

the Contact

Timberwolf Gallery
 Art & Custom Framing
 44A Front Street, Trenton
 (Across from Tomasso's)
 Phone/Fax: (613) 965-5736
 dougcomeau.com



• July 18, 2003 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 38 Issue Number 29 •

Firefighters prepare for Combat Challenge nationals

by 2Lt Jennifer Jones
8 Wing Public Affairs

A team of firefighters from 8 Wing/CFB Trenton and CFB Petawawa participated in the Eastern Ontario Regional Firefit Combat Challenge held Saturday, July 12, 2003 at Meyer's Pier in Belleville in order to practice for the upcoming national competition.

Trained by Bob Moores of CFB Petawawa, the five-member team consisted of MCpl Gerard Slaunwhite, Cpl Paul Dicaire and Cpl Robert Comeau of CFB Trenton, as well as Bob Casey and Tom Durocher of CFB Petawawa. Comeau was especially successful with a time of 1:50.05—placing him 9th

out of 74.

"You really find out what you're made of," said Moores. "This competition is all about heart and fitness."

Dubbed the toughest two minutes in sports, the Firefit of Canada Combat Challenge was established to display the physical aptitude required to be a part of the fire service. Participants, in full gear, are required to complete a series of timed tasks including a stair climb, hose hoist, forcible entry, hose advance and a 175-pound victim rescue. The tiniest error made on the course is subject to a significant time penalty.

"There is no room for error in this competition," said Comeau shortly after finishing the race. "I'm

exhausted. There is no way to describe it until you do it yourself."

In a Central Ontario Regional competition held July 5, 2003, a CFB Petawawa team comprising Casey, Durocher, Jaimie Knott, Kevin Kruger and Glenn Tabert placed third in the relay. All have since qualified to go to the Combat Challenge nationals scheduled for September 5, 6 and 7 in Charlottetown, P.E.I. Many different bases will be sending teams to the nationals; of these, the firefighters with the best times will form a CF team.

For more information on the Firefit of Canada Combat Challenge, log on to: www.firefit.com.



Photo: Bob Moores, CFB Petawawa

Cpl Robert Comeau of 8 Wing/CFB Trenton earned a 9th place finish in Belleville and is moving on to the national competition slated for September 5, 6 and 7 in P.E.I.

Military Family Resource Centre welcomes new director

by Laurie McVicar
Assistant Editor

As a former base "brat," Bob Duff, new Executive Director for the Trenton Military Family Resource Centre (MFRC), is familiar with the obstacles confronted by Canadian Forces families.

Duff's father was a member of the Royal Canadian Air Force and was posted here at 8 Wing/CFB Trenton in the early 1960s.

"This has been very nostalgic for me. I spent some of my most formative years on this base," said Duff. "I was nine years old when we were posted here. I can distinctly remember my mother sitting on the front step of our house on Breadner Boulevard, cry-

ing inconsolably. I was probably pretty confused at that age as to why she was crying. Years later, I realized it was because she had to say goodbye to friends and family and start all over again. MFRCs weren't in existence then so there wasn't a lot as far as resources for families."

Duff, a six-year employee of an organization to help Toronto's homeless, also knows what it is like to be apart from loved ones.

"My wife and I bought a house in Wellington and I commuted to Toronto. There were some nights that I wanted to be home and couldn't be. There were some events that I missed such as my daughter's first steps. That's something I can't



Photo: Laurie McVicar, Contact Staff

MFRC Executive Director Bob Duff

recreate," he stated. "I wasn't in a foreign country or in the theatre of operations, but I was certainly physically removed.

From that, I carry an appreciation for the men and women in uniform who are posted abroad," said Duff.

According to Duff, empathy will play a large part in his new position at the MFRC.

"There is very much a cultural aspect to this job, part of it being an understanding of the military – what it means to serve, the way of life, challenges and how it affects not only the member but their families," he said.

Duff's plans for the future of the centre include ongoing strategic planning and evolution, which might involve the expansion and refinement of services.

"I'd like to see the continuance of a vibrant centre that provides much needed services efficiently and in a meaningful manner. That's a testament to the staff here. They have done a marvelous job over

the past few months during the selection of the new executive director. It's also very representative of a board, made up of volunteers who give their personal time and commitment to this centre. I'd like to see the continuance of this legacy."

This won't come without challenges, however.

"The outgoing executive director (Lionel Byrne) was well liked by staff and respected by families that benefited from the services provided here, by the Wing Commander, the chaplains and other members of our extended family, the Defence Family Military Services, and other stakeholders who have a vested interest in the agency. That's a tough act to follow," said Duff.

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

Feature of the Week

Bob Clute

1999 Chrysler Sebring Convertible
6 cylinder, automatic, Air conditioning, power windows/door locks.
77,375 kms.

Vendeurs Bilingues
Bilingual Sales Staff



PONTIAC
BUICK
GMC
 Bob Clute
 Stock #3200A

HIGHWAY 62 N. BELLEVILLE 962-4584

1-877-CLUTEGM www.bobclute.com



CDS Message to the Troops

National Defence
July 2003

Our men and women have begun the initial deployment to Kabul, Afghanistan under Operation ATHENA. We will be undertaking this dangerous mission to support the UN-mandated and NATO-led, International Security Assistance Force (ISAF) in Afghanistan for a period of one year.

Canada remains committed to the campaign against terrorism and, in cooperation with our allies, we are making an important contribution to the stabilization and reconstruction of Afghanistan. By contributing to the recovery of Afghanistan, we will enhance Canadian security by reducing the threat posed by terrorism. In the more immediate term, the CF involvement in ISAF will make an important contribution to security in Kabul, which will assist the Afghan Transitional Authority in running the

country.

The objective of Operation ATHENA will be to support the UN-authorized mission in Kabul for a period of 12 months. At this time, ISAF comprises 5,000 troops from 29 nations. By the end of this summer, ISAF will include a Canadian contingent of about 2,000 troops. Our aim is to help establish a stable environment in which the people of Afghanistan can make their own choices. Our mission includes liaison with political, social and religious leaders to ensure that ISAF operations appropriately respect religious, ethnic and cultural sensitivities in Afghanistan.

Delivering on Operation ATHENA is our collective priority for the year ahead. In addition to the troops deploying, the mission will require sustained efforts by a huge supporting cast across Canada. These efforts, and those of our allies, are vital to the long-term restora-

tion of peace, security and stability in Afghanistan.

The mission is not a traditional peacekeeping mission and it has risks – Afghanistan remains a dangerous theatre. We are acutely aware of, and concerned by, threats and incidents of violence in Afghanistan. We have done a comprehensive assessment of the risks involved with operating in Kabul, and every effort is being made in the planning and execution of this mission to ensure our people can do what we ask of them safely and effectively in this environment. This mission is important and requires a modern, combat capable military with exceptional peace enforcement and peace building experience.

We are well prepared and we will do everything possible to ensure the well being of our troops in Kabul. We are doing that by building on our experiences during Operation APOLLO and our pre-deployment training in Wainwright and Petawawa. In addition, the Canadian contingent in Afghanistan, Task Force Kabul, is equipped with robust rules of engagement appropriate for this mission.

As you prepare for Operation ATHENA, either as deploying troops or as part of the vital support system in Canada, I want to express my pride in the achievements of the men and women of the CF. I am proud that the CF is continuing its tradition of restoring peace and stability in the world. While this mission will not be without risks, I am confident that you will once again rise to the challenge.

Message du Chef d'état-major de la Défense aux militaires

Défense nationale
Juillet 2003

Des hommes et des femmes, membres des Forces canadiennes (FC), ont amorcé le premier déploiement à Kaboul, en Afghanistan, dans le cadre de l'opération Athena. Durant un an, nous participerons à cette dangereuse mission afin d'épauler la Force internationale d'assistance à la sécurité (FIAS) en Afghanistan, force mandatée par l'ONU et dirigée par l'OTAN.

Le Canada poursuit son engagement dans la campagne contre le terrorisme et, en collaboration avec ses alliés, il contribue de façon importante à la stabilisation et à la reconstruction de l'Afghanistan. Le rétablissement de l'Afghanistan permettra de réduire la menace que pose le terrorisme et, en y participant, nous renforcerons la sécurité canadienne. À plus brève échéance, l'engagement des FC dans la FIAS améliorera considérablement la sécurité à Kaboul, ce qui aidera l'Autorité de transition afghane à diriger le pays.

L'objectif de l'opération Athena est d'appuyer durant 12 mois la mission autorisée par l'ONU à Kaboul. En ce moment, la FIAS compte 5 000 militaires de 29 pays différents. Avant la fin de l'été, le contingent canadien de la FIAS se composera d'environ 2 000 militaires. Notre but consiste à soutenir la mise en place d'un milieu favorisant l'autonomie du peuple afghan. Durant cette mission, nous établirons des liens avec les dirigeants politiques, sociaux et religieux afin de nous assurer que les opérations de la FIAS respectent les particularités religieuses, ethniques et culturelles de l'Afghanistan.

Pour l'année à venir, notre priorité commune est de mener à bien l'opération Athena. Outre les militaires déployés, cette mission nécessitera le travail soutenu d'une énorme équipe de soutien répartie dans tous les coins du Canada. Ces efforts, combinés à

ceux de nos alliés, sont essentiels à la restauration de la paix, de la sécurité et de la stabilité à long terme en Afghanistan. Il ne s'agit pas ici d'une mission traditionnelle de maintien de la paix, et elle présente des risques; l'Afghanistan demeure un théâtre dangereux. Nous sommes à la fois pleinement conscients et extrêmement inquiets des menaces et de la violence en Afghanistan. Nous avons procédé à une évaluation approfondie des risques liés aux opérations à Kaboul, et nous avons pris toutes les mesures nécessaires en ce qui concerne la planification et l'exécution de cette mission. Par conséquent, nos gens pourront accomplir efficacement et en toute sécurité ce qui leur est demandé, même dans cet environnement. Cette mission revêt une grande importance et exige des forces modernes aptes au combat et détenant une expérience exceptionnelle de l'imposition et de l'édification de la paix.

Nous sommes bien préparés et nous ferons tout ce qu'il faut pour assurer le mieux-être de nos militaires à Kaboul. Nous pouvons y arriver grâce à l'expérience acquise au cours de l'opération Apollo et de la formation pré-déploiement suivie à Wainwright et à Petawawa. De plus, le contingent canadien en Afghanistan, Force opérationnelle à Kaboul, possède des règles d'engagement rigoureuses, adaptées à sa mission.

Alors que vous vous préparez pour l'opération Athena, soit à titre de militaires déployés ou de membres du réseau vital de soutien au Canada, je tiens à vous dire que je m'enorgueilliss des réalisations des hommes et des femmes des FC. Je suis fier que les FC poursuivent leur tradition de rétablissement de la paix et de la stabilité dans le monde. Quoique cette mission ne soit pas sans dangers, je suis convaincu que vous accepterez, une fois encore, de relever le défi.

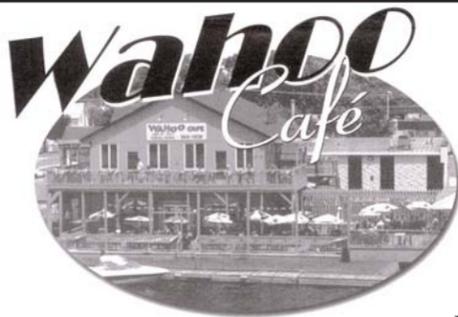


**Dr. Gerard
A. Magne**
Family Dentist
Quinte Mall
Suite 225, 100 Bell Blvd.
962-8626

Offering you and your family a full range of dentistry including: tooth whitening, implants, crowns, bridges, inlays, onlays, veneers, complete and partial dentures, metal free restorations.

DENTISTE BILINGUE

WE ACCEPT ELECTRONIC BILLING | VISA | MC | DEBIT
WE CAN DO IT ALL AT THE QUINTE MALL!



**Come Celebrate Our
3rd Anniversary
Sat. July 26th**

The fun starts at 3:00 pm on our Patio with The Musical Stylings of Brad Emmons.

At 9:00 pm Nev J performs all your favorite classic tunes.

Prizes through the day!

Casual Dining & Sports Bar
-specializing in

STEAK • WINGS • SEAFOOD • PASTA • RIBS

RESERVATIONS REQUIRED 965-1939

2 Dundas St. E., Trenton
(Overlooking the Trent River)

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



8 Wing/CFB Trenton has commenced its annual summer cadet camp. During the July-August training period more than 2,000 meals are prepared and consumed daily.



Deceased soldier returned to Canada

EDMONTON GARRISON — The remains of the Canadian soldier serving in Bosnia and Herzegovina, who died July 6 from head injuries sustained in an apparent accidental fall from a hotel balcony while on leave in Split, Croatia, were repatriated to Canada on July 10.

Corporal Jamie D. Vermeulen, 39, of Regina, Sask., was a member of "A" Company, Second Battalion, Princess Patricia's Canadian Light Infantry (2 PPCLI) Battle Group deployed with Task Force Bosnia and Herzegovina on Operation Palladium as part of the NATO Stabilization Force.

The remains were received at Canadian Forces Base Trenton, Ont., by Colonel Dave Higgins, Commander, 8 Wing, and Chief Warrant Officer Don Cheverie, Wing Chief, 8

Wing, in the early morning. A bearer party was provided by soldiers from The Canadian Parachute Centre.

Each Canadian Camp in Bosnia and Herzegovina held memorial services concurrent with the repatriation ceremony in Zagreb, Croatia, July 9 before returning their fallen soldier to Canada. The ceremonies included a moment of silence, a prayer and a benediction.

A military bearer party, composed of fellow soldiers, will meet the remains in Regina, Sask., where a military funeral will be held in his hometown next week.

Cpl Vermeulen completed three peacekeeping tours in the former-Yugoslavia, and one with the United Nations Force in Cyprus. He also served at the Canadian Forces Base Baden-Sollingen in Germany. He was a parachutist, machine-gunner, driver,



Photo: Sgt. R. Ruthven, CPC

Ten soldiers from the Canadian Parachute Centre received the remains of Cpl Vermeulen at CFB Trenton in the early morning of Thursday, July 10. The remains were transported by airbus from



Photo: Sgt. R. Ruthven, CPC

The repatriation ceremony for Corporal Jamie Vermeulen was held at the Zagreb Airport in Croatia.

communicator and reconnaissance patrolman trained in winter and desert warfare. Cpl

Vermeulen was employed in the "A" Company supply section in Drvar, Bosnia, and was scheduled to return with 2 PPCLI to Winnipeg, Man., in October 2003.

Search & Rescue UPDATE



The week's SAR flying began on the 10th, with an ELT search in the Ottawa area. A one-hour search revealed an erratic static transmission on 243.0 which had triggered the SARSAT "hit". The search was stood down after it was determined that there was no distress.

Later in the week, the Herc was launched again for an ELT search, this time north of Montreal. A moored float plane was located and after multiple passes the ELT was turned off.

Wednesday the LAB was launched to assist a boat in distress on Lake Ontario. Due to rough water conditions and inclement weather the vessel had requested, "top cover" while it made its way to shore. After 15 minutes on scene, the mission was accomplished and the Lab returned to base.

Missions for 2003: 77 Missions for June.: 7 Persons rescued: 5

Drivers wanted: 

1999 Beetle GLS
2.0 litre, automatic, 69,000 km, blue, air. VW certified warranty. **\$17,900** 2.9% financing available up to 24 months

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.
398-8888
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!

* Subject to OAC



Credit Union

www.quintecommunity.com



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
Sales Representative: Janet Somerville
Advertising & Promotions Assistant: Rorrie 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: 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.



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

Thanks

I am writing to express my appreciation for the assistance provided by your Wing during OP IRIS. The operation lasted for a period of four weeks and the support provided by the Wing contributed significantly to the Unit's high readiness level.

The Wing's response to the numerous DART requests was immediate. The D/WLEO initiated a coordination meeting with 8 Wing key players in order to expedite and facilitate the expected DART support requests. Your vehicle technicians completed the pre-flight inspections and last minute repairs that needed to be done while the transport section ensured that all vehicles met the airlift safety requirements. Also, your Wing Supply personnel provided excellent support by repacking last minute containers. Finally, rations and quarters, in their usual outstanding fashion, provided superb support in order to accommodate the extra DART personnel who worked out the warehouse.

While there was only a warning order issued for OP IRIS, every section from the Wing responded quickly and in a very professional manner, while putting aside their own organization needs and deadlines in order to meet DART's operational readiness requirements. Their dedication and outstanding support were certainly recognized and appreciated.

Thank you again for the great support provided from your Wing and please pass on to all those personnel involved my appreciation for their great support.

*J.Y.P.D Gosselin,
 Colonel,
 Canadian Forces Joint
 Operations Group*

Canadiana Crossword

A Flurry of Firsts

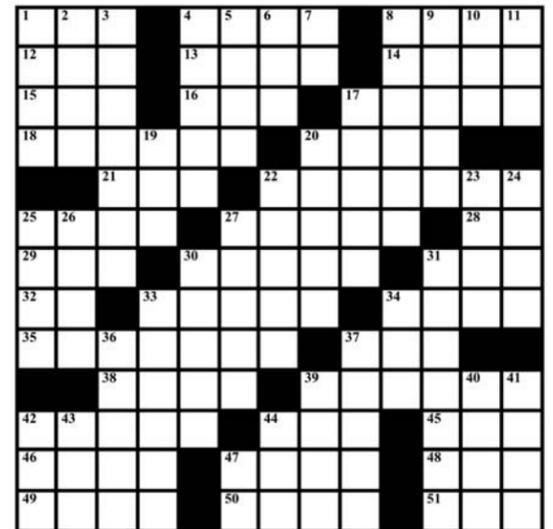
Bernice Rosella and James Kilner

ACROSS

- 1 Record
- 4 First six-decade hockey pro
- 8 Lavish affection
- 12 McBean's concern
- 13 Among
- 14 Sooty
- 15 Revolutionary name
- 16 Container
- 17 Timely
- 18 Beginning
- 20 Killer whale
- 21 Y follower
- 22 Sideways
- 25 ___ And The Kid
- 27 Eye protector
- 28 Little ___-peep
- 29 Louisa May Alcott character
- 30 Language of law
- 31 Salt in St Pierre
- 32 Biblical you
- 33 Curses
- 34 First to swim Lake Ontario
- 35 Running shoe
- 37 OPQ preceder
- 38 Contends
- 39 First to broadcast hockey play-by-play
- 42 Is unsuccessful
- 44 British military org.
- 45 Pride of Parry Sound
- 46 The E in E.S.G.
- 47 First foreign LPGA championship winner
- 48 Ocean inlet
- 49 Not difficult
- 50 Sales agents, for short
- 51 Secret agent

DOWN

- 1 Crazy
- 2 Winter destination for Canadians



- 3 First NHL 2000 point scorer
- 4 Detested
- 5 Leave out
- 6 Come out on top
- 7 Broadbent or Mirvish
- 8 Northern ____, first Canadian Kentucky Derby winner
- 9 Actor's quest
- 10 Calendar abbr.
- 11 Ogle
- 17 First Canadian Olympic gold medalist
- 19 Understand
- 20 Bedouin's destination
- 22 Metric unit
- 23 Brother of Cain
- 24 Relax
- 25 First foreign World Series winner
- 26 Liturgical affirmation
- 27 Wind indicators
- 30 Shuswap and Wakaw
- 31 Certain students
- 33 First Canadian to run the mile in under 4 minutes
- 34 Famous auto acronym
- 36 Wrongoings
- 37 Certain turns
- 39 Lock part
- 40 Journey
- 41 Waiter's concern
- 42 ___ for service
- 43 Macaws
- 44 Fish eggs
- 47 Public Relations, for short

This Week in Contact

1944--F/L Ross Cameron, Station Chaplain, holds RCAF Station Trenton's first-ever Baptism Service at the Astra Chapel for the children of F/Sgt and Mrs Herb Wilkinson.

1953-63--Unavailable

1973--The CF introduces the new totem badge for Military Police and security personnel, depicting a mythological thunderbird, symbolic of power, protection, and wisdom.

1983--CFB Trenton's thirty-third Commanding Officer, Col KO Simonson CD, hands over command to Col GRJ King CD.

1993--The Canadian Forces Command and Staff College celebrates its 50th anniversary; and the CF launches its new telephone Centralized Attendant Service, a "sophisticated computer and data base" at 12 CF bases.

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



Le CRFM accueille chaleureusement le nouveau directeur

Par Laurie McVicar
Rédactrice adjointe

Étant donné qu'il fut jadis enfant de militaire, Bob Duff, notre nouveau directeur général du Centre de ressources pour les familles des militaires de Trenton, est au courant des obstacles rencontrés par les familles des Forces canadiennes.

Le père de Duff était membre de l'Aviation Royale Canadienne et il fut affecté à la 8^e Escadre/BFC Trenton

mon âge. Des années plus tard, j'ai réalisé que la raison était qu'elle avait dû dire adieu à ses amis et sa famille et recommencer à nouveau. Les CRFM n'existaient pas dans ce temps-là donc il n'y avait pas beaucoup de ressources disponibles pour les familles."

Duff, qui a travaillé pendant six ans comme employé d'organisme pour venir en aide aux personnes sans foyer à Toronto, sait ce que c'est que d'être loin de ses

expérience je suis capable d'apprécier ce que vivent les hommes et les femmes en uniforme lorsqu'ils sont affectés à l'étranger » nous dit Duff.

D'après Duff, l'empathie est une qualité des plus importantes dans son nouveau rôle en tant que directeur général du CRFM. « Il y a aussi un aspect culturel associé à ce poste, ce qui en partie est la compréhension de la vie militaire – qu'est-ce que servir son pays veut dire, le mode de vie, les défis et comment ceci affecte non seulement les militaires mais aussi leurs familles » dit-il.

Le plan d'action futur de Duff concernant le Centre inclut la planification stratégique en cours et l'évolution, qui peut occasionner l'expansion et le raffinement des services. « J'aimerais voir continuer le dynamisme du Centre qui fournit des services tellement importants de manière si efficace. Le dynamisme existe grâce aux efforts dévoués de tous les employés. Ils ont accompli un travail formidable au cours des derniers mois pendant que le processus de sélection du nouveau directeur général se déroulait. C'est aussi très représentatif du travail bénévole des membres du Conseil d'administration qui font preuve d'engagement et donnent de leur temps pour le bien du Centre. J'aimerais que ceci con-

tinue. »

Cependant ceci ne se produira pas sans présenter des défis.

Le directeur général sortant (Lionel Byrne) était bien estimé des

employés et respecté par les familles qui ont profité des services offerts ici, par le commandant de l'escadre, les aumôniers et les autres membres de notre

grande famille, par le DSFM et d'autres personnes qui sont directement intéressées à l'agence. Ce sont des souliers difficiles à remplir » nous dit Duff.

« Il y a aussi un aspect culturel associé à ce poste, ce qui en partie est la compréhension de la vie militaire – qu'est-ce que servir son pays veut dire, le mode de vie, les défis et comment ceci affecte non seulement les militaires mais aussi leurs familles »

Bob Duff

au tout début des années soixante.

« C'est très nostalgique pour moi d'être ici. J'ai passé certaines des années les plus formatrices sur cette base » nous dit Duff. « J'avais neuf ans lorsque nous sommes déménagés ici. Je me souviens clairement de ma mère assise sur les marches de la galerie, devant notre maison sur le Boulevard Breadner, et pleurant de façon inconsolable. J'étais probablement quelque peu confus de la raison pour laquelle elle pleurait, étant donné

êtres chers. Mon épouse et moi avons acheté une maison à Wellington et je devais faire la navette pour me rendre au travail à Toronto. « Il y a des nuits où j'aurais bien aimé être à la maison mais c'était impossible. Il y a certains événements que j'ai manqué, tels que les premiers pas de ma fille. C'est quelque chose que je ne peux pas recréer » nous dit-il. « Je n'étais pas à l'étranger ou dans un théâtre des opérations/des hostilités, mais j'étais certainement au loin. D'après cette

Welcome program targets teens

by Laurie McVicar
Assistant Editor

Moving to a new base can be a nerve-racking experience for teenage children of military members...that is unless Trenton is their destination.

For more than eight years, the Trenton Military Family Resource Centre has strived to make youth feel part of their new community through the Teen Welcome Program.

"When (military families) come here on their house hunting trips and visit the MFRC for information, we ask them if they want a sponsor for their child," said Susan Stoddard, Youth Co-ordinator. "I then compile a list of kids who would be willing to do a phone call to the new comers. I try to match them up by gender, age, school, and interests."

The youth are briefed about topics such as activities that are available locally, and what they can expect at their new school, to name a few.

"If they choose to get together and meet that is solely up to them," said

Stoddard.

Simon Pierre found the program so helpful when he first moved here that he now volunteers as a sponsor.

"I made a couple of friends who let me know what was going on here, what to do and what not to do," said Pierre.

When speaking with new teens, Pierre often speaks highly of the new Youth Centre.

"I tell them it's a fun place to hang out and meet new people," he stated.

The Teen Welcome Program is open to youth between the ages of 10-18. Although younger teens have been predominantly using the service, Stoddard is starting to see a few more requests for sponsors from older children.

"Last year we had a lot of 10 -12 year olds who were looking to make a connection. This year it's been all over the map," said Stoddard.

If you are a teen interested in becoming a sponsor or are a newcomer wishing to be contacted, call 965-3575.

News we can use?
"Contact" our reporters today at locals 7005 or 3978 to arrange coverage for your Squadron/Unit.

JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25 Jr Ranks Ball Tourny TGIF 1700 hrs BBQ Steak	26 Jr Ranks Ball Tourny
27	28	29	30	31		

JULY

2003

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 (on TD to 31 Aug 03) Padre Matthew Lucas (deployed until 10 Aug 03)
 Padre Al Murphy (posted on 14 July 03) Padre Catherine Morrison (deployed until Jan 04)

WORSHIP SERVICES

<p style="margin: 0;">OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</p> <p style="margin: 0;">Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)</p> <p style="margin: 0;">MASS Sunday Mass (English) 0900 hrs Messe Dominicale: 1015 hrs</p> <p style="margin: 0;">CONFESSION At all times</p> <p style="margin: 0;">PARISH ORGANIZATIONS Parish Council 3rd Thurs 1900 hrs Knights of Columbus 1st Thurs 1900 hrs CWL 2nd Tues 1900 hrs Chorale Merc 1900 hrs Choir Tues 1900 hrs Silhouettes of Mary 2nd & 4th Thurs 1830 hrs</p>	<p style="margin: 0;">ST CLEMENT ASTRA (PROTESTANT)</p> <p style="margin: 0;">Chapel Life Co-ordinator Padre Lloyd Clifton(Pres.)</p> <p style="margin: 0;">WORSHIP SERVICE</p> <p style="margin: 0;">Divine Worship (Sun) 1130 hrs Holy Communion 1st Sunday of the month ACC Communion Wed 1230 hrs</p> <p style="margin: 0;">PARISH ORGANIZATIONS</p> <p style="margin: 0;">Chapel Guild Last Tues 1930 hrs</p>
--	---

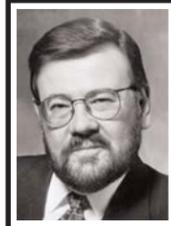
BAPTISM/BAPTÊME
Please allow 30 days notice for preparation. / Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.

MARRIAGES / MARIAGES
It is necessary to contact the chaplains' office prior to setting a date. Failure to do so could result in disappointment. / Afin d'éviter des déceptions, il est important de communiquer avec le bureau des aumôniers avant de choisir votre date.

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.

And you thought inflation was a pain...

it's your Money



Garth Turner

There were more than a few raised eyebrows three years ago when I started to talk about deflation. After all, back in the steamy days of 2000 we were still at the blazing tail-end of the technology bubble; people were actually buying Nortel stock for more than \$100 a pop; nobody cared who Osama bin Laden was; Air Canada was solvent; mutual funds were sexier than real estate; and everything cost more than it did the year before.

Nonetheless, the seeds of deflation were in place. Interest rates had collapsed, taking the yields of bonds, GICs, bank accounts and money market funds right along with them. Rapid technological advance was knocking down the price of all kinds of manufactured goods, from computers and Palm Pilots to cars and air conditioners. In one of the biggest industrialized countries - Japan - deflation was already a daily and terrifying fact of life that even 0 per cent rates could not change. Our aging North American population promised to drag the economy. And governments who no longer issued bonds provided little of the stimulus the system had been used to for generations.

Since then, there have been lots more reasons to expect deflation and steadily falling prices. The terrorist attacks were deflationary, dampening the U.S. economy in a major way. The stock market meltdown and the three-year-long bear market has been deflationary, scaring

The thread that connects all of these seemingly unrelated events is the expectation now that things will cost less, not more, next year. That has hit commodity prices, salary demands and corporate forecasts. Every major economist worth listening to has dropped his or her growth predictions for the rest of this year and next. It's becoming a serious issue.

off investment capital and making it almost impossible for new enterprises to take flight.

Central bank policy has been deflationary, dropping the price of money in the United States to a 50-year-low, and influencing rates lower across the world.

And most recently, SARS and mad cow have been deflationary, stripping off a huge amount of economic activity as fear replaced confidence. Especially hard hit have been Toronto and Alberta,

but the impact is now being felt right across the country.

Just last week a 700-room hotel on Toronto's Airport Strip - a fixture for decades, and a major international conference destination - went into receivership. The occupancy rate had plunged to an unimaginable 10 per cent, when it should have been 90 per cent this time of year. There have been cutbacks and layoffs from Anne of Green Gables' PEI cottage to tour operators in BC's Lower Mainland. Beef prices have collapsed, along with the net worth of thousands of producers.

things will cost less, not more, next year. That has hit commodity prices, salary demands and corporate forecasts. Every major economist worth listening to has dropped his or her growth predictions for the rest of this year and next. It's becoming a serious issue.

On one hand, deflation is not such a bad thing, since it makes your money more valuable - the opposite of inflation. You can buy more with a hundred bucks, instead of seeing it being eroded. On the other hand, of course, people tend to stop buying when they believe prices will be cheaper in the future. Companies forced to lower those prices then reduce the wages they are willing to pay employees and the funds they allocate for suppliers. A vicious deflationary cycle can quickly emerge - which most observers agree is far more dangerous than a bout of inflation.

Only once has North America experienced this, and that was in the Dirty Thirties, when men like my father were happy to work for \$1 a day, and tens of thousands of Canadian families walked away from houses that came to be worth far less than the mortgages they'd placed upon them.

Could it happen again? Not likely. Unless a few more unexpected events come crashing down upon us. But just in case, it's worth studying history. It teaches us one thing about times when prices begin to decline: There is no bigger terminator than debt.

FOR ALL YOUR FINANCIAL INVESTMENTS

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
WORLDSOURCE FINANCIAL MANAGEMENT INC.

Tel: (613) 392-0044 Res: (613) 392-0280
Fax: (613) 392-7110 e-mail: rgrandmaison1@cogeco.ca

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

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 Member: CIPF

Don Lockey
Investment Advisor

Dr. Garry Solomon
Certified Specialist in Orthodontics

187C North Front St.
Belleville, Ontario

966-1313

"Your Gateway to the CFB Trenton Community"

www.cfbtrenton.com

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

LARGE SELECTION OF SOFA SETS & MATTRESS SETS

- Sofa & Chair from \$569
- Box & Matt Sets from \$89
- Mattresses from \$59

Lowest Prices in Quinte Area WE GUARANTEE IT!

Trenton Furniture
Hwy#2 Bayside 962-6202
Delivery Available

Working with a financial advisor

(NC)—With a steadily increasing number of investment choices in the market, it's easy to become overwhelmed. Without a plan in place, or the guidance and discipline to reach financial goals, it's easy to be tempted by the latest hot market fad. But this can result in investment portfolios not being aligned with financial goals. Investors may take on more risk and volatility than they want, and may experience poorer performance.

How can you protect your finances and meet your financial goals? The answer is simple: work with a professional financial adviser.

Ted Twohey, a Bowmanville, Ontario-based CIBC Imperial Service financial adviser, shares his advice about working with an adviser. "A professional adviser has the qualifications, the expertise and

the necessary tools to help investors focus on the long term," says Twohey, "which is key to achieving your goals."

A good financial adviser will help you build a plan that takes into consideration your current priorities at the same time as it builds for your future financial needs. An adviser should meet with you regularly to monitor progress and make necessary adjustments.

Your adviser should be committed to:

- Meeting with you personally to discuss your approach to handling your finances and helping you meet your long-term goals;
- Answering any questions you may have about his or her professional qualifications, experience and compensation;
- Scheduling regular sessions with you to review your plan;

- Keeping you up-to-date on any changes to your investment portfolio; and

- Informing you of any new investment opportunities that might be appropriate in your circumstances.

As with any relationship, it takes two-way communication to make it work. Your responsibility is to share your goals, risk tolerance, and all the information your adviser needs to manage your total financial picture. Be sure to keep your adviser informed of any changes.

Working together for the long term with your financial adviser is one of the most effective ways to meet your needs today while building for the future you want.

This article is intended to provide general information and should not be construed as specific advice. This article is not applicable in Quebec.



Four-year project a success

A four-year pilot project to promote cervical health in Quinte West women has achieved its goal.

Begun in April 2001, the Pap Education and Program Planning Initiative (PEPPI) had four phases – identifying barriers that would explain why women were not having Pap tests, forging community partnerships, offer Pap test clinics from March 2002 to February 2003, and interview women who were overdue for the tests to examine barriers to screening more closely.

“Our main goal,” said Margaret Devries, PEPPI Project Coordinator, “was to reach women who were not currently accessing Pap testing. This goal was achieved as 41 per cent of the women seen in the clinics were overdue for their Pap test.”

A final report of the project will be distributed widely in September 2003, through the Hastings & Prince Edward Counties Health Unit. Although the project took place in Quinte West, the ground-work will benefit a larger area.

“Our vision is soon to become a reality,” said Dawn Clare, PEPPI Steering Committee Chair. “Currently the cervical screening program at the Hastings & Prince Edward Counties Health Unit is promoting Pap testing and is looking at ways to assist women for whom barriers exist to accessing

cervical screening services.”

Science provides convincing evidence of the importance of a screening program. Early detection can prevent 90 per cent of cervical cancers. Each week in Ontario, 11 women are diagnosed with cervical cancer and three will die from it. Women are encouraged to have regular Pap tests at least every two years from the time they become sexually active until the age of at least 70.

Marsha Olinski, Sexual Health Program Manager for the Hastings & Prince Edward Counties Health Unit had praise for those who made the PEPPI project a success.

“We want to thank all the clients, research participants and the Quinte West physicians for their support and participation, Margaret Devries for coordinating the project and Dr. Sara Wiesenberg for acting as medical director. Our Health Unit was happy to have worked together with Loyalist College, MDS Labs, Quinte Health Care, the VON, Hastings Housing Authority, Women’s Institute, Women’s Health Network of Quinte, Dr. Vincent Cheng and 8 Wing/CFB Trenton Medical Squadron,” said Olinski.

The project was made possible through a funding grant from the Ministry of Healthy and Long-Term Care, sponsored by the Ontario Women’s Health Council.

Always check before you dig



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

Every year many people die from electrical shocks. Some of these deaths are caused by contact with underground power cables.

Workers who are involved with trenching, back hoeing, fence post digging, water well drilling, pile driving, pole erecting or excavating are most at risk. To protect yourself, follow proper procedures and review the following safety suggestions:

Work safely around power cables:

Call the power authority responsible for your work area to ask for the location and voltage of underground cables and tell them where and when you are working in that area.

Advise co-workers before you start digging and mark on your blueprints, plans or maps the exact location of the cables. Then place warning signs along the route. Usually, they will already be posted by the power authority but do a double check.

Protect yourself by working with another person who can be a spotter and signaller, and can call for assistance in case of an emergency. Always keep equipment, workers and materials well outside the minimum safety distance.

If an underground cable is struck:

Have someone call the power company immediately to shut off the electricity. Stay on the equipment – don’t attempt to jump off unless the machine is on fire and your life is in immediate danger. Move the

equipment away from the power source if it is at all possible. Warn others away from the accident; don’t let anyone attempt to attach a winch line or approach the machinery in any way.

First aid for high-voltage electrical injuries:

Call 9-1-1, if it is available in your area, or other emergency response numbers for medical assistance.

Don’t attempt to assist the person until the power is guaranteed to be off. Never touch a victim while he/she is still in contact with a live power cable or line.

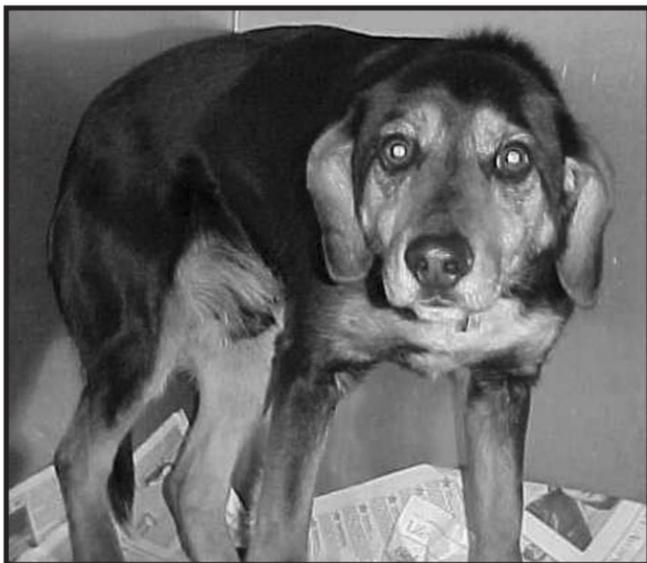
Treat the injuries by priority— get the person breathing, stop the bleeding, keep warm and treat for shock, then attempt to stabilize any fractures. Stay with the victim. Don’t leave him unattended as he may stop breathing again.

Remember, with electrical accidents your first accident could be your last. Check before you dig, and work safely around electricity. Remember to avoid underground cables and overhead lines when doing construction and landscaping at home, too.

Pet Particulars

Why our pets are NOT free

Shelters are often asked why they don’t give homeless pets away for free. Well, this is how some people see a “FREE” pet..... Free bait to train fighting dogs. Free bait to train greyhounds. Free fish bait. Free snake food. Free money from the research lab. Free sacrifice for satanic rituals. Free animal to set on fire. Free animal to breed over and over again. These are a few of the reasons shelters always charge adoption fees and why they screen so carefully for GOOD homes. “Free” is all too often seen as “worthless” in the eye of the beholder. Please, don’t offer your pets free to strangers.



Contact
Newspaper

WE'RE ON THE WEB!

www.cfbtrenton.com

“Your Gateway to the CFB Trenton Community”

Click on Contact **Now** you can browse the latest news stories on-line. You’re one click away from finding out what’s happening at Canada’s largest Air Force wing.

(613) 392-2811
Ext. 7005 (editorial)
Ext. 2748, 7008 (ads)

Best Quality **Best Price**

“The Only Place To Go”

SMITTY’S
WAREHOUSE OPERATION
For NEW or GOOD USED Appliances

Smitty’s has been keeping customers happy for 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 Selection **Best Guarantee** **Best Service**

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

969-0287

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



CANEX

GOLD SALE

2 DAYS ONLY

July 31st & Aug. 1st Only

Introducing

NGD

NEW GOLD DREAM

IMPORTERS OF FINE GOLD JEWELLERY

- Exquisite and unique European and middle-eastern designs, handcrafted in Italy and imported under exclusive license to Damiani Jr. International.
- All our products are made of the purest 14Kt red, yellow or white gold and may be enhanced with precious or semi-precious stones, including diamonds.
- Our electronic mail order system allows us to pass on 25-45% savings to our customers, while delivering most orders within 14 days.

- **Puzzle Rings**
- **Chains**
- **Men's & Ladies Watches**

- **Custom Designs**
- **Custom Military Design**
- **Bracelets**

- **Body Jewellery**
- **Ankle Bracelets**
- **Flawless Diamonds**

For more info, to see our catalogue, or to place an order, please contact us at
(613) 639-6696, (613) 687-8537, Fax (613) 687-9366
or email newgold.dream@sympatico.ca

CANEX RCAF Road, Trenton 392-1608

WELCOME TO TRENTON!



Photo: Cpl Gayle Wilson, 8 Wing Imaging

The last of the Cormorant fleet of 15 arrived at 8 Wing/CFB Trenton on July 16, 2003. The helicopter left Italy on July 1, bound for Trenton's 424 Search and Rescue Squadron.

First Petawawa soldiers depart for Afghanistan this Saturday

The first group of approximately 150 from CFB Petawawa will depart for a six-month tour on Operation ATHENA, Canada's contribution to the International Security Assistance Force (ISAF) in Afghanistan. The force is based on the 3rd Battalion, The Royal Canadian Regiment; a Brigade Headquarters based on members of 2 Canadian

Mechanized Brigade Group Headquarters and Signals Squadron; the National Command Element and National Support Element and various positions at the International Security Assistance Force (ISAF) Headquarters.

The mission of ISAF is to help maintain security in Kabul and the surrounding areas so that the Afghan Transitional Authority (ATA) and UN agencies can function. It also includes liaison with political, social and religious leaders to ensure that ISAF operations appropriately respect religious, ethnic and cultural sensitivities in Afghanistan.

The staff here at the Contact would like to officially welcome all military members, and their families, newly posted to 8 Wing/CFB Trenton. We hope your time here is both productive and happy.

GET IT ALL THIS SPRING

KIA

SPRING SAVINGS EVENT

0% Purchase Financing
up to 48 months

KIA 5-5-5 Extra Care Warranty

The Best Warranty in the Business
5 YEAR/100,000 KM. COMPREHENSIVE WARRANTY
5-YEAR/100,000 km POWER TRAIN WARRANTY
5-YEAR/100,000 KM EXTRA CARE
ROADSIDE ASSISTANCE

AND NOW ON ALL NEW SEDONAS:

500L FREE GAS*

LIMITED TIME ONLY

★★★★★
Highest Safety Rating Possible††
5-star Frontal Impact resistance
5-star Side impact resistance



2003 SEDONA LX - World Class Safety

3.5 L V6 DOCH engine * 5-speed automatic * Front & rear A/C
*Cruise Control * Power Windows, locks & heated mirrors
*AM/FM/CD stereo *Rear privacy glass *Dual airbags
*Wiper de-icer *Dual sliding doors *Tilt steering
*7-passenger seating *8 cupholders *and more.
See dealer for details

KIA MSRP \$24,995*

Boyer Kia

BELLEVILLE

GREAT PEOPLE
GREAT CARS, GREAT PRICES!

NEW SHOWROOM LOCATION

60A Millennium Pkwy
(North of Home Depot)

613-966-9990



Coral's New Arrivals

ONLY 67,000 KMS

1998 Ford Escort SE
One owner, 4 cyl., auto, power mirrors, local trade, AM/FM cass, air, older person driven.

\$7,650
Certified and E Tested



1997 Plymouth Voyager
6 cyl, auto., power windows/door locks/mirrors, air, cruise, tilt, AM/FM cassette, one owner.

**Was \$9250
Now \$8750**
Certified and 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



RACING TO THE RESCUE

Photo: Bob Moores, CFB Petawawa



MCpl Gerard Slaunwhite of 8 Wing/CFB Trenton ends his race in Belleville last weekend with a 175lb victim rescue over 100 feet.

A major milestone is reached

Glow Worm Radar... This is Thunder 332 requesting a Precision Approach Radar to Runway 24.

On July 8, 2003, MCpl Frank Malatesta attained a major milestone within the aerospace control community as he conducted his 5000th radar run on Thunder 332, a Canadian C-130 piloted by Major David Lowthian of 426 Squadron. Employed within 8 Air Communication and Control Squadron (8 ACCS) as an Aerospace Control Operator, MCpl Malatesta achieved this feat using the AN/TPN 501 Quad Radar at 8 Wing Trenton.

Receiving his TQ5 Air Traffic Control Course in 1985, he quickly qualified as a radar

controller and provided radar services at Lahr, Edmonton/Namao, Shearwater, and Trenton. While with 8 ACCS, MCpl Malatesta provided radar services during many BOXTOP deployments to Alert and in Bogue Field, North Carolina during EX UNIFIED SPIRIT.

Controlling different types of civil and military aircraft of varying nationalities throughout his career, MCpl Malatesta has many stories to reflect upon. On one occasion while posted in Lahr, he was required to provide radar services in Italian to visiting Italian F-104 Starfighters who were unable to communicate in English. In addition to his radar duties at 8 ACCS, MCpl Malatesta

has maintained a keen devotion to Instrument Approach Design and fosters a close liaison with the 8 Wing Instrument

Check Pilot.

Thunder 332, Glow Worm Radar... Over the end of the runway... Glow Worm standing by.



Photo: Submitted

MCpl Frank Malatesta accepts his certificate for 5000 radar runs from Maj Sandra Baker, CO 8 ACCS. Pictured left to right are: Capt Hannon, 8 ACCS OpsO; MCpl Malatesta; Major Baker, CO 8 ACCS; Major Lowthian 426 Squadron/AC TNRD 332

The 8 Wing Trenton Shooting Club is disposing of some surplus equipment, including several firearms. Disposal will be by sealed bids delivered NLT 31 July 2003. For a complete list of all equipment, or to submit a bid either by hard copy or e-mail, contact MCpl Bryan Hupe, 426 Sqn (local 2906) OR Cpl Lyall Stubbings, 8 AMS ASO3 MST A-2 (local 3109 or home 392-7408). Sealed bids for firearms **MUST** be accompanied by proof of a valid FAC/PAL of the proper classification.



we have great taste

A&W. BOSTON PIZZA. BOURBON STREET GRILL. BULK BARN. DENNY'S. EAST SIDE MARIO'S. IRA LEE'S. KERNELS. KFC. LAURA SECORD. MONTANA'S. MRS. VANELLI'S. NEW YORK FRIES. SAINT CINNAMON. SNEAKY PETE'S. SUB XPRESS. TIKI MING. TIM HORTONS

QUINTE MALL IS OPEN FROM 9:30AM-6:00PM
CIVIC HOLIDAY MONDAY, AUGUST 4TH

Weaver Family Funeral Homes
"Support, Service and Friendship in the Weaver Tradition for over 55 years"
East Chapel 29 Bay Street, 394-2433
Trenton West Chapel 170 Dundas St. W., 392-3579
Campbellford 1-866-6WEAVER
"A Canadian Independent"
www.weaverfuneralhomes.com

**CUSTOMER APPRECIATION DAY
GOODWILL BELLEVILLE**
would like to thank all their donors & shoppers for their excellent support.
Saturday, July 19th
ALL REGULAR LADIES \$2 & MEN'S CLOTHING \$2
2 pce Suits Reg. \$12 Now \$2
Blazers Reg. \$6 Now \$2
Jeans Reg. \$7 Now \$2
Pants \$5 Now \$2
366 North Front St. 968-4088

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



Fitness, Sports & Recreation

Flyers selected as Team of the Year

Our 8 Wing/CFB Trenton Flyer's Men's Hockey Team were recently selected as the AIRCOM Team of the year based on their outstanding accomplishments during the year 2002.

Our Flyers Hockey team played in the Belleville Men's Hockey League and had a very successful season finishing 3rd in the regular season and 3rd in the playoffs. This accomplishment was actually quite astounding given the fact that this was a very competitive league and that the Flyers very seldom were able to compete with a full team due to operational commitments.

The goal of our Flyers hockey team during the year 2002 was to win the Ontario Region Hockey Championships to qualify for the CF Nationals. They knew deep down in their hearts that this was a "huge" goal due to the fact that operational commitments played havoc with the availability of players throughout the hockey season. At the Ontario Region Men's Hockey Championship, our Trenton Flyers, who had played hard all season to establish a competitive team for this competition, peaked and fought hard in a very close and tight competition to win the gold in the Ontario Region Championships. This now qualified them to represent the Ontario Region at the CF National Hockey Championships in CFB Borden.

The CF National Hockey Championships proved to be the biggest challenge of the year for our Trenton Flyers. Once again, operational commitments made it



The Flyers team (in no particular order): Capt Chris Voyer - 426 Sqn, Capt Stephan Aumont - 436 Sqn, Capt Ron Ellis - 424 Sqn, Cpl Andy Houston - 8 AMS, Cpl Wayne Jarrett - 2 AMU, Cpl Rob Oliver - 8 AMS, Cpl Blair Archer - 8 AMS, MCpl Scott Ballam - 8 AMS, Sgt Wade Simpson - 424 Sqn, Capt Charles Gauthier - 436 Sqn, Sgt Darryl Cattell - 424 Sqn, MCpl Bob Valenti - 424 Sqn, Capt Shane Lodder - 424 Sqn, Capt Craig Izenor - 436 Sqn, Cpl Eric Lafont - 424 Sqn, Cpl Leon Camirand - ATESS, Pte Gabriel Proulx - WTN, and Capt Emmanuel Belanger - 429 Sqn.

difficult for the Flyers to have access to all the players involved in winning the Ontario Region Hockey Championships. However, augmented by three outstanding players from the Ontario Region, our Trenton Flyers fought a hard battle throughout these Championships but by losing by one goal in the final game, had to settle for 2nd place and a silver medal.

Winning the Ontario Region Hockey Championships was "their goal" and a tremendous accomplishment that boosted their confidence for the CF Nationals. To

finish second at the CF National Hockey Championships, with all the adversity they had to face all year to be competitive, was simply amazing and a tribute to the motivation, dedication and perseverance of all members of this outstanding hockey team.

Our 8 Wing/CFB Trenton Flyers hockey team is most worthy of being selected as AIRCOM Team of the Year and we wish them good luck in the next selection process for the prestigious CF Team of The Year Award which will be announced in November at the CF Sports Banquet in Ottawa.

Don't leave healthy habits at home while on vacation



Laurie McVicar

Confessions from the Gym

Monday, July 14

As some of you may have noticed from recent ads, the Contact staff will be taking a much deserved two-week holiday after this week.

While I am looking forward to some time off, I'm a little worried that this vacation will play havoc on a diet that is already in trouble. Since summer began, it has become a daily struggle to find the motivation to work out and eat properly. You'd think it would be easier to keep on track considering it is swimsuit season!

For those who are also facing the pressures of potential holiday weight gain, my fabulous trainer, Jen Lecuyer, offers this advice:

- Remain active. Vacations offer an excellent opportunity to get moving and improve your health. Take a walking tour, go horseback riding or simply take a stroll along the beach.

- Don't overindulge. Calorie counting often takes a back seat with the luggage during holidays. Instead of leaving good eating habits back at home, make a resolution to treat yourself occasionally while you're away.

"Also watch your alcohol consumption. It contains a lot of hidden calories," added Lecuyer.

If you're hitting the open road this season, skip the fast food joints and pack up the cooler. Fruits, veggies, granola bars and plenty of water are an excellent way to stave off those highway munchies.

And, of course, my personal favourite, keep on top of your food log. If you feel guilty writing about it, you're going to feel worse after eating it! Until next time...

Youth Strength & Conditioning Introduction Course

For persons age 13 -15 who wish to gain access the Strength & Conditioning room.

Also open to those 16 - 18 who wish to learn safe and effective training techniques.

July 23, 2003

0930-1130 hrs

August 7, 2003

0930-1130 hrs

August 20, 2002

1330-1530 hrs

NOTE: a one on one personal training session will also be scheduled at a later date to finalize the training before the youth can gain access. (Before access can be gained to the Strength and Conditioning room, participant must have a current gym pass)

Note: Documentation needs to be filled out by the participant and signed by a parent or guardian prior to the start of the course.

To register, or for more information contact PSP Fitness Coordinator, Scott Burns, at 392-2811 loc. 3328.

Working out with Mother Nature



Jen Lecuyer

the Fit Stop

Now that the nicer weather is here, why not get outside, enjoy the sunshine, and take advantage of your surroundings? There are so many possibilities for training when using the outdoors; you just have to use a bit of your imagination.

The first thing you must decide is location--whether it is the beach, park, or schoolyard, pick your spot and go from there. Then you need to decide what type of activi-

ty you plan on doing--long distance training, strength, or circuit. You must also consider whether you are going to rely totally on your surroundings for "equipment" or if you need to bring a few things such as a medicine ball or skipping rope. Try to mix it up a little, just by picking a new location or route can help keep you motivated and add new challenges to your workout. Try jogging on the beach to add a little resist-

ance to your normal run, or hit the cross country trails to work on hill training.

Wherever you decide to go, remember that safety should be your number one priority. Always be sure to wear appropriate clothing based on the weather and time of day, and don't forget to wear your sunscreen. Be aware of your surroundings, and be sure to check for any potential hazards--a loose "not so friendly" dog can really put a damper on your run, but may add a little unexpected interval training to your workout! For some ideas and valuable tips for training outdoors, contact the Fitness Staff at the Gymnasium at local 3328 or 7160 to book an appointment.



TRENTON Military Family Resource Centre



Make the most out of your family vacation

(NC)—Preparation is key to maximizing fun and keeping kids happy and entertained while travelling. Recognizing that the family car trip is back in style, the following tips will ensure smooth sailing during your summer vacation.

1. **Involve Kids In The Planning:** The more kids feel like they have input, the more co-operative they will be. To keep their minds off the distance, Today'sparent.com rec-

ommends giving kids a checklist of potential stops along the way and activities they might like to do when you get to your destination.

2. **Take Their Mind Off The Road:** Books, tapes or CDs are great for kids' individual players or for the whole family. Options like Harry Potter, Princess Diaries and The Incredible Journey will help time fly by.

3. **Plan For The Picky Eater:** Choose a hotel

that has dining options to accommodate everyone. 4. **Bring Lots Of Toys And Games:** While kids' favourite plush toys are a given, most children's favourite characters have websites featuring colouring pages that you can print off, as well as plenty of games and songs to keep kids entertained for hours.

5. **Don't Forget The Snacks:** Hungry kids mean grumpy kids. Make sure to pack an assortment of healthy

snacks to keep them from getting hungry or thirsty between meals.

6. **Call Ahead:** To avoid disappointment, make sure to book family attractions, entertainment and sporting adventures well in advance.

7. **Schedule Breaks:** Plan how long you will be in the car based on

your kid's stamina. Incorporate plenty of breaks so that everyone can stretch their legs. Today'sparent.com recommends bringing a soccer ball, frisbee or other sporting items for an impromptu break in a park.

8. **Be Prepared For Scrapes:** Have a small emergency kit for those

minor scrapes and bottles of water just in case you don't have access to clean water.

9. **Let Them Help Create Memories:** Giving kids disposable cameras will not only empower them, but it will help capture more great memories from your family summer vacation.

Bully Proofing/ A l'épreuve de l'intimidation des brutes

The Canadian Mental Health Association- Hastings & Prince Edward Branch will be offering a workshop at the MFRC. There will be multi-media sessions that are interactive and very engaging for children ages 5 - 12 years old. It is recommended that children attend both sessions, but not a requirement.
Session 1 Tuesday, August 12, 10:00 - 10:50 a.m.
Session 2 Tuesday, August 19, 10:00 - 10:50 a.m.
 There is no charge for this workshop, but registration is necessary as we are limited to 30 spaces. Additional workshops for parents will be available if there is enough interest. Please let us know by calling the MFRC.

La filiale de Hastings Prince Edward de l'Association canadienne de la santé mentale offrira un atelier au CRFM. Cet atelier comprend deux sessions multimédias interactives qui éveillent l'attention des enfants âgés de 5 à 12 ans. Il est préférable mais non nécessaire que les enfants participent aux deux sessions
Session 1-mardi le 12 août de 10h - 10h50
Session 2-mardi le 19 août de 10h-10h50
 Cet atelier est gratuit, mais il est nécessaire de s'inscrire car le nombre de participants est limité à 30. D'autres ateliers seront offerts pour les parents s'il y a un nombre suffisant de parents qui sont intéressés. Nous vous prions de nous laisser savoir si vous êtes intéressé en appelant le CRFM.

"Partner Away-Deployment Support/ Partenaire au loin"-Soutien au déploiement

"Wednesday activities"

Wednesday evenings, 6 - 8 p.m. Variety of events will be planned for each week. Please call ahead.
 July 23 - "BBQ Workshop" reserve in advance, \$7.
 July 30 - "Travel tips", with Tammy Arseneau, travel agent, Location: Baker's Island
 August 6 - "BBQ Workshop" reserve in advance, \$7.
 August 13 - "Craft Night" something fun.

"Activités du mercredi"

Les mercredis de 18h à 20h, une diversité d'activités sont planifiées. S'il vous plaît, téléphonez à l'avance.
 23 juillet - "Atelier de BBQ", réservez à l'avance, 7\$
 30 juillet - "Trucs pour voyager" avec Tammy Arseneau, agente de voyage.
 6 août - "Atelier de BBQ", réservez à l'avance, 7\$.
 13 août - "Soirée de bricolage", quelque chose d'amusant.

Cooking with Dan

Cuisiner avec Dan

Tired of the same old BBQ? Need to spice up your cooking? Come and join Dan Beland for an evening(s) of cooking. You must pre-register and pre-pay, as space is limited to 10 people. The cost for each night is \$7
 Time: 6 - 8 p.m.
 July 23rd - Pork and Lamb
 August 6th - Fish and Seafood

Fatigué de faire cuire les mêmes aliments sur votre barbecue? Vous avez besoin de piquant à votre popote? Venez joindre Dan Béland pour une soirée de cuisine. Inscription et paiement à l'avance car le nombre de participants est limité à 10 personnes. Le coût: 7\$ chacun
 Heures: 18h à 20h
 23 juillet- Le porc et l'agneau
 6 août- Le poisson et les fruits de mer
 Vous profiterez de cours interactifs de cuisson et vous pourrez déguster votre propre cuisine.

You will be experiencing "hands on" cooking and will be able to sample your cuisine.

Learn Spanish

Parlez espagnol

Are you planning a trip to Mexico, Argentina, Bolivia, or Columbia? Would you like to communicate with the residents in their native language?
 Did you know that Spanish is the third most spoken language in the world?
 The MFRC will offer Beginner and Intermediate Spanish classes starting in the Fall of 2003.

You will receive 25 hours of instruction for a total of 10 weeks. Classes will run until the third week of June.
Cost: \$75 for military family members and \$85 for civilians who are not affiliated with the military.

We require a minimum of eight participants per class to offer this service. Please register early to reserve your seat and **START LEARNING SPANISH.**

Please contact our reception desk at 965-3575 to register or contact Manon Lachance for additional information at 392-2811 Ext. 3852.

Est-ce que vous projetez faire un voyage au Mexique, en Argentine, en Bolivie ou en Colombie?

Aimeriez-vous communiquer avec les résidents dans leur langue natale?

Saviez-vous que l'espagnol est la troisième langue la plus souvent parlée au monde?

Le CRFM offrira des cours d'espagnol de niveaux débutant et intermédiaire à l'automne 2003.

Vous recevrez 25 heures de leçons dans une période de 10 semaines. Les classes se donneront jusqu'à la 3e semaine de juin.

Coût: 75\$ pour les membres de famille militaire et 85\$ pour les civils qui ne sont pas affiliés à la vie militaire.

Nous avons besoin d'un minimum de huit participants par classe afin de pouvoir offrir ce service. Veuillez faire votre inscription de bonne heure afin de réserver votre place et de commencer à apprendre l'espagnol.

Pour vous inscrire, veuillez contacter la réception au 965-3575 ou pour de plus amples renseignements contactez Manon Lachance au 392-2811 poste 3852.

YOUTH CENTRE

CENTRE DES JEUNES

Summer schedule/ Horaire estival
 392-2811, 3265

Sunday	closed	Dimanche	fermé
Monday	closed	Lundi	fermé
Tuesday	Board games, 1-4 p.m.	Mardi	Jeux de société, 13h à 16h
Wednesday	Craft class, 1-4 p.m. Teens, 6-10 p.m.	Mercredi	Classe d'art, 13h à 16h Adolescents, 18h à 22h
Thursday	Swimming, 1-3 p.m.	Jeudi	Natation, 13h à 15h
Friday	Art Cart, 1-4 p.m. Teens, 6-11 p.m.	Vendredi	Bricolage, 13h à 16h Adolescents, 18h à 23h
Saturday	Swimming, 1-4 p.m. Teens, 6-11 p.m.	Samedi	Natation, 13h à 16h Adolescents, 18h à 23h

Call to pre-register for Craft classes. Be at the Youth Centre by 1 p.m. to get transportation to the outdoor pool.

Téléphonez pour vous inscrire aux classes d'art. Soyez au Centre des jeunes à 13 h pour avoir du transport jusqu'à la piscine extérieure.



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
July 20 - July 26

ARIES (March 21-April 19): You will be high energy and not willing to take advice or interference from anyone who happens to cross your path on the 20th. Stay busy and you will get a multitude of things accomplished. Added responsibilities involving in-laws or relatives on the 21st, 22nd and 23rd may leave you in a bit of a bind. Don't push your opinions on anyone. It's not the time to give lectures. Tie up loose ends on the 24th, 25th and 26th. There is a good chance you will be able to mix business with pleasure. Plan to celebrate but be sure to include loved ones or misunderstandings will occur.

TAURUS (April 20-May 20): Things may not be as they appear on the 20th. If you are too trusting you are likely not to hear the truth. Look beyond what is going on around you and rely on those who have never let you down in the past. You need to be more outspoken on the 21st, 22nd and 23rd. Voice your opinions and you'll be surprised at how many join your cause. You will find it easy to accomplish once you get started. Don't let others take advantage of you financially on the 24th, 25th and 26th. Invest in yourself or something conservative that you are sure will pay off in the end.

GEMINI (May 21-June 20): You can put some of your talent and gifts to work for you on the 20th. Getting involved in a selfless act or volunteering to help an organization that is trying to make positive. Before you start to chatter away on the 21st, 22nd and 23rd, remember that not everyone will treat what you say in the same manner. Someone is likely to twist your words. Don't be too quick to tell all. Take a little time out on the 24th, 25th and 26th to rest and rejuvenate. If you've been pushing yourself as usual, the time to say no to everyone's demands on you is now. Let others fend for themselves for a change.

CANCER (June 21-July 22): You are best to go it alone on the 20th especially if you have work to complete. Someone may think that you like him or her more than you do. Try to be upfront and honest but don't hurt anybody's feelings. Take part in activities that bring you in contact with people from your past on the 21st, 22nd and 23rd. Engaging conversation will lead to memories and a revival of days gone by. Dealing with emotional issues on the 24th, 25th and 26th will bring about changes that will be positive for you in the end. Don't be afraid to move on. What's ahead appears to be positive.

LEO (July 23-Aug. 22): You need adventure in your life on the 20th. The changes that have been taking place may have left you feeling at odds. Stop thinking about what's wrong and focus on making things right. You are in control so get moving in a positive direction. Live up to your promises and don't shirk your responsibilities on the 21st, 22nd and 23rd. Try to keep things in perspective and don't cave in to someone's emotional blackmail. Your ability to please a crowd on the 24th, 25th and 26th will pay off. Your involvement in something you believe in will raise your profile and attract some interesting contacts.

VIRGO (Aug. 23-Sept. 22): Someone you least expect may offer you a great deal on the 20th. Moneymaking opportunities are present and you must not let anything stand in the way of financial gains. Lots of changes are coming your way on the 21st, 22nd and 23rd and it's time to decide which direction to choose. You can expect to receive some information that will help you make up your mind. Stop procrastinating. You will be dedicated to whatever cause you decide to join on the 24th, 25th and 26th. Doing things with a new group will be enlightening and stimulating. The people you meet will inspire you.

LIBRA (Sept. 23-Oct. 22): It's time to get involved in something that interests you on the 20th. The more you get out with others the better your chances are of meeting someone who will enhance your life either professionally or personally in the near future. Don't let anyone in on your financial plans on the 21st, 22nd and 23rd. Secret information may be revealed accidentally. Be very careful whom you trust with your investments. You won't be seeing things too clearly on the 24th, 25th and 26th. Don't blow situations out of proportion. Get all the facts and don't cast blame. Be observant for the time being.

SCORPIO (Oct. 23-Nov. 21): It's time to get back into shape. Check your diet and make any improvements that you feel are necessary on the 20th. The sooner you get moving and involved in a regular form of physical activity the better. You've been spending too much time thinking about it instead of doing it. Focus on a business or personal partnership on the 21st, 22nd and 23rd. Talk to people who have similar interests. Your ideas are excellent; put your plans into motion. You will be extremely lucky when it comes to finances on the 24th, 25th and 26th. Real estate deals look lucrative and winnings are a possibility.

SAGITTARIUS (Nov. 22-Dec. 21): You should be off enjoying the company of the one you love or getting out with friends if you are single on the 20th. Leave the domestic problems at home and don't give them a second thought. Put your time and effort into getting ahead on the 21st, 22nd and 23rd. If you go off and enjoy yourself, you are likely to miss out on the deal of a lifetime. Work first and enjoy your play later. Expect to deal with some personal issues on the 24th, 25th and 26th. If you are having second thoughts about a partnership, back off. Consider how this connection is affecting the rest of your life.

CAPRICORN (Dec. 22-Jan. 19): Someone you are close to may not agree with you on the 20th. Getting involved in the private affairs of others will backfire, causing tension and upset and possibly lead to the end of a good relationship. You should do something that will inspire you on the 21st, 22nd and 23rd. It doesn't matter if it is self-improvement or research regarding your future; take the initiative to make positive changes. You may have a problem on the 24th, 25th and 26th if you have been oblivious to something that is bothering someone you are close to. Compromise and don't let an emotional situation develop.

AQUARIUS (Jan. 20-Feb. 18): You should be out and about on the 20th getting involved in whatever draws your attention. Let your imagination wander and don't be afraid of making a change. Money may be an issue on the 21st, 22nd and 23rd. Don't trust someone just because you are attracted to him or her. Reserve judgment until a later date. You aren't likely to get away with any wrongdoing, so be straight and do your best. You may be tempted to gamble or lend money on the 24th, 25th and 26th. Instead, invest in yourself. Put your efforts into something that you love to do. You will be respected for your accomplishments.

PISCES (Feb. 19-March 20): You may have to give a little thought on the 20th to your upbringing and how it has affected your present situation. The better you understand yourself the easier it will be to deal with others. You stand to gain the most on the 21st, 22nd and 23rd if you entertain people who have something to offer in return. Chat and socialize. Travel will lead to new friendships and adventure. The more you do to improve your surroundings on the 23rd, 24th and 25th, the better. Someone you are close to may not have the same likes as you, but that shouldn't stop you from doing what's best for you.

CLOWNING AROUND AT THE MFRC DAYCARE



The Busy Bees and Little Toads group proved to be a captivated audience as clown/magician Daniel Mullins performed at the Military Family Resource Centre Day Care on Tuesday.

LOCAL SERVICES

To Serve You

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
"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
- Springs ✓ Inspections
✓ Suspension ✓ General
Service 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/Draperies

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

Dehumidifiers

Welcome to Dehumidifier Family
Hercules
Industrial Agricultural
Mother's Helper
Household
Teacher's Aid
Portable Classrooms
For More Information Call
DEHUMID INC.
613-967-0390
www.dehumid.com

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: jimspan@lks.net

General Contractors

LUYMES Construction Ltd.
General Contractors
Kitchen & bathrooms, rec-rooms, additions, replacement windows, refacing kitchen fronts & stairways, textured ceilings & fireplaces.
962-7039 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

MOVING

Change of Address Moving Co.

Call Rob
613-472-1628

Painting/Decorating

THE PAINT WORKS
"Partners with Royal LePage Home Link Services"
For all your painting & decorating needs call
DALLAS REES
966-9400
1-888-853-3590
www.the-paintworks.com

Roofing

STEVE PHILLIPS ROOFING
• Asphalt Roofing Specialist
• 5 Year Workmanship
• Guarantee
• Free Estimates
• Fully Insured
"When Quality Counts"
Call Steve
394-1411

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

Tree Service

TRENTON TREE SERVICE
Tree Trimming & Removal, Chipping & Stumping
Call Geo and Ray anytime
• Free Estimates •
• Fully Insured •
A fair price for everyone
392-7415

Community Events

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

GENEROUSLY SPONSORED BY THE CENTRE THEATRE

<p>MOVIE LINE-UP</p> <ul style="list-style-type: none"> • Bad Boys 2 (18A) • Terminator 3 (14A) • SINBAD (G) - Animated <p>Coming: July 25-Sea Biscuit, Tomb Raider 2 - Aug. 1-American Wedding Matinees Saturday, Sunday, Tuesday & Thursday Admission: \$7.00 (adults 18+) \$5.00 (youth) Wed. & Matinees \$5.00 (ALL)</p>	<table border="0" style="width: 100%;"> <tr> <td style="width: 33%;">1:00</td> <td style="width: 33%;">7:00</td> <td style="width: 33%;">9:35</td> </tr> <tr> <td>1:05</td> <td>7:05</td> <td>9:10</td> </tr> <tr> <td>1:10</td> <td>7:10</td> <td>9:00</td> </tr> </table>	1:00	7:00	9:35	1:05	7:05	9:10	1:10	7:10	9:00	<p>CALL 392-4211</p> <p>FOR INFORMATION</p>
1:00	7:00	9:35									
1:05	7:05	9:10									
1:10	7:10	9:00									

Welcome to the Contact Newspaper's new 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.

The Easter Seal Society of Ontario invites everyone to visit the open house at Camp Merrywood on July 19 from 1 to 4 p.m. Camp Merrywood provides an amazing camping experience for kids with physical disabilities. Former Merrywood campers are welcome! Please call Easter Seals at 613-394-1972 for more information.

Do you have your Pleasure Craft Operators Card?

The Canadian Red Cross Society 'On Board' boating safety program will help you learn everything you need to know to get on board this summer! Contact the Quinte Branch at 962-9122.

EARN EXTRA MONEY!! CARRIER NEEDED

to deliver Contact newspapers for the following route here at 8 Wing/CFB Trenton:
Namao, Comox & St. Hubert Available August 8, 2003

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



Counselling Services of Belleville and District is a non-profit community based resource agency responding to the need for assessment, counselling, advocacy and support. We strive to enhance the effectiveness and well-being of persons of all ages, families and the community.

Available Programs: Family Resource and Support, Behavioural Consulting Services, Infant Development Program, Supervised Access Services, Home Personnel Resource Program, Individual, Marital and Family Counselling, Adult Protective Services, Family Court Clinic

Counselling Services of Belleville and District
 264 Front Street Belleville, Ontario, Canada K8N-2Z2
 Phone: (613) 966-7413
 Fax: (613) 966-2357
 Email: csbd@csbd.on.ca
 CSBD is a member of The United Way of Quinte and Family Service Ontario.

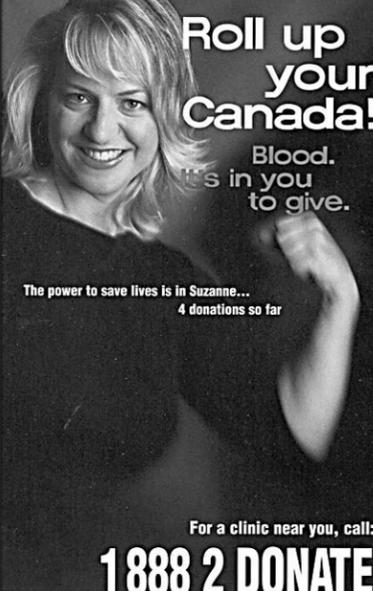


The 8 Wing Fire Department will be hosting a car wash and BBQ on July 19th in support of the Muscular Dystrophy Association of Canada. The event will be held from 0900 hrs until 1600 hrs in the CANEX parking lot.

ScotiaMcLeod Easter Seals Regatta

July 19th
Victoria Harbour, Belleville

Featuring sailpasts, race, Navi-Guessing for powerboats, and post race awards ceremony. On-shore activities include: BBQ, fishpond, mini-golf, air bouncer and face painting. This event is designed for the public to come and enjoy a great family day at the waterfront. Everyone is welcome and encouraged to join in the fun. This event is held in support of children, youth and young adults living with physical disabilities.



Roll up your sleeves, Canada!

Blood. It's in you to give.

The power to save lives is in Suzanne... 4 donations so far

For a clinic near you, call:
1888 2 DONATE

CANADIAN BLOOD SERVICES BLOOD DONOR CLINIC

CANADIAN FORCES BASE (CFB) TRENTON
 27 Island Park, Astra

WEDNESDAY, AUGUST 6
 10:00 am to 4:00 pm

Baker Island Community Centre




www.bloodservices.ca

The Contact
 will be CLOSED for Holidays
 July 21st/03
 thru til
 Monday Aug.4th/03
Have a Safe & Happy Holiday Season
from the Staff at The Contact!!!
Re-Opening Tues. Aug. 5th/03

Classified

For Classified Information Call 392-2811 ext: 3976

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

Information

CLASSIFIED AD RATES

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

ORDERING AN AD

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

ERRORS & OMISSIONS

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

USERS & AD READERS

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

Advertise your business in the Contact!
Call 392-2811, ext. 3976

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

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

Lost & Found

Metal Detector Sales
Whites, Fisher & Tesoro
Lifetime warranty on Fisher & Tesoro
View products at
www.lost-n-foundmetaldetectors.com

Call: 613-394-1801
Email: clayg@sympatico.ca

Business Services

KEITH'S REFRIGERATION
Parts & repairs of all makes of refrigerators, freezers, air conditioners, dehumidifiers and heat pumps. Call Keith Stein 392-6218

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

MASONRY

Certified mason
Bricks, chimneys, sidewalks, waterproofing, tuck pointing, stone work - 30 yrs experience
Call Max at 968-2784.

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

392-5915

FOR RENT

Large two bedroom apt., in a well kept apartment building, close to the base. Heat, cable, fridge, stove, included. Washing facility in building. Available immediately \$560 a month
Call 392-0818

Advertise your business in The Contact!

For Rent

HOUSE FOR RENT

Beautiful 3 bedroom Bungalow available Sept. 1st. Rural setting- Murray Hills view, 2 baths, full basement, garage. \$750/month first & last + ref.
Call 398-8350
Leave message

HelpWanted

WANTED Hair Stylist
Bilingual preferred,
Call Theresa at 394-4185

For Sale

FOR SALE

2GB external parallel removable media ORB drive with 2 disks (total 4GB) - \$125 cables & software included, Macintosh Quadra 650 computer with monitor, keyboard, mouse - \$75
Call 392-3940

ROYAL LEPAGE MOVING SALE

Refridgerator - \$700
Stove-\$450, Freezer-\$350
Kit, Set & Bakers Rack - \$550
Contact 968-4394

FOR SALE

1990 Cavalier Station Wagon
E tested & cert \$1800
Runs & looks great, AC, auto, 4cyl
Contact 968-2784

FOR SALE

Royal Oak Dining Room Suite
9-Pieces \$2100 OBO
Contact 392-6288

HOUSE FOR RENT

3 bedroom Town House, full basement, fridge & stove included. Central Belleville \$750/month plus utilities & ref.
Call 399-2892
Avail end August

Wanted

THE SINGLE CHEF

Quinte's Newest singles sensation.
Join other singles for elegant dinners. For info package email: singlechef@sympatico.ca or
call 394-4062

WANTED TO BUY

Scrap Cars, Trucks & Tractors
Please call **968-2784.**

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

DEADLINES

Editorial: Tuesday noon
Advertising: Wednesday noon

Crossword Answers

L	O	G		H	O	W	E		D	O	T	E
O	A	R		A	M	I	D		A	S	H	Y
C	H	E		T	I	N		O	N	C	U	E
O	U	T	S	E	T		O	R	C	A		
		Z	E	D		L	A	T	E	R	A	L
J	A	K	E		V	I	S	O	R		B	O
A	M	Y		L	A	T	I	N		S	E	L
Y	E		B	A	N	E	S		B	E	L	L
S	N	E	A	K	E	R		L	M	N		
		V	I	E	S		H	E	W	I	T	T
F	A	I	L	S		R	A	F		O	R	R
E	R	L	E		P	O	S	T		R	I	A
E	A	S	Y		R	E	P	S		S	P	Y

"Your Gateway to the CFB Trenton Community"

www.cfbtrenton.com

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

Military and Civilian

Any questions regarding:

- > Official Languages
- > Profile Testing
- > Second Language Courses
- > Translation

- Visit WCOL's Web site <http://trenton.mil.ca/wcol>

Militaires et Civils

Si vous avez des questions au sujet des:

- > Langues officielles
- > Évaluation des profils linguistiques
- > Cours de langue seconde
- > Traduction

- Visitez le siteweb de la CLO Ere <http://trenton.mil.ca/wcol>

News we can use?

Why not "Contact" us today!

Andrea LeBlanc
(Editor), local 7005
Laurie McVicar
(Assistant Editor), local 3978



Mortgage shopping made easier

(NC)—If you've ever looked for a mortgage, you know it can be quite a mind-boggling experience. Wouldn't it be easier if someone could help you decipher the options and help you make a decision that's best for you—one that might save you thousands of dollars and possibly shave years off your mortgage?

Most banks have mortgage or home finance officers who are willing to sit down with you in their office explaining their company's home financing options. However for many busy Canadians, scheduling time to get to the bank can be inconvenient, and for couples trying to balance

two schedules, it can be very difficult. It would be much easier if the bank could come to you.

For Canadians interested in applying for a Manulife home financing product, Manulife Bank has just made the mortgage application process easier through a new national network of Banking Consultants. Currently at 25 people, the number of consultants is expected to grow to around 40 or 50, servicing major Canadian cities.

What makes these consultants different is they will meet you, face-to-face, wherever is most convenient for you—whether it be at your home, business or

favourite café. They explain the ins and outs of mortgages, answering your questions in a helpful and non-intimidating manner. When you are ready to get a new mortgage or a second mortgage, they will help you with the application and speed you through the approval process. Plus, as experts in Manulife mortgage products, they specialize in Manulife One, Canada's only flexible mortgage account.

To find a Banking Consultant in your area, visit the Manulife One Web site at www.manulifeone.com or call them at 1-877-626-8111 (1-877-MANU111).

Arm yourself against home break-ins

(NC)—In 1999, Statistics Canada reported that there were approximately 92,485 break and enters reported to police, however, some of these crimes remained unreported. Property crime losses ranged from little or nothing of value to materials costing hundreds of thousands of dollars.

Unfortunately, burglars can do much more than steal your possessions. They can commit rape, robbery, and assault if they are surprised by someone coming home or pick a home that is occupied.

"If you have been a victim of a burglary, chances are that you will be vulnerable to a burglary a second time," explained Patrice De Luca, V.P. of Marketing and Business

Development for Protection Security Systems. "The burglar will know how easy it was the first time they targeted your home. This experience will forever change your life. However, for a small amount of time and money you can make your home more secure and reduce your chances of being a victim."

According to De Luca, many burglars will spend no longer than 60 seconds trying to break into a home. That's why good locks and good neighbors who watch out for each other are big deterrents to burglars.

De Luca also suggests these following tips:

- Thieves don't like bright lights. Install outside lights and keep them on at night.
- Keep your yard clean. Prune back shrub-

bery so it doesn't hide doors or windows. Cut back tree limbs that a thief could use to climb to an upper-level window.

- A high percentage of burglaries involve the theft of newly purchased items, such as, new electronic equipment, computers and TVs. "Thieves are always on the lookout for homes with big cardboard boxes at the curb highlighting new purchases," added De Luca. "It's important to eliminate or break up these boxes into unrecognizable pieces not to advertise new purchases to the neighborhood." Also, don't leave valuables in sight through windows, where they will tempt burglars.

- If you travel, create the illusion that you're at home by getting some timers that will turn

lights on and off in different areas of your house throughout the evening. Lights burning 24 hours a day signal an empty house.

- Leave shades, blinds, and curtains in normal positions. Don't let your mail pile up, call the post office to stop delivery or have a neighbor pick it up.

- Alarms can be a good investment, especially if you have many valuables in your home, or live in an isolated area or one with a history of break-ins.

- Alarm systems are an effective deterrent. Nine out of ten convicted burglars agree they'd avoid a house protected by an alarm system.

- Security system decals and signs are also an effective deterrent.

- Make sure your security system includes a loud inside alarm, detectors at all exterior doors, and motion sensors in the master bedroom and main living areas. For more information on home security visit www.protectron.com.

Renovation dos and don'ts

(NC)—Canadians' ongoing love affair with renovating their homes is alive and well, with more than \$20 billion being spent every year since the new Millennium. But how do you know what improves your home's value, and what might make it harder to sell? Here are some tips that might make the decisions a little easier:

1. Develop short-term and long-term goals: If you will be at your house for less than five years, you might want to forgo the addition to your home and simply repaint, or install new windows or floor treatments.

2. Don't use a renovation just to express yourself: Don't expect prospective buyers to pay for your

wonderful, but unique taste—you might love a pink and black marble en suite, but not everyone will.

3. Stay in character: When planning your renovations, try to match the neighbourhood aesthetics. Ask yourself if mini-Windsor Castle touches work well in your post-war housing neighbourhood.

4. Become a Do-It-Yourselfer: Hardware and home renovation shops often have project seminars to show you how to get the job done properly. Many stores also have in-house experts who can give you advice, should you need it.

5. Consider professionals: Professional architects, contractors and designers know the quirks of your local zoning regulations.

You don't want your garage conversion shut down because you don't have the correct permits.

6. Financing: If your project exceeds your cash on hand, there are many financing options available including small loans and larger mortgages. Consider taking out a line of credit to help you get the job done properly and see it through to completion. One of the most innovative home equity lines of credit available is Manulife One, offered by Manulife Bank.

To find out how Manulife One can help you with your home improvements visit www.manulifeone.com or call 1-877-626-8111 (1-877-MANU111).

ATTENTION ADVERTISERS

CALL JUDY AT 392-2811 EXT. 2748 TO SEE HOW THE CONTACT NEWSPAPER CAN PROMOTE YOUR BUSINESS.

Century 21
Lanthorn Real Estate Ltd.

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

WEST SIDE EXECUTIVE-GARAGE—Nice lot close to #401 or Belleville/Trenton. 4 Bdrms, needs decorating, home heats easy, deck off family room, main floor laundry. Call Shelly Gregory* 969-2416. #2031364.

MECHANICS DREAM—Nice lot close to #401 or Belleville/Trenton. 4 Bdrms, needs decorating, home heats easy, deck off family room, main floor laundry. Call Shelly Gregory* 969-2416. #2031364.

OPEN & SPACIOUS!!—Roomy 14' wide with improvements. Tie-downs are in place. FAG heat plus central-air. Upgraded windows + peaked roof. To view call Barb Wood* #2032110.

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

*Sales ** Associate Broker

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

POSTED THIS YEAR?
CALL ANDRÉ (Andy) MARTIN, CD1

ROYAL LEPAGE
ProAlliance Realty

COMMITTED TO CLIENT SATISFACTION.
Licensed since 1990
OFFICE TOP AGENT
For 10 out of 12 years.

1-800-263-2177
394-4837
253 Dundas St. E., Trenton

André (Andy) Martin CD1
RCAF/CFRETD
Sales Representative

There's a Giant on the Block

2002 MARKET SHARE

Number 1 Market Leader On Purpose

QUINTE WEST

44.8%

33.7% Royal LePage
21.5% Century 21

ReMax Trent Valley Realty
Trenton 613-392-6594
Brighton 613-475-6594
Toll Free: 1-800-567-0776
Check us out at... www.remextrent.com

CHECK OUT THESE MODEL YEAR END DISCOUNTS ON REMAINING 2003 DEMOS

THE PRICE IS RIGHT NOW!

**FRIDAY & SATURDAY
9-5**

0%

**PURCHASE FINANCING
UP TO
60
MONTHS**

- 2003 Chrysler Town & Country
- 2003 Dodge Caravan & Dodge Grand Caravan
- 2003 Dodge Durango
- 2003 Dodge Ram Van
- 2003 Jeep TJ
- 2003 Jeep Liberty
- 2003 Jeep Grand Cherokee
- 2003 Dodge Ram 1500 Reg. Cab
- 2003 Dodge Ram 1500 Quad Cab
- 2003 Dodge Dakota

- 2003 Chrysler Sebring Sedan
- 2003 Chrysler Sebring Convertible
- 2003 Chrysler Intrepid
- 2003 Chrysler Concorde
- 2003 Chrysler 300M
- 2003 Chrysler PT Cruiser



RALPH NEALE
President



GREG ALLMAN
Sales Consultant



VAL GROUCHY
General Manager



LINDA HILL
Sales Consultant



DAVE NEALE
Used Car Manager



JESSE MACLEAN
Sales Consultant



TERRY BELCH
Business Manager



BRENDA STANLEY
Sales Consultant



MAX GANNON
Business Manager



ROB WILLIAMS
Sales Consultant



DOUG LAW
Business Manager



SUZANNE WORTMAN
Sales Consultant



GR. CHEROKEE LAREDO



\$7000 CASH BACK OR 0%

2003 DODGE DAKOTA



\$6000 CASH BACK OR 0%

2003 GRAND CARAVAN



\$5500 CASH BACK OR 0%

2003 DODGE SX



\$1500 CASH BACK OR 0%

2003 SEBRING SEDAN



\$6000 CASH BACK OR 0%

2003 INTREPID



\$6000 CASH BACK OR 0%

2003 CONCORD



\$5000 CASH BACK OR 0%

2003 PT CRUISER



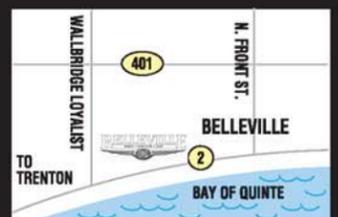
\$6000 CASH BACK OR 0%

2003 CARAVAN



\$6400 CASH BACK OR 0%

ONTARIO'S NEWEST FIVE STAR CERTIFIED DEALERSHIP



www.bellevilledodge.ca
HWY#2 W. BELLEVILLE

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

0% financing up to 60 months to approved buyers, subject to financial approval from Chrysler Financial. Some conditions apply. Customer may choose rebate in lieu of cash back, the two may not be combined. Subject to availability.