

the Contact

Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • www.thecontactnewspaper.cfbtrenton.com

OPEN HOUSE
32 Jason Crescent
Sun, 7 Jul
2:30 - 4:00
MLS® 2133831

DAVID WEIR BA, CD
Top 1% of 14,600 Royal LePage Realtors® in Canada 2005-2012*
Busy for a Reason!
Tel/Text: 613-392-7777
www.davidweir.com
Royal LePage ProAlliance Realty, Brokerage
*based on gross commission

>> **Horse Boy method taught to the teacher by the student**

Method insures the environment is appropriate, and involves the whole family

2

>> **CFLAWC undergoes Change of Command**

Lieutenant-Colonel Paul Lockhart handed over command of CFLAWC to Lt.-Col. Francois Dufault

3

>> **Firefighters prevent skill-fade with practice**

Realistic practice exercises test skills, equipment and response times

7



He feels the team is well prepared to face an increasingly challenging future

Col. Sean Friday says his team helped make his time at 8 Wing a success

By Ross Lees

Nearing the end of his tenure as Commander of 8 Wing/CFB Trenton, Col. Sean Friday says he has been extremely proud of the effort of his "team", even with many changes half way through his term.

That team responded well to the curve balls thrown at them in the form of the national fiscal challenges leaving them less strongly resourced than in the past, but the base personnel were "participatory" and "collaborative" as a team to respond to those challenges, according to Col. Friday.

"I couldn't have been more happy," Col. Friday told The Contact Wednesday morning. "They exceeded my expecta-

tions. Every time we needed to find a way to help our members and their families, the team found a way. It was not an acceptable outcome to have reductions in family support, so we needed to find a way to be more efficient and we maintained our high level of support. We always found a way to help families when it was the right thing to do."

Col. Friday believes the team is in good shape as the change of command is about to take place and that they are taking critical steps to address future needs. He points out that when he speaks of the team he means right across the spectrum of people involved with 8 Wing and CFB Trenton, top to bottom.

Continued on page 06

Col. Sean Friday thanked the True Patriot Love Foundation, McDermott House Canada and ONroute for their support of the military and their families.

Photo Ross Lees

Highway of Heroes Concert Tour launched by True Patriot Love Foundation

Limited-edition CD will raise awareness and funds for Canada's military, veterans and their families

By Ross Lees

While the majority of Canadian military personnel are no longer in battle zones, the affects of previous tours are still being felt by military personnel and their families in the form of Post-Traumatic Stress Disorder.

Which is why Canadian musical icon John McDermott, in partnership with True Patriot Love Foundation, has launched a limited edition fundraising CD and made two scheduled stops at ONroute locations along the Highway of

Heroes Wednesday and a third at the Afghanistan Repatriation Memorial (ARM) at Bain Park in Trenton on the first Highway of Heroes Concert Tour.

The new CD, Music in the Key of Giving, will be sold at all ONroute locations. Every dollar raised will support Canada's military, veterans and their families.

Honoured to be able to contribute to fundraising for the troops and their families through McDermott House of Canada and in association with ONRoute, President's Choice Financial and the True Patriot Love Foundation, McDermott performed for the troops within sight of the ARM and made his first visit to the memorial.

"It's spectacular," he said of the monument as he viewed the names of the fallen military personnel. Looking at the monument, it's pretty clear why we are doing this tour. McDermott House of Canada



Photo Ross Lees

John McDermott is pictured at the Afghanistan Repatriation Memorial while a C-17 aircraft flies overhead.

Continued on page 10



LANTHORN REAL ESTATE LTD., BROKERAGE
Independently Owned & Operated

make it count

At **CENTURY 21 LANTHORN TRENTON**, We take great pride in our support of the **SOLDIER ON** and **MILITARY FAMILY** programs. To date, our **Donations** exceed **\$30,000.00**. **BECAUSE WE CARE**

441 FRONT STREET, TRENTON. ON K8V 6C1
613-392-2511 • 1-888-792-5499 (TOLL FREE)



Photo Ross Lees

Rupert Isaacson and this horse get to know each other prior to the HEAL Farm workshops last week.

Horse Boy method taught to the teacher by the student

Method insures the environment is appropriate, and involves the whole family

By Ross Lees

Life often takes many twists and turns and it was just such a life turn which set journalist Rupert Isaacson on the trail of the Horse Boy method of helping autistic children and people with Post-Traumatic Stress Disorder (PTSD), anxiety and depression.

The turn wasn't made by Rupert, but by his son Rowan on one of their daily excursions into the woodland trails near their home near Austin, Texas. That turn, however, thrust Rupert onto a path he felt compelled to continue along.

On that particular day, Rowan, instead of turning right on the trail as he normally would, turned left and was suddenly through their neighbour's fence before Rupert could catch him. It was important that Rupert stay near Rowan because the younger Isaacson was autistic and it was only on these woodland trails where he seemed to get release from the tantrums and stimming related to his autism.

On the other side of that fence was a herd of horses and Rowan went in amongst them and threw himself on the ground

on his back. Rupert feared the young boy would be trampled by the herd of Texan horses, but instead, the alpha mare, a grumpy quarter horse named Betsy, gently herded the remainder of the horses away from Rowan.

"Then something extraordinary happened," Rupert noted. "She bent her head to him and began to lick and chew with her lips and half close her eyes which, if you have trained horses, is a submissive/acceptance gesture. It's quite an unusual thing to see, something I'd not seen before."

Having seen the remarkable interaction between Rowan and Betsy, Rupert received permission from Betsy's owner to allow Rowan on the horse and the young boy quickly began overcoming many of his stims – the hand flapping, the rocking, the chanting and the repetitive noises.

"All of that would stop and I had a very different kid," Rupert acknowledges.

But it took a trip to Central America where Rupert was sent as a journalist for him to witness fathers riding with their children before he thought of riding Betsy with Rowan. All of a sudden, Rupert had the key to the Horse Boy method.

continued on page 13

You give your best for us. Here's our best for you.

Choose from these great offers, or better yet, take them all.

500 BONUS
REWARD MILES
Until August 31, 2013

Get a BMO® Support Our Troops AIR MILES®† MasterCard®* and earn 500 bonus AIR MILES reward miles when you spend \$200 by October 31, 2013¹.

Up to
\$200 CASH
BONUS
Until July 31, 2013

Open a new chequing account with a CDCB Premium or Performance Plan and receive \$100. Plus, get another \$100 when you open a Canadian Smart Saver Account or Premium Rate Savings Account².

Visit your local branch or bmo.com/cdcboffers



BMO  Bank of Montreal
Making money make sense®

¹Bonus offer is limited to new accounts. Existing personal BMO AIR MILES credit card customers or those who cancel their existing personal BMO AIR MILES credit card between June 1, 2013 and August 31, 2013 are not eligible. Applications must be received between June 1 and August 31, 2013. Complete Terms and Conditions are available at bmo.com/cdcboffers. ²Additional terms and conditions apply. Full details are available at bmo.com/cdcb or visit your local branch. Offer is available from June 1, 2013 – July 31, 2013. To qualify, you must open a new Primary Chequing Account with a new Performance or Premium Plan (\$100 bonus), set up a recurring direct deposit (i.e. payroll deposit or government issued deposit), and set up a recurring pre-authorized bill payment (automatic withdrawal to designated billers) by October 31, 2013. An additional \$100 cash bonus is available if you also open a new Smart Saver or Premium Rate Savings Account and maintain a minimum balance of \$10,000 until January 31, 2014. Offer may be changed, withdrawn or extended at any time without notice. [®]Registered trade-marks of Bank of Montreal. [†]Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne Inc. and Bank of Montreal. ^{®*}Registered trademark of MasterCard International Incorporated.

CFLAWC undergoes Change of Command



The Canadian Forces Land Advanced Warfare Centre underwent a Change of Command on June 26. Lieutenant-Colonel Paul Lockhart handed over command of CFLAWC to Lt.-Col. Francois Dufault at a ceremony at the Baker Island Community Centre. Colonel Michael Nixon, Commander of the Combat Training Centre based at Canadian Forces Base Gagetown, was the Presiding Officer. CFLAWC's role is to support the generation and deployment of combat forces through the training and support of CF personnel for employment in complex land environments, and unique joint operations conducted in support of land based operations. Photos Cpl. Levarre McDonald, 8 Wing Imaging

Employee Assistance Program

| | |
|------------------------------------|------|
| Referral agents | |
| Dorothy Serre (Chair person) | 3295 |
| Karen Brake | 7911 |
| Nathalie Serre | 7413 |
| Rhonda Loomes | 7588 |
| James Leblanc | 3053 |
| Daphne Mullin | 3652 |

Messy Maid
Makes Your Day!

www.messymaid.com
613-394-MAID (6243)

R0022158079

NAPA AUTOPRO

CORMIER'S AUTO REPAIR

Trenton's #1 Choice
For Quality Auto Service For
Over 25 Years

Complete professional service to all makes and models,
Drive clean test & repair facility, Certifications,
Courtesy Shuttle, Mon. to Fri.
276 Front St., Trenton 613-392-2766



MARINOVICH DENTAL
МАРИНОВИЧ ДЕНТАЛ

Drs John and Sue Marinovich and staff
have been serving the dental community
of Quinte since 1994.
We offer complete dental care for all ages
Your health comes first.
New patients always welcome!

613-392-3939
257 Dundas St. E.,
Trenton
K8V 1M1
www.marinovichdental.com

**Summer 2013 Red Cross
Swim Lessons Registration**

Lessons are held in the indoor pool

Session 1 - July 15 to 26, - Mon., Tues., Wed., Fri. mornings - 8 lessons
Session 3 - July 9 to Aug. 8., - Tues. & Thurs. evenings, 5 weeks - 10 lessons
Session 2 - Aug. 12 to 23, - Mon., Tues., Wed., Fri. mornings - 8 lessons

**Register Now. On-line or In-person
from 1 p.m. at the RecPlex**

Bruno's Classic Cuts
266 DUNDAS ST. E., TRENTON, ON
613-392-0165

**Family Cuts
4 or More
\$10.00 OFF**

**SENIORS DAY
EVERY TUESDAY**

| | |
|---------------|----------------------|
| Mon. - Wed | 9:00 a.m. - 5:30 p.m |
| Thurs. & Fri. | 9:00 a.m. - 7:00 p.m |
| Saturday | 9:00 a.m. - 2:00 p.m |

Best Quality **Best Price**

"The Only Place To Go"
SMITTY'S
WAREHOUSE OPERATION
For NEW or GOOD USED Appliances

Smitty's has been keeping customers happy for 28 years in the appliance business. This proves Smitty's has the **Best Price, Selection, Guarantee, Quality & Price** plus **Same Day** delivery, seven days a week. Smitty's plans to be around for another 28 years. Now he has in-house financing at **NO INTEREST**. These are just a few of the many reasons to visit Smitty's for your new or used appliance purchase.

Best Selection **Best Guarantee** **Best Service**

SMITTY'S
KING OF APPLIANCES
Open Evenings & Seven Days A Week
River Road-Corbyville (just N. of Corby's)

613-969-0287

X COPPER
LEGAL SERVICES PROFESSIONAL CORPORATION
320 Catherine St, Ottawa
613-778-8654 1-888-XCOPPER
www.xcopper.com

Lawyers and Paralegals

**TRAFFIC TICKETS
IMPAIRED DRIVING
CRIMINAL CHARGES**

**Defending Those
That Defend Us**

CFS Alert three-on-three Ball Hockey Tournament competes for Alert Cup

In celebration of Canada Day, members of Canadian Forces Station Alert took part in a competitive three-on-three ball hockey tournament which started on Saturday and ended on July 1. Exhausted after a busy weekend of work, special Canada Day activities and hockey, the first (white) and second (red) place teams pose next to the revered Alert Cup.

Photo: Cpl. Jon Melvin



CFLAWC sets standard for Celebrity Chef Challenge

The team to beat for the Wing Headquarters Celebrity Chef Challenge in support of the Trenton Care and Share Food Bank is now CFLAWC. This past Friday, June 28, the troops came out in record numbers to enjoy the barbecue delights of the master chefs, CFLAWC CO, Lieutenant-Colonel RJF Dufault, and RSM CWO Merry. Come on out this Friday, July 5 as the WEXEC team of Wing Comander Colonel Friday and WCWO CWO Gyuk look to surpass CFLAWC's huge numbers. BBQ starts at 11:30 a.m. behind WHQ.



Submitted photos

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 Armed Forces at work.

The Publisher 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 Sean Friday, CD, Wing Commander, 8 Wing/CFB Trenton.

The CONTACT is produced weekly under a Publication Service Agreement with The Independent (Brighton & Trent Hills), a division of Metroland Media Group.

8 Wing Personnel

Publisher: Col Sean Friday

Proprietor: Her Majesty the Queen, in right of Canada, as represented by the Commander of 8 Wing, Canadian Forces Base Trenton, P.O. Box 1000 Stn. Forces, Astra, ON K0K 3W0 Canada

Public Affairs, Internal Comms: Capt Steven Dieter

PSP Manager: John Snyder

The Independent (Metroland) Staff

General Manager: Ron Prins 613-475-0255 ext:214

News and Feature Content: Ross Lees 613-392-2811 ext:3976

Advertising Production: Kristen Ryan 905-579-4400 ext:2272

Bookkeeper: Benita Stansel 613-475-0255 ext:202

Circulation: Kathy Morgan 613-475-0255 ext:210

21 Meade St, P.O. Box 1030

Brighton, ON K0K 1H0

CANADA

SUBSCRIPTIONS: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case (Not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art or graphics within typed pages. Additional graphics/logos may be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include author's full name, rank, unit and phone number.
- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in either a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Tuesday at noon prior to print date.

Letters to the Editor:

All letters must be signed and the name of the author will be published. 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. E-mail letters to: cfbcontactnewspaper@gmail.com



A Military Community Newspaper

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



The Contact ~ Wing Headquarters
Building Annex, 8Wing / CFB Trenton
PO Box 1000, Station Forces, ASTRA, ON, K0K 3W0



Fitness & Health

Strengthening the Forces through Health Promotion



Strengthening the Forces (StF) is a health promotion program designed to empower Canadian Armed Forces (CAF) members, Regular and Primary Reserve, to take control of their health and well-being. Maintaining a high level of health improves one's ability to perform effectively and safely on CAF operations, and to enjoy the highest practical standards of health and quality of life.

Your local Health Promotion team has a mandate to deliver StF programs and services that identify and address the specific needs of the 8 Wing/CFB Trenton community.

Strengthening the Forces Programs

Alcohol, Other Drugs & Gambling Awareness and Supervisor Training: Provides mandatory supervisor training for all CAF members in leadership positions. Topics discussed include understanding risks and benefits of alcohol use; recognizing

early warning signs; developing effective interviewing skills; and understanding and changing the culture of an organization.

BUTT OUT Self-help: Butt Out is designed to help participants overcome their addiction to nicotine by providing education and support. This program focuses on tobacco cessation medications; problem solving and coping strategies; preparing for high-risk situations; and developing a plan for remaining tobacco-free.

Managing Angry Moments: An interactive program designed to help increase personal performance by identifying successful coping strategies in anger-generating situations and providing opportunities to learn and practice new skills.

Stress: Take Charge!: Offers a self-directed approach to stress management through self-awareness, behaviour change and skill building. Participants learn the ACT approach to stress management and discuss

strategies for developing a stress management lifestyle.

Suicide Awareness: Provides information and practical training on how to build a suicide safe community and how to prevent the immediate risk of suicide. Participants learn how to recognize warning signs, offer support, talk to a person at risk and link people to community resources.

TopFuel for Top Performance: Designed for those with an active lifestyle, TFTP presents the latest

information on nutrition and how it applies to daily energy requirements.

Weight Wellness: Weight Wellness takes a realistic and positive view of achieving a healthy lifestyle with a self-management approach to behaviour change. Participants develop personal goals and learn skills to manage eating habits and physical activity for a lifetime.

StF programs are designed for awareness, education and

prevention; they are not designed for treatment or counselling. For those interested in receiving additional support or treatment, Health Promotion can provide information on local CAF and civilian resources. All programs, services and related materials are free of charge to the CAF community. For more information and program schedules, visit healthpromotion.CFBTrenton.com

continued on page 11

Who can attend StF programs?

Regular CAF and Class A, B and C Reserve
Primary Reserve, Cadet Instructors Cadre, Canadian Rangers

Foreign military personnel on exchange posting or training with the CAF

Immediate family members* of: Regular CAF and Class A, B and C Reserve; Primary Reserve; Cadet Instructors Cadre; Canadian Rangers; Foreign military personnel noted above

DND civilian employees and Non Public Fund employees

Supplementary Reserve

Cadets and Junior Canadian Rangers

* StF community programming for military dependents is available through the Military Family Resource Centre: trentonmfr.cfbtrenton.com

Health...Your Resource for Everyday Living

A healthy body and a healthy mind increase our resilience. Bodies that are more resilient are better prepared to fight off illness, react to stress, balance home and work life, and manage relationships. Think of it as preventative maintenance. It is much more expensive to repair than it is to prevent. The cost is not just health care expenses that we all pay for directly and indirectly (taxes). We are also talking about emotional and physical costs.

There are some things that we don't have control over like genetics and gender. However, we can make a huge difference in our health and ultimately our future by controlling our modifiable risk factors with healthy lifestyle choices. In fact, healthy lifestyle choices can benefit us twofold. Good choices can help us get

through day-to-day life and prevents chronic illness in the future.

This information isn't surprising or new, but it may serve as a reminder or a motivator to make some changes now. Do it for yourself. Tackle one thing at a time. Be gentle with yourself (it takes a lot of hard work to change the way we've been doing things over the years). It will be challenging at first, but then the changes you make will become second nature, like putting on your seat belt.

Think about taking one small step such as...

- Be aware of portion size. (Check Canada's Food Guide)
- Choose healthier foods like whole wheat bread and pasta, skim milk, fruits and vegetables.

Remember when treats really were "treats"?

- Become more active. Take a walk. Play basketball with your kids.
- Take a stress management course. Assess your stressors and learn how to cope with them.
- Quit smoking.
- Take a course on managing angry moments.

Learn new skills to deal with emotions that affect communication at work and in your personal life.

Visit healthpromotion.cfbtrenton.com to find upcoming courses that will help you take some of these steps.

TRADESMAN

HOME INSPECTIONS

Tradesman?... It Only Makes Sense.

— 613.661.4442 —

BROOKFIELD REGISTERED

www.tradesmanhi.com

CAMPBELL'S AUTO SHOP
327 COLEMAN STREET, BELLEVILLE

- COMPLETE COLLISION REPAIRS SINCE 1915
- ALL WORK GUARANTEED
- FREE ESTIMATES • PAINT ROOM
- CUSTOM JOB SPECIALISTS
- FRAMES • UNIBODY & RAIL
- ENVIRONMENTALLY FRIENDLY PAINTS

613-968-5791 E-mail: autoshop@bellnet.ca

SPELMER

CHRYSLER JEEP DODGE

Hundreds of New Rams, Grand Caravans, Journeys, and Jeeps.

Visit our website www.spelmer.com or call one of our non-commissioned no pressure sales consultants at **613-394-3945**.

FRONT STREET FARMERS' MARKET

Fresh On Front

OPEN

MAY - NOV

Thursday and Saturday

7:00am - 2:00pm

Buy In-Season Produce, Baked Goods, Artwork, Crafts, Maple Syrup, Honey, Preserves and so much more!

LIVE MUSIC

from 10:00am - 1:00pm

If you are interested in performing at the Front Street Farmers' Market please contact Chris Edwards-Scott at 613-392-2841 x 4416

www.quintewest.ca

EYES N OPTICS

EYE EXAMINATIONS ON PREMISES

WALK-INS WELCOME

WE WILL BEAT ANY ADVERTISED PRICE!

73A DUNDAS STREET WEST, TRENTON

613-392-3040

BUY ONE GET ONE FREE!

CAN BE SHARED WITH FAMILY AND FRIENDS

25% SPECIAL MILITARY DISCOUNT

ONE HOUR SERVICE FOR MOST PRESCRIPTIONS

Continued from page 1

He called his team outstanding, dedicated, smart, hardworking, including leaders who make sure their teams are having fun but put operations first and that take care of their people.

"On the operations side, all the teams are always leaning forward, as they should, so that when that call comes, we're already aware something is percolating and we've already taken steps," he notes. "That's how we get out the door as fast as we do."

"More information will come out on

this in the next little while, but we've been working on some energy efficiency measures to try to be more efficient with the new infrastructure," he said. "We just have to, otherwise our budgets to run all of this will balloon and we can't allow that to happen."

He said there were some very leading edge initiatives under way like the usage of natural gas, which will help the team find ways to be more efficient.

"In fact, some of those efficiency initiatives are going to result in us receiving cheques from our energy partners we work with provincially because we have achieved efficiency limits, and there's more to come," he said.

"We're implementing changes in Alert that are to make that station run far more effectively which will reduce the amount of fuel we need every year to keep the station running and thus reduce the amount of resupply we do. Things as simple as changing the type of lighting we use across the station will save significant amounts of money and things as large as a more efficient execution of the water system, the recycling system, the power system, and there's more to come," he said.

"We're looking at alternative energy sources on the base here, we're looking at working with the provincial hydro authority to help them balance peak

periods, when we can contribute to the grid with some of our power generating capabilities and the list goes on. Yes, new buildings are going up but we're also tackling some pretty new territory on how to be more efficient in running these areas. It's very exciting! The Wing Logistics and Engineering Officer (WLEO) organization has kind of taken the challenge to heart and is coming up with ideas that are exceeding my expectations of what we'll be able to achieve."

Upon arrival in Trenton, Col. Friday noted this was exactly the place he wanted to be and he still feels that way after a hectic two years in command.

"This has been a fantastic opportunity," he stated. "I've focussed personally on enjoying every single week, every single day. Yes, some days present challenges that make it more difficult to enjoy, but if you go into it knowing that you've got two years, eight quarters, 24 months, you realize that's not a lot of time to achieve some objectives and also that if you don't really focus on enjoying every step along the way, it'll be gone in a heartbeat. Yes, this is the place I wanted to be and no, my opinion hasn't changed."

Col. Friday is now off to the National Security Program at the Canadian Forces College in Toronto, another step he is looking forward to taking.

"We talk about members of the

Canadian Armed Forces (CAF) committing to a lifetime of professional development and we mean it," he laughs. "So off I go to take that next level of professional development and after that, time will tell."

A highlight of his time at 8 Wing was the community involvement, he indicates.

"There are so many great communities of people immediately surrounding us that being engaged with people from the south side of Lake Ontario all the way to Cornwall and Ottawa and north and south was easy and helped me be engaged with the Canadians that we serve. It's been a real privilege to talk to those Canadians about what we do, to continue to maintain an awareness and I think it's important for the citizens of our country to know what their CAF is doing. Ultimately, that kind of informed Canadian citizenship will take that into consideration when they're making that decision about how to distribute the precious national purse at some point in the future."

While it's important to disperse that message to Canadians, Col. Friday noted it is also a lot of fun.

"When you see that care that comes from the community, their awareness and concern for the wellness of our members and their families, it's very heartening. It can't but put wind in your sails and give you that energy boost to know that the people we're serving really, truly care about the members and their families and I've seen so many instances of that, but also just being involved in things that are happening in our immediate area like the hospital foundation and the service clubs, the charities like the Cancer Society and all the great things they do, and the United Way and the list goes on. Being a part of all of that is part of the sense of community that all the units of the base love to take part in and that maintains that sense of community which is ultimately important for us to be able to deliver our mission."

The relationship with local politicians was excellent during his tenure, he notes, and it was a privilege to serve with them for the betterment of the country and the communities.

Quinte West Mayor John Williams garnered special mention from Col. Friday, especially along with Hugh O'Neil and their work establishing the Afghanistan Repatriation Memorial.

"It was a huge thing they did but only one of many, many, many instances where in particular Quinte West has really done some outstanding things for the betterment of this great community that we're fortunate enough to be based in.

That relationship with Quinte West and Mayor Williams afforded some of the most enjoyable moments for Col. Friday as he passed through his two-year tenure. He spoke of the first ever challenge between the base hockey team and the Trenton Golden Hawks, the challenge curling bonspiel between the base and Quinte West and the Holiday Train celebrations each year as just samples of the camaraderie between the base and its host community.

"If you're not having fun while you work, the days can be long," he adds.

If there is a regret over those two years for Col. Friday, it is that he could not make more time to be out with operations on exercises and seeing the men and women of 8 Wing performing their duties.

"If there's anything I wish I had done a little more of, that would be it," he noted. "It would have been nice to be able to go out to every capability and be with them delivering the goods along with Chief Warrant Officer Gyuk. It perhaps would not have been the best use of my time, but it would have been more fun. Ultimately, as we take positions of more senior responsibility, we have to be a little further from the pointiest of ends, but that's where all the fun is."

Col. Friday did not want to leave the team theme without adding a personal note.

"On the team side of things, an important aspect is you are closer in a team and that includes a wonderful group of supporters from the executive assistants to the administrative assistants, a WCWO that's an outstanding professional, a true leader and he has become a close friend in the form of CWO Gyuk, of course."

But there was another part of the team he especially wanted to mention - his family.

"My immediate family, my wife and my children, have been a great source of support for me and also fun at those times when they've been able to be a part of the many great things happening across the base and the Wing, but it is also very demanding, particularly on our spouses, but they also have really enjoyed that, so there's so many levels to the team and boy, across it all, I could not have had a better team."



HILLCREST
ANIMAL HOSPITAL

DR. MIKE STEEN • DR. FIONA GILCHRIST
DR. ADRIANNA SAGE • DR. ANDREA WERNHAM
DR. GARY ORPANA

Website: www.hillcrestanimalhospital.ca

Tel: 613-394-4811 • Fax: 613-394-6239
17532 Hwy #2 RR#4 Trenton, ON. K8V 5P7
Food Room Tel: 613-394-2953

Want to Learn to Ride a Motorcycle?

Here's the route to take to a motorcycle license



Did you know... The Canada Safety Council's Gearing Up Program, developed in cooperation with the Federal Government, is endorsed by all levels of government and the Insurance Advisory Organization. Since its inception in 1974, it has gained worldwide recognition as the finest rider-training program anywhere in the world. **The Quinte area sponsor is Loyalist College.** Courses run every weekend until October.

WE OFFER:

- Introduction to Motorcycling
- M2 License Weekend Courses
- M2 Exit Weekend Courses

Loyalist Training & Knowledge Centre
Tel: 613-969-1913 ext. 2294
or 1-877-887-8223
email: mnorman@loyalistic.on.ca



Loyalist
Training & Knowledge Centre
Skills that WORK.



Contributing to the financial well-being of the Canadian Forces community!



Nous contribuons au bien-être financier de la communauté des Forces canadiennes!



Life Insurance • Financial Planning • Financial Counselling • Financial Education
Assurance vie • Planification financière • Counselling financier • Éducation financière

1-800-267-6681 • www.sisip.com • Trenton: 613-965-4823

Firefighters prevent skill-fade with practice

Realistic practice exercises test skills, equipment and response times

By Ross Lees

Master Warrant Officer (MWO) Jacques Rene, the Deputy Fire Chief at 8 Wing feels firefighters can never have enough training or be too familiar with their equipment.

Over the past two weeks and for the next two weeks, he will be putting his crews through Wednesday afternoon confined space rescue exercises to keep them on their toes concerning their training, equipment and possible pitfalls.

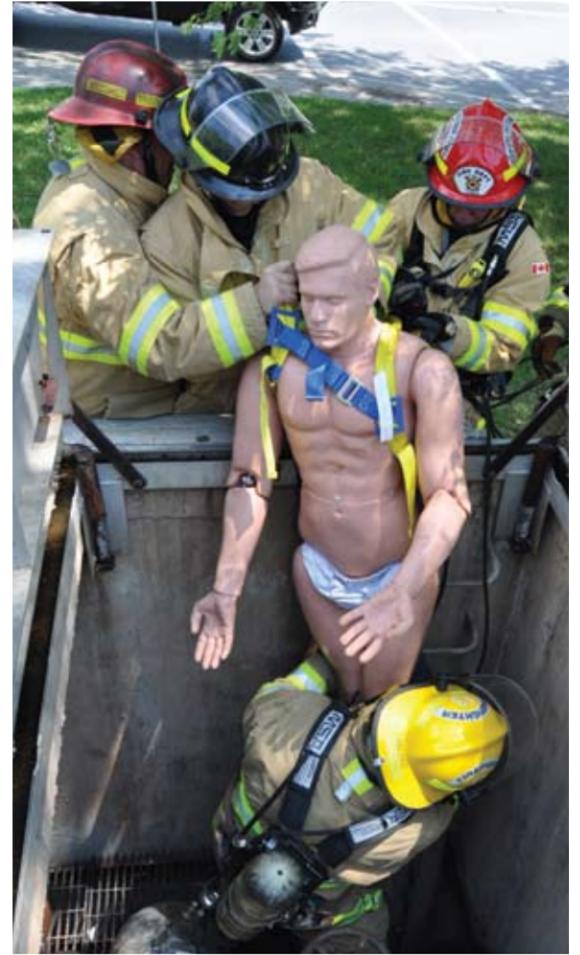
“We try to keep them current and updated on their training and equipment,” he told The Contact recently. “I had noticed a little skill-fade taking place and, of course, we have a no-fail mindset.”

When he sets up an exercise, MWO Rene makes it as realistic as possible to give his firefighters the full benefit of the test. He’ll even grab a person off the street to make the emergency call so the information will be passed along as an inexperienced person would normally do.

“I make it as realistic as I can without putting someone in harm’s way and I try to keep my guys motivated,” he notes.

The training improves his crews’ instincts and helps produce instinctive reactions as well as familiarity with the equipment.

These training sessions are designed to brush up his crews on potential real-life threats or incidents a firefighter might be called to respond to and can involve other emergency response personnel



Continued on page 9



Teamwork and use of safety equipment also contributes to a successful rescue.

Photos by Ross Lees



This scenario shows two injured workers in a confined space and the responding firefighters must figure out the cause of the accident and how to rescue the victims without incurring further casualties.

Mike's Medal Mounting

Michael Breske

Military, Cadets, Legion, WWII, Police and Fire Services, Civilian

HOME: 613.394.1560

CELL: 613.438.2151

mikes.medals@gmail.com

56 VAN ALSTINE DR

TRENTON, ON

K8V 6K8

PHOTO: 12/26/03



LUNCH BUFFET

\$6.99

plus tax
REG \$8.99

MONDAY - FRIDAY
11:30AM - 1:30PM

NOW AVAILABLE AT THIS LOCATION
TRENTON • 414 OLD HIGHWAY 2
CALL: 310-10-10



© TM/MD Pizza Hut International, LLC; Used under license/Utilisée sous licence.

"Selling Fun For Over 35 Years"

Huge selection of new & used boats, sleds, Sea-Doo, Ski-Doo, ATVs, accessories & more!
Many brands to choose from!

PARTS • SERVICE

613-394-6691 • Toll Free: 1-877-394-6691 • 516 Highway 2 E., Trenton, ON K8V 5W6

Always ride responsibly and safely. Follow all product instructional and safety materials. Observe all applicable laws and regulations. For your safety, always wear appropriate protective gear and clothing. Please remember that riding and alcohol/drugs don't mix. For ATV drivers, it is highly recommended to take a training course. For ATV safety and training information, see your dealer or in Canada call the Canadian Safety Council at (613) 739-1535, ext. 227.

® TM and the BRP logo are trademarks of Bombardier Recreational Products Inc. or its affiliates.

www.bay-marine.com

BayviewAuto.ca

Service Selection Finance

BayviewRV.ca

Service Selection Finance

ASK ABOUT OUR LOWEST PRICE GUARANTEE



12 DODGE GR. CARAVAN SE

17889 TV/DVD! Extended! Stow'N'Go! 16" Alloy wheels! Roof rack! Quad seats! Pwr heated mirrors! Black! Dual air! Reverse camera, flex fuel, u-connect compatible, steering wheel controls, traction control, dual climate controls, woodgrain trim, tilt, cruise, satellite radio, MP3/6 disc changer, pwr locks, windows, keyless entry, only 29,000kms!!!

\$21,995 +HST

\$138.35 PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%



12 FORD F150 LARIAT

17973 4X4! Navigation! Pwr heated & cooled leather seats! Pwr sunroof! 18" Chrome wheels! Reverse camera! Factor remote start! Tow pkg! 5.0L-V8, Crew cab, short bed, bed liner, running boards, trailer hitch, Bluetooth, park aid, key pad entry, flex fuel, sync, woodgrain trim, rear sliding window, dual climate controls, steering wheel controls, traction control, cruise, rear air, tilt, AM/FM/CD/MP3, pwr windows, locks, mirrors, keyless entry, only 23,000kms!!!

\$36,995 +HST

\$106.90 BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%



2014 STARCRAFT TRAVEL STAR

Fibreglass exterior with multiple floorplans including slide-outs, with more high end upgrades than anything in its price range! Including Hybrids that sleep up to 10!

Lowest Price Guaranteed! \$73.98 Bi-Weekly



2014 STARCRAFT AUTUMN RIDGE

Comfortable, affordable way to experience the RV camping lifestyle, fully equipped with multiple slide-outs that surpasses anything in its class!

Lowest Price Guaranteed! \$66.79 Bi-Weekly



2014 STARCRAFT COMET & STARFLYER

Five lifetime component warranties, a 7-year tent warranty, 1,050-lb. rated bunk-ends and flexible floorplans, including the RT Off Road series makes STARCRAFT tent trailers the only option!

Lowest Price Guaranteed! \$44.04 Bi-Weekly

SEE PAGE 2 FOR FLOOR PLANS & PRICING



2014 SUNDANCE XLT BY HEARTLAND

The future fifth wheels are here today! Sundance delivers more of what you are asking for, lighter construction, easier towing and five star accommodations anywhere you call home!

From **\$25,995/\$118.75** Bi-Weekly



2014 NORTH TRAIL BY HEARTLAND

Strong lightweight fibre-glassed aluminum construction perfect for seasonal trips with the whole family that won't break your bank account!

From **\$17,995/\$81.66** Bi-Weekly



2014 PROWLER LYNX BY HEARTLAND

The most iconic name in the industry! Packed with innovation and value found only in a Prowler. 40 inch slide depths with a skylight in the kitchen! Higher end finish equals a higher end product!

From **\$13,495/\$61.94** Bi-Weekly

All RV Prices Are Plus Freight, Pdi, And Admin Which Are Waived If You Take Advantage Of Our Low Rate Financing!

JULY A

BAYVIEWAUTO.CA

WITH 2 LOCATIONS, WE HAVE UP TO

600

VEHICLES IN STOCK AND READY FOR QUICK DELIVERY

SHOP ONLINE

FOR MORE GREAT DEALS

FINANCING FROM **3.99%** Variable APR on approved credit

OR TERMS UP TO 96 MONTHS OR NO PAYMENTS UNTIL OCTOBER 2013 ON APPROVED CREDIT

EASY ONLINE APPLICATION AT WWW.BAYVIEWAUTO.CA

BAD CREDIT WELCOME!

Like us on Facebook.com /BayviewAutoSales

APPLY TO GET THE FINANCING YOU NEED, ON THE CAR YOU WANT!

at BAYVIEWAUTO.CA or call 1-888-412-1841

• NO PRESSURE • NO OBLIGATION • NO HASSALE



13 HONDA PILOT EXL

17784 4WD! Pwr sunroof! Pwr heated leather seats! Pwr heated mirrors! 18" Alloy wheels! Black! Reverse camera! Pwr liftgate! V6, Automatic, 4 dr, steering wheel controls, Bluetooth, dual climate controls, satellite radio, CD/MP3, pwr locks, windows, keyless entry, only 1,000kms!!!!!!

\$35,995 +HST

\$226.42 PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%



13 FORD EDGE SEL

17919 Panoramic sunroof! Pwr heated leather seats! 18" Alloy wheels! Pwr heated mirrors! Rear spoiler! Reverse camera! V6, Automatic, 4 dr, park aid, key pad entry, Bluetooth, pwr rear folding seats, cruise, air, tilt, dual climate control, steering wheel controls, satellite radio, CD/MP3, pwr windows, locks, keyless entry, only 16,000kms!!!!

\$25,995 +HST

\$163.51 BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

Because of our high sales volume, our Business Managers are equipped to offer the most aggressive financing rates & options available with flexible terms to fit your budget.

UP TO 600 CERTIFIED PRE-OWNED VEHICLES AT ANY TIME!

Hours: Mon.-Thurs. - 8am-8pm, Fri. - 8am-6pm, Sat. - 9am-5pm, Sun. - 10am-4pm

Local **613-968-3339** • Toll Free **1-888-412-1841**

OPEN 8 DAYS A WEEK

All payments are based on biweekly payments. 2005, 2006 & 2007 - 60 mths: 2008 - 72 mths: 2009, 2010 & 2011 - 84 mths: P.P.S.A., license and taxes extra. EG: 10,000 + taxes \$1,300 + P.P.S.A. \$65 = \$11,365 financed over 60 months at 6.99% = \$117.34 biweekly with a cost of borrowing of \$1,962.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates current at time of print. 0 Down, + HST. Most 2010 and 2011 vehicles are former daily rentals. Bayview Auto is not responsible for any errors in pricing. See dealer for details.

Firefighters prevent skill-fade with practice

Continued from page 7

like police or medical first responders. Exercises can include injuries due to environmental problems, bomb threats, unexploded ordnance, active shooters or fires and are designed to test the leadership and response of the firefighters.

"We're always testing possible weaknesses and trying to eliminate them," MWO Rene noted. "We try to streamline operations, check response times and adapt to be sure they all fall within our parameters. Safety is always first, speed is second."

MWO Rene, an experienced firefighter of 30 years, tries to use his experience to

improve the experience of his younger firefighters, always with the thought of keeping them out of harm's way.

When they complete an exercise, he always asks his crews, "Did you make it safely and were there any near accidents."

After each exercise in which a safe area has been established, a debriefing takes place where everyone discusses the good points of an exercise, the bad points, how they might have streamlined the operation and if their equipment worked well.

"We're always checking to make sure we have the equipment and training to meet today's challenges," he states with pride. "Yes, I love my job," he adds.



Assessment of the situation is critical to a safe and successful rescue. Photo Ross Lees



Finally, the victims and the firefighters move to a safe area when the rescue is complete. Photo Ross Lees



At least part of the exercise is to insure the safe arrival of the firefighters on the scene and securing the scene once they arrive and do their initial assessment.

Photo Ross Lees

Renting out your cottage?

Call us first to be sure you are fully insured.

Est. 1874

13379 Loyalist Parkway, Picton, ON K0K 2T0

613-476-4719 or 1-800-267-2126

david@bayofquintemutual.com

Dave Crawford & Kelly Reynolds

Agents



Bay of Quinte Mutual
INSURANCE CO.



VANDERLAAN
Building Products Ltd.

A View That's Mighty Beautiful

All our products are available in North Star's Oak Interior finish.

Does your décor call for a more classic look? Our windows and doors are available in North Star's Oak Interior finish, and offer all the quality and low-maintenance that has made North Star a household name. Made from durable PVC laminate, our Oak finish is virtually indistinguishable from wood.

Enjoy the view through North Star windows and doors.



613.475.3684

13 Loyalist Dr., Brighton

www.vanderlaanbuilding.com



Photo: 180367

NEW PATIENTS WELCOME

Quinte

Animal HOSPITAL

DOGS & CATS

List of Services:

Annual exams and vaccines, surgery, medicine, dental care, ultrasound, x-ray, nutrition, acupuncture, Chinese herbal medicine and boarding.

Ask about Military Discounts

Olga Peck, DVM

35 Ontario Street, Trenton | 613-392-8900

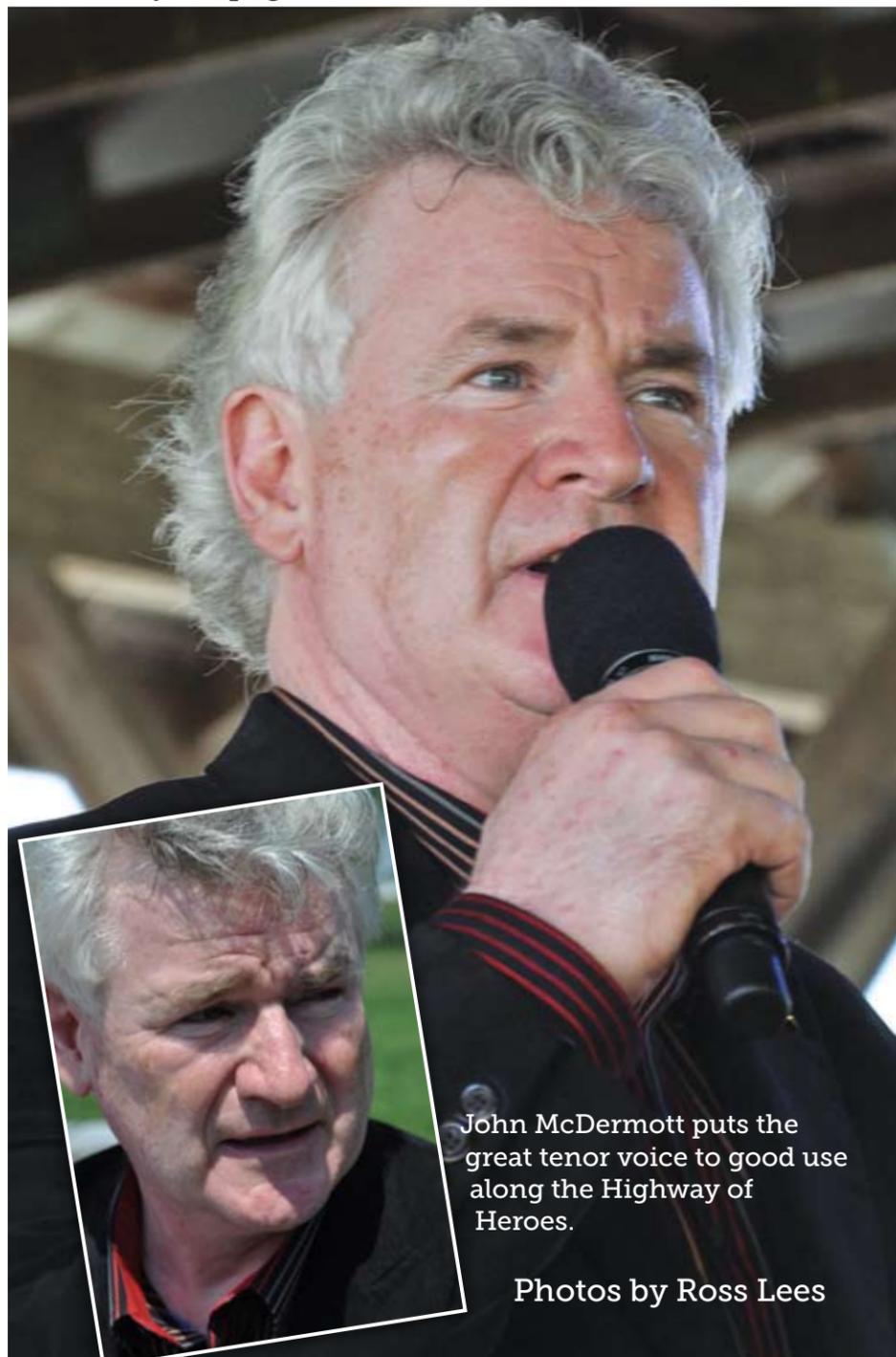
www.quinteanimalhospital.infovet.ca

QUALITY WINDOWS
AND DOORS.
GREAT SERVICE.
EXCEPTIONAL VALUE.



Highway of Heroes Concert Tour launched by True Patriot Love Foundation

Continued from page 1



John McDermott puts the great tenor voice to good use along the Highway of Heroes.

Photos by Ross Lees

John McDermott speaks with reporters about McDermott House Canada and the True Patriot Love Consrt Tour in Trenton on Wednesday.

is proud to partner with ONroute, President's Choice Financial and the True Patriot Love Foundation in supporting our troops and their families when they need it most. It is an honour to serve those who serve," John McDermott

It was also the first visit to the ARM for Michael Burns, the Vice-Chair and Co-Founder of the True Patriot Love Foundation, although he had been invited to the opening ceremonies of the memorial.

"I was out of the country at the time but a friend of mine had lost his son in July of 07 whose on the wall - Matthew Dawe," he noted, adding he wanted the tour to send a message to military members and their families. "We're here and we're

never going to forget is the message we want to send,"

8 Wing Commander Col. Sean Friday said it was important to see support coming for military members and their families in the form of True Patriot Love and the McDermott House of Canada.

"People in uniform chose to be in uniform, but their families kind of got conscripted," he said. "But you know, those families really are the strength behind the uniforms."

Linda Blanchette, a military daughter, wife and mother, expressed her thanks, saying, "The military has been my whole life; between growing up the daughter of a soldier, marrying a soldier, and now being the mother of a soldier. My

husband first got sick in 1995 when he came home from Bosnia. He will never be the same person I married as a result of his serious PTSD. Without support for military members and their families like ours, I know these ill and injured soldiers would be even worse off. They wouldn't have the care and support they need."

"ONroute is pleased to provide hospitality along the Highway of Heroes for this initiative. We are providing Canadians with an opportunity to show their support for military families when they purchase a CD at any of our

17 locations across Ontario," said Ken Tanenbaum, Chairman of ONroute.

"The challenges facing our military families are unique and immense. This is our turn to support them after the sacrifices they have made to keep our country safe and strong," said Burns.

True Patriot Love honours the sacrifices of members of the Canadian Forces, Veterans and their families by:

stepping in where governments are unable to, funding programs that support the physical, mental and social well-being of members of our military, no matter



John McDermott performs for the troops at 8 Wing/CFB Trenton.

where they are posted—in Canada or abroad;

promoting the special skills and capabilities of our military personnel resulting from their unique conditions of service; and

providing a channel through which everyday Canadians, corporations and philanthropists can express their appreciation for our military and their

patriotism.

Visit www.truepatriotlovefoundation.com for more information.

McDermott House Canada is a registered charity founded by Canadian Singer John McDermott. The charity is dedicated to serving those who serve.

McDermott House Canada's mission is to promote the highest quality of life for patients facing the final stage



John McDermott and John Smyley mugg for the camera with just one of the many President's choice burgers consumed Wednesday.

Services & Trades

Accounting Services

"It's our business to know your business"

Personal & Corporate
Tax Preparation
Monthly Bookkeeping
Payroll Service
Financial Statements
Computer Software Training
"Trust the Professionals"

25 Quinte St., Trenton
613-392-4372
www.readsaccounting.com

Auto General Service

Cannifton Garage 2000 Ltd.

- ✓ Tune-ups - Springs
- ✓ Suspension Service
- ✓ Lift Kits
- ✓ Safety Inspections
- ✓ General Repairs
- ✓ Alignments

**Cars - Trucks - Vans
Buses - RVs - Trailers & Heavy Trucks**

Performance Parts & Accessories
Parts & Service - Call Kevin
613-962-1132
at Hwy.37 & Casey Rd., Belleville

of a terminal illness. John's passion for honouring veterans and the selfless sacrifices they make to preserve our liberties dates back to his childhood where he learned of love, war and loss from his family's personal stories and through their music.

The first project for MHC is the expansion and renovation of the Sunnybrook Palliative Care Unit in the Veteran's Centre, creating an innovative and warm, home-like environment for Canadian veterans, military, first

responders and the community.

Visit <http://www.johnmcdermott.com/> for more information.

"The nut for that is \$3.6 million," McDermott told The Contact, "and two years in, we've raised \$1.3 million."

Before this first Highway of Heroes Concert Tour had ended, there was already talk of the tour being extended to include from Windsor to the Quebec boarder and perhaps even including other military bases and many more ONroute locations.



INFORMATION / REGISTRATION / INSCRIPTION • 613-965-3575 • www.familyforce.ca • www.forcedelafamille.ca

Welcome to all the newcomers

to 8 Wing/CFB Trenton! This is your centre, come to visit and get your moving-in goodies. Give your opinion and share your ideas. Get involved! Moving to a new community can be a challenge, come for a visit and see what we have to offer.

Bienvenue aux nouveaux arrivants

de la 8e escadre/BFC Trenton! C'est votre Centre, venez visiter et recevoir vos gâteries d'arrivée. Donnez votre opinion et partagez vos idées. Impliquez vous! Emménagez dans une nouvelle communauté peut être un défi, venez nous visiter et découvrez ce que nous pouvons vous offrir.

Travelling Playgroup

Join in the fun with other parents and children at different playgrounds in the community, once a week for the month of July. Wednesday, July 10, Pirate Ship Park, Moira Street in Belleville
Wednesday, July 17, Splash Pad in Frankford
More to come.

Le groupe de jeu se promène

Venez vous amuser avec d'autres parents et enfants à différent terrain de jeu de la communauté, une fois par semaine durant le mois de juillet.
Le mercredi 10 juillet, au parc de bateau de pirate, rue moira à Belleville
Le mercredi 17 juillet, au parc de fontaine à jets de Frankford.
Plus d'information à venir.

Canada's Wonderland

Once again this year, we will sell the Canada's Wonderland tickets at a discount price - savings for you and fundraiser for the MFRC - everyone wins!

Une fois de plus, nous aurons les billets de Canada's Wonderland en vente à prix réduits - des économies pour vous, une collecte de fonds pour le CRFM - tout le monde gagne!

Calypso Theme Water Park

Canada's biggest and best theme water park is located east of Ottawa. Buy your tickets at the MFRC and skip the lines at the Park from June 6 to Sept. 2.

Calypso, parc aquatique thématique

Le plus grand grandiose au Canada et situé à l'est d'Ottawa. Achetez vos billets au CRFM et évitez les lignes d'attente au parc du 6 juin au 2 septembre.

Cineplex Theatre

We still have the tickets for the Cineplex theatres at a discount price. Call the reception or visit our website for more information.

Cinéma Cineplex

Nous vendons toujours les billets à prix réduit pour les cinémas Cineplex. Téléphonnez à la réception ou visitez notre site internet pour plus d'information.

continued from page 5

Health Promotion
Personnel Support Programs, 8 Wing Trenton
177 Hercules St., Bldg. 119, PO Box 1000, Stn Forces
Astra, ON K0K 3W0
Tel: (613) 392-2811 Fax: (613) 965-3033
healthpromotiontrenton@forces.gc.ca

| | |
|---|-----------|
| Kendra Lafleur, Health Promotion Director | Ext. 3767 |
| Lisa Refausse, Health Promotion Manager | Ext. 4122 |
| Brenda Riddell, Health Promotion Manager | Ext. 5429 |
| Sasha Sztajdocher, Health Promotion Admin Assist. | Ext. 3768 |

Employee Assistance Program

Referral agents

| | |
|-----------------------|------|
| Dorothy Serre (Chair) | 3295 |
| Karen Brake | 7911 |
| Nathalie Serre | 7413 |
| Rhonda Loomes | 7588 |
| James Leblanc | 3053 |
| Daphne Mullin | 3652 |

CANINE RESORT KENNELS
Boarding For Dogs

- Heated Indoor/Outdoor Runs
- Large Kennels & Exercise Area
- Owner Lives on Premises
- Food & Hugs Provided Free

834 County Rd. #64, Brighton
Close to Brighton Speedway
Airport Pick-up & Delivery

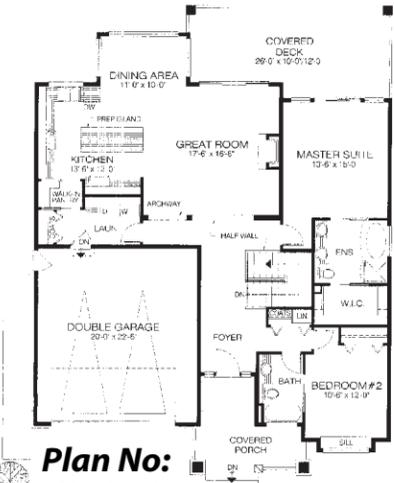
Come Visit & Check Us Out!
613-475-2594
www.canineresort.ca
Owned & Operated by Veterans

Baldwin painting co.
commercial. residential. decorative.

Please call Christine for your complimentary color consultation & quote

613.243.8776
Like us on f

Home of the Week
Your Building Renovation Experts



For more floor plans, visit www.jenish.com

This two-bedroom home exudes old-fashioned charm but still incorporates all the modern conveniences demanded by today's families. And, since plans include an unfinished basement, there's room for expansion.

The dining room, which also enjoys access to the deck, is separated from the kitchen by a large prep island. The kitchen's L-shaped counter configuration will save steps for the cook.

The walk-in pantry is open to the laundry room, as well as the double garage, easing the chore of unloading a car full of groceries. The garage is roomy enough for storing off-season gear or perhaps a compact workshop.

The master suite, which enjoys access to the covered deck, boasts a four-piece ensuite with double basins to ease the morning rush hour. A soaker tub adds a touch of luxury.

Nearby, a flight of stairs leads to the unfinished basement.

The second bedroom, located at the front of the house, enjoys its own three-piece bathroom, as well as an extra-wide windowsill.

Exterior finishes include narrow vertical and horizontal siding, with painted woodwork and trim. Pilasters flanking the entrance and near the garage have stone bases.

This home measures 40 feet wide by 60 feet, six inches deep, for a total of 1,594 square feet.

"YOUR ONE STOP BUILDING CENTRE"

COLE'S TIMBER MART

COMPLETE LINE OF BUILDING SUPPLIES
KITCHEN & BATH SHOWROOM
DELIVERY AVAILABLE
RENTAL CENTRE
www.colestimbermart.ca

47 Ontario St., Brighton
613-475-2810
1-888-265-3742

ROOFING

CEDARGROVE ROOFING

ALL TYPES OF ROOFING INCLUDING TRAILERS
Free Estimates - Written Guarantee
Fully Insured, Competitive Rates

E.P.D.M. 1 Ply Low Slope & Flat Roofing
The Roof of the Future
Family Owned & Operated
2 Deerfield Dr., Brighton
613-475-4842

Tree Service

Trenton Tree Service
Tree Trimming & Removal, Chipping & Stumping

- Free Estimates
- Fully Insured

A fair price for everyone
613-392-7415

Building Material

RONA TRENTON

DOING IT RIGHT

- A proud supporter of CFB Trenton
- Come and see us for house plans, bath & kitchen renos, deck & fence projects and much, much, more

234 Glen Miller Rd. N
Trenton
613-394-3351



Community Events
generously sponsored by...

SMYLIE'S
OWNED & OPERATED BY
YOUR NEIGHBOURS
independent
YOUR INDEPENDENT GROCER

DRUGStore
PHARMACY

President's Choice

CFB Trenton | Smylie's Independent Grocer

(Hwy #2) Dundas St. E.

**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. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at cfbcontactnewspaper@gmail.com. Each event should be typed out in the format of those below. Please do not send posters.

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 these 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 June 1 until approximately Sept. 1. If there are any concerns, please feel free to contact the Fire Department business line at local 3511.

July 2 to Aug. 23 - Kidz Kamp

Ages six to 12 years, Monday to Friday, from 8 a.m. to 4 p.m. For more information, call the RecPlex at (613) 392-2811 ext. 3361.

July 6 - Kids Museum Tour and Movie

The PMQ Council along with the National Air Force Museum of Canada is presenting a kid's museum tour and movie at 6 p.m. for kids from five years old and up. Called movie night at the museum, free popcorn will be provided. Potential attendees are asked to register no later than July 2 by emailing Cpl. Pynch @ Rick.Pynch@forces.gc.ca or on their facebook page. There is no cost but a donation to the museum would be greatly appreciated. Residents of the PMQs must provide proof of address.

July 12 - 19th Annual Camp Trillium Charity Golf Tournament

Presented by 8 Air Maintenance Squadron

with the support of 424, 429, 436 squadrons at the Oak Hills Golf Club. One hundred per cent of proceeds go to Camp Trillium. Tournament fee is \$90 per person and includes green fee, golf cart and steak lunch (Vegetarian meals available on request). Prizes for best team spirit, longest drive, hole-in-one, closest to the pin, and lowest team score. Email team information to 2Lt. Sean Petrie at Sean.Petri@forces.gc.ca (or telephone 613-392-2811 ext. 3895) or Sgt. Jerry Parsons at Jerry.Parsons@forces.gc.ca (or telephone 613-392-2811 ext. 3746).

July 31 - Blood Donor Clinic

At Baker Island Community Centre, 27 Island Park, CFB Trenton, Main Hall from 10 a.m. to 2 p.m. Book your appointment to save a life online at www.blood.ca or call 1-888-236-6283.

31 juillet - Collecte de Sang

Centre communautaire de l'Île Baker, 27, Island Park, BFC Trenton, Hall principal, 10 h à 14 h. Prenez un rendez-vous pour sauver une vie en ligne à www.sang.ca ou au téléphone 1-866-533-6663.

Sept. 27-29 - 424 Sqn 70th Anniversary weekend

Past and present members of 424 Sqn, 8 Wing Trenton, are urged to join their fellow Tigers in celebrating the squadron's 70th anniversary weekend and get together for some Tiger celebrations and camaraderie. You can also order a special edition 70th anniversary coin. To RSVP or more information, visit www.424sqn70th.ca or call 613-885-4823.

Central Region Gliding School begins Air Cadet training program



Civilian Instructor Ryan MacNeil briefs air cadets from Central Region Gliding School on the Bellanca Scout aircraft used to tow gliders as part of the Glider Pilot Scholarship Program. This year, 88 air cadets will participate in the program conducted out of Canadian Forces Base Trenton Mountain View Detachment and Picton Airport. Air cadets who successfully complete the requirements of the program will be presented with their Glider Pilot Wings on Friday, Aug. 9.

Photos: Lt (N) Bettina McCulloch-Drake, CRGS PAO



Civilian Instructor Matthew Collard watches as an air cadet from Central Region Gliding School measures out a tow line before attaching it to the Schweizer 2-33 glider, at right. This year, 88 air cadets will receive training in the handling, maintenance and flying of gliders as part of the Glider Pilot Scholarship Program. Held out of Canadian Forces Base Trenton Mountain View Detachment and Picton Airport, the Program offers a unique challenge for youth interested in aviation.



DR. R. YOUNES
DENTAL CARE
FAMILY, COSMETIC, IMPLANT &
SEDATION DENTISTRY

GENTLE AFFORDABLE DENTISTRY
BACKED BY A WARM
& CARING TEAM



96 DIVISION STREET, TRENTON, ONTARIO K8V 4W8

TEL: (613) 208-0817 • FAX: (613) 394-4499

email: dryounes@bellnet.ca • www.younescosmeticdentist.com

MCCURDY 

Spring Special Lube Oil & Filter
Semi Annual Inspection Includes
tire rotation for Only \$79.95 (Regular price 107.95)

EVERYDAY
LOW
PRICES

SHOP HOURS
8AM TO 6PM, MONDAY TO FRIDAY
8AM UNTIL 1PM, SATURDAY

SHUTTLE SERVICE AVAILABLE

Tel: (613) 392-1245 • 1-800-575-4700 • Fax: (613) 392-4689
174 Hwy 33 @ 401 Exit 525, Trenton ON K8V 5P6
www.mccurdygm.com



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 OPEN 24 hrs.

Glen Miller 401 Exit
*Drive-Thru Open 24 hrs.
Smoothies now available

McDonald's in Walmart
Trenton
Smoothies now available

continued from page 2

Human rights work with the San tribe, or Bushmen of South Africa exposed him to the tribal healers or shaman and, upon seeing Rowan, they offered to work with him. Rupert, Rowan and Kristin, Rupert's wife and Rowan's mother, decided to go to Mongolia for a month and experience the San methods.

"We went out with a kid that was autistic and we came back with a kid that was autistic," Rowan states, "but what did change was that Rowan's three key dysfunctions - his incontinence, his tantrums and his inability to make friends - were left behind in Mongolia. Our quality of life and his quality of life changed radically and dramatically in only a month there."

That sparked Rupert's curiosity about whether this was just his son having this reaction or could it affect others similarly. He began running unofficial play dates in the area for other kids and their families.

"We found there was a pretty universal response that we were getting," which sparked camps at their small property. Almost immediately, they were overwhelmed by parents seeking help for their children.

Over time, Rupert and Iliane Lorenz established the Horse Boy ethos based on a six-stage process. They conducted their play dates free of charge for those near their home property and have since established teaching centres around the world so families did not need to spend \$20,000 travelling to Texas for the

miraculous life-changing benefits of the Horse Boy method.

Last week, they were at just such a training centre at the HEAL (Human Equine Assisted Learning) farm owned by Suzanne Latchford-Kulker on Danforth Road near Hillier, where a group of around 25 people had gathered to learn the Horse Boy method.

The farm in Hillier is the second location where Rupert and Lorenz have taught their technique in Canada - the other was a place in Nova Scotia. The most important aspect of developing a new facility is ensuring the environment is appropriate and then involving the whole family in the process tailored to the children. Family involvement is critical on several levels, according to Rupert, first because a consultant and translator is often needed and a sibling is often the best suited but also because those other children marginalized by autism.

Another aspect of the process is to address the stress of the mother, the "anchor" in the family, Rupert notes.

"Her stress is hard to imagine," he told The Contact. "Her marriage is on the rocks for sure (80 per cent of parents of autistic children split up), every time she goes to the supermarket, she's told what a crap parent she is by complete strangers, her own mum is probably telling her what a crap parent she is, she's not sleeping, she's up to her elbows in poo because the kid's not toilet trained, she's feeling guilty because she's not giving to

the siblings what she'd like to give to them, and she's broke because everything is terribly expensive and that's why at our place in Texas, all the local parents come free of charge. We raise the money in other ways."

Thus the sensory work begins with the mother and she rapidly begins to calm down, often after a good cry of relief.

The process continues from there and is often most successful in a 12- to 22-week period.

The Horse Boy method is something often credited to Rupert, but he refuses to take the credit.

"It's only what Rowan showed us to do," he explains. "It only works because I had a good teacher. It changes the family dynamic and we never forget we are here to serve the child."

The results, however, can be impressive. Virtually anything can be taught to an autistic child with the proper stimulation of the Horse Boy method, from basic language to math, science and art, anything in which the child shows an interest.

The Horse Boy method has also proven successful in treating Post-Traumatic Stress Disorder (PTSD), anxiety or depression in adults, and with good reason. Rupert is the father of an autistic child but Rowan was the child of a father who suffered from PTSD as the result of journalism assignments to war-torn countries, including South Africa, where part of his family has lived throughout his life. Rupert is originally from Great Britain.

continued on page 15

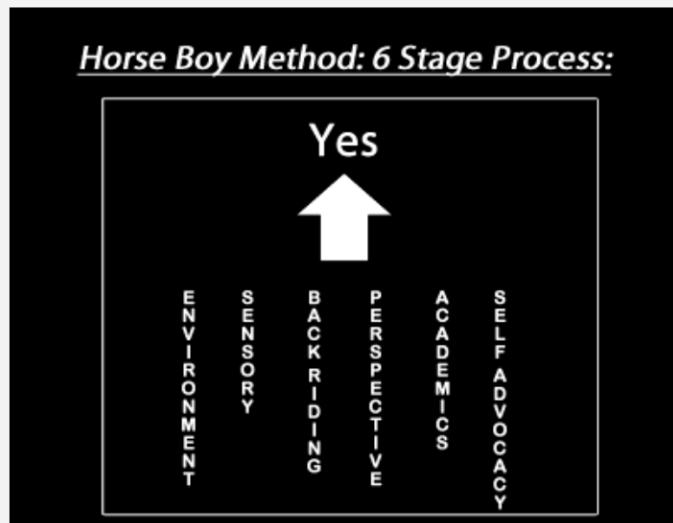
The six steps of Horse Boy Method are:

- Environment:** we create an environment with no bad sensory triggers in which the child has perfect freedom to explore and where families can exchange information, find community and where natural surroundings, which calm the over active nervous system are the norm.
- Sensory work:** By removing bad sensory triggers, we address the child's sensory integration challenges and then work directly to further this by laying the child body-to-body bareback on the horse's back. "Stimming" and other stress behaviors fall away and the child's intellect engages.
- Back-riding:** We ride with the child in the saddle in front of us which has several benefits. The rhythmic rocking motion created by the rider rocks the child's hips which scientist believe floods the child's body with the feel good hormone oxytocin; sitting behind the child the rider/therapist is a voice in the child's ear, not a challenging frontal gaze that might upset the child, and can insinuate him- or herself into the child's thought process; the riders arm provides deep pressure which many children on the spectrum appreciate; studies have shown that any activity that causes you to find and re-find your balance from moment to moment opens up the learning receptors of the brain - the child is thus in the ideal position to receive and retain information.
- Perspective taking:** By playing rule-based games and engaging in

specially designed perspective taking exercises, we begin to re-pattern. As time goes on, the child's cognitive process begins to normalize and develop in a more neurotypical fashion. It's also lots of fun.

5. Academics: Once the child has reached the perspective taking stage, we can start to introduce math, reading, history, geography, the natural sciences and even languages while in the saddle. The key here is to use specialized kinetic learning techniques with both the horse and adapted play equipment. We find that most children display a level of intellect far in advance of their special education achievements to date.

6. Self-Advocacy: By now the child is usually to big to share the saddle with us so we create the same good effects of back-riding by driving the horse in front of us on long lines. Now the objective is to encourage the child to begin teaching us about what interests them. This self-advocacy process - the ability to make a case for oneself - is the single most important survival tool that a human being can have. By now, the child is usually ready to become a volunteer in the program.





Real people working for you, since 1946.

Download the Free McDougall Insurance App today at www.mcdougallinsurance.com




20 Dundas Street West, Trenton p. 613.394.6634 www.mcdougallinsurance.com

Webcasting allows anyone to see the service from anywhere.

We're always looking for new ways to serve the families that come to us, and today's technology allows us to broadcast a service live, and keep it available to view for those unable to attend. Webcasting—it's just another reason you'll feel that we offer more.





West Chapel
170 Dundas St. W. Trenton
613-392-3579

East Chapel
29 Bay Street, Trenton
613-394-2433

Your Community Funeral Home www.weaverfuneralhomes.com

Classifieds

To Place an Ad: **613-392-2811** or **613-475-0255**
 For Delivery Inquiries, please call **613-475-0255**
 Email: brighton_classifieds@metroland.com
www.thecontactnewspaper.cfbtrenton.com

L Liaison Services **L** Liaison Services

A Articles for Sale **A** Articles for Sale

C Cleaning / Janitorial **C** Cleaning / Janitorial

RUSHNELL
FUNERAL HOME
 &
CREMATION CENTRE

60 Division Street
 Trenton

613-392-2111

NEW & USED REFRIGERATORS

Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees. Fridges \$100 and up

NEW APPLIANCES at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from

PAYS CASH for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices.

Open 7 days a week & evenings. We deliver. We like Base people.

SMITTY'S APPLIANCES LTD.
 613-969-0287

HANDCRAFTED WOODEN URNS
 Beautiful urns, locally manufactured; designed to hold the cremation remnants of a loved one, or beloved pet & companion. Made from 100% solid soft or hard woods. Stained and varnished to your liking.
 Call Robert A. Turpin at 613-965-0628 or come to 25 Roseland Drive for a consultation.

Belleville Volkswagen

Now Available 2013 Jetta Hybrid



Gas / Electric with 4.2 L/100 km Highway! 7 Speed Automatic.
 In stock now... Call for Test Drive
 Email: paul@bellevillevw.ca for additional details and to schedule a test drive.

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

CL494961

Gas / Electric with 4.2 L/100 km Highway! 7 Speed Automatic.
 In stock now... Call for Test Drive
 Email: paul@bellevillevw.ca for additional details and to schedule a test drive.

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

the Contact

PLACE AN AD:
613-392-2811 or **613-475-0255**
brighton_classifieds@metroland.com • www.thecontactnewspaper.cfbtrenton.com

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

A Apartments & Flats For Rent

HOUSE FOR RENT
 Tastefully decorated 3 bedroom, 1 1/2 bath. Fridge and stove. Outskirts of Trenton. Non smokers \$1135.00 per month plus heat and hydro. Deposit for heating oil. References required. Available Sept. 1st. Call Bonnie 613-475-4563 leave voice message.

Delivery Inquiries Please Call 613-475-0255

Support your Canex!

A Apartments & Flats For Rent **A** Apartments & Flats For Rent

KLEMENCIC PROPERTIES

1 or 2 Bedroom Apartments

21 Buildings
 Affordable Rents
 Utilities, Parking & Cable Included

Locally Owned & Managed

613-392-7839
www.klemencicproperties.com

Sports & Recreation

Provincial Park Passes

The Community Recreation Association has two passes which may be rented for use at any of the Provincial Parks in our area. (Sandbanks; Presqu'ile; North Beach; Ferris; Bon Echo). This service is available to serving military personnel and CRA members in possession of a current PSP facility membership. One pass per family may be rented. Sorry....but passes cannot be reserved in advance. They are available on a first come, first served basis. When renting a pass, the pass must be returned by close of business on the same day or no later than 8:30 a.m. the following day.

Available at the Kiosk at the south side Gym. \$ 8.85 + HST = \$10.

Summer Kidz Kamp 2013
 Monday to Friday - Tuesday, July 2 to Friday, Aug. 23, (eight weeks) 8 a.m. to 4 p.m. Registration is now open.

Fitness Programs

Boot Camp Fitness (60 minutes)
 Mondays, July 8 to Aug. 26, 5 p.m. to 6 p.m.

Body Balance Fitness (60 minutes)
 Mondays, July 8 to Aug. 26., 6:20 p.m. to 7:20 p.m.

Squat Challenge - Mondays, July 8 to Aug. 26, 6 p.m. to 6:15 p.m.

Core Fitness - Mondays, July 8 to Aug. 26, 4:30 p.m. to 5:30 p.m.

Vinyasa Yoga - Tuesdays, July 23 to Aug. 27, 4:30 p.m. to 5:30 p.m.

Restorative Yoga - Tuesdays, July 23 to Aug. 27, 5:30 p.m. to 6:30 p.m.

Advanced Aquatics

Bronze Medallion and Emergency First-Aid with CPR C and AED
 July 8, 10, 15, 17, 22, 24, 29, 31, Mondays - 5:30 p.m. to 8 p.m. and Wednesdays - 4:30 p.m. to 8 p.m.

Bronze Cross and standard FA with CPR C and AED (Crash Course) Fri- days - July 19, 26, 6 p.m. to 9 p.m. - Saturdays - July 20, 27, - 10 a.m. to 6 p.m. - Sundays - July 21, 28., - 11:30 a.m. to 4:30 p.m.

Assistant Water Safety Instructor - Mondays and Wednesdays - July 15, 17, 22, 24, 29, 10 a.m. to 4 p.m.

Safety



Home spas - know what you are getting into

With the increasing popularity and numbers of home spas comes a corresponding increase of hot tub casualties. People must realize there are important safety responsibilities to owning and using a hot tub.

The hot bubbling water swirling around your body relaxing and soothing those aching muscles can have severe consequences. The average temperature in a spa is hot enough to raise your body temperature by several degrees above normal levels. About 10 to 15 minutes is safe for most users; but longer exposure can put enough stress on the cardiovascular system and cause changes in blood pressure and heart rate.

Consider your health before entering a tub. Older people with circulatory problems or heart conditions should stay away from a hot tub. Pregnant women and young children are also advised against hot tub use.

Do not go for a soak if you are on any medication - even such non-

prescription drugs as antihistamines. Such drugs can make you drowsy, which introduce the risk of falling asleep and possibly drowning in the tub.

If you lose track of how long you've been in the water or if you start to feel tired or faint, get out slowly. Getting out of the hot tub slowly allows your body to get accustomed to the change in blood pressure.

Keep breakables such as drinking glasses and bottles away from the tub. Never drink alcoholic beverages in a hot tub.

Electrical appliances such as radios and stereos should also be kept out of the area. Hot tubs located on an outdoor deck should use grounded lights for illumination.

When children are around the hot tub, strict rules should be set to avoid accidents. Horseplay should be avoided as should running around or near the tub. Children should always be accompanied by an adult while in the tub. Never allow diving to the bottom of the tub, as the pull of the

suction unit may tend to hold a child underwater.

In winter, watch for ice build-up in and around your outdoor tub. Ice build-up causes a slipping hazard while walking to and from your spa.

A hard protective cover over the top of your tub is recommended. You may also purchase these with locks for extra protection.

Proper storage and handling of your spa chemicals is very important. Careless handling and storage of chemicals can result in serious injury if basic precautions are not taken. Always make sure children and pets are kept away from open containers. Read and follow directions on the labels and measure quantities closely. Overdosing your pool water will not make the water any cleaner but it can give bathers irritated eyes and skin.

Don't smoke around chemicals because they can be ignited from a single cigarette. The most basic and perhaps the most important rule when mixing chemicals for

spas is never add water or liquid chemicals to a dry chemical - always add the chemical to the water. Improperly stored spa chemicals can give off noxious gases, cause fires and corrode surrounding equipment. All spa chemicals should be stored separately from other household chemical compounds. Liquid chemicals should never be stored above dry chemicals and all chemicals should be locked away on high shelves in a cool, dry, well-ventilated cabinet. Keep the original lids on all chemical containers and make sure the lids are tightly sealed when not in use. It's also a good idea to keep records of how old your chemicals are and throw out any that are beyond their expiry date.

There are few things more appealing than a nice soak in a hot tub. But as with anything else, the secrets of enjoying a hot tub are common sense and a good knowledge of just what it is you are getting yourself into.

continued from page 13

Those taking the workshop listen intently as Rupert Isaacson explains the Horse Boy method.



Photo Ross Lees



Photo Ross Lees

Rupert Isaacson explains the Horse Boy method to journalists, Suzanne Latchford-Kulker (third from left) and other visitors to the HEAL Farm on the Danforth Road near Hillier in Prince Edward County.



Photo Ross Lees

Rupert Isaacson demonstrates the sensory techniques on Iliane Lorenz at the workshop.

Unfortunately, when he had PTSD, he didn't know what it was.

"I didn't know what it was, just that I was very jumpy and reactive, getting into bar fights, I couldn't sleep, I was drinking an awful lot and so on. I know what PTSD is first hand, for sure."

PTSD is often associated with military personnel who have served in war zones, but Rupert feels it is something battered wives and sexually assaulted children can also experience.

"It is a strong force in society and something that warrants further study," he said.

The Horse Boy method has produced amazing results for Rowan and one other young lady at the Texas facility. Both have written poems or sonnets that are recognized

by professional writers as excellent and are being considered for publication in the near future.

For additional information on the Horse Boy method or HEAL Farm, contact Suzanne Latchford-Kulker at 613-399-5952 or visit healwithhorses.ca



Joanne & Frank
Broker Sales Representative

1-800-567-0776
613-392-6594

CALL US!

RE/MAX
Remax Quinte Ltd. Brokerage

INVESTMENT FOR FUTURE

\$149,900

TRENTON



MLS 2133861

Side by side duplex conveniently located on good size 'in town' lot with detached single garage. Separate electrical meters. 1-2 bdrm unit, owner occupied and 1-1 bdrm apt. rented \$650 ++ (will be vacant end of July)

\$500 BUYER BONUS

\$255,500

BRIGHTON



MLS 2133878

3 bedroom, 2 bath, well maintained open concept design home. Patio doors to 12x12 barbecue deck and landscaped yard. Master bedroom ensuite bath and walk in closet. Main floor laundry too! Must be seen to appreciate.

www.hormann.ca

PROUD SUPPORTERS OF www.truepatriotlove.com



Senior Active Living Fair

Presented by Northumberland News and Cobourg Seniors Activity Centre

2 Days of Demonstrations including Seminars

SATURDAY OCT. 26 & SUNDAY OCT. 27

9:30am - 5pm 9:30am - 3pm

Does your company cater to the 50+ market?

If so call today to find out how you can benefit from this exciting 2 day event

at Cobourg Community Centre, Darcy St. Cobourg

Pre Show section to appear in the Northumberland News

THURSDAY, OCT 24, 2013 Reaching over 23,500 homes!

For Exhibitor information please call

905-373-7355

Inquire about Seminar demonstrations

presented by:






BILL WALLACE

Century 21

LANTHORN REAL ESTATE LTD., Brokerage
Independently Owned & Operated

441 Front Street, Trenton ON

Ph: 613-920-4592
Toll Free: 1-888-792-5499
E-mail: bill.wallace@century21.ca

OPEN HOUSE

SATURDAY, 6 JULY 1-3 PM

REDUCED TO \$129,800.00

REDUCED



29 PELHAM - TRENTON

MLS #2132659

SUPER PRICE:

3 bedrooms; eat-in Kitchen; new cupboards and built-in microwave, living rm; family rm; 4 pc bath, repainted thru-out full bsmt; deck; fenced backyard

ENTER THE ZONE

ON THE TYENDINAGA RESERVE

FRIGIDAIRE CANADA COOKS



French Door Bottom Mount Refrigerator

- FGHB2899PF
- 28 cu. ft. Capacity
 - Features SpaceWise® Organizational System
 - Full-Width Cool-Zone™ Drawer

\$2099

MSRP \$2799

Symmetry™ Double Oven Range

- CGEF308TNF
- Effortlessly cook multiple dishes at different temperatures with the Symmetry™ Double Oven
 - 7.0 cu. ft. total cooking capacity with two 3.5 cu. ft. self cleaning ovens
 - Bake up to 30% faster with True Convection
 - Quick Preheat saves you time

\$1699

MSRP \$2199

\$599

MSRP \$749

Dishwasher

- FGHD2465NF
- OrbitClean™ Spray Arm provides 4 times more water coverage for a better clean
 - Spacewise® Organization System features adjustable racks

\$399

Over-the-Range Microwave

- CGMV174KF
- 1.7 cu. ft. Capacity
 - Smudge-Proof™ Stainless Steel

CGMV174KF

MSRP \$549

July 1st - July 31, 2013



www.frigidaire.ca



613-969-1824

Only 10Minutes East of Belleville

arniesappliances.ca

5301B OLD HWY 2
TYENDINGA ON, KOK 3A0

Hours
8-8 Mon. - Friday
9-6 Sat. & Sun.



RO012196003