

the contact

WOW!
I have sold \$2M 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

• March 07, 2003 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 38 Issue Number 10 •

BOUND FOR BOSNIA

Photo: Cpl Willie Langer, 8 Wing Imaging



MCpl Bryon Barker, a traffic tech at 8 Wing Trenton, directs Cpl Mike Fenton, a traffic tech reservist, where to place the cargo to be loaded onto the airbus. The Polaris 310 is on its way to Bosnia with supplies for the troops who are deployed on various tours.

Dental Plan changes benefit members

by Ruthanne Urquhart, Managing Editor, CFPN

The Treasury Board Secretariat has recently announced changes to the Public Service Dental Care Plan, taking some of the sting out of visiting the dentist for CF Regular Force member dependants and eligible Reserve Force members and their dependants.

With the change, the maximum reimbursement amount for any calendar year for an individual covered for eligible dental expenses (excluding orthodontic services) increases from \$1,300 to \$1,400. The maximum reimbursement

amount for a calendar year for an individual covered for eligible dental expenses (excluding orthodontic services) who joins the plan on or after July 1 of any year is now \$700. Both increases are retroactive to January 1, 2002.

It is not necessary for plan members to contact the plan administrator to receive reimbursement up to the new maximum on claims filed earlier in 2002 – Great-West Life will review and adjust all claims from plan members and their dependants.

All other provisions of the amended plan agreement will remain in effect until the end of this year.

Changements au Régime de soins dentaires avantageux pour les membres

par Ruthanne Urquhart, Managing Editor, CFPN

Le Conseil du Trésor a annoncé dernièrement des changements au Régime de soins dentaires de la fonction publique qui réduit légèrement le fardeau financier des visites chez le dentiste pour les personnes à charge des membres de la Force régulière des FC ainsi que pour les membres admissibles de la Force de réserve et leurs personnes à charge.

En vertu de cette entente, le montant maximum du remboursement pour toute année civile pour une personne couverte pour les soins dentaires admissibles (sauf les services d'orthodontie) passe de 1300 \$ à 1400 \$. Le montant maximal du remboursement pour toute année civile pour une personne couverte au titre des frais dentaires admissibles (sauf les services d'orthodontie) qui s'inscrivent au régime le 1er juillet ou après, au cours de toute année, est aujourd'hui de 700 \$. Les deux augmentations s'appliquent rétroactivement au 1er janvier 2002.

Il n'est pas nécessaire de contacter l'administrateur afin de recevoir un remboursement du montant maximum sur les réclamations envoyées plus tôt en 2002 - l'administrateur du régime, la Great-West Life, fera les analyses nécessaires et l'ajustement de toutes les réclamations présentées par les membres du régime et pour leurs personnes à charge.

Toutes les dispositions de l'entente modifiée seront en vigueur jusqu'à la fin de la présente année.

The J.D. Mackenzie Award of Excellence

by 2Lt Natalie J. Oscien
Lookout Publishing

To commemorate the memory of Captain "Jules" Mackenzie, an award in her name will be given to the top graduate of the semi-annual 12 Wing Maritime Helicopter Crew Commander (MHCC) course.

Captain Juli-Ann Mackenzie and Captain Colin Sonoski were killed last July, when their Griffon helicopter crashed during a search and rescue mission. Captain Mackenzie had accumulated over 1000 hours flying time on the

Sikorsky Sea King, including the time spent on a six-month tour in the Persian Gulf.

"This project was a labour of love for a number of us," said Major Brian Northrup, 443 (Maritime Helicopter) Squadron. "Capt MacNamara was a close personal friend of Jules, as well as an excellent wood craftsman. The actual award was his design and creation while Sikorsky offered to cover the expense. Jules was about to turn 30 and was greatly respected by all who came in contact with her."

The first recipient was Captain Dany Duval, 443 MH Squadron, who was presented the award by Capt Mackenzie's husband, Robert McMullen, at a recent 12 Wing mess dinner in Shearwater.

Engraved on the award under Capt Mackenzie's name is the quote: "One of our pilots is safe." The quote was taken from a poem that appeared in a British newspaper during the 1940 Battle of Britain referring to the death of a fiancée.

The award will reside at 12 Wing Headquarters in the main lobby.

WHERE DEALS HAPPEN EVERYDAY!

#1 Place to Go



2000 Sunfire GT
4 cyl, Auto, PW, PL, Air, Tilt, Cruise, AM/FM/Cass, Power Sunroof, Low Kms!
\$12,900

Bright Red Sharp



2000 Chev S10 Ext. 3Dr
V6, Auto, O/D, Air, Tonneau Cover, Aluminum Wheels, Low Kms!
\$14,900

Eye Catcher



246 Dundas St. Trenton
Fin.OAC All cars cert. W/War.
Phone **394-6111**

One Owner



95 Ford Ranger XLT 4x4 Ext. Cab
V6, 5 Speed, Air, Tilt, Cruise, AM/FM/Cass, PWR Mirror, Alum Wheels, Hardcover
\$9,995

Clean SUV



94 Jeep Cherokee Sport 4x4
2 Door, 4.0, 6 cyl, 5 speed, Air, AM/FM/Cass, Alum Wheels
\$6,900

New Vehicles Arriving Daily

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

Minister announces contract for support services to 5 Wing

National Defence
OTTAWA— The Honourable John McCallum, Minister of National Defence, and Lawrence O'Brien, Member of Parliament for Labrador recently announced that Treasury Board has approved a

contract award worth up to \$559 million for support services at 5 Wing Goose Bay, Newfoundland & Labrador. Serco Facilities Management Inc., the multinational company that won the first 5-year

support contract in 1998, is awarded the new 11-year contract. Five companies competed. Canada has supported allied tactical flying training at 5 Wing Goose Bay since 1986. Under a 10-year memorandum of understanding signed in 1996,

air forces from four NATO nations now use the base: Britain, Germany, the Netherlands and Italy.

"We are proud to continue this support to the flying training of our NATO allies," said Minister McCallum. "We are also pleased to bring long-term economic stability to the residents of Happy Valley-Goose Bay and to the region's aboriginal peoples."

"The Happy Valley-

Goose Bay community will directly benefit from this long-term contract," said Mr. O'Brien. "The stability of an 11-year contract will bring growth and prosperity."

Some 8,400 allied personnel travel to Goose Bay every year for the flying season from April to October. The open terrain offers training opportunities not found in Europe. Goose Bay serves as a base for CF-18s on NORAD operations, and for civil avia-

tion.

Serco will provide a full range of support, including: personnel, facilities, and utilities management; air traffic control; accommodation; emergency, security, and food services; navigation aids; supply and transportation; and telecommunications. Contracting support services at Goose Bay has saved an estimated \$15 million per year.

Funding for this initiative is provided for in the 2003 federal budget.

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



The quarterly Wing General Safety Committee meeting, which was held on February 26, is always well attended by Unit General Safety Officers. It is chaired by the WLEO, LCol Baker, who relies on the expertise of the WGSO, Mr Don Heans.

Brigade training event sets stage for 21st century military training

T O R O N T O — Approximately 4,600 Canadian Forces soldiers will participate in the first major army training exercise of the 21st Century, from April 7 to May 2 in Wainwright, Alta.

After two years of planning, co-operation, strategic resource management, and with assistance from the Air Force, the Army has created Exercise RESOLUTE WARRIOR. Fourteen combat and support units will train together in a multi-element combat envi-

ronment in preparation for potential and upcoming high readiness tasks here and abroad.

Two media visit days, April 18 and May 1, will provide an opportunity to visit various units as they undergo rigorous live-fire training. Scheduled events include: company air mobiles, air attacks, decontamination, artillery live-fire, infantry attacks and defence, armoured attacks and defence, engineer demolitions and minefield breaching. Some of the supporting

roles to the exercise include medical support, military policing, communications and signals.

As a part of Exercise RESOLUTE WARRIOR, military vehicles and equipment will be transported from February 21 to June 15 via rail from various locations across Canada to Wainwright. The shipments will not disrupt local transit.

This exercise is the confirmation of the skills and cohesion of the units involved and will be similar to an actual deployment.

See North America's only Halifax Aircraft being restored.

RCAF Memorial Museum

Trenton Ontario

Artist: Steve Snider, expansion to open April 2005

FREE Admission Daily 10am - 5pm
(May - September)
Wed. to Sun., October - April

Exit South from 401 at Exit 526 & follow signs, or from Hwy. 2 take RCAF Road at Canadian Forces Base Trenton

(613) 965-2140
rcafmuseum.on.ca

Transferred this year?

TRENTON

David Wainman
411 College College Drive
Marketville, Ontario
Tel: 800-289-2177
Office: 613-394-4837
info@quintecrealty.com

FREDERICTON SASSETOWN

Valerie Forward
Sales Representative
Home Group Inc.
Tel: 800-288-1944
vforward@homegroup.ca

OTTAWA

Dwight & Anne Debehunt
Sales Representative
Home Group Inc.
Tel: 800-287-7823
annecanddwight@homegroup.com

EDMONTON

Ian Robertson & Connie Louwen
Sales Representative
Home Group Inc.
Tel: 800-216-0452
ianr@homegroup.com

Whether selling your home in this area or buying at your next location - the team of Top Producers listed here can help you get the best value for your real estate investment.

They are very experienced with DND move criteria and sell millions of dollars in real estate every year.

If you would like a market evaluation of your current home or a complimentary package for one of the locations listed - please contact one of these experts today.

If you don't see the location you need here, contact the representative nearest you for a name in your new location.

Why would you trust your most important investment to anyone but the best?

Don't delay - call today!

HMCS Iroquois' embarked Sea King crashes

by Jeri Grychowski
Navy Public Affairs

At approximately 10:30 AST on February 27, the Sea King helicopter on board HMCS Iroquois, Tail Number 401, crashed on the flight deck during a routine training exercise. While the crew is safe, there were unfortunately two minor injuries.

Carrying a crew of four, the Sea King crashed as it was taking off and was hovering between six

and nine metres above the ship's deck when it appeared to suddenly lose power. "Initial indications are that it may have been due to engine failure," said Rear-Admiral Glenn Davidson, commander Maritime Forces Atlantic. When the helicopter crashed, the right-hand undercarriage broke and the Sea King rolled on its side. The collision sheared off the helicopter's main rotors and left a gaping hole in its tail section.

HMCS Iroquois left Halifax, February 24 for the Persian Gulf, where she was to join Operation APOLLO.

Iroquois was off the southern tip of the Grand Banks in the North Atlantic when the accident happened. The ship was called back to Halifax by RAdm Davidson for an assessment of damages.

Jeri Grychowski is with Navy Public Affairs.

Un hélicoptère Sea King s'écrase sur le pont du NCSM Iroquois

par Jeri Grychowski

Un hélicoptère Sea King du NCSM Iroquois, suffixe numérique 401, s'est écrasé le 27 février dernier vers 10 h 30 (heure de l'Atlantique) sur le pont d'envol du navire pendant un exercice d'entraînement de routine, faisant deux blessés légers.

Le Sea King, avec

quatre membres d'équipage à bord, s'est écrasé alors qu'il venait de décoller et de se mettre en vol stationnaire, entre six et neuf mètres au-dessus du pont, lorsqu'il est apparu qu'il subissait soudainement une panne. « Selon les premières indications, cela pourrait être dû à une défaillance du moteur », a indiqué le

Contre-amiral Glenn Davidson, commandant des Forces maritimes de l'Atlantique. Quand l'appareil s'est écrasé, son train d'atterrissage droit s'est brisé et il s'est retourné sur le côté. Le choc a sectionné ses hélices principales et créé un trou béant dans sa queue.

Le NCSM Iroquois avait appareillé de

Halifax au matin du 24 février avec pour destination le golfe Arabo-Persique, où il devait prendre part à l'opération Apollo.

L'accident s'est produit alors que le NCSM Iroquois se trouvait au large de l'extrémité sud des Grands Bancs, dans l'Atlantique Nord. Il a été rappelé à Halifax par le Cam Davidson pour une évaluation des dégâts.

Mme Grychowski travaille au service des Affaires publiques de la Marine.

Edward Jones

Robert (Bob) Larocque

Investment Representative

25 Ontario Street, Unit A3
Trenton, ON K8V 6C3
Bus 613 392-6924 Fax 613 392-8518
Toll Free 1-877-392-6924
www.edwardjones.com

Member of CIPF
Serving Individual Investors



**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 first call of the week involved tasking the Labrador on an ELT mission, just north of Oshawa, Ont. The Lab homed in on the signal and found two ultra light on the ground. When the Lab turned around to land and investigate, the signal disappeared, the Lab landed anyway to send out the Sar techs to investigate. The Sar Techs were told by the ultra light pilots that they had no ELT on their aircraft and were not in distress. The Labrador was soon told to return to base, with out further incident. Cheers.....From the TIGERS!

Missions for 2003: 12 Missions for Feb.: 10 Persons rescued: 6

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

Media Marketing & Sales Representative: Sandi Ramsay

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**



CFNA



OCNA

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**

Celebrating women in the Air Force



With heartfelt thanks from the Melançon family



Since the sudden and tragic loss of my husband, Jean, there has been an overwhelming display of support, respect and compassion from Colonel Higgins and his staff at 8 Wing Trenton. My daughter, Janique, and I cannot thank you enough for your flowers, donations to the Heart and Stroke Foundation, food, hundreds of sympathy cards, letters and phone calls of concern for us.

We feel humbled and fortunate that so many people cared about our beloved Jean and that you have extended your care and love of him to us during this time. So many of you have contributed to easing our sorrow I cannot possibly mention you all, but to all of you that supported us we offer our heartfelt thanks.

I do however want to say a special thank you to a few people whose support and efforts were especially significant. First, to the SAR technicians and doctors who tried vigorously to resuscitate Jean and bring him back to us. We know you did everything possible to save him and we thank you from the bottom of our hearts. Secondly, to Major McGrath, Jean's Commanding Officer, who was immediately by my side when Jean's condition was discovered critical and was with me until the end. He and his staff at 2AMS continued to support Janique and I throughout the following week in many ways. We thank you and your squadron very much for the generosity that you all extended to us.

My thank you would also be incomplete if I did not thank the Royal Canadian Legion members from Stirling who came to the funeral home to pay their last respects to their fallen comrade Jean. Our thanks to Capt. Ward and his staff in the Wing Orderly Room and Releases for their administrative support, which was so critical during this time. Thanks to Father Bastien LeClerc for the beautiful and spiritual service at St. Clements which truly honoured Jean and whose kind words brought us consolation.

For the piper and musicians at St. Clements, thank you and also for all those people who were involved preparing the reception at the Astra Lounge, we are so grateful. To all the pallbearers, CWO Boland and the honour guard, you would have made Jean so very proud. Thank you all so much.

My sincere thanks also goes to my dear friend Warrant Officer Ken Booth, my assisting officer throughout this time of great sadness. Grieving deeply over the loss of his dear friend, Ken nevertheless took on the responsibility of assisting Janique and I through this process with concern, kindness and total professionalism. He ensured all arrangements and administrative details were taken care of and shielded us from anything he could do himself. He let me grieve and find solace in family and friends while he worked tirelessly on taking care of all the necessary details. There are really no words I can use to express my gratitude Ken. Jean was honoured in life to call you his friend and that you honestly were.

Finally, thank you to my mother, Valerie, and friend, Martina, who have not left my side. Your love and support to Janique and I are giving us the strength to continue on.

Sincerely, Hope and Janique Melançon

CONGRATULATIONS, COSSA CHAMPS!



The junior girl volleyball team from École secondaire Marc-Garneau in Trenton brilliantly won the Central Ontario Secondary Schools Association (COSSA) championship held in North Addington on Feb. 26. In semi-finals, they ousted the Kawartha area champions (Clarke Secondary School) (25-23) (25-23) before defeating in finals the Bay of Quinte season's champions, North Addington Education Centre (25-22) and (25-15). For these girls, this is a perfect end for a great season. After finishing in 6th position in the Bay of Quinte league, having lost in finals at St-Paul's invitational tournament as well as at the Centennial Secondary School tournament and finishing in 5th position at the Bay of Quinte championship last week (their only bad performance of the season), they came back strong and wonderfully combined their skills and team spirit to show their full potential.

L'équipe féminine de volley-ball junior de l'école secondaire Marc-Garneau s'est brillamment méritée la palme du championnat de l'Association des Écoles secondaires du Centre de l'Ontario (COSSA) tenu à North Addington mercredi le 26 février 2003. Nos filles ont écarté en demi-finale les championnes de la région de Kawartha (Clarke Secondary School) par les pointages de (25-23) et (25-23) avant de défaire en finale les championnes de la ligue « Bay of Quinte », l'école de North Addington par les scores de (25-22) et (25-15). Pour ces filles, c'est une fin parfaite pour une saison mémorable. Après avoir terminé en 6e position dans la ligue « Bay of Quinte » sur 15 équipes, avoir perdu en finale lors des 2 tournois « invitation » auxquels elles ont participé, avoir fini en 5e place au championnat « Bay of Quinte » (leur seule contre-performance de la saison), elles sont revenues en force pour combiner de superbe façon leurs habiletés et leur esprit d'équipe pour démontrer leur plein potentiel.

E-mail your letters to
LeBlanc AL@CFB
@Trenton, or you can
mail them to:

The Contact
P.O. Box 1000 Stn. Forces
Astra, ON K0K 3W0



Coral's New Arrivals

1998 Dodge Dakota Extd. Cab Sport Model

6 Cyl. Automatic, Box Liner,
new tires, PS & PB, Air,
Cassette, Pwr windows,
tilt cruise
6 month / 6,000 km
warranty.

Certified & E Tested
Now \$13,850.00



1997 Pontiac Grand AM SE

6 Cyl. Automatic, PS, PB,
Air, AM/FM cass/CD player,
power locks, trade,
6 Month / 6000 km
Warranty Certified and E Tested

Now \$8,350.00



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

Coral
AUTOMOTIVE & MARINE Inc.

"Good Used Cars at Reasonable Prices!"
"We do not sell Auction Vehicles"
Coral knows quality and price sells cars
**613-399-1596 or
Trenton Line 392-6188**

This box could be put to better use! Why not
advertise your business right here? Call The
Contact today--392-2811 Ext. 2008 or 2748.



well-deserved
break
March 10th-14th

MARCH BREAK PLAN AT QUINTE MALL. FREE CRAFTS BY LEWISCRAFT: MONDAY TO FRIDAY
10:00-11:00AM. FREE KIDS' WORKSHOPS BY HOME DEPOT: MONDAY TO FRIDAY 1:00-3:00PM
COME PAINT A HAND TILE TO SUPPORT THE UNITED WAY OF QUINTE: MONDAY TO FRIDAY
NOON-5:00PM. THESE ARE SOME OF THE ACTIVITIES WILL TAKE PLACE IN HONOR OF SPECIAL THANKS.
COMPLETE DETAILS AT QUINTE MALL.



North Front Street at Hwy 401 - Belleville
www.quintemall.com - 613-961-3571

JR RANKS MESS

SUN MON TUE WED THU FRI SAT

	2	3	4	5	6	7 TGIF 1700 hrs Subs Sports/Pool All Ranks Comedy Night	8
	9	10	11	12	13	14 TGIF 1700 hrs Landscape Sports/Darts	15
	16 Happy St. Patrick's Day!	17	18	19	20	21 TGIF 1700 hrs Pizza Sports/Facets All Ranks Pubby's Dinner	22
	23/30	24/31	25	26	27	28 TGIF 1700 hrs Chicken & Taters Sports/Pool	29

MARCH 2003

The RRSP season that went R.I.P.

it's your Money



Garth Turner

That sickening thud you just heard was RRSP season 2003 hitting earth. The final numbers will not be in for some time, but the evidence of disaster is now everywhere. For example, in January - when people traditionally beef up on mutual funds - there were net redemptions of about \$470 million.

Actually, mutual funds have now posted their 10th consecutive month of redemptions and today Canadians have a stunning \$65 billion less in funds than they did just a year ago. You could also see failure in the eyes of financial advisors who this year decided to abandon the long-time practice of hosting educational RRSP seminars. And it was on the floor at the Financial Forum shows in Toronto and Vancouver, where crowds

were thin and major sponsors - like the banks - were completely absent.

And then, the coup de grace, all of those annual surveys which come out at this time of year - polls done by financial organizations that try to guilt us into making an RRSP contribution. This year they showed we intended to invest at least 20 per cent less than in past year, and were only interested in assets, like bonds or money market funds, that were "guaranteed" or "free of risk."

And by last week - the final few days of the RRSP season - the surveys were revealing a note of despair and desperation. According to Scotiabank, almost six in ten Canadians now feel they cannot meet their retirement objectives.

Two-thirds of us have no financial plan. Almost 80 per cent of us think trying to get out of debt, not investing, is the major goal. Only 25 per cent think they are close to achieving a comfortable retirement.

And over at Investors Group, it doesn't get much better. A survey there shows that most Canadians under 50 haven't even started to think about their retirements or how to prepare financially for them. Which begs the question: **WHAT ARE THEY THINKING?**

The irony of RRSP season 2003 is that stock markets are weak, share prices are low and interest rates have collapsed. These days a good GIC is paying you a little over 3 per cent, while the inflation rate is a little over 4 per cent. Hello!

That means even locked in the tax-free environment of an RRSP, this kind of investment (along with all savings bonds and money market funds) is actually losing money. Also ironic is the fact that most Canadians keep RRSP money locked up inside their plans for 20 to 30 years, and there could hardly be a better moment to load up on growth assets like equity mutual funds than this one.

But, we always seem to follow the same formula of buying high and selling low - even with long-term retirement funds. I clearly remember my dentist stuffing his RRSP full of \$120 Nortel shares a couple of years

ago - stock that on a good day now is breaking \$3.50. The moral is, if you let greed or fear dictate your actions, then plan on losing your shirt.

So, the last couple of months have proven this, and a few more things. Most people can't make good investment decisions any more than they can fix their car. It's just too darn complicated to figure out in the few minutes or hours that you have to devote to the subject.

And yet most of us are so distrustful of anyone else, and so poisoned by the mindless media criticism of mutual funds fees and financial advisors, that we think do-it-yourself investing is a must. These days, worried about Iraq, high gas prices, lousy markets and corporate morals, do-it-yourselfers are making critical mistakes, thinking short-term, missing opportunities and putting themselves years further behind.

The long faces in the financial business won't be brightening any time soon.

But the real disaster is about 15 years away, and getting closer by the day.

Sorry. Had to do it. Garth Turner's Investment Television airs Sundays on Global. Internet, garth.ca.

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

Dr. Garry Solomon
Certified Specialist in Orthodontics

187C North Front St.
Belleville, Ontario

966-1313

Paws and Claws

Spay and neuter

Don't let this cold weather fool you; spring IS on it's way. The snow will melt, the days will get longer and the Quinte Humane Society will be filled to over its capacity. Kittens and puppies are already being abandoned at the shelter (along with their mothers). And it's going to get worse. You don't have to be a genius to see the problem. If EVERY animal shelter in the country is already full, what happens to all the cats and dogs that are brought in this spring? People don't like to think about that. What is so frustrating to those who spend time at animal shelters is that everyone knows the solution to this problem - spay and neuter our pets. By doing this animals lives are saved. And remember we want to hear from you. Send us your questions, comments, poems and pictures to: pawsandclaws@canada.com.

Sponsored by

Contact

"Delivering news and information. At home and around the world."

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

Getting your parked money into gear

(NC)—As the busy RRSP season comes to a close, investors who parked their money in cash accounts to meet the contribution deadline should be thinking about how to get their investments "on the road again".

The benefits of investing in a cash account ensures that investors qualify for a tax refund by meeting the RRSP deadline, and it provides extra time to properly assess their portfolio. However, it is important not to forget about the money sitting in this account.

"Investing in money market funds and T-bill funds is an ideal way to park money in the short-term," says Ed Legzdins, President and CEO, BMO Mutual Funds. "However, investors looking at the long-term picture need a more diversified portfolio to ensure their money performs at its optimum level."

Many Canadians may have parked their money not only to make the RRSP deadline but also in response to recent market conditions. The markets have experienced volatility but the trend is that markets will correct themselves over the long-term. You should remember that your RRSP is a long-term investment that needs to be properly diversified in order to maximize returns.

Keep in mind that staying in short-

term investments in your RRSP for too long can be costly even if you miss just a few of the best days. For example, if you invested \$10,000 on January 1, 1987, in 15 years it would have been worth \$25,076 if you stayed invested everyday. But if you missed the 10 top best days, your \$10,000 would only have been worth \$15,891 on December 31, 2001.*

"Investors should consider using an asset allocation service to evaluate their investor profile," says Legzdins. "For example, the BMO MatchMaker Strategic Investment Service helps investors make the right investment choices based on individual risk tolerance and time horizon. This service also ensures the portfolio is properly diversified among the three asset classes - cash, fixed-income and equities."

Many financial institutions offer asset allocation services. These types of programs help individual investors find the right mix of investments based on their risk tolerance, time horizon and investment goals.

Now is the best time to move your 'parked' funds into investments that match your long-term investment goals. Visit an investment professional to help determine your investment plan suited to your needs.

A spectacular cooking school party with CFB Trenton Gourmet Club

tastes from The County



Michael Hoy

The news from the Waring House Cookery School this week is that Michael is having a ball with a very busy and entertaining start to the month of March.

Along with many jam-packed full classes on our regular schedule, we ushered in spring's first month with a spectacular cooking school party with the CFB

Trenton Gourmet Club. Mr. Pierre Allard, with twelve of some of the area's finest "not quite so amateur" chefs, blessed us with a rendition of Spanish Tapas and paella including a tasting of some of Spain's very drinkable wines. The evening was a true pleasure for both chef Wayne Jordison and myself. After we reluctantly bid

the party a fond farewell, Wayne and I both realized that it was a great deal of fun for us as well. So, thanks to you all for making the evening here most amazing.

In other news, the county's 2nd annual maple syrup festival is soon approaching and on Saturday March 15th and Sunday March 16th, some of Prince Edward County's finest producers, restaurants and artisans will be gearing up to showcase Canada's best maple syrup. The media kickoff on Friday February 28 at the Fosterholm sugar bush, visited by area dignitaries, producers, restaurants, musicians and the like was a wonderful event that encapsulated the spirit of a community very alive and well.

This year's "Maple in the County" is sure to be a great experience for all those who love the sweet stuff and would like to learn how it is produced. The Waring House along with 19 others will be along the "Maple in the County" route, sweetening up everyone's life just a little bit. For more information, please call 613-399-2462 or visit www.waringhouse.com.

Until next week, keep your sharp knives on the board and your taste buds alert!

Ricotta Maple Pie

Ingredients: (Crust)

- ¾ cup flour
- 3 tbsp sugar (replace with 2 tbsp maple sugar if available)
- 6 tbsp butter
- 1 egg yolk
- ¼ tsp vanilla essence

(Filling)

- 3 cups ricotta cheese
- 3 egg yolks
- 1/3 cup maple syrup
- 2 tbsp sugar
- zest of ½ lemon
- 3 whole eggs

Method: (Crust)

Combine flour, sugar and cut in butter until

crumbly. Stir in egg yolk and vanilla and knead the dough slightly to form a ball.

Roll out dough to fit 10 inch round pie pan and bake at 400 degrees F for 7 minutes until golden brown. Allow the shell to cool before filling.

(Filling)

Combine all ingredients and pour into cooled baked shell. Bake at 350 degrees F. for 30-40 minutes or until a knife inserted into the centre comes out clean.

Michael Hoy is Chef and Director of the Waring House Cookery School in Picton, Ontario.

Crunched for time? Try these easy recipes

Peach Melba Smoothie

Jump-start your day with an easily made, portable, nutritious smoothie combining choices from two food groups. Try different kinds of canned or frozen fruits for variety and serve with toast or a bagel for a balanced breakfast.

- 1 bag frozen peaches 300g (or 14 oz/398 mL canned peaches)
- 1 cup plain yogurt 250 mL
- 1 cup milk 250 mL
- 1/2 cup raspberry or cranberry juice 125 mL from concentrate

In a blender or food processor, purée peaches with yogurt until smooth.

Add milk and juice concentrate; blend until frothy.

For a dairy free-version, use 1 package (10oz/300g) soft silken tofu instead of yogurt; use soy milk instead of milk.

Homemade Granola

Granola can be prepared in advance and refrigerated to provide a quick and versatile solution for breakfast and snacks. For breakfast, serve with milk or yogurt and a glass of juice. Or pack in a lunch bag or portable container for a handy mid-morning snack or to sprinkle on yogurt.

- 1-1/4 cups rolled oats 300 mL
- 1/3 cup shredded coconut 75 mL
- 1/4 cup wheat germ 50 mL
- 1/4 cup wheat flakes 50 mL
- 2 tbsp sliced almonds 25 mL
- 2 tbsp unsalted sunflower seeds 25 mL
- 1/4 cup liquid honey 50 mL
- 2 tbsp vegetable oil 25 mL
- 1/3 cup dried raisins or cranberries 75 mL

In bowl, stir together rolled oats, coconut, wheat germ, wheat flakes, almonds and sunflower seeds.

In small saucepan, heat

together honey and oil over medium-low heat; gradually stir into oat mixture until well coated. Spread on rimmed baking sheet; bake in 350° F (180° C) oven, stirring frequently, for 10-15 minutes or until golden brown.

Remove from oven to rack; stir in raisins. Let cool, stirring occasionally to prevent clumping. Makes about 3 cups (750mL) (NC)

© Canadian Living Magazine

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

Victoria Square

Belleville

Priced Affordably At \$119,900 - \$136,900

...Take Station St. to Albion
Victoria Square is on East side.

TOWNHOMES

The name your family has trusted for years.

For Info your Sales Reps are:
Mark Rollins
or
Linda Bridges
966-6060

www.rollinshousing.com



Bungalow Designs Available

- Open Concept
- Maintenance Free
- High Efficiency gas furnace
- Custom Designs
- One piece tub/shower unit
- Rounded drywall Corners

• WHY RENT?

ROYAL LEPAGE
ProAlliance Realty
Independently Owned & Operated Broker

Dr. Tom McDowell

Family Dentist



Call
Us Today

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

The Waring House



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

www.waringhouse.com

"Taste the Talent"

A showcase of Prince Edward County's visual, performing and culinary arts

March 7 - May 19 at The Waring House

Visit www.waringhouse.com to view the line-up of art shows, entertainment, and special events.

A great way to Welcome Spring!

March 7-16 "Art on a Maple Theme"

Part of the "Maple in the County" Festival.

Live Entertainment
in
The Barley Room Pub

Thursday, March 6
John Eccleston

Friday, March 7
Tilley Buggers

Saturday, March 8
Drew Ackerman Trio

Gourmet Wine Tasting Dinner
Saturday, March 29 featuring
fine wines from Maleta Estates
Winery, Niagara-on-the Lake.

What's Cooking at the Cookery School?

Sat., Mar 8
"Flavour Packed-Vegetarian"

Sun., Mar 9 "Cajun and Zydeco"

Sat., Mar 15 "French Bistro Cooking"

Sun., Mar 16 "Woking with Wayne"

March 15,16 (3-5 p.m.) - Gourmet Maple Cookery School Demonstrations (free)

1-800-621-4956

Cookery school accommodation/meal packages available.

The Contact, serving up local news weekly to the 8 Wing/CFB Trenton community



Spring Sale

CFB TRENTON **Retail Store**



2 Megapixel Digital Camera

- 2.0x digital zoom
- 16 MB xD picture card
- Model A200
- Limited quantities, sorry no refunds

Get a 32 MB xD card for 1¢ with purchase of Fuji R. A200

229⁹⁹

SUPER SPECIAL



Save \$50

ZENITH

25" Stereo Television

- Swivel stand • Cass Deck • 570 lines of resolution
- Model C95A4TF • Reg. 349.99
- Limited quantities, sorry no refunds

299⁹⁹



Save \$40

Home Theatre In-A-Rox

- Dolby Digital 5.1 • Digital optical & coaxial inputs
- 100 watts total • Model HT1330R
- Reg. 329.99 • Limited quantities, sorry no refunds

RCA

289⁹⁹



SONY Discman

- Model CD-101
- Reg. 97.99

Limited quantities, sorry no refunds

Save \$18

79⁹⁹



17" Flat Screen Monitor

• Model 770F

219⁹⁹



RCA 19" TV/VCR Combo

- SIX Head VCR with 1090 minow design
- Model T1910F
- Reg. 379.99

Save \$30

349⁹⁹

Ask us about our... NO INTEREST CREDIT PLAN



Your Choice

HOTPOINT Range, Washer or Portable Dishwasher

- Model R1820SRP
- Model W1010SRP
- Model PD200PRM

469⁹⁹ each



Your Choice

HOTPOINT Dryer or 7 ft³ Freezer

- Model DR1025RW
- Model CF12F

339⁹⁹ each

CANEX

Simply the Best



Liteon[®] CD Burner

- Model / 70482485
- 48x, 74x, 48x
- Reg. 99.99

89⁹⁹



Z35 Inkjet Printer

- 2400 x 1200 DPI
- Includes black & colour cartridges
- 855.00

Save \$30

59⁹⁹

Fitted or Flat Sheets 180 percale



Queen size pillow or twin pack pillow	8.99
Twin	5.99
Double	7.99
Queen	8.99
King	10.99
Pillowcase 2 pack	3.99
Jumbo Pillow	5.99

Tops or Blouses

• Reg. 79.00

24⁹⁹

Capri Pants

• Reg. 49.00

Save \$10

39⁹⁹



Brooks Casual Shoe

SUPER SPECIAL

49⁹⁹



El Paso Western Blanket

• 56" x 72"

SUPER SPECIAL

11⁹⁹



Reebok adidas Elpro[®] Sport Bags

Your Choice!

19⁹⁹ each



Club X Tre
ARE YOU A MEMBER YET?

AUTHORIZED PATRONS ONLY
12 - 23 March 2003

SERVING THOSE WHO SERVE SERVING THOSE WHO SERVE SERVING THOSE WHO SERVE

WHO SERVE SERVING THOSE WHO SERVE SERVING THOSE WHO SERVE

NO INTEREST CREDIT PLAN O.A.C. (On Approved Credit)

So many members of the CF and their spouses, retired CF members and DND civilian employees in receipt of a DND pension, members of the Reserve Force, permanent full time or part time NPT and DND civilian employees and their spouses, members of the RCMP, qualifying foreign military personnel, retired NPT employees in receipt of an NPT pension, full time employees of ASD contractors are eligible to purchase general merchandise of at least \$199 on the CANEX "No Interest Credit Plan". Visit your nearest CANEX store for details, or visit us at www.canex.ca.



ADVERTISED MERCHANDISE POLICY

Our true intention is to have every advertised item available for purchase during the period of the promotion. If, for any reason, an item is not in stock, we will issue a raincheck (unless "no raincheck available" is specified, or an item on request for the merchandise to be purchased at the sale price as soon as it becomes available, or will offer a similar item at a comparable reduction in price. Due to space limitations, some smaller effects may not carry all of the items advertised, but will be pleased to obtain them through special order. We reserve the right to limit quantities.

Fitness, Sports & Recreation

Trangressions of the comeback kid



Confessions from the Gym

Monday, March 3

I am the self-dubbed queen of indulgence.

My two cheat days per week has turned into seven days and counting. I have no idea where it all began, but I'm pretty sure it will come to a screeching halt when I have to answer to my trainer tomorrow. Not only do I have to fess up to my tasty transgressions, but to the fact that I have not stepped foot inside the gym since last Monday.

It's certainly not like I planned it. It began with an overloaded schedule that required me to skip my workout on Wednesday. On Friday, both my son and I were

home sick - so, again no exercise. As a way to temporarily escape the presence of a cranky toddler and sniffling husband) I did manage to slip in a half an hour walk on Saturday.

So here I am, full of guilt (and more than a few handfuls of chocolate-covered raisins) and faced with the realization of how closely connected exercise and proper nutrition really are. It seems as though every time I skip my workouts, my eating habits take a nosedive. Perhaps, it's because exercise creates self-pride in your body, something you don't want to jeopardize by eating unhealthy food.

Or maybe it's the fact that I'm starting to realize that a McDonald's hamburger just isn't worth another twenty excruciating minutes on the elliptical machine.

I'm a big believer in that saying "Setbacks pave the way for comebacks" - in fact, I'm proof of it. Anyone who has read this column since I started it last November knows how many times I have slipped up. It's not easy. Somehow, though, I've always managed to catch myself before plunging over that cliff. Hopefully, along the way, I've inspired others to stick with it as well.

I'm always thrilled to hear the accomplishments of others. Within the past week, two different women have stopped me in the hall to share their weight loss tri-

umphs. One lady had gone down two sizes while the other excitedly explained how she has lost twenty pounds on a herbal diet. I find this absolutely wonderful. As I've said time and time again, I could use the inspiration as well. Congratulations to Carol L. and Carol H., best of luck in the ongoing "weight war".

(Via e-mail) I just want to tell you how much I enjoy your column. I always enjoy the little humorous twist you use to sum up the struggle you allow us to be a part of. That kind of humour to me is such a high calibre, you either have it or you don't, and like good literature it captures comedy and tragedy, the human condition. Thanks. - Barbara Sigurdson

Feeling tired by the time 2 p.m. rolls around?
Beat the afternoon blahs by taking part in a lunch hour fitness class, offered every weekday at The Gymnasium.
Call local 3467 for details.

March Break skating schedule

Family skating

Saturday, March 8 - March 16
1 - 3 p.m.

Teen skating

Saturday, March 8 and 15
Sunday, March 9 and 16
3 - 4 p.m.

All skating is free for military personnel with ID and CRA members, \$2/person for all others.

For information, call the Community Recreation Association at 392-2811, ext. 3361/3348.

Shinny hockey March Break schedule

Tyke

Monday, March 10 from 8 - 9 a.m.
Tuesday, March 11 from 9:15 - 10:15 a.m.
Thursday, March 13 from 8 - 9 a.m.

Atom

Tuesday, March 11 from 10:30-11:30 a.m.
Thursday, March 13 from 10:30-11:30 a.m.
Friday, March 14 from 9:15 - 10:15 a.m.

Novice

Tuesday, March 11 from 8 - 9 a.m.
Wednesday, March 12 from 8 - 9 a.m.
Thursday, March 13 from 9:15 - 10:15 a.m.

Pee Wee

Monday, March 10 from 9:15-10:15 a.m.
Wednesday, March 12 from 10:30-11:30 a.m.
Friday, March 14 from 8 - 9 a.m.

Bantam / Midget

Monday, March 10 from 10:30 - 11:30 a.m.
Wednesday, March 12 from 9:15 - 10:15 a.m.
Friday, March 14 from 10:30 - 11:30 a.m.

FULL Hockey Gear Required!
\$ 2.00 player - CRA members
\$ 3.00 player - Non-members

Info : 392-2811, ext 3361

March Break swim schedule

Saturday, March 8th & 15th

Rec Swim 1 - 2:30 p.m. & 5:30 - 8 p.m.

Sunday, March 9th & 16th

Rec Swim 1 - 3:00 p.m.
Adult Lane Swim 3 - 4:00 p.m.
Parent & Tot Swim 3 - 4:00 p.m.

Monday, Wednesday, Friday
March 10, 12, & 14

Rec Swim 1 - 2:30 p.m. & 6:30 - 8:30 p.m.

Tuesday & Thursday
March 11th & 13th

Rec Swim 1 - 3:30 p.m.
Adult Lane Swim 3:30 - 4:30 p.m.
Parent & Tot Swim 3:30 - 4:30 p.m.

Tim Hortons sponsored
FREE Swims

Saturday, March 8th Monday March 10th,
Wednesday, March 12th Friday, March 14th,
Saturday, March 15th
3 - 4:30 p.m. each day

Info 392-2811 ext 3361

Red Cross Swim Lesson Registration Spring 2003 Session

8 Wing Community

Wednesday, March 19th
at the RecPlex 4:00 - 6:00 p.m.
Registration will continue at the RecPlex
March 20th to 24th according
to normal hours of operation

Quinte West Residents

Excess space will open up to residents
of Quinte West
Tuesday, March 25th
at the RecPlex 5:00 - 7:00 p.m.
Registration for all will continue,
March 26th to 28th the RecPlex.

Weekend lessons will begin

Saturday, March 29th and Sunday, March 30th

Weekday lessons will begin

Tuesday, April 1st and Thursday, April 3rd

Please note that swim lessons will be cancelled Easter weekend, April 19th & 20th and Victoria Day weekend May 17th & 18th.

Information 392-2811

After Hours - Reception - ext 3361
Community Recreation Director ext 2349
Community Recreation Coordinator ext 3348

Tri & Run Sports

There once was a who ran and for a long until his had no left in them. His started to sing, and his hurt. So he down to Tri & Run Sports and spent some time with who asked him to and looked at his and his old and sold him a nice new pair of Mizuno's at . Now his are bouncing, and his are silent and our is .

Call Sandy Musson today at 921-7752 to receive a military discount on Mizuno shoes!
Ask about our unique line of sports wear!!!

General Safety

Always practice split-rim safety

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

Most of us associate tires with forward movement, sometimes at great speed. But tires don't have to be rolling to be capable of moving objects at high speeds.

A man repairing a split rim wheel/tire assembly died from head injuries after it exploded, causing metal pieces to strike him. The metal in the rim was later found to show signs of wear and fatigue.

Another man died after being propelled through a corrugated metal roof 18 feet (5.5 meters) overhead. He had been standing on a split rim wheel when it blew up.

Split rim or divided wheel/tire assemblies, in which the inner and outer sections are held together by nuts and bolts or other fasteners, are still used in

many industrial settings on forklifts, loaders and other equipment. Tremendous air pressures inside a tire can propel weakened or improperly installed split rim components at speeds of up to 130 miles an hour (210 kilometers an hour). Anyone standing in the path of this violently exploding material can easily be killed.

Safety agencies require that tire inflation cages or some other form of protection be used when inflating tires on split rim wheels.

Here are some precautions to keep in mind:

When working with split rims, always put the tire and rim inside a tire cage before starting the work.

Always completely deflate tires and remove valve cores to ensure there is no pressure left in a tire, which could let go and propel wheel parts toward an unsuspecting victim.

Never hammer on split

rim wheel components if a tire is inflated or partially inflated. Also, never weld, braze or rework these components.

Always follow manufacturers' instructions for assembly and disassembly.

Check for rust, cracks, corrosion, bent flanges, sprung rings or other types of damage. Never re-inflate a tire that has been run flat or has lost most of its pressure without first checking for rim damage.

Always wear safety glasses when assembling split rims.

Removable rings must be properly seated before inflating a tire.

Tires, rims and rings must be inspected after a tire is inflated to make sure the tire is well seated.

OSHA and other safety agencies' regulations state any employees servicing wheel rims must first receive adequate training. Precautions need to be taken to avoid injury or death.

Cadets forced to butt out

by Carmel Ecker,
Lookout Publishing

Cadets who smoke will have to butt out while they attend B.C. summer camps this year.

The B.C. Regional Cadet Office decided last week to put a smoking ban on all summer camps, says Cdr Barry Saladana, commanding officer of the Regional Cadet Support Unit (Pacific).

"One of our objectives in the cadet organization is to foster a healthy lifestyle," he says. "We don't see how [smoking] is consistent with our aims." The policy will apply to all cadets on course, and staff cadets, even if they come from a region that allows smoking during camps. Cadets won't be allowed to smoke on or off campgrounds during their course.

In the past, cadets over the age of 16 who had a note from their

parents were allowed to smoke in designated areas.

Last year, 106 of the 3,500 cadets who attended B.C. region summer camps smoked.

"I think we sent the wrong message [to young cadets] then that when you get a little older you too will be allowed to smoke," says Cdr Saladana.

Parents questioned in the past why camps allowed cadets to smoke at all, he says. Some camps made smoking as un-enjoyable as possible by separating female and male smoking areas so smokers were essentially ostracized from the rest of the cadets, says Cdr Saladana. Other camps were not as stringent about separating smokers, he says.

The B.C. smoking

ban isn't the first of its kind in Canada. Atlantic region cadets haven't been able to smoke at summer camps for the past three years. Stamping out smoking is a matter of maintaining a good environment for youth who have been entrusted into the cadet organization's care, says Cdr Saladana.

Unit commanding officers are now discussing a ban on smoking at home units, says Cdr Saladana, though he didn't know when that decision would be made.

"It's certainly a distinct possibility," he says. Regular and reserve force officers who work at the camps won't be subject to the ban, but have to keep a low profile when they do smoke, says Cdr Saladana.

Dear Health Professional

My doctor has recommended that I lose some weight. I would like to lose 30 lbs. I have no idea how to start. There are so many diets out there, can you recommend one for me?
Signed,
Lost in Weight Loss

Dear Lost in Weight Loss,

The most important thing to remember is to be realistic about your body size and shape. Your genes have a lot to do with the way you look. Avoid trying to be someone you were never meant to be. Feeling good about yourself starts with accepting how you look. Remember, healthy bodies come in all shapes and sizes!

Strict weight loss control diets don't work in the long run. Most people who lose weight too quickly typically gain it back, along with a few extra pounds. Instead of dieting, adopt a few long lasting

healthy habits such as eating well and keeping active. Pick one small eating and activity change and try to stick with it for several weeks and then gradually add another small change. Before you know it you will have adopted a healthier lifestyle and the weight will start to drop off slowly. An example of a small change is to start to eat a healthy breakfast, and take a 15-minute walk in the evening or at lunch.

The Health Promotion Department is starting a Weight Wellness Course at the end of March. Come to the information session on March 19th, drop by or give us a call.

Best of luck,
Your Health Promotion Director,
Cheryl Rothenburg
Room 112, HQ
Local 3767

Reference: *Dieticians of Canada*

INSURANCE	FINANCIAL PLANNING	CONSULTING	TRUST	EQUITY INVESTING
-----------	--------------------	------------	-------	------------------

Financial Services
Savvy financiers

INSURANCE	FINANCIAL PLANNING	CONSULTING	TRUST	EQUITY INVESTING
-----------	--------------------	------------	-------	------------------

Financial Solutions for Today...and Tomorrow!

Vos solutions financières pour aujourd'hui...et pour demain!

www.sisip.com

1-800-267-6681 • Trenton (613) 965-7033

• Desktop Publishing • Posters • Laminating • Digital Copies

Photograph Photocopying-Full Colour

Engineering & 36" Copies Format

Darling's

Call today
COPY DEPOT 392-7273

Fax service: 392-7058

www.copy-depot.com

20 Dundas W., Trenton

• Fax Service • Enlargements • Scanning • Canon Laser Copies

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

Income Tax Service

<p>Free Electronic Filing <small>When we prepare your return.</small></p>	<p>Seniors Discount 20% OFF</p>	<p>FREE Consultation <small>Tax problems, past or present, haven't filed? We can help.</small></p>
--	---	---

281 Front St., Belleville • 771-9555



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last

March 9 - March 15

ARIES (March 21-April 19): You'll have a way with words on the 9th, 10th and 11th that will catch the imagination of the people you talk to. Good things should happen if you interact with others. Don't try to do everything yourself. Focus on friends and entertainment on the 12th and 13th. Put your efforts into being creative and socializing. You will thrive on competition on the 14th and 15th. You will be strong and an enthusiastic participant.

TAURUS (April 20-May 20): You will be in a good position to make some changes. Focus on something you want to complete on the 9th, 10th and 11th. You owe it to yourself to do what's best for you. People will understand what it is you are trying to do on the 12th and 13th. Sort things out and move ahead. Don't let anyone add to your responsibilities on the 14th and 15th. You have quite enough to do already.

GEMINI (May 21-June 20): You'll be emotional and flippant on the 9th, 10th and 11th. Don't make personal decisions too hastily. Do something that will make a difference to your community. Your ability to dazzle others on the 12th and 13th will enhance your reputation and help you to get ahead. Get out and about on the 14th and 15th. The more you interact with others the more you will experience.

CANCER (June 21-July 22): Check out courses that interest you on the 9th, 10th and 11th and consider ways that you can earn extra cash. Secret activities will turn out better than you anticipate. You will be emotional and take things the wrong way on the 12th and 13th. Don't jump to conclusions. Your energy may be high on the 14th and 15th but if you don't direct it properly you may face some opposition.

LEO (July 23-Aug. 22): Travel and testing the waters of an altogether different lifestyle on the 9th and 10th and 11th will get your mind ticking. Dimension will be added to the way you view life and your future. You'll be thinking big on the 12th and 13th but that doesn't mean that you should spend more than you earn. Don't overreact on the 14th and 15th. Instead take action by being positive, engaging and entertaining.

VIRGO (Aug. 23-Sept. 22): You may not get what you want on the 9th, 10th and 11th if you put the pressure on someone you've been trying to get to accommodate you. Back off and don't let your current position in your social world get you down. Communicate openly and you will do well on the 12th and 13th. Your motto should be what you see is what you get. Make a positive change on the 14th and 15th. Your practical nature will guide you in the right direction.

LIBRA (Sept. 23-Oct. 22): You will be highly creative in all that you do on the 9th, 10th and 11th. Romantic encounters will be plentiful if you get out and involved in interest groups. Enjoy yourself, but don't get too serious. Don't trust others on the 12th and 13th. Stop expanding and start concentrating on what's important. Be receptive on the 14th and 15th, you may not like what you hear but if you become angry no gains will be made.

SCORPIO (Oct. 23-Nov. 21): You'll have money on your mind on the 9th, 10th and 11th. Take a look at where you stand and set a game plan. Rely on your own research. Invest in yourself not someone else. Don't discuss your plans or what you want to do on the 12th and 13th. It could affect your current position. Someone will give you a hard time on the 14th and 15th. Don't overreact to his or her innuendoes.

SAGITTARIUS (Nov. 22-Dec. 21): You may get angry on the 9th, 10th and 11th if someone doesn't do what you want. If you are too pushy you can expect to face opposition. Avoid joint financial ventures even if they appear to be good. Don't waste time pining over someone on the 12th and 13th. New partnerships will thrive if you are active. You'll be in the limelight on the 14th and 15th. You can make an important move with confidence.

CAPRICORN (Dec. 22-Jan. 19): You should put a little more effort into your own well being on the 9th, 10th and 11th. Join a gym or any groups that will help you strengthen your body, mind and soul. Romantic opportunities will be plentiful on the 12th and 13th if you are in a position to meet someone new. Luck is with you on the 14th and 15th. Look around you and pick the best and most lucrative options.

AQUARIUS (Jan. 20-Feb. 18): Spend time with the people that you find most exhilarating on the 9th, 10th and 11th. This is a perfect time to socialize or to start something new that will help you feel better about yourself. Talk about your concerns, intentions and ideas on the 12th and 13th with a peer who has similar interests. The more time spent with someone you care about on the 14th and 15th the better. A closer bond can be made.

PISCES (Feb. 19-March 20): Be careful what you do with your cash on the 9th, 10th and 11th. It will be easy for someone with a good sob story to play on your sympathy. Don't let others take advantage of you. Socialize with all age groups on the 12th and 13th and you will discover that you have a lot to offer others. You will be regarded highly on the 14th and 15th for your positive actions. Your do-good attitude will pay off.

Contract for weapon effects simulation system

National Defence

OTTAWA - The Honourable John McCallum, Minister of National Defence, and Lieutenant-General Mike Jeffery, Chief of the Land Staff, today announced the award of a \$137-million contract to Cubic Defense Applications of San Diego, California, for a new weapon effects simulation system for the Canadian Army.

The principal subcontractor, SNC Lavalin, of Montreal, Quebec, will provide logistics support for 10 years, starting in 2005. The system itself will

be fully fielded by 2006.

"Leading edge technology like this offers our troops the most realistic and safe way to train for operations," said Minister McCallum. "This is an excellent example of meeting the commitment to give our soldiers the best possible bang for the buck."

"The weapon effects simulation system has been my number one training priority," said Lt.-Gen. Jeffery. "It will allow our soldiers to train as closely as possible to the way they will fight in operations, and it will give us the ability to measure and therefore

improve our performance in the field."

Although much harder and far more sophisticated, the system is comparable to the "laser tag" played in commercial venues. Lasers and radios will simulate weapons fire, with hits being recorded by computerized sensors attached to soldiers or vehicles.

The principal suite will be capable of supporting Battle Groups of up to 2200 soldiers and vehicles, and will be located at the Army's new Canadian Manoeuvre Training Centre in Wainwright, Alberta. This suite will

remotely monitor and record all field activity and provide detailed feedback instantly.

A subordinate suite will be located at the Combat Training Centre in Gagetown, N.B. It will support up to 500 soldiers and vehicles. Four smaller suites will support up to 150 soldiers each. These suites will monitor and record activity directly into the player computers.

Testing and delivery will start in 2004, with final deliveries by late 2005. Funding for the initiative was provided for in the February 2003 federal Budget.

LOCAL SERVICES AND TRADES

To Serve You

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

<p>Autobody Repair</p> <p>Auto Trend AUTOPRO COLLISION</p> <ul style="list-style-type: none"> Free Estimates Complete Collision Centre Frame Straightening Insurance Claims Paint Matching <p>"Service Always First"</p> <p>Hwy 33 South (17 Frankford Cres. Unit 33), Trenton</p> <p>392-2868 394-1042</p>	<p>Auto Detailing</p> <p>Bonnie's Auto Spa</p> <p>Complete Auto Cleaning</p> <p>Reasonable Rates</p> <p>Fast Service</p> <p>Pick-Up & Delivery</p> <p>"Let Me Pamper Your Vehicle"</p> <p>25 Frankford Cres. Unit 43 Building 1, Trenton</p> <p>921-0734</p>	<p>Auto General Repairs</p> <p>Cannifton Garage 2000 Ltd.</p> <ul style="list-style-type: none"> Tune-ups - Springs Suspension Service Safety Inspections General Repairs <p>Cars - Trucks - Vans - Buses Trailers & Heavy Trucks</p> <p>Parts & Service - Call Kevin</p> <p>613-962-1132</p> <p>at Hwy.37 & Casey Rd., Belleville</p>	<p>Auto/New/Used/Lease</p> <p>AWARDING \$15,000 CASH</p> <p>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>The draw takes place Saturday June 7th, 2003, 11:00a.m. Live at the dealership!</p> <p>TRENTON CHRYSLER DODGE JEEP</p> <p><small>* See dealer for details. Vehicles must be delivered within the contest period. Wholesale vehicles do not apply.</small></p>
<p>Carpet/Upholstery Cleaning</p> <p>This spot could be advertising your business.</p> <p>Call 392-2811 ext. 3976 for details!</p>	<p>Cleaning Service</p> <p>Let another one fight the dust!</p> <p>Residential & Commercial</p> <p>Fully Insured & Bonded</p> <p>Seniors Discount</p> <p>Free Estimates</p> <p>Maid Easy Call Cleaning Service 394-2852</p>	<p>Computer/Sales/Service</p> <p>THE GEEK SHACK</p> <p>Complete Computer Solution Provider</p> <p>Sales • Repairs • Upgrades Networking</p> <p>FINANCING AVAILABLE</p> <p>968-6602</p> <p>199 Front Belleville</p>	<p>Computer Specialist</p> <p>www.computerspecialist.cjb.net</p> <p>Home & Small Business</p> <p>PC Repair, Networking & Web Design</p> <p>Always the lowest rates GUARANTEED!!</p> <p>967-9603</p>
<p>Dehumidifiers</p> <p>Welcome to Dehumidifier Family</p> <p>Hercules Industrial Agricultural</p> <p>Mother's Helper Household</p> <p>Teacher's Aid Portable Classrooms</p> <p>For More Information Call</p> <p>DEHUMID INC.</p> <p>613-967-0390</p> <p>www.dehumid.com</p>	<p>Electrician</p> <p>Barink Electric</p> <p>Residential & Commercial</p> <ul style="list-style-type: none"> Free Estimates Upgrades, New Installations Central Vac Installed Renovations Phone Lines Installed <p>RR4 Trenton</p> <p>392-9404</p>	<p>General Contractors</p> <p>LUYMES Construction Ltd. General Contractors</p> <p>Kitchen & bathrooms, rec-rooms, additions, replacement windows, refacing kitchen fronts & stairways, textured ceilings & fireplaces.</p> <p>962-7039 848-9996</p> <p>E-mail: luymes@reach.net</p> <p>Free Estimates</p> <p>In business since 1967</p> <p>www.luymesconstruction.com</p>	<p>Hardwood Flooring</p> <p>GAYLORD Forest Products Ltd.</p> <p>QUALITY PREFINISHED HARDWOOD FLOORING & TRIM</p> <p>Oak, Maple, Ash, Cherry, Birch, Hickory & Walnut</p> <p>SOLID OAK FLOORS Starting at \$1.99 sq.ft.</p> <p>Ask about our Free Delivery or Free Nailer</p> <p>We make house calls at your convenience.</p> <p>Contact: Robert Thurston - 613-478-5301</p> <p>Visit our website: www.gaylordforestproducts.com</p> <p>email: lewis@gaylordforestproducts.com</p>
<p>Home Improvement</p> <p>LITTLE LAKE HOME IMPROVEMENTS</p> <p>Hugh Salmon</p> <ul style="list-style-type: none"> Carpentry Drywall/Taping Bathroom Renovations Home Repairs of All Kinds <p>Tel: 613-475-9611</p> <p>Toll Free: 1-866-475-9611</p>	<p>Roofing</p> <p>STEVE PHILLIPS ROOFING</p> <ul style="list-style-type: none"> Asphalt Roofing Specialist 5 Year Workmanship Guarantee Free Estimates Fully Insured <p>"When Quality Counts"</p> <p>Call Steve</p> <p>394-1411</p>	<p>Storage</p> <p>BIGFORD STORAGE</p> <p>Household & Commercial - You store it - You lock it & keep key 24 hours - 7 days a week - 468 Bigford Rd., Brighton</p> <p>475-6500</p> <p>5x5 - \$25/mo 10x10-\$60/mo 10x20 - \$100/mo 5x10 - \$48/mo 10x15-\$80/mo 10x30 - \$160/mo</p>	<p>Tree Service</p> <p>TRENTON TREE SERVICE</p> <p>Tree Trimming & Removal, Chipping & Stumping</p> <p>Call Geo and Ray anytime</p> <ul style="list-style-type: none"> Free Estimates Fully Insured <p>A fair price for everyone</p> <p>392-7415</p>

Feature

Boyer Kia

Hwy#62 N.
BELLEVILLE
 @ the Sommerville Centre
 2.5 km north of the 401

966-9990
 Open Saturdays 9-4



03 Sedona - 3.5L V6, 5 speed automatic, front & rear heat & air, Am/Fm/Cd, pwr. locks, windows & mirrors, plus plus, LX models Starting @ **\$24,995.00**

03 Spectra - 4 cyl., 5 speed manual Am/Fm/Cd, & more, Base model Starts @ **\$14,795.00** Available with automatic & air.



* Plus PDI, freight + taxes

GET MORE EVENT

**Don't Pay for 12 Months
 No Payments & No Interest
 or
 Purchase Now, We'll Pay the GST
 or
 "0%" 48 months on Selected Models**

Specializing in Poor Credit,
 No Credit,
 Self-Employed, 1st Time Buyer,
 Bankruptcy, Divorce

- 5 Yr/100,000 kms Power Train
- 5 Yr/100,000 kms Roadside Assistance
- 5 Yr/100,000 kms Comprehensive Warranty



03 Magentis - 2.4L 4 cyl., automatic 4speed steptronic transmission, 4 wheel ABS, air, pwr. locks, windows & mirrors, Am/Fm/Cd, plus plus, LX models Starting @ **\$21,895.00**



03 Rio - 4 cyl., 5 speed manual Am/Fm/Cd, wheel covers, S model Starts @ **\$12,350.00** Available with automatic & air.

**More Style, More Features, More Warranty,
 Add Up To More Value**

It's About Time Everyone Had A Well-Made Car



This Week in Contact

1943--With a burgeoning wartime population, definite action is required to alleviate the ongoing Station transportation problem in the Belleville-Trenton area through the appointment of a transit officer. Transit has been a headache for Trenton personnel for many months.

1953/1963--Unavailable

1973--His Excellency Governor-General Roland Michner honoured four CFB Trenton personnel at Rideau Hall, where they were inducted into the newly created Order Of Military Merit: Maj PF Hope, Sgt KG Bradley, MCpl LD Lockhart, and Cpl RG Callacott.

1983--Air Transport Group signs renewed Great Lakes SAR agreement with US Coast Guard. CFB Trenton Women's volleyball team wins Ontario Championship.

1993--CF "Total Force" concept turns five years old. 440 CF Reservists are serving on nine UN Peacekeeping operations. Revenue Canada grants seven month tax year extension for Canadians serving abroad on UN operations.



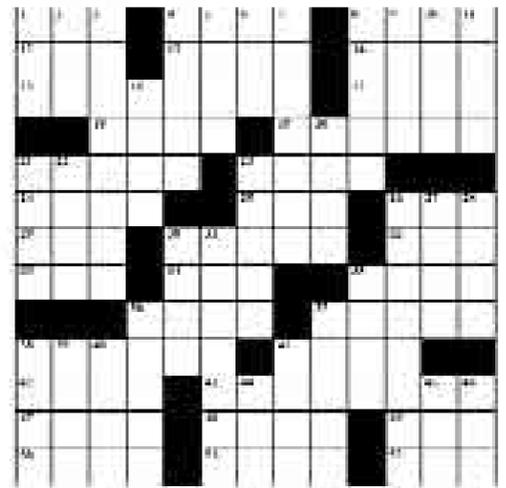
Created & compiled by
 WO J. H. MacDonald, Deputy Wing Heritage Officer,

Canadiana Crossword

Sweet Swingers

Divide: Rosella and James Kirby

- ACROSS
- 1 Strong or long follow
 - 3 Clutch part
 - 5 Cold water
 - 12 Bill
 - 13 Debate
 - 14 Lower unit
 - 15 LPGA Tour player
 - Footgear
 - 17 Army
 - 18 Remains
 - 19 LPGA Tour player
 - 21 LPGA Tour player
 - 22 Dye
 - 23 Dye
 - 24 Dye
 - 25 Aristotle, for short
 - 26 Dye or coat product
 - 28 Algebraic int. conc.
 - 30 Bearded
 - 32 Dye
 - 33 Dye
 - 34 Lake in LaSalle
 - 35 Dye
 - 36 Lateral beam
 - 37 Thin shirt
 - 38 Canada's greatest novelist
- DOWN
- 1 Rosella
 - 2 Sold out
 - 3 Dye
 - 4 Algebra
 - 5 LPGA Tour player
 - 6 Dye
 - 7 Dye
 - 8 Dye
 - 9 Dye
 - 10 Dye
 - 11 Dye
 - 14 March plant
 - 16 March plant
 - 18 Aristotle
 - 19 Dye
 - 20 Dye
 - 22 To indicate
 - 23 Dye



- 20 Equivalents
- 27 CBO or CFO
- 28 Dye
- 30 Dye
- 31 LPGA Tour player
- 35 Aristotle's term, once
- 36 Dye
- 37 LPGA Tour player
- 38 March plant
- 39 Dye
- 40 Dye
- 41 Dye
- 42 Dye
- 43 Dye
- 44 Dye
- 45 Dye
- 46 Dye

"Your Gateway to the CFB Trenton Community"

www.cfbtrenton.com

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

Classified

For Classified Information Call
392-2811 ext 3976

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

Information

CLASSIFIED AD RATES

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

ORDERING AN AD

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

ERRORS & OMISSIONS

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

USERS & AD READERS

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

Business Services

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.fisherlab.com)
(www.whiteselectronics.com)
Call: 613-394-1801
Email:
clayg@sympatico.ca

Paradise Adult Video 394-6660

RENT 2 MOVIES
GET A 3RD ONE FREE
FOR 3 DAYS

Toys - Videos - Magazines

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

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

Al's Piano Shop

We tune, move, restore, repair all pianos. We also have two apt. size pianos 20% off. Uprights too! Delivery, bench included. Terms available.
Call today
(613) 398-8911

For Sale

FOR SALE

Exquisite Antiques!
Dresser with swivel mirror \$325, Bread box \$135, 2 Pressed back chairs \$120, Torchiere floorlamp \$120, Radio 1939 \$80, Chair (green seat) \$35, Typhany-style glass shade pendant light (modern & new) \$150, Area rug (modern) \$90.
Call: 392-8610

FOR SALE

4 All-Season Tires, 185/70 R13's in great shape!
\$80.00 O.B.O.
Call: 967-8197 or 849-1749.

Please leave voicemail message.

For Sale

REBECCA'S PORTRAITS
9x12 Charcoal from a photo. \$30



Invest in a family Heirloom
Call 965-6345

FOR SALE

1992 Ford Tempo
Good condition & excellent gas mileage!
Navy blue.
Selling as is \$1,500 or best offer.
Call 965-6222

FOR SALE

Sony CD walkman plus two headsets & one adaptor.
New Condition
\$95.00.
394-7151

ATTENTION FOR SALE

To all DJ's & Music lovers-Hundreds of CD's, Tapes & Records to sacrifice.
Great variety of music for anyone
967-8197 or 849-1749

FOR SALE

Slate Pool Table
4'x8', 2 sets of balls, 10 cues, rack, scoreboard, light & accessories. A steal at \$995.00 O.B.O.
967-8197 or 849-1749

PRICED TO SELL

94 Dodge Larime Pick-up. Emaculate condition, low KMs.
Call: 847-6531

For Sale

88 Toyota Corolla SR5 2dr, runs well. Body needs a bit of work. Excellent for 2nd vehicle or for parts. \$500 OBO 965-1043

Help Wanted

HELP WANTED

Bilingual telemarketer to talk to schools. No experience necessary. Educational Programs.
Call 613-476-0041
Phil or Tracey

For Rent

KLEMENCIC PROPERTIES 1&2 BEDROOM APARTMENTS

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

392-7839

392-5915

FOR RENT

Westwinds
Condominium Trenton
1 large immaculate 2 bedroom, 2 bathrooms condo, with balcony overlooking front garden, air conditioning, security, storage room, indoor parking for 1 car, no-smoking, no children, no pets,
5 appliances.
\$900.00/month plus utilities
Available immediately.
Phone: 392-4979

Help Wanted

Summer Employment Opportunity

Central Region Gliding School requires: Retired Senior NCO to fill position of Camp Chief Warrant Officer (CWO rank, 2 Jun-28 Aug); and Retired Officer (any trade) to fill position of Camp Administration Officer (Capt rank, 25 May-30 Aug). Contact Ms Shannon Prindville (local 2706)

Full Time Employment Opportunity

Region Air Cadet Air Operations (Central)
Qualified Supply Technician to fill position of Air Ops Supply Officer (Sgt rank). Primary work location Mountain View. Forward resume to LCol P. van Haastrecht, 105 Yukon Dr. (Bldg 56, Rm 219).

Classified Info Call **Rorrie**
392-2811 ext 3976

ANNOUNCEMENTS

St. John Ambulance Saint-Jean



Community Service Volunteers Needed!!

- Do you enjoy concerts & fairs?
- Do you enjoy drag racing, motorcycles and demolition derbies?
- Do you enjoy helping others?
- Do you want to learn skills that will last a lifetime?

If you answered YES to any of the above then St. John Ambulance is the place for you. Join us and make a difference in your community. WE DID, during: Ice Storm '98, Lanark County Flood '98, Papal Visit, Toronto '02
Meetings: Every Tuesday from 7-9 p.m. at 417 Montrose Road, Belleville (St. John Ambulance Headquarters)
613-962-7933 or
967-2098 E-mail: sjabell@reach.net

We provide ongoing Advanced First Aid Training!

Crossword answers



Real Estate

Need to clear some space in your basement after receiving all those new items for Christmas? Why not sell your STUFF in Contact Classifieds. Drop by our office and book your space today!



"Teamwork Works!" FOR PROFESSIONAL KNOWLEDGEABLE & FRIENDLY SERVICE - CALL US!

RELOCATING ??? INFO PACKAGE WITHIN 24 HOURS!

Re/max Trent Valley Realty Ltd. 1-800-567-0776 392-6594

HORMANN Joanne & Frank Associate Broker Sales Representative You'll have our prompt personal attention!

www3.sympatico.ca/home.search

"Your Gateway to the CFB Trenton Community"

www.cfbtrenton.com

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

Moving to North Bay??

- Free Relocation Package • maps • directories • school districts and • computerized list of homes for sale •



Cleo Laframboise claframboise@kbrealty.com



Prudential Kleimaker & Bruce Realty 705-475-2222



Murray Powers mpowers@onlink.net

www.thehomesolutionsgroup.com

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

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@royalpage.ca

"Service Bilingue"



André (Andy) Martin CD1

RCAF/CFRETD

Sales Representative

Contact

ATTENTION ADVERTISERS

MAKE WELCOME JUDY LEAVERE



CALL JUDY AT 392-2811 EXT. 2748

TO SEE HOW THE CONTACT NEWSPAPER CAN

PROMOTE YOUR BUSINESS.



A SUPERIOR NEW HOME-Ready soon for it's first owner. This superior new raised bungalow has att garage, full basement & extra nice kitchen. Upgrades and basement finishing available. Call Joyce* #2026206

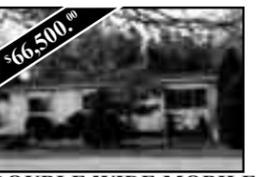
257 Dundas St. E., Trenton, Ontario K8V 1M1 613 392-2511 / 613 475-5677 e-mail: trenton@c21lanthorn.com website: c21lanthorn.com 1-888-792-5499



JUST MOVE-IN -Desirable west-side location, spacious rooms, Hollywood style oak kitchen, family room w/fireplace, new carpet & paint throughout, R/R with fireplace. Call Nadine* #2026765.



MINT CONDITION- Lovely 3 bdrm, new kitchen, gas heat, C/A, new windows, steel roof, complete with 2 bdrm wheelchair entry apartment. A gem! Call Shelly Gregory* 969-2416. #2030412.



DOUBLE WIDE MOBILE-BAYVIEW EST.- Updated mobile with newer roof on home & garage, siding, new deck, new bathroom, laminate floor in kit, lovely lot backs onto woods. Call Judy*. #2030992..

*Sales ** Associate Broker

Moving, Call Me! 392-2511



Shelley Simpson your Sales Representative Architectural Technician

"Buying or Selling"

ASK me!

Attitude Skill Knowledge

* earn 100 extra bonus Air miles - expires April 30/03

Visit me on the web!

email: shelleysimpson2003@yahoo.ca

392-2511

www.c21lanthorn.com

tollfree 1-888-792-5499



Lanthorn Real Estate Ltd.

"A SIGN OF STRENGTH & DOMINANCE"



Trenton 392-6594 Brighton 475-6594

RE/MAX Trent Valley Realty Ltd., Realtor Independently Owned and Operated

Toll Free: 1-800-567-0776

Check us out at... www.remaxtrent.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-Endor Kit of Kingston" (with video) containing maps, home prices, school information, shopping facilities, transportation and more.

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

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

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

Century 21 TOWN & COUNTRY REALTY INC.



The Union of National Defence Employees (UNDE) is a proud member of the Defence team and we are committed to supporting our Canadian Forces. Our position as a Union is to encourage and work with our military colleagues and family who are responsible to carry out their duties as assigned to them by the people of Canada.

UNDE is not pro-war. Labour and peace coalitions in this country are actively supporting anti-war demonstrations.

It needs to be stated that UNDE will not be involved in or supporting in any way these demonstrations.

We encourage the men and women in the Canadian Forces to be confident and to take pride in their abilities. We will not undermine our military in the performance of their duties.

It is from the membership of this Union that the loudest and clearest message needs to be expressed:

We are in this together, proud and strong.

Les membres de l'Union des employés de la Défense nationale (UEDN) se sentent fiers de faire partie de l'équipe de la Défense nationale. Ils se sont engagés à soutenir les Forces canadiennes. Comme entité syndicale, l'UEDN a adopté la position d'encourager ses collègues militaires et leur famille, et de travailler avec eux, car ceux-ci assument les tâches que le peuple canadien leur a assignées.

L'UEDN n'est pas en faveur de la guerre. Dans ce pays, les coalitions en faveur des travailleurs et de la paix appuient activement les groupes qui manifestent contre la guerre.

Cependant, l'Union tient à faire savoir qu'elle ne participera à aucune de ces manifestations et qu'elle n'appuiera aucun de ces groupes.

Nous incitons les hommes et les femmes travaillant au sein des Forces canadiennes à rester confiants et à se sentir fiers de leurs compétences. Nous n'avons pas l'intention de nuire à nos militaires en service.

Les membres de l'Union tiennent à exprimer clairement qu'ils se rangent du côté des militaires, pour que,

nous soyons tous unis, fiers et forts dans les circonstances.

UNDE



UEDN



Photo: Laurie McVicar, Contact Staff

NHL WRAPS UP ANOTHER SEASON

A member of the Maroon team gains control of the puck during the final game of the Noon Hour Hockey League held on Wednesday, March 5. Although they played hard, the Maroon players were no match for the Blue team who scored four goals in the last period to finish the game with a score of 5-2

Century 21

Lantern Real Estate Ltd.

Career Night

March 11, 2003

7pm at Holiday Inn, Trenton-Hastings Room

Come & learn about the Century 21 Lantern Support Program and what real estate has to offer you!

Please call **Tiffany Spearing**, Assistant Sales Manager, to **Register!**

(613) 392-2511

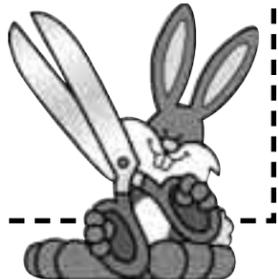
ADVERTISERS!

Be sure to book your spot soon for our Easter special (to run April 17th)

For ad rates, please call: 392-2811

Sandi Ramsay (Brighton, Trenton) Ext. 7008

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



Get Credit for Your Military Studies and Earn a Computing and IS Degree Faster

You may be eligible to receive university credit for military training through the Canadian Forces University Program that can be applied towards an Athabasca University degree program.

Apply your credits towards a Bachelor of Science - Computing and Information Systems program and earn a degree faster.

We offer online and distance learning courses with flexible, year-round registration and academic support so you can study when and where you want even if you move across the country or around the world.

Or, you may want to take a single course for professional development.



Hot Topics

- User Support
- Java Programming
- Website Technology
- Advanced Operating Systems
- Systems Design and Implementation

If you want an advanced degree, we also offer a Master of Science Information Systems.

Contact Us Today for More Information or Register Online.

Athabasca University
Canada's Open University

<http://ccism.pc.athabascau.ca>
1-866-731-0328

D I S T A N C E E D U C A T I O N W O R K S