

the Contact

www.cfbtrenton.com

• May 23, 2003 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 38 Issue Number 21 •

SELLING?

I have sold \$6M worth of Real Estate already in 2003. Get listed and get SOLD!
DAVID WEIR BA, CD
 #1 Office Sales Rep
 Top 5% in Canada
 Royal LePage
 ProAlliance
 394-4837 or
 800-263-2177

Navigator joins select Herc 5,000 flying hours club

by Capt Richard Perreault,
 OP APOLLO NSU
 Public Affairs Officer.

Arabian Gulf Region – Two hundred and eight days, almost seven months, or 5,000 hours, is the period of time that Major Pete Lilienthal has spent in the cockpit of a CC-130 Hercules as a navigator--over about 12 years of flying.

Maj Lilienthal, who currently serves as Deputy Commanding Officer for the Operation Apollo's Tactical Air Detachment, has reached his 5,000th flying hour on April 29, a beautiful desert-hot day over the Arabian Gulf Region.

Throughout his career, Maj Lilienthal flew 800 hours as an exchange officer with the 39th Tactical Airlift Squadron at Pope Air Force Base (AFB) in North Carolina. Furthermore, he flew 1,700 hours in a tactical role, of which 208 hours were flown in a high-risk environment. These hours were logged during

airlift operations in support of UNHCR in Sarajevo (Op Airbridge), where he spent 11 months between 1992 and 1994.

All of this took him to 314 countries. He crossed the Equator seven times and took part in one trip around the globe.

"It's a big accomplishment, and the fact it has been reached in an environment where the Hercules is doing the job it's designed for makes it even more significant," said Maj Lilienthal. "I have to thank all the air and ground crew and support personnel I've worked with along the years. Without people to prepare and launch the aircraft, I would not have made it that far," he added.

Aircrew who log 5,000 hours on the CC-130 Hercules get special recognition from Lockheed-Martin, the aircraft's manufacturer, by receiving a 5,000 hours pin to commemorate the accomplishment. Only a few attain such a milestone.



Major Pete Lilienthal, Deputy Commanding Officer for the TAL Detachment, receives a wet welcome after reaching a milestone of 5,000 hours on a Hercules aircraft.

Providing better service to the military community

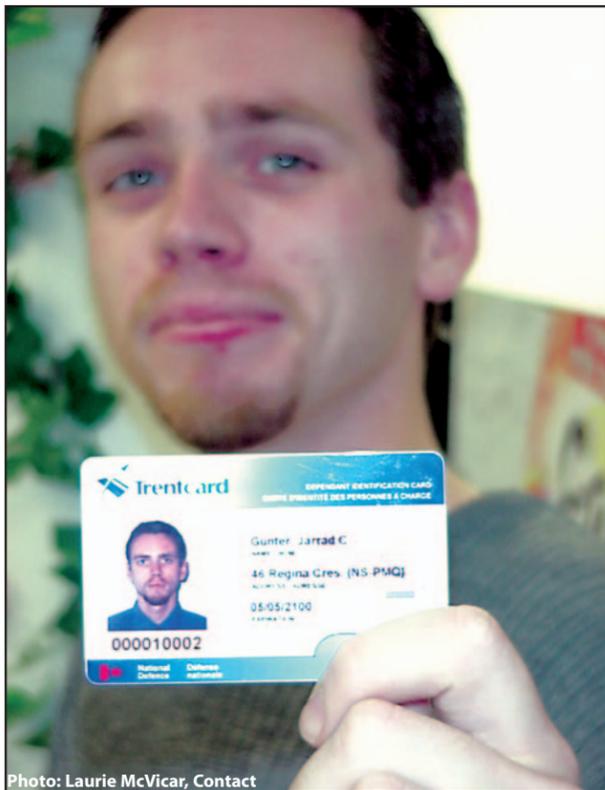


Photo: Laurie McVicar, Contact

Jarrad Gunter, Director of Trentcard, shows what will soon be handed over to military dependents.

by Laurie McVicar
 Assistant Editor

Military dependents will soon be able to access the multitude of services offered by 8 Wing/CFB Trenton with just the swipe of a card.

The Trentcard system, the first of its kind in the Canadian Forces, is expected to be operational in June and will be introduced in phases, starting with accommodations and mess services and eventually finalizing with the inclusion of Wing Foods, CANEX, golf, recreation and gym memberships.

"Major (Terry) Sokolowski and I collectively came up with the Trentcard system," said Jarrad Gunter, Trentcard Director. "Major Sokolowski saw that in order to generate more business for the wing and offer better service for the people using it, we needed some common ground



work. While all these services were running really well independently, we wanted a more unified approach to them. Traditionally, if you wanted a rec pass, you had to go to the Recplex. If you wanted a meal card, you had to go to the Yukon Galley. We thought, let's bring it all together, make it a one-stop shopping for everyone who uses these services."

Major Sokolowski and Gunter researched a similar system currently used by the University of Waterloo.

"They've been using the University One-Card System for the past ten years. Under a single card, all the services at the university are offered. We saw a lot of similarities between the way a university operates and the

way a base operates," said Gunter.

When the card is issued, any number of services can be added or removed. In addition, it can be used as a debit card at any location linked to the system and as identification, replacing the Family Military ID (FMID).

Once all phases are complete, Gunter expects the card will be available to other members of the 8 Wing community. The Trentcard office will be located in the former Computer Club room at the Trenton Military Family Resource Centre.

Watch the Contact newspaper for more information about the Trentcard System.

Inside this issue...

Pg. 2 - Veterans Affairs Canada on-site with the CF

Pg. 5 - WASF - Protecting our people

Pg. 7 - Luncheon held in honour of volunteers

Pg. 10 - Confessions from the Gym

Pg. 14 - Garth Turner

Pg. 18 - Classifieds

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

Feature of the Week

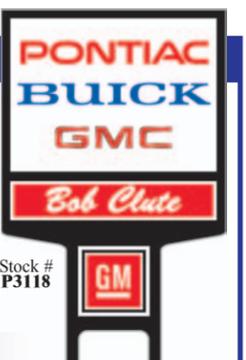
2000 GMC Jimmy Diamond Edition

Pewter, 6 cyl., auto.,

O/D, air, cruise,

power windows/door locks, CD, sunroof. Only 66,898 kms.

Vendeurs Bilingues
 Bilingual Sales Staff



Bob Clute

HIGHWAY 62 N. BELLEVILLE 962-4584

1-877-CLUTEGM www.bobclute.com



VAC on-site with the CF

Veterans Affairs Canada
In the past few years, Veterans Affairs Canada (VAC) and DND have put considerable effort into initiatives that better address the needs of CF members and their families.

CF members can now access VAC services and benefits at a number of CF locations. New on-site VAC Client Service Teams comprise one or more VAC staff members such as Pension Officer, Area Counsellor, Client Service Agent, Pension Assistant, and health professionals. With the addition of staff with expertise on benefits available for releasing personnel, this team can provide you with valuable advice at any time during your CF career, and especially during your transition from military to civilian life.

"It's wonderful having VAC so easily accessible," says Esquimalt's Ordinary Seaman Tina Harper. "There is always a smiling face to answer any questions I may have or to help with filling out any of the paperwork."

Client Service Teams provide information on

VAC services and benefits; conduct transition interviews to determine where and how VAC can help; assist with VAC disability pension applications; through a VAC Area Counsellor, help identify and address needs; liaise with CF Case Managers on cases involving medically-releasing members; and offer referrals to other DND programs and other service providers as appropriate.

"I find it exciting to work so closely with CF members," says Karen McGrath, Public Affairs, VAC CFB Esquimalt. "We have so much to learn from them, and we are doing just that. The VAC Transition Team and CF members are working well together, achieving the ultimate result for both the client and VAC."

Each CF member's or veteran's relationship with the Team will be different. Some members may simply want to obtain information on VAC's programs and services, while others may require assistance with a pension application or may want to access more

specialized services such as professional counselling or medical treatment.

Teams also provide information sessions to CF personnel during career days, at Second Career Assistance Network (SCAN) seminars, through pre- and post-deployment briefings, and at other times upon request.

Client Service Teams are currently in place at Halifax (outreach to Greenwood), Gaagetown, Montréal/St-Jean, Valcartier (outreach to Bagotville), Ottawa, Petawawa, Kingston, Trenton, Toronto, Borden, Winnipeg, Edmonton (outreach to Cold Lake), and Esquimalt (outreach to Comox).

Client Service Teams are an integral part of VAC's Client-centred Service approach to providing service that meets the diverse needs of VAC's various client groups and their families, ensuring clients receive consistent service from one area of the country to another, conducting annual screening of clients to determine needs, and involving clients in the decision-making process to resolve any problems and develop care plans relating to their own personal situation.

In addition to the interdisciplinary Client Service Teams, the approach includes centres of expertise for client enquiries and partnerships with the public, private and voluntary sectors, and promotes client independence and autonomy. It is holistic, taking into account all of a person's needs, rather than simply considering them as candidates for one or more of a vast array of departmental services and benefits.

Transition interviews, based on a face-to-face discussions of needs and possible means to address them, will be introduced over 2003. VAC will be working closely with DND/CF to ensure these Transition Services complement initiatives DND/CF is putting in place to assist releasing members and their families. VAC will also be developing or expanding a range of services for CF clients, which specifically includes access to professional counselling services and expanded mental health services.

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Pat Cook, Mike Carroll and Linda Hazelton assemble some of the hundreds of box lunches for soldiers returning to their base in Petawawa from EXERCISE RESOLUTE WARRIOR in Alberta.

HAVE YOUR SAY...

E-mail your letters to LeBlanc AL@CFBTrenton@Trenton, or you can mail them to: The Contact Wing Headquarters Building Annex 8 Wing/CFB Trenton Astra, ON K0K 3W0



Travel the World & Still Be Healthy
We Ship Globally!!

Shop online @ www.discountvitamins.com

Tuck's Discount Vitamins

A Canadian Company



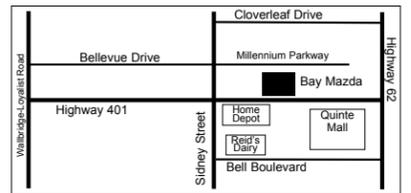
CAA PARK MOTEL AAA

HOUSEKEEPING ACCOMMODATION AVAILABLE
TWO-BEDROOM HOMES COMPLETELY EQUIPPED
INCLUDING WASHER & DRYER
RESTAURANTS WITHIN WALKING DISTANCE

Adjacent to Trenton Shopping Centre
Doris & Walter Richards
276 Dundas St. E. Trenton, Ontario
(613) 392-1251



Bay Mazda



60 Millennium Parkway, Belleville
96-MAZDA (966-2032)

FEATURE ITEM 2 to choose from
1999 Mazda 626 LX

4 cyl, auto, air, power mirrors/door locks, CD, cruise, tilt.

WAS \$14,495



2001 Protege LX



Maroon, automatic, air, 2 litre engine, CD player, 61,000 kms. Stk. #P520 **Now \$14,495**

2002 Protege LX



Silver, 2 litre, 4 cyl., 5 speed, CD player, power locks, 12,000 kms. Stk. #P505 **Now \$15,995**

2000 Protege LX



Black, 4 cyl., 5 speed, air, CD, power windows/door locks, tilt, cruise, power mirrors, 55,000 kms. Stk. #P517 **Now \$13,995**

1999 Mazda Millenia S



Fully loaded, power options, leather, air, two tone black on grey, alloy wheels, moonroof, 79,000 kms. Stk. #P511 **Now \$20,995**

Ask about our \$250 Military Discount



Kiwis and Canucks working together

by Capt Richard Perreault, Public Affairs Officer, National Support Unit, Op Apollo.

Arabian Gulf Region – Canadian Forces personnel deployed on Op APOLLO have recently joined hands with the Royal New Zealand Air Force to airlift humanitarian aid to Afghanistan.

The goods, consisting of about 30,000 lbs of clothes, shoes, and school furniture, were given by a

charitable aid foundation from the Arabian Gulf Region. The New Zealand Air Force received the tasking to fly it out to Kabul, while Canadian troops were responsible to gather the donations, build the pallets loads and transfer them to the Kiwis' C-130 Hercules.

"It was interesting to meet with the New Zealanders and see how they work. We build the pallets like the way we always do. Once this was

done, we only had to make few minor changes to meet their national requirements," said Sgt Todd Downey, a Traffic Technician with the Mobile Air Movement Section (MAMS) employed at Camp Mirage. "This kind of load makes you feel like you're making a difference. Plus, it's a nice change to the routine since we get to load something different than spare parts and supplies," added Sgt Downey.

"These rewarding tasks give us a chance to establish contact with the local people and with coalition allies. Canadians are famous for helping others out and I'm proud to keep the tradition going," said Cpl Dave Bickford, also a Traffic Technician with the MAMS. "You know that the cargo you are loading will probably make a big difference at the other end," he concluded.

"This was a significant example of a successful combined activity, carried out under the auspices of Operation Enduring Freedom", said Cmdre Paar, New Zealand Senior National Representative at US Central Command Headquarters in Tampa, Florida. "The mission would not have been possible without the willing cooperation of our Canadian friends."

It is the third times within four months that Canadians deployed in the Arabian Gulf Region have taken part in a major humanitarian aid mission destined to Afghanistan.

Drivers wanted: 

Interested in Purchasing or Leasing a New or Previously Enjoyed Volkswagen??

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



The long weekend in May is the traditional start to 424's busy season and this year was no exception.

--On the 14th of May, the Herc was tasked to search for the source of an ELT in the Huntsville area. Nothing was found as the signal had ceased untraced.

--On the 15th the Lab was tasked to look for the source of a flare sighting in the Oshawa area. A visual search was carried out and nothing was sighted.

--The Lab had two callouts and the Herc had one on the 16th. Both aircraft were tasked to the Mont Laurier area to search for the source of an ELT. The signal was homed to an aircraft on the ground. There was no distress. The Lab was then sent out on an ELT search in the Gatineau area. The signal was homed to a floatplane parked on a lake. The Lab dispatched a SAR Tech to shut the ELT off and confirmed there was no distress.

--On the 17th the Herc was sent out on an ELT search near St. Hubert. The signal was homed to an area in downtown Montreal. A ground search party was dispatched to locate the source of the ELT. There was no distress.

--On the 18th the Lab was tasked to the Simcoe area to look for an ELT. The Lab was stood down on start as local personnel had located the ELT on a parked aircraft.

--On the 20th both the Lab and Herc were tasked to look for an overdue person in a kayak in the Cherry Beach area near Toronto. The Lab located the kayak and a Coast Guard Cutter found the kayaker. Unfortunately he did not survive.

That's all from the Tigers for another week.
424 Operations

Missions for 2003: 42 Missions for May: 12 Persons rescued: 8

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
5.9%*
 on \$10,000.00
 or more
 on a 1998 or newer vehicle!



* Subject to OAC



Credit Union

www.quintecommunity.com



The Contact Newspaper

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

The Contact Staff

Editor-in-Chief: Capt. Andy Coxhead
Editor: Andrea LeBlanc
Asst. Editor: Laurie McVicar
Advertising Sales: Judy Leavere
Sales Representative: Janet Somerville
Advertising & Promotions Assistant: Rorrie MacDonald
Bookkeeper: Marilyn Miron
Circulation: Keith Cleaton
Assistant Translator/Proofreader: MCpl Louise Fagan
PSP Manager: Bob Payette
Subscriptions: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) and as "text only" on a 3.5" disk and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.

Jpeg-Maximum (8X10), 300 dpi

- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- Articles must be received by Tuesday at noon prior to print date at The CONTACT office.

Letters to the Editor:

Internet: LEBLANC.AL@forces.ca

Intranet: LeBlancAL@CFBTrenton@Trenton

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



A Military Community Newspaper



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



The Contact
 Wing Headquarters Building Annex
 8 Wing / CFB Trenton
 PO Box 1000, Station Forces
 ASTRA, ON K0K 3W0

Editorial: 613-392-2811 Ext. 7005 Fax: 613-965-7490
 Advertising: 613-392-2811 Ext. 2748 or 7008

Correction

A special thank you to Cpl Rene Paquet, AMCRO/RATS, SME Armour Plating, for his submission about "The Incredible Hercules" which appeared in the May 2, 2003 issue of the Contact. Our apologies for not giving credit to the author.

Funeral service for Cpl Frank Leggett

It is with deep regret and sadness that I inform you of the passing of Cpl Frank Leggett, CD (Ret). Frank lost his battle with cancer on 19 May, 2003. Frank joined the military in 1980 and served with the 2nd Battalion of the P.P.C.L.I. until 1988 when he remustered to 511 Aero Engine Tech. He was posted to Shearwater, Pat Bay and finally ended up here in Trenton as a member of 8 AMS where he retired in 2001. Visitations were held Wednesday, 21 May, 2003 and Thursday, 22 May, 2003 from 2 pm - 4 pm and 7 pm- 9 pm at Rushnell's Funeral Centre in Trenton. The service will be held at 1300 hrs on Friday, 23 May, 2003 at Rushnell's Funeral Centre in Trenton followed by a reception. Frank's widow Kelly has expressed that it would be a fitting gesture for all serving members to attend the service in CF's. On a personal note I think this would be an appropriate and marked display of respect, befitting for someone who served his country for twenty years. For former members of the Battalion or Regiment still in uniform and serving members of the same, honour him for he was and is our brother.

MCpl Sean O'Callaghan
 424 Search and Rescue Squadron

Canadiana Crossword

Joys of the Road

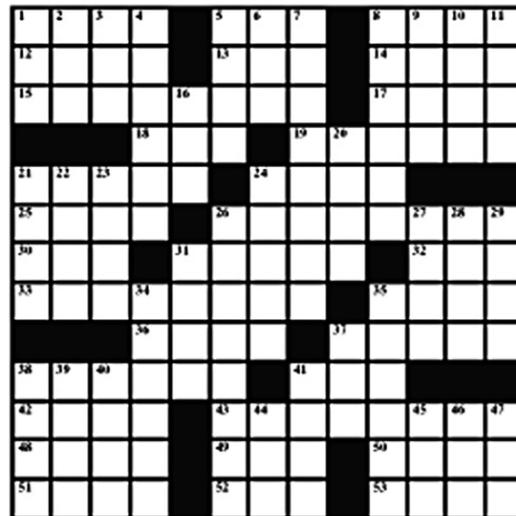
By Benice Rosella and James Kilner

ACROSS

- 1 Scottish dance
- 5 Onassis, for one
- 8 Zapata
- 12 Pasternak heroine
- 13 Rubberized raincoat
- 14 Angers
- 15 British Columbia's Coast
- 17 Hawaiian wind
- 18 Turf
- 19 Dekes
- 21 Cape Breton's Trail
- 24 Helsinki native
- 25 Cards
- 26 Growing feathers
- 30 Nucleic acid, abbr.
- 31 Works
- 32 Sticky stuff
- 33 Objected
- 35 Equestrian sport
- 36 A smaller amount
- 37 Prince Edward Island's Blue Drive
- 38 Yukon's Highway
- 41 Gumbo
- 42 Mislaid
- 43 Yukon's South Highway
- 48 Fencing sword
- 49 Geological time
- 50 Body part
- 51 Scorch
- 52 Resort
- 53 EU money

DOWN

- 1 Treasure Island author's monogram
- 2 Water, in Rouyn



3 Sea eagle

- 4 Riata
- 5 Surrounded by
- 6 Sought office
- 7 Alberta's Parkway
- 8 Newfoundland's Trail
- 9 Do the laundry
- 10 Erupt
- 11 Film ratings, abbr.
- 16 Sweltering
- 20 Terminates
- 21 Process wool
- 22 Skin infection
- 23 Ray
- 24 Pests
- 26 Abandons

27 Gouzenko or Stravinsky

- 28 contendere
- 29 Ruffian
- 31 Journey
- 34 Overcoat
- 35 Hawk
- 37 Attila, for one
- 38 Beverages
- 39 Amble
- 40 Gone sailing
- 41 Lisa
- 44 Sever
- 45 Gambler's memo
- 46 Dry wine drink
- 47 Famous fruit salt

This Week in Contact

16 May

1944 - The Station Security Guard, commonly called "The Commandos" is formed under one Flying Officer, 4 Sergeants, and 8 Corporals: the Guard was formed to augment service police and was the forerunner to our current WASF.

1953-63 - Unavailable

1973 - Two off-duty CF pilots from Western Canada in their Cessna 172 are recruited by RCC Trenton to assist in a search for a downed Ottawa area pilot. The 70-member Canadian headquarters staff in Vietnam (ICCS) moves into improved quarters at Tan Son Nhut airbase on the outskirts of sprawling Saigon, and receive a \$13 daily meal allowance.

1983 - Capt Nora Bottomley of 424 Sqn becomes the CF's first female Aircraft Commander. The first CF 104 Starfighter - one of 239 built for the Air Force - to be retired from operational service arrives at Mountain View for storage and cannibalization.

1993 - 8 Wing Hospital sets a world record 264.9 km stretcher carry in 49 hours and raise \$8,000 for the Canadian Cancer Society. 429 Squadron wins the prestigious Bullseye competition, beating out seven other Commonwealth Air Forces at RAAF Richmond.

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



Halt, show me your ID, Sir - WASF training begins

by Cpl R. J. Howatt
CCISF

The Wing Auxiliary Security Force (WASF) is an augmented security force whose purpose is to provide additional security for 8 Wing.

This additional security was evident after Sept 11th, 2001 and during the latest conflict in the Gulf. In order to maintain an effective security force, new personnel need to be periodically trained. During the last week of April, 2 new

flights were trained by LT Gloude and 2LT Lacasse. After the roll call by WO Woods (from Hastings PER), the candidates marched to the training area, and at 08:00 the first lecture started. The WASF course is 9 days long (including 2 days for C7 re-familization). This course encompasses basic protection principles that enable successful candidates to be employed as 8 WASF members.

The course brought

together members from many different occupations and ranks all with the ultimate goal of providing security and assistance when or wherever needed. Some examples of when WASF may be employed during elevated times of alert, escorting dignitaries, crowd control, cordoning and searching, and base security such as vehicle searching and access control.

The course content included training in various defence areas and

security related. As a result, there were a number of specialists who provided instruction. As security was the main focus of the course, the military police taught police related subjects such as use of force, arrest and handcuff, and person and building search. The Hastings and Prince Edward Regiment provided three Infantrymen to instruct candidates on guard duties, crowd control, and road blocks; other specialist training included HAZMAT/NBCD, and basic military communications.

The final exercise took place on Wednesday May 7th and was very good. The candidates were enthusiastic and motivated to participate in this exercise. There were two sites: one at the cadet camp, where candidates practiced building searches and cordons with Cpl Bradshaw (8Wg MP Sqn), and one at the east of the parade square where candidates practiced road blocks and vehicle searching with MCpl Caron (Hastings PER). Both sites were coordinated well his own site and each instructor provided a constructive debrief at the end.

The total experience was interesting and overall very enlightening. It gave all who participated a chance to get involved with the important task of keeping our base secure. A "hats-off" goes to the WASF staff for the organization of the course and also to the instructors for making the course both educational and fun.



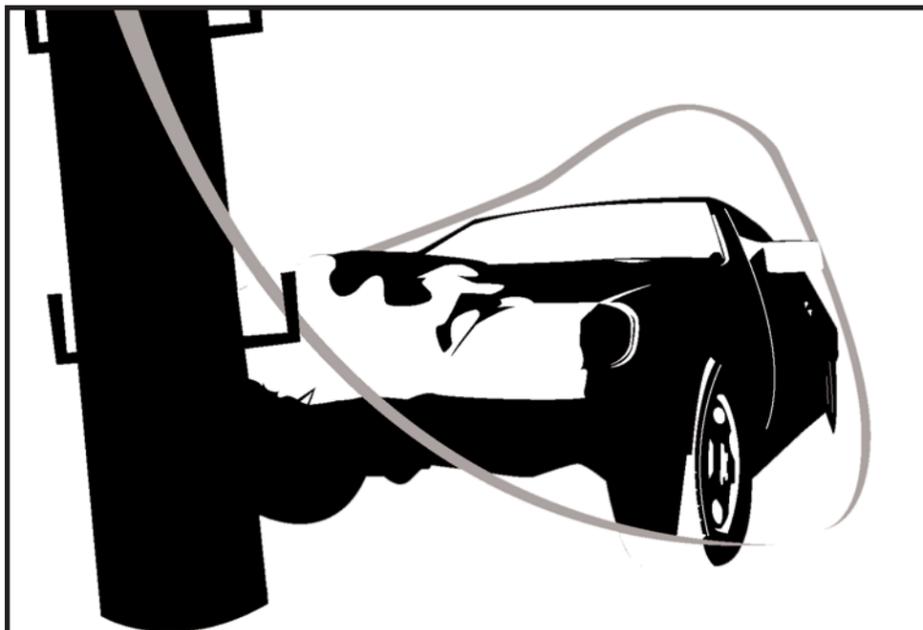
Cpl S. Lambert (foreground) and Cpl J. Paquet took part in a variety of exercises for WASF training.



Cpl Partner, Cpl R. Howatt, Cpl S. Sibley and Pte M. Turcotte took part in WASF course 0301 recently.



Cpl Partner (left) and LS B. Simmoneau take Cpl J. Buenacruz "prisoner" during WASF training held at 8 Wing/CFB Trenton.



DON'T TURN A FENDER-BENDER INTO A FATALITY.

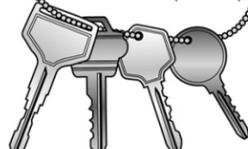
Storms, broken branches and traffic accidents can bring down power lines. Lines that look dead can be live and very dangerous. Always keep a safe distance (10 metres, or about one bus length) away from any fallen power line. And if you're in a vehicle near a fallen wire, stay where you are until a hydro crew clears the way.

hydro

www.HydroOneNetworks.com

Looking for a new car?

The Contact puts you in the driver's seat with a large selection of pre-owned and new automobiles at great prices. Pick up your copy today and start your car search the smart way.
The Contact
392-2811 (3976)



Professional Flight Training Basic to Airline Pilot

OFF Inc.

To better serve 8 Wing/CFB Trenton OFF is actively developing a training plan for your area. We need to hear from all those interested in renting or learning to fly this summer.

Ask Barry Smith about Financing, rebates, Military Discounts

1-800-345-4181
www.offtraining.com
Ontario Fun Flyers, Kingston Airport

C.F.B. Trenton Yacht Club

Junior Sailing Courses

(Apr. 9 - 15 years)

Three, 3 week White Sail courses .
Start Dates are Jul 2 & 21 and Aug. 11

Adult Dinghy Course

on a 14 to 16 foot dinghy.
Course starts Jun 23
No experience needed!

Call 475-4427 or reach.net/~cjones/



MND announces collaboration between DND & Montfort Hospital

OTTAWA — The Minister of National Defence, the Honorable John McCallum, recently announced the establishment of a collaboration between DND and the Montfort Hospital that will provide the Canadian Forces (CF) with a new health care facility, located in an annex to be constructed at the Montfort Hospital, over the coming two years.

Minister McCallum expressed his great satisfaction regarding the collaboration between the two organizations. "Health is a major priority for the Canadian

Forces. We are confident that this collaboration with Montfort will contribute to our constant commitment to provide quality health care for our people."

Mr. Pierre Lefebvre, Chair of the Board at the Montfort Hospital, added: "It is with pride and enthusiasm that the Montfort welcomes the Canadian Forces to its ranks. The fact that the Montfort was chosen is strong proof of the trust that major organizations such as the Canadian Forces have towards the quality of our health care, our services and our personnel. The Montfort

Hospital was the optimal site to meet all their needs."

"This collaboration with the Department of National Defence ensures that the future of the Montfort is stronger than ever," declared Mr. Mauril Bélanger, Member of Parliament for Ottawa-Vanier. "It crowns magnificently the effort of an entire community, not only to ensure the survival of the hospital but also to its long term success."

The collaboration states that DND will lease two floors in the new Montfort Annex to house the new CF clinic that primarily provides

health care services to members of the CF in the National Capital Region. Among the services to be provided will be primary care, physiotherapy, pharmacy, mental health and dental care. Within the partnership, the Montfort Hospital will be the primary provider of other services such as emergency, surgery, inpatient care, X-ray, specialized clinics, and lab services.

At the end of construction of the Montfort Annex, expected towards the end of 2005, the new facility will replace the existing Canadian Forces Health

Care Centre (Ottawa), formally the National Defence Medical Centre (NDMC), located on Alta Vista Drive in Ottawa.

NDMC was opened in 1961 as a full service hospital, serving members of the CF, veterans and selected VIPs. Its role as a hospital was gradually reduced, beginning in 1995, and a study in 2001 established NDMC was no longer viable and did not meet the needs of the CF anymore. A decision was made to investigate the possibility of establishing a military clinic within an existing civilian health

care facility that would also have the ability to provide a host of additional services the CF had been contracting out. In late February 2003, the Montfort Hospital, one of two hospitals that submitted proposals to accommodate DND's medical facility, was chosen as the successful bidder.

The collaboration is valued up to \$200 million over 22 years, which includes the construction phase. Construction is expected to begin shortly. Negotiations on the contract on behalf of DND were undertaken by PWGSC.

Back from Bosnia, glad for the experience

by Joy Smith,
Courier Newspaper

Some readers may recall an article in the July 9, 2002 edition about Michelle Bourdon and Lorie DesRoches. The ladies are staff members from the MFRC and took a leave of absence from their jobs to do a CFPSA tour in Bosnia. Well, they're back and anxious to talk about their experience.

Lorie worked as a Travel Coordinator for the Battle Group located in Camp Maple Leaf in Zgon. Lorie along with three other co-workers made travel arrangements for about 460

CF members who were scheduled to go on R & R or HLTAs. The normal workday was usually Monday to Saturday, 9:00 am to 5:00 pm. There were times however that impending deadlines required everyone to work Monday to Sunday and sometimes as late as 8:00pm. One perk of the job was an Inspection Tour that all Travel Coordinators go on, to see all the R & R destinations before assisting members with their choice of Rest and Relaxation spots.

Michelle worked as a Special Events and Services Coordinator during her tour. Michelle's job entailed traveling throughout the Area Of Responsibility (AOR) to ensure services such as Newspapers, magazines and Satellite TV service were in place and running smoothly. Michelle also organized and ran special events in each of the five main Camps and numerous sub-camps. In short, Michelle was responsible for keeping about 1200 to 1500

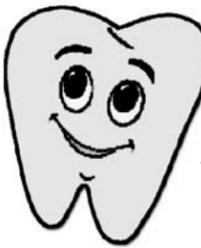
military members happy and occupied during their off time. Some of the events Michelle organized included Operation Santa Claus, The Terry Fox Run, which raised \$4000 for the cause, and a Show Tour. Michelle arranged for 21 entertainers to tour the Canadian camps in Bosnia. She had to do everything from plan their itinerary to making sure there were meals and accommodations for everyone.

On a personal note, both ladies stated that even though the hours were long and the work sometimes intense, their tour was an opportunity they will never forget. "The experience completely exceeded my expectation," said Michelle. "It was a true privilege to have worked with the military and be a part of that [her tour of duty]".

Living conditions varied from camp to camp, CFPSA personnel shared a 20' by 8' ISO (trailer) with one other person. Washrooms and shower facilities could be next door

or down the road depending on which camp you are in. Abandoned factories are sometimes used as Camp Headquarters, this made working conditions a challenge at times. Lorie worked in a tent that leaked when it rained and Michelle's office was located across from the helicopter pad so things like telephone conversations revolved around helicopters taking off and landing. "Everything is a new experience," said Lorie. "Simple things like not even having a place to call your own, is something deployed members deal with all the time but for a civilian it's totally new".

Michelle worked with the local population in her special events organizing, something she enjoyed. Both Michelle and Lorie say they now have a better understanding of what deployed members go through when on tour. They also agree that having now experienced both sides of deployment the knowledge will help them in their work at the MFRC.



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

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

DENTISTE BILINGUE

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

Pet Particulars

Have pets spayed, neutered

It is an unfortunate part of the spring and summer months. Kittens and puppies come into the shelter at an alarming rate. The problem is especially severe for the cat population. Over the past few weeks at the Quinte Humane Society, almost all of the female cats that were abandoned were pregnant or had already given birth to a litter of fragile kittens. Please remember that it is up to you to save the lives of these animals. When you have your pets spayed and neutered you prevent more unwanted animals and that means that space remains at the shelter for those animals who truly need the space. Every Humane Society can only be as good as it's community will let it.



Call our sales representatives to see how your business can sponsor this feature.

JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23	24
	Victoria Day			Astra Lounge Bosses Night 1600hrs	1700 hrs Lasagna Sports/Euchre	Dart Tournament
25	26	27	28	29	30	31
					TGIF 1700 hrs Opening BBQ Steak Night Sports/Pool	

MAY 2003





Grilled Tandoori-style chicken With cucumber raita

(NC)—Using a tandoori paste from a jar makes this spicy chicken dish fast and easy. Marinate the meat at the cottage in the morning, or combine the chicken and marinade and marinate overnight in the refrigerator before leaving for the cottage the next day. This marinade is also lovely for grilled lamb chops. You can make the raita at home and bring it along in the cooler.

Ingredients

- 2 lbs boneless, skinless chicken breasts cut into lengthwise strips
- 2-3 tbsp tandoori paste (homemade or purchased)
- 1/4 cup plain yogurt
- olive oil
- RAITA:**
- 1/2 large English cucumber, finely chopped
- 2 large Roma tomatoes, seeded and finely chopped
- 1/2 tsp salt
- 1 cup plain yogurt, strained
- 2 tbsp chopped cilantro
- 1/4 tsp roasted cumin
- 1 pepper

Procedure

1. Marinate chicken in a combination of tandoori paste and yogurt for several hours or overnight in refrigerator.
2. Thread chicken accordion fashion on bamboo skewers that have been soaked in hot water for 30 minutes. Discard marinade. Preheat barbecue grill to 550° F. After pre-heating grill, adjust all burners to medium heat. Lightly brush each piece of chicken with olive oil then grill over direct medium heat for 8-10 minutes, just until chicken is cooked through.
3. To make raita, seed and finely chop the cucumber and tomato paste. Salt the vegetables and let stand for 30 minutes to remove some of the excess moisture. Line a mesh strainer with a coffee filter, set it over a bowl and drain the yogurt over the coffee filter and bowl in the refrigerator for 1-2 hours. Discard liquid and place the yogurt in a bowl. Drain the vegetables and add to the yogurt. Stir in the chopped cilantro and roasted cumin. Season with pepper to taste and refrigerate. Raita may be made up to two days ahead. Serve chicken immediately with lots of turmeric-scented basmati rice and some of the raita on the side. Serves 4

Recipe courtesy of Weber-Stephen Products Co.

LUNCH AND A LAUGH



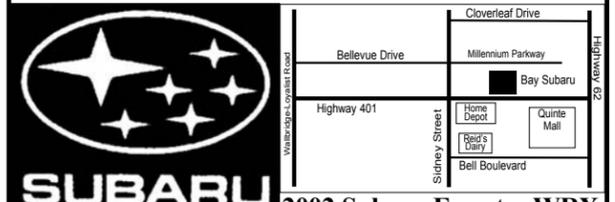
Yuk Yuk's comedian Glenn Ottaway entertained a crowd of 110 volunteers during an appreciation luncheon at the Officer's Mess on Thursday, May 15. The event - hosted by the Trenton Military Family Resource Centre, PSP and sponsored by SISIP - was put on in honour of the men and women who donate their time to the MFRC and Recplex. Words of appreciation were given by LCol Steve Davenport, WAHRO; Bob Payette, PSP Manager, Wendy Synnott, MFRC Volunteer Services Coordinator; and Judi Christopherson, Community Recreation Director. "The recreation program depends on you so very much," Christopherson told the crowd. "The strength of the program is based on the strength of its volunteers. You are motivated, you are dedicated and you make my job easier." Synnott added that volunteers have the power to shape a community. "The military community offers an interesting set of challenges. The MFRC offers families a say in their lives. As a volunteer, no matter what community you are sent to, you can make it meet the needs of your family and help others by doing so,"

Earn extra cash! Sell your used items in the Contact Classifieds.

Stay in the loop!



BAY SUBARU



2002 Subaru Forester WRX
 Factory Warranty, all wheel drive, rally derived car. Don't miss out. Call Larry today
\$29,897.³³

1998 Honda Accord EX
 Fully equipped, heated leather seats, one owner. Call Larry for more details.
\$15,797.³³

**60 Millennium Parkway
 Belleville, Ontario • 968-9559 •**

Best Quality **Best Price**

"The Only Place To Go"

SMITTY'S
WAREHOUSE OPERATION
For NEW or GOOD USED Appliances

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

Best Selection **Best Guarantee** **Best Service**

SMITTY'S
KING OF APPLIANCES
 Open Evenings & Seven Days A Week
 River Road-Corbyville (just N. of Corby's)
969-0287

Dr. Tom McDowell Family Dentist

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



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

394-8888

169 Dundas Street East, Trenton, Ontario

Local news, professional reporters, eye-catching photos. The perfect recipe for a great newspaper!

The Contact,
 served every Friday

The Waring House



Restaurant, Inn, Conference Centre & Cookery School
 Box 20024, Picton Ontario
476-7492

www.waringhouse.com

Starting May 21st
Live Entertainment
 every Wednesday
 (as well as Friday & Saturday)
 in The Barley Room Pub
 Fri May 23 - Lindsay Ferguson
 Sat May 24 -
 George Grosman Blues Trio
 Wed May 28 - Louise Ford
 Fri May 30 -
 Pierre Schryer Band
 Sat May 31 -
 Stephanie Bird Band

Wine Appreciation Classes

First Wed. and third Saturday of every month.
 Let Sommelier Elia Gallo introduce you to the fascinating world of wine. Call for more information



Don't miss this exciting event!!

Pierre Schryer
 Dinner Show - Thursday May 29
 a toe tapping evening with a Canadian Fiddle Champion & his wonderful band
 Tickets for Dinner and the show (reserved seating)
 Just \$30 + tax and grat

What's Cooking at the Cookery School?

- Saturday, May 24
 Kitchen Basics with Chef Pat Forster
- Sunday May 25
 Summer Soups & Salads with Chef Ian Sarfin
- Thurs May 29
 Easy Seafood Dishes with Chef Ian Sarfin
- Saturday, May 31
 Southern European Cuisine with Chef Pat Forster
- Sunday, June 1
 Sizzling Summer BBQ with Chef Pat Forster



Fitness, Sports & Recreation

Air Traffic Controllers raise money for Cancer Society

April 11-13 this year had a display of hockey prowess that the RCAF Flyers arena will not soon forget, despite it's best efforts.

The Trenton ATC section hosted its first annual Hockey Tournament in support of the Canadian Cancer Society through the United Way. In the past five years the ATC section has managed to raise over \$18,000 for the Cancer Society through its Controllors For Cancer campaigns.

The hockey tournament featured teams from Ottawa Tower, and two from the military ATC school in Cornwall; one of instructors and one of students. Trenton ATC, fresh from capturing last place in the NHL, (Night

Hockey League), put their best skate forward with a team as well.

It was a fun affair with round robin play on Friday night and Saturday morning with championship games held on Sunday. Two nights of entertainment were put on and were well attended. Friday night all the players enjoyed a get together that included a feast of chicken wings supplied by real estate specialist David Weir. The poor waitress at Carney's who served the big platter of wings experienced a feeding frenzy normally only associated with marine biologist and schools of sharks. Saturday was a steak supper partially supported by Falcon Environmental Services

and a few more rounds of wobbly pops.

After the preliminary round CFSACO Turbo Beavers (Students) and the Ottawa Aviators (Tower) were number one and two. With the Trenton team actually winning a game, they were slightly ahead of the CFSACO Instructors for last two spots. Though making the play-offs was much like the Night Hockey League ... everyone's in.

The championship game was held first as there is an ATC tendency for dyslexia and as many Ottawa players had to drive back to be on shift. It was a hard fought affair by the Students, who had youthfulness definitely on their side, and the Ottawa

team, who had experience and consistent team play on theirs. As in most cases, experience won out and the Ottawa Aviators won the 1st Annual Controllors For Cancer Hockey Tournament. Besides the glory of having their name attached to the wonderfully built trophy (thank you to Craig Stone and Riley's Sports) they won awards. The Canadian Amateur Recreational Hockey Association had donated cooler bags and hats; therefore each member of the Ottawa team was now each in possession of a cooler bag while the Students had to settle for ball caps.

The Trenton team, unfortunately, won the sil-

ver medal in the "B" division, or in other words, we lost to the instructors and captured last place. This loss came despite the fact that Trenton was even providing the referees for the event. While the 3rd and 4th place teams had nothing to show for their efforts, except the satisfaction of knowing they had helped to raise funds for the Canadian Cancer Society, it was another spirited game that proved lots of fun for both sides.

The main goal of the event was to provide a means of establishing good relations with other agencies that Trenton ATC regularly work with and raise some money for a very worthwhile cause. Both items were accom-

plished. Not only did all the participants have a very enjoyable weekend but they managed to raise \$436.00 for the Cancer Society, this despite paying for ice time and some food.

We could not have raised as much money if it were not for the volunteer officiating of Ron Stakes, Ken Hannon and Jack Renshaw; or the valued donations of Royal LaPage Realty Specialist David Weir, Falcon Environmental Services, and Riley's Sports. We would also like to acknowledge the support of the Trenton Accommodations Team, RCAF Flyers Arena Staff, Carney's and the members of the ATC Unit who helped.

8 Wing Astra Riders hold first "Blessing of the Bikes"

by Major Brian Quick

On Thursday, 8 May 2003, members and friends of the 8 Wing Astra Riders Motorcycle Club gathered in front of the Wing Chapel for the Club's first Blessing of the Bikes.

A traditional motorcycle event, the blessing is intended to gather motorcyclists together for a time of reflection, prayer for safe riding, and words of

encouragement as the riding season kicks off in earnest.

This year, the Club called upon Padre Lloyd Clifton, who performed an outstanding service. Welcoming all, Padre Clifton brought a smile to everyone's face by speculating that Jesus himself probably would have ridden a motorcycle!

While all were in agreement, the comment

underlies the reality that motorcycling is a high profile pastime fraught with elements of danger. Not only do you have to be aware and extra cautious due to the inattention of other motorists, but motorcyclists stand out and your riding style reflects all those who share the sport. So not only do we need to ride safely for our own benefit, but to protect the reputation of the sport in general.

Upon completion of the blessing, all departed for a short but very enjoyable ride.

The Astra Riders are a group of motorcycle enthusiasts (all brands)

who wish to foster general operator safety in motorcycling; coordinate motorcycling activities at 8 Wing/CFB Trenton; and generate interest in the sport of motorcycling. Club members welcome

everyone to join them on their Thursday night ride, which departs Tim Horton's on Sydney Street every Thursday at 1800 hours sharp. Meetings are held the last Tuesday of every month and you can

become a member at any time. For more information about upcoming events or the Club itself, please contact Ralph Mercer at 7068, Sam Jones at 2235, Brian Quick at 2446 or Sam Gillespie at 2877. Join us for a ride!



Padre Lloyd Clifton blesses the Astra Riders.

• Movies • Movies • Movies •

Totally Renovated

"Centre Theatre"

Grand Opening

Movie Line-up

- Bruce Almighty (pg) - Jim Carrey
- Matrix Reloaded (14A) - Keanu Reeves
- Daddy Daycare (G) - Eddie Murphy

\$7.00 (18+)/\$5.00 (youth)

Every Wednesday \$5.00 for everyone

Doors Open at 6:00 P.M.

120 Dundas West, Trenton 392-6100

• Movies • Movies • Movies •

Surf 'n Turf Relay Race

When: The race will be on **13 June 2003** rain or shine beginning at Baker Island at 0900 hrs "sharp". Register before **June 6!**

Participants: The race includes mostly military members, but also has teams from local corporations and businesses. Over 400 participating racers are expected including the 75+ race volunteers and Organizing Committee.

Team Composition: A team can enter in to one of the below categories (eight participants per team). Also, individual military members may register as a "Tinperson" and complete all legs of the race on their own. **Note:** a Tinperson may participate as a member of a Team but can only compete in the first leg of the race (the 10 km run) as part of that Team.

Categories:

- Open - open to any mixture of age and gender
- Mixed - must have a minimum of two females or two males
- Female - all female team
- Masters - sum of all participants ages must equal 280+
- Tinman - one male completes all legs of the race
- Tinwoman - one female completes all legs of the race

PICK UP ALL REGISTRATION INFO AT THE GYMNASIUM MAIN OFFICE.

Race Organizer is Fitness Coordinator, Scott Burns, at 613-392-2811 local 3328.

Volunteers are needed to help with the organization of this event. Please contact 3328 if you would like to become part of the organizing team.

Mountain Biking - Trail Riding Basics Clinic

WHEN? 1130 - 1300 Monday, May 26.

WHERE? Aikin's Road (Hwy 2 East to Aikin's Rd, turn left to bottom of hill before 1st railway tracks). This is where the group will start and finish from.

WHAT? Learn the basics of riding your bike off-road including technique, shifting, turning and braking. The trail we will be riding on includes some small hills and some single track, so for safety purposes, a helmet and safety glasses are strongly recommended.

WHO? This clinic is for those who wish to ride their bikes on one of the many trails in the Quinte Region but have never had the opportunity.

For more info call Manny at 3754, Paul at 3372 or for registration, call Shirley at 3467.

Moving again.....Coping with a child's feelings

by Lori Weisflock
WSWO

You are posted again! A posting can be a great experience or a negative experience depending on your attitude.

Most Canadians will move, on average twelve times during their lives. I'm up to eight so far. I have lived in five provinces from B.C. to as far east as New Brunswick. I have embraced each move with enthusiasm and an opportunity to meet new people and explore this amazing country of ours.

With each move, I would immediately enroll my children in activities so we could meet new

friends. Since both sets of parents were back in Ontario we needed to build a solid social network that would be vital to our happiness. My friends were our family and were treated accordingly.

With each move I felt uprooted for a time, pulled painfully away from my best friends at the time. All of moves were chosen by us except the last. My husband was downsized after thirteen years and I had made the mistake of promising my kids we would not move again. My eldest, twelve at the time was mad at me for two years after we moved back to Ontario. How could mom take

him away from his friends? Although I had little say about this move, I did feel a lot of guilt. Teens may have the hardest time leaving friends, school, activities and commitments. Finishing out their school year was important to my children. On the other hand some teens are glad for a chance to start over with a clean slate.

Whenever we moved we said goodbye to our homes and friends by means of a huge celebration. The last night of our move from Quebec I let the kids have a sleepover with their best friends. They jumped and wrestled on their mattresses in our near empty house.

They still talk about this. They each wrote a message in their closets before they moved. After each move, we would return six months or a year later for a visit, of course, with many Emails and phone calls in between.

As a parent you can help by listening, and acknowledging how much uprooting the children has hurt. The real pain in moving is the loss of friendships. Some of those friendships have continued for years while others became natural casualties of geographical distance for our family.

The toll of the physical aspect of moving alone can be tiring and

even good moves, the ones without complications or drawbacks, involve loss. It may be helpful to identify the losses for yourself and family. Here are a few tips on how to deal with your child's reaction to a move.

1. Tell them as soon as you know that the move is a go.
2. Acknowledge their pain and sadness.
3. Celebrate before you move....say goodbye.
4. Have a good cry with them.
5. Say goodbye to your home.
6. Take children on your house hunting trip....let them help choose your new home.
7. Have your children

honor their commitments to friends and organizations before you go.

8. Let the children participate in the physical move.

9. Check out your new community and pre-register your children in at least one activity.

10. Give your children as much choice and freedom as you can with the move.

11. Let the children set up their own room.

12. During the first few weeks after the move get plenty of rest and eat well. You don't have to unpack in one day.

13. Choose the view that this move will be positive for your family.

Landscape safely this summer



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

It's great to work outdoors in the summer - but don't let equipment maintenance slide.

If you have landed a landscaping job for the summer, you may be counting yourself lucky. While everyone else you know is indoors sweltering on the plant floor or chilled in an air-conditioned office, you are riding around on a garden tractor enjoying the summer sunshine and fresh breezes.

Mowing, tilling, fertilizing and other landscaping work is often done with motorized equipment. This

equipment will run safely and work well if it is maintained regularly. The operating manual supplied by the manufacturer is a gold mine of information about the equipment. Another valuable document is a detailed record of maintenance. Consider these maintenance tips:

Keep the engine and the area around it clean so the engine will run at a lower temperature.

Use the right kind of oil for the specific model of equipment. Check the oil in hard-working equipment daily.

Check the operator's manual to make sure you are using the correct coolant and the correct schedule for flushing the radiator. With an air-cooled engine, keep the screen and cooling fins clean.

Keep an eye on the electrical system so you'll know that wiring is in good condition to prevent shorts and

other problems. Never jump-start a tractor from the ground - workers have been run over that way.

Keep the spark plugs clean and check the battery frequently.

Be alert to unusual noises in the equipment that may indicate parts are not correctly lubricated or belts are falling apart. Vibration might be a sign of wear in the transmission or drive shaft.

Equipment inspection and repairs may be part of your job if you are qualified, or these tasks may be the responsibility of a maintenance shop. Either way, you should do a safety check of the equipment each time you use it. Make sure tires are properly inflated, and brakes, gears, steering and alarms are all working properly.

That way, the good luck that landed you a landscaping job will continue.

Finding the right sunscreen

(NC)—Walking into the drugstore you will find a vast array of sunscreen products on the shelf. While there are many suncare products to choose from, it is important to find the one that best suits your needs. Before heading outdoors this summer, here are some tips to help you find a sunscreen that is right for you.

- SPF (Sun Protection Factor). SPF numbers can range from 2 to 50 and are crucial when selecting a sunscreen. This number on the bottle tells you how long you can stay in the sun while wearing it without getting burned. Here's how it works: If it normally takes you 20 minutes in the sun before you start turning pink, an SPF 15 will let you stay in the sun for five hours without burning (20 minutes X 15 SPF = 300 minutes or five hours). But remember, that five hours doesn't apply if you are swimming or perspiring.
- "Sweatproof"
- "Sport"
- "Waterproof"
- "Water-resistant". If you find any of these terms on the label, chances are good that it has staying power. As a rule of thumb, these products allow you stay out in the water for approximately 40 minutes (water-resistant products) and up to 80 minutes (waterproof and sweat-proof products).
- Broad spectrum or

full-spectrum. Products that offer this type of protection are protecting your skin against both UVA/UVB (wrinkle and skin cancer-causing) rays and contain ingredients like Parsol 1789, Zinc Oxide or Titanium Dioxide. These sunscreens do a better job of protecting skin from other effects of the sun including sunburns and rashes.

• Chemical vs. non-chemical sunscreens. Chemical sunscreens penetrate the skin, essentially absorbing UV rays and include ingredients such as PABA or oxybenzone. Occasionally, these products can cause a burning or stinging sensation for people with sensitive skin. Non-chemical sunscreens, containing Titanium Dioxide or Zinc Oxide, aren't absorbed by the skin, are less irritating, and are ideal for sensitive skin. These products sit on top of the

skin and reflect the UV rays. It's a good idea to test a product first by applying a small amount to a limited area of your body.

• Final helpful reminders: Make sun-care a part of your daily routine. Apply liberally and reapply as required. Don't forget to protect the often forgotten areas such as eyelids, lips, neck, hands and feet. If you've spent the day outdoors, it is equally important to use a product that hydrates and soothes your skin after sun exposure. It is also important to store your suncare products in a cool place as products degrade when left in warmer temperatures for long periods of time. And remember to check the expiration date on your sunscreen and throw out any bottles that have been collecting dust over the years. Typically sunscreens are only good for up to two years.

Concerned about your
medical well-being?

Get your weekly
injection of health
news from

Contact



Due to Quinte International
Air Show there will be
no cash sales in the
Yukon Galley from 1500 hrs
(3 p.m.), June 20 until
0600 hrs, June 23.
Staff and management regret
any inconvenience to its
customers.



Photo: Laurie McVicar, Contact

Pat Bradley, coach and owner of the Belleville Dragon Boat Club, gives a few final instructions to the team members before training begins.



Photo: Laurie McVicar, Contact

Lee Ann Jaerschky shares a laugh with fellow team member Beth Wylie.



Photo: Laurie McVicar, Contact

Coach Karen Mckeown calls out a command to the team member. McKeown was also responsible for steering the boat.

Power-packed boaters deliver one awe-inspiring experience



Laurie McVicar

Confessions from the Gym

Wednesday, May 21

On Tuesday of this week I had the absolute honour of rowing with the Pink Dragons, a dragon boat team comprised of breast cancer survivors.

After graciously accepting the invitation of team member Lee Ann Jaerschky, I accompanied her to the Harbour Club in Belleville for a training session. Despite ominous rain clouds, the 11 women waiting on the dock were in high spirits and ready to go. After receiving their instructions from Pat Bradley, coach and owner of the Belleville Dragon Boat Club, the team members boarded the boat and began their workout.

For a group largely made up of women aged

50 and above, the power they displayed was awe-inspiring. It definitely wasn't muscle that drove the boat forward, but the

It definitely wasn't muscle that drove the boat forward, but the sheer will and determination only a life-changing experience like cancer can deliver.

sheer will and determination only a life-changing experience like cancer can deliver.

Some may question why these women simply do not form a support group in the comfort of

someone's home instead of braving the elements and back-breaking exercise. Lee Ann said it best during our car ride to Belleville, "When I'm out on the water I feel like I've never been sick a day in my life". She added, "If you go through something negative, you lose it if you don't turn it into something positive."

Having never had breast cancer, I can't imagine the ordeal these ladies have gone through. I can, however, see why they return week after week to the peaceful waters of the Belleville Harbour. With each dip of the paddle, my worries and stress were pushed away with the water we left behind, replaced with the task of keeping in rhythm with your teammates. It almost pained me to have to head back to the docks when the rain finally did begin.

I cannot thank the Pink Dragons enough for such an excellent opportunity. As their newest honorary member, I hope to join them again soon.



News is an essential element of keeping a community connected. Get yours weekly from



June

- 1 PASSPORT PROMOTION TO JUNE 6
- 11 FATHER'S DAY SIDEWALK SALE TO JUNE 15
- 21 QUINTE INTERNATIONAL AIR SHOW SHUTTLE BUS SERVICE TO JUNE 22
- 24 BLOOD DONOR CLINIC



July

- 1 CANADA DAY MALL CLOSED
- 11 WATERFRONT FESTIVAL WEEKEND SHUTTLE BUS SERVICE TO JULY 13
- 14 STICKY SUMMER SIDEWALK SALE TO JULY 20



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

SPRING SAVINGS EVENT

More features, more style, more value. GET IT ALL THIS SPRING.

MSRP \$24,995**
EX model shown†



HIGHEST SAFETY RATING POSSIBLE††
5-STAR FRONTAL IMPACT RESISTANCE
5-STAR SIDE IMPACT RESISTANCE



THE BEST WARRANTY IN THE BUSINESS

- 5-YEAR/100,000 KM COMPREHENSIVE WARRANTY
- 5-YEAR/100,000 KM POWERTRAIN WARRANTY
- 5-YEAR/100,000 KM EXTRA CARE ROADSIDE ASSISTANCE



DON'T PAY FOR 12 MONTHS

OR DON'T PAY FOR 4 MONTHS AND GET 0% PURCHASE FINANCING UP TO 48 MOS.§

OR PURCHASE NOW AND WE'LL PAY YOUR GST††

2003 SEDONA LX – World Class Safety

LEASE FROM **\$239*** PER MO./60 MOS. \$0 SECURITY DEPOSIT ONLY \$3,850 DOWN PAYMENT

OR 0% PURCHASE FINANCING AND DON'T PAY FOR 4 MONTHS
• 3.5 L V6 DOHC engine • 5-speed automatic • Front & rear • A/C
• Cruise control • Power windows, locks & heated mirrors • AM/FM/CD stereo • Rear privacy glass • Dual airbags • Wiper de-icer • Dual sliding doors • Tilt steering • 7-passenger seating • 8 cupholders • And more

On now for a limited time at a Kia Dealer near you.

Boyer Kia 60 Millennium Drive 966-9990



Other lease and finance options available. See dealer for details. *Leasing plans OAC provided by Kia Canada Financial Services. Available on 2003 Sedona LX (SD7523) [the "Featured Models"]. Based on a 60 month lease rate of 3.13% and a down payment or trade equivalent of \$3,850. First month's lease payment of \$239, plus \$1,085 delivery and destination, and a \$350 acquisition fee, due upon delivery. Total lease obligation for the Featured Models based on an MSRP of \$24,995 is \$18,190 and the option to purchase at end of lease for \$9,179.40 plus applicable taxes. Lease has 20,000 km/year allowance (other packages available) and \$0.10/km for excess. **2003 Sedona LX MSRP from \$24,995. Licence, registration, insurance, delivery and destination, and taxes are not included, unless otherwise stated. MSRP of the Featured Models is shown above. Prices subject to change without notice. Dealer may sell/lease for less. 0% purchase financing is available for a maximum of 48 months. All purchase financing offers exclude delivery and destination, licence, insurance, administration fees and all applicable taxes. §Purchase financing example: \$10,000 at 0.0% purchase financing per annum for 90 days, monthly payment is \$0, cost of borrowing for the first 90 days is \$0 and total still owing after the 90 days is still \$10,000. After 90 days, \$10,000 financed at 0.0% equals \$208.33 per month for 48 months; C.O.B. is \$0 for a total obligation of \$10,000. ‡"Don't Pay for 12 Months" purchase financing example: \$10,000 at 0.0% purchase financing per annum for 11 months, monthly payment is \$0, cost of borrowing for the first 11 months is \$0 and total still owing after the 11 months is still \$10,000. After 11 months, \$10,000 financed at 6.89% equals \$238.95 per month for 48 months; C.O.B. is \$1469.72 for a total obligation of \$11,469.72. ††"Purchase now and we'll pay your GST" offer applies only to cash purchases concluded and fully paid on the day of the transaction. Does not apply to units financed with Kia Canada Financial Services. A discount of 7% will be applied based on the negotiated amount (up to a maximum of 7% of MSRP). Monthly payment and cost of borrowing will vary depending on amount borrowed, the term and down payment/trade. Certain restrictions may apply. †Featured models are not exactly as illustrated. ††NHTSA (National Highway Traffic Safety Administration) test results. Visit www.nhtsa.dot.gov/ncap for full details. See your participating Kia dealer for details. For a limited time only. KIA is a trademark of Kia Motors Corporation.



TRENTON Military Family Resource Centre



MASS SCHEDULE HORAIRE DES MESSES

Senior Chaplain - Aumônier Supérieur: Major Lloyd Clifton Local 3665

OUR LADY OF PEACE CHAPEL (RC)
NOTRE-DAME DE LA PAIX (CR)

Padre Bastien Leclerc (RC)
Recteur de Chapelle Local 3487
(Chapel Life Coordinator / Responsable de la communauté chrétienne)

Padre Allan Murphy (RC) Local 3312

MASSES -MESSES

Messe Dominicaine: 0900 hrs (français)

Sunday Mass: 1130 hrs (English)

Weekdays (W-F): 1200 hrs (Bilingual)

CONFESSION

At all times. En tout temps.

BAPTISMS / BAPTÊMES

Please allow at least 30 days notice for preparation.
Communiquez avec l'aumônier au moins 30 jours avant la date désirée.

MARRIAGES / MARIAGES

You must contact the chaplain's office prior to selecting a date.
You must obtain a recent copy (less than six months old) of your baptismal certificate prior to booking appointment with chaplain.

Veuillez prendre rendez-vous avec l'aumônier avant de choisir la date. Vous devez apporter avec vous une copie récente (datée de moins de six mois) de votre certificat de baptême.

ST CLEMENT ASTRA CHAPEL
(Protestant) Services

Padre Catherine Morrison (ACC) Local 2314
Padre Matthew Lucas (Baptist) Local 3286
(Chapel Life Coordinator)

Sunday: Divine Worship 1015 hrs

Holy Communion: First Sunday of the month

Wed. - Anglican Eucharist at 1230 hrs

CHAPEL ORGANIZATIONS

Men's Club 1st Tues of the month 1800 hrs

Ladies Guild: Last Tues of the month 1930 hrs

BAPTISMS

Allow at least one month's notice for preparation.

MARRIAGES

You must contact the chaplain's office prior to selecting a date. Please allow at least six months.

PARISH ORGANIZATIONS

Parish Council 3rd Thurs 1900 hrs

Knights of Columbus 1st Thurs 1900 hrs

CWL: 2nd Tues 1900 hrs

Chorale: Mercredi 1900 hrs

Choir: Tues at 1900 hrs

Silhouettes of Mary: 2nd and 4th Thurs at 1830 hrs

After working hours please call the base operator at 392-2811 and ask for the duty chaplain.
Après les heures de travail, appelez la téléphoniste de la base au 392-2811 et demandez à parler à l'aumônier en devoir.

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

"Wednesday activities"

Wednesday evenings, 6 - 8 p.m. Variety of events will be planned for each week. Please call ahead.

May 28 - "Health Promotions" with Cheryl Rothenberg

June 4 - "Save money & eat well" with Daniel Béland

"Activités du mercredi"

Les mercredis de 18h à 20h, une diversité d'activités sont planifiées. S'il vous plaît, téléphonez à l'avance

28 mai - "Promotion de la santé" avec Cheryl Rothenberg.

4 juin - Épargnez vos sous & mangez bien" avec Daniel Béland.

SECOND LANGUAGE TRAINING FOR TEENS



Two new programs are available this Summer for students aged 10 to 14 years. For young people registered in French immersion it will help them maintain and improve their level of French over the summer period. This program will help those students in immersion Indoor and outdoor activities will focus primarily on language acquisition.

For young people who need a little extra help with their oral English. This program will help young francophones to improve their English in a "painless" out of school environment

We are offering 6-week programs (broken down into 2 weeks sessions) from July 7 until August 15. These programs will be given five mornings a week from 9 a.m. to 12:00 p.m. at the Siskin Centre. The cost is \$40.00 per

two weeks sessions for military family members and \$50.00 per two weeks sessions for non-military members of the community. For further information or to register call Manon at 392-2811 ext 3852 or the reception desk at 965-3575. If your child is younger than 10, let us know, we can always add a second group if we have enough interest.

True colors©

True Colors© (Vraies Couleurs)

Date: Thursday, June 12th, from 6:00 to 8:30 pm.

This interactive workshop offers you the opportunity to discover your potential and establish positive relationships with others that promote learning and teamwork. True Colors© is an easy, entertaining way to identify your character which becomes an invaluable tool for enjoying success in your professional life as well as with family and personal relationships.

Please register in advance by contacting Manon Lachance at 392-2811 ext. 3852 or 965-3575. Maximum of 20 participants.

Date: jeudi le 12 juin de 6h à 8h30.

Les Vraies Couleurs, qui sont conçues en fonction du besoin de respect, de dignité, de confiance en soi-même et d'estime de soi, ont été créées pour devenir le véhicule par lequel nous communiquons avec les autres. Les Vraies Couleurs représentent une façon simple et amusante d'apprendre à se connaître et à connaître autrui. La détermination de votre couleur devient un outil inestimable qui vous aide à avoir du succès sur le plan professionnel, familial et interpersonnel.

Réservez en appelant Manon Lachance au 392-2811 poste 3852 ou la réception au 965-3575. Maximum de 20 participants.

COURS DE LANGUE SECONDE POUR ADOS

Deux nouveaux programmes sont disponibles cet été pour les étudiants âgés de 10 à 14 ans. Débutant le 7 juillet nous offrons ces programmes d'une durée de six semaines (sessions de deux semaines chacune). Ces programmes prendront fin le 15 août. Pour les jeunes qui sont inscrits en français d'immersion. Ce programme aidera les étudiants d'immersion à maintenir et améliorer leurs connaissances de la langue française durant l'été. Il y aura des activités à l'intérieur et en plein air qui ont l'acquisition du langage comme but principal.

Pour les jeunes qui ont besoin d'un peu d'aide à s'exprimer en anglais, cela aidera les jeunes francophones à améliorer leur anglais dans un milieu moins structuré que l'école. Il y aura des activités à l'intérieur et en plein air qui ont l'acquisition du langage comme but principal.

Ces programmes se donneront au Centre Siskin cinq avant-midi par semaine de 9h à 12h. Le coût est \$40.00 par session pour enfant de militaire et \$50.00 par session pour enfant de civil de la localité. Appelez Manon au 392-2811, poste 3852 ou la réception au 965-3575 pour de plus amples renseignements ou pour vous inscrire. Si votre enfant est plus jeune que 10 ans et vous êtes toujours intéressé, dites-le nous! On peut faire un deuxième groupe s'il y a lieu.

What are you waiting for!

Call the MFRC today to see what they can do for you.

Contactez le CRFM pour plus d'information

965-3575.

Have your say!

Votre opinion compte!

A consultation regarding the future of the Military Services Program "The Way Ahead"

Une consultation sur l'avenir du Programme de services aux familles des militaires "La voie de l'avenir"

WWW.thewayahead.ca



École élémentaire catholique L'envol

Bienvenue

École de la maternelle à la 8e année

Pour l'inscription de votre enfant

45 promenade Johnson, Trenton
613-392-5590



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

SCOOPS ICE CREAM PARLOUR

• Shakes • Juices • Sundaes • Banana Splits
• 33 Flavours of Hard Ice cream

Skor	Mint Chocolate	Cookies & Cream
Bordeaux Cherry	Pralines 'n Cream	Bubble Gum Blowout
Oh Henry	Cotton Candy Carnival	Orange Sherbet
Bengal Tiger	Canadian Maple Walnut	Peach Mango Tango
Creamsicle Swirl	Butterscotch	Classic Chocolate
Heavenly Hash	Peanut Butter	

And Many More

Big Patio Open 1:00-9:30

GUEST INN 265 Dundas Street East
(across from Zellars) 392-2566



Changes made to the Superannuation Act

OTTAWA, May 15 /CNW/ - The Minister of National Defence, the Honourable John McCallum, today introduced legislation in the House of Commons to amend the Canadian Forces Superannuation Act.

"With these amendments the men and women of the Canadian Forces - both Regular and Reserve - would have modern benefits to ensure their well being," said Minister McCallum. "An up-to-date pension plan is one of the tools we need to retain and to attract the best and the brightest."

Modernizing pension arrangements is another positive response to the Standing Committee on National Defence and Veterans Affairs 1998 Report on Quality of Life in the Canadian Forces. Among its recommendations was a call to improve compensation and benefits for military personnel.

"Looking after our people is one of our key priorities," said the Chief of the Defence Staff, General Ray Henault. "A modern pension is one of the ways we will help maintain our people's confidence in their futures and ensure they are available to meet the current and emerging challenges facing the Canadian Forces."

SAWGATE is offering

Learn to Use a Scrollsaw

at 8Wing Wood Hobby Shop

Course Duration : 6 weeks

Course Starts: June 2, 2003 Ends July 7, 2003

Time: 1900-2100Hrs

INFO / REGISTRATION

SISKIN CENTRE

MAY 28, 2003 - 1900Hrs.

Open to all DND employees,
8Wing personnel & dependants

Co-ed or all female courses available.

14 yrs and over

For more info call:

Peter Bondett 965-1288

HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
May 25 - 31

ARIES (March 21-April 19): Don't let your passion take over and lead you astray on the 25th, 26th and 27th. Temptations may be intriguing, but don't fool yourself. Deception is evident when it comes to an affair of the heart. Think about your future on the 28th and 29th and what you can do to improve it. Changes to your routine on the 30th and 31st will result in some unusual discoveries that will alter your life.

TAURUS (April 20-May 20): Watch out for someone who is trying to put one over on you on the 25th, 26th and 27th. If an offer sounds too good, it probably isn't worth much. Leave your cash in a safe place. Focus on what you can do on the 28th and 29th instead of what is holding you back. Don't be misled. Fretting will be a waste of time. Expect an altercation on the 30th and 31st. If you are honest, it will be much easier to resolve such issues.

GEMINI (May 21-June 20): Get involved in community events on the 25th, 26th and 27th and you will make a whole new circle of friends. You will attract potential partners and should be receptive to any proposals being offered.

Be sure to get promises in writing on the 28th and 29th. If you hear a secret, keep it to yourself. Your concerns may be warranted on the 30th and 31st. Take a wait-and-see approach to any situation you face.

CANCER (June 21-July 22): Expect to have a blow-up with someone you care about on the 25th, 26th and 27th. Back down or it could take a long time to get this relationship back on track. Rethink your goals. Your versatile mind and strong need to communicate will attract all sorts of attention on the 28th and 29th. Don't let your past hold you back on the 30th and 31st from doing something that could change your life.

LEO (July 23-Aug. 22): Travel or educational pursuits appear to be extremely beneficial for you on the 25th, 26th and 27th. Make personal changes that will help you feel more confident about yourself. Refrain from jumping to conclusions on the 28th and 29th about an emotional issue. Talk things over reasonably. Take charge on the 30th and 31st and you will feel good about yourself. Offer your home for a group meeting.

VIRGO (Aug. 23-Sept. 22): Get together with family members who have something to offer on the 25th, 26th and 27th. The information you receive will enable you to make a financial move. The possibility of coming into cash is likely. Someone will believe in you on the 28th and 29th. Share your ideas and seek the support you need. Cutbacks are evident on the 30th and 31st, which could jeopardize your current position or a personal investment.

LIBRA (Sept. 23-Oct. 22): A new relationship can begin on the 25th, 26th and 27th, but you should be sure you are over someone from your past before you start anew. It's better to be safe than sorry. A promise that someone makes on the 28th and 29th will not be fulfilled. Don't put your own cash on the table. You will want to get involved in something that promotes learning, travel and communication on the 30th and 31st.

SCORPIO (Oct. 23-Nov. 21): Put some effort into your future on the 25th, 26th and 27th. Don't shy away from socializing with potential business partners. Let them get to know you better. Play by the rules on the 28th and 29th. This is not the time to let emotional matters escalate. Don't make changes. Added responsibilities are likely on the 30th and 31st. If you get too worked up you may end up feeling sick.

SAGITTARIUS (Nov. 22-Dec. 21): You will attract a lot of attention on the 25th, 26th and 27th, not to mention potential partners. Don't hesitate to travel if there is something interesting that you want to attend. Be creative in everything you do on the 28th and 29th and you will get the recognition you deserve. Make plans to keep busy on the 30th and 31st. Avoid any talks that could lead to a sticky situation.

CAPRICORN (Dec. 22-Jan. 19): If you lend money or possessions on the 25th, 26th and 27th to someone you are close to, you won't get them back. Reevaluate some of the relationships you are currently involved in. Shopping will be lots of fun on the 28th and 29th. You will be able to help someone younger accomplish. Sudden change can be expected on the 30th and 31st. Things may not be as bad as you think if you hold tight.

AQUARIUS (Jan. 20-Feb. 18): Friends and relatives will give you some good advice regarding your personal situation on the 25th, 26th and 27th. An opportunity to form a partnership is apparent. Be original and do your own thing. Disillusionment on the 28th and 29th will be a result of someone close to you being deceptive. Be careful. Be creative in your choices on the 30th and 31st. Spend time with someone who has captured your attention.

PISCES (Feb. 19-March 20): Help others solve their personal or financial problems on the 25th, 26th and 27th and you will receive some very interesting advice if you listen. Financial matters can be cleared up. You will be dynamic and capture attention on the 28th and 29th. Step into a leadership position and help others. A problem with a family member will surface on the 30th and 31st if you are despondent and refuse to help out.

LOCAL SERVICES AND TRADES

**To
Serve
You**

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

<p style="text-align: center;">Auto Detailing</p> <p style="text-align: center;">Bonnie's Auto Spa</p> <p style="text-align: center;">Complete Auto Cleaning Reasonable Rates Fast Service Pick-Up & Delivery</p> <p style="text-align: center;">"Let Me Pamper Your Vehicle"</p> <p style="text-align: center;">25 Frankford Cres. Unit 43 Building 1, Trenton 921-0734</p>	<p style="text-align: center;">Auto General Repairs</p> <p style="text-align: center;">Cannifton Garage 2000 Ltd.</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>✓ Tune-ups ✓ Springs ✓ Suspension Service</p> </div> <div style="width: 45%;"> <p>✓ Safety Inspections ✓ General Repairs</p> </div> </div> <p style="text-align: center;">Cars - Trucks - Vans - Buses Trailers & Heavy Trucks</p> <p style="text-align: center;">Parts & Service - Call Kevin 613-962-1132 at Hwy. 37 & Casey Rd., Belleville</p>	<p style="text-align: center;">Auto/New/Used/Lease</p> <p style="text-align: center;">AWARDING \$15,000 CASH</p> <p style="font-size: small;">Trenton Chrysler Dodge Jeep is giving away \$15,000 dollars! If you are considering buying a new or used vehicle you've got to go & see Trenton Chrysler, they are giving away \$15,000 to one of their customers who purchases or leases any new or used vehicle. To win, be one of the first 250 buyers & you'll automatically entered in the draw. One winner will take home \$15,000 cash.</p> <p style="font-size: small;">The draw takes place Saturday June 7th, 2003, 11:00a.m. Live at the dealership!</p> <div style="text-align: center; border: 1px solid black; padding: 2px;"> <p style="margin: 0;">TRENTON CHRYSLER</p> <p style="font-size: x-small; margin: 0;">CHRYSLER DODGE JEEP SUV May 23 through the 11th South of 401 Trenton • 965-6570 See dealer for details. Vehicles must be delivered within the contest period. Wholesale vehicles do not apply.</p> </div>	<p style="text-align: center;">Carpet/Upholstery Cleaning</p> <p style="text-align: center;">MAGIC WAND HOME SERVICE</p> <p style="text-align: center;">Perry & Patricia Lockhart <i>Owner/Operator</i></p> <ul style="list-style-type: none"> • Steam Clean Carpets & Upholstery • Steam Clean Blinds & Drapes • General Home Repair & Renovations • We also steam clean cars, buses, RV's, trailers, planes etc. <p style="text-align: center;">We are your total home care service</p> <p style="text-align: center;">1-613-849-6471 email: magicwandhomeservice@yahoo.com</p>
<p style="text-align: center;">Cleaning Service</p> <p style="text-align: center;">Let another one fight the dust!</p> <p style="font-size: small;">Residential & Commercial Fully Insured & Bonded</p> <p style="font-size: small;">Seniors Discount Free Estimates</p> <p style="text-align: center;">Maid Easy Call Cleaning Service 394-2852</p>	<p style="text-align: center;">Computer/Sales/Service</p> <p style="text-align: center;">the GEEKOOSHACK</p> <p style="text-align: center;">199 Front Street Century Place Belleville, Ontario 613-968-6602</p> <p style="font-size: small;">PC's, UNIX®, Networking Sales, Service & Consulting</p> <p style="text-align: center;">Apple Authorized Reseller</p>	<p style="text-align: center;">Computer Specialist</p> <p style="font-size: small;">www.computersystemspecialist.cjb.net</p> <p style="text-align: center;">Home & Small Business</p> <p style="text-align: center;">PC Repair, Networking & Web Design</p> <p style="text-align: center;">Always the lowest rates GUARANTEED!!</p> <p style="text-align: center;">967-9603</p>	<p style="text-align: center;">Dehumidifiers</p> <div style="display: flex; justify-content: space-between; font-size: x-small;"> <p style="transform: rotate(-45deg);">Mildew? Dampness?</p> <p style="transform: rotate(45deg);">Rotting? Condensation?</p> </div> <p style="text-align: center;">Welcome to Dehumidifier Family</p> <p style="text-align: center;">Hercules Industrial Agricultural Mother's Helper Household Teacher's Aid Portable Classrooms</p> <p style="text-align: center;">For More Information Call DEHUMID INC. 613-967-0390 www.dehumid.com</p>
<p style="text-align: center;">Electrician</p> <p style="text-align: center;">Barink Electric</p> <p style="text-align: center;">Residential & Commercial</p> <ul style="list-style-type: none"> • Free Estimates • Upgrades, New Installations • Central Vac Installed • Renovations • Phone Lines Installed <p style="text-align: center;">RR4 Trenton 392-9404</p>	<p style="text-align: center;">General Contractors</p> <p style="text-align: center;">LUYMES Construction Ltd. General Contractors</p> <p style="font-size: small;">Kitchen & bathrooms, rec-rooms, additions, replacement windows, refacing kitchen fronts & stairways, textured ceilings & fireplaces.</p> <p style="text-align: center;">962-7039 848-9996 E-mail: luymes@reach.net Free Estimates In business since 1967 www.luymesconstruction.com</p>	<p style="text-align: center;">Hardwood Flooring</p> <p style="text-align: center;">GAYLORD Forest Products Ltd.</p> <p style="font-size: small;">QUALITY PREFINISHED HARDWOOD FLOORING & TRIM Oak, Maple, Ash, Cherry, Birch, Hickory & Walnut SOLID OAK FLOORS Starting at \$1.99 sq.ft.</p> <p style="font-size: small;">Ask about our Free Delivery or Free Nailer We make house calls at your convenience. Contact: Robert Thurston - 613-478-5301 Visit our website: www.gaylordforestproducts.com email: lewis@gaylordforestproducts.com</p>	<p style="text-align: center;">Health Service</p> <p style="text-align: center;">Alternative Health Service</p> <p style="text-align: center;">Laura Brittain D.Ac.</p> <p style="font-size: small;">Acupuncture Treatments</p> <ul style="list-style-type: none"> • Chronic pain relief • Eliminate the effects of stress • Pain free treatments • Professional relaxing atmosphere <p style="text-align: center;">Capelli Salon 79 Ontario St. Trenton 394-3391</p>
<p style="text-align: center;">Home Improvement</p> <p style="text-align: center;">LITTLE LAKE HOME IMPROVEMENTS</p> <p style="text-align: center;">Hugh Salmon</p> <ul style="list-style-type: none"> • Carpentry • Drywall/Taping • Bathroom Renovations • Home Repairs of All Kinds <p style="text-align: center;">Tel: 613-475-9611 Toll Free: 1-866-475-9611</p>	<p style="text-align: center;">Roofing</p> <p style="text-align: center;">STEVE PHILLIPS ROOFING</p> <ul style="list-style-type: none"> • Asphalt Roofing Specialist • 5 Year Workmanship • Guarantee • Free Estimates • Fully Insured <p style="text-align: center;">"When Quality Counts" Call Steve 394-1411</p>	<p style="text-align: center;">Storage</p> <p style="text-align: center;">BIGFORD STORAGE</p> <p style="font-size: small;">Household & Commercial - You store it - You lock it & keep key 24 hours - 7 days a week - 468 Bigford Rd., Brighton</p> <p style="text-align: center;">475-6500</p> <p style="font-size: x-small;">5x5 - \$25/mo 10x10-\$60/mo 10x20 - \$100/mo 5x10 - \$48/mo 10x15-\$80/mo 10x30 - \$160/mo</p>	<p style="text-align: center;">Tree Service</p> <p style="text-align: center;">TRENTON TREE SERVICE</p> <p style="font-size: small;">Tree Trimming & Removal, Chipping & Stumping Call Geo and Ray anytime</p> <ul style="list-style-type: none"> • Free Estimates • • Fully Insured • <p style="text-align: center;">A fair price for everyone 392-7415</p>



Here it is--the ugly underbelly of boom times

it's your Money



Garth Turner

The last time we truly had a real estate boom--one that lasted more than a couple of years and set new historic records for sales activity and average houses prices--was way back in the late 1980s.

Lots of things are different this time around, of course, but there are some notable similarities. Some people see them as signs of impending doom. One is the fixation with condos. Condo sales have exploded, especially in Toronto and the regions surrounding it, and it's estimated that a third of all those units sold, but not yet built, have been purchased by investors. These folks, as I have pointed out before, could well be taking possession of their

rental units just as vacancy rates hit a 30-year high and rents crumble. Meanwhile a glut of units in the pipeline means no chance of selling for more than they paid. If you liked 1992, then you will love 2004. And there is this other phenomenon that always seems to roll around when real estate is hot--no money down financing. Back in the evil Eighties, no-money-down strategies were pretty well the exclusive domain of a handful of get-rich-quick gurus like Raymond Aaron. They taught eager disciples how to scoop houses for tax arrears, for example, and buy a property with a credit card. It occurred to me at the time that no-money real estate proba-

bly appealed to people without money, who were the least suited to be buying during a housing boom at inflated prices with 100 per cent debt. As it turned out, I was right.

Today, as in 1989, we have hit a new historic high for the price of an average house, not just in Sarsville, but across the entire country. And guess

with good cash flow but absolutely no savings buy a nice house with juicy monthly payments. Meanwhile upstart mortgage broker, Kingsdale Mortgages, is doing exactly the same thing, catering to people with nice jobs and lousy personal finance habits. But the most surprising development comes from an unlikely source: nor-

in the other 5 per cent on its own. The catch is just that borrowers need to take out a long-term mortgage, preferably one that has a rate locked in for the next seven years. Now, for some people, this kind of financing makes perfect sense. They may have just been Hoovered by an expensive divorce, for example. Or perhaps it's a young,

estate, like most things, is cyclical. Today we are in an up market fuelled by some of the lowest borrowing rates in a generation, plus a huge migration of money away from financial assets like stocks and mutual funds (as detailed here last week) and into physical assets like real estate. So, every buyer right now should be quite aware that he or she is paying top dollar - a price that could not be seen again for many years (remember, it took from 1989 to 2002 for buyers to break even). Also borrowers getting their mitts on money are doing so at rock-bottom prices. Over the next five years I can bet what the direction of interest rates will be, and it's not down. So, if you have been tempted to buy a piece of real estate with no downpayment and 100 per cent debt, I hope your favourite food is Tums.

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

So, every buyer right now should be quite aware that he or she is paying top dollar - a price that could not be seen again for many years (remember, it took from 1989 to 2002 for buyers to break even). Also borrowers getting their mitts on money are doing so at rock-bottom prices. Over the next five years I can bet what the direction of interest rates will be, and it's not down.

what? No-money real estate is back, this time bigger and more legitimate than ever. Xceed Mortgage Corporation, which is partially owned by the Bank of Montreal, has introduced a 100 per cent mortgage which is designed to let people

conservative Scotiabank, which has thrown caution to the winds and created a no-money-down mortgage of its own. In this model, the bank will offer people the normal 95 per cent financing now allowed, and then throw

professional couple with killer jobs but not much cash left after buying that first Boxster. For these buyers, it means they can have a house without waiting - which is just the way people like to live these days. But let's not forget that real

Dr. Garry Solomon

Certified Specialist in Orthodontics

187C North Front St.
Belleville, Ontario

966-1313

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

E-mail: info@whitley.net

"SAVE MONEY, CALL FOR A QUOTE"

41 Dundas Street W. Trenton

AUTO - HOME - BOAT - LIFE - INVESTMENTS

Credential™
securities

Member of Credential Group

251 RCAF Rd., P.O. Box 278

Trenton, ON K8V 5R5

- Stocks • Mutual Funds • Bonds
- RRSP • RRIF • GIC
- Severance Investments

Tel: (613) 394-6589 Fax: (613) 394-4903

E-Mail: dlockey@qcscu.com



Don Lockey
Investment Advisor

Member: CIPF

Getting ready for a move--things to do

(NC)—Few will argue that moving day can be very stressful. There are a great number of details that need to be addressed between the time you negotiate the deal on your home, and the day you take possession. Planning ahead could help take away some stress and turn your moving day into the rewarding experience it should be. Here are a few things for you to consider before your move:

1. Do a final walk-through. Before closing takes place, take one last look around the home. Check taps and flush toilets to ensure that the plumbing is working correctly. Check electrical systems by testing light switches and outlets. Look for any loose wires or potential hazards. If you find any problems before closing, you may be able to request that they are fixed before the deal

is completed.

2. Find the right moving company and book early. When choosing a mover, look for more than just the best price. Some companies will be less than forthcoming with any negative track records. You can check with your local Better Business Bureau to see if any complaints have been filed against the company, or ask family and friends for a recommendation. Once you have decided on a mover, be sure to call and book your moving date early to avoid disappointment.

3. Look into moving insurance. Because accidents happen, a little money spent on insurance can go a long way for added peace of mind. The amount of coverage required will usually be calculated either by weight, by volume or by the estimated value of your belongings.

4. Make sure utilities are working. If the home you are moving into has been vacant for some time, you may want to make sure the utilities are operating on your moving day, such as power, water, phone, etc.

5. Keep in mind additional closing/moving costs. Although closing costs vary from area to area, you can typically expect to pay anywhere from three to six per cent of the purchase price in closing costs. Often a new home will require some new furniture or household products, and these costs can quickly add up. You may want to look into cash-back offers when you are negotiating a mortgage to help with these costs.

6. Remember to change your address. Change your address with Canada Post at least two weeks before your move.

Check it out! The RRSP Home Buyer's Plan

(NC)—For many Canadians, contributing to an RRSP is an important part of planning for retirement. However, as part of your overall financial plan, your RRSP savings can help you reach other important goals along your way to retirement. For example, your RRSPs can help you invest in your first home by providing you with funds for your downpayment.

Saving for a downpayment used to be the biggest

barrier between first-time buyers and their new home, but not anymore. Under the RRSP Home Buyer's Plan, if you're a first-time buyer, you and your spouse may each be able to withdraw up to \$20,000 tax-free from your RRSPs and use it for the downpayment.

Provided that you meet the conditions for participating in the Home Buyers' Plan, there are no tax penalties due to a withdrawal from your RRSP, and you can take up to 15 years to

pay back into your RRSP in annual installments. The catch is that you and your spouse must each be a first-time homebuyer. You are considered to be a first-time homebuyer if you have not owned a principal residence in the five calendar years prior to the withdrawal.

To participate in the Home Buyer's Plan, you must have entered into an agreement to purchase or construct a home, which is in Canada, was acquired

not more than 30 days before receiving the withdrawal under the RRSP Home Buyer's Plan, and is intended to be occupied by you as your principal residence within one year of buying or building.

An important point to remember is that to avoid any tax penalties, you must pay back the amount you withdraw for a downpayment over the 15-year period. You are expected to pay back 1/15 of the funds withdrawn each year.



Community Events

GENEROUSLY SPONSORED BY THE CENTRE THEATRE

CENTRE THEATRE - GRAND OPENING SPECIAL

TOTALLY RENOVATED INCLUDING D.T.S. SOUND

FRIDAY MAY 23 - \$5.00 ADMISSION - DOORS OPEN AT 6:00 PM

PRIZES, POSTERS & FUN

MOVIE LINE-UP

- Bruce Almighty (PG) - Jim Carrey
- Matrix Reloaded (14A) - Keanu Reeves
- Daddy Daycare (G) - Eddie Murphy

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.ca, at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.

GIANT YARD SALE!!

Saturday May 31, 2003
8:00am – 4:00pm

Members who live outside of Middleton Park may rent a table for \$10 (proceeds go to the TMCC Emergency Fund)

Contacts: TMCC Events Coord: Cpl Ron Scali, local 2412
TMCC Mayor: Capt Sandy Ward, local 2465

MONTHLY BOOK SALE

THE FRIENDS OF TRENTON PUBLIC LIBRARY

BOOK BARGAINS

SATURDAY, MAY 31ST
BETWEEN 9 A.M. AND 1 P.M.
BEING HELD AT THE MUNICIPAL BUILDING (22 TRENT ST. NORTH) IN FRANKFORD.

Volunteers are needed to shelve books, if you wish to donate your time (two hours a week) please contact Kathy for further information at 392-2244.

Proceeds go to all Quinte West libraries.





Presented by

Rick Hansen

WHEELS IN MOTION



"If you believe in a dream, and have the courage to try, great things can be accomplished."
Rick Hansen, Canada's Man in Motion

The End Was Just The Beginning...

Eighteen years ago Rick Hansen embarked on his two-year, 40,000 km Man In Motion World Tour, becoming the first and only person to wheel the circumference of the globe in a wheelchair. His goal was to raise awareness about the potential of people with disabilities and funds for research, rehabilitation, wheelchair sport and prevention. Rick has remained dedicated to this goal and now has set his sights on an annual event asking Canadians to *get in motion*, make a difference and help make this dream become a reality.



Canadians Are On A Roll

Rick Hansen Wheels In Motion is the Rick Hansen Man In Motion Foundation's signature event to be held in communities across Canada on Saturday, June 14th 2003. Family, friends and colleagues pledge to wheel - on bicycles, wheelchairs, inline skates, etc. or by walking or jogging with the wheelers - to raise awareness and funds to improve the lives of people with spinal cord injury. Fifty percent of net proceeds raised in each community will be used to improve quality of life for people with spinal cord injury. The other fifty percent will support research to accelerate the discovery of a cure.

Scotiabank Joins The Team!

The Rick Hansen Man In Motion Foundation is pleased to welcome Scotiabank as the Presenting Partner for Rick Hansen Wheels In Motion. The success of Rick's Man In Motion World Tour was a direct result of having a strong team behind him. The same thing holds true for Wheels In Motion. We look forward to working together on this new national initiative.

Rick Hansen Wheels In Motion - Saturday, June 14, 2003
www.rickhansen.com



Get Involved

- Participate by wheeling, walking or jogging on June 14th, 2003
- Contact us now to find out how you can become an Event Leader and help organize a Rick Hansen Wheels In Motion event in your community
- Donations can be made at any Scotiabank branch

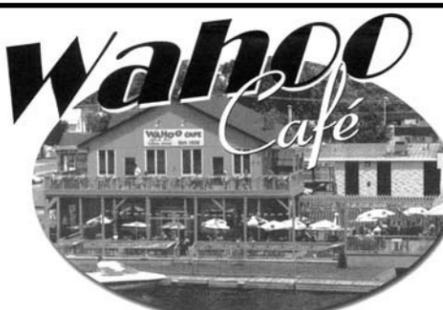
Visit: www.rickhansen.com, Email: comm.events@rickhansen.com, or Phone: 1.800.213.2131

Breadner Elementary School is having their annual fun fair and huge silent auction!

When: May 30th
Time: 5 - 8 p.m.
Where: 31 Gimli Road, Middleton Park



Bring the family for dinner and stay for the fun, which includes a new and exciting obstacle adventure that is sure to get you wet. There will be games for all ages, a cake walk, and yes, the best silent auction ever with wonderful items to bid on, including golf games. The items have been donated from business located between Trenton and Toronto.



- Cozy Family Dining Room (NO SMOKING)
- Huge Waterfront Patio
- Upper Level Sports Bar and Upper Balcony with NTN & QBI - Satellite T.V. (SMOKING)
- Private Banquet Room (for all occasions)

Casual Dining & Sports Bar
-specializing in-

STEAK • WINGS • SEAFOOD • PASTA • RIBS

RESERVATIONS REQUIRED 965-1939
2 Dundas St. E., Trenton
(Overlooking the Trent River)

Showcase

Congratulations! Félicitations!



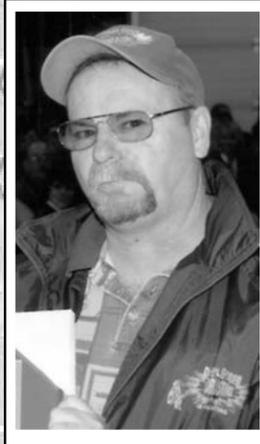
Cpl P. Englehart

was presented with her conversion to Officer Cadet by Maj W. Watson, WCEO & LCol R. Baker, WLEO.



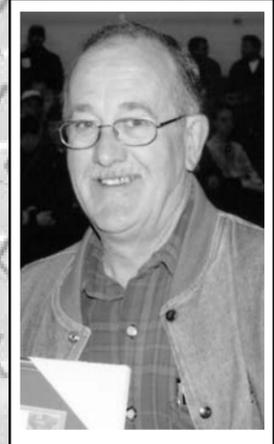
Mr Mike Preston

was presented with his 15 Year Long Service Award by Maj W. Watson, WCEO.



Mr Doug Whiting

was presented with his 25 Year Long Service Award by LCol R. Baker, WLEO.



Mr Don Leslie

was presented with his 25 Year Long Service Award by LCol R. Baker, WLEO.



Mr Dale Trevors

was presented with his 25 Year Long Service Award by LCol R. Baker, WLEO.



Mr Ron Bourgoin

was presented with his 25 Year Long Service Award by Maj W. Watson, WCEO.



Ms Jane Clements

was presented with her 15 Year Long Service Award by Maj W. Watson, WCEO.



Mr Jim French

was presented with his 15 Year Long Service Award by Maj W. Watson, WCEO.



MCpl J.R. Robinson

was presented with his SWASM by Maj W. Watson, WCEO.



MCpl St. John

was presented with his SWASM by Maj W. Watson, WCEO.



Wing Construction Engineering Flag

On 29 Apr 03, representatives from Wing Construction Engineering Squadron raised the Engineer flag at 8 Wing Headquarters to commemorate the 100th Birthday of the Canadian Military Engineers. In the flag party, from left to right, are: CWO D.Mouner (Sqn CWO), Capt C. Sawatzky (OC 86 ASU), Maj W. Watson (WCEO), Capt S. Vollhoffer (OC 85 ARFF - WFC), and Lt D. McClure (OC 81 AEF).



Wing Construction Engineering



Engineer Banner

Mounted on the Highway #2 overpass, a banner announces the 100th Birthday of the Canadian Military Engineers. This banner has since been replaced by a banner proclaiming the upcoming Quinte International Air Show. The Canadian Military Engineer Centennial Banner is now displayed beside the 8 Wing Trenton sign at the corner of Hwy 2 and RCAF Road.

Showcase

Congratulations! Félicitations!



MCpl E.F. Dasilva
was presented with his promotion to that rank by Maj M. Gartenburg



Lt P. Morck
was presented with his promotion to that rank by LCol S. Davenport, WAHRO



Nancy Hall
was presented with a certificate for 15 years of service by LCol S. Davenport, WAHRO



Dianne English
was presented with a certificate for 25 years of service by LCol S. Davenport, WAHRO



Sgt M. St. Onge
was presented with a promotion to that rank and his NATO Fry medal by LCol D. Murphy, CO 437 Sqn.



Sgt Pierre Robert
was presented with a promotion to that rank by LCol D. Murphy, CO 437 (t) Sqn.



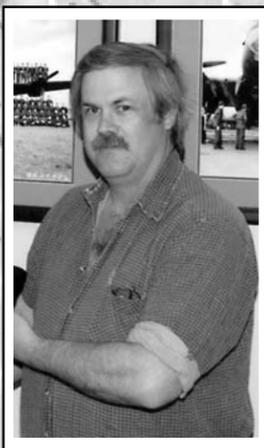
8AMS 10th Anniversary
CWO Good, LCol Cooke cut the cake.



Sgt Y. Morin
was presented with his promotion to that rank by LCol G.L. Smith, CO 429 Sqn



Sgt D. Vautier
was presented with a promotion to that rank by LCol G.L. Smith, CO 429 Sqn.



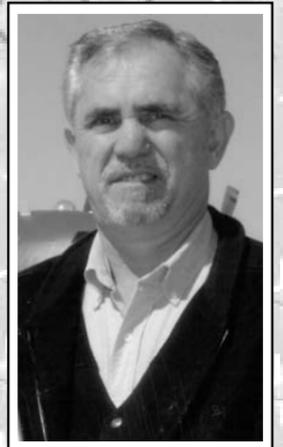
Mr Fred Sanders
creator of "The War Years" sign was presented with a Sqn T-Shirt & pen by LCol G.L. Smith, CO 429 Sqn.



Pte A. Smith
was presented with her first hook by A/W Sup O Capt N. Roy



MCpl D.M. Corry
Creator of the 10th Anniversary 8 AMS Crest



Mr John Morton
was presented with a Commanding Officers Commendation by LCol R. B. Cooke

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.

Advertise your business in The Contact!

Business Services

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

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

RUSHNELL FUNERAL HOME & CREMATION CENTRE
60 Division Street Trenton
392-2111

Business Services

Lost & Found Metal Detector Sales
Whites & Fisher Brands 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

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



Must be willing to get sore, tired muscles plus have a lot of fun!
Celebrate the International Year of the Volunteer by coming out to a Habitat for Humanity build.

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

News we can use?
Why not "Contact" us today!
Andrea LeBlanc (Editor), local 7005
Laurie McVicar (Assistant Editor), local 3978

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

HOUSE FOR RENT

North of Wooler, 2 bedroom Country house, garage \$575/month plus utilities, references, No Pets, adults preferred, available May 15. Call (613)398-6971, leave message.

Lost!
A lady's gold chain bracelet. Call local 3978.

For Rent

Classified Info Call
Rorrie,
392-2811 ext 3976

ANNOUNCEMENTS

Happy 2nd birthday Aidan!

Love from Mommy, Daddy and Max

EXTRA, EXTRA
Now you can sell your personal items in the Contact Classifieds for only a one-time charge of **99 cents!**
The ad (20 words or less), will run in the newspaper until it sells or you decide to keep it. (Items worth under \$1000 only please.)

"Your Gateway to the CFB Trenton Community"
www.cfbtrenton.com
"Your online source for community info-just a click away"

For Sale

FOR SALE
Nightstand \$25 obo, Entertainment Unit \$100obo, chair & Ottoman \$50 obo, Blue couch \$50 obo, Phone (613) 394-5792.

MOVING, MUST SELL!

Kenmore washer and dryer, \$250.
Mountain bike, \$50
Call 965-6724.

FOR SALE

1991 Pontiac transport van for sale. Mint condition, will never rust. Four new tires and brakes, tune up. Rides beautifully. \$4,000.
Phone (613) 965-0416.

Wanted

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

DEADLINES !!!

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

Crossword answers

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

Contact
WE'RE ON THE WEB!

www.cfbtrenton.com

Click on Contact
Now
you can browse the latest news stories on-line. You're one click away from finding out what's happening at Canada's largest Air Force wing.
(613) 392-2811
Ext. 7005 (editorial)
Ext. 2748, 7008 (ads)

Detect and eliminate mold in your home

(NC)—It thrives in dark and damp conditions, regardless of how warm or cold the temperature. Most types commonly found in indoor environments can result in the aggravation of respiratory conditions, such as asthma, allergies and sinus infections. What is this dangerous culprit breeding in your basement and making your family sick? It's none other than indoor mold.

According to the Canadian Mortgage and Housing Corporation more than 50 per cent of all homes show visible signs of high levels of basement humidity. Many homes have an overly humid basement, which breeds molds and other unhealthy microorganisms.

Mold health effects are well documented — children in homes with high mold show persistent, cold-like symptoms, 300% more than average. Also, most cases of sinusitis are a result of indoor molds.

How do molds cause these respiratory problems?

Most household molds are made of

microscopic yeast and mold species. They cause respiratory problems by releasing microscopic spores into the air, which carry mycotoxins, which cause the spore to be allergenic and toxic. These airborne spores stay alive by consuming nutrients from organic material, which is readily found in the home. These include wood, paper, dust, food, etc. This results in illness and breathing problems for those who suffer from any type of respiratory-related condition, such as asthma, allergies, nasal infections, COPD or emphysema.

Signs of a mold problem

- An increase in asthma and allergy attacks.
- Chronic leaks or wet areas often result in a mold problem.
- Mildew smell.
- Visible signs of mold.

• High humidity in the home, particularly the basement

Steps to reduce mold in your home

According to Jean Deslandes, of Venmar Ventilation, here are some key steps you can take to help eliminate the risk of health problems related to high humidity and mold.

- Clean surfaces where there is mold with bleach.
- Fix all sources of leaks, mold thrives in damp conditions.
- Check houseplant soil, make sure it is not always very damp.
- Keep firewood outside.
- Pay special attention to the basement where mold is most likely to be a problem. Keep it as dry as possible.
- Clean the shower floor frequently to ensure that mold does not accumulate.
- Most importantly,

ventilate and clean your indoor air. How? According to Deslandes, Venmar's latest technology in indoor air management, the Venmar Whole-house HEPA Air Purification system (Pur Air Machine), offers the best solution to reducing indoor pollution caused by mold spores by combining the efficiency of HEPA filtration and effective mechanical ventilation.

"The air purification system allows polluted air to exit and fresh air, filtered by HEPA filtration, to flow through the home," he added. "It also allows excess humidity and dangerous mold spores, volatile organic compounds (VOC), and carbon monoxide that are not captured by filtration, to escape the home." For more information on indoor air quality and mold call 1-800-567-3855 or visit www.venmar-ventilation.com.

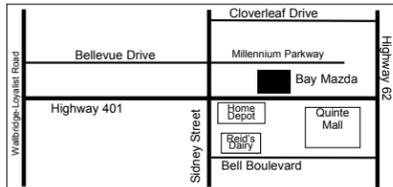


mazda

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 salesman for details.

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



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



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

amartin@royallepage.ca
"Service Bilingue"

André (Andy) Martin, CD1
RCAF/CFRETD
Sales Representative

**EXPERIENCE THE DIFFERENCE...
THE DIFFERENCE IS EXPERIENCE**

For Professional Service that you can depend on...call Earl and Joyce Monds
"We specialize in client satisfaction"
Bus: (613)392-2511
- 24hr pager
Fax: 392-9385
Res: 392-0544



Earl & Joyce Monds
Sales Reps.

We Give Air Miles



Lanthon Real Estate Ltd.

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



Lanthon Real Estate Ltd.



\$84,900.00

Family size 2 storey, east side of Trenton. School close by, hwd floors, pine kitchen, gas forced air heat, an excellent buy! Far cheaper than renting. Call Joyce Monds*
#2032732.



\$95,900.00

RENOVATED.
Spacious 3 bedroom on the west side, rough-in 2nd bath, bright basement could be in-law apartment, original oak trim and stained glass. Call Shelly Gregor* 969-2416. #2032728.



\$195,000.00

STOCKDALE BEAUTY.
2 Acre high ranch with finished rec room, large master with ensuite, 4th bedroom down, security alarm, large garage, much more! Call James Cowan*. #2032785.



\$99,900.00

Well upgraded-Newer windows, tub enclosure, re-levelled and insulated-2001, 2 bdms, central-air, large deck, fridge & stove. Call Bill Wallace*. #2026586.

*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

7 days, 8 am - 8 pm

394-6954
1-888-394-6954

www.allaroundthehouse.com

**TRUSTWORTHY & DEPENDABLE...
SO IS THE DOG**



Trent Valley Realty Ltd., Realtor
Independently Owned and Operated



Trenton
392-6594
Brighton
475-6594

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

Posted to Kingston in 2003?



Don Wyld, CD
Military Authorized Realtor

Automatic Buyer Representation

If a posting to our beautiful "Limestone City" of Kingston is where you are headed, please give me a call at the "TOLL FREE" number below and I will send you a "Worry-Ender Kit of Kingston" (with video) containing maps, home prices, school information, shopping facilities, transportation and more.

NEW HOMES BY "CARACO"
For a complete information package of new homes being built in Greenwood Park, minutes from CFB Kingston and RMC, and Cobblestone Ridge in West End Kingston. See the whole package at www.c21wyld.com

Please call or write:
Don Wyld, CD, Sales Rep.
#1 Barriefield Centre,
Kingston, Ontario,
Canada K7L 5H6

Fax 1-613-545-1101 or
Toll Free 1-800-438-9953

Visit the Canadian Military Relocation Network Website at www.interbaserealestate.com OR
Email: donwyld@kos.net



TOWN & COUNTRY REALTY INC.

FRIDAY, SATURDAY, MONDAY, TUESDAY & WEDNESDAY!

5 STAR 5 DAY CELEBRATION SALE

THIS WEEK'S DOOR CRASHERS

 <p>2002 DODGE RAM VAN 1500 Stk#3250A, 3,968 kms, white, auto, 8 cyl., tinted windows, bucket seats, air, cassette \$22,995 / \$177 bi-weekly</p>	 <p>2001 CHRYSLER PT CRUISER Stk#2450A, silver, auto, bucket seats, air, cassette, m cruise, tilt, keyless entry, pw, pdl, cd \$16,900 / \$128 bi-weekly</p>	 <p>1999 JEEP CHEROKEE Stk#203P, 44,858 kms, auto, 6 cyl., fog lights, tinted windows, air, cassette, pdl \$15,995 / \$140 bi-weekly</p>	 <p>2001 SATURN SC1 Stk#3325A, 29,700 kms, manual, 4 cyl., bucket seats, air, pdl, cd \$11,995 / \$88 bi-weekly</p>	 <p>1996 DODGE AVENGER Stk#3235A, 90,900 kms, green, auto, 4 cyl., spoiler, bucket seats, air, cassette, cruise, tilt \$7,595</p>
--	---	--	--	--

 <p>2000 CAVALIER Z24 Stk#216P, 49,700 kms, black, auto, 4 cyl., bucket seats, air, cd, cruise, tilt \$111 bi-weekly</p>	 <p>1999 NEON Stk#190PA, 55,479 kms, white, 4 cyl., bucket seats, air, cassette, tilt \$88 bi-weekly</p>	 <p>1998 DODGE CARAVAN Stk#3450A, 84,797 kms, taupe, auto, 6 cyl., bucket seats, air, pw, cruise, remote starter \$120 bi-weekly</p>	 <p>1997 DODGE RAM Stk#3037A, black, auto, 8 cyl., short bed, storage box, bed liner, air, cassette \$201 bi-weekly</p>	 <p>2000 DODGE DAKOTA Stk#230P, 42,500 kms, red, manual, 6 cyl., short bed, tonneau cover, air, cassette \$176 bi-weekly</p>
 <p>2001 DODGE RAM Stk#219P, 26,142 kms, black, auto, 8 cyl., short bed, tonneau cover, tow pkg., pdl, pw, cassette, cruise \$263 bi-weekly</p>	 <p>2000 GRAND CARAVAN Stk#228P, 68,383 kms, white, auto, 6 cyl., roof rack, bucket seats, air, cassette, cruise, pw, pdl, tilt \$148 bi-weekly</p>	 <p>2000 SUNFIRE GT Stk#215P, 37,573 kms, black, manual, 4 cyl., spoiler, air, cd, cruise, tilt \$111 bi-weekly</p>	 <p>1996 MERCURY VILLAGER Stk#3041A, 111,509 kms, red, auto, 6 cyl., bucket seats, air, cassette, cruise, tilt, pw, pdl \$11,900</p>	 <p>2000 DODGE DAKOTA Stk#241P, 32,000 kms, amber fire, auto, 6 cyl., bed liner, rear sliding window, air, cassette \$186 bi-weekly</p>



2000 CHRYSLER NEON
Stk#3277B, 68,652 kms, blue, 4 cyl., manual, bucket seats, air, am/fm stereo, tilt
\$80 bi-weekly



2003 CHRYSLER INTREPID
Stk#236P, steel blue, auto, 6 cyl., bucket seats, air, am/fm stereo, cd, pdl, pw, cruise, tilt
\$160 bi-weekly



2000 DODGE DAKOTA
Stk#229P, 59,000 kms, red, auto, 6 cyl., short bed, rear sliding window, air, cassette, cruise, tilt
\$195 bi-weekly



PURCHASE ONE OF THESE FINE PRE-OWNED VEHICLES AND YOU GET **\$500⁰⁰** IN **COMPLIMENTARY GAS!!**

VALID FRIDAY, MAY 23 TO SATURDAY, MAY 31, 2003

LIMIT 1 COUPON PER CUSTOMER
NO CASH VALUE - NOT TO BE COMBINED WITH ANY OTHER OFFER.



1999 FORD F150
Stk#211P, 74,776 kms, red, auto, 6 cyl., short bed, air, cd, cruise, tilt
\$167 bi-weekly



1998 CHEVY MALIBU
Stk#3002A, 106,000 kms, green, auto, 6 cyl., alloy wheels, air, cd, pw, pdl, cruise, tilt
\$101 bi-weekly



2001 GRAND CARAVAN
Stk#3440A, champagne, auto, 6 cyl., bucket seats, air, am/fm stereo cassette, cruise, pw, pdl, tilt
\$160 bi-weekly



2003 CHRYSLER SEBRING
Stk#214P, lava red, auto, 6 cyl., bucket seats, cd, pw, pdl, cruise, tilt
\$128 bi-weekly



2000 CHRYSLER INTREPID
Stk#222P, 42,927 kms, champagne, auto, 6 cyl., sunroof, air, pw, pdl, cruise, tilt, cassette
\$148 bi-weekly



1996 DODGE NEON
Stk#3045A, 95,674 kms, white, auto, 4 cyl., bucket seats, air, am/fm stereo
\$6,995

\$750 GRAD REBATE

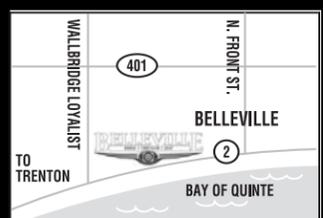
CERTIFIED PRE-OWNED VEHICLES

FEATURES AND BENEFITS OF CPOV VEHICLES!

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

ONTARIO'S NEWEST FIVE STAR CERTIFIED DEALERSHIP

FIVE STAR SERVICE
★★★★★
613-966-9936
1-888-757-9994
www.bellevilledodge.ca
HWY#2 W. BELLEVILLE



* All prices and payments plus applicable taxes, licencing, dealer administration. OAC payments based on varying terms from 48 - 72 months. Example: \$10,000 financed over 60 months at 7.95% has a total cost of borrowing \$2151.48. All payments are bi-weekly. 4.9% financing up to 24 months. See dealer for details.