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An emotional change of command

Col. Sean Friday receives the Wing Commander's pennant signifying acceptance of command from Major-General Alain Parent, Commander 1 Canadian Air Division, with outgoing commander Col. Dave Cochrane looking on.

Col. Cochrane hands over command to Col. Sean Friday

By Ross Lees

Col. Dave Cochrane has proven to be the right man in the right place at the right time.

While he had at least one major issue to deal with above and beyond the day-to-day issues of high operational tempo on Canada's busiest air base, Col. Cochrane told everyone at an operations meeting last Friday he was finding it emotional to have to leave CFB Trenton.

Like all good commanders, Col. Cochrane attributed the success of his 18-month term at CFB Trenton squarely on the shoulders of those who made it happen – the 4,300 men and women who populate CFB Trenton from top to bottom.

It was those "motivated and dedicated" men and women he was so proud of as he prepared to hand over command to Col. Sean Friday..

"I leave with mixed emotions," he told *The Contact* Wednesday at noon. "I'm sad to leave here, the person-

Cont'd on page 9

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Photo: Base Imaging

The Honourable Peter MacKay, Minister of National Defence, announced Wednesday Canada is deploying three CH-146 Griffon tactical helicopters and 65 Canadian Forces personnel to support the Jamaica Defence Force (JDF) during the 2011 hurricane season in response to a request from the government of Jamaica.

Canada responds to Jamaican need

Helicopters, personnel deploying during Jamaican hurricane season

Canadian Forces personnel from CFB Trenton and other bases continue to respond to emergency appeals from around the world.

The Honourable Peter MacKay, Minister of National Defence, announced Wednesday Canada is deploying three CH-146 Griffon tactical helicopters and 65 Canadian Forces personnel to support the Jamaica Defence Force (JDF) during the 2011 hurricane season in response to a request from the government of Jamaica.

> "Our government is committed to ensuring that our Canadian Forces are ready to assist our allies on the world stage, if and when the call comes."
>
> The Honourable Peter MacKay, Minister of National Defence

Dubbed Operation Jaguar, Task Force Jamaica's mission is to undertake specific critical life-saving tasks both inland and over water in support of the JDF. An aspect of Canada's continuing commitment to international peace and security, Operation Jaguar shows how relevant, responsive and effective Canada's helicopter fleet is in today's complex environment.

The Jamaican request addresses a specific capability gap in the JDF, which currently does not have helicopters suitable for tasking such as search and rescue and medical evacuation flights, MacKay indicated on the tarmac at CFB Trenton along with commanding officer Col. Dave Cochrane, base search and rescue squadron's (424) commander Lt.Col. Joel Roy, and Maj.-Gen Yvan Blondin, Commander, 1 Canadian Air Division.

"Our government is committed to ensuring that our Canadian Forces are ready to assist our allies on the world stage, if and when the call comes," said MacKay.

While in support of the JDF, Canadian Armed Forces (CAF) personnel will also take this opportunity to conduct Search and Rescue (SAR) training activities in order to meet essential Canadian Forces SAR training requirements in support of domestic SAR capabilities

"This deployment, the first under a new Canadian Forces initiative dubbed Operation Jaguar, will once again demonstrate that the men and women of the CF have world-class military skills and discipline, and a global reputation that is second to none," said Lt-Gen. Marc Lessard, Commander of Canadian Expeditionary Force Command. "Our forces are proud to serve Canadians by projecting the best of what this country has to offer around the world."

Other MTCP initiatives with Jamaica include the Counter-Terrorism Operations Training and the Naval Boarding Party Training for Caribbean nations, both funded by the Counter-Terrorism Capacity Building Program of the Department of Foreign Affairs and International Trade. Canadian Forces were also instrumental in the construction of the Caribbean Junior Command and Staff College at the Moneague Training Camp, St Ann.

Jamaica has also hosted the Canadian Forces for pre-deployment training for engineers, such as 2008's Exercise Tropical Hammer, and for Operation HESTIA, where Jamaica acted as a staging area for the Government of Canada's emergency response to Haiti following the earthquake last year.

Welcome

Aldo and staff would like to welcome Teresa Shillington to the Capelli team. Teresa brings with her over 25 years as a stylist in the Quinte area and looks forward to seeing her past, present and future clients at Capelli Salon.

To book your appointment, please call.

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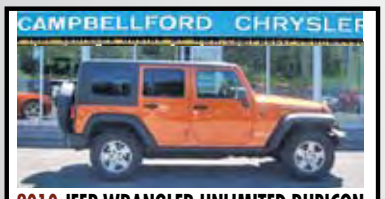
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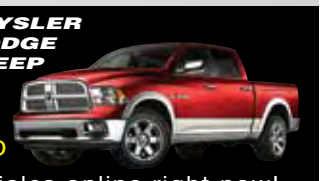

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Delaware engineers mix well with Alert personnel

By Lt Craig Fettes
Alert ANG Project Coordinator

On the heels of the Puerto Rican Air National Guard (ANG) 156 Civil Engineering Squadron's visit to Canadian Forces Station (CFS) Alert, a second crew of ANG arrived. Members from Delaware's 166 Civil Engineering Squadron picked up where the Puerto Ricans left off, completing some projects which the Puerto Ricans began, and originating and completing several of their own.

With trades ranging from electricians to heavy equipment operators to structural technicians to water and fuel technicians, 166 CES brought a diverse crew of trades persons and engineers to CFS Alert. This varied composition perfectly suited Alert's needs, as unique projects began to come to the surface left during the planning phases of the deployment, as it was made clear to the Senior Construction Engineering Officer on station and CFB Trenton Wing Construction Engineering Ops staff just how varied the skill set of the Delaware Air National Guard crew was. From the installation of explosion-proof lights for a Hazmat storage area, to the completion of a heated warehouse, to the construction of a snow barrier for the auxiliary power plant intakes, the ANG members worked competently and efficiently to upgrade the infrastructure on the station.

> "On behalf of the 8 WComd, Col Dave Cochrane, our Wing Logistics and Engineering Officer LCol Sean Lewis, myself and all the personnel here at CFS Alert, I would like to thank you for all of the outstanding work that your construction and engineering flight did for us here at CFS Alert."
>
> Major Andre Delhommeau, CO of CFS Alert

The ANG members had a pleasant surprise at the end of the deployment when their Wing Commander, Colonel Jonathon Groff, personally flew up from Delaware to pick up his personnel, inspect their handiwork and conduct a promotion. There was also a plaque presentation to the 166 Wing Commander from Major Andre Delhommeau, the CO of CFS Alert. Major Delhommeau praised the work done by the 166 CES Personnel, saying, "On behalf of the 8 WComd, Col Dave Cochrane, our Wing Logistics and Engineering Officer LCol Sean Lewis, myself and all the personnel here at CFS Alert, I would like to thank you for all of the outstanding work that your construction and engineering flight did for us here at CFS Alert."

The ANG deployment to CFS Alert would not have been possible without the guidance and supervision of the 8 Wing Construction Engineering civilian and military trades persons, whom expertly enabled the ANG personnel to perform their work so efficiently and to such high standards.

The deployment was not only a success in terms of projects completed, but also in terms of relations. Both sides sincerely enjoying each other's company, both while working and over a cold beverage or two in the Arctic Club after a long day of work. CHIMO!

New beacon returned to historic location

The aerodrome beacon was returned to its historic location on the water tower last Friday night and was turned on manually for its "burn-in."

This beacon is of a newer design in that it is not a "rotating" beacon, rather it is a four-quadrant "strobe" beacon. The beacon will be connected to the ATCT control panel in the near future.

This project was initiated to follow the guidance of beacon location on the aerodrome, to make it more visible from all quadrants, and to remove it as a hazard (from its former location atop the new ATC Tower) to crews completing NVG training.

After testing, the new beacon location will be NOTAMed and the aeronautical pubs will be annotated accordingly.

International Air Cadets visit 8Wing

Seventy-seven air cadets and their escort staff from 13 countries visited the Trenton area and spent time with the cadets and staff of Trenton Air Cadet Summer Training Centre in July as part of their visit to Canada.

The visiting exchange cadets from Australia, New Zealand, Belgium, France, Germany, the Netherlands, the United States of America, Hong Kong, Japan, South Korea, Turkey, Israel, and the United Kingdom were a part of the International Air Cadet Exchange (IACE) program which in turn sends Canadian Air Cadets to various countries around the world for a few weeks each summer.

"The International Air Cadet exchange is an opportunity for cadets from around the world to learn more about air force history, and how the Canadian cadet organization directly benefits from the strong relationship we have with Canada's air force," said Lieutenant (Navy) Terri-Leigh Saunders, TACSTC Public Affairs Officer.

Staying at the Yukon Lodge while on the base, the international cadets were treated to some good old Canadian hospitality. Two Canadian Air Force officers acted as escorts and hosted the cadets and their escort officers, visiting several Ontario attractions. One day was spent visiting the UNESCO world heritage site, Niagara Falls, complete with a trip on the "Maid of the Mist." Another day was spent at Canada's Wonderland.

While in the Trenton area, the cadets spent time touring the National Air Force Museum where they were officially welcomed to the area by Quinte West Mayor John Williams. Williams expressed his delight in having the cadets visit the base and was himself surprised when he was presented with a key to the city of Reading, Pennsylvania by Capt. Maria T. Kanter, the exchange escort officer for the United States, who also happens to be an employee for the city of Reading.

July 26 was their last afternoon in Trenton and the international cadets divided their time between touring 424 Transport and Rescue Squadron and the control tower, where they learned more about runway logistics. Their guide at the control tower, Second Lieutenant Tim Gunner from Wing Operations, took the time to explain the ins and outs as well as the importance of accuracy in sending everyone in the right directions on the runway of the busiest air force base in the country.

The cadets also had the opportunity to meet Jacques "Birdman" Doyle and his feathered partner "Oasis" while at the control tower. Doyle explained his role in keeping the runway and airfield safe from other wildlife which could be dangerous to the aircraft and men and women who work on them.

Cadets spent their final evening in Ontario at a social event involving senior cadets from Trenton Air Cadet Summer Training Centre before heading off to experience all that Montreal and Quebec City had to offer on the next leg of their trip.

"The cadets who were here thoroughly enjoyed seeing how many incredible and valuable things we have here in Trenton at Canada's busiest air force base. They learned a lot about the Canadian air force, and specifically how the people here at CFB Trenton are supporting Canadians both at home and abroad.

"Most of all, the international cadets were given the opportunity to develop bonds that will last a lifetime, allowing them to learn new things about themselves, their peers and the Canadian cadet organization in general," Saunders noted.

(Left) Much to their excitement, Mr. Doyle gives cadets the opportunity to hold "Oasis".

Photos: Lt (N) Terri-Leigh Saunders

Jacques "Birdman" Doyle, holding "Oasis", explains how various birds are used to help keep runways and airfields safe.

The Contact Newspaper

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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.

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National Air Force Museum to tell CAF story

By Jed Devenish

The National Air Force Museum of Canada (NAFMC) held its Annual General Meeting (AGM) July 28, unveiling its strategic vision going forward and thanking the museum's volunteers for all their hard work and dedication in making the museum such a success.

At the AGM, Major General (Retired) Paul Hussey outlined how the future of the NAFMC will be guided by a strategic vision focusing on educating the public on the entire history of the Canadian Air Force (CAF), including the Royal Canadian Air Force (RCAF).

The museum will do more than just act as a receptacle for the thousands of historical artifacts and numerous aircraft it now contains. It will promulgate the story of the history of Canada's Air Force, past, present, and future.

"The NAFMC will present through a variety of artifacts, displays and multi-media presentations, the Air Force story of people, operations, capabilities and occupations, and technological change," Gen. (ret) Hussey reiterated to the crowd assembled at Baker Island for the meeting.

To execute this vision, the NAFMC has two principle target audiences – CAF members past and present, as well as the Canadian public in general. For the Canadian public the story will be told through three main threads. The first thread will focus on CAF contributions to Canadian foreign policy, international operations, and CF operations. The second and third threads will spotlight CAF contributions to the growth and development of Canada, and contributions to sovereignty and security.

"We do not want to be just another airplane museum," explained Bob Burke, Chairman of the Board of Directors for NAFMC. "We want to tell the full and ongoing history of the Air Force in Canada right up to the modern times and forward."

The museum will refocus its efforts from collecting and preserving historical relics, to telling the story of CAF through the artifacts it has acquired. The museum recently completed the expansion of its restroom facilities and kitchen areas for public use. In addition the formal main entranceway was updated with ceramic tile flooring as the final phase of expansion nears completion. Once construction of the expansion is complete the museum will begin the arduous task of filling that space with the story of the CAF and the historical artifacts that will help in telling this story. Since it will not be cheap to bring the museum's current collection of aircraft and artifacts into the new expansion area, the museum will maintain its fundraising efforts for the foreseeable future.

As the museum continues to grow and transform, one constant remains the same – the volunteers. The NAFMC employs approximately 100 volunteers, who are vital in the museum's day-to-operations and beyond. Burke and others were quick to salute the individuals giving up their time and efforts in helping the museum.

"The most important resource in terms of the museum's success is undoubtedly the volunteers. The museum cannot function without them. Unfortunately, our volunteer base is aging and we love to attract new and younger volunteers," said Burke.

Anyone interested in volunteering at the NAFMC can download the Volunteer Opportunities Form from the museum's website, www.airforcemuseum.ca/en/volunteering, or contact the volunteer coordinator at 613-965-3874.

Grand and Toy BBQ provides recipe for success

By Paul Dougherty
Family Separation and Reunion Services

This year's Grand and Toy barbeque was held on July 20 at Baker Island. It was the seventh year that Grand and Toy has hosted this event. Once again, it was nothing short of successful. All proceeds go to the MFRC deployment programs.

The weather was hot as was the food, the prizes and the entertainment. Thanks to all Grand and Toy employees for your hard work and the wonderful donation of raffle prizes. Thanks to Jason and Paul for their live acoustic performance and to all MFRC staff and volunteers. Thanks to everyone who supported our event and contributed to its success. Congratulations to all prize winners. We hope to see everyone again next summer.

Folks relaxing after a great lunch.

Thanks to Cpls Paul Guillemette and Jason Briand (8 AMS) for their live accoustic performance during our BBQ.

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Parachute cadets earn their wings at CFB Trenton

By Dave Fraser

Army Cadets from across Ontario reached a high watermark of their lives as cadets on Aug. 5, graduating from the CFB Parachute Course held at CFB Trenton.

The cadets, who have been part of the summer cadet training program at CFB Trenton, arrived at the base Canada Day weekend and, after an intense two-week physical fitness preparation program, went on to jump school in hopes of obtaining their coveted jump wings.

> "The cadets who get on this course have to be absolutely top notch from across the country."
>
> Press Liaison Lt. (N) Terri-Leigh Saunders

Press Liaison Lieutenant (Navy) Terri-Leigh Saunders said Friday, Aug. 5 out of 47 cadets, 43 graduated from the course that was exactly the same as regular force military members would take.

"The cadets who get on this course have to be absolutely top notch from across the country," she said, adding under the expert tutelage of the parachute instructors at the Canadian Forces Land Advanced Warfare Centre (CFLAWC), they were taught the importance of safety and fitness as well as the basics right through to the specific aspects of jumping out of an aircraft.

Parachute Instructor MCpl Michel Gagne said safety is their first consideration during training and only after those parameters have been established do they move forward.

"Everyone has fear, but if you fight and are stronger than that fear, you can accomplish anything," he said about the challenges the cadets faced every day at jump school. "The best thing I tell the guys during the mock tower training is to be aggressive and think positive and they won't hesitate."

MCpl Gagne said he has been at CFLAWC for a year now and is proud to pass on what he has learned to any student whether it be a cadet, regular or reserve forces member.

"It can be hard for the cadets working with the regular force for the first time and for them there is only one course per year, but they are inspired," he said.

Cadet MWO Geoffry Rose said the course was physically demanding. His fear of heights presented a unique challenge for the 17 year old.

"I was so nervous in the hours leading up to the first jump, I just wanted to get up in the plane and go," he said, adding it was also the first time he was in a plane, so the entire experience was new to him.

MWO Rose was glad to know he wasn't the only cadet who hadn't flown before, he said, and once the first wave of guys jumped he knew he could do it.

They did a total of five jumps, he said, and it did get easier as they went, but the last jump was at night.

"I didn't really know what to expect, but as soon as I exited the aircraft it was back to basics and I made it down okay," he said.

MWO Rose said the instructors were professional and kept them all extremely motivated. They were hard on them and there was a lot of discipline, he said, but in a good way and they got the best training they could get.

"I have been training for this for two years and I feel really accomplished," he added.

Lieutenant-Colonel Paul Lockhart, Commanding Officer of Canadian Forces Land Advanced Warfare Centre (CFLAWC) presents a cadet with his wings at the graduation ceremony for the Canadian Forces Basic Parachute Course at CFB Trenton August 5.

Sergeant Dmitri Frounze, Parachute Instructor, presents a cadet with his wings at the graduation ceremony for the Canadian Forces Basic Parachute Course at CFB Trenton August 5.

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WING LOGISTICS & ENGINEERING PICTURES OF THE WEEK

Sgt Bobby Willis and MCpl Jason Robinson (berets on), both Refrigeration and Mechanical Technicians from 86 Airfield Systems and Utilities Flight (86 ASU), demonstrate to students the tape rewind procedures of a Mobile Aircraft Arresting System (MAAS) which takes place after an Aircraft Engagement during the Aircraft Arresting System (AAS) Team Leader's Course. 86 ASU will be installing several of these Mobile systems across Canada in support of 2011 Op Connection Air shows and Forward Operating Locations (FOL) over the next few years in support of the new AAS Modernization project. 86 ASU is the only facility within the CF that is solely responsible for the overhaul, rebuild and installation of Mobile, Transportable and Stationary Arrestor Gear systems.

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Testing Option 11 PBX - WTISS Technical Services Flight ATIS technicians MCpl Gordon Hunt, Cpl Sean Cousins and Pte Michael Robson are shown in the process of testing and preparing portable Option 11 telephone switches for transportation. The Option 11 PBX (Private Branch Exchange) provides full telephone exchange services in a static or deployed environment. Services include all normal desktop functions such as voice mail, messaging and data communications.

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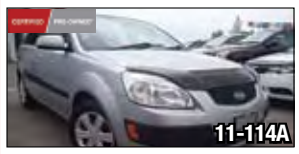
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Wednesday, August 17
at 7:00 pm
At Loyalist we are here to help you evaluate your career opportunities – and the education options that will set you on the path to achieving your goals.
There is still time to apply for programs starting in September.
Join us for our Return to Learn evening. You'll have the chance to:
Explore our over 60 career-focused programs
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Meet with advisors one-on-one
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If you are unable to join us please visit our website to check out September start availabilities and connect with a career advisor – or call 613 969-1913, ext. 2100 and we'll help point you in the right direction.
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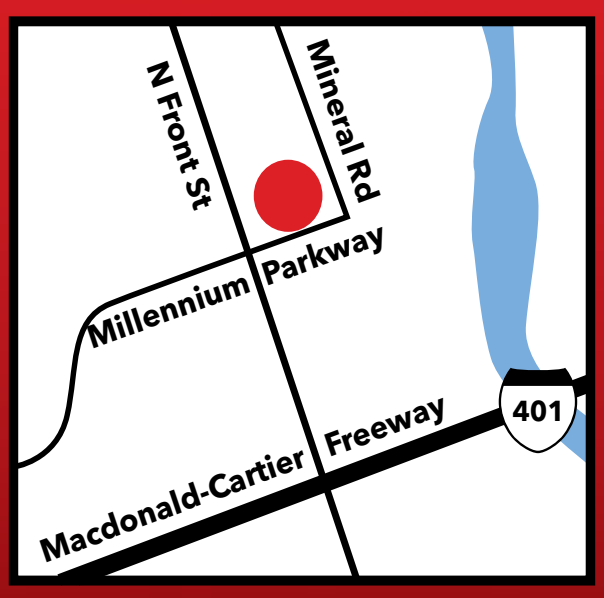

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or call **1-888-SLEEP-88** for the store in your neighbourhood

Col. Dave Cochrane, foreground, completes the change-over of command along with Maj.-Gen. Alain Parent, middle, and Col. Sean Friday, the new Wing Commander.

Cont'd on from 1

nel and the community," although he added he was looking forward to being in a new country (Australia) and having more time to spend with his family.

Through it all, Col. Cochrane did not forget the importance of the families of those men and women, and he also acknowledged the huge role the greater community played in getting them through a very dark time.

"They were behind us 100 per cent," he said during his farewell speech, noting Quinte West Mayor John Williams and his council were exceptionally strong supporters and helped forge a strong relationship and bond.

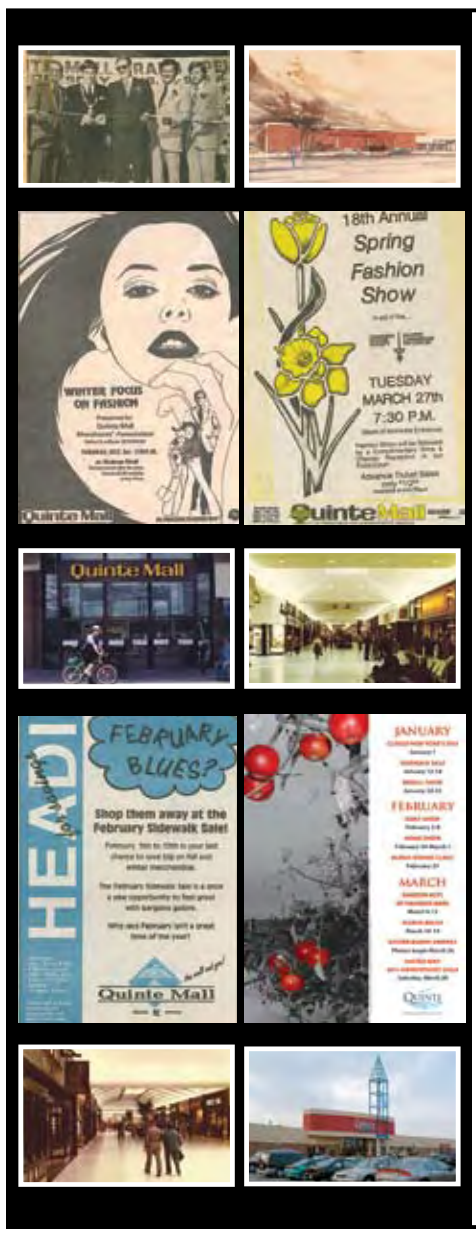
Major-General Alain Parent, Commander 1 Canadian Air Division, noted Cochrane's dedication was evident "through both tragedy and triumph."

Col. Friday thanked Col Cochrane for his warm welcome to the base, adding his learning curve since arrival was somewhat akin to "drinking from the fire hose, although the water tastes very good indeed."

The high operations tempo of the base had already become evident to its new commander and he was awed by the fact the tempo could be maintained through the massive construction taking place on the base.

"It's almost the equivalent of building a small community every month for two years," he said of the construction.

> "I leave with mixed emotions. I'm sad to leave here, the personnel and the community."
>
> Col. Dave Cochrane, Outgoing Wing Commander



You are invited to join in our

40th Anniversary Celebration!

Thursday, August 18, 2011
2:00 - 4:00 pm • Kindness Court

Please join us as we celebrate 40 special years in our community. Look at memorabilia from the mall's archives, enjoy a piece of anniversary cake* and you might even **win a special prize**** **from one of these Quinte Mall retailers**:

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*While quantities last **Some restrictions may apply.

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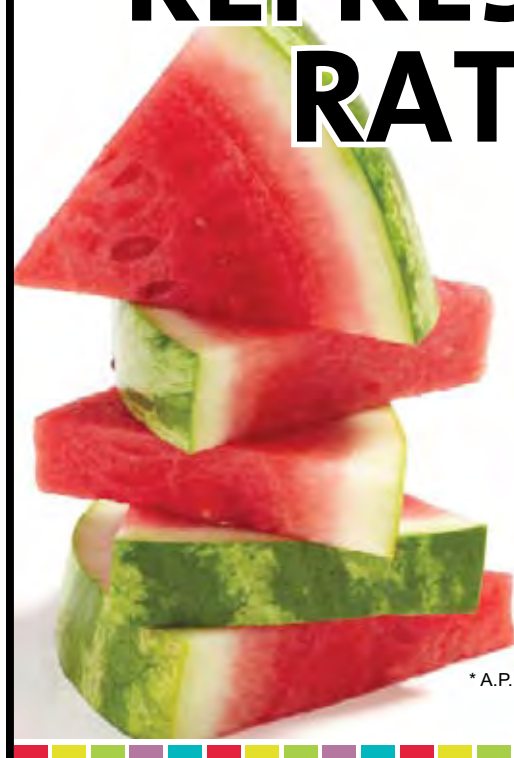

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$157.29 biweekly
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07 DODGE DAKOTA SLT

DA13038 4X4! 18" Chrome wheels! 4.7L-V8 Magnum, Crew cab, short bed, bed liner, trailer hitch, chrome step bars, pwr seat, steering wheel controls, tilt, air, cruise, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 54,000kms.

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$168.99 biweekly
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07 DODGE RAM 1500 SLT

D12806 4X4! TRX-4 Off road! 17" Alloy wheels! 5.7L-V8, Crew cab, short bed, bed liner, trailer hitch, rear sliding window, pwr bucket seats, steering wheel controls, remote start, tilt, cruise, air, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 52,000kms.

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$174.48 biweekly
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07 DODGE DAKOTA SLT

D13114 4X4! 4.7L-V8 High Output Engine! 16" Alloy wheels! Crew cab, short bed, bed liner, trailer hitch, steering wheel controls, cruise, air, tilt, AM/FM/CD, power locks, windows, mirrors, keyless entry, 83,000kms.

$16,995
$155.28 biweekly
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08 FORD F150 XLT

P13239 Black! 4X4! 18" Chrome wheels! 5.4L-V8, Chrome step bars, crew cab, bed liner, air, tilt, cruise, steering wheel controls, satellite radio, CD/MP3, key pad entry, pwr locks, windows, mirrors, only 37,000kms!

$23,995
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08 DODGE DAKOTA SXT

PD12870 4X4! 16" Alloy wheels! 4.7L-V8, Crew cab, bed liner, trailer hitch, pwr seat, u-connect compatible, flex fuel, steering wheel controls, cruise, tilt, air, AM/FM/CD/MP3, pwr locks, mirrors, windows, keyless entry, only 36,000kms!

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$157.29 biweekly
0 DOWN +HST

08 FORD F150 XLT

D13589 4X4! 18" Chrome wheels! Park aid! 5.4L-V8, Crew cab, short bed, chrome step bars, bed liner, trailer hitch, steering wheel controls, key pad entry, tilt, air, cruise, satellite radio, MP3/6 disc changer, pwr mirrors, windows, locks, keyless entry, only 43,000kms.

$23,995
$188.76 biweekly
0 DOWN +HST

07 GMC SIERRA SLT

A13384 4X4! Pwr heated leather memory seats! 20" Alloy wheels! Factory remote start! Black! 5.3L-V8, Extended cab, short bed, tonneau cover, trailer hitch, flex fuel, steering wheel controls, OnStar, woodgrain trim, dual climate controls, tilt, cruise, air, satellite radio, CD, pwr mirrors, locks, windows, keyless entry, 126,000kms.

$18,495
$168.99 biweekly
0 DOWN +HST

07 DODGE DAKOTA SLT

P13414 4X4! 18" Chrome wheels! 3.7L-V6, Crew cab, bed liner, trailer hitch, steering wheel controls, air, tilt, cruise, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 40,000kms!

$16,995
$155.28 biweekly
0 DOWN +HST

08 FORD F150 XLT

PD13241 17" Chrome wheels! 4.6L-V8, Crew cab, short bed, bed liner, trailer hitch, steering wheel controls, cruise, air, tilt, AM/FM/CD/MP3, pwr mirrors, windows, locks, keyless entry, only 46,000kms.

$21,995
$173.02 biweekly
0 DOWN +HST

07 DODGE RAM 1500 SLT

P13415 4X4! 17" Chrome wheels! 5.7L-V8 Hemi, Crew cab, short bed, bed liner, trailer hitch, steering wheel controls, cruise, tilt, air, Am/FM/CD, pwr windows, mirrors, locks, keyless entry, 51,000kms.

$16,995
$155.28 biweekly
0 DOWN +HST

10 DODGE RAM 3500 LARAMIE

PD12237 4X4, dually! Navigation! Pwr heated leather memory seats front & rear! Integrated brake controller! Park assist! Reverse camera! Pwr sunroof! 6.7L-V6, Crew cab, long bed, rear sliding window, chrome step bars, tow mirrors, trailer hitch, wood grain trim, u-connect compatible, steering wheel controls, factory remote start, dual climate controls, cruise, tilt, air, satellite radio, CD/MP3, pwr locks, windows, mirrors, keyless entry, only 21,000kms!!!

$51,995
$327.06 biweekly
0 DOWN +HST

08 GMC SIERRA ALL TERRAIN SLT

P13541 4X4! Pwr heated leather memory seats! Black! Integrated brake controller! Factory remote start! 18" Chrome wheels! 5.3L-V8, Crew cab, short bed, bed liner, trailer hitch, pwr pedals, park aid, flex fuel, dual climate controls, steering wheel controls, traction control, OnStar, air, cruise, tilt, satellite radio, CD, pwr locks, windows, mirrors, keyless entry, only 45,000kms.

$26,995
$212.36 biweekly
0 DOWN +HST

08 FORD F150 XLT

D13508 4X4! Reverse camera! 5.4L-V8, Crew cab, short bed, chrome step bars, key pad entry, trailer hitch, steering wheel controls, air, tilt, cruise, satellite radio, MP3/6 disc changer, pwr windows, mirrors, locks, keyless entry, only 44,000kms.

$22,995
$180.89 biweekly
0 DOWN +HST

08 FORD F150 XLT

D13549 4X4! Tow mirrors! 17" Chrome wheels! 5.4L-V8, Extended cab, bed liner, rear sliding windows, step bars, trailer hitch, steering wheel controls, key pad entry, cruise, air, tilt, AM/FM/CD/MP3, pwr windows, locks, mirrors, keyless entry, 75,000kms.

$18,495
$145.49 biweekly
0 DOWN +HST

08 CHEV SILVERADO 1500 LT

13538 4X4! Pwr leather seats! Factory remote start! 20" Alloy wheels! Black! 5.3L-V8, Crew cab, short bed, bed liner, trailer hitch, flex fuel, dual climate controls, pwr seat, steering wheel controls, traction control, tilt, cruise, air, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, 71,000kms.

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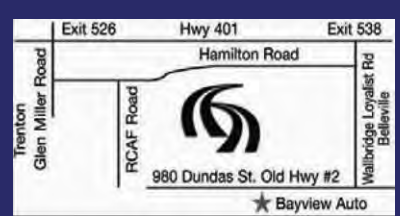

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Are you new at 8 Wing/CFB Trenton?

Come to the MFRC, get your plant, coupons, information as needed, have a tour of the place. We are looking forward to meet you!

Etes-vous nouveaux 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!

IN THE KITCHEN WITH STEFANO FAITA

(New cooking show at CBC in Toronto)

Tuesday, August 30th

Come join the taping in Toronto at CBC and participate in the audience. Afterwards we will get on the bus and get dropped at the Eaton Centre for a fun afternoon of shopping.

Stefano Faita has reached rock-star status in french-speaking Canada with two TV shows, best selling cookbooks, a popular cooking school and a renowed housewares store in Montreal.

Bus leaves MFRC at 7:30 am, return by 5:30 pm
Cost: $15,00
Please register with payment at the MFRC reception
Deadline is August 23RD, 2011.

(nouvelle émission de cuisine à CBC Toronto)

Le mardi 30 août

Venez faire partie de l'audience lors de l'enregistrement de cette émission à CBC Toronto. Ensuite nous reprendrons l'autobus pour un après-midi agréable de magasinage au Eaton Centre.

Stefano Faito a atteint le statut de rock-star au Canada français; avec deux émissions, des livres de recettes, une école populaire de cuisine et un magasin renommé d'articles de cuisine à Montréal.

L'autobus partira du CRFM à 7h30 et retournera à 17h30
Coût: 15,00$
SVP, inscrivez-vous avec paiement à la réception du CRFM
Date limite, le 23 août, 2011

LET'S GO TO THE EX

CANADIAN NATIONAL EXHIBITION

SAVE THE DATE!
August 19 - September 5
Tickets Available at the MFRC Reception Desk
Cost $34.00 per person for Rides All-Day
$11.00 per person Grounds Admission Only

BUY TICKETS HERE!

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CANADIAN NATIONAL EXHIBITION

RÉSERVE LA DATE!
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Billets disponibles au CFRM
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Back again at the MFRC 2011
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May 8th - October 30th, 2011
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Adultes; 3 - 59 ans, plus grand que 48"
Sénior; 60+ ans • Junior; 3+ ans et plus petit que 48"
8 mai - 30 octobre 2011
Achète une fois, Visite deux fois 54,00$
Passe d'un jour
Adulte(Prix à la porte 55,99$ + taxe) 40,00$
Junior/Sénior 32,00$

Come and explore Prince Edward County

This adult-only trip will start off with samplings from the Fifth Town Artisan Cheese Company, the County Cider Company, lunch & shopping in Picton and then ending with wine tasting at the Grange Prince Edward.

Saturday, October 1st, 2011

Bus departs MFRC at 9:00 am, return appr. at 6:00 pm.

Register and pay at the MFRC *by September 13th, 2011*

Maximum 44 participants.

$35.00 per person

*includes bus and tastings

** each person is responsible to pay for their own lunch in Picton

*** Participants are required to have provision for a safe ride home from the MFRC.

Venez explorer le conté de Prince Edward

Ce voyage réservé aux adultes commencera avec une dégustation de fromage de la compagnie Fifth Town Artisan Cheese, pour se poursuivre à la compagnie County Cider, le dîner et magasinage à Picton. La journée se terminera avec une dégustation de vin au vignoble Grange Prince Edward.

Le samedi 1er octobre

Départ de l'autobus du CRFM à 9h et le retour vers 18h

Inscription et paiement au CRFM *par le 13 septembre.*

Maximum de 44 personnes

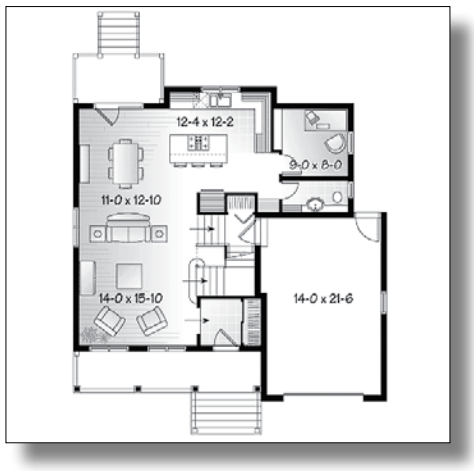
Coût 35,00$ par personne,

*ce qui inclus les dégustations et l'autobus

** chaque personne est responsable de leur dîner à Picton.

***Les participants doivent s'assurer d'avoir un moyen de transport sécuritaire du CRFM à la maison.

Home of the Week
Your Building Renovation Experts



For more floor plans, visit www.architecturaldesigns.com

Plan No: TR21730DR

- Style: Country, Traditional
- Total Living Area: 1,719 sq. ft.
- Main Flr.: 869 sq. ft.
- 2nd Flr: 850 sq. ft.
- Basement Unfinished: 869 sq. ft.
- Bonus: 147 sq. ft.
- Attached Garage: 1 Car, 338 sq. ft.
- Bedrooms: 3
- Full Bathrooms: 2
- Half Bathrooms: 1
- Width: 38′
- Depth: 38′
- Maximum Ridge Height: 31′10″
- Exterior Walls: 2x6
- Ceiling Height: Main Floor: 8′, 2nd Floor: 8′
- Standard Foundations: Basement

- This attractive house plan features an L-shaped porch and a wide-open floor plan.
- An air-lock entry helps keep out the cold in colder climates and reduces clutter wherever you build.
- The home is open front to back making the home feel spacious.
- A discrete office is located in the back corner.
- Three bedrooms and two baths are located upstairs as well as a small bonus area over the garage.

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Welcome to The Contact newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service anouncements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 613-965-7490 or email contactnewseditor@gmail.com, at least 10 days prior to your event. Call 613-392-2811 for more inforamtion.

ANNUAL HYDRANT FLOW TESTING

As in previous years, the 8 Wing Fire Department will be conducting annual hydrant flow testing throughout the Wing and in the PMQ area. These tests help to confirm and ensure that the water pressures servicing theses areas are sufficient for fire fighting operations. Occupants may experience discoloration of their water and need not worry. If this occurs, simply continue to run your water until the discoloration disappears. The testing period will run from 1 June until approximately 1 September. If there are any concerns, please feel free to contact the Fire Department business line at local 3511.

A Base Personnel Selection Office Announcement

Royal Military College of Canada
Division of Continuing Studies

OPME Residential Courses/Fall 2011

HIE 208 - Canadian Military History
HIE 275 – Survey of Technology, Society and Warfare
POE 206 – The CF and Modern Society: Civics, Politics and International relations
PSE 402 – Leadership and Ethics

TRUTH • DUTY • VALOUR
VÉRITÉ • DEVOIR • VAILLANCE

When: 6 September - 18 November 2011
Where: 8 Wing Trenton

To Register: NLT 6 August 2011

1. Complete the on-site OPME Application Form found at the following web address: www.opme.forces.cg.ca/pub/forms/ResApp.pdf
2. Send your completed form by fax to: 204-833-2522. If you cannot send it by fax please contact 204-833-2500 ext 6291/4954 or CSN 257-6291/4954.
3. AF Regular Force officers awaiting training will be given priority, followed by Regular and Reserve Force officers.
4. Applications by non-AF Regular Force officers will be prioritized and successful applicants will be notified during the week of 8 August 2011.
5. Students can expect to spend 9 to 12 hours per week to studying per course.

For more information on this course, contact 2Lt Veronique Mousseau at CSN: 257-6291 veronique mousseau@forces.gc.ca or 2Lt Jean-Paul DeGagne at CSN: 257-4954, jean-paul.degagne@forces.gc.ca

Additional information

The above OPME courses are offered in English and are also available, by Distance Learning (DL). Students wishing to attend the residential course to be held from 6 September – 18 November 2011 must complete a PLAR with RMC through the RMC website (www.opme.forces.gc.ca/pro-ser/plar-eefa-eng.asp). Only students who have completed their PLAR prior to enrolling on this residential course will be considered for registration.

ROUNDEL GLEN

8 Wing and CFB Trenton are pleased to invite you to the…

Wing Commander's Invitational Golf Tournament

8 Sep 2011
Roundel Glen Golf Course
4 player best ball
$90 fee/$35 dinner only
Fee includes 18 holes, cart, steak dinner, gift bag, and prize draw

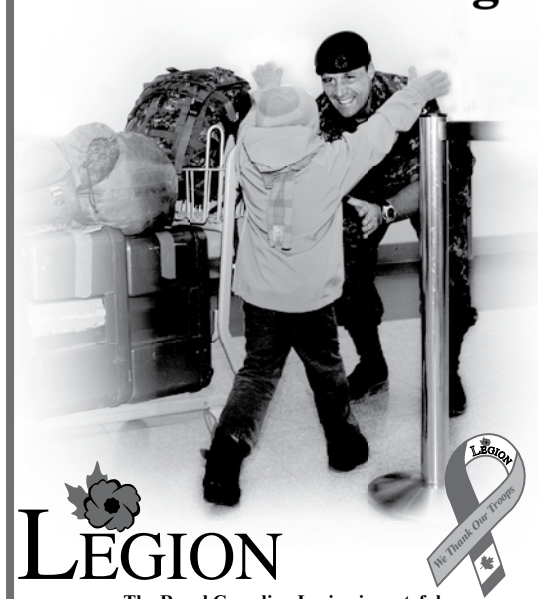
Registration Deadline- 24 Aug 2011
OPI- Sgt. Gardiner Local 2687
Registration forms available on 8 Wing Splash Page and www.cfbtrenton.com

In Support Of… United Way

Journey of Life
P & FC Walk/Run 2011

On September 24, 2011 at Jane Forrester Park (waterfront trail in Belleville) the Belleville Pregnancy and Family Care Centre will be holding a 2 km walk/run and a 10 km run to support the Centre. The theme is "**Journey of Life**". Three satellite centres (Picton, Madoc, and Quinte West) will be joining in this fundraiser, bringing people from those regions to join as a united effort to raise awareness and financial support for the each centre. Polish up your sneakers and please consider joining us! Registration begins at 9 a.m. and run/walk start times are at 10 am. Following the event there will be refreshments and a barbecue. **Pledge sheets** for the Quinte West Centre can be picked up at the centre, 20 Joseph St., Trenton or online at http://journeyoflifepfc.blogspot.com. Please call the Pregnancy and Family Care of Quinte West centre for more information: 613-392-0074.

Words Are Not Enough!



LEGION
We Thank Our Troops
The Royal Canadian Legion is grateful to the serving men and women, and their families, for their dedication and commitment during the Afghanistan combat mission . . .
You make us proud to be Canadian!

"WELCOME HOME DAY" FOR AFGHANISTAN VETERANS SATURDAY, AUGUST 27TH, 2011

PARADE BEGINNING AT 10:30 A.M. ~ CENTENNIAL PARK

REMEMBRANCE CEREMONY ~ 11:15 A.M. ~ TRENTON CENOTAPH

OPENING CEREMONIES ~ 11:45 A.M. ~ BUSTER AYLEA PARK

AN AFTERNOON OF ENTERTAINMENT, KIDS ACTIVITIES AND BARBECUE

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For information, call Trenton Legion Branch 110 at 613-392-0331

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McDonald's in Trenton proudly supports our troops, and the men and women at CFB Trenton.

266 Dundas Street East
(Trenton Town Centre)
*Drive-Thru NOW OPEN AT 5:00 AM

18 Monogram Place
(near the YMCA)
Drive-Thru - Open 24 hours

McDonald's in WalMart
Trenton

supports our troops

Horoscope

WEEK OF AUGUST 7 TO AUGUST 13, 2011

BIRTHDAYS THIS WEEK: AUGUST 7 – SIDNEY CROSBY • AUGUST 13 – FIDEL CASTRO

ARIES
It is easy for you to keep your feet firmly on the ground this week. This gives you much inner strength. You avoid everything that is futile, and you have good judgment in all situations.

TAURUS
You want more generosity in your life. Say "yes" to opportunities to make a better life for yourself. Others will be able to rely on you.

GEMINI
The South Node (the moon's descending node) compels you to be very objective in your professional decisions. You know what is important for your creativity.

CANCER
Keep your distance from disagreements this week. You dislike living in a quarrelsome atmosphere because it prevents you from blossoming on a personal level.

LEO
Things in your life are unfolding very quickly. It is important for you to get clear on your goals. Doing so will help you avoid spreading yourself too thinly.

VIRGO
You must confront some situations where money plays a big role. It is important that you focus on being honest.

LIBRA
Take care to place more importance on your feelings. Much of what you do this week will have a direct link with your deepest feelings, which will do you much good.

SCORPIO
Venus gives you great hope where your creativity is concerned. Continue in this way, as it is really worthwhile. People love what you are doing!

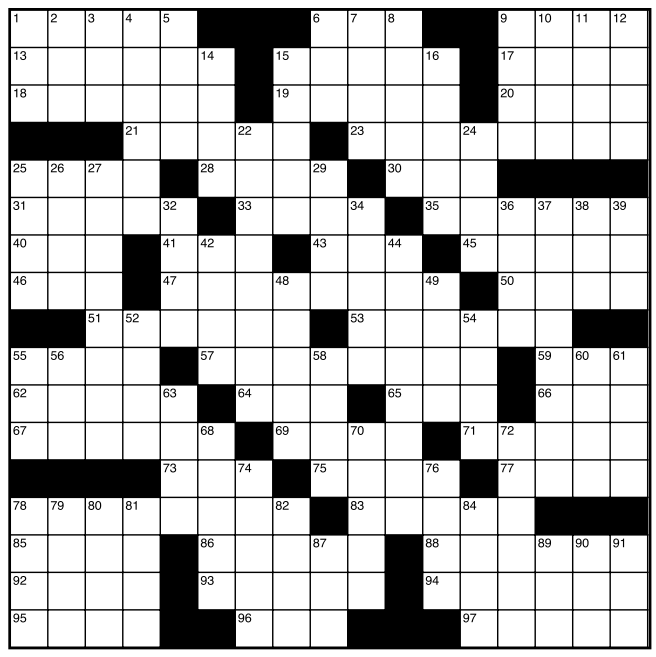
SAGITTARIUS
You are getting close to the end of a life cycle that has been very difficult for you. Expect to encounter some extraordinary possibilities for success. If you don't let those chances pass you by, you will be astonished by all the good they will bring you.

CAPRICORN
This week Neptune brings you many inner thoughts concerning your projects. You no longer know if you want to fulfill them in the way you had planned. Get some rest and things will become more stimulating for you.

AQUARIUS
This week you are thinking about things that happened a long time ago in your family. You want to take actions to make your life more beautiful.

PISCES
Mercury gives you the ability to be realistic while remaining sensitive. This helps you act with utmost humanity.

CROSSWORD



ACROSS
1. TV commercial writer
6. Make a selection
9. Gooey stuff
13. Extent
15. Of hearing
17. Former Italian bread
18. Put down
19. Building floor
20. Without repetition
21. Loyalty
23. Relinquish
25. Old Gaelic
28. Little brown songbird
30. "____ There Was You"
31. Loamy deposit
33. Chemical compound
35. Halloween prop
40. Camel's-hair fabric
41. Ajar, to bards
43. Baglike structure
45. Cotton cloth
46. Brand-____
47. Mountain's contrast
50. Capri or Man, e.g.
51. Southern shrub
53. Muss
55. Execrate
57. Nonfiction writer
59. Fore's counterpart
62. Monkey business?
64. Dry
65. Petal-puller's word
66. Nasty mutt
67. Tried hard
69. Catalog of names
71. Pithy
73. Id's companion
75. Judge
77. Bird's retreat
78. Do business
83. Not right
85. Angelic headgear
86. Playing card
88. Social event
92. Thus
93. Cavalry sword
94. Term of office
95. Lacking strength
96. Genealogy word
97. Allowed by law

DOWN
1. Insert
2. Barely passing grade
3. Roaring-lion film company: abbr.
4. Certain Alpine ridges
8. Tell-all card
9. Radiance
10. "The Thin Blue ____"
11. Humpback's kin
12. Cohort
14. Poet's plenty
15. Pale
16. Songlike poem
22. Barren
24. Vegas machine
25. Pizazz
26. Graduation garb
27. Saline solution
29. Snack
32. Animal trunk
34. Church members
36. Bubble steamily
37. Smart aleck
38. Pipe joint
39. Spelling ____
42. Long stick
44. Convent
48. "Frida" prop
49. Succulent
52. Nil
54. Let it stand!
55. Owns
56. Probable
58. Caustic material
60. Bother
61. Waste allowance
63. Actor Montand
68. Mild oaths
70. Ed Norton's domain
72. Motor
74. Pacific or Arctic
76. Over half
78. Muscle
79. Pink, as steak
80. Pond growth
81. Cranny
82. Cylinder
84. Holiday tune
87. Average mark
89. Carpet
90. Timespan
91. Electric ____

Science Kids
Bringing science & technology together!

- The Sun is over 300000 times larger than earth. More Sun facts.
- Halley's Comet was last seen in the inner Solar System in 1986, it will be visible again from Earth sometime in 2061 (get your camera ready). More comet facts.
- Venus is the hottest planet in our solar system with a surface temperature of over 450 degrees celcius.
- Many scientists believe that an asteroid impact caused the extinction of the dinosaurs around 65 million years ago. More asteroid facts.
- The Solar System formed around 4.6 billion years ago. More Solar System facts.
- The Moon appears to have more craters and scars than Earth because it has a lot less natural activity going on, the Earth is constantly reforming its surface through earthquakes, erosion, rain, wind and plants growing on the surface, while the moon has very little weather to alter its appearance. More Moon facts.
- Saturn isn't the only ringed planet, other gas giants such as Jupiter, Uranus and Neptune also have rings, they are just less obvious.
- Footprints and tyre tracks left behind by astronauts on the moon will stay there forever as there is no wind to blow them away.

Source: www.sciencekids.co.nz

Mealtime.org Black Bean and Avocado Salad

Colorful, hearty and nutrient-rich, this easy salad makes a great meal to enjoy "in hand" when served in a soft or crisp taco, or spread on crusty bread. It's a great way to fit veggies into your emergency meals.

Ingredients:

1 can (16 ounces) black beans, drained and rinsed, 1 can (14 1/2 ounces) sliced carrots, drained, 1 can (14 1/2 ounces) petite-cut tomatoes, drained

1 ripe avocado, peeled, stone removed and diced, 1/2 medium red onion, diced, 2 tablespoons olive oil, Salt and pepper, to taste

Preparation Time: Approx. 10 minutes

Preparation:

n a large bowl, combine beans, carrots, tomatoes, avocado and red onion. Toss with olive oil, and season to taste with salt and pepper. If you have a refrigerator or chilled cooler available, chill for 30 minutes before serving, or enjoy at room temperature.

Servings: 6

Classifieds

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For Delivery Inquiries, please call **613-475-0255**
Email: brighton_classifieds@metroland.com
www.thecontactnewspaper.cfbtrenton.com

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Articles for Sale

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2010 Jetta 2.5's Just Arrived!

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WWW.ONTARIOBERRIES.COM - Fresh Ontario berries are still available! Buy Local, Buy Fresh, Buy Ontario. Strawberries, Raspberries, Blueberries & more. For Berry Farms in your community, recipes and more, visit: www.ontarioberries.com.

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AS SEEN ON TV - 1st, 2nd, Home Equity Loans, Bad Credit, Self-Employed, Bankrupt, Foreclosure, Power of Sale or need to Re-Finance? Let us fight for you because we understand - Life Happens!! CALL Toll-Free 1-877-733-4424 (24 Hours) or www.refitoday.ca. The Refinancing Specialists (mmamortgages.com Lic#12126).

Articles Wanted

FIREARMS WANTED FOR AUGUST 20th AUCTION: Rifles, Shotguns, Handguns. As Estate Specialists WE manage sale of registered / unregistered firearms. Contact Paul, Switzer's Auction: Toll-Free 1-800-694-2609, info@switzersauction.com or www.switzersauction.com.

WANTED: OLD TUBE AUDIO EQUIPMENT. 40 years or older. Amplifiers, Stereo, Recording and Theatre Sound Equipment. Hammond organs. Any condition, no floor model consoles. Call Toll-Free 1-800-947-0393 / 519-853-2157.

Personals

ALWAYS GOING TO PARTIES ALONE? Isn't it time you met someone & enjoyed being in a relationship? MISTY RIVER INTRODUCTIONS, matching single people with life partners for 17 years. www.mistyriverintros.com or CALL (613) 257-3531.

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General Help

kawartha CREDIT UNION

Kawartha Credit Union is a full service financial institution serving communities in Central Ontario with 19 branches, 36,000 members, over 250 employees and assets in excess of $720 million. We are one of Ontario's fastest growing and most profitable credit unions. Our success is the result of our dedication to superior personal service and high employee engagement. Kawartha has been repeatedly recognized as one of the Best Small & Medium Employers in Canada. If you share our commitment to service excellence, we invite you to consider the position of:

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We currently have an opening at our Trenton Branch for a part-time Member Service Representative, working 16 - 24 hours per week, Monday to Friday. You will be responsible for serving members in a courteous and professional manner.

The successful candidate shall possess strong customer service and sales skills. Cash handling or banking experience would be an asset.

If you are interested in pursuing a career in the financial services industry with a dedicated, enthusiastic team of professionals in a growing organization, please forward your resume quoting TC11-T-46 outlining experience, qualifications and salary expectations by Thursday August 17, 2011 to:

Human Resources
1054 Monaghan Road
P.O. Box 116
Peterborough, ON K9J 6Y5
Fax: (705)775.0288
E-Mail: humanresources@kawarthacu.com

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For more information about Kawartha Credit Union, please visit our website at www.kawarthacu.com

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General Help

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General Help

$$$ ATTENTION CHOCOLATE $$$ Thank goodness school is out for summer!!! Sell different products to make some Money easily $$$! Call us quickly... limited spaces available. 1-800-383-3589.

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Deadlines: Before noon Wed. for the next edition and payment must be made at that time. In the event of a statutory holiday all deadlines are advanced by one day.

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

USERS & AD READERS

The CONTACT is not responsible for the products and/or services advertised. Readers should exercise their best judgement with the content. The CONTACT will not knowingly publish any advertisement which is illegal, misleading, or offensive. In compliance with the Human Rights Code.The CONTACT reserves the right to make necessary changes in ad copy.

Crossword Answers

A	D	M	A	N				O	P	T			G	L	O	P
D	E	G	R	E	E		A	U	R	A	L		L	I	R	E
D	E	M	E	A	N		S	T	O	R	Y		O	N	C	E
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The long trek to Nijmegen

By Private Tim Heerema
8 Wing Nijmegen Team Member

During the period of July 15 to 25, nine members from 8 Wing Trenton participated in the 95th Annual Nijmegen Four Days March, or the Vierdaagse. This event is a monumental achievement for all of the 45,000 marchers, as you fight physical, mental, and emotional exhaustion, walking 40 kilometres per day for four days.

The military contingent of marchers consisted of some 8,000 members from countries all over the world. We were put up in a camp just on the outskirts of Nijmegen, a place called Camp Heumensoord. Temporary buildings were constructed for each of the nationalities there, and ours was located between the UK and the Germans.

In the early morning of July 17, our contingent was loaded onto several buses headed for Vimy Ridge. After a breathtaking drive through the Netherlands, Belgium, and finally into France, we spotted the monument from nearly a kilometre away. The bus went silent as we personally reflected on the history of this place.

After a parade with the entire contingent, we had a guided tour of the area, including the monument, cemeteries, and the trenches. One of the most moving moments was when the tour guide showed us the tombstone of a 16-year-old Canadian soldier who died during the assault.

Upon return, we prepared ourselves for the evening's opening ceremonies. This included the official start of the Vierdaagse, parachutists dropping down onto the stadium grounds, live entertainment, and the march-on of the various military teams.

Monday, we started weighing our small packs to the required weight of 10 kilograms, ensured our kit was in order, and for those who had the time, went into town to play the part of tourists. With all the festivities going on, there was something for everyone, whether that involved watching one of the many live acts or visiting one of the local shops.

The next day, we woke up in the early hours to a not-so-appreciated song blaring over the camp's loudspeakers. A quick breakfast and a few last minute adjustments later, we prepared to march off. After the blessing of the Padre and words of encouragement from the contingent commander, BGen John Madower, we formed up in position.

To the sound of bagpipes and loud applause, we marched off, leaving the camp behind us for the next nine hours. Leaving the camp, we expected to see the thousands of marchers we had heard of but, other than other military teams, we spotted none, so we continued on.

Turning a corner, we finally met up with the civilian marchers in what seemed to be an endless stream. Joining up with them was like getting swept up into a fast moving current. Thousands and thousand of marchers all around you, some singing, some talking, but all wearing faces of determination. As we approached each small town we went through, the cheering was non-stop. Young and old offered candies, water, and words of encouragement.

The generosity of the local people was incredible, and the appreciation for the Canadian Forces still runs strong in the Netherlands. A middle-aged man walked along with us, and noticed we were Canadian. He started clapping for us, and turned saying, "These are the grandchildren of our liberators. We will *never* forget you." As he walked off, our team straightened our backs and held our heads high, proud to wear the Maple Leaf on our arm.

On the third day of our march, we went through the town of Groesbeek, where over 2,300 Canadian soldiers are buried, including a recipient of the Victoria Cross. After our parade, we were given time to prepare for the final leg of the day's march and to explore the cemetery.

With the final day now on us, the contingent was ready to finish in style. After we finished the last leg of the march, we were brought into a marshalling area where we were presented with our medal by the contingent commander. Following this, the entire contingent formed up behind a 30-piece marching band, and both the Canadian and Netherlands flags. The sides of the road for the last five kilometres were the most packed of any part of the march, with people crowding both the street and watching from balconies above. Words cannot describe the sense of accomplishment every single member felt as we crossed the finish line.

This accomplishment, though, could not have been done without the support of 8 Wing and the units who contributed as they could. So from our team to you, dank je well!

Photo: Cpl Darcy Lefebvre

Sergeant (ret) Joe Brink passes out flags to two children on the third day of the Nijmegen marches.

(Right) The Canadian marching contingent starts the day marching through the worldwide known symbol of Camp Heumensoord - two big boots with a helmet on top of them.
(Below) The Canadian contingent makes their way over the Waalburg Bridge with their colours flying high.

Photo: MCpl Samantha Crowe

Photo: MCpl Samantha Crowe

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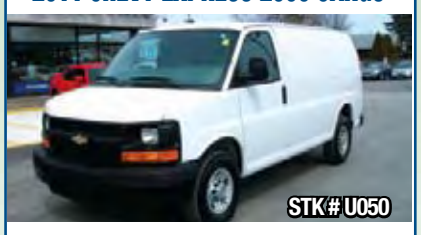

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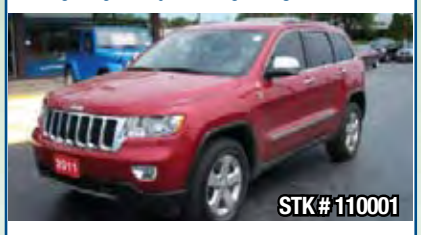

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