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## New Wing Admin Officer comes home to 8 Wing

Submitted

More than 20 years after his first posting at 8 Wing Trenton, Lieutenant Colonel Daniel Harris returns as the Wing Administration Officer. "I am indeed coming home, and I mean this on three fronts – home to the Air Force, home to 8 Wing, and home to my family who reside in Trenton," said LCol Harris at the June 23 change-of-appointment parade.

At the same event, 8 Wing Trenton said goodbye to Colonel Ross Fetterly, who served as the Wing Administration Officer since July 2009. As a leader who embraces innovation and teamwork, Col Fetterly recognized 8 Wing's role in the Canadian Forces. "I feel Trenton is the most important Wing in the Air Force," he said as he was appointed Wing Admin Officer.

As 8 Wing continues its unprecedented infrastructure recapitalization in support of the acquisition of the new CC-177 Globemaster III and the CC-130J Hercules, and domestic and international humanitarian and mission support, its new Administration Officer brings personal knowledge of the Wing and broad Canadian Forces experience.

Born in Middleton, Nova Scotia, LCol Harris enrolled in the Canadian Forces in 1988 under the Direct Entry Officer program after graduating from University of Prince Edward Island with a Bachelor of Business Administration in 1987.

He was posted to 8 Wing Trenton in 1990 where he served in the Wing Transportation section after receiving his Logistics and Transportation specialty training from CFSAL in Borden. He was subsequently posted to 2 Air Movements Squadron in 1992 and deployed as a Mobile Air Movements Officer (MAMSO) on numerous domestic exercises as

well as international operations such as Op BOREAL in Russia and two tours on Op AIR-BRIDGE in Italy.

He was the Squadron's Deputy Commanding Officer in his final year at 2 Air Movements Squadron. In 1994, he received his Loadmaster wings and served in 437 (T) Squadron as Cabin Crew Leader until 1999. During his tenure at 437 (T) Squadron, he assisted in the acceptance of the CC-150 Combi convertible aircraft in Bordeaux, France.

In 1999, LCol Harris was posted to 1 Canadian Air Division Headquarters Winnipeg and was promoted to Major in 2000 when he assumed the A4 Movements position under the A4 Logistics Directorate. He deployed to MacDill Air Force Base in Tampa, FL as J4 Movements with the National Command Element for Op APOLLO.

LCol Harris assumed the Commanding Officer position of 2 Air Movements Squadron in Trenton in 2004. On completion in 2007, he attended the Canadian Forces College completing the Master of Defence Studies program and was subsequently posted to CFJSG where he was employed as Assistant Chief of Staff Mission Support and eventually the J3. He deployed as the Commanding Officer of the Third Location Decompression

Site in Cyprus for Rotation 5.5, the Joint Task Force (Afghanistan) Headquarters Element and Rotation 6, the members of Task Force 3-08. From October to December 2010 he deployed as a Commanding Officer of the Strategic Lines of Communication Detachment Cyprus, having absorbed most of the functions transferred due to the closure of Camp Mirage.

At his change-of-appointment ceremony, LCol Harris spoke of his new position. "I would like to thank Col Cochrane as well as the Air Force leadership for the confidence they have in me fulfilling the obligations of the 8 Wing Admin Officer. I have been bestowed with a great responsibility and accept this challenge wholeheartedly. I can't wait to roll up my sleeves and get to work."

LCol Harris made a promise to the Wing, as well. "I commit to you, Col Cochrane, and in the very near future to Col Friday, to provide my best effort in supporting operations from an admin perspective. To the men and women of the Wing Administration Branch, I offer my dedication, loyalty, and leadership to empower you to support operations successfully."

LCol Harris is married to Beth McIver from Prince Edward Island and they have two children, Julia (17) and Colin (14.)



Above: Colonel Ross Fetterly (left), 8 Wing/CFB Trenton Commander Colonel David Cochrane (center) and Lieutenant-Colonel Dan Harris (right) sign the ceremonial scrolls signifying the transfer of command of 8 Wing Administration from Col Fetterly to LCol Harris.

Below: Outgoing WAdmO, Colonel Ross Fetterly passes the symbolic Wing Administration quill to LCol Dan Harris, incoming WAdmO during the Change of Appointment ceremony held Thursday, June 23.

Below left: Colonel Dave Cochrane, Commander, 8 Wing/CFB Trenton, inspects the parade during the Wing Administration Change of Appointment Ceremony.



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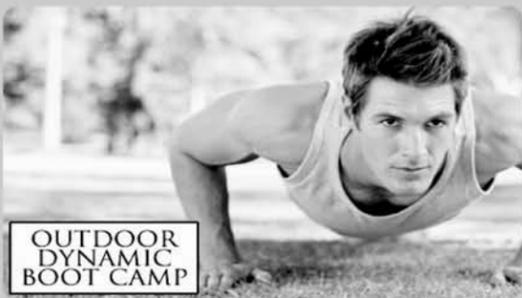


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# The Contact Newspaper now under new management

Effective June 27 The CONTACT newspaper at 8 Wing/CFB Trenton has become part of a bigger family as a partner publication of Metroland Media Group Ltd. through a signed Publications Services Agreement with the third party service provider.

The CONTACT will continue to operate under its name, and serve as a primary communications vehicle for the Commander of 8 Wing/CFB Trenton, but Metroland Media Group will assume all management responsibilities, including the day-to-day operation of the weekly newspaper. The CONTACT was previously operated by Personnel Support Programs (PSP). Based at 8 Wing/CFB Trenton, the local PSP organization is a subset of the Canadian Forces Personnel and Family Support Services organization. Operating under a third party serv-

ice provider will allow The CONTACT Newspaper to be entirely financially self-supportive. Previously, the publication relied on financial assistance from the Wing to keep up its operations.

"The CONTACT has been a huge part of the 8 Wing/CFB Trenton family since November 1940, so the decision to contract out the management services was difficult," said Lieutenant Colonel Dan Harris, 8 Wing/CFB Trenton Administration Officer. "While this new agreement will allow The CONTACT to operate more efficiently from a fiscal point of view, we certainly need to recognize, appreciate, and commend the tremendous work of our dedicated PSP staff over the last seven decades who consistently published a high quality paper week after week."

Currently, four of Canada's sixteen Canadian Forces Newspapers are operated by third party service providers. Metroland Media Group Ltd., a leader in the community newspaper and flyer distribution industry, is part of Torstar Corporation, which owns publications throughout Ontario, including the Toronto Star, the Hamilton Spectator, the Waterloo Region Record, and more than 100 community newspapers and specialty publications.

The CONTACT is an unofficial service newspaper published under the authority of the Commander, 8 Wing/CFB Trenton to provide news of interest to members of the Department of National Defence (DND) Defence team, their families and to members of the local community.

# Canadian Forces Frigate to Deploy to the Mediterranean Sea in Support of NATO Operations for Libya

*ESQUIMALT, BRITISH COLUMBIA--(Marketwire - June 29, 2011) - Her Majesty's Canadian Ship (HMCS) Vancouver will depart in the coming days to the Mediterranean Sea to join NATO forces in support of United Nations Security Council Resolution 1973 to protect civilian*

populations in Libya. HMCS Vancouver will replace HMCS Charlottetown, which has been on patrol with NATO forces in the region since the early spring with Operation Unified Protector, on a regular rotation of ship and crew.

"The deployment of HMCS

Vancouver demonstrates that the Government of Canada is resolute in its determination to continue the enforcement of United Nations Security Council Resolution 1973," said the Honourable Peter MacKay, Minister of National Defence. "Canada remains steadfast in its commitment to protect the Libyan people from threats of violence."

The ship's company of Vancouver will continue the exceptional work started by Charlottetown in protecting Libyan civilians. Along with NATO allies, Canadian sailors have helped open air and sea access for humanitarian assistance and have closed it to arms and mercenaries.

"Our ships and sailors are always ready to do the job asked of them by Canada. I am proud that Vancouver will soon continue the important work off the coast of Libya in helping save civilian lives," said Vice-Admiral Dean McFadden, Chief of the Maritime Staff. "Operating in the congested air-sea environment off Libya is particularly challenging, but the crew of Vancouver is well trained to meet this challenge and make a real difference."

HMCS Vancouver, a Halifax-class frigate, is commanded by Commander Brad Peats, and carries a ship's company of about 250 officers and crew, which includes a CH-124 Sea King helicopter and air detachment.

The Canadian contribution to Operation Unified Protector is known as Operation Mobile.

## Search & Rescue Update



424 Sqn had 6 callouts this past week.

Firstly, our Griffon was tasked to search for 2 people on board on the east end of Howe Island but was stood down prior to departure.

Secondly, our Herc was tasked to look for an ELT in the Lake Simcoe area and after the third leg they located a float plane. The crew then returned to base.

Thirdly, the Herc was tasked to look for an ELT between Marathon and Geraldton. Nothing was found.

After, our Herc was tasked to provide flare illumination for a missing person in Haliburton area for OPP ground search teams and our Griffon crew. The crew also did a sector search after sunrise. Nothing was seen.

Also, as previously mentioned, our Griffon was tasked to search for a missing person in Haliburton area. The crew was later informed that the individual arrived at command post with good health.

Finally, our Herc was tasked to look for missing kayakers in Tubermory but the tasking was cancelled within 10 minutes.

Until next time, stay safe!

Missions for 2011: 72 Missions for June: 24 Persons rescued: 5

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# Le Franco-Phare brings the francophone community together at 8 Wing Trenton

Submitted by  
**Robert Comeau**  
 Fire Prevention Officer,  
 Quinte West Fire Department

Quinte West - Grey skies did not stop the French community of Quinte West from celebrating St-Jean Baptiste Day last Friday on Baker Island at CFB Trenton.

Games, music, entertainment, fireworks, and a bon fire were among many activities held on the island June 24. More than 50 volunteers hosted 750 participants at this unique French Canadian celebration. "It is nice to see so many francophones and anglophones

gather together and enjoy the celebration in Quinte West," said event chairman Robert Comeau. "I have seen people come from as far away as Cornwall to celebrate St-Jean Baptiste Day with us. The crowd was bigger than last year and the committee is very proud of the overall results. The great partnership with 8 Wing/CFB Trenton is an asset in achieving what we have accomplished."

Special guests enjoying the celebration included 8 Wing Commander Col. Dave Cochrane, Quinte West Mayor John Williams, and Northumberland Quinte West MPP Lou Rinaldi.

Le Franco-Phare is a non-profit organization serving the francophone and francophile population in Quinte and the surrounding region. More than 3,000 French speaking Canadians live in Hastings County including 1,850 in Quinte West.

Le Franco-Phare thanks all partners and who helped make the event a success. For more info contact Danielle Vaillant administrative assistant 613.955.8837 or Robert Comeau Chairman St-Jean Baptiste 613.849.4186 or visit the website at [www.francophare.ca/st-jean](http://www.francophare.ca/st-jean).



Photos: Submitted

## The Contact Newspaper

The *CONTACT* is an unofficial publication of 8 Wing/CFB Trenton. The *CONTACT* is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base - 8 Wing/CFB Trenton.

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940.

We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work.

The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies.

In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel Dave Cochrane, CD, Wing Commander, 8 Wing/CFB Trenton.

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The *CONTACT* delivers news and information about 8 Wing/CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos.

We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

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

eral@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.

- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction. *Jpeg-Maximum (8X10), 300 dpi*
- Please label all disks and hard copies with article name, contact person and phone numbers, date.

• **ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**



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



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# New Squadron Chief Warrant Officer welcomed at ATESS/CFB Trenton

By Captain Dirk Lamoureux  
ATESS Squadron Logistics Officer

Chief Warrant Officer (CWO) Stephen Godin felt like he was coming home again as he was formally welcomed as Aerospace and Telecommunications Engineering Support Squadron's new Squadron CWO (SCWO) during a morning parade held on Thursday, 23 June, taking over the position from SCWO Jeff Wudrick, who has been posted to the Director General Aerospace Equipment Management

(DGAEPM) in Ottawa.

The change of appointment ceremony allowed ATESS to welcome CWO Godin back to the unit, and to pay tribute to the stellar service of CWO Wudrick and bid him a fond farewell.

Parade attendees included military personnel and civilian employees of ATESS, who together, form a strong bond of cooperation and committed service excellence in support of worldwide Air Force operations at one of the Canadian Forces largest lodger units.

ATESS Honorary Colonel Brian Read addressed the crowd and parade expressing

his thanks for the privilege of being in attendance and also presented CWO Wudrick with a plaque highlighting the large contribution that the SCWO had on strengthening the ATESS community.

Lieutenant Colonel James Bates, Commanding Officer, ATESS, personally thanked CWO Wudrick for his tremendous support and leadership within the ATESS Command Team. He also indicated how impressed he was with CWO Wudrick's professionalism and abilities to meet all the challenges that ATESS faced during the high operational tempo that was experi-

enced at 8 Wing/CFB Trenton over the last few years. LCol Bates also had the pleasure of presenting CWO Wudrick with his commission to Captain.

CWO Wudrick commented on the amazing experience he had at ATESS and how impressed he was with the spirit and camaraderie that he

experienced during his tour. He conveyed many words of thanks and appreciation to those who supported him as the ATESS SCWO. He then reminded those in attendance that the one aspect that stands out during his years of service is how a positive attitude can have such a great impact in our daily lives.

Photo: Scott Pennington



# Home of the Week

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## Four-Storey Family Home Plan number 7-4-919

This eye-catching four-bedroom family home, with its multiple gables and dormers, features a sunken family room on the main floor, as well as a breakfast nook off the kitchen.

The living room, which boasts a double-height ceiling, is separated from the foyer by a half-wall. A three-way fireplace warms the dining room as well as the living room.

The separate dining room features large windows that overlook the back garden, as well as a built-in buffet. Next to the family room is a den with a built-in desk. A closet in this room will enable it to double as a guest room or might provide a handy hideaway for a computer. A laundry room and three-piece lavatory, with a shower, are located nearby.

The kitchen pantry provides extra storage space, and a prep island with a stove-top will ease cooking chores. Both this room and the breakfast nook have access to a covered patio.

Up an angled flight of stairs, the second floor contains four bedrooms, including a master suite with an entertainment centre, ensuite bathroom and capacious walk-in closet.

All ceilings, except where otherwise mentioned, are nine feet high.

Exterior finishes include an attractive combination of shingles and siding. Wood columns with stone bases, along with a spindle railing, accent the small porch outside the living room. Stone accents flank the doors of the two-car garage and highlight a wall near the front door. Carved wooden braces at the gables, as well as mullioned windows, enhance the design's country-estate ambiance. This home measures 47 feet wide and 60 feet deep, for a total of 2,626 square feet of living space. Plans include an unfinished basement.



Plans for design 7-4-919 are available for \$812 (set of 5), \$914 (set of 8) and \$977 for a super set of 10. Also add \$30.00 for Priority charges within B.C. or \$55.00 outside of B.C. Please add 12% H.S.T., 13% H.S.T. Or 5% G.S.T (where applicable) to both the plan price and Priority charges. Our 43RD Edition of the Home Plan Catalogue containing over 300 plans is available for \$13.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home Plan of the Week" and mail to:

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# SPORTS & RECREATION

## 2011 Firefit Challenge

by Pte Dane Duhaney

The Fire Fit Challenge National team selection camp took place in Drumheller, Alta. over the weekend of June 10 - 12.

Military firefighters representing bases all over Canada performed extremely well at the Regional Firefighter Combat Challenge. "I am very proud of their hard work and accomplishments," said Corporal Jacques Caron.

The Scott Fire Fit Championship is a competition based on six Fire Fighting tasks commonly performed in emergency situations. The event consists of two team relay races and one exhausting individual race at the event.

**Task 1: Stair Climb-** The first event is the stair climb with High Rise Pack. The High Rise Pak is a four-foot bundle of four-inch hose weighing 42 pounds. This is carried on the outside shoulder when moving up the stairs and must be deposited completely in or on the box on the top floor of the tower (40 feet, 6 flights, 60 steps). When ascending, the tower hand rails may be used. Steps can be taken one at a time or in multiples on the way up.

**Task 2: Hose Hoist-** A 45 lb Donut Roll of Angus LDH hose and 5/8" kern-mantle rope are used. Competitors 5'6" and under are allowed to stand on the Hi Rise pack. The Donut Roll must be hauled (usually hand over hand motion) up to the top landing of the tower, lifted and placed in the box on the top of the tower.

**Task 3: Forcible Entry-** Forcible entry evolution utilizes a chopping simulator. Using the 8 lb. Trusty Cook shot mallet provided, the competitor moves the beam completely past the decal. Once this task is complete the competitor must place the hammer on the designated 4' x 4' area.

**Task 4: Run-** Competitors then walk or

Photo: Submitted



L-R: Cpl Emelie Pilon, Pte Steve Pereira, Cpl Jacques Caron, Cpl Ryan Murphy, Pte Dane Duhaney

run as fast as he/she can around the hydrants a distance of 140 ft then shoulders the nozzle end of a 1.75" fully charged Angus Hi-Combat hose line.

**Task 5: Hose Advance-** Competitor then drags a 1.75" fully charged Angus Hi-Combat hose line a distance of 75 ft. Once the nozzle crosses into the Nozzle Zone, the competitor hits a target with a water stream. Once the target is down the competitor shuts off the nozzle, dropping it to the ground.

**Task 6: Victim Rescue-** A 175lb Rescue Randy, which must be dragged backwards a distance of 100 ft. Time stops when the competitor crosses the beam at the finish line with Rescue Randy.

Here are the times that the DND and 8 Wing fire departments achieved over the two day event.

**Relay event:** 4th over all out of 24 teams. **Team Time:** 2nd out of 19 teams. **Relay event over 40:** 1st place. **NXG2 open:** Simon Robichaud and Pte Mark Beer won 1st place. **NXG2 Female:** Denise Townshend and Cpl Emelie Pilon (8 Wing Trenton) won 1st place. **NXG2 over 50:** Murray McCartney and Cpl Jacques Caron (8

Wing Trenton) won 1st place. **NXG2 Mix:** Denise Townshend and Simon Robichaud won 1st place. **NXG2 Mix:** Cpl Emelie Pilon and Cpl Ryan Murphy won 2nd place.

In the individual runs, Denise Townshend won 1st place in the over 45 category, 3rd overall. Cpl Emelie Pilon (8 Wing Trenton) 5th place in the female category (Regional winner). Murray McCartney won 1st over 55 (Regional Winner). Cpl Jacques Caron (8 Wing Trenton) won 1st in the over 50 category (Regional Winner). Darcy Haff won 2nd place in the over 45 category.

We also had 3 team members place in the top 10 in individual times out of 105 competitors: Simon Robichaud 5th (Regional Winner). Pet Mark Beer 7th, and Adrian Bent 9th.

Our congratulations go out to all our firefighters that attended the Selection Camp this year. Especially, Cpl Jacques Caron with 3 gold medals and Cpl Emelie Pilon in her rookie year with 1 gold and 1 silver medal.

Photos are available by logging on to: [http://www.drumhelleronline.com/index.php?option=com\\_content&task=blogcategory&id=37&Itemid=102](http://www.drumhelleronline.com/index.php?option=com_content&task=blogcategory&id=37&Itemid=102)

## ONTARIO PROVINCIAL PARKS DAY PASSES

The Rec Association now has Day Passes which may be rented and signed out by Military personnel and CRA members ONLY.

Use the Pass at any of the Provincial Parks in our area; Sandbanks, Presqu'Île Provincial Park, 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 is \$ 8.63 plus HST (\$9.75 in total). Limit of one pass per family. Sorry, no reservations. Passes are available on a first come - first serve basis. For more information please call local 3361.

## The CRA presents "PSP Online"

Register for the spring session of CRA programs from the comfort of your home.

If you do not have a user name and a password, you will need to contact the PSP Comm Rec Association to arrange set up of a client account.

Simply drop by the RecPlex at 21 Namao Drive or call the RecPlex Reception at: 613-392-2811 ext 3361 Monday to Friday from 9 a.m. to 8 p.m. Weekends 1:30 to 3:30 p.m or extension 2929 Monday to Friday from 9 am to 3 pm.

## Evening Aqua Jogging classes

Summer Session of Evening Aqua Jogging will take place on Mondays and Wednesdays from 6 to 6:50 p.m., from June 20 to August 29 (20 classes in total).

Cost: \$57 plus HST for military community members; \$67 plus HST for

the general public. PSP online registration and in person registration began Thursday June 9. Drop-in fee option available, space permitting, at a cost of \$4 per class for military community members with ID and \$5 per class for the general public.

## Senior Lane Swim classes available

Senior Lane Swim will take place on Monday, Wednesday and Friday mornings. Register for one of the times: 7:30 to 8:20 a.m. (12 spots available); 8:30 to 9:20 a.m. (12 spots available).

Summer Session (LONG) will run from July 4 to September 2 (26 classes in total).

Please note that due to the indoor pool closing for annual maintenance on August 22, the last two weeks of this LONG session will take place in the heated outdoor pool.

Cost is \$61.50 plus HST for mili-

tary community members and \$66.50 plus HST for the general public.

Summer Session (SHORT) will run from July 4 to August 19 (20 classes in total). All classes will take place in the indoor pool.

Cost if \$47.30 plus HST for military community and \$51.15 plus HST for the general public. PSP online registration and in-person registration began on Thursday, June 9.

Drop-in fee option available, space permitting, at a cost of \$3 per class for military community and \$4 per class for the general public.

## Summer Kidz Kamp at the RecPlex

The Community Recreation Association (CRA) is already planning for a high energy, fun-filled summer of adventure and fun.

If you are between six and 12 years of age and enjoy swimming, playing sports and making new friends, this is the place to be this summer.

Camp activities include swim and gym, games and crafts, music, special guests, overnights and an awesome road trip each week!

The camp takes place at the RecPlex (21 Namao Dr.), Monday through Friday from Monday, July 4 to Friday, August 26 (for total of eight weeks).

Camp hours are from 8:30 a.m. to 4:00 p.m.

Before and after care is available from 7 to 8:30 a.m. and 4 to 5 p.m. at a cost of \$2.50 per hour, per child, or any part there-of.

Please note: There will be no Summer Kidz Kamp on Monday,

August 1, 2011.

Cost for military community members is as follows: \$100 for one child; \$180 for two children; \$225 for three children; and \$270 for four children.

Trip day: \$10; Blue Jays trip: \$18. Sleepover: \$15.

Cost per day: \$25 for one child; \$40 for two children; \$55 for three children; and \$70 for four children.

Cost for the general public is as follows: \$110 for one child; \$200 for two children; \$245 for three children; and \$290 for four children.

Trip day: \$10; Blue Jays trip: \$18. Sleepover: \$15.

Cost per day: \$30 for one child; \$50 for two children; \$70 for three children; and \$90 for four children.

Please note: No trip fee applies during Week Five (August 2 to 5).

Registration is ongoing at the RecPlex during regular hours of operation.



# FITNESS & HEALTH PROMOTION



## Mental fitness for facing life's demands

Mental Fitness means being psychologically and emotionally resilient. It is the ability to spring back after struggling through difficult and stressful times in one's life. It also includes the capability to move forward, to grow and develop from challenging situations.

Resiliency is key to staying on track in our day to day lives as well as in operations. Military Resilience is defined by the CF Army Terminology Panel as "the capacity of a soldier to recover quickly, resist, and possibly even thrive in the face of direct/indirect traumatic events and adverse situations in garrison, training and operational environments. They are to be maintained throughout one's military career."

It does not mean one is expected to be bulletproof or unaffected by their experiences and the feelings they evoke. Feelings and events are not the issue. It is what we do with our feelings and how we manage the events that really matter.

It is not unrealistic or a sign of weakness to require assistance from time to time. Our lives are often hectic as we face a multitude of daily stressors. As a result we can spend too much time in the stress response which, over time, can impact our health and increase our risk of developing chronic disease.

Health Promotion offers programming that can help one develop mental fitness and resiliency. Mental Health offers programming and one-on-one counselling; tools that anyone can benefit from to help manage life's demands. If you notice that someone in your unit seems to be struggling, a resilient force requires members to offer assistance and direct them to the appropriate resources.

If you have concerns about someone in your unit, use the ACE Model to connect with them: ASK them directly and clearly about their situation. If the warning signs are present, ask about thoughts of suicide. CARE

for them by calling upon active listening skills to gain an understanding of their situation. ESCORT them to a helping professional in order to ensure they get the care they need.

Mental fitness is similar to physical fitness in many ways. Both can deteriorate without training, regular maintenance or when faced with an injury. Similar to overuse injuries from running that impair your physical fitness level, your mental fitness level can be impaired when you have too much on your plate.

Like the fitness instructors employed by PSP to help you get back on your fitness track, Health Services has personnel to help you get your mental fitness back on track. If your dependent or spouse has concerns, they can tweak their physical fitness at the RecPlex or their mental fitness with the many services the MFRC have to offer. A resilient person will capitalize on the many available resources and be willing to ask for help. *Source: Strengthening the Forces*

## Force mentale et exigences de la vie

La Force mentale c'est avoir de la résilience psychologique et émotionnelle, c'est à dire la faculté de « rebondir » après avoir affronté des revers ou des moments stressants de la vie. C'est aussi la capacité d'aller de l'avant, de s'épanouir et de se développer en tirant parti des situations difficiles.

La résilience est essentielle pour garder le cap dans notre vie quotidienne ainsi que dans les opérations. Selon le Groupe d'experts en terminologie de l'Armée de terre, résilience militaire signifie : « Capacité que possède un soldat de récupérer rapidement, de résister et, possiblement, de se développer lorsqu'il est exposé directement ou indirectement à des événements traumatisants et à des situations adverses en garnison, à l'entraînement ou en opérations. Elle est requise tout au long de sa carrière. »

Cela ne signifie pas que l'on s'attend à ce que les gens soient « à l'épreuve des coups » ni à l'abri de leurs expériences et des émotions qu'elles suscitent. En fin de compte, ce ne sont pas les émotions ni les événements qui importent, mais ce que nous en faisons.

Ce n'est ni irréaliste ni un signe de faiblesse d'avoir besoin d'aide de temps à autre. Dans nos vies sou-

vent mouvementées, nous sommes confrontés quotidiennement à une multitude d'agents de stress. Par conséquent, il se peut que nous passions trop de temps chaque jour à composer avec le stress, qu'au fil du temps notre santé s'en ressent et que, finalement, nous soyons plus susceptibles de développer des problèmes de santé chroniques.

Les programmes de promotion de la santé peuvent favoriser le développement de la force mentale et de la résilience. Des programmes en santé mentale et des services de counseling individualisés sont également disponibles : ce sont des outils dont tous peuvent profiter et qui les aideront à composer avec les exigences de la vie. Une force armée résiliente est une force dans laquelle les militaires offrent leur aide à leurs collègues qui semblent en difficulté et les dirigent vers les ressources appropriées.

Si une personne de votre unité vous préoccupe, utilisez le modèle « ACE » pour établir une relation avec elle. Informez vous (ASK) directement et clairement de sa situation. Si vous observez certains signes avant coureurs, demandez lui si elle a des pensées suicidaires. Occupez vous d'elle (CARE) en faisant appel à vos compétences d'écoute active pour mieux com-

prendre sa situation. Accompagnez la (ESCORT) chez un professionnel afin de vous assurer qu'elle reçoit l'aide dont elle a besoin.

La force mentale ressemble en de nombreux points à la condition physique. Elles peuvent toutes deux se détériorer sans entraînement ni activité de maintien, ou lorsque survient une blessure. Semblable aux blessures qui sont dues à un surentraînement et qui nuisent à votre condition physique, une trop grande quantité de préoccupations peut compromettre votre force mentale.

Comme les instructeurs de conditionnement physique qui sont employés par les PSP pour vous aider à retrouver votre forme physique, les spécialistes des Services de santé sont là pour vous permettre de recouvrer votre force mentale. Si une personne à votre charge ou votre conjoint s'inquiètent de leur état, ils peuvent améliorer leur condition physique au RecPlex ou accroître leur force mentale en se prévalant des nombreux services du Centre de ressources pour les familles des militaires. Une personne résiliente sait tirer parti de toutes les ressources mises à sa disposition et n'hésite pas à demander de l'aide. *Source : Energiser les Forces*



### Make A Difference

Community Living Quinte West is seeking people who want to be involved in making a difference in people's lives. If you are looking for ways to give back to your community call us to find out more about the rewards of Board membership at CLQW. We are looking for people who are curious, energetic, collaborative, dedicated.

If the words above describe you, then read on. If you have leadership skills, fund raising expertise, or ability to advocate, and a belief in social justice, please contact us for more information on Board membership.

Community Living Quinte West helps people with intellectual disabilities to live as valuable members of the community. If Board membership interests you, you will have the opportunity to provide strategic direction to the agency while having the opportunity to learn more about the changing attitudes and ways to support people with intellectual disabilities. Your membership on this Board will make a difference.

Call Lisa Monsma, Chair of the Search Committee at 613-394-2222 or submit your letter of interest to:

Community Living Quinte West  
Chair of the Search Committee  
52 Lafferty Road, Trenton, ON K8V 5P7  
or e-mail [communitylivingquintewest@clqw.ca](mailto:communitylivingquintewest@clqw.ca)

## Did You Know?

People who put their commitments in writing - and who tell others what they plan to do - tend to be more successful in meeting their goals than those who do not.

## Le saviez-vous?

Les gens qui écrivent leurs engagements et les annoncent à d'autres ont tendance à atteindre leurs objectifs plus souvent que ceux qui ne le font pas.

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

## 8 Wing Health Promotion

177 Hercules St., Bldg 119 ~ Phone: x3768  
Email: [healthpromotionTrenton@forces.gc.ca](mailto:healthpromotionTrenton@forces.gc.ca)

Health Promotion Administrative  
Assistant: **Jessica Ivanko**

Health Promotion Manager: **Lisa Refausse**

Health Promotion Manager: **Angela Prescott**

Health Promotion Director: **Kendra Lafleur**

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

## Wondering where to find The Contact? Check out the new drop boxes located around the PMQs.

- RCAF Arena
- Outside of Cité-Jeunesse
- Corner of McGill & Rivers
- Corner of St. Hubert & Borden
- Outside of Marc Garneau

### Off Base Locations:

- Trenton**
- Metro
  - Shopper's Drug Mart
- Belleville**
- Luc's Variety
  - Belleville Library

## Contact



Please show appreciation and respect for the health and happiness of yourself and others.  
Choose a designated driver when attending a party and, when hosting a party, be sure to supply non-alcoholic beverages for guests who are driving.



**MADD**  
CANADA

From the Management and staff  
of Personnel Support Programs

# JPSU, IPSC, Sp PI, SPHL and...you. What does it all mean?

By Captain Geri Bush,  
MMM, CD  
OC Support Platoon  
Integrated Personnel Support  
Centre (IPSC) Trenton

JPSU, IPSC, SPHL, RTW, – the Canadian Forces (CF) sure likes lots of its acronyms – there’s probably even an acronym out there for acronym. They’re handy to shorten up a sentence but without the decoder ring they can cause some confusion.

The Joint Personnel Support Unit (JPSU) is unravelling some of the acronyms associated with the JPSU and clarifying the mission of the JPSU itself.

First, let’s start with a four-letter acronym we’re probably all familiar with: SPHL (Service Personnel Holding

List). This one is easy to deal with; it’s gone, done, finished – delete SPHL, insert JPSU.

So what is the JPSU and what’s in it for you, you ask? To coin an age old phrase, “identify your subject matter experts and use them.” Where Air Movements exists primarily for military operations and that is their area of expertise, the JPSU exists primarily for casualty support and that’s our area of expertise.

The JPSU provides many services, but for this article the focus will be mainly on the support platoon aspect. If an injured or ill CF member requires extended time to recover because of medical employment limitations which will exist for six months or more, they could potentially be posted to the JPSU. This post-

ing permits two important things to take place – it allows unit commanders to fill the vacated position with a deployable individual and provides the injured or ill person a unit which is focused primarily on getting them healthy and back to working fulltime in their occupation.

For CFB/8 Wing Trenton you would be posted to JPSU Eastern Ontario Region, which is headquartered in CFB Petawawa, and on strength at the Trenton Integrated Personnel Support Centre (IPSC), Support Platoon. As a member of IPSC Trenton Sp PI, you would interact with a section commander as your first link in the chain of command. The Sp PI provides leadership, disciplinary and administrative support, the same as any other

unit and ensures the programs you require to recover and rehabilitate are in-place, monitored, and functioning. In addition it provides a return to work (RTW) plan and location enabling you to be employed within your assigned medical employment limitations.

The primary aim of the JPSU is to provide the soldier, sailor, airman, or airwoman, an environment focused on healing towards the goal of reintegration back to full duty. In some cases however, reintegration is not feasible. The CF can be an unforgiving work environment, and regrettably there are occasions where a member must be released due to their injuries or illness. If this is the case and you are posted to the JPSU, and Sp PI in conjunction with the Services section will

focus on assisting you with transition to civilian life. The IPSC Services Section together with the partner organizations will be there to guide you through the available resources to enable you to transition seamlessly to your new career. They will connect you with such agencies as Veterans Affairs, MFRC, SISIP Vocational Rehab, and others as necessary.

When it comes time to be released, any apprehension should be replaced by a clearly mapped out action plan well-focused on a new beginning. IPSC Trenton is there to provide ill and injured military personnel with an environment to enable recovery, rehabilitation, and reintegration.

Our motto: Caring for our own.



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**\$17,995**  
\$164.42 biweekly  
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P13247 2.0Lt Turbo! 17" Alloy wheels! Pwr sunroof! Pwr heated leather seats! Dual climate controls, steering wheel controls, cruise, air, tilt, AM/FM/CD/MP3, pwr windows, locks, mirrors, keyless entry, 81,000kms.

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P12829 Pwr sunroof! 16" Alloy wheels! Automatic, 5 cyl, 2 dr, air, tilt, cruise, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 68,000kms.

**\$12,995**  
\$118.73 biweekly  
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**06 MAZDA 5**



11197 Manual transmission! Rear sliding doors! Alloy wheels, steering wheel controls, air, tilt, AM/FM/CD, pwr windows, mirrors, keyless entry, 75,000kms.

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13059 Rear sliding doors! Pwr sunroof! 17" Alloy wheels! Automatic, 4 cyl, steering wheel controls, air, cruise, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 102,000kms.

**\$11,495**  
\$105.03 biweekly  
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**07 MAZDA 5 GS**



PD13054 16" Alloy wheels! Quads! Black! Manual transmission, 4 dr, steering wheel controls, cruise, tilt, air, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 79,000kms.

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\$100.46 biweekly  
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**07 VOLKSWAGEN JETTA**



P13256 16" Alloy wheels! Pwr sunroof! Pwr heated seats! 5 Speed, manual transmission, steering wheel controls, tilt, air, cruise, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, only 33,000kms!!

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PD13198 5 Speed, manual transmission, 4 cyl, 4 dr, air, tilt, cruise, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, 59,000kms.

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PD13197 16" Alloy wheels! Automatic, 4 cyl, 4 dr, steering wheel controls, tilt, air, cruise, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 76,000kms.

**\$13,995**  
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**07 VOLKSWAGEN RABBIT**



13036 Pwr sunroof! 16" Alloy wheels! Manual transmission, 5 cyl, 2 dr, tilt, air, cruise, AM/FM/CD/MP3, pwr mirrors, locks, windows, keyless entry, only 40,000kms!

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\$127.87 biweekly  
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**10 HONDA CIVIC SPORT**



12919 Pwr sunroof! Alloy wheels! Automatic, 4 cyl, 4 dr, steering wheel controls, air, cruise, tilt, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, only 10,000kms!!!

**\$19,995**  
\$125.77 biweekly  
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**07 VOLKSWAGEN RABBIT**



P12830 Pwr sunroof! 16" Alloy wheels! Black! Cold weather pkg! Heated seats! Automatic, 5 cyl, 2 dr, cruise, tilt, AM/FM/CD/MP3, pwr mirrors, locks, windows, keyless entry, 74,000kms.

**\$12,995**  
\$118.73 biweekly  
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**07 VOLKSWAGEN PASSAT**



P13259 2.0Lt turbo! Heated leather seats! Manual transmission, 4 dr, cruise, air, tilt, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, only 46,000kms.

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P13255 Manual transmission, 4 cyl, 4 dr, air, tilt, AM/FM/CD, only 44,000kms!

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0 DOWN  
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**07 HONDA ACCORD SE**



PD13094 Pwr sunroof! Rear spoiler! Black! 16" Alloy wheels! Automatic, 4 cyl, 4 dr, steering wheel controls, tilt, air, cruise, AM/FM/6 disc changer, pwr locks, mirrors, windows, keyless entry, 69,000kms.

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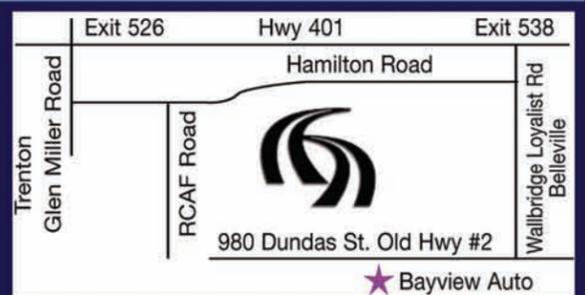
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# TRENTON Military Family Resource Centre



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

**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!

## Kindergarten Kick Start Le coup d'envoi de la maternelle!

En français - les mardis 5 juillet au 9 août de 13h à 14h30  
In French - Tuesday, July 5 to August 9 - 1:00 to 2:30

In English - Wednesday, July 6 to August 10 - 1:00 to 2:30  
En anglais - les mercredis 6 juillet au 10 août de 13h à 14h30

This program is designed for children starting JK or SK in the Fall.

Ce programme s'adresse aux enfants qui débiteront la maternelle / jardin à l'automne.

- Numbers / chiffres
- Letters / lettres
- Crafts / bricolage
- Games / jeux
- Rhyming / rimes
- Music / musique
- Stories / histoires

Cost: \$3.00 each session  
Only 8 spaces available register at reception

Coût: 3.00\$ par session  
Seulement 8 places disponible  
veuillez vous inscrire à la réception

## Traveling Playgroup Le groupe de jeu se promène 2011

July 6 juillet: **Splash Pad (Frankford)**  
Come and have fun with water play  
Venez-vous amuser aux fontaines d'eau

July 13 juillet: **Pirate Ship Park (Moira street, Belleville)**  
Dress up as a pirate and come with us for a treasure hunt  
Habillez-vous en pirate et venez pour une chasse au trésor

July 20 juillet: **Quinte Conservation (2061 old hwy 2, Belleville)**  
Come walk the trails with us to play 'search and find'  
Venez en excursion avec nous pour jouer 'cherche et trouve'

**Bring / Apporter**  
Insect Container/ Contenant pour insectes  
Magnified Glass/ Loupe  
Sneakers/ Espadrilles  
Water/ De l'eau

Aug. 3 aout: **Plage Cobourg Beach (Cobourg)**  
Come play at the beach, but make sure you bring your pail and shovel  
Venez à la plage pour jouer, mais assurez-vous d'apporter votre seau et une pelle

Time/Heure: 9:30-11:30

**ÉTÉ  
SUMMER**

**HAPPY CANADA DAY  
BONNE FETE CANADA**

### Doula Program

The MFRC Doula program offers a list of local Doulas who provide birth and or postpartum support to Moms and their partners. Birth Doulas are women who are specially trained to support expecting Moms before, during and just after labour and delivery. Birth doulas provide informational, physical and emotional support to enhance the birth experience. For information on the MFRC Doula Program please contact Belinda Raycraft, CD(DONA) at 613-392-7112

### Programme Doula

Le programme Doula du CRFM met à votre disposition une liste des doulas de la région qui offrent des services de soutien aux parents durant l'accouchement et le postpartum. Les doulas sont des femmes formées pour aider les femmes enceintes pendant le travail, l'accouchement et après. Elles fournissent de l'information et apportent un soutien physique et émotionnel afin de rendre positive l'expérience de la naissance. Pour toute information concernant le programme Doula, veuillez communiquer avec Belinda Raycraft, CD(DONA) au 613-392-7112.

### Canada's Wonderland

**Back again at the MFRC 2011**  
Adults; 3 - 59 years, over 48" tall  
Senior; 60+ years  
Junior; 3+ years and under 48" tall  
May 8th - October 30th, 2011

<b>Buy Once Go Twice (same tickets)</b>	\$54.00
<b>Daypass</b>	
Adults (Front Gate Price 55.99 + tax)	\$40.00
Junior/Senior	\$32.00

**De retour au CRFM pour 2011**  
Adultes; 3 - 59 ans, plus grand que 48"  
Sénior; 60+ ans  
Junior; 3+ ans et plus petit que 48"  
8 mai - 30 octobre 2011

<b>Achète une fois, Visite deux fois</b>	54,00\$
<b>Passé d'un jour</b>	
Adulte (Prix à la porte 55,99\$ + taxe)	40,00\$
Junior/Sénior	32,00\$

## MASSAGE

### Silver Star Studio

Licensed Oriental Massage  
Relaxing Shiatsu  
Massage

Open Daily 9am - 9pm

56 Elgin St., Unit 2, Trenton Downtown,  
Across from Quinte Hotel

**613-392-7119**

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# LOCAL SERVICES AND TRADES



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 Fax: 613-965-7490  
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- ✓ Suspension Service
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**613-827-1124**

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Fax **613-965-7490**  
 or e-mail  
[adriana.sheahan@forces.gc.ca](mailto:adriana.sheahan@forces.gc.ca)



**MFRC - Events & Information**

**TICKETS AVAILABLE**

Senior 60+, Children 3+ & under 48" tall... \$32.00  
 Adult from May 8th- Oct 30 ..... \$40.00  
 Pay Once Go Twice ..... \$54.00

**Military Family ID Card (MFID)**

The Military Family Identification Card (MFID) has been designed to provide immediate family members with a standard means of identification. It provides tangible recognition that the military family member is an integral part of the Canadian Forces. This card is available upon request to the immediate family (spouse and dependent youth ages 10 to 18) of all CF members (Regular and Reserve Classes A, B & C) at the RecPlex. For more information, contact Community Recreation Director at ext 2349 or visit [www.cg.cfpsa.ca/cg-pc/trenton/EN/pages/default.aspx](http://www.cg.cfpsa.ca/cg-pc/trenton/EN/pages/default.aspx)  
 The form can be downloaded from the website.

**CRFM - Événements et Information**

**BILLETTS DISPONIBLES**

Séniors 60+, enfants 3+ & moins que 48" ... 32,00\$  
 Adultes du 8 mai au 30 octobre ..... 40,00\$  
 Payez une Fois, Allez Deux Fois ..... 54,00\$

**Carte d'identification pour les familles de militaires**

La carte d'identification pour les familles de militaires fut conçue pour fournir à la famille immédiate un outil standard pour s'identifier. La carte procure une reconnaissance tangible que les membres de familles militaires sont une partie intégrale des Forces canadiennes. Cette carte est disponible sur demande pour la famille immédiate (époux(se) et les enfants âgés de 10 à 18 ans) des membres des FC (Régulière et Réservistes de classes A, B et C) au complexe de loisirs (RecPlex). Pour plus d'information, contactez la direction du programme des loisirs communautaires au poste 2349 ou visitez [www.cg.cfpsa.ca/cgpc/trenton/EN/pages/default.aspx](http://www.cg.cfpsa.ca/cgpc/trenton/EN/pages/default.aspx)  
 Le formulaire peut être téléchargé du site web

The City of Quinte West  
**"Afghanistan Repatriation Memorial"**  
 For more information call 613-392-0370 or visit <http://www.afghanistanmemorial.ca/>

Le ville de Quinte West  
**"Afghanistan Repatriation Memorial"**  
 Pour plus d'information contactez 613-392-0370 ou visitez <http://www.afghanistanmemorial.ca/>

**Quinte Mall Summer Sidewalk Sale**  
 Monday, Jul 4 2011, 9:30am-9pm  
 Address: 390 North Front St. at HWY 401, Belleville

**La vente trottoir d'été du Quinte Mall**  
 Lundi, le 4 juillet 2011, 9:30am-9pm  
 Address: 390 North Front St. at HWY 401, Belleville

For additional Information  
[www.familyforce.ca](http://www.familyforce.ca)  
 Contact: Jaimie Corriveau 613-955-8711

Pour information additionnelle  
[www.familyforce.ca](http://www.familyforce.ca)  
 Contactez: Jaimie Corriveau 613-955-8711

**All the information you need is just a click away.**  
 The Contact Newspaper Online - Your gateway to the CFB Trenton community.  
[thecontactnewspaper.cfbtrenton.com](http://thecontactnewspaper.cfbtrenton.com)



# Community Events

generously sponsored by...

# independent

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President's Choice

293 Dundas St. East,  
Trenton • 613-392-0297

Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 613-965-7490 or email to [amber.gooding@forces.gc.ca](mailto:amber.gooding@forces.gc.ca), at least 10 days prior to your event. Call 613-392-2811 Ext. 3978 for more information.

## Salute to the Forces Night at Brighton Speedway

**Saturday, July 16th, 2011**

Join us for a night of excitement and fast paced thrills as we Salute our Troops and feature the Late Models, Canadian Modifieds, Comp 4's, Stingers and Gord's Water Vantastics.

Admission is FREE to the Grandstands for all  
CFB Trenton Personnel with Base ID

Front Gates Open at 1730hrs, Racing begins at 1900hrs  
**Visit [www.brightonspeedway.com](http://www.brightonspeedway.com) for more information  
or call 613.475.1102**

## Waterfront Walk or Run for Heart

Sunday July 10, 2011 ~ 8:30-11:30am  
West Zwick's Park, Belleville

Heart and Stroke Foundation is hosting our annual Waterfront Walk or Run for Heart. This event runs on the same weekend as Belleville's Waterfront Festival, and features a 2K, 5K or 10K walk or run.  
**REGISTER NOW @ [fitforheart.ca](http://fitforheart.ca) or in person at our office!!**

## Fundraiser Book Launch

**Saturday July 9 2011, 11am-3pm**  
**Quinte West Public Library**  
7 Creswell Drive ~ 613-394-3381

Author Jennies Edwards signing copies of her new book *God in My Church*, 2nd in the *God in My House* Series, with part of proceeds to be donated to Katie's Journey Fund for osteosarcoma research at Mt. Sinai Hospital.

# WATERFRONT & Ethnic Festival

## July 7, 8, 9, 10, 2011

Belleille Waterfront and Ethnic Festival will showcase fireworks, a midway, Ethnic Food Village, Vendor Exhibition, Live Musical Entertainment for all ages, Children's events and many attractions.  
Admission is FREE  
parking is available at a cost of \$2.00.  
Join us for an exciting weekend the whole family can enjoy.  
[www.bellevillewaterfrontfestival.com](http://www.bellevillewaterfrontfestival.com)

### Big Brothers and Big Sisters of Hastings and Prince Edward Counties

offers some unique programs designed to run in our local school with children grades 1 through 8.

*Mentoring is about being a friend to a child or youth. You'd be amazed at what a little friendship, attention and gentle guidance can bring to the life of a child!*

**For volunteer information Call 613-962-3666**  
Information can also be found at [www.bigsneeded.ca](http://www.bigsneeded.ca)

### Pennies for Pets could use your help!

The Quinte Humane Society is accepting all change in the Pennies for Pets Campaign. They will count it, roll it and even pick it up. You can also drop off your pennies and change at the shelter at 527 Avonlough Road or call 613-968-4673.

**3rd Annual Frankford Island Blues Festival**  
**15, 16, 17th July, 2011**

**Call for Volunteers**

The Loyal Blues Fellowship Inc. is a not-for-profit community based volunteer group. We are looking for volunteers and sponsors for the Frankford Island Blues Festival. Join us to help produce another great weekend of music July 15, 16 & 17, 2011. Over 3 days we feature some of Canada's finest Blues, with over 30 workshops in a relaxed outdoor summer festival environment. Currently looking for volunteers with marketing experience, and setup, gate and hospitality crews for the festival weekend. This volunteer run event is a major fundraiser for our Blues in the Schools program.  
[www.loyalblues.com](http://www.loyalblues.com) email: [festival@loyalblues.ca](mailto:festival@loyalblues.ca) or phone (613) 392-1025.

### Quinte Garden Tour & Tea

### Saturday July 16, 2011

### 10 am - 4 pm

Tickets \$20.00  
Available at:

- Greenley's Bookstore Belleville 613 966-9760
- Inova Opticians Belleville 613 968-8846
- Live, Love and Laugh Belleville 613 969-1725
- Quinte Gardens Residence Belleville 613 966-5815
- Farmgate Gardens Foxboro 613 967-1581
- Connon Nurseries Trenton 613 392-0402
- Lottie Jones Florist Trenton 613 392-2537
- Wight Greenhouses Wellington 613 399-2064
- Flowers by Marvin Picton 613 476-7012

Presented By *The Canadian Federation of University Women*  
Belleville and District  
For further information: 613 966-5677 [gardentour@cfuwbelleville.com](mailto:gardentour@cfuwbelleville.com)

Family



## 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

The Contact Newspaper staff would like to acknowledge Trenton McDonald's as the weekly sponsor of our feature, The Contact Family Feature.

# Nadiya's Zodiac Starcast

July 3 – July 9, 2011

*Theme of the week: This week features the first of three exact harmonious conversations between Jupiter and Pluto, to take place over the coming year. We should hear encouraging news about the economy. Personally, we welcome a time when we make powerful changes. It will be a great week, enjoy!*

**ARIES** (March 21-April 19): Your finances receive an encouraging boost, thanks to a career advancement. You are making alterations to your values, and your personal realizations are leading to a change in the goals you will go for. A renewed gusto for your dreams is a lovely by-product.

**TAURUS** (April 20-May 20): The world opens up to you and a larger platform becomes available. The support and mentors are in place to encourage you to step up. Don't be mistaken. This is a rare opportunity. You have the right mix of confidence and personal strength to excel in this moment.

**GEMINI** (May 21-June 20): There is the possibility of finally receiving a large check for efforts you put into place long ago. There are actions taking place behind the scenes. You may not be privy to the conversations, but they are working to your advantage. Have faith in the actions of others.

**CANCER** (June 21-July 22): A partner finds a way to facilitate a dream come true, either. The dream could be work related, or of a more personal nature. Friends could also introduce you to power players with the ability to launch you into a higher stratosphere. Your most heart felt wish is also most supported by the cosmos.

**LEO** (July 23-Aug. 22): You secure a career victory, made possible by the people in your work environment. You've demonstrated your expertise and have the skills to make higher ups have faith in you. Trust the good will you have already put into place, as you step up to claim your prize.

**VIRGO** (Aug. 23-Sept. 22): A legal matter can come to a favourable conclusion now, and with it a possible accompanying settlement in your favour. You are identifying a way forward and putting past conflicts to

rest. As you see things can work to your advantage, you are filled with confidence.

**LIBRA** (Sept. 23-Oct. 22): The people from your family or childhood can present you with life altering information, which. It reaches right into your heart and can change everything. These interactions with them can allow provide you an with important closure. Property sales should also go well now, proving more prosperous than expected.

**SCORPIO** (Oct. 23-Nov. 21): Love opens you to a conversation, either about the future of romance or what may be keeping you from it. It is a time when your heart can open in a second. When your suspicions drop, your walls come down, and a more rewarding companionship can find you.

**SAGITTARIUS** (Nov. 22-Dec. 21): Your work life gets a big boost, and as a result, you feel better than ever. More money and a better environment is just the beginning. More fulfilling, rewarding work allows you to feel excited about your day. Better health is part and parcel of the joy you feel.

**CAPRICORN** (Dec. 22-Jan. 19): You are feeling happier than you have in a while. That's doesn't mean you are any less productive. What was previously a task chore takes on a spirit of fun, making you much more likely to succeed. Your joy radiates and will attract opportunity.

**AQUARIUS** (Jan. 20-Feb. 18): Your home goes through a positive shift. You are creating a space that feels more personal, touched by enchantment. In the process, you connect with a long forgotten memory and realize the power it has had in your life. By altering its interpretation you empower your future.

**PISCES** (Feb. 19-March 20): A conversation with a friend opens a door in your heart. While the revelation seems personal, there are practical fruits within it. Opportunities to step closer to your dreams can be had through making casual, yet important, connections with the people who surround you.

For expanded forecasts and more, visit Nadiya's Shabs website at <http://www.nadiyashabs.com>

# Canadiana Crossword

## Founder of Lilith Fair

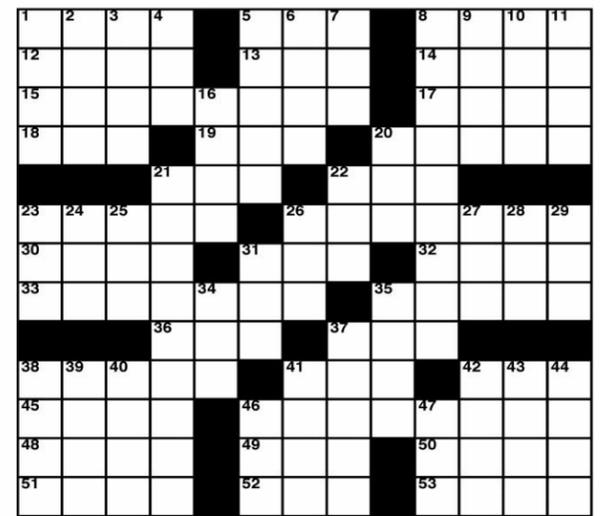
By Bernice Rosella and James Kilner

**ACROSS**

- 1 Essence
- 5 Middle name of today's performer
- 8 Afrikaan
- 12 Ancient buffalo
- 13 Plus or combatant predecessor
- 14 Incite
- 15 Adjourn
- 17 Representation
- 18 Turf
- 19 Adult males
- 20 Explosion
- 21 Linear unit (abbr.)
- 22 Nourished
- 23 Defraud
- 26 Birthplace of today's singer
- 30 Libran birthstone
- 31 Coal mine
- 32 World's longest river
- 33 Ordinary \_\_\_\_\_ (2007 hit by today's performer)
- 35 Encouraged
- 36 Seductively shy
- 37 Jamaican music genre
- 38 Pep pills
- 41 Wonderment
- 42 Prov. legislator
- 45 British nobleman
- 46 2010 Olympics anthem by today's performer
- 48 World's largest continent
- 49 Plains aboriginal
- 50 1998 hit by today's performer
- 51 A noble gas
- 52 Weave
- 53 Expression of disgust

**DOWN**

- 1 Mountain passes
- 2 Japanese waist pouch



- 3 Ashwin \_\_\_\_\_ (former hubby of today's performer)
- 4 \_\_\_\_\_ and feather
- 5 1998 hit by today's performer
- 6 Word classification
- 7 Vancouver to Kamloops dir.
- 8 \_\_\_\_\_ Mystery (1997 song by today's performer)
- 9 Killer whale
- 10 Self images
- 11 Landlord's concern
- 16 Leave out
- 20 Sound unit
- 21 Today's performer
- 22 Obese
- 23 Mother, familiarly
- 24 Global news gathering org.
- 25 Roman household deity
- 26 Hurry
- 27 Mediterranean fruit tree
- 28 Brewery product
- 29 Crossed out
- 31 Tier
- 34 Lettuce variety
- 35 Scrimped
- 37 Sugary
- 38 Cruel
- 39 Leisure
- 40 Threesome
- 41 Pillars, to Polonius
- 42 Ancient Iranian
- 43 Temporal
- 44 Wet nurse
- 46 Not home
- 47 Beam (of light)

See Answers, Page 19

## Science Kids

Bringing science + technology together!

- The Bermuda Triangle is located in the Atlantic Ocean, check out our Bermuda Triangle mystery facts.
- Amelia Earhart became the first female to fly solo across the Atlantic Ocean in 1932.
- The third largest ocean on Earth is

the Indian Ocean, it covers around 14 per cent of the Earth's surface.

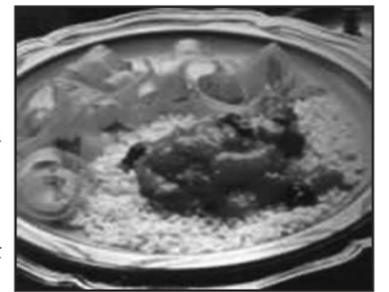
- During winter the Arctic Ocean is almost completely covered in sea ice.
- While some disagree on whether it is an ocean or just part of larger oceans, the Southern Ocean includes the area of water that encircles Antarctica.

Source: [www.sciencekids.co.nz](http://www.sciencekids.co.nz)

## Mealtime.org Moroccan Chicken

**Ingredients:**

- 2 tablespoons olive oil
- 4 chicken thighs, skinned
- 1/2 medium onion, chopped
- 1 (14.5 ounce) can no-salt-added stewed tomatoes
- 1/2 cup prune juice or orange juice
- 6 pitted dried plums (prunes), diced
- 1/4 teaspoon ground allspice Kosher salt and freshly ground black pepper, to taste
- 1 cup plain tabbouleh dry mix
- 1 1/3 cups boiling water
- 1/2 cup chopped parsley



**Preparation Time:** 30 minutes **Cook Time:** 50 minutes

**Preparation:** Heat the oil in a large skillet over medium-high heat. Add the chicken and brown on one side. Turn and add the onion; continue cooking until the onion and chicken are browned. Drain the excess fat. Stir in the tomatoes, juice, dried plums, allspice, salt and pepper, to taste. Cover and cook 5 minutes over medium heat. Uncover and simmer about 10 minutes, until the sauce thickens and the chicken is done; turning the chicken and stirring the sauce occasionally. Meanwhile combine the boiling water and the tabbouleh. Cover and rest for 5 minutes. Add the parsley to the tabbouleh, and season to taste with salt and pepper. Serve the chicken and sauce on a bed of the tabbouleh. Serves four.

**Nutritional Information**

Amount Per Serving Calories: 415 | Total Fat: 16.2g | Cholesterol: 53mg  
Powered by ESHA Nutrient Database

# Classified

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

business • for sale • wanted • automobiles • for rent • employment • education

### Help Wanted



Reporter/Writer for  
The Contact  
Location: CFB Trenton

Metroland Media Group is a dynamic media company delivering vital business and community information to millions of readers across Ontario each week. With over 100 newspapers, countless advertising venues, numerous distribution networks, and the Internet and web publishing is looking for a Reporter/Writer for The Contact, a weekly newspaper we produce for 8 Wing Trenton as a service provider.

This is a full-time contract position that requires strong writing and an ability to come up with fresh story ideas. As well as reporting for our newspaper, publications, and special sections, the successful candidate should have layout and editing skills.

The successful candidate must be able to work well with others, be organized, multi-task, meet tight deadlines, show leadership, and have solid news judgment. The successful candidate will work from The Contact office at CFB Trenton.

Evening and weekend work may be required.

Applicants must possess:

- A journalism degree or diploma is preferred;
- Experience in photography would be an asset.
- Experience in copy editing and page layout using InDesign would be an asset

Interested applicants should forward a resume to the attention of:

Ron Prins  
General Manager  
The Independent/The Contact  
rprins@metroland.com

### For Rent

**KLEMENCIC PROPERTIES**

**1 & 2 Bedroom Apartments**  
Utilities and cable included.  
Clean, quiet, secure and affordable

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**1 BR in quiet Victorian near DT Trenton**  
Grd floor with sep. entrance and porch \$650 monthly plus hydro and water, Heat included and 1 car parking. No pets and non-smokers only First & last, references required.  
Tel. 1-305-999-1095

### Child Care

**RECE with 25 yrs experience** providing child care in my home in Carrying Place. Stimulating activities, nutritious meals and snacks. Spaces avail mid July, infants welcome.  
More info call 613-967-7487

### Wanted

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

Please recycle this newspaper.

### For Sale

**OPEN HOUSE SAT & SUN 9am - 6pm**  
**HOUSE FOR SALE \$215,000**  
3 bedrooms, 3.5 baths, finished basement apt plus inlaw suite. New roof, windows, laminate floors. Patio, paved drive, pond. 26 x 42 insulated shop and 20 x 20 horse barn. On 3 acres, 5 miles west of Trenton South Hwy#2, 10 Appliances negotiable.  
Call 613-392-7111  
almartin2010@bell.net

The Contact wishes everyone a safe and happy Canada Day

### For Sale

**Belleville Volkswagen**  
**Just Arrived!**



**2007 Rabbit**  
2.5 Manual transmission, 5 door, alloy's. Blue exterior Includes 2 year or 40,000km VW Certified Warranty.  
Email: paul@bellevillevw.ca for details

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

### Business Services

#### NEW & USED REFRIGERATORS

Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees. Fridges \$100 and up  
**NEW APPLIANCES** at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from  
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**SMITTY'S APPLIANCES LTD.**  
613-969-0287

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

### For Sale

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8405-21-899-0088  
Trousers Heavy weight 7042  
Men's light weight 7344  
Trousers light weight 7641/7341  
All weather coat 7040  
Rain Coat 7342  
Call 613-965-0628

### Crossword Answers

G	I	S	T		A	N	N		B	O	E	R	
A	N	O	A		N	O	N		U	R	G	E	
P	R	O	R	O	G	U	E		I	C	O	N	
S	O	D			M	E	N		B	L	A	S	T
					M	I	L		F	E	D		
M	U	L	C	T		H	A	L	I	F	A	X	
O	P	A	L		P	I	T		N	I	L	E	
M	I	R	A	C	L	E			E	G	G	E	D
					C	O	Y		S	K	A		
M	E	T	H	S		A	W	E		M	L	A	
E	A	R	L			O	N	E	D	R	E	A	M
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Desirable location, home features 3 bedrooms with main level and upstairs freshly painted and new flooring. Nice private fenced backyard with above ground pool and 2 tier deck. Backyard has lighting around pool for great ambiance at night. \$169,900 MLS#2113336

Nice huge yard in town with a creek running down one side of the property for extra privacy. Home features electric awning over the back deck, wide staircases to 2nd level and basement. 4 bedrooms, 2 bathrooms, gleaming hardwood floors in the living room. \$249,900 MLS#2113457

### Thank You



Le Franco-Phare remercie tous les militaires, commanditaires et volontaires qui ont contribués au succès de la St-Jean-Baptiste 2011, Visitez le www.franco-phare.ca/st-Jean

Le Franco-Phare would like to thanks all military personnel, sponsors and volunteers that helped during the event of the St-Jean-Baptiste 2011. Visit www.franco-phare.ca/st-jean



## Build up a plan for a smart renovation

By Gillian Birch  
for News Canada

(NC)—Canadians love to renovate. A survey by the Canadian Mortgage and Housing Corporation found that 40 percent of households in ten Canadian markets renovated their home. The same survey found that about three quarters of households used a contractor to do all, or at least some, of their renovations.

Everyone has heard a construction/contractor horror story, either through a friend, family member or on a home improvement television program. Whether it is work not performed to code or customer specifications, projects taking longer than expected, or costs going way over budget, home renovations can be a stressful endeavour.

“Spending thousands of dollars on your home is a big decision, so selecting the right contractor is an important step,” said Wayne Ross, insurance expert at Aviva Canada. “And while stories of renovation headaches are frequent, there are thousands of reputable contractors out there. A little preparation beforehand will certainly ease the stress.”

Ross offers these renovation tips to ensure homeowners finish their summer renovation projects with better success:

- Connect with previ-

ous customers: Ask your friends for referrals of contractors that they've used, especially on similar projects. Request additional referrals from possible candidates.

- Look for consistency and permanence: The ideal service provider has a physical business office and address and has been in business for a number of years under the same name.

- Do a legal check: Ensure contractors are licensed by your province

and that they have insurance, meaning they are covered if they are injured during the project.

- Notify your insurer: Contact your insurance broker to discuss if any of the renovations will require an adjustment to your home policy.

By following these simple tips, you'll finish your summer renovation projects with success. More information is available from your insurance broker or at [avivacanada.com](http://avivacanada.com).



### LOVELY COUNTRY SETTING

1.4 Acre lot with mature trees, perennial gardens and year round creek at back. Versatile Colorado Style finished on both levels.

3/2 bdrms, 1/1 baths, large sunroom w/hot tub, daylight basement offers full in-law suite including kitchen with walk-out to yard and wood stove in Living rm. A pleasure to show. \$274,500 MLS 2113645

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### UNIQUE LOG HOUSE

Eat-in kitchen with ample maple cabinets & built in appliances including stovetop in island.

Cultured stone propane fireplace in spacious Living Rm, well designed open concept for easy family living. Oak, pine & ceramic flooring throughout. Main floor laundry & 2pc. bath. 3 bdrms & luxurious 4pc on second level with jet tub & separate shower. Large cedar deck overlooking protected marsh. Versatile wood/oil furnace. Separate log woodshed. Town Services. \$295,000 MLS 2107211



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\$309,900

### SPACIOUS FAMILY HOME!

Immaculate raised 1 storey bungalow. 2+1 bedroom with 2 well appointed baths, fireplace and cedar sauna. Attached garage & custom, interlocking, double drive for plenty of parking. Maintenance free exterior & private, fenced back yard. MLS 2112819



\$249,900

### LOTS OF ROOM TO ROAM!

Great 3 storey family home with 5 bedrooms & 3 baths including ensuite with whirlpool. Maintenance free exterior, built in appliances and lovely hardwood throughout. New furnace & central air and wonderful eat-in kitchen. Double attached garage and huge heated workshop. All this on 7.3 acres. Lot severance a possibility! MLS 2106017



\$179,900

### SUITABLE FOR A LARGE FAMILY!

Large two storey country home with 5+1 bedrooms & 4 pc bath on each level. Huge kitchen, main level family room with fireplace and main level laundry. Wood & brick exterior and central air. MLS 2113422



\$189,900

### LARGE FAMILY HOME!

Spacious 2 storey country home suitable for large family or business potential. 5 bedrooms on 2nd level. Main floor laundry and foyer. 23' sun room with wonderful views. Pine flooring and central air. MLS 2113578



\$349,500

### COUNTRY LIVING!

Immaculate, spacious vinyl & stone bungalow in wonderful country setting 3 + bedrooms, 3 baths & ensuite. Family room, games room, large deck (beautiful sunsets) double attached garage and large workshop both insulated and dry walled. MLS 2110223



\$199,000

### SMALL TOWN, BIG SAVINGS!

Quiet residential street in Trenton featuring 3 bedrooms. Fully furnished basement with fireplace. Open concept Kitchen/Dining room with ample cupboard space. MLS 2113908



\$179,900

### PRIME EAST END LOCATION!

Great 3 bedroom, brick two storey in prime east end location. Detached garage, fenced yard and hardwood throughout. Central air. MLS 2113900



\$149,900

### LARGE FARMHOUSE

Beautiful 4 bedroom farmhouse with large eat in kitchen, above ground pool (equipment included). Private lot with large wrap around deck. Charming 2 storey on large private lot! MLS 2113536



\$339,900

### WONDERFUL VIEWS!

Big, beautiful, waterfront home, immaculately maintained and ready for immediate occupancy. This stunning family residence is over 3000 + ft. of comfort and elegance with far too many amenities to list. 5 + bedrooms including huge master with ensuite, sitting area & gas fireplace. Wonderful view of river from family room and large deck. MLS 2104887



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### PANORAMIC VIEW

Gorgeous, R2000 bungalow on 2.6 acres, just west of Trenton. 2200 sq.ft. with finished lower level. Great room with vaulted ceilings and floor to ceiling south facing windows.

Open concept kitchen with granite and pantry.

Master with ensuite.

4 bedrooms total.

Triple, attached garage.

Attention to detail throughout!

Call for a feature sheet.

\$499,900.

MLS# 2113929



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