HUNDREDS CELEBRATE SAINT-JEAN BAPTISTE DAY

Hundreds of Quinte area Francophones descended on Baker Island on Saturday, June 19, 2010 to celebrate Saint-Jean Baptiste Day. An official ribbon-cutting to kick off the festivities was undertaken by Robert Comeau, representing host organization Franco-Phare; Quinte West Mayor John Williams; Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton; and 8 Wing Chief Warrant Officer CWO Kevin West.

Those in attendance were treated to a terrific performance that evening put on by 80s band Les B.B.. Please see Page 17 for more photos of the day-long event.

Wing conducts Emergency Response Exercise Vendetta

Submitted by RTF Ex Design Team

On June 9, 8 Wing conducted a bi-annual exercise as part of the newly-implemented Wing Emergency Management Program. It was held in conjunction with the 1 Canadian Air Division OSCER (On-Scene Controller Emergency Response) Course, as well as in partnership with the OPP, one of the several emergency response agencies with whom 8 Wing strives to train on a regular basis.

The scenario for Ex Vendetta was an attempt to test plans for and response to a high-risk, medium-probability event for this area. It involved a two-phase simulated bomb threat; the initial bomb was called in by a Wing HQ building cleaner, who reported to her supervisor that, while she was depositing trash in the bins out back, she saw a man place the bomb at the base of the water tower.

The supervisor made the call via 911 and relayed all necessary information to the MP Detachment, which is the Wing lead during a bomb threat.

This call precipitated the stand-up of the Wing CP and triggered the Wing Explosive Disposal Flight (EDF) Team response. During EDF’s roll-out to deal with the unexploded explosive ordnance (UXO), the Wing HQ personnel were evacuated to their safe zone, as per their SOPs, located at the base galley.

While the EDF Team was expertly handling the UXO, a second suspicious package was discovered by an MP, behind the Officer’s Mess. Because the contents could not be identified, protocol is to call in the local civilian experts. The OPP TRU (Tactical Response Unit) from Odessa arrived on-scene and proceeded to run through their concise checklists. The Team Lead decided to use their robotic...
With June almost past and summer arriving in full force, I hope you all have had a chance to appreciate what a busy month it has been.

We welcomed the newest addition to the 8 Wing fleet on June 4 with the arrival of the first CC130J from Marietta, Georgia. It was a great day, under beautiful sunny skies, to celebrate the newest chapter in the Air Force’s history with the continuing workhorse of tactical airlift – the Hercules.

I was glad to see many 8 Wing members and their families taking the opportunity to see and touch the first of 17 CC130Js so to come to 8 Wing as well as the legacy Hercules and CC177. This kind of event with a new aircraft fleet happens maybe once in anyone’s career, and I consider us quite lucky that it’s happened not just once but twice with the arrival of the CC177 almost three years ago. These are exciting days to be at 8 Wing.

We just hosted the Air Force Honorary Colonels’ Symposium this week. Again, I consider ourselves fortunate to be able to have as guests at our Wing such a collection of leaders and distinguished people who serve as our ambassadors to Canadians. From Senator Pamela Wallin to Olympic Gold Medalist Skier Melanie Turgeon to Musician Loreena McKennitt, the list goes on and on, all of whom have a special relationship and responsibilities and inform Canadians about the great work our Air Force does for Canadians. Also visiting us this month are Melanie Turgeon to Musician Loreena McKennitt, the list goes on and on, all of whom have a special relationship.

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WHERE IN THE WORLD IS LCC?

So just where on base is the Learning and Career Centre? Oh, there it is, in the big white building shaded in front by a large leafy tree, and there is Learning Assistant Nelly Michaud, standing out front. Michaud says personnel have been having a hard time locating the centre since it move in 2008. It’s not actually that difficult to find, at 58 Polaris Avenue, but it is quite challenging trying to give clear directions, especially to newcomers to 8 Wing. Perhaps the easiest way to explain how to get there is this: Exit the front doors of the Yukon Galley and look over to the left, and the building is there, just across the street (Otter). Also calling this building home are NPF Human Resources, NPF Accounts, and Wing General Safety offices on the bottom floor, and TRICO, HECCO and of course the LCC (Room 116). The top two floors are living quarters. Still not sure? Then just give Nelly a call at local 2077 and she will be happy to help you out. And while you’re on the phone, be sure to ask her about the myriad courses offered at the LCC, such as Time Management, Building Excellence in Teams, Retirement Planning and many, many more.

RECOGNIZING VOLUNTEERS

SISIP representatives present a $4,000 cheque to underwrite the cost for the Trenton Military Family Resource Centre and the PSP Community Recreation to recognize just over 300 volunteers for their time and talents. The annual Volunteer Recognition Event was held June 10 at Baker Island Community Centre, with a lovely meal catered by Sans Souci and with entertainment courtesy of hypnotist Richard Cole. Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, and his wife Sherry also attended the evening celebrations, and expressed appreciation to the volunteers for all they do. Everyone who attended received a door prize. Pictured above, from left to right, are Wendy Symmott (MFRC Volunteer Coordinator), Judi Christopherson (Community Recreation Director), Tim Lafontaine (SISIP insurance representative and financial planner), and Denise Read (SISIP financial counsellor).

Search & Rescue UPDATE

424 Squadron had six missions tasked in the past week.

The Hercules was tasked to conduct a shore crawl in search of a possible sinking vessel near Mark’s Point. The weather was poor for searching, with zero visibility at water level. When it was determined that searching at that time was not possible, the crew was re-tasked for a flare sighting on Lake Ontario. No distress was seen and the crew returned to base.

The Griffon was tasked to search for two persons in the water in Georgian Bay. Due to poor weather, the Griffon had to divert to Lake Simcoe Regional Airport and was stood down.

Both the Herc and Griffon crews were tasked to search for an overdue kayaker in the Collingwood area. The Herc crew spotted a kayak in the water while the Griffon crew intercepted it. No persons were found after extensive searching and the crews were stood down.

The Hercules was tasked to search for an ELT in SE Ontario. Once on scene, there was nothing heard and no distress found. Until next week, stay safe!

Missions for 2010: 54 Missions for June: 16 Persons rescued: 0
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 write 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 Armed Forces at work. The Editor reserves the right to edit or reject advertising or suit the needs of the publication. Viewers expressed some of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and differences charged to the 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 Cochran, CD, Wing Commander, 8 Wing/CFB Trenton.

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Guidelines for submissions: ARTICLES AND PHOTOS
The CONTACT editors 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 using ' Bullets, Bold, underline, 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 or e-mailed (to forces.go.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.

Please address all editorial correspondence to:
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All letters and columns 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 objectives of the writer. We cannot guarantee that any particular letter will be published. Mail (no delivery stop-d) in person.

Have an opinion or story to tell?
Want to be published?

Write a letter to the Editor

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Fax: 613-965-7490
Mail: The Contact Newspaper
Wing Headquarters
8 Wing/CFB Trenton
PO Box 1000, Station Forces
Ajax, ON K0K 3W0

This Week in Contact

Canadiana Crossword

What's New?

A C R O S S

1. Wind infron Boot
2. Auto engine conditioner
3. Airdrop
4. Uncover
5. Light to speak
6. Containers
15. Measles
16. Hindcast
17. Harvest
28. Feast
29. Snitch
30. Joint of the CFL
36. Coax
38. Sea to Stephano
39. Salt in Sack Rose
43. Commander
32. Took a chair
44. Great garage
35. Summer to Serge
27. Camel Ribby
37. Mafia movers and shakers.

38. New British Columbia
40. Golf score
41. Promissory note, stemply
22. Demos
45. New Nova Scotia
46. Jarman garden
52. Ancient Greek city
33. Notturna
34. New Sales
35. Group of badgers
86. Ice
57. Fine

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1. New, Manitoba
2. Centers

3. Ret
4. Thwart
5. Military detachment
6. Tamworth
7. New British Columbia
8. Mineral deposit
9. Greek Isles
10. Letters dressing chairway, etc.
11. New, Ontario
14. Angus, Alberta
15. Saudi Arabian
24. Letters dressing urgency
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27. 170
28. New British Columbia

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65. 00 per year for inside Canada, $130.00 for international.

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Exercise Vendetta goes well, continued from Page 1

The entire exercise ran approximately two hours.

Overall, Exercise Vendetta was a good choice of scenarios (thank you, Capt Dave Jane). It allowed key players on the Wing to run through their various checklists that had not been reviewed in several years, and provided a non-rushed, training environment in which to do so. Several observations at all levels were noted, and the Wing’s Emergency Response Plan will require some amendments to better reflect Duty Watch requirements, and the SOPs of the first responders. Newly-appointed Unit Lessons Learned Officers, together with exercise Trusted Agents, will capture and analyze these points, for the preparation of the Wing’s Corrective Action Plan (CAP). The CAP is a directive disseminated after every ER exercise, for review and action by all applicable stakeholders, and to ensure future exercises include training objectives based on areas targeted from results of previous exercises.

In order to ensure all major bases in the preparation of an exercise are covered off and operational impact is minimal, the ER Exercise Design Team reinforces the importance of relying on units’ Trusted Agents. They help build realistic scenarios months in advance, and assist in carefully guiding the execution on the day of the exercise. The expert involvement of the Trusted Agent also ensures all units’ training objectives are met.

Without this assistance in exercise control, an exercise of this scope would not be possible. So “berets off” to the Trusted Agents involved in running the exercise, despite a very hectic tempo. Smoothing out the kinks now instead of during a crisis is part of everyone’s job. Practice never makes perfect, but it does build skill, and thus the confidence, required to react professionally to a wide array of possible emergencies with multiple partner agencies.

The next ER exercise is scheduled for late fall. For more information, please refer to the Wing Emergency Management Program website, located on the Splashpage under “CFB Trenton Important Links.”

Top: The Tactical Response/O.P.P. Unit prepares the RMI-(Remote Mobile Investigator) to destroy the package found at 182B Yukon, 8 Wing/CFB Trenton.

Bottom: MPs blocked off roads, and created a detour coming onto the base. The Headquarters Building was evacuated. The OSC (On Scene Commander) vehicle arrives and there are also OSC students on scene during the exercise.
Hazardous Materials Warning

Be advised that there is a risk of serious injury or death to persons entering Wellers Bay National Wildlife Area. The area is a former bombing range used by the Department of National Defence and hazards posed by unexploded explosive ordnance (UXO) continue to exist.

Where UXO warning signs have been posted, obey the instructions and stay safe!

If you have found something that could be a UXO:

1. Don't touch it!
   If disturbed, UXO can explode, causing death or injury.

2. Remember the location and leave the area
   Remember where you saw the object. Go back the same way you came.

3. Call 9-1-1 or local police
   As soon as possible, report what you found by calling 9-1-1 or contacting local police

New and shiny, old and rusty, clean or dirty, all UXO is dangerous!

For more information on unexploded explosive ordnance, visit DND's UXO and Legacy Sites Program Website at www.ukcanada.forces.gc.ca

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

This feature is wonderfully sponsored by Global Pet Foods
470 2nd Dug Hill Rd., Trenton (Walmart Plaza)
613-392-9191

PET OF THE WEEK

Fabian is a mature neutered male cat. He is loyal and affectionate and always wants to be by your side. He loves to snuggle and promises to be your best pal! Fabian is available at a reduced adoption fee due to his age or available free of charge through our seniors for seniors program. Mature Neutered DSH. Loyal and affectionate, Fabian will always be by your side...ready to cuddle or just to make you smile.

Contact the Quinte Humane Society for more information.

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This feature is wonderfully sponsored by Global Pet Foods
470 2nd Dug Hill Rd., Trenton (Walmart Plaza)
613-392-9191
Summer Kidz Kamp 2010

Summer is coming...Are you ready for fun? The Community Recreation Association is already planning for a high energy, fun-filled summer of adventure and fun. If you are between the ages of 6 and 12 years old and enjoy swimming, playing sports and making new friends, this is the place to be this summer.

Activities include: swim and gym, games and crafts, music, animals, special guests, overnights, and an awesome road trip each week!

The camp will take place at the RecPlex, Monday through Friday, from July 5 to August 20, 2010. The camp will run from 8 a.m. to 4 p.m. (Please note: No Summer Kidz Kamp on Monday August 2.)

Before and after care is available, from 7 to 8 a.m. and 4 to 5 p.m. for a cost of $2 an hour, or any part there-of, per child.

Registration for military community members began on April 19. Registration for the general public began on May 31.

# Children Military Community General Public
1 $100 $115
2 $170 $190
3 $215 $240
4 $250 $275

Cost per Day
1 $25 $30
2 $40 $50
3 $55 $70
4 $70 $90

Trip fee: $10 per week. Sleepover fee: $10 per child. "HST will be added to the price"

New Group Power Classes

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

The 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 $35 plus HST for military community members, and $40 plus HST for the general public. Drop-in fee, space permitting: $4 for military community with ID, and $5 for the general public.

National Lifeguard Course (NLS)

The National Lifeguard Course (NLS) will run from July 5 to 9, from 9 a.m. to 6 p.m. each day.

Participants must show proof of Bronze Cross and current Standard First Aid and CPR from any of the following agencies: Lifesaving Society, Red Cross, St John’s Ambulance or Canadian Ski Patrol.

Registration for military community members begins on June 22 at the RecPlex, and will continue until June 29, at 3 p.m. (during the RecPlex regular hours of operation).

Registration for the general public will begin on Tuesday, June 29, from 7 to 12 years of age. Cost: $2 each for military community non-members; and $4 each for the general public.

Ladies Golf League updates

For the second week in a row, the Wednesday Morning Ladies League at Roundel Glen Golf Course were discouraged by the threat of rain and thundershowers. They’re hoping for better weather next week.

The turnout for the Monday Evening League has increased each week, with 32 women participating on June 14.

Participants must also be at least 16 years of age. Please note: 100 per cent attendance is mandatory. Students must attend all training sessions in order to complete the course.

Cost is $260 for military community members and $280 for the general public.

(Manual included)

Satellite 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 GST or 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.

Roundel Glen Golf Course Passes

The PSP Community Recreation Association now has passes for the Roundel Glen Golf Course.

Purchasing your pass at the RecPlex at a cost of $30 for 18 holes or the pass may be used for two nine-hole games.

Pases 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.

Aitchison, while Louise Maziarski took the prize on Number Three.

The league continues each Monday evening, with a shotgun start at 5 p.m. The cost is $12 for non-members of the Roundel Glen Golf Course, with $10 from the proceeds going to the local food bank. All participants are reminded to bring valid photo-id.

The camp will run from 8 a.m. to 4 p.m. (Please note: No Summer Kidz Kamp on Monday August 2.)

Before and after care is available, from 7 to 8 a.m. and 4 to 5 p.m. for a cost of $2 an hour, or any part there-of, per child.

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Cost per Day
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2 $40 $50
3 $55 $70
4 $70 $90

Trip fee: $10 per week. Sleepover fee: $10 per child. "HST will be added to the price"

PSP Community Recreation Association Events

Gym and Swim with Lynn: Begins Thursday, June 24 from 5:30 to 7:15 p.m.

Join Lynn in the RecPlex gym or outside (weather dependant) for some sporty games followed by more fun activities in the pool. Suitable for kids 7 to 12 years of age. Cost: $2 each for military community non-members; and $4 each for the general public.

Bowl’ em Down: Begins Friday, June 25 from 7 to 9:30 p.m.

This will be a great night of fun for the whole family at Astra Lanes. Cost is $5 per person or $13 per family.
Ahh! Summer! Sunshine, warm weather, barbecues and the great outdoors.

What better way to enjoy the season than hosting friends on your own patio. Enjoy the best that summer has to offer with these tips for safe and responsible hosting.

- Don’t plan physical activities when you serve alcohol. People are generally more prone to injury or mishap after drinking.
- Always provide low alcohol and alcohol-free beverages such as mocktails, non-alcoholic punch, pop, bottled water, tea and coffee.
- Serve snacks with drinks and always have food available throughout the party to avoid drinking on an empty stomach.
- Avoid serving salty, sweet or greasy snack foods, as guests will become thirstier. High starch and protein foods such as meats, veggies, cheeses, light dips and breads are good choices.
- Be prepared for overnight guests. Serve drinks yourself or designate a bartender instead of having an open bar, as guests usually drink more when they serve themselves.
- Avoid serving doubles and keep a shot glass or jigger next to the bottles – good measurement makes a big difference.
- Have a plan to deal with any guest who drinks too much. Before the party, ask someone reliable to help you keep things under control.
- Find out how guests will be getting home from your party. Promote the use of designated drivers and keep cash and telephone numbers on hand for taxis.

Don’t drink too much yourself. As the host, you can stay on top of and avoid potential problems when you can think more clearly and act more quickly.

Source: Centre of Addictions and Mental Health

Have fun while being a responsible host

Health eating challenge

Number One: Time

The Challenge

Time to plan and prepare healthy meals that the whole family will enjoy, that are convenient, economical and above all taste good.

Key Strategies

Time. We can’t do anything to get more of it, so you need to invest the time upfront by planning what it is that you are going to prepare.

Investing in meal planning makes grocery shopping easier, and more economical. Sit down and list all the foods that everyone likes which will provide you with a place to start.

Based on that list, brainstorm recipes or meals that incorporate those ingredients, prepare a schedule of meals for the week and make up the grocery list.

Post the weekly meal schedule on the fridge and assign tasks so that everyone can chip in with preparation and clean up. Prepare extra for easy frozen meals later.

Shop with the intention of always having the necessary ingredients on hand so you will always be able to prepare your favourites.

Try new foods often so that the list of favourite foods grows. You can be a role model (to both your kids and your partner) if you are seen trying and enjoying different foods.

If you think of meal planning as an investment in your (and your family’s) health, the time and effort required, become well worth it.

Suffering a nasty hit and run, Nancy reported it to Whitley and was deemed not at fault and not subject to a rate increase – only having to pay the deductible. It could have been worse.

Whitley Insurance & Financial Services

Call or visit us today and let us put your mind at ease.


whitleyfinancial.com

Did You Know?

An average adult can process and eliminate the alcohol in one standard drink every 90 minutes.

“Did You Know?” is brought to you by your 8 Wing Health Promotion department.
Water skiing safety: Have fun, but be smart

Submitted by Wing General Safety Office

Water skiing is one of the many fun and safe ways to pass away the summer months. Yes, water skiing is safe if a few simple precautions and rules are followed.

Regardless of your ability as a swimmer, you should always wear a good quality personal flotation device (PFD) when water-skiing. The ideal PFD is a jump jacket or ski vest constructed of a unicellular foam with nylon straps fastened in such a way that it is unlikely to be torn loose or damaged in a hard fall. The life jacket should be a minimum of one-half inch thick, have a full back and front protection plus shoulder straps.

If you fall off water skis or out of a moving boat, the lake may suddenly present a hazard. Therefore, the PFD should provide buoyancy and a means of righting yourself. The Do’s and Don’ts of water skiing are as follows:

Do:
- Wear an approved flotation device; stay on the gunnel or the back of the boat, or allow your boat to come in slowly when landing;
- Have an observer in the boat;
- Use common sense;
- Run parallel to shore;
- Have an operator.

Don’t:
- Ski in shallow water;
- Ski directly into the beach or docks;
- Ski without a flotation device;
- Do not ever mix alcohol or drugs with any water sport; it could be deadly!
- Ski in swimming areas or deep water;
- Run parallel to shore;
- Check your equipment regularly.

PFD makes it safe is taking on a responsible attitude toward the sport.

The Do’s and Don’ts of water skiing

To: Learn to water ski by taking instructions from a qualified water ski instructor; stay away from docks, boats, shallow areas and swimming areas; be courteous and respect the rights of others; run parallel to shore and come in slowly when landing; always have an observer in the boat; use common sense when driving for water skiing; and check your equipment regularly.

“Thumbs up” means speed up, a “thumbs down” means slow down.

Water skiing safety: Have fun, but be smart
In Gear” tells the driver to put the motor in gear and ride slowly away from the skier until the line is taut. “Hit It” tells the driver to accelerate sufficiently to pull the skier out of the water or off the dock. A “thumbs up” means speed up, a “thumbs down” means slow down.

The Do’s and Don’ts of water skiing

Do:
- Wear a good quality personal flotation device (PFD) when water-skiing;
- Take water skiing lessons from a qualified water ski instructor;
- Run parallel to shore;
- Have an observer in the boat;
- Use common sense;
- Run parallel to shore;
- Have an operator.

Don’t:
- Ski in shallow water;
- Ski directly into the beach or docks;
- Ski without a flotation device;
- Do not ever mix alcohol or drugs with any water sport; it could be deadly!
- Ski in swimming areas or deep water;
- Run parallel to shore;
- Check your equipment regularly.

PFD makes it safe is taking on a responsible attitude toward the sport.
It's over. It's finally over. No more marathon TV sessions hunkered down in a dingy basement with nothing more on other than a three day old beard (still better than Toews’ weak impersonation of my 95 year old Baba’s facial hair) and should-have-been-retired-ten-years-ago underwear.

No more threats of divorce accompanied by flying cutlery. No more deciding if that green stuff on the pizza slice I found under the chair was mould or actually some kind of vegetable-like substance (it wasn’t). No more fun (and sudden trips to the Hospital for an Emergency Room stomach pump). No more hockey.

Well, that last statement is not entirely true. Unfortunately for the masses, the Blackhawks’ Game Six Stanley Cup victory (who called it?) was not the end. Hockey never really ends.

Actually, take away Halak’s efforts this season and on paper the trade deadline felt that they had to land you something more than the Draft and hope to hell you are not entirely true. No more threats of divorce. No more fun (and sudden trips to the Hospital for an Emergency Room stomach pump). No more hockey.

The Draft is kind of like Las Vegas. Coincidentally, I was there for the NHL Awards in Las Vegas. Coincidentally, I was there for the NHL Awards in Las Vegas. Coincidentally, I was there for the NHL Awards in Las Vegas. Coincidentally, I was there for the NHL Awards in Las Vegas. Coincidentally, I was there for the NHL Awards in Las Vegas. Coincidentally, I was there for the NHL Awards in Las Vegas. Coincidentally, I was there for the NHL Awards in Las Vegas. Coincidentally, I was there for the NHL Awards in Las Vegas. Coincidentally, I was there for the NHL Awards in Las Vegas. Coincidentally, I was there for the NHL Awards in Las Vegas. Coincidentally, I was there for the NHL Awards in Las Vegas.

Faced with the Draft, the Canadiens, you can fire your Management felt that they had to coachਂg. The following are my set-in-jello picks for the awards (for the big ones, anyway)

- Calder Trophy (Rookie): Matt Duchene (Avalanche), Jimmy Howard (Red Wings), Tyler Myers, (Buffalo Sabres).
- Winner: Tyler Myers (tougher position, steeper learning curve, big minutes for a rookie).

- Selke Trophy (Defensive Forward): Pavel Datsyuk (Red Wings), Ryan Kesler (Canucks), Jordan Staal (Penguins).
- Winner: Ryan Kesler (this could easily go to Datsyuk but he already has one in his trophy case).

- Lady Byng (Sportsmanship): Pavel Datsyuk (Red Wings), Brad Richards (Stars), Martin St. Louis (Lightning).
- Winner: Brad Richards (Tied a career high in points with only 14 PIMs and little talent surrounding him).

- Masterton (Dedication): Kurtis Foster (Lightning), Jed Ortmeyer (Sharks), Jose Theodore (Capitals).
- Winner: Kurtis Foster (Cuz it has to be someone, non?).

- Norris (Defenceman): Drew Doughty (Kings), Mike Green (Capitals), Duncan Keith (Blacksawks).
- Winner: Duncan Keith (yeah, yeah, everyone wants Doughty to win it but Keith has seniority...and the stats).

- Adams (Coach): Joe Sacco (Avalanche), Dave Tippett ( Coyotes), Barry Trotz (Predators).
- Winner: Dave Tippett (Steered the moribund, lifeless corpse that was the Coyotes to a Cinderella Playoff berth. That will either earn him a trophy or a trip to Winnipeg).

- Vezina Trophy (Goalie): Martin Brodeur (Devils), Ilya Bryzgalov (Coyotes), Ryan Miller (Sabres).
- Winner: Ryan Miller (by a hair over Bryzgalov).
- Hart (MVP): Sidney Crosby (Penguins), Alex Ovechkin (Capitals), Henrik Sedin (Canucks).
- Winner: Henrik Sedin (The emergence of Backstrom and Ovie’s transgressions this year mean a free pass for Henrik).
Alors que le mois de juin touche à sa fin et que l’été s’installe pleinement, j’espère que vous avez pu constater à quel point ce mois a été occupé.

Nous avons accueilli le tout dernier ajout à la flotte de la 8e Escadre avec l’arrivée, le 4 juin, du premier CC130J en provenance de Marietta en Géorgie. C’était un grand jour, sous un beau ciel ensoleillé, comme pour célébrer un nouveau chapitre dans l’histoire du plus fiable appareil de transport aérien tactique – l’aéronef Hercule.

J’étais heureux de voir de nombreux membres de la 8e Escadre et leurs familles saisir l’occasion pour contempler et toucher le premier des 17 aéronefs l’occasion pour contempler et toucher le premier des 17 aéronefs. Ce fut un moment qui a réuni les membres de la famille, les amis et les autres membres de la Force aérienne.

Pour les deux choses, nous avons pu constater à quel point ce mois a été occupé. Le mois de juin a été rempli de divers événements, comme la célébration de l’arrivée des CC177, la participation à la cérémonie de la fête du Canada et la préparation à la course à Terre et mer de relais annuelle.

Je vous souhaite, ainsi qu’à votre famille, une longue fin de semaine en vue de passer du temps avec les membres de la famille. En ce qui concerne les vacances, dans la perspective des cérémonies de la fête du Canada, j’aimerais souligner vos efforts au cours des mois passés. Nous avons tous été très occupés, et vous avez travaillé de façon désintéressée les soirs et fins de semaine en vue d’assurer le succès de la mission en ces moments extraordinairement chers au cœur de notre force aérienne.

Je vous souhaite une longue fin de semaine reposante et souhaiter vous un sommeil réparateur pour le dimanche. Je vous souhaite un bon début de semaine et je vous invite à continuer à travailler de façon désintéressée les soirs et fins de semaine en vue de passer du temps avec les membres de la famille.
June 25, 2010

Happy Canada Day!

From John R. Williams, Mayor, Council, Staff and the Citizens of Quinte West

Happy Canada Day!

All of us at CANEX join in saying to all CF personnel, enjoy a safe & happy Canada Day!

51 Highway 33, Trenton
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www.spelmer.com

Happy Canada Day!

Happy Canada Day!

Happy Canada Day!

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Happy Canada Day!

Happy Canada Day!

To All our Readers
Happy Canada Day!
Welcome to The Contact Newspaper’s Community Events page! Thanks to the generosity of Smylie’s Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 613-965-7490 or email to steiner.al@forces.gc.ca, at least 10 days prior to your event.

Call 613-392-2811 Ext. 7005 for more information.

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 613-968-7338 or via email at clay426reunion@live.com. Registration forms can be found on the 426 website.

Seeking Post Secondary and Non-Graduate Mentor Applications

The YMCA Federal Public Sector Youth Internship Program has been renewed for five years which is a testament to the great job all of our Mentors are doing. We are presently seeking individuals who work in the Federal Public Sector to volunteer to mentor an intern for employment experience. We are recruiting mentors in the Belleville and Trenton area as well as in the Lindsay and Peterborough area. We are also recruiting in the Durham Region, including Ajax, Whitby, Pickering and Oshawa.

We have positions available for: High School graduates for six-month internship and Non-Graduates for nine-month internship. Please have a look at our website for more information on Mentoring an intern, or contact: Elaine Power at 613.392.2811 Ext 3834 or via email to power.ea1@forces.gc.ca; or Liz Semark at 613.392.2811 Ext 7640. Please visit our website at: http://www.canada.fpsyip.com

If you would like to apply for an intern, please fill out the RFI (Request for Internship) application (found online), along with a description of the internship. Please fax applications to 613.965.3733. Thank you.

Canada Day Celebrations

Celebrate Canada Day with a day full of family fun! Join us for family entertainment, car show, children’s games, exhibition, parade, laser tag, bingo, outdoor family movie and a magnificent fireworks display.

The day’s events will be held at Centennial Park in Trenton, on Thursday, July 1, from 8 a.m. to 11 p.m.

For more information please call 613-392-4821 or visit www.quintewest.ca

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 about the Kidney Foundation Of Canada, visit www.kidney.on.ca/walks

Links to Learning Reading Program

Links to Learning Resource Centre will be running a weekly no cost reading program for children of all ages. All books will be provided in a variety of levels. This is a drop in program so children who are interested can come between 1:30 to 3:30 p.m. every Saturday. They will be either read to or listened to as they read. Link to learning is located at 188 Victoria Ave, Belleville (use the side door off the parking lot in the Quinte Bible Chapel).

Visit www.linkstolearning.ca to learn more.

18th Biennial Reunion ~ 426 Squadron

613-968-7338
clay426reunion@live.com

Seeking Post Secondary and Non-Graduate Mentor Applications

Elaine Power
613.392.2811 Ext 3834
power.ea1@forces.gc.ca

Liz Semark
613.392.2811 Ext 7640
power.ea1@forces.gc.ca

Canada Day Celebrations

613-392-2841
www.quintewest.ca

Give the Gift of Life Walk

613-542-2121
www.kidney.on.ca/walks

Links to Learning Reading Program

613-965-7490
www.linkstolearning.ca

Belleville Waterfront and Ethnic Festival

7005
613-392-2811
www.bellevillewaterfrontfestival.com
Running outdoors with streamers is a wonderful way for your child to enjoy playing with something they created and to be physically active.

Making streamers is a simple and fun Comfort, Play and Teach™ activity to enjoy together!

You will need: A margarine lid; scissors (for adult use only); children’s scissors; and ribbons or paper streamers

Instructions: While a grown up cuts the centre out of a margarine lid, your child can cut lengths of ribbon or paper streamers. Make sure these are not too long to prevent them from dragging on the ground.

Tie the ribbons or glue the paper streamers to the rim of the lid.

Go to a park, where your child can grab the lid and run, trailing a rain-bow of colourful ribbons behind him!

Enjoy this more with Comfort, Play and Teach™:

COMFORT
Comment on how your child moves with the streamers. Say, “You are running as fast as the wind!” Your child will love the attention and build confidence.

PLAY
How many different ways can your child move the streamers? Encourage her to try making circles, rain-bows or zigzags and to find out all the creative ways she can move!

TEACH
As you prepare the streamers ask your child to identify the different colours. Count the number of streamers he cuts. Point out which streamers are longer and which are shorter. This activity provides an opportunity to explore concepts like colour, number and size.

Activity: Super summer streamers

Ingredients:
- 1 can (2 1/4 ounces) sliced black olives, drained
- 1 can (3 ounces) green olives stuffed with pimentos, drained and sliced
- 1/4 cup canned tomato paste
- 1/4 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 1/4 cup lemon juice
- 3/4 cup water
- 3 pounds salmon fillet, with skin
- 2 teaspoons Italian seasoning (oregano and basil)

Non-stick olive oil spray

Preparation:
Mix the green and black olives, tomato paste, olive oil, vinegar, lemon juice and water. Set aside; store in the refrigerator if kept longer than four hours. Heat grill to high. Season the flesh side of the salmon with Italian seasoning and spray liberally with olive oil. Spray the rack of the grill with oil and grill the fish flesh-side down until browned, about 5 minutes. Flip with a wide, long-handled spatula and grill until the fish flakes to gentle pressure. Depending on the thickness of the fillet this will take anywhere from 5 to 10 minutes more. Slip the spatula between the skin and the flesh. Lift the fish onto a cutting board or serving platter; the skin will stick to the grill (it can be scraped off later). Spoon the olive sauce over the salmon and serve.

Serves: Eight.

Nutritional Information Per Serving: Calories 370; Total fat 23g; Saturated fat 4g; Cholesterol 85mg; Sodium 400mg; Total carbohydrate 4g; Fibre 1g; Protein 37g; Vitamin A 10 per cent DV; Vitamin C 10 per cent DV; Calcium 4 per cent DV; Iron 8 per cent DV. *Daily Value

Grilled Salmon with Olive-Tomato Vinaigrette

Grilled salmon drizzled with olive-tomato vinaigrette and topped with slices of olives is a crowd-pleaser every time. A generous spoonful of homemade olive sauce complements the natural flavours of salmon, creating a light, but savoury entree.

Ingrdients:
- 1 can (2 1/4 ounces) sliced black olives, drained
- 1 can (3 ounces) green olives stuffed with pimentos, drained and sliced
- 1/4 cup canned tomato paste
- 1/4 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 1/4 cup lemon juice
- 3/4 cup water

Preparation: Mix the green and black olives, tomato paste, olive oil, vinegar, lemon juice and water. Set aside; store in the refrigerator if kept longer than four hours. Heat grill to high. Season the flesh side of the salmon with Italian seasoning and spray liberally with olive oil. Spray the rack of the grill with oil and grill the fish flesh-side down until browned, about 5 minutes. Flip with a wide, long-handled spatula and grill until the fish flakes to gentle pressure. Depending on the thickness of the fillet this will take anywhere from 5 to 10 minutes more. Slip the spatula between the skin and the flesh. Lift the fish onto a cutting board or serving platter; the skin will stick to the grill (it can be scraped off later). Spoon the olive sauce over the salmon and serve.

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Theme of the week: The G20 summit takes place in Toronto this weekend. It will be characteristically intense, as these types of events are noted to be. Mercury is busy suggesting lots of conversations, connections, and considerations with powerful outcomes. All sides will feel that their voice was heard. It will be a great week, enjoy!

ARIES (March 21-April 19): Sometimes the thing you never dream, because it just seems too big to dream, is the very thing that happens. You are being asked to reach for a lofty and inspired vision of your future. You can make it come about with your sheer faith.

TAURUS (April 20-May 20): Even if you feel like the plainest Jane, there is something you do that is able to come across as pure magic. That's what talent is. Even if you have previously not acknowledged it, you are about to accept the awesome responsibility of what you have been given.

GEMINI (May 21-June 20): After all the fighting, striving, and trying, there comes a point when you realize you have to release your grip if you are going to make any progress. That's the point of surrender. You have been chasing what you want. Now turn it over.

CANCER (June 21-July 22): You have been traveling the same road, determined to make circumstances go your way. There may have been the temptation to cut your losses. However, you do not currently have the clarity to make a clean break. Hang in a while longer before you make an irreversible decision.

LEO (July 23-Aug. 22): The violin is a romanticized instrument, often getting leading solos in large orchestral pieces. But each instrument is represented, and is important to the larger piece of music. You know you are special. Show it now by working within a larger team and taking account of all contributions.

VIRGO (Aug. 23-Sept. 22): Actors are brave souls. Most go through a series of auditions, constantly facing rejection, in order to do what they love most. This helps develop a thinker skin. Stay aware of what you want most and the differing opinions of others will matter less.

LIBRA (Sept. 23-Oct. 22): Purses are used to carry around the things we may need, but can also hold things that are unnecessary. Similarly, you are holding on to a past experience, replaying it in your mind now, for no good reason. Clean out your past to make room for a fantastic future.

SCORPIO (Oct. 23-Nov. 21): Passions can lead us astray, but they can also point the way to joy and fulfillment. The difference is found through self-honesty. You have a strong reaction today and your desire is through the roof. Temper it with a practical plan to create lasting happiness.

SAGITTARIUS (Nov. 22-Dec. 21): We can forget how much the daily grind takes out of us. Vacation days allow us to remove ourselves from situations that seem overwhelming. You may be cursing your circumstances, but it is the thrill of life you are involved in. Thrive within the fast moving events.

CAPRICORN (Dec. 22-Jan. 19): Life is a game, and you are here to win. The week may begin with an uncomfortable situation with another person. Miscommunication can lead to misunderstandings. A moment of appreciation is followed by a new way to share. You will be changed for the better.

AQUARIUS (Jan. 20-Feb. 18): Rules are made to be broken, but first we must know the rules inside out if we are to step outside their boundaries with purpose and intelligence. You want to break free. It is admirable. Make sure you are clear about what you are liberating yourself from.

PISCES (Feb. 19-March 20): Some of the greatest love stories are those that detail relationships that were met with resistance yet defied the odds. Sometimes the opposition isn't outside us at all. It's our own questioning. Let your questions about another lead to a connection that is stronger.
Franco-Phare hosts Saint-Jean Baptiste Day celebrations

Photos, clockwise from top left: Robert Comeau and co-organizer joins Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, Quinte West Mayor John Williams and Chief Warrant Officer Kevin West, 8 Wing Chief Warrant Officer, during the official ribbon cutting to kick off the event during the opening ceremonies of St-Jean Baptiste Day/Le Franco-Phare.

The lead singer of the Les B.B. is shown singing during the celebrations.

French Canadians join the mascot in celebrations.

A participant sports a blue and white wig during the festivities. Many French Canadians from the Quinte West area celebrated the Annual St-Jean Baptiste Day, on Saturday, June 19 at Baker Island Community Centre.

Volunteers Alexandria Rainville, Yannick Paquin and Mathieu St-Amant, pose for a photo.

Guitarists from Les B.B. put on a great show as part of St-Jean Baptiste Day celebrations.
Much time and planning and hard work went into the recent Surf and Turf Relay Race, with the assistance of many volunteers. All deserve our thanks.

Above: Paul Deschamps, PSP Facilities Coordinator discusses the race route with Wing medical personnel.

Below: PSP personnel register the many participants in the annual event.

Below left: Warrant Officer Roxanne Tilley, Master Warrant Officer Sandra Spragg, and Chief Warrant Officer Branko Horvat hand out barbequed burgers and hotdogs.

Photos courtesy of Todd Peddle, Deputy PSP Manager
TRENTON
Military Family Resource Centre

MFRP-EVENTS & INFORMATION

TICKETS AVAILABLE
Senior 60+, Children 3- & under 48" tall .... $31.21
Adult from July 1st .... $41.82
Pay Once Go Twice .... $61.13

Grand & Toy BBQ - July 14
11 AM to 2 PM
Baker Island Community Centre
Hamburger or Hotdog, chips and a drink $3.00
Raffles - Giveaways

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

Kindergarten Kick-start
This program is designed for children starting JK or SK in the fall. Children will explore pattern making, rhyming, numbers, music and much more in the playground.

Starting in July
In French- every Tuesday from 1:00-2:30
In English- every Wednesday from 1:00 - 2:30
Cost: $1.00 each session

Only 8 spaces available please register at reception

“FLAT OUT” Weekend
July 23-24-25, 2010
Shannonville Speedway
Live Music - Drive-In Movie - Beer. Garden
Admission: Fri/Sat - $10 Sunday - $5
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For additional information:
www.TrentonMFRP.CPS/centre.com
Contact: Jaime Corriveau 613-948-9711

CRFM-Événements et Information

BILLETS DISPONIBLES
Sénior 60+, enfants 3- & moins que 48" .... 31,21$
Adultes a partir du 1er juillet .... 41,82$
Payez une fois, allez deux fois .... 61,13$

Grand & Toy BBQ - 14 Juillet
De 11 h à 14h
Baker Island Community Centre
Hamburger ou chien-chauds, croustilles et soda, 3,00$  
Tirage- sac cadeaux
Tous les profits seront utilisés pour les programmes de déploiement des familles militaires

Le coup d’envoi de la maternelle!
Ce programme s’adresse aux enfants qui débuteront la maternelle /jardin d’enfant à l’automne. Ils s’initieront au modélage, aux rimes, aux chiffrées, à la musique et à beaucoup plus dans la salle de jeux.
Début: en juillet
En français: Tous les mardis de 13h - 14h30
En anglais: Tous les mercredis de 13h - 14h30
Coût : 1,00 $ par session
Veuillez vous inscrire au bureau d’accueil. Maximum de 8 places.

“FLAT OUT” Fin de Semaine
23-24-25 juillet, 2010
Shannonville Speedway
Spectacle de musique - Cinéma en plein air - Bière plein air
Admission: vendredi/samedi - 10$ dimanche - 5$
www.fastfromstock.com

Pour information additionnelle
www.TrentonMFRP.CPS/centre.com
Contactez: Jaime Corriveau 613-948-9711

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Three Bedroom Story-Book Appeal Plan Number 6-3-368

With its gabled roofline and attractive triple-dormer windows, this 3-bedroom family home exudes a story-book appeal. The spacious great room complex has an open-plan design that will keep family members, even when engaged in different activities, in close touch. The great room itself, with a dramatic vaulted ceiling, has access through French doors to a covered deck and large sundeck. The cook will never feel isolated in the spacious kitchen, which is separated from the great room only by a prep island and is handy to the dining room in its bayed-out niche for serving meals. Near the kitchen is a pantry located access from a desk that could accommodate the family computer and a telephone. The laundry room, with access to the double garage, contains a closet for family gear and can double as a mud room. The linen cupboard is tucked in beside a two-piece powder room.

The large master bedroom occupies the remainder of the ground floor. The ensuite includes a soaker tub as well as a shower stall and double basins. The toilet is separated from the rest of the ensuite, with the walk-in closet nearby. The secondary bedrooms both feature sloping ceilings and share a three-piece bathroom. A bonus room with a sloping ceiling occupies space over the garage.

This home measures 40 feet wide and 62 feet, four inches deep, for a total of 2,093 square feet, not including the unfinished basement that comes with the plans.
Are you new at 8 Wing/CFB Trenton?
Come to the MFRC, get your plant, coupons, information as needed, have a tour of the place. We are looking forward to meet you!

Étes-vous nouveau à la 8e Escadre/BFC Trenton?
Venez au CRFM pour avoir votre plante, coupons, de l’information et une visite de la place. Nous avons hâte de vous rencontrer!

To know more about Military Discount Program, please visit the MFRC website!!!
If you know of any businesses offering discount to the military, tell them about this program or tell us about them. Thank you!

Pour plus d’information sur le Programme de rabais pour les militaires, svp, visitez le site Web du CRFM. Si vous connaissez des entreprises qui offrent déjà un rabais aux militaires, informez les de notre programme ou informez-nous de leur rabais. Merci!

Partner’s Away Wednesday Night
6pm to 8pm
Childcare is available but you need to reserve ahead so we will have enough caregivers for your children.

June 30 BBQ & Get together!
Please call ahead to reserve.

Looking for someone to mow your lawn?

Call the MFRC, we have list of individuals who will do it for a cost.
The contract is between you and this person.

Recherchez-vous quelqu’un pour couper votre gazon?

Téléphonez au CRFM, nous avons une liste de gens qui le feront pour un certain coût.
Le contrat est entre vous et cette personne.

Buy Once Go Twice (same tickets)
May 2 – June 30, 2010 $48.00
July 1 – October 31, 2010 $51.13

Spring Adults $35.00
Spring Junior/Senior $29.00

Achète une fois, Visite deux fois
2 mai – 30 juin 2010 48,00$
1er juillet – 31 octobre 2010 51,13$

Printemps – Adulte $35.00
Printemps Junior/Sénior $29.00

Printemps – Adulte
Printemps Junior/Sénior

Canada’s Wonderland
Spring Adults $35.00
Spring Junior/Senior $29.00

Achète une fois, Visite deux fois
2 mai – 30 juin 2010 48,00$
1er juillet – 31 octobre 2010 51,13$

Printemps – Adulte $35.00
Printemps Junior/Sénior $29.00

Looking for someone to mow your lawn?

Call the MFRC, we have list of individuals who will do it for a cost.
The contract is between you and this person.

Recherchez-vous quelqu’un pour couper votre gazon?

Téléphonez au CRFM, nous avons une liste de gens qui le feront pour un certain coût.
Le contrat est entre vous et cette personne.

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Randall’s
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Fax: 613-392-8387

Randall’s
613-965-3575

Visit www.trentonmfrc@trenton.com
Visit www.trentonmfrc@trenton.com

Printemps – Adulte
Printemps Junior/Sénior

Looking for someone to mow your lawn?

Call the MFRC, we have list of individuals who will do it for a cost.
The contract is between you and this person.

Recherchez-vous quelqu’un pour couper votre gazon?

Téléphonez au CRFM, nous avons une liste de gens qui le feront pour un certain coût.
Le contrat est entre vous et cette personne.
boardings available. 5 mins.

Call (Bayside)- 2+1 bedroom mobile, very clean, steel
country setting. Airport
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A quick and easy guide to greening your home

Work Those Drapes
Even in winter, the sun’s rays provide a fair amount of warmth. Take advantage of this free heat by opening blinds and curtains on the windows that receive the most light, usually on the east side. At night, draw heavy insulating drapes to preserve warmth.

Go unplugged.
Computers, televisions, toasters and other household electronics tend to be environmentally unfriendly as they continue to draw power even when turned off. To reduce power consumption, plug electronics into a power bar with a master switch that you can turn off when appliances aren’t in use.

Clean green.
Sarah Richardson, TV personality and designer, has been living green long before environmental issues became front page news. As someone who also loves to clean, she gave us this insight on using cleaners made with natural ingredients to keep your home looking its best.

“in my hectic life I need to be able to rely on products that allow me to get my home cleaned quickly and effectively. I don’t have time to do anything twice and would prefer to buy a premium brand that is powerful enough to do the job, yet gentle on the planet.” Green Works cleaners are made from plant-based, biodegradable cleaning ingredients. Information on these products is available online at www.clorox.ca.

Digue of the disposables.
Instead of turning to disposable dishes and napkins for your next soiree, set the table the old-fashioned way with fine china and cloth napkins. Not only will your guests be impressed, you will reduce waste.

Lights out.
When relaxing at home, look for ways to conserve energy by turning off your lights. While it might not be feasible throughout the entire day, you will find that you can keep them turned off when you receive morning or afternoon sun.

The market’s ready, but is your house?

NC:- The surprisingly strong housing market is catching many Canadians off-guard. Homeowners primed to sit on their investment and wait for the market to recover after the recession are once again thinking of selling their homes as sales and housing prices are rebounding more quickly than expected.

To prepare their houses for sale though, those looking to maximize their home’s value are moving up the timetable on home repairs and upgrades like adding an extra washroom.

Having a minimum of two baths is essential to commanding a decent price in today’s market and getting your listing noticed. Sites like the Multiple Listing Service (MLS) allow buyers to screen their other criteria.

If reno-owners are considering a second or third bathroom, an addition can be a simple solution to what can be a complex problem,” says Daniel Carrel, national sales manager of Saniflo Canada. “Our systems allow you to add a stylish bathroom anywhere in your house, from the basement to the attic, as little as half a day.”

Macerating toilets, or upflush toilets as they are sometimes called, provide homeowners with a money-saving option when conventional plumbing fixtures are impossibly or cost-prohibitive to install. These above-floor systems do not require a toilet rough-in, allowing them to be installed on top of any finished surface, including concrete.

Macerating systems route flush water through the back of the toilet where a rotating blade reduces waste and toilet paper, so it can be pumped away through 3/4-inch piping that is drain lines can be run without opening up walls and floors, minimizing renovation mess and installation time.

More information on these toilet systems is available online at www.saniflo.ca
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