

the contact

Timberwolf
Gallery
Art
&
Custom Framing

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

• March 28, 2003 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 38 Issue Number 13 •

The show will go on

by Capt Andy Coxhead
8 Wing PAFFO

Colonel Dave Higgins, Commander, 8 Wing/Canadian Forces Base Trenton, has confirmed that the Quinte International Air Show (QIAS) will go ahead as planned on June 21, 22, 2003.

"It promises to be a great air show despite potential operational constraints to the Canadian Forces and other participants," said Col Higgins. "We have confirmed a number of superb acts including a variety of military aircraft, spectacular Pit Specials, and death-defying Wing Walking, to name a few."

The theme of QIAS 2003 is Celebrating 100 Years of Flight. The show will also pay special tribute to the CH113 Labrador Search and Rescue Helicopter, as it nears the end of its service life after 40 years of service to the Canadian Forces and saving thousands of lives.

The Snowbirds, SkyHawks, military aircraft from around the world, and our own Search and Rescue demonstrations by the venerable CH113 Labrador and the Canadian Forces' newest acquisition, the CH149 Cormorant, are among this year's acts--not to mention a wide array of other displays celebrating 100 years of flight.

The QIAS promises a thrill-a-minute, and traditionally attracts upwards of 100,000 people. With entertainment on the ground as well as various static aircraft displays and evening functions, the QIAS offers something for everyone.

The QIAS is funded almost entirely on revenues generated by corporate sponsorships, concessions and reserved seating.

WELCOME TO 8 WING/CFB TRENTON!



Photo: MCpl Daren Kraus, 8 Wing Imaging

Shirley Siegel, Assistant Deputy Minister Human Resources, meets with Mary Johns, Executive Assistant to 8 Wing Commander Col Dave Higgins, during a special luncheon March 19. Also participating in the official visit to 8 Wing were Marcia Hicks, Human Resources Planning & Programs Officer, and Carolyn Woo, A/Director Civilian HR Service Centre (Ontario).

Canada pledges continued aid to Afghanistan

Canadian International Development Agency (CIDA)

OTTAWA, March 17 - The Honourable Susan Whelan, Minister for International Cooperation, today announced that Canada, through the Canadian International Development Agency (CIDA), has renewed its commitment to the reconstruction of Afghanistan with the largest single country pledge ever made by CIDA.

"On behalf of the Government of Canada, I am pleased to announce that Canada has pledged \$250 million in new aid to Afghanistan over the next two years, an amount which surpasses last year's commitment," said Minister Whelan. "This funding pledge clearly demonstrates Canada's ongoing commitment to the Afghan people." This new funding will support four areas which have been identified by the

Afghan Government as priorities. CIDA-supported programming will be focused in regions outside of Kabul and in sectors in which Canada has a demonstrated capacity and leadership. They are:

- supporting rural livelihoods and social protection, which will include ongoing humanitarian assistance, improving food security and supporting community-driven development;
- managing natural resources, with an emphasis on agriculture;
- strengthening security and the rule of law through peacebuilding, legal and judicial reform, strengthening democracy and by becoming the lead donor on demining;
- providing continued support to the Government of Afghanistan to help solidify its role in its own nation-building and reconstruction efforts.

"Canadians have been working side-

by-side with Afghans for many years and with today's pledge, will have contributed more than \$500 million to humanitarian aid and to long-term reconstruction since 1990," said Minister Whelan. "The situation will require our best collective efforts to support Afghans as they rebuild their country. Canada continues to make a very real difference to the people of Afghanistan."

The Government's pledge was tabled today by the Canadian delegation at the Afghanistan Development Forum taking place in Brussels. The Forum provides an opportunity for donors to pledge their support in light of the Afghan Government's current plans and priorities and long-term funding requirements.

The funding for this initiative was provided for in the February 2003 federal budget and is therefore built into the existing fiscal framework.

MND introduces Head of Bill C-25 Review

OTTAWA, March 21 /CNW/ - The Honourable John McCallum, Minister of National Defence, today announced that former Chief Justice of the Supreme Court of Canada Antonio Lamer has been selected to conduct an independent review of Bill C-25 (An Act to Amend the National Defence Act).

Bill C-25 received Royal Assent in December 1998 and made several amendments to the National Defence Act, which brought changes to the military justice system, modernized the Code of Service Discipline and promoted integrity and fairness within the system. It requires that the Minister of National Defence conduct an independent review of the provisions and operation of the Bill every five years, and that a report of the review be tabled in Parliament.

"Former Chief Justice Lamer is a distinguished, well-respected and senior member of the Canadian legal community who is recognized internationally for his accomplishments," said Minister McCallum. "His appointment signifies Defence's commitment to a fair and effective military justice system."

The report of the first five-year review must be submitted to Parliament no later than 10 December 2003.



"Before buying or selling your home
...take

STOCK

Royal LePage ProAlliance Realty, Broker • 100 Ball Blvd., Ste. 200, Quinte Mall

IAN STOCK, CD
Sales Representative
www.ianstock.com
ianstock@royallepage.ca
cell: 969-2773
(613) 966-6060

ROYAL LEPAGE

ProAlliance Realty



Le Canada s'engage à maintenir son aide à l'Afghanistan

L'Agence canadienne de développement international (ACDI)

OTTAWA, le 17 mars - L'honorable Susan Whelan, ministre de la Coopération internationale, a annoncé aujourd'hui que le Canada, par l'intermédiaire de l'Agence canadienne de développement international (ACDI), renouvelle son engagement à l'égard de la reconstruction de l'Afghanistan, en promettant le plus important financement que l'ACDI ait jamais accordé à un pays.

"Au nom du gouvernement du Canada, je suis heureuse d'annoncer que le Canada s'engage à fournir à l'Afghanistan une nouvelle aide financière de 250 millions de dollars, qui sera répartie sur les deux prochaines années," a déclaré la ministre Whelan. "Cette contribution est plus importante que celle de l'année dernière et témoigne de l'engagement soutenu du Canada à l'égard de la population afghane."

Ce nouveau financement servira à appuyer des activités dans quatre secteurs prioritaires défi-

nis par le gouvernement d'Afghanistan. Les programmes que l'ACDI appuiera seront mis en oeuvre dans des régions près de Kaboul et porteront sur des domaines dans lesquels le Canada possède des compétences et fait preuve de leadership : - l'aide aux populations des régions rurales au regard des moyens de subsistance et de la protection sociale, ce qui comprend la prestation d'une aide humanitaire continue, l'amélioration de la sécurité alimentaire et l'appui au développement communautaire;

- la gestion des ressources naturelles, en mettant l'accent sur l'agriculture; - le renforcement de la sécurité et de la primauté du droit, en menant des activités de consolidation de la paix, de réforme juridique et judiciaire et de renforcement de la démocratie, et en devenant le principal bailleur de fonds en matière de déminage; - l'aide soutenue au gouvernement d'Afghanistan pour affermir son rôle dans ses efforts de reconstruction et de développement du pays. "Les Canadiens travaillent en étroite collabora-

tion avec les Afghans depuis de nombreuses années, a ajouté la ministre Whelan. La promesse de financement d'aujourd'hui porte à plus de 500 millions de dollars la contribution du Canada au titre de l'aide humanitaire et de la reconstruction à long terme du pays depuis 1990. La situation actuelle exigera que nous mettions nos efforts en commun de la meilleure façon qui soit pour prêter main-forte aux Afghans à l'heure de la reconstruction de leur pays. Le Canada change réellement les choses pour le

mieux en Afghanistan." Cette promesse de financement du gouvernement a été présentée aujourd'hui par la délégation canadienne au Forum sur le développement de l'Afghanistan, à Bruxelles. Ce forum donne l'occasion aux donateurs d'assurer leur soutien selon les priorités et plans actuels du gouvernement d'Afghanistan et les besoins de financement à long terme. Les fonds pour cette initiative étaient prévus dans le budget fédéral de février 2003 et s'inscrivent donc dans le cadre financier en place.

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Cpl Atkinson and Pte Smith from Wing Supply are pictured processing scrap clothing at the Clothing Stores Outlet in the Belleville Armouries.

Le MDN présente le responsable de l'examen du projet de loi C-25

OTTAWA, le 21 mars /CNW/ - L'honorable John McCallum, ministre de la Défense nationale, a annoncé aujourd'hui que l'ancien juge en chef de la Cour suprême du Canada, le très honorable Antonio Lamer, sera l'autorité indépendante

chargée de l'examen du projet de loi C-25 (Loi modifiant la Loi sur la défense nationale).

Le projet de loi C-25 a reçu la sanction royale en décembre 1998 et permis d'apporter plusieurs modifications à la Loi sur la défense nationale, ce

qui a amené des changements au système de justice militaire, modernisé le Code de discipline militaire et favorisé l'intégrité et l'équité dans le système. Il exige que le ministre de la Défense nationale en soumette les dispositions et l'application à un examen indépendant tous les cinq ans et qu'un rapport soit ensuite déposé au Parlement.

"L'ancien juge en chef Lamer est un membre émérite et respecté du milieu juridique canadien, et ses réalisations sont reconnues à l'échelle internationale", a déclaré le ministre McCallum. "Sa nomination montre l'engagement de la Défense à s'assurer que le système de justice militaire est équitable et efficace."

Le rapport du premier examen quinquennal sera présenté au Parlement au plus tard le 10 décembre 2003.



**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!



Notice TO ALL VETERANS

Please be advised that Mr. Scott Young, Provincial Service Bureau Officer from Aurora Ontario, will be at Trenton Branch 110

from the hour of:
8:00am - 4pm

Tuesday April 8, 2003

Anyone wishing information, advice or assistance regarding War Disability Pensions, Treatment, Allowances etc.

is requested to contact the Branch 110, to arrange for an interview. We urge you to take advantage & get some valuable advice concerning your problems.

For Appointment Call:

Branch 110, Trenton
392-0331 9:00am - 4:00pm
Monday - Friday

Contact

www.cfbtrenton.com

"Your Gateway to the CFB Trenton Community"

Click on Contact
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)

Contact

ATTENTION ADVERTISERS

**MAKE WELCOME
JUDY LEAVERE**



CALL JUDY AT 392-2811
EXT. 2748

TO SEE HOW THE CONTACT
NEWSPAPER
CAN...

PROMOTE YOUR BUSINESS.

March 25, 1958 — First flight of Arrow 25201

Charmion Chaplin-Thomas
D-News

At a large ex-RCAF aerodrome in Malton, Ontario (now Pearson International Airport), fire trucks and ambulances stand by on Runway 32 as test pilot Janusz Zurakowski — “Zura” to his friends — prepares for the first flight of Arrow 25201, a prototype of the jet interceptor A.V. Roe Canada is building for the RCAF.

Test pilots Jack Woodman, in a CF-86 Sabre, and Spud Potocki, in a CF-100 Canuck, are also preparing to take off; they will follow Zurakowski in the Arrow to observe and record the prototype’s every move. Zurakowski releases the brakes and starts the interceptor rolling, gently at first and then faster and faster until, at 9:51, the nose

wheel lifts off the ground and the Arrow is airborne.

Today’s carefully low-key event is the result of years of design and development work, and fierce political effort. In December 1953, Cabinet agreed to pay for two prototypes; in 1954, the project grew to 11 prototypes and a pre-production order of 29 aircraft for \$190 million.

No Canadian manufacturer could build a suitable engine, so the project expanded yet again to include the Iroquois engine. The swelling budget alarmed the Chiefs of Staff Committee, but the Chief of the Air Staff argued that the Arrow had to go forward; no jet fighter on the market was up to the challenge of flying in the Arctic. In December 1955, Prime Minister Louis Saint-Laurent

decided to limit the project to the 11 prototypes, with costs not to exceed \$170 million over three years. Today, the RCAF is getting 42 per cent of the Defence budget, and Arrow spending amounts to \$103,237,634. That sum covers the airframe and not much else; the engines, weapons

and electronics are separate projects, also billed to the RCAF.

Neatly and without fuss, Zurakowski takes Arrow 201 up to 3,400 metres and a cautious 250 knots, then lands smoothly and deploys the drag chute. All seems to be well with the CF-105 Arrow.



Photo: RCAF/ARC

April 1957: Arrow 201 is rolled out of the A.V. Roe Canada hangar at Malton for the unveiling ceremony.

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



424 Squadron responded to three taskings in the past week. All responses were for ELT.

The first case formed near Ottawa and the Hercules was tasked to investigate. Upon arriving on scene, the Hercules was unable to acquire the signal during a thorough electronic search. RCC cancelled the tasking. The second case involved an ELT near the Tyendinaga airport. The Labrador was tasked and located the source of the signal in a hanger at the airport. There was no distress. The third case involved an ELT search in the Peterborough area. The Hercules was tasked while training and carried out an electronic search in the area. Nothing was heard and RCC subsequently cancelled the tasking.

Cheers.

Missions for 2003: 20 Missions for Mar.: 6 Persons rescued: 6

Check us out on the World Wide Web at cfbtrenton.com Just click on The Contact!

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**



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.



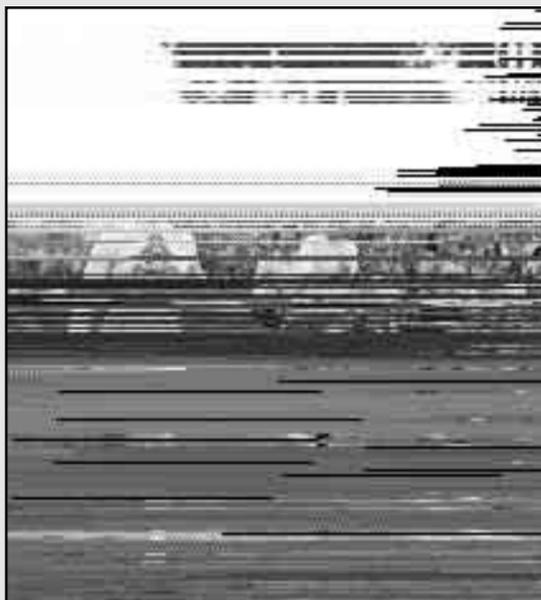
**The Contact
Wing Headquarters Building Annex
8 Wing / CFB Trenton
PO Box 1000, Station Forces
ASTRA, ON K0K 3W0**

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

The birth of an air show



The Quinte International Air Show's humble beginnings can be traced back to the early 1930's. The event, then known as the "Field and At Home Day", featured track events, midways, water sports and aerial displays and attracted thousands of spectators. Catch this year's air show on June 21-22 as it honours Air Force history. Events planned include static displays, performances by the ever-popular SkyHawks and Snowbirds, various exhibits and family activities.



Photos: Courtesy of the Contact Archives



LETTER TO THE EDITOR

Dear Editor,

I invite you to see my web site at www.mysteriesofcanada.com I am an Air Force BRAT, from Trenton, twice. This web site contains, amongst other great stories, lists of Members who have died in Peacekeeping

Missions since 1950, a list of Canadian VC recipients, a list of Canadians who have been awarded the US Medal of Honour and American VC recipients. There is even a story about BRATS, with a picture of the 1960 Little League champs from Trenton who reunited in

2002. You may even find a photo of Trenton before the tarmac went in (circa 1940)!

Bruce Ricketts
 Director,
 Asia Pacific Markets
 Mechdyne/ Fakespace Systems

Strategic reconnaissance team departs for Kabul, Afghanistan

National Defence

OTTAWA – (March 25, 2003) The Honourable John McCallum, Minister of National Defence, announced today that a Strategic Reconnaissance Team (SRT) has departed for Kabul, Afghanistan on March 22, 2003 by way of The Netherlands and Germany.

The deployment of the SRT is crucial to the planning of Operation ATHENA, the Canadian contribution to the International Security Assistance Force (ISAF) in Afghanistan.

“This reconnaissance team is on a fact-finding mission to detail the exact Canadian contribu-

tion to the international peacekeeping force that is helping to provide a safe and secure environment for the Afghan people, and to re-establish stability and civil society”, said Minister McCallum. It is an interdepartmental initiative comprising 22 representatives from the Canadian Forces (CF) with one representative from the Department of Foreign Affairs and International Trade, and one representative from the Canadian International Development Agency. As announced earlier, Canada has committed the CF to deploy a battle group and a brigade group headquarters and some additional elements

to Kabul in support of ISAF by late summer 2003.

The SRT is scheduled to return to Canada on March 31, 2003. “This reconnaissance is part of the on-going planning process and is a necessary step in preparing the CF to fulfill its mission,” said General Ray Henault, Chief of the Defence Staff. “The SRT will confirm among other things command relationships and tasks, lines of communication, logistics support, engineering requirements, the existing infrastructure and medical facilities.” ISAF currently comprises about 5,000 troops representing 29 nations, led by Germany and the

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

Canada to send liaison officers in support of OP ATHENA

National Defence

OTTAWA – (March 25, 2003) The Honourable John McCallum, Minister of National Defence, announced today that two Canadian Forces officers are being assigned to liaison positions in Europe to initiate joint operational and logistics planning for Operation ATHENA, Canada's contribution to the International Security Assistance Force (ISAF).

The liaison officers are expected to assume these responsibilities by end March 2003.

“Canada is proud to participate in this important mission,” said Minister McCallum. “The efforts of the Canadian Forces and its allies are vital to the long-term restoration of peace, security and stability in this country.”

One liaison officer will work at the Multi-National Movement Control Centre in Eindhoven, the Netherlands,

and the other will work at the ISAF Operations Co-ordination Centre in Potsdam, Germany. Both liaison officers are already in Europe, serving in NATO-related assignments.

“The deployment of these two liaison officers will help us get an insight into the ISAF operations and sustainment arrangements, and facilitate planning for Operation ATHENA,” said General Ray Henault, Chief of the Defence Staff.

ISAF currently comprises about 5,000 troops representing 29 nations, led by Germany and the Netherlands in co-operation. The mission of ISAF is to help maintain security in Kabul and the surrounding areas so that the Afghan Transitional Authority and UN agencies can function. It also includes liaison with political, social and religious leaders to ensure that ISAF operations appropriately respect religious, ethnic and cultural sensitivities in Afghanistan.

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



Gimpel Electric Supply Ltd

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

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

MEMBER OF
IED/SEABELL
EDGI
Marketing Groups



SERVING
8 WING CFB Trenton
The Quinte Area
since 1976

Visit our new Lighting Showroom

beams lighting

392-3595

country traditional log home residential
lamps fans furniture
Let us light your way!

JOIN GOODWILL BELLEVILLE Friday March 28th & Saturday March 29th

SAVE 50% OFF YOUR TOTAL CLOTHING PURCHASE*

*Feature Fashions not included

Goodwill Belleville
366 North Front St
968-4088

Hours: Mon to Fri 9 to 9
Sat 9 to 6 - Sun 12-4

Donations Always Welcome
Thank you for your continued support

Income Tax Service



Free Electronic Filing
When we prepare your return.

Seniors Discount
20% OFF

FREE Consultation
Tax problems, past or present, haven't filed? We can help.

281 Front St., Belleville • 771-9555

CUNNINGHAM CENTRE Educational Services

TUTORING
ASSESSMENTS
COUNSELLING
ESL
COMMUNICATION SKILLS

All grades, subjects and ages

Applications from qualified, competent and caring teachers and instructors are welcomed.

Belleville, Trenton
613-966-9250
Toronto
416-545-1915



United Way of Quinte
Agency Fair
April 10th-13th

Alcoholics Anonymous, Addiction Services, Alternatives for Women, Barstoll Community Trust, Belleville Community Trust, Big Brothers & Big Sisters of Trenton, Big Sisters of Belleville, Big Brothers & Big Sisters of Trenton, Brain Injury Association, Bridging the Gap, Canadian Hearing Society, Canadian Mental Health Association, Canadian National Institute for the Blind, Canadian Red Cross-Quinte, Centre Hastings People Helping People, Community Care for South Hastings, Community Development Council, Community Oriented Sentencing, Continuing on in Education, Counseling Services of Belleville & District, Family YMCA, First Adventure Child Development, Glanville Food Bank, Hospice Prince Edward-Hastings-Quinte, Life Safety Committee, Maggie's Safe Homes, Navy League, North Hastings Children's Services, North Hastings Community Integration, Quinte Access, Quinte Adult Day School, Quinte Library Group, Quinte Region Credit Counselling, Quinte Therapeutic Riding Association, Quinte United Immigrant Services, Quinte Vocational Support Services, St. John Ambulance Belleville, St. John Ambulance Trenton, Sexual Assault Centres, Trent Community Correctional, Three Oaks Foundation, Victorian Order of Nurses, Volunteer & Information Centre, Work Enterprise Centre, Youth Rehabilitation



North Front Street at Hwy 101, Belleville
www.quintemall.com 613 968 9571

JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
23/30	24/31	25	26	27	28	29
					T.G.I.F. 1700 hrs Chicken & Taters Sports/Pool	

MARCH 2003

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 Member: CIPF

Don Lockey
 Investment Advisor

Dr. Garry Solomon
 Certified Specialist in Orthodontics

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

Pet Particulars

Training dos and don'ts

Having a well trained dog is rewarding, but accomplishing this can be frustrating if not done properly. Successful training is not done with force, but rather with patience and understanding. Training with love is much more enjoyable for everyone involved!

It is important to remember a few simple rules when training a dog. First, you need to get the dog to perform the desired behaviour. This may sound easy, but remember that it must be done without using force. Don't punish the dog for NOT doing something but reward him when he does perform the behaviour. Give the reward immediately so that he knows when he's done well. Small treats and verbal praise should be used in the beginning of the training, then gradually eliminate the treats. You will end up with a dog that listens to your commands because he knows it makes you happy. NEVER hit your dog. This only leads to fear and frustration in your dog which can turn into aggression. Choke chains and collars are also detrimental. People often use excessive force and if their pet isn't perfect they get frustrated and tend to yank the chain even harder. Causing pain should never be used as a training tool for your pet. Do not make the training sessions too long, or everyone will lose interest, and always finish on a positive note. If you find your dog is not learning as much as you would like, consider obedience classes. Your dog will not only learn good behaviours but will also socialize with other animals which is very important. If you would like more training suggestions send an email request to pets@quintehumanesociety.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.

The war that could change everything

it's your Money



Garth Turner

If you recently cashed in your mutual funds and spent all your money on a bigger house with a cheap mortgage, a little of the "shock and awe" that hit Baghdad might be ready to invade your life.

I could be wrong about this, but it seems the events of the last few days could well be bringing about the end of the bear market for financial assets - stocks and mutual funds, for example - and the final moments of the bull market for real assets - including houses, gold and oil.

The war in Iraq is a pivotal event. It caps off a year or so of geopolitical uncertainty that had stock markets depressed, layoffs popping up all over Bay Street, interest rates at generational lows, more than \$60 billion withdrawn from Canadian mutual funds and the best real estate market in a generation with the highest housing prices in history.

The times have been extraordinary, unusual and, in many ways, without precedent. Those people who mistook them as the pattern for the next decade or so were incredibly wrong.

Unfortunately, that group of geniuses includes most of the country's financial commentators - the witty media know-it-alls who have been trashing mutual funds and worshipping at the Shrine of the House. They have a share of the blame to carry for the worst RRSP season ever, which ended on the third day of this month. Millions of Canadians sat on billions of dollars instead of investing at a time when the market was at low ebb, and bound to rise dramatically by the time of their retirement.

In short, it was to be entirely expected that once war broke out - and if the news was good for Coalition forces - that financial markets would rally and gold and oil prices decline. That's exactly what happened - the best week for the New York market in 21 years has just occurred. The Dow soared by more

than 8 per cent, just as the price of a barrel of oil tumbled by almost 30 per cent in nine days and gold plunged by 16 per cent.

This is also happening in an environment of rising inflation and rising interest rates. The cost of living index has climbed to a 12-year high, entirely justifying the recent Bank of Canada hike in the prime lending rate. As the economy heats up in the wake of an utterly successful and stabilizing war in the Middle East, those rates will continue to increase.

The prime, now at 4.75 per cent, is expected to be close to 6 per cent by the end of the year, and 6.5 per cent by the summer of 2004.

That is still relatively cheap money - unless you happen to have a variable rate mortgage with \$300,000 or \$400,000 owing on it. Heck, in midtown Toronto these days, you have to spend \$700,000 to get a decent two-story home on a 30-foot lot, without a garage. My banker friends tell me not a day has gone by in the last six months that they have not been asked to approve a mortgage worth \$1 million. If you happen to be carrying that kind of debt, then a 1 per cent rise in the prime rate is huge news.

As the stock market rises once again, as the cost of money jumps and as housing affordability slips,

those people who gambled that mutual funds would go down forever and real estate ascend endlessly have to question their moves. The economy since September 11, 2001 has been completely abnormal. Markets were driven lower by lousy corporate profits, accounting scandals, for sure - but mostly by investor disgust after the manic technology bubble burst. The pendulum swung dangerously in one direction, prompting people to buy Nortel at \$124 a pop, and then swung dangerously in the other, sending housing prices into the stratosphere luring people to bid against each other for the right to buy.

But this war, so long as it goes well for the Coalition - and there seems little doubt it will - will probably be the igniter that the battered American economy has been waiting for. It would reassert American dominance after the humbling events of Nine Eleven, and be stimulative simply due to the tens of billions of dollars it consumes.

Whether you agree or disagree with George W. Bush, who is staking his political career on this military campaign, your investing life is about to be impacted because of him. The world is about to change. Again.

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

Building a credit history

(NC)-When you apply for a credit card, a financial institution or retailer will likely verify your credit history to determine whether or not you are likely to pay back the money you borrow on the card.

Once you are approved and begin using your credit card, the credit card issuer will report the activity on your card to the credit bureaus (for example, your outstanding balance and whether you are making the required monthly payments). This will help you build a credit history

and earn a credit rating.

Having a good credit history is extremely important! If you have a poor credit history, you could be denied a loan (such as a mortgage, car loan or another personal loan) in the future, or you could end up paying much more for these loans. Additionally, this could affect other areas of your life, such as preventing you from getting a lease on an apartment, since landlords can also access your credit history.

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.

Bungalow Designs Available

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

• WHY RENT?

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

www.rollinshousing.com

ROYAL LEPAGE
 ProAlliance Realty
 Independently Owned & Operated Broker

Some more fantastic recipes from Michael Hoy

tastes from

The County



Michael Hoy

Aubergine and Olive Caponata

Ingredients:

2 lbs eggplant salt (for rendering bitter liquid)

1/3 cup olive oil
1 small onion, chopped
1 lb pickled onion, peppers, etc
2 tbsp capers
2 tbsp celery leaves
1/3 cup green olives, stones removed
1/2 cup Roma tomatoes

1 tbsp sugar
1/2 cup red wine vinegar
2 tbsp pine nuts

Method:

Toss the eggplant with salt and let stand in a colander for 45-50 min-

utes (this removes the bitter flavour and excess water from the eggplant. Run the eggplant under cold water and pat dry.

Divide the oil between two pans. Sauté the eggplant in the one pan until golden and remove. In the meantime, fry the onion, pickles, celery leaves, olives and tomato over a low heat for about 15 minutes

Add the sugar and vinegar to the onion mixture and continue to cook until the vinegar evaporates. Stir in the eggplant and add the pine nuts.

Serve warm as a side dish or on bread as a starter drizzled with a little fresh herb vinaigrette.

Pasta 'Chi Vruocoli Arriminata

Ingredients:

1 cup olive oil
3 cloves garlic, finely sliced
2 sardines canned in oil, drained

2 tbsp. tomato paste diluted with 3 tbsp. boiling water salt and pepper

1 medium cauliflower, divided into florets

1 heaped tbsp. seedless raisins
1 heaped tbsp. pine nuts
1 large pinch saffron

1 pkg. macaroni or any short tube pasta

1/2 cup grated parmesan

Method:

Heat the oil in a large pan and add the garlic and sardines. Allow the sardines to break up, mixing with a fork, then stir in the diluted tomato

paste along with salt and pepper. Cover and simmer for 10 minutes.

Meanwhile, cook the cauliflower in salted water for 8 minutes until half cooked. Drain and reserve the water.

Add the drained cauliflower to the sardine mixture. Stir and simmer, covered, until the cauliflower is completely cooked and soft. Then stir in the raisins, pine nuts and saffron. Remove from the heat but keep warm.

Bring the reserved cauliflower water to the boil, add the pasta and cook until al dente.

Drain the pasta and add to the cauliflower mixture. Sauté together over medium heat for a few minutes and then serve with the parmesan sprinkled over the top. Serves 4.

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

Support your local CANEX!

FEATURE OF THE WEEK
2002 Honda Odyssey EX

The Ultimate in Mini Vans
240 HP, 6 cyl V-tec engine,
5 speed auto transmission, dual air,
quad seating, power sliding doors,
windows, locks, mirrors, cruise, CD, alloys,
Honda's disappearing rear "Magic Seat", 52,000 kms.

Over 35 Quality Pre-Owned Vehicles to Choose From!

\$31,500.00

*TAXES, Licensing & Administration charges Extra On All Vehicles

Locally Owned & Operated Since 1975!

670 Dundas Street West RR2
Belleville, ON K8N 4Z2

For More Listings See
www.westcityhonda.com

Hwy#2 West, Belleville • 962-9513

Vitamins, minerals may boost immune function

(NC)—Many experts believe vitamins, especially antioxidant vitamins, help boost the disease-fighting powers of the immune system. Antioxidants are thought to help protect cells in the immune system from damage caused by environmental contaminants, cigarette smoke, radiation and normal wear and tear.

Following Canada's Food Guide is a great way to get a full compliment of vitamins and minerals on a daily basis. The following are some specific nutrients that many researchers believe may help boost the immune system:

Vitamin E – Studies showed an improvement in immune function in healthy individuals who received vitamin E supplements ranging from 400 to 800 mg (IU) per day. Vitamin E is found in

nuts, vegetable oil, corn, soya beans, wheat germ and whole grain cereals.

Vitamin C – Recent reviews suggest that vitamin C may reduce the duration of a cold, as well as the severity of its symptoms. The current recommended daily intake of vitamin C may be enough to prevent scurvy, but it might not be sufficient to support the immune response. Vitamin C is readily available in citrus fruits, green vegetables and potatoes.

Beta-Carotene – Some researchers believe beta-carotene helps to boost the immune system. Also, evidence suggests that diets rich in carotenoids, including beta-carotene, are associated with lowered risks of certain types of cancer.

Beta-carotene is found in yellow, red and orange

fruits, as well as dark green vegetables.

Zinc & Selenium – The importance of adequate zinc intake has also been demonstrated in numerous studies. A survey of an elderly, low-income population indicated that inadequate zinc intake may be linked to abnormal immune function. A study conducted in 1999 revealed that trace supplementation of zinc and selenium was associated with reduced incidence of infectious disease in adults. Zinc and selenium are found in meat, poultry, whole grains and dairy products.

Canadians should consider taking a daily multivitamin to acquire adequate amounts of these immune boosting nutrients. Multivitamins are formulated to complement a healthy diet and maintain

a consistent level of nutrients required by the body. Their careful combination of ingredients provides optimal absorption and maximum benefits.

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

The Waring House

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

www.waringhouse.com

"Taste the Talent"
March 21 - May 31
A Spring festival with artisan's showings, special dinner shows, culinary surprises, and so much more. Visit www.waringhouse.com for a brochure.
March 27 - April 1
"Brush Strokes"
Saturday, April 5
"Flavours of Prince Edward Dinner"

"Celebration of Life"
Spring Fashion Show
Wed. April 16th
An evening of Fashion for the whole family
Delicious Dinner, Entertainment & Silent Auction in support of Canadian Cancer Society
\$50 per person

Don't miss these exciting events!!
Wed., Apr. 24 - Kathryn Wheatley and Wendle Ferguson live in the Barley Room Pub.
Fri., May 9
Dinner Theatre. Delicious meal followed by a performance of the touching play "Love Letters"

What's Cooking at the Cookery School?
Mar. 29/30
Game Weekend

Coming this summer...
4-day cookery school vacations in Prince Edward County



Deputy Minister Human Resources visits 8 Wing



Photo: Cpl Gayle Wilson, 8 Wing Imaging

Col DS Higgins with Marcia Hicks, Human Resources Planning and Programs Officer, at 2 Air Movements Squadron.



Photo: Cpl Gayle Wilson, 8 Wing Imaging

Carolyn Woo, A/Director Civilian Human Resources Service Centre Ontario, Siegel and Hicks met with CWO CT Good, LCol RB Cooke (far right), and LCol DC Murphy (not shown) at 8AMS.



Photo: Cpl Gayle Wilson, 8 Wing Imaging

Siegel tries her skills in the cockpit of a 426 Squadron flight simulator during her March 19 tour.

Agir contre les changements climatiques

Ensemble, on peut y arriver.

Combien faut-il de Canadiens pour changer une ampoule ?



Un seul.

Choisir des ampoules éconergétiques, baisser le thermostat et éviter de laisser tourner le moteur de la voiture inutilement : voilà quelques-uns des nombreux gestes qui permettent de réduire la consommation d'énergie et les émissions de gaz à effet de serre à l'origine des changements climatiques. Protégez l'environnement et la qualité de l'air... tout en économisant!



Le Plan du Canada sur les changements climatiques encourage les Canadiens et les Canadiennes à réduire leurs émissions de gaz à effet de serre d'environ 20%, soit d'une tonne par personne. Relevez le défi. Pour en savoir plus, composez le 1 800 O Canada (1 800 622 6232), A15 1 800 665 7735, ou consultez le site changementsclimatiques.gc.ca.



Gouvernement du Canada / Government of Canada

Canada



Deputy Minister Human Resources visits 8 Wing



Photo: Cpl Gayle Wilson, 8 Wing Imaging

Shirley Siegel, Assistant Deputy Minister Human Resources, received a tour of the National Passenger Service Centre. She is seen here speaking with Captain Matthew Hue of 2 Air Movements Squadron.



Photo: MCpl Darren Kraus, 8 Wing Imaging

Colonel Dave Higgins, Commander of 8 Wing Trenton, presents Siegel with an 8 Wing montage.



This Week in Contact

1943--Recent fires claiming lives through panic in Ontario recreation halls and theatres prompts the Provincial Government Motion Pictures Branch to insist on the showing of a special "Safety Movie Trailer" at the beginning of every program at RCAF Trenton's two standard theatres.

1953/1963--Unavailable

1973--NDHQ announces increase of Foreign Service Allowance to \$325 accompanied/\$125 unaccompanied, and grants entitlement to one-way shipping of a member's car at public expense outside Canada. CFB Trenton forms an FM broadcasting outlet for military members and their families through CJBQ.

1983--650 Army and Air Force personnel deploy to Norway for Exercise COLD WINTER via 12 Hercules and three 707 flights from CFB Trenton. MND announces \$3.6M for the Summer Youth Employment Program (SYEP). CFB Trenton CANEX outlet topped \$4.7M in total sales volume.

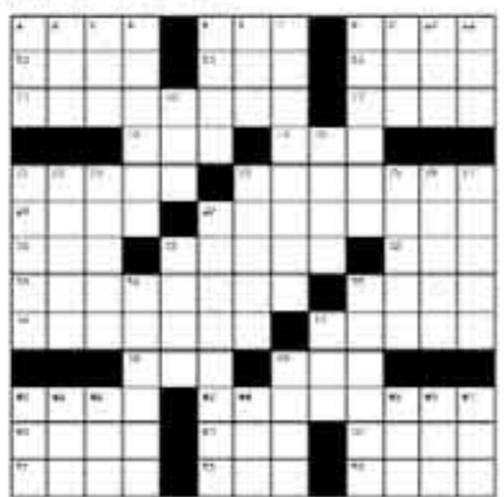
1993--CFB Trenton officially comes under command of 8 Wing, marking the return to a professional Air Force "Wing" structure that had disappeared with integration in 1968.



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

Canadiana Crossword

To Be Frank
By Helmut Henke and James Kilmer

<p>ACROSS</p> <p>1 Slender</p> <p>3 Calendar abbr.</p> <p>8 Actor Nicholas</p> <p>11 Chocolate cookie</p> <p>13 Before, poetic</p> <p>14 Say</p> <p>15 Toronto industrialist Frank</p> <p>17 Tibetan priest</p> <p>18 Nonsense</p> <p>19 Marx or Jungo follower</p> <p>21 Records</p> <p>21 New Brunswick politician - Frank</p> <p>28 Tunes</p> <p>29 Lachrymose</p> <p>30 Patrons and teachers org.</p> <p>31 Original</p> <p>32 Movie studio, for short</p> <p>33 Albums</p> <p>35 Player ender</p> <p>36 Radio/TV comedian Frank</p> <p>37 Evaluate</p> <p>38 Q to U</p> <p>39 Black stick(s)</p> <p>40 Legal or normal procedure</p> <p>41 Ballet dancer Frank</p> <p>48 Helm</p> <p>49 Labor or social follower</p> <p>50 Neighbor of Hunan</p> <p>51 Marx martyr</p> <p>52 Unleaded</p> <p>53 Trigonometric term</p> <p>DOWN</p> <p>1 Dutree's sig.</p> <p>2 Light rail transit, abbr.</p> <p>3 Marx or Jungo follower</p> <p>4 Newfoundland politician - Frank</p>	 <p>5 Tidy</p> <p>6 Tolkien creation</p> <p>7 Conveyances</p> <p>8 Marx mill</p> <p>9 Gardens, for one</p> <p>10 Jewel</p> <p>11 Amount of time</p> <p>16 Befalls</p> <p>20 Scandinavian trait</p> <p>21 Mulberry larks</p> <p>22 H.</p> <p>23 Malay boat</p> <p>24 Van line</p> <p>25 Agnon Shearar</p> <p>26 Humble, in a way</p> <p>27 In season</p> <p>29 A kind of pond</p> <p>31 Fisherman's concern</p> <p>33 Gets up</p> <p>37 African antelope</p> <p>39 Weather worm</p> <p>40 Golf score</p> <p>41 Caliph</p> <p>42 Seafood</p> <p>44 Shoohoonan</p> <p>45 Denotes three</p> <p>46 Opposite of Yang</p> <p>47 Docu. of</p>
--	--

"Your Gateway to the CFB Trenton Community"

www.cfbtrenton.com

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

Fitness, Sports & Recreation

Don't quote me on that - reporting on the reporter



Laurie McVicar

Confessions from the Gym

Monday, March 24

Due to the popularity of this column (much to my surprise), Jen and I were interviewed by a local newspaper last week.

As a reporter, it was definitely a strange experience to be on the other side of the notepad for once. I suddenly understand why some of my sources are so painstakingly careful to choose the right words. The slightest comment, once it appears in print, can make you look either incredibly smart or verbally challenged.

After the reporter left the gym and I carried on with my workout, I had time to think about my

answers. In doing so, I offer an apology to anyone who reads the article. I'm embarrassed to say the words "buns of steel" may have popped up at some point. My wise cracks may still be the professional death of me.

Several people have asked for more updates on my progress. I'm pleased to say my "lifestyle change" has lasted far longer than I expected it to. I continue to make an effort to choose healthier food and will be changing my weight routine again when I meet with my trainer tomorrow.

After four months of doing a full body circuit three times a week (using weights to work all major

muscle groups), Jen will be breaking my routine up so that I am focussing two days a week on my upper body and two days a week on my lower body. In addition, I will be introduced to some new machines.

Believe it or not, what I'm really looking forward to is being measured next month. This will be the moment of truth for me and result in one of two things - a major dose of self satisfaction or a pathetic phone call to the bridal shop begging them to reorder my dress in a larger size. Personally, I'm voting for number one.

A special note to CWO Jim Boland who taunts me regularly at the gym...after a few more lessons with Randy you may want to reconsider those comments about hidden stashes of truffles. A hungry, martial arts trained woman is a force not to be reckoned with.

(Letter from a reader)

I was glad to see that someone other than me had/has the same experiences as I did when trying for self-defense. I only made it to a yellow belt (pretty proud of that as it is). Read on to see why.

A few things (Murphy's Laws or Atkinson's Progressions) to look out for as your training progresses:

When practising falls - it does not matter that you know correctly how to do them - your body will mess it up! (Sprained wrist, twisted knee, pulled back - I've faced it - I'm a klutz!)

The stretches were ok in class - pay close attention or even film them. They are not the same when doing them at

home!

Follow along with the moves - do not take the time to think it through. Think one move and you end up 20 moves behind!

The kicks and punches are great separately - combine them and I can't begin to describe what I looked like!

When sparring - pay attention. One stray moment - one black eye!

Try not to go out too much in public after using the punching bag - the bruised hands make people think that you've been in violent confrontations (could be good thing!)

DO NOT PRACTICE IN YOUR SLEEP - You may think you are saving the world

or yourself - but in actual fact you are beating up the love of your life. I thanked God that we have a waterbed especially after learning some of the major roundhouse style kicks! Although there were times when I pretended I was dreaming! (Don't think so but wished it!)

Wait a minute - you are talking self-defense class - not the actual training classes are you? You will have more time, patience and training for the specific moves than doing all the moves for the belt training.

Enjoy - there is nothing better than being able to defend yourself.

Cpl Colleen Atkinson

Ball hockey league meeting

The I/S Ball Hockey League meeting is schedule for 1000 hrs, Thursday, April 3 in the Gymnasium conference room. The league is open to CF Military, DND & NPF full time employees.

Interested unit sports reps are to attend subject meeting in preparation for the 2003 Ball Hockey Season. The league will play at the RCAF Arena, time to be announced. Players with no team reps wishing to play and or for more information contact the Military Sports Coordinator, Dan Cormier at local 3373.

Players needed for soccer team

The 8 Wing Soccer Team is looking for players for the upcoming soccer season and Ontario Region Soccer Championship, date to be announced.

Practice will be held every Wednesday evening from 1600 - 1730 hrs at The Gymnasium until weather permits the practice to be moved outdoors. All interested players are welcome to attend the practice to upgrade their soccer skills with the help from CISM players. For further info contact Cpl Ken Roy at local 3095 or MCpl Rick Mongeon at local 2973.



Surf 'n Turf training now available

The 17th annual Surf 'n Turf will be taking place at 8 Wing / CFB Trenton on June 6, 2003 and should prove once again to be a great time for all participants.

If you are interested in putting a team together and start training for this event, our certified Fitness and Sports Instructors have 6-8 week training programs available for each leg of the race upon request. All you have to do is book an appointment with one of the instructors to sit down and go over the program. At that time, the instructor will make any special modifications so the program can be tailored to you and your goals for this event, whether it is to be competitive or just to complete a leg of the race.

Contact the Fitness Staff at local 3328 today to book your appointment and to get yourself started on a safe and effective training program.

Women soccer players invited to take part in CISM training camp

The 2003 CISM Women's Soccer Championship will be held May 26 - June 8 in Germany.

A CISM Soccer Training / Selection Camp will be held in April at CFB Esquimalt. This camp and championship is open to all CF and Reserve Class A, B, and C women soccer players. Interested players must have achieved a 9.5 or better on their 20 MSR within six months of the training camp to be invited. For further info or CISM Training package contact the Military Sports Coordinator Dan Cormier at local 3373.



Judi Christopherson

news from the

Community Recreation Director

Due to the increased security on the south side of the base the following fitness classes have been moved to the RecPlex Gym.

Body Sculpting, Monday and Thursday evenings from 7:00 p.m. - 7:50 p.m.

Step Classes, Monday and Thursday evenings, 6:00 p.m. - 6:50 p.m.

Kicking Cardio, Saturday mornings, from 9:00 a.m. - 9:50 a.m.

Spinning has been cancelled until further notice.

Spaces are still available in all our fitness classes.

Drop-ins are welcome (\$5 per class)

Visit the RecPlex to register or call for more information 392-2811 ext 3361/3348.

Pre-school Gym-cercise

March 18th - May 6th Tuesday mornings, 9:30 - 10:30 a.m. at the RecPlex. Moms & Dads, join Cindy for this introduction to basic gymnastics for pre-schoolers with the emphasis on FUN! An action packed program for children with plenty of energy. Children will take part in various activities to improve balance, coordi-

nation, flexibility & strength. Parents will learn spotting techniques as their child learns to climb & play. Cost: \$10 for CRA members, \$15 for non-members.

Punch Cards Spring Session For Body Sculpting, Kicking Cardio & Spinning

Not sure which class you want more? Want to do more than two classes per week? Purchase a punch card and try them all! Sixteen class card - \$45 CRA Member, \$55 Non CRA Member. Once the card is used you must pay the drop-in fee or purchase a short course card. Cost: 10 classes - \$25/\$30 (Short course cards only available to punch card holders). You can purchase your punch card at the RecPlex. For information, call 392-2811 ext. 3361/3348.



TRENTON Military Family Resource Centre



FOR MORE INFORMATION 965-3575

**“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.
April 2 - Body Shop, Enjoy a spa night
April 9 - “Angel Play”, Cheryl Storey, new creative meditation

“Activités du mercredi”
2 avril - Body Shop profitez d'une soirée spa
9 avril - “Jeu d'ange”, Cheryl Storey, nouvelle forme de méditation créative.

Children's Programs, 0-5 yrs/Programmes pour enfants, 0-5

“New Extended Drop-Off Childcare Hours
Starting April 2nd
Monday & Wednesday
1:00 p.m.-4:00 p.m. Ages 2 1/2-5 years.
Pre-register one week in advance at the reception
\$4.00 per hour, \$1.50 for additional siblings
This service is an expansion to our Licensed Daycare Program therefore a green form may be required from the Health Unit.

Plus d'heures pour la Halte-garderie
Débutant le 1er avril
Lundi et mercredi
13h-16h 2 ½ -5 ans
Inscription à la réception du CRFM, une semaine à l'avance
4\$ de l'heure, 1,50\$ pour chaque enfant de plus de la même famille
Ce service est une expansion de notre programme de garderie licenciée donc il est possible que vous ayez à remplir un formulaire vert provenant du Centre médical.

Computer Classes./ Cours d'informatique

Excel Level:
April 7, 8 9 & 10, 1-4 p.m., \$75
Intro to Windows
April 15, 16 & 17, 1-4 p.m., \$50
Word Level 2
April 22, 23 & 24, 9 a.m.-12 p.m., \$75
Excel Level 1
April 21, 22, 23 & 24, 1-4 p.m., \$75
Payment confirms your place.
Minimum of six people to run the course.

Excel Level:
7,8, 9 & 10 avril, 13h-16h, 75\$
Intro to Windows
15, 16 & 17 avril, 13-16h, 50\$
Word Level 2
22, 23 & 24 avril, 9h-12h, 75\$
Excel Level 1
21, 22, 23 & 24 avril, 13h-16h, 75\$
Le paiement confirme votre place.
Minimum de 6 personnes est re-quis pour offrir le cours.

MASS SCHEDULE HORAIRE DES MESSSES

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 -MESSSES

Messe Dominicale: 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.

French Second language/Anglais langue seconde

Next session: April 14th to June 20th.
Classes will run twice a week at six hours of instruction per week, for a total of 10 weeks (60 hours of instruction). A deposit of \$50 is required upon registration for the course. Come in and register at the MFRC or call Jeannie at 392-2811 ext. 7736 or Manon at 392-2811 ext. 3852 for more information.
*Registration open until April 4th

Dates: du 14 avril au 20 juin.
Les classes ont lieu deux fois par semaine pour une durée de 3 heures chacune pour un total de 10 semaines (60 heures d'instruction). Un dépôt de 50\$ est dû lors de l'inscription au cours. Venez vous inscrire au CRFM. Pour plus de renseignements appelez Jeannie au 392-2811, poste 7736 ou Manon au 392-2811 poste 3852.
*Inscriptions jusqu'au 4 avril

Spanish Classes./ Cours d'espagnol

25 hours of instruction
Beginner: Mondays, 6:30 - 9 p.m.
Starts Monday, April 14th.
Intermediate:
Wednesdays, 6:30 - 9 p.m.
Starts Wednesday April 16th
Cost: \$75/military family member
\$85/non-military affiliated
Minimum of eight participants.
Register by April 4th.
Call at 965-3575 or call Manon at 392-2811 - 3852

25 heures d'instruction
Débutant: Lundi de 18h30 à 21h
Débute lundi le 14 avril.
Intermédiaire:
Mercredi de 18h30 à 21h
Débute mercredi le 16 avril
Coût:
75\$/ membre de familles militaires
85\$/ non-affilié à la vie militaire
Minimum de 8 participants
Inscription pour le 4 avril
Téléphonez le 965-3575 ou Manon au 392-2811 - 3852

Canadian Cancer Society

Join us in the fight against cancer, buy daffodils.



The daffodil is a symbol of hope in the fight against cancer. It represents the courage of cancer patients, the compassion of volunteers and the commitments of researchers dedicated to conquering the disease.



Pre-order your daffodils by Thursday, March 27th by calling the MFRC at 965-3575.

\$6 for a bunch of 10 blooms or \$10 for two bunches
Pick up at the MFRC on Thursday, April 3rd.

Boston Pizza
You're Among Friends at Boston Pizza
10% Military Discount
show your I.D. & get 10% discount on food only
180 Bell Blvd., Quinte Mall-Belleville
966-2444

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

GUEST INN MOTEL
265 Dundas Street East, Trenton
• Colour TVs • Cable • A/C • Phone • Fridge
• Coffee Machine • Microwave
• FREE Newspaper •
Special Rates for Weekdays & Weekends!
Phone #: (613) 392-2566
Fax #: (613) 394-9980



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last

March 30 - April 5

ARIES (March 21-April 19): Be honest with yourself on the 30th and 31st. If you rely on yourself you will be a lot farther ahead. Mishaps will occur if you aren't paying attention. Use others peoples venom to spark your enthusiasm and your determination to succeed on the 1st and 2nd. Overspending in order to make amends for treating someone badly will not work on the 3rd, 4th and 5th. Be creative.

TAURUS (April 20-May 20): Get out and take part in community events or fund-raising activities on the 30th and the 31st. Both business and emotional relationships can flourish if you are a participant. Learn all you can about the people around you on the 1st and 2nd. Someone may not be upfront with you. Focus on what you can accomplish on the 3rd, 4th and 5th instead of fretting over what you can't complete.

GEMINI (May 21-June 20): Prepare to do all the chores that have been left undone on the 30th and 31st. An older family member may shed some light on the situation you face. Don't be pushed into shady dealings on the 1st and 2nd. You are likely to do the wrong thing if you aren't extremely thorough in your research. Refuse to let anyone railroad you into making a quick decision based on few facts on the 3rd, 4th and 5th.

CANCER (June 21-July 22): You will be quite entertaining, knowledgeable and sought after by those who want to learn from your experience. Offer your suggestions on the 30th and 31st. It's time that you stood in the spotlight. Focus on your future on the 1st and 2nd. Hard work will pay off. You will be creative on the 3rd, 4th and 5th. Travel will stimulate your imagination resulting in new ideas.

LEO (July 23-Aug. 22): Don't invest without proper research. Bide your time on the 30th and 31st and everything will turn out the way you want. Listen to experienced people. You'll be in the driver's seat on the 1st and 2nd especially when it comes to pushing your beliefs and ideas. You will be tempted to overspend or take a risk on the 1st, 2nd and 3rd. Don't expect to get something for nothing.

VIRGO (Aug. 23-Sept. 22): Problems at home may lead to emotional upset on the 30th and 31st. Get out and enjoy as many different events as possible to offset your troubles. Boredom will lead to dissatisfaction. Focus on your health, wealth and future direction on the 1st and 2nd. There is nothing you can't accomplish. Sharing will bring you the highest rewards on the 3rd, 4th and 5th. Mix business with pleasure and you will prosper.

LIBRA (Sept. 23-Oct. 22): Don't sit around wasting time on the 30th and 31st. Do a little networking. Socialize with co-workers or peers. Good ideas could lead to a lucrative project. Partnerships will be highlighted on the 1st and 2nd. You will be amazed by the caliber of people you meet. A legal or financial problem may surface on the 3rd, 4th and 5th. Check to find out what your rights are.

SCORPIO (Oct. 23-Nov. 21): You can make a difference in the life of a younger individual on the 30th and 31st. Competitive sports will help you expel some of the excess energy. Making suggestions as opposed to giving orders will be the key on the 1st and 2nd. Treat others with dignity. Make love not war on the 3rd, 4th and 5th. Don't let anyone put limitations or unreasonable demands on you.

SAGITTARIUS (Nov. 22-Dec. 21): Don't take on added responsibilities on the 30th and 31st. Someone may try to railroad you into feeling guilty. Size matters up and move on. Both physical and mental changes made on the 1st and 2nd will lead to a sense of accomplishment. Pamper yourself on the 3rd, 4th and 5th, do whatever it takes to ensure that you maintain a healthy lifestyle.

CAPRICORN (Dec. 22-Jan. 19): Your energetic approach to whatever you are working on will lead to major progress and positive results on the 30th and 31st. Don't feel bad if things don't go your way on the 1st and 2nd. You need a change so accept the inevitable. Do something with the people you love on the 3rd, 4th and 5th. Any opportunity to bond will be beneficial.

AQUARIUS (Jan. 20-Feb. 18): You need to discover what you enjoy doing most on the 30th and 31st and then figure out a way to get paid for it. You have the intelligence and the ideas to follow your dreams, so get moving. Your unique ideas and genuine concern on the 1st and 2nd will spark enthusiasm in those you encounter. Don't let things get to you on the 3rd, 4th and 5th. If someone tries to saddle you with work be firm and say no.

PISCES (Feb. 19-March 20): Get out with friends on the 30th and 31st, but don't let anyone curtail your freedom or put words into your mouth. You will become emotional if you feel that someone is trying to influence you against your will. Your work ethics and your ability to accomplish will put you ahead of your competitors on the 1st and 2nd. Expect something interesting to develop on the 3rd, 4th and 5th. You will make a difference if you help others.

Dear Health Professional

I have heard that drinking milk will block iron from being used in the body. I am a parent of young children. I am concerned that if they drink too much milk they will not get enough iron. Could you tell me if this is true?

*Signed,
Should I Pump Milk or Iron...into my kids*

To answer your question, drinking milk will not block the "absorption" of iron. In most cases, nutrients are absorbed best from foods in which they are found naturally.

In contrast, nutrients taken in concentrated form, such as supplements, are likely to interfere with the absorption of other nutrients. The example to which you refer is calcium hindering iron absorption. When

taken in concentrated forms these ions will compete to be absorbed, as there is a vast quantity of each and there are a limited number of absorption sites. Therefore, if you get your nutrients from food sources you should have no trouble absorbing the iron, which you ingest.

It is also important to note that milk is an excellent source of many nutrients. Milk and milk products are an essential part of a well balanced diet. Canada's Food Guide recommends that we aim to consume 2-4 servings of milk products every day.

A single cup, 250ml of whole milk contains:

- As much protein as a grade A large egg, for building and repairing body tissues.

- More thiamin, riboflavin and niacin than a slice of whole wheat

bread. Combined these help to turn carbohydrates into energy, keep your skin, eyes and nerves healthy and aid in growth and development, among other things

- As much calcium as 7 medium sardines with their bones. Calcium helps keep your bones and teeth strong, helps your heartbeat, muscles contract, nerves function and blood clot.

- Almost as much potassium as a banana.

- Close to ¼ of the vitamin A in a cup of cooked broccoli. Helps promote healthy skin, eyes, night vision and is essential for normal bones and teeth.

References: Nutrition Concepts and Controversies, Sizer & Whitney Build a Better Body from the Inside Out, Dairy bureau of Canada.

LOCAL SERVICES

To Serve You

AND TRADES

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 Reasonable Rates Fast Service 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 ✓ Safety Inspections ✓ Springs ✓ General Repairs ✓ Suspension Service <p>Cars - Trucks - Vans - Buses Trailers & Heavy Trucks</p> <p>Parts & Service - Call Kevin 613-962-1132 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. The draw takes place Saturday June 7th, 2003, 11:00a.m. Live at the dealership!</p> <p>TRENTON CHRYSLER</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 Fully Insured & Bonded</p> <p>Seniors Discount Free Estimates</p> <p>Maid Easy Call 394-2852 Cleaning Service</p>	<p>Computer/Sales/Service</p> <p>the GEEKOOSHACK</p> <p>199 Front Street Century Place Belleville, Ontario</p> <p>613-968-6602</p> <p>PC's, UNIX®, Networking Sales, Service & Consulting</p> <p>Apple Authorized Reseller</p>	<p>Computer Specialist</p> <p>www.computersystemslist.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 Mother's Helper Household Teacher's Aid Portable Classrooms</p> <p>For More Information Call DEHUMID INC. 613-967-0390 www.dehumid.com</p>	<p>Electrician</p> <p>Barink Electric 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>613 962-7039 613 848-9996 E-mail: luymes@reach.net Free Estimates In business since 1967 www.luymesconstruction.com</p>	<p>Hardwood Flooring</p> <p>GAYLORD Forest Products Ltd.</p> <p>QUALITY PREFINISHED HARDWOOD FLOORING & TRIM 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 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>Home Improvement</p> <p>LITTLE LAKE HOME IMPROVEMENTS Hugh Salmon</p> <ul style="list-style-type: none"> • Carpentry • Drywall/Taping • Bathroom Renovations • Home Repairs of All Kinds <p>Tel: 613-475-9611 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" Call Steve 394-1441</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 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>

Treat them to cool Easter eggs



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

Don't let food poisoning spoil the fun of Easter eggs. If the decorated eggs are left out of the refrigerator longer than two hours, don't eat them.

Here are some food safety guidelines:

To cook the eggs, put them in a single layer in a pan with enough cold water to cover them by at least an inch. Cover the pan and bring it to a boil. Turn off the heat right away and leave the pan of eggs on the burner, covered, for 12 to 14 minutes for medium eggs. Then run cold water over them until they are completely cooled. Store in the refrigerator for up to one week.

Use only food colouring or food-grade egg dyes to decorate the eggs.

Natural alternatives are boiling the eggs with grass for a pale green colour, onion skin for light yellow or beets for a pink hue.

Don't eat eggs which have been cracked either before or after cooking.

If you are hiding eggs for an Easter egg hunt, do not put them where they can come into contact with lawn chemicals or other harmful substances.

Decorated eggs brighten a spring holiday table. But if they sit at room temperature for more than two hours, they are not on the menu!

Don't ever fool with a seizure

(NC)—You and a friend are enjoying an outing when—suddenly—your companion appears to lose consciousness, falls to the ground and starts to shake uncontrollably. The person is having a seizure. How can you help?

St. John Ambulance, Canada's leader in first aid training and products, offers these tips.

1. Make the area safe for the casualty. Keep onlookers away.
2. Don't try to restrict the person's movements in the convulsion. Gently guide them to protect them from injury.
3. Carefully loosen any tight clothing, especially around the neck.

4. Never put anything in the mouth of the casualty, between the teeth or attempt to hold their tongue.
5. Never try to give the person food or drink.
6. After a seizure, assess the casualty for injuries.
7. Keep the casualty at rest for up to an hour, regularly monitoring pulse and breathing.
8. Seek medical attention if the casualty does not fully recover, or has a second major seizure within a few minutes.
9. If this is the first time the person has had a seizure, always get medical help.

La Coop des Francos...

La Coop c'est quoi?-- C'est un lieu où l'on peut écouter un disque compact ou feuilleter un livre francophone avant de l'acheter. (Toutes des nouveautés)

C'est un endroit où, en tant que membre, je peux emprunter un livre, un disque compact ou même un DVD purement francophone. C'est un lieu où l'un des ambassadeurs culturels actif au sein de la Coop sont en mesure de me conseiller et même d'effectuer des recherches internet afin de dénicher des livres/disques CD/DVD/VHS francophone non disponible localement. Enfin, c'est un catalyseur afin d'attiser l'intérêt des francophones et francophiles envers la culture franco. C'est un circulaire d'information qui donne un aperçu des articles en démonstration quatre fois l'an.

On vous attends: Où: L'école Marc-Garneau, 83 Rue Marmora, Trenton
 Quand: Les samedi et dimanche 29-30 Mars 2003 entre 11 et 15 heures.

TRENTON FURNITURE HAS THE LOWEST PRICES GUARANTEED

**SPRING
 SPRING
 SPRING**

into a new mattress!

39" Box & Mattress from \$89

54" Box & Mattress from \$139

60" Box & Mattress from \$169

60" Pillow Top Box & Matt Sets

SPECIAL PURCHASE from \$299

BUNK BEDS

complete from \$389

TRENTON FURNITURE

Hwy. #2, Bayside 962-6202

TRENTO FURNITURE HAS THE LOWEST PRICES GUARANTEED

Taking action on climate change
Together, we can do it.

How many Canadians does it take to change a light bulb?

One.

Whether it's switching to energy-efficient light bulbs, turning down the thermostat or reducing car idling, every one of us can do our part. These are just some of the many ways to reduce energy use and the greenhouse gases that cause climate change. Help preserve our environment and clean air, and save money, too.

The *Climate Change Plan for Canada* calls on all Canadians to reduce individual greenhouse gas emissions by 20% or about one tonne per person. Take the one tonne challenge. To find out more, call 1 800 O-Canada (1 800 622-6232), TTY 1 800 465 7735 or visit climatechange.gc.ca.

Government of Canada
 Gouvernement du Canada

Canada

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.

THANK YOU

Thank you to the following businesses for helping to make this year's Women's Conference a huge success:
Merci aux entreprises suivantes qui par leur aide ont accru le succès de la Conférence annuelle des femmes:

- Quinte Mall
- Morton Parker
- Nestles
- Midas (Trenton)
- Beauty Works
- Roger's Video
- Four Points Sheraton (Kingston)

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

Lost!

A lady's gold chain bracelet. May have been found either inside the headquarters building or in the parking lot behind it. If you find it, please call local 3978.



General Meeting-Friday April 11, 2003 6pm at the Auto Club location.
Subject: to approve write-off items for the DA account. Approve funds for construction material & tire balancer for the club. Contact President Luch
Phone 394-0578 or local 2906

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

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

Home Improvement

Retired Military Carpenter
Complete home improvements, 20 yrs experience. Decks, washrooms, siding, hardwood/laminate flooring, painting.
Charles Poisson CD1
966-8864.

Announcements

The Quinte Chapter, Schizophrenia Society of Ontario, will hold a General Meeting, **Wednesday, April 9, 2003 at 7:00 p.m., St Andrews Presbyterian Church, 67 Victoria Avenue, Belleville.** The meeting will be followed by a Family Support Group. Everyone is welcome. **For more information call 962-8438. Nicky Livingstone Public Relations Quinte Chapter Schizophrenia Society of Ontario 392-8191**

For Sale

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

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
Coffee and octagonal end table and matching lamp, 12-14 cubic ft. chest freezer, Brunetti livingroom sofa, area carpet, exercise bike, student desk, swivel rock-er-recliner, firewood - cut and split kindling.
Phone (613) 392-5034.

FOR SALE
MRH Taylor Made 200 steel Driver. Almost new! \$150
Call: 394-0119

FOR SALE
Kitchen table & chairs- black & white \$100obo, Area Rugs \$15each obo, Nightstand \$25obo, Entertainment Unit \$100obo, chair 7 Ottoman \$50obo, Blue couch \$50obo, White couch \$50obo
Phone (613) 394-5792.

EARN EXTRA CASH!!!!
Sell your used items in the Classifieds.

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 Sale

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

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 Prindiville (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).

Well Established Hair Salon in Trenton with Very Happy Atmosphere, Seeking Experienced Hairstylists For Full/Part-Time Positions. Please Apply In-Person with Resume at Lauraldo's, 459 Dundas St. West. Ask For Laura. Phone: 392-4246.

Crossword answers



Renovate your home, save money

(NC)—According to the Homeowner Repair and Renovation Survey, Canadian homeowners spent \$20.4 billion on repairs and renovations in 2001. While this shows that Canadians are spending a lot of money sprucing up their homes, it doesn't mean there aren't ways to make one's budget go further.

The following money-saving tips from ConstructionCanada.com are a great resource for any do-it-yourselfer:

• **Lumber** — Lumber is generally available in even lengths (six or eight feet) so try to

design your projects according to these numbers to save on waste

• **Windows and Doors** — The best advice is to shop around, as you can generate savings as high as 20 to 30 per cent just by comparing outlets

• **Tools** — Again the best advice is to shop around or check out garage sales where you can often find tools that are just like new

• **Plywood** — When it comes to plywood, you can buy large scrap pieces at a discount that will be big enough for

what you need to complete your project

• **Sandpaper** — Sandpaper is available by the package containing smaller sizes, however if you buy by the sheet you can save anywhere from 10 to 20 per cent

How do you make your renovation dollars go even further? If you are one of the over 12.5 million Canadian AIR MILES Reward Program Collectors, you can earn reward miles throughout your renovation and then reward yourself with kitchen

appliances or tools — it's all about guiltless indulgence. Make all your renovation purchases on your NO FEE American Express AIR MILES Credit Card or open a Bank of Montreal Personal or Homeowner's Line of Credit. You can then reward yourself with a Maytag dishwasher or stainless steel microwave, or a Trade Master 10" bench saw with stand, Trade Master mitre saw, or cordless drill.



Yard sale season is approaching.
Advertise yours in the Contact Classifieds!

POSTED THIS YEAR?

CALL ANDRÉ (Andy) MARTIN, CD1



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



André (Andy) Martin CD1
RCAF/CFRETD
Sales Representative

1-800-263-2177

394-4837 amartin@royalpage.ca
253 Dundas St. E., "Service Bilingue"
Trenton

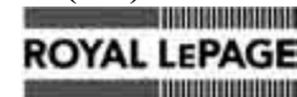
Buying, Selling, Free Market Evaluations, & all your Real Estate Needs!

Call **Linda Schick**

A name you can trust!

Business: (613) 966-6060

Res: (613) 962-2809



Linda Schick
Sales Representative



www.cfbtrenton.com

Click on Contact

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

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

Home Reference Book®

- Over 400 pages
- 160 illustrations
- 100,000 satisfied home buyers

Don't settle for less!

ELECTROSPEC

Home Inspection Services

7 days, 8 am - 8 pm

394-6954
1-888-394-6954

www.allaroundthehouse.com

Relocating this year?

Call **Judy Caswell R.N.**
jcaswell@royalpage.ca
(613) 394-4837
1-800-263-2177
Selling Quinte Since 1980

253 Dundas St. E.
Trenton
ProAlliance Realty
Independently Owned and Operated

Judy Caswell R.N.
Sales Representative

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

\$175,900.00

QUALITY ALL THE WAY!
A new home to be built on extra large city lot. Trenton's east side near VP Carswell School. App 1400 sq ft with dble gar, 7 year warranty. Call Earl Monds*. #2021695.

\$66,500.00

DBLE WIDE MOBILE- Bayview Estates. Updated mobile with newer roof on home and garage, siding, new deck, new bathroom, laminate floor in kitchen, lovely lot backs onto woods. Call Judy*. #2030992.

\$204,900.00

JUST GORGEOUS!
Spacious cape cod sunken L/R, sep D/R, gourmet oak kitchen, 3 large bedrooms, , rec room with walk-out to fenced yard. Call Nadine* today! #2031428.

\$115,000.00

MILITARY LOCATION- Great location, large yard, walk-out basement. 2 Gas fireplaces heat the home. 3 Bedrooms, den, eat-in kitchen, room for garage too! Call Shelly Gregory*. 969-2416. MLS#2030702.

*Sales ** Associate Broker

1-800-350-9473

3468 E Petawawa Blvd.
Petawawa, Ontario
K8H 1X3
(613) 687-1234

Hazel Ladouceur
Broker/Owner
Wisemove@magma.ca

Pat Cleator
Sales Representative
cleator@nrtco.net

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.

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 Barrielfield 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.

SEEKING NO GLORY - ONLY RESULTS

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

BELLEVILLE

DODGE • CHRYSLER • JEEP

30 CARS IN 3 DAYS!! NO FOOLING

IT'S THE REAL DEAL!

FRI, SAT & MON, MAR 28, 29 & 31
OVER \$6,000,000 NEW & USED REAL DEAL PRICES!!

2002 ACURA RSX  SK# 23384 Manual 4 cyl. sun roof, spoiler, leather air, cruise, pwr pl & mirror. \$25,995*	2001 PT CRUISER  SK# 1304 9,680 kms, auto, leather sunroof, CD, pwr pl & mirror. \$338* / \$19,900*	2000 NEON  SK# 91775 Manual 4 cyl. bucket seats, sunroof, tilt wheel. \$195* / \$11,900*	2001 TAURUS  SK# 91104 Auto, 6 cyl. power seats, air, pwr pl & mirror. \$227* / \$15,900*	1999 TRANS SPORT  SK# 32034 Auto, 6 cyl. roof rack, tinted windows, cruise, air, pwr pl, CD. \$329* / \$15,900*	2001 SUNFIRE  SK# 100P Manual 4 cyl. sunroof, air, pwr pl, CD. \$253* / \$14,900*
2001 PT CRUISER  SK# 21504 Silver in colour, 4 cyl. auto, air, cassette, CD & much more. \$295* / \$17,900*	2001 SATURN SC1  SK# 32254 29,700 kms, manual, 4 cyl., bucket seats, air, CD, power locks. \$253* / \$14,000*	1996 SEBRING CONV.  SK# 31654 77,175 kms, auto, 6 cyl., bucket seats, air, cassette, pwr. \$13,900*	1996 AVENGER  SK# 32254 Auto, 4 cyl., spoiler, bucket seats, cassette, cruise, tilt. \$10,900*	2000 GRAND AM  SK# 30034 Auto, spoiler, air, am/fm cassette, pwr. pl. \$13,900* / \$235*	1996 DODGE NEON  SK# 22015 Red, auto, 4 cyl., bucket seats, air, cassette. \$6,995
2000 CHEVROLET S10  SK# 32474 Auto, 6 cyl., extended cab, rear sliding window, air, CD, 57,630 kms. \$270* / \$15,900*	2002 DODGE RAM  SK# 32504 Automatic, 8 cyl., white, 3,968 kms. \$489* / \$27,900*	CERTIFIED PRE-OWNED VEHICLES		LOOK AT THESE GREAT FEATURES OF CPOV VEHICLES! • 90 DAY WARRANTY • 3 YEAR 50,000 KM WARRANTY • 7 DAY TEST DRIVE • 24 HOURS SERVICE • 24 HOURS TOWING • 24 HOURS RENTALS • 24 HOURS DELIVERY	1999 SEBRING JXI CONV  SK# 24884 Auto, 6 cyl., fog lights, leather, bucket seats, air, cruise, air, pl, CD. \$18,900* / \$449*

30 CARS IN 30 DAYS!!

SPECIAL FINANCING NEEDS

CALL DOUG, MAX
OR TERRY AT 613-966-9936
OR 1-888-757-9994
**WE WANT PEOPLE
WITH BAD CREDIT!**
Apply online www.bellevilledodge.ca

**SPECIAL \$750.
MILITARY ALLOWANCE
ON PRE-OWNED VEHICLES.**
Rebate directly from Chrysler

Belleville Dodge Chrysler Jeep Ltd.
Hwy. #2 West, Belleville, Ont. #2003
Valid from Mar. 28 - Mar. 31, 2003

A Preferred Customer

Pay to the order of: _____

In the amount of: *One Thousand Dollars* 1000/1000 **\$1000.00**

USED VEHICLE PURCHASE LIMITED ONE PER CUSTOMER

Valid only when used towards the purchase or lease of new/used vehicle from dealer stock. Prior sales excluded. Tax rates for parts, service or any other offer. Price shown reflects the \$1,000 coupon being deducted from reg. price.

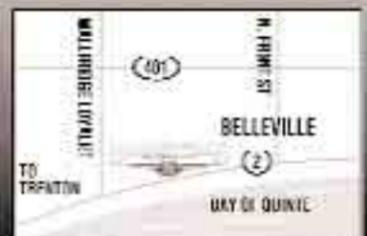
THIS WEEK'S DOOR CRASHER

1999 CHEROKEE



SK# 9031P 44,850 kms, auto, 6 cyl., vinyl interior, air, cruise, air, pwr, pl, 44,850 kms.
\$18,888* / \$372*

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



All prices plus applicable taxes, licence, dealer admin. 2002 models, 2001 models, 2000 models, 1999 models 72 month term. 1998 models, 1997 models, 60 month term. 7.95% APR, OAC. Example: \$20,000 financed at 7.95% over 60 months - COB \$4475 downpayment of \$1,000 or trade value of \$1,000 required. Call 1-888-757-9994. † Some conditions apply, see us for details.