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July 16, 2010      Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 45 Issue Number 24 •

## “Drive Past” Farewell to Major Debbie Graitson

By dint of her excellence, the Wing Logistics and Engineering Branch will sincerely miss Major Debbie Graitson, Deputy Commanding Officer of the Branch. Maj Graitson has been the cornerstone of the WLE Branch since 2007 and her hard work and perseverance has been the source for many of the Branch successes. Friday, July 9 marked her last day as Deputy WLEO and what better way to bid farewell to her than by organizing a “Drive Past.” Leading the “Drive Past” Parade was the Galley’s “Rocket,” who presented Maj Graitson with a Bear-size cookie. Following the Rocket, was a line-up of WLE vehicles including Supply’s forklift, CE’s bobcat, EME’s “Big Blue” wrecker, and Tn’s Cruiser and T/T. All vehicles drove past the dias and honked and saluted proudly to our treasured outgoing Deputy WLEO. Farewell Maj Graitson. Best of luck in your future endeavours... “Viam Invenimus.”



Photos: Amber Gooding, Contact Staff



## NORTH APRON RIBBON-CUTTING CEREMONY MARKS OFFICIAL HANDOVER



Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton (center), cuts the ceremonial ribbon officially accepting the new North Apron from Defence Construction Canada. Made from over 60,000 square meters of concrete, this apron is a welcome addition to 8 Wing providing up to 10 additional aircraft parking spaces. Shown from left to right: Chris Guernsey (Defence Construction Canada), Myron Thiessen, (1 Canadian Air Division, Construction Engineering, Winnipeg), Lance Gelinias (1 Canadian Air Division, Construction Engineering, Winnipeg), Col Dave Cochrane, CWO Kevin West, (8 Wing Chief Warrant Officer), Mac Han (Dufferin Construction Company), Maj Steve Camps (Wing Operations), Mike Cristinziano, (Dufferin Construction Company), Maj Teresa Brown (Acting Wing Logistics and Engineering Officer), Maj Phil Baker (Wing Construction Engineering Officer).



Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and Chief Warrant Officer Kevin West, 8 Wing Chief Warrant Officer, step of the King Air. Col Cochrane accepted the new North Apron from The Defence Construction Canada team (DCC).

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## Grand & Toy grills in support of Trenton MFRC

The fifth annual MFRC Fundraising Barbecue was held on July 14, at Baker Island Community Centre.

Sponsored by Grand & Toy, in partnership with Smylie's Independent Grocer, Fellowes, Inc. (manufacturer of office products), and Boise ASPEN Recycled Papers, the event raised \$3,000.00 for the Trenton Military Family Resource Centre deployment programs.

Personnel from 8 Wing/CFB Trenton, family, friends and community members gathered throughout this four-hour event for a barbecue lunch, a free goodie bag with products donated by the sponsors and a chance to purchase raffle tickets for a number of great giveaways.

### WINNING RAFFLE NUMBERS

4916161	0610768	0610910	0610592
4916275	4916596	0610806	4916329
4916277	0610926	4916356	4916618
4916233	0724656	4916539	0724490
0724550	0610542	0724661	0610572
4916044	4916391	4916271	4916569
0610610	0724530	0610630	4916373
0724539	4916488	0724467	

Please pick up your prize at the Deployment office at the Trenton MFRC. Any questions, please contact Kelly at local 4532 or Barry at local 3595.



Colonel Dave Cochrane (right), Commander, 8 Wing/CFB Trenton, and 8 Wing Chief Warrant Officer Kevin West, attend the barbecue for a quick bite to eat, and to extend their appreciation for the support shown by event participants and sponsors.



Photos: Amber Gooding, Contact Staff



## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



MS Dave Manryk, former CO Maj Steve Power, and Environment Canada employee Josh Benmergui retreat to the shore during CFS Alert's 2010 Polar Dip. The annual event was held Saturday, 10 July 2010. Safety divers, EMT personnel and a polar bear watch were on hand to ensure the safety of the 40 plus participants.

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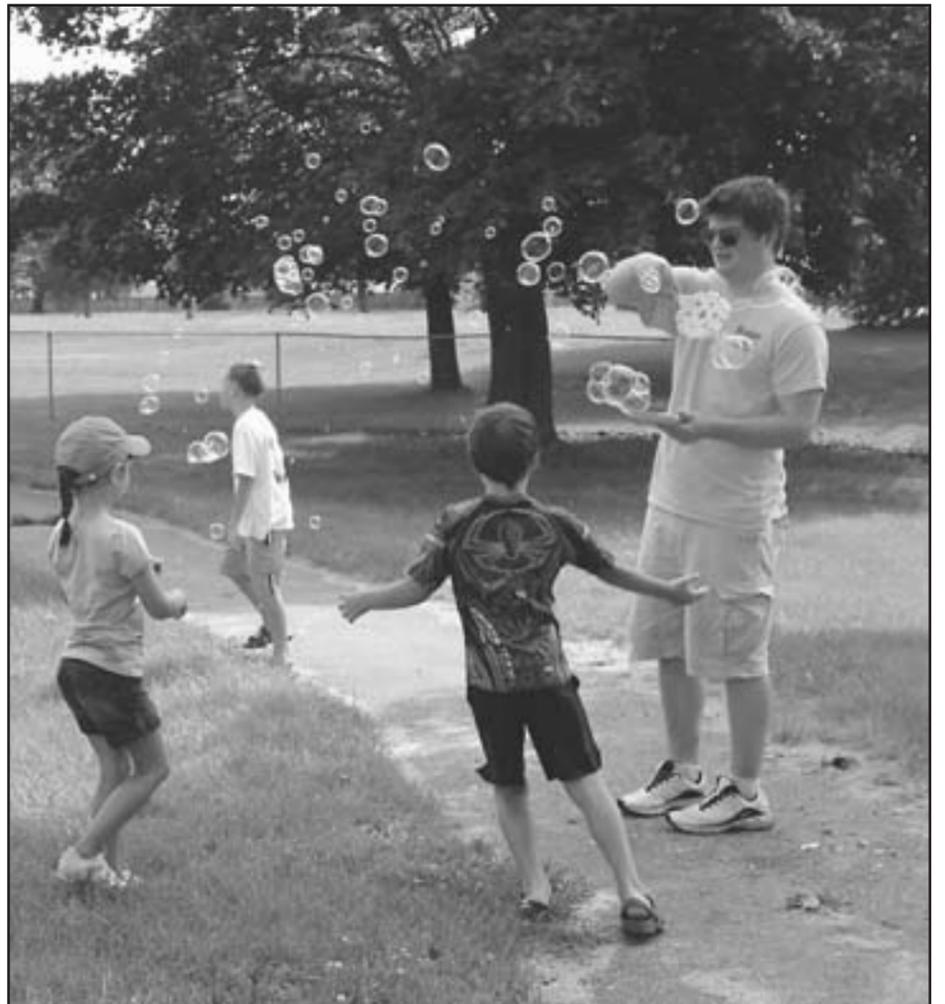
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# Summer Kidz Kampers enjoy some fun in the sun



Youngsters from the Community Recreation Association's Summer Kidz Kamp enjoyed some time playing in the park, sliding, swinging and blowing bubbles earlier this week.

**Photos: Andrea Steiner, Contact Staff**

## Search & Rescue UPDATE



424 Squadron was tasked on two missions in the past week, both involving the Griffon.

The first tasking was for a missing 35-year-old man on a jet ski in Long Point Bay. The Griffon crew identified three possible targets and passed the info to a Coast Guard vessel. The object of the search was in fact one of these targets and it was determined that he was in no distress. The Griffon returned to Trenton.

The next mission was to investigate the sighting of four red flares on the water near Cornwall Island. Our Rescue 493 proceeded to the south side of the island but stood down upon arrival when JRCC were told that the flares came from a local marina during a training exercise.

Until next week, stay safe.

Missions for 2010: 70 Missions for July: 10 Persons rescued: 1

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## The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel Dave Cochrane, CD, Wing Commander, 8 Wing / CFB Trenton.

### The Contact Staff

**Public Affairs Officer:** Captain Jennifer Jones  
**Managing Editor:** Andrea Steiner  
**Assistant Editor:** Amber Gooding  
**Reporter/Photographer:** VACANT  
**Advertising Production:** Adriana Sheahan  
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**Bookkeeper:** Marilyn Miron  
**Circulation:** Russell Webster  
**Translator/Proofreader:** WO Louise Fagan  
**PSP Manager:** John Snyder  
**Subscriptions:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.



### Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (andrea.steiner@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.  
*Jpeg-Maximum (8X10), 300 dpi*
- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

### Letters to the Editor:

**Internet:** ANDREA.STEINER@forces.gc.ca  
**Intranet:** STEINER@CFBTrenton@Trenton

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

### A Military Community Newspaper



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



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### Letter to the Editor

I know the CC130J is a wonderful aircraft, but let's not take anything away from the CC130B.

I am one of five CC130B Flight Engineers who spent the summer of 1960 at Flight School in Marietta, Georgia on Course. Four CC130B's went to 435 Squadron in Edmonton.

These aircraft were a vast improvement over the C119 Flying Boxcar. The "B" did not have tanks hanging under the wings, so it would fly higher and faster than the E Model.

In the early 60s we hauled about 140 CF102's to the four Wings overseas. We would come into Trenton, stay overnight and fly up to Cartierville, pick up a 104, put on a full load of fuel, climb right up to 27,000 feet out of Montreal, and as we burned off fuel, keep climbing higher.

We'd be at the same altitude, in the high 30's, at the other end. This was the beginning of the Boeing 707 and DC8 era.

They would come chuffing up behind us, and could not figure out what that thing with propellers on it was doing up there at that altitude. Most of the time, we flew direct from Cartierville to Europe.

Then the E Model came along; 20,000 lbs heavier, 15 knots slower, and had to fly lower, and burn up all that extra fuel carried in those tanks.

Yes, the CC130B was a wonderful aircraft and I enjoyed flying it.

*Captain (Ret'd) Williams M. (Bing) Crosby, Member of 413 Wing, RCAF Association*

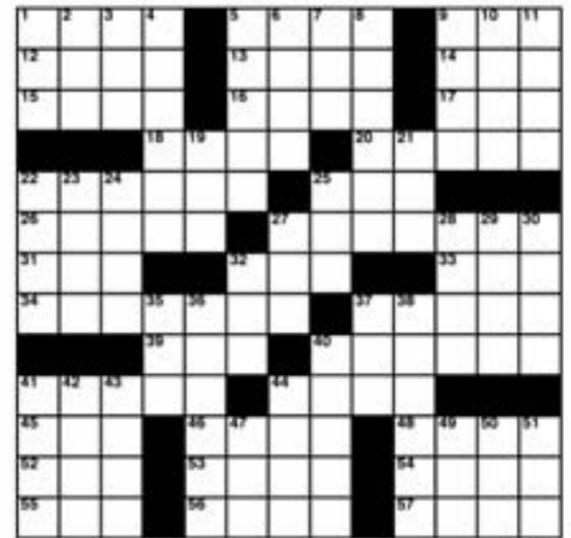
## Canadiana Crossword

### Before and After II

By Bernice Rosella and James Kilner

#### ACROSS

- 1 Mercury, Neptune and Pluto
- 5 Television's Robert \_\_\_\_\_ and drum
- 9 This minute
- 12 Indigo
- 13 Big screen theatre
- 14 Prefix for gram and bar
- 15 Clavicle or femur
- 16 Global cobbler
- 17 Criticize harshly
- 18 Middle Sch.
- 20 Television's Tom \_\_\_\_\_ Kent
- 22 Television's Craig \_\_\_\_\_ Cromwell
- 25 Station, abbr.
- 26 Surrenders
- 27 Radio's Ray \_\_\_\_\_ Adler
- 31 \_\_\_\_\_ which way
- 32 Plaything
- 33 About the mouth
- 34 CBC's Evan \_\_\_\_\_ Grundy
- 37 Corrode
- 39 Dine
- 40 Minted
- 41 Television's Oh \_\_\_\_\_ Champ
- 44 Top notch
- 45 Imitate
- 46 Ship's boat
- 48 Frolic
- 52 CBC's Oedipus \_\_\_\_\_ Murphy
- 53 Similar
- 54 Hockey's Nolan \_\_\_\_\_ Smyth
- 55 Cuddle
- 56 Fraser River town
- 57 Fashion magazine



- 2 Lennon's love
- 3 Racket
- 4 Coat part
- 5 Textile
- 6 Moslem leader
- 7 Obese
- 8 Skill knife
- 9 Inebriant
- 10 Narrow ridges
- 11 Scholar
- 19 Actor Nielsen, familiarly
- 21 Roman household god
- 22 Wood sorrels
- 23 Late night television star
- 24 Romantic interlude
- 25 Timid
- 27 Deceive
- 28 Bank offering
- 29 The E in ESG

- 30 Vended
- 32 Child
- 35 Poet's over
- 36 Distress call
- 37 Male heir
- 38 Literature's Saint \_\_\_\_\_ Berton
- 40 Journalist Andrew \_\_\_\_\_ Machine
- 41 Ancient stringed instrument
- 42 Fencing sword
- 43 Queue call
- 44 Plant part
- 47 Scene of 1990 Mohawk uprising
- 49 Olive \_\_\_\_\_
- 50 Badly in Beauharnois
- 51 Vancouver expo

See Answers, Page 27

## This Week in Contact

**1980 – Cadets plan busy summer – OTTAWA –** Approximately 18,000 of Canada's sea, army and air cadets have their summer plans already made as they prepare for departure to cadet summer camps, or on international exchange programs. Drawn from 57,000 cadets who serve year-round in 1,017 squadrons and corps, the summer volunteers are made up of about 65 per cent males and 35 per cent females.

**1990 – Summer drama workshop for children –** The CFB Art Club is sponsoring a series of Drama Workshops for children beginning July 31. The course will be taught by Louise Lanteigne and is open to children ages 6-13 years. It uses their creative and imaginative abilities through improvisation, self-expression and various drama exercises.

**2000 – Signs for safe biking –** There are several skills that will help you to manoeuvre your bike safely and efficiently. Practice these skills away from traffic in an empty parking lot or schoolyard. Practice will give you confidence in dealing with an emergency should one arise. Remember to wear an approved bicycle helmet whenever you ride.

### WANTED!

*Volunteers of all ages, with and without construction experience, from all across Canada to work with families in need to help build their first safe, decent, affordable home.*



Must be willing to get sore, tired muscles plus have a lot of fun!

Celebrate the International Year of the Volunteer by coming out to a Habitat for Humanity build.



Created by Lt J. H. MacDonald,  
 Compiled by Tiffany Gilroy.



# Camp Mirage Change of Command for ROTO 10

by Major Lori Sumner

On 10 June 2010, ROTO 10 arrived in Camp Mirage, eager to take over from ROTO 9. Consisting mainly of personnel from 8 Wing/CFB Trenton, but with additions from Comox to Greenwood, everyone hit the ground running.

There was a week to complete the in-briefs and handovers, and then on 17 June 2010, the Change of Command ceremony was held.

Prior to the ceremony, Colonel Christian Drouin, Commander of the Joint Task Force Afghanistan Air Wing, handed out some final Commander's Commendations to ROTO 9 personnel.

He then presided over the official ceremony, passing command of Theatre

Support Element - Camp Mirage from Lieutenant-Colonel Andy Cook, who will return to Trenton to take command of 437 (T) Squadron, to Lieutenant-Colonel Tom Dunne, who recently departed Trenton after two years as Commanding Officer of 424 (T&R) Squadron.

A change of appointment ceremony immediately followed, with Chief Warrant Officer Dave Herman handing over the Camp Chief's responsibility to ROTO 10's Chief Warrant Officer Rick Lefebvre.

Within a few hours, all of ROTO 9 had disappeared back to Canada on one of 437 (T) Squadron's CC150s, and ROTO 10 could finally get down to the business of providing the best possible operational support to our personnel in Afghanistan.

Photos: Submitted



From left to right: Col J.H.C. Drouin, JTF(Afg) Air Wing Commander; LCol T.P. Dunne, incoming CO TSE.



From left to right: LCol T.P. Dunne, incoming CO TSE; Col J.H.C. Drouin, JTF(Afg) Air Wing Commander; and LCol A.M.D. Cook, outgoing CO TSE.

# Pennies from the Pyrenees

Update from HCol Glenn Rainbird on his ride to raise money for the Trenton MFRC

I arrived in the south of France early evening of July 11 after minor delays with airlines and some anxious time spent waiting for my bike box, which took forever to unload by the carrier for some reason. The region greeted me with sunny skies and temperatures in the low 30s C.

Before leaving home on July 10, my bike was carefully packed and the computer set to zero in order to record total climb and distance in metres and kilometres.

Today (July 12) was a good start to acclimatize to the region. The sky was overcast and the temperature was in the low 20s: perfect conditions for climbing.

I spent six hours in the saddle slow touring and ascending a few challenging climbs. At the end of the day, 4444 vertical feet (1355 metres) and 120 kms were recorded.

Having rested since last Thursday (July 8) it was a good beginning with some early vertical in the bank know-



Honorary Colonel Glenn Rainbird

ing that not every day will be as productive.

Best to all, Glenn.

# Memorial Golf Tournament: Pte Freeman

Join us on August 21, at 1 p.m. at Baxter Creek Golf Club for the Private Michael Freeman Memorial Golf Tournament.

This tournament is a four-man/woman scramble. Included in the cost is golf, with a cart, and dinner. Single entries will be matched to a team.

The cost of the tournament is \$150.00 per person, and is payable in full at time of registration.

A receipt for donation as part of entry will be mailed after tournament and all expenses finalized.

Registration deadline is July 31, 2010. Please note, there is a limit of 32 four-person teams.

This event is raising funds in support of our troops.

All proceeds will go to the *Military Families Fund* and the *Hospital Comforts Fund*.

For more information please feel free to contact Mark Freeman at 705-741-3710 or 705-768 3710, or at mark.freeman@sympatico.ca.

You may also contact Jamie Maxwell by phone at 705- 876-6980.

**Military Families Fund and the Hospital Comforts Fund**

This event is to honour one of Peterborough's fallen Pte Michael Freeman, and to remember the great love and adventure he had for the outdoors.

Michael had set up a driving range at his Forward Operating Base where they would hit balls into the desert and the children would return them in exchange for food clothing or what ever they could do to help them.

This tournament has been organized in recognition of our fallen soldiers.

They need us to help them make a change for the better. To date over a million children have been given a chance for an education. It is our men and women that are giving of themselves to secure areas where they help to build new hospitals schools and roads.

Our hope and goal is to give back to the men and women of our forces, dignity and purpose in their life. All proceeds

from this event will be donated to the *Military Families Fund* and *The Hospital Comforts Fund*.

The *Military Families Fund* was created to assist military families faced with unforeseen and often immediate needs that have resulted due to conditions of service.

The MMF allows for several areas of support by way of grants, including rehabilitation, education, financial assistance in the case of injury or death of a CF member due to service, and urgent and extraordinary financial demands where the ability to provide family necessities is at risk.

The *Hospital Comforts Program* was created to provide for the care of Canadian Forces members confined to hospital from injury, illness, accident or surgery.

For more information visit [cfpsa.com](http://cfpsa.com) and follow links.

We hope you can come and enjoy this day in support of our men, women in uniform and to remember those that have not returned in their effort to make someone else's life better.

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Safety

## Heat illness: Protect yourself from the elements



Submitted by  
Wing General Safety  
Office

Heat illness can be fatal. Working in an excessively hot environment can be difficult -- and even fatal.

Heat can create a number of safety problems and illnesses, including heat cramps, heat exhaustion and heat stroke, which can be fatal.

These illnesses are caused by too much heat are called hyperthermia.

Heat can also cause you to become inattentive, short-tempered, dizzy and slow. All of these conditions can cause you to work in an unsafe manner.

Hot conditions can be caused by the weather or by the work situation itself, such as a laundry-

room or a foundry. When the atmosphere is humid, the effects of the heat are compounded.

Here are the warning signals of heat illness:

Heat cramps affects muscles such as those in the arms, legs and abdomen -- the muscles that have been used while working.

These cramps may occur after work, when the person is resting.

Heat cramps are a signal that the body has lost too much salt through sweating.

Heat exhaustion may have these symptoms: A feeling of exhaustion, nausea, dizziness, pale and clammy skin, quick pulse and low blood pressure.

Heat exhaustion is also a warning that the mechanism, which controls heat for the body, has become seriously overtaxed.

Heat stroke may follow if heat exhaustion is not treated.

Heat stroke is a serious matter and it can be fatal.

It occurs when the body's heat control

mechanism simply shuts down. Perspiration stops and the body temperature rises.

The heart pounds and the skin becomes flushed and hot. This condition is a medical emergency and must be treated immediately.

Here are some tips for preventing heat illness:

Get used to working in the heat gradually. For example, if the weather suddenly turns hot or you are transferred to a hot environment, take it easy until you are accustomed to the temperature.

Drink water often to avoid dehydration. The body loses water through perspiration, so you need to replenish it frequently.

Do not drink alcoholic beverages or caffeinated beverages because they will cause you to lose even more water and salt.

Take frequent rest breaks when working in hot conditions. These breaks can consist of moving to a cooler area or switching to lighter work for awhile.

Get a physician's

advice before replacing salt, particularly if your salt intake is restricted for medical reasons such as circulatory problems.

The use of salt tablets is not recommended. Eating lightly salted food -- before entering the work environment -- may be a better idea.

Also available are special drinks, which are intended to replace the body's fluid and mineral levels.

Dress lightly, in layers so that you can subtract or add clothing as the temperature changes. Be sure to shade the skin against the sun.

It is important that you remain alert to the signs of heat illness in yourself and in your co-workers.

If signs of heat illness develop, move the victim to a cool place and cool him off by fanning or soaking him with cool water. If he is conscious, give him water to drink.

If you have any reason to suspect that the person may be suffering from heat stroke, call for medical help immediately.

## Consider proper eye care

(NC)—Finding the right pair of sunglasses can be tricky with so many colours and designs to choose from. While many people base their choices on how the frames look in the mirror, eye care experts say the selection process should go deeper than that.

"It's important to ask questions about the materials used in the frames and lenses to make sure they meet your lifestyle needs and offer good sun protection," says Dr. Daryan Angle, an optometrist with IRIS the Visual Group, a network of eye care centres. "The more informed you are, the more likely you'll find the best match for eyes."

Not sure what to ask? IRIS offers the following list of things to look for when shopping for your next pair of sunglasses:

- **Frame Components.** Sunglass frames are made from a variety of materials, including plastics and metals. Polycarbonate plastic offers good impact resistance, while premium materials like titanium are lightweight, corrosion-resistant and hypo-allergenic.

- **Polarization.** Lenses with polarized films help cut out light (glare) that bounces off surfaces like water or the road, making them excellent for outdoor activities like fishing or jogging. Smoother reflective surfaces like the hood of a car can intensify UV rays, so polarized sunglasses are also great for driving.

- **Tinting.** Colours applied on sunglass lenses help absorb varying levels of light in different ways. Gray tints reduce brightness without distorting colour, while green tints reduce glare and filter out blue light -- the part of the spectrum that can cause visual blurring and darkness. Photochromic lenses instantly darken or lighten, depending on the light intensity level.

- **Anti-reflective coatings.** Applied to the back surface of the sunglass lens, these can help block light coming in from other angles, preventing it from entering the eyes.

- **UV protection.** A UV protection rate of 100 per cent is the gold standard. "A \$20 pair of sunglasses is not likely to offer enough protection to safeguard the eyes from sun damage," says Dr. Angle.

More information is available online at [www.iris.ca](http://www.iris.ca).

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## PET OF THE WEEK

Frankie is a 2 1/2 year old spayed female boxer Her owners could no longer afford to have a dog, so made the difficult decision to bring her to the shelter in hopes that she would find a new home with someone who would love her and take care of her properly. She is cautious with new people, but is playful, affectionate and a darling to be around.

Contact the Quinte Humane Society for more information.

Animals are from the Quinte Humane Society  
527 Avonlough Rd., Belleville 613-968-4673

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# WING OPERATIONS WELCOMES NEW COMMANDING OFFICER



Photos: MCpl Miranda Langguth, 8 Wing Imaging

**Above:** Colonel Dave Cochrane (centre), Commander, 8 Wing/CFB Trenton, Lieutenant-Colonel Darwin Ziprick (left) and LCol Dave Murphy (right) pause during the signing of the Change of Command Scrolls for a photo. Col Cochrane presided over the Wing Operations Change of Command Ceremony, held at the Officer's Mess at 8 Wing/CFB Trenton, at which LCol Murphy relinquished command to LCol Ziprick.

**Right:** Lieutenant-Colonel Darwin Ziprick addresses VIPs and guests during the Wing Operations (WOps) Change of Command Ceremony. LCol Ziprick is the incoming Commander of WOps and will be replacing LCol Dave Murphy

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# 8 Wing/CFB Trenton 2009-2010 Sports Awards presented

by Dan Cormier, Military Sports Coordinator

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, presided over the 8 Wing/CFB Trenton 10th Annual Sports Awards Ceremony held at the Astra Lounge on June 17.

The awards breakfast was held to “tip our hats to the fine athletes, coaches, officials and volunteers” who make our sports programs so successful. This year, those honoured were done so based on a time period of June 1, 2009 and May 31, 2010.

The Canadian Forces has four levels of sports competitions. The first level is the Base/Wing sports program with the other levels being CF regional, national and Conseil International du Sport Militaire competitions.

## ONTARIO REGION CHAMPIONSHIP

There are five regions in the CF, consisting of Atlantic, Quebec, Ontario, Prairie and Pacific, with 14 sports played annually at the Ontario level, with participants from Trenton, Borden, Kingston, Petawawa, North Bay, London, Toronto and Meaford.

Winners of these sports (except bowling and curling) then represent Ontario at the CF National Sports Championships held primarily at CFB Borden, and 8 Wing/CFB Trenton have been tremendously successful this past year at the regional level.

## REGIONAL “GOLD”

Winning gold at the regional championships is an extremely exciting and rewarding accomplishment. Not only are you declared the best in Ontario, you then represent the Ontario region at the CF National Championship. Over this past

year and a half, Trenton has been declared Ontario Region Champion twice.

MCpl Steve Owen and team members of the Old Timers Hockey Team presented their Ontario Region Banner to Col Dave Cochrane during the awards, and Capt Paul Peloquin and team member of the Curling Team presented the Ontario Region Banner to Col Dave Cochrane.

## CF ANNUAL ACHIEVEMENT AWARDS

The CF Sports Awards Program comprises three categories: the Sports Hall of Fame, the Sports Honour Roll and Annual Sports Achievement Awards that includes the Male Athlete of the Year, Female Athlete of the Year, Military Male Coach, Military Female Coach, Team and Official of the Year.

The Annual Sports Achievement Awards are first selected at the unit level, and then staffed to Command for selection for Command Awards. Command Award Winners are then sent to CFPSA Ottawa to be selected for the CF National Sports Awards.

This year at 8 Wing, we received several outstanding nominations for each of the CF Annual Sports Achievement Award categories and all nominated athletes should be congratulated for their achievements. From the nominees, the Wing/Base Sports Selection Committee selected a winner in each category. The profiles on each of the winners were forwarded to Air Command for consideration for a Command Sports Award.

## MALE ATHLETE OF THE YEAR

Sgt Duane Bryson first began his career in the CF as a Medical Technician almost 20 years ago. Eleven years ago, Sgt Bryson decided to make a component transfer and

has been a Search and Rescue Technician (SAR-Tech) ever since. Not only has Sgt Bryson attained all qualifications of SAR tech, he's been a team lead for over five years.

SAR-Techs complete duties that are physically and mentally demanding and Sgt Bryson takes this to the next level. In a trade of physically fit individuals, he's seen as someone who goes above and beyond when it comes to fitness, he regularly runs or cycles to and from work and he competes in various triathlons and Ironman across Canada and the US to further challenge him both physically and mentally, ensuring that he is always in top form to perform his primary duties as a SAR-Tech.

Extremely fit, Sgt Bryson is an incredibly dedicated soldier who uses his own enthusiasm to encourage his peers to overcome their fitness limitations. Sgt Bryson epitomizes the term “dedication”.

## FEMALE ATHLETE OF THE YEAR

Sgt Lisa Rowe maintains a very high level of personal physical fitness and continually achieves exempt status on her CF Express. This dedication allows her to excel in team and individual sports.

As a member of the 8 Wing Women's Hockey team, her leadership and mentorship were instrumental in the development of less talented players, allowing them to progress to a much higher standard. She was also a strong defensive player for the Senior Ladies Belleville Bearcats hockey team, playing in tournaments throughout eastern Ontario, and the Provincial Championships.

She's an avid golfer who took second place at the 2009 Roundel Glen Ladies Championships, and has attended two National tryouts for the CISM Golf team one of which was the CF National Golf

Championships held in Shilo, Manitoba. She placed second by only two strokes at the nationals and was selected to represent the CF at the World CISM Golf Championships in Namibia. Her fifth place showing at CISM in the individual category is a testament to her dedication toward any sport.

Sgt Rowe, and her counterpart from Cold Lake, formed the CF Women's team representation, and are awarded the silver medal for team placement – a first for CF Women since the inception of the CISM platform.

## OFFICIAL OF THE YEAR

Cpl Jacques Caron is an extremely dedicated member of 8 Wing, the Ontario region and the CF Basketball community. His unwavering dedication and the countless hours of personal time that he dedicates to the officiating of basketball are most certainly worthy of recognition.

Over the years, he has consistently been a key member of the officiating ranks at both CF and civilian organized basketball leagues and tournaments.

This past year, he was the Umpire in Chief at both the CF Ontario Regional Championships and the CF National Championships held at CFB Borden. His continued desire to officiate at this level of competition is certainly a testament to his desire to serve, and better the CF sports community. In addition to his service with the CF basketball program, Cpl Caron has and continues to dedicate a large part of his personal time to officiating at local civilian basketball competitions including the high school season finals and the AA girl's provincial tournament.

Off the court, he's also been involved in various committees and members of various boards, including the annual general **See Page 9 for more story and photos**

Photos: Submitted



Master Corporal Steve Owen presented the Old Timers Hockey Team Ontario Region Banner to Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton.



Captain Paul Peloquin presented the Ontario Region Banner for Curling to Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton.



Male Athlete of the Year was presented to Sergeant Duane Bryson.



Female Athlete of the Year was presented to Sergeant Lisa Rowe.



## 8 Wing/CFB Trenton Sports Awards presented, Cont'd from Page 8

meeting of the Ontario Association of Basketball Officials. He's a member of the Knights of Columbus where he assisted in organizing and officiating the free throw competition at the local, regional and provincial levels, demonstrating a well-rounded and complete dedication to officiating basketball in the CF and civilian community.

### MALE MILITARY COACH OF THE YEAR

Cpl Gab Vanderkamp was a tremendously active member of 8 Wing and the sporting community. His effort, dedication and contributions as coach of the Base Men's Soccer team were significant and deserving of special recognition.

Cpl Vanderkamp, in an effort to better prepare his team for Regional and National competition, entered the team in the top Quinte Men's Soccer League finishing third overall. The men's team finished third out of five teams at the Ontario Region Championship. His consistent hard work and superior coaching skills were recognized by being requested to assist the CISM Men's Soccer Team. He also coached the U-14 Brighton Soccer Team to second place, and conducted soccer skills clinic for the club. *Cpl Vanderkamp will receive his 2009 Male Military Coach of the Year award at the CF Sports Awards Banquet on October 24, 2010 in Ottawa. (Air Command Award Winner)*

### TEAM OF THE YEAR

The Vintage Flyers were a credit to 8 Wing at the 2009 Ontario Region Old Timers Hockey Championship, winning gold and going undefeated. They represented the Ontario region extremely well at the 2009 CF National Old Timers Hockey Championship, gaining two of six all-star player selections, finishing third in the championship. The team represented Trenton extremely well both on and off the ice, in military and civilian competition. The team also competed against A Div Old Timer teams in local area and in two tournaments, quickly gaining the respect of their opposition.

### 8 WING SUPPLEMENTARY AWARDS

We also recognize sportsmanship and community service in our Sports Awards Program. The awards for Volunteer of the Year, Most Sportsmanlike Team of the Year, and Most Sportsmanlike Player of the Year are not staffed to Command however, these individuals have made a valuable

contribution to the Wing/Base Sports Program and deserve to be recognized.

Once again, it was tough for the committee to choose the winners of the following three Sports Awards categories:

**Most Sportsmanlike Player:** The nominees for this award are usually described as friendly, fair, possessing a positive attitude, supportive, provide advice and encouragement, and in general, an all-around nice person. Played in an enthusiastic and fair manner in the Wing Hockey League. *Winner: Sgt Ian St-Laurent*

**Most Sportsmanlike Team:** Sportsmanship comes from teams as well as from individuals. The camaraderie, friendship and sportsmanship that a team develops amongst itself are very important to the chemistry of the team. To share their enthusiasm and sportsmanship with their fellow competitors is admirable. *Winner: Habs NHL team rep Capt Richard Dumais*

**Volunteer of the Year:** We simply cannot stress enough how important volunteers are to our Base/Wing sports program and to 8 Wing/CFB Trenton. They fulfil Executive positions on our intersection leagues; they are the coaches and/or managers of our Wing/Base Teams. The backbone of our sports program is our volunteers – we just couldn't do it without them.

I wish to take this opportunity to recognize the tireless efforts of our sport league executives and the dedicated and talented Coaches of our Wing/Base Teams who have volunteered their time and talents, which has resulted in the tremendously successful year for our leagues and sports teams. *Winner: Cpl Shawn Thompson, President of the Wing Hockey League.*

### SPECIAL PRESENTATION

To Mr. J.J. O'Neill for 25 years of dedicated service to the Wing Sports Program as the Hockey Time Keeper.

On behalf of all the athletes, volunteers and the 8 Wing Fitness and Sports Flight, I would like to personally thank Col Dave Cochrane, the COs, branch heads, the CWOs, supervisors and especially the fellow workers who pick up some of the extra work-load or change shifts, for their continued support of the sports program.

In these busy times of operational commitments and shortage of personnel, it's gratifying that our athletes, coaches, managers, officials and volunteers are afforded the necessary time off to practice and prepare themselves so they can compete competitively while representing our base in

Photos: Submitted



**Corporal Gab Vanderkamp is the recipient of Male Military Coach of the Year, presented by Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton.**



**Volunteer of the Year was awarded to Corporal Shawn Thompson, President of the Wing Hockey League, presented by Chief Warrant Officer Kevin West, 8 Wing Chief Warrant Officer.**



**Official of the Year was presented to Corporal Jacques Caron, by Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton.**



**The Most Sportsmanlike Team award went to the Noon Hour Hockey League 'Habs,' represented by Captain Richard Dumais, presented by Chief Warrant Officer Kevin West, 8 Wing Chief Warrant Officer.**



**Mr. J.J. O'Neill was awarded a Special Presentation acknowledgement for 25 years of dedicated service to the Wing Sports Program, presented by Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton.**



## Health Eating Challenge Number Two: Weight Management

Last time we looked at the challenges of too little time and its effects on our eating habits.

Today, the issue is around weight management. It is a concept that sounds straightforward, but that is difficult in practice and is compounded by the media's obsession with this topic.

What is fact and what is fiction when it comes to weight management in the context of solutions to nutrition challenges.

### THE CHALLENGE

Achieving and maintaining a healthy weight.

### KEY STRATEGIES

Remember the principles of balance and moderation – it is important to make choices based on getting a variety of whole (versus processed) foods from all the food groups.

Watch the serving sizes – meat should not be the size of your head, but rather the size of a deck of cards or the palm of your hand.

One plateful of food does not equal one serving. Check the food guide for a listing of what counts as a serving of what.

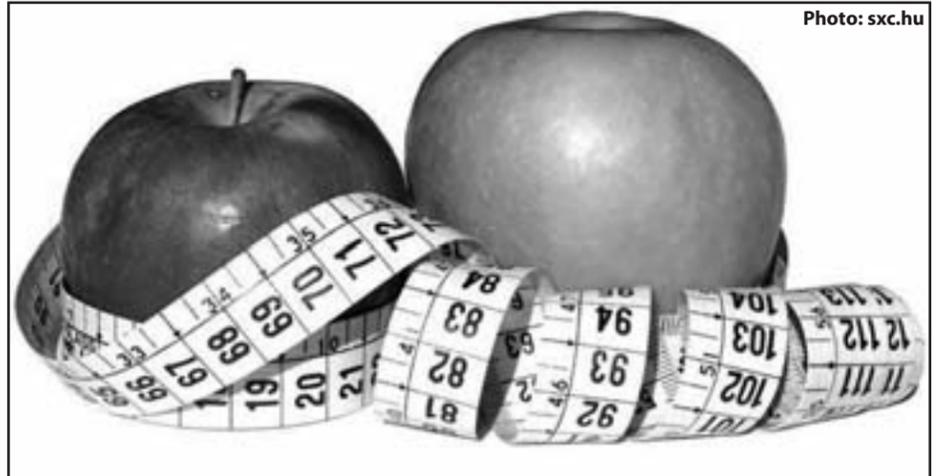
Avoid getting sucked into the fad diet

whirlpool. Diets that make you give up entire food groups or purchase supplements will result in weight loss – but only for as long as you follow their “plan”.

When you go back to eating the way you always did, the lost pounds will be back with a vengeance, and they most always bring friends!

Get off the couch – and walk, cycle, inline skate, swim, play ball, dance or do anything that requires continuous aerobic effort.

Diet alone will not achieve weight loss or manage your weight – you need to be active



everyday.

Consult a dietitian – if you don't have a base dietitian check with your local health unit or hospital outpatient clinic to find one or go online at

[www.dietitians.ca](http://www.dietitians.ca) to “find a dietitian”.

Stay realistic – we are not all meant to look like the celebrities on TV or in magazines.

Your healthy weight is

one at which you feel good and are not at increased risk for health problems related to excess weight (for example: diabetes or heart disease).

## Take the time to donate: It's in you to give

**Next Blood Donor clinic: July 19, 2010 at Baker Island Community Centre**

The following are the top ten reasons to donate blood:

10. You get treats after you donate blood and you don't even need to feel guilty about breaking your diet because....

9. You weigh less after you give blood!

Each donation is about 450 ml of blood, temporarily reducing your overall weight by just enough to allow you to enjoy your treats guilt-free.

8. You help meet an increasing demand for blood! On average, every minute of every day, blood product is needed by someone in Canada.

7. You and your blood are unique! There is no substitute for blood. It



cannot be manufactured and there must be a variety of types available at all times.

6. You leave feeling taller! You are making a difference in the world.

Donating blood is an easy, free way to make a direct impact.

5. You help to insure an adequate supply!

The majority of Canadians say that they or family members have needed blood or blood products.

4. You have what it takes! It takes about eight

donors per week to collect enough blood for one cancer patient, and up to 50 donors to collect enough blood for the victim of a car accident

3. You can help even more by donating every 56 days!

Blood and blood products have a limited shelf life and must be replaced regularly to maintain a fresh inventory.

2. You can donate blood in about one hour! It is easy to do.

By giving a little bit of your time, you will have a

direct impact on the health of someone in need.

And finally, the number one reason to give blood...

1. You may save up to three lives!

Every time you give blood, you have the power to save or improve the lives of up to three patients counting on you.

Call 1-888-2-DONATE (1-888-236-6283) today to give blood at the Baker Island Community Centre, 27 Island Park, 8 Wing/CFB Trenton.

For more information please feel free to contact Linda Mather, Community Development Coordinator, Canadian Blood Services, at 613-530-3408.

## Did You Know?

Blood pressure is measured with a sphygmomanometer. The higher number (systolic pressure) measures the maximum pressure exerted on arteries and the heart muscle; the lower figure (diastolic pressure) measures the minimum pressure exerted.

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*Visit [healthpromotion.cfbtrenton.com](http://healthpromotion.cfbtrenton.com) to learn more about the programs and services offered by your 8 Wing Health Promotion team.*

## PLEASE, IF YOU DRINK...DON'T DRIVE!

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# SPORTS & RECREATION

## Ladies Golf League update

Thirty women braved the heat and humidity on July 5 to participate in the Monday Evening Golf League, but only six of them walked the nine holes.



Everyone else took advantage of the \$10 cart deal and created their own breezes throughout the round!

Closest to the pin on hole number 1 was Jane Poirier, while Bev Delaney's birdie on hole number 3 earned her the prize. The majority of the golfers stayed for the salad supper.

The Wednesday Morning Ladies didn't play on July 7, with most participants attending the funeral of a long-time member of our golf and

curling community.

Play continues on Wednesday mornings at 9 a.m., with anyone interested in taking part asked to arrive at least 20 minutes ahead of our first tee-time.

Upcoming events at Roundel Glen include the Senior Men's Club Championship on July 18, the Women's Club Championship on July 17 and 18, the Men's Invitational Tournament July 24 and 25, and the Annual Trenton Challenge on August 11.

## Bronze Medallion/Bronze Cross and Standard First Aid

Participants must be 13 years of age or older in order to take the Bronze Medallion/Bronze Cross and Standard First Aid crash course.

The course will take place Monday to Friday, from August 16 to 20, 2010.

The course will run

from 9 a.m. to 6 p.m. each day

Cost is as follows: \$225 for military community members; and \$250 for the general public.

Please note that this is an intense program, and is designed for individuals who have strong swimming skills.

## New Group Power Classes

This 55-minute strength-training class followed by 15-minutes of stretching and relaxation challenges all your major muscle groups.

This class is results-focused, designed to build muscle and burn fat quickly.

It will increase your strength and build your confidence; improve general fitness by improving body shape and tone; and, challenge the onset of osteoporosis in both men and women.

Exercises are offered at different levels to

incorporate varying experience and capabilities.

Classes will take place on Wednesdays, from July 7 to September 1, 2010 (for a total of nine weeks), from 6 to 7:10 p.m. at the South Side Gym.

Cost is \$30 plus HST for military community members, and \$35 plus HST for the general public.

Drop-in fee, space permitting: \$4 for military community with ID, and \$5 for the general public.

## REC PLEX SUMMER HOURS OF OPERATION

The RecPlex and the Pools commenced summer hours on Monday, July 5. A new schedule may be picked up at the RecPlex or check it out online at [www.cfbtrenton.com](http://www.cfbtrenton.com).

## Summer Red Cross Swim Lessons

Final Session of the summer will take place from Aug 16 to 27, Monday, Tuesday, Wednesday and Friday mornings for two weeks (8 lessons in total).

Registration for 8 Wing military community members will take place on Tuesday, August 3, from 4 to 6 p.m. at the RecPlex.

Numbers for service will be given out beginning at 3 p.m. Registration for the 8 Wing Community continues until

Tuesday, June 29, at 3 p.m. at the RecPlex.

*Please note that no registration will take place after 3 pm on Tuesday, June 29.*

Registration for the general public will take place on Tuesday, August 10, from 10 to 7 p.m. at the RecPlex. Numbers for service will be given out beginning at 4 p.m.

Registration for all will continue until the first class.

## Roundel Glen Golf Course Passes

The PSP CRA now has passes for the Roundel Glen Golf Course.

Purchase your pass at the RecPlex at a cost of \$30 plus HST for 18 holes or the pass may be used for two nine-hole games. Passes are available to military personnel and CRA members only. *Note: There is a limit of one pass per member.*

The Roundel Glen Golf Course is one of the most beautiful and challenging courses in the Quinte area.

Its clubhouse includes a pro shop, locker rooms, lounge, covered deck and a complete food and beverage outlet.

There is also a driving range, chipping area, and putting green available.

## ONTARIO PROVINCIAL PARKS DAY PASSES

The Rec Association now has Day Passes available, which may be rented and signed out by military personnel and CRA members.

Use these passes at any of the Provincial Parks in our area; Presqu'ile, Sandbanks, North Beach, Ferris, Bon Echo. Pay to sign out the pass; use the pass and return it either the same day or by 9 a.m. the following morning or 12:45 p.m. on weekends.

Cost for each pass is \$ 8 plus HST. Please note: Limit of one pass per family. Sorry, no reservations. Passes will be available on a first come - first serve basis. For more information please call ext 3361.



## Oak Hills Golf Passes

The PSP CRA now has passes for Oak Hills Golf Course. Oak Hills is home to two 18-hole courses - The Highland and The Glen - and is conveniently located just 15 minutes north of the 401.

Purchase your pass at the RecPlex at a cost of \$27 plus GST. Please be advised that passes are available to military personnel and CRA members only.

*Note: There is a limit of one pass per member.*

## Summer Kidz Kamp

Spaces available

We still have a bit of room in all weeks of Summer Kidz Kamp.

The camp runs from 8 a.m. to 4 p.m. each day with extended care available from 7 a.m. to 5 p.m. at an additional cost.

This camp is designed for kids ages six to 12 years old.

For more information and or to register, stop by the RecPlex.

## Junior Lifeguard Club

Junior Lifeguard Club will take place on Tuesday and Thursday evenings, from July 13 to August 12. Classes will run from 5:05 to 5:50 p.m.

Cost: \$70 plus HST for military community, and \$80 plus HST for the general public.



## Fit Families

Join us for an hour or so of active fun.

We know you want your family to make healthier lifestyle choices, to be more physically active and to make nutritious food choices.

So...to help you with this goal, come join us on Saturday, July 17, and Saturday, August 28, from 9 to 10:30 a.m. at the RecPlex.

Cost per family per date: \$10 plus HST for military community families and \$15 plus HST for the general public.



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# KAF Army Run raises thousands for Afghan schools

by LCol Suzanne Côté  
Army News

*Kandahar, Afghanistan* — On the 66th anniversary of D-Day, another invasion of sorts took place when more than 750 runners and 80 volunteers participated in the summer edition of the 2010 Kandahar Airfield (KAF) Army Run.

This year's run on June 6 was the largest held at KAF. Backed by Canada Army Run staff in Ottawa, the organizers held both a five kilometre and a half-marathon event.

Amazingly, a few hardcore runners left in the dark at 4 a.m. to complete a full marathon, while the half-marathon and five kilometre runs began at 5:30 a.m. and 7 a.m., respectively.

Thomas DeSchutter of Belgium won the men's half-marathon event, with a time of 1:18:55; Randy

Wintermantel of the USA won the women's race in 1:33:17.

American Alex Lancaster won the men's five kilometre run in 17:43 while Jessica Walker, also of the United States, won the women's event in 23:16.

Events such as the KAF Army Run help maintain personal fitness and form an integral part of the Sunday morning routine for many KAF residents.

They also enhance morale by joining military and civilian personnel from around the world whose common goal is to help build a better future for Afghanistan.

Thanks to the generosity of the Canadian Army and donations from various sponsors, runners and volunteers, organizers of the KAF Army Run raised \$11,235 (US dollars) for local schools, including the one in Mullah

Abdullah Kariz, a small village situated 4.5 km northwest of KAF.

The 2010 Canada Army Run is scheduled to take place on September 19 in Ottawa.

For more information about this event, please visit <http://www.armyrun.ca/en/default.aspx>.

**Hundreds of participants of the coalition force for Task Force Kandahar participated in the Army Run which took place at Kandahar Airfield. All funds raised goes toward local Afghan Schools, in particular, the Molla Abdullah Kariz School as part of Hearts and Mind Program. JTF-Afg is Canada's military contribution to Afghanistan. Canadian operations focus on working with Afghan authorities to improve security, governance, and economic development in the country.**



Photo: MCpl Claude Arseneault, Joint Task Force Kandahar Image Tech

## Les fonds amassés sont versés aux écoles afghanes

par Lcol Suzanne Côté  
Les Nouvelles de l'Armée

*Kandahar (Afghanistan)* — Le jour du 66e anniversaire du jour J, une autre invasion est survenue alors que plus de 750 coureurs et 80 bénévoles ont envahi l'aérodrome de Kandahar (KAF) pour prendre part à l'édition estivale de la Course de l'Armée de 2010.

L'activité de cette année, qui a eu lieu le 6 juin, était la plus importante jamais organisée au KAF. Avec l'appui du personnel de la Course de l'Armée du Canada à Ottawa, les organisateurs ont prévu deux courses, un parcours de cinq kilomètres et un demi marathon. Étonnamment, quelques coureurs téméraires étaient sur place à 4 h du matin pour effectuer un marathon alors que les participants au demi-marathon ont commencé à courir à 5 h 30. Ceux qui participaient à la course de 5 km étaient sur la ligne de départ à 7 h.

Thomas DeSchutter, de la Belgique, a remporté le demi-marathon chez les hommes et a terminé en 1 h 18 min 55 s. La gagnante de la course chez les femmes, Randy Wintermantel des États-Unis, a quant à elle terminé en 1

h 33 min 17 s. Deux américains ont gagné la course de 5 km; chez les hommes, Alex Lancaster, a terminé en 17 min 43 s alors que la gagnante de la course chez les femmes, Jessica Walker, a terminé en 23 min 16 s.

Les activités comme la Course de l'Armée du KAF permettent au personnel de garder la forme et font partie de la routine du dimanche matin de bien des résidents de l'aérodrome. Elles remontent également le moral du personnel, car elles réunissent des militaires et des civils du monde entier qui ont tous la même mission, bâtir un meilleur avenir pour l'Afghanistan.

Grâce à la générosité des Forces canadiennes et aux dons des divers commanditaires, les coureurs, les bénévoles et les organisateurs de la Course de l'Armée du KAF ont amassé 11 235 \$US pour les écoles de la région, y compris celle de Mullah Abdullah Kariz, un petit village situé à 4,5 km au nord-ouest de l'aérodrome.

La Course de l'Armée de 2010 d'Ottawa aura lieu le 19 septembre. Pour de plus amples renseignements au sujet de cet événement, visitez le site <http://www.armyrun.ca/fr/default.aspx>.



Photo: Cplc Claude Arseneault, FOI Afghanistan

**Les coureurs enthousiastes ont pris part à la Course de l'Armée du KAF. L'activité a permis d'amasser plus de 11 000 \$US pour les écoles afghanes de la région.**



Gouvernement  
du Canada

Government  
of Canada

### Avis public

#### RÉSERVE NATIONALE DE LA FAUNE DE LA BAIE WELLER

#### Accès public interdit

L'accès public à la Réserve nationale de la faune de la baie Weller est interdit afin d'empêcher que les espèces sauvages et leur habitat ne soient perturbés et afin de protéger le public des dangers liés aux munitions explosives non explosées. L'ancien secteur de bombardement de la Défense nationale est maintenant une réserve nationale de la faune et constitue un important habitat et refuge pour diverses espèces sauvages. La réserve est clairement identifiée par des panneaux d'avertissement autour de son périmètre.

Il est interdit à toute personne d'utiliser la Réserve nationale de la faune de la baie Weller à des fins de loisirs, sous peine d'accusations en vertu du *Règlement sur les réserves d'espèces sauvages* de la *Loi sur les espèces sauvages du Canada*.

Toutes les munitions explosives non explosées, qu'elles soient récentes ou vieilles, morcelées ou complètes, peuvent exploser et causer de sérieuses blessures ou même la mort.

Si vous avez trouvé quelque chose qui pourrait être un engin explosif, ne le touchez pas et ne le déplacez pas de quelque façon que ce soit. Notez l'endroit où se trouve l'objet et quittez la zone. Téléphonez au service de police local et signalez ce que vous avez trouvé et où vous l'avez trouvé.

Pour de plus amples renseignements, veuillez communiquer avec :

Service canadien de la faune

Environnement Canada

Téléphone : 519-472-6695

Informathèque d'Environnement Canada

Téléphone : 1-800-668-6767 (au Canada uniquement)

ou 819-997-2800

TTY : 819-994-0736

Courriel : [enviroinfo@ec.gc.ca](mailto:enviroinfo@ec.gc.ca)

Canada

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No Credit? No Problem. See Page 12 for Details!

**07 CHEV SILVERADO LT Z71**



P11191 4X4! 5.3L-V8, Extended cab, short bed, bed liner, trailer hitch, alloy wheels, 4 dr, pwr seat, OnStar, dual climate controls, tilt, cruise, air, steering wheel controls, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 34,000kms.

**\$21,995**

Payments Include EVERYTHING!

**08 DODGE RAM 1500**



D11109 4X4, Flex fuel! V8, Long bed, rear sliding window, bed liner, trailer hitch, 2 dr, air, cruise, tilt, steering wheel controls, AM/FM/CD, 52,000kms.

**\$16,995**

Payments Include EVERYTHING!

**06 DODGE SPRINTER 3500**



S294 Cube van, diesel, inside measurements 14' long x 7'6" wide x 6'7" high, air, AM/FM/CD, keyless entry, 83,000kms.

**\$24,995**

Payments Include EVERYTHING!

**08 CHEV SILVERADO LT**



P11356 Alloy wheels! Chrome step bars! 4.8L-V8, Z71, Extended cab, short bed, 4 dr, trailer hitch, OnStar, steering wheel controls, cruise, tilt, air, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, only 34,000kms!

**\$20,495**

Payments Include EVERYTHING!

**07 CHEV SILVERADO 1500 LS**



T1392 4X4! Chrome wheels! 4.8L-V8, Crew cab, short bed with bed liner, trailer hitch, OnStar, steering wheel controls, air, tilt, AM/FM/CD, only 43,000kms!

**\$17,995**

Payments Include EVERYTHING!

**08 DODGE RAM 1500**



T0923 4X4, V8! Long bed with bed liner, Trailer hitch, steering wheel controls, tow mirrors, flex fuel, tilt, cruise, air, AM/FM/CD, only 29,000kms!

**\$17,995**

Payments Include EVERYTHING!

**08 DODGE DAKOTA SLT**



T1249 4x4! Navigation system! Pwr heated seats! Chrome wheels! Flex fuel! Extended cab, bed liner, chrome step bars, u-connect compatible, factory remote start, steering wheel controls, air, cruise, tilt, satellite radio, CD/MP3, pwr mirrors, locks, windows, keyless entry, only 27,000kms!

**\$18,995**

Payments Include EVERYTHING!

**07 GMC SIERRA 1500 SLE**



T1390 4X4! Fiberglass cab! 5.3L-V8, Z71, Extended cab, short bed, trailer hitch, factory remote start, dual climate controls, OnStar, steering wheel controls, cruise, tilt, air, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 65,000kms.

**\$20,995**

Payments Include EVERYTHING!

**08 DODGE RAM 1500 SLT**



T1232 4X4, 5.7L-V8 Hemi! Crew cab, short bed, chrome step bars, alloy wheels, trailer hitch, pwr rear sliding window, factory remote start, steering wheel controls, u-connect compatible, cruise, air, tilt, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 57,000kms.

**\$21,495**

Payments Include EVERYTHING!

**08 DODGE RAM 1500 SXT**



T1414 4X4! Chrome wheels! 5.7L-V8, Crew cab, short bed, trailer hitch, 4 dr., air, cruise, tilt, steering wheel controls, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 36,000kms!

**\$20,495**

Payments Include EVERYTHING!

**07 CHEV SILVERADO 1500 LT**



P11213 4x4! Pwr rear sliding window! 20" Alloy wheels! 5.3L-V8, Extended, short bed, bed liner, trailer hitch, chrome step bars, park aid, pwr pedals, flex fuel, factory remote start, steering wheel controls, dual climate controls, traction control, OnStar, air, tilt, cruise, satellite radio, CD, pwr mirrors, locks, windows, only 12,000kms!!

**\$24,795**

Payments Include EVERYTHING!

**07 CHEV SILVERADO 1500 LTZ**



P11377 4x4! 20" Alloy wheels! Ground effects! Pwr heated leather memory seats! Pwr sunroof! 5.3L-V8, Crew cab, short bed, bed liner, step bars, pwr pedals, park aid, factory remote start, tilt, cruise, air, OnStar, steering wheel controls, satellite radio, 6 disc changer, pwr windows, locks, mirrors, keyless entry, 57,000kms.

**\$26,995**

Payments Include EVERYTHING!

**08 DODGE 1500 SXT**



T1303 4X4! Chrome wheels! Pwr heated mirrors! 5.7L-V8 Hemi, Crew cab, short bed, 4th dr, tilt, air, cruise, steering wheel controls, AM/FM/CD, pwr locks, windows, keyless entry, only 41,000kms!

**\$19,995**

Payments Include EVERYTHING!

**08 DODGE DAKOTA SXT**



T1302P Alloy wheels! Fiberglass cap! 3.7L-V6, Extended cab, Automatic, pwr seat, u-connect compatible, cruise, air, tilt, AM/FM/CD/MP3, pwr mirrors, locks, windows, keyless entry, 45,000kms!

**\$14,995**

Payments Include EVERYTHING!

**08 DODGE RAM 1500HD SXT SLT**



T1193 4x4! Pwr leather seats! Alloy wheels! Tow mirrors! 5.7L-V8 Hemi, Mega crew cab, short bed, chrome step bars, trailer hitch, air, cruise, tilt, factory remote start, steering wheel controls, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 50,000kms.

**\$24,995**

Payments Include EVERYTHING!

**08 DODGE RAM 1500**



T1330 4X4! Chrome wheels! 5.7L-V8 Hemi, Crew cab, short bed, trailer hitch, chrome step bars, tilt, cruise, air, AM/FM/CD, steering wheel controls, pwr mirrors, windows, locks, keyless entry, only 36,000kms!

**\$19,995**

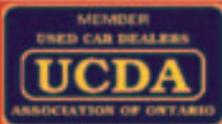
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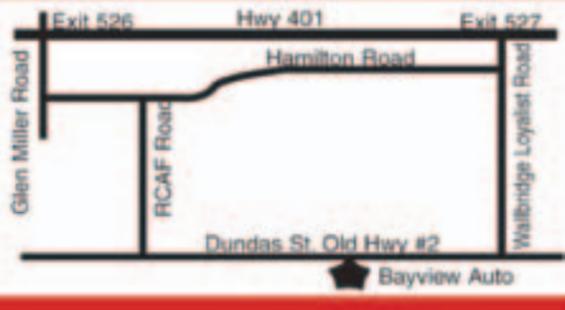
All payments based on biweekly payments. 2005 & 2006 - 60 mths; 2007 - 72 mths; 2008 & 2009 - 84 mths; 2010 - 96 mths. PPSA, and taxes included. EG: \$10,000 + taxes \$1,200 + PPSA, \$65 = \$11,265.00 financed over 60 months at 8.99% = \$117.34 biweekly with a cost of borrowing of \$1,962.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates current at time of print. 0 down, taxes included. Bayview Auto is not responsible for any errors in pricing. See dealer for details.

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# Introducing Quinte's Newest Motosport Destinations

## **Bike King** GARAGE

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For those frustrated with lack of space, lack of tools and lack of equipment an affordable solution:

*BIKE KING Offers our customers the ability to work in a premier garage facility with professional tools & equipment. We provide:*

**4 WORK STATIONS : 2 with Motorcycle lifts with ATV extenders  
1 with Dirt Bike Lift · 1 Open Floor Station**

**Hourly/Half Daily/Daily/Weekly/Monthly Rates Available.**

A great way to get to know your bike and hang out with fellow enthusiasts and enjoy yourself!

BIKE KING offers parts and accessories, new and used motorsports clothing & equipment and motosports vehicles on consignment.

Located at 3928 Old Hwy 2 East of Belleville. (In the plaza beside Speedy Glass)

Convenient Hours: Tues - Sat 1000 hrs - 2000 hrs Sun 1000 hrs-1600 hrs Mon Closed



## **ROLAND THUNDER Motorcycle Clothing & Apparel**

Best prices in the Quinte Region

Helmets, Saddlebags,

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Let the good times roll.



**Over 100  
Arctic Cat Bikes  
In Stock**



# FAMILY



## Activity: Frozen Juice or Yogurt Pops



Popsicles are a refreshing treat on a hot day!

Combining and freezing simple ingredients is fun to do and provides Comfort, Play and Teach™ time together as you cook and enjoy sharing a snack.

**You will need:** Fruit juice (e.g. apple, grape) or blend 500 ml yogurt with bananas and fresh berries, and honey, to taste; small paper cups; small plastic pitcher; popsicle sticks; waxed paper; and small tray.

**Instructions:** Place several paper cups onto a tray. Fill a small pitcher with juice, or with prepared yogurt, fruit and honey mixture.

Your child can pour juice or yogurt mixture into

the paper cups until they are ¾ full.

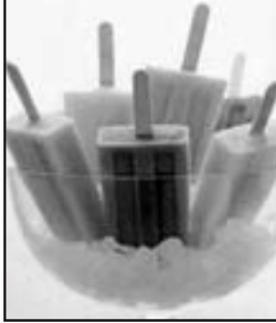
Place a sheet of waxed paper over the cups. This will keep the popsicle sticks standing straight when you poke them through the paper and into each cup.

Place the tray of popsicles into the freezer for several hours. When ready, remove the sheet of waxed paper, and enjoy your frozen treat!

Enjoy this more with Comfort, Play and Teach™:

**Comfort:** While you are enjoying your snack together, take time to talk to your child. What was his favourite activity today? What should you do together tomorrow? He will love the attention and know you are interested in what he has to say!

**Play:** While you are waiting for the popsicles to freeze, make a game of writing down all of



the cold things you and your child can think of. Create a special booklet for the words and provide crayons so your child can illustrate it!

**Teach:** Talk to your child about what happens to liquids when they freeze, and to frozen items when they thaw. Freezing foods and watching them melt will build your child's observation skills and encourage her to learn about temperature.

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

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

## Mealtime.org Quick Chicken Linguini Bake

Tired of the usual pasta with chicken? Try the Quick Chicken Linguini Bake, a comforting baked dish of linguini noodles with chicken, mushrooms and mild chopped chillies. Mix in some cheddar cheese, and sprinkle a little extra on the top for a cheesy and delicious pasta bake.



### Ingredients:

- 8 ounces linguini, broken in half, cooked according to package directions and drained
- 2 cups cooked chicken, cubed
- 1 can (10 3/4 ounces) condensed cream of mushroom soup
- 1/2 cup canned reduced-sodium chicken broth
- 1 can (4 ounces) sliced mushrooms with juices
- 1 can (4 ounces) chopped mild chillies, drained
- 1 teaspoon minced garlic
- 1 cup shredded mild Cheddar cheese

**Preparation Time:** 20 minutes    **Cook Time:** 35 minutes

**Preparation:** Preheat the oven to 350°F. Toss the linguini and chicken together in 9-inch square baking pan. Mix the soup, broth, mushrooms, chillies and garlic; pour over the pasta-chicken mixture. Bake covered for 25 minutes or until heated through. Remove the cover; top with cheese and bake another 10 minutes until bubbling. Serves: Six.

*Nutritional Information Per Serving: Calories 340; Total fat 11g; Saturated fat 5g; Cholesterol 60mg; Sodium 750mg; Carbohydrate 34mg; Fibre 2g; Protein 26g.*

## WHAT'S THE DIF ?

www.pcartoons.com  
PIERRE C. ARSENEAULT



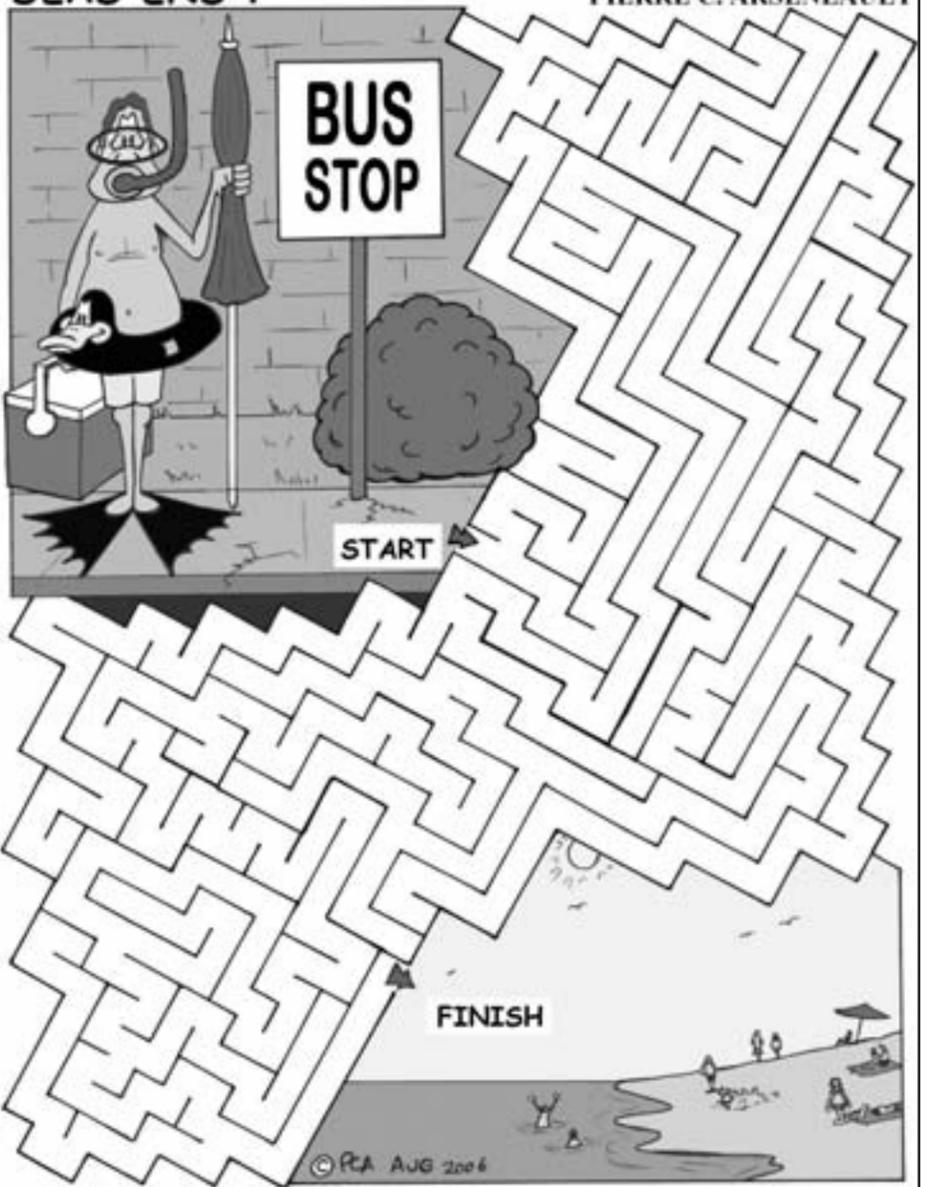
FIND THE 7 DIFFERENCES



ANSWERS: 1. THUMB 2. CERTIFICATE 3. ZIPPER OF JACKET 4. CHAIR LEG 5. DOGS BACK PAW 6. CATS BACK PAW 7. GRILL OF CAT CARRIER

## DEAD END ?

pcarsent@nb.sympatico.ca  
PIERRE C. ARSENEAULT





# Trenton Air Cadet Summer Training Centre 'Para Cadets' gain experience

Photos: Submitted



TACSTC Cadet Martinez is shown above crawling through the dirt on the Fitness Challenge Course.

A total of 46 candidates from all over Canada, participate in a five-week course that is both physically and mentally challenging.

During the first two weeks candidates physically prepare for the Canadian Forces Basic Parachutist Course. The candidates will soon complete the run-up training by the end of the week, and begin the CF Parachutist Course on Monday. Upon completion, the candidates will be awarded their CF Basic Parachutist wings.



Two Para Candidates are shown supporting each other through the Trenton Air Cadet Summer Training Centre Fitness Challenge Course (FCC).

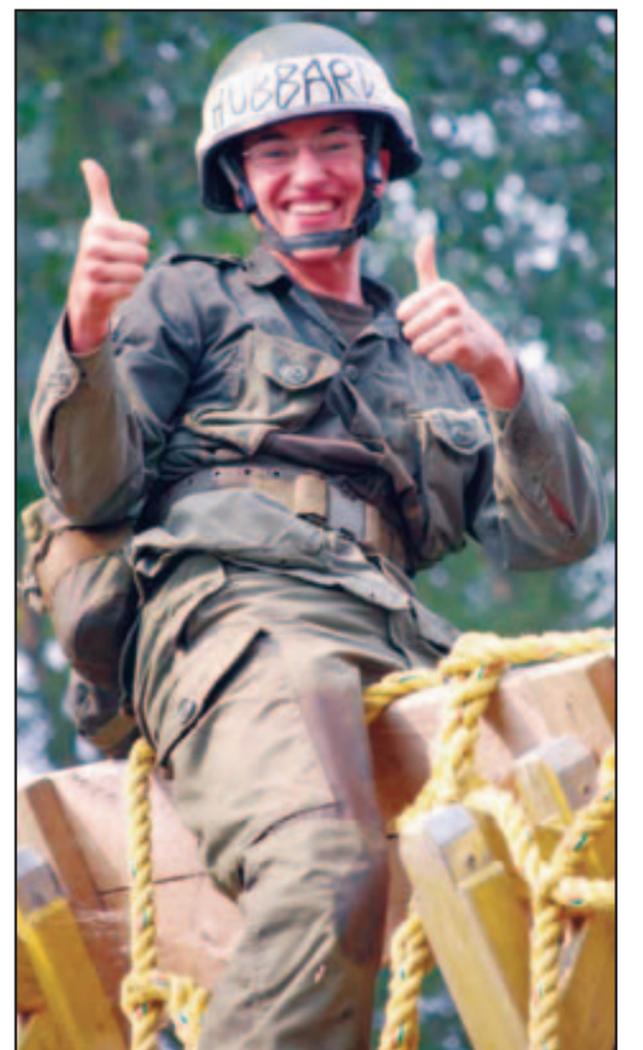
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**July 20<sup>th</sup>**  
**11:00am**  
**CANEX parking lot**  
**241 RCAF Rd**  
 beside Tim Hortons  
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**Everyone welcome!**

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Cadet Hubbard gives two thumbs up after completing the obstacle course.



Community Events



# Community Events

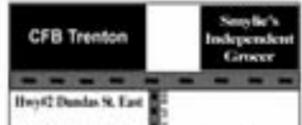
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President's Choice



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Trenton • 613-392-0297

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

## Line Dancing Classes

We will be starting Line Dancing at the Trenton Seniors Club, located at 61 Bay St. Classes will be held on Monday mornings from 10:00 a.m. to 2:00 p.m. and Tuesday evenings from 6 p.m. to 8 p.m. Classes are open to the Public. Cost is only \$3 per class. Come out and have some fun. You can join at anytime and everyone is welcome to come.

Teacher is Linda Nyholm and she will be specializing in beginners. Come on out and give it a try. For information call the office between 9 a.m. and 3 p.m. at 613 392-5400 or Betty at 613 392-3472. Hope to see you on the dance floor.

## 18th Biennial Reunion ~ 426 Squadron

426 Thunderbird Squadron Association 18th Biennial Reunion will take place from August 17 to 20, 2010 at the National Air Force Museum of Canada, 8 Wing/CFB Trenton. Guest speaker, LGen (Ret) Bill Carr will be in attendance.

Contact Clay Smith by phone at 613-475-7998 or via email at [clay426reunion@live.com](mailto:clay426reunion@live.com). Registration forms can be found on the 426 website.

## EASTERN ONTARIO PHOTO SHOW

The Photography Show and Sale will run from July 31 to August 8. The show will be held on the second floor of Books & Co., located on Main Street in Picton. For more info please call 613-471-1510.





JB Printing Presents

# Sarcoma STEP & FETCH!

A Sarcoma Cancer Awareness Event



**Sunday July 25<sup>th</sup>, 2010**  
walk starts at 1:00pm

We invite you to take part in a unique event to help raise public awareness and understanding of Sarcoma Cancer as part of the International Sarcoma Awareness Week. Shops throughout downtown Trenton will be set up to hand out "Fact Cards". Participants will walk through Trenton collecting fact cards from local businesses. Everyone will return to JB Printing at 12 Carrying Place Road for a BBQ and prize give away. When you write your name on the fact card it becomes a ticket for a chance to win draw prizes, so the more facts you collect, the more chance you have to win! Donations will be accepted with proceeds going to support Sarcoma Research.

**This event is for all ages and is RAIN OR SHINE.**  
Registration is FREE!  
We will have extra give-away prizes at the BBQ!

To register or for more information please contact  
Tamara Searies  
Phone: 613-394-3245 ext. 223  
Email: [artwork@jbprint.com](mailto:artwork@jbprint.com)  
Fax: 613-392-1330

**S**trikes silently  
**A**ttacking soft tissues and bones  
**R**are type of cancer  
**C**ells change and tumors form  
**O**ccurs in young and old  
**M**uch research needs to be done  
**A**wareness can make a difference  
**S**o "Step and Fetch" along with us!

The CAV Juno Unit's

## First Annual Poker Run for NAMI

(National Alliance on Mental Illness)

# 14 August 2010,




**Registration: 9 am @ MFRC Trenton**  
RCAF Rd, 8 Wing Trenton

**BBQ and refreshments @ Motosport Plus, Kingston**

**\$20 per bike, \$10 for passengers,**  
**includes Poker Run, Door prizes, refreshments**

**All funds raised go to NAMI Ontario to help train and support families of people with PTSD and other Mental Illness.**

For More information contact: [Rottio@cav-juno.ca](mailto:Rottio@cav-juno.ca) (613) 208-0195  
or [Lamb\\_Chop@cav-juno.ca](mailto:Lamb_Chop@cav-juno.ca) (613) 849-4668






## 8 AMS 16<sup>th</sup> Annual Camp Trillium Charity Golf Tournament

Great Cause, Good Fun, Grand Prizes!!!!!!!!!!!!

**Thursday 22<sup>nd</sup> July 2010**  
At Oak Hill Golf Course, Stirling  
Opening Ceremonies 0730 - Clubhouse  
Steak Lunch 1230 - Clubhouse  
Closing Ceremonies 1500 - Clubhouse

## AWESOME PRIZES!!!

## EVERYBODY WINS!!!



**Thousands of Dollars in Prizes:**

- Best Team Spirit → Prize!!!
- Longest Drive - Hole #10 → Prize!!!
- Closest to Pin - Hole #2 → \$5 entry fee for a chance to win a car!!!
- 50/50 Raffle Draw
- Lowest team score → Prize!!!

**Tournament Entry Fee: \$80, including:**

- Significant Donation to Camp Trillium Charity (close to 50% of the Entry Fee!)
- Green Fee, including mandatory cart (2 pers/cart)
- Delicious Steak Lunch with all the fixings

**Registration:**  
Email participants names (first & last) and team name (if applicable) to  
Capt Mark Engelbrecht: [mark.engelbrecht@forces.gc.ca](mailto:mark.engelbrecht@forces.gc.ca) or 613-392-2811 ext. 3795  
MWO James Whalen: [james.whelen2@forces.gc.ca](mailto:james.whelen2@forces.gc.ca) or 613-392-2811 ext. 2207  
Sgt Michelle Eldershaw: [michelle.eldershaw@forces.gc.ca](mailto:michelle.eldershaw@forces.gc.ca) or 613-392-2811 ext. 2595

## Auto Hobby Club (AHC)

The Club is located at 3 and 4 Chimo, which is tucked away on the north side of the Base, in behind the salt dome. If you are looking for a place to repair your personal vehicle, the Auto Hobby Club provides the bay, certain tools, hoists and more. The Club operates year-round and all is volunteered time. Hours of operation: Mon - Thurs from 6-7:30 p.m.; Sat from 9 - 11 a.m. Hoist bays \$20 a day, body shop bay \$10. Always looking to recruit new members and club attendants. Contact Sgt Lafleurat local 3623.

## Give the Gift of Life Walk Volunteers Needed

The Kidney Foundation of Canada

Volunteers are needed to organize the first Kidney Foundation walk in the Belleville area for September 2010. There are now 24 walks held in communities across Ontario. If you are interested in helping, please contact Kate at 613-542-2121. To learn more visit [www.kidney.on.ca/walks](http://www.kidney.on.ca/walks)

*WLEO Honours & Awards*

# 8 Wing Honours & Awards

*Congratulations! Félicitations!*



**Capt T. Tebbutt**  
received her CD2, presented by  
LCol S. Lewis, WLEO.



**Cpl J. Hattie**  
received his CD, presented by  
LCol S. Lewis, WLEO.



**Cpl B. Hennessey**  
received his CD, presented by  
LCol S. Lewis, WLEO.



**WO Haggett**  
received a promotion to that  
rank, presented by  
LCol S. Lewis, WLEO.



**Mrs Lane**  
received her 35-Year-Long  
Service Award from  
Transport/EME Sqn, presented  
by LCol S. Lewis, WLEO.



**Ms Freeman**  
received her 35-Year-Long  
Service Award from Wing  
Supply, presented by  
LCol S. Lewis, WLEO.



**Ms St-Pierre**  
received her 25-Year-Long  
Service Award from Wing  
Supply, presented by  
LCol S. Lewis, WLEO.



**MWO J. Forcier**  
received a promotion to that  
rank, presented by  
LCol S. Lewis, WLEO.



**MWO A. Plume**  
received a promotion to that  
rank, presented by  
LCol S. Lewis, WLEO.



**WO T. Gracie**  
received a promotion to that  
rank, presented by  
LCol S. Lewis, WLEO.



**MCpl M. Leblanc**  
received his CD,  
presented by  
LCol S. Lewis, WLEO.



**MCpl J. Poulin**  
received her CD,  
presented by  
LCol S. Lewis, WLEO.



**MCpl J. Preece**  
received his CD,  
presented by  
LCol S. Lewis, WLEO.



**MCpl J. Robinson**  
received his CD,  
presented by  
LCol S. Lewis, WLEO.



**Cpl T. Cain**  
received her CD,  
presented by  
LCol S. Lewis, WLEO.

WLEO Honours & Awards

# 8 Wing Honours & Awards

*Congratulations! Félicitations!*



**MCpl K. McLaren**

received the Special Service Medal, presented by LCol S. Lewis, WLEO.



**Sgt Allain**

received the General Campaign Star, presented by LCol S. Lewis, WLEO.



**MWO J. Blain**

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**Maj M. Lefebvre**

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**Sgt A. Garrett**

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**Sgt J. Fournier**

received his CD1, presented by LCol S. Lewis, WLEO.



**Sgt M. McPherson**

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**MS T. Craft**

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**MCpl R. Hobbs**

received his CD1, presented by LCol S. Lewis, WLEO.



**Cpl E. Beauclair**

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**Cpl G. Harris**

received his CD2, presented by LCol S. Lewis, WLEO.



**Cpl L. Martin**

received her CD1, presented by LCol S. Lewis, WLEO.



**MCpl P. Adams**

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**MCpl St-Maurice**

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# Home of the Week

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The master suite, also with a doorway to the sun deck, includes a luxurious en suite that features a soaker tub with a tiled surround, double basins and the semi-enclosed toilet will ease the morning rush-hour, and the large walk-in closet is roomy enough for the most fashion-conscious couple's clothing. The laundry room is tucked in between the second bedroom and the double garage.

Exterior finishes include wood shingles in the gables, horizontal siding and painted trim. Two wood pilasters with stone bases flank the front porch, echoing the stonework on the garage façade.

*This home measures 48 feet wide and 70 feet, six inches deep, for a total of 1,170 square feet, excluding the unfinished basement.*



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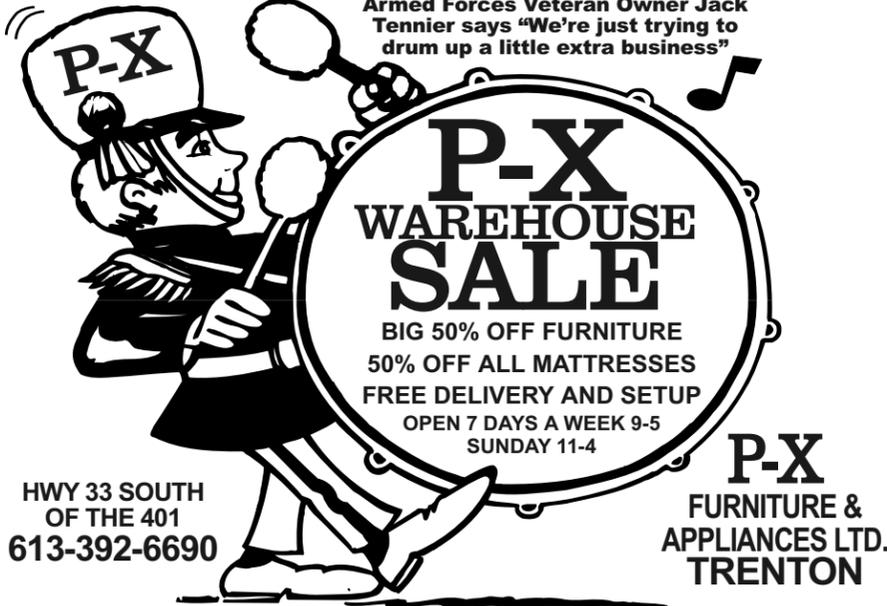
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**UAV Payload Operator Instructor (Suffield, Alberta)**  
The Payload Operator Instructor will train "ab initio" POs on performing checks and inspections of UAV payloads and equipment, troubleshooting technical issues, using maintenance records and other documentation, and mission preparation. He/She will be responsible for preparing lesson plans, tracking student progress, and briefing and debriefing students.

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# 8 WING COMMANDER, WING CHIEF BECOME MEMBERS OF AFAC



Photo: Submitted

Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton (at left) and 8 Wing Chief Warrant Officer CWO Kevin West (at right) are shown receiving their certificates as new members of the Air Force Association of Canada by 413 Wing President Art Darnbrough on Tuesday, July 13, 2010. According to President Darnbrough, "413 Wing is proud and privileged to have both gentlemen as members of our growing wing."



## Saturday, July 17 Free Flow Petroleum

presents our Salute to the Canadian Forces.  
All CFB Trenton Personnel with ID admitted free.

Don't miss out on an exciting night of racing action including the Summer Scorchers Late Model Invitational and our Christmas in July Fan Appreciation.

All fans are invited down on the track surface at intermission to meet the drivers, get a close-up look at the race cars and collect toys and candy from the drivers. Gates open at 1630hrs; racing starts at 1900 hrs.

**For more information, visit [brightonspeedway.com](http://brightonspeedway.com)**

## Samedi, le 17 juillet Free Flow Petroleum



rend hommage aux Forces Canadiennes. Entrée gratuite pour tous les membres de la base militaire de Trenton qui présentent une pièce d'identité militaire.

Soyez des nôtres lors de cet événement rempli d'action à Brighton Speedway y compris "Summer Scorchers Late Model Invitational" et notre "Nöel en juillet" appréciation pour nos fans.

Tous nos fans sont invités à rencontrer les pilotes de course pendant l'entracte, à voir les autos de course de près et recevoir des jouets et bonbons. Les portes ouvrent à 16h30; les courses commencent à 19h.

**Pour de plus amples renseignements, [www.brightonspeedway.com](http://www.brightonspeedway.com)**



## TRENTON Military Family Resource Centre



### MFRC-EVENTS & INFORMATION

**Downtown Trenton's Festival ON THE BAY** July 15, 16 & 17  
July 16<sup>th</sup> "Paint the Downtown Red" in support of Military Families  
For schedule of events visit: [www.downtowntrenton.ca](http://www.downtowntrenton.ca)



**"FLAT OUT" Weekend**  
July 23-24-25, 2010  
Shannonville Speedway  
Live Music - Drive-In Movie - Beer Garden  
Admission: Fri/Sat - \$10 Sunday - \$5  
[www.farfromstock.com](http://www.farfromstock.com)

Welcome to all the newcomers to 8 Wing/CFB Trenton!! This is your MFRC, come to visit and get your moving-in goodies. Moving to a new community could be a challenge, come for a visit, coffee and see what we have to offer.



### The Good Food Box

Community Development Council of Quinte  
\$20.00 for the whole family. The fresh fruit and Vegetables for which it is best known. Plus Grocery Staples.  
\$10.00 for a smaller family, Fresh fruits and vegetables only in smaller quantities.  
CDC's volume discount buying makes it possible for participants to stretch their food dollar and help to meet the nutritional needs of their family.  
For more information contact Wendy at ext 3557



### CFRM-Événements et Information

**Downtown Trenton's Festival ON THE BAY** 15, 16 et 17 juillet  
16 juillet - « Peindre le Rouge du centre ville » à l'appui des Familles Militaires  
pour horaire d'événements visiter : [www.downtowntrenton.ca](http://www.downtowntrenton.ca)



**"FLAT OUT" Fin de Semaine**  
23-24-25 juillet, 2010  
Shannonville Speedway  
Spectacle de musiciens - Cinéma en plein air - Bière plein air  
Admission: vendredi/samedi - 10\$ dimanche - 5\$  
[www.farfromstock.com](http://www.farfromstock.com)



Bienvenue aux nouveaux arrivants de la 8e escadre/BFC Trenton!! C'est votre CFRM, venez visiter et recevoir vos gâteries d'arrivée. Emménager dans une nouvelle communauté peut être un défi, venez nous visiter, prenez un café et voyez de vous-même ce que nous pouvons vous offrir.

### La boîte à manger

Conseil de développement communautaire de Quinte  
20,00\$ pour toute la famille. Des fruits et légumes frais en plus de produits essentiels d'épicerie.  
10,00\$ pour une petite famille. Une plus petite quantité de fruits et légumes frais.  
CDC achète avec un escompte de volume ce qui permet aux participants d'étirer leurs dollars et aide avec les besoins nutritionnels de la famille.  
Pour information additionnelle contactez Wendy au poste 3557



For additional information  
[www.TrentonMFRC.CFBTrenton.com](http://www.TrentonMFRC.CFBTrenton.com)  
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## Chaplain Services

# 8 Wing/CFB Trenton Chaplain Services

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

### WING CHAPLAIN SERVICES

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

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

#### Unit Chaplains – aumôniers d'unités

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

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

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

### WORSHIP SERVICES

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

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

Chapel Life Co-ordinator

*Father Philippe Boudreau*

Co-ordinateur de Vie de Chapelle

#### Masses-Messes

Messe dominicale: 0900h

Sunday Mass at 1130hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 0900 hrs and coffee

3ième dimanche messe bilingue: 09h00 et café

#### Confession - Réconciliation

Please, contact the Wing Chaplain's 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

**St. Clement Astra (P)**

Protestant Community

Chapel Life Co-ordinator

*Padre Jim Craig*

#### Worship Service

Sunday Divine Worship, 1015hrs

Holy Communion:

1<sup>st</sup> Sunday of the month

### SACRAMENT OF BAPTISM

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

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

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

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

### SACREMENT DU BAPTÊME

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

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

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

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

## Planning to get married?

If you are planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic party must contact first the Wing Chaplain's 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 latter have the choice between their Wing Chaplain's Pastoral Services and their civilian parish's. If a Catholic party wants to get married under the Rite of a particular Protestant denomination, the above still applies.

If the marriage file is not processed on time, the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and from... to the church of your wedding). If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

## Vous planifiez de vous marier?

Si vous projetez de vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, la partie catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au #613.392.2811, poste 2490. Ce premier contact, qui enclenchera l'ouverture du dossier pré-nuptial, devrait être fait six mois avant la date de la célébration du mariage. C'est le temps minimum pour planifier la session de préparation au mariage (à 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 pré-nuptial 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 padré 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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## MOTOSPORTS

(Of Trenton Ltd.)

Ph. 613.965.6626  
Fx. 613.965.1356

SALES, SERVICE, PARTS & ACCESSORIES  
ATVs • Motorcycles • Snowmobiles • Personal Watercraft

### Attention Readers:

The Contact Office will be closed from  
July 23 - August 6, 2010 for summer vacation  
Please note, there will be no papers  
for these two weeks.  
We will re-open on August 7.  
Thank you

# Classified

For Classified Information Call  
613-392-2811 ext: 3976

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

### Information

#### CLASSIFIED AD RATES

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

#### ORDERING AN AD

All advertising must be  
dropped off at The  
CONTACT, 142 Yukon  
Street, Room 26, before  
noon Wed. for the next  
edition and payment  
should be made at that  
time. In the event of a  
statutory holiday all  
deadlines are advanced  
by one day.

#### ERRORS & OMISSIONS

Advertisers should  
check their ad the first  
day it appears. The  
CONTACT shall not be  
liable for failure to pub-  
lish an ad or any typo-  
graphical errors in the  
publication except to  
the extent of the cost of  
the ad for the first day's  
insertion. Adjustments  
for errors are limited to  
the cost of the ad where-  
in the error occurred.

#### USERS & AD

#### READERS

The CONTACT is not  
responsible for the  
products and/or services  
advertised. Readers  
should exercise their  
best judgement with the  
content.

The CONTACT will not  
knowingly publish any  
advertisement which is  
illegal, misleading, or  
offensive. In compli-  
ance with the Human  
Rights Code. The CON-  
TACT reserves the right  
to make necessary  
changes in ad copy.

### Business Services

**MASSAGE**  
**Silver Star Studio**  
Licensed Oriental Massage  
Relaxing Shiatsu  
Massage  
Open Daily 9am - 9pm  
56 Elgin St., Unit 2, Trenton Downtown,  
Across from Quinte Hotel  
**613-392-7119**

**RUSHNELL**  
FUNERAL HOME  
&  
CREMATION CENTRE  
60 Division Street  
Trenton  
**613-392-2111**

**Boarding**  
Dogs & cats. Individual  
exercise. Secluded  
country setting. Airport  
service available. 5 mins.  
from 401, 251 Long  
Reach Rd, Brighton.  
Call Eddystone Kennels  
**613-475-4405**

**Paradise Adult Video**  
**613-394-6600**  
DVD's FOR RENT  
&  
FOR SALE  
Toys - Videos - Magazines  
255 Glen Miller Rd.  
Riverview Plaza, Trenton  
(North of 401, across from Rona)  
Open Mon. - Sat. 11-8  
Sunday 12-3

#### Coming Events

**Rumours Restaurant & Pub**  
Karaoke Contest  
every Thursday until  
July 22. (in support of food bank)  
Homemade German &  
Canadian Cuisine  
Thursday Troops Day  
15% Discount on food  
Beer Special til 10 pm  
Tuesdays \$3.00 Ceasars  
242 Dundas St. E.,  
Trenton  
rumourstrenton.com

#### NEW & USED REFRIGERATORS

Stoves, washers, dryers, freezers,  
dishwashers, 3 months old & up.  
Sold with written guarantees.  
Fridges \$100 and up  
**NEW APPLIANCES**  
at the lowest prices in the area.  
Trade-ins accepted on the new  
appliances. Big selection to  
choose from  
**PAYS CASH**  
for good used appliances in  
working order, or not, but no junk  
please. VISA & MASTERCARD  
accepted. We have our own  
financing. Shop at our competitors  
& then come and see for yourself,  
quality at low prices.  
Open 7 days a week & evenings.  
We deliver. We like Base people.

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

#### Cleaning Services

**Tammy's Cleaning Service**  
Years of 100%  
successfully passed  
Marchout Inspections,  
and 20 years of  
housecleaning in the  
Quinte Area. Opening and  
closing services available.  
"I likely clean for  
someone you already  
know."  
Call Tammy  
**613-392-0759**  
Cell: **613-847-7670**

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

### For Sale

#### Belleville Volkswagen

#### 2008 "RED" RABBIT!



5 Speed manual, power  
group, 5 Door, 5 Cyl  
sporty Hatchback.  
36,000km, comes with  
2 year or 40,000km  
VW Certified Warranty.

Email:  
**paul@bellevillevw.ca**  
for details

**613-966-3333**  
239 North Front  
Belleville  
**www.bellevillevw.com**

#### 2003 Grand Prix SE



Black, 4 door,  
Summer/Winter rims  
and tires (Summer - 17")  
Konig low-profile tires)  
Power windows, locks,  
keyless entry.  
\$3,000 OBO. As is.  
**613-921-4547**

### Wanted

**Wanted to Buy**  
Fridges, stoves, washers,  
dryers in working order  
and clean. Will pay good  
price. No dealers.  
Please call  
**1-613-969-0287**  
or **613-968-4183**

### For Rent

#### DISCOVER BELLEVILLE'S BETTER RENTAL VALUES!

- With carpet & sheers\* • Close to Shopping Malls
- Large walk in closets\* • Heat & Hydro included\*
- Footsteps to transit stop • No pets preferred
- Large doors to balcony or terrace
- Park-like picnic area with bar-be-que
- \* On Selected Units

**613-966-1512**  
201 Palmer Rd., Belleville

**Rental Office Hours**  
Mon-Thurs 9am-8pm  
Fridays 9am-4pm  
Saturday 10am - 2pm



#### ADULTS!

1 bedroom apts.  
from \$630  
2 bedroom apts.  
from \$710

Utilities & cable included  
Affordable, quiet & secure

**CLOSE TO BASE**

**KLEMENCIC PROPERTIES**  
**613-392-7839**

#### House for rent in Trenton.

5 minutes from CFB,  
clean 2 bedroom, quiet  
neighbourhood large  
eat-in kitchen, large  
back yard with shed,  
3 car parking. Fridge,  
stove, washer and dryer  
included. Available  
August 1st. \$725.00 per  
month + heat and hydro.  
Call **613-392-0885**.

Unique 4000 sq ft  
waterfront home on  
Bay of Quinte to rent.  
Between Belleville  
& Trenton.  
\$3000/mth + utils.  
Available  
August 1, 2010  
Call Kente Property  
Management  
John Rollins  
**613-969-0101**

#### FIRST MONTH FREE

with proof of CFB  
Trenton employment  
3 Mark Crescent,  
Trenton  
Completely renovated,  
bright, spacious,  
upscale apartments.  
Quiet neighbourhood  
of quality homes in  
Trenton's desirable  
west end, close to  
schools and shopping  
& downtown. Amazing  
highway access, and  
only 10 minutes to  
CFBTrenton.

Well maintained with  
on-site parking, laundry  
and a huge yard.  
Heat & utilities  
included.

**One bedroom**  
\$730/mth

**Two bedroom**  
\$930/mth

**Three bedroom**  
\$1,200/mth

**CONTACT:**  
LYNN MARIE  
**705-876-1632**

ALVIN  
**416-723-6076**

alschieck@gmail.com

### CROSSWORD ANSWERS

G	O	D	S		F	I	F	E		N	O	W							
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Please recycle this  
newspaper. Thank you!





## Green features pay homeowner dividends

(NC) Construction Quick Tip:

We may pay more initially for the long-term quality, but any time a homeowner opts for materials or methods that conserve energy, money is saved in spades too. For example, concrete walls are now a choice option replacing wood.

Not only do you save forests and trees but certain concrete wall systems deliver up to 70 per cent savings on energy bills. When you opt for the quicker, builder friendly system of

pre-assembled concrete forms, your home stands to be three times more sound resistant, four times more fire resistant, and nine times stronger. Also far less prone to wood rot, mustiness and mould.

More information is online at [www.nudura.com](http://www.nudura.com). Other green options when building include solar power, water management, drainage, windows, siding, heating/cooling, ventilation, plumbing, electrical, and outdoor irrigation.

**Contact**  
Advertise your listings with us!

Call Patricia  
613-392-2811 Ext 7008

**30 WALMSLEY PLACE, BELLEVILLE**  
**NEW PRICE**  
2000 sq. ft. 4 level backsplit in a west end cul-de-sac 12 minutes from CFB Trenton. Formal LR & DR. 3 spacious bedrooms plus a den main level family room with fireplace. Finished rec. rm. 2 1/2 baths. **MLS 2101969**

**\$243,900**

LISTING BROKER **JOHN RUSSELL**  
**613-966-9492**

Royal LePage Pro Alliance - Belleville  
**613-966-6060**

**ROYAL LEPAGE**  
ProAlliance Realty, Brokerage  
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Agents immobiliers agréés

Your HHT begins here, it will be taken care of with expertise.  
**Bureau exclusif à la garnison Saint-Jean**  
Respectivement 29 et 25 ans d'expérience

**CSN #: 378-7687**  
450 358-7687

[dmarshall@remax-hr.qc.ca](mailto:dmarshall@remax-hr.qc.ca) [ddepelteau@remax-hr.qc.ca](mailto:ddepelteau@remax-hr.qc.ca)

**RE/MAX Trent Valley Realty Ltd., Brokerage**  
1-800-567-0776  
Serving Military Families of CFB Trenton

392-6594 447 Dundas St. W., Trenton  
[pat@patjacobson.com](mailto:pat@patjacobson.com)  
[www.patjacobson.com](http://www.patjacobson.com)

475-6594 41 Main St., Brighton  
[clay@clayjacobson.com](mailto:clay@clayjacobson.com)  
[www.clayjacobson.com](http://www.clayjacobson.com)

**HALL OF FAME** **Pat & Clay Jacobson** Sales Reps.

**60 O'NEIL CRES. TRENTON**  
Brick bungalow, approx 3000 sq ft of living space. 3+1 bdms, 2 baths, hardwood floors on main floor. Full fin basement, rec room has fireplace & wet bar, games room. Very close to park & schools. **\$239,500**  
**MLS# 2104764**

**114 BAYSHORE RD. PRESQU'ILE PARK**  
Now **\$244,900** Waterfront on Salt Point Cove Year round 3 bdrm cedar log home is furnished & includes stainless steel appliances. Great room with vaulted ceiling is 31 ft high. New deck & tiering at water side. **MLS# 2102486**

**112 DRUMMOND ST. SMITHFIELD**  
Many recent upgrades in this Colorado style home-windows, flooring, shingles, gas fireplace, new pool liner. 3+1 bdms, 2 bths, large country lot in a unique village with public school to walk to. Large foyer with patio doors to deck & a/g pool. Priced to sell.  
**\$224,900** **MLS# 2104098**

**PUT THE POWER OF "2" TO WORK FOR YOU**

**MARLENE LETOURNEAU**  
Sales Rep.  
Service disponible en français

**Office: 613-966-6060**  
Call for Free Market Evaluation

**ROYAL LEPAGE**  
ProAlliance Realty BROKERAGE  
INDEPENDENTLY OWNED & OPERATED

**Century 21**  
LANTHORN REAL ESTATE LTD., Brokerage  
Independently Owned & Operated

441 Front Street, Trenton ON  
Business: 613-392-2511  
Toll Free: 1-888-792-5499

**WE SUPPORT THE SOLDIER ON FUND AND MILITARY FAMILIES BECAUSE WE CARE!**

**TO DATE WE HAVE RAISED \$16,500**

**Open House Sat. July 17, 1-2:30pm**  
Haig Rd. to 34 Janlyn. Belleville Backsplit. Swim anyone? This home has a gorgeous 16 x 32 in ground pool, perfect timing for the summer. All mechanicals have been upgraded. Original hardwood floors, 2 pce bth in basement and attached single garage with carport. Great east end location, close to buses, schools and shopping. Come to my open house this week-end and check it out.  
**MLS #2103842 • \$190,888**

**Open House Sun. July 18, 1-2:30pm**  
Yeomans St to 34 Lewis. Are you looking for a great yard for the family? Look no further! This country sized lot in the city is perfect for family bbqs and pond hockey. Looks can be deceiving and this 3 bdrm home is bigger than it looks. Large family room addition with picture window overlooking back yard is the perfect room for entertaining or just relaxing. Great 2 car detached garage as well. Don't miss out on this great family home in Belleville's west end.  
**MLS #2103578 • New Price \$187,900**

**Open House Sat. July 17, 1-3pm**  
**14 Farley Cres., Trenton**  
\$207,900 3+1 bedroom, family room with gas fireplace, eat in litchen with oak cupboards. Dining room freshly painted, large pool, workshop, great location!  
Call Bill Wallace\*.  
**MLS #2097016**

**Backs onto Conservation Area**  
\$225,500 Desirable neighbourhood for growing families. Maple shaker style cupboards in kitchen. Dining room with patio doors to cedar deck, walkout from basement to fenced backyard. Call Vicki\*  
**MLS# 2102305**

**DUPLEX**  
Let your tenant pay your mortgage! This country duplex is in a perfect location just minutes from Belleville, Trenton, Stirling and Frankford. Great lot, Unit A has 3 bedrooms, Unit B has 2 bedrooms. Both have separate laundry hook-ups. Call today!  
**MLS #2103224 • \$162,500**

**HOME BUSINESS POTENTIAL**  
Great location just north of Tweed. 3 bedroom bungalow, eat in kitchen with patio doors to 3 season sunroom and large acre lot. Attached garage and workshop/showroom, perfect for a home business. Call today to have a look!  
**MLS #2102866 • \$169,900**

**NEW LISTING**  
Great 150 x 200 ft lot with 4 level split home, attached and detached garages. Newer furnace, central air and now hooked up to municipal water. Need your personal touches to make it home. Call today to view. Early possession available.  
**MLS# 2104884 • \$187,900**

*Are you ready to buy a home but don't qualify for a mortgage?*

Call me today and ask about a new lease to own program. A great way to get started on building equity and saying goodbye to rent.

**Beautiful Country Home**  
\$239,900. Come and live in beautiful Ameliasburg. 3 bedroom, 2 baths, large treed lot, huge 20x30 heated workshop/garage. 2 woodstoves.  
Call Kim\*.  
**MLS #2103912**

**LOCATION LOCATION**  
\$249,900. Desirable location close to schools and all amenities. Sunroom, deck, fenced yard, single garage, 3 bedrooms, 2 baths.  
A pleasure to show.  
Call Joseph\*. **MLS #2102848**

[mletourneau@royallepage.ca](mailto:mletourneau@royallepage.ca) • [www.openanewdoor.com](http://www.openanewdoor.com)

**Attention Contact Readers**

The Contact office will be closed from **July 23 - August 6, 2010** for summer vacation. Please note, there will be no papers for these two weeks. We will reopen on August 9. Thank You.



# BENTON FRY "CUTS THE MUSTARD" EVERYTIME!



## Your NEW CAR and TRUCK SUPERSTORE

RECENTLY BANKRUPT • COLLECTION • GARNISHED? PHONE OUR CREDIT HOTLINE 1-877-269-2201 ASK FOR AMANDA OR NANCY

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Now you pay what we pay.

Get up to **\$12,000** in price adjustments for the **best prices of the year** on virtually our entire line-up.

### NEW 2010 F150 SUPERCREW XTR 4X4

- 4.6l V8 Engine
- 6 Speed Automatic
- Air Conditioning
- Pwr Windows
- Power Locks
- Cruise / Tilt
- 18" Chrome Clad Wheels
- Chrome Step Bars
- Xtr Package
- Keyless Entry Keypad
- Sirius Satellite
- Pwr Signal Htd Mirrors



Stk# OT818

\$32,596  
- \$3,300 RECYCLE YOUR RIDE

**\$29,296** + HST only

Ø DOWN BUY FOR  
**\$110/Wk**  
84 MONTHS  
@ 5.74% APR

### NEW 2010 F150 SUPERCAB XLT 4X4



- 4.6l V8 Engine
- 6 Spd Automatic
- Air Conditioning
- Pwr Windows
- Air Conditioning
- Cruise / Tilt
- 17" Alum Wheels
- XLT Series
- Sirius Radio
- Chrome Step Bars

\$29,844  
- \$3,300 RECYCLE YOUR RIDE

**\$26,544** + HST only

Ø DOWN BUY FOR  
**\$100/Wk**  
84 MONTHS @ 5.74% APR

### NEW 2010 RANGER SUPERCAB SPORT



- 5 Spd Automatic
- Air Conditioning
- Extended Cab
- Alum Wheels
- V6 Engine
- Am/Fm/Cd
- Sliding Rear Window
- Privacy Glass

\$17,726  
- \$1,300 RECYCLE YOUR RIDE

**\$16,426** + HST only

Ø DOWN BUY FOR  
**\$62/Wk**  
84 MONTHS @ 5.74% APR

### NEW 2010 ESCAPE XLT



- 6 Spd Automatic
- 3.0l V6 Engine
- Air Conditioning
- Power Group
- Pwr Mirrors
- Cruise / Tilt
- Pwr Driver Seat
- Abs Brakes
- 6 Air Bags
- 17 Chrome Clad Whls
- Fog Lamps
- Sirius Satellite

\$23,174  
- \$2,300 RECYCLE YOUR RIDE

**\$20,874** + HST only

Ø DOWN BUY FOR  
**\$79/Wk**  
84 MONTHS @ 5.74% APR

### NEW 2010 FOCUS SE SDN W/SPORT PKG



- Automatic
- 2.0l Dohc Engine
- Spt Appearance Pkg
- Decklid Spoiler
- 15 Alloy Wheels
- Fog Lamps
- Anti Lock Braking
- 6 Air Bags
- Sirius Satellite
- Tilt Steering

\$16,270  
- \$1,300 RECYCLE YOUR RIDE

**\$14,970** + HST only

Ø DOWN BUY FOR  
**\$57/Wk**  
84 MONTHS @ 5.74% APR

## ASK ABOUT OUR SPECIAL ADDITIONAL MILITARY DISCOUNT

MORE AVAILABLE  
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### BENTON FRY FORD SALES LTD.

HWY. #62, South of Belleville's Quinte Mall

321 North Front St. Belleville 1-877-269-2201

Above sale prices are plus taxes only. All incentives applied. Recycle your ride benefits offered to qualified customers only. Amount up to \$3300 for 1995 or older vehicle. Up to \$3000 for 2003 to 1996 model year vehicles. See Dealer for complete details on Recycle your Ride. Payments calculated at 5.74% variable rate amortized over 84 months O.A.C (leg cost of borrowing on \$10,000+\$1998.00) Offer good date of publication only.

