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Globemaster III demonstrates STOL capability at Mountain View

By Tom Philp, Contact Staff

From the Ames Research Center at Mountain View, California to Canadian Forces Detachment Mountain View south of Belleville, Ontario, the Globemaster III has established itself as one of the most flexible cargo aircraft ever to enter the airlift force.

That flexibility was demonstrated clearly May 5 at 8 Wing/CFB Trenton's Mountain View airfield when one of the Canadian Forces new CC177s (C-17 for U.S. Air Force fans) performed its first series of landing and take-off exercises there. Witnessing the event from aboard the aircraft was Colonel Mike Hood, Commander, 8 Wing/CFB Trenton.

"It really was impressive to see how agile an aircraft that large can be," Col Hood said. "The CO of 429 Squadron, flying from the left seat, did an outstanding job bringing this increased capability to fruition. Touch down was smooth - full breaks immediately - the aircraft impressively stopped inside of 2,000 feet. Incredible."

The point of this exercise was to demonstrate the aircraft's take off and landing capability on the austere runways commonly found in an Assault Landing Zone (ALZ), said Lieutenant Colonel (LCol) Dave Murphy, Wing Operations Officer at 8 Wing/CFB Trenton.

"We are gearing up to ensure we have the capability to land (the CC177) on a runway pretty much anywhere," he said.

Based on this week's brief trials, there should be few, if any problems getting our latest airlift acquisition quickly on, and off short, austere landing strips.

From the first preliminary flights of the Globemaster in the U.S., the aircraft garnered this type of description from test pilots:

"It has performance characteristics that distinguish it from its predecessors, including long-range capability, outstanding aerody-



Photo: MCpl Tom Trainor, 8 Wing Imaging

The first landing and take-off of a new Canadian C-17 at Canadian Forces Detachment Mountain View took place on May 5, 2009. Aircraft #177704 performed two touch and goes before landing, turning and taking off. Photography was taken from a 424 Squadron Griffon helicopter.

namic efficiency, ease of ground operations, heavy cargo payload capability, the ability to perform extensive airdrops over hostile territory and to make precision landings and takeoffs from short or makeshift runways."

Tuesday's test at Mountain View was to show that the detachment's runway can support CC177 operations, said LCol (USAF) John Tringali, a pilot trainer who has been embedded with the CF since 2007. He has been flying Globemasters since 1998, and is currently tasked as the Chief Training Pilot with 429 (Transport) Squadron.

"The Globemaster III is designed around the short field landing capability, and there are many fields in Canada that will only be accessible to CC130s and CC177s," LCol Tringali said. "The CC177 is obviously bigger, faster, and has more range, so for time critical missions, such as disaster

evacuation during Hurricane Hugo, the CF can really benefit to have a plane that size operating out of fields like MV (Mountain View)."

LCol David Lowthian, Commanding Officer, 429 (T) Squadron piloted the first CC177 landing at MV, accompanied by Col Hood, LCol Tringali, Major Pat O'Dwyer and Captain Bill Jerrard (both pilots with 429 (T) Squadron), and Master Corporal Stacey Warren, Loadmaster.

"The ALZ landing capability has recently been added to the Canadian CC177 portfolio and although pilots have always been practicing them in the simulator, we are just introducing the capability to the aircraft now," LCol Lowthian said. "Pilots will be introduced to ALZ operations on the main runway at Trenton; and as scheduled improvements are completed at Mountain View, we will be able to operate there much more

frequently."

"Getting into Mountain View today was proof of that concept and it worked out beautifully," he said.

After a couple of 'touch-and-go' manoeuvres, LCol Lowthian proved the CC177's STOL (Short Take Off and Landing) capability by touching down and stopping in what seemed to be the blink of an eye, then taxied to the end of the runway to turn around and take off, again in a remarkably short distance.

As a Flying Training Unit (FTU) evaluator, LCol Tringali was aboard Tuesday as a qualified C-17/CC177 pilot, observing and prepared to assist if necessary. He said all expectations of the exercise were met, including length and strength of the MV runway, and that jet blast will not affect traffic on the highway bordering the airfield.

Due diligence along the highway was performed by members of

the 8 Wing/CFB Trenton Military Police Detachment, commanded by Lieutenant (Navy) Paul Blackmore.

"Everything went as smooth as silk, a testament to the work and "what if" planning from the Wing Ops team," LCol Lowthian said.

"We need to note the amount of coordination and collective effort that went into the planning and execution of the day's activities," he continued. "8 Wing Operations staff has worked diligently for quite some time (to bring the exercise together). If it wasn't for LCol Murphy, Major Gerry Fraser, and Captains Bernie Castonguay and Jeff Baldwin (all from Wing Ops), we would still be waiting to do this."

"It was great to be part of this exercise today," LCol Lowthian said. "Mountain View will put Trenton on the map as a CC177 Home Station of choice in the future."

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Wing Commander's Column

A message from Colonel Mike Hood

Last Saturday, Louisa and I had the pleasure of attending the Invisible Ribbon Gala, hosted by the Trenton Military Resource Centre and held at the National Air Force Museum of Canada. The event was a fantastic evening with over 270 in attendance – many of whom are our great friends in the local community. We are indeed blessed to have such great collaboration in support of such a worthy cause. Between the excellent meal, the exciting live auction, and the wit of the guest of honour, Senator Mike Duffy, the night at the museum was a great experience.

Thanks to the generosity of the event's many sponsors and participants, as well as the dedication and energy of the volunteer organizers, the event raised over \$40,000 for the Military Family Resource Centre. Well done to all!

As significant as the amount of money raised by the event is the cause for which that money was raised. The Invisible Ribbon Gala's intent is to highlight the role that military families play in support of the success of those of us in uniform. I have mentioned, on more than a couple of occasions in this space, about how important healthy and supported families are to the Wing's success. Enhancing the quality of life and enhancing the military experience for families of 8 Wing personnel is the Trenton Military Family

Resource Centre's mission, so their work is something I consider not only worthy, but vital to 8 Wing.

The money raised by events such as the Invisible Ribbon Gala goes to provide specialized programs and services that promote health, education and social well-being. They help family members find work, come together as a community through educational and social programs, and help families deal with the demands of the inevitable separation caused by deployments. They also run a successful daycare and youth programs for children and parents with infants. They do this with an incredibly caring staff who are completely dedicated to the

health of the military family community.

With that in mind, I would like to again thank the sponsors and donors who generously supported the event. 8 Wing is not an island unto itself – rather it is completely woven into the greater Quinte West and surrounding regions – and the incredible support of our friends and neighbours is greatly appreciated. Again, I would also like to thank the organizers and other volunteers who made the event not just successful, but extremely enjoyable as well. The event's success will contribute to the centre's ability to support military families – something we should all take pride in.

Photo: LCol Debbie Miller



A Tale of Two Mikes: Michael Tiffe (left) and Senator Mike Duffy chat during the Invisible Ribbon Gala held last weekend.



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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



As a part of ongoing beautification, Mr. Doug Whiting (foreground) and apprentice Ryan Rivers are painting the Wing Headquarters Building. Beautification takes on extra importance this year, especially with the upcoming Anniversary Weekend July 4 and 5. The Wing will host many VIPs and will be open to the Quinte area community at large. More information on Wing cleanliness and beautification can be found at WSO 2.22. It is anticipated flowers grown at the CE Roads and Grounds greenhouse will be available in early June.

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Cut for the Cure: A little off the top for a good cause

8 Wing personnel, and their families, do their part and fight for a breakthrough

"Cut for the Cure" is a Canadian Cancer Society initiative aimed at raising funds for cancer research, and involves volunteers accepting pledges on the promise of shaving their heads.

Participants will be receiving their free head shave from Aldo Poropat of Capelli's Salon on May 22 in the Warrant Officers' and Sergeants' Mess. The mess will be open starting at noon, and the cut is scheduled for 1330 hrs. Donations and participants will be accepted right up until "zero hour."

People wishing to volunteer for this year's "Cut for the Cure," or wishing to make a donation, are asked to contact Sergeant Dan Gorman for more information at either 613-392-2811, extension 2461, or through email at Dan.Gorman@forces.gc.ca.

The campaign is just starting to ramp up, with preliminary donations at over \$3,000...and counting! The goal of the campaign this year is \$10,000 and it needs your support to reach it!



Name: Shannon McDonald

Occupation: Collections Administrator, Life Labs

Why are you participating in Cut for the Cure?: I am shaving my head because it is a way to make a significant amount of money for a cause that has had an impact on my family and friends. I am doing this in honour of my Aunt Connie.

What will you miss most about your hair?: The length!

Thank you, from the Hamiltons

Alicia, Cole, Rodney, Leon and I (Shelley) would like to express our sincere appreciation for the caring and support we received from family and friends during this most difficult time.

Our heart felt THANKS to ALL the people who gave so generously of their kindness and sympathy.

The gifts of food, flowers, and donations to the "Alicia and Cole Trust Fund" were overwhelming.

We especially want to thank those who visited us at the Base Chapel, shared in the Service at St. Peter's Church and travelled to Beechwood for the service in Ottawa.

A special thank you to Padre Shaun Turner, Canadian Forces Land Advanced Warfare Centre (CFLAWC), and Rushnell Funeral Homes for the caring and guidance they offered to my family.

A personal thank you to Captain Jeremie Gauvreau, who went above and beyond to ensure that everything was in order, without you



Warrant Officer Michael "Hammy" Hamilton

by our sides we would have been lost.

I would also like to send out a special thank you to Ross and Lee Prophet who took such wonderful care of my children in my absence and so much more.

I am honoured and blessed to call these people my friends.

It is difficult indeed to put our thoughts into words, but we very much appreciate ALL the kind and helpful words, deeds

and gestures at a time when these things mean so much. We feel truly blessed to have such good friends!

Mike's (Hammy's) smiling face will be sadly missed by the many lives he touched, but the special memories we have will remain in OUR hearts forever!

Thank you ALL!

Sincerely,
Shelley, Alicia, Cole,
Rodney and Leon

Search & Rescue UPDATE



424 Squadron has three missions to report since our last article.

The first tasking was for our Griffon; the crew was tasked to investigate an ELT in the Lake Simcoe area. The signal was homed to private grass air strip where no distress was located. They crew was released and returned to Trenton.

The next mission was again for our Griffon. They were sent to the Montreal area to look for a reported person in the water. The crew completed their assigned search patterns with no results. After two fuel stops the search was stood down and the crew came home.

Our last tasking for the week was once again for the Griffon crew. While training in the Lake Simcoe area, they were sent to an aircraft crash in Quebec. Rescue 491 stopped in Trenton to get fuel and some dive equipment required for the mission and departed for the scene of the crash. They were approximately an hour back from the area when they were stood down. A Quebec provincial police dive team arrived and assumed control of the site.

Until next week, stay safe!

Missions for 2009: 58 Missions for May.: 3

Persons rescued: 9

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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.

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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.**

Letters to the Editor:

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



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IN MEMORIAM



*In Loving Memory of a
Dear Son & Brother
Pte Courtney Manuel
May 7th 2000*

We little knew that morning
God was going to call your name,
In Life we loved you dearly
In death we do the same.
It broke our hearts to lose you
You did not go alone,
For part of us went with you
The day God called you home.
You left us beautiful memories
Your love is still our guide,
And although we cannot see you
You are always at our side.
Our family chain is broken
And nothing seems the same,
But as God calls us one by one
The chain will link again.

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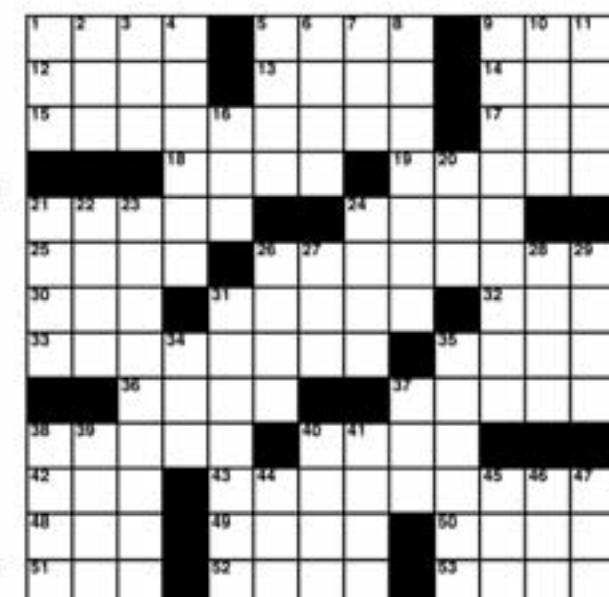
Canadiana Crossword

Political Science

By Bernice Rosella and James Kilner

ACROSS

- 1 Spellbound
- 5 Drought stricken
- 9 Island, to Gilles
- 12 Moonfish
- 13 History
- 14 This instant
- 15 Part 2 of today's quotation
- 17 Imitate
- 18 Metis leader
- 19 Off the bottle
- 21 Frequently
- 24 Twenties art genre
- 25 Cheers
- 26 Technician
- 30
- 31 End of today's quotation
- 32 Prefix denoting three
- 33 In one's mind
- 35 Dressed
- 36 Swiss river
- 37 Celts
- 38 Part 4 of today's quotation
- 40 Resorts
- 42
- 43 Create an emotional bond
- 48 Greek letter
- 49 Brad
- 50 Spring bloomer
- 51 Youth
- 52 Lug
- 53 Scruff



DOWN

- 1 A kind of computer memory
- 2 Mil. post office
- 3 Golf score
- 4 Part 1 of today's quotation
- 5 Medicinal plant
- 6 Weight unit
- 7 Rage
- 8 A flan or a torte
- 9 Part 3 of today's quotation
- 10 Run with ease
- 11 Pitcher
- 16 Violets, to their friends
- 20 Edible sorrel
- 21 Stuff
- 22 Roof overhang
- 23 Part 5 of today's quotation
- 24 Repudiate
- 26 Chaplet
- 27 Buddy
- 28 Spoken
- 29 Casts off

- 31 Gown
- 34 Greek letter following sigma
- 35 Sir M. _____, Newfoundlander we quote today
- 37 Gun
- 38 Russian city
- 39 Greek cheese
- 40 Skewer
- 41 Ashen
- 44 Chairman _____
- 45 Mortal sin
- 46 Zest
- 47 Saskatoon to Moosomin dir.

See Answers, Page 21



This Week in Contact

1979 – Operation Bullseye was in full swing at 8 Wing/CFB Trenton. The annual exercise fostered an exchange of Hercules aircraft and crews between Canada and the Royal Australian and Royal New Zealand Air Forces. The 1979 event was hosted here by 436 Squadron, with the RAAF and RNZAF each supplying one plane and crew.

1989 – The Honourable Bill McKnight, Minister of Defence, announced improvements to Canada's Search and Rescue (SAR) capabilities. Among the improvements noted by Minister McKnight were additional personnel and services for SAR squadrons across Canada, and enhanced navigational and communications systems for Canadian Forces bases.

1999 – Personnel from 8 Wing/CFB Trenton occupied the newly renovated Wing Headquarters Building at 142 Yukon St., a move that created a "one-stop" facility for "commonly required services," bringing together several units that had been scattered across the Wing previously. Just in time to celebrate the Royal Canadian Air Force 75th anniversary!

**Created by Lt J. H. MacDonald,
Compiled by Tom Philp.**



Destiny led Brighton hero to Burma

by Tom Philp, The Contact

Clifton Watt (Clif) Harper left Brighton in the spring of 1939 to join the RAF, never to return to his home town.

Described in *Brighton Ensign* stories in April of that year as a "most estimable young man, and one who will be greatly missed," the son of Robert and Carrie Harper, and brother to Geddes, Clarence, Lois and Shirley served his community, his country and the British Commonwealth with distinction.

A graduate of Peterborough Teacher's College, supply teacher at Brighton Public School, and part-time student at Queen's University, Harper was recruited by the RAF to compete for one of 10 Pilot Officer training positions in England.

"I believe Clif said that he was among the very first group recruited into this program," Clarence said.

The goal of the British Commonwealth Air Training Plan was to commission Canadian pilots who could then instruct other Canadian flyers to fight against Germany. Harper won the Ontario competition hands down.

"Clif always had his nose in a book, a voracious reader," said his youngest sister Shirley (Spencer), now retired in Kingston. "He was very smart, so it was not surprising that he would be chosen to be a pilot training officer."

In rapid order, Harper went from raw recruit to Acting Pilot Officer (Probation) in June 1939, and was confirmed as Pilot Officer, while still in England, in April 1940. Six months later, he was promoted to Flying Officer and sent to the former Rhodesia, South Africa, as a Pilot Training Officer under the Empire Air Training Scheme.

By the end of that year, with the Italian forces in control of Egypt, Libya, Iraq and other countries, Britain invaded Italian East Africa; and Harper's 34 Squadron was in the thick of it by January 1941. It was in daring bombing raids in

Photo: Submitted



Clif Harper with his Blenheim Bomber in Libya, circa 1942

Benghazi, Libya that Flying Officer C.W. Harper earned a Distinguished Flying Cross (DFC).

The abbreviated citation in RAF Public Records reads, "This officer has carried out several long and dangerous low level bombing and machine gun attacks, some of them at night. On one occasion, in the face of intense anti-aircraft fire and searchlight activity, he made four runs over Benghazi Harbour, at a height of twenty feet, in a determined attempt to bomb an enemy ship. His keenness and courage have proved a source of inspiration."

Harper would fly east to see more action in Singapore, Java, Sumatra, India and, finally Burma. Transferring to 113 Squadron, he was promoted to Squadron Leader, inspiring his air crews on frequent missions to bomb Japanese troops and supply lines snaking across the Burmese jungles.

Already a combat-hardened veteran at 27, Harper made one last mission over the jungles of Burma in 1942, never to return.

One of his pilot officers had expressed concerns about performance problems with his bomber plane. Harper volunteered to switch aircraft with the officer for the next bombing run. Although war records state that mission was successful, Harper was the only member of his squadron not to return to base. RAF records list him as being killed in action on June 18, 1942.

Neither his aircraft, nor Squadron Leader's Harper's body were ever found.

The ship on which Clif Harper was to return to England arrived in Calcutta, India the next day.

MFRC ACCEPTS DONATION



Photo: Tom Philp, Contact Staff

The regional headquarters of the Canadian Corps of Commissionaires, which is responsible for the Quinte Region, including contract services with 8 Wing/CFB Trenton, recently donated \$500 to the Trenton Military Family Resource Centre (MFRC) to offset dinner costs at the May 2 Invisible Ribbon Gala. Wendy Synott, Volunteer Services Coordinator at the MFRC received the cheque, on behalf of the gala committee, from Chief Warrant Officer Hugh Brennan, District Manager for the Corps in Quinte Region.

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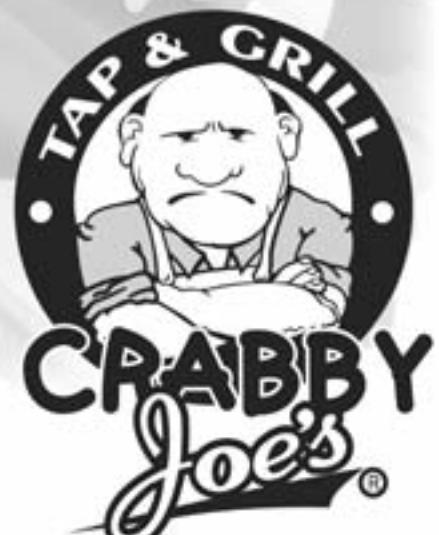
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News

8 Wing Personnel at Work: Sergeant Al Comé

by 2Lt Jennifer Jackson,
8 Wing Public Affairs OJT

Sergeant Al Comé has the unique job of assisting one of the busiest members on the Wing.

Since June 2006, he has been working as the 8 Wing Chief Warrant Officer's (WCWO) Assistant and his expertise is fundamental to ensuring the Wing runs smoothly.

Originally from North Bay Ontario, Sergeant Comé enrolled in the Canadian Forces in July 1989 as an Aerospace Control Operator. Prior to his posting to 8 Wing/CFB Trenton, Sgt Comé's career saw him working in an Air Defence environment, including postings to 22 Wing North Bay and, most recently, Tyndall Air Force Base in Florida.

From August 2008 until March 2009, he was deployed to Afghanistan, where he was involved in co-ordinating all helicopter operations at the Kandahar Airfield.

Sgt Comé assists the WCWO in ensuring all proper protocol issues are followed. In order to do this, Sgt Comé works in both official languages, and co-ordinates with the Wing Commander's Executive Assistant to ensure that all Wing obligations are met.

Sgt Comé is also responsible for helping to co-ordinate any



Photo: 2Lt Jennifer Jackson

Sergeant Al Comé has been in the Canadian Forces for 20 years and will be heading to Tinker Air Force Base in Oklahoma this summer.

parades that take place both on the Wing and in the surrounding areas (such as the Remembrance Day Parade), and ensuring they are run flawlessly.

"What I really enjoy about my job is that I am always busy," says Sgt Comé. "It is very challenging and I feel lucky that I have the opportunity to help ensure all Wing activities are carried out efficiently."

Sgt Comé is also responsible for arranging and organizing all honour and awards ceremonies, and co-ordinating the flying of Depart with Dignity Flags at the Wing Headquarters Building for

retiring personnel.

Additionally, he is accountable for all equipment used by the Wing Executive, and custodian of the Wing Court Rooms.

"Everyday is a new adventure," explains Sgt Comé. "Doing this job, I have learned more about the intricacies of dress, drill, and ceremonial regulations, than I ever thought I would need to know."

Sgt Comé is also responsible for co-ordinating and training both the pallbearers and the honour guard for Repatriation Ceremonies.

"I take a lot of pride in knowing that my work helps to ensure

that all Repatriation Ceremonies are conducted with honour and dignity," he says. "This is the most important task I do."

A resident of Belleville, Sgt Comé is married and also shares his house with two cats he is quick to point out as belonging to his wife. In his spare time he enjoys both travelling and scuba diving.

This summer Sgt Comé will be moving on to his next adventure at Tinker Air Force Base in Oklahoma, where he will be employed on E-3 Sentry AWACS (Airborne Warning and Control Systems) aircrafts.

Contact

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

— Wilbur Wright



8 WING QUESTION OF THE WEEK

QUESTION:

"How do you plan to celebrate Mother's Day this year?"



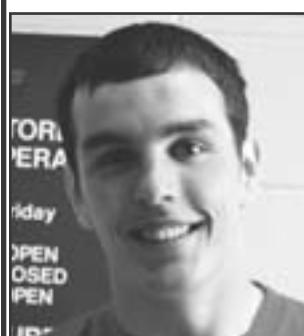
MCpl Kathy Hoskins
2AMS



MCpl Shawn Thompson
426 Sqn

"I'm going to celebrate with my family, maybe go out to dinner."

"I'm going to buy some flowers, get a card and take my wife and family out for dinner."



Tim Hennessey
Co-op Student, The Gym

"My Mom and I are both working on Sunday, so I'll get her a card and see her after work."



Lt Trevor Lanoue
429 (T) Sqn

"I won't have the time to visit my mother, but I will send her a gift."



MCpl Jaime Allen
CF Postal Unit

"We'll probably have supper with some friends, and I'll send a card to my Mom, who I love very much!"

PET OF THE WEEK



Timid, affectionate, obedient, and sweet, sweet describes Lukey! He came in with large bald patch on his back, above his tail, due to some kind of allergy. Currently on medication and is being bathed in medicated shampoo every other day. Lukey needs an owner who will never neglect his well-being. A great addition to any family, as long as he's the only dog.

Contact the Quinte Humane Society for more information.

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News



Former base employee publishes children's enviro book

by Tom Philp
Contact Staff

"The Tree That Could Be Green" is a plea to the inner child in all of us, and a testament to the importance of empowering children to ensure the future of our planet.

That's sounds like serious stuff for a children's book; but empowerment is exactly what Trenton author Carryl Postma is encouraging in her first publication.

A former civilian employee of 8 Wing/CFB Trenton, Postma is an accomplished visual artist who was inspired to write *The Tree That Could Be Green* about a year ago.

Her story reflects the dilemma of sickly Mr. Tree, whose very life is being threatened by global

warming and climate change.

An eight-year-old heroine named Carmen listens to his tale of woe. Together, they come up with ideas to improve the world and make Mr. Tree better.

"I went to bed one night in March 2007, reflecting on my life's contributions, and woke up knowing I had to write this children's book dealing with change," Postma told *The Contact* recently.

She started the project immediately, even drawing her own illustrations, and sent out "dozens of query letters" to children's publishers.

Replies "trickled in" over the next 16 months, but there were "no takers." That's when she decided to go the self-publishing route.

Postma arranged a deal with AuthorHouse, ultimately celebrating the release of her first book in March of this year.

The book retails for \$14.99 (no taxes on children's books), and is available for purchase online through Chapters at chaptersindigo.ca, www.authorhouse.com, or direct from the author by calling 613-392-0957. Postma donates a minimum of \$1 from each sale to specified charities.

For more information, please visit cpostmas-art.spaces.live.com.

Photo: Author Carryl Postma displays her book titled "*The Tree That Could Be Green*" which is currently available. Postma, a Trenton resident, is also a former 8 Wing/CFB Trenton employee.



Photo: Tom Philp
Contact Staff

SPORTS & RECREATION

Summer Kidz Kamp 2009: RecPlex

Summer is coming – are you ready for fun? The Community Recreation Association (CRA) is already planning for a high energy, fun-filled summer of adventure and fun.

If you are between the ages of six and 12-years-old, and enjoy swimming, playing sports and making new friends, this is the place to be this summer. Activities include: swim and gym, games and crafts, music, animals, special guests, overnighters and an awesome road trip each week!

The Kidz Kamp will take place at the RecPlex (21A Namao Drive), Monday through Friday, from June 29 to August 21, from 8 a.m. to 4 p.m. Please note there is no Summer Kidz Kamp on Wednesday, July 1.

Before and after care is available from 7 to 8 a.m. and from 4 to 5 p.m. for \$2 /hour/child or any part thereof.

Registration begins for the military community on Monday, May 4, at 8 a.m., and will begin for the general public on Monday, June 1, at 8 a.m.

Bronze Medallion and Emergency First-Aid

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness.

It is also the first step toward a National Lifeguard Certification.

This crash course will take place on Friday, June 26, from 10 a.m. to 5

p.m., Saturday, June 27, from 9 a.m. to 6 p.m., and Sunday, June 28, from 9 a.m. to 5 p.m.

Pre-requisite: Must be 13 years old. Please also note that 100 per cent attendance at all sessions is mandatory.

Cost is as follows: \$190 for military community; \$210 for the general public (*please note that all manuals included*).



The new Much Video Dance will take place on Saturday, May 9, for those ages 12 to 16 years old. The dance will run from 7 to 10 p.m. at the Southside Gym. Admission is \$10 admission.

Please be advised that this will be an adult supervised event.

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TD Canada Trust

Roundel Glen Golf Course Passes (formerly the CFB Trenton Golf Course)

Purchase your 18-hole pass at the RecPlex, for \$25. Available for military and CRA members only. One pass per person, for 18 holes.

National Lifeguard Course

National Lifeguard is Canada's only nationally recognized lifeguard certification program. National Lifeguard is a legal certificate for lifeguarding throughout the country, and the only lifeguard certificate recognized by the province of Ontario.

Candidates must be 16 years old and have completed the Bronze Cross Course and Standard First Aid and CPR Course. Attendance at all sessions is mandatory.

The course will take place on Friday, May 22, and May 29, from 5 to 9 p.m., on Saturday, May 23, and May 30, from 9 to 5 p.m. and on Sunday, May 24, and May 31, from 9 to 5 p.m.

Cost: \$295 for military community, and \$320 for the general public.

Bronze Cross and Standard First-Aid (Crash Course)

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

Bronze Cross is a prerequisite for the National Lifeguard Service course. Candidates must have completed Bronze Medallion and Emergency First Aid. Please bring certification cards to the first class.

Classes will be held on Monday June 29, Tuesday, June 30, Thursday, July 2, and Friday, July 3, from 10 a.m. to 5 p.m. Attendance at all classes is mandatory.

Cost: \$150 for military community and \$170 for the general public (*Manuals used are the same as Bronze Medallion*).

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FITNESS & HEALTH PROMOTION



Over 4,000 years in the entertainment industry

Historically, gambling was a social pastime that has been enjoyed throughout the ages.

Archaeologists have discovered evidence that people in Egypt, China, Japan, and Greece played games of chance with dice and other devices as far back as 2000 B.C.

For more than two decades, the gambling industry has experienced significant growth in most Canadian provinces.

Today, in Canada, there are more than 80 permanent casinos, 87,000 gambling machines (slot machines and video lottery terminals), 33,000 lottery ticket centres,

250 racetracks and teletheatres, and 25,000 licenses to run various bingo, temporary casinos, raffles, pull tickets and other activities.

There are also 2,500 Internet gambling sites. Online poker has over 400 websites and the numbers are growing daily.

For the majority of Canadians, gambling is a form of entertainment that has no negative impact. However, between three to five per cent of Canadians develop gambling-related problems.

The Canadian Forces 2000 Health and Lifestyle Information Survey (HLIS), for Regular Force members reported that no more

than one per cent of CF members reported having a gambling problem.

Given that the CF tends to reflect Canadian society, and that the availability of gambling has increased, there is concern that the problem may be more widespread than this.

CF Gambling Policies CFAO 19-1, CFAO 19-4 DAOD 6001-1 (available at forces.gc.ca/health-sante/pss/hpp-pps/aap-sdp/gpolicies-jepolitiques-eng.asp) were implemented to outline how this issue is being addressed.

Source: Strengthening the Forces

SURF AND TURF RELAY RACE

Friday, June 12, 2009 is quickly approaching. Those wishing to work with a trainer are asked to contact the 8 Wing Fitness and Sports Flight.

For more information, please feel free to contact Lisa Refausse, Race Director, at local 3328. Start your training today!



Photo: Amber Gooding, Contact Staff

Did You Know?

The apparatus used in alcohol distilleries for freeing the spirit from the water is called the dephlegmator.



"Did You Know?" is brought to you by your 8 Wing Health Promotion department.

ASIST Workshop:

(Applied Suicide Intervention Skills Training)

Health Promotion invites you to the two-day workshop: ASIST (*Applied Suicide Intervention Skills Training*)

The emphasis of the ASIST workshop is on suicide first aid and helping a person at risk stay safe and seek further help.

Learn how to recognize opportunities for help, reach out and offer support, estimate the risk of suicide, apply a model for suicide intervention and link people with community resources.

"We have all either

been touched by, or know someone who has been touched by, suicide. ASIST can assist you in helping a person at risk 'step back from the edge' long enough to find their own way to the help that they need," said Master Corporal A. Justason, 8 AMS (*former ASIST participant*)

Date: June 3 and 4, 2009

Space is limited. Register online at <http://healthpromotion.cfbtrenton.com>

There is no cost to attend this course

Prepared to pay the price?

It's almost here. The first long weekend of the summer. Time to celebrate the end of a long chilly winter. Time for barbecues and patios.

It's also time to stop and think. Can you afford to drink and drive?

Your licence suspended for one year: Inconvenience, embarrassment and you must rely on others, bus, walk or take a taxi to arrive at your destination.

Criminal Code Fine: \$600

Remedial Measure Program (*Back on Track*): \$475

Licence Reinstatement Penalty Fee: \$150

Ignition Interlock (*for one year after your licence is reinstated*): \$1,300.00

Increased Insurance cost (\$4,500 extra per year for three years): \$13,500.00 (estimate)

Legal costs (*estimated range*):
\$2,000 to \$10,000,
or more

Total minimum cost: \$18,000

Other costs associated with impaired driving:
Property damage, loss of employment, uninsured medical costs, physical and relationship injuries, and potential loss of life.

The cost of making other arrangements: Priceless!

*Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES*

Upcoming Courses

Communicate Effectively by Managing Angry Moments:

May 28, from 1300 to 1600 hrs

The purpose of the MAM workshop is to examine and address issues of anger (while they are still manageable) in order to prevent the possibility of their escalation to physical or verbal aggression.

Applied Suicide Intervention Skills Training (ASIST):

June 3 and 4, from 0830 to 1600 hrs

The goals of the ASIST workshop are to create an awareness of suicide by recognizing the signs and symptoms of suicide, in order to assist in the reduction of the feelings and behaviours associated with suicide.

Alcohol, Other Drugs and Gambling (AODG) Supervisor Training:

June 9, from 1300 to 1600 hrs, and June 10, from 0900 to 1600 hrs

Alcohol, Other Drugs and Gambling Awareness, released in November 2005, offers to CF members twelve modules on a variety of topics related to alcohol, other drugs and gambling.

Stress Take Charge:

June 25, from 0900 to 1200 hrs

Want to increase your stress hardiness, enhance your performance, ramp up your resilience... Stress: Take Charge offers a skill based and effective approach to managing stress

Butt Out: Self Help (Smoking Cessation Program):

By appointment, Wednesdays from 0830 to 1100 hrs and Fridays from 1330 to 1530 hrs

BUTT OUT can help you identify your personal reasons for smoking, then help you develop and practice substitutes for smoking that do the same good things for you, without the negative long-term effects that smoking gives you.

For more information, or to register, please visit healthpromotion.cfbtrenton.com



the Contact

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Boxtop: Transporting goods to the top of the world

by Rachel Fehr, Public Affairs OJT

Living in the far north at Canadian Forces Station (CFS) Alert can generate some challenges.

Diesel fuel can be a precious commodity when the nearest gas station is hundreds of kilometres away. With resources sometimes scarce, the members stationed there look forward to the twice annual resupply exercise commonly known as Boxtop.

In operation since the 1950's, the exercise was dubbed Boxtop because it was transporting "boxcars to the top of the world."

The supply mission will run 24 hours a day for a two week period ending May 2 and involves staff and crew from across Canada. This year, 8 Wing/CFB Trenton have dedicated one plane and four crews to the exercise.

For those who are stationed at CFS Alert the supply mission is essential. Not only does the operation bring mail from home, supplies and other dry goods, it also brings much needed diesel fuel.

Diesel is required to run almost everything at CFS Alert from vehicles to generators, and Operation Boxtop will transport enough fuel to last until fall. The majority of goods are moved on board a CC130 Hercules as it is the largest plane that can land in Alert.

Captain Amanda Ives of 2 Air Movements Squadron has just returned from her second Boxtop. While deployed, her role was to move passengers and freight from Thule to Alert. She also helped to unload the planes and tracked the amount of cargo that was being moved.

"This Boxtop we moved approximately 24,000 gallons of fuel into Eureka and

210,000 gallons of fuel into Alert," says Capt Ives, now back in Trenton. "We also moved 209,000 pounds of freight between Eureka and Alert including vehicles, fuel, baggage, mail, and furniture."

Eureka is an Environment Canada weather station in northern Nunavut that also relies on Boxtop to be resupplied.

Not only does the exercise bring important supplies but it also provides an opportunity to have a little fun. The Boxtop Olympics are the highlight of the exercise for those who are stationed at CFS Alert and Thule Air Base in Greenland. Because of its location in Greenland and available lodging for the air crews, Thule is used as a staging area for Boxtop each year.

The Boxtop Olympics are a way for those stationed at the remote outpost to come to Thule and have fun for a day or two.

Usually consisting of three or four events, the Olympics are open to anyone who wants to participate and can include anything from wrestling in sumo suits to bowling or hockey.

Events are held both at CFS Alert and Thule Air Base. This gives those who are stationed in Thule a chance to visit the remote northern station and to observe how the Canadians live. It is an opportunity to share stories and to build relationships with their American counterparts.

Captain Brian Cormier from 8 Wing Ops has participated in Boxtop seven times and has fond memories of the experience. "I've always enjoyed flying on Op Boxtop. A large part of the post WW II RCAF history consisted of opening up northern Canada and the Arctic. The challenging weather, the incredible scenery and the opportunity to reflect on our heritage make flights to CFS Alert some of the best flying anywhere"

With enough supplies and fuel to last now until the next Boxtop in the fall, life returns to normal at CFS Alert.

Those stationed there can look forward to the warmer, but not quite warm, summer months while those at Wing Operations and Air Movements can begin the planning for the next operation.



Private Paul Belec (left), Corporal Annie Boisjoly (center), Traffic Techs from 2 AMS, and Private Ryan Robertson (right), a Traffic Tech from 17 Wing Air Movement Section Winnipeg, strap down a triple pallet bound for CFS Alert. Boxtop is the bi-Annual resupply of CFS Alert. Using United States Air Force Base Thule in Greenland as a staging point, for two to three weeks every spring and fall, the Canadian Air Force runs day and night flying fuel and supplies to the most northern permanently inhabited settlement in the world.



Private Colin Parr, AVN Tech, and Corporal Anatolie Melanson, a Traffic Tech from 2 AMS, manoeuvre a pallet onto a forklift at CFS Alert.



Above: Corporal Dominique Landry (left), an AVN Tech from 8 AMS, and Private Chris Bradley (right), an AVS Tech from 8 AMS, fuel a Hercules bound for CFS Alert.

Right: Shown from left to right are Master Corporal John Cunningham, Loadmaster, Sergeant Al Burley, Flight Engineer, Captain Max Dares, First Officer, Captain Greg Boyd, Aircraft Commander, and Captain Joe Schmoll, Navigator.



Photos: Cpl David Hardwick, 8 Wing Imaging



Greening 8 Wing

by Rachel Fehr,
Public Affairs OJT

It seems today that everyone wants to say they are going "green" but few organizations are willing to put in the work the way 8 Wing/CFB Trenton is.

Since December 2006, the Canadian Forces have instituted policies requiring that new buildings must contain green initiatives.

Any new project that is budgeted to cost \$10 million or more must meet some specific criteria before it can be built. Projects that are tendered on base must now meet at least a minimum silver level of Leadership in Energy and Environmental Design (LEED®).

The points-based construction ideal was started in the 1990s in an effort to encourage green initiatives and reduce the impact of building on the environment.

The system can award up to 64 points in several different areas including water efficiency, energy and atmosphere, and materials and resources. To achieve a points level of silver, a project must compile between 33 and 38 points, a gold rating is 39 to 51 points, and platinum is 52 points or more.

When a new project is designed it must, by standards, include enough green initiatives to qualify for a silver LEED rating. The design team must include a LEED accredited professional who will demonstrate how the new building

will achieve this benchmark.

This makes the firm accountable and ensures that the new construction will have a positive environmental impact. The new Canadian Forces Aerospace Warfare Centre (CFAWC) building will be constructed to a gold rating.

Some of the methods designers use to meet the green initiatives outlined by the Department of National Defense include using low flow toilets, waterless urinals, and the collection and disbursement of grey water.

Buildings are constructed to make the best use of materials available locally as this reduces the impact on the environment of shipping the building materials over long distances.

Waste materials are recycled instead of being disposed of in landfills.

The roofing on these new buildings is reflective to help reduce the "Heat Island Effect". The effect occurs because materials used for construction absorb and radiate heat differently than natural objects like trees and grass.

The heat and energy that come from the buildings creates a geographically warmer area. This means that the building requires more energy to maintain a constant temperature.

It isn't just the way the buildings are constructed that helps to reduce their energy needs. The

buildings are furnished with energy efficient equipment and the overall comfort of the building is greater for the people who work in it.

There are fewer temperature fluctuations and there is less noise and pollution in the air. New buildings also make use of natural light sources to reduce the need for artificial lighting.

Building to LEED standards does cost more on average than traditional projects but the minimal cost increase (10 per cent to 15 per cent more) is nominal when compared to the positive impact.

In an area where there is almost constant construction it is good to know that you are being environmentally responsible.

The increased cost of projects is offset by the energy savings and reduced impact on the environment.

Some of the new projects on the base include the Aerospace and Telecommunications Engineering Support Squadron (ATES) refinishing shop, the new CC177 hangars and the Electrical Mechanical Engineering/Transport building. All of these projects will be constructed with the principles of LEED in mind.

It is reassuring to know that here at 8 Wing/CFB Trenton, there is a commitment to the environment, and a demonstrated responsibility that is backed up by actions and not just talk.



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Sample Photo
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The Tessa 1317 Sq. Ft. Belleville \$236,900

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8 Wing Mission Support Squadron (MSS) raises the roof

by WO Brad Phillips
TN/EME PL WO

With cold, blustery winds gusting frequently with what seemed a gale force from the north, the entire superstructure of the First Line Maintenance Shelter System threatened to take flight, possibly taking some of the troops from 8 Wing along with it for an unwanted aerial excursion.

Quickly, half of the troops of the 8 Wing Mission Support Squadron (MSS) sprang into action, strategically placing themselves on the lower aluminum frame of the shelter, doing their best impression of cadpat-clad tent pegs.

As their compatriots held the skinless shelter to the ground, the remaining troops struggled as they hauled on the ropes that would drag the gigantic flapping green roof up and over the barren spine of the superstructure.

Hours before this unscheduled sortie, the eager troops from Transport and Electrical and Mechanical Engineering Squadron (Tn/EME Sqn) had disembarked and assembled on a vacant gravel parking located at the Canadian Forces Detachment Mountain View training area situated south of Belleville Ontario.

They were under the tutelage of Sergeant Mike Bidal, a former instructor at the Canadian Forces School of Electrical and

Mechanical Engineering, and now employed as a section supervisor at EME Flight, who had the daunting task of instructing the MSS troops in the assembly and disassembly drills of the First Line Maintenance Shelter.

With the chilly troops eager to begin and warm up, Sgt Bidal soon had them unloading the various-sized containers that make up the shelter, placing them in strategic piles to help speed up assembly later on. For those who have never been in, or seen one of these shelters you need to imagine a gigantic khaki Lego[©] set on steroids. The shelter is comprised of some 306 pieces that, when assembled, can fit equipment as large as a Heavy Logistic Vehicle Wheeled (HLVW).

The base of the shelter has colour coded and numbered pieces so simple a child could assemble it; so for anyone who has children, this task would immediately bring back not so fond memories of Christmas mornings past, inserting red tab B into green slot three with the mounting frustration and muffled curses these child proof instructions inevitably cause. This of course is why Sgt Bidal with his expertise and guidance was required to oversee the operation.

Once the colour-coded aluminum rectangular base was assembled on the parking lot, the

next phase of the operation the assembling of the individual purlins began, and soon the skeleton of the shelter started to take shape. Constantly emphasized throughout the day's training were patience, teamwork and safety. These important factors were obvious to the busy troops and they quickly realized that working in pairs, and then larger teams made the project go safer and faster with amazing results.

In the end, the troops of the MSS did emerge victorious in the raising of the shelter, and with many lessons learned, they managed to correctly and safely assemble and strike the Maintenance shelter. While the day spent working on the shelter was an important skill to acquire it was also a valuable team building tool for allowing the troops and leadership an initial chance to get together, get to know one another and start functioning as a team in order to prepare for future taskings or deployments.

Top: Troops battle the wind while trying to install the roof of a First Line Maintenance System Shelter (MSS). Centre, left: Cpl Robert Vaughan maintains a tight grip on the super structure. Centre, right: Sgt Mike Bidal keeps a watchful eye on construction. Bottom: MCpl Angela Williamson and MCpl Rick Amyotte discuss the finer points of raising an MSS.

Photos: WO Brad Phillips, TN/EME



NIJMEGEN MARCHERS



Photo: Tom Philp, Contact Staff

"Nijmegen Marches" hopefuls formed up outside the gym in the early morning of April 27. With one team member missing due to operational duties, the group had a one-hour workout at the gym and then trooped off for a light CAD-PAT, 5km march around Baker Island and other areas of the base. 8 Wing/CFB Trenton units represented on the team include the Canadian Forces Aerospace Warfare Centre, ATESS, 8 AMS, 426 Transport and Training Squadron, and 436 Transport Squadron. To qualify for participation in the annual International Four Days Marches event, to be held July 19-25 in The Netherlands, each team must complete a minimum of 680 kms of march training.

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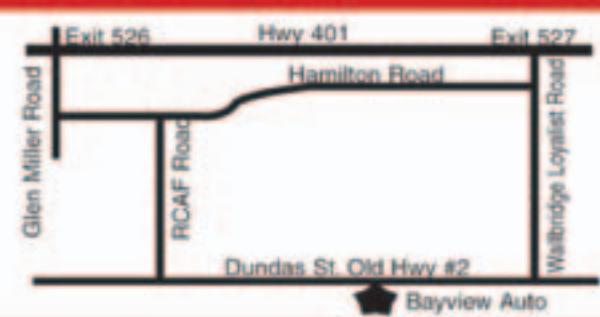
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Posters and political correctness

Anniversary Anecdotes

By LCol D. Miller, 8 Wing Administration Officer

Both and neither were part of the fabric here at Royal Canadian Air Force (RCAF) Station Trenton during the war years. And everyone knows that most every serviceman in the Second World War had a favourite pin-up girl and it was likely Betty Grable (wife of Bandleader Harry James). She was the girl with the million dollar legs, insured by Lloyd's of London for \$1.2 million (a lotta dough back then).

Of course most of you have seen pictures of her in a white swimsuit peeking seductively over her shoulder at the camera. It was said that the American Force public affairs distributed over two million copies of the photo to their troops and one million more where printed in newspapers and magazines.

It should be noted that Trenton didn't get around to publishing that particular photo until November 1943.

Even then, it really didn't show up as the one the American troops got but another pose from a little known film Betty Grable had done. But in March of 1944, *The Contact* was working on other things at the time and would turn the back page into the pin-up page.

The first to appear was Ginger Rogers in a very revealing pose (for that time period). Other Hollywood stars would follow as feature pin-ups, among them Rita Hayworth. Cecil B DeMille said of Hayworth, she never took a bad picture and most of the male readers of the day would agree with that – the photo that appeared was one that featured the redhead lying on a background of satin as though she was sunning on a beach.

It included the caption "We hope this new portrait will satisfy the insistent clamourings of the wolves not only at Trenton but at all other areas where Canadians are in training or battle action."

But this Station was not without its pushy publicity directors, they too were visited by film companies much like present day Trenton. In April 1944 photographers from No.1 Training Command arrived to take pictures of the young lady who had been chosen pin-up girl of RCAF Station Trenton. People were hurriedly gathered from around the Administration Building (oddly the same building it is now) to pose with this picture. The news soon spread through Canada by wire service and everyone wanted to know who she was, where she was

from, when they could meet her. Lots of unanswered questions, but nothing concrete.

In September 1944, on the second anniversary of the arrival of airwomen at Trenton, *The Contact* decided to not only feature a well documented story on the Women's Division (WD), but to include a photo on the back cover.

The featured WD was Cpl Lorriane McGavin, a PTI and Women's Editor on the station paper. It was a head and shoulders shot, partial profile with the RCAF flag in the background.

The paper had decided to return back to the glamour Hollywood shots for the next issue, but the Commanding Officer, G/C Bell-Irving, had other ideas. The CO liked the WD photos and ordered that *The Contact* use them as features for the back cover. And the rest is history.

Now, the CO didn't put any caveats on what the WDs had to wear, so the staff at *The Contact* decided to get creative.

Photo number two was of LAW Jane Vaughan, the recently crowned No.1 Training Command Backstroke Swimming Champion, in a one-piece bathing suit leaning against the ladder of the officers' pool (it's been filled in since).

Soon others would follow, LAWs Ginger Adams, Kathy Sees, Shirley Keane, Lorraine Davenport and so on.

The *Contact* staff (men) soon discovered that they were becoming quite popular among the WDs as the 'selectors' of the pin-ups. But for *The Contact* staff like all good things, this too came to an end, when the paper went to back to one back pin-up cover a month, their popularity waned.

The staffers decided to turn over the job to another section on the station. No.1 Air Command arrived in early 1945 and the staff eagerly took on the selection duty, even featuring some of their airwomen on the back covers.

Air Command's chief writer was given the task and decided to hold a contest to feature airwomen. The contest was a success several were chosen – LAWs Teddy Higginbottom, Madeline Stark, Duffie Neville, Pat Patterson, along with Cpls Olive Jay (the VE Day shot) and Millie Livingstone.

The back cover photos ended with the end of the Second World War. It is safe to say that for the military personnel stationed at RCAF Station Trenton during the Second World War there was always entertainment (suitable for the day)... Have you heard about fight nights or did you know that they used to pipe music every morning from the water tower... another column in the works.

Share your story!

We want to hear your stories relating to one or more of the important anniversaries being celebrated as part of Canadian Forces and Air Display Weekend 2009, at 8 Wing/CFB Trenton.

With an estimated 50,000 of our "closest friends" expected to attend the two-day event on July 4 and 5, (which, may I also say, is absolutely free-of-charge), there will be something for everyone to enjoy.

The weekend itself will pay tribute to some major anniversaries this year, including the Centennial of Powered Flight in Canada, the 85th Anniversary of the Royal Canadian Air Force, the 60th Anniversary of the Memorial Gates, and the 25th Anniversary of the National Air Force Museum in Canada.

Do you remember when the museum first opened? Were you, or someone you know, present for the dedication of the Memorial Gates? Do you have any historical photographs relating to the history we are celebrating this year? Are you a family member of service personnel that flew one of the many vintage aircrafts that will be on display this July?

If you answered yes to any of the above questions, we would really like to hear from you.

Please send your story and/or photo submissions to cfstories@gmail.com.

We would also be happy to help you tell your story, so if you would rather have someone contact you for an interview, please do not hesitate to ask.

If you have any questions or concerns, please contact Amber Gooding at 613-392-2811 local 3978.

Note: We have already published story submissions from our readers in *The Contact*.

These stories are also available online at cfbtrenton.com/anniversary/story.php.

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You will need:

- Egg carton lid
- Potting soil
- Bowl
- Spoon
- Chive seeds (or other herbs)
- Water

Instructions: Pour some potting soil into a bowl and use a spoon to fill the lid of the egg carton with soil.

Sprinkle the seeds onto the soil and gently press them in using your finger.

Add a little water to moisten the soil (and also do this daily to encourage the growth of the herbs).

Once the herbs have grown, you can enjoy them in a salad or on an omelette!

Enjoy this more with Comfort, Play and Teach™.

Comfort

Planting seeds and tending to them lets your child care for a living thing.

Watering the seeds each day will help your child to develop a sense of responsibility and will also give your child a great sense of accomplishment.

Play

Examining the seeds, soil and water allows your child to make discoveries using her senses.

Your child will learn about plants through watching, touching and smelling.

Eventually children will be able taste the herbs as well!

Teach

Planting seeds encourages your child to learn about the sequence of plant growth.

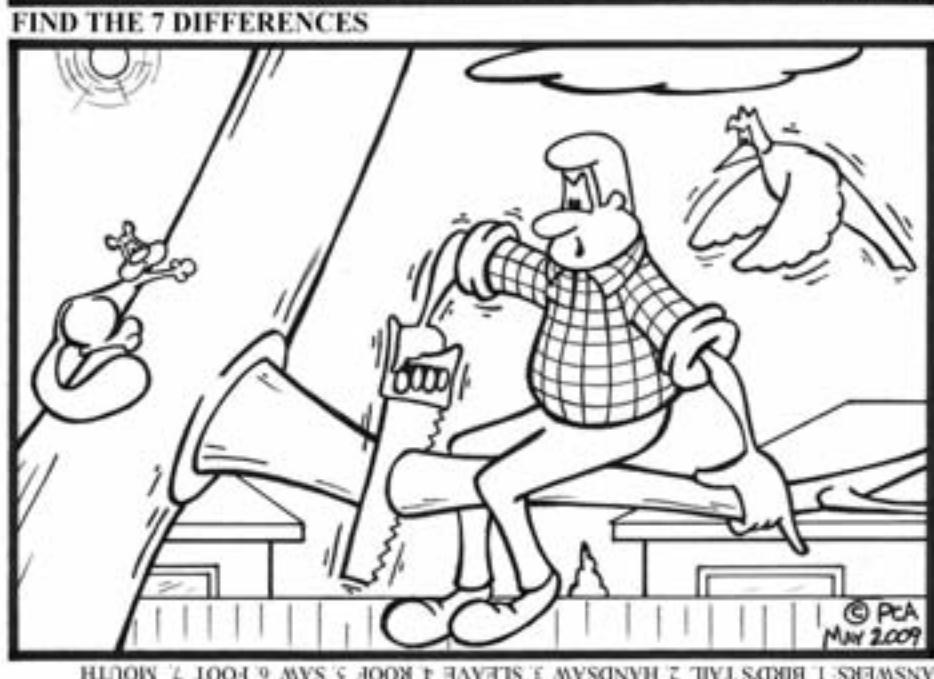
He can see how a seed becomes a plant over time, learn about how plants need water and light, and even chart how many days it takes for shoots to appear.

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

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

WHAT'S THE DIFF?

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Mixed Green Salad

with Posole and Creamy Cilantro-Lime Vinaigrette

Ingredients for the creamy cilantro-lime vinaigrette dressing:

- 1 can (about 15 ounces) cannellini beans, drained and rinsed
- 1 clove garlic, halved
- 1/4 cup canned, diced green chillies
- 1/4 cup fresh lime juice
- 1 tablespoon olive oil
- Kosher salt, to taste
- 1 teaspoon hot pepper sauce
- 1/4 cup hot water and a 1/4 cup chopped cilantro

Ingredients for the salad:

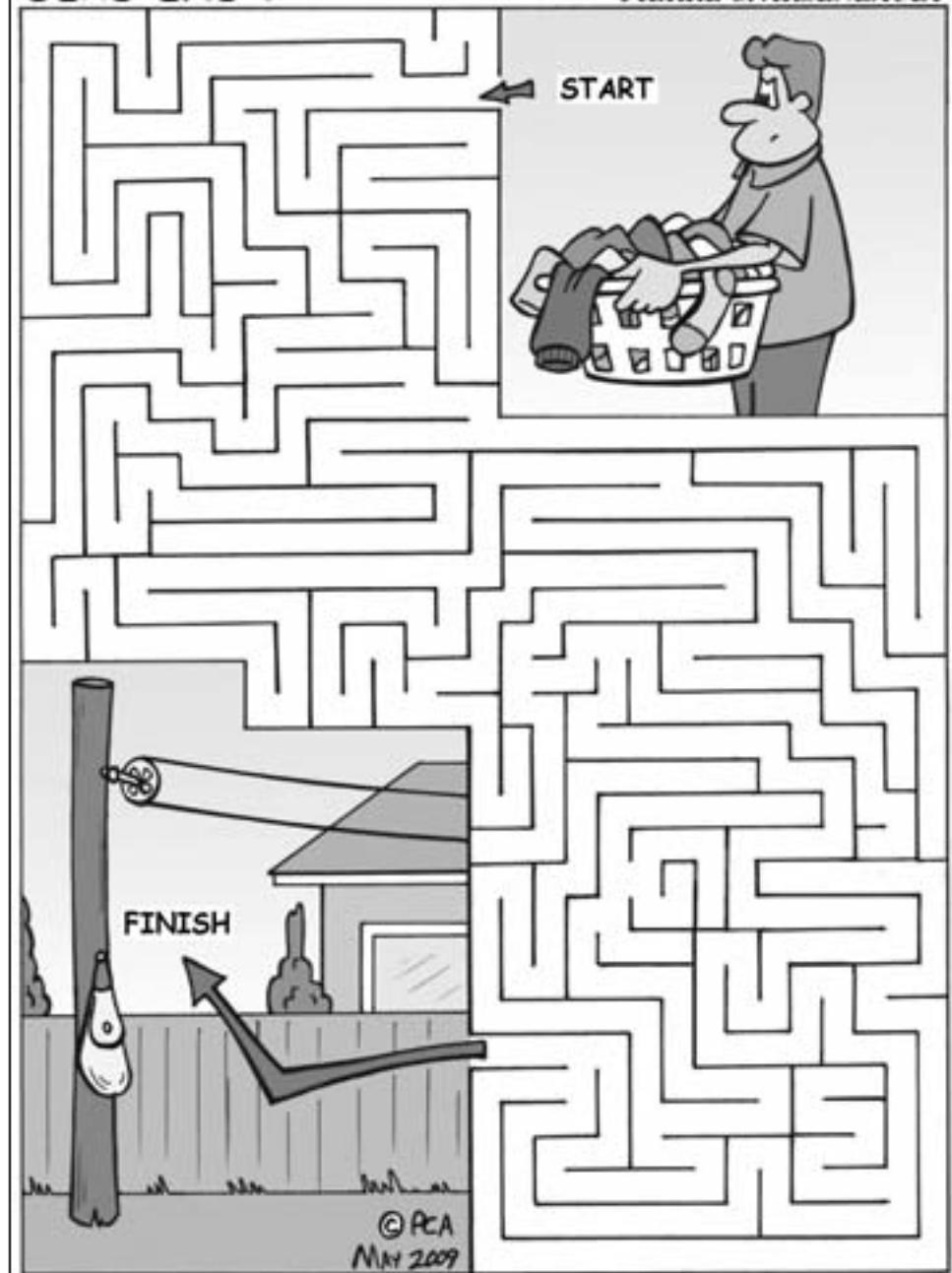
- 1 bag (9 ounces each) romaine lettuce mix or 1 pound romaine lettuce, cleaned of damaged leaves, cored, washed, and broken in bite-size pieces
- 1 small head radicchio, cored and broken in bite-size pieces
- 36 grape tomatoes, halved
- 1 cup shredded carrot
- 3 scallions (green onions), trimmed and sliced
- 1 can (15 ounces) posole (whole hominy), drained and rinsed
- 1/3 cup canned, sliced ripe olives

Preparation: To make the dressing purée all of the dressing ingredients in a blender or food processor until smooth. Toss the romaine, radicchio, tomatoes, carrot, scallions, posole, and olives in a large salad bowl. Toss with the dressing and serve. Serves: Six

Nutritional Information Per Serving: *Nutritional Information Per Serving: For Dressing Only: Calories 80; Total fat 2.5g; Saturated fat 0g; Cholesterol 0mg; Sodium 125mg; Carbohydrate 11g; Fibre 3g; Protein 3g; Vitamin A 2 per cent DV*; Vitamin C 6 per cent DV; Folate 12 per cent DV; Calcium 2 per cent DV; Iron 6 per cent DV; Potassium 10 per cent DV. Nutrition Information Per Serving: For Salad with Dressing: Calories 160; Total fat 4.5g; Saturated fat 0.5g; Cholesterol 0mg; Sodium 360mg; Carbohydrate 27g; Fibre 7g; Protein 5g; Vitamin A 120 per cent DV; Vitamin C 35 per cent DV; Folate 32 per cent DV; Calcium 6 per cent DV; Iron 15 per cent DV; Potassium 18 per cent DV.*

DEAD END?

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PIERRE C. ARSENEAULT



Entertainment

HOROSCOPES

Weekly Astrology by Christine Davison

May 10 - May 16

ARIES (March 21-April 19): There's an ethereal air about you. What you admired a while back may have helped you acquire a new love. The new relationships you create over the next seven days may take on fey qualities. Trust your intuition in all that you do. This may be a somewhat moody, empathetic, surreal and introspective time.

TAURUS (April 20-May 20): Loved one may wish to spend more time with you. Emotions may run close to the surface and deep at the same time. Don't spread yourself too thin or you may appear as if you are losing yourself in the process. Take care of your own needs. The weekend ahead is a good time for self-indulgence and self-reflection.

GEMINI (May 21-June 20): You may meet someone new over the next little while that you feel strong and surprisingly passionate feelings for. You may find yourself attracted to the sort of person you would least expect. This can be a highly fertile and lucrative time for you and those you love or live with. The weekend should show results.

CANCER (June 21-July 22): A good deed you performed in the past has come back to you in the form of a friend's sudden and gracious generosity. Please allow your guilty mind to rest and accept this modest reward. You've earned it and everybody else thinks you do too. Take time to examine new possibilities, directions and friendships.

LEO (July 23-Aug. 22): A new relationship may take on fey qualities. You may feel as if you're amongst the clouds and walking on air. Let your intuition guide you. Trust your gut when making decisions. Your heart knows what you mind does now. There is a chance that logic alone may lead you down incorrect paths.

VIRGO (Aug. 23-Sept. 22): Creative juices flow. Others may take notice of your new abilities and talents. Your imagination inspires others. People find you beautiful, charming and irresistibly attractive. There's a chance that someone may become overly obsessed with you. Take some time to yourself whenever you need to.

LIBRA (Sept. 23-Oct. 22): Creativity may seem at a standstill at times though don't worry because before you know it, you'll be bursting with new ideas, inspiration, creativity and originality. Next week could begin a time of creation and transformation. Now is the best time to look over older plans and projects to find inspiration.

SCORPIO (Oct. 23-Nov. 21): Your kindness will influence almost everyone you encounter. There is very little that can hold you back. You must rely upon your own will to prevent you from doing things that you wish to do. Some see you as passionate when in reality you are stronger than you let on. The weekend is an illuminating, festive time.

SAGITTARIUS (Nov. 22-Dec. 21): You will have a bit more energy to move about and socialize once again. This could be a time of guilt-free enjoyment, understanding, and forgiveness. Enjoy this respite while you can. This weekend, have guests over at your home. It's the perfect day to enjoy the pleasures of family life and friends at the same time.

CAPRICORN (Dec. 22-Jan. 19): Something that you desired that always seemed out of hand may be right around the corner or over the horizon. If you remain patient and wait, then good things will soon come to you. This may not be the best time to have important conversations or make long-term decisions. Measure your words.

AQUARIUS (Jan. 20-Feb. 18): Many planets in your sign make this a complicated and interesting time. Your popularity may lead to good things and future relationships as a result. The weekend may be a time of introspection. However, inviting others out for a night on the town may make you realize more than time alone and meditation might.

PISCES (Feb. 19-March 20): Friends and family as well as co-workers will give you pat on the back. Others will seek your advice on important matters. You always seem to know the best thing to say. Follow intuition and inspiration. The weekend may be a great time to begin creative projects or re-examine past projects.

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

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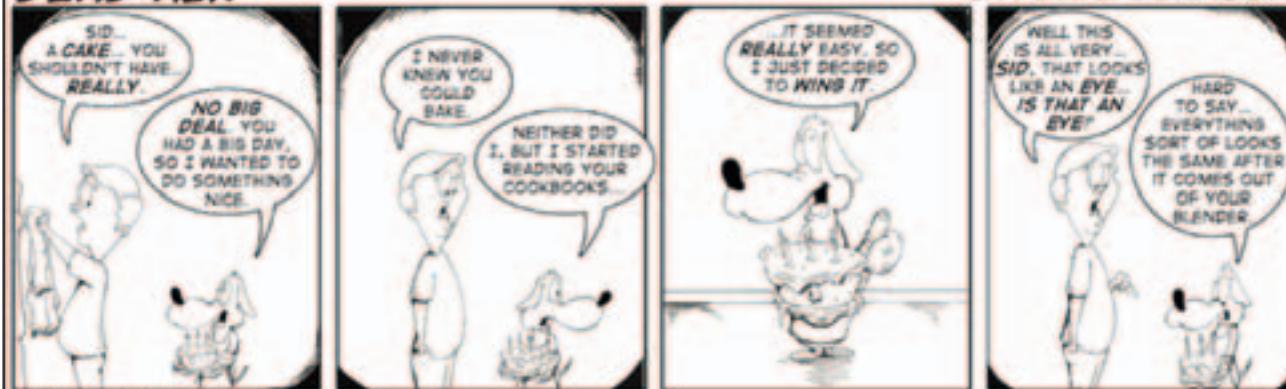


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Not In My Backyard! by Dale Taylor



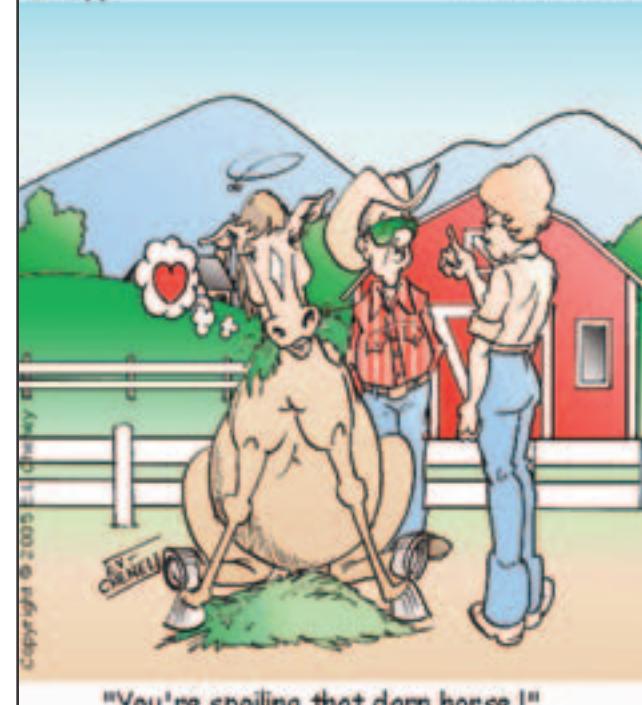
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3ième dimanche messe bilingue: 09h00 et café

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

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

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.*

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, Ext 2490 to begin the pre-nuptial process six months prior to the wedding day. That is to provide you with time to take the pre-marriage class (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 père 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.

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Let your inner rocker loose at "Frankapalooza"

by Tom Philp, Contact Staff

If you think you're the next *Neko* or *No Age*, or know any young musicians aspiring to be the next *Nickelback*, then this summer's *Frankapalooza* may be just the ticket.

Two area men with ties to 8 Wing/CFB Trenton are in the final stages of organizing an "amateur battle of the bands" to run Saturday, July 25 in the Frankford Tourist Park.

For these two middle-aged men, one of whom has been "fooling around" with garage bands for 25 years and the other discovering his love of performing only recently, *Frankapalooza* "is an opportunity to give something back to the community while giving our young people an outlet for their talents."

"*Frankapalooza* is patterned after the giant festival held each year in Chicago, but giving young amateurs a chance to perform locally," said James Klassen, Safety Officer for Defence Construction Canada (DCC) operations on the base.

Klassen and his colleague, Alan Lloyd, a DCC electrical contract manager, are using their love for music and the interest in music shown by their own teenagers as a springboard to advance local talent.

"We've seen an increase in violence among young people locally over the past few years, and think a lot of it has to do with teens not having appropriate outlets for their ener-

gy," Klassen said. "There is a lot of incredible talent in the region; and if kids had a positive outlet for their musical abilities, we think there'd be a lot less trouble in our communities."

Klassen, who has also promoted energy release in youth through martial arts (he is a master instructor), originally took guitar lessons at Trenton's Riverside Music "to learn a few tunes to play around the campfire."

That introduction sparked a deeper interest in spreading the power of music.

So, with his friend and Belleville resident Lloyd, the construction safety guy from 8 Wing/CFB Trenton has become a music festival promoter.

"We get nothing from this except the joy of knowing young people will be given a chance to perform their music, whatever that may be, in a public forum," Klassen said.

Any amateur music performer, regardless of skill level or style, can play and sing at *Frankapalooza* by submitting a completed registration form and a \$125 registration deposit. By showing up to perform on July 25, those musicians will have \$100 returned to them. 'No shows' forfeit the fee. It's a first come-first to perform festival, so get your registrations in now!

Bands will perform in assigned time slots from 11 a.m. to 6 p.m., followed by a one-hour performance by

Photo: Tom Philp,
Contact Staff



Defence Construction Canada employees James Klassen (left) and Alan Lloyd are also amateur musicians who have organized a public forum for aspiring young performers to showcase their talents. *Frankapalooza* runs July 25, 11 a.m. to 6 p.m. at the Frankford Tourist Park.

international recording artists 613-920-5672 during the day; 613-966-7501 after 5 p.m.; or request a registration form by email, thermedix@aol.com.

"The need to get that entry fee will also prompt young performers to find ways to earn the money, adding another degree of responsibility to the process," Klassen said.

For more information, please call

613-920-5672 during the day; 613-966-7501 after 5 p.m.; or request a registration form by email, thermedix@aol.com.

All proceeds after expenses will go to the Hastings Children's Aid Society and the Frankford Tourist Park Splash Pad.



TRENTON Military Family Resource Centre



UPCOMING EVENTS

TICKETS AVAILABLE NOW

**Canada's
Wonderland**

Seniors 60+, Children 3+ & under 48" tall \$28.00
Adults (until June 30) \$33.00
(from July 1) \$37.00
Pay Once Go Twice \$47.00

Annual Middleton Park Yard Sale

Saturday, May 23, 2009 8 am - 2 pm

If you live off base, and would like to rent a table at the Siskin Centre, please call MFRC reception at 613-965-3575 to reserve it.



Triple P -Positive Parenting Program

Seminars

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Just Available a limited number of Tickets
Stirling Festival Theatre
Wednesday, May 13 at 8:00, Price: \$30.00



**For additional Information:
www.MFRC.CFBTrenton.com
 contact: Jaimie Corriveau ext 4299**

Événements à venir

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**Canada's
Wonderland**

Vente annuelle de garage du Parc Middleton

Le samedi, 23 mai 2009 de 8h à 14h



Si vous demeurez à l'extérieur de la base, et aimeriez louer une table au Centre Siskin,appelez au bureau d'accueil du CRFM, 613-965-3575 pour réservé.

Triple P –Programme "Parenting" Positif

Ateliers

Les lundis, 1, 8 & 15 juin
18h30 - 20h00 Centre des jeunes au CRFM
Pour parents avec des enfants âgés 2-12



**BUDY WASISNAME
AND THE
OTHER FELLERS**

Un nombre limité de billets est disponible pour ce spectacle présenté au Stirling Festival Theatre le mercredi 13 mai à 20h, coût: 30\$

PSFM

**Pour information additionnelle
www.MFRC.CFBTrenton.com
 contactez: Jaimie Corriveau poste 4299**

MFSP



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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.

BIG Brothers BIG Sisters of Trenton and District

MAY Clothing Sale!!!

Saturday, May 9th, 2009 from 8am to Noon at the Frankford Legion (across from Chinese Restaurant)

MAY TOONIE CLOTHING SALE

All sizes: BIG & LITTLE!

Ladies: Dresses, skirts, shorts, suits, tops, jeans.

Men's: Jackets, dress'n casual clothes, jeans, sweaters.

Kids Clothes: lots of variety!!!

Jeans: Many sizes and lots of great styles to check out.

Name brands: Alia! Tan Jay! Alfred Sung! Reebok! ...and more!

Other Items: Boots'n Shoes! Purses! Hats'n Scarves! etc.

Special thanks to Upscale Resale in Trenton for the donation of great clothing & for supporting BBBS! Thank you Frankford Legion for supporting BBBS Trenton in our May Clothing Sale in Frankford!

Event proceeds and donations support Big Brothers Big Sisters Trenton and District for the BBBS children's mentoring programs in this community, Quinte West - Trenton and District (includes Frankford area). BBBS programs enrich children's lives through friendship, mentoring, and guidance." For BBBS event info, call 613-398-1214 or 613-394-3472.

"A pocketful-of-toonies, gets you a new wardrobe for Spring!"

Trenton Trimettes

Trenton Trimettes is a support group that encourages weight loss through healthy eating and exercise. There will be guest speakers and exercise.

The registration fee is \$5 and monthly dues are \$8. We meet Monday 7 to 8:30 p.m. at a new location, Bethel Pentecostal Church, corner of Herman and Dundas St. E., Trenton.

For more information call Sheila at 613-392-0353 or Sue 613-394-3992.

Please leave a message they will return your call.



Trenton Amateur Radio Club

A meeting of the Trenton Amateur Radio Club will be held Tuesday, May 13 Time: 7:00 p.m. 4 Beaver Avenue (on the south side of 8 Wing/CFB Trenton)

For more information, visit our website:
www.qsl.net/ve3ytr/

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8 AMS 15th Annual Camp Trillium Charity Golf Tournament

Friday, June 5, 2009
at Oak Hills Golf Course, Stirling
Good Cause, Great Fun, Grand Prizes! Everybody wins!

Thousands of dollars in prizes: Best Team Spirit, Longest Drive - Hole #10, Closest to Pin - Hole #2, early bird registration, 50/50 Raffle Draw, and much more!

Tournament Entry Fee is \$76, which includes: Significant Donation to Camp Trillium Charity (close to 50 per cent of the entry fee!); Green Fee, including mandatory cart (2 pers/cart); and a delicious steak lunch with all the fixings

Registration: Email participants names (first and last) and team name (if applicable) to Capt Isabelle Arsenault: isabelle.arsenault@forces.gc.ca
Sgt Mike Leblanc: michael.leblanc@forces.gc.ca
or Sgt Rod Joice: rodney.joice@forces.gc.ca

Register before 17 Apr 09 and get a chance to win extra prize!

Opening Ceremonies take place at 0730 (at the Clubhouse), Steak Lunch will be served at 1230 (Clubhouse) and Closing Ceremonies will begin at 1500 (Clubhouse)



Breadner School Council and Centre Theatre

present

A Day at the Movies!

Saturday, May 30, 2:30 p.m. at the Centre Theatre, Trenton Your choice of either Disney's *UP* or *Night at the Museum 2*
A \$10 ticket gives you admission to one movie, a small popcorn and drink.
Raffle prizes - 50/50 draw

Donate a used cell phone, ink or laser jet cartridge for a chance to win a door prize!

Tickets are available at the door, or pre-purchase at the school.

Come out and enjoy a family afternoon in support of Breadner School



Breast Cancer Society of Canada and c/leo

proudly announce the

7th Annual Mother's Day Walk

Quinte Mall, Sunday, May 10, 10 a.m.

Registration forms available from c/leo during regular store hours

Walk registration begins 9 a.m. - 30-minute walk

Tax receipts available for donations of \$20 or more

Download a pledge sheet at www.mothersdaywalk.ca

For more information contact c/leo, (613) 962-2023

FRANKFORD RIVERFEST FAMILY WEEKEND

Victoria Day Weekend - May 15-17

Frankford Tourist Park

Mark your calendars now for the annual funfest in Frankford that features all of the events you've come to enjoy over the years, PLUS new activities including sand sculptures, a monster mural, the vendor's village, a family hypnosis show, the Extreme Rush climbing wall and Sparky the Fire Dog.

For tickets, or more information, please call (613) 398-6200

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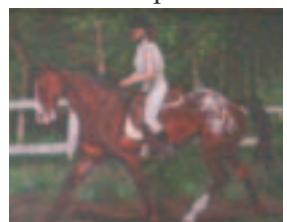
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Belleville

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May 9, Sat 1-3 pm



Charming!
3 bdrm., 2 storey on completely fenced lot. Formal living and dining room. Ceramic kitchen and bath. New furnace & hot water tank. New addition in 2007. New pressure treated deck front and back. Too many upgrades to list.
\$135,000
MLS #2090878



MARLENE LETOURNEAU
Sales Rep.
Service disponible en français



MLS# 2092252
Price: \$219,900

4 Level split in sought after east end neighbourhood. 3 bedrooms, 1 1/2 baths, main floor office with walk-out to deck. Fenced backyard with hot tub and above ground pool. Cathedral ceilings throughout.



MLS# 2092235
Price: \$197,000

West park village side split with many upgrades. Bright and clean with new flooring, carpet and brand new bath on lower level. Great backyard with deck and walk-out from basement.



MLS# 2092034
Price: \$149,000

Cute bungalow, perfect for professional couple. Nice yard with deck and sunroom at rear of house. Pleasantly decorated with some newer windows and new roof. A must see!



MLS# 2090978
Price: \$176,000
216 Herchimer Ave

OPEN HOUSE
SAT 12:30 – 1:30 pm
Large corner lot walking distance to park. Perfect home for young family with new flooring, new paint and updated fixtures in baths. 3 bdrms and bright rec room.



MLS# 2092452
Price: \$174,500
77 Lewis St., Belleville

Open House Sat 11-12pm
3 bdrm bungalow with 2 baths and finished rec room. Brand new maple kitchen with pass through to dining area. Great location close to schools, city bus and shopping.



MLS# 2092740
Price: \$349,000

Enjoy the view from your master bdrm deck of the beautiful Bay of Quinte. Over 2000 sq ft of living space in this glorious bungalow situated on Rednerville Road. Over 4 acres with fruit trees and lovely gardens. An abundance of windows at front of the house to enjoy the views from every room!

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JANICE DAVIS
Sales Rep.



177 D'Arby Point Lane, Madoc – Waterfront
Located on the north shore of beautiful Moira Lake. Year-Round 5 yr new custom designed home, 1 Acre Papoose Island included with home. State of the Art Construction.

MLS# 2091439
Price: \$389,500



159 Bethany Rd., Corbyville
4 Bdrm, 2 bath Raised Bungalow, 2+ acres beautifully manicured lot. Great Deck & Above-Ground Pool
Perfect home for the Growing Family.

MLS# 2092093
Price: \$234,900



3378 Stirling-Marmora Rd., Stirling
5 bdrm, 3 baths, 2 Storey home. Fabulous location, great open concept with main floor living rm & family rm. Great Value.

MLS# 2092091
Price: \$189,900



MLS# 2091193
Price: \$249,900

1032B Crookston Rd., Tweed
Newly constructed 3 bdrm, 2 bath home. Double Car Garage. Kitchen/Dining/Living Area with Vaulted Ceilings. Finished Rec Room and Roughed-In Bath.

Real Estate

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Kimberly Colton
Sales Representative
613-392-2511
MLS #2092773
kimberly.colton@century21.ca

Beautiful home with large country kitchen, formal dining room, rec room with wood burning fireplace. Large deck to pool, basement walkout. Quiet country location - very convenient to 401, Trenton and Belleville. Home is much larger than it appears.

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2 Ironwood Crescent Brighton

Custom homes by Jon Koopmans

KOOPMANS HOMES



MLS #2091626

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8 Stephen Cres., Trenton
3+1 bdrm Hi Ranch 5 mins. to CFB.
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with laminate floors & fireplace.
Detached garage, above ground pool,
fenced yard. Come take a look!

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OPEN HOUSE Sat & Sun 1-4 pm

Here's your chance to step into a beautiful 2.5 year old spacious hi-ranch bungalow with 1295 sq. ft., 3 bdrm, 2 baths in a family oriented neighbourhood with great community spirit. Beautiful eat in kitchen, spacious living area, nicely sized bedrooms with oversized closets. Master has 3 piece ensuite and large walk-in closet.

For more information, pictures refer to
www.propertyguys.com ID#136112
or Call 613-827-6754



Beautiful new home in Stirling. Convenient to CFB Trenton. Great Room with gas fireplace, garden doors to side deck and oak kitchen. Quality throughout. 40 year shingles, full 10 year warranty.

MLS 2090796



Kimberly Colton

Sales Representative

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kimberly.colton@century21.ca

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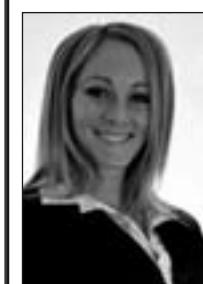
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Hormann
Frank and Janice
home.search@wymppatio.ca
Janice Service Members
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Spectacular 11 acre hobby farm with access to Wellers Bay. Custom 1800 sq ft. country bungalow with wrap around veranda, walk out from master bedroom leads to gazebo with views & hot tub to enjoy! Ultimate rec room with wet bar, fireplace plus 2 added bedrooms, hobby room & 3 pc bath, living room with floor to ceiling fireplace, spacious oak kitchen, 60x36 outbuilding/workshop/4 stalls & tack room. A MUST SEE! MLS # 2091574

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**ANDREA
PHILLIPS**
Broker



EXECUTIVE HOME
In country subdivision. 2 storey, 4 bdrm, 3 bth, M/F family room with gas f/p. Finished lower level, large rec room with f/p. 1.5 acres

\$359,900
2091081



UPGRADED!
5 year old upgraded high range open concept living room, kitchen eating area, 3 bdrms Potential in law suite. Close to Lake Ontario.

\$227,900
2091752



COLORADO STYLE
Over 2,800 sq. ft. of living space, open concept, vaulted ceilings. Granite counter top in kitchen, french door to deck from master, 2 car garage.

\$349,900
2083027



LOTS OF EXTRAS!
18 months old, 1480 sq ft colorado style raised bungalow, 3+1 bdrms, 1 1/2 bth, open concept. Beautiful acre + lot and large wood deck.

\$274,900
2091259



ULTIMATE LIVING
Beautiful 4 acre waterfront, i/g pool, tennis crt, 24 hr security, lr/dr combo floor to ceiling windows. 1620 sq ft living area, 140 sq ft balcony, overlooking Bay of Quinte.

2 units
mls# 2092257
mls# 2090071



WATERFRONT
Beautifully landscaped waterfront on Trent River, raised bungalow, 2 bdrms, 2 bths on m/l, enclosed deck from 2nd bedroom. Lrg kitchen, and main floor family room with f/p overlooking the water.

\$319,900
2092281

Full time Professionals Relocation Program (IRP) R.L.R.S Approved

NEW LISTING



23 acres Farm
Excellent hobby farm, private retreat like location, open concept Lindall cedar construction, exposed beams, cathedral ceilings, beautiful oak hardwoods, excellent barn, separate one acre lot included with property.

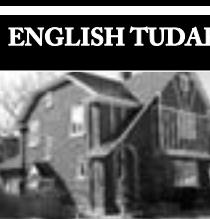
Call John Ashley @1-877-716-2505 MLS# 2092668



Mutli Level Country Side
Excellent value, newly decorated, new flooring, life time roof, spacious 3 plus one bedroom, great detached double car garage/workshop, close to CFB Trenton. Call John Ashley @1-877-716-2505 or e-mail info@johnashley.ca
\$192,500 MLS# 2085880



Bay of Quinte Waterfront
Excellent boating, swimming, immaculate bungalow with a walk out to the water, great views from every room, updated through out, new gourmet kitchen, cozy fireplace and custom mahogany built ins, including a wet bar in the family room, a pleasure to show. Call John Ashley @ 1-877-716-2505 or e-mail info@johnashley.ca



English Tudor Style
Nestled in the Village of Stirling, this wonderful property would make an excellent family home, B&B, great for a home business, close to all amenities, walk to the Stirling theater, shopping, restaurants, schools and parks, over 2000 sq ft, hardwoods through out, beautiful fireplace, oak kitchen, shows exceptional! Call 1-877-716-2505 or e-mail info@johnashley.ca

John Ashley

Sale Representative

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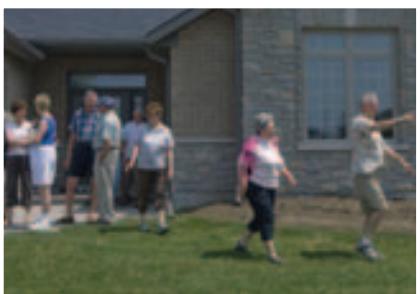
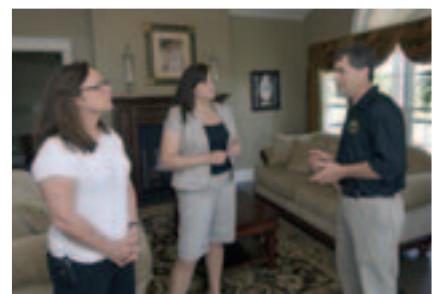
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