

# the Contact

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## The tragic consequences of drinking and driving

by Warrant Officer Myke Hamm

As a military policeman, there have been many times over the past 20 years that I have been asked to speak to the public about the dangers of drinking and driving, and throughout those years, many people have asked me if I could recount a few stories about tragedies I have witnessed.

While it normally pains me to relive the experiences of the sufferings of others, if my recollections can prevent just one family from having to suffer the anguish my eyes have seen, then I guess the effort is worth it. While these tired eyes have seen their share of horror, I would like to share one incident in particular that had an incredible impact on me.

### Death was a patient soul

It was a clear and crisp April evening, a Friday night, and as usual, there was an electricity in the air that only occurs during the beginning of spring. Somewhat like the sleeping bear, people began to come out of their homes after a particularly long winter, and in the traditional Navy city of Halifax, the bars were hopping. Sailors are slapping the backs of their shipmates, ales are being hoisted in the name of Her Majesty, and Death is in the corner waiting his turn to perform...he wouldn't have to wait long on this night.

One of the sailors, a Clearance Diver named Charlie, had a buddy that needed to get home. Being a nice guy, Charlie decided that he would give his buddy a drive home, on the back of his motorcycle. The problem

was, Charlie had drunk about a dozen beer more than he should have. God was on his buddy's side that night, and Death was a patient soul.

Charlie was able to deposit his buddy on his doorstep in one piece...it was when Charlie turned to go back to the ship, that Death jumped onto the back of the motorcycle that night. On the way back to the ship, Charlie struck a taxi cab, and he was catapulted off his motorcycle into a telephone pole...he was alive when the police and ambulance arrived, but he would never have a conscious thought again. He was rushed by ambulance to the Victoria General Hospital, and the police began the grim task of notifying the family of the accident.

It was dark on the back step of the PMQ as a very young policeman and his partner approached the door. They had brought with them a neighbour to help ease the shock of their news. Taking a deep breath of cold air into the lungs to steel his nerves and the young policeman pushed the door buzzer. It was about 9 o'clock at night, and as the door opened, the policeman looked down on a little boy and asked the boy if his mommy was home. The little boy closed the door, and a few moments later, his mommy appeared at the door. She was obviously pregnant, and the policeman would later learn that she had six children, and was expecting a seventh a few months later.

### Some terrible news

"Ma'am...we have some terrible news for you..." The woman began to cry. The neigh-

bour entered the house, and consoled the woman and her children, as the police made arrangements to take the mother to the hospital to be with her husband.

When she got to the hospital, Charlie was hooked up to a life support machine. She remarked how normal he looked, as if he was sleeping, but the doctor delivered the grimmest of news, and the young policeman watched as the woman's whole world came crashing down around her, and there was nothing that anybody could do about it.

Charlie was kept alive on life support until his extended family could arrive. Then, on the Monday evening after the weekend, Death left that hospital with Charlie.

### The biggest tragedy

The impact on Charlie's family was horrific, and perhaps the biggest tragedy in all of this--in August of that year, Charlie's wife delivered a daughter who would grow up never knowing her father. Charlie was only 34 years old when he died, and he did not have any life insurance. His family was left with a stack of bills and a Supplementary Death Benefit to pay them with. A mother was left behind with seven children, the oldest of which was 11, and a newborn.

Over the years, the mother would be faced with more challenges and heartbreak than any person should be faced with. The effects of her husband's drinking and driving would have an incredible impact on her, and of course, on her fatherless children. She would be forced to be both mother and father to her brood, and would have to enter



Photo: Laurie McVicar, Contact

Lieutenant-Colonel Bill Lewis (centre) signs a pledge not to drink and drive over the holiday season while Master Seaman Bruce Murphy, Jr. Ranks Mess Manager, and Cheryl Rothenburg, Health Promotion Director, look on. The pledges are part of the Safe and Sober Campaign, sponsored by PSP and Strengthening the Forces, and are available at the Jr. Ranks Mess. All pledges will be displayed on the Safe and Sober Wall.

the workforce herself in order to make ends meet. The young policeman would never forget the loss of innocence he experienced that night. When any of Charlie's five sons began to act up, the young policeman would somehow find out about it, and he would take the time to set them straight, realizing the young mom would need the help.

So you see, a lot of lives were affected that day by Charlie's

decision to get on that motorcycle after drinking too much, including mine. I would like to take this opportunity on behalf of my good friend, Constable Cullen, of the Dartmouth City Police, to ask you all to think of the consequences of drinking and driving, especially over the Christmas holidays. Constable Cullen was the young policeman on the doorstep that night, and I was the little boy who opened the door for him.

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# The Peanut Butter Christmas

by Tim Brodie

We need to rethink what Christmas means to us. For me, the meaning was defined on Christmas Eve of 1963 or '64, it really doesn't matter I suppose. I was either three or four years old. My father had left us in '62...actually he had dropped us off. He moved my mother, brother and I from Wakefield, Quebec to a basement apartment in Hamilton, Ontario with two months rent and disappeared from our lives forever. Mother, being one of great spirit and fortitude had refused to apply for welfare. She knocked on doors for work everywhere. At one time or another she had driven trucks, worked in banks and at department stores. I suppose by today's standards we were poor, but we never noticed.

Anyway, Christmas Eve had arrived. Mother was determined to make it special for us. For months she had cut corners and saved. Walking to work in a somewhat questionable neighbourhood rather than taking the bus, cutting back on portions at dinner time, mostly hers. Whatever it took mother did it and, slowly, her pile of pocket change built. She had planned on using her small savings to buy my brother and I our winter necessities for Christmas, but that wasn't all. As a treat she would take us out on

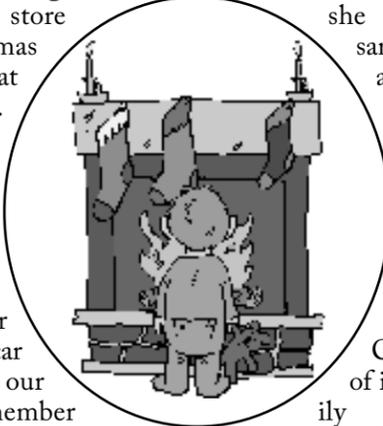
Christmas Eve for a special restaurant supper.

We talked about it for weeks. To children who were only used to meat on the weekends, and could never remember actually eating out, the night sounded magical. At the time Mother was working at a local department store and, being Christmas Eve, would work that night until closing. We napped in the afternoon in eager anticipation of the coming night. After work our exhausted mother picked up my brother and I in a borrowed car and set out for our adventure. I remember standing in the back of the car as we drove down darkened streets looking for that elusive open restaurant. It seemed, that year at least, all the restaurants had closed at about the same time as the stores. As we continued to drive my mother kept apologizing over and over to the two young children to whom she could not fulfill the promise she had so longingly meant to keep. On the way back home she cried a lot.

That night, before we got tucked into our beds, I recall sitting in a darkened kitchen while my

mother made the only thing she could for us to eat that Christmas Eve, peanut butter sandwiches. Her crying hadn't abated while she made the sandwiches and I remember, even at that tender age, that I wanted to tell her it was alright, that we were together, that she made the best sandwiches on earth, and that I loved her. We sat there that night and talked about Christmas and what it meant. We talked of family and love and the birth of Christ. The sense of intimacy and family affection was ingrained in me forever. I learned that night that Christmas should not ever become a time of promised gifts and anticipated riches but of spontaneous and overflowing sentiment, a time to appreciate the small moments we are given for all their true worth.

I learned that night that dreams aren't always what we expect, but that memories are always there for the making. May your Christmas be one of memories for both the young and old. May you all have ... a peanut butter Christmas. God bless.



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

A wrecked vehicle is provided every year from May's Motors Inc. in Trenton to promote the Safe Driving Week 1-7 Dec. The theme for this year is "Eyes On The Road, Hands On The Wheel". "Multi-tasking while driving like eating, using the cell phone or trying to stop your kids from fighting can be extremely dangerous. Driving under distractions can be deadly, keep your attention on the road and stay safe.



## SAR SQUADRON JOINS SANTA CLAUS PARADE

Photo: MCpl Rob Kennedy



424 Squadron took part in the Trenton Santa Claus Parade on November 23. Master Corporal Lori Dearing (above) definitely got into the spirit of things by dressing up as a tiger (the Squadron's mascot).

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# Search & Rescue UPDATE

Look for our 2004 desktop calendar in next week's issue of THE CONTACT



424 Tiger Squadron responded to one search and rescue call this past week. A SAR Labrador, while transiting from Trenton to Hamilton to undergo SAR training, picked up an ELT signal while passing by Toronto Island Airport. After flying multiple passes to try to determine the location of the ELT, it was narrowed down to somewhere in the vicinity of the Air Canada Centre. After further investigation, it was determined that the signal was coming from a package in a UPS truck going by ferry to Toronto Island.

Missions for 2003: 157 Missions for Dec.: 4 Persons rescued: 22

## JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
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  
 (hosted by WO's & Sgt's Mess)

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



## The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events at and affecting Canada's largest and busiest air base — 8 Wing / CFB Trenton. We are the primary internal and external communications tool for 8 Wing / CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Forces at work. The Editor reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel David Higgins CD, Wing Commander, 8 Wing / CFB Trenton.

### The Contact Staff

**Editor-in-Chief:** Capt. Andy Coxhead  
**Editor:** Andrea LeBlanc  
**Asst. Editor:** Laurie McVicar  
**Advertising Sales:** Judy Leavere  
**Media Marketing & Sales:** Sandi Ramsay  
**Advertising & Promotions Assistant:** Corrie MacDonald  
**Bookkeeper:** Marilyn Miron  
**Circulation:** Keith Cleaton  
**Assistant Translator/Proofreader:** MCpl Louise Fagan  
**PSP Manager:** Bob Payette  
**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](mailto:LEBLANC.AL@forces.gc.ca)

Intranet: [LeBlancAL@CFBTrenton@Trenton](mailto:LeBlancAL@CFBTrenton@Trenton)

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



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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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8 Wing / CFB Trenton  
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**Editorial: 613-392-2811 Ext. 7005 Fax: 613-965-7490  
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### message from the

## Editor

Life as an editor means that I am exposed to a never-ending supply of words, generally written by other people.

Most submissions are adequately written with minimal editing required, quite a few arrive crying out for major rewrites, and then there are those rare, wonderful articles that literally stop me in my tracks.

Not only well written, these submitted words carry amazing power, and remind me of how much I love the written word and the incredible impact words can have. Yes, the pen truly is mightier than the sword.

I found myself reading one such story first thing Monday morning, submitted by WO Hamm (see page 1). Wow. It's the only word this wordsmith can think of to describe my reaction after reading what he had written.

The word selfless comes to mind, applying both to his willingness to share such a personal, and likely painful, story, and also applying to his obviously lifelong desire to prevent others from suffering the same tragedy he and his family endured so many years ago. His father's senseless death must have been why he became a police officer, dedicated to protect and serve.

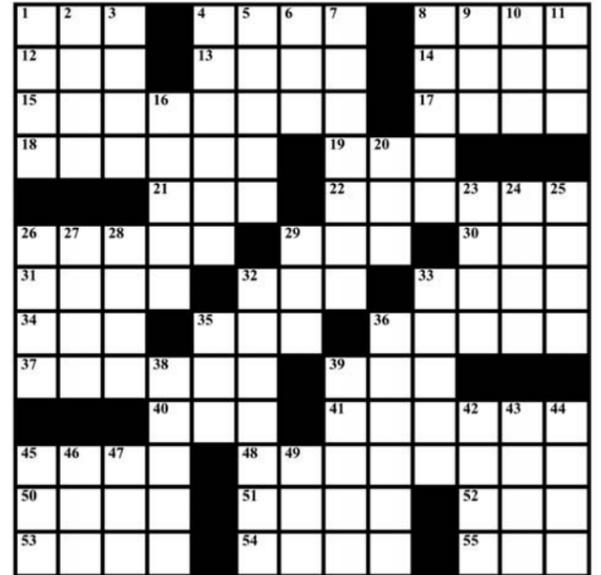
His article (and the rare others like it) is why I became an editor, to share the written word and with it the ability to positively affect the lives of others.

Thank you, WO Hamm, for your compelling Christmas story. May it keep us all safe this holiday season.

## Canadiana Crossword

### Wayne's World

Bernice Rosella and James Kilner



#### ACROSS

- 1 Damage
- 4 Beneficiary
- 8 Dief the Chief?
- 12 Note on Guido's scale
- 13 Killer whale
- 14 Buffalo
- 15 Preserve
- 17 Memo
- 18 Wayne's first Stanley Cup team
- 19 Common exclamation
- 21 Sadness
- 22 Con
- 26 Rip into strips
- 29 Jock
- 30 Iron or stone follower
- 31 Indigent
- 32 Runs PCs
- 33 The land of Israel
- 34 A kind of Acc.
- 35 Left leaning?
- 36 Wayne's Los Angeles team-mates
- 37 Short haul jet
- 39 Stifle
- 40 Hawaiian welcomer
- 41 Release
- 45 List
- 48 Wayne's Nickname
- 50 Wimbledon champion
- 51 Hideaway
- 52 Zuider \_\_\_\_\_
- 53 Lampreys or congers
- 54 Porcupine's quill, for example
- 55 Sea eagle

#### DOWN

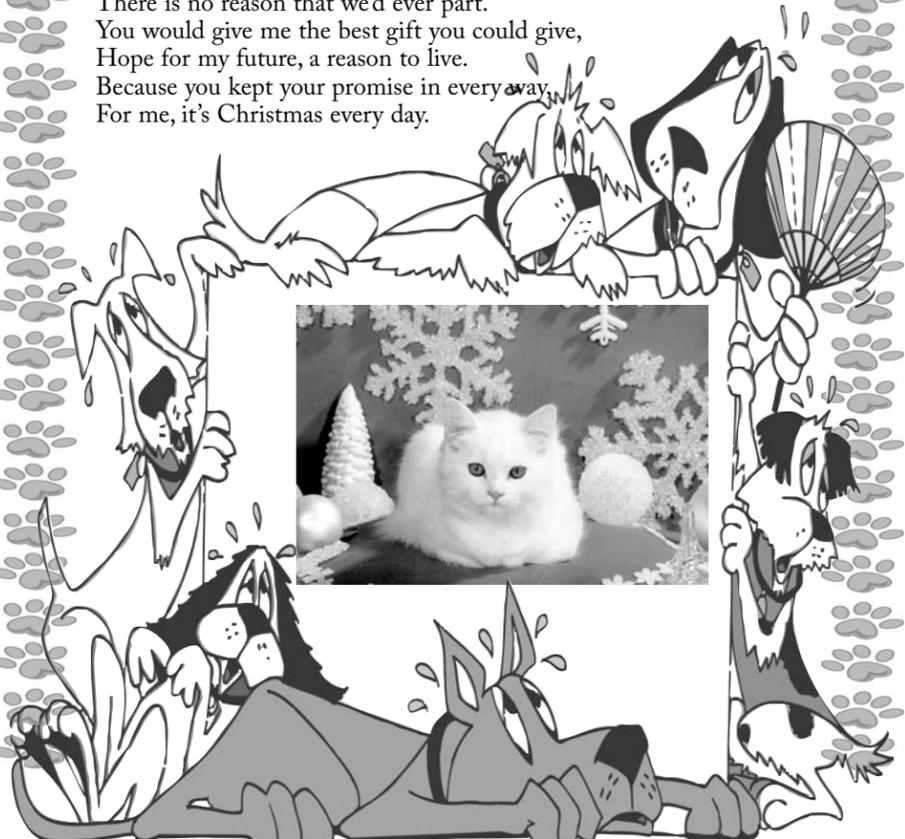
- 1 Note
- 2 Word after Jai
- 3 Rant

- 4 Dragster
- 5 Wipe out
- 6 Here, in Hauterive
- 7 Wayne's New York team-mates
- 8 Wayne's wife
- 9 Beetle mate
- 10 On fire
- 11 No, in Glasgow
- 16 More parvenu
- 20 Famous fruit salts
- 23 Precipitation
- 24 Stirred up
- 25 Bics
- 26 Cruelty prevention org.
- 27 Shoshonean language
- 28 Bellow

- 29 Capsule
- 32 Creates
- 33 Spot
- 35 Bitter herb
- 36 Where Wayne played his final NHL game in Canada
- 38 Wayne's St. Louis team-mates
- 39 Visitor
- 42 Seep
- 43 Ace
- 44 Avid
- 45 \_\_\_\_\_ West
- 46 Compass pt
- 47 Wayne's milieu, abbr.
- 49 Ruff's mate

## Pet Particulars CHRISTMAS EVERY DAY

For me it's Christmas every day  
 Because you kept your promise in every way.  
 You came to the shelter and took me home,  
 And promised I'd never again be alone.  
 You said that you would play and walk with me,  
 And never leave me for hours tied to a tree.  
 I'd never be cold, I'd always be fed,  
 You'd keep food in my bowl, I'd have my own bed.  
 If I made mistakes, you'd be patient with me  
 And kindly teach me to be the best I could be.  
 I'd be part of your family and part of your heart,  
 There is no reason that we'd ever part.  
 You would give me the best gift you could give,  
 Hope for my future, a reason to live.  
 Because you kept your promise in every way,  
 For me, it's Christmas every day.





# Remembering the dead

by Laurie McVicar  
With files from  
W. Brice McVicar, Picton  
Gazette

On December 6, a service was held at Belleville's Quinte Mall in memory of more than 90 Ontario women who have died as the result of deliberate acts of violence over the past three years.

The names of the women - including Kathleen MacVicar, the 19-year-old woman whose slain body was found along

Montreal Massacre, in which 14 young female students were gunned down and killed simply because of their gender.

"(The gunman) planned and plotted and on December 6, 1989 he walked into l'Ecole Polytechnique in Montreal with one intent and that was to murder women. Today is not just a day to remember these women, but also a day to commemorate all the battles that women have fought and still fight to gain recogni-

which have been implemented.

"While we wait, women are dying and they're dying in record numbers," Watson-Moyle stated. "What are we waiting for? How many deaths will it take for them to know that too many women have died? So far, there have been 77 more murders since the Hadley inquest directly related to violence in intimate relationships. This amounts to approximately one death every nine days."

Watson-Moyle stressed that Canada needs more affordable housing, second-stage housing, and more funding for shelters and community-based counseling services so that women who are attempting to flee a violent household have the support they need.

Also taking part in the service was Joanne Belanger, Prevention Intervention Consultation Coordinator for the Trenton Military Family Resource Centre.

"I believe strongly that women and children continue to be socially, economically and legally disadvantaged in our society and therefore are in the majority when it comes to being victims of violence. If we are going to provide good support to these women and children we need to work well together and also provide some support to each other," said Belanger. "This memorial service is important because we need to publicly remind people that violence is a problem in our society. It is easy to sweep the issue of violence, especially domestic violence, under the rug. That only serves to perpetuate the cycle."



Photo: W. Brice McVicar

**Joanne Belanger, Prevention Intervention Consultation Coordinator for the Trenton Military Family Resource Centre, took part in a memorial service held Dec. 6 at the Quinte Mall as part of the National Day of Remembrance and Action on Violence Against Women.**

Curtis Road in June, 2001 - were printed on a piece of paper, read off, and then posted up for all to see. The memorial service was part of the National Day of Remembrance and Action on Violence Against Women, which was officially declared by the Canadian government in 1991.

Kim Charlebois, Executive Director for the Sexual Assault Clinic for Quinte and District, brought attention to the anniversary of the

tion, equality and eliminate sex discrimination everywhere," stated Charlebois.

Sandy Watson-Moyles, Executive Director for Alternatives for Women in Prince Edward County, voiced her frustration over a lack of action resulting from the inquest into the death of Gillian Hadley. Three years ago, Hadley was shot to death in her Pickering home by her estranged husband. An inquest into her death resulted in 59 recommendations, few of

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December 1 to December 23

<b>MONDAY - FRIDAY</b> 9am-10pm	<b>SATURDAYS</b> 8am-9pm	<b>SUNDAYS</b> 10am-6pm
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REGULAR MALL HOURS BACK IN EFFECT DECEMBER 27- 30

### Special December Events

<b>CHRISTMAS EVE</b>	December 24	OPEN 9:00AM-5:00PM
<b>CHRISTMAS DAY</b>	December 25	MALL CLOSED
<b>BOXING DAY SALE</b>	December 26	OPEN 8:00AM-6:00PM
<b>NEW YEAR'S EVE</b>	December 31	OPEN 9:30AM-5:00PM
<b>NEW YEAR'S DAY</b>	January 1	MALL CLOSED

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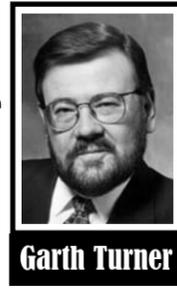
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## Tilt to right has consequences

### it's your Money



Can politics make much of a difference to your personal finances?

You bet it can, and there is reason to expect what happens in Ottawa over the next few months will have a major impact on your mortgage, your mutual funds, and even your vacation plans.

This is because financial markets keep a close tab on the country's political leadership, trying to anticipate future changes will be.

Right now, most corporate honchos and the monied aristocracy like the idea of a Paul Martin government - not so much because it will be another Liberal regime, but rather based on Martin's track record as a no-surprises minister of finance. Martin has proven himself to date to be a deficit-busting, moderate-taxing, right-of-centre Grit, who was happy to carry on with former Conservative principles of budget cuts, low interest rates, the GST and debt reduction.

That, Bay Street figures, gives some stability and predictability to the economy. It also has helped give us a high dollar, which has actually caused damage by soaring too far, too fast, hurting our exporters. The next big event is the unveiling of the first Martin cabinet, which is slated for later this week. So far, The Street likes the buzz that economic left-wingers like Sheila Copps and Alan Rock will be shown the door - a definite signal the new PM will continue to be more concerned about balancing the budget than expanding social programs.

After that comes the first Martin budget, also a

major indicator of what this guy will do differently than the last prime minister. Early speculation is that Martin will make some major reforms to the way the Parliamentary system works, try to launch a new era of cooperation with those pesky provinces and even throw a little tax cut out, in preparation for a Spring 2004, election.

*In any case, for those of us who cheer less government, lower taxes, saner regulation, balanced budgets, low interest rates and a robust economy, these are turning into good times.*

So, flying into the heady mix of politics and economics now is the new Conservative Party of Canada, born last weekend when members of both the Canadian Alliance and the Progressive Conservative Party voted to merge by a margin of more than 90 per cent. The decisive victory instantly isolated those Red Tory elements of the PC Party, such as Flora MacDonald (remember her?), Joe Clark and, of course, the over-the-top David Orchard.

It all means that federal politics is starting to tilt right in a big way. Bay Street now has the spectre of years of government ahead which will be led by Paul Martin's neo-conservative Liberals, or the Conservative Party's born-

again conservatives. In any case, that's a lot of conservatism, which should mean sustained low interest rates, moderate (if any) tax increases, the actual potential for tax cuts, a lid on federal spending and renewed emphasis on fiscal management. That should lead, in turn, to renewed corporate profits, rising markets, a sustained strong real estate market, rising consumer and investor confidence, cheap mortgages and much better investment returns.

There is even the potential that a new leader will emerge for the new right-of-centre party that will galvanize public opinion around some high-powered policy initiatives, like the elimination of the capital gains tax, or allowing people to sell their houses and shelter all of the gain within an RRSP - effectively turning real estate into a retirement fund. A leader today who can map out a plan for the next 10 years - in which more Canadians will be turning 65 than ever before in history - could remove some major uncertainties and help the economy grow dramatically.

In any case, for those of us who cheer less government, lower taxes, saner regulation, balanced budgets, low interest rates and a robust economy, these are turning into good times.

The country is about to get a Paul Martin cabinet, and a new party unabashedly focused on a right-wing agenda. That should mean confidence on Bay Street, with better mutual fund returns and low mortgage costs on Main Street.. It also promises to turn Parliament from a romper room of regional interests into a forum for serious debate between strong, national parties.

It almost makes a guy want to be there. Almost.

Garth Turner's Investment Television airs Sundays on the Global network. Internet, garth.ca.

## Giving the gift of learning

(NC)—Before you rush out and buy the little ones an electric train set or a brand new pair of ballet shoes, this season consider choosing a gift that will last a lifetime - the gift of post-secondary education.

"It is estimated that by the year 2021, an average post-secondary education will cost \$94,000\*," says Michelle Benson, Group Product Manager, BMO Mutual Funds." While this may at first seem overwhelming to parents, a Registered Education Savings Plan (RESP) can help ease the financial burden."

RESPs are designed to help parents save for their child's future education. There are different plan types available to suit individual needs and a financial planner can help determine the appropriate plan to help parents reach their education savings goals.

The maximum contribution limit is \$4,000 per year, per beneficiary. Contributions may be made for up to 21 years - to a lifetime maximum of \$42,000 per beneficiary. An RESP terminates when all the funds have been

withdrawn or 25 years after the plan was opened, whichever comes first.

A key benefit of using an RESP to save for a child's post-secondary education is that parents can take advantage of the Federal Government's Canada Education Savings Grant (CESG) Program. For every child aged 17 and under, the Federal Government will contribute an additional 20 per cent of the annual RESP contributions - up to a maximum grant of \$400 per calendar year and a lifetime limit of \$7,200. For children aged 16/17 years old, certain conditions must be met in order for them to qualify for the CESG.

A financial planner at your local bank branch can help you determine the right RESP plan for the children in your life.

\*Education costs include tuition, a single residence room with meals and books.

Information provided by BMO Mutual Funds. For more information visit your nearest BMO Bank of Montreal branch, call 1-800-665-7700 or visit [www.bmo.com/mutualfunds](http://www.bmo.com/mutualfunds).

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# How to enjoy the holidays and also stay in control of your money

by Renée Trépanier,  
Education and  
Communications Manager  
SISIP Financial Services,  
Ottawa

Money management is becoming an increasingly complicated task in today's world. The holiday season is fast approaching and shop owners are welcoming us into their stores with open arms. Not only do we have more buying possibilities than ever before, but we also have more payment options – cash, cheque, credit card, debit card, automatic withdrawal and Internet.

What we decide to do with our money in the com-

ing weeks may have repercussions in the next few months. We all use our money differently according to our values and priorities. However, the consequences of mismanaging money affect all of us in the same way: stress-related illness, family quarrels, poor job performance, and drug and alcohol abuse. Letting money control you rather than taking control of your money adversely affects the balance in your life.

So, how can you enjoy the holidays and keep your financial situation in check? Create a budget. By knowing how much money is generated and spent in your house-

hold, you will be able to maintain financial control and spoil your loved ones. Preparing a budget will allow you to distribute your money among the things that bring you greatest satisfaction. Here are some tips for creating a budget:

Have an emergency fund. Try to save up a one to three month cushion to protect yourself against the unexpected, such as auto repairs, unforeseen bills, loss of employment, or illness.

If your first plan puts too much emphasis on expenses, review your fixed and variable expenses and think of expenses you can cut without sacrificing the quality of your

lifestyle.

If your expenses exceed your income, go over the numbers again because you are living beyond your means and relying too much on credit.

Our finances determine much more than our lifestyle, they influence our emotions. Those in a good financial position don't have the worries and the anguish of making ends meet. They can devote their energies toward appreciating the things in life that are important to them and that bring them joy, like spending the holidays with their loved ones. After all, isn't that the best gift anyone can offer?

## Comment passer d'heureuses Fêtes et garder la maîtrise de son argent

par Renée Trépanier, gestionnaire de  
l'éducation et des communications  
Les Services financiers du RARM

Il est de plus en plus compliqué de gérer notre argent dans le monde d'aujourd'hui. Le temps des Fêtes arrive à grands pas et les grands magasins nous attendent les bras ouverts. Non seulement nous avons plus de possibilités d'achats qu'auparavant, mais nous avons aussi plus de choix de paiement – comptant, chèque, carte de crédit, carte de débit, prélèvement automatique et Internet.

Ce que nous décidons de faire avec notre argent dans les prochaines semaines pourrait entraîner des répercussions sur plusieurs mois. Nous utilisons tous notre argent de différentes façons, selon nos valeurs et nos priorités. Par contre, les conséquences négatives d'une mauvaise gestion de l'argent nous

affectent tous de la même façon : maladie liée au stress, querelles familiales, rendement inférieur au travail et abus d'alcool et de drogues. Laisser l'argent nous dominer au lieu d'être maître de notre argent est néfaste à l'équilibre de notre vie.

Alors, comment profiter du temps des Fêtes et tenir votre situation financière en main? Il suffit de dresser un budget. Le fait de savoir combien il entre d'argent dans votre ménage et combien il en sort vous permettra de maintenir votre équilibre financier et de gâter ceux que vous aimez. En préparant un budget, vous pourrez répartir votre argent parmi les éléments qui vous apportent la plus grande satisfaction. Voici quelques conseils à suivre lorsque vous établissez un budget:

Prévoyez un fonds d'urgence. Essayez de vous constituer un coussin d'un à trois mois pour vous prémunir

contre les imprévus, tels que les réparations de voiture et les factures inattendues, la perte d'emploi ou la maladie.

Si votre premier plan met trop l'accent sur les dépenses, examinez vos dépenses fixes et variables et songez aux dépenses que vous pouvez réduire sans sacrifier la qualité de votre style de vie.

Si vos dépenses sont supérieures à votre revenu, révisez vos chiffres, car vous vivez au-dessus de vos moyens et comptez peut-être trop sur le crédit.

Nos finances déterminent bien plus que notre style de vie, elles influencent nos émotions. Une personne qui a une bonne situation financière n'a pas le trac et l'angoisse de joindre les deux bouts; elle peut consacrer son énergie à apprécier les choses qu'elle tient à cœur et qui la comblent, comme passer les Fêtes avec ses proches. Après tout, n'est-ce pas là le plus beau des cadeaux à offrir?

## TheMilitaryLife.com

A new community support website for Canadian military family members was launched in October 2003 to help families across Canada connect 24 hours a day and seven days a week. The site, [www.TheMilitaryLife.com](http://www.TheMilitaryLife.com), offers a free membership for anyone interested in joining a full featured, dynamic and safe online community.

The mission of TheMilitaryLife.com is to provide a strong, supportive online community for military members and their families. This is a place to find support, encouragement, and assistance in dealing with all military life has to offer. This website is available to new and longtime army, navy, and air force families. Separated families can stay connected, and meet new people from across the country.

Registration to TheMilitaryLife.com is free and instant, and provides access to many exciting features. Members can participate in the informative discussion forums, and online event calendar. The site offers a safe way to privately communicate with other members through the private messaging feature. This allows individuals to keep their email address and personal information confidential. Members can also create their own photo albums to share their favourite pictures, and a private or public journal where they can keep a record of important events. A live chat feature is also available where members can meet to chat without a pricey phone bill, and TheMilitaryLife.com usually hosts a scheduled chat once a month.

In addition to these great interactive features, members can also submit their own articles, favourite web links, classifieds, and PMQ reviews. Members earn points through their submissions that count towards periodic contests. For example, the current contest is for a \$15.00 Amazon.ca gift certificate for 1000 points!

You can check out even more features by becoming a member of this family friendly site. TheMilitaryLife.com is here to help families cope with everyday life by providing a safe place where you can go 24/7 to find answers, meet new people, share your inspirations, and help others who may be experiencing similar situations.

Visit [www.TheMilitaryLife.com](http://www.TheMilitaryLife.com) to join other military families on one of the fastest growing military family support communities on the web!

Contact person: Laura Hutchinson (250)390-0403 (wife of Pte. Brent Hutchinson 748 Communication Reserve, Nanaimo)

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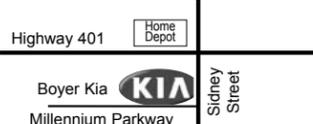
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# Hockey Night in Geilenkirchen, Germany

by MCpl Wayne Jerrett

Fifteen team players from 8 Wing/CFB Trenton were selected to go to Geilenkirchen, Germany last month to play a series of exhibition games against the NATO base team from Nov 23-29, 2003.

The adventure began even before we boarded the aircraft when we were informed that there would be a 90 minute delay because the airport in Germany did not open until 0800 local time. This allowed more time for refreshments.

We boarded Airbus 310 and arrived in Geilenkirchen early Monday morning and, after an uneventful seven hour flight, were greeted by several members of the opposing team. After we exchanged contact numbers and directions, we picked up our rental vehicles and proceeded to our



Between games, the players had plenty of time to do a little Christmas shopping at local markets.

team started strong with a 3-1 lead. Team captain and fan favorite Bruce Leedham then split the defence and popped in his second of the night on a pass from rookie Dustin Dorken to make it 4-1. The GK boys finally awoke with two goals of their own to make it a one-goal game. At the final sound of the horn, it was Trenton 7 GK 5. Both goalies were shell-

from his net and replaced with his back up. The tenacious checking line of Denyes, Staples and Keys caused several turnovers that resulted in four unanswered goals to make it 4-4. Geoff Snooze Staples said he enjoyed inflicting the chaos that led to the goals and added that he loves to back-check. Germany made it 5-4 before the referees called two bad penal-

ties that resulted in All-Star defenceman Nick Kossey netting both power play goals that gave the edge to the Trenton Flyers in a 6-5 win. After the post game

interviews it was time to head back to the hotel before the long eight hour flight out of Cologne to Trenton.

The team would like to

thank the Wing, PSP and Brent MacFarlane the Labatt rep who supplied our great jerseys. We look forward to next years endeavour.



Players from 8 Wing/CFB Trenton pose with members of the NATO team.

hotel without incident.

Later on that evening we held our team dinner at the local gausthaus. The restaurant specializes in pork schnitzel and steak. Dinner in Germany is an event!!!! The players who spoke German ordered easily while the rest of us just pointed to the menu in a sheepish grin. After several hours at the table we were finally finished. At this point most of us had been awake for over 35 hours.

The next day several people went shopping at a large Christmas market in the city of Aachen about 30 minutes away. Aachen is home to the legendary King Charlemagne, who is known as one of the greatest rulers of Europe. There are several castles and cathedrals and other landmarks of great significance to see there.

Later in the evening, it was time for game one of a two game set. The Trenton

shocked. Refreshments and pizza were on the agenda after the game. It was a lively ride back to the hotel.

The next day people scattered everywhere. Some took the train to Cologne but ended up in Dusseldorf and the more adventurous types went to Amsterdam and Brussels to see the Heineken factory and the Anne Frank house.

Thursday night saw the rematch of both teams. The GK team added some extra firepower and called up some nationals to replace the injured. They quickly jumped out to 2-0 lead on goals from Mitch Daisy Davenport and RJ Ellis. The Trenton team regrouped but could not find the back of the net. Call-ups Brian Frank and Rick Pyle added two goals in thirty seconds to give the GK team a commanding 4-0 lead. Star goaltender Kirk Bennett was chased



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# Sending holiday greetings to our deployed troops

**National Defence**  
**OTTAWA** — (December 10, 2003) The Minister of National Defence, the Honourable John McCallum, and the Chief of the Defence Staff, General Ray Henault, have announced details on how Canadians can send holiday greetings to Canadian Forces personnel deployed overseas.

“During the holidays, thousands of Canadians want to express their support

for our deployed troops,” said Minister McCallum. “Posting an electronic message or sending a postcard is a cost-effective, timely way for Canadians to acknowledge the efforts of the approximately 3500 Canadian Forces members who are currently serving overseas.”

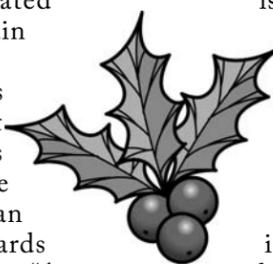
Canadians are encouraged to post holiday messages on DND/CF's electronic “Write to the Troops” message board. To post an electronic message, visit the DND/CF website ([www.forces.gc.ca](http://www.forces.gc.ca)) and click on the “Write to the Troops” button located on the main page.

Canadians who do not have access to the Internet can send postcards addressed to “Any Sailor,” “Any Soldier,” or “Any Air Force Member.” Canadians can obtain addresses to which postcards can be mailed by calling the DND/CF general inquiries line at (613) 995-2534.

General Henault explained, “The CF is an important part of 12 international missions including Operation ATHENA in Afghanistan and Operation PALLADIUM in Bosnia-Herzegovina. I know how much it means to CF members to receive an encouraging message from Canadians back home during the holiday season.”

Due to security requirements, the CF cannot accept letters or parcels that are not addressed by name, rank, and unit, to specific CF members. This restriction does not apply to family members, who can still send letters and parcels overseas by following guidelines available through their local Military Family Resource Centre or through the Canadian Forces Personnel Support Agency ([www.cfpsa.com](http://www.cfpsa.com)).

Addresses for Overseas Operations: [http://www.forces.gc.ca/site/community/messageboard/addresses\\_e.asp](http://www.forces.gc.ca/site/community/messageboard/addresses_e.asp).



## Comment envoyer vos vœux du temps des Fêtes à nos militaires

**Défense nationale**  
**OTTAWA** — (le 10 décembre 2003) Le ministre de la Défense nationale, l'honorable John McCallum, et le Chef d'état-major de la Défense, le Général Ray Henault, ont donné des précisions sur la façon dont les Canadiens doivent procéder pour faire parvenir leurs vœux du temps des Fêtes aux membres des Forces canadiennes en mission à l'étranger.

« Pendant le temps des Fêtes, des milliers de Canadiens veulent exprimer leur appui aux militaires qui sont en mission opérationnelle, » a déclaré le ministre McCallum. « Envoyer un message électronique ou une carte postale est un moyen rapide et peu coûteux de saluer les efforts de quelque 3,500 membres des Forces canadiennes qui sont actuellement en service à l'étranger. »

Les Canadiens sont encouragés à afficher des messages du temps des Fêtes sur le babilard électronique «Écrivez aux militaires» du ministère de la Défense nationale (MDN) et des Forces canadiennes (FC). Pour afficher un message électronique, consultez

le site Web du MDN et des FC, [www.forces.gc.ca](http://www.forces.gc.ca), et cliquez sur le bouton Écrivez aux militaires, qui se trouve à la page principale.

Les Canadiens qui n'ont pas accès à Internet peuvent envoyer des cartes postales adressées à « tout marin », « tout soldat » ou « tout aviateur ». Pour obtenir les adresses auxquelles envoyer les cartes postales, veuillez communiquer avec le bureau des renseignements généraux du MDN et des FC, au (613) 995-2534.

Comme l'a expliqué le Général Henault,

« les FC participent activement à 12 missions internationales, y compris l'opération Athena en Afghanistan et l'opération Palladium en Bosnie-Herzégovine. Je sais combien il est réconfortant de recevoir un message de vœux d'un parent ou d'un ami canadien pendant le temps des Fêtes. »

Pour des raisons de sécurité, les FC ne peuvent pas accepter les lettres ou les colis qui ne sont pas adressés à un militaire en particulier et sur lesquels ne figurent pas le nom, le grade et l'unité du des-

tinataire. Ces restrictions ne s'appliquent pas aux membres des familles des militaires, qui peuvent toujours envoyer des enveloppes et des colis à l'étranger en suivant les lignes directrices qu'ils obtiendront auprès de leur Centre de ressources pour les familles des militaires ou en consultant le site Web de l'Agence de soutien du personnel des Forces canadiennes, à l'adresse [www.cfpsa.com](http://www.cfpsa.com).

Adresses des opérations à l'étranger : [http://dgpaapp.forces.gc.ca/messages/addresses\\_f.htm](http://dgpaapp.forces.gc.ca/messages/addresses_f.htm).

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particular concern for our younger children who use this facility for swimming and recreational purposes.

Effective Monday 15 December, all personnel will be required to show the Recreation Attendant personal identification

and sign in on the appropriate form (you will retain your ID). The sign in procedure is pretty simple and not all that time consuming. Parents need only sign in once and list the number of family members with them. For organized groups such as the Dolphin's Swim Club, Red Cross Swim Classes, SCUBA and military training, only the Coach/Instructor or Senior Participant need sign in and indicate how many are in their particular group.

We request your cooperation and patience as we implement this initiative to enhance the safety and security of our customers, their belongings and facility equipment. We strongly recommend that you lock your personal belongings in the lockers provided while using the RecPlex facility.



## Kids Shinny Hockey Holiday Schedule

Time	Mon Dec 22	Tues Dec 23	Wed Dec 24	Fri Dec 26	Mon Dec 29	Tues Dec 30	Wed Dec 31	Fri Jan 2
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10-11 am	Atom							
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### Military Noon Hour Shinny Hockey

1200 – 1300 hrs

22 Mon, 23 Tues, 24 Wed, 26 Fri, 29 Mon, 30 Tues, 31 Wed, 2 Fri  
Excluding December 25<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup>, 1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup>

For more information please call 392-2811 Ext 3361



## Attacking the snacks



Laurie McVicar

## Confessions from the Gym

Monday, December 8

Despite a slight decrease in my visits to the gym, I managed to lose two pounds last week.

It's a small step in the right direction that I credit to the fact I went the whole week (well, almost the whole week) without snacking after 6 p.m. Believe me, in my household, that is no small feat!

My husband, who readily admits he suffers from the hollow leg syndrome, is often found staring blankly into the fridge within an hour after we've eaten supper. Cursed with very little self-control, I always seem to give in and join him.

It actually wasn't as hard as I thought it would be to give up the habit. It's all a matter of keeping your hands busy, which I manage to do with the voodoo doll I keep of my hubby. That'll teach him to eat in front of me!

## Coral's Budget Priced 4x4's

1998 Chevy 1/2 Ton 4x4 Extended Cab - 8 cyl., auto., O/D, AM/FM cassette, one owner trade, air, cruise, tilt, good kms.

\$14,950

6 mon/6000 km powertrain warranty Certified & E-tested



1999 Ford F150 4x4 Ext. Cab - 4 door, 8 cyl., p.s., p.b., black, air, complete off road package. Sharp, priced at wholesale.

6 mons./6000 km. powertrain warranty \$15,800 Certified & E-tested



Hours Daily 9 a.m. to 8 p.m. Saturday 10 a.m. to 4 p.m. & Sunday 1 p.m. to 4 p.m.

**Coral** Located on Hwy 33 @ East end of Wellington. 20 min South of Trenton  
**AUTOMOTIVE & MARINE Inc.**

"Good Used Cars at Reasonable Prices!"  
"We do not sell Auction Vehicles"

Coral knows quality and price sells cars

613-399-1596 or Trenton Line 392-6188

## RecPlex Pool Holiday Schedule

Saturdays December 20<sup>th</sup>, 27<sup>th</sup>, & Jan 3<sup>rd</sup>

- Rec Swim 1-3 pm
- Parent & Tot 3-4 pm
- Adult Lane 3-4 pm
- Rec Swim 5:30-8:00 pm

Sundays December 21<sup>st</sup>, 28<sup>th</sup> & Jan 4<sup>th</sup>

- Rec Swim 1-3 pm
- Parent & Tot 3-4 pm
- Adult Lane 3-4 pm

Monday, Tuesday, & Friday December 22<sup>nd</sup>, 23<sup>rd</sup>, 29<sup>th</sup>, 30<sup>th</sup>, & Jan 2<sup>nd</sup>

- Rec Swim 1-3:30 pm & 6:30-8:00 pm
- Parent & Tot 3:30-4:30 pm & 5:30-6:30 pm
- Adult Lane 3:30-4:30 pm

Wednesday December 24<sup>th</sup> & 31<sup>st</sup>

- Rec Swim 1-3 pm

Military Noon Hour Swim

- Monday December 22<sup>nd</sup>, 29<sup>th</sup>
- Tuesday December (11:30-1:00 PM) 23<sup>rd</sup>, 30<sup>th</sup>
- Wednesday December 24<sup>th</sup>, 31<sup>st</sup>
- Friday January 2<sup>nd</sup>

11:30-12:30 pm

**CLOSED**  
**Christmas Day, Boxing Day, New Years Day**

For more information please call 392-2811 ext 3361  
www.cra.cfbtrenton.com

## Family & Figure Skating Christmas Holidays Schedule

Family Skating

Day	Date	Time
Monday	Dec 22 <sup>nd</sup> 2003	1-3 Pm
Tuesday	Dec 23 <sup>rd</sup> 2003	1-3 Pm
Wednesday	Dec 24 <sup>th</sup> 2003	1-3 Pm
Friday	Dec 26 <sup>th</sup> 2003	1-3 Pm
Monday	Dec 29 <sup>th</sup> 2003	1-3 Pm
Tuesday	Dec 30 <sup>th</sup> 2003	1-3 Pm
Wednesday	Dec 31 <sup>st</sup> 2003	1-3 Pm
Thursday	Jan 1 <sup>st</sup> 2004	12-4 Pm
Friday	Jan 2 <sup>nd</sup> 2004	1-3 Pm
Saturday	Jan 3 <sup>rd</sup> 2004	1-3 Pm
Sunday	Jan 4 <sup>th</sup> 2004	1-3 Pm

Figure Skating  
**4-6 PM Daily**

Tue Dec 23<sup>rd</sup> 2003  
Wed Dec 24<sup>th</sup> 2003  
Fri Dec 26<sup>th</sup> 2003  
Mon Dec 29<sup>th</sup> 2003  
Tue Dec 30<sup>th</sup> 2003  
Wed Dec 31<sup>st</sup> 2003  
Fri Jan 2<sup>nd</sup> 2004

For More information please call The Recplex at 392-2811 Ext 3361

## RecPlex Gym & Cardio Room Holiday Schedule

Saturdays December 20<sup>th</sup>, 27<sup>th</sup> & Jan 3<sup>rd</sup>  
8:30 a.m. to 8:30 p.m.

Sundays December 21<sup>st</sup>, 28<sup>th</sup> & Jan 5<sup>th</sup>  
Noon to 4:30 p.m.

Weekdays  
December 22<sup>nd</sup>, 23<sup>rd</sup>, 29<sup>th</sup>, 30<sup>th</sup> & Jan 2<sup>nd</sup>  
8:30 a.m. to 9 p.m.

Christmas Eve & New Years Eve  
December 24<sup>th</sup> & January 31<sup>st</sup>  
8:30 a.m. to 4:30 p.m.

Closed  
Christmas Day,  
Boxing Day, New Years Day

**Weaver Family Funeral Homes**  
"Support, Service and Friendship in the Weaver Tradition for over 55 years"

East Chapel Trenton West Chapel  
29 Bay Street, 170 Dundas St. W.,  
394-2433 392-3579

Campbellford 1-866-6WEAVER  
"A Canadian Independent"  
www.weaverfuneralhomes.com



# Life-saving workshop offered at 8 Wing/CFB Trenton

by Laurie McVicar  
Assistant Editor

During a two-day course held December 4 and 5, 19 people received what may be the most important training of their lives, and possibly those of the people they may someday save.

Applied Suicide Intervention Skills Training (ASIST) is both a widely used and acclaimed workshop and has been offered on a regular basis here at 8 Wing/CFB Trenton for five years. The trainers for the recent sessions were Cheryl Rothenburg, Captain Dave Penley and Renee Nuttall, ASU London.

"The main stumbling block to suicide prevention is the taboo nature of the subject," stated Rothenburg. "Only sensational sui-

cides or those involving celebrities are publicized. Many others are kept quiet to protect family survivors. This leads the general public to believe that suicide is rare and only affects certain kinds of people. Nothing can be further from the truth. Suicidal behaviour, in some form, is likely to affect everyone in a personal way. They may be suicidal themselves or be close to someone who makes an attempt or completes suicide. Suicidal behaviours are common to all people - young and old, male and female, rich and poor."

During the workshop, participants are given important tools to deal with a potentially suicidal person and practice both large group and one-on-one intervention scenarios. More importantly, they are

taught to recognize the signs of a suicidal person.

"The major signs of suicide danger are changes in

*"Because we've grown up with suicide being such a taboo, if we feel someone is suicidal we're afraid to ask them."*

**Cheryl Rothenburg, Trainer**

behaviour or personality, unkempt appearance, giving away treasured possessions, feelings of desperation, helplessness, hopelessness, aloneness, loss and depression, previous suicide attempt, and suicide threats

or statements expressing a desire to die," stated Rothenburg.

Participants are often urged to use their instincts and ask the all-important "question."

"Just because someone may be depressed doesn't always mean they're suicidal," said Rothenburg. "Because we've grown up with suicide being such a taboo, if we feel someone is suicidal we're afraid to ask them. Even during the course (participants) asked whether that was the right thing to do. My response to them was, 'do you think by asking them you're going to put an idea in their mind?' If they're not thinking of it, they may give you a strange look or even get mad. Better a mad friend than a dead friend."

Although the military

has no greater number suicides compared to the civilian population, courses such as this are a necessity considering the high level of stress Canadian Forces personnel are under. It is offered at their workplace since, often times, it is there that they display signs of being suicidal.

"When you are involved in an operation, you live and work with each other. If anyone is going to see (signs and symptoms), it will be the co-workers," said Rothenburg.

Since adults aren't the only ones at risk for suicide, Rothenburg stresses the need for parents to be open with their children about the subject.

"If we don't talk to our

youth about suicide, they may not come to you when they need help the most," said Rothenburg.

Resources available on the wing/base include the Social Work Office, local 3651; the Trenton Military Family Resource Centre, local 3899; the Wing Addictions Counselor, local 3774; Wing Medical Officer, 3480; Wing Padres, local 2490; Wing Psychologist, local 2560 or 3651; and the Canadian Forces Member Assistance Plan (CFMAP), 1-800-268-7708.

Outside resources include your family doctor or one of the local hospitals (Trenton Memorial Hospital - 392-2541 or Belleville General Hospital - 969-7400.)

## Shed a little light on the problem



Submitted by  
Doug Bird, Deputy  
Wing General Safety  
Officer

Is the lighting in your work area safe? Does it provide proper lighting on your task? Take a few minutes and check all the lighting near you, making a note of any

burned-out tubes or bulbs.

Include in your inspection any halls or stairwells you might need for an emergency exit. They should be well lit and marked with illuminated "exit" signs.

Lighting should be adequate to prevent tripping and falling as you walk around the work area. There should be lighting in store-rooms, sheds and other little-used areas of the plant.

Are light switches available where needed, such as both the top and

bottom of stairwells?

The light fixtures should be in good repair and provide an adequate amount of light. If you are using a computer keyboard you may want to sit at the terminal, checking for glare on the monitor screen.

Fluorescent lighting fixtures should have their protective plastic covers installed over the tubes. There have been cases of the ballasts exploding, causing secondary - but potentially more dangerous - detonations of the tubes, showering bits of glass

into the unprotected room.

If you are using a desk lamp, ensure the globe is the correct wattage for the equipment. A 100-watt light bulb in a fixture rated for a 60-watt maximum is a possible fire hazard.

Walls, which are clean and painted with light paint, and windows, which are clean and unobstructed are important to providing light in a work area.

For your own safety be aware of everything in your work area, including the lighting.

St. John Ambulance is offering a 16 or 20 hour Standard First Aid with CPR Heartsaver, Level "A" or "C" for the general public. This course offers extensive First Aid training including ESM, shock, A/R, choking, severe bleeding, chest injuries, wound care, upper limb, bone and joint injuries and strains, burns, poisons, multi-casualty management and and CPR one man adult. The "C" level includes child and Infant CPR.

**Date:** December 29 & 30

**Time:** 8:30 p.m. - 4:30 p.m. Level "A"  
8:30 p.m. - 6:30 p.m. Level "C"

**Place:** Thomson's Independent Grocer, Trenton

**Cost:** \$75 Level "A"  
\$95 Level "C"



To register call 394-2990

**NEW YEAR'S EVE BASH**  
**BRIGHTON LEGION**

LIVE BAND  
ADVENTURES IN HI FI

8pm---1am  
10.30 Buffet

Door prizes/spot dances  
Champagne at midnight

Designated driver  
\$20.00 / Person

TICKETS AVAILABLE AT THE BAR  
475-1044

Happy New Year

**ANNOUNCEMENT**  
**DR. GERARD MAGNE**  
& **DR. ELENA MIHAI**  
*are pleased to welcome*  
**DR. STEPHEN TRUS**  
to their Family Dental Practice. The office offers you and your family a full range of Dentistry. *New Patients and Emergencies welcome.*

OFFICE HOURS  
MON., WED. & FRI. 8 - 5 P.M.  
TUES. & THURS. 8-8:30 P.M.

962-8626  
QUINTE MALL OFFICE TOWER

KEEP SMILING!

The spirit of the holiday season reminds us of how glad we are to be part of this delightful, warm community. Thanks for helping our businesses succeed with your loyal patronage. We wish you and yours a Merry Christmas & a very Happy New Year.

Happy Holidays

from the  
**CONTACT**



# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
December 14 - December 20

**ARIES** (March 21-April 19): Children could play an important role in your life on the 14th, 15th and 16th. Don't hesitate to include a youngster in your plans. Start to take better care of yourself. Be prepared to deal with someone who is on the rampage on the 18th and 19th. Emotions may flare up if you have forgotten to do something you promised. Be affectionate and kind. Set up a budget on the 19th and 20th or you will find yourself in trouble at the beginning of the year. Be creative, but not underhanded and you will regain ground. You've been trying to do way too much and it's time to stop before you affect your health.

**TAURUS** (April 20-May 20): You may face some personal problems if you stick around the house on the 14th, 15th and 16th. Matters will escalate if you are stubborn. You may not want to listen, but it will be in your best interest. Advancement may be on the line on the 17th and 18th and will be determined by what you get done. This is the time to shine. Detail and completion will make the difference. You will be emotional and sensitive about personal matters on the 19th and 20th. Be affectionate and caring to the one you love in order to avoid trouble. Lightheartedness will be your best bet.

**GEMINI** (May 21-June 20): Expect to face some problems with family members or close friends on the 14th, 15th and 16th, especially if there are money concerns. Don't fight back. Instead, listen to advice and compromise with those who have the upper hand. Socializing will lead to all sorts of new adventures on the 18th and 19th. Creative pursuits or activities involving youngsters will be successful and bring you greater popularity. Short trips will lead to great buys. Don't slack off on the 19th and 20th. Put your heart and soul into whatever job you are working on, you can expect to reap rewards.

**CANCER** (June 21-July 22): You'll be tempted to overspend on the 14th, 15th and 16th, so don't go shopping. Decide what's important. Spending time with the ones you love is a far better way to pass time. Don't put so many demands on yourself on the 17th and 18th — give yourself a break and don't fret because you get behind. Realize that you don't have to do everything yourself. You will be feeling a bit frazzled. You may feel the need to make changes in your personal life on the 19th and 20th. Stop living in the past. Love is in the air and you should be able to make headway with the one you care most about.

**LEO** (July 23-Aug. 22): If something isn't going your way on the 14th, 15th and 16th laugh it off and move on. Don't dwell on past mistakes or on people who don't want to do things your way. Your future depends on how you handle things now. A chance meeting may take place on the 17th and 18th while you are preparing for an upcoming event. Stabilize your future by making a commitment to yourself. You may be in trouble on the 19th and 20th if you didn't hold up your end of the bargain. Avoid repercussions by doing only what you are supposed to do. Don't let your emotions get the better of you.

**VIRGO** (Aug. 23-Sept. 22): Sparks will fly on the 14th, 15th and 16th, so project the positive, not the negative. Situations could go either way depending on your mood and how you handle others. Take the time to do your job properly on the 17th and 18th. Your future may depend on it. Plan your actions instead of blindly jumping from one thing to another. Take control. Take a look around you on the 19th and 20th and you'll notice there are people in your life who need a little of your time. Lend a helping hand and remember that charity begins at home. You can make a difference to family and friends who are counting on you.

**LIBRA** (Sept. 23-Oct. 22): Secrets must be kept on the 14th, 15th and 16th. If you slip, you will be letting someone else down as well. Focus on money matters. You can come into some fast cash if you are quick to respond to a deal. Disharmony in your personal life may lead to your feeling ill or stressed out on the 17th and 18th. Take time for yourself or you will discover that you are too flustered to get anything done. Take time to reorganize. Don't waste too much time on regrets from the past year on the 19th and 20th. Instead, focus on the future and what you can do to prepare yourself to reach new goals.

**SCORPIO** (Oct. 23-Nov. 21): Don't trust others to do what they say on the 14th, 15th and 16th. Rely on your own good judgment and abilities. Someone you live with may have a problem with overindulgence. Focus on what you can do to make everyone around you happy on the 17th and 18th. Change will lead to a more creative outlook that will spill over into your work. You will be emotionally sensitive on the 19th and 20th. Make your true feelings known — share your thoughts, your ideas and your intentions. Prepare for and welcome changes that you want to incorporate into your life next year.

**SAGITTARIUS** (Nov. 22-Dec. 21): Proceed with the things you've been working on, but expect interruptions. Don't trust anyone else to finish what you start on the 14th, 15th and 16th. You may have a problem with someone you are working with. Do your job and get on with your life. You'll be busy on the 17th and 18th with all the hustle and bustle that goes along with the holiday season. Donate to an organization that needs assistance. Partnerships can be formed. Don't lead anyone on or stretch the truth on the 19th and 20th. Secrets will be revealed if you overindulge. Listen to the advice of a friend.

**CAPRICORN** (Dec. 22-Jan. 19): Your knowledge will be recognized on the 14th, 15th and 16th and credit given for your accomplishments. Love will be looming, so don't waste time — get out and meet your match or, if you are in a relationship, spend time with your lover. Tighten your purse strings on the 17th and 18th if you have been spending too much. Hold off on some of the plans you've made and catch up on your personal responsibilities. Focus on what's important. Please your family on the 19th and 20th. A kind gesture will go a long way. You will be able to make a positive difference to everyone around you.

**AQUARIUS** (Jan. 20-Feb. 18): You may be feeling a little tense on the 14th, 15th and 16th if you don't know where you stand with someone you care about. Be honest and speak your mind. It may be time to move on. You'll be in the mood to party and have fun on the 17th and 18th. Your joy will make those around you happy and lead to positive interaction. The future looks bright. Your temper will be tested on the 19th and 20th if you are pushed into a situation that is not your responsibility. Don't be too hard on yourself — it will only lead to more emotional problems.

**PISCES** (Feb. 19-March 20): You may need to make some changes on the 14th, 15th and 16th in order to keep your life running smoothly. Put a stop to what isn't working in your life and most of all be true to yourself. Watch your spending habits on the 17th and 18th. If you lend money or possessions, don't expect to get it back. The better you prepare for change, the better the changes will be. An opportunity to obtain secret information is evident on the 19th and 20th. Reevaluate your present situation and set new goals based on the information you receive. Travel will lead to interesting discoveries.

## Meet your Trenton Military Community Council



Carole Beaupre, Mayor  
Local 3835



Dale Sturgeon, Deputy  
Mayor, Local 7386



Sharon Edwards, Secretary  
Local 2482



Tina Gores, Ward 1  
(Regina, Borden, St-Hubert,  
Comox)  
Local 7116



Dave Clark, Ward 2  
(McGill, Bell Irving, Lewis,  
Namao)  
Local 3823



Jim Leonard, Ward 3,  
(Hewson, Breadner, Godfrey,  
Rivers & Rivers Annex)  
Local 3227



John Nichols, Ward 4,  
(Lawrence, Johnson, McEwen,  
Laird)  
Local 2462



Ian Wallace, Ward 6,  
(Non MQ members)  
Local 3095

## LOCAL SERVICES



## AND TRADES

Classified Advertising 392-2811 ext 3976 24 Hour Faxing 965-7490 email:MacDonald@forces.ca

### Autobody Repair

**R.C. AUTOBODY REPAIR**  
Collision • Restoration • Refinishing  
Domestics & Imports  
Insurance Claims  
Quality Work Guaranteed  
Free Estimates  
"the choice of Repairs is yours...  
Not Your Insurance Company"  
**394-1717**  
25 Frankford Cres. Trenton

### Auto Detailing

**Bonnie's Auto Spa**  
Complete Auto Detailing  
Reasonable Rates  
Fast Service  
Pick-Up & Delivery  
Car Wash starting @  
\$8.00 & up  
"Let Me Pamper Your Vehicle"  
25 Frankford Cres. Unit  
43 Building 1, Trenton  
**921-0734**

### Auto General Repairs

**Cannifton Garage 2000 Ltd.**  
✓ Tune-ups ✓ Safety Inspections  
✓ - Springs ✓ General Repairs  
✓ Suspension Service ✓  
Cars - Trucks - Vans - Buses  
Trailers & Heavy Trucks  
Parts & Service - Call Kevin  
613-962-1132  
at Hwy.37 & Casey Rd., Belleville

### Financial Counselling

**Eliminate Debt.  
Build Wealth,  
Live Life.  
Call Eric  
877-280-8691**

### Renovations

**Viney Construction & Renovations**  
Plumbing, Electrical,  
Roofing, Painting,  
Drywall, Carpentry,  
Masonry.  
Call anytime!  
**613-395-4336**

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**Mitchell Roofing**  
• Fully Insured  
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• Work Guaranteed  
• Insurance Claims  
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Call **849-7562**  
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**Star Choice & Express On Satellite Systems**  
Everyday low prices.  
Prompt service.  
Meticulous workmanship.  
Call  
**Lightfoot Antenna**  
Call 476-4111 or  
1-800-267-2809

**This spot could be advertising your business.  
Call 392-2811 ext. 3976 for details!**

### Storage

**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

**This spot could be advertising your business.  
Call 392-2811 ext. 3976 for details!**

### Water Delivery

**BRIGHTON SPRING natural Spring water**  
Free Delivery At Home or Office  
Cooler Sales & Rentals  
**475-5666**  
5 Craig Boulevard, Brighton

**This spot could be advertising your business.  
Call 392-2811 ext. 3976 for details!**



**13 Days til Christmas.**  
Santa reads the Contact!  
"Your online source for community info-just a click away"

# Community Events

**CENTRE THEATRE - TOTALLY RENOVATED INCLUDING D.T.S. SOUND BIRTHDAY PARTIES ARE NOW AVAILABLE**

**GENEROUSLY SPONSORED BY THE CENTRE THEATRE**

*Matinees Saturday & Sunday*

**MOVIE LINE-UP**

- Something's Gotta Give (PG) 1:00 7:00 9:20
- The Haunted Mansion (PG) 1:10 7:10 9:05
- Dr Seuss: Cat in the Hat (PG) 1:05 7:05 9:00
- Timeline (PG) 3:15 Sat & Sun
- Les Invasions Barbares (14A)

Starts Wed Dec 17th Lord of the Rings: Return of the King

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



**DIDN'T FINISH HIGH SCHOOL? WANT TO EARN A HIGH SCHOOL EQUIVALENCY? THE GED PROGRAM MAY BE FOR YOU!!**

The Learning & Career will be offering a seven-week GED session commencing on Tuesday 13 January, 2004. The GED is an international high school equivalency program for adults who have been unable to complete high school and who want to improve their career or educational opportunities.

This session is open to Military members and Civilian employees at 8 Wing Trenton. Dependents of these groups who are at least 19 years of age may also participate.

The program consists of an introduction to the GED preparation program, five sessions of classroom instruction in the areas of writing, reading, science, mathematics, and social studies, and a practice test session.

On successful completion of all five tests, students will receive an Ontario High School Equivalency Certificate.

Cost to each student is \$275. For more information or to register, contact the Learning and Career Centre at local 2557.

**NWHL HOCKEY**  
with CANADA'S FUTURE OLYMPIANS

**NATIONAL WOMEN'S HOCKEY LEAGUE**  
Canada's premier women's hockey league



**DURHAM TELUS LIGHTNING VS QUÉBEC AVALANCHE**

*Featuring...BDGMHA Alumni*  
Nikki Leone, Shana Frost, and Brenda Reynolds

**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. Prizes - Fun - Good Hockey



**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><b>OUR LADY OF PEACE (RC)</b> <b>NOTRE-DAME-DE-LA-PAIX (CR)</b></p> <p>Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)</p> <p><b>MASS</b> Sunday Mass (English) 0900 hrs Messe Dominicale: 1015 hrs</p> <p><b>CONFESSION</b> At all times</p> <p><b>PARISH ORGANIZATIONS</b> 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 &amp; 4th Thurs 1830 hrs</p>	<p><b>ST CLEMENT ASTRA (PROTESTANT)</b></p> <p>Chapel Life Co-ordinator Matthew Lucas (Bapt.)</p> <p><b>WORSHIP SERVICE</b></p> <p>Divine Worship (Sun) 1130 hrs Holy Communion 1st Sunday of the month Mid-Week Communion Wed 1230 hrs</p> <p><b>PARISH ORGANIZATIONS</b> 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.



The MS Society is having its annual Christmas Goodies Sale at the Quinte Mall 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.





# Classified

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

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

**Information**

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**FOR RENT**  
Side by side Duplex 3 bedrooms & basement. Minutes from CFB. Big yard, No pets please. Available Jan.01/04 \$700/month **965-5783**

**DEADLINES !!!**  
Editorial: Tuesday noon  
Advertising: Wednesday noon  
Questions: local 3976

**Crossword Answers**

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E	L	A		O	R	C	A		A	N	O	A
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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 Dec1. 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**

**FOR RENT**

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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**For Rent**

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Bilingual person required to work in cafeteria at École Marc-Garneau Cité-Jeunese. Approximately 30 hours per week. Please fax resumé to **1-613-933-8277** or email: [ismart@glenfinefoods.com](mailto:ismart@glenfinefoods.com)

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

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**DESPERATE !!! TO SELL...**  
small cabin cruiser. Excellent condition. motor needs work. VERY large cuddy..sleeps 2 people. Will even store it for you FREE until Spring!!  
Call **392-9850**

**Announcement**

**1st Airforce Trenton Scout Group** will be holding a bottle drive/Christmas Tree pick-up on Saturday 3rd of Jan 2004 in PMQS starting at 1000hrs. Christmas trees will be picked up for a donation to the Group. Items that will pick up for the bottle drive is beer bottles, beer cans. If PMQ residents wish they can put bottles in plastic bags and label them for Group and leave them outside on the doorstep to be picked up.

Ramassage de bouteilles et d'arbres de Noël  
Le Groupe de Scout 1st Airforce Trenton fera un ramassage de bouteilles et d'arbres de Noël le samedi, 3 Janvier 2004, dans les PMQS, à partir de 10 heures. Les arbres de Noël seront ramassés pour une donation au groupe de scout. Nous ramasserons les bouteilles de bière, les cannettes de bière. Les résidents des PMQS peuvent, s'ils le désirent, placer les bouteilles dans des sacs de plastique, les identifier pour le groupe et les laisser à l'extérieur sur le perron pour que nous les ramassions.



## Surviving holiday company

ARA

Oh you'd better not shout, you'd better not pout -- because the holidays are near and, ready or not, so are your out-of-town holiday guests. While hosting an extended brood of family members and friends can be both expensive and stressful, there are many ways to keep costs down and make the visit fun for everyone (including yourself!)

The absolute first step, says professional organizer Ramona Creel, is having realistic expectations about how the event is going to unfold. Creel, the founder of Atlanta-based [www.online-organizing.com](http://www.online-organizing.com), says that, too often, holiday hosts forget that they are human and that their loved ones are aware of this.

"You really don't have to scrub the baseboards with a toothbrush and spend a fortune on extravagant meals," she says. "Too often, people set unrealistic standards about what's necessary and end up creating a lot of unnecessary worries."

Next, she recommends, take care of some preparations in advance so you don't spend the visit running around town for last-minute (and often more expensive) items.

### Preparation tips

- Send clear invitations. An easy way to avoid the potential of guests overextending their visits is to send friendly and festive invitations in advance that highlight the beginning, and end, of the holiday event.

- Plan the menus ahead of time. Feeding the hungry masses can become expensive for extended visits. Hosts and hostesses can reduce costs significantly by planning menus in advance and then stocking up on

necessary ingredients during sales.

- Consider purchasing your local edition of the Entertainment book to save on everything from dining out to carryout, to visits to local attractions or movie theatres.

"Guests will enjoy doing some eating out and ordering out, so have the coupons available," Creel says. "Plus, you can use them to get out and go bowling or to the movies or mini-golf ... and it's very affordable."

- Prepare an itinerary. Plan a few key activities for the entire group -- dinners, tree-trimming, an evening of cookie baking or sledding -- and let the guests know when each will take place. (Building holiday activities into the agenda also relieves the host of having to have everything done before the guests arrive).

- Load up. Buy, rent or borrow (from friends or neighbours) a variety of videos, books and current magazines that can be spread throughout the house for people to enjoy during unscheduled time.

### When the visitors arrive

- Make time for free time. Too much togetherness is never a good thing. Be sure and allow for periods of free time so guests can do their own thing. If you have extra vehicles, provide them with a set of car keys and a map of the area. If you're located near a subway or bus transportation, provide everyone with

schedules.

- Keep breakfast and lunch simple. Unless you just can't get enough cooking, keep breakfast and lunch easy. For breakfast, consider setting the coffee-maker and preparing a tray of pastries, muffins and bagels before bed so guests can eat whenever they wake up. For lunch, put out some cold cuts and sandwich fixings or make a quick pot of chili.

"It really isn't necessary to go crazy with the food," says Creel. "Keep it easy. Do a little eating out and take out, or consider having people potluck. There's nothing worse than a host spending the entire visit in the kitchen!"

- Accept help when it's offered. No need to be a superhero when hosting overnight visitors. Most guests really do mean it when they ask if there's anything they can do. Accepting their offers not only helps prevent you from tiring, but also gives guests a sense that they're "earning their keep," and time to enjoy you!

- Don't sweat the small stuff. Realize that family gatherings rarely go exactly as planned. Unexpected things come up. It's not always perfect. By recognizing this, and simply appreciating this opportunity for quality time with loved ones, you'll help everyone to relax during their stay, and look forward to the next holiday gathering.

Article courtesy of ARA Content and [www.entertainment.com](http://www.entertainment.com).

## What to do in a winter blackout

(NC)—As the cooler evenings of fall and winter arrive, it's important to make sure you have a heating system to keep you warm and comfortable in case of a power blackout. Here are a few safety suggestions from RONA, the leading Canadian distributor and retailer of hardware, home improvement and gardening products, to keep you safer and more comfortable this winter.

### Backup heating system

Jean-François Gagnon, RONA's training consultant, says, "having a backup heating system -- wood, oil, natural gas or propane -- will allow you to stay at home during an extended blackout. It will protect your home from damage caused by freezing (such as cracking furniture and woodwork...), keep the plumbing system in good shape and protect your indoor plants from frost."

Make sure you talk to your insurance agent about installation standards and about getting the right kind of insurance rider before you purchase and install a backup heating system.

### Generators

The ideal solution is a generator. A wide variety of generators are available today. According to RONA's Jean-François Gagnon, "the first thing to consider when buying a generator is the minimum number of watts you need to protect the structure of your home and the other main components (plumbing, heating and hot water systems, and refrigerator).

Baseboard heaters require a very powerful generator. If your home is heated with baseboard heaters, we recommend that you use a forced-air

construction heater and heat one floor at a time, in three-hour blocks. A 6000 W generator provides enough energy for a 4800 W heater.

For buildings equipped with oil or gas hot-air or hot-water systems, a generator that provides at least 3000 W is sufficient. Buildings equipped with geothermic heating systems need a generator that provides at least 6000 W.

In terms of water supply, an electric water heater requires a 4000 W generator for 40 gallons (3000 W) and a 6000 W generator for 60 gallons (4500 W). To optimize the capacity of the generator, you should close the breakers that turn on the refrigerator or the sump pump while using the water heater and vice versa.

### Safety and security

Using a generator poses certain risks, especially the possibility of leaking carbon monoxide.

Carbon monoxide is an odourless, colourless gas that builds up in our bodies. High concentrations of this gas can be harmful or even fatal. We recommend that you follow these generator safety rules:

- Never run the generator while you are asleep.

- Buy and install carbon monoxide detectors (electric and battery-run).

- Put the generator at least 30 to 40 feet from your house in such a way that any wind will carry the exhaust away. (You should think about any nearby neighbours as well.)

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

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 <b>2003 DODGE RAM 1500 ST</b> Auto, 8 cyl, long bed, bed liner, tow package, air, cruise, tilt, cd, 7,683 kms. Stk# 351P <b>\$23,900 / \$185 bi-weekly*</b>	 <b>2003 DODGE RAM 1500</b> Auto, 4.7, 8 cyl, short bed, tonneau cover, tow package, leather, air, cruise, ps, pw, pdl, cd, 20,000 kms. Stk# 334P <b>\$38,900 / \$309 bi-weekly*</b>	 <b>2002 CHRYSLER SEBRING</b> Auto, 6 cyl, bucket seats, air, cruise, tilt, cd, pw, pdl, 38,000 kms. Stk# 309PA <b>\$16,900 / \$148 bi-weekly*</b>	 <b>2000 JEEP GRAND CHEROKEE LTD</b> Auto, V6, air, cassette, cruise, tilt, keyless entry, cd, pdl, pw, 55,994 kms. Stk# 4188A <b>\$28,900 / \$314 bi-weekly*</b>	 <b>2000 FORD FOCUS</b> Manual, 4 cyl, bucket seats, air, keyless entry, cd, pdl, 24,200 kms. Stk# 349PA <b>\$12,900 / \$134 bi-weekly*</b>
 <b>2003 JEEP LIBERTY SPORT</b> V6, bucket seats, air, cruise, tilt, cd, pw, pdl, 33,383 kms. Stk# 317P <b>\$28,900 / \$225 bi-weekly*</b>	 <b>2003 JEEP LIBERTY LTD. 4X4</b> Auto, 6 cyl, alloy, bucket seats, air, cruise, tilt, cd, pdl, pw, 24,902 kms. Stk# 314P <b>\$29,900 / \$234 bi-weekly*</b>	 <b>2002 DODGE RAM 1500</b> Auto, 4.7L V8, short bed, air, cassette, anti-theft, 21,074 kms. Stk# 4160A <b>\$21,900 / \$195 bi-weekly*</b>	 <b>2003 DODGE RAM 2500 QUAD CAB</b> Auto, 4dr, 5.7L V8, short bed, bed liner, tow package, leather, cruise, tilt, ps, cd, pw, pdl, 17,434 kms. Stk# 5280 <b>\$44,099 / \$348 bi-weekly*</b>	 <b>2003 DODGE CARAVAN SE</b> Auto, 6 cyl, silver exterior, beige interior, 4 captain's chairs, air, cruise, tilt, keyless entry, cd, pw, pdl, 27,097 kms. Stk# 311P <b>\$22,900 / \$176 bi-weekly*</b>
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 <b>2001 PONTIAC GRAND AM</b> Auto, air, cd, pdl, tilt, cruise, 81,869 kms. Stk# 3480A <b>\$12,900 / \$111 bi-weekly*</b>	 <b>2003 DODGE CARAVAN SE</b> Auto, V6, air, cruise, tilt, cd, power windows, power door locks. Stk# 364P <b>\$22,900 / \$176 bi-weekly*</b>	 <b>2003 CHRYSLER INTREPID</b> Auto, 6 cyl, air, bucket seats, cruise, tilt, cd, pw, pdl and more. Stk# 312P <b>\$19,900 / \$152 bi-weekly*</b>	 <b>2001 DODGE DURANGO 4X4</b> Auto, V8, air, cassette, cruise, tilt, cd, pw, pdl, bal of factory warranty, 34,322 kms. Stk# 355PA <b>\$29,900 / \$239 bi-weekly*</b>	 <b>2003 CHRYSLER CONVERTIBLE LTD</b> Auto, V6, leather, air, cruise, tilt, ps, cd, pdl, pw, 7,409 kms. Stk# 4018 <b>\$40,630 / \$320 bi-weekly*</b>

\* All prices plus applicable taxes, licencing, 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.

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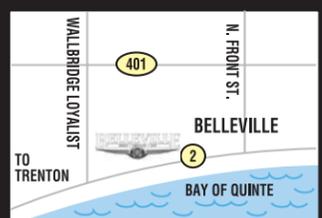


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