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A YEAR OF FIRSTS FOR 22ND ANNUAL SURF AND TURF RACE

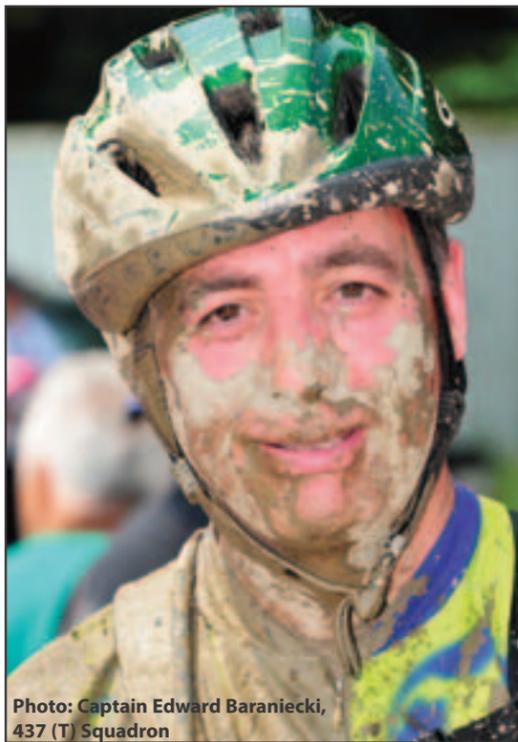


Photo: Captain Edward Baraniecki, 437 (T) Squadron

Friday, June 13, was a day of mud, sweat and tears (of exhaustion and joy), as 8 Wing/CFB Trenton hosted a very successful 22nd Annual Surf and Turf Relay Race.

Teams were drawn not only from 8 Wing/CFB Trenton community members, but also from Canadian Forces personnel from across the country, as well as local emergency and rescue organizations and Quinte area businesses and residents.

The race began at 9 a.m. and was divided into eight legs, showcasing various athletic components. The first leg began with a 10 km run, followed by a 7 km canoe/kayak paddle, 15 km road bike, 5 km country run, 10 km mountain bike, 6 km run, 475 metre swim and finished off with a 3.5 km run to the finish line.

Everyone involved did a tremendous job in both participating and supporting the event. Next year, it is anticipated to be an even bigger event, with even more teams coming out to participate. The date has already been set for Friday, June 12, 2009. Hope to see you there!

See Pages 8, 12 and 13 for coverage.



Photo: Amber Gooding, Contact Staff

SEARCH AND RESCUE TO BE SPOTLIGHTED ON TELEVISION



Photo: Private Tina R.J. Miller, 8 Wing Imaging

Ed Robertson, co-lead singer of Barenaked Ladies and host of Outdoor Life Network’s “Ed’s Up,” prepares to make a tandem jump from a Hercules aircraft over Mountainview on June 16. See Page 6 for more information and photos.



Photo: Corporal Frieda Van Putten, 8 Wing Imaging



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From the Bull's Pen A message from the 8 Wing Chief Warrant Officer



A Rose by Any Name...

8 Wing by its very nature and function gets more than its share of visiting dignitaries. Because of that, many of you have asked me, "how do I formally address them?" when I talk to him or her. The answer for that and what to call any person properly is in the following publication: A-AD-200-000/AG-000 Chapter 11. Below is a summary of that chapter.

Royal and Vice-Regal

Personages:

In conversation, royal personages are to be initially addressed as "Your Majesty," "Your Royal Highness" or "Your Highness," as the case may be, and thereafter as Ma'am or Sir. Governors-General are "Right

Honourable" for life. In formal correspondence, the Governor-General and his/her spouse are addressed as "His/Her Excellency," as the case may be, while in office. In conversation, the Governor-General and his/her spouse are initially addressed as "Your Excellency" and thereafter as Ma'am or Sir.

Lieutenants-Governor are styled "Honourable" for life. In formal correspondence, lieutenants-governor and their spouses are addressed as "His/Her

Honour," while in office. In conversation, lieutenants-governor and their spouses are initially addressed as "Your Honour" and thereafter as Ma'am or Sir.

Military Formal Address

In formal address, either written or spoken, the correct form of address shall be as follows:

a. Officers shall be addressed by officers of higher or equal rank, by rank and surname, or by appointment, on parade, or when in keeping with authorized environmental or branch usage, by officers of higher rank or higher parade appointment, by rank and surname, or by appointment; and by officers of equal rank but lower parade appointment by Sir or Ma'am as applica-

ble; and by all other officers and non-commissioned members, by rank and surname, or by Sir or Ma'am as applicable.

b. Chief Petty Officers 1st Class and Chief Warrant Officers shall be addressed by all ranks, by rank, by rank and surname, or by appointment. For army and air force chief warrant officers, by officers and ranking peers, they may be addressed by Mr, Mrs, Miss or Ms as appropriate, followed by surname, and by lower ranks, by Sir or Ma'am as appropriate.

c. Other non-commissioned members shall be addressed by all ranks, by rank, by rank and surname, or by appointment.

Just a thought.

T.J. (Bull) Secretan
CWO
8 WCWO

DON'T PANIC IF YOU HAPPEN TO SEE FLAMES



Photo: Submitted

You may have noticed the odd looking aircraft mock-up by the 8 Wing Fire Department. During the month of June or July, it will start to have small fires with limited smoke to get it ready for its commissioning. These fires are environmentally friendly with propane and even the smoke is created by a smoke generator. Once the mock-up is ready, it will contain large fires on top, around and inside. This is for the 8 Wing Fire Department to qualify for their annual re-certification on aircraft fire fighting. It will be a fantastic sight from RCAF Road and should not be considered an actual incident. This is for training purposes only.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



8 Wing Telecommunications and Information Services Squadron is responsible for the installation and maintenance of all Information Technology (IT) equipment at 8 Wing. Seen here is Cpl Byrne of the IT Services Section cleaning an older personal computer (PC) before repairing it and returning it to service.

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Youngster raises \$250 for soldier's care packages



Photo: Grace La Rose

Quinn Bennett, 9 years old, with the turtle statue given to him on behalf of Curves for Women, Picton, for his help in a penny blitz.



Photo: Grace La Rose

Nicole Larkman's grade three class at C.M.L. Snider in Wellington. The class helped put together care packages for soldiers in Afghanistan. Quinn Bennett (centre, and left) started raising money after seeing a poster for Curves for Women, Picton, advertising a penny blitz. With Bennett's help, Curves was able to raise \$500, and provide 60 soldiers with care packages. The packages contained snack foods, a deck of cards, a tooth brush and toothpaste. Many of the items were donated, or sold at cost, by local businesses.

Bennett says he wanted to let the soldiers know people at home were thinking about them. "My great-grandfather was in the war. I know the Canadian troops want to see their families. I want them to remember we love them."

Bennett raised \$250 dollars for the care packages, and enlisted the help of his classmates to put everything together. Bennett says he plans on joining the armed forces when he grows up.

Search & Rescue UPDATE

424 Squadron had a very busy week with 10 missions being tasked.

For the first mission, the Griffon was tasked to look for two overdue males in a canoe around Parry Sound. After 1.4 hours, Rescue 320 located the two missing persons — they were camping and did not require any assistance. Rescue 320 returned home.

The second mission was given to the Herc; it was tasked to investigate an ELT near Gouin Dam. The site was pinpointed rapidly and after a fuel stop in Bagotville, the crew spotted an airplane on floats crashed near a camp site. They dropped a radio to the pilot of the floatplane and communication was established. After finding out that the two men sustained light injuries, the SAR-Techs were dispatched. They provided first aid and prepared the patients for extraction, which was carried out by a Griffon.

Next, the Griffon crew was called in for an ELT search close to Thunder Bay. As the crew members were walking out, they were re-tasked to a possible crash site near Sarnia. Shortly thereafter, that mission was cancelled as well. The pilot of the plane in question called JRCC to advise of his status.

Next both the Herc and the Griffon were tasked to help locate a 47-year-old male who had possibly fallen overboard from his sailboat. After 3.5 hours, Rescue 419 was released and replaced by Rescue 422. The Herc was on-scene for a total of 7.3 hrs. After 1.5 hrs of search, Rescue 422 spotted a person in the water near a private vessel in the Port Colborne area. The 47-year-old male had been in the water for 11 hours and had swum from nearly the centre of Lake Erie to the shore in Port Colborne. Lucky guy!

Finally, the Griffon was again tasked to look for two overdue canoeists in Algonquin Park. Shortly after take-off, JRCC informed the crew that the Park Rangers had located the missing persons and stood down Rescue 419.

Until next week, stay alert and stay safe.

Missions for 2008: 62 Missions for June: 13 Persons rescued: 13



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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

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



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LETTER

On Thursday June 12, 2008, approximately 175 motorcyclists (mostly members of YOW Motorcycle Touring Club of Toronto) from Toronto, Montreal, Detroit and New York/New Jersey arrived at the Goodwin Learning Centre with a Holocaust survivor, representative of the Toronto Holocaust Centre, and members of Don Mills Lodge, B'nai Brith Canada, to participate in and honour the school's Holocaust Education program.

The school's staff had learned of a program called the Paper Clip Project by a middle school in Whitwell TN (2006) and wanted to emulate it. The students and staff intend to collect 6,000,000 pebbles in memory of the six million Jews killed during the Holocaust (a million and a half of whom were children) and our motorcyclists each brought a bag containing 100 pebbles to get them started. A special memorial plaque was unveiled and everybody clapped. The school performed a lovely service, respite with song. CFB Trenton's own Sgt. Terri Healy gave a heart warming speech endearing her to all. Other members of the Canadian Armed Forces were present, both active and retired, all willing to share stories with us, making us appreciate the good work done, and often unknown and certainly (in my humble opinion) unappreciated by most fellow citizens. These members of the military, I understand, also put up tents and awnings to protect us from the sun while we enjoyed the barbecue prepared by a local services group.

Following the proceedings at the school we went to CFB Trenton. Most toured the museum and a few dozen of us, with special permission, were admitted onto the base for an amazing day.

We visited the control tower, IFR control center, learnt how falcons are used (and I don't mean F-16s) to keep birds away from aircraft and then we toured a C-17. Pilot Dave Howard, Loadmaster Bill Toth, Sgt. Tony Savard and others, most of all, Captain John Healy were very hospitable, friendly and fascinating to listen to. Sargeant Terri Healy didn't let us out of her sight; she was an angel. Everyone with whom we spoke seemed to enjoy his/her role in the CAF and spoke glowingly of it and its changes over the years.

As if all the above weren't enough to make it a terrific experience for us, Captain Healy and Sargeant Healy kindly invited a few of us to share some cold drinks with them afterwards, soda pop, of course! I do believe the Healys went above and beyond the call of normal duty for us. We wish to truly commend them and thank you for assigning them to us, very, very much. They left us all with a heartfelt desire to come again!

Very sincerely yours,

Jay Mandelker
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Slang City

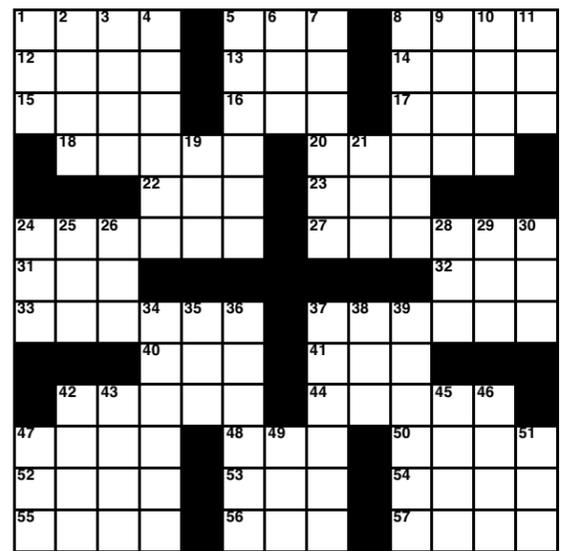
By Bernice Rosella and James Kilner

ACROSS

- Pearson or Myers, familiarly
- The _____ (Northern Ontario city to some)
- Plant part
- The _____ (Southern Alberta city to some)
- Term of endearment
- Lymphoid tissue
- Balkan dweller
- Gambler's promise
- Decorated a cake
- The _____ (Central Saskatchewan city to some)
- The Big _____ (Ontario metropolis to some)
- PC net
- Supernatural being
- Sameness
- Nun
- Bambi's aunt
- Pogo preceeder
- Wallboard ingredient
- Come out
- Fruit salt
- Facsimile, slangily
- Popular poplar
- Inundation
- Word before moss
- Prop
- Lean
- The E in ESG
- The _____ (Southern Alberta city to some)
- South American race
- Rhymer
- RC honouree
- Ubiquitous beverage

DOWN

- OR frequenters



- Enrages
- Novelist Vonnegut, for one
- Clot
- Clamber
- Thousands symbol
- Duties
- Negatively charged particles
- The _____ (Newfoundland to some)
- Notion, to Normand
- Past participle of lead
- Cereal grain
- Me, to Marie
- The _____ (Manitoba city to some)
- Some
- Blame
- Hillock
- Incite
- Caviar
- Heptad
- One, in Verdun
- Year parts
- Decadent
- _____ de mer
- Strange
- Plane or dynamic prefix
- Retail event
- Words before "not again"
- Detective, slangily
- Vim
- Gnaw
- Nairn no

See Answers, Page 18

This Week in Contact

1978- After more than five years with CJBQ-FM (now CIGL) the Base Broadcast Club (BBC) is expanding its operations to carry more music, news, sports and special features to those people who work on the base.

1988- Two 436 Squadron crews departed from Trenton to arrive in Addis Ababa, Ethiopia on June 5. From all reports, all has been going well and morale is high. The crews are gaining invaluable experience. During the next few months most members of 436 Squadron will see employment in Ethiopia. In May, the Canadian Government tasked ATG to aid the UN in its disaster relief effort in Ethiopia. CFB Trenton has been tasked to provide two aircraft, servicing and man five people as well as two crews for the aircraft.

1998- Playing golf in the dark is quite an experience! Assisted by glowing gold balls, "flared" fairways and greens, and glowing necklaces on each participant to prevent them from getting lost, the game can take on an entirely different dimension. For the third straight year, Wilson Sports will be hosting a "Glo-Ball" Tournament at CFB Trenton Golf Club. Golfers will tee off at 9:30pm and will play until midnight.

Created by Lt J. H. MacDonald,
Compiled by Grace LaRose.



A sincere thank you, Charley

by David Krayden
Air Force News

On June 5, 2008, the Chief of Air Staff Lieutenant-General Angus Watt was in the Transport Canada hangar in Ottawa to present a Second World War hero with a well-deserved Canadian Forces Decoration (CD).

In his speech, he gave a different definition of the CD. According to him, the CD means "Thank you."

Who better to say thank you to than a war hero who put his life on the line by flying multiple missions over Europe during its darkest days?

Honorary Colonel Charley Fox, 88, is a very well decorated veteran; he flew his Spitfire on missions such as D-Day all the way to the last recorded operational patrol of the war.

When Second-Lieutenant Barry Dickson met Charley, he got interested by all the decorations he wore and noticed that the CD was missing. He started counting the Honorary Colonel's years of service, counting his reserve time after the war and his most recent appointment as the Honorary Colonel of 412 Squadron, and they added up to more than 12 years of service.

2Lt Dickson called veterans affairs to inquire as to why our HCol does not

have his decoration. A few hours later, he got a call back that the medal had been ordered.

The ceremony started with opening remarks from 412 Squadron commanding officer Lieutenant-Colonel Eric Volstad, followed by a speech by Lieutenant-General Angus Watt. The emphasis of his words was put on how important the CD actually is. As members of the Forces, we sometimes see the CD as an automatic award, and this type of ceremony as "routine."

Gen Watt reminded the crowd that every time a CD is awarded, it is done with the most sincere thank you from Canada, as it represents 12 years of service to the country, which is far from automatic. He followed by presenting HCol Fox with the Canadian Decoration, a firm handshake, and a sincere "thank you."

HCol Fox then took the crowd on a trip back in time by the telling of his war stories filled with incredibly accurate details. He also took the opportunity to show us his gratitude towards current military leaders and the evolution they are allowing the organization to make.

The ceremony ended with a short reception, and a flypast of a beautifully restored Spitfire and P-51 Mustang from Vintage Wings of Canada.



Mr. Charles W. Fox, Honorary Colonel for 412 Squadron, is presented with his Canadian Forces decoration by the Chief of the Air Staff, Lieutenant-General Angus Watt, on June 5, 2008.

Photos: Warrant Officer Serge Peters



Mr. Charles W. Fox, Honorary Colonel for 412 Squadron, by a Supermarine Spitfire similar to the one he flew during World War II, was presented with his Canadian Forces decoration by the Chief of the Air Staff, Lieutenant-General Angus Watt.

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ED'S UP ... WAYYYYYY UP!

While filming a Search and Rescue episode of "Ed's Up", a popular Outdoor Life Network program, the show's host, Ed Robertson, landed at CFB Trenton Mountain View Detachment after a tandem jump with the SkyHawks. Robertson, co-lead singer of the Barenaked Ladies, jumped out of a CC-130 Hercules aircraft on June 16, 2008, which was crewed by the Tigers of 424 Transport and Rescue Squadron. The upcoming episode of Ed's Up will highlight Canadian Forces Search and Rescue (SAR) capabilities with emphasis on the role of SAR Technicians.



Photo: Pte Tina R.J. Miller, 8 Wing Imaging

Robertson (centre), just moments before his tandem jump from the Hercules.



Photo: Cpl Frieda Van Putten, 8 Wing Imaging

Robertson is unhooked from the parachute after landing at Mountainview.



Photo: Cpl Frieda Van Putten, 8 Wing Imaging

Ed Robertson (third from left), is filmed walking with 424 Squadron personnel.

SUPPORTING OUR TROOPS



Photo: Submitted

Margaret Maskell presents a "Support the Troops" banner to 8 Wing Chief Warrant Officer, CWO Tom Secretan, on behalf of banner designer/creator Scott Taylor on June 12, 2008. The banner, which is one of many that can be seen displayed across the country, will be hung and proudly displayed here on the wing.

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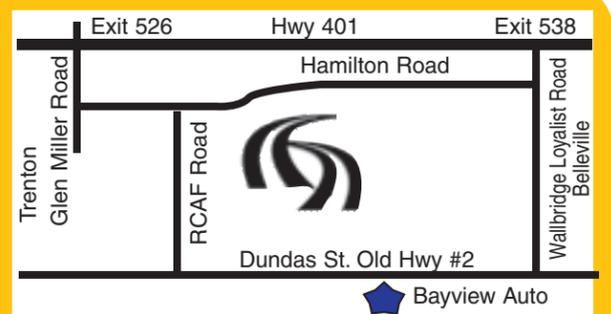
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FITNESS & HEALTH PROMOTION

Is that one way, or round trip?

by Grace La Rose
Contact Staff

Two weeks into the 8 Wing Pedometer Challenge and Master Corporal Theresa Nevills is on her way home.

Nevills finished the 172km distance representative of the Highway of Heroes early into her second week of the challenge.

"When I tallied it in the first week, I was like '122 km! I have a new mission now!' I'm going to see how many times I can do this."

Nevills has reset her goals for the eight week challenge, and plans on doing four "round-trips."

So, how does she rack up the kilometres? Biking, mowing the lawn, geocaching and doing the Surf and Turf last Friday. Nevills says it's the little things that can add up quickly.

"Just put the pedometer on. Just watch your steps click up by just doing the basic stuff, like gardening or house-

work. I gave my daughter a pedometer...and just by walking around her school she racked up nearly 10,000 steps in one day."

Nevills joined up for the fitness program because she believed in the message behind it.

"For the Canadian Forces, health promotion and physical fitness are such important things. Some people just aren't aware of how physically active they are, and this is a kind of visual boost for them, tracking the progress on the website."

As of June 16, Nevills has stepped 239 km, and she's not the only one on her "return trip." Ingrid Brooks is on her way back with 327.3km under her belt. Peggy Olaski and Linda Turpin from Building Services are catching up with 138.2 km and 52.5 km respectively.

The base totals this week are: 19,039.5 km which is roughly equal to 25,132,140 steps.

One for the record books

by Lynne Bermel

8 Wing hosted its 22nd Annual Surf and Turf Relay Race last Friday. The much-anticipated event drew over 400 people and involved a good dose of celebrating. But this was no steak and lobster feast.

It was a 60 kilometre gruel-a-thon which saw teams of eight competitors, as well as individual 'Tin' men and women run, paddle, cycle and swim their way around the Quinte region to earn the coveted finishers' medals.

At the end of the day, Peter Philips, a competitive triathlete and nutrition councillor from nearby Warkworth, came home the winner, beating out world-ranked ultraman triathlete Lieutenant-Colonel Tony O'Keeffe, RMC's incoming Director of Cadets, as well as the three top teams (Nortel's Bits with Bytes, 8 Wing's CFLAWC Riggers and AERE Squadron from Borden).

It was also a day for the record books. Philips' finishing time of three hours, 19 minutes and 53 seconds broke the previous course record held by four-time winner Master Corporal Duane Bryson, a SAR-Tech with 424 Transport and Rescue Squadron.

The team division also set the bar with more entrants than ever before (48 teams). Teams came from as far away as Cold Lake and Valcartier, as well as a record number of civilian entrants from the local community.

"We also set a record for the number of individuals taking on the individual challenge," said the event's director, 8 Wing Fitness Coordinator Lisa Refausse.

"We've never had more than a handful in previous years. We had 30 sign up this year, thanks to the participation of our Wing Commander, Colonel Mike Hood, and the buzz that was created when the local triathlon community heard that



Photo: Amber Gooding, Contact Staff

Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, presents Peter Phillips with a plaque commemorating his first place finish with an overall time of 3:19:53.

one of the best ultraman athletes in the world (LCol O'Keeffe) was also going to be in the mix."

It looked for a while, like it was going to be a cat and mouse race to the finish between LCol O'Keeffe and Philips after 10km of running, 7km of kayaking in the Bay of Quinte, a 15km cycle and 5km of cross-country running.

But then they hit the Batawa hills for the mountain bike leg.

That's where Philip's home court advantage paid off and LCol O'Keeffe's lack of mountain biking experience came to the fore, allowing Philips to put over 20 minutes on his rival.

"You mean the 10km mountain walk?" joked LCol O'Keeffe, as he came out of the trails covered in mud from falling on the hilly, technical course.

"Were you scared?" he was asked as he changed his muddied cycling cleats for running shoes. "I was going too slow to be scared. Note to self, next time, spend some time on a mountain bike!"

With that, he sped off on the 6 km road run before hitting the pool for the 500m swim leg and the final 3.5 km run.

"The mountain bike leg makes or breaks this race," said MCpl Bryson,

who raced as part of a team this year. "SAR-Techs modelled this race after the Snow to Surf in Comox and it's an unbelievable challenge."

LCol O'Keeffe managed to swim and run past a host of teams and individual competitors to finish second overall in a time of 3:37:29.

"This is such a neat event," he said. "It typifies what it means to be military - you have to be a jack of all trades, basically good at everything."

Having already qualified to compete in Ironman USA in Lake Placid in four weeks time, Colonel Mike Hood was using the event as a tune-up - and his time of just over 4 hours may have earned him the right to be called one of the fittest base commanders in the country.

"The Surf and Turf is the fifth major event we've had here at 8 Wing since I've come here as Wing Commander," he said. "If events like this and my being involved helps to motivate people to adopt a fitness lifestyle, I'm all for it. We are so lucky to work for the military. What other workplace encourages fitness and a healthy lifestyle to this extent?"

Lynne Bermel writes a weekly amateur sports column for the Ottawa SUN.

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SPORTS & RECREATION

Red Cross Swim Lessons

Summer Red Cross Swim Lessons will take place this July and August.

REGISTRATION FOR SESSIONS ONE AND TWO

Session One will take place on Monday, Wednesday, Thursday and Friday mornings, from July 14 to 25, 2008.

Session Two will take place on Tuesday and Thursday evenings for five weeks, beginning July 15 and running through until August 14, 2008.

Registration for 8 Wing community members will begin on Wednesday, June 25, from 4 to 6 p.m. at the RecPlex. Registration for 8 Wing continues from Thursday, June 26 to Tuesday, July 1, at the RecPlex during regular hours of operation.

Registration for the general public begins on Wednesday, July 2, from 5 to 7 p.m. at the RecPlex. Registration for all continues from Thursday, July 3, to Sunday, July 13, at the RecPlex.

REGISTRATION FOR SESSION THREE

Session Three will take place on Monday, Wednesday, Thursday and Friday mornings for two weeks, beginning on August 11 and running through until August 22.

Registration for 8 Wing Community members will begin on Tuesday, July 29, from 4 to 6 p.m. at the RecPlex.

Registration for 8 Wing continues from Wednesday, July 30, to Monday, August 4, at the RecPlex during regular hours of operation. Registration for the general public begins on Tuesday, August 5, from 5 to 7 p.m. at the RecPlex.

Registration for all continues from Wednesday, August 6, to Sunday, August 10, during regular hours of operation.

Canada's Wonderland

This youth event is open to those between the ages of 13 and 18 years old. The trip will take place on Friday, June 27.

The bus will leave the RecPlex at 10 a.m. and will depart from Wonderland at 10 p.m. Cost of the trip is \$50 which includes transportation and entrance to the park.

Pre-registration is required. Please register at the RecPlex or MFRC reception desks by Wednesday, June 25, 2008. Please note: Youth will be responsible for their own meal costs.

This trip will have adult supervision however because of the venue for this activity, participating youth will have free time.

They will be supplied with supervisor cell phone numbers in case of an emergency.

Provincial Park Passes

Take advantage of our park passes and save on your entry to Sandbanks Provincial Park, North Beach and Presqu'île Provincial Park.

Provincial park passes are now available at the RecPlex. Passes are

\$6 each and available on a one pass per family basis.

Passes cannot be reserved in advance.

Passes are available to military personnel and CRA members ONLY.

Summer Kidz Kamp

The 2008 Summer Kidz Kamp is open to children between the ages of six and 12 years old.

The Kidz Kamp will run weekdays, Monday through Friday, beginning on Wednesday, July 2, and running through until Friday, August 22.

This camp will fill up quickly so be sure to register early.

Registration for the military community began on Monday, May 5, 2008, at the RecPlex.

Registration for the general public began on Monday, June 2, 2008.

Cost for military community members is as fol-

lows: \$85 per week for one child, \$155 per week for two children, and \$200 per week for three children.

Cost for the general public is as follows: \$100 per week for one child; \$175 per week for two children; and \$225 per week for three children.

Please note: There is a special price for the first (short) week of the Kidz Kamp. Please call the RecPlex for further details.

Only cash or cheque for payment is accepted.

For more information, please feel free to call 613-392-2811 ext. 3361 or 2349.

Morning Aquafit Class

Join our Morning Aquafit Classes with Sue on Mondays, Wednesdays, and Fridays, from Wednesday, July 2, to Friday, August 22. Please note, there will not be a class on Monday, August 4, 2008.

This deep water classes will take place from 7 to 7:45 a.m.

Cost is as follows: Military personnel and CRA members, \$55; Military community, non-members, \$60; General public, \$70.

There is also a drop-in option, space permitting, at a cost of \$3 for Military community with ID and \$4 for the general public. There is a maximum of 20 passes to be sold for this class.

Registration for the military community, with proof of qualification required, will begin on Tuesday, June 24, at 10 a.m.

Registration for the general public will begin on Thursday, June 26, at 10 a.m.

Evening Aquafit Classes

Evening Aquafit classes with Amy will take place on Tuesday and Thursday evening, from 7:30 to 8:30 p.m. from July 3 until August 14, 2008.

These 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, with proof

of qualification required, begins on Wednesday, June 18, starting at 8 a.m.

Registration for the general public will begin on Wednesday, June 25, starting at 8 a.m.

Cost is as follows: Military community and CRA members, \$30; Military community, non-members, \$35; General public, \$45.

There is a drop-in fee option available at a cost of \$4 for military community, with identification, and \$5 for the general public.

Upcoming kayak courses

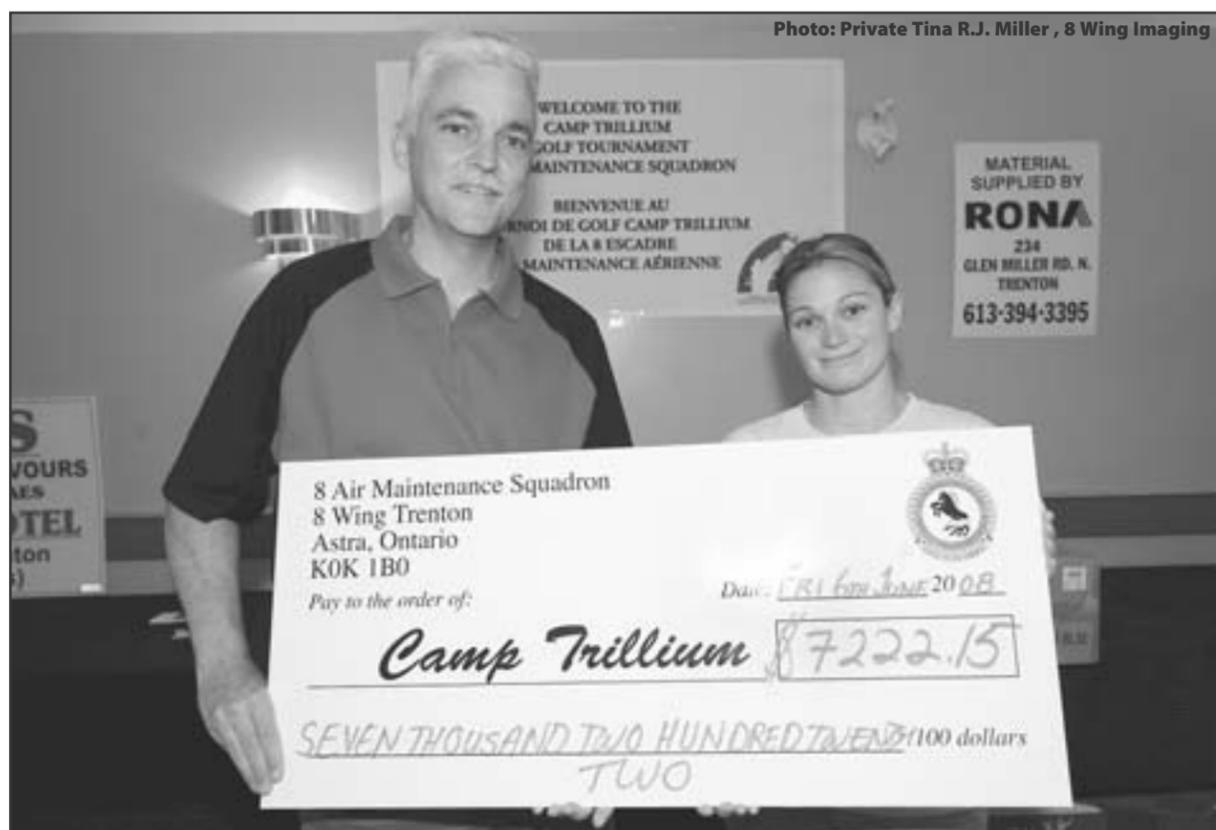
Are you interested in joining a three-hour kayak adventure that takes place on West Lake and Lake Ontario?

If so, the upcoming kayak course dates are as follows: June 25; July 20, and 23; and August

6 and 20. Cost for the course ranges between \$55, \$60 or \$65, which is based on status.

Limited space is available for this course. Secure your space by registering today at the RecPlex.

CAMP TRILLIUM GOLF TOURNAMENT A SUCCESS



Lieutenant-Colonel Art Agnew (left), Commanding Officer of 8 Air Maintenance Squadron (8AMS), presents a cheque to a Camp Trillium representative for a total of \$7222.15. With the help of many local businesses and organizations, 8 AMS successfully raised and donated more than \$7,000 to Camp Trillium, based in the Prince Edward County area. This amount is the largest tournament donation to date, and will allow 10 children, diagnosed with cancer, to attend summer camp. In the 14 years of the tournament's existence, 8 AMS has donated over \$55,000 to Camp Trillium. Even though the teams could not golf due to the immense rain fall of the night before, the steak lunch and prizes still lead to a fun-filled day. Congratulations to Eugene Delorme who won the raffle draw for an all-expenses-paid trip for two to Toronto, Via Rail Tickets, box seats for a Toronto vs Yankee game, a \$200 gift certificate for the Keg and a one night stay at the Intercontinental, all of which was donated by Ray Kauffman. 8 AMS is the official Sponsor of the Camp Trillium Golf Tournament and would like to extend a sincere appreciation to all the local businesses and organizations that gave donations. We would also like to thank the many volunteers who helped organize the event. It is because of you that this event was so successful.

Sports

VIEW FROM THE PINE



By Gilmour Tuttle

This is the end, beautiful friend. This is the end, my only friend, the end.

Seems like a fitting way to end the View From The Pine for the 2007-2008 Season to quote Jim Morrison. Well, except for the "beautiful friend" part. He did nail the "only friend" part, though (God, I am so lonely).

Anyways, the awards have been handed out and the last of the players have long since departed for their favorite golf course. I could spend hours, and hours dissecting the last season (just ask my wife), but I would rather spend some quality time looking at the impact (or lack thereof) many NHL players had on fantasy lineups across North America the past year.

Yes, I said fantasy. And no, as I have had to explain to the missus time and again, not "fantasy" in terms of "Gee, that Roberto Luongo is soooo dreamy." "Fantasy" as in hockey pools. Sweet, sweet hockey pools.

There was a hockey sock full of players who would fall into the "bust" category this past year, meaning they underperformed in relation to their

respective hockey pool draft positions and the expectations of their owners. One of the biggest, and most surprising, was Jaromir Jagr who was expected to make a resurgence in New York with both Chris Drury and Scott Gomez being brought onboard as huge free agent signings. Jags never did find his stride and finished with his lowest point total (71) since the 1994-95 season when he was in Pittsburgh (70), despite playing all 82 games. It will be interesting to see if the Rangers bring him back for another year or if they cut him loose and rebuild around Gomez and Drury up front.

Marian Hossa only managed a paltry (by his standards) 66 points and -14 in 72 games playing beside the likes of Ilya Kovalchuk and Sidney Crosby. After two previous seasons with 92 and 100 points in Atlanta, he will rebound in a huge, huge way. Where he returns to elite status, though, is another story.

The Pens would love to sign him but I am not sure Super Mario has the wallet space to have

Crosby, Malkin, Gonchar, Fleury, Malone and Hossa all in the same line-up. If Hossa stays, someone has to go. My money is on Malone. I think he would look great in a Habs uniform but I don't see the Pens trading his rights to a team in their conference.

My personal favourite kick in the berries was Brad Richards. He thundered in hard in Tampa Bay and although a trading deadline move to Dallas salvaged a bit of his season, he still ended up with a paltry 20 goals, 42 assists and a puke-inducing -27. He will bounce back in Big D but not as much as people would like as instead of playing with Lecavalier, St. Louis and Boyle, he will take a bit of a hit by lining up with Ribiero, Morrow and Zubov. I will still probably take a chance on him next year in the hopes that he brings his plus/minus back around the even mark.

As is the case every year, there were as many fantasy break-out players as there were busts. Vaclav Prospal may not be your prototypical "breakout" player as he has been around for awhile but he did keep to his pattern of

following bad years with good ones. Seriously, going back to 2001-2002, he alternates between good and bad years religiously. 2007-2008 was a good year spread between Tampa Bay and Philadelphia as Vinnie P. collected 33 goals, 38 assists, 71 points and an even rating. During bad years, Prospal usually drops 20+ points. For the 2008-2009 season avoid Vinnie like the Leafs avoid the playoffs.

Yes, I hate the Flyers with a deep-seated, burning passion that borders on obsession, but it is hard to overlook Mike Richards' performance this year. Talk about a breakout.

After accumulating 34 and 32 points in his last two seasons, he exploded with 28 goals (including 5 short-handed markers), 47 assists for 75 points and a +14 rating in 73 games. A former first round pick (24th overall in 2003), his development may be a bit sudden but not entirely unexpected. The Flyers should largely be able to keep their young core intact, so there is no reason to expect a huge drop-off in 2008-2009. Draft with confidence next season after the top centres are off the board.

Although I absolutely loathed Mike Ribiero in a Habs uniform, he blos-

somed in Dallas. His 27 goals, 56 assists and 83 points were all career highs and greatly surpassed his 65 points in Montreal in 2003-2004. It will be interesting to see if there is a bit of a market correction next year or if Ribiero levels out a bit. I won't draft him on principle but if you are looking for a good centre that will get a ton of power play points, then you can definitely do a lot worse.

The "busts" and "breakouts" are usually easy enough to pick out if you spend enough time analyzing the stat lines. Every poolie dreams, of course, of nabbing that one sleeper who everyone else overlooks and who can carry a team to victory.

Next year I will be looking at Justin Williams (Right Wing - Carolina), Patrick Marleau (Centre - San Jose) and Jonathan Cheechoo (Right Wing - San Jose). Williams was one of my picks to have a huge year but only managed 37 games before he succumbed to a season ending injury. He is part of the Canes young core and if he can stay healthy, he should continue to produce in the 70 - 80 point range. He will be overlooked next year with the low 2007-2008 points total and given that he disappeared so early into the season. Marleau and

Cheechoo go hand-in-hand as they both had horrendous years. Marleau, a good Saskatchewan boy, had his most disappointing year since 2001-2002 and is now rumoured to be on the trading block. He should be able to rebound to the 70-80 point range with little effort and possibly new surroundings. Cheechoo was an even bigger disappointment for the Sharks as the former 56 goal scorer (93 points in 2003-2004) plummeted to 23 goals and 37 points in 69 games. My bet is that he reaches the 35 goal and 60-70 point range in 2009. He could definitely be a good value pick after the first few rounds once the elite right wing talent is off the board.

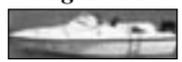
So this is the end. For now. Time to ride off into the sunset and begin a full summer of baseball and football watching, and listening to every half-baked rumour from the Toronto media of the impending trade of some hockey superstar to the Maple Leafs for Darcy Tucker and a bag of pucks. I am pretty sure my wife can make the transition from being a hockey widow to being both a baseball and a football widow. Because I'm so special and am the love of her life. Mmm. On second thought, anyone know a good lawyer?

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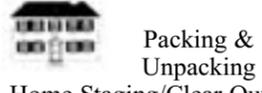
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Equipped to meet the standards

by Lieutenant-Colonel Debbie Miller
8 Wing Administration Officer

“Friendship through Sport,” is the motto of what organization? If you guessed MLB, WWF, CFL, UFC, PGA, or even the NHL, you’d be wrong.

It is the motto espoused by the Conseil International du Sport Militaire, or CISM, for short.

A desire among the military to meet in sports arenas instead of battlegrounds was not new in 1948. Indeed, just after the First World War in 1919, General John Pershing established the Allied Forces Sports Council and organized the 1st Inter Allied Games in France.

These games involved 18 nations, representing five continents. A total of 1,500 athletes competed in 24 different sports in front of a large audience in Joinville, in the Paris suburbs.

The “Allied Forces Sports Council” was short-lived due to the fact that it only offered an arena for “Allied” countries.

Following the Second World War in May 1946, the Allied Forces Sports Council was revived by Colonel Debrus and Major Mollet, who were among the founding fathers of CISM.

The 2nd Inter Allied Games were held in Berlin in 1946, however, only athletics was organized at these games. Unfortunately, because of political discord, the Allied Forces Sports Council was disbanded in 1947.

However, the idea was rekindled the following year with the founding of CISM and the rise of a global vision.

The CISM, we presently know, was founded on 18 April 1948 in Nice, France by five nations - Belgium, Denmark, France, Luxembourg and the Netherlands.

CISM was created while these five founding nations were meeting in Nice at a fencing event. Although they were all European countries, the five founding nations had a more global project in mind.

The entity we now know as CISM has some 100 plus member countries who participate regularly. CISM is an international sports association composed of the armed forces of member nations accepted by the CISM General Assembly.

CISM is open to the armed forces of all nations; oddly enough Britain and Australia are not members. The fundamental aim of CISM is to promote sport activity and physical education between armed forces as a means to foster world peace.

The Canadian Forces participates in international sports as a member of the Conseil international du sport militaire (CISM), an international military sports organization with 128 member countries.

CISM holds more than 20 competitions annually. Canada currently participates in basketball, fencing, golf, running, sailing, shooting, soccer, swimming, taekwondo, triathlon, volleyball and wrestling.

Sports continue to occupy an important part in our society - Stanley Cup, Grey Cup, Super Bowl, Wimbledon, Formula 1, NASCAR, FIFA World Cup, the Olympics, and of late, the Toronto Football Club (TFC - for which tickets are impossible to get) and the list goes on and on.

For a defence organization with its many national and international taskings, getting together on the sporting field is very important - sports bring people together.

I recently had occasion to participate in a CISM



Commemorating Friendship through Sport

event, the 4th CISM World Military Women’s Football Championships, and as the CF Rep, and it was a very educational adventure.

Not only did I get the opportunity to be the chef de mission for the Canadian team, cheer them on through thick, thin, and very spotty refereeing, but I was educated on the way military sports is handled in nine different countries.

The Canadian Team included Captain Longley (8 Wing), Lieutenant Caron, Lieutenant Flaherty (8 Wing), Lieutenant Jupp, Lieutenant Mackey, Lieutenant Vandenburg, Second-Lieutenant Homer, Second-Lieutenant Marasco, Second-Lieutenant Ross, Officer Cadet Behm, Officer Cadet Brault, Corporal Tyler, AB Golden, Able Seaman Imhoff, Able Seaman Murphy, Able Seaman Maclellan, Trp Fomenko, and Private Blair.

Of course, you cannot bring a team together without a good coaching staff: Head Coach, Chad Beaulieu; Program Manager, Lara Rooke; Assistant Coaches Beth McCharles and Shelley Osmond; Athletic Therapist (for the boobos), Halie Ruck; and Match Delegate, Lieutenant Erin Smith.

I also learned that military athletes win 25 per cent of all the Olympic medals won - Bulgaria has eight possible Olympians while the Netherlands has nine possible podium standers.

The Netherlands has a sports command and they have chosen to celebrate their promising Olympic athletes in pictures depicting their sports in a military context on the sides on military buses - much like we do the recruiting thing.

So, you’re not good enough to play at the CISM level and you’re not likely to hit that medal podium at either the summer or winter Olympics... there are many different levels that afford you the opportunity to play for fun and competition - intersection/intramural, regional, and national.

Not everyone can swim 2.4 miles, bike 112 miles and run 26.2 miles to participate in an Ironman (and journey to Kona, Hawaii to compete) competition, but you can participate at your own pace.

However you choose to embrace the CDS’ new Health and Physical Fitness mandate, you can rest assured that support will be forthcoming.

I urge you to get out and make use of the facilities, activities, and the expertise that the Fitness and Sports Flight provides.



Pat Morgan

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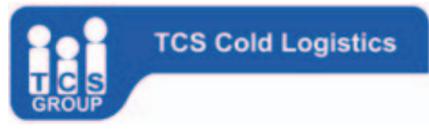
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Photo: Captain Edward Baraniecki, 437 (T) Squadron

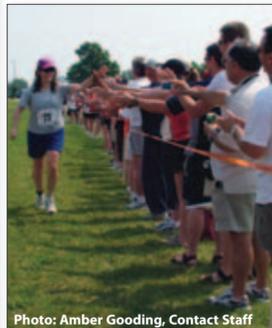


Photo: Amber Gooding, Contact Staff



Photo: Amber Gooding, Contact Staff



Photo: Amber Gooding, Contact Staff



Photo: Corporal Igor Loutsouk, 8 Wing Imaging



Photo: Captain Edward Baraniecki, 437 (T) Squadron



Photo: Andrea Steiner, Contact Staff

by Lisa Refausse
2008 Surf and Turf Race Director

The 22nd Annual Surf and Turf event was a great event for 8 Wing Trenton and a year of firsts for so many factors.

For the first time we opened up the Tin Person and Team categories to civilians and to non-8 Wing Canadian Forces competitors.

We had 30 people competing in the event as solo competitors – up from four Tinpeople in the previous year. In addition, for only the second time in 22 years, we had a Tinwoman category, with four women completing the entire event individually.

We had a total of 48 teams entered, which was up from 38 teams last year.

The race employed a timing company for the first time in 22 years – a welcome addition as results were made available with split times for all athletes on the world wide web within an hour of the event. Visit chiptimeresults.com for race results.

Another first was the participation of our own Wing Commander, Colonel Mike Hood, as a tinperson, rounding out that category that was full of Ironman competitors like himself.

The event highlighted the community involvement from Quinte West and this was apparent with all eight legs being sponsored and supported by eight local businesses.

In addition, Quinte's MIX 97 graced us with a live broadcast from the start line on race day, making for an energetic start to our event day. Many thanks to Sean and Ingrid for their energy and enthusiasm on the week leading up to the event and on race day.

There is always a list of thank you's that

are required as without the following partners the race just wouldn't have been the success that it was:

Thank you to: The Contact Newspaper; MIX 97; Mr. Eben James, Hon Race Chair; Scott Pennington, T-shirt Designer; The Flying Frogmen Scuba Club; The Radio Club; The Glen Miller General Store; Colabri Furniture; Friends of the Trail, Frankford; Batawa Management Development Corporation; Smylies; Mike the Molar; Trenton Cold Storage; QuintEssential Credit Union; Bayview Auto Sales; Remax Trent Valley Realty; Aleesha Camp Legal Services; Tri and Run Sports; and to all of our volunteers and donors.

Looking forward to next year and the 23rd Annual Surf and Turf event on June 12, 2009.



Photo: Amber Gooding, Contact Staff



Photo: Amber Gooding, Contact Staff



Photo: Amber Gooding, Contact Staff



Photo: Amber Gooding, Contact Staff



Photo: Corporal Igor Loutsouk, 8 Wing Imaging



Photo: Amber Gooding, Contact Staff



Photo: Captain Edward Baraniecki, 437 (T) Squadron



Photo: Andrea Steiner, Contact Staff



Photo: Amber Gooding, Contact Staff



Photo: Amber Gooding, Contact Staff



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Deployment Support / Wednesday Night Out

For the summer, we will entertain a BBQ or inside meal, depending on the weather, the last Wednesday in June, July and August.

Call to find out what is coming up in the Fall, 613-965-3595 or 613-965-3575. A variety of activities coming up, please visit the MFRC website calendar at www.trentonmfrf.cfbtrenton.com

Soutien au déploiement / Les sorties du mercredi soir.

Durant les mois d'été, nous nous réunirons les derniers mercredis du mois en juin, juillet et août, pour un barbecue ou un repas à l'intérieur, selon la météo.

Veillez réserver s'il vous plaît. Téléphonnez pour savoir ce qui s'en vient à l'automne comme activités, 613-965-3595 ou 613-965-3575. Les prochaines activités sont planifiées, svp visitez le calendrier sur le site web du CRFM, www.trentonmfrf.cfbtrenton.com.

Daycare Field Trip - Volunteers needed

Once again, the Daycare summer program will be offering a variety of field trips, swimming activities and other outings which will require a higher adult/child ratio and provide excellent volunteer opportunities for adults and mature teens. Volunteers will be screened for suitability to work with children.

This is an excellent opportunity for teens to acquire 'community involvement' hours for school. Please Wendy at 613-392-2811 ext. 3557.



Besoin de bénévoles - Excursions de la Garderie

Cette année encore, la Garderie offrira plusieurs excursions, sorties à la piscine et des activités à l'extérieur. Ces excursions exigent un plus grand nombre de superviseurs; c'est donc une excellente occasion de bénévolat pour les adultes et les ados responsables. Une évaluation des bénévoles sera effectuée afin de s'assurer que les personnes sont aptes à travailler avec les enfants.

Ceci fournit aussi aux ados une merveilleuse façon d'accumuler des heures de travail communautaire du système scolaire. S'il vous plaît, contactez Wendy à 613-392-2811 poste 3557.

Summer workshops

Pilates with Roxinne

Tuesday and Thursday – July 8/10 to August 12/14, from 6:30 - 7:30p.m. Cost is \$60, and we will need a minimum of five people to run the class. Please register by July 4, 2008.

Self-defense for women

Thursday, June 26, from 6 to 9 p.m. Cost is \$5. Please register by June 20, 2008.

Stroller Fitness

Bring your baby or borrow someone else's! Cost is \$20 per session or \$4 per class. Join us on Mondays and Wednesdays, from 6 to 7 p.m.

Starting at the MFRC. Each week we will follow a different route throughout Middleton Park. Muscular strength and endurance will be combined with cardio training.

All fitness levels are welcome. Workouts will be adjusted to you and your goals. All classes are conducted by certified instructor Amy Dawson.

Dates: May 12, June 9, July 7, August 4, September 1 and September 29, 2008. To register, please contact Amy at 613-208-0318

Ateliers estivaux

Pilates avec Roxinne

Les mardis et jeudis. Du 8/10 juillet au 12/14 août, 18h30 à 19h30, Cout: 60\$. Nous avons besoin d'un minimum de 5 personnes. Inscription pour le 4 juillet.

Auto-défense pour femmes

Le jeudi 26 juin, de 18h à 21h. Coût: 5\$. Inscription pour le 20 juin.

Cardio-poussette

Amenez votre bébé ou empruntez-en un! 20\$ pour la session ou 4\$ par classe. Joignez-vous à nous! Les lundis & mercredis, de 18h à 19h.

Débutant au CRFM. Chaque semaine nous prendrons une route différente à travers le parc Middleton.

Force et endurance musculaires combinées à l'entraînement cardio. Tous les niveaux de forme physique sont les bienvenus. Les séances seront ajustées pour vous et vos buts.

Les dates; 12 mai, 9 juin, 7 juillet, 4 août, 1er et le 29 septembre. Pour vous inscrire, contactez Amy au 613-208-0318.

Amy Dawson, instructrice qualifiée, animera les classes.

GRAND & TOY BBQ / Barbecue

July 9, 2008/ 9 juillet 2008 – 11 a.m. to 2 p.m. / de 11h à 14h

Baker Island Community Centre

Hamburger or Hotdog, chips and a drink \$3.00
Hamburfer ou chien-chaud, croustilles et soda, 3,00\$



Free for families of Deployed members
Gratuit pour les familles des membres déployés

Raffles – Giveaways / Tirage - Sac cadeaux

All proceeds for the day go towards programs for Military Families.

Tous les profits seront utilisés pour les programmes pour les familles des militaires

**Canada's Wonderland
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Get your tickets at a reduced price at the MFRC

Senior, Children, 3+ and less than 48" tall ----- \$27.00
Until June 30, Adults (3-59 years and over 48" tall) \$34.00

Les portes sont ouvertes

Achetez vos billets au CRFM à prix réduit
Sénior, Enfants, 3+ & moins de 48" hauteur -- 27,00\$
Jusqu'au 30 juin, Adultes
(3-59 ans & plus que 48" hauteur)-- 34,00\$

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

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FAMILY



Activity: Number Puzzles

A perfect activity for young children!



Creating the puzzle, and then putting together a number puzzle is a fun way for toddlers and preschool children to solve problems.

It also helps them to practice their counting skills.

Adults and children can enjoy some Comfort, Play and Teach™ time talking about and counting different stickers!

YOU WILL NEED

A sheet of bristol board; craft scissors (for an adult to use); a variety of stickers, such as hearts, sports, animals, flowers, dinosaurs, cars etc.)

INSTRUCTIONS

Cut pieces of Bristol board into different shapes, such as hearts, squares, circles.

Then cut these shapes in half to create two-piece puzzles.

On one half of the puzzle, write a number, such as three.

Encourage your child to put the corresponding number of stickers on the other half of the puzzle.

Help him or her by counting aloud and holding up your fingers.

Enjoy this more with Comfort, Play and Teach™.

COMFORT

Assembling puzzles helps children to build confidence in their thinking skills, as they match the correct number of stickers to the number symbol.

Show how proud you are of your children's attempt to put matching

puzzle pieces together!

PLAY

Provide various objects for children to count.

This enables them to engage their senses in learning about numbers.

It also provides something concrete that can be matched to the pictures.

TEACH

Cutting the post cards into different shapes encourages shape recognition as well as counting.

Children will gain valuable practice in using new words to name and describe shapes as well as learning number concepts.

Courtesy of the D-News Network, DND-CF Public Affairs Newswire.

All text by Invest in Kids. www.investinkids.ca

WHAT'S THE DIF ?

www.pcartoons.com
PIERRE C. ARSENEAULT



FIND THE 7 DIFFERENCES



ANSWERS: 1. BUCKET 2. HAT 3. BIRDS 4. SHOVEL 5. FENCE POST 6. WINDOWS 7. SAND CASTLE
© PCA MAY 2008

Mealtime.org Asian-Style Steak

Ingredients:

- 1 tablespoon vegetable oil
- 2 pounds lean steak fillets, trimmed and cut in strips
- 1 can (14 1/2 ounces) diced, no-salt added tomatoes, drained
- 4 stalks celery, sliced
- 2 medium onions, sliced
- 1 can (4 ounces) mushrooms, drained
- 1/4 cup water
- 1/4 cup light soy sauce
- 1 tablespoon cornstarch
- 3 cups fresh mung bean sprouts
- 1 can (5 ounces) sliced water chestnuts, drained
- 1 can (5 ounces) bamboo shoots, drained
- 3 cups cooked brown or white rice

Preparation Time: 15 minutes Cook Time: 25 minutes

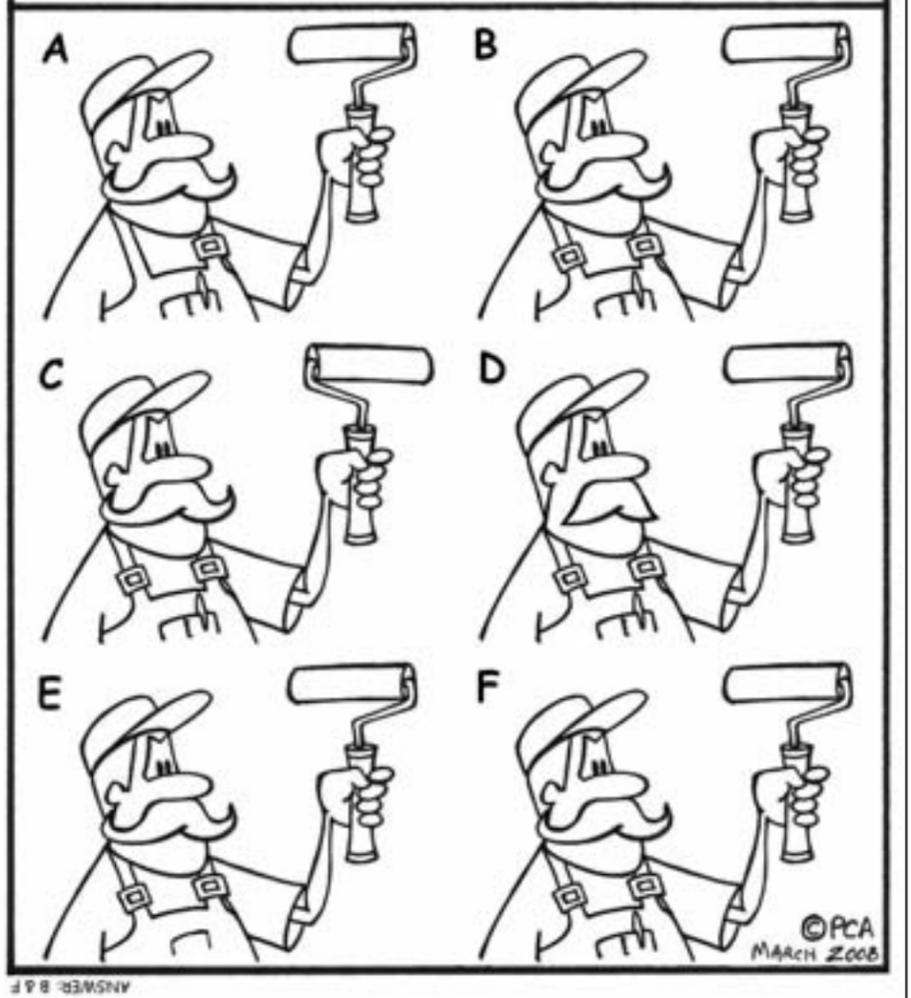
Preparation: Heat the oil in a large skillet over high heat. Add the steak strips, and cook and stir until the surfaces are seared. Add the tomatoes, celery, onions and mushrooms. Cover and simmer for two minutes. Mix the water, soy sauce and cornstarch in a small bowl; set aside. Add the bean sprouts, water chestnuts and bamboo shoots to the skillet; heat through. Stir in the soy sauce mixture, and keep stirring until the sauce thickens. Serve over cooked rice. Serves: Six

Nutritional Information Per Serving: calories 430; total fat 12g (saturated fat 4g); cholesterol 90mg; sodium 590mg; carbohydrate 39g (fibre 6g); protein 39g

NOTXACTLYDASAME

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FIND THE 2 IDENTICAL IMAGES



ANSWERS: B & F

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WANTED: FEEDBACK

Please send comments and suggestions to Andrea Steiner, Managing Editor, at Steiner.AL@forces.gc.ca



Playground safety is essential for good fun



Submitted by
Don Heans,
Wing General
Safety Officer

Playgrounds are for play - safe play. Yet tragically every year children are injured or killed on playgrounds.

How can we ensure our child's safety while playing? Dr. Patrick Pierse, pediatrician at Edmonton's Grey Nuns Hospital, says, "we physicians treat too many children who suffer broken bones, sprains, and frightening head injuries after their playground play."

"Many of the injuries could be prevented with supervision, safer surfacing, and equipment. Supervision is a lifeline to preventing disabling or life-threatening injuries or even death."

"I can't stress enough how important it is to be vigilant when supervising."

Supervision, safe playground surfaces, and safe equipment are the keys to a safer playground.

SUPERVISION

A two and a half year-old child and two four year-olds died when their heads got caught between a guardrail and the platform of climbing equipment on a public playground.

In each of these three cases, the children were either sitting on the platform with their legs dangling over the edge or they were lying face down on the platform. The children then slid off the platform under the guardrail, got their heads trapped and died by strangulation.

Playground injuries are preventable - supervision is the key. On the playground, all children should be closely supervised.

Check out the playgrounds in your community - shop around until you find one that is safe and be sure that your child is supervised while playing there.

Adults should examine the playground equipment and the grounds themselves, (is the area free of used condoms, needles, and other foreign matter that could pose a serious health

risk if a child picked it up?).

Pay special attention to what children wear to the playground and make sure they are dressed appropriately.

Avoid clothing with drawstrings, scarves, or ties. Loose tie strings on hoods and scarves around necks can catch on slides and other equipment and cause strangulation.

In June 1992, a two and a half year-old child in Alberta was strangled to death on a day care slide when her jacket drawstring snagged the top of a slide. Three months later, a six year-old girl in Ontario died the same way.

Ensure equipment is appropriate for the children's ages and skills. Make sure your child is not using equipment beyond their physical ability.

Be alert to badly positioned, unstable equipment and debris in the play area. Regularly examine your child's playground equipment for sharp edges, protrusions, pinch points, and equipment failures.

Check equipment regularly for loose bolts, nuts, and clamps. Be aware that equipment in direct sunlight may have hot surfaces.

Take the weather into account. Wet hands, shoes, or equipment increases the risk of injury.

Examine the protective surfacing under play equipment. The surface should be shock-absorbing, such as sand or pea gravel, not concrete, asphalt, or hard-packed dirt.

Enforce rules of safe play with your children. Teach your children about safety on the playground. A healthy and happy playground experience is more likely if you insist on safe play that includes the following rules:

Wear shoes at all times when outside; do not run or play with a sucker, a popsicle stick, or food in your mouth; no pushing, shoving, or horseplay; make room for others; stay away from the front and back of swings; keep fingers away from moving parts; beware of wet equipment; always hold hand grips and rails; never jump from unsafe heights and always look before jumping; do not walk up slides; stop younger children from climbing to unsafe heights.

SLIDES

Use the steps. Never climb up the sliding surface or on

top of the tunnel. Be sure everyone is out of the way before sliding and slide down feet first, sitting up, one person at a time.

SWINGS

Sit in the center of the seat, never stand or kneel. Hold onto the swing with both hands and stop the swing before getting off.

Only one person at a time on the swing and never swing empty swings. Stay away from both the front and the back of moving swings. Don't climb the bars of the swing set.

CLIMBING

Choose a climber appropriate to your child's level of development. If a child must stand on a box to reach a climber or needs to be lifted, they are too small for it.

When several children are playing on horizontal bars and ladders, ensure they start at the same end and move in the same direction, keeping a safe distance between each of them and watching for swinging feet. Hold onto the swing with both hands. No overcrowding is allowed on a climber.

Use the proper grip - the thumb should encircle the bar opposite the fingers. Hold on with both hands, except while moving to a new position.

No speed contests are allowed on climbers and don't try to cover a large distance in a single move.

To drop, land on your feet with your knees slightly bent. Only play on dry structures.

FALLS

Nine out of 10 serious injuries to children, mainly head injuries and fractures, are caused by falls on playgrounds.

Protective surfacing cannot prevent all injuries from falls, but it can help reduce both the number and seriousness of injuries. Examine the protective surfacing under all playground equipment.

Surfaces should be soft, shock-absorbing, and resilient. Sand or pea gravel can greatly reduce injuries.

ARM SWINGING

When playing outside with small children, many adults will pick them up by their arms and forcefully

swing them around.

Most adults will have had this done to them when they were children, and many have done this to a child. Because it is such a common practice, sometimes we fail to realize that injuries can happen from swinging a child by the arms.

A common type of injury due to arm swinging is dislocation of the shoulder or elbow. When a child is swung around or picked up by the arms, there is a great deal of force applied to the developing elbows and shoulders. This may result in the joints popping out of place.

The consequences can be especially serious because the child's nerves and arteries can be injured, resulting in permanent damage. To avoid this, don't swing children by the arms.

STRANGULATION

Children can become entangled in equipment. Head and neck entrapment is a major cause of strangulation.

It typically occurs when a young child's head is placed into an opening, the child's body changes direction, and the child's head cannot be withdrawn.

Reversing this kind of incident, we can see when a child's legs pass through an opening and the child's body slips through, the head can become trapped. The result is the same - the child is at risk for strangulation.

Many strangulation incidents can be eliminated if an alert adult is nearby. Strangulation occurs when a child's clothing gets caught. Be especially vigilant with swings and slides.

A child's scarf, mittens, or jacket hood can become trapped in the small gaps between equipment, at the tops of slides, on vertical posts and on connecting links or S-hooks of chains.

Make sure gaps in equipment cannot snare a child's clothing or body. Children can become entangled in ropes and leashes inappropriately attached to equipment.

Although helmets are important pieces of protective equipment, be aware of the dangers of wearing them on the playground.

Strangulations have occurred because helmets became trapped between rungs on climbing equipment.

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VENDORS WANTED

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Community Events



Community Events

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



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.

Quinte Flywheels Antique Show

"Our 30th Year"

June 21 and 22 at Ameliasburg Community Grounds
We will feature Grandpa's Good Time Band.
Featuring Oliver Tractors Antique Cars and Engines.
A special invitation to owners of cars, tractors, engines to exhibit
For more information, please call 613-969-9516

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.

La Saint Jean-Baptiste à Trenton

La Saint-Jean, c'est depuis 1910 la fête canadienne-française et depuis longtemps la fête des francophones de toute l'Amérique. C'est le pape Pie X qui a proclamé saint Jean-Baptiste patron des Canadiens français. À l'occasion de cette fête, des défilés déambulent dans les rues, sous le signe de la fierté et de la solidarité et se terminent par le traditionnel char allégorique sur lequel trônent des moutons et un petit saint Jean-Baptiste. La soirée résonne de spectacles musicaux qui se soldent normalement par un grand feu de la Saint-Jean. (Extrait tiré de Debut! guide national d'animation culturelle)

Venez faire résonner la francophonie!
À Baker Island le samedi 21 juin à partir de 16h00. Du plaisir pour toute la famille! Jeux pour les enfants, musique, la traditionnelle poutine, feu de joie et bien plus encore!

WING CHAPLAIN SERVICES

SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

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



Unit Chaplains – aumôniers d'unités
LCdr Padre Steve Merriman, P; Capt Padre Mike Adamczyk, P; Capt Padre Philippe Boudreau, RC; Capt Padre Frank Pellerin, 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

FLYING FROGMEN SCUBA CLUB

50th Anniversary
All past and present members are invited!

August 9, 2008, from 1600 to 2300 hrs
At Baker Island. There will be displays, videos, pictures, and guest speakers.

August 10, 2008, from 0900 to 1300 hrs
Bruhle Quarry
Treasure Hunt and Prizes
RSVP: Cpl Patricia Lockhart
613-392-2811 local 2824
Lockhart.PM@forces.gc.ca



WORSHIP SERVICES

<p>Our Lady of Peace (RC) Christian community – communauté catholique</p> <p>Notre-Dame-De-La-Paix (CR) Chapel Life Co-ordinator <i>Father Philippe Boudreau</i> Co-ordinateur de Vie de Chapelle</p> <p>Masses-Messes Sunday Mass (E) at 1015hrs Messe dominicale: 11h30 Monday through Friday at 1200hrs</p> <p style="text-align: center;"><u>Confession - Réconciliation</u></p> <p>Please, contact the Wing Chaplains' Receptionist to get in touch with a RC priest prior to coming over. <i>Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.</i></p> <p>Chapel organisations (RC) Chapel Pastoral Council: third Tuesday –1900hrs Knights of Columbus: first Thursday – 1900hrs CWL: second Tuesday – 1900hrs Chorale : mercredi – 19h00 Choir: Monday – 1900hrs</p>	<p>St. Clement Astra (P) Protestant Community</p> <p>Chapel Life Co-ordinator <i>Padre Mike Adamczyk</i></p> <p style="text-align: center;"><u>Worship Service</u></p> <p>Sunday Divine Worship, 0900hrs Holy Communion: 1st Sunday of the month</p> <p>Parish organisations (P) Chapel Guild: last Tuesday – 1930hrs</p>
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DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR
After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. *Après les heures de travail, pour les urgences seulement, svp appelez le téléphoniste de la Base au 613-392-2811 et demandez l'aumônier en devoir.*



Friday Night Concerts in the Park

<p>June 20: Foul Play</p> <p>June 27: Dixie Dudes</p> <p>July 4: Fiddleheads</p> <p>July 11: Open Stage - Matt Goodman</p>	<p>July 18: Sidwalk Sale (Wayne Bonter)</p> <p>July 25: Scoundrel</p> <p>August 1: Flash Back</p> <p>August 8: Jaded</p>
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Ted Snider Band Shell
Fraser Park, Trenton
6:00pm - 8:00pm

Entertainment

HOROSCOPES

Weekly Astrology by Christine Davison

June 22 - June 28

ARIES (March 21-April 19): This may be an unusually emotional and intense week for you. One of your children may act to inspire warm feelings deep down inside of you. Someone from your past may come to visit you on the 25th. It may not be the best time to overeat or drink on the 26th. Family matters may matter most on the 27th.

TAURUS (April 20-May 20): You may find yourself reminiscing about someone from your past or deep, dark secrets that reside therein. There is a chance at romance on the 26th, and many conversations may be had in hushed tones on the 25th. A sibling may require your assistance on the 27th. The 28th may bring time well spent with the family.

GEMINI (May 21-June 20): This week may be filled with strange conversations and intense actions. Wednesday may bring a change in financial partnerships or professional arrangements, or it may bring money to or from relatives on Friday. Thursday may bring interesting news from your past concerning an older male family member.

CANCER (June 21-July 22): You may reap the benefit of someone's generosity at some point this week. Wednesday may make you unusually popular in the eyes of others. People may view you as charming and beautiful on Friday. Thursday may bring many flirtations and romantic conversations. It's a great week to socialise.

LEO (July 23-Aug. 22): People see you as wonderfully open minded and romantic. Others think you're incredibly charming and experienced beyond your years. Wednesday and Friday may bring little problems that you can overcome through deep thinking and the assistance of friends and family. Thursday brings vocational or financial wind-falls.

VIRGO (Aug. 23-Sept. 22): You will overcome many obstacles at the beginning of this week through your own hard work and the efforts of others. The 25th may bring new friendships and a chance to fully follow your dreams. The 26th may make you the focus of someone else's attention. The 27th may bring social gatherings of an unusual sort.

LIBRA (Sept. 23-Oct. 22): This may be a wonderfully social time for you where many things can be done in a very short period of time. The 25th may bring you financial and social success. The 26th may bring a trying time that will result in enlightenment. The 27th brings rewards. Mysteries may become well known by others. Secrets will be revealed.

SCORPIO (Oct. 23-Nov. 21): What was once secret will become well-known. It's a wonderful time to travel this week and weekend and to learn new information. An intense journey may be underway. Thursday may bring a time of social gatherings and emotional information. You'll be glad for what you learn over the last few days of the week.

SAGITTARIUS (Nov. 22-Dec. 21): There will be many lessons learned over the next little while. Do you understand your full potential? The 25th may open interesting doors for you. Lost items and valuable possessions may be discovered or recovered on the 27th. The 26th may propel you forward into the spotlight whether you like it or not.

CAPRICORN (Dec. 22-Jan. 19): There is a chance that someone is speaking about you behind your back but don't worry. Positive words will result and you have nothing to fear. The 25th and 27th may be wonderfully romantic and sweet times for you and your loved ones. The 27th may bring a chance for travel and education. Shoot for the stars!

AQUARIUS (Jan. 20-Feb. 18): You may finally find your heart has settled. Who do you wish to spend the rest of your life with? The 25th may bring a chance for finding out what's truly valuable to you and those you care about. The 26th may bring mysteries, passion, and financial info. The 25th brings the results of your feelings and action.

PISCES (Feb. 19-March 20): Make sure that the depths of your feelings don't cause you to obsess about things. Wednesday may give you a chance to gain wisdom and inspiration, or the affection of children. Thursday may give you a chance to strengthen a long term relationship. Friday may give you a chance to explore your creative talents.

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

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GINGER & SHADOW BY BARRY CORBETT



CROSSWORD ANSWERS

M	I	K	E		S	O	O		A	R	I	L	
D	R	U	M		H	O	N		N	O	D	E	
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Soldier On Golf Tournament: Donation could push total to \$40,000+



Photo: Grace La Rose



Photo: Grace La Rose



Photo: Grace La Rose

The Soldier On Golf Tournament raised roughly \$14,000 on June 17. An anonymous donor has agreed to triple funds raised by the tournament. The donation could bring final totals to \$40,000 to \$42,000.

Where else but Trenton could a golf tournament open with a SAR-Tech drop? Two members of 8 Wing's 424 Transport and Rescue Squadron jump down near a sand trap. (top left)

Contrary to popular belief, not everyone on your team wishes you well. Two women try to jinx a player as he tries to sink a put. (top right)

Comedian Colin Mochrie and John Casey debate which half of the car they'd get if one of them got a hole-in-one on the first hole of the day. (lower left)

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Honorary Colonel attends memorial service in Deseronto

A memorial service was held at the Deseronto Cemetery on Saturday June 14 to honour the ultimate sacrifice of seven pioneer airmen who died in flying related accidents during the Great War of 1914-1918.

The seven airmen, all of British nationality and residents of the Dominion of Canada, lost their lives at a virtually forgotten aerodrome, Camp Rathbun, Deseronto. All that remains of this train-

ing field is a small roadside plaque, yet during the war, it was home to countless airmen who were trained in preparation for the fighting on the Western front as part of the Royal Flying Corps.

Today, the airmen are represented by the traditional Commonwealth headstone, plus a poignant memorial cairn that recognizes the sacrifice of all members of the Royal Flying Corps.

Saturday's ceremony

was organized by 418 (Belleville) Wing RCAFA and attendees included the Honorary Colonel of 426 Thunderbird Squadron, HCol Arthur Sherwin, accompanied by squadron member Major Dave Holden.

If anyone is interested in visiting this honoured and historical site, the cemetery is located just east of Deseronto village on the south side of Old Highway 2.



A gravestone for Cadet Carl Bender, RFC, age 24.



Photos: Submitted

426 Squadron Honorary Colonel Arthur Sherwin at the cairn.

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SUN	MON	TUES	WED	THURS	FRI	SAT
22	23 Astra Trenton High School Prom	24	25	26	27 TGIF BBQ Steak Last Sports for Summer - Pool	28
29	30					

JUNE 2008

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Keep your home healthy and safe

(NC)-Most of us schedule an annual personal physical with our family doctor. When you consider the amount of time your family spends at home, it makes total sense to give your home an annual physical as well. HouseMaster has prepared a list of some basic healthy house issues to assist you in performing your home's physical. Set aside some time to review the following:

Humidifiers/Dehumidifiers. Humidifiers add moisture to house air and are typically needed when a warm air heating system is operational. Dehumidifiers remove moisture from the air and are typically used in basements or crawlspace areas.

- Both of these moisture control devices should be checked regularly during usage periods.
- Check to make sure there is no leakage or overflowing of water onto the heating system and all drain lines properly dispose of the water.
- Some dehumidifiers have to be manually emptied. If this is inconvenient, replace with a

unit with an automatic shut-off or drain. They should be thoroughly cleaned before or after seasonal use, and as needed otherwise. Remove any slime buildup with a water/bleach solution or use the cleaning agents recommended by the manufacturer.

Alarms/Detectors. Check all safety and security alarms regularly; replace older alarms (after five years or as otherwise recommended by the manufacturer).

Smoke/Fire Alarms. These are your family's first line of defense/warning in the event of a fire/smoke emergency. Change the batteries in all of your smoke/fire alarms at least annually. Set a regular date when all are changed each year.

CO Monitors. Carbon monoxide is odourless and colourless. A CO detector is the only way to identify elevated levels of CO in your home before physical injury occurs. If you don't have CO monitors protecting your home from this toxic gas, you should act immediately and install them in strategic

locations near the sleeping areas and other points recommended by the manufacturer or local officials. Check that presently installed units are operational.

Radon Testing. Check with your local municipal building department and inquire if radon gas is a community health threat. If it is, you should test your home for the presence of this invisible, odourless gas.

Emergency Preparation. Prepare these essential items for routine activities or emergencies:

- first aid kit
- family contact list
- house equipment maintenance information
- babysitter information
- emergency evacuation kit
- medical and financial records

Remember, these tips are only general guidelines. Since each situation is different, contact a professional if you have questions about a specific issue. More home safety and maintenance information is available online at housemaster.com.



OPEN HOUSE
Sun June 22, 2-4 pm
80 Wright Ave.,
West End Belleville

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Plan your ultimate outdoor room

(NC)-What's your vision of the perfect outdoor evening?

The soft music plays, the firepit crackles and you're sipping chilled wine under the stars, or, you're flipping burgers on the grill while the kids play and the neighbours drop in.

Whatever your vision, these tips will help you create your ideal outdoor living space.

What's your style? Page through magazines and browse online for inspiration. Do you want to coordinate your outdoor space with your indoor style, or do you want a completely different look? Create a file of the looks you like best.

How will you use the space? Do you want to just relax, or cook meals and entertain? How many guests do you want to accommodate? Does your vision include a garden, a bar or a water feature? What about lighting? Where will you sit?

You can protect and enhance all your outdoor furniture with Outdoor Spaces paints and finishes that combine beauty with the ultimate in durability and outdoor protection. Select from a designer-inspired palette of satin, metallic, textured and hammered finishes, mixing and matching to achieve the look you want, from whimsical to sophisticated.

Sun, shade or partial shade? Note

throughout the day the kind of sun exposure the area receives. If there's too much sunlight, consider adding shade with landscaping, awnings, canopies, and arbors.

If you're concerned about sunlight fading your fabrics, use Krylon Outdoor Spaces UV Fabric Protector to shield bright colours and brilliant patterns from the damaging and fading effects of UV exposure.

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Plan for privacy? Consider segmenting spaces for quiet conversations with room screens, hedges, potted plants, fencing, walls, trellises, arbors, pergolas and blinds.

Engage all your senses. Think about what you'll see, hear and smell. Add wind chimes, a water fountain, or outdoor speakers. Flowering plants enhance your surroundings not only with their beauty but also with their fragrance.

Prioritize. If your list exceeds your budget, prioritize and develop a multi-year plan to get it done. And, count on Krylon Outdoor Spaces to help create the look you want, quickly and inexpensively.



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West End Belleville



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Sunday June 22, 2008 3-5 pm

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