair facility, Certifications,  
Courtesy Shuttle, Mon. to Sat.  
**276 Front St., Trenton 613-392-2766**



# Operation BOXTOP: Resupplying CFS Alert



Flight Engineer, Warrant Officer Coulombe (left), and Flight Officer, Captain Leduchowski (right) are members of crew number 52 taking supplies to CFS Alert aboard a CF Hercules.



Captain Claude Caron, I/C Mobil Air Movement Section (MAMS), from 2 Air Movement Squadron (2 AMS) speaks with Corporal Marc Lalancette, Personnel Control Clerk , from 2 AMS.



Sergeant Greg White, Aerospace Control Operator, inside the IFR MPN-25 shelter at CFS Alert. The IFR MPN-25 is a radar system used to guide aircraft in to land on the CFS Alert runway.



Top left: Corporal Annie Boisjoly (left), a Traffic Tech from 2 AMS, and Private Ryan Robertson (right), a Traffic Tech from 17 Wing Air Movement Section Winnipeg, attach a fuel line to fill the Bulk Fuel Delivery System on a Hercules bound for CFS Alert. Top right: Corporal Dan Mykeyev, an AVN Tech from 435 Sqn, performs a check on a CF Hercules as part of 3 Crew Servicing in Thule. Below: A panoramic view of Canadian Forces Station Alert.



BOXTOP is the bi-annual resupply of Canadian Forces Station Alert. Using the United States Airforce Base Thule in Greenland as a staging point, for two to three weeks every spring and fall, the CF works day and night flying fuel and supplies to the station. CFS Alert is the most northern, permanently inhabited settlement in the world. It's situated on the northeastern tip of Ellesmere Island, in the Canadian Arctic Archipelago, and takes its name from HMS Alert, which wintered 10 km east of the present station off what is now Cape Sheridan, Nunavut in 1875-1876.



Photos: Corporal David Hardwick, Wing Imaging

## 3 Subdivisions Close to the Base

Visit our website to view our many homes available for immediate possession

Brighton

1512 Sq. Ft.



1 Model to View  
Open House  
Sat. 11-12:30

Beacon Drive (off Cedar St.) \$267,900

Trenton

1298 Sq. Ft.



2 Models to View  
Open House  
Sat. 1-2:30

Parkview Heights (off Tripp Blvd.) \$249,900

Frankford

1477 Sq. Ft.



1 Model to View  
Open House  
Sat. 3-4:30

The Emerald (off Huffman Rd.) \$239,900

Sample Photo

# HILDENHOMES

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

## Classified



# classified |

**For Classified  
Information Call  
392-2811 ext: 3976**

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

## Information

### CLASSIFIED AD RATES

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

### ORDERING AN AD

All advertising must be dropped off at 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

### **DOGS WANTED**

Paws Active Doggie Daycare is now accepting applications for full and part-time positions for dogs whose owners are interested in an enjoyable day care experience for their pets. The successful doggy candidates must want lots of exercise in a fun, clean, safe environment. Enjoy daily walks, the great outdoors, and lots of TLC from well trained employees who are dog lovers.

Please apply in person  
11 Canal St. Trenton or  
call 613-394-0764  
to set up an appointment

### **NEW & USED REFRIGERATORS**

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

### **NEW APPLIANCES**

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

### **PAYS CASH**

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

**SMITTY'S  
APPLIANCES LTD.**  
613-969-0287

**RUSHNELL**  
**FUNERAL HOME**  
&  
**CREMATION CENTRE**

60 Division Street  
Trenton

**613-392-2111**

### **Horseback Riding Lessons**

English or Western Private, reasonable, local. Ages 5-85

**Call Cory**  
613-394-5587

### **BOARDING**

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

**EDDYSTONE KENNELS**  
613-475-4405

## For Sale

### **Belleville Volkswagen**

#### **Jetta 2.5's Available**



2007 Demo, white, 5 speed manual, sunroof, 10,000km, only \$23,900

2006 Black, auto, leather, sunroof 67,000km only \$20,900

*Call Paul for details...*

**613-966-3333**  
239 North Front  
Belleville

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

**3 bedroom, 2 storey  
lovely home for your  
family.** Newly renovated, new doors, windows, furnace, C/A, roof etc... Nice yard and deck. Convenient location in Trenton. You will be pleased!

**613-392-7201**

**2002 Subaru Legacy  
Wagon**

Excellent condition! auto, silver, new tires, A/C, grey interior, AM/FM/CD \$8200

**613-475-3760**

### **For Sale**

Duplex side by side. 3 bedrooms each. Close to CFB and amenities.

\$224,000

**Call 613-394-2910**

### **For Sale**

Children's Transformer Inline Skates, adjusts four sizes. Size 3-6 and 13-3. Asking \$15 each or both pairs for \$25

**Like New!  
Call 613-394-5158  
or local 7005**

### **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

## Career Opportunities

### **Thinking Career?**

*Think About...*

#### **Professional Parenting**

*With Us!*

- \$50,000 plus per year, tax free living allowance\*
- Continuing education / training opportunities to reach highest financial range
- Work from home
- Benefits available
- Will assist with locating a workable house, if necessary
- Part of a therapeutic team
- Supportive employer

\* Please call Quinte Children's Homes for details

Change the life of a child...Become a Professional Parent with Us!  
Forward resume to: Quinte Children's Homes  
3 Applewood Drive, 2nd Floor, Belleville, ON K8P 4E3  
Tel: 613-968-8569 Fax: 613-967-3998 Email: [info@swa-qch.com](mailto:info@swa-qch.com)  
Web: [www.quintechildrenshomes.com](http://www.quintechildrenshomes.com)

## For Rent

### **ADULTS!**

1 bedroom apts.  
**from \$595**

2 bedroom apts.  
**from \$675**

*Utilities & cable included  
Affordable, quiet & secure*

### **CLOSE TO BASE**

#### **KLEMENCIC PROPERTIES**

**613-392-7839**

Waterfront, executive, private 3 bedroom, 3 bath home with 2 car garage, less than 20 mins from base. \$1580/mth 1st, last and references required.

*Call 613-476-3443*

### **House for Rent**

2 bedroom on estate terms. Brighton area, fishing and hunting, outdoor fun!

\$600/mth +utils 1st, last and references req'd.

Available Oct 1

**905-344-8367**

Bayside - 2 bedroom mobile home. \$ 700 plus

H & H. 1st, last,

references, lease.

Nice yard, deck, shed.

Available 1 October.

No pets. Non-smoker.

**613-395-6432 evenings.**

**613-392-2811 ext 2349  
daytime**

1 bedroom apt. includes fridge, stove, parking, shed heat and hydro. Balcony with a country view. \$750/mth 1st & last req'd.

No smoking, no pets.

**613-398-6602**

## Cleaning Services

### **Tammy's Cleaning Service**

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

*"I likely clean for someone you already know."*

Call Tammy  
**613-392-0759**

Cell: 613-847-7670

## Scuba Course

### **SCUBA DIVING**

Join the Underwater World Next PADI Scuba Course Starting September 5, 2008

### **CANADIAN SPORT SUBS**

48 Dundas St. W.  
**613-966-8903**

[canadiansportssubs@bellnet.ca](mailto:canadiansportssubs@bellnet.ca)

## Crossword Answers

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



**Please  
recycle this  
newspaper!**



## Countertop trends: Quartz tops Granite as strongest rock

(NC)-Consumers in the market for a premium countertop surface are discovering early in their search that quartz, and not granite, has become the highest rated and most popular option available.

That's because quartz countertops have emerged as the new worry-free, elegant alternative to high-maintenance granite for architects, designers and homeowners alike.

They're stronger than granite, require no resealing, are highly resistant to scratches and stains, and come in a huge variety of colours.

In fact, Consumer Reports Magazine rated quartz as the top performer among countertop materials such as granite, ceramic tile, stainless steel, laminate, marble, limestone and concrete when it came to resisting prime kitchen hazards such as stains, heat and scratches.

According to the recent Freedonia Group Report on countertop industry trends, there

has been a definite shift in the marketplace over the last few years as quartz has become the fastest growing market segment in the industry with 13 per cent growth compared to granite's five per cent.

Quartz surfaces are growing in popularity because they have the appearance of natural stone, but unlike granite, these surfaces never need to be sealed.

Quartz is a nonporous material, which means it will not promote the growth of mold, mildew or bacteria. This is why leading brands such as HanStone Quartz surfaces are certified NSF 51 (with the National Sanitation Foundation).

"HanStone quartz countertops have an aesthetic that can emulate the look of granite, but are also available in unique colours and surface effects not found in natural stone," explained Mark Hanna, President of Montreal-based Leeza Distribution Inc., one of

North America's leading distributors of HanStone Fine Quartz Surfaces ([leezadistribution.com](http://leezadistribution.com)). "The benefit of quartz is that it doesn't have any of the drawbacks associated with materials such as granite."

What is quartz? Quartz is silicon dioxide and it occurs as individual crystals and fine-grained masses in a large variety of forms, patterns, and colours. It is naturally hard and scratch resistant.

Most quartz countertops are manufactured with up to 93 percent quartz mixed with pigments and resins. This prescribed mixture results in a product that is non-porous, exceedingly durable, and more than twice as strong as granite.

The top rated quartz surface in the industry by designers, architects and developers alike is HanStone, because it contains a higher quartz content than the norm and includes clear and multiple quartz colours, bringing greater depth, dimension and



Photo: News Canada

style to its surfaces.

HanStone is also accredited with Greenguard environmental certification for low emitting products.

The Greenguard certification is becoming an important requirement for consumers looking for premium countertops following recent news reports that the Environmental Protection Agency has been receiving increasing calls from radon inspectors and concerned home-

owners about granite countertops emitting dangerous levels of radon and radiation. Radon is the second leading cause of lung cancer after smoking.

As a result more and more consumers are looking for healthier options for their countertops such as HanStone for its Greenguard certification to ensure their countertops emit low to no emissions of toxic chemicals into their home environment.

## Real Estate News: House prices have doubled in the last 10 years

(NC)-According to a recent survey conducted by Royal LePage Real Estate Services, the majority of house prices in both Canada's major urban and suburban neighbourhoods were found to have nearly doubled over the past 10 years, with urban dwellings appreciating slightly more than their suburban counterparts.

The top 10 suburban and urban areas with the highest price appreciation over a 10-year period recorded by the

Royal LePage Urban vs. Suburban Survey are as follows:

**Urban:** 1. Castledowns, Edmonton

(Condo) 633.3 per cent; 2. Mount Royal, Calgary (Condo) 363.8 per cent; 3. Cathedral, Regina (Bungalow) 318 per cent; 4. Scarboro, Calgary (Bungalow) 271.3 per cent; 5. Dollard-des-Ormeaux, Montreal (Condo) 243.1 per cent

**Suburban:** 1. Sherwood Park, Edmonton (Condo) 416.7 per cent; 2. Warman, Saskatoon (Std. two-Storey) 305.3 per cent; 3. Martensville, Saskatoon (Std. two-Storey) 300 per cent; 4. Warman, Saskatoon (Bungalow) 292.7 per cent; 5. Martensville, Saskatoon (Bungalow) 263.6 per cent

"A look back at the last 10 years in Canadian real estate growth reveals that typically, home prices in urban markets have grown faster than those in the suburbs, with both areas showing impressive appreciation," said Phil Soper, president and chief executive, Royal LePage Real Estate Services.

Factors driving price increases in the country's urban neighbourhoods generally included limited property availability, a desire to be near the workplace, diverse amenities and more recently, the rising cost of fuel - which, when combined, have

heightened buyer interest in these city-core areas.

Of the thirty-two urban and twenty-six suburban markets examined across Canada, the national average price of a standard two-storey home in an urban neighbourhood appreciated by 129.2 per cent to \$522,999, over the past decade; while the same property type in the suburbs appreciated by 110.1 per cent to \$334,380.

More about real estate trends in your neighbourhood is available online at [www.royallepage.ca](http://www.royallepage.ca).



**We're big on results.**

**RE/MAX**  
Trent Valley Realty Ltd., Brokerage  
Independently Owned & Operated

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

Check us out at... [www.remaxtrent.com](http://www.remaxtrent.com)



**SCHOOL'S IN DRIVE SAFELY**

**Drivers- Always stop for a bus**  
Motorists travelling in both directions must stop when approaching a stopped school bus with its upper red lights flashing

**Parents and kids - have a bus talk before school**  
Remind your kids the rules of bus safety.

- Never distract the bus driver.
- Always follow his or her instructions.
- Find a seat right away and stay seated facing forward at all times.
- Do not place things in the aisle.
- Avoid rowdy behaviour.

**ROAD SAFETY. IT STARTS WITH YOU**

**Contact**

**Advertise your listings with us!**

**Call Patricia**  
**613-392-2811 Ext 7008**

**Contact**

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

— Wilbur Wright



**38 BYRNE AVE., BARRY HEIGHTS, TRENTON**  
**OPEN HOUSE SEPT. 6 & 7 2 PM - 4 PM**

  
Beautiful solid brick bungalow on large lot. Hardwood & ceramic throughout. Updated kitchen & baths. Prof. finished walkout basement.

**ROYAL LePAGE**  
ProAlliance Realty, Brokerage  
233 Dundas Street East,  
Trenton, Ont. K6V 1M1

  
**Roxee Morden**  
Sales Representative  
Office tel. 613-394-4837  
Cell no. 613-969-2557  
DND IRP Registered

### POSTED OUT OF TRENTON? Let me do all the work for you!

Let my experience in Military postings, make the transfer easy as I know that purchasing a new home is very exciting and I strive to provide you with all the information and assistance you need to make the right choices.

Service en français aussi disponible.  
Visitez mon site internet:

 [openatnewdoor.com](http://openatnewdoor.com)

**Marlene Letourneau**  
Sales Representative

**ROYAL LePAGE**  
ProAlliance Realty  
233 Dundas Street East,  
Trenton, Ont. K6V 1M1

**bureau: 613.966.6060**  
**mobile: 613.848.2284**

357 Front Street, Belleville, Ontario



**FINAL 3 DAYS!**  **HURRY IN!**

# PAY ABSOLUTELY NOTHING! NOT EVEN THE TAXES!

**FOR  
16 MONTHS!**



NO MONEY DOWN!\* NOT EVEN THE TAXES!  
NO INTEREST! NO MONTHLY PAYMENTS ON  
EVERYTHING IN THE SHOWROOM!

**PLUS!** **EVERY SOFA'S  
ON SALE!**



**Modern Sofa**  
Comfortable casual sofa in a velvety soft fabric with co-ordinating accent pillows and wedge arms. Over \$449. Loveseat \$329. Ottoman \$229.  
108-271000

**INcredible!  
\$599**  
INCLUDES DELIVERY

**PLUS!** **EVERY TV'S  
ON SALE!**



**67" DUP  
HDTV**

- Enjoy bright, brilliant images and superior film-like quality.
- CinemaPure™ Colour Engine creates realistic images and colour that's 40% brighter than traditional HDTVs.
- The super-slim cabinet has a huge 67-inch screen that surprisingly doesn't take up much room.

**WHAT A DEAL!  
\$2399**  
INCLUDES DELIVERY

**IP Our INTEGRITY PRICING MEANS WHEN WE HAVE A SALE, IT REALLY IS A SALE!**

**DELIVERY INCLUDED!\*\***

**Leon's** SINCE 1957

**Hwy. 401 & Glen Miller Rd. Trenton**  
**613-394-3322 or 1-877-394-3322**

**Monday to Friday 9am-9pm, Saturday 9am-6pm, Sunday 12-5pm**

\*O.A.C. Total purchase including all taxes and a processing fee of \$79.95 (Eg. \$1500 purchase with \$79.95 PP equals an APR of 4.07%) are due 16 months from the date of purchase. All items available while quantities last. Prices, terms and conditions may vary according to region. Selection may vary from store to store. Pick-up discounts not available on some items. No extra charge for delivery on most items if purchase amount, before taxes and any fees, is \$499 or more. See store for delivery included areas. Not applicable to previous purchases and markdown items. See store for other convenient payment options. All first time buyers in Ontario must put down a 15% deposit on any financed pick-up purchase over \$1,000. Financing not available on cash & carry items.

**GLEN MILLER ROAD**

**HWY 33** **TRENT RIVER** **526** **525** **401**

**Leon's** TRENTON