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Travelling with the Governor General

by Capt Rob Giannoni and Capt Tim Deline

437 Transport Squadron was recently tasked to transport Her Excellency, The Right Honorable Adrienne Clarkson, the Governor General of Canada and His Excellency John Ralston Saul, as well as distinguished delegates to Russia, Finland and Iceland in late September.

This State visit was designed to promote cooperation between the countries of the circumpolar north and was divided into two parts. The first part was a tour of Russia and Siberia and the second part was a tour of Finland and Iceland. Two 437 crews were utilized to complete this mission.

The trip began on 20 September, when the first crew of 17 departed Trenton for Ottawa to pre-position the aircraft for the next day's departure. After fine-tuning last-minute details, CanForce 3701 departed Ottawa at 2200 hrs local with 69 passengers bound for Moscow, Russia. After almost a nine-hour flight, they arrived in Moscow at 1500 hrs local and were met by the official welcoming committee, which included an impressive military ceremony complete with marching band.

Once everyone on the crew had caught up on some well-deserved rest and started to adjust to an eight-hour time difference, we were treated to a tour of downtown Moscow. A member of the CF attached to the Canadian Embassy in Moscow volunteered to lead our group of 17 "tourists" through the streets of Moscow. Highlights



Photo: Cpl Tim Jordan, 8 Wing Imaging

September 20 through October 1, 2003 saw 437 Squadron flying Governor General Adrienne Clarkson and her entourage to several locations within Russia. Included locations were Moscow, Salekhard, Siberia and then St Petersburg. The concept was to foster a sense of sameness of the high northern communities of Canada and of the former soviet union. Pictured above, the Governor General and her husband take a brief moment out of their busy schedule to pose with the aircrew.

included Red Square, the Kremlin, St Basels Cathedral and Lenin's Mausoleum. Also included (of course) was the shopping district and markets. Most of the crew found the shopping and the local cuisine quite enjoyable.

After four days in beautiful Moscow, the mission continued to a most interesting destination-- Salekhard, Siberia. Salekhard is a town of approximately 40,000 people and located precisely on the Arctic Circle. One of the most challenging obstacles facing the crew on this trip was the fact that people do not speak any English in that part of Russia. Therefore, a Russian navigator was provided to the crew by Aeroflot to help the pilots understand what the air traffic controllers were

saying. He did a wonderful job of working the radios, translating all of the approach literature, and occasionally yelling at our pilots (some things never change). After an uneventful approach and landing, the aircraft was again met by numerous dignitaries from the local area. They gave us all a very warm welcome and made us feel right at home in their distant land.

The first evening in Salekhard included "Hockey Night in Russia." This was a friendly match between members of the Canadian delegation and flight crew playing against their Siberian counterparts from Salekhard. The brand new hockey arena was packed with 700+ fans to cheer on both teams. Her Excellency was the guest of honour and dropped the

ceremonial first puck to get the game underway. After a quick 1-0 lead by Team Canada, the Russians regrouped to win the match 4-1. After the game, gifts and jerseys were exchanged as well as several friendly gestures (and the traditional toast with vodka). It was quite evident that there are strong relations between Canada and Russia and that they will continue to grow.

After a day off that included sightseeing, shopping, and tasting the local cuisine, the crew departed for St. Petersburg, Russia with 95 passengers. They were met again by several dignitaries from the local area as well as members of the media. The stop in St. Petersburg was a short one, but the crew made the most of it. The Church of Spilled

See 437 Squadron, Pg. 9

Environmental allowances currently under review

by Melissa Atkinson
Lookout

After 35 years of patchwork adjustments, environmental allowances are moving toward consistency.

The additional cash army, air force and navy members receive for hazards and stresses faced above and beyond general duty are being reviewed, after a 1998 recommendation by Standing Committee on National Defence and Veterans Affairs (SCONDVA).

"No one can explain today why a given allowance is set at the rate it is," says Maj Darrell Nicholson, CF Allowances Review, Directorate of Pay Policy Development, Director General Compensation and Benefits.

The hardship factors addressed in the extra pay have never been standardized across the various allowances, he explained. Patchwork increases have been applied to individual allowances at different times over the years, making inequalities between the allowances. For example a soldier out on a field exercise may endure the same hardship as a sailor on a naval exercise, but each receive differing allowance sums.

"There has not been a standard approach or methodology," says Maj Nicholson. "In a given year, one or two allowances may have been singled out for review - such as increasing sea duty allowance to address a higher than normal attrition rate."

To remedy the inconsistencies in all the allowances, the review board put together a team from the three environments and sent them into the field, on aircraft and in ships to experience and evaluate conditions while deployed. "For sea duty allowance, evaluations were conducted on board frigates, a destroyer, a supply ship, and MCDVs [Maritime Coastal Defence Vessel]. Team members generally shadowed ship's crewmembers from each department to get a broad perspective. Sea conditions ranged from the North Atlantic in January and February to the Indian Ocean in July."

As they experienced each deployment, they assigned points to 20 factors that included risk of death, stress from motion or vibration, and severity of sleeping arrangements. From the data collected, three options for structuring the allowances were created and are currently being considered before being presented to the Armed Forces Council.

"Equitable treatment amongst CF members and transparency are important objectives of the Environmental Allowances Review. It must be noted that Treasury Board is the approving authority for pay and allowances for CF members. Due to the complexity of the issues, this approval process will take considerable time."

The primary environmental allowances, those paid to the most CF members, are sea duty allowance, paid for service on board Canadian naval vessels; submarine allowance; field operations allowance, paid during field training and operations; and air crew allowances, paid for service as a crew member on board a CF aircraft. Other environmental allowances include the diving allowances for ship's divers and clearance divers and rescue specialist allowance for search and rescue techs.

The current set of environmental allowances was approved in 1968 after the unification of the former Royal Canadian Navy, Canadian Army, and Canadian Air Force into the Canadian Forces. Prior to 1968, the navy, army and air force managed their own allowances. The last review of allowances was in 1988. Since then, percentage increases to pay have been applied to the environmental allowances.

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**WING LOGISTICS AND ENGINEERING
PICTURE OF THE WEEK**



With work resuming on the Ranney Falls Bridge on October 14, 2003, much has been accomplished. There are now only three platforms left to install. Work will begin on the guardrails shortly after completion of the platforms. The 100-metre-long bridge will connect Ferris Park to the City of Campbellford. 81 AEF played a major role in the construction by providing most of the labour and some vehicles (such as a MLVW shown in the background) at no cost to the City. The project will be completed by the end of the year and the grand opening will be early next summer, after the landscaping is completed.

New Building for Cadet Camp



Lt McClure, OC of 81AEF, was approached to construct a new building for the Cadet Camp. It was felt that this project would provide good on the job experience (OJE) for 81AEF tradespeople. The project passed to the Struct Tech Cell of 81 AEF under Sgt MacDonald. The lead hand for this project is Cpl Tom White, who has many years of experience in the construction trade prior to joining the CF. In the last week of September 2003, construction began on the new cadet camp building with the compacting of A gravel to prepare the sub strata for the fabrication of a thickened foundation and slab. The formwork was constructed for the concrete. Framing of the walls, installation of the trusses and the application of roofing materials are now complete. Work has now started on the steel siding and will lead to the installation of the insulation and drywall. Things have been progressing well, aside from time spent waiting for materials. 81 AEF is hoping to have the building completed by middle of January 2004. CHIMO!

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CORRECTION

Please note that the local for the Christmas House Decorating Contest OPI, Cpl Scali, was incorrect in last week's issue of the Contact. Cpl Scali's correct local is 7680.

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The job is 90 per cent preparation

by Virginia Beaton,
Trident staff

On Friday, November 21, a small group of journalists were ferried to 14 Wing Greenwood, given a safety briefing and then escorted aboard a CH-149 Cormorant, one of the two new Search and Rescue helicopters stationed with 413 Squadron at the base.

The helicopter proceeded to Yarmouth and landed near the harbour, where the crew then gave static tours of the aircraft while the other Cormorant performed a Search and Rescue (SAR) demonstration with a Canadian Coast Guard ship. It was timely, since the lobster season opened on November 24 and that would in all likelihood mean more calls for SAR and the Coast Guard. The Cormorants' presence and the public display of their capacity would reassure the fishing community that the Coast Guard and the Department of National Defence (DND) were prepared for all challenges.

In the cockpit, pilot Captain John Harrison and co-pilot Captain Colin

Duncan discussed the weather and the flight plan. In the cabin, flight engineer Master Corporal (MCpl) Dave Pawulski was constantly on the move, checking gear and consulting his clipboard while SAR technicians MCpl Daryl Lecompte and Corporal (Cpl) Geoff Postle described the equipment that the Cormorant carries.

It ranged from a 10-man life raft to Search and Rescue gear, two rescue hoists, a cargo hook and frame, stretchers, and even several pairs of showshoes for treks across the snow in northerly regions like Labrador.

During the hour-long flight to Yarmouth, Lecompte shared his views on SAR work. Previously an airborne rigger, he has now been a SAR tech for three years and is one of approximately 20 SAR techs working at 413 Squadron.

The trade requires them to be paramedics who are also able to jump, climb, swim and dive, according to Lecompte. Candidates

must be in exceptionally good physical condition merely to qualify for job

training.

The physical training (PT) test for SAR techs sets a rigorous standard; in 17 minutes they must run a mile, do 9 chin-ups, 31 push-ups, 33 sit-ups, do a 400 foot shuttle run and climb a 22 foot rope twice. They must also swim 750 metres. "That's the PT test to get into and stay in school," says Lecompte.

Once they complete the training, SAR techs work constantly to maintain the standard. "Maybe 90 per cent of our time is spent in currency training and maintenance," says Lecompte.

All those skills are vital, as Cormorants and their crews are on call for situations that range from airlifting a fisherman with a medical emergency while at sea, to rescuing survivors and giving first aid at the site of a plane crash. They also participate in air searches for lost hunters, hikers and other missing persons.

"You can be launched for anything," Lecompte notes. The squadron at 14 Wing is responsible for an immense geographic area: 1.7 million square miles, he says. On the job, it's a matter

of constant readiness because Cormorant crews know that when the call comes, it could be a life or death crisis. They may work for 12 hours straight and if they're sent out over the Atlantic, sometimes it's easier to proceed on to England than to fly back home.

Lecompte observes that the intensity of the time on the job, and working towards a common goal, tends to unite the crews. "Sometimes we spend more time with them than with our families."

One thing that has been a challenge for the SAR techs is the increased power of the Cormorant's wash. The force is perhaps double what it was on the Labradors, Lecompte estimates. He says that often when he's in the water waiting to be hoisted back up to the helicopter, the force of the wash feels as though he's being shot at by dozens of pellets from BB guns. But Lecompte says that he appreciates the Cormorant's size, power and capacity to do the job. "I'm quite impressed with the aircraft," he says.

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Search & Rescue UPDATE



424 Tiger Squadron responded to three SAR cases this past week. The Trenton JRCC first tasked the SAR Herc to search for an ELT 20 miles north of Kingston. The Herc tracked several spurious signals but nothing was found. Then, after completing an expanding square covering 25 square miles and still finding nothing, the crew returned to base.

The second tasking was for the SAR Lab when it was tasked to investigate an overturned vessel near Ajax. Upon arrival to the area it was determined that the vessel was actually a marker buoy turned on its side. The Durham Regional Police were notified and the Lab returned to base.

The third tasking was for the SAR Lab when it was tasked to investigate an ELT east of Peterborough. Shortly after takeoff, the signal was picked up and homed to a private strip. The ELT was located, turned off and the Lab returned to base.

Missions for 2003: 153 Missions for Nov.: 11 Persons rescued: 22

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

Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) and as "text only" on a 3.5" disk 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 noon prior to print date at The CONTACT office.

Letters to the Editor:

Internet: LEBLANC.AL@forces.gc.ca

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



A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity and is not funded by public funds. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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Thank You

Dear Colonel Higgins:

The eighth annual "Ad Astra" Stone Dedication Ceremony was a complete success.

In spite of the most inclement weather, an estimated crowd of 1,200-1,400 spectators gathered to witness this most moving ceremony and have continued to express their appreciation ever since. Mr. Jim Bruce's presentation of his painting "Roots" to 8 Wing completed the theme, based on "100 Years of Flight" adapted to Canada's military aviation history, which was most popular with the large crowd in attendance.

It is obvious that this ceremony continues to be an annual highlight for the Canadian military aviation community.

Without the continuing interest and support of yourself, your Branch Heads and so many of the 8 Wing personnel, the RCAF Memorial Museum would be unable to plan and execute such a successful ceremony. The personal contribution of so many of your staff in overcoming problems that arose is again deeply appreciated.

On behalf of the Board of Directors of the Museum, I would ask you therefore to convey our most sincere appreciation to all of the many 8 Wing personnel who so willingly contributed to making this eighth annual ceremony so successful.

PER ARDUA AD
 ASTRA
L.J. Bourgeois
LCol (Ret'd)
 Board Chairman

Contact

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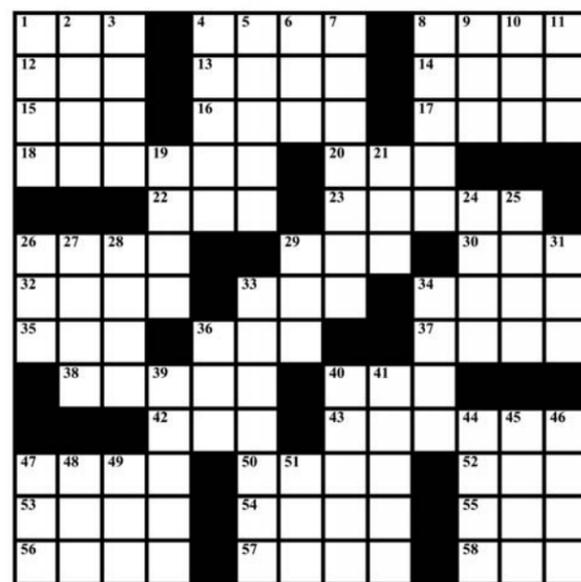
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Canadiana Crossword

Snow Job

Bernice Rosella and James Kilner



- ACROSS**
- 1 Snow person
 - 4 Snow zone
 - 8 Snow conveyance
 - 12 Collection of stories
 - 13 _____ Khayyam
 - 14 Converse
 - 15 Snow sport
 - 16 Ammunition, slangily
 - 17 Double curve
 - 18 Pay
 - 20 Household god (Roman)
 - 22 LP replacers
 - 23 Jamaican dance
 - 26 Snow garb
 - 29 Pro follower
 - 30 Sense of self
 - 32 Bits
 - 33 Shy
 - 34 Snow missile
 - 35 Community effort
 - 36 Pet Dr
 - 37 Came first
 - 38 With full force
 - 40 Marquee letters
 - 42 Accelerator?
 - 43 Deadly
 - 47 Repast
 - 50 Norse God
 - 52 Back then
 - 53 Schnauser snack?
 - 54 Was transported
 - 55 Imperial weight unit
 - 56 Snow remover
 - 57 Fret
 - 58 Incite

- 2 Diana singer, Paul
- 3 Spike
- 4 Snow runner
- 5 Music awards
- 6 Escape
- 7 Street car
- 8 Weather disturbance
- 9 Crone
- 10 Bullring utterance
- 11 Scrimp
- 19 Play parts
- 21 Objective
- 24 Legume
- 25 Stare lasciviously
- 26 Weep
- 27 Chemical compound
- 28 List part
- 29 Child
- 31 Ancient
- 33 Content controllers
- 34 Snow footwear
- 36 By way of
- 39 Radiant
- 40 Snow problem
- 41 Keep Maclean's coming
- 44 Rancour
- 45 Frantic
- 46 Pine
- 47 Chart
- 48 Wing
- 49 Mil. mailing address
- 51 Dash's partner

- DOWN**
- 1 All embracing

Pet Particulars

All about dog houses

Dogs must be provided with suitable and adequate shelter under the Criminal Code of Canada. These simple steps will keep your dog safe and comfortable.

1. Dogs rely on their own body heat to keep them warm. The dog house must be just large enough for the animal to stand up, sit down, turn around, lie down and stretch out fully. If it is too large, the dog's body heat will escape. If you keep your dog in a garage, you still need a dog house inside the garage.
2. It must be insulated and have clean bedding materials. Straw is the best material to use. For added protection, stack some bales around the dog house to block wind. Break open a bale to spread inside and on the ground outside of the house. Do not use blankets because they get wet and freeze.
3. RAISE the house OFF the frozen ground 2-6 inches. This allows for air to circulate under the house which will keep the floor dry and much warmer. Cement blocks or wooden palets work well.
4. It must have an exterior door flap to protect against wind, rain and snow. Face the door away from the prevailing winds.
5. The dog must have a FRESH supply of WATER at all times in a SPILLPROOF container. Change it twice a day. (Dogs can not eat snow to stay hydrated. It requires energy for them to warm the snow in their bodies which actually causes further dehydration!).
6. If your dog must be tied, the tether must be at least three metres (10 feet) long and tied so the dog cannot become tangled. For more information on pet matters, email Jill at : pets@quintehumanesociety.com



DONATION MADE TO 8 WING BAND



Photo: Laurie McVicar, Contact

Ed Walker (right), RCAF Trust Fund representative, hands over a \$1,000 cheque to Sgt Gord Smith of the 8 Wing Concert Band. This was one of three donations made by the organization in the past two weeks. Walker recently presented cheques to the RCAF Museum and the Halifax Restoration Project.

Changes for CF Chaplain Branch

by Laurie McVicar
Assistant Editor

The Canadian Forces Chaplain Branch is undergoing several changes to reflect the spiritual differences of the military members they serve.

“Early in September, the Canadian Forces Chaplain Branch ceased to be a strictly Christian Branch and started moving towards becoming a multi-faith branch with the enrollment of the first Islamic cleric. This new initiative has required a change in many of the chaplain emblems,” stated Major Lloyd Clifton, Senior Wing Chaplain.

In terms of cap and uniform badges, Christian chaplains will retain the Latin Cross. For chaplains of Muslim faith, the Maltese Cross will be absent and a gold crescent

added. Jewish chaplains will wear a badge displaying the Star of David and Tablets with a blue background.

In addition, the Branch’s traditional March Past “Onward Christian Soldiers” will be replaced with Beethoven’s “Ode to Joy” from his ninth symphony.

“The Branch believes that these changes speak to the diversity of the CF and the increasing diversity of the Branch. The same basic pattern of the badge, which encompasses the unique faith identifiers, is our symbol for a diverse membership that is unified in service and care in God’s name for our CF members and families,” stated Maj Clifton.

In a letter to all CF Chaplains, Brigadier-General Ron Bourque, Chaplain General, wrote:



Pictured above, the current CF Chaplain Branch crest.

“Change is an issue that cannot be ignored. It will happen in spite of us. I acknowledge that adjusting to our Branch symbols may for some be an emotional issue of some importance. Symbols are powerful. For that very reason, we must embrace the future and our new reality with anticipation and a sense of expanding opportunity.”

Keep tabs on the whereabouts of Santa Claus this Christmas Eve by logging onto www.noradsanta.com



WO'S & SGTS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4 TGIF 1700 hrs	5 TGIF 1200 hrs Fish & Chips TGIF 1700hrs Cancelled	6
7 Children's Christmas Party 1230 hrs Darts Cancelled	8	9 PMC Christmas Bingo/Draw	10 At Home to Officer's	11	12 TGIF Cancelled	13
14 Mixed Darts "Pot Luck"	15	16 Astra Lounge All Ranks Christmas Cheer	17	18	19 TGIF Cancelled	20
21 Mixed Darts	22	23	24	25 Merry Christmas!	26 Boxing Day!	27
28 Mixed Darts	29	30	31 New Year's Eve Dance			

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Le Projet Mémoire, pour l'exploration du patrimoine militaire

par Lane Anker

Grâce à un nouveau partenariat, les membres des FC ont la possibilité de conserver leur place dans l'histoire canadienne, tout en aidant les jeunes à se renseigner davantage sur la vie militaire d'aujourd'hui.

Le MDN et les FC ont conclu un partenariat avec l'Institut du Dominion, afin d'enrichir le Projet Mémoire qui donne aux élèves, aux enseignants et aux Canadiens intéressés l'occasion d'explorer le patrimoine militaire du Canada par le biais des récits de première main et artefacts originaux que leur font partager des anciens combattants et des militaires actifs des FC.

« En cette période où la plupart des jeunes Canadiens vont se familiariser avec leur histoire de guerre en regardant le plus récent film grand succès américain, il faut nous demander si les jeunes Canadiens se rendent compte que nous avons nos propres récits incroyables d'actes héroïques, de

courage et de sacrifice », explique Rudyard Griffiths, le directeur exécutif de l'Institut du Dominion, fondé en 1997 pour inciter les jeunes à apprendre l'histoire militaire, politique et culturelle du Canada.

« Dans ce contexte, il est essentiel que nos jeunes constatent que le Canada a joué un rôle primordial pendant la Première Guerre mondiale, la Seconde Guerre mondiale et la guerre de Corée. Nos anciens combattants peuvent nous faire revivre cette histoire », poursuit M. Griffiths. « Et c'est également vrai lorsqu'il s'agit de comprendre le rôle que nous jouons dans les événements internationaux contemporains. Le personnel des FC est très bien placé pour présenter aux jeunes un compte rendu de première main sur la contribution du Canada à la paix et à la sécurité internationales. »

Le partenariat vise à enrichir le Projet Mémoire qui, à l'origine, était axé sur la Seconde Guerre mondiale et la guerre de Corée, de

manière à y inclure de l'information sur les opérations récentes et actuelles. Les participants des FC peuvent aider les jeunes Canadiens à acquérir une meilleure compréhension de leur travail en s'inscrivant dans la base de données des conférenciers qui font des visites dans les écoles, en participant à des babillards électroniques ou en présentant leurs récits personnels qui seront versés dans les archives numériques.

« Les expériences de première main du personnel des FC sont d'une très grande valeur pour motiver les jeunes à aller au delà des manchettes et à comprendre les choses étonnantes que les troupes canadiennes accomplissent ici au Canada et à l'étranger », raconte M. Griffiths.

Amorcé il y a deux ans, le Projet Mémoire a recruté plus de 1,000 anciens combattants de la SGM, de la guerre de Corée et d'autres conflits mondiaux et missions de maintien de la paix pour aider à perpétuer l'histoire militaire du Canada. Leurs récits personnels ont

été partagés avec plus de 100,000 jeunes Canadiens.

« L'Institut du Dominion a été confronté à la difficile réalité que les anciens combattants canadiens de la Seconde Guerre mondiale vieillissent et que le créneau propice à la préservation de ces récits au profit des générations futures rétrécit rapidement », ajoute M. Griffiths.

Le partenariat avec l'Institut du Dominion a été renforcé, récemment, lorsque le ministre de la Défense a engagé 50,000 \$ dans le Projet Mémoire. Le MDN appuie également le projet en fournissant des photos et des séquences filmées provenant des archives des FC et de Caméra de combat, dans la mesure du possible.

« Personne ne peut contester la place importante qu'occupe la vie militaire dans l'histoire du Canada », affirme le Général Ray Henault, chef d'état-major de la Défense. « Il s'agit pour les anciens combattants et les militaires actifs des FC d'une occasion de fournir des comptes rendus de première main de leurs expériences de service pour leur pays. Le projet permettra en outre d'établir un fondement historique qui sera utile aux jeunes Canadiens d'aujourd'hui et aux générations à venir. »

Actuellement, les archives numériques du Projet Mémoire se composent d'une base de données contenant quelque 300 expériences et récits personnels provenant, pour la plupart, d'anciens combattants de la SGM et de la guerre de Corée. « L'objectif à long terme du MDN et des FC consiste à recruter 3,000 participants actifs des FC pour le Projet Mémoire, pour bien représenter la présence des militaires des FC, de la Force régulière et de la Réserve, dans 3,000 collectivités du Canada », indique le Gén Henault.

L'objectif de l'Institut du Dominion, en ce qui concerne l'année scolaire, est que 120,000 élèves d'un peu partout au pays reçoivent la visite d'un participant au projet. D'ici le printemps prochain, l'Institut du Dominion s'attend à ce que le Bureau des orateurs du Projet Mémoire compte 1,600 anciens combattants et espère que nombre de ces nouveaux bénévoles seront des militaires encore actifs.

The Memory Project expands scope

by Lane Anker

A new partnership is giving CF members an opportunity to ensure their place in Canadian history, while also helping youth learn more about today's military.

DND/CF has partnered with the Dominion Institute to expand The Memory Project, giving students, educators and interested Canadians the opportunity to explore Canada's military heritage through hundreds of first-hand accounts and original artifacts shared by veterans and serving CF members.

"In an age when most young Canadians will encounter their war history from the latest American blockbuster, we have to ask ourselves—do young Canadians realize that we have our own incredible stories of heroism, courage and sacrifice?" says Rudyard Griffiths, executive director of the Dominion Institute, which was founded in 1997 to engage youth in learning about Canada's military, political and cultural history.

"In this context it is crucial for youth to realize that Canada played a critical role in both the First and Second World Wars and the Korean War. Our veterans can make this history come alive," continues Mr. Griffiths. "The same is true when it comes to understanding our role in international events today. CF personnel are in a unique position to give young people a first-hand account of Canada's contribution to international peace and security."

The partnership involves expanding The Memory Project from its original focus on Second World War and the Korean War, to include information on recent and current operations. CF participants can help Canadian youth gain a fuller understanding and appreciation of what they do by joining the speakers' database for school visits, participating in on-line message boards, or submitting their personal stories for the digital archive.

"The first-hand experiences of CF personnel are invaluable in motivating youth to think beyond the headlines and understand the amazing things Canadian troops are accomplishing here in Canada and overseas," says Mr. Griffiths.

Initiated two years ago, The Memory Project has recruited over 1,000 veterans of WWII, Korea, and other global conflicts, and peacekeeping missions to help preserve Canadian military history. Their personal stories have been shared with over 100,000 young Canadians. "The Dominion Institute has had to face the difficult truth that Canada's Second World War veterans are aging, and the window of opportunity to preserve these stories for future generations is quickly closing," says Mr. Griffiths.

The partnership with the Dominion Institute was recently solidified when the Defence Minister committed \$50,000 to The Memory Project. DND is also supporting the project by providing photographs and film footage from CF archives and combat camera, where possible.

"No one can dispute the important place that the military holds in Canadian history," says General Ray Henault, Chief of the Defence Staff. "This is an opportunity for veterans and serving CF members to provide first-hand accounts of their experiences in service to their country. It will also lay a historical foundation for use by young Canadians today and for generations to come."

The Memory Project's digital archive currently has a database of some 300 personal stories and experiences, mostly from veterans of WWII and the Korean War. "DND/CF's long-term goal is to have 3,000 serving CF participants in The Memory Project, in an effort to mirror the presence of CF members, Regular Force and Reserve, in 3,000 communities across Canada," said Gen Henault.

During the school year, it is the Dominion Institute's goal that 120,000 students from across the country will receive a visit from a project participant. By next spring, the Dominion Institute expects The Memory Project Speakers' Bureau will be 1,600 veterans strong, and hopes many of these new volunteers will include currently serving personnel.

OFFICERS' MESS

SUN MON TUE WED THU FRI SAT

	1	2	3	4	5	6
		Officers' Ladies Club		MTGIT Taco Bell Soft Taco's 1730 hrs	Sandwich Bar 11:30-13:30	
7	8	9	10	11	12	13
Children's Christmas Party & Skate				MTGIT 1730 hrs Jim's Pizza	Sandwich Bar 11:30-13:30	
14	15	16	17	18	19	20
			Boxing Day!	MTGIT 1730 hrs Nova Deli Donairs	Sandwich Bar 11:30-13:30	
21	22	23	24	25	26	27
				Merry Christmas!	Boxing Day Mess Closed	
28	29	30	31	2003		
				DECEMBER		

Important Notices
Office will be closed
20 Dec 03 - 28 Dec 03
Bar will be closed
20 Dec 03 - 4 Jan 04
No Sandwich Bar - 2 Jan 04

MTGIT - 8 Jan 04
Fish & Chips
17:30 hrs

January upcoming events
Yuk Yuk's Comedy Tour
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Doors open at 18:30 hrs
Show starts at 20:00 hrs
Cost \$10 per member \$15 per guest
Tickets on Sale 8 Dec 2003



Back to the future with 437 Squadron

by Capt D. Reid, 8 Wing CC150 AAR OPI

November 10, 2003 marked a significant milestone for 437 (T) Squadron, 8 Wing Trenton and the Canadian Forces as a whole. After a seven-hour flight from Ottawa, Airbus CC15005 arrived in foggy conditions in Dresden, Germany to begin conversion to a Strategic Air to Air Refuelling (SAAR) tanker.

The SAAR conversion is very significant in scope, and includes the addition of lower belly fuel tanks, a Fuel Operator Station in the forward galley area and an AAR pod to be located just inboard of each wingtip. Through the use of automation and computer technology, a Flight Refuelling Specialist will complete the duties performed by four crewmembers on older generation tankers. The CC150 (T) will be a thoroughly modern and capable aircraft. Indeed, the CC150 (T) will become the first 'glass cockpit' tanker in the world, which will represent a tremendous achievement for Airbus Industries, and a future tremendous capability for the Canadian Air Force.

On November 11th, Mr. Roger Coe (Air Canada Manager Trenton) and LCol David Murphy (Commanding Officer 437 Sqn) completed the documentation handing the aircraft over to the Airbus Consortium that will complete the conversion. The conversion itself will require nine months, at the conclusion of which the aircraft will be designated as an MRTT (Multi Role Transport Tanker). The versatility of the MRTT will be outstanding as an aircraft in this configuration will be capable of carrying freight, passengers and completing AAR operations.

The Canadian Forces lost the ability to conduct SAAR operations with the retirement of the Boeing 707 (CC137) in 1997. The members of 437 Squadron eagerly look forward to re-entering the SAAR role

in August of 2004. Then, more than ever, 437 Sqn will be capable of fulfilling the Squadron motto "Omnia Passim" (Anytime, Anywhere).

Photos by Cpl Bill Parrott, 8 Wing Imaging



Mr. R. Coe signs the handover documents transferring aircraft 15005 to Mr. J. Tamcke who accepted the aircraft on behalf of the Airbus Consortium.



Acceptance of aircraft 15005 by the Airbus Consortium. (L-R) Mr. W. Schubert Dieter-Otto (Airbus), LCol D. Murphy (CO 437 Sqn), Mr. R. Coe (Air Canada Manager Trenton), Mr. C. Peck (Lufthansa Technik), Mr. W. Mueller (Airbus), Capt D. Reid (8 Wing CC150 AAR OPI).



The positioning crew for aircraft 15005. (Left to right) Capt D. Reid, LCol D. Murphy, Mr. D. Yeo (Aircraft Maintenance Engineer), Sgt. G. Swyers (Loadmaster), Mr. R. Coe.



LCol D. Murphy, CO 437 Sqn, positioning aircraft 15005 to Dresden, Germany.

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There's more to running than tying up your shoes



the Fit Stop

- Tracey Martin**
- 1. Warm up:** Always take the time to warm up. Light jogging or quick walking followed by some static stretching will help prepare the body both mentally and physically for the run ahead.
 - 2. Heel to toe strides:** While running, focus on a heel to toe stride. This will help eliminate "pounding" on the joints, as well as make for a more comfortable run. By using a heel to toe stride you also get better energy transfer and traction.
 - 3. Quiet feet:** If your feet are loud when running you can expect some sore feet during or after your run. Loud feet indicate poor technique, which leads to excessive shock or "pounding" on the joints.
 - 4. Low, sweeping strides:** By keeping the

strides low and sweeping, heel to toe running will be much easier. Trauma to the joints will be reduced. Low, sweeping strides will also promote forward momentum, and added efficiency.

- 5. Concentrate on breathing:** Remember that oxygen is your fuel, if you're not breathing efficiently your muscles will be lacking valuable oxygen and your run will be cut short.
- 6. Avoid hard surfaces:** Running on hard surfaces will cause joint pain, due to pain from running on an unforgiving surface. Flat grassy surfaces or gravel are ideal for running--if you have to run on a paved surface, asphalt is better than concrete.
- 7. Run with a partner:** Having a partner to run with provides motivation on those days when you would rather stay at home. If someone is waiting for you, you will feel obligated to get out the running shoes.
- 8. Wear proper shoes:** Proper running shoes are very important. If your shoes are not providing

the cushioning you need, injuries will be right around the corner. Shoes can be used to correct ailments such as pronation.

- 9. Listen to your body:** If your body says no don't go, you'd better listen. If a nagging injury is acting up it might be a good day for a rest. Over training or training through injuries will only lead to setbacks.
 - 10. Vary your routes:** Have several different routes you can run. If you are always looking at the same old sights, a run can become pretty dull. Adding in a few cross-country trails is a good way to beat the running blahs.
 - 11. Have fun:** If running is not even the slightest bit enjoyable for you maybe you should look for something else. Just because "Johnny Marathon" says running is the way to go, this may not be the case for you.
- For more information or to book a personal training appointment, contact the base gym at local 3328 or 7160.

Nutrition starts at the supermarket



Confessions from the Gym

Tuesday, December 2

I have definitely found the key to losing weight...session five of the Weight Wellness course.

During our meeting last week, Cheryl Rothenburg, Health Promotions Director and course instructor, addressed the subject of how good nutrition starts at the supermarket and choosing the right kinds of food can make or break you in terms of healthy eating.

Personally, I am your typical speed shopper. The sooner I can get my groceries and get out of the store the better. I rarely stop and read the labels...at least I didn't until I took Cheryl's course. Now, I'm lucky if I can make it out of one aisle in less than 15 minutes (much to my husband and child's chagrin).

Not only do I now carefully peruse the list of ingredients for each purchase, I have to calculate how much they will contribute to my daily fat and caloric intake. I figure it will only be a matter of time before my husband tires of the dirty looks we get for holding up traffic in the aisles and hands over the weekly task solely to me.

It continues to amaze me every time I read the nutritional information on products that used to pack our pantry. That was, of course, before I learned those nightmare words such as "fried" and "hydrogenated". I've definitely had to make a few adjustments to our shopping list. While I do still feel guilty about that agonized look that appears on my husband's face when I put his favourite snack back on the shelf, I know I'm doing us all a favour.

The plus side of all of this is that now I'm so frustrated by the time I reach the check-out that I'm no longer hungry!

Master Corporal Irene Witty will be cheering on her son Carmen as he races in his first swim meet this weekend.

MCpl Witty is delighted her son has decided to take up the sport of swimming as she was a Trenton Dolphin herself as a teenager. She remembers the fun they had during training and the summer swims across the Bay of Quinte.

Her son Carmen, who played hockey for many years, has made the switch from frozen to



liquid water as a way to round out his sports profile. Carmen will be swimming in the Trenton Invitational Sat. Dec. 6 at the base pool start time of 2 pm.

All spectators are welcome; admission is free.

The CFB Trenton Dolphin Swim Club will

New generation joins CFB Dolphins



Former Dolphin member, Irene Whitty, poses with her son Carmen, now also a Dolphin.

be hosting a youth dance grades 4-8 welcome. Fri. Dec.5 at the Lions There will be a live DJ Hall, 77 Campbell St. and parent chaperones. ,Trenton. from 7pm- Come out and support 9pm. All students in your local swim team.

News from the RecPlex

WINTER SWIM LESSONS
 Registration for 8 Wing Community will be held on Wednesday, December 10, 2003 from 4 - 6 p.m. at the RecPlex and will continue during RecPlex business hours until Sunday, January 4, 2004.
 Registration for Quinte West Residents will be held on Monday January 5, 2004 from 5 - 7 p.m.
 For information call the RecPlex at 392-2811 ext 3361.

Astra Lanes report

Merilyn Ekman rolled 934 Monday Night to lead the Monday Match league. Other notable scores were Ann Smith, 310; Don Harvey, 293; and Dale Crawford, 272.

Monday Scratch League

Team Standings: Team 4, 16 points; Team 1, 15 points; Ernie's Eagles, 15 points; Klass Akt, 13 points; Da Skirts, 13 points; The Tens, 12 points.
Mens' High Average: Mike Stoddart, 261; Ernie Strocel, 221; Jim Edworthy, 215.
Womens: Edie Rathbun, 211; Cathy Stoddart, 208; Merilyn Ekman, 204.
High Quad: Mike Stoddart, 1001; Don Harvey, 923; Ernie Strocel, 913.
Womens': Merilyn Ekman, 934; Cathy Stoddart, 901; Ann Smith, 869.
High Single: Don Harvey, 293; Mike Stoddart, 282; Dale Crawford, 272.
Womens': Ann Smith, 310; Merilyn Ekman, 308; Cathy Stoddart, 276.





437 Squadron flies Governor General Clarkson

Cont'd from Pg. 1

Blood, the Hermitage Museum, the Naval Museum, and the marketplace were just a few of the sights taken in by the "tourists", and a wonderful time was had by all.

The last stop on this first part of the mission was in Turku, Finland to drop off Their Excellencies (who would remain in Finland). The aircraft then continued on to Ottawa to return the members of the first delegation and finally, Trenton. After completing a crew change the aircraft returned to Ottawa for the next day's flight to Helsinki, Finland.

Helsinki is a port town located in the southern part of Finland on the Baltic Sea. It is a favorite stop for fishing trawlers and cruise ships, and has several walking tours that highlight its architecture, shipping and fishing industries, markets and shopping districts. The Baltic Market, located right in the centre of town, was a common meeting spot for the crew. Here, the fishing trawlers lined up along the wharf selling fresh fish from the Baltic. A local favorite for lunch was deep fried minnows served with garlic sauce. The crew affectionately labeled this delicacy "fish fries." For dinner, we took in some of the local food, including reindeer.

Departing Helsinki, we flew to Oulu, Rovaniemi, Ivalo and again to Rovaniemi. These legs were a challenge to the cabin crew as they were of very short duration, making the service of a three course VIP meal look humorously like a Chinese fire drill. In the end, the pas-

sengers were so entirely amazed at the accomplishment that they spontaneously erupted into cheers and applause for the crew. Rovaniemi is also located precisely on the Arctic Circle and is best known among Europeans as the home to Santa Claus. Despite minimum crew rest there, the crew made a point of stopping at Santa's Village to see if we could meet the Man in Red. Preparations were already well under way for Christmas and we helped out sorting letters at Santa's Official Post Office.

The flight to Iceland was uneventful and Their Excellencies were greeted with a full arrival ceremony. The crew was also delighted to see two vans, owned by CFB Greenwood at our disposal. Words alone could not describe the condition of these vehicles, and everywhere we went Icelandic people young and old would point and stare at us as we drove by. Over the next few days the vans were put through their paces taking us to many of Iceland's tourist sights. Among them were the Blue Lagoon, Geysir and Gulfoss water falls. Despite the horizontal rain and cool weather throughout most of our stay, the crew made the best of their time in Iceland. Tired and out of clean clothes, the flight returned to Canada on 15 October. Their Excellencies made a point of expressing their appreciation to the crew for the outstanding service they were provided with. Another trip is expected in the spring that will include Sweden, Norway and Greenland.



Maj Jim Kinnear salutes and greets the Governor General of Canada Adrienne Clarkson just as she boards the aircraft in St. Petersburg, Russia.



Russian honour guard march past Adrienne Clarkson at the Moscow airport.



The Governor General and her husband sample the local treats as they step off the aircraft in the Yamal province in Siberia.



Sgt Marc Desgagne, Chief Steward aboard the A310, is going through various recipes with the kitchen staff that will be supplying the meals for the trip to St. Petersburg, Russia.



St. Basil's Cathedral, Red Square.



The Governor General and her entourage are set to enjoy a hockey game between the local Siberian team and a throw-together Canadian team. The stands were packed and the score was set at 4 to 1 (graciously) in favour of the Siberian's. There were no losers as both teams were able to exchange jerseys and laugh with their opponents.

Photos by
Cpl Tim Jordan,
S Wing Imaging

Notice
 The Contact office will be closed for holidays from Dec. 24 - Dec. 26, 2003 and from January 1 - January 2, 2004. We will resume normal hours on January 5.

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THE SOUNDS OF CHRISTMAS WITH THE 8 WING CONCERT BAND



Photo: Cpl Max Murphy, 8 Wing Imaging

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Drinking and driving don't mix, plan ahead



Submitted by
**Doug Bird, Deputy
Wing General Safety
Officer**

You are the safest when you completely separate

drinking and driving. This is true if you drive for a living. It is also true on your own time.

Here are some reminders about avoiding the dangers of drinking and driving on social occasions:

If you are going to be attending an event where there will be drinking, do not drive. Arrange for other transportation. One way is to designate a driver for your group; this

person agrees to stay sober and do all the driving.

Make a drink last a long time. Do not be pressured into drinking more, or having "one for the road".

Before having your first drink of alcohol, enjoy a cup of hot coffee or tea. Switch back to non-alcoholic beverages early in the evening. Pour your own fruit juice or soda if necessary.

If you are drinking, consume snack foods and lots of mix. Dancing, games and other party activities can keep you busy doing something besides drinking.

Carry money for a cab and for a phone call to obtain a ride. Also stash some cash at home for you or other family members to pay for the taxi.

Make a pact with your family members to never drive drunk or ride with a drinking driver. You agree to provide rides for one another if you really need one – at any hour with no

questions asked.

Be a responsible host, friend and co-worker. Help ensure that others get home safely. Encourage non-alcoholic beverages on social occasions.

Time is the only cure for intoxication. Black coffee, cold showers, fresh air, exercise and other remedies will not sober you up.

There is no safe limit for drinking before you drive. You can actually be impaired at an alcohol level well below the legal limit.

A party tonight followed by eight hours sleep does not make you a safe and sober tomorrow. Drivers have been convicted of drinking and driving offenses occurring the day after a party.

Don't mix alcohol with other drugs or medications. Such mixtures can greatly increase intoxication, drowsiness and various side effects.

Think of drinking and driving as two separate activities. If you are intending to drive, do not drink. If you do intend to drink, don't drive!

Tips for beating the holiday blues

The holidays can sometimes be overwhelming. The list of things to do, presents to buy and baking can seem insurmountable. Try to enjoy the holidays; believe it or not, that is what they are for. Take the opportunity to spend time with loved ones, relax and play.

Here are some ideas on how to beat the holiday madness:

• Don't take on TOO MUCH. Buying elaborate gifts, sending Christmas cards, cooking, baking, wrapping, trimming...the details can cause an overload to your system. Balance is essential (prioritize).

Do the things you really enjoy doing and don't get too caught up in the details. Planning and preparing ahead of time can cut down on the workload also.

• Keep your expectations reasonable. Sticking to a strict, inflexible, "perfect holiday" schedule can leave one feeling frustrated and angry when there are setbacks along the way. Go with the flow when problems or delays arise. Remember what is important.

• Memories of lost loves. This season can resurrect painful reminders of lost loves and the traditions once shared during the holidays. Set aside a time to honour your lost loved one and the holiday

rituals you use to share. Balance this with focusing on the present and the important people in your life now.

• Budget. A sound budget can alleviate the financial strain and burden felt after the holidays.

• Savour the season. "Watch Christmas movies, listen to holiday music, and develop holiday photographs in order to re-savour the holidays after they are over. It's okay to be nostalgic and shed a few tears. We should savour Christmas for the holiday it is and for the overall process." (Kansas State University News, Nov. 98, p.1)

• Maintain good health practices. Eat right, exercise, and avoid excessive alcohol/caffeine, laugh, cry, nap, and play.

• Spend time with people: If you are feeling lonely, get out of the house. Volunteer your time to help the less fortunate, attend a church potluck, or set up a get together with friends and family after the holidays to maintain the Christmas spirit of connecting, interacting and renewing relationships.

• Set practical New Year's resolutions. You are sure to fail if you set goals that aim too high. Start with small steps that will lead to a long term goal.



Indoor decorating safety tips

• Save Proper Product Packaging: Store lights and decorations in the original packaging, as it likely contains manufacturer's instructions on replacement bulbs and details for proper product use.

• Look Your Lights Over: It is important to carefully inspect holiday light strings each year and discard any frayed cords, cracked lamp holders or

loose connections.

• Check for the CSA Mark: When purchasing light strings, extension cords and electrical decorations, look for the CSA Mark, which provides assurance that the products comply with applicable standards for safety and performance.

• Unplugged and not too Snug: Make sure to unplug light strings before

replacing bulbs and check to ensure replacement bulbs match the voltage and wattage of the original bulb.

• Check the Fit: Ensure that bulb reflectors are the right size for the light string.

• Lights Out: Always turn off holiday lights when you leave the house unattended or when going to bed.



CHAPLAIN SERVICES SERVICES OFFERT PAR L'AUMÔNERIE

Wing Chaplain/ Aumônier de l'escadre – Major Lloyd Clifton (Presbyterian)
Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS
 Padre Rick Gould
 Padre Catherine Morrison (deployed until Jan 04)

WORSHIP SERVICES

<p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</p> <p>Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)</p> <p>MASS Sunday Mass (English) 0900 hrs Messe Dominicale: 1015 hrs</p> <p>CONFESSION At all times</p> <p>PARISH ORGANIZATIONS Parish Council 3rd Thurs 1900 hrs Knights of Columbus 1st Thurs 1900 hrs CWL 2nd Tues 1900 hrs Chorale Merc 1900 hrs Choir Tues 1900 hrs Silhouettes of Mary 2nd & 4th Thurs 1830 hrs</p>	<p>ST CLEMENT ASTRA (PROTESTANT)</p> <p>Chapel Life Co-ordinator Matthew Lucas (Bapt.)</p> <p>WORSHIP SERVICE</p> <p>Divine Worship (Sun) 1130 hrs Holy Communion 1st Sunday of the month Mid-Week Communion Wed 1230 hrs</p> <p>PARISH ORGANIZATIONS</p> <p>Chapel Guild Last Tues 1930 hrs</p>
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**CHURCH SERVICE DURING THE HOLIDAY SEASON
CÉLÉBRATIONS DURANT LA PÉRIODE DES FÊTES**

24 December, 2003
 1730 hrs (RC) Bilingual Family Mass
 1930 hrs (P) Christmas Service
 2130 hrs Messe francophone (cr)
 2400 hrs Anglophone Christmas Mass (RC)

28 December, 2003
 1015 hrs (RC) Liturgy of the Word (Bilingual)
 1130 hrs (P) Sunday Worship Service

1 January, 2003
 1015 hrs (RC) Liturgy of the Word (Bilingual)



DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR
 After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 392-2811 et demandez l'aumônier en devoir.

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Matinees Saturday & Sunday

**MOVIES
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MOVIES**

MOVIE LINE-UP

- Dr Seuss: Cat in the Hat (PG) 1:05 3:00 7:05 9:05
- The Haunted Mansion (PG) 1:10 7:10 9:10
- Timeline (PG) 1:00 7:00 9:15

Coming Soon - Les Invasions Barbares, Something's Gotta Give

Admission: \$7.00 (adults 18+) \$5.00 (youth) Wed. & Matinees \$5.00 (ALL)

**CALL
392-4211
FOR INFORMATION**

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

TRENTON
Military Family Resource Centre

Christmas in the Playroom-December 17th

Santa Claus will be coming again this year as he does every other year. Santa will be coming December 17th, bringing wrapped toys for the Playroom (suggestions you have made). The children will be encouraged to open these toys with little help from us!
More information will follow on the playroom information board

Wednesday Night Out! Everyone Welcome!

Coordinator, Eve Lawrence, 965-3595
Activities...Workshops every Wednesday night. Childcare is available, and if your partner is deployed childcare is FREE. Please call ahead to reserve your spot for both childcare and the workshop. We need to have some idea of the number of participants.
December 10 - Genealogy is the fastest growing pastime in the world and is the second largest activity on the Internet. People, all over the world, are discovering their roots using computers to communicate, research, record findings, preserve images and publish their family histories for future generations. Find out what this is all about and how you can discover your roots with the resources available in the Quinte area. Bob Dawes is a past-chair of the Quinte Branch of the Ontario Genealogical Society and speaks to groups all over the province about using computers for genealogy.
December 17 - Cookie Exchange - Bake your favorite Christmas cookies to trade with others. It is a great way to have a variety of goodies to share with others during the holidays.

True colors©

There will be a True Colors© workshop on Monday, December 08, 2003 from 6:00 to 8:30 p.m. This interactive workshop offers you the opportunity to discover your potential and establish positive relationships with others that promote learning and teamwork.
True Colors© is an easy, entertaining way to identify your character which becomes an invaluable tool for enjoying success in your professional life as well as with family and personal relationships.
Please register in advance by calling 392-2811 ext. 3852 or 965-3575. There can be a maximum of 20 participants.

**ATTENTION
CONTACT
READERS**

Watch for our beautiful, full colour **2004 desk calendar**, to be inserted in our Christmas edition **December 19, 2003.**

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DECEMBER 14, 2003
At the RCAF Arena, in Trenton
(240 RCAF Road)

Game Time: 2:00 p.m. Doors open at 1:00 p.m.
Adults: \$ 8.00
Seniors/Students: \$ 5.00
Children under 5 are free

Tickets available at the RCAF Arena and at the door or call local 4110

Annual Blind Volleyball Tournament

Friday, Dec. 12
0900 - 1200 hrs

Call Tammy Topping at local 2822 to register your team.
Donations will be accepted for the Trenton Food Bank \$15 per team OR 2 non-perishable food items.

The MS Society is having its annual Christmas Goodies Sale at the Quinte Mall Dec 5, 6, 7 and Dec 19, 20, 21 during mall hours. Come out and support your local MS Chapter.

The Trenton Military Community Council presents...

CHRISTMAS HOUSE DECORATING CONTEST

Open to all military families in the PMQs and houses in the surrounding areas. Nominations for the best decorated house should be e-mailed to Cpl Scali, local 7680. Please give address and name (if possible).
Nominations must be submitted NLT Dec.15.
Judging will be done on Dec. 18.
There will be prizes for the top three houses.
Reminder to all PMQ residents - please don't hard fix anything to the house.

Big Brothers and Big Sisters fourth annual Teddy Bear Christmas Party

A special guest appearance by Andy Forgie

Saturday, December 6
11 a.m. - 3 p.m.
Elk's Lodge - Telephone Rd., Trenton
Come see Santa Claus and tell him what you would like for Christmas
Tickets: \$5 Family Rate: \$15 (3 or more children)
Adults with a child & children under 2 - FREE

face painting
games, crafts
pizza, pop, prizes



God Bless America the Hot

it's your Money



Garth Turner

The last time this happened, Britney Spears was two years old, and Peter Mansbridge had hair (well, at least a few).

Yes, it has been 20 years since the level of manufacturing in the United States was at this dizzying height. New orders are pouring in; employment is rising after 37 straight months of decline; and confidence among corporate executives is growing by the minute.

So, what does this mean to us? Actually, quite a bit. There is a full-blown economic recovery taking place in the U.S., and it is very real. Gross domestic product numbers have been shooting higher, and that has stock markets also in the green. Year-over-year, the Dow Jones Industrial Index - now flirting again with the 10,000 mark - is up by almost 30 per cent. There have also been solid gains for the TSX and the Nasdaq, and the most recent numbers suggest lots more to come.

As a result, equity and mutual fund investors have done very well, indeed. Last month more than 85 per cent of all funds in this country were making money. Some of them spectacularly. Meanwhile interest rates remain in the hopper, which means equity and fund investors get a double advantage - greater returns than bonds, GICs or money market accounts, and less tax to pay on the gains,

since they come in the form of capital gains.

Unfortunately, a lot of people have yet to wake up to these all-important facts. Today we are sitting on a record amount of money in cash, or near-cash investments, and the coming RRSP season looks once again like it's going to be all about GICs. What a shame. Guaranteed investment certificates suck, and so do all of the tarted-up variations that are about to be unleashed onto the marketplace. Do not be fooled into thinking that a GIC linked to the stock market, a basket of currencies, or even a Labrador retriever, is going to give you a decent return on your cash.

Not going to happen. That's because interest rates are likely to sit at their current low level, or even decline further over the next period of time - precisely because the American economy is on a tear. The connection is this: the loonie.

Today the Canadian dollar is at a stratospheric level compared with a year ago. That means our exports are far more expensive to American customers than in the past, which makes us less competitive and likely to sell far less product. This is not a good thing when the US economy is on fire, and poised to grow and consume more stuff.

The only effective tool the feds have is to dicker with interest

rates in order to lower the currency's value. This means dropping the cost of money, so the return investors can earn here is more in line with what's available in the States. As a result, investment capital will not stream into Canada, stoking the dollar.

The impact of this is rather profound. People with money in those near-cash investments will continue to be losers, often with negative returns after inflation and taxes have been figured in. Folks with exposure to the equity markets through stocks or funds (so long as they are diversified) should do very well as the North American economy powers ahead. And - remember - the tax hit on money made in an equity stock market is usually about half that which is levied against interest earned on a bond, GIC or savings account.

Finally, with the Canadian prime rate on the way to four per cent (you read it here first) sometime in the next six months, it makes complete sense to keep that variable rate mortgage. Today lots of lenders offer deep-discount, below-prime home loans which are now available in the four per cent range, and will soon be dipping into the threes. Sure, rates eventually will have to rise as the economy heats up, but we are months - maybe years - from any serious uptick.

Stay short, stay variable, and keep on saving. Put the cash you save into an equity mutual fund, and thank me in 10 years.

Garth Turner's Investment Television airs Sundays on the Global network.

Minimizing taxes on investment income

(NC)—Bringing a well diversified, sufficiently mixed portfolio that reflects your risk tolerance full circle, requires some simple yet effective tax smart strategies. For example, you may want to review which types of investments you hold inside your RRSP or RRIF.

It is common for investors to hold equity investments within their RRSP or RRIF. However, many investors may not realize that by dividing their holdings between non-registered and registered portfolios, they may actually reduce their taxes.

Interest bearing investments, such as GICs, are actually best held within an RRSP or RRIF. These investments, when held outside an RRSP or RRIF, are fully taxable at your marginal tax rate. By placing these interest-bearing investments within your RRSP or RRIF, they are able to grow tax-sheltered until they are withdrawn.

Equity investments that earn dividends or capital gains are most tax-efficient when held outside your RRSP or RRIF. The former because of the feder-

al tax credit that is applied because the corporation has already paid tax on its profits and the latter because only 50 per cent of the capital gain is taxed.

"Dividing your portfolio is all the more important because when you start to use your RRSP as a source of income, all holdings are taxed equally, removing any preferential tax treatments related to your individual investments," says Julie Sheen, Vice-President, BMO Term Investments.

For investors in search of growth opportunities within their RRSP there are term options available through market-linked GICs. These investments offer growth potential based on individual market index performance.

A financial planner at your local bank branch can help you address your taxation needs when looking at your investment portfolio.

Information provided by BMO Term Investments. For more information visit your nearest BMO Bank of Montreal branch, call 1-888-771-0123 or visit www.bmo.com/gic.

FROM THE GOVERNMENT OF CANADA

CHANGES TO EMPLOYMENT INSURANCE

Do your earnings vary from week to week?

Do you work part time or have temporary work?

Changes to Employment Insurance (EI) may benefit you.

The Government of Canada is increasing the Small Weeks threshold to \$225. When you qualify for EI and we calculate your benefit rate, we will, where possible, ignore weeks where your earnings fall below this level.

This change could increase your EI benefit.

Why is the Government of Canada making this change?

These improvements will encourage Canadians to accept workweeks of lesser pay without lowering their Employment Insurance benefit rate on a future claim.

The new threshold of \$225 for a regular week of work (up from \$150) reflects increases in Canadian wages.

This change makes EI more responsive to the needs of Canadian workers.

Some things remain the same:

- All insurable hours will still be used for eligibility purposes, even if they are not used to calculate your benefit rate.
- You must continue to report all earnings in the weeks you earn them.
- Earnings allowed while on claim are \$50 per week or 25 percent of your weekly benefit rate, whichever is higher.
- Employers must continue to remit EI premiums on every dollar paid and complete Records of Employment.

For information on Small Weeks:

- ☎ 1 800 O-Canada (1 800 622-6232)
- TTY: 1 800 465-7735
- 🌐 www.hrdc-drhc.gc.ca/ei

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
December 7 - December 13

ARIES (March 21-April 19): Talking things through on the 7th, 8th and 9th with the people who understand what you are pursuing will put your ideas in the proper context. Once you've done that, you will have smooth sailing and guaranteed success. Make the 10th and 11th a joyous time for family. This can be a perfect time to make changes to your home, to decorate for a festive event or open your doors to friends. Romance will unfold on the 12th and 13th and you should be able to have your own way. Social activities will leave you feeling good, but don't let it go to your head. Don't lead someone on.

TAURUS (April 20-May 20): If you don't pull your act together quickly on the 7th, 8th and 9th, you may miss out on an opportunity to move ahead. Don't let your stubbornness hold you back. You can make a difference to someone on the 10th and 11th if you share your thoughts or ideas. In return, you are likely to be offered whatever help you need to prepare for something that means a lot to you. You are likely to meet someone unique. Someone may meddle in your affairs on the 12th and 13th, making it difficult for you to do as you please. Emotions will run high at home. Compromise will be necessary.

GEMINI (May 21-June 20): You will be a little high strung and excited about upcoming events on the 7th, 8th and 9th. Spend time with friends. Disagreements with family members could lead to something you will regret. Don't let anyone discourage you from following your dreams on the 10th and 11th. Let your imagination flow. Someone with vision will recognize what you are trying to do and give you the go-ahead. Mix business with pleasure on the 12th and 13th and you will have the best of both worlds. Deals can be made and progress achieved. Your imagination should draw interest in more ways than one.

CANCER (June 21-July 22): You may come across a creative investment on the 7th, 8th and 9th that could bring you high returns in about a year. Consider it, but don't jump in unless you can truly afford to. You'll be thinking about all the wrong things on the 10th and 11th. If you are feeling disheartened, get out with a friend and have a little fun. You can turn things around just by being around people who lift your spirits. By going back to your roots on the 12th and 13th, you will better understand why you do the things you do. It will help you move forward with greater optimism and to shed past demons.

LEO (July 23-Aug. 22): As long as you portray things as they truly are on the 7th 8th and 9th you won't have anything to worry about. Partnerships can form if you can give an accurate view of your intentions. Money matters will be on your mind on the 10th and 11th. You may think that you have more to spend than you do. Check your bank account before you hire someone to do work around the house. You may be able to do the job yourself. You'll be riding a fragile crest at an emotional level on the 12th and 13th. Don't set yourself up for a big fall. Romance is apparent, but you are looking in the wrong place. Open your eyes.

VIRGO (Aug. 23-Sept. 22): Prepare to do some damage control on the 7th, 8th and 9th if someone you trusted couldn't keep his or her mouth shut. Take a very nonchalant attitude; it will be you that everyone believes if you can stay cool. Don't turn down an invitation on the 10th and 11th that will bring you in contact with people in your industry. This can be a perfect time for a partnership to develop. Hidden matters are likely to surface on the 12th and 13th at the most unsuitable time. A secret you've been hiding may be revealed in an unusual manner. Don't be tricked into telling someone something personal.

LIBRA (Sept. 23-Oct. 22): The short jaunts you make on the 7th, 8th and 9th won't be in vain. You should be able to find exactly what you are looking for. A new relationship can blossom if you are open about the way you feel. Put your emotions on the back burner on the 10th and 11th and focus on what needs to be done. When you finish, the problems you face will not appear to be nearly as bad. There will be lots of opportunity to make new acquaintances on the 12th and 13th if you volunteer your time. You may have to do some running around to get things done, but friends will assist you if you ask.

SCORPIO (Oct. 23-Nov. 21): You will be involved in some last-minute paperwork on the 7th, 8th and 9th that could affect your future. Give a little more time to family matters; loss or discord may be evident if you refuse. Your involvement on the 10th and 11th in cultural events or traveling to a foreign country will change your mind about your lifestyle, as it currently exists. This is a time of change — embrace it. Be precise in all that you do and listen to other people's grievances on the 12th and 13th. If you are too wrapped up in your own problems, you can expect to have everyone else's troubles dropped in your lap.

SAGITTARIUS (Nov. 22-Dec. 21): Talk to someone on the 7th, 8th and 9th who may be able to shed some light on your personal situation. If someone is being too demanding or ignoring you, it may be time to face up to the problems and talk matters through. Money concerns can be resolved on the 10th and 11th if you set a new budget. An older relative will cause some worry, but you can deal with the problem and put everyone at ease. You will be in an adventurous mood on the 12th and 13th, whet your appetite by taking a jaunt to your local travel agent. Spend time with friends who are entertaining.

CAPRICORN (Dec. 22-Jan. 19): You can make some major adjustments to your life on the 7th, 8th and 19th by changing your diet and adding regular exercise to your daily routine. Don't wait to start your new regime — do it now. Be careful on the 10th and 11th. You may be a bit of a flirt. Gossip will damage your reputation — not the best way to end the year. Being busy is the best outlet. You may be tempted to spend more than you should on the 12th and 13th. Don't let anyone influence you with regard to money matters. Use your own judgment and you will eliminate stress.

AQUARIUS (Jan. 20-Feb. 18): Set your goals high on the 7th, 8th and 9th and reach for the stars. Everything can turn in your favor if you put in the required time and effort. Listening can be extremely valuable. Don't fool yourself into thinking that you don't have to work hard on the 10th and 11th. The more you do to show your worth, the better. Uncertainty will leave you wondering about your cash flow. Budget now. Consider giving a partnership a little more attention on the 12th and 13th. If you have been ignoring your personal life, you may need damage control to straighten things out. Listen to what others tell you.

PISCES (Feb. 19-March 20): Don't count on getting support from family on the 7th, 8th and 9th. You stand a better chance of receiving what you need from friends. Remember: When all is said and done, you still have to face the music at home. The more social events you attend, the better your chance of a romantic encounter on the 10th and 11th. Love is in the air. You should be able to find it or become much closer to the person you are already with. Secrets are being told on the 12th and 13th that may undermine your reputation. Be honest about how you feel and you can avoid a lot of controversy.

Energy Matters--lighting up your Christmas tree

by Sgt D. Carlson

Ever wonder how the tradition of lighting up our Christmas trees all began? Then read on...

Using small candles to light up the Christmas tree dates back to the middle of the XVIIth century. The custom was only really firmly established at the beginning of the XIXth century in Germany and soon after in the Slavic countries of Eastern Europe.

The first candles were glued with wax or pinned to the end of the tree branches. Little lanterns and small candleholders then appeared to make putting up the tapers easier. Candleholders with clips appeared around 1890. Glass balls and lanterns were created between 1902 and 1914.

The first time a Christmas tree was lit by electricity was in 1882 in New York. Edward Johnson, a colleague of Thomas Edison, lit a Christmas tree with a string of 80 small electric light bulbs, which he

had made himself. These strings of light began to be produced around 1890. One of the first electrically lit Christmas trees was erected in Westmount, Quebec in 1896. In 1900, some large stores put up large illuminated trees to attract customers.

Once begun, the custom spread in Canada wherever electricity came to towns and the countryside. Because of the risk of fire, trees were not usually put up until December 24. This technical innovation altered the custom since it was now possible to put the tree up earlier and leave it up longer, until the day before Epiphany.

Here are some tips to save you a few dollars when lighting up your tree, whether it's inside or out. Power Smart outdoor holiday lights use 5-watt lamps instead of the conventional 7-watt lamps. They come in 25-light strings, and you will use 50 watts, or 30% less energy, than the same length of 7-watt lamps. This adds up when you take into account the number of strings normally used on a

house. Then take into consideration the number of hours per day and the number of weeks the lights are on during the festive season.

A timer with a photocell is also a smart addition to your holiday lighting system. You can program this energy-saving device to turn lights on automatically at dusk, and then turn them off at a scheduled time. Be sure the timer is designed to operate the amount of wattage you need. Be aware the 5-watt and 7-watt lamps are not interchangeable on a string, as the screw bases are different sizes.

It's important to realize that using Power Smart holiday lights does not mean sacrifice. You achieve the same decorative effect with the energy-efficient lights and they are friendlier on the environment. The next time you are purchasing holiday lights, be sure to look for the 5-watt lights. They are easy to spot with the "Power Smart Saves" label right on the packaging.

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<p style="text-align: center;">Storage</p> <p style="text-align: center;">BIGFORD STORAGE Household & Commercial - You store it - You lock it & keep key 24 hours - 7 days a week - 468 Bigford Rd., Brighton 475-6500 5x5 - \$25/mo 10x10-\$60/mo 10x20 - \$100/mo 5x10 - \$48/mo 10x15-\$80/mo 10x30 - \$160/mo</p>	<p style="text-align: center;">Tree Service</p> <p style="text-align: center;">TRENTON TREE SERVICE Tree Trimming & Removal, Chipping & Stumping Call Geo and Ray anytime • Free Estimates • • Fully Insured • A fair price for everyone 392-7415</p>	<p style="text-align: center;">Water Delivery</p> <p style="text-align: center;">Free Delivery At Home or Office BRIGHTON SPRING <i>natural Springwater</i> Cooler Sales & Rentals 475-5666 5 Craig Boulevard, Brighton</p>	<p style="text-align: center;">This spot could be advertising your business. Call 392-2811 ext. 3976 for details!</p>

20 Days til Christmas.

Santa shops in the Contact

"Your online source for
community info-just a click away"



Local bands raise money for United Way/HealthPartners



It may have been a small crowd at the Battle of the Bands last Friday, but it was certainly a generous one. The event, held at the Astra Lounge, raised over \$400 for the United Way/HealthPartners campaign. In addition to an evening of fantastic music from the two bands participating, Payload and NOCAL, there was a draw for an acoustic guitar (won by MCpl Andy Whynott).



**Photos by
Laurie McVicar, Contact**



Notice TO ALL VETERANS

Please be advised that Mr. Scott Young, Provincial Service Bureau Officer from Aurora Ontario, will be at Trenton Branch 110 from the hour of:

8:00am - 4pm

Tuesday December 9, 2003

Anyone wishing information, advice or assistance regarding War Disability Pensions, Treatment, Allowances etc. is requested to contact the Branch 110, to arrange for an interview. We urge you to take advantage & get some valuable advice concerning your problems.

**For Appointment Call:
Branch 110, Trenton
392-0331 9:00am - 4:00pm
Monday - Friday**



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TRENTON

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Plan Members:**

Recent mailings might indicate that you do not have a choice of pharmacies for your prescriptions. This is a misconception. We are authorized to fill your prescriptions. We also believe that your community-based pharmacist gives you the highest quality of drug therapy and continuity of care.

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Notice

The Contact office will be closed for holidays from Dec. 24 - Dec. 26, 2003 and from January 1 - January 2, 2004. We will resume normal hours on January 5.

Showcase



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Cpl E.G. Rice
received a promotion to that rank presented
by Maj W. Watson, WCE Sqn & CWO C. Bradford



Cpl N. Cristo
received a promotion to that rank
presented by Maj W. Watson,
WCE Sqn & CWO C. Bradford



Cpl J. Merritt
received a promotion to that rank
presented by Maj W. Watson,
WCE Sqn & CWO C. Bradford



MCpl P. King
received a promotion to that rank
presented by Maj W. Watson,
WCE Sqn & CWO C. Bradford



MCpl P.W. St.Croix
received a Certificate of Appreciation
from Alert presented by Maj W. Watson,
WCE Sqn & CWO C. Bradford



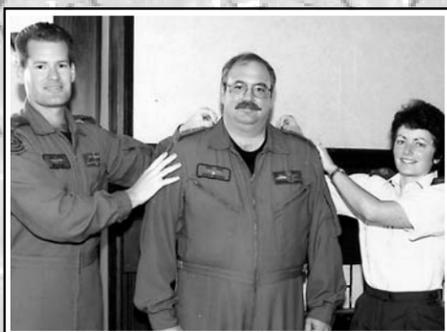
Pte Trained Watchorn
received a promotion to that rank
presented by Maj W. Watson,
WCE Sqn & CWO C. Bradford



Pte Trained M.E. Sheppard
received a promotion to that rank pre-
sented by Maj W. Watson, WCE Sqn &
CWO C. Bradford



Pte Trained C.L. Mackenzie
received a promotion to that rank present-
ed by Maj W. Watson, WCE Sqn & CWO
C. Bradford



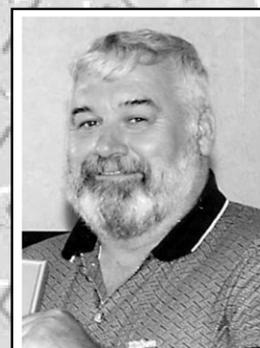
CWO R. Mercer
received a promotion to that rank presented
by L Col M.J. Hood, CO 429 Sqn & WO N. Mercer



MCpl N. Kossey
received his CD presented by
L Col M.J. Hood, CO 429 Sqn



MCpl P. Makarchuk
received his CD presented by
L Col M.J. Hood, CO 429 Sqn



Sgt A. Crewe (Ret'd)
received his Queens Jubilee
Medal presented by
L Col M.J. Hood, CO 429 Sqn



Frances Swyers
received her 15 Year Long Service Award presented by
Maj T. Sokolowski, Wing Personnel Support Services Officer



WO C. Cooper
was presented with the Golden Jubilee Medal
by Maj J. Pepper, CO, Trenton Air Cadet Summer Training Centre

SHOWCASE

Congratulations! Félicitations!



Classified

For Classified Information Call 392-2811 ext: 3976

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

Information

CLASSIFIED AD RATES

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

ORDERING AN AD

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

ERRORS & OMISSIONS

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

USERS & AD READERS

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

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 968-4183

NANNY WANTED

Starting end-January until August. Part-time initially (mornings) then full-time from April 14 to June 30 while 2 service spouses on course (excluding weekends). Back to part-time only for the summer. To look after 3 months old & 2 1/2 year old boy (boy full-time in daycare). Own vehicle and license needed. Non-smoking. Flexible hours. Light housekeeping only. Salary to be discussed on interview. Please contact Chantal at 392-1943 (home) or 392-2811 x.2445 (work). (residence on Trenton South side Base)

Business Services

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60 Division Street
Trenton
392-2111

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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.

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Reputable Trenton Salon seeking experienced hairstylist for full/part-time position. Interested candidates please contact **Classic Coiffure at 394-4185**

Crossword Answers

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A	L	P	O		R	O	D	E		T	O	N
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A stunning renovation of one & two bedroom apartments on Dundas Street West, Trenton. All new kitchen, bathrooms, paint, windows, carpet, ceramic laminate flooring & security entrance. New appliances, heat & water included.

\$525/mth to \$695/mth NO PETS
Call **Kenmau Ltd. Property Management 392-2601**

FOR RENT

4 bedroom, house, 2 1/2 baths, \$850/month + utilities. Available Dec 1. First, last & references required.
394-3782 after 5pm

TRENTON WEST SIDE

Beautifully renovated spacious three bedroom main level apartment. Fridge/stove/water incl. Ideal for senior looking for plenty of space.
\$833/mth Call Kenmau Property Management 392-2601

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1 bedroom apt in N/S Trenton mansion. \$600/month + utilities. Ideal for single, quiet person. No pets, Available immediately.
Call 968-6872 or 416-802-6186

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Call **Kenmau Property Management 392-2601**

For Rent

For Rent

Small hall perfect for:
Baby Showers
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Family Get Togethers
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FOR RENT

Side by side Duplex 3 bedrooms & basement. Minutes from CFB. Big yard, No pets please.
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Help Wanted

EARN EXTRA MONEY!! CARRIER NEEDED to deliver Contact newspapers for a route here at 8 Wing/CFB Trenton:
Please call **965-7248** mornings or leave your name, address, phone number & age.

Help Wanted



Superior Propane Inc.

As the only national retail propane marketer in Canada, we credit our success to four important values:
RESPECT INTEGRITY SERVICE EXCELLENCE
Every employee plays an integral part in promoting these values in their day-to-day actions - building an effective, customer centred team environment.

Driver (Bulk)

Central Nova Scotia Market - Trenton Site Seasonal
Reporting to the Operations Coordinator, the Bulk Driver loads, delivers and unloads propane into bulk truck and end use containers. Responsibilities include managing and optimizing route efficiencies, maintaining good customer relations and managing truck maintenance. A positive attitude, commitment to safety, good customer service skills and solid verbal communication skills are required.
The successful candidate must have two to three years' experience driving a bulk truck in various weather conditions, be licensed to do so in the province of Nova Scotia, possess a Class 3 with air endorsement and a clean driver's abstract. Knowledge of the surrounding areas would be an asset, as would propane handling experience. Comprehensive safety training will be provided.

If you are interested in this challenging opportunity, please send your resume and letter of interest, by December 12, 2003, to:

Glenn Baker, Operations Manager
Superior Propane
Fax: (902) 481-6362
Email: bakerg@superiorpropane.com

We sincerely thank all applicants for their interest. Only those candidates under consideration will be contacted.



Inspect your house this fall

(NC)—When fall arrives, it's always a good idea to carefully inspect the whole house to make sure you'll be comfortable throughout the long winter months ahead.

According to Jean-François Gagnon, RONA's training consultant, "you need to inspect a number of different areas around the house, including caulking around doors and windows, weather-stripping, roof, eaves troughs and outside taps (including hoses)." Here are a few suggestions that can help you avoid bigger problems down the road.

Window and door caulking

A proper inspection of the caulking starts with a look at the joints to make sure they aren't cracked or raised. The southern and western facings are the most likely to be damaged, because they are exposed to more sun. Then you should check for mold on the northern and eastern sides.

If you find mold or cracks, you should remove the old caulking, clean the surface with TSP (trisodium phosphate) and apply new caulking. Choose a product that provides maximum flexibility for greater durability.

Roof

It's a good idea to check whether the flash-

ing joints are cracked. If so, a coat of rubberized tar should seal them. Then examine the shingles, especially the ones on the edge of the roof to make sure they're not lifting off. Use tar to secure any that are loose. Again, pay special attention to the north side (prevailing winds) and the south side (wide temperature variations).

If you get lots of icicles during the winter, you can eliminate them by installing heating wires.

Weather-stripping

Checking the airtightness of the doors is best done on the first cold nights of the year. Run your hand along the doorframe to feel whether any cold air is coming in. If so, the weather-stripping may be dry or cracked, which reduces the flexibility it needs to fully seal the space between the door and the frame. Dry or cracked weather-stripping needs to be replaced. If the weather-stripping seems to be in good shape, then you probably just need to adjust it a bit.

Windows

If your house has sliding or double-hung windows and you don't plan to open them during the winter, you can apply protection — such as temporary sealant, tape or plas-

tic film — that you leave on all winter long.

Eaves troughs

Here are two practical tips for keeping your eavestroughs working well during the coming rainstorms and snowstorms:

1. Remove leaves and debris build-up in the eaves troughs.
2. Install heating wires in the eavestroughs and downspouts to prevent damage caused by freezing.

Outdoor tap

If you have an "antifreeze" tap, make sure it's completely turned off. If you have a standard tap, close the inside valve and open the outside tap. It must remain like this all winter to keep the inside components airtight.

A few pre-frost suggestions from Jean-François Gagnon, RONA expert

- Cover the bottom of your hedges and rose-bushes with natural insulation.
- Thoroughly water your evergreens.
- Install windbreaks around new plantings.
- Put hoses, accessories and pressure washers inside to avoid damage caused by the cold. Install snow removal guides before the ground is frozen.
- Change the bulbs in your roof lighting before winter arrives, to reduce the risk of slipping and falling should they need replacing later on.

Need more information? Your local RONA expert can answer all your questions "About the House." Or go to rona.ca for practical advice and hundreds of handy tips.



Haven't started your Christmas shopping yet? Check out our special gift giving section on pages 12 & 13.



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7 ★	8	9	10	11 Ladies Night Out 1900hrs	12 TGIF Cancelled Jr Ranks Christmas Dinner	13 ★ Pool Tournament
14 Children's Christmas Party 1300hrs	15	16	17 Astra Lounge All Ranks Christmas Cheer 1200hrs	18	19 TGIF Cancelled	20
21 ★	22	23	24	25 Merry Christmas!	26 TGIF Cancelled Boxing Day!	27 ★
28	29	30	31 New Year's Eve Dance			

DECEMBER 2003

01 January 2004
New Years Levee
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<p>2000 FORD FOCUS Manual, 4 cyl, bucket seats, air, keyless entry, cd, pdl, 24,200 kms. Stk# 349PA</p> <p>\$12,900 / \$134 bi-weekly*</p>	<p>2003 DODGE RAM 1500 Auto, 4.7, 8 cyl, short bed, tonneau cover, tow package, leather, air, cruise, ps, pw, pdl, cd, 20,000 kms. Stk# 334P</p> <p>\$38,900 / \$309 bi-weekly*</p>	<p>2003 DODGE RAM 1500 ST Auto, 8 cyl, long bed, bed liner, tow package, air, cruise, tilt, cd, 7,683 kms. Stk# 351P</p> <p>\$23,900 / \$185 bi-weekly*</p>	<p>2000 JEEP GRAND CHEROKEE LTD Auto, V6, air, cassette, cruise, tilt, keyless entry, cd, pdl, pw, 55,994 kms. Stk# 4188A</p> <p>\$28,900 / \$314 bi-weekly*</p>	<p>2002 CHRYSLER SEBRING Auto, 6 cyl, bucket seats, air, cruise, tilt, cd, pw, pdl, 38,000 kms. Stk# 309PA</p> <p>\$16,900 / \$148 bi-weekly*</p>
<p>2000 CHRYSLER INTREPID Auto, 6 cyl, air, am/fm/cassette stereo, cruise, tilt, pdl, 55,706 kms. Stk# 4068A</p> <p>\$15,900 / \$168 bi-weekly*</p>	<p>2000 DODGE CARAVAN Auto, 6 cyl, bucket seats, air, cruise, tilt, pw, pdl, 95,769 kms. Stk# 3626A</p> <p>SOLD \$14,995 / \$158 bi-weekly*</p>	<p>2003 JEEP GRAND CHEROKEE 4X4 Auto, 6 cyl, bucket seats, power seats, air, cruise, tilt, cd, pw, pdl, 17,800 kms. Stk# 347P</p> <p>\$31,900 / \$250 bi-weekly*</p>	<p>2001 CHRYSLER INTREPID Auto, V6, bucket seats, air cassette, cruise, tilt, cd, pw, pdl, 50,337 kms. Stk# 4195A</p> <p>\$17,900 / \$158 bi-weekly*</p>	<p>2003 DODGE SX Auto, 4 cyl, cruise, tilt, air, cd, p windows, p door locks, 16,459 kms. Stk# 355P</p> <p>\$15,900 / \$120 bi-weekly*</p>
<p>2003 CHRYSLER PT CRUISER Auto, 4 cyl, air, cruise, tilt, keyless entry, cd, p windows, pdl, 24,663 kms. Stk# 365P</p> <p>\$19,900 / \$152 bi-weekly*</p>	<p>2003 DODGE RAM Auto, 8 cyl, long bed, tow package, air, cassette, cruise, tilt, 1,452 kms. Stk# 342P</p> <p>\$24,900 / \$195 bi-weekly*</p>	<p>2004 CHRYSLER GTC CONVERTIBLE Auto, 6 cyl, bucket seats, air, cruise, tilt, cd, pw, pdl, 15,185 kms. Stk# 4017</p> <p>\$36,175 / \$284 bi-weekly*</p>	<p>2003 DODGE GRAND CARAVAN Auto, 6 cyl, bucket seats, air, cassette, cruise, tilt, cd, pw, pdl, 31,000 kms. Stk# 361P</p> <p>\$25,900 / \$201 bi-weekly*</p>	<p>2003 CHRYSLER INTREPID SE Auto, bucket seats, air, am/fm stereo, pdl, pw, pm, cruise, tilt, 21,480 kms. Stk# 301P</p> <p>\$19,900 / \$152 bi-weekly*</p>
<p>2003 DODGE CARAVAN SE Auto, 6 cyl, silver exterior, beige interior, 4 captain's chairs, air, cruise, tilt, keyless entry, cd, pw, pdl, 27,097 kms. Stk# 311P</p> <p>\$22,900 / \$176 bi-weekly*</p>	<p>2003 JEEP LIBERTY LTD. 4X4 Auto, 6 cyl, alloy, bucket seats, air, cruise, tilt, cd, pdl, pw, 24,902 kms. Stk# 314P</p> <p>\$29,900 / \$234 bi-weekly*</p>	<p>1999 DODGE CARAVAN Auto, 6 cyl, bucket seats, air, pw, pdl, cruise, tilt, 15 anniversary edition, 614,000 kms. Stk# 3600A</p> <p>\$13,900 / \$145 bi-weekly*</p>	<p>2000 DODGE CARAVAN Auto, V6, bucket seats, air, cassette, cruise, tilt, p windows, pdl, 45,327 kms. Stk# 3528A</p> <p>\$15,900 / \$168 bi-weekly*</p>	<p>2002 DODGE RAM 1500 Auto, 4.7L V8, short bed, air, cassette, anti-theft, 21,074 kms. Stk# 4160A</p> <p>\$21,900 / \$195 bi-weekly*</p>

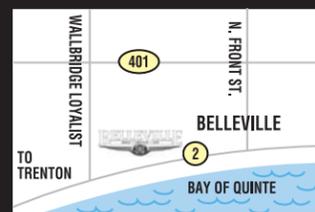


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* All prices plus applicable taxes, licensing, dealer administration fees. Payments based on terms as follows: 2003 models - 72 months; 2002 models - 60 months; 2001 models - 60 months; 2000 models - 48 months; 1999 models - 48 months; 1998 models - 36 months. OAC payments based on bi-weekly terms at 7.95% with \$1,000 cash or trade reduction. See dealer for important details or visit us at www.bellevilledodge.ca.