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For the fun of it--teams compete in Winter Carnival



Photo: Cpl Gayle Wilson, 8 Wing Imaging

"Snolf" was just one of many entertaining activities found at the annual Winter Carnival, held February 7 at the Baker Island Community Centre. For more photos, see Page 8.

by Laurie McVicar
Assistant Editor

The temperature may have been plunging last Friday, but spirits were soaring during the annual Winter Carnival at 8 Wing/CFB Trenton.

Ten teams participated in the popular event held at the Baker Island Community Centre. Activities for the day included: sled races, nail drive and sawing contest, 10 pin bowling, coffee can curling, tug of war on toboggans, an obstacle course, snow golf (or snolf), and chicken relays. Teams were given 15 minutes to compete each station before they moved on to the next one.

Participating in this year's carnival were: Wing Telecommunications and Information Services Squadron (WTISS--two teams entered), 8 Air Communication and Control Squadron (8ACCS), Electrical Mechanical Engineering Squadron (EME), Contingency Capability Centre (CCC), HQ and JNBCD, Dental Unit, Wing Transportation Squadron (WTN), 8 Air Maintenance Squadron (8AMS), and 81 Airfield Engineering Flight (81 AEF).

Taking first place was the 8ACCS team whose members received a plaque, hats and t-shirts. Coming in second place was the EME team, followed by the third place winners, the WTISS 2 team. Individual awards went to Calvin Desmond from EME, who had the longest drive in "snolf," and to "Guppy" from WTN, who had the shortest drive.

Thanks is extended to all the teams who signed up for the carnival, the MWOs who helped with the barbecue, the volunteers, and to Capt Robert Hawley who provided the music for the games.

IN MEMORIAM



It is with shock and great sadness that we note the sudden passing on Feb. 11, 2003 of CWO Jean Melançon, 2 Air Mov Squadron Chief Warrant Officer. He will be missed.

KIDZ KARNIVAL A "TUBULAR" EXPERIENCE

Eighteen-month-old Rashaud Hunter takes advantage of the toddler play area during the "Kidz Karnival" held at the Gymnasium last Sunday, February 9. The event featured plenty of fun for the entire family, including: games, food, and music from popular entertainers Andy Forgie and Louise Ford. For more photos and to find out the winners of the various prize draws, please see Page 9.



Photo: Laurie McVicar, Contact Staff



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Correction

There was an error on page 3 in the February 7th issue of the Contact. The photo was taken at birthday celebrations for the Logistics Branch, not the Wing Logistics and Engineering Branch. Our apologies for any confusion this may have caused.



The most Romantic Band in The County plays Saturdays at

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PEP Education Reimbursement improvements

by Lt Donna Rogers
A/PSO

Eligible members of the CF, including Reservists, may claim reimbursement of education and training expenses, in whole or in part, under the CF Personal Enhancement Programme (PEP)/Educational Reimbursement (ER).

As long as the expenses have been incurred to upgrade your education or training related to your personal and professional goals and that all conditions are met, as specified in DAOD 5031-3, it is possible to claim reimbursement both while serving and after release.

In general you may receive reimbursement for successfully completed education and training up to a maximum of \$20,000 over your career as a CF

member.

If you are an eligible CF member as defined in DAOD 5031-3, you may be entitled to claim up to \$5,000 during your first five years of service, although you must normally serve one year as a Regular Force member before becoming eligible to start a course and make a claim (personnel being released for medical reasons, however, are eligible immediately). Starting at the end of the sixth year, an additional \$1,000 is added for each year of cumulative service completed up to 20 years, up to a career limit of \$20,000.

Note: Calculation of entitlements is based on enrolment date (E.G. if a member enrolled 1 Jun 91, then after ten years of cumulative full-time service, the member could claim up to \$10,000.00).

Recognizing that CF members may not be able to achieve all of their continuing education or training goals while serving, provision is also made to reimburse you if you complete courses after your Effective Date of Release (EDR). If you have more than three years but less than 20 years of cumulative service you have up to one year after your EDR or transfer/reversion to part-time Reserve service to complete as many courses as you can, provided you do not exceed your financial limit.

If you have completed 20 years or more of cumulative service, or are released medically, you have up to three years after your EDR or transfer/reversion to part-time Reserve service to complete as many financial courses as you can pro-

vided you do not exceed your financial limit.

You may receive reimbursement for mandatory expenses related to completing educational and training courses. Such expenses include:

- course tuition fees
- career transition training
- mandatory textbooks
- production costs of a thesis
- training relating to starting a small business
- education equivalency exams
- language training
- tutoring fees for courses that have been successfully completed

You are not reimbursed for the purchase of equipment related to your coursework or for fees paid for services, such as hiring someone else to write a résumé or prepare a financial plan for you.

In approving claims for reimbursement under PEP, no distinction in reimbursement rates is made between officers and non-commissioned members.

Reimbursement for educational or training courses is paid at a rate of 100 per cent for any course leading to a high school diploma or equivalency or any university course that leads to an initial baccalaureate degree, 75 per cent for any other eligible course or qualification or 50 per cent for courses started before Apr 01. Reimbursement rates will depend on when the course was started, the type of course you completed and whether or not you completed the course before or after your EDR.

Reimbursement of expenses for education and training taken for personal enhancement is normally

considered a taxable benefit. However, when training and education is taken primarily for the benefit of the CF (related to one's MOC), the related expenses will not be deemed a taxable benefit.

Reimbursement of courses to maintain or upgrade skills that will primarily benefit the CF will not be considered a taxable benefit when it is reasonable to assume that the CF member will continue his or her employment for a one-year period after completing the course. Reimbursement of other business-related courses that are not directly related to the member's present or future responsibilities in the CF but that directly benefit the CF will not be considered a taxable benefit. Reimbursement of courses that are taken for personal interest (SCUBA, sky diving, wood working, etc) or second career preparation and that are not related to the member's present or future responsibilities in the CF will be considered a taxable benefit because these courses are considered to directly benefit the member. All reimbursements made to you after release are considered a taxable benefit and will only be reimbursed at 75%.

To apply for reimbursement of education/training costs, you must submit the following documentation:

- a completed DAOD 5031-3A Application for Education/Training Reimbursement (available from the PSO Office)
- a completed form CF 52 General Allowance Claim (available from the PSO Office)
- a current copy of your Personnel Record Resume
- proof that you have successfully completed the course
- tuition and other related receipts
- and where applicable a copy of the VAC Decision Letter or VAC Health Care card

Unless otherwise authorized by DTEP at NDHQ, you must submit claims for reimbursement within one year of completing the course/activity.

No money is available for spouses or dependents through the PEP Program. However, the Educational Assistance Loan Programme is available through the SISIP Office. It provides low interest loans to members and dependants.

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



"WTISS had a special visitor during the Christmas Season. Here we see the Guest of Honour emerging from his recently customized office entrance at WTISS HQ, to be greeted by Cpl John Addlington, a MOC 215 SigOp employed at the MACS facility. The "Jolly Little Elf's" private doorway customization was a practical joke, that inspired smiles and chuckles throughout 8 Wing. Rumour has it that Capt Mike Clark, D/WTISO was somehow involved in the construction. He says that he was "framed"! Who knows?"

JR RANKS MESS ★

SUN	MON	TUE	WED	THU	FRI	SAT
14	17	18	19	20	21 TGIF 1700 hrs Fish & Chips Sports/Barrs	22
23	24	25	26	27	28 TGIF 1700 hrs Dinners Sports/Lecture	

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8 Wing figures prominently in artwork

by Andrea LeBlanc
Contact Editor

It simply says ...
Trenton.
Local artist Sgt

(Ret'd) Doug Comeau
has created a wonderful
piece of work in "Water,
Wind & Sail", a gray
scale composition
which depicts several

familiar sights and local
landmarks, including 8
Wing/CFB Trenton.

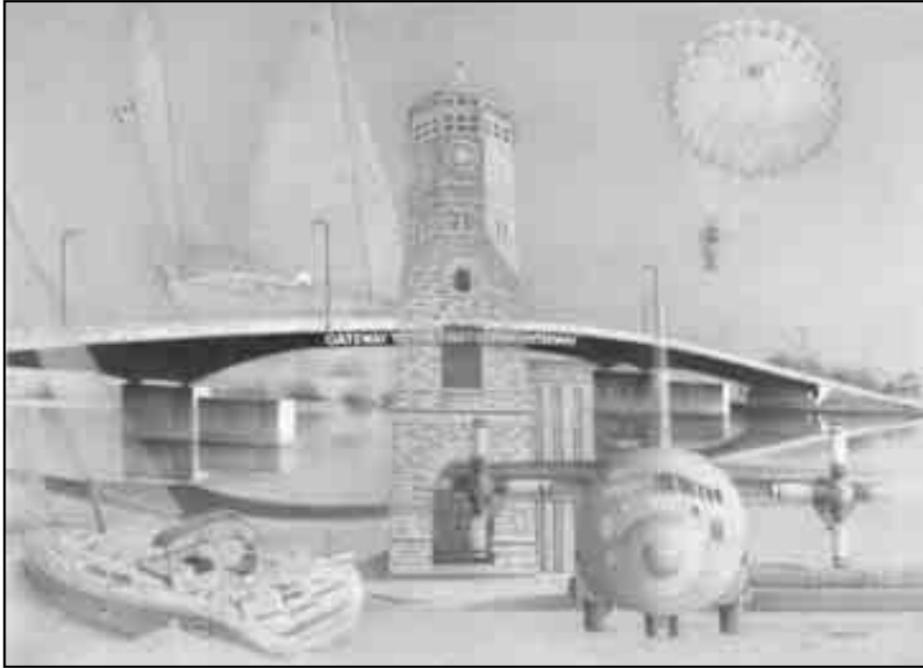
When asked why 8
Wing figures so promi-
nently in the drawing,

Comeau's response was
simple.

"Because 8 Wing
figures so prominently
in this community. You
can't really think of
Trenton without think-
ing of 8 Wing and the
Trent Severn
Waterway."

"8 Wing has always
supported the Quinte
area, not only as the
largest single employer,
but also in terms of
charitable fundraising
initiatives, most notably
the United Way."

Comeau explained
that "Water, Wind &
Sail" was originally
commissioned by a local
business, and was com-
pleted late last fall. A
limited number (100) of
signed and numbered
artist proof prints are
available for purchase in
Trenton at Timberwolf
Gallery Art and
Custom Framing,
owned by Comeau and
business partner Sgt
(Ret'd) Kirk Canning.
The print can also be
purchased by visiting
the gallery's brand new
web site at www.doug-comeau.com.



"Water, Wind & Sail" depicts familiar sights and Trenton landmarks.

Search & Rescue UPDATE



424 Sqn had one SAR call out this week. The Lab was called upon while airborne to go investigate a ELT in the Angus, Ont. area. The Lab homed in on the signal in a residential section of Angus. After several passes by the Lab, the signal ceased without further incident and the Lab was told to return home.

Cheers.....From the TIGERS

Missions for 2003: 4 Missions for Feb.: 1 Persons rescued: 4

It is with great sorrow that we announce the passing of CWO Jean Melancon on Tuesday, Feb. 11, 2003. Jean served 29 years in the Canadian Forces including tours at 2 Air Mov Sqn, 426 Sqn, 429 Sqn, and 436 Sqn. Admired and respected by everyone, Jean will be sorely missed. Our thoughts and prayers are with his wife Hope and daughter Janique. Funeral service will be held Saturday, 15 Feb. 2003 at the Wing Chapel.
*Maj Jim F McGrath, Commanding Officer
2 Air Movements Squadron*

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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.

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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

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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.



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Maple Leaf Salad by Jim Graham



1. What Kapuskasing-born film director declared "I'm King of the World" upon winning an Academy Award?

- A. James Cameron
- B. Arthur Hiller
- C. Norman Jewison
- D. Ivan Reitman

2. Noel MacDonald was the all-time scoring leader for arguably the greatest Canadian team ever assembled. What was the team?

- A. The Calgary Colts
- B. The Edmonton Grads
- C. The Toronto Tomahawks
- D. The Winnipeg Whirlwinds



3. What painter was at the centre of the *Canoe Lake Mystery*?

- A. Arthur Lismer
- B. A.Y. Jackson
- C. Tom Thomson
- D. Frederick Varley

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Relay for Life could change your life

message from the

Editor

It is not a common practice for me to cry while conducting an interview—in fact, it is only the second time it has happened in my 14-year journalism career. The first was over a decade ago when I had to interview the mother of a Snowbird pilot who had died during a performance at the annual air show in Toronto. It was truly heartbreaking.

This time, I cried because I was confronted with an amazing example of the power of the human spirit.

I was asked to write an article about the Canadian Cancer Society's annual Relay for Life, slated for June 27-28 at Loyalist College. Some may remember the first-ever event, hosted by 8 Wing/CFB Trenton in 2000. I am somewhat familiar with this national fundraising event, though I have never participated. And even though I have been incredibly fortunate in that cancer has never really touched my life or the lives of those close to me, the word itself still evokes dread whenever I hear it.

I met with Heather Jones, the Relay for Life event co-ordinator for the Hastings and Prince Edward Unit

of the Canadian Cancer Society, and Assistant Wing Chief Sgt Donna Anstey. Heather gave me the facts and Donna gave me some perspective.

Heather provided me with the details of how the event is organized—teams of 10 people register prior to the event and secure pledges (minimum of \$100 per person) and then gather at Loyalist College for the overnight, non-competitive relay. The relay, she explained, runs from early evening until early the next morning.

It is a walk to celebrate those who have triumphed over cancer, and to remember those who succumbed to the hated disease. And it is a way for everyone to get involved and raise much-needed money to fund CCS support programs and the vital research needed to find a cure.

To be honest, I still didn't really "get it"—not until I saw the video.

This 10-15 minute promotional video for Relay for Life is a must-see. It is hard to put into words, but I'll try.

The video exposes the heart of the Relay for Life—it features real people (not actors) who have either survived cancer or have lost a loved one to the disease—even some who are still bravely battling it.

I defy anyone who watches this video not to be moved. It touched me, and I am supposed to be a hardened newspaperwoman. In fact, it moved me

to the decision to get off my derriere and take part in this year's event—I have already recruited four people for my team!

Last year, a total of 89 teams (10 people per team) participated, raising \$192,000. This year's goal is 110 teams.

Despite my valiant efforts to remain dry-eyed while watching the video, I couldn't help myself. The human spirit wasn't just evident—it was palpable. Initially I was embarrassed, but not after I realized that both Heather and Donna were fighting back tears as well. Donna noted that she'd even seen the video before, but that it "gets to her every time."

And for good reason. Donna herself is a cancer survivor who endured two months of chemotherapy and radiation after she was diagnosed in 1999. She has been involved in the Relay for Life since the very start.

"It's really a worthwhile event; the money is for a good cause and the spirit is hard to describe. It's amazing. I guess this is my way of giving back to those who helped me through my ordeal."

Anyone interested in more information, or better yet to register for the event, can either call the local CCS office at 962-0686 or contact Cpl Kelly Banks Raycraft at local 3710—or you can register on-line at www.cancer.ca.

Hope to see you there...

First AF Reserve unit to deploy overseas since WW II

by Capt. Robert Frank

Members of 14 Airfield Engineering Squadron (14 AES) of Bridgewater, Nova Scotia have returned from Canada's first overseas deployment of an Air Force Reserve unit since World War II.

The reservists returned home the week of January 20. They were deployed to the Arabian Gulf Region as part of OP Apollo to build and maintain Camp Mirage, the base camp which serves Air Force personnel deployed in theatre.

14 AES is responsible for the camp's accommodation and workspace, from the foundation up. That involves constructing facilities as well as keeping them operating. Fresh water, sewage disposal, electricity and air conditioning are all in their bailiwick, as is much of the Canadian Forces telecommunications setup.

MCpl Pete Connors gave up two lucrative civilian plumbing jobs to work on the first Camp Mirage rotation – the Air Force Reserve plumbing and heating technician's fifth tour overseas. Aircrew are



Photo: Cpl Willie Langer, 8 Wing Imaging

Air Force Reserve plumber MCpl Pete Connors who found a way to redirect fresh air into the CC-130s in theatre.

grateful to MCpl Pete Connors for finding a way to redirect fresh air into CC-130s baking in the desert sun. His modification to the Hercules window defrosters earned him a commendation from former Canadian Joint Task Force South West Asia (CJTFSWA) Commander BGen Michel Gauthier.

"I totally enjoy it," he remarked. "Our unit is great for augmenting the Regular Force. We have 500 people here, so we're always on the go. There is always something

breaking and I repair everything that has to do with plumbing."

That sort of competence is an important reason why 14 AES was selected to lead the first rotation. The demand for airfield engineering services has soared in lockstep with the current tempo of operations. With qualifications identical to their Regular Force counterparts, the Air Force Reserve squadron is constantly asked to provide support.

14 AES reservists have served in operations

in Haiti, the Golan Heights, Bosnia, Macedonia, Kosovo, Italy and Eritrea. They have also participated in heavy construction projects across the United States and Canada including Alert and Eureka, Nunavut.

Capt Frank is the Public Affairs Officer, Central Region, 1 Canadian Air Division.

Don't forget about Contact's special 99 cent classified ad promotion! All personal For Sale ads cost just 99 cents and the ad runs until it sells!

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Is the greater fool theory playing out once again? I don't think so

it's your Money



Garth Turner

So far in 2003, the stock market has disappointed, giving up all that ground it took in the fall. Mutual funds have disappointed with dismal returns and huge redemptions. GICs and bonds have disappointed as interest rates remain stuck in the mud. RRSP season is turning into a swampy sink-hole with contribution levels

plunging. Now, is it time for real estate to disappoint as well?

The latest numbers show that housing starts crashed by an unhealthy 9 per cent in January. On an adjusted yearly average, that translates into 183,200 new houses, compared with 205,000 homes a year ago. Meanwhile most economists

are forecasting a slight rise in interest rates in 2003, cooling off the real estate market as mortgages become more costly and affordability falls.

Some commentators, meanwhile, are positively negative when it comes to real estate as an investment asset, saying housing values have risen too far too fast. In the biggest market in the country for example, southern Ontario, the average house price is now at the highest level in history, having recently surpassed the last spike - way, way, way back in 1989.

In fact some people see a real similarity between the Eighties real estate bubble and today's market, especially in the fact that prices kept rising in the final months of that decade, even while demand for housing was rapidly waning. So, do the bidding wars now so much in evidence on the streets of Toronto mean a bunch of fools are chasing a commodity whose time has already passed? Clearly, there is a lot of froth, with up to a dozen people often bidding against each other for one home in a half-decent neighbourhood.

And while this is going on, personal debt levels are exploding. A landmark study

by CIBC economist Benjamin Tal showed a 25 per cent year-over-year hike in consumer debt as people gorge themselves on cheap money. More than 100,000 buyers last year got into home ownership with just a 5 per cent downpayment, taking on 95 per cent debt. And my banker mortgage buddies say it's completely routine for them to approve \$1,000,000 mortgages on a daily basis. Just last month one borrower in Toronto had a \$10.2 million mortgage arranged, on a \$22 million home.

Is this all evidence we are going real estate nuts? In a highly cyclical market, has the cycle peaked? Is the greater fool theory playing out once again - with greedy sellers finding ever greater fools to bid for their houses?

Well, the answer is, I don't think so. There are still some awesome economic fundamentals supporting this market, and they all have considerable staying power. Take mortgage rates, for instance - now close to a 40-year low, and showing every indication of staying there. Sure, the Bank of Canada could increase the cost of money later in 2003, but any uptick will be modest, indeed. But there is also a distinct possibility rates could

be falling! The Bank of England, clearly worried about a sluggish economy and world tensions, dropped its key rate last week. The US Federal Reserve could be doing exactly the same thing in a few weeks, as that economy struggles and war worries dominate. Meanwhile in this country, the pace of job creation last month sank like a stone after impressing everyone for all of last year.

It all means you should expect mortgage rates - as low as 4 per cent - to stay just about where they are for a long time to come. Concurrently, the Canadian economy will continue to grow, albeit more slowly than in 2002, thanks in part to our low dollar and cheap Canadian exports. More jobs will be created, on top of the 506,000 that popped up last year - so a lot more people have access to a lot more downpayment money.

Finally, the country's demographics remain positive for real estate, with moving-up Baby Boomers, now in their peak income and spending years, accounting for most of those bidding wars. Behind them is a solid generation of first-time buyers now in their late twenties and early thirties, who have just discovered they can actually own a home for the same monthly coin they spend renting an apartment.

All of this suggests that real estate will not disappoint in 2003. Yes, it is still safe to buy. But if you have been toying with the idea of cashing out of your home, then this is a genius time to sell. The housing market is, indeed, cyclical - and it could be about a half hour before noon.

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

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Paws and Claws

CAT SALE

Due to the overwhelming number of cats at the Quinte Humane Society they are once again reducing the adoption fee for this weekend (Friday, February 14th - Sunday, February 16th) The cost will be \$50. For that price you get a wonderful cat that is dewormed, vaccinated and comes with a microchip. Many cats are already spayed or neutered but if you chose one that is not already fixed you will receive \$25. dollars back when they are. (Spaying and neutering is mandatory) Cats are at the shelter and also at the following pet stores: Pet Valu in Trenton and Belleville, Super Pet and Petetera.

If you already own a cat and it is not spayed or neutered the Humane Society urges you to have it done as soon as possible. Spring will soon be here and in a few weeks female cats will begin to go into heat. Last year was a terrible year as close to 1000 cats came to the shelter. While the shelter staff and volunteers worked desperately to find homes for many, not all could be saved. That is the reality of the situation.

So if you've been thinking of adding a feline friend to your family, now is a great time to visit the Quinte Humane Society or the participating pet stores. For a preview of cats available visit their web site at: www.quintehumaneociety.com And remember we want to hear from you. Send us your questions, comments, poems and pictures to: pawsandclaws@canada.com

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Chocolate - food of Gods, aphrodisiac of lovers

tastes from

The County



Michael Hoy

Chocolate is, by far, the most desirable of the lovely sensations in most everyone's sweet fantasy and it's velvety and seductive charms have betrothed romance and the very best of the world's stash of chocolate has, I have no doubt, consecrated unions between kings and queens.

Chocolate's very close association with romance, for it's aphrodisiac properties are renowned, may have started with Casanova himself. The story has it that he would self medicate before the conquest. Yesteryear's Viagra I ask you? Chocolate is definitely tastier and far cheaper, so I have heard. In fact, Spanish fly does contain cocoa powder.

According to Helge Rubinstein in her publication 'The Chocolate Book', the theologian Johannes Franciscus Rauch published a Disputation in 1624 in which he

"inveighed against the immoderate use of chocolate by the monks, claiming that it was a violent inflamer of passions". Dangerous stuff, no?

History also has it that the Mayas, Toltecs and the Aztecs elevated chocolate to spiritual heights, bowing down to its powerful and psychoactive properties. Caffeine and theobromine, stemming from the Greek word theobroma meaning 'food of the gods', contained in chocolate are natural stimulants to the central nervous system and I speculate that these properties had much to do with reaching spiritual nirvana. Another active ingredient in chocolate that may well be responsible is tryptophan with is an essential amino acid, important for the production of serotonin. Serotonin released in the body gives a feeling of well-being. So, you're stimulated and you feel good about yourself. What

an ingredient!

If you really want to stretch the incredible attributes of chocolate then the fact that this "wonder drug" also releases endorphins in the blood stream and reduces the sensitivity to pain. No wonder millions of people around the world reach for the stuff. Life's hard sometimes. Grab a hunk of chocolate.

Today's recipe relies on obtaining good chocolate. I recommend the Belgian chocolate from Callebaut or Cocoa Barry, available at most fine food shops. Its simplicity and few ingredients allow you to really taste the earthiness and depth of truly good chocolate. Share a little with a special love and let its inherent properties elevate your state of mind and body. Enjoy!

Dark Chocolate Truffles

Ingredients:

150 ml 35% cream
1 vanilla bean, split into 2 lengthwise
1 egg yolk
1 oz granulated sugar
5½ oz good quality dark chocolate
1 oz unsalted butter, room temperature
1 tbsp Grand Marnier

4 oz dark chocolate
1 tsp vegetable oil
Cocoa powder for dusting

Method:

In a saucepan, bring the cream to the boil with the vanilla bean, remove from heat and allow to the vanilla bean to infuse. In a mixing bowl whisk the egg yolk with the sugar until thick and pale in colour. Whisk the egg mixture into the cream and very briefly heat through without boiling. Remove the vanilla bean and add the chocolate. Stir until the chocolate has melted and blended into the cream. Place into the refrigerator for about 35 minutes until set, but not hard. Whisk in the softened butter and the

Grand Marnier with an electric beater. Using two spoons, shape truffle sized nuggets onto foil or parchment paper and place into the refrigerator for about 1 hour.

In the meantime, slowly melt 4 oz of chocolate over a double boiler and add 1 tsp of oil. Stir until combined and set aside to cool slightly. This will be your

chocolate for adhering the cocoa powder to the truffle.

Finally, using a fork, dip each truffle in the melted chocolate until it coats all sides and roll immediately into the cocoa powder. Place into an airtight container and into the refrigerator until ready to serve. Try not to eat them all in one sitting!

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March 1st I QUIT!

5 cash prizes of \$1,000
20 DVD players
10 digital cameras

Prizes are donated by CANEX, division of CFPSA

Quit smoking on March 1st

All members of the DND/CF team are eligible to participate.

Pick up your participation form at your Strengthening the Forces Health Promotion office on your base or register online: www.cfpsa.com/health

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Romantic St. Valentine's Events

Friday, February 14th & Saturday, February 15th
Special Romantic St. Valentine's Dinner Gourmet Menu

Sunday, February 16th

- Bring your sweetheart to our wonderful

St. Valentine's Brunch Buffet



Treat your Sweetheart to a Waring House Gift Certificate (for meals, cookery school, pub, events, accommodation, gift shop, etc.)

Live Entertainment in The Barley Room Pub

Friday, February 14th

"Andy Forgie"

Easy Listening Romantic Favourites

Saturday, February 15th

"Stir" with Debbie Hoskin

Rock 'n' Roll and Dance the Night Away

Friday, February 21st

"Glen Reid"

Folk music on Glen's beautiful

hand made instruments.

Saturday, February 22nd

"Stephanie Bird Band"

Lively popular group

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Cookery school accommodation/meal packages available.



Winter Carnival held at 8 Wing/CFB Trenton



Photo: Laurie McVicar, Contact

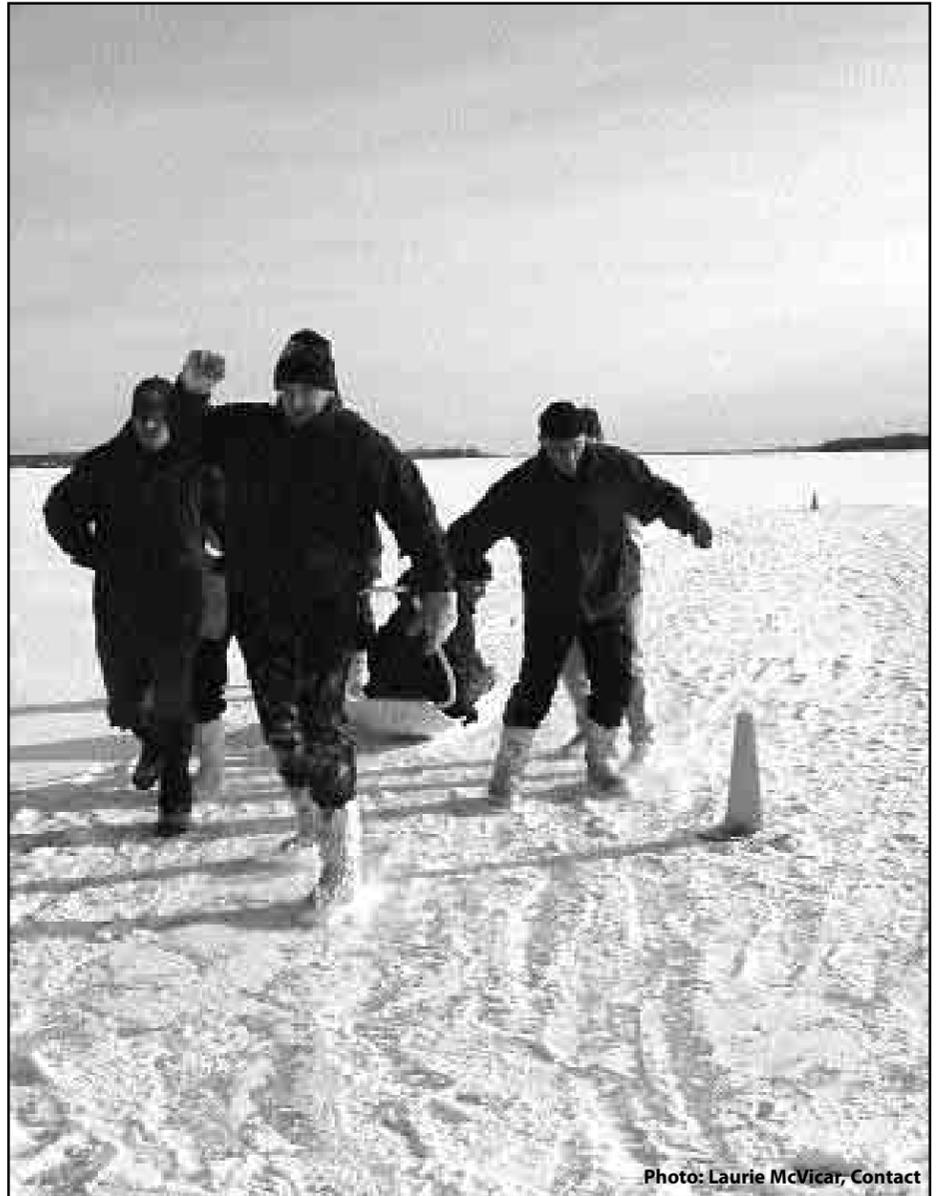


Photo: Laurie McVicar, Contact



Photo: Cpl Gayle Wilson, 8 Wing Imaging



Photo: Cpl Gayle Wilson, 8 Wing Imaging



Photo: Laurie McVicar, Contact



Photo: Cpl Gayle Wilson, 8 Wing Imaging

Winter Carnival/Kidz Karnival



Photo: Cpl Gayle Wilson, 8 Wing Imaging



Photo: Cpl Gayle Wilson, 8 Wing Imaging

The winning team, 8ACCS, accepts their plaque from PSP manager Bob Payette.

“Kidz Karnival” an outstanding success

Approximately 750 people attended the “Kidz Karnival” held at the Gymnasium last Sunday. The event, sponsored by the Community Recreation Association, featured numerous games including: ring toss, bowling, bean bag toss, mini golf, balloon darts and basketball. There were also tons of activities such as balloon animals, a jumping castle, duck pond, ball pit, inflatable maze and face painting. Special entertainment was provided by Louise Ford and Andy Forgie. In addition to providing hours of enjoyment for military families, the event also collected almost \$600 worth of groceries for the Trenton Area Food Bank.

Ballots given to carnival participants were drawn on Tuesday. The winners were as follows: Braden McNabb, Rebeka Roberts, Emory Holwell, Shaylyn Sharpe, Tyler Hurst, Lexie Murphy, Serena Daniels, Janice Robertson, Devin Daniels, Jabe and Jesse Lepp, Gabill Jacques, Eric Jodoin, Matthew Cote, Anne Gear, Kimberly Rousselle, Brad Thomlinson, Chantal Ouellette, Scott Bowman, and Zack Stacey.



Photo: Laurie McVicar, Contact



Photo: Laurie McVicar, Contact

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Fitness, Sports & Recreation

Valentine's Day, bah humbug



Laurie McVicar

Confessions from the Gym

Monday, February 10

Here we are again, faced with another holiday chock full of sugary goodness. I'd really like to know who first associated the tragic death of a priest with chocolate. I certainly don't see the connection.

Believe me, the hurdles are already up on my track to better nutrition. I don't even trust myself enough to buy treats for my hubby; I just know they won't make it until the 14th. I'm talking from experience of course, there have been many marshmallow Santas and chocolate Easter bunnies that failed to see their intend-

ed holidays (or Brice for that matter). This year I have banned all chocolate gifts in our household. Considering my recent losses, jewellery will definitely make a suitable substitute (hint, hint, dear).

My workouts are going extremely well; Jen has already bumped my weight training up to three days a week instead of two. In fact, practically all of my weights have been increased, giving me an incredible sense of accomplishment and the unfortunate nickname "Pipes" from my feisty little trainer.

Weight lifting is per-

fect for anyone looking for a little bit of tone in his or her body. You don't have to be incredibly strong, just eager to make a few improvements. Trust me, you'll discover muscles you never thought existed, and then you'll learn how to use them. And, of course, it's much more fun flexing in front of the mirror when there is actually something there to look at besides that flab dangling under your arms.

Despite my constant plea for exercise anecdotes from you, the readers, I have received only a few. Come on people. Am I the only one who finds humour in the eternal struggle that is dieting? I refuse to believe that. So, your assignment is to write in and share some of your most embarrassing moments, motivating phrases, etc. I want to hear from you for a change. Names can be withheld if asked to be. E-mail me at McVicar.L@forces.ca.

Looking for something to do with the family? The Community Recreation Association is currently renting snow shoes for \$10 / day adult, and \$5/day per child. For information, please call 392-2811, ext 3361/3348.



FIT FOR HEART

2nd Annual Ball Hockey Tournament

Teams of 4+1 spare
Minimum \$25 donation / per team

Where: The Gymnasium
When: Friday, Feb. 21
Time: 0800 hrs - NLT 1300 hrs

For more info or to register call Tammy Topping at local 2822.

All donations collected will be given to the Heart and Stroke Foundation

The Community Recreation Association presents...

Power skating for kids

Full Hockey Equipment Required (Including sticks and mouth guards)



RCAF Flyers Arena

Monday evenings
February 17 and 24
March 3, 10 and 17
5 Week Session

\$25.00 - CRA Member
\$30.00 - Non CRA Member

Group A

If child meets any of the following:
8 years and under
beginner skater
Novice or lower
5 - 5:50 p.m.

Register at the RecPlex during regular business hours

Call for information - 392-2811 ext. 3361/3348

Group B

If child meets all of the following:
9 years and over
advanced skater
Atom or higher
6 - 6:50 p.m.



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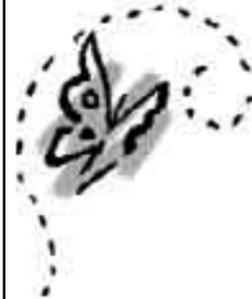
March Break Kidz Kamp

If you are 6 to 12 years old and looking for loads of FUN, come join us at the RecPlex for our annual March Break Kidz Kamp. An exciting week filled with:

- SKATING • SWIM & GYM
- BOWLING • GAMES, CRAFTS
- MUSIC • FUN AND AN AWESOME ROAD TRIP!

WHERE?: RecPlex, 21 A Namao Drive

WHEN?: March 10 - 14, 2003, 8:00 am - 4:00 pm



COST: (Military) \$70 for one child, \$125 for two children, \$170 for three children
(Non-Military) \$75 for one child, \$135 for two children, \$185 for three children.

BEFORE & AFTER CARE AVAILABLE:

7:00 - 8:00 am & 4:00 - 5:00 pm \$2.00/hour/child

REGISTRATION BEGINS: Military/Community - 15 January 03
Non Military Community - 13 February 03

\$5.00 Trip Fee for Wednesday

For more information or to register call 392-2811 ext 3361/3348





TRENTON Military Family Resource Centre



WOMEN'S CONFERENCE 2003 LA CONFÉRENCE DES FEMMES 2003 "CHOICES"/"LES CHOIX"

Saturday, March 8, 2003/Samedi le 8 mars 2003
Siskin Centre

Join us for this one day conference designed for all women in our community, focusing on;

**Family, Lifestyle, Health & Wellness,
Career & Education, Finances**

Our Keynote Speaker is :

Georgina Thompson, President of All. Care Health Service Ltd.

Venez participer à cette conférence d'une journée qui vise toutes les femmes de la communauté avec les sujets suivants;

**La famille, le mode de vie, la santé & le bien-être,
la carrière et l'éducation, la famille, les finances**

Notre conférencière invitée est;

Georgina Thompson, présidente de All. Care Health Service Ltd

- \$20.00** Military Spouse/Conjointe de militaire
- \$30.00** Military mom & daughter (16+)/Conjointe de militaire & sa fille
- \$25.00** Non-military spouse/Conjointe de non-militaire
- \$35.00** Non-military spouse & daughter/Conjointe de non-militaire & sa fille (16+)

Youth Centre/Centre des jeunes

Harry Potter Day / Journée Harry Potter

Saturday, February 22nd

1- 3 pm

Cost: \$1.00 drop-in fee

Samedi le 22 février

13h à 15h

Coût: 1,00\$

We will be making Wands, Chocolate frogs, playing games and eating some Hogwart food. Come and join in the fun.



Nous fabriquerons des baguettes magiques, des grenouilles en chocolat, jouerons des jeux et mangerons de la nourriture de "Hogwart".

Venez vous joindre à nous et avoir du plaisir.

Education Programs / Programmes d'éducation

Computer courses

Access Level 1

February 17 & 19, 9am - 4pm and
February 21, 9am - 12 pm.

Cost \$75

Introduction to Windows

February 26, 9am - 4pm and

February 27, 9am - 12pm. Cost \$50

Registration will only be accepted with payment. No refund after the Monday of the week preceding the course at 12 noon. **NO EXCEPTIONS.** We will refund money if the courses have been cancelled due to lack of registration. Minimum of 6 people required per course.

Cours d'informatique

Access, niveau 1

17, 19 février, 9h à 16h et
le 21 février, 9h à 12h. Coût 75\$.

Introduction à Windows

26 février, 9h à 16h et
le 27 février, 9h à 12h. Coût 50\$.

Le paiement doit accompagner l'inscription. Aucun remboursement ne sera donné après le lundi à midi, de la semaine précédant le cours. **AUCUNE EXCEPTION.** Le paiement sera remboursé si le cours est annulé à cause d'un manque d'inscription. Minimum de 6 personnes par cours est requis.

"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.

February 19 - Cindy Viau - is back again with Belly Dancing

February 26 - Attitudes - Arlene Preston/Office of Continuous Improvement - How our attitudes affect our daily lives

"Activités du mercredi"

Mercredi de 18h à 20h. Une variété d'événements est planifiée pour chaque semaine.

Téléphonez à l'avance. s.v.p.

19 février - Cindy Viau est de retour avec la Danse du ventre.

26 février - Attitudes - Arlene Preston - Comment nos attitudes affectent notre vie de tous les jours.

On-site childcare at The Gymnasium

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\$1.50 per hour/ each
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/ 9h - 11h

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enfant

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Service Bilingue

Réservez une place pour votre enfant en téléphonant au CRFM, 965-3575.



Trenton MFRC presents...

SPAGHETTI DINNER

Saturday, Feb. 22

4 - 7 p.m.

at the Base Chapel

Adult: \$6

Child (5-11): \$3

4 yrs old and under: Free

Advance tickets available at the MFRC. Call

965-3575 for information.

Menu - Spaghetti, salad, rolls,
ice cream sundae and beverage

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HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last

February 16 - February 22

ARIES (March 21-April 19): You'll be a bit of a spend-thrift on the 16th and if you aren't careful you will end up being short come month end when all your bills are due. Be careful whom you confide in on the 17th, 28th and 19th. Someone you know may be twisting your words around. Don't be too quick to make a decision on the 20th, 21st and 22nd. Be patient and get legal advice before you proceed.

TAURUS (April 20-May 20): Don't let anyone get away with verbal abuse on the 16th. If you allow others to take this sort of action it will only get worse. Busy yourself with something that you enjoy doing by yourself. Explore activities on the 17th, 18th and 19th that will help you get into tiptop shape. You may want to join a gym. Understanding will be a must on the 20th, 21st and 22nd. Give others a chance to explain the way they feel.

GEMINI (May 21-June 20): Younger people will attract you on the 16th. You will enjoy the fresh approach that they take to world events and other matters of interest. If you do your homework and put together a good business plan on the 17th, 18th and 19th, someone will back your idea. You will have ample energy to get involved in any competitive activities that interest you on the 20th, 21st and 22nd.

CANCER (June 21-July 22): Your mind may be on money on the 16th but it should be on family and your personal life. Include the ones you love. Consider starting a home-based business. Avoid demanding people on the 17th, 18th and 19th. Do what you can, but don't feel guilty if you can't do it all. Deception is apparent on the 20th, 21st and 22nd. Don't believe what you hear. You are best to wait and watch.

LEO (July 23-Aug. 22): Although you should not take the blame for other peoples' mistakes on the 16th, you must not point your finger or take a "poor me" attitude. If you can respond instead of react, things will go well. Sit down with a good friend on the 17th, 18th and 19th and toss some ideas around that pertain to making extra money. Complete what you start on the 20th, 21st and 22nd. If you leave things unfinished someone is bound to complain about it.

VIRGO (Aug. 23-Sept. 22): Deception is likely to develop on the 16th if you are dealing with personal matters that concern others. Diversion is the key to avoiding a difficult situation. Your anger may lead you in the wrong direction on the 17th, 18th and 19th. Think twice before you retaliate. You will have the discipline to finish what you start on the 20th, 21st and 22nd. Don't let anyone put demands on you.

LIBRA (Sept. 23-Oct. 22): Love is likely to develop on the 16th. If you are already in a relationship take it to the next level and if you are single get out and meet and greet new friends. Take the time to reflect on the 17th, 18th and 19th. Re-evaluate your motives. You can make a difference if you want to. You will lack discipline on the 20th, 21st and 22nd when it comes to exercise. Push yourself a little harder.

SCORPIO (Oct. 23-Nov. 21): You may get a little wound up on the 16th if you jump to conclusions about someone you like. You need to be more tolerant. Your perception will be crystal clear on the 17th, 18th and 19th. You must take control of the situation. Concentrate on your chores on the 20th, 21st and 22nd and you will set a good example. You can influence others if you stand by your convictions.

SAGITTARIUS (Nov. 22-Dec. 21): Don't be surprised if someone catches your eye on the 16th in the most unusual setting. Take a chance and make the first move, it will be well worth your while. Don't exaggerate on the 17th, 18th and 19th or you will be questioned. Stick to what you know and do best. You have plenty to offer on the 20th, 21st and 22nd, but you must be honest about what you can and cannot deliver.

CAPRICORN (Dec. 22-Jan. 19): Take a break and forget about money and investments for on the 16th. Nothing is likely to pan out if you try to make a deal. Don't take on too many responsibilities. Do not allow yourself to be taken advantage of on the 17th, 18th and 19th. Ask point blank where you stand. Don't be too eager to talk about yourself on the 20th, 21st and 22nd. Listen and you'll learn a lot about others.

AQUARIUS (Jan. 20-Feb. 18): Don't let depression get the better of you on the 16th. Pick yourself up and get out and do something. It's time to make changes. Join groups that will promote new friendships. Hidden assets will pay off on the 17th, 18th and 19th. You are likely to receive money, rewards or a gift. Deception is apparent on the 20th, 21st and 22nd. Don't give away your secrets.

PISCES (Feb. 19-March 20): You'd be wise to check out any information that you receive on the 16th. Someone may be trying to lead you astray. Go to the source to find out what's going on. Be yourself and all kinds of opportunities will present themselves on the 17th, 18th and 19th. Changes can be made. Extravagance and overindulgence will be tempting but unwise on the 20th, 21st and 22nd. Don't follow the crowd.

Improved insurance coverage for CF members

OTTAWA, Feb. 11 /CNW/ - Canada's Minister of National Defence, the Honourable John McCallum today announced that improved accidental dismemberment coverage for CF members within the Service Income Security Insurance Plan (SISIP) will come into force very soon.

The new coverage provides for sliding-scale unreduced lump-sum payments of up to \$250,000 in case of accidental dismemberment, in the line of duty, for all Regular and Reserve CF members below the rank of Colonel.

General Officers/Colonels are currently covered for the same amount under the General Officers Insurance Plan (GOIP &

Reserve Force GOIP).

"I'm very pleased today to be able to say that Canadian Forces members who put their lives and health at risk on our behalf will be covered in the event of a debilitating injury," said Mr. McCallum.

"This is by no means the end of our work. The directorate of Quality of Life is engaged in reviewing a number of programs and services that we provide to our members."

Chief of the Defence Staff, General Ray Henault, also praised the new coverage.

"Our men and women in uniform, and their families, deserve the peace of mind that this insurance provides," said General Henault.

"While no amount of money can truly compensate for a serious injury, it's comforting to know that in the event of a devastating physical loss, a CF member can expect a lump-sum payment to help put their lives back on track."

Previously, members below the rank of Colonel who lost a limb were covered for dismemberment through the accidental dismemberment provisions of the SISIP Long-Term Disability (LTD) coverage. The LTD coverage provided for a "top-up" to 75 per cent of the member's monthly income at release after other pensions and benefits were administered. Coverage could last up to three years.

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<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 - Springs Suspension Service Safety Inspections General Repairs <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 be entered in the draw. One winner will take home \$15,000 cash.</p> <p>The draw takes place Saturday June 7th, 2003, 11:00a.m. <i>Live at the dealership!</i></p> <p>TRENTON CHRYSLER DODGE JEEP</p> <p><small>* See dealer for details. Vehicles must be delivered within the contest period. Wholesale vehicles do not apply.</small></p>
<p>Carpet/Upholstery Cleaning</p> <p>ECONO CARPET CLEANING</p> <p>Carpet & Upholstery Cleaning WE JUST DON'T SAY ITS CLEAN, WE GET IT CLEAN!</p> <p>100% customer satisfaction guaranteed</p> <p>Residential & Commercial We use environmentally friendly products.</p> <ul style="list-style-type: none"> Fringe Cleaning Car Interiors Area Rug Pick-Up Odor Control Stain Guard Treatment <p>397-1211</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 Cleaning Service 394-2852</p>	<p>Computer/Sales/Service</p> <p>THE GEEK SHACK</p> <p>Complete Computer Solution Provider Sales • Repairs • Upgrades Networking</p> <p>FINANCING AVAILABLE 968-6602 199 Front Belleville</p>	<p>Computer Specialist</p> <p>www.computersystemspecialist.com</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>Millions? Dampness? Rotting? Condensation?</p> <p>Welcome to Dehumidifier Family</p> <p>Hercules Industrial Agricultural</p> <p>Mother's Helper Household</p> <p>Teacher's Aid Portable Classrooms</p> <p>For More Information Call DEHUMID INC. 613-967-0390 www.dehumid.com</p>	<p>Electrician</p> <p>Barink Electric</p> <p>Residential & Commercial</p> <ul style="list-style-type: none"> Free Estimates Upgrades, New Installations Central Vac Installed Renovations Phone Lines Installed <p>RR4 Trenton 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 643 848-9996 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 Shingle 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 392-7415</p>

Do you recognize them? We do!



In spite of a substantial working experience some former military men and women face employment difficulties in the civilian sector: their military training is not recognized. The solution? The Canadian Forces Community College Program (CFCCP) proposed by College Ahuntsic! **Get credit for your experience.**

More than 100 of the CF Trades have been recognized by the program

MILITARY OCCUPATIONS ANALYSED IN 2002

- Airborne Electronic Sensor Operator
- Marine Electrician
- Mobile Support Equipment Operator
- Marine Engineering Mechanic
- Vehicle Technician
- Junior Leadership Course
- Marine Engineering Technician
- Weapons Technician (Land)
- Senior Leadership Course
- Marine Engineering Artificer
- Fire Control Systems Technician
- Development Period 1-2-3-4
- Electrical Technician
- Traffic Technician

YES, I want to be recognized!



COLLÈGE AHUNTSIC

9155, rue Saint-Hubert
Montreal (Quebec)
(514) 389-5921 extension 2130
pefc@collegeahuntsic.qc.ca
www.collegeahuntsic.qc.ca



This Week in Contact

1942--RCAF Station Trenton boast its spacious and newly renovated Airmen's Recreation Centre as the most modern in the Service.

1953--Unavailable

1963--Unavailable

1973--The first CF contingent departs CFB Trenton for Vietnam via 437 Squadron 707. The trip lasted 24 hours and required two crews.

1983--In the wake of the Warsaw Pact's deployment of 320 new SS-20 missiles, the CDS stresses need for increased sustainability of the CF, and the MND announces defence spending increase of \$20M.

1993--CF launches Employment Information System, a computerized job-hunting service for the 6,000 members retiring each year.



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

Canadiana Crossword

Saints Alive

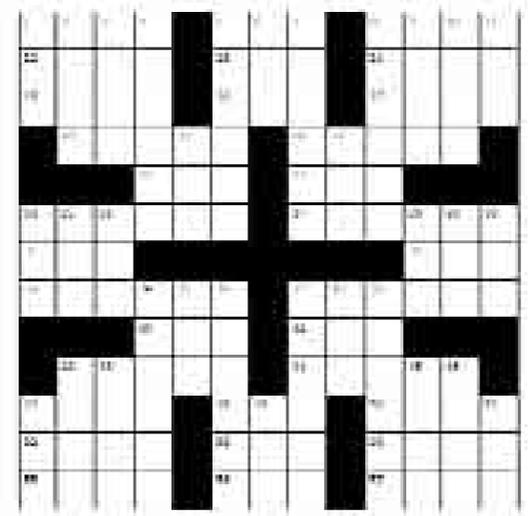
By Denise Rodin and Janet Kilmer

ACROSS

- 1 Round fish
- 5 Century
- 8 Inebriating prep
- 12 Wind instrument
- 13 Expression of a sound
- 14 Ancient fortress
- 15 Scenery
- 16 No license
- 17 Guide
- 18 Appearance
- 19 Wides
- 22 Mil. org.
- 23 Rover's antagonist
- 24 Piece of poetry
- 27 Scattered or people
- 31 Rhythmic side
- 32 Little house
- 33 Se. Asian
- 35a. Southwestern
- 40 Canadian automobile org.
- 41 Hostel
- 42 Se. Northwest
- 44 Se. America
- 47 Northern California native
- 48 ____ Falls
- 49 Egyptian deities, e.g.
- 50 Hitched pair
- 53 Water, in St. Adelaide
- 54 Clock
- 55 Actress, actress, and others
- 56 Shark
- 57 Lady's given name

DOWN

- 1 Harness horse
- 2 Rotted for the night
- 3 Helmer
- 4 Truck region and



- 5a. Malawi, e.g.
- 6 Flaming or Baker-Finch
- 7 Soup stew
- 8 St. ____ Maritima
- 9 Agony
- 10 Non-vascular plant
- 11 Butter or plug
- 12 Fur mender
- 13 Command left
- 14 Vietnam Land Air, etc.
- 15 Lamprey
- 16 Rebel, usually
- 18 Pico group
- 19 Big bird from down under
- 20 Saxophone, for short
- 21 Rowing race
- 22 South Africa
- 23 Maurice (not)
- 24 Jewels in language
- 25 Concrete material, other
- 26 Parisian resident
- 27 St. ____ New
- 28 Herring
- 29 British
- 30 Emerald Lake
- 31 Lippish
- 32 Dennis and teachers org.
- 33 Silver wire
- 34 Limer

"Your Gateway to the CFB Trenton Community"

www.cfbtrenton.com

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

Classified

For Classified Information Call
392-2811 ext 3976

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

Information

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

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

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

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

HAPPY VALENTINE'S DAY
To My Wonderful Husband John, My Darling Daughter Brianna & My Lil' Sweetheart due to join us in April I love you all!
Kisses & Hugs Love Mom (Sandra)

To My Future NHL All-Star
Happy Valentine's Day, Nic!
I love you to the moon and back again.
Always and forever.
Love, Mom L.

Business Services

BOARDING
Dogs & cats. Individual exercise. Secluded country setting. Airport service available. 5 mins from 401 Brighton. Call
EDDYSTONE KENNELS
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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.
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KEITH STEIN Appliance Service Ltd.
PARTS & REPAIRS
to all makes of refrigerators, freezers, air conditioners, dehumidifiers, washers, dryers & stoves.
We certify appliances
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Trenton
392-2111

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

TO OUR SPECIAL LITTLE MUNCHKIN.
You've been a blessing.
Happy Valentine's Day, Aidan.
Love, Mommy and Daddy

ANNOUNCEMENTS

MENS NIGHT!
WOOHOOO 1/2 PRICE!
SINGLE MEN PICK THE MUSIC & GET IN 1/2 PRICE SATURDAY FEB 15TH'S SINGLES DANCE TOP FLOOR BELLEVILLE LEGION 9PM
WWW.ROMEOANDJULIET.CA 392-9850

Lost!
A lady's gold chain bracelet and engagement ring. May have been found either inside the headquarters building or in the parking lot behind it. If you find them, please call local 3978. Owner would dearly like to have them back.

Happy Valentine's Day
Lindy, I just wanted to let you & everyone else know how much I Love You!
Colin

Majorette
You make every day special! can't face them without you!
Hugs & Kisses!
Happy Valentine's Day

To My Sweet and Handsome Boy
Happy Valentine's Day, Matty!
You'll never know, dear, how much I love you....
Love, Mom L.

For Sale

FOR SALE
Antique TV from late 1950's. \$20 will work with tube replacement
Call Hans 3964 or Nina 3736
966-9377

FOR SALE
White metal single over double bunk bed with mattresses. Hardly used. Paid \$399 selling for \$150
Contact Don
392-0135 or local 2261

FOR SALE
14 KT Italian Gold Puzzle Ring size 6. Appraisal at \$400 asking \$295
613 394-3120 Trenton

FOR SALE
Sony CD walkman plus two headsets & one adaptor. New Condition
\$95.00 Mountain Bike - \$45.00
394-7151

LOOKING FOR ADVENTUROUS LADIES!
Feel up to a challenge?? If you are, you're invited to submit your name to participate in the FIRST all female Nijmegen team to come from Canada. The idea for an all female team is to promote women's visibility, diversity and their increasing role in the CF and to dispel any lingering myths that barriers for women in the CF exist. It is the ultimate opportunity to demonstrate leadership, stamina and teamwork, which has always been the heart of our Forces. If you are seriously interested and are willing to commit full effort to this endeavour please submit your name via e-mail to Lt Debbie Scott, A3 Admin O, 8 Wg Ops NLT 28 Feb 03.

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KLEMENCIC PROPERTIES 1&2 BEDROOM APARTMENTS
OWNER-MANAGED
MODERN & WELL-MAINTAINED
ALL UTILITIES INCLUDED
CABLE T.V. INCLUDED (most units)
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CONVENIENT LOCATIONS
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FOR RENT
Quiet Adult 6 plex. Block from hospital, 2 bdrm. (1000 sq ft) hardwood floors, laundry facilities. Includes: fridge, stove, heat, cable & garbage. In house super. \$570 month.
394-3622,
Available April 1/03

FOR RENT
Nice 4 bedroom house 2 min from CFB, close to 3 public schools, quiet street & neighbourhood. Private fenced in yard with shed. Hardwood floors, finished basement. Well maintained, perfect for a military family. All appliances included \$700.00 plus.
Call
613-544-8190

For Rent

FOR RENT
3 bedroom house in Trenton, 1 1/2 Baths \$700.00 + utilities
1st & last + References Required
Call after 5:30
394-3782,
Avail Feb 1st

FOR RENT
Belleville large basement bedroom for rent. Shared kitchen, bathroom, female preferred \$450 monthly
771-9460,
Avail Immediately

Help Wanted
HELP WANTED
We are looking for key people to expand our financial services business in this area. Experience not necessary. We will train. For an interview call...
1-866-893-4504

Specials

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

Boost your business by being on the web!
Be one of the first to advertise
on the ever-expanding CFB Trenton Gateway site, at [www.cfbtrenton.com!](http://www.cfbtrenton.com)
Call 392-2811 local 7008 (Sandi) or 2748 (Roberta) to find out more!

CROSSWORD ANSWERS

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

Real Estate

Treat aches and pains with hot water

(NC)—The warm water of a hot tub is considered an essential part of physiotherapy, which is ideal for relieving pain in all parts of the body.

Whether the pain is caused by a pulled muscle, tendonitis, backache or arthritis-related disorders, the warm water of a hot tub will soothe tender muscles, while reducing swelling and inflamma-

tion. The water in a hot tub also makes your body buoyant and can help to improve a person's blood circulation, blood pressure and pulse rate.

Hot tubs can further reduce soreness in muscles and joints with their powerful hydromassage jets that can be aimed at specific areas of the body. The soothing action of these jets, the warmth of

the water and the relaxing effects of being weightless, will ease any aches and create a euphoric feeling that quickly travels throughout the body.

One of the major side effects of joint and muscle pain is the disruption of sleep. Those suffering from arthritis or chronic pain can hardly sleep through the night with-

out waking from discomfort. Fortunately, spending just 15 minutes in a hot tub, before bedtime, will reduce inflammation in the joints and relax tense muscles. The result is a natural sedative effect that assists in achieving a full night of uninterrupted sleep.

ADVERTISERS! This space could be yours. Call us today to see what we can do for you 392-2811, ext 7008/2748.

Moving, Call Me! 392-2511



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- information on buying or selling your home
- costs involved
- financing/mortgages
- List of lawyers/home inspectors

Visit me on the web!

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\$139,900.00

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Now under construction. 3 Bedroom bungalow with attached garage and walk-out basement. Your choice of cupboards, flooring, etc. West side, Trenton. Call Joyce*. #2030203.

\$29,900.00

BEST BUY ON THE MARKET!
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\$149,900.00

IMMEDIATE POSSESSION!
Start the year in your new home. Spacious rooms, 2 fireplaces, main floor family room plus rec room. New carpet and freshly painted. Call Nadine* today. #2026765.
*Sales

\$139,900.00

EASY COMMUTE TO CFB!
Immaculate brick home with a 2 bedroom income unit down, gas heat, central air, sound-proofed floor, interlocking patio, paved drive. Call Shelly Gregory* for an appointment, 969-2416. #2030412.
** Associate Broker

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L'avenir
commence
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secondaires
ne sont pas
toutes pareilles.**

**Les écoles
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non plus.**

Venez voir!

École secondaire publique

Marc Gameau 394-0617

Soirée d'information : 17 février 2003 à 18 h

École élémentaire publique

***Cité-Jeunesse**

Inscription en tout temps : 394-1398

Journée d'information : 18 février 2003

** Investissez dans l'avenir de votre
enfant : inscrivez-le aujourd'hui à notre
programme J'ai 4 ans et j'apprends.*



**On the web? Be one of the first to advertise on the ever-expanding
CFB Trenton Gateway site at www.cfbtrenton.com**

Signs of a safe workplace



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

When you traveled to work this morning, you encountered dozens, maybe hundreds of signs. Some of these signs helped you to travel safely, warning you not to pass on a solid double line or step off a subway platform. If it happened to be your first day on the job, you probably even relied on signs to help you find your way to work.

Just as signs give us directions and warnings out there on the streets, they serve the same purposes at work.

The only way the signs on the street can do you any good is if you read and understand them. The same goes for signs at work. You need to read them to avoid hazards and find your way to safety. You also need some training to learn the meaning of shapes, colours, words and symbols on safety signs.

Here are some elements of a safety sign program at work:

Signs should be posted warning of any hazards in your workplace.

These signs must conform to the regulations for your industry.

Signs communicate their messages through shapes, colours and symbols and simple words. These elements must be used in a consistent way to make the safety message immediately recognizable. All workers, regardless of language or literacy differences, must easily understand signs.

Some signs depict actual objects, such as a telephone or fire extinguisher. Some depict concepts, such as a skull and crossbones indicating poison on a bottled cleaning product at home.

"Danger" signs indicate an immediate danger and the need for special safety precautions. "Caution" signs tell you there is a possible hazard and you must take certain measures to protect yourself and others.

The hazard must be stated correctly, neither exaggerated nor downplayed.

The sign must be placed where it is visible to the people who must see it.

Signs should be made of durable materials so weather or chemicals will not damage them. Signs must be maintained regularly.

Signs are used to point out these conditions:

Hazards, such as "Danger — High Voltage".

Work areas where protective equipment must be used — "Hardhat Area".

Forbidden action, such as "No Smoking".

The location of emergency equipment such as first aid kits and safety.

Direction, such as arrows pointing the way to exits, fire extinguishers or telephones.

It is up to your employer to make sure warning signs are placed and all other possible safeguards are taken.

It is up to you to read and obey the signs, and to help maintain them. If you see a sign is knocked down, removed or damaged, report the problem immediately. If you see someone else overlooking or ignoring a safety sign, tell him or her.

Safety signs are everywhere in our lives, warning us of hazards and giving us directions. Read and understand them as you travel through the day.

From your Health Promotions Office

Have You Quit Smoking Recently?

Do you have an inspiring success story that you would like to share? Help others with your advice and anecdotes. The Health Promotion Office is looking for your input...

Drop us a line at www.cfbtrenton.com - Health Promotion

If you are interested in quitting smoking, please call or visit the Health Promotion Office and ask for Cheryl Rothenburg, Health Promotion Director, (local 3767)

The office is located in the Headquarters Building, Room 112

See our March 1st I Quit Challenge or register for the e-quit... electronic mail help line.

Do you have a health or wellness question you need answered? The Health Professionals at 8 Wing CFB Trenton are working together to answer your queries. The Health Promotion Office is looking for your input...No "real" names will be used in any published questions.

Drop us a line at www.cfbtrenton.com - Health Promotion