

"Delivering news and information. At home and around the world." · "Des nouvelles d'ici et de partout ailleurs."

the contact

BUYING/SELLING?

Call the #1 agent to assist with your Real Estate requirements. \$12M worth of Real Estate sold so far this year.

DAVID WEIR BA,CD
#1 Office Sales Rep
Top 5% in Canada
Royal LePage
ProAlliance
394-4837 or
866-965-3637

• September 26, 2003 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 38 Issue Number 37 •

New Wing Administration Officer officially welcomed



Photo: Cpl Chris Bentley, 8 Wing Imaging

At the Wing Administration Change of Command ceremony held Sept. 18, 2003, incoming Commanding Officer LCol W.J. Lewis (left) accepts the quill from Col Dave Higgins, Commander 8 Wing/CFB Trenton and presiding officer for the ceremony. Maj Bill Mahoney (right) represents outgoing CO LCol. S.M. Davenport, who was posted to Winnipeg this past summer.

by Captain Ian Stock
Wing Public Affairs

LCol Bill Lewis was welcomed as the new Wing Administration Officer (formerly known as the Wing Administration and Human Resources Officer) at a change of command ceremony held at the Officers' Mess on September 18.

"We're renaming the branch back to Wing Administration to better reflect the extremely diverse number of services we provide to 8 Wing/CFB Trenton," said LCol Lewis who has returned to the area for his fourth tour of duty and spoke to a congregation of assembled Administration staff.

"Just stop doing your daily work for one minute and you'll realize how important you are to the rest of the Wing."

"We all need to appreciate the fact that Wing Administration is far more than just administration and human resources – as the saying goes, the branch is far more than the sum of its parts," added Colonel Dave Higgins, Commander of 8 Wing/CFB Trenton. "LCol Lewis is indeed a welcome addition to the team."

"When I last left here in 1997, it was my goal to come back and serve the Wing once more and I want to thank Col Higgins for providing this opportunity and for his vote of confidence. I'm honoured to work with such a devoted team of professional people from so many diverse organizations within the Wing Administration branch."

Noting that LCol Lewis possesses a Masters of Business Administration and a PhD in Nuclear

Engineering, Col Higgins remarked that LCol Lewis was an obvious choice for the position.

"LCol Lewis is a well-respected officer and aerospace specialist throughout the Air Force and CF community. It's good to have a man of so many letters just down the hall."

LCol Lewis paid tribute to his wife Shane and sons Ted and Ben for their patience and support throughout his career.

"I strongly believe in the importance of quality of life and work balance, and I know how important the support of all of our families is to our work. To all of our families, I say 'thank you'."

"I am just so proud of him," added his wife Shane. "He has been an excellent dad and husband throughout his entire career. We are all so happy to be back in Trenton."

Even Isabel won't hamper United Way/Healthpartners Campaign

by 2Lt Jennifer Jones
8 Wing Public Affairs

The threat of hurricane-force winds and rain may have caused last Friday's kick-off to be cancelled, however it remains full-speed ahead for the United Way/Health Partners Campaign.

"Although Hurricane Isabel decided to take first billing last Friday, causing us to cancel the Wing Commander's Challenge, rest assured that the United Way Campaign has nonetheless kicked-off in full force," said Lieutenant (N) Rhena Izzo, 2003 campaign chairperson. "Many more fundraising activities lie ahead and if anything, last week's cancellation will serve to motivate us."

A great number of fundraising activities are in the works for the next

few months, such as a Jail-A-thon, car washes, BBQs, raffles and of course the very popular \$2 casual dress Fridays. Everyone is encouraged to participate in the various events and help 8 Wing/CFB Trenton reach its goal, set this year at \$67,000.00.

In addition to the planned activities, volunteers from each squadron will be approaching you to ask you to make an individual donation.

"Most of our families have, in one way or another, benefited from the United Way and the many agencies and programs that are sponsored by the United Way. As the major employer in the Quinte Region, 8 Wing/CFB Trenton has, in the past, been a major contributor to the United Way, and I would hope that we will, once again, rise to the need," said LCol Bill Lewis, Wing Administration Officer. "I am

continually impressed by the number of volunteers from our Wing that contribute throughout the community, and I hope that we will assist Lt (N) Izzo and her United Way volunteers to reach their ambitious goal. Our aim is to have everyone in the Wing canvassed during this campaign, and I would actively encourage everyone to give the United Way their support."

This year, 8 Air Communications and Control Squadron (8 ACCS) will be among the first to actively participate in the United Way Campaign by holding a car wash and BBQ on September 26 between 10:00 a.m. and 3:00 p.m. In addition, 8 Air Maintenance Squadron (8 AMS) will be holding weekly BBQs every Wednesday on the south side of Hangar 10, offering \$1.50 bratwurst, Italian sausage and hamburgers.

BATTLE OF BRITAIN PARADE IN TRENTON



Photo: Cpl Chris Bentley, 8 Wing Imaging
Col Dave Higgins, Commander 8 Wing/CFB Trenton receives the salute during the march past for The Battle Of Britain Parade held Sept. 21, 2003 at Centennial Park in Trenton.

SALES - SERVICE - LEASING - * NEW & USED * CARS - TRUCKS - VANS

Feature of the Week

Bob Clute

2001 Chev S10 Ext Cab
6 cyl, Auto, AC, CD Only 63,879 Kms

Overstocked
with Great Trade-ins
Left over from our
Big 10th Anniversary Sale!

Vendeurs Bilingues / Bilingual Sales Staff

HIGHWAY 62 N. BELLEVILLE 962-4584



1-877CLUTEGM www.bobclute.com

PONTIAC
BUICK
GMC
Bob Clute

Stock #
P3219





East Meets West as 407 Sqn Deploys to Asia

by Capt Jeff Manney

19 WING COMOX – Hello, goodbye, water, airplane. It's not much, but Maj. Ken Smith is hoping his limited Japanese, and the common bond shared by all maritime flyers, will be enough to see him through two weeks in the Orient.

Smith is one of 19 members of 407 Squadron who left September 12th on an unprecedented goodwill visit to Japan and Korea. Fourteen aircrew, five groundcrew and an Esquimalt-based coordinator will conduct four missions in the region, attend symposiums and participate in tours and

cultural exchanges.

"This is untried territory for everyone who's going," Smith says. "Anytime you get the opportunity to go somewhere you haven't been before, it's a great chance to learn."

That learning will include unforgettable trips for the flyers aboard their hosts' maritime patrol aircraft. Though all three countries fly derivatives of the four-engine American P-3 Orion, the Canadian crew has rarely seen their Japanese or South Korean counterparts in action.

While in Japan, the crew will conduct a search and rescue exercise with a Japanese

submarine. In Korea, they'll participate in a large naval exercise. Between flights, the flyers will visit a United Nations cemetery in Busang, South Korea, home to a number of Canadian war dead. They will even stage a Terry Fox run.

Armed with Canadian flags, Comox and Courtenay pins and an entire box of Valley tourism brochures, the crew will also be doing its best to act as ambassadors. "We'll be working even when we're not flying," Smith says. "Our aim is to both improve our interoperability and foster good relations between our nations.

"There are some big

cultural differences to which we have to be very sensitive," adds Smith, who just finished reading James Clavell's Shogun in preparation for his Japanese visit. "Bowing, saluting, gift giving, they are all very important." Smith says the crew will be loaded down with local salmon as its main gift for both countries.

The commanding officer of 407 Squadron, Lt.-Col Fred Bigelow, will be leading the Asian mission. He says there is a strategic objective to the visit that goes beyond building squadron-to-squadron relationships.

"Nations like Korea and Japan are important when you build a coalition," Bigelow says. "Japan's self-defence forces, for instance, are making some very cautious moves into the international arena. Canada is becoming a part of that. They see us as partners, and for that reason they like working with us."

Drivers wanted:

2000 Golf GLS

2.0 litre auto., air, power windows, 6 CD changer. 74,000 km. VW certified.

\$17,795

Contact Paul Boulton

**@ Belleville Volkswagen
239 North Front Street,
Belleville**

613 966-3333



Convenient, Close by and Affordable



Dr. Steve Mascarin, Dr. Sue Marinovich and Dr. John Marinovich are proud to have been part of your neighbourhood since 1994.

At The Family Dental Centre, you'll find:

- warm and friendly staff
- quick, easy-to-arrange appointments
- personal coaching on gum disease prevention
- kid-friendly dentists
- dentistry while you sleep*
- emergency, same-day service
- beautiful, natural-looking dentures with free lifetime adjustments
- affordable treatment and seniors' discounts
- your choice of five deferred payment plans, for example, up to 12 months interest free or no payments and no interest for 90 days

We invite you to call us. New patients welcome.

3 9 8 - 8 8 8 8

www.familydentalcentre.com

7 minutes north of Hwy. 401

On Hwy. 33

THE FAMILY DENTAL CENTRE

* We offer full sleep dentistry offsite or conscious sedation at both of our offices.

QUINTE COMMUNITY SAVINGS & CREDIT UNION

Loan & Mortgage Arrangers



Alana



Lori



Teresa



Kim

Belleville Trenton

293 Sidney St. | 251 RCAF Rd.

Phone: 966-4111 | Phone: 394-3361

Interest Rate
6.4%*

on \$10,000.00
or more

on a 1998 or newer vehicle!



Credit Union

* Subject to OAC

www.quintecommunity.com

Search & Rescue UPDATE



The past week saw 424 Squadron respond to three Search and Rescue missions.

The first mission involved an overdue boat near Brockville, Ontario. A search was conducted by our Labrador helicopter--at the same time the vessel was found by ground forces.

The same day, the Labrador was tasked to search for two missing people off a capsized catamaran boat near the city of Whitby, Ontario. They were eventually rescued by a nearby water vessel.

The final sortie involved a downed aircraft north of Chicoutimi, Quebec. The aircraft was found, unfortunately with no survivors.

Missions for 2003: 132 Missions for Sep.: 15 Persons rescued: 23



Opinion / Editorial

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: Ronie 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.ca

Intranet: LeBlanc AL@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.



**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.



The Contact
Wing Headquarters Building Annex
8 Wing / CFB Trenton
PO Box 1000, Station Forces
ASTRA, ON K0K 3W0
Editorial: 613-392-2811 Ext. 7005 Fax: 613-965-7490
Advertising: 613-392-2811 Ext. 2748 or 7008

message from the Editor Correction

It's quite amazing how one word can dramatically change the meaning, or perceived meaning, significance or value, of something.

Much to my chagrin, I received more than one telephone call first thing Monday morning with reference to an article which appeared in last week's Contact.

Entitled *Former tail gunner visits museum*, the article inadvertently used the word *replica* when referring to the Halifax Bomber restoration.

Please let me clear this up right away. The aircraft being restored is the *original* bomber, not a copy.

On behalf of the entire staff of the Contact, I apologize for this unfortunate miswording.

A heartfelt THANK YOU

Hello. We do not have any names, but wish to send our sincere thanks and gratitude to those who flew the search and rescue helicopter on the night of Thursday August 28th over Lake Simcoe.

Our son-in-law and four grandchildren were marooned on the lake after the batteries died in the motor. They drifted all night while we waited on the shore for word.

You can only imagine the fear we felt, and the joy when word came that they had been located. Please let those in the helicopter know that we do not take for granted the job they do.

Thank you all.

Sincerely,

John and Pat Watson and the Blazys family.

Canadiana Crossword

Way to Go

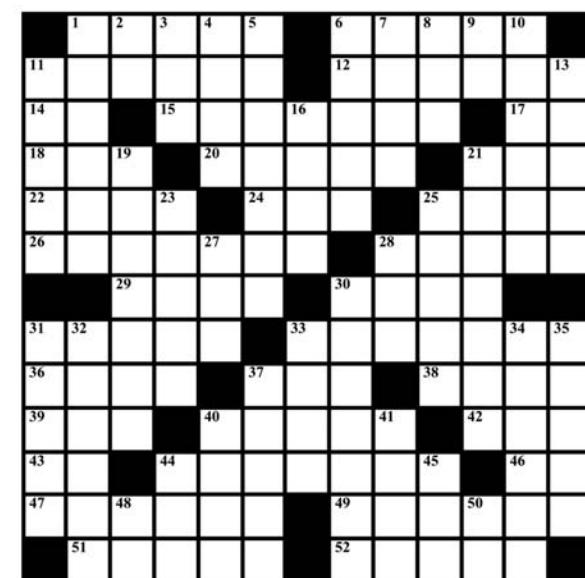
Bernice Rosella and James Kilner

ACROSS

- 1 Word after brat
- 6 Opposite of zenith
- 11 Per _____
- 12 Obligations
- 14 Jane Stewart dept.
- 15 Airplane part
- 17 Roman 1100
- 18 Wedding words
- 20 Lariat (var.)
- 21 Classic automobile
- 22 Word before over or wing
- 24 Greatest
- 25 Insulin co-discoverer
- 26 Babies
- 28 Word after all, up, or out
- 29 Love God
- 30 Malay people
- 31 Church council
- 33 Botches
- 36 _____mount Quebec
- 37 _____sen
- 38 _____Angus, Quebec
- 39 Compass pt
- 40 Prepare for a rainy day
- 42 Canadian mil. unit
- 43 Forenoon, for short
- 44 Warn
- 46 Common greeting
- 47 Choose new actors
- 49 Home of Mats and Bjorn
- 51 Female deity
- 52 Empower

DOWN

- 1 Game keeper
- 2 _____lands, Ontario
- 3 Fjord
- 4 Rouse
- 5 Abilities
- 6 _____Battleford,



- | | |
|----------------------------|---|
| Saskatchewan | 30 Dawn |
| 7 Cape Buffalo | 31 Curse |
| 8 Send a collection notice | 32 Flunkeys |
| 9 Exists | 33 Exhausted |
| 10 Engage the gears again | 34 Shun |
| 11 Word before powder or | 35 Besmirch |
| pepper | 37 _____ Brook, Newfoundland |
| 13 Barbara Ann, for one | 40 Lock part |
| 16 Food | 41 _____ton Mountain, British Columbia |
| 19 Crime | 44 _____shaft |
| 21 Undeviating | 45 Edward, to some |
| 23 A kind of card | 48 Mr. Eaton, familiarly |
| 25 Boat bottom | 50 Accomplish |
| 27 Partner of Winken and | |
| Blinken | |
| 28 Skedaddle | |



This Week in Contact

1944--Minister of National Defense Ralston announces a \$100 clothing allowance upon discharge from the RCAF. At the same time, "mustering out" (release) benefits are published for all ranks, ranging from \$723 (Airman) to \$3,082 (Air Vice Marshal) depending on length of wartime service both in and outside Canada.

1953-63--Unavailable

1973--The Contact echoes the growing public concern over drinking and driving, noting that "the intoxicated motorist may face a civilian criminal court for impaired driving".

1983--The Ontario government amends the Public Service Superannuation Act to permit widows and widowers of pensioners to receive benefits after they remarry.

1993--The RCAF Memorial Museum calls for volunteers to assist with the creation of "an air park in the open field adjacent to the new museum". 424 Squadron wins the National Search and Rescue Exercise for the second year in a row at SAREX 93.



**Created & compiled by
WO J. H. MacDonald, Deputy Wing Heritage Officer**



8 WING PARTICIPATES IN TRENTON'S BATTLE OF BRITAIN PARADE



Photos: Cpl Chris Bentley, 8 Wing Imaging

A contingent of personnel from 8 Wing/CFB Trenton took part in the annual Battle Of Britain Parade and Service at Trenton's Centennial Park on September 21, 2003. At right, Colonel Dave Higgins, Commander 8 Wing/CFB Trenton, and Wing Chief Warrant Officer Don Cheverie lay a wreath.

CAIRN DEDICATED



The Royal Canadian Air Force (RCAF) Memorial Museum's air park was the site of the recent Mobile Support Equipment's (MSE) Cairn Dedication Ceremony. At this ceremony, held last weekend, Padre LT (N) Gould dedicated the cairn after its official unveiling.

October

- | | |
|----|---------------------------------------|
| 3 | GLEANERS FOOD DRIVE UNTIL OCT. 11 |
| 6 | FIRE PREVENTION WEEK UNTIL OCT. 11 |
| 13 | THANKSGIVING MONDAY MALL CLOSED |
| 24 | CHARITY BAZAAR UNTIL OCT. 25 |
| 31 | HALLOWEEN SAFETY NIGHT |



North Front Street at Hwy 401 . Belleville
www.quintemall.com . 613-968-3571



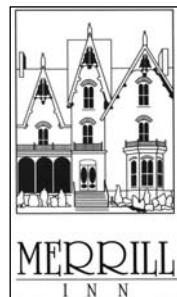


Finance

**Spend a Weekend
and learn about being an
INNKEEPER and
B&B OWNER**
at The Merril Inn, Picton

Learn about:

- *Economics of Innkeeping
- *Pros and cons
- *Valuation
- *Business and Marketing Plans
- *Acquisitions
- *Purchasing
- *Operations and start up

**Seminar includes:**

- 2 Nights Accommodation
- All meals and refreshments

Comprehensive workbook and materials**Taxes and service charges**

For further information and seminar dates please call

Edward Shubert at

613-476-7451 or 1-866-567-5969

or visit www.hospitalityconsultants.ca

**It's not what we put on your ears,
but what we put between them.**



Let your future shine!

Apply Online: www.stream.com

Applications Accepted ONLY ON LINE

We provide more than a job to our employees. We give them a chance at a career. How? Stream offers all new Customer Support Representatives and Technical Support Representatives the chance to attend Stream University, where they are trained in the hottest technologies on the market. Apply online today!

Free Technical, MCSE & A+ Training! Full and Part-time Jobs!

Stream

**English and French Positions
Available Immediately**

A weekend seminar for aspiring innkeepers, bed & breakfast owners

The Merril Inn, in co-operation with Century 21 Lanthorn Real Estate Ltd., is pleased to offer an exciting opportunity for those interested in opening a bed and breakfast or inn. This weekend seminar is a must for those serious about making a career change to innkeeping.

The seminar provides an in-depth

look into the business of innkeeping. Attendees will gain the perspective necessary to come to a decision about whether or not innkeeping is for them. The economics of innkeeping as well as the pros and cons of various types of inns, acquisition, valuation and the purchase process will be examined. Business and marketing plans, opera-

tions and start up will be reviewed. A behind the scenes tour of the Merril Inn will look at guest rooms, equipment, layout and front office systems.

This weekend seminar will be held at the historic Merril Inn, an elegant 13 bedroom country inn with a restaurant and wine bar. The inn is located in Picton, Prince Edward County;

approximately 2 hours east of Toronto.

The seminar leaders are Edward and Amy Shubert, owners of the Merril Inn and Shubert Hospitality Consultants. Amy and Edward have over 40 years of combined hospitality experience. This seminar includes: Friday and Saturday nights accommodation; all meals and refreshment breaks; comprehensive

workbook and materials; taxes and service charges. The cost is \$495.00 per person, based on double occupancy or \$650.00 per person based on single occupancy. For seminar dates and further information, please visit www.hospitalityconsultants.ca. Contact Edward Shubert at 613-476-7451 or 1-866-567-5969.

FOR ALL YOUR FINANCIAL INVESTMENT NEEDS

ROBERT GRANDMAISON, CD, CFP
Certified Financial Planner
FINANCIAL PLANNERS (QUINTE) INC.
55 Glenburnie Drive, Trenton, ON
• RRSP • RRIF • MUTUAL FUNDS
• GIC • SEVERANCE INVESTMENTS
• EDUCATION PLANS • INSURANCE

Mutual Funds Provided by
WORLD SOURCE FINANCIAL MANAGEMENT
Tel: (613) 392-0044 Res: (613) 392-0280
Fax: (613) 392-7110 e-mail: rgrandmaison1@cogeco.ca

**Credential™
securities**
Member of Credential Group

251 RCAF Rd., P.O. Box 278
Trenton, ON K8V 5R5
• Stocks • Mutual Funds • Bonds
• RRSP • RRIF • GIC
• Severance Investments

Tel: (613) 394-6589 Fax: (613) 394-4903
E-Mail: dlockey@qcscu.com

Don Lockey
Investment Advisor
Member: CIPF

AUTO - HOME - BOAT - LIFE - INVESTMENTS

WHITLEY INSURANCE & FINANCIAL SERVICES
392-1283
(1-800-663-1384 Toll Free)

SINCE 1949 Visit our Website at www.whitley.net
E-mail: info@whitley.net

"SAVE MONEY, CALL FOR A QUOTE"
41 Dundas Street W. Trenton

AUTO - HOME - BOAT - LIFE - INVESTMENTS

Carney's bar and grill closing its doors

by Laurie McVicar
Assistant Editor

When Carney Maroney closes the doors to his bar and grill next week, he'll not only be saying goodbye to a lucrative business, but to the many friends he's made over the past nine and a half years.

Maroney and wife, Pat Davis, took over the former family restaurant on RCAF Road in 1994 and transformed it into the social hub of 8 Wing/CFB Trenton.

"I'd like to think (the atmosphere) here has always been friendly due to both the staff and patrons," said Maroney. "Your rank is left at the door but respect for each other is paramount. That's why we can say we've gone nine and a half years without any serious incidents. I don't think there's a pub, a bar, or a mess that can say that."

Providing a place where people could come and have fun has always been a high priority for Maroney.

"We wanted somewhere that a single woman or single man could come and not have to have their back to the wall or be hassled. I think we've achieved that," he stated.

When they were informed last year the building was to be demolished, Maroney and Davis considered relocating the bar, but decided in the end to call it quits.

"We're both 62. If we were 40 we would have really gone for it," said Maroney with a smile.

That's not to say they won't miss certain aspects of their business.

"I'm going to miss



Photo: Laurie McVicar, Contact

Carney Maroney, owner of Carney's Bar and Grill, will have plenty of good memories to sustain him throughout his retirement.

the people. We have all ranks, all trades, all classifications and everyone has input into the conversations. I've made a lot of good friends and had a lot of fun," said Maroney.

He's fortunate, as well, to have plenty of fond memories.

"Three years ago, on November 11th, someone called the base operator saying a bomb had been planted in the bar at Carney's. The Military Police showed up at 7:30 p.m. and asked us to evacuate the bar while a search was conducted. We had entertaining us that night a band from Nova Scotia called 'The Stubby Fingers' and people were having a super time. So, everyone filed out into the parking lot, (the band) continued to sing out there, and the MP and I went through the bar area. Within 45 minutes, the bar was searched and nothing was found...

Out of about 60 people, I think one or two decided to go home – the rest filed back in, picked up their drinks where they left them, the band struck up and away we went to the wee hours of the morning," said Maroney with a chuckle. "It's funny, it was cold and spitting rain but it didn't dampen anyone's spirit."

Patrons and staff of the bar and grill also threw a surprise wedding reception for Maroney and Davis when they "tied the knot" March 31, 2000. Along with a three-tiered wedding cake, the guests also presented the couple with two tickets to the musical "Mama Mia", hotel accommodations, and \$200 in cash.

Maroney is somewhat dismayed at the idea of leaving his patrons with nowhere else to go after Carney's closes.

"Our customers are



Photo: Sgt Rick Ruthven

Maroney poses with wife and co-owner of Carney's Pat Davis.

looking for something that has a quasi-military atmosphere without restrictions," said Maroney. "There's a common thread (here). You can use acronyms and people know what you're talking about."

Although they will officially remain open until Wednesday, October 1, Carney's grand finale party will take place on Friday evening. For more information, call 392-3385.

Please recycle this newspaper!

"The Only Place To Go"

SMITTY'S
WAREHOUSE OPERATION
For NEW or GOOD USED Appliances

Smitty's has been keeping customers happy for 20 years in the appliance business. This proves Smitty has the **Best Price, Selection, Guarantee, Quality & Price plus Same Day delivery**, seven days a week. Smitty plans to be around for another 20 years. Now he has in-house financing at **NO INTEREST**. These are just a few of the many reasons to visit Smitty's for your new or used appliance purchase.

Best Quality **Best Price**
Best Selection **Best Guarantee** **Best Service**

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

Dr. Tom McDowell Family Dentist

Let us show you how our "Practice of Dentistry" can benefit you and your family.



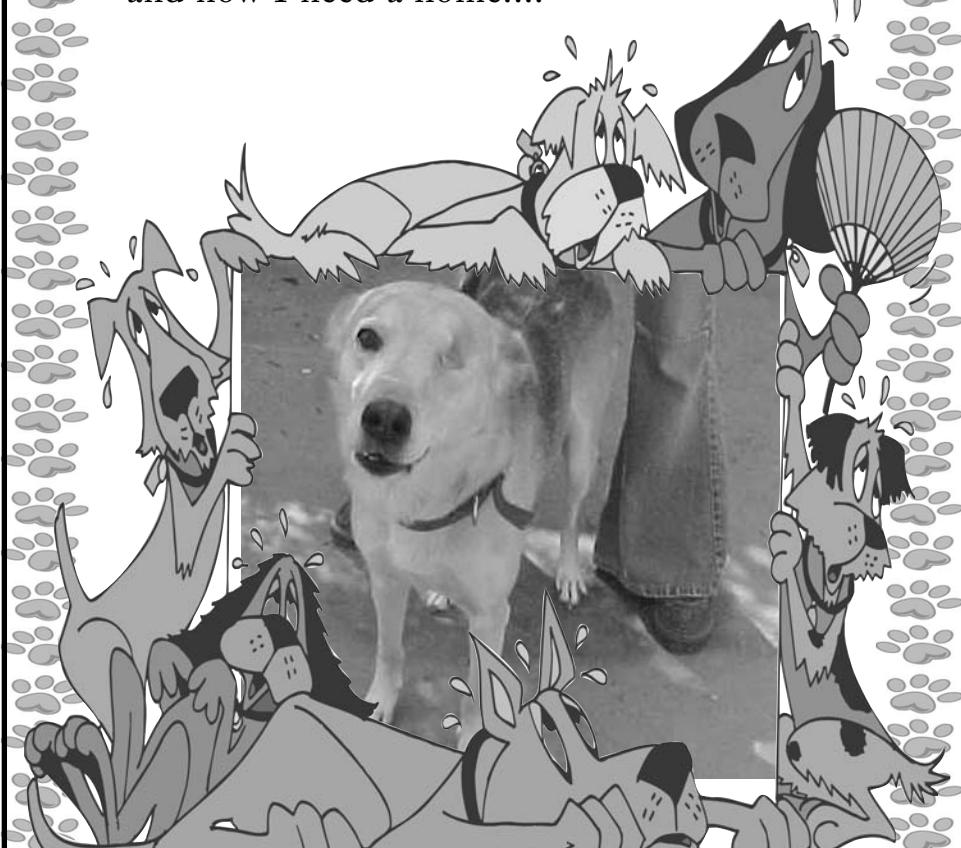
OFFERING
Orthodontics
Sedation
Hospital
Close to Base
Electronic Insurance Submission
Evening Hours
Complete -
Tooth Whitening

394-8888

169 Dundas Street East, Trenton, Ontario

Pet Particulars Lady looking for home

Hello my name is Lady. I came to the shelter with puppies. My previous owner allowed me to breed over and over again. I have a vision impairment as I am missing an eye due to an eye infection that was never treated. I am a very friendly girl and have been here so long. My pups have been adopted and now I need a home!!!!





Shock - the hidden threat

(NC)—As if being hurt isn't enough, any injury or illness can result in shock. This medical condition—not to be confused with electric shock or being 'scared'—happens when a person suffers an injury or illness that reduces blood flow. Shock can be life threatening, and can progress quickly, without warning.

How to recognize shock

Pain, anxiety and fear don't cause shock, but they can be triggers that make the condition even more dangerous. Here are signs and symptoms of shock.

- Cold, clammy, pale or bluish grey skin
- Bluish-purple lips, tongue, earlobes, fingernails
- Shallow, irregular breathing
- Altered level of consciousness—restless, anxious, confused or disoriented behaviour
- Weak, rapid pulse
- Extreme thirst.

St. John Ambulance, Canada's leading authority in first aid, suggests the

following approach to dealing with shock.

1. Give first aid to the condition that caused the shock.
2. Reassure the casualty often.
3. Handle the casualty gently and minimize pain in movement.
4. Loosen tight clothing at the casualty's neck, chest and waist.
5. Keep the casualty warm and comfortable, taking care not to overheat.
6. Don't give the person anything to eat or drink, but moisten the lips if they complain of thirst.
7. Seek medical attention immediately.

Shock may not be easy to recognize. In any serious situation, always suspect shock and be ready to act to reduce its harmful effects. To learn more on how to deal with emergencies, take a St. John Ambulance first aid course, designed to give you the skills, knowledge and confidence to help when needed. For more details, see the office in your area or check us out online at www.sja.ca.

Protect kids from poisoning

(NC)—Young children can be curious creatures! Everything is full of mystery and adventure to little ones. That's why parents and guardians have to be careful to keep harmful substances safely out of reach. You can prevent poisoning by recognizing the risks of poisonous materials. Treat them with proper care, always following instructions for use and disposal.

Did you know the average home has more than 250 poisonous substances that could harm or kill a child? St. John Ambulance—Canada's leading provider of safety oriented first aid training and quality products—warns that medicines, cleaning products, plant care products, cosmetics and numerous other everyday items can have disastrous effects on an

unsuspecting child.

Do's and Don'ts to prevent poisoning

Follow these precautions to prevent poisoning around the home.

- Do keep household chemicals and medicines locked in a secure cabinet, out of reach for children.
- Do store household and drug products in their original containers, so that label information is at hand.
- Do read labels on products and follow the directions for use.
- Don't store harmful chemicals in food or drink containers.
- Don't use toxic chemicals in an enclosed area. Open windows and doors for ventilation.
- Don't operate internal combustion engines indoors.
- Do safely destroy any food that you think

may be contaminated.

- Do teach children to recognize and obey warning labels on products.
- Do flush unused portions of medicines down the toilet and throw out empty containers.
- Don't keep poisonous houseplants within the reach of children.
- Don't leave medications in a purse or on a table where children can get them.
- Don't take medicine in front of children as they may imitate you.

Use the 'five rights' for medicine

1. The right medicine
2. The right person
3. The right amount
4. The right time
5. The right method

St. John Ambulance first aid training can help you know what to do in an emergency. For more information, contact the office nearest you or visit us online at www.sja.ca.

Gimpel Electric Supply Ltd

38 Elgin Street Trenton Ontario K8V 3X8
Ph 613-392-9261 — Fax 613-392-3374

Our experienced and friendly staff would be pleased to help you with all your electrical and electronic needs.

MEMBER OF
IED/SEABELL
EDGE
Marketing Groups



SERVING
8 Wing CFB Trenton
The Quinte Area
since 1976

Visit our new Lighting Showroom

beams lighting

392-3595

country traditional log home residential
lamps fans furniture
'let us light your way'

BAY SUBARU



2000 Subaru Forester S
All wheel drive, automatic,
balance of factory warranty.
\$19,989.33

60 Millennium Parkway
Belleville, Ontario • 968-9559.

Do your safety homework



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

Office workers are in the forefront of the continuing trend toward working at home. Typical home occupations are computer data entry, accounting, computer drafting and telephone sales. Safety is just as important for workers at home as it is for those in the company office. A homework setting can have many of the same hazards as a traditional workplace—and a few extra besides.

Falls, electric shock,

cumulative trauma disorders, back injuries, cuts and fires can all happen regardless of where your place of business is located. Makeshift furniture and cramped, poorly-designed work quarters can contribute to injuries to the muscles and connective tissues, falls and other accidents.

Here are some guidelines for creating a safe

work environment at home:

Separate the working area from living quarters. Having your work spread out on the kitchen table or the living room floor is uncomfortable and stressful.

Arrange for childcare if you cannot adequately supervise your children while you are working. Keep children away from any hazardous equipment or materials.

Some operations such as a darkroom or art studio in a home may require special ventilation.

Have the work area rewired to accommodate equipment such as computers, printers and fax machines. Extension cords are tripping hazards. Overloading electrical circuits could result in a fire or damage to equipment.

Obtain suitable furniture and make sure it is safely maintained.

Ensure lighting is adequate in your work area and entrances.

Clean up clutter frequently to eliminate tripping hazards and to reduce the fuel for a fire.

Have a fire extinguisher of the correct type in your work area. A combination A-B-C

extinguisher is the right one for most household and office uses.

Keep regular work hours. Accidents are more likely to occur when working long hours, especially at night.

Learn to handle stress so you can devote your full attention to working safely. While the option of working at home relieves certain pressures for many people, it brings new stresses. It may solve child or elder care problems for a family. But working at home can cause you to feel isolated from co-workers and trapped by your ever-present job.

Some workers are based at home but spend their working days on the road or at remote sites. Make sure you maintain your vehicle well and drive defensively.

Discuss any safety concerns with your supervisor. Learn about your company's safety policy regarding at-home employees. Also, find out about workers' compensation and other insurance coverage for your particular work situation.

For some people, the chance to work at home can be a great benefit. Include safety in your work plan.

October is Eye Care Month

(NC)—With over 126 million light receptors in each pupil, your eyes are the most complex, amazing organs in the human body. How much do you know about them? For October, Eye Care month in Canada, here is a short update to improve your Eye-Q.

Remember your mother warning you not to read in the dark or you'd hurt your eyes? Sorry mom, but it's not true. While still not a good idea, nor is sitting too close to the TV hazardous to eye health. According to eye doctors, you can't strengthen your eyes by not wearing glasses, and wearing glasses doesn't make eyes weaker. Needing bifocals is not caused by too much close work over the years.

Did you know that contact lenses now come as bifocals, as well as in colours, spots, stripes and other patterns? Or that contacts can now be worn by more people, due in part to advances in lens care solutions? One such product launched this fall, Complete Moisture Plus, uses new tear-

like moisturizers that bind with the lens to increase comfort and hours of wear.

The eye diseases most sharply on the rise in Canada are linked with diabetes. An annual eye exam sometimes provides a pointer to this condition. According to the Ontario Association of Optometrists, one in six children now have vision problems. Did you ever think that a child who can't sit still might have a vision problem? Recent findings strongly indicate a relationship between Attention Deficit Hyperactivity Disorder and convergence insufficiency, an inability to focus the eyes at close range that affects 3-5% of the population.

Finally, a surprise: in moderation, video games are good for the eyes. According to a group of B.C. optometrists, they can help sharpen vision skills used in school, on the job, and in sports. These include eye movement skills, eye-hand coordination, visual reaction time, visualization, and side vision awareness.

Add six minutes of walking each work day by parking at the farthest parking spot...lose 2.5lbs in one year.

Walk on your lunch or break. Do 30 minutes three times per week and burn 6lbs in one year. Increase that to five times per week and make that 11lbs.

Do both and you could lose 13.5 lbs in one year!
Keep in mind that we are talking about a nice, leisurely pace...pick up the pace and it will be even more!





Take control of your personal information

CF Personnel
Newsletter / Bulletin du
personnel des FC

Recent changes to the Personal Emergency Notification (PEN) Form allow CF members more control over their

personal information, and all CF members are encouraged to fill in a new form before December 31, 2003.

Currently, the Privacy Act prohibits the release of your personal information to anyone—

including your next of kin (NOK)—without written authorization for a period of 20 years after your death. A new section of the PEN Form provides you the opportunity to designate to whom DND may immediately release your personal information in the event of injury or death. As well, the PEN Form now accommodates member authorization for DND and Veterans' Affairs Canada (VAC) to exchange CF members' personal information in the event of injury or death. This will enable injured members or NOK to obtain all

their rightful benefits from both departments with a minimum of paperwork and elapsed time.

At The Centre, a bilingual referral service and resource centre for CF Regular and Reserve Force serving and former members and their families, Casualty Administration Officer Louise Rochette sees these changes in the PEN form as "what we're here for. We're here to help CF members. With these changes allowing the member to decide who should be contacted in the event of something happening, we're

being proactive. And the same is true for the exchange of information between DND and VAC."

Updated instructions on the back of the form include a clarification of why you are asked to provide the information, and who is authorized to access that information. Further explanations of the new sections on disclosure of personal information are also provided. Once it's filled in, the PEN Form becomes a "Protected A" document, and must always be handled as such. Units are responsible for the secure handling of PEN Forms,

and for ensuring that CF members' personal information on PEN Forms is always accurate and current. This is particularly important prior to deployments.

You are asked to fill in an updated PEN Form before December 31 to ensure your protection under the provisions of the new form. For more information about the PEN Form, please call The Centre at 1-800-883-6094. Visit <http://diso-s041.ottawa-hull.mil.ca/DFC2/> to download and print the PEN Form (CF 742; current NSN 7530-21-900-0451).

Employment Equity

Diverse is defined as: unlike in nature or qualities, varied, or changeable.

This word aptly describes Canadian society in the New Millennium. We are evolving into a rich, diverse culture due to immigration, changing attitudes towards gender equality, improved relationships with first nations peoples, and advances in attitudes to those with physical challenges. All of these add to the greatness of our country, and represent a marked improvement in society as a whole. As our society evolves, it only stands to reason that its institutions keep pace.

The Military has found this challenging. Traditional military philosophy is based on uniformity of dress, grooming, and behaviour. The entire purpose of Basic Training was to rid us of our individuality and mold us into disciplined service personnel.

We are, however, still drawn from the general Canadian society. As such, a cross section of today's CF as compared to the CF of 20 years ago has changed as well. Women are more and more being employed in what were once considered "mens" jobs, and the cultural richness of our society is being reflected in our rolls.

Unfortunately, traditional conservative military attitudes have made this transition to diversity difficult. We found ourselves reacting to change thrust upon us rather than embracing it positively, and making these changes into strengths. This was recognized, and our attitude towards this evolution has changed. We have implemented a plan that will allow us as an organization to take advantage of this diversity in culture.

To support this initiative, an Employment Equity (EE) Advisory Group (AG) has been formed at 8 Wing. The group meets monthly to the end of working towards an effective advisory group, but the word is slow in spreading.

The group is still looking for participants who are interested in this cause, and willing to work towards implementation of all employment equity initiatives. We presently have 2 co-chairs (1 each civilian and military) and official Points of Contact for specific issues dealing with Aboriginals, Persons with Disabilities, Visible minorities and Women.

Anyone interested in participating in this group, or has issues or subjects worthy of discussion can contact the OPIs for the specific interest group at issue.

The contacts are:

1. Aboriginals – Capt Catherine Morrison – 2314
2. Persons with Disabilities – Pieter Molenkamp – 3702
3. Visible Minorities – Cpl Petra Morningstar – 3094
4. Women – Cpl Anna Cummings – 3553

If you have an issue to bring up to the advisory group, bear in mind the groups mandate, which is to advise on issues with regards to policy, and not to act as a part of any grievance process. The group will not take part in individual conflicts or grievances. Regardless it must be said that all systemic issues will manifest themselves as grassroots level problems, so letting us know about these things may open the door to bigger issues.

The group meets the first Wednesday of every month at 1300 in the Wing Chapel, 91 Namao Dr. East. Interested participants may contact their respective POCs for their specific group as listed above, or the civilian or military co-chair for information. The co-chairs are:

CIVILIAN - Mr. Pieter Molenkamp, ATESS HQ, local 3702

MILITARY- Sgt Mike Douglas, 426 Sqn., local 3734.

The Contact Newspaper would like to take this opportunity to offer a fond farewell and our best wishes to Carney Maroney and his wife, Pat Davis, as they prepare to embark on their much-deserved retirement. You will be missed.



**GOOD LUCK
AND
GOD BLESS.**

Please see story on Page 5.

2003 MAZDA MPV DX

zoom-zoom

with Convenience Package

LEASE FROM

249**

WITH **\$0**

security deposit

Cash purchase from

OR **\$24,745*****

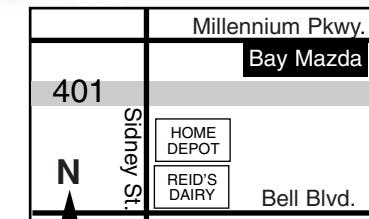


HIGHEST IMPACT PROTECTION RATING POSSIBLE*



ES Model Shown

- 3.0 L 200-hp V6 engine
- 5-speed automatic transmission
- Air conditioning
- AM/FM/CD cassette 4 speaker stereo
- Steering wheel audio controls
- 2nd row Side-by-Slide™ seats and 3rd row Tumble-Under™ seat
- Dual sliding doors with power down windows
- Power windows, locks and door mirrors (heated)
- Cruise control
- Lease payment includes freight and P.D.E.



OUR PRE-DELIVERY COMMITMENT MEANS EVERY NEW MAZDA IS CHECKED OUT, GRISSED UP, AND FITTED WITH FLOOR MATS.

Roadside Assistance Program Ask about the Mazda peace of mind promise standard on every new Mazda.

MAZDA LEADERSHIP WARRANTY 3 years or 80,000 km comprehensive warranty, 5 years or 100,000 km powertrain warranty.



Bay MAZDA
SALES • SERVICE • PARTS • LEASING

Get in. Be moved. **60 Millennium Parkway, Just north of Reid's Dairy and Home Depot!**



96-MAZDA
(62032)

*Offer available on all new cash purchases of the 2003 Mazda MPV DX and retail leases only. Lease payment includes freight & P.D.E. of \$975 for cars & \$1,125 for trucks. Total lease obligation for the 2003 Mazda MPV DX (UADZ3CA00) is \$16,947 including down payment of \$4,995. **Starting MSRP available on the 2003 Mazda MPV DX. 20,000 km per year mileage allowance applies, if exceeded, additional 8 cents per km applies. License, insurance, registration, taxes and other dealer charges extra. Dealer may sell/lease for less. Lease & finance OAC for qualified customers only. See dealer for complete details.



Fitness, Sports & Recreation

Players needed

The men's & women's volleyball team are looking for newly posted in players in preparation for the Ontario Regional Volleyball Championships to be held in March 2004.

Both the men's and women's team will be practicing every Monday and Wednesday from 1800 to 2000 hrs at the Gymnasium. If you have any volleyball skills or are interested in learning some skills come on out. For more info contact Corporal James McDonald at local 3291 or the Military Sports Coordinator, Dan Cormier, local 3373.

Attention golfers

The Intersection Ladies 4 Ball Best Ball Golf Tournament will be held on Thursday, October 9 at the CFB Trenton Golf Course. The tournament will be limited to 12 teams.

The fee for registration will be \$12.50 per person for non golf club members and \$2.50 for club members. Bring a small \$10.00 prize. Payment must be made at The Gymnasium Main Office no later than 1600 hrs, Monday, Oct. 6.

The tournament will be a shotgun start with a team briefing on 1215 hrs. Register your team or as individuals with Shirley Martin at local 3467 or for info contact Dan Cormier at local 3373.

Old Timers League

The Old Timers Hockey League will play every Friday afternoon from 1400 – 1600 hrs at a cost of \$65 per player. A league meeting will be held at 1000 hrs on Thursday, October 16 at the Gymnasium all interested team rep are to attend.

Player registration for the NHL & OTHL will be held over until Wed., Oct. 15 from 0800 – 1200 and 1300 – 1530 hrs at The Gymnasium.

For further information, contact the Military Sports Coordinator, Dan Cormier, at local 3373.

HUGE Hockey/Broomball Equipment SALE

(Sealed Bid) RCAF Flyers Arena

**Military & DND Employees:
16 Oct 03
Civilians: 18 Oct 03
0900 – 1800 hrs**

**All ITEMS WILL HAVE A MINIMUM
VALUE**
**Hockey Pants – Shoulder Pads – Elbow
Pads**
Gloves – Shin Pads – Broomball Pants
Broomball Gloves – Broomball Shin Pads
Sweaters and Goalie Equipment
For more information contact
Bryan Pearce @ 392-2811 ext. 4110

Charity golf tournament a success

by Apollo Athanasopoulos

The Wing Commander's United Way Golf Tournament was conducted on September 16 at the CFB Golf Course.

The event was successful with numerous personnel participating in it. The total amount raised for the United Way was \$ 2,050.00. The winners were: Dan Cole, Stephan Fader, Mike Stoddart and Harold Stoddart.

We would like to thank our sponsors for helping to make this tournament a success: Lisa Thompson, RBC Investments; Brent MacFarlane, Labatt's; Scott Bennett, Wilson Sports. As well all of the hole sponsors: Simcoe Office, Frost Automotive; Carey Webb, State Farm Insurance; Randall's Office, Four Season's Sports, Tomasso's Dinning, Fitness Depot, Advantage Fitness, Golden Valley Restaurant and Continental Fitness. Prize donations: Simcoe Office, Hercules Tires, Advantage Fitness, Fitness Depot, Black Knight, Montreal Expos, Montreal Alouttes, Ping Canada and Fit Quest.



Photo: Laurie McVicar, Contact

Not quite ready to throw in the towel



Laurie McVicar

Confessions from the Gym

Wednesday, September 24

I'm back!

Though still not a member of the gym, I have (yet again) renewed my commitment to live a healthier lifestyle. Perhaps it's due in part to scale that keeps creeping upwards, or clothes seem a little snug these days - I'm not sure. Either way, it's time to get serious!

I was so distressed by the way I looked this morning, I actually dusted off a yoga DVD that I borrowed ages ago from my sister (oops, was I supposed to give that back?) and attempted to follow along in the blessed privacy of my livingroom - lights off and curtains closed of course.

The more I think about it, the more I'm beginning to realize that I have returned to square one. After almost two months of not going to the gym, I'm almost terrified to return! Go out in public without several layers of clothing to hide the flab - inconceivable! The difference is, this time around I know a little courage and a lot of hard work can pay off.

I'm happy to say that I haven't completely slacked off in my exercise. For the past month or so, I've taken advantage of the fantastic fitness trails here at 8 Wing/CFB Trenton. Frankly, I prefer the fresh air and great view the trails have to offer compared to the monotony of a treadmill or elliptical machine. Of course, I may change my mind once the cold weather sets in.

Lastly, I'm sad to report that I'm back to exercising for one following an unfortunate miscarriage late last week. Perhaps, this will give me more time to slim down before once again rounding.

**Coming this fall...
The Health Promotions Program
presents Weight Wellness
Watch the Contact for more details!**

news from the Community Recreation Director

- PA Day, September 26 - Arena open 9 - 12 for Family Skating.
- Early Dismissal Day, October 20 - Arena open for Family Skating, 1 - 3 p.m. and pool open 1 - 3 p.m. for Rec Swim.
- Pre-school Gymercise - Tuesdays or Wednesdays mornings 9:30 - 10:30 a.m. begins Oct. 7 and Oct. 8. Spaces available, register now at the RecPlex.
- Red Cross Leaders Course - Must be 15 years by the exam date. Begins Oct. 18 and runs until November 29, Wednesdays 7 - 9 p.m. and Saturdays 1 - 3 p.m. Register at RecPlex, \$130 CRA members, \$140 non members.
- Junior Lifeguard Club - Starts Saturday, Sept. 27 and ends mid June 2004. For kids 8 - 15 yrs. Cost: \$150 for CRA members, \$180 for non members. Payment plan available.
- Yoga is back. Held in the studio at the south-side gym. Beginner classes are held on Mondays and Wednesdays, 5:30 - 6:30 p.m. beginning October 6. Intermediate classes are held on Tuesdays and Thursdays, 5:30 - 6:30 p.m. beginning Oct. 7. Cost: \$65 for CRA members \$70 for non members.
- Spinning, Step, and Body Sculpting start next week. Register at the RecPlex as soon as possible to hold a spot. Punch Cards are available.
- The RCAF Arena will be open every Wednesday at noon for fitness skating. It is a great time to sharpen up your skating skills and work on your aerobic fitness or just have a leisurely skate.

For more details on these or any other CRA program, log onto www.cfbtrenton.com.



A year has past us by! In memory of Mariebeth Wilkins-Short

A year has past since our daughter, Sapper Mariebeth Wilkins-Short, 23 Troop, 2 Combat Engineer Regiment CFB Petawawa was killed during a training accident at CFB Petawawa.

Mariebeth joined the Canadian Forces in January of 2000.

Following her graduation from recruit training and trades training at the Canadian Forces School of Military Engineering (CFSME) Mariebeth was posted to 2 CER. At the time of her tragic death she was completing her driver / operator course for the LAV III.

Mariebeth was a proud soldier and although her passing has impacted our family

beyond belief, we know that being a soldier and member of 2 CER was unquestionably her proudest accomplishment. Many times she spoke to us about her activities and experiences as a Combat Engineer and how she loved what she was doing with her life.

Dedicated to her Unit and the Canadian Forces, she was and continues to be an example for others to emulate. The spirit and determination she possessed enabled her to overcome obstacles that seemed impossible. It is these memories of her that allow us to forge ahead and face each days challenges head on.

Mariebeth, always remembered and never forgotten. Vaya Con



Dios, CHIMO!

Sadly missed by Mom (Virginia), Brian, Valarie and grandparents Jim and Joan Gregson.



WE'RE RECRUITING NEW MEMBERS TO JOIN OUR TEAM

Is someone you know ready to:

- accept the challenge of a tradition of excellence
- address public safety issues to create healthy, self-sustaining communities
- demonstrate integrity through their words and actions
- make a difference in their community

For more details have them
call our recruiting office
(780) 421-2233
Or toll free 1-866-777-0815
www.police.edmonton.ab.ca

WANTED!

Volunteers of all ages, with and without construction experience, from all across Canada to work with families in need to help build their first safe, decent, affordable home.



Must be willing to get sore, tired muscles plus have a lot of fun!

Celebrate the International Year of the Volunteer by coming out to a Habitat for Humanity build.



For more information on Habitat for Humanity and to contact your nearest affiliate, contact us at 1-800-667-5137 Email: habitat@habitat.ca www.habitat.ca

ESTETIKA BEAUTY HOUSE



Danielle invites her current clients & welcomes new!

771-0221

270 Church St., Belleville.

Lottie Jones Florist Ltd.

Since 1923

- FLOWERS • ANTIQUES • FRUIT BASKETS
- BALLOONS • SILK & DRIED FLOWERS

Member of FTD & TELEFLORA Wire Services

VISA MASTERCARD AMERICAN EXPRESS

Teleflora

44 Quinte St. TRENTON 392-2537

CRAZY DOGS
PET STYLING SALON

Complete Grooming Service or Do-It-Yourself for Dogs & Cats of All Sizes!

12 Carrying Place Rd.
(Hwy. 33) TRENTON

NOW OPEN
MONDAY - FRIDAY
8a.m. - 5p.m.

with 2 professional groomers
to serve you better!



392-7087

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



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
September 28 - October 4

ARIES (March 21-April 19): Take the steps required on the 28th and 29th to secure your personal position and your future. Property investments or residential moves will be beneficial. Use your discipline to save money and build some equity. Get involved in talks on the 30th and 1st that can lead to positive change. Your strength and courage will put you into the spotlight at any event you attend. Listen to someone with experience. You won't be treated fairly by others if you let them take control on the 2nd, 3rd and 4th. Focus on what you can do to make your life easier and ensure future advancement.

TAURUS (April 20-May 20): You can make some favorable changes regarding a partnership or personal relationship on the 28th and 29th if you talk about your intentions. You can expect to receive an interesting piece of information that will change your outlook. Don't make a rash decision about money on the 30th and 1st. Taking a risk will lead to a mistake. Getting involved in someone else's venture is not going to pan out. Revisit hobbies on the 2nd, 3rd and 4th you've left unfinished. A greater involvement with experienced people will lead to interesting talks and possible partnerships. Self-improvement will pay off.

GEMINI (May 21-June 20): Deal with any health issues that have been bothering you on the 28th and 29th. Maybe rethink your lifestyle and see if there is anything you can do to reduce stress and gain strength. Get into improving your health and well-being. Dealing with a business or personal partner will be very stressful on the 30th and 1st. Talk less, listen more and leave any resolution until later in the week. You may be feeling the crunch on the 2nd, 3rd and 4th if you haven't been particularly careful with your money. Organize your financial books and refrain from letting your money slip through your fingers.

CANCER (June 21-July 22): Travel, creative courses or attending an interesting lecture should be penciled in on the 28th and 29th. You need to experience different philosophies and, although you don't like change you will be thankful for it this time. Hard work will pay off on the 30th and 1st if you incorporate some of your ideas into whatever project you are pursuing. Talk to people in the know. Don't let yourself get run down. You will be uncertain about your financial life on the 2nd, 3rd and 4th, so if someone plays on your sympathy and asks to borrow, say no. Focus on making yourself more independent.

LEO (July 23-Aug. 22): Family issues will upset you on the 28th and 29th. Avoid personal discussions if possible. If you shirk your responsibilities, you will create a bad situation. Deal with financial matters. Socialize on the 30th and 1st and you will meet someone who will make a difference to you in the future. Your affectionate nature will help in the relationship department. Talk about the way you feel. You'll be in an industrious mood on the 2nd, 3rd and 4th. You will have some good opportunities, but don't expect help from those who only make promises. Do the work on your own.

VIRGO (Aug. 23-Sept. 22): Changes regarding a partnership will be to your benefit on the 28th and 29th. Taking short trips in order to find out pertinent information will result in meeting someone who could turn out to be very important to you. Protect yourself from unsavory situations on the 30th and 1st. You will have some big ideas, but you need to be sure you aren't taking on something that is next to impossible. Don't depend on anyone but yourself. Be persuasive, aggressive and specific on the 2nd, 3rd and 4th. A hobby you have been nurturing could turn into a lucrative activity. Get back to basics.

LIBRA (Sept. 23-Oct. 22): You may be feeling a little vulnerable regarding your position on the 28th and 29th. Check out professional opportunities. Career moves will be fruitful. Sort out problems you are experiencing with close friends, relatives or neighbors on the 30th and 1st. Your ability to see both sides of an issue will put you in a good position and help you to gain support and trust. You will be feeling a little restless and in need of a change on the 2nd, 3rd and 4th. Jump at any chance to take a short trip or to attend an event. You will be surprised by what others have to offer.

SCORPIO (Oct. 23-Nov. 21): You will be drawn to the unique. Relax and do something that you enjoy on the 28th and 29th. Keep personal issues to a minimum. Wait and observe rather than give an ultimatum. Money matters may get you down on the 30th and 1st if you spent too much. Don't make unreasonable promises to older or younger members of your family. Focus on your own talents. Your determination and stamina will heighten your reputation and help you close deals on the 2nd, 3rd and 4th. This is a perfect time to do a little hands-on work by visiting clients or having a one-on-one conversation with potential partners.

SAGITTARIUS (Nov. 22-Dec. 21): Make a difference to your family on the 28th and 29th. Bend a little and do things that everyone will enjoy. You can make positive changes that will make you and your family feel more secure. Take a deep breath before you overreact on the 29th and 1st. Back off and observe rather than get involved in any disputes. You need to find a release to ease your tension. You have lots of good ideas on the 2nd, 3rd and 4th, but if you don't implement them, nothing will be gained. Tie up loose ends so that you can begin something new and exciting. A partnership will develop quickly.

CAPRICORN (Dec. 22-Jan. 19): Don't disregard what a relative or close friend is offering you on the 28th and 29th. Something good will result. The more involved you become in helping others the less you will be concerned about your own problems. Let the past go. Something doesn't seem quite right on the 30th and 1st. Be careful what you say if dealing with legal or financial matters. Refrain from letting anyone have knowledge of your assets or intentions. Rethink your direction on the 2nd, 3rd and 4th and move forward to achieve your goals. Attend a convention or trade show that will help you develop your next endeavor.

AQUARIUS (Jan. 20-Feb. 18): Be careful what you say on the 28th and 29th. Gossip will make you look bad and lead to an awkward situation. An investment you make should lead to a reward. Someone close to you will need your help. Take charge of what's happening to you on the 30th and 1st and join forces with people who want to make similar changes. The people you meet who are struggling to reach similar goals will become lifelong friends. Your emotions will fluctuate on the 2nd, 3rd and 4th. You will change your mind readily and probably feel restless and in need of a change. Start living your life according to your own needs.

PISCES (Feb. 19-March 20): Get involved in something interesting on the 28th and 29th. Your persuasive way of dealing with others will enable you to talk our friends or family members into joining you. Don't hesitate. Don't expect anything on the 30th and the 1st and you won't be disappointed. Your position in society may be changing. Prepare to do some damage control. Avoid meddling in other people's affairs. If someone is asking for your help or trying to borrow something from you on the 2nd, 3rd and 4th, back away. Falling for a sob story or insincere compliments will make you look like a fool.

News

TROOPS DEPART FOR BOSNIA ON ROTO 13



Photo: Cpl Chris Bentley, 8 Wing Imaging

Soldiers depart 8 Wing Trenton on Rotation 13 Operation Palladium to Bosnia-Herzegovina. The first flight left 8 Wing on September 22, 2003.

LOCAL SERVICES

AND TRADES

Classified Advertising 392-2811 ext 3976

24 Hour Faxing 965-7490 email: MacDonald@forces.ca

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

"Let Me Pamper Your Vehicle"

**25 Frankford Cres. Unit
43 Building 1, Trenton**

921-0734



Auto General Repairs

Cannifton Garage 2000 Ltd.

Tune-ups
- Springs
Suspension
Service

Safety
Inspections
General
Repairs

Cars - Trucks - Vans - Buses
Trailers & Heavy Trucks

Parts & Service - Call Kevin
613-962-1132

at Hwy.37 & Casey Rd., Belleville

Auto/New/Used/Lease

DON'T BE FOOLED!

You can't buy the same used Car or Truck for less!!

The Price King
Trenton Chrysler
Hwy 33 South
1/2 Mile South
of 401

Trenton, Ontario
613-392-6536

Blinds/Drapery

DBS Custom Drapery & Blinds

Venetians, Verticals,
Rollers, Pleated & More
Quality Products at
"Discount Prices"
Shop at home or visit
our shop
6 Month No Down
Payment O.A.C.

967-9984



5171 Old Hwy 2 East

This spot could be advertising your business.

Call **392-2811 ext. 3976** for details!

Electrician

Barink Electric

Residential & Commercial

- Free Estimates
- Upgrades, New Installations
- Central Vac Installed
- Renovations
- Phone Lines Installed



RR4 Trenton

392-9404

Financial Insurance

Jim Parker Financial Insurance

Est 1983

- Full Service - Individual/Group
- Critical Illness
- Life Insurance
- RRSP • GIC • Segregated Funds

75 College St. W. Belleville

613-966-3901

email: jimsan@lks.net

General Contractors

LUYMES Construction Ltd.

General Contractors

Kitchen & bathrooms,
rec-rooms, additions,
replacement windows,
refacing kitchen fronts &
stairways, textured
ceilings & fireplaces.

613-962-7039 613-848-9996

E-mail: luymes@reach.net

Free Estimates

In business since 1967

www.luymesconstruction.com

Health Service

Alternative Health Services

Laura Brittain D.Ac.

Acupuncture Treatments
• Chronic pain relief
• Eliminate the effects of stress
• Pain free treatments
• Professional relaxing atmosphere

Capelli Salon

79 Ontario St. Trenton

394-3391

Home Improvement

LITTLE LAKE HOME IMPROVEMENTS

Hugh Salmon

- Ceramic Tile
- Carpentry
- Drywall/Taping/Painting
- Bathroom Renovations
- Home Repairs of All Kinds

Tel: **613-475-9611**

Toll Free:

1-866-475-9611

468 Bigford Rd., Brighton

475-6500

5x5 - \$25/mo 10x10-\$60/mo

10x20 - \$100/mo

5x10 - \$48/mo 10x15-\$80/mo

10x30 - \$160/mo

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

475-6500

5x5 - \$25/mo 10x10-\$60/mo

10x20 - \$100/mo

5x10 - \$48/mo 10x15-\$80/mo

10x30 - \$160/mo

475-6500

5x5 - \$25/mo 10x10-\$60/mo

10x20 - \$100/mo

5x10 - \$48/mo 10x15-\$80/mo

10x30 - \$160/mo

475-6500

5x5 - \$25/mo 10x10-\$60/mo

10x20 - \$100/mo

5x10 - \$48/mo 10x

Community

Community Events

CENTRE THEATRE - TOTALLY RENOVATED INCLUDING D.T.S. SOUND

MOVIE LINE-UP

- The Rundown (PG)
 - Secondhand Lions (PG)
 - Underworld (18A)
 - Finding Nemo (G)
 - Coming Soon - Intolerable Cruelty
 - Matinees Saturday & Sunday
- Admission: \$7.00 (adults 18+) \$5.00 (youth) Wed. & Matinees \$5.00 (ALL)

BIRTHDAY PARTIES ARE NOW AVAILABLE

| | | |
|------|------|------|
| 1:05 | 7:05 | 9:10 |
| 1:10 | 7:10 | 9:15 |
| 7:00 | 9:20 | |
| 1:00 | 3:00 | |

GENEROUSLY SPONSORED BY
THE CENTRE THEATRE

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.

GRILLING FOR A GOOD CAUSE



Photo: Submitted

The CANEX United Way BBQ was held on September 18. Shown from left is John Farrow, CANEX Regional Manager for Southern Ontario, and Andy Moreau, CANEX Store Manager. Also in the background is Ken Harris, a representative from the Personal Insurance who co-sponsored the event. CANEX raised \$110 for the local charitable organization.

MONTHLY BOOK SALE

THE FRIENDS OF TRENTON PUBLIC LIBRARY

BOOK BARGAINS

SATURDAY, SEPT. 27TH
BETWEEN 9 A.M. AND 1 P.M.
BEING HELD AT THE MUNICIPAL
BUILDING (22 TRENT ST. NORTH)
IN FRANKFORD.

If you wish to donate
used books...
contact Kathy for further
information at **392-2244**.

Proceeds go to all
Quinte West libraries.



RCAF TRENTON POWER AND SAIL SQUADRON

A UNIT OF THE CANADIAN POWER AND SAIL SQUADRONS

Last Chance!

Register now!

Boating Courses 2003 Registration Night

Monday Night, September 29

at the CFB Trenton Yacht Club

Starting at 18:30 hrs, (6:30 PM)

The RCAF Trenton Power & Sail Squadron will be holding its Registration Night on Monday, September 29th for all Boating Courses to be offered this fall and winter. Come out and register for the course of your choice.

The following are scheduled for this season:

| Event | Date |
|---------------------------|-------------------------------|
| Registration Night | Sept. 29th (Yacht Club) |
| The Boating Course starts | 29th Sept. (Yacht club) |
| Boat Pro Challenge | 1 October (Frankford) |
| Piloting Course | 22nd October (Yacht Club) |
| VHF Course | 23rd February 04 (Yacht Club) |

For further info. contact Keith Bottoms at (613) 392-0927
keith.bottoms@sympatico.ca

Or Keith McDowall at(613) 395-5230 keith1.mcdowall@sympatico.ca

RCAF Trenton Power & Sail Squadron, PO Box 22029,
Trenton, Ont. K8V 6S3

Cours d'écriture administrative en anglais

Pour qui: Tout étudiant désirant réviser et maintenir ses acquis à l'écrit de niveau EEE ou CCC
Durée: 30 heures ou 60 heures
Préalable: EEE, CCC ou combinaison de E ou C, ex. ECC, ECE, CCE, etc
Objectif: Maintenir le niveau E ou C à l'écrit
Format: Semi-intensif 5 jours/semaine de 13h00 à 16h00 (15 heures/sem)
Date d'échéance : Aucune, quand nous aurons assez de candidats
Description: Ce cours est pour les militaires qui ont un profil linguistique très élevé. Il vise à maintenir les acquis à l'écrit et à améliorer l'habileté du militaire à écrire des rapports, lettres, note de service, etc. dans sa langue seconde, l'anglais. Il n'y a pas de test à la fin de ce cours.

French Admin Writing Course

Whom: Every student who wishes to review and maintain his or her EEE or CCC level in writing.
Length: 30 or 60 hrs courses
Prerequisites: EEE, CCC or a combination of both, (ECC, ECE, CCE, etc)
Goal: Maintain the E or C level in writing
Format: Semi-intensive 5 days/week from 13:00 to 16:00 (15 hrs/week)
Deadlines: None, when enough candidates register
Description: This course is for military with a very high linguistic profile. The goal is to maintain and improve your ability to write reports, letters, memos, etc in your second language, French. There is no test at the end of the course.

Visit the website for the registration form
Visitez notre site Internet pour le formulaire d'inscription
<http://trenton.mil.ca/wcol>



classified

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

Business Services

RUSHNELL FUNERAL HOME & CREMATION CENTRE

60 Division Street
Trenton
392-2111

NEW & USED REFRIGERATORS

Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees.

Fridges \$100 and up

NEW APPLIANCES

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

PAYS CASH

for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices. Open 7 days a week & evenings. We deliver. We like Base people.

SMITTY'S APPLIANCES LTD.
969-0287

SINGLES DANCE!

Ladies attending singles dances want to meet single military/civilian men!!

Come Sat., Sept 27th, Belleville Legion 9pm.

Details>613 392-9850

Dance the night away with hundreds of singles!
FREE LOCAL DATING SITE!!!

Pictures/Personals--
Hundreds of Trenton /
Belleville singles!
www.romeoandjuliet.ca

ADVERTISERS



IF YOU NEED MORE BUSINESS CALL JUDY AT 392-2811 EXT. 2748 PROMOTE YOUR BUSINESS NOW!

Wanted: Dog house, in good condition, for large dog.

Not too pricey, please.

Please call 394-5158, leave message.

Business Services

BOARDING

Dogs & cats. Individual exercise. Secluded country setting. Airport service available. 5 mins from 401 Brighton. Call EDDYSTONE KENNELS 613-475-4405 2-2-RB

News we can use?
Why not "Contact" us today!

Andrea LeBlanc (Editor), local 7005

Laurie McVicar (Assistant Editor), 3978

KEITH STEIN Appliance Service Ltd.

PARTS & REPAIRS to all makes of refrigerators, freezers, air conditioners, dehumidifiers, washers, dryers & stoves.

We certify appliances

For service call 962-4048

For parts call: 966-6966

Paradise Adult Video

394-6660

RENT 2 MOVIES

GET A 3RD ONE FREE

FOR 3 DAYS

Toys - Videos - Magazines

255 Glen Miller Rd.
Riverview Plaza, Trenton
(North of 401, across from Cashway)
Open Mon, Tues, Wed. & Sat. 11-9
Friday 11-10, Sunday 12-5

Contact The Staff

Contact Newspaper would like to wish all students a happy and successful 2003-2004 school year. We would also like to take this opportunity to remind motorists that school buses will once again be travelling our roadways. Please take care and heed those flashing red lights.



Crossword Answers

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| W | U | R | S | T | N | A | D | I | R |
| C | A | P | I | T | A | O | N | U | S |
| H | R | | A | I | L | E | R | O | M |
| I | D | O | | R | E | A | T | A | C |
| L | E | F | T | | N | T | H | B | E |
| I | N | F | A | N | T | S | R | I | G |
| | | | | | | | H | G | H |
| | | | | | | | T | | T |
| S | Y | N | O | D | B | U | N | G | E |
| W | E | S | T | | S | E | N | E | S |
| E | S | E | | | | | | | |
| A | M | | C | A | U | T | I | O | N |
| R | E | C | A | S | T | S | W | E | D |
| N | Y | M | P | H | | E | N | D | O |
| | | | | | | | | | |

For Rent

KLEMENCIC PROPERTIES 1&2 BEDROOM APARTMENTS

OWNER-MANAGED
MODERN & WELL-MAINTAINED
ALL UTILITIES INCLUDED
CABLE T.V. INCLUDED (most units)
ON-SITE SUPERINTENDENTS
CONVENIENT LOCATIONS

392-7839

For Rent

392-5915

For Sale

FOR SALE
2yr old twin bed ensemble (mattress, box spring, frame, headboard) LIKE NEW \$500 (OBO)
394-1322
evenings only

For Sale

All Wood Kitchen Table with 4 chairs. Extending type \$200
Contact 394-0119

For Sale

Apple Macintosh Quadra 650 computer with CDrom drive, inkjet printer & 14" colour monitor. Suitable for home office. Mint condition \$225.00
392-3940

For Sale

2000 Dodge Caravan SE - Navy, 49,000km. Original owner. Very well maintained, serious buyers only. \$12,700.00
394-6137
before 2100 hrs

For Sale

ATV-1999 Kawasaki KVF 300 automatic only 1500 kms, wind-shield, winch & trunk included. \$5,000.00
Phone 394-5599

Deadlines

Editorial:
Tuesday noon
Advertising::
Wednesday noon
Questions: local 3976

Classified Info

Call Rorrie

392-2811 ext 3976

Help Wanted

EARN EXTRA MONEY!! CARRIER NEEDED

to deliver Contact newspapers for one route here at 8 Wing/CFB Trenton:

South Side

Please call **965-7248** mornings or leave your name, address, phone number & age.

Help Wanted

E.J. MCQUIGGE LODGE

Requires a Part-time Registered Nurse/Registered Practical Nurse Must have current Registration with College of Nurses of Ontario. Experience in Long Term Care an asset. E.J. McQuigge Lodge is a 56-bed accredited Nursing Home. We offer excellent wages & work environment. Please direct your resume or deliver in person to:

Director of Nursing
E.J. McQuigge Lodge
P.O. Box 68, 38 black Diamond Rd.
Cannifton, ON K0K 1K0

Prevent window mould

(NC)—Excessive condensation on windows and on other household surfaces can be annoying. It can also be damaging to the structure of your home — and to your health.

When indoor air is saturated with too much humidity, any cool surface will cause water droplets to appear. If it happens on your windows, you can be sure there is also condensation on your walls. Excess water penetrates window frames and walls causing internal, structural problems. It can also lead to unsightly and unhealthy mould growth.

"Mould growth around or inside window frames slowly contaminates the air with toxins," says Jim Plavecky, spokesperson for Edgetech, an industry leader in 'health smart' windows. "Mould toxins pose little or no problem for some people, but for others airborne mould spores may lead to allergic reactions, as well as rhinitis, skin rashes and respiratory distress. It is important, therefore, to control excess sources of humidity in the household — which can happen as quickly as too many showers — but it is also just as important," he said, "to install win-

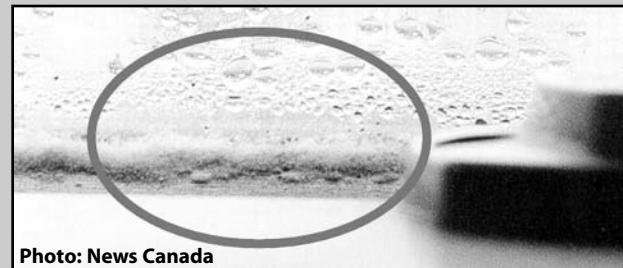


Photo: News Canada

dows that implement the latest technology in thermal balance."

No Metal

The solution to mould growth is to keep moisture off the glass and this is achieved by sustaining the warmest overall windowpane temperature. Uneven temperatures occur when glass pane components are made of metal materials.

"Glass spacers that contain steel or aluminum for example should be refused when making window purchasing decisions," Plavecky said, "even if such windows claim to provide a warm edge. For the best thermal balance, the edging should be made of foam. If windows are constructed with the polymer structural foam used in the "super spacer" for example, these windows will provide the highest rated thermal performance in the industry."

You may be surprised to see how easily

excess humidity and condensation can occur in the household:

- Normal breathing and perspiration by a family of four adds a half pint of water to the air each hour.
- Cooking can add up to a litre of water or more per day.
- A shower can add at least a cup of water to the air.
- Dishwashers, washing machines, and dryers can add half a litre each.

• Humidifiers should be monitored and adjusted to supply the right amount of moisture without window condensation.

To be sure about the efficiency of your windows when shopping, look for the certified seal of the Window & Door Manufacturers Association, a designation that assures air and water infiltration testing and rigorous structural trials. Manufacturers in Canada who also implement 'super spacer' edging can be found at www.healthsmartwindows.com.

Prepare your home for winter

(NC)—While it may seem like Jack Frost won't be making an appearance for quite a while, the Canadian Oil Heat Association (COHA) recommends that homeowners get a head start preparing their homes and plan for ways to save money and energy this winter.

"We really encourage homeowners to start preparing for the winter months well in advance, which includes turning on their furnace to ensure it is working before the temperatures drop," says COHA president and CEO John Butt. "If you know in the early fall that your furnace needs to be upgraded or replaced, arrangements can be made before the busy season starts."

COHA has these additional winter preparation tips for homeowners:

- Schedule a cleaning and tune-up by a qualified technician BEFORE the snow starts to fly.

- In addition to professional inspections, homeowners should examine the heating system occasionally for signs of deterioration.

- Keep the area around your furnace free from dust, lint, rags, paint

and other materials.

- Make sure your warm-air outlets and cold-air returns aren't covered by carpets or blocked by debris.
- Get your ducts cleaned to improve indoor air quality and to keep your heating system working efficiently.

For homeowners looking to save energy this winter, COHA has these suggestions:

- Check for leaks around doors and windows
- Install a programmable thermostat. You can cut over 10 per cent from your bill if you reduce your thermostat by just five degrees overnight.
- Ensure that all your insulation is in place and covers your entire attic.
- Install storm windows.
- Make sure air filters are cleaned/replaced: this ensures maximum efficiency and a system that will work to its potential.

For more information on oilheat, visit www.newoilheat.com. For a list of dealers in your area, visit www.coha.ca and click Find your Dealer.

Cool weather good for gardening

(NC)—With the hot days of summer past, cooler temperatures and seasonal showers create the ideal conditions for fall planting in preparation for next spring. The gardening experts at Canadian Tire provide these tips for continued enjoyment of your garden right through the fall.

- Fall is a great time to plant perennials, flowering shrubs and trees since they thrive in the warm soil and cooler air, giving them plenty of time to develop healthy root systems for next year. The cooler temperatures minimize transplant shock and wilting. Canadian Tire garden

centres across Canada stock a variety of plants suitable for fall planting available from late August well into September.

- Fall perennial plantings will produce bigger and showier plants the following spring, provided they have had time to get established before winter.

- Chrysanthemums — an all-time autumn favourite — come in various sizes and colours to provide fall colour for those bare spots in the garden. Combine with snapdragons, dianthus, dusty miller, asters and kale.

- Primroses and pansies planted now will

bloom into fall and be back for an early spring show next year.

- Enjoy container gardens until frost by refreshing annuals with mums, violas, pansies and trailing ivy. Rudbeckia, Sedum 'Autumn Joy' and asters also make hardy additions to containers at this time of year.

- Introduce the glorious colours and textures of the season by adding flowering kale, cabbage and ornamental grasses into containers and window boxes, along with cornstalks, pumpkins, gourds and hay bales, all available at Canadian Tire garden centres this fall.

BAY SUBARU



2002 Subaru WRX
Excellent condition.
Factory warranty.
\$27,990.33

60 Millennium Parkway
Belleville, Ontario • 968-9559 •

**This
space
could be
yours!**

**Advertise
with the Contact
today!**

Sandi Ramsay
(Trenton, Brighton)
Ext. 7008

Judy Leavere
(Belleville, Prince
Edward County)
Ext. 2748



Lanthorn Real Estate Ltd.



**RURAL BUT 2 MINS TO
TOWN**—This 3 bdrm beauty with dream kitchen, insulated garage/shop, in-ground pool for the kids & 10 acres to ramble. C/air, c/vac. Call Shelly* #969-2416. #2034625.



WARM & COMFY—In this well cared for bungalow. Bright living room has cosy wood-stove, open kitchen and 2 good-sized bedrooms. Great location. Call Nadine*. #2034991.

*Sales **Associate Broker

257 Dundas St. E,
Trenton, Ontario K8V 1M1
613 392-2511 / 613 475-5677
e-mail: trenton@c21lanthorn.com
website: c21lanthorn.com
1-888-792-5499



CUSTOM BUILT QUALITY—Soon under construction on Trenton's east side near school. This spacious raised bungalow with dbl garage has extra lrg city lot 53' x 266'. Call Earl*. #2021695.



**BRICK BUNGALOW—
TREED LOT**—Recently painted with new flooring in kit, living room and hall-way. This 4 bdrm home is close to CFB & Trenton. Call Judy* to view. 392-2511. #2033844.

You're about to buy a home that represents good value.
Choose a home inspection company the same way.



ELECTROSPEC®
Home Inspection Services



1-888-394-6954

www.allaroundthehouse.com

Gil Strachan
Registered
Home Inspector

THE MARKET IS MOVING... ARE YOU?



Toll Free: 1-800-567-0776
Check us out at... www.remaxtrent.com

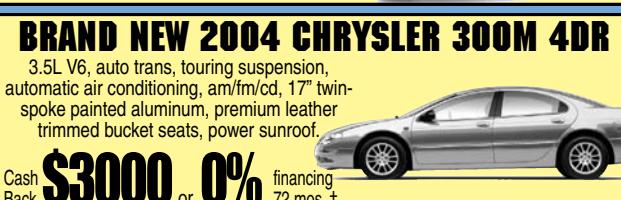
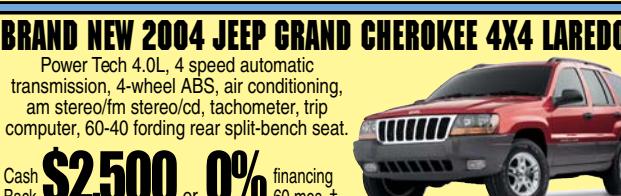
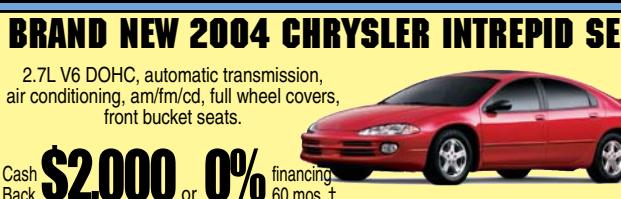
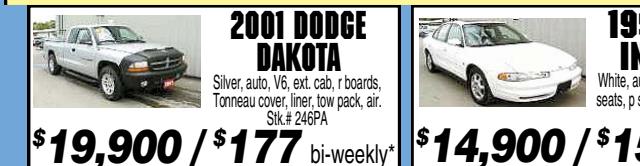
Advertising

Not good ... Not better ... Quite possibly

THE BEST CAR DEALERSHIP YOU WILL EVER DO BUSINESS WITH!

SALES DEPARTMENT NOW OPEN 7 DAYS A WEEK TO SERVE YOU BETTER

OVER \$4 MILLION NEW INVENTORY FOR SALE



OVER \$1,000,000 PRE-OWNED VEHICLES SALE SALE



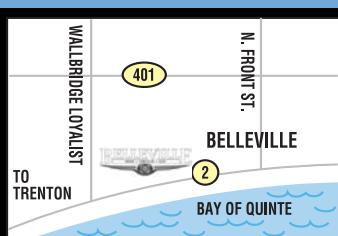
FEATURES AND BENEFITS OF CPDV VEHICLES:
1. PEACE OF MIND WITH DCC BACKED WARRANTY (LIMITED 6MTH/10,000 KMS)
2. ROADSIDE ASSISTANCE
3. QUALITY INSPECTION AND RECONDITIONING
4. NATIONWIDE SERVICE
5. A \$750 ALLOWANCE IS AVAILABLE ON ELIGIBLE VEHICLES TO SELECT STUDENTS AND SPECIAL GROUPS
6. A 6 MONTH OR 10,000 KM CPDV WARRANTY IS INCLUDED ON SELECT VEHICLES



BELLEVILLE
DODGE • CHRYSLER • JEEP

www.bellevilledodge.ca
HWY#2 W. BELLEVILLE

613-966-9936
1-888-757-9994



SHOWROOM BUSINESS HOURS:
Mon-Thurs 8:30am - 8:00pm, Fri 8:30am - 6:00pm
Sat 9:00am - 5:00pm, Sun 10:00am - 4:00pm

* 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.