

“Delivering news and information. At home and around the world.” • “Des nouvelles d'ici et de partout ailleurs.”

# the CONTACT

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

• June 27, 2003 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 38 Issue Number 26 •

## Tens of thousands enjoy the thrill of QIAS



Photo: Laurie McVicar

by Laurie McVicar  
 Assistant Editor



Photo: Cpl Max Murphy, 8 Wing Imaging

All eyes were on the skies over Trenton last weekend during the Quinte International Air Show (QIAS).

Approaching 50,000 people covered the tarmac at 8 Wing/CFB Trenton to enjoy performances by more than 20 aerial acts, 40 static aircraft displays and various children's activities that made up this successful event. Despite inclement weather on Saturday and soaring temperatures on Sunday, spirits were high among both the general public and 1,755 dedicated volunteers.

“Everyone who participated--whether it was spectators, working staff or directors--came away satisfied,” said LCol Andy Maziarski, QIAS Chairman.

Due to international commitments that forced the cancellation of last year's air show, this was the first such event in four years. According to Bob Payette, QIAS Marketing Coordinator, the public showed immense interest during the planning of this year's event. As of last Thursday, approximately 10,000 advance tickets had already been sold.

“On the QIAS website, we received between 500-600 hits per day, 7,000 in the last week,” said Payette, during the QIAS Media Day on June 19.

The QIAS truly offered something for everyone, from the airplane enthusiast to the music lover. The weekend was filled with plenty of live entertainment, culminating with Saturday night concerts that featured popular Canadian performers Honeymoon Suite and Jimmy Rankin.

“Everyone who took part in the (entertainment) activities on Friday and Saturday night were very, very happy. That part couldn't have gone better. The bands we had were recognizable and people loved them. It's fair to say over 2,000 people turned up (on Saturday night),” said LCol Maziarski.

Can the public expect another air show in 2005? Possibly, say organizers.

“We're waiting for the post air show wrap-up. Once we have all the details in hand, we'll see where we go from here,” said LCol Maziarski. “Hopefully we'll come close to breaking even. If that's the case, we'll certainly plan on another air show.”



Photo: Cpl Max Murphy, 8 Wing Imaging

All eyes were trained skyward last weekend at the very successful Quinte International Air Show 2003. People aged two to 102 descended upon 8 Wing/CFB Trenton to view the many static displays and enjoy the outstanding aerial acts.

### WHERE DEALS HAPPEN EVERYDAY!

**#1 Place to Go**



**LOADED**

99 Ford Taurus SE Wagon  
 V6, Auto, PL, PW, PM, Tilt, Air, Cruise, 6 Pack CD, Power Seat, 3rd Seat, 68k \$11,900

**SHARP**



99 Ford F150 XLT  
 4.6L, V8, Auto, PW, PL, Air, Tilt, Cruise, AM/FM/Cass, Cap, 13,900



**STILLMAN AUTO SALES**  
 CARS - JEEPS - TRUCKS - VANS  
 246 Dundas St. Trenton  
 Phone 394-6111  
 Fin.OAC All cars cert. W/War.

**LOW K's**



98 Ford Winstar  
 V6, Auto, PM, PW, PL, Air, Am/Fm/Cass., Only 95k \$10,500

**Sharp**



6.9% financing on selected vehicles

94 Olds Achieva  
 V6, Auto, Air, PW, PL, Tilt, Cruise, Only 125k \$5,500

**WE ARE YOUR FINAL ANSWER TO THE RIGHT VEHICLE AT THE RIGHT PRICE**



## WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



EME Squadron recently had to resort to using assets belonging to the RCAF Museum to complete a task. The recovery vehicle shown here is the model M62 gas engine powered 5 ton wrecker, built in 1955. The lift capacity was required to remove the power pack, engine and transmission from the D16 aircraft towing tractor built in 1999. MCpl Logan is at the controls and Mr Sutton is overseeing the operation to ensure only the necessary components get pulled out.

## Update on Operation ATHENA

OTTAWA, June 19 /CNW/ - The Honourable John McCallum, Minister of National Defence, and General Ray Henault, Chief of the Defence Staff, delivered an update today on Operation ATHENA, the Canadian Forces (CF) participation in the International Security Assistance Force (ISAF) in Kabul, Afghanistan.

Canada will contribute about 1,850 troops to the mission in Kabul later this summer. The Canadian contingent in ISAF will comprise a Battalion Group, a Multinational Brigade Headquarters, CF airlift elements, a National Command Element, a National Support Element, and some additional staff for the ISAF headquarters in Kabul. Currently, this mission involves about 5,000 troops from 29 nations.

"Operation ATHENA is an important mission for the Canadian Forces, and it demonstrates Canada's ongoing commitment to the international campaign against terrorism and to international peace and security," said Minister McCallum.

"In co-operation with our allies, the Canadian Forces will make a major contribution to the stabilization and reconstruction of Afghanistan."

"The contributions the Canadian Forces make to domestic and international security do not come without sacrifice. This is a substantial commitment on our part to a dangerous theatre of operations. Our personnel and equipment have been rigorously prepared, and are ready to deploy and to make a real difference on the ground," said the Chief of the Defence Staff, General Ray Henault.

The following officers have been

appointed to the various command-positions in Operation ATHENA and ISAF:

- Major-General Andrew Leslie, currently serving in Toronto, Ontario;

- Commander, Task Force Kabul and Deputy Commander, ISAF;

- Brigadier-General Peter Devlin, currently serving in Petawawa, Ontario;

- Commander, Kabul Multinational Brigade;

- Colonel Mark Hodgson, currently serving in Toronto, Ontario; Commanding Officer, National Command Element;

- Colonel Marc Pouliot, currently serving in Kingston, Ontario; Commanding Officer, Theatre Activation Team;

- Lieutenant-Colonel Donald Denne, currently serving in Petawawa, Ontario;

- Commanding Officer, 3rd Battalion, The Royal Canadian Regiment Battalion Group;

- Lieutenant-Colonel Christopher Thurrott, currently serving in Petawawa, Ontario; Commanding Officer, National Support Element; and

- Major Thomas Sullivan, currently serving in Petawawa, Ontario; Commanding Officer, Kabul Multinational Brigade Headquarters and Signals Squadron.

In February 2003, the international community asked Canada to help maintain peace and security in Afghanistan by contributing troops to the UN-mandated mission in Kabul. Canada agreed to participate in ISAF for one year, in two six-month rotations beginning in August 2003.

## IMPORTANT NOTICE FOR EMPLOYERS AND EMPLOYEES AFFECTED BY BSE — MAD COW DISEASE

**Is your business facing difficulties because of the Bovine Spongiform Encephalopathy (BSE) situation?**

The Government of Canada's Work Sharing Program may help you.

### What is the Work Sharing Program?

This program enables businesses to avoid layoffs by shortening the work week and paying reduced wages accordingly. Eligible workers draw benefits from Employment Insurance (EI) to compensate for the lower wages.

### Who can participate?

Permanent full- or part-time employees eligible to receive regular EI benefits.

### How can employers qualify?

Employers must have been in business in Canada for at least two years and demonstrate that the need for reduced hours is temporary, unavoidable and not seasonal.

### Other measures for employees

If you have lost your job, you may be eligible to receive regular EI benefits.

You may also take advantage of the other programs and services offered by Human Resources Development Canada (HRDC).

For more information please visit or contact your local Human Resources Centre of Canada (HRCC).

To locate the nearest HRCC call 1 800 O-Canada - TTY/ATS: 1 800 465-7735

You can also visit the HRDC Web site at [www.hrdc.gc.ca](http://www.hrdc.gc.ca)



Government of Canada / Gouvernement du Canada

Canada

## AVIS IMPORTANT À L'INTENTION DES EMPLOYEURS ET DES EMPLOYÉS AFFECTÉS PAR L'ESB — MALADIE DE LA VACHE FOLLE

**Votre entreprise connaît-elle des difficultés attribuables à la situation de l'encéphalopathie spongiforme bovine (ESB)?**

Le Programme de travail partagé du gouvernement du Canada pourrait vous aider.

### Qu'est-ce que le Programme de travail partagé?

Ce programme permet aux entreprises d'éviter les licenciements en raccourcissant la semaine de travail, les salaires versés étant réduits en conséquence. Les travailleurs admissibles à l'assurance-emploi (AE) peuvent ainsi toucher des prestations d'AE pour compenser la diminution de leur salaire.

### Qui peut participer?

Les employés permanents à temps plein ou à temps partiel qui sont admissibles aux prestations d'assurance-emploi.

### Quels sont les critères d'admissibilité pour les employeurs?

Les employeurs doivent exploiter leur entreprise depuis au moins deux ans et être en mesure de démontrer que la réduction des heures de travail est une nécessité temporaire et inévitable, et non une situation saisonnière.

### Autres mesures pour les employés

Si vous avez perdu votre emploi, vous pourriez être admissible aux prestations d'assurance-emploi. Vous pourriez également profiter des autres programmes et services de Développement des ressources humaines Canada (DRHC).

Pour plus de renseignements, communiquez avec le Centre de ressources humaines du Canada de votre localité ou venez nous rencontrer.

Pour trouver le bureau le plus près de chez vous, veuillez appeler au 1 800 O-Canada - ATS/TTY : 1 800 465-7735

Vous pouvez également visiter le site Web de DRHC à l'adresse suivante : [www.drhc.gc.ca](http://www.drhc.gc.ca)



Gouvernement du Canada / Government of Canada

Canada

## Canada Day Message 2003 from the CDS

From Gen Ray Henault  
Chief of the Defence Staff

On behalf of all Canadian Forces personnel serving at home and abroad, I'd like to wish you all a very happy Canada Day, on this, our nation's 136th birthday.

I am proud and honoured to be entrusted with the leadership of such a fine institution as the Canadian Forces.

As we celebrate Canada Day, I'd like to acknowledge the accomplishments and dedication of the outstanding men and women who serve their country in uniform.

From the Canadian contribution

to the international campaign against terrorism to peace support operations in the Balkans and on the Golan Heights, the Canadian Forces continue to deliver on our nation's important international commitments.

And at home, the men and women of the Forces defend Canada and Canadian interests. We are partners in the North American Aerospace Defence Command – or NORAD – we conduct naval patrols on Canada's waters and last year, more than 700 Canadian Forces personnel were involved in search and rescue incidents across the country.

Our reservists are also making a difference at home or while serving

abroad. We only have to look to the North as an example of their dedication. Through their work in Canada's most remote regions, the Canadian Rangers are always ready to assist. From conducting Northern Warning System inspections to guiding CF members during land exercises, these dedicated reservists contribute to Canada's security and sovereignty.

We have a tough, professional military force in Canada and we can all be proud of the role it plays here at home and internationally.

Once again, on behalf of all the fine men and women of the Canadian Forces serving at home or overseas – happy Canada Day.

## Message à l'occasion de la fête du Canada 2003

par Gén Ray Henault  
chef d'état-major de la  
Défense

Au nom de tous les membres des Forces canadiennes, servant ici ou à l'étranger, j'aimerais vous souhaiter une très heureuse fête du Canada. Notre pays célèbre cette année son 136e anniversaire.

Je suis fier et honoré que l'on m'ait confié la direction de la remarquable institution que sont les Forces canadiennes.

Je désire profiter de la fête du Canada pour saluer les réalisations et le dévouement des femmes et des hommes exceptionnels qui, vêtus de

l'uniforme, servent leur pays.

La participation du Canada à la campagne internationale contre le terrorisme ainsi que les opérations de soutien de la paix dans les Balkans et sur le plateau du Golan illustrent les efforts continus que déploient les Forces canadiennes afin de tenir les importants engagements internationaux du Canada.

Au pays, les hommes et les femmes des Forces défendent le Canada et ses intérêts. Nous sommes partenaires du Commandement de la défense aérospatiale de l'Amérique du Nord, ou

NORAD, nous effectuons des patrouilles navales dans les eaux canadiennes et, l'an dernier, plus de 700 militaires ont participé à des recherches et à des sauvetages, partout au Canada.

Les réservistes aussi savent s'illustrer, qu'ils servent ici ou à l'étranger. Il suffit de constater ce qu'ils accomplissent dans le Nord pour comprendre leur engagement. Par leur travail dans les régions les plus éloignées du Canada, les Rangers canadiens sont toujours prêts à aider. Ces réservistes dévoués contribuent à assurer la sécurité et à préserver la souveraineté du

Canada en effectuant des inspections du Système d'alerte du Nord et en guidant les membres des FC pendant les exercices terrestres.

La force militaire canadienne fait preuve de ténacité et de professionnalisme, et nous pouvons tous nous enorgueillir du rôle qu'elle joue sur la scène nationale et internationale.

Encore une fois, de la part de tous les hommes et de toutes les femmes remarquables des Forces canadiennes, qui servent au pays et à l'étranger, joyeuse fête du Canada.

Drivers wanted:



**2003 Golf GL TDI**  
5 speed, manual, air, remote keyless entry, beige, balance of factory warranty **\$22,900**

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.

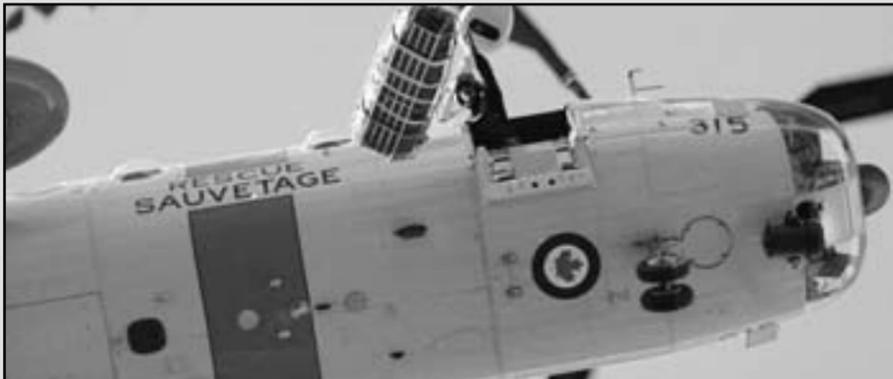
398-8888

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.

## Search & Rescue UPDATE



This past week's SAR activities started with a Lab helping the US Coast Guard respond to a MAY DAY call on Lake Erie. A night search of the area revealed nothing and the USCG released the Lab. On the same night, the Lab crew was tasked to Lake Manitou for an overdue boat. When the boat did arrive, the Lab crew was released to return to Trenton. On air show Saturday, the Lab responded to reports of an ELT transmitting north of Ottawa, near Maniwaki. The reports were coming from commercial airliners as they passed over the region. However, when the Lab arrived in the area, the signal had stopped, and with no reported overdue aircraft, the Lab returned to Trenton. The SAR Herc was tasked to Blind River for an overdue boat, but was stood down prior to take-off as the boat was located and SAR assistance was no longer required. The most intense SAR activity occurred on Tuesday when an aircraft over Georgian Bay declared a MAY DAY and expected to ditch his aircraft into the water having run out of fuel. Both the Herc and Lab responded. First on the scene, the Herc crew was fortunate to sight the submerged aircraft and directed the Lab to the spot. Unable to locate the sole occupant on the water surface, a SAR Tech dive team dove down 58' to verify the aircraft. The sole occupant remained missing even after several hours of surface searching by the Lab and a Coast Guard vessel. Then, the Lab was re-tasked to locate an ELT signal which seemed to be moving in the southern Ontario region between Toronto and Hamilton. It was tracked to a boat in the Toronto Harbour. Finally, on 25 Jun, the Herc was tasked on two occasions for ELTs. The first, near Ottawa, turned out to be an errant transmission from a communications antenna, while the second case, on the south east side of Lake Ontario, no signal could be detected or located.

Missions for 2003: 68 Missions for June.: 16 Persons rescued: 5

## 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](mailto:LEBLANC.AL@forces.ca)

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

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



### 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

## LETTERS

### Kudos

My compliments to all involved with this year's show. It was a fantastic event. Everyone who played a role made the day really enjoyable. Right from the people handling traffic and parking to the gates and onwards. The displays were wonderful, a lot of things to see, try and explore. My kids really enjoyed it. Great static and aerial displays. I look forward to your next show. Please extend a big thank you to everyone at the Base and the vendors. Very professional!!!

Ross Barnett

### More kudos

I would like to take the opportunity to personally thank each and every one of you for the fine effort you put into supporting QIAS 03. From all accounts, the Air Show was a major success, meeting or exceeding all objectives. Whether you were a designated participant, committee member, support or uniformed attendee, there is no question that your individual and collective efforts made a real difference in conveying the right messages to the public. Feedback on your professionalism, courtesy and conduct was universally positive and we can expect to hear more on this.

This is your achievement and I hope that you will take the time to reflect upon it with a sense of pride and accomplishment. Well done!

Je voudrais vous remercier pour tous vos efforts lors du QIAS 03. Selon toutes indications, le spectacle aérien a donné d'excellents résultats à tous les niveaux.

Le défi a été gagné! Quelque fut votre rôle spécifique, il est clair que vos efforts ont grandement contribué au succès de cette fin de semaine. Les commentaires reçus du public ont été très positifs. Peu importe votre rôle, je vous remercie pour tous vos efforts.

Ceci est votre accomplissement et vous avez raison d'en être fier! Bravo!

Col D.S. Higgins

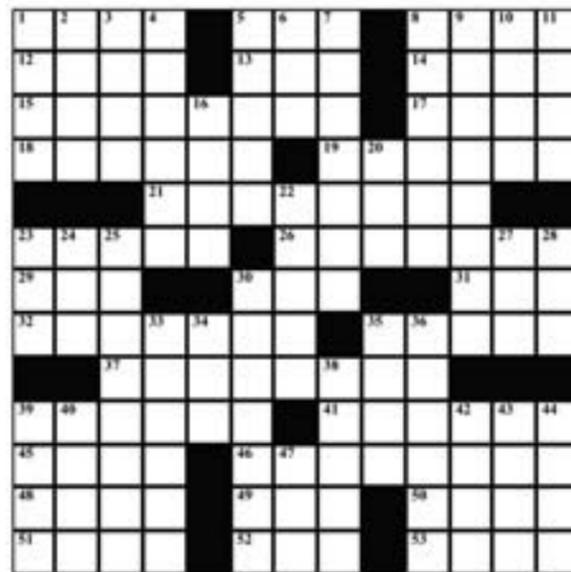
## Canadiana Crossword

### Take a GueSS!

Bernice Rosella and James Kilner

- ACROSS**  
 1 Elongated  
 5 Guido scale note  
 8 Biblical name  
 12 Cape Buffalo  
 13 Subside  
 14 Financial obligation  
 15 QUEBEC PREMIER, ONCE  
 17 Chickpea dish  
 18 Green?  
 19 Opus  
 21 HIT-MAN  
 23 Health, in Hauteville  
 26 FRIED ROLL  
 29 Collection  
 30 Woodworking tool (var.)  
 31 Madam, slangily  
 32 Chickadees  
 35 Duroc daddies?  
 37 Gifted  
 39 Sentence analyser  
 41 Gordie Tapp Television show  
 45 Pitchers stats  
 46 SKATER ISABELLE  
 48 Levitate  
 49 Atom  
 50 Que\_\_\_\_  
 51 Elementary  
 52 RCMP letter  
 53 Urgency acronym

- DOWN**  
 1 Not permitted  
 2 Soon  
 3 Scowl  
 4 Lasso  
 5 CERTAIN CURVES



- 6 Flores or Palmas preceder  
 7 GLACIAL LAKE  
 8 Greek God  
 9 Cancerous growth  
 10 Death notice  
 11 Portico  
 16 Church feature  
 20 PROPHECY  
 22 Singer Jann  
 23 Posed  
 24 Cuckoo  
 25 SHOOTER SUSAN  
 27 Household God  
 28 Printing units  
 30 Bitter  
 33 ACTOR RAYMOND  
 34 Island, in Iberville  
 35 Insects  
 36 SASKATCHEWAN TOWN  
 38 Clan chieftan  
 39 Father, in French  
 40 Vocal selection  
 42 Tory George  
 43 Halo  
 44 Mummify  
 47 Caviar



### This Week in Contact

1944--The RCAF Rehabilitation Programme for ex-servicemen seeking vocational and university re-training offers monthly grants of \$60 for single men, \$80 for married men, \$15 for dependant children, and \$30 for "dependant parents."

1953-63--Unavailable

1973--Indira Gandhi arrives at CFB Trenton on board a 437 Sqn 707. Minister of National Defence James Richardson announces that the configuration of Canada's NATO forces in Europe would remain unchanged until 1976, a decision which ended discussions with manufacturers of Britain's Scorpion armoured vehicle to replace Canada's aging Centurion tanks.

1983--Official opening of CFB Trenton's Air Cadet Camp Module Complex, eight prefabricated self-contained units purchased by Air Command to alleviate immediate shortages in base accommodations.

1993--In the wake of incidents involving the CF in Somalia, Contact runs a full page "CDS News Release" to dispel "innuendo and hearsay" back-to-back with lengthy "Greetings and Congratulatory Messages" from His Excellency The Governor General (Ramon John Hnatyshyn), the Prime Minister (Brian Mulroney), the Minister of National Defence (Kim Campbell), and The Chief of The Defense Staff (Adm John Anderson).



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

# Operation CARAVAN - restoring stability and security

by Captain Rob Johnston  
Operation CARAVAN

Entebbe, Uganda - On June 8, 2003, CF personnel taking part in Op CARAVAN arrived here in response to a request from the United Nations for assistance in restoring stability and security to the Ituri province of the Democratic Republic of Congo (DRC).

of 52 CF personnel, is commanded by LCol Luc Bouchard, Commanding Officer of 424 Sqn, 8 Wing Trenton. The month-long mission is to deploy French personnel and equipment into Bunia, the capital of Ituri, with two CC-130 Hercules aircraft.

"This mission presents a lot of challenges that we are ready to face and overcome," said

LCol Bouchard. "Our contribution is key to support the efforts aimed at restoring security and improving humanitarian conditions in the Ituri province. We are all proud to take part in this mission and to represent Canada in this part of the world," he added.

The majority of Task Force Op CARAVAN personnel were already deployed in the

Arabian Gulf Region as part of Op APOLLO, Canada's contribution to the U.S.-led international campaign against terrorism.

With augmentation from Trenton, Kingston, Bagotville, Ottawa, and Greenwood, the two CC-130 Hercules aircraft and their crews contribute to the overall multinational tactical lift capability of eight C-

130 Hercules and two C-160 Transall aircraft. French and Belgian aircraft comprise the remainder. Along with the air and maintenance crews are logistics, administrative, medical, communications, intelligence, traffic, and command personnel.

*Captain Rob Johnston is a Medical Officer deployed on Op CARAVAN.*

Photos (all) : MCpl. Brian Walsh, CF Combat Camera



11 June 03, Bunia, Democratic Republic of Congo (DRC). A Canadian Forces CC-130 Hercules transport aircraft prepares to touch down in Bunia, Democratic Republic of Congo. The Canadian Forces is supplying two CC-130 aircraft as part of Operation Caravan, to help deploy the French-led coalition of approximately 1400 troops into the war-torn country.



11 June 03, Bunia, Democratic Republic of Congo

(top) Loadmaster MCpl Brian McQueen (429 Sqn) and a French soldier unload much needed equipment from a Canadian CC-130 Hercules aircraft after landing in Bunia, in the Democratic Republic of Congo. The military cargo is vital to maintaining the peace in this war-torn country. This was the first Canadian flight to transport French troops into Bunia, as part of Operation Caravan.



(bottom) CF and French Air Force personnel load equipment onto a Canadian CC-130 Hercules bound for Bunia.

## JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Canada Day!	2	3	4 TGIF 1700 hrs BBQ Steak	5
6 Toronto ZOO Trip	7	8	9	10	11 TGIF 1700 hrs BBQ Steak	12
13	14	15	16	17	18 TGIF 1700 hrs BBQ Steak	19
20	21	22	23	24	25 Jr Ranks Ball Tourney TGIF 1700 hrs BBQ Steak	26 Jr Ranks Ball Tourney
27	28	29	30	31	☀️	

**JULY 2003** 🇨🇦 

## WO'S & SGT'S MESS

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Canada Day!	2	3 WCWO Change of Command	4 TGIF 1700hrs BBQ Steak 1800 hrs Euchre	5
6 Toronto Zoo Trip	7	8	9	10	11 TGIF 1700hrs BBQ Steak 1800 hrs Euchre	12
13	14	15	16	17	18 TGIF 1700hrs BBQ Steak 1800 hrs Euchre	19
20	21	22	23	24	25 Invitational Golf Tourney TGIF 1700hrs BBQ Steak 1800 hrs Euchre	26
27	28	29	30	31	🏌️	

**JULY 2003** 

## CHANGE OF COMMAND FOR CFASC



Photo: Laurie McVicar, Contact

Major Glen Stewart (left) bid farewell to his staff on Monday as he stepped down as Commanding Officer of the Canadian Forces Aircrew Selection Centre. Taking over the position will be Major Carl Kap (right). "These past two years have been the best experience," Maj. Stewart told staff members. "I appreciate what you did and how you did it. I couldn't have had a better transition to a civilian." Overseeing the change of command ceremony was Colonel Dave Higgins, 8 Wing/CFB Trenton Commander.

## Commemorative poster unveiled at QIAS

During a media day for the Quinte International Air Show on June 19, the National Chairman of the Canadian Centennial of flight unveiled the Canadian Commemorative Poster celebrating the 100th anniversary of powered flight.

The poster, designed by John Labots of Kelowna, highlights the major achievements of Canadians in aerospace military and civilian aviation. It will be distributed across Canada this year at airports, air shows and museums.

This commemorative unveiling follows the official launch of the 100 Towns for 100 Years Tour, held two weeks ago at the Winnipeg International Air Show. To promote the centennial, the Altitude is Everything hot air balloon has been making its way across the country and was present at last weekend's QIAS.

"Our aviation pioneers have helped build an aviation industry that



is recognized around the world for its safety, efficiency and vitality," said Transport Minister David Collenette. "I encourage Canadians from across Canada to join us in celebrating our nation's significant contributions to aviation over the past 100 years."

Also joining in the promotion of this Centennial is the Snowbirds air demonstration team.

"431 Squadron, the Snowbirds, celebrates the fact that this endeavour will bring the grace and awe of flight so much closer to Canadians. We

look forward to working hand in hand with the balloon team as we progress towards achieving 100 flypasts for 100 years of powered flight."

The hot air balloon, provided by Sundance Balloons of Ontario, will make its winding trek across Canada to commemorate the 100th anniversary of the first successful powered flight by the Wright Brothers on December 17, 2003,

to honour Canada's own very rich aviation history, and to draw attention to the wealth of future possibilities for Canadians in aviation.

## Pet Particulars

### The OTHER Victims of Divorce

Divorce is a difficult thing - just ask Montana and Stirling. Their owners have called it quits and while the husband has moved out, the wife has decided to "clean house" (her words!). She left these confused and frightened cats at the shelter without any concern for their future.

Both of these Persian boys are neutered and declawed. Montana is 7 years old and very friendly. His hair had to be trimmed because it was severely matted but soon it will grow in and he will be as handsome as ever. Stirling is 15 years old and is not doing very well at the shelter. He is very scared and stressed out but once he is in a safe and LOVING home he will be back to his friendly ways.

These two gentlemen must be adopted together. If you can provide a quiet, permanent home and can give the boys all the love and caring they deserve, please contact the Quinte Humane Society at 968-4673.



## YOUTH VOLUNTEERS RECOGNIZED



Photo: Laurie McVicar, Contact

Thirty-five youth volunteers were treated to pizza and cake courtesy of SISIP on Tuesday evening at the Recplex. The purpose of the event was to recognize the outstanding work the teens have accomplished for the Military Family Resource Centre, Recreation Association and Community Council. The highlight of the party was an obstacle course set up outside the building, provided by Funtastic Promotions. Special thanks is extended to Tomasso's and Centre Theatre for their contributions to this enjoyable evening. See page 8 for more photos.

## Brambleberry Farm

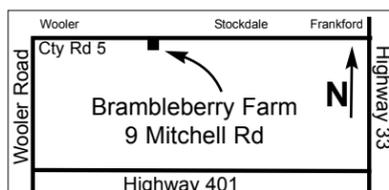
Pick your own

### Strawberries

\$1.00 OFF with this coupon (min. \$10.00 purchase)

Call (613) 398-8350

for Daily Picking Conditions





# 8 Wing engineers take part in Exercise Winged Beaver in Nashville

On the 18th of May 2003, the 81 Airfield Engineering Flight of WCE deployed to Nashville, Tennessee to partake in Exercise WINGED BEAVER, augmented with trades personnel from 86 ASU, Wing Fire Hall, Wing Food Services and others from as far as CFB Kingston.

The exercise was part of an ongoing exchange program with the American Air National Guard. The tasks for the 45 soldiers ranged from the installation of suspended ceilings and construction of cement stairways, to extending water mains and installing perimeter lighting to better serve the Air National Guard Base.

Despite warm temperatures and digging through heavily rooted ground and bed-rock, the tasks were completed with success and on time.

Every aspect of the exercise was a confirmation of our ability to deploy as a total flight and also confirmed our skills and abilities as trades personnel. Our hard work was rewarded throughout the project by our fine hosts from the Air National Guard, who organized various recreational evening and weekend activities for the contingency. These cultural events allowed us to both put the days work behind us and experience the uniqueness of the "Heart Of Country Music" which is Nashville.

As an added reward, our Flight Warrant Officer, Warrant Mandigo, is now an avid Elvis fan and our Flt OC, Lt. McClure, is now our resident line-dancing instructor. In all, the exercise was an excellent opportunity to confirm the ability of all trades the flight incorporates.

Our thanks go out to all those who augmented and supported our work, from the prompt delivery of hearty, gourmet meals by our attached cook, Able Seaman Freshwater, to the added heavy equipment support from Cpl Goedhuis. Every aspect of support was crucial to the success of the efficient and ever ready engineers of 81AEF! CHIMO!



Cpl D. Sundelin operates a power trencher to make way for perimeter lighting wire.



Cpl R. Overton and Cpl T. White do final preparations for a walkway to be poured in Nashville.



Members of 81AEF, with augmentees, do last minute preparations on this soon-to-be-stairway before filling it with cement.

**Gimpel Electric Supply Ltd**  
 38 Elgin Street Trenton Ontario K8V 3X8  
 Ph 613-392-9261 — Fax 613-392-3374

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

MEMBER OF IED/SEABELL EDGE Marketing Groups  SERVING 8 Wing CFB Trenton The Quinte Area since 1976

Visit our new Lighting Showroom  
**beams lighting**  
 392-3595

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

**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**

Advertise your yard sale in The Contact!

**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**



# Fitness, Sports & Recreation

## MFRC, Rec youth volunteers cut loose at RecPlex



Photo: Laurie McVicar, Contact



Photo: Laurie McVicar, Contact



Photo: Laurie McVicar, Contact



Photo: Laurie McVicar, Contact

## Relay for Life a good test of endurance



Laurie McVicar

### Confessions from the Gym

Wednesday, June 25

On Friday night I will have the privilege of taking part in my very first Relay for Life.

For those of you not familiar with this event, teams of 10 take turns walking a track at Loyalist College over a 12-hour period. Money from this fantastic event goes towards cancer research and community

programs.

When first asked to do the relay, I was skeptical. Not because I didn't believe in the cause, I have lost several family members to this dreadful disease, but because team members must stay on the track for at least an hour and repeat it several times throughout the night.

It wasn't until I gave it some thought that I made up my mind to partici-

pate. What's 12 hours of physical effort compared to the challenges cancer patients face daily? Besides, this is a good way to gauge my fitness level. If they have to scrape me off the track and wheel me away, then perhaps its time to add a few more cardio sessions to my week.

I'd like to extend a thank you to the people who sponsored me for this event. They are as follows: Brice McVicar, Christine DeMille, Karen Gyde, Terry Clifton, Valerie Campbell, Carol Harvey, Marilyn Miron, Tracy Patrick, Holly Lalond, Andrea LeBlanc, CWO Jim Boland, Kathy Chatten, Melissa Foley,

Brian Spooner, Nancy Foley, Jim Foley, Lt. Paul Morck, Cpl Pat McMahan, Lisa Pitt, Cheryl Rothenburg, Dave English and Rorrie MacDonald. Your donations are appreciated!

Well, Jen's departure date is approaching fast and I have still not managed to find a "workout buddy" to provide the encouragement and, to put it plainly, the kick in the butt I'll need in her absence. I'm definitely not to the point yet where I'm ready to strike it out on my own. Proof of that was in my measurement results from last week.

Boot camp is starting to look like a very viable weight loss option!

## Evening Aquafit

At the RecPlex "warm-up" pool

Tuesday & Thursday  
Evening  
7:00 - 7:50 pm  
July 15th - August 8th

**\$ 40.00 - military personnel & CRA members**  
**\$ 45.00 - non members**  
**\$ 5.00/class drop-in fee**

Shallow water program.

(For safety reasons, children are not permitted to be on deck while the class is in progress.)

Register at the RecPlex  
Info - 392-2811 ext 3361 or 3348



# QIAS hits the skies over 8 Wing/CFB Trenton



Photo: Cpl Max Murphy, 8 Wing Imaging



Photo: Cpl Max Murphy, 8 Wing Imaging



Photo: Laurie McVicar, Contact



Photo: Capt Ed Baraniecki, 437 Sqn



Photo: Cpl Max Murphy, 8 Wing Imaging



# QIAS hits the skies over 8 Wing/CFB Trenton



Photo:Laurie McVicar, Contact



Photo: Cpl Max Murphy, 8 Wing Imaging



Photo: Capt Ed Baraniecki, 437 Sqn



Photo: Capt Ed Baraniecki, 437 Sqn



Photo: Capt Ed Baraniecki, 437 Sqn



Photo:Laurie McVicar, Contact



# QIAS hits the skies over 8 Wing/CFB Trenton



Photo:Laurie McVicar, Contact



Photo:Laurie McVicar, Contact



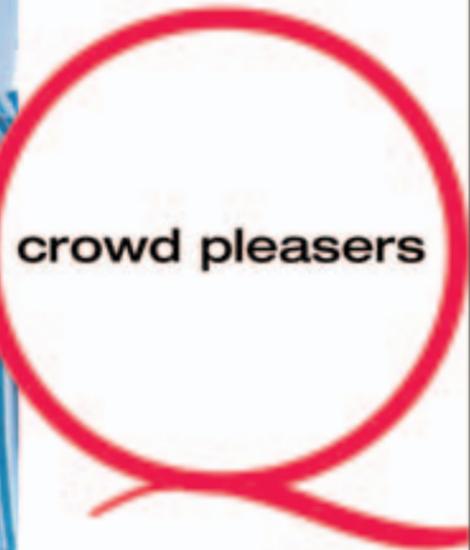
Photo:Cpl Max Murphy, 8 Wing Imaging



Photo: Cpl Max Murphy, 8 Wing Imaging



Photo: Cpl Max Murphy, 8 Wing Imaging



crowd pleasers

ACCESSORAMA. BIKINI BAY. BLACK'S. CHILDREN'S PLACE. COLES BOOKS. IT STORE. KERNELS. MARSHMAN JEWELLERS. MISS TEEN. MR. BIG & TALL. NATURALIZER SHOES. NEW YORK FRIES. PANHANDLER (THE). PEOPLES JEWELLERS. PERFECT GIFT (THE). PERSONALLY YOURS. REGIS HAIR SALON. REITMANS. SAINT CINNAMON. SHOWCASE. SUB EXPRESS. SUZY SHIER. TABI INTERNATIONAL. TINA'S NAILS. SEARS FURNITURE & APPLIANCE



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



# TRENTON Military Family Resource Centre





## 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)

### WORSHIP SERVICES

<p><b>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</b></p> <p>Chapel Life Co-ordinator/Responsable de la communauté chrétienne                  Padre Bastien Leclerc (RC)</p> <p><b>MASS</b>                  Messe Dominicale: 0900 hrs                  Sunday Mass (English) 1130 hrs                  Weekdays (W&amp;F) 1200 hrs (Bilingual)</p> <p><b>CONFESSION</b>                  At all times</p> <p><b>PARISH ORGANIZATIONS</b>                  Parish Council 3rd Thurs 1900 hrs                  Knights of Columbus 1st Thurs 1900 hrs                  CWL 2nd Tues 1900 hrs                  Chorale Merc 1900 hrs                  Choir Tues 1900 hrs                  Silhouettes of Mary 2nd &amp; 4th Thurs 1830 hrs</p>	<p><b>ST CLEMENT ASTRA (PROTESTANT)</b></p> <p>Chapel Life Co-ordinator                  Padre Catherine Morrison (ACC)</p> <p><b>WORSHIP SERVICE</b></p> <p>Divine Worship (Sun) 1015 hrs                  Holy Communion 1st Sunday of the month                  ACC Communion Wed 1230 hrs</p> <p><b>PARISH ORGANIZATIONS</b></p> <p>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.

### “Partner Away-Deployment Support/ “Partenaire au loin”-Soutien au déploiement

<p><b>“Wednesday activities”</b></p> <p>Wednesday evenings, 6 - 8 p.m. Variety of events will be planned for each week. Please call ahead.                  July 2 - “Preparing for reunion”, the deployment cycle.                  July 9 - BBQ &amp; Pot Luck Supper, Baker's Island</p>	<p><b>“Activités du mercredi”</b></p> <p>Les mercredis de 18h à 20h, une diversité d'activités sont planifiées. S'il vous plaît, téléphonez à l'avance.                  2 juillet - “Se préparer pour les retrouvailles”, les cycles du déploiement                  9 juillet - BBQ &amp; Souper partage. à Ile Baker</p>
---	---

### Cooking with Dan Cuisiner avec Dan

<p>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 \$7.00                  Time: 6 - 8 pm                  July 9th - Beef                  July 23rd - Pork and Lamb                  August 6th - Fish and Seafood                  August 20th - Sausage                  September 3 - TBD</p> <p>You will be experiencing “hands on” cooking and will be able to sample your cuisine.</p>	<p>Vous en avez assez de simplement faire cuire des aliments sur votre barbecue? Vous avez besoin d'amener du piquant à votre popote? Venez cuisiner avec Dan Béland pour une soirée de cuisine. Vous devez vous inscrire et payer à l'avance car le nombre de participants est limité à 10 personnes.                  Le coût pour chaque soirée est \$7.00                  Heures: 18h à 20h                  9 juillet- Le bœuf                  23 juillet- Le porc et l'agneau                  6 août- Le poisson et les fruits de mer                  20 août- Les saucissons                  3 septembre- à déterminer                  Vous profiterez de cours interactifs de cuisson et vous pourrez déguster votre propre cuisine.</p>
---	--

<h2>Canadian Cancer Society</h2>	<h2>La Société canadienne du cancer</h2>
<p>Adult and teen volunteers are needed to assist with the Canada Day Celebration at Meyer's Pier Park on July 1st.                  Shifts are from 11:00 a.m. - 1:30 p.m. and 1:30 - 4:00 p.m. Volunteers will help with parking, train rides, children's activities, and more. T-shirts and lunch will be provided for the volunteers.                  For more information or to volunteer, please contact Paulette at 962-0686.</p>	<p>A besoin de bénévoles adultes et adolescents qui sont prêt à aider durant la fête du Canada qui se tiendra le 1er juillet au Parc Meyer's Pier. Les périodes de travail sont de 11h à 13h30 et de 13h30 à 16h. Les bénévoles aideront avec le stationnement, les tours de train, les activités pour enfants, et bien plus encore. Chaque bénévole recevra gratuitement un lunch et un t-shirt Pour de plus amples renseignements ou pour vous porter bénévole veuillez contacter Paulette au 962-0686.</p>

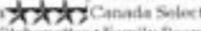
<p>Discount tickets are back at the MFRC</p> <p>\$38.00 instead of \$51.91</p>	 <p>Les billets à prix rabais sont de retour au CRFM</p> <p>38,00\$ au lieu de 51,91\$</p> 
--	---

<p><b>How about winning 4 tickets for Wonderland?</b></p> <p>Come to the MFRC, buy a lollipop for \$2.00 and you get a chance at winning.  <b>Draw will be made on Thursday July 17th</b></p>	<p><b>Que pensez-vous de gagner 4 billets pour Wonderland?</b></p> <p>Venez au CRFM, achetez un suçon pour 2,00\$ et vous aurez une chance de gagner  <b>Le tirage aura lieu jeudi le 17 juillet.</b></p>
---	---

Minutes from CFB Petawawa...  
The convenient location when posted or on course.



**PETAWAWA**

We are a  Canada Select hotel.  
 Honeymoon suites • Kitchensettes • Family Rooms • Air Conditioning  
 For reservations call: 1-800-525-9055 or (613) 687-4686



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

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

Campbellford 1-866-6WEAVER  
*“A Canadian Independent”*  
[www.weaverfuneralhomes.com](http://www.weaverfuneralhomes.com)

**Lottie Jones Florist Ltd.**

Since 1923

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

Member of FTD & TELEFLORA Wire Services  
 VISA MASTERCARD AMERICAN EXPRESS

44 Quinte St. TRENTON 392-2537

# Community Events

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

**BIRTHDAY PARTIES ARE NOW AVAILABLE**

GENEROUSLY SPONSORED BY THE CENTRE THEATRE

**MOVIE LINE-UP**

• Charlie's Angels; Full Throttle (PG)	1:10	3:05	7:10	9:15
• HULK (PG) - Eric Bana	1:00	7:00	9:30	
• Finding Nemo (G) - Disney	3:00	7:05	9:10	
• Rugrats Meet the Wild Thornberrys (G)	1:05			

Starts Wed. - Legally Blonde 2 (S.T.C.)  
Matinees Saturday, Sunday, Tuesday & Thursday

**MOVIES MOVIES MOVIES**

**CALL 392-4211 FOR INFORMATION**

Welcome to the Contact Newspaper's brand 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.

## DISNEY'S THE LION KING

The Lion King will be ending its run in Toronto this September...don't miss this opportunity to see one of the best musical productions in Canada! The KMFRC has secured excellent seats to a matinee show on Wednesday July 9, the show starts at 2:00 p.m., and we will be departing the KMFRC at 10:00 a.m. For only \$86/person, you get transportation on a coach bus to and from the Princess of Wales Theatre and admission to the show. This trip is open to all military families as well as the Greater Kingston Community, and is also being extended to families at CFB Trenton. For more information, please call the KMFRC at 541-5010, 5195, or the TRMFRC at 965-3575 for more information. The pick-up point for families in Trenton will be the Holiday Inn off the 401; the bus will arrive at approximately 11:00 a.m.



## LE ROI LION DE DISNEY

La production Le Roi lion quittera Toronto en septembre. Ne manquez donc pas l'occasion de voir l'une des meilleures productions musicales en tournée au Canada. Le CRFMK a obtenu d'excellents billets pour assister au spectacle qui aura lieu le mercredi 9 juillet, à 14 h. Le billet de 86 \$ par personne donne droit au transport par autocar aller-retour et à l'admission au Théâtre Princess of Wales. Nous invitons les familles militaires de Kingston et de Trenton, ainsi que la communauté civile de Kingston à se joindre à nous. Pour plus d'information, veuillez appeler le CRFMK au 541-5010, poste 5195, ou le CRFM de Trenton au 965-3575. Le point de rendez-vous pour les familles de Trenton se trouvera au Holiday Inn près de la 401. Nous partirons du CRFMK à 10 h pour passer à Trenton vers 11 h.

**Car Wash for MD**

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.

Announcing the 10th annual

### Art in the County

This juried show features the best new work by Prince Edward County artists. This show runs from June 27 - July 20 at the old Town Hall in Picton. Admission is FREE!

**WELCOME WAGON**  
Since 1930

- Recently Moved?
- Expecting?
- Recently had a Baby?
- Getting Married?

Let us congratulate you! We have gifts and information free for you. Call 613-967-8780 to arrange a visit. [www.welcomewagon.ca](http://www.welcomewagon.ca)

Brighton Barn Theatre presents...

## "Northumberland calling Normandy"

June 6th marked the 50th anniversary of the Allied D-Day Invasion of the Normandy beaches in France. In commemoration of the part played by Canadians at Juno Beach, Brighton Barn Theatre is presenting a variety show featuring songs of World War II and comedy bits outlining some of the hardships experienced on the Northumberland home front during the stressful days of the war.

The show, entitled "Northumberland Calling Normandy" is in the form of a radio show, which might have been presented for the troops serving in Normandy, especially Canadians, about one month after D-Day. The Cobourg radio station, CHUC, is featured (fictionally) as the station airing the show from the Brighton Barn Theatre July 3-5, 10-12, and 17-19.

"Northumberland Calling Normandy" will appeal to all ages. For those who lived through those difficult times, it is a nostalgic trip down memory lane. For those too young to remember, the show gives an authentic glimpse into a very special time. World War II veterans are entitled to complimentary tickets. For information or ticket prices, call 475-2144.

## MONTHLY BOOK SALE

### THE FRIENDS OF TRENTON PUBLIC LIBRARY

**BOOK BARGAINS**

**SATURDAY, JUNE 28TH**  
BETWEEN 9 A.M. AND 1 P.M.  
BEING HELD AT THE MUNICIPAL BUILDING (22 TRENT ST. NORTH) IN FRANKFORD.

**If you wish to donate books...**

contact Kathy for further information at 392-2244.

Proceeds go to all Quinte West libraries.



**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  
CMG-WORLDSOURCE FINANCIAL SERVICES 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](http://www.whitley.net)  
E-mail: [info@whitley.net](mailto: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](mailto:dlockey@qcscu.com) Member: CIPF

Don Lockey  
Investment Advisor

**Dr. Garry Solomon**  
Certified Specialist in Orthodontics

187C North Front St.  
Belleville, Ontario **966-1313**

## On-line pay statements

DAPPP / DTCSP

Director Accounts Processing, Pay And Pensions (DAPPP) is happy to announce the upcoming availability of on-line pay statements for all CF Regular Force and Class C members.

This initiative is in line with the future vision of DND and National Defence On-Line (NDOL). DAPPP will have the capability of delivering pay statements through the Employee Member Access Application (EMAA) in the fall of 2003. Military pay statements will be accessible via the Defence Information Network (DIN) and KIOSK workstations.

The implementation of on-line pay statements will allow us to reduce the cost of delivery and provide enhanced services to our members.

DAPPP will provide more detailed information in the upcoming months.

## Les relevés de paiement seront disponible en ligne

DAPPP / DTCSP

Direction Traitement des comptes, solde et pension (DTCSP) est heureux de vous annoncer que les relevés de paiement, pour les militaires de la force régulière et pour ces membres en classe C seront bientôt disponible en ligne.

Cette initiative se retrouve selon les lignes directrices de la vision du MDN et du programme Défense nationale en direct (DNED). DTCSP aurons la capacité de délivrer les relevés de paiements à travers l'Application d'accès pour le personnel civil et militaire (AAPCM) à l'automne du 2003. Les relevés de paiements seront accessibles par l'intermédiaire du réseau d'information de la défense (RID) et les Kiosques.

La mise sur pied du site de relevé de paiement en ligne nous permettra de réduire les coûts reliés à la livraison des relevés de paiements ainsi qu'améliorer le service à nos militaires.

Nous vous procurerons plus de détails dans les mois qui suivent.

## What happens when you can't trust a trust?

### it's your Money



Garth Turner

If you have money, then these days, you have a problem. Where is it safe, and where will it grow?

After all, the stock market has been a wild and unpredictable crap shoot for the last three years. The price of bonds has gone wild as yields crumble, making them an unwise choice. Millions of investors have given up on billions of dollars worth of mutual funds in the past year. And, of course, interest rates have tumbled to generational lows, which means after inflation and taxes, GICs, money market funds and savings bonds pay zero, or less.

Then there is real estate, which has attracted new tens of billions since Nine Eleven. But residential home prices have climbed by more than 8 per cent nationally in the last year, and the average house is now the most expensive it has ever been. That could mean buyers in 2003 are jumping in at the top of the cycle - not a great long-term move once mortgage rate start inching back up.

It has been just these types of concerns that have led so many people to stampede into income trusts, and which have convinced all manner of companies - from sardine harvesters to fast food outlets to a mat-

ress retailer - to turn themselves into trusts. The appeal for investors is (of course) income. Once you buy units, you are assured of a steady stream of distributions. For people who used to get systematic payments from their high-yielding mutual funds, this has turned out to be a fine

*And we all know why that is - SARS, coming on the heels of the Iraq war, global terrorism and Nine Eleven. The whole hospitality sector - from car rentals to taxis to airlines, restaurants and, yes, luxury hotels - has taken a dramatic hit, with the advent of the mystery disease being the last straw.*

replacement.

Income trusts have been peddled to investors as an alternative to bonds --safe, predictable and solidly based on companies that have a great income stream themselves. Trusts take that income and channel it directly to unitholders since, because of their corporate structure, they can avoid paying corporate taxes (at least for now). And because there have been precious few other appealing places to stash cash, the income trust sector has been growing like a weed.

In the last year or so, the number of trusts has doubled, representing more than \$50 billion. Clearly a lot of people are staking a big chunk of their financial future on the safety and performance of these things.

And that's why the news out of Legacy Hotels Real Estate Investment Trust last week was such a shock. This trust holds luxury hotel properties, including the Fairmont chain--the former CP Hotels which have a global reputation for quality and excellence. But with a simple press release, Legacy told unitholders they could for-

bottom of that food chain are the poor investors who bought in for one reason alone - to receive income.

Is Legacy an isolated case? Apparently not. As a Globe and Mail investigation showed, some income trusts are using bank lines of credit to keep up with their distributions. Other trusts, based on everything from growing peat moss to running harbours, have been forced to cut or eliminate their distributions, because doing business can often be unpredictable.

That should hardly come as a surprise to anyone. But it will probably stun a lot of people who never bothered to actually look at the business behind the trust they were purchasing. Blinded by the big, shiny rate of return posted in the window, they thought these trusts were bullet-proof babies well suited to the rarified atmosphere of their RRSPs. Unfortunately, more than a few trusts are literally burning the furniture to make their distribution targets, which means the underlying value of the trust units is also going up in smoke.

So, while there are many fine trusts out there, there are also some stinkers. As with any investment, make sure you get the right advice before you write that cheque. And, ironically, you might want to buy a mutual fund instead. Ninety-two out of a hundred made money last month, many of them giving tax-preferred capital gains.

If you're getting the sense nothing is for sure, you're making real progress. Trust me.

## Term investments: Sound choices for uncertain times

(NC)—To help weather continued market volatility, both first-time and seasoned investors should consider term investments for their portfolio to provide more stability and predictable performance.

Guaranteed Investment Certificates (GICs), and other term investments, guarantee the repayment of your initial investment and a stable rate of return, providing a secure element to your portfolio. They also offer a range of interest payment options, allowing you to receive a regular stream of income, which is reliable and available when you need it.

There is a broad selection of Term products that investors can choose from to meet their investment needs ranging from short-term savings to buy a car or plan a family vacation to

longer term investing for RRSP, RESP and RRIF needs.

"Term investments are an integral part of any portfolio," says Julie Sheen, Vice-President, BMO Term Investments. "Your local bank branch can help you to determine what portion of term investments you should incorporate into your portfolio and what kind of term product is best suited for you."

Sheen offers the following tips to make the most of your term investments:

1. Stagger the maturity dates of your term investments to limit your exposure to interest rate swings, ensure you have access to a portion of your capital each year, and boost your overall returns by always capturing the higher 5-year rates.

2. Consider whether you rely on term investments for the income and, if not, then opt for the compounded interest to maximize your return.

3. Look for term investments that offer added flexibility. Many will allow you to redeem your certificate early, providing you with access to your funds if an emergency arises or to take advantage of other investment opportunities.

Term investments are an option everyone should consider when sizing up their investment portfolio. They are a good way to diversify and limit exposure to risk - key elements to any sound investment plan.

For more information, visit any BMO Bank of Montreal branch, call 1-888-771 0123 or log on to [www.bmo.com/gic](http://www.bmo.com/gic).



## It's time to get the low-down on artificial sweeteners

Elaine Burke BSc BCh,  
BPharm, CD  
Pharmacist

**Rumour:** Aspartame causes brain tumors and other incurable diseases.

**Truth:** All sorts of rumours and claims are circulating on the Internet and in chatrooms about aspartame (Nutrasweet, Equal) causing various diseases... brain tumors... Multiple Sclerosis... Alzheimer's Disease... lupus... seizures and others.

The theory is these problems develop because aspartame is converted to methanol in the body. Methanol is metabolized to formaldehyde and formic acid, which can cause neurotoxicity and blindness. It's true that aspartame is converted to some amount of methanol, but the amount produced by aspartame is MUCH LESS than what's produced by other foods such as citrus fruits and tomatoes.

Aspartame has been studied in hundreds of trials and found to be safe in most people even when used in

amounts that greatly exceed those found in sugar-free foods and drinks. But patients diagnosed with phenylketonuria SHOULD avoid aspartame—it contains the amino acid phenylalanine, which causes neurotoxicity in these patients. Source: Pharmacist's Letter, Sep 02

### What about saccharin?

Three scientific experiments in the early 1970s suggested that saccharin might be a carcinogen (cancer-causing substance) when given to rats

in large doses. In response, the FDA proposed a ban on saccharin for all uses except as an over-the-counter drug. Significant public opposition to the FDA ban on saccharin ensued, prompting the FDA to pass the Saccharin Study and Labeling Act in 1977, which placed a two-year moratorium on any ban of the sweetener until further research was available. The law also required that any foods containing saccharin must carry a label that reads, "Use of this product may be hazardous to your health. This

product contains saccharin which has been determined to cause cancer in laboratory animals."

Most long-term animal studies have found no cancer-causing effects from saccharin consumption. On December 15, 2000, Congress passed legislation to remove the warning label that had been required on saccharin-sweetened foods and beverages since 1977. The National Toxicology Program has removed saccharin from its list of cancer-causing substances.

## Hot weather can kill you



Submitted by  
Doug Bird, Deputy  
Wing General Safety  
Officer

If you work outdoors in hot weather, or work in other hot environments, you are at risk for heat illnesses. The most serious of these illnesses is heat stroke, a life-threatening condition requiring immediate medical attention.

### Take these precautions:

Take it easy. Working in a hot environment is a stress on your body, so don't overdo it. Take frequent short breaks.

Drink plenty of water, and drink it frequently. Avoid alcoholic beverages and drinks containing caffeine, which can contribute to dehydration.

Dress in lightweight fabrics that provide ventilation. Light colours are cooler than dark colours, which absorb the sun's heat.

Know you are at particular risk for heat illness if you are overweight, in poor health, poor physical condition, have heart disease, diabetes or other medical conditions.

### Know the symptoms:

Heavy sweating causes heat cramps,

which can deplete the body of salt. Hot, moist skin and a slightly elevated body temperature may accompany them. The cramps in the arms, legs or stomach can occur while you are working, or when you are relaxing after your shift. Heat cramps are a danger signal of heat stress.

Heat exhaustion may be characterized by heavy sweating, strong thirst, cool and moist skin, a quick pulse, rapid breathing, nausea, a feeling of fatigue and possibly fainting. Heat exhaustion indicates the body's mechanism for controlling heat is beginning to break down.

Heat stroke is a serious medical emergency that can quickly proceed to unconsciousness and death. It occurs when the body loses too much salt and water so that sweating stops. At that point, the body's temperature control mechanism fails and body temperature increases rapidly. Symptoms include hot, red, dry skin, a quick pulse, difficulty breathing, dizziness, confusion, strange behaviour, weakness and nausea. Heat stroke can quickly progress to convulsions, coma, loss of pulse and an extreme body temperature. Death can follow rapidly.

### Know how to treat heat illness:

Treat heat cramps by moving into the shade and loosening clothing. Drink a lightly salted liquid. If cramps per-

sist, seek medical help.

For heat exhaustion, cool the victim as fast as possible, fanning and pouring water on the victim if necessary. Have the victim drink water and call immediately for medical help.

For heat stroke, immediately begin cooling the victim to lower the body temperature as fast as possible. Immerse him in water or use ice to cool his body. Call for an ambulance immediately.

### Other hot weather hazards:

Sunburn is another hazard of hot weather. Not only is sunburn a painful condition, but it can contribute to skin cancer. Cover up to prevent sunburn. A hat with a brim, long-sleeved shirt and pants rather than shorts can help prevent burning. Use a sun block with a sun protection factor (SPF) of at least 15. Try to stay out of the sun during the peak hours of 10 a.m. to 3 p.m.

Too much bright sunlight can cause temporary eyestrain and permanent eye damage. Exposure to the sun can damage the retina inside the eye, and contribute to the development of cataracts, which cloud the vision. Protect your eyes from exposure to the sun's rays. Wear sunglasses, which provide protection against both UVA and UVB ultraviolet radiation.

Hot weather can bring a host of hazards. Take precautions to prevent heat illness and sunburn.

## Put your best foot forward

(NC)—We use them, abuse them and take them for granted. Yet our feet literally carry us through life. Over the course of a lifetime, each of us walks a distance equivalent to more than four times the circumference of the earth.

"Treating your feet properly now will reduce the risk of problems down the road," says Ann-Marie McLaren, a chiropodist at the Toronto Rehabilitation Institute, Canada's largest provider of adult rehabilitation services. The hospital's Chiropody Service treats people with a wide range of foot care problems.

This summer, don't let sunburned feet, cuts from broken glass or ill-fitting shoes get you off on the wrong foot, says McLaren.

When wearing sandals, be sure your whole heel is cupped by the shoe and that your foot isn't hanging off the back, she says. "Otherwise, you run the risk of

painful cracked heels."

McLaren recommends water shoes or old running shoes for the water. "People need to protect their feet against broken glass and other sharp objects."

Athlete's foot and other foot infections are more common in summer. "Fungus and bacteria like warm, moist environments," says McLaren. "Make sure your feet are well ventilated, and change your socks."

Year-round, look for shoes with:

- soles made of a flexible, cushioned, non-slip material
- heel height of under four centimetres (1.5 inches)
- a heel that fits snugly
- a thumb's width of extra length at the end of the toes
- laces or straps and rounded or squared toes
- removable insoles, if you wear custom orthotics.

## Working safely in the heat

by Don Heans  
WGSO

Very soon now we can expect that the scorching summer heat will periodically be making life very uncomfortable for those of us who are required to work outside or for those who work in non-air-conditioned buildings and offices. I would like to point out that in addition to being merely "uncomfortable", the blaring summer sun can pose real hazards to our health and safety. To this end, I would like to draw everybody's attention to the following extract from Wing Standing Order 1.08.

Summer: The prevention measures to be taken to combat the effects of heat stress for individuals performing strenuous work are as follows:

Personnel wearing special clothing or in enclosed spaces must be closely monitored for heat stress regardless of the WBGT index. For those wearing cloth woven overalls, add 3.5 to the posted WBGT index to determine their level of water intake and work/rest cycle. For those wearing double-cloth overalls, add 5.0 to the posted WBGT index to determine their level of water intake and work/rest cycle.

For less physically fit individuals, more rest time should be considered.

*WBGT UPDATED READINGS WILL BE AVAILABLE AT 2527.*

Adherence to these guidelines for water intake and work/rest cycles will go a long way to avoiding some of the unpleasant consequences of summer heat (i.e. heat cramps, heat exhaustion, etc). Supervisors, in particular, should ensure that these guidelines are followed. For those exposed to the sun's direct rays, the use of a good sunscreen with a minimum Sun Protection Factor (SPF) of 15, is strongly recommended.

### Additional concerns

Additional concerns for this year at least, are the various protocols being developed to help us deal with the West Nile Virus. At this writing (June 2003) there are no reports of CF members being infected with West Nile Virus. For outside workers, the use of appropriate clothing, (light coloured if possible), head nets, long sleeve shirts and long pants, combined with the use of a DEET-based insect repellent (such as Deep Woods Off) may be your best chance to prevent the dreaded mosquito bites.



# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last

June 29 - July 5

**ARIES** (March 21-April 19): Personal changes are in order on the 29th and 30th. If you aren't happy with your current situation, do something about it. Take steps now to rectify any existing problems. Focus on what you do best on the 1st, 2nd and 3rd and forget about trying to please everyone around you. Rely on yourself and don't expect others to keep up with you. Apply yourself where work and making money are concerned on the 4th and 5th. Get together with colleagues and you will discover all sorts of interesting things about the people who work in your industry.

**TAURUS** (April 20-May 20): Getting together with friends or family on the 29th and 30th will be a great way to learn about their backgrounds. New romantic connections can develop through friends and relatives. Waiting will be half the problem on the 1st, 2nd and 3rd. If something needs to be done, get busy and do it. Putting demands on others will only result in hard feelings. Try to fit everything in on the 4th and 5th, but don't run yourself ragged. Make sure that the things you do are your choice and not what others would like you to do. Pamper yourself for a change.

**GEMINI** (May 21-June 20): Someone may have to lean on you on the 29th and 30th. Lend a helping hand and you will get the same in return if you need it. Do not underestimate the cost of a repair. Making money may have its frustrations and limitations on the 1st, 2nd and 3rd. Don't worry; instead, focus on what you do best. Good ideas will be wasted on those who aren't visionaries. Don't take everything said at face value on the 4th and 5th. Accepting a deal too quickly will lead to regrets. Distance yourself and ask a friend for an objective point of view.

**CANCER** (June 21-July 22): Learn all you can or delve into the historic background of something that interests you on the 29th and 30th. Remain calm if someone around you is trying to force a confrontation. If you put your excellent memory to good use on the 1st, 2nd and 3rd, you will be able to put your past experiences to work for you. Your pessimism will counteract productivity, so look on the bright side. Don't let depression hold you back or stop you from joining a group that could lead to love or a new friendship on the 4th and 5th. Stick to your budget regardless of what your friends say.

**LEO** (July 23-Aug. 22): You may not be aware of everything that is going on around you on the 29th and 30th. Keep an open mind. It will be better to remain silent and keep a watchful eye. Don't waste time talking about your plans on the 1st, 2nd and 3rd — get busy. If you are organized you will impress everyone with your speed, agility and no-nonsense attitude. Someone you come into contact with on the 4th and 5th will have an idea for you that could lead to financial gains. Make whatever changes are necessary to lead a healthier existence. It's time you took control of your life.

**VIRGO** (Aug. 23-Sept. 22): Stop being so hard on yourself. Do things with those you enjoy spending time with on the 29th and 30th. Forget any problems that have been worrying you. You will dazzle new acquaintances with your intellectual conversation and business knowledge on the 1st, 2nd and 3rd. Socializing will lead to romantic encounters or new business partnerships. Concentrate on doing things that will satisfy your own needs on the 4th and 5th. You may take on too much. It won't be easy to backtrack if you have made promises or taken on added responsibilities. Enlist the help of those close to you.

**LIBRA** (Sept. 23-Oct. 22): Conflicts are likely to take place on the 29th and 30th if you are opinionated or try to push your beliefs and attitudes on others. Give everyone the opportunity to follow his or her own path. You will make a statement on the 1st, 2nd and 3rd if you are true to your beliefs and you challenge those who do not want to be charitable. Partnerships can be formed and plenty can be accomplished for the benefit of something that you feel is necessary. Don't hold yourself back on the 4th and 5th. You have everything going for you except confidence. Let go of past regrets and current burdens.

**SCORPIO** (Oct. 23-Nov. 21): Think carefully about your dreams, hopes and wishes on the 29th and 30th. If you aren't working toward them, make some adjustments. Don't count on anything or anyone on the 1st, 2nd and 3rd — promises will probably be broken. Make sure that you get any deal you are working on in writing. Personal problems will surface. Start to participate in organizations you believe in on the 4th and 5th. You have great suggestions and ideas that can make a difference. Friendships that form along the way will lead to future projects.

**SAGITTARIUS** (Nov. 22-Dec. 21): Take care of all the little jobs around the house that have been annoying you on the 29th and 30th. Someone may have an interesting proposal for you. Check it out. You can make positive changes. Travel will beckon you on the 1st, 2nd and 3rd; however, consider the cost involved before you take off or sign up for an excursion. Your responsibilities must be taken care of first. Be careful how you word things on the 4th and 5th. You may end up being at the helm of a dispute. Avoid getting involved in other people's business. Do your own thing and stay out of trouble.

**CAPRICORN** (Dec. 22-Jan. 19): Sensitive issues will probably get blown out of proportion on the 29th and 30th. Refuse to discuss issues that will lead to conflict. Make sure that you keep your promises. Don't expect things to run smoothly on the 1st, 2nd and 3rd. Your emotional well-being may be tested. Avoid further discussions if you appear to be losing ground. Visualize where you see yourself heading. Summarize a game plan on the 4th and 5th that will help you initiate any changes required to reach your long-term goals. The time for new beginnings is now.

**AQUARIUS** (Jan. 20-Feb. 18): Take care of your own needs on the 29th and 30th but don't leave someone who is counting on you out in the cold. If you made a promise, keep it. Sharing and compromise will be the key. Concentrate on whatever task is at hand and put your creative ideas to work for you. You'll be on a roll on the 1st, 2nd and 3rd, so keep up the momentum. Put your money into real estate, raising the value of your home or other long-term investments, and you will prosper. You are up for wins, rewards or gifts on the 4th and 5th, but that doesn't mean you should buy a lot of lottery tickets.

**PISCES** (Feb. 19-March 20): Begin the long process of making personal changes to improve your life on the 29th and 30th. You will have the discipline to curb bad habits you have. Set your goals and stick to your guns. You will be unique in your approach to work and the way you handle your personal life on the 1st, 2nd and 3rd. You will welcome any changes that come your way and should take advantage of any opportunity that leads you down a different path. If you become too emotional on the 4th and 5th, you may not make the best choices. Take your time and think about what you really want.

## HONOURING CIVILIANS

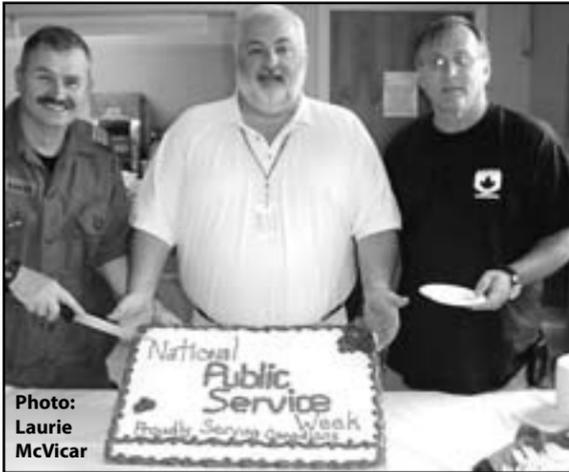


Photo: Laurie McVicar

8 Wing/CFB Trenton honoured its civilian employees at a barbecue held June 18 at the Yukon Galley, in conjunction with National Public Service Week. Pictured above are (from left) LCol Ray Baker, WLEO, Dan MacPherson, Steward for the Professional Institute of Public Service of Canada; and Barry Turner, UNDE President, Local 637.

## EARN EXTRA MONEY!!

### CARRIERS NEEDED

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

Available this summer

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

# Contact

## VISION COMPUTERS

3796361 CANADA INC.



NEW & USED Systems



We service all makes of PCs

Prince Edward Square  
Rossmore, ON K8N 4Z1

Tel: (613) 968-8178  
Fax: (613) 968-4784

E-mail: visioncomputers@on.aibn.com

## LOCAL SERVICES

To Serve You

## AND TRADES

Classified Advertising 392-2811 ext 3976

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

### Autobody Repair

**Collision • Restoration • Refinishing**  
Domestics & Imports  
Insurance Claims  
Quality Work Guaranteed  
Free Estimates  
"the choice of Repairs is yours...  
Not Your Insurance Company"

**394-1717**  
25 Frankford Cres. Trenton

### Auto Detailing

**Bonnie's Auto Spa**  
Complete Auto Detailing  
Reasonable Rates  
Fast Service  
Pick-Up & Delivery  
"Let Me Pamper Your Vehicle"

25 Frankford Cres. Unit 43  
Building 1, Trenton

**921-0734**

### Auto General Repairs

**Cannifton Garage 2000 Ltd.**

- ✓ Tune-ups
- ✓ Safety Inspections
- ✓ Springs
- ✓ General Repairs
- ✓ Suspension Service

Cars - Trucks - Vans - Buses  
Trailers & Heavy Trucks

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

### Auto/New/Used/Lease

**DON'T BE FOOLED!**

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

**613-392-6536**

Trenton Chrysler  
Hwy 33 South  
1/2 Mile South of 401  
Trenton, Ontario

### Blinds/Drapery

**DBS Custom Drapery & Blinds**

- Venetians, Verticals, Rollers, Pleated & More
- Quality Products at "Discount Prices"
- Shop at home or visit our shop
- 60 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**

Showcase

# Showcase

## Congratulations! Félicitations!



**Maj A. Cook**

was presented with a promotion to that rank  
by LCol G.L. Smith, CO 429 Sqn & CWO S. Guy



**Capt D. Schmidt**

received his CD and  
1000 flying hour certificate & pin  
presented by LCol G.L. Smith, CO 429 Sqn



**MCpl P. Corkum**

received her 1000  
flying hour certificate & pin  
presented by  
LCol G.L. Smith, CO 429 Sqn



**Capt B. Harbour**

received his 1000 & 2000  
flying hour certificates & pins  
presented by  
LCol G.L. Smith, CO 429 Sqn



**Capt C. Perreault**

received his 1000  
flying hour certificate & pin  
presented by  
LCol G.L. Smith, CO 429 Sqn



**Capt J. Numbers**

received his CPSM  
presented by  
LCol G.L. Smith, CO 429 Sqn



**Capt Y. Harvey**

received his 1000  
flying hour certificate & pin  
presented by  
LCol G.L. Smith, CO 429 Sqn



**Capt D.J. Ziprick**

received his 5000  
flying hour certificate & pin  
presented by  
LCol G.L. Smith, CO 429 Sqn



**CWO S. Guy**

received his 2000  
flying hour certificate & pin  
presented by  
LCol G.L. Smith, CO 429 Sqn



**MCpl P. Corkum**

received his 1000  
flying hour certificate & pin  
presented by  
LCol G.L. Smith, CO 429 Sqn



**MCpl P. Makarchuk**

received his 1000  
flying hour certificate & pin  
presented by  
LCol G.L. Smith, CO 429 Sqn



**Sgt R. Lapierre**

received his 1000 & 2000  
flying hour certificates & pins  
presented by  
LCol G.L. Smith, CO 429 Sqn



**Sgt Y. Morin**

received his 1000  
flying hour certificate & pin  
presented by  
LCol G.L. Smith, CO 429 Sqn

# 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 where-in 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.

## 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

## Announcements

## Business Services

### 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

**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

**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

## 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



**Hear Ye, Hear Ye**  
*The Contact* will be **CLOSED** for Holidays  
July 21th/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**

## Crossword answers

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

## Help Wanted

### Summer Lifeguards

Must have National Life Service (NLS), Standard First Aid and CPR (C).

Send your resumes to:  
Lynne LaRue  
NPF Human Resources  
8 Wing/CFB Trenton  
PO Box 1000, Stn Forces  
Astra, Ontario K0K 3W0  
or FAX: (613)965-2196

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

## Wanted

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

**WANTED**  
Adult-sized Karate gear (helmet, gloves, footwear) wanted  
Call 392-6186

## For Sale

**FOR SALE**  
100MB external parallel Zip drive with 10 disks - \$150, 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**  
Compaq Presario computer with HP deskjet printer + many extras \$150, Star Choice receiver \$60  
Call 392-0110 or local 2143

**FOR SALE**  
4-bedroom all brick executive home, 2250 sq.ft in desirable west end neighbourhood. Central vac, central air, 2-car garage, fully fenced backyard, 2 1/2 bath, m. floor laundry, wood-burning fireplace, close to schools. To view, call **392-0806**



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

**Paradise Adult Video**  
394-6660  
RENT 2 MOVIES  
GET A 3RD ONE FREE  
FOR 3 DAYS  
Toys - Videos - Magazines  
255 Glen Miller Rd.  
Riverview Plaza, Trenton  
(North of 401, across from Cashway)  
Open Mon, Tues, Wed. & Sat. 11-9  
Friday 11-10, Sunday 12-5

<p><b>Military and Civilian</b></p> <p>Any questions regarding:</p> <ul style="list-style-type: none"> <li>&gt; Official Languages</li> <li>&gt; Profile Testing</li> <li>&gt; Second Language Courses</li> <li>&gt; Translation</li> </ul> <p>• Visit WCOL's Web site http://trenton.mil.ca/wcol</p>	<p><b>Militaires et Civils</b></p> <p>Si vous avez des questions au sujet des:</p> <ul style="list-style-type: none"> <li>&gt; Langues officielles</li> <li>&gt; Évaluation des profils linguistiques</li> <li>&gt; Cours de langue seconde</li> <li>&gt; Traduction</li> </ul> <p>• Visitez le siteweb de la CLO Ere http://trenton.mil.ca/wcol</p>
---	--



**Happy Canada Day!**  
**From The Contact**

**Hear Ye, Hear Ye**  
*The Contact* will be **CLOSED** for Holidays  
July 1, 2003  
**Have a Safe & Happy Long Weekend**  
from the Staff at The Contact!!!  
Re-Opening Wed. Jul. 2/03

# Reduce your summer energy bills

(NC)—Are you concerned about paying costly energy bills keep your home air conditioned during the summer? It is possible to keep your cool without re-mortgaging your house! The key is using energy wisely. Here a few easy ways that you can keep your air conditioning equipment running efficiently while reducing your cooling costs.

- Keep grass clippings and other debris away from your outdoor air conditioning unit.
- Keep furniture, carpeting and draperies away from vents and grills in the home.
- Change or clean your system filter once per month (depending on the type of filter).
- Use a programmable thermostat, which allows you to cool your home only when you need to.
- It is not a good practice to open the windows at night to let

in that "cool humidity laden air".

- On hot humid days, it is normal for the temperature to rise a few degrees. Because the unit is working hard to remove the moisture in the air, the temperature will rise.
- Keep west-facing drapes or shades drawn in the afternoon.
- In some cases, it may be advisable to keep your furnace fan running to keep air moving. Ceiling fans are even better, because they draw less power.
- Consider installing an attic ventilator – pulling hot air out of your home can keep your home cooler in the summer.
- Have your cooling system checked annually. Having a qualified service technician check your equipment will help ensure that your air conditioning works efficiently and will not let you down when the heat is on.

Most importantly, don't

expect a properly sized air conditioning system to maintain frigid temperatures. Units are typically sized to maintain a difference between outdoor and indoor temperatures of about 8-9 C. So if its 39 C (102 F) outside and rising, you may only achieve a temperature of 30 C indoors!

For further advice and for regular service, contact a cooling contractor who is a member of the Heating, Refrigeration and Air Conditioning Contractors of Canada (HRAC). While a company's HRAC membership does not provide absolute assurance of quality, it tells you that the company has the appropriate licenses to install and service the heating and/or cooling equipment that they sell. To locate an HRAC Member Company in your area visit the HRAC website at [www.hracc.ca](http://www.hracc.ca).

# Maintaining your air conditioner

(NC)—Do you rely on central air conditioning to make the summer's heat and humidity more bearable? If so, now is the time to ensure that your equipment is in tip-top shape. If you fail to maintain it, your cooling system will suffer a steady decline in performance while your energy use and utility bills will increase.

While there are some maintenance jobs that you can do to prolong the life of your equipment and keep it running at peak efficiency, other jobs are best left to the professionals. Some of the simple things that any homeowner can do include:

- Filters should be routinely cleaned or replaced. (some are

reusable while others must be replaced).

- Ensure that the outdoor condensing unit has adequate airflow by checking that the area around the unit is cleared of debris and that foliage is trimmed back at least two feet.
- Other maintenance tasks that are best left to a trained technician are as follows:
  - The evaporator coil should be checked every year and cleaned as necessary – dirt reduces airflow and insulates the coil, reducing the cooling ability of your air conditioner.
  - Outdoor condenser coils can become dirty as well and should be cleaned.
  - Aluminum coil fins on evaporator and condenser coils outdoor

should be checked and, if necessary, straightened to ensure that airflow is not blocked.

- Supply and return air ducts should be checked for leaks. A professional service technician can detect and correct duct leaks that could allow cool air to leak out and hot air to leak in, wasting an enormous amount of energy.
- Checking to ensure the proper working pressures in the refrigeration circuit. A qualified service technician will have the tools and experience necessary to

determine that your cooling system is operating as it should be.

To find a properly qualified cooling contractor, look for the HRAC Member Company Logo — members of the Heating Refrigeration and Air Conditioning Contractors of Canada (HRAC) have the training and experience that you are looking for. Visit the HRAC website at [www.hracc.ca](http://www.hracc.ca) to locate a contractor in your area.

## Contact

### 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](mailto:trenton@c21lanthorn.com)  
website: [c21lanthorn.com](http://c21lanthorn.com)  
1-888-792-5499



**\$56,900.00**

**EASY TO AFFORD STARTER-** 1 1/2 Storey home close to stores. Pine kitchen, hdwd floors, partial bsmt + gas heat. Needs T.L.C. but has a lot to offer for the price. Call Joyce\*.  
#2033408.



**\$124,900.00**

**RAISE YOUR FAMILY HERE-** 3 + 2 bedroom, finished rec room, 5 pc bath, great garage for Dad. Large lot for the kids, Mom can BBQ off back deck. Call Shelly Gregory\*. 969-2416.  
#2033592.



**\$97,900.00**

**MOVE-IN CONDITION-** Excellent updated 2 bedroom units. Must be seen!! Vinyl windows throughout, new shingles and eaves. Main level Owner occ. Call Mickey Herrington\*.  
#2031809.



**\$274,900.00**

**HOME W/EXQUISITE VIEW-** 3500 sq ft elevated 4 bdrm bungalow w/3 baths, a hot tub. Walk-out to wrap around deck, in-law suite, dble garage on 2.6 acres. Lrg spring feed trout pond. Many extras. Call James\*.  
#2032395.

\*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](http://www.allaroundthehouse.com)



**Gil Strachan**  
Registered Home Inspector

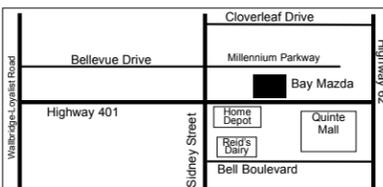


## mazda

# Bay Mazda

60 Millennium Parkway, Belleville  
**96-MAZDA (962-2032)**

- Sales
- Leasing
- Service
- Parts



**WE WANT YOUR BUSINESS!!**  
Show your Military ID and get **\$250** off the purchase price of a New or Used Vehicle.  
Ask salesperson for details.

## Contact

WE'RE ON THE WEB!

[www.cfbtrenton.com](http://www.cfbtrenton.com)

Click on Contact

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

Visit us today and find out what's happening at Canada's largest Air Force base.

## BRAND - NETWORK - SUPPORT

Trent Valley Realty Ltd., Realtor  
Independently Owned and Operated



ReMax - A Sure Sign of the Best Negotiator

Trenton **392-6594** Brighton **475-6594** Toll Free: **1-800-567-0776**

Check us out at... [www.remaxtrent.com](http://www.remaxtrent.com)

## 1st & 2nd MORTGAGES



**HASTINGS MORTGAGE CENTRE**

Call Ken Today

**962-2901**  
**965-1854 (res)**  
**1-877-962-2901**

**"5 year - 4.45%"**



**Ken Keuning**  
Consultant

308 N. Front St. Belleville

## POSTED THIS YEAR?

CALL ANDRÉ (Andy) MARTIN, CDI



**ROYAL LEPAGE**  
ProAlliance Realty

COMMITTED TO CLIENT SATISFACTION.  
Licensed since 1990

OFFICE TOP AGENT  
For 10 out of 12 years.



**André (Andy) Martin** CD1  
RCAF/CF RETD  
Sales Representative

1-800-263-2177  
**394-4837** [amartin@royalpage.ca](mailto:amartin@royalpage.ca)  
253 Dundas St. E., Trenton "Service Bilingue"



# SURPLUS SELL-OFF

**BELLEVILLE DODGE IN BELLEVILLE HAS BEEN OVERWHELMED BY LEASE RETURNS, DAILY RENTALS VEHICLES AND CUSTOMER TRADE-INS WE MUST LIQUIDATE THEM NO MATTER WHAT THE COST!!!**

**NO REASONABLE OFFER  
WILL BE REFUSED**

**PAY ONLY \$34.00 DOWN\*, CHOOSE YOUR VEHICLE, CHOOSE YOUR PAYMENT THEN TAKE IMMEDIATE DELIVERY!**

**5 DAYS ONLY!!! THIS EVENT WILL NOT BE HELD OVER**

**ALL CREDIT APPLICATIONS WILL BE ACCEPTED!!!**

**90 DAYS NO PAYMENTS!!! OAC**

## BELLEVILLE DODGE



**658 DUNDAS ST WEST  
BELLEVILLE, ONTARIO K8N 5J1  
613-966-9936**



**APPLY ONLINE @ [WWW.GET-A-CAR-NOW.CA](http://WWW.GET-A-CAR-NOW.CA)**

**FINAL DAYS!**

**THURS  
JUNE 26  
9AM-9PM**

**FRI  
JUNE 27  
9AM-9PM**

**SAT  
JUNE 28  
9AM-5PM**

\* Subject to final lender approval. Subject to prior sale. Brylee Consulting 613-722-5019