GUARDING THE GATES

AGNES WARD

The conference, themed Healthy Living for Success, is scheduled to take place on March 7 in the Astra Lounge. This year’s agenda includes a return visit from Agnes Ward, nutrition tips from Debra Reid, a look into the life of a SkyHawk with Lt(N) Dawn Herniman, and a workshop on balancing a career with your home life, led by Joanne Belanger.

Ward was a huge hit at last year's conference with her account of being among the first few women to join the Canadian military. This year, Ward will share the story of her involvement with a school building project in Ghana and highlight the benefits of volunteering.

“I went over the evaluation sheets from last year and everyone said how much they liked her and asked that she be brought back,” said Mary Marshall, one of the organizers.

It’s hoped that Lt(N) Herniman will also be an inspirational hit.

“The idea behind IWD is to focus on women’s achievements, especially in non-traditional areas. We would hope listening to someone like Dawn Herniman and the other speakers will give women the feeling they can do it, to never give up on themselves. If you set your mind to it, you can do most anything you want to achieve,” said Martha Hicks, another organizer.

In addition to the speakers, information booths will be set up throughout the day. This conference is open to everyone, both men and women. To reserve your seat, contact Mary Marshall at local 2247, no later than March 3.

As an essential first step in the DND defence budget of $800 million in fiscal year 2003-04, particularly since this amount will be added to the defence budget base. The Minister of National Defence, John McCallum, is to be congratulated for his efforts in securing this additional funding for the Canadian Forces (CF).

The CDA therefore sees this defence budget increase as an essential first step in revitalizing Canada’s military and giving it the resources needed to adequately pursue those roles.

International Women’s Day Conference to focus on healthy living and success

by Laurie McVicar
Assistant Editor

After last year’s tremendously successful International Women’s Day Conference, another has been arranged for next month.

CDA encouraged by budget with increase in Defence spending

HON. JOHN MANLEY
Ottawa, ON.-- The Conference of Defence Associations (CDA), Canada’s voice of defence since 1932, is encouraged by the Honorable John Manley’s announcement of an increase in the DND defence budget of $800 million in fiscal year 2003-04, particularly since this amount will be added to the defence budget base. The Minister of National Defence, John McCallum, is to be congratulated for his efforts in securing this additional funding for the Canadian Forces (CF).

The CDA therefore sees this defence budget increase as an essential first step in revitalizing Canada’s military and giving it the resources needed to adequately pursue those roles.

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Vision Imagery Systems

CF leads the way in Night Vision Imagery Systems

by Krista Rivet

4 WING COLD LAKE

As the military increases its night operations, the need for creating state-of-the-art training and testing facilities for night vision is paramount. It should come as no surprise, then, that the Canadian Forces has one of the most sophisticated and largest Night Vision Imagery Systems (NVIS) in the world, located at 4 Wing Cold Lake.

The Canadian Flight Test Centre (CFTC) here has developed an extensive NVIS test facility that uses state-of-the-art equipment and is rapidly gaining a reputation for providing high-quality military and non-military testing. Past military projects have included testing night vision systems for their compatibility with the CC-130 Hercules, CH-149 Cormorant, and the Primrose Lake Establishment (AETE) Engineering Test of the Aerospace Frameworks, the need for creative and repeatable lighting conditions to be created or recreated as necessary for the testing. It can provide simulated conditions ranging from full moonlight to overcast starlight, all of which are repeatable and controllable. It also allows such testing as daylight readability, unaided night time readability, visual acuity testing and NVIS radiance testing.

“We are the only facility in Canada with this type of capability,” says Captain Guy Ramphal, a Night Vision Goggle (NVG) specialist. “It makes us elite to have this test capability. The beauty of it is you can test many aircraft types.” By being able to create a controlled lighting environment, the experts at CFTC can assess the NVG compatibility of any aircraft from the size of a helicopter to a Hercules. Using the Night Sky Simulator allows for any lighting conditions to be created or recreated as necessary for the testing. It can provide simulated conditions ranging from full moonlight to overcast starlight, all of which are repeatable and controllable. It also allows such testing as daylight readability, unaided night time readability, visual acuity testing and NVIS radiance testing.

“We are the only facility in Canada with this type of capability. It makes us elite to have this test capability. The beauty of it is you can test many aircraft types.”

Captain Guy Ramphal

at AETE can assess the NVG compatibility of any aircraft from the size of a helicopter to a Hercules. Using the Night Sky Simulator allows for any lighting conditions to be created or recreated as necessary for the testing. It can provide simulated conditions ranging from full moonlight to overcast starlight, all of which are repeatable and controllable. It also allows such testing as daylight readability, unaided night time readability, visual acuity testing and NVIS radiance testing.

“It enables us to determine if aircraft cockpit lighting meets aircraft specification compliance,” said Ramphal. Currently, AETE has the only Canadian government NVIS quantitative Engineering Test and Evaluation facility. As CFTC establishes itself in the world NVIS testing market, it will take an even greater lead by hosting the 2003 Night Vision Conference in April of next year. The conference will offer the chance to learn what direction NVIS technology and needs are moving in as well as showcase some of the latest equipment available.

“It’s a chance to learn about some of the products before they are even on the market,” says CFTC Commanding Officer Colonel Bill Werny. “It is also an opportunity to meet with the leading specialists in the field and this year we are showcasing CFTC’s expertise in this arena.” For more information on the 2003 Night Vision Conference, contact Capt. Marc Ducharme. JPM@forces.gc.ca.

The Second Construction Battalion

Like thousands of other Canadians during the First World War, young black soldiers were eager to serve their country. But at the time, informal segregation made it difficult for blacks to join the Canadian Army. On July 5, 1916, the Second Construction Battalion out of Picton, Nova Scotia was formed, the first black battalion in Canadian history.

From the American Revolution (1775-1783) to the Korean War (1950-1953) blacks have fought and died for the cause of freedom. During the Revolutionary War the British Crown encouraged slaves to desert their rebel masters and join the British lines. Thousands responded to the call and the opportunity to escape the shackles of slavery. In the British-American War of 1812, blacks helped to defend Upper Canada against American attack.

A number of volunteers in Niagara were organized into the Company of Coloured men, a segregated unit with white officers. Black militia units played a major role in subduing the Upper Canadian Rebellion (1837-1839). In all, five companies of black soldiers took part in some of the most important incidents of the war. By the 1930s, blacks began receiving military honours for their bravery. The first Canadian sailor, the first black man, and the first Nova Scotian to win the Empire’s highest award for valour, The Victoria Cross, was William Edward Hall, a seaman from Horton’s Bluff, Nova Scotia.

In 1860, prior to the American Civil War, approximately 600 blacks emigrated from California to Canada in hopes of escaping racial persecution. They settled on the colony of Vancouver Island. After being denied the right to join the volunteer fire brigade, they decided to organize a volunteer military force known as the Victoria Pioneer Rifle Corps. The unit became the first officially authorized military force in western Canada. Decades later during the South African Boer War (1899-1902), a small number of blacks served with the Canadian Contingent.

At the outbreak of the First World War, black Canadians were turned away from recruiting stations across the country. Black people in a number of provinces viewed military service in wartime not only as a right, but also as a responsibility. They were not prepared to accept a policy that excluded them on racial grounds. Under persistent pressure, the Canadian military finally authorized the recruitment of an all-black non-combatant labour unit.

Recruitment took place across Canada, but the majority of recruits came from the Maritimes, mostly from Nova Scotia. Eventually, 605 men were accepted into the battalion, including 19 officers. On March 28, 1917, the battalion boarded the SS Southland bound for Liverpool, England. They eventually reached France, where they joined the Canadian Forestry Corps. Their commander was Lt. Col. D.H. Sutherland of River John, Nova Scotia and Hor. Capt. William A. White served as their chaplain. White was the only black commissioned officer in the British forces during the First World War.

The unit served honourably in France, providing lumber necessary to maintain trenches on the front lines. Some of the members went on to serve in combat units. There were unknown and forgotten heroes like James Grant, who came from St. Catharines, Ontario, and received the Military Cross in 1918. Rod Fells of Yarmouth, Nova Scotia was awarded the Military Medal while serving with the famed 25th Battalion from Nova Scotia. A black soldier, Curly Christian had the distinction of being the lone quadrilateral amputee to survive the war. He was present at the unveiling of the Vimy Ridge Memorial in 1936. And Jeremiah Jones of Truro, Nova Scotia, who crossed the bloody battlefield at Vimy Ridge and took an enemy machine-gun nest.

(From Veterans Affairs Canada)
Cormorant makes long-range night rescue

The Cormorant helicopter from 19 Wing logged its longest West Coast mission on February 4, flying more than 1,300 kilometres to bring an injured ship’s captain to a Comox hospital.

The bulk carrier Blue Leo, a 150-metre vessel enroute to Japan from Washington, contacted Victoria’s Joint Rescue Coordination Centre last night after the ship’s captain fell and struck his head. The fall had left him with dizzy spells and blurred vision. The crew feared he had suffered a concussion, and would not last the journey across the Pacific.

After consulting a 19 Wing doctor, RCC tasked the Cormorant to pick up the man up. They also dispatched a Buffalo aircraft to “top cover” for the helicopter. They also dispatched a Buffalo aircraft to “top cover” for the Cormorant on Port Hardy to bring it within range.

The Cormorant flew from Comox to Port Hardy to gas up. Due to fog in the area, it needed to conserve a portion of its fuel so it could make Comox if it needed to divert on the return leg. When the helicopter reached the Blue Leo at 11 p.m. Tuesday, the ship was still 300 kilometres from land.

Circling above in the Buffalo, navigator Maj. Dennis McGuire watched the medical evacuation unfold. “The mission went very smoothly, but the extended range was a concern,” he said. “Given the need to hold fuel for Comox, another 50 kilometres or so and they would have been on the edge.”

Two search and rescue technicians rode the Cormorant hoist to the ship. After examining the patient and preparing him for flight, the helicopter hoisted all three aboard. The entire sequence took 45 minutes.

Both aircraft were able to return to Port Hardy, where crewmembers transferred the Cormorant’s patient to the faster Buffalo. The aircraft was met on the ground in Comox by a waiting ambulance. The ship’s captain is now in St. Joseph’s hospital in stable condition.

The rescue marks another long-distance flight for the new Cormorant fleet. On December 8, a Cormorant helicopter based in Gander, Nfld. flew its longest trip, a 1,600-kilometre odyssey, to rescue a seriously injured crewman from a Norwegian bulk carrier. The trip included a refueling stop on the Hibernia oilrig.

Canada has so far received 12 of its planned fleet of 15 Cormorants. The aircraft is already operational at both 19 Wing Comox and 9 Wing Gander. Canada purchased the helicopters in 1998 for $778 million. They replace the Hercules from 14 Wing Greenwood flew over head during the rescue operation providing support to the Gander crew.

Sailors rescued
9 WING GANDER – Rescue crews from 103 Squadron picked up four stranded sailors from a Finnish cargo ship stranded in stormy seas on Friday, January 24. 50 kilometres southeast of St. John’s, Nfld. The freighter Camilla was pitching and rolling in four to six metre high waves with 75 kilometre an hour winds making rescue efforts a challenge.

The crew was not in any immediate danger, however, forecasters were calling for 14-metre high waves and winds of up to 90 kilometres an hour. Although the CH-149 Cormorant helicopter has conducted many other rescues at sea, this was perhaps the most dangerous and certainly the largest involving so many sailors. A CC-130 Hercules from 14 Wing Greenwood flew overhead during the rescue operation providing support to the Gander crew.
The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. It 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 October, 1940. We strive to build awareness, morale and ‘esprit de corps’ among both the military and civilian community in our efforts 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 errors, no goods may be sold and differences 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 Higgens 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. Do not worry about formatting with underline, bold, italics, emphasis, etc. Any article should be spelled out on first reference, and then abbreviated and used that way only when necessary to abbreviate.

• Do not include clip-art or graphics within your typed pages. Additional text and photos may be sent as separate files.

• Articles may be marked “亟需” or “needs” 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.

• 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 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 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. Do not worry about formatting with underline, bold, italics, emphas-

Emphasis on quality, not quantity

In an effort to cut costs and become more efficient, The Contact has (temporarily, I hope) reduced the number of pages published each week to 20 and 24-page issues. So what exactly does this mean for our readers and contributors?

Well, first of all, let me say that we will strive to keep the same quality and diversity of content that we offer with our 20 and 24-page issues.

For those who support The Contact by regularly submitting articles and photos, we ask for your patience. Your submissions will see print, but maybe not as quickly as before. Space has always been at a premium in the newspaper, and, with the reduction of the total number of pages, this will be the case now more than ever.

Obviously, dated material and operational information will still take priority, and will still be published in a timely manner. Features may take a little longer, as will showcase submissions (which makes it all the more important to submit photos and information about honours and awards as soon as humanly possible.) The amount of “free” advertising that The Contact can offer will also be affected. We have always done our utmost to support the many units, clubs and assorted organizations that operate on or for Wing personnel, and we will do our best to continue this tradition. However, the size of these no-charge advertisements may be reduced, as will the frequency of their appearance in the newspaper. Please don’t take it personally. We will publish whatever we can find room for, and do our best to continue to promote activities and events about affecting military and civilian personal here at 8 Wing/CFB Trenton.

Advertise on the web at www.cfbtrenton.com! Call Sandi at 392-2811 Ext. 7008!

message from the Editor

February 21, 2003

The Contact

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Advertise on the web at www.cfbtrenton.com! Call Sandi at 392-2811 Ext. 7008!
“Choices” the theme of this year’s MFRC Women’s Conference

by Laurie McVicar
Assistant Editor

Choices are an important part of everyone's life, which is why the Military Family Resource Centre made it the focus of this year’s Women’s Conference. The conference, scheduled for March 8, will offer 15 workshops that cover topics ranging from parenting to money management.

“What we decided to do this year was to have five sections of women's lives we thought were key and important. We broke it down into lifestyles, health and wellness, career and education, family and having future,” said Heather Jones, Co-Chair of the Women’s Conference Committee. “We then pulled people from the community who, we believed, would fit into each of those topics.”

Jones and her committee are hoping this event will offer women a “break” from their day-to-day routine and a chance to have a little bit of fun. “We also want them to walk away with some useful information that they can use in their lives,” said Jones.

For the first session of the day, workshops will offer participants a chance to learn about career planning, parenting skills, handwriting analysis, creative meditation and “Emotional Freedom Technique” using acupressure points.

The second session will offer workshops on balancing your personal finances, creating a happier lifestyle, examining pressure points and a demonstration on creating healthy meals for the family on-the-go.

To reserve your spot for this event, drop by the MFRC before February 28 to pick up a registration form.
**Garth Turner**

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**Saddam Hussein and your RRSP**

Garth Turner

It’s your Money

There were maybe eight of us, sitting in the coffee shop of the little Saint John airport last Friday afternoon. Outside, across the tarmac, the stiff wind pushed thick layers of blowing snow. We could just discern the shape of the airport manager’s car in the distance, cruising the runway to make a judgment on whether or not the inbound flight would be able to land, and stop, on the ice-encrusted asphalt.

Outside it was minus forty. Inside we were all, surreally, watching CNN’s coverage of the Hans Blix report on weapons inspections to the Security Council of the United Nations. A pilot would wander into the terminal and immediately be drawn over to the screen to find out the latest. You might have thought this was a World Cup soccer broadcast, or film of a devastating earthquake in Japan - certainly not a debate taking place in the chambers of one of the most irrelevant institutions on the planet.

But this is 2003, and times are weird. The whole world, it seems, is worried about something. This day, in the bowing reality of southern New Brunswick, it was whether or not this report would justify an imminent American invasion of Iraq for the purpose of overthrowing its leader. Along with we few travelers, the world’s giant financial markets took in every word and tried to weigh its consequences.

As Blix started to speak, suggesting the Iraqis are far more cooperative these days, the Dow soared by more than 100 points. As he continued, suggesting that the inspectors really hadn’t found any weapons of mass destruction, the market erased all of its gains. And then when America’s Colin Powell said he didn’t care what the inspectors found because Saddam Hussein was a dangerous, unstable, dare we say, lily-white dweller, the market took off again. By the end of the afternoon, I was en route to Toronto and the Dow had added 159 points.

One thing we should all expect in the coming days, weeks and perhaps months, is more of the same - indecision, trepidation, caution and uncertainty, as markets try to figure out what really will happen. If there is an attack on Iraq, then we should expect a rally that anticipates regime change and a lessening of world tensions. If Blix is more massive, we should expect a rally that anticipates no peace rallies of the kind we saw last weekend, with world opinion turning against the States, then we should also expect a rally - because some uncertainty will have been removed.

In either case, however, serious rifts between member nations of the Security Council have opened. The gulf between the US and France and Germany is now so enormous, just as the disconnect between Britain’s Tony Blair and his own electorate is widening. If George Bush backs off his plan to attack, it will be a clear victory for Osama bin Laden and the despots of the world.

If he does attack, it could trigger new waves of terrorism and a muddle in the Middle East that will take years, and hundreds of billions of dollars, to figure out.

Now, what does all this geopolitical stuff mean to you, your investments and your retirement savings? Actually, not much.

All of the uncertainty swirling in the world means, for example, that interest rates will remain very low. The American central bank needs to keep interest rates very low. The American economy will rebound. The Dow will rise and the tech-heavy Nasdaq is a basket case. Last year markets suffered a double-digit loss, and it was the first time since the dinosaurs walked the earth that stocks lost ground for three consecutive years. This might just possibly be the fourth. The shocks have been just too much to repel - the dot-com bombs, the tech bubble bursting, then Nine Eleven, then accounting scandals and now war.

But we do know that things will recover, markets will rise and the economy will rebound. That’s always been the case after any major event. Always.

And the people who trade their short-term insecurities for long-term investments - especially when things are down - have done remarkably well.

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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 $100 only please.)
**Experience the many pleasures of citrus fruits**

tastes from The County

Citruses fruits are in abundance this time of year and are at their absolute peak flavor. Walk into a good grocery store and discover what is on the shelf and experiment with what is available. To get you started, here are a few recipes that will hopefully bring some sunshine into your life. Enjoy!

**Preserved Lemons**

Preserved lemons are a great way to accent the flavor of many dishes. They are a mainstay in Moroccan and North African cuisine.

Take as many lemons as you like and peel with a paring knife. Remove all of the white pith and slice into strips. Pack into jars with lots of kosher salt and the juice from all of the lemons that you used. Close the jar with a tight fitting lid. Leave in a cool dark place for about 5 weeks. To use, rinse well and add to your favorite savory recipes or wherever an intense lemon flavor is desired.

**Preserved Lemon and Fresh Rosemary**

This is a great combination for grilled fish. One part minced preserved lemon, four parts chopped fresh rosemary and one part fresh cracked black pepper. Combine these ingredients together, lightly coat the fish with olive oil, sprinkle the mix onto the fish and let stand for about 30 minutes to develop flavor. Get to the grill and impress yourself.

**Blood Orange and Pineapple Refresher**

Blood oranges, mostly imported from Italy, Malta and California, are at their absolute best. They are wonderful to eat out of hand or simply juiced and drunk. Here is a little simple recipe to enjoy as a non-alcoholic refresher.

Into a blender, add 1 cup of ice, 4 oz or blood orange juice, 3 oz of pineapple juice and a sprig of mint. Blend on high for 20 seconds and pour into festive glasses, garnish with a slice of blood orange and a sprig of mint. Close your eyes, pretend you hear a tropical surf and enjoy the moment.

This can be easily turned into a party cocktail with the addition of 3 oz of good quality rum!

Lemon Mascarpone Tart

(Courtesy of Pastry Chef Marianne Sanders)

**Ingredients:**

- 4 oz cream cheese
- 1/4 oz Mascarpone cheese
- 1/4 cup sugar
- 1/3 cup lemon curd
- 5 tsp lemon juice
- 6 tsp whipping cream

**Method:**

1. Preheat the oven to 350 degrees F.
2. Cream both of the cheeses, sugar and lemon curd together. Gradually beat in the eggs until fluffy.
3. Add the juice and cream and beat until smooth. Pour into a prepared crust that has been spread with lemon curd and bake for approximately 20 minutes until set.
4. Michael Hoy is Chef and Director of the Waring House Cookery School in Picton, Ontario.

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**Warning Signs of an Eating Disorder**

- Excessive concern about weight, shape and calories
- Guilt, shame or secrecy about eating
- Strict avoidance of certain foods, particularly those considered fattening
- Feeling fat regardless of body-size
- Weight and food control determines how the person feels about her/his worth

**Preserved Lemon Jelly**

**Ingredients:**

- 2 cups finely chopped sweet red peppers
- 1 1/4 cups white vinegar
- 1/4 cup coarsely grated rind
- 3/4 cup navel orange juice
- 5 cups sugar
- 1 1/2 tsp. hot pepper sauce
- 2 pouches (85 ml each) liquid pectin

**Method:**

1. In a large saucepan, bring peppers, vinegar, orange rind, and juice to a boil. Reduce heat and simmer covered for ten minutes or until rind is softened. Stir in sugar. Return to a full rolling boil over high heat. Boil hard stirring often for 5 minutes. Remove from heat.
2. Add hot pepper sauce and pectin; stir for 5 minutes, skimming off any tail with the addition of 3 oz of pineapple juice and a sprig of mint. Close your eyes, pretend you hear a tropical surf and enjoy the moment.

**Lemon Mascarpone Tart**

(Courtesy of Pastry Chef Marianne Sanders)

**Ingredients:**

- 6 tbsp whipping cream
- 2 cups finely chopped orange rind, no pith
- 3/4 cup sugar
- 1/3 cup lemon curd
- 1/4 cup navel orange juice
- 1/2 tsp. hot pepper sauce
- 2 pouches (85 ml each) liquid pectin

**Method:**

1. Preheat the oven to 350 degrees F.
2. Cream both of the cheeses, sugar and lemon curd together. Gradually beat in the eggs until fluffy.
3. Add the juice and cream and beat until smooth. Pour into a prepared crust that has been spread with lemon curd and bake for approximately 20 minutes until set.
4. Michael Hoy is Chef and Director of the Waring House Cookery School in Picton, Ontario.
The real stories behind the struggle to quit smoking

Okay, so you’ve heard about the “March 1st, I Quit!” challenge currently being promoted throughout the CF (if you haven’t, please call the HP local 3767, or visit our website www.cfbtrenton.com). You or someone you know may even be one of those smokers who jokes with the grocery store clerk, “No, I want the one that’s going to give me gum disease, not lung cancer.” Hey, for the price, you should have a choice after all. I have yet to meet a smoker who hasn’t thought about quitting smoking at least once or twice. However, if it were that easy, we’d have put the tobacco industry out of business a long time ago. In fact, many people try several times before they finally quit for the price, you should have a choice after all. I have yet to meet a smoker who hasn’t thought about quitting smoking at least once or twice. However, if it were that easy, we’d have put the tobacco industry out of business a long time ago. In fact, many people try several times before they actually quit. I recently quit smoking. I actually quit in August of 2002.

To assist “March 1st, I Quit!” participants in getting ready for their March 1st quit date, we hope to profile personal stories in the next few issues of the Contact of CF community members who have challenged themselves to quit. These inspirational stories will provide you with real-life perspectives on quitting smoking and offer quit-tips for success. While every one needs to find their own time and own way to quit, the one common thread in these stories is being ready to quit and making the decision that the time is right for you. If you have a story please share it with us, - Health Promotion.

In August I was looking through all the sales flyers that normally come every weekend and I noticed that Zellers was having a sale on “20’s”, I kept telling myself that the hard part was done. I looked at the price of buying the patch against the cost of buying a pack of cigarettes and to my surprise I found out that the patch was cheaper than buying cigarettes and that I had nothing to lose by trying the patch. It wasn’t going to cost me any more money. Money was a factor because I do not have a whole lot to start with and I didn’t want to wait until the next “bout out” course came along to see if I could get on to it or not. It was just easier for me to try on my own.

I have to admit to you that it was hard to quit. The biggest thing I found hard was not to have “A” smoke, that I had to stop smoking all cigarettes and not try and sneak one in here and there. After the first few weeks had passed by using the patch (21’s), I kept telling myself that the hard part was done and that I did not want to start smoking again and have to put myself through that agony again. I made it and I was going to stick with it. One day at a time.

I highly recommend you follow the instructions on the box with regards to the patch. I had tried to quit before using the patch but I switched to a milder patch too early and I started to smoke again. The routine they recommend on the box is a good one. I have to admit that I do get the odd craving now and again after six months, but I will tell you this: I will never smoke again. I made it, I am a non-smoker and I am loving it. I feel healthier and I feel like I have accomplished something I never thought I could.

Name Withheld

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Airbag controversy continues to inflate

submitted by doug bird, deputy wing general safety officer

While governments and safety organizations line up in support of air bags, some consumer groups see mandatory air bags (in Canada air bags are not yet mandatory) as a way for the automotive industry to gouge new car buyers by making them pay for something they don’t want. What’s worse, they say, is that air bags might save lives, but they needlessly kill drivers and passengers as well.

Although the pro air bag side might admit to some shortcomings in design, they are sticking to their guns: air bags save lives. It’s as simple as that.

And into this seemingly simple argument, you can throw the issue of deactivation switches — on/off switches — legally available to drivers. How about new “smart bags” which sense if the person is too close to the bag, or if they are wearing their seatbelt, and then adjust accordingly. Contractors have come from drivers who claim their bag inflated too easily. Still others say it inflated even when it should have. Who’s right? Well, that’s for you to decide. Here are the statistics:

As of September 1, 1998, air bags have saved the lives of 3,500 people in the United States, according to recent statistics. When combined with seat belts, that is a 75 per cent effective in preventing serious injury. But despite the overwhelming success rate, air bags, one in six motorists, according to statistics, have their air bags disabled. Why? Because air bag manufacturers have claimed the lives of 15 US children who were placed in rear-facing child seats in the front seat of the vehicle. And 51 children sitting in the front seat of the car. Worldwide, airbags have killed about 100 people.

How do these deaths happen? Most airbags inflate at the rate of about 180 miles per hour. How fast will the bag hit you? It will land its punch in 1/20th of a second. Because of this force and speed, many people suffer minor bruises or broken arms and some are even killed. Small children sitting in the front seat are subjected by the air bag, and children sitting in rear-facing car seats and placed up front are crushed between the air bag and the front seat of the car.

Regardless of how you feel personally about air bags, they are here to stay. A few simple precautions will help you avoid injuries from an air bag if your car is equipped with one and it should inflate.

Air bags are causing many serious conversations around boardroom tables and dinner tables alike. They were put in place to save lives and statistics show they have actually saved them. But, injuries and deaths have occurred too. The bottom line? Like any safety device, from hearing protection to fall arrest, air bags have to be used with the right precautions for them to do the job they were designed to do.

Guidelines for children

Children under the age of 12 should sit in the back of the vehicle. Make sure the infant restraint system, the child restraint system, or the booster cushion is properly suited to the child’s height and weight. Check your owner’s manual for the vehicle as well as the instructions that came with your child seat for this information.

The restraint system must be properly secured to the vehicle with a seat belt or other restraining device, from hearing protection to fall arrest, air bags have to be used with the right precautions for them to do the job they were designed to do.

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The Contact Newspaper

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Paws and Claws

For Adoption

This wonderful little cat was brought to the Quinte Humane Society by General Control. It was obvious to the staff that her leg was fractured and that she would be in need of veterinary attention. Surgery was done last week and she is recovering nicely. Even though she is spayed, declawed and very friendly, no one has claimed her and she is now up for adoption. Despite her injury, she is determined to lift herself up and walk towards anyone who would like to pet her. If you are interested in foster caring her while she continues to recover or would like to give her a Forever Home, contact the Quinte Humane Society or send an e-mail to this column, pawsandclaws@canada.com

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Monday, February 17

I've come to the conclusion that I cannot afford to lose weight.

An odd statement I know, but considering the price of clothes and my dire need to buy some in smaller sizes, I think it's an accurate one.

Every morning has become a battle to find pants that fit, something sharp to punch another hole in my belt with, and a shirt that doesn't make me look frumpy. Arrg, intra-abdominal pressure! I've become aware of my need to buy clothes! The best way to go.

I've become aware of my need to buy clothes that fit, something sharp to punch another hole in my belt with, and a shirt that doesn't make me look frumpy. Arrg, the never-ending frustration! I've become aware of my need to buy clothes!

I have little to report in terms of fitness achievements. The biggest thing I've had in the past week is completing 30 minutes on the elliptical machine without doubling over from exhaustion. When I first came to the gym, I could barely do seven minutes. I've come a long way baby!

I'm ashamed to say I didn't handle Valentine's Day very well. My dear husband held true to his promise to avoid candy as a gift...I, on the other hand, found it impossible to resist that Lindt chocolate bar on the shelf at Wal-mart.

I don't know what it is about chocolate - it's so addicting. There should be a support group for chocoholics, or at least someone should create a patch like those made for smokers. Wouldn't that be great?

All of the benefits, none of the calories! I'd end up wearing so many of them that I wouldn't need the darn clothes! Wouldn't that be great!

Players needed for men's softball team

The 8 Wing/CFB Trenton Men's Softball Team and coach, Cpl Leroux, are looking for players to enter this year's league, playing two games a week in preparation for the Ontario Regional Championship (dates & location to be announced).

We require a good showing to pursue entering in this league. The team is open to CF Regular, Reserve class B & C personnel. Interested players are to attend subject organizational meeting held at 1400 hrs, Tuesday, Feb. 25 at The Gymnasium conference room or contact the Sports Coordinator Dan Cormier by e-mail or at loc 3373.

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 715-2811, ext 3364/3348.

Weight training belts

Weight training belts are commonly seen pieces of equipment. More often than not they are acting as a fashion statement, yet if used properly they can prevent injuries to the spine. During weight training exercises the forces on the spine have been found to be high. It has also been found that high forces have the ability to damage the spine. The compressive loads on the spine during exercises such as the squat have been found to be as high as 10 times body weight. In order to prevent injury during lifting, the body increases intra-abdominal pressure, which helps stabilize the lumbar spine during heavy lifting tasks.

When the diaphragm and other abdominal muscles contract they press against the fluids within the abdomen. The fluids and tissues that surround them are pressed against the spine and aid in the supporting of the spine during lifting activities.

Lifting belts have been found to increase intra-abdominal pressure. From the data that researchers have gathered it has been concluded that weight belts have the potential to decrease the forces on the spine during lifting exercises making lifting safer.

Many people wear a belt for all exercises. This is unnecessary and potentially dangerous. When a belt is worn, the activity of the erector spinae (lower back muscles) and various abdominal muscles is decreased.

If these muscles are not allowed to work during strength training they will not be able to play a supportive role outside of the gym if the need arises when lifting has to be done and a belt is unavailable. This could increase the possibility of lower back injury.

If the belt is used properly, the lower back and abdominal muscles can receive adequate stimulation. Belts should not be worn during exercises where the back is not directly stressed. The belt should only be worn when the load exceeds 80% of the maximum amount of weight that you can lift.

The type of belt that is used should also be considered. There are generally two types of belts. (1) The thin belt which is wide at the back and tapers in the front, and the thick belt, which is common among powerlifters, is four inches wide all the way around. (2) The thick belt, which is common among powerlifters, is four inches wide all the way around. Lander et. Al (1990) examined both types of belts and concluded that if the torso was long enough to allow sufficient tightening the thick belt was better than the thin belt.

Belts can be a useful tool during strength training if used properly. However, over-dependence on belts may increase the risk of injury in non-training situations.

(Sport Performance Institute Inc.1997)
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Wednesday evenings, 6 - 8 p.m.
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From golfer to platoon commander

by Scott Costen

Mark Staniowski

Former NHL player Ed Stanick was a CF member since 1986, says the high-
light of his military career was leading a platoon

Sitting in the visitors dressing room at Maple Leaf Gardens before his first N.H.L game, Ed Stanick was filled with self-doubt and anxiety. Fifteen years later, he experienced the same emotions while waiting to make his first jump dur-
ing the CF Basic Parachute Course.

“It was the same feeling, I looked around the back of the Herc, the same-
way I looked around the dressing room,” said Lieutenant-Colonel Stanick, at N.H.L golfer for 10 years before join-
ing the CF in 1986. “In both cases, every-
thing in my body told me I couldn’t do it, that I would fail. But I reached, the
way all did, and found the strength to make it happen.”

Between 1975-1985, LCol Stanick played more than 200 N.H.L games with the St. Louis Blues, and signed with the Hartford Whalers. He faced shooters like Wayne Gretzky, Bobby Orr, Mike Bossy and Guy Lafleur. “The greatest players I faced were all ex-military,” he said. “For me, money, Orr was the best. It’s a tragedy he had to leave the game at such a young age.”

LCol Stanick, a full-time Reserve who works at 17 Wing Winnipeg for the multinational United Nations Peacekeeping Forces, High-Readiness Brigade, has served overseas in Cyprus, Croatia and Bosnia-Herzegovina. For him, the lessons learned on the ice trans-
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“The key thing I found is that team-
work is essential in both hockey and the

military,” he said. “Also, the people I played with in the N.H.L were the same high-
calibre, professional people that you find in the Canadian Forces.”

Although Canadian try a back-

seat to Orr in a LCol Stanick eyes, he thinks the Great One has the makings of a super-star army commander. “He was so smooth and so aware of his surroundings. He could picture the battle-field, so speak, and all the elements at his dispos-

LCol Stanick said the highlight of his hockey career came in 1974, when he and the Regina Pats captured the Memorial Cup as Canada’s top junior team. The greatest moment in his military career came in 1992, when he led a composite Regular/Reserve platoon in Croatia. “To command 36 soldiers in an active theatre of operations was a chal-

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— by Eugenia Last

ASTRO ADVICE WEEKLY

FROM UNIVERSAL PRESS SYNDICATE

ARIES (March 21-April 19): You won’t want to deal with other people’s problems on the 23rd, 24th and 25th, but you are best not to refuse. Rewards can be yours if you just give a little time and effort to helping others. You are best not to confront emotional situations on the 26th, 27th and 28th. Very little can be achieved on the 1st. The people you deal with will misinterpret what you say.

TAURUS (April 20-May 20): Social activities will be a must on the 23rd, 24th and 25th. You will come to your best foot forward and show your worth. You will have to take action and follow through with your plans on the 26th, 27th and 28th, waiting for others will be frustrating and a waste of time. Disagreements are likely on the 1st. Do not get involved as a fast cash scheme. It will fail.

GEMINI (May 21-June 20): Your words may be used to moneymak-
ing ventures on the 23rd, 24th and 25th. You can get recogni-
tion if you promote your ideas. Let others know what your aspira-
tions are and let them know what inspires you. You may get bogged down on the 26th, 27th and 28th if you allow others to put you down or say that it was your responsibility on the 1st. Don’t go your own worst enemy on the 1st. Take your time, don’t make rash decisions.

CANCER (June 21-July 22): Gossip will lead to trouble on the 23rd, 24th and 25th. You will have to take action and let others know what inspires you. You may get bogged on the 26th, 27th and 28th if you allow others to put you down or say that it was your responsibility on the 1st. Don’t go your own worst enemy on the 1st. Take your time, don’t make rash decisions.

VIRGO (Aug. 23-Sept. 22): Past acquaintances are likely to come back into your life on the 23rd, 24th and 25th. Assess your motives and let others know what inspires you. You may get bogged on the 26th, 27th and 28th if you allow others to put you down or say that it was your responsibility on the 1st. Don’t go your own worst enemy on the 1st. Take your time, don’t make rash decisions.

LIBRA (Sept. 23-Oct. 22): Do not buy expensive items on the 23rd, 24th and 25th. You will have to save your spending habits closely. Try to get along with everyone. Domestic issues will become a worry on the 23rd, 24th and 25th. You must be extremely honest when dealing with others. Don’t overstep on friends, unfavour of your own personal nature on the 1st. You should avoid over-indulgence.

SCORPIO (Oct. 23-Nov. 21): It will be hard to contain your emotions on the 23rd, 24th and 25th. Assess what they can do for you before you proceed. Don’t let others pull you in the wrong direction on the 23rd, 24th and 25th. You must be extremely honest when dealing with others. Don’t overstep on friends, unfavour of your own personal nature on the 1st. You should avoid over-indulgence.

SAGITTARIUS (Nov. 22-Dec. 21): You will need to take a look at your motives on the 23rd, 24th and 25th. Be sure that you are getting involved in things that will help your cause in the end and not because someone else is joining. You will be able to make progress on the 26th, 27th and 28th. Don’t trust others to finish your work. Protect your own interests. You’ll face opposition on the 1st. Accept the inevitable and learn from your mistakes on the 1st.

CAPRICORN (Dec. 22-Jan. 19): You can express yourself well on the 23rd, 24th and 25th. Don’t lend or borrow money or possessions on the 1st. You will need to make changes to your present plans on the 23rd, 24th and 25th. You must be extremely honest when dealing with others. Don’t overstep on friends, unfavour of your own personal nature on the 1st. You should avoid over-indulgence.
February 21, 2003

Learning to Fly: 19 Wing members aid disabled skiers

by Capt Jeff Manney, 19 Wing Public Affairs

CFB COMOX—With the race just minutes away, Scott Garnett leans over awkwardly to take one last glance at his equipment. He gives his helmet a tug, then checks his skis. The tips are still wired together, preventing the spastic muscles in his legs from bringing him down on the course. Two tiny skis, called outriggers, will keep him vertical. Cerebral palsy or no, Garnett is here to ski.

So too are dozens of other disabled skiers. It’s February 2 on Mount Washington, time for the 16th annual Herb Bradley Coca Cola Classic. At the top of a winding slalom course, blind, mentally challenged and paraplegic skiers wait for gravity to liberate them from their disability.

To the racers, many of whom ski frequently, the 30-second slalom is hardly a challenge. The real aim is to introduce their program, the Vancouver Island Skiing for the Disabled Society, to more than 150 able-bodied participants. Today’s event will raise over $13,000 and highlight the work of the Society’s volunteer instructors, without whom none of this would be possible.

“They’re awesome,” Garnett says of the program’s 80 teachers. “They volunteer their time and that takes a very special kind of individual. That’s hard to come by in this day and age.”

Gloumeau is one of a number of 19 Wing members who donates at least 15 days each winter to teach on the hill.

“Back at the top of the hill, the starter releases two more skiers. They sweep down the course to the cheers of friends and instructors. Scott Garnett is next, a broad smile across his face. “I’ve wanted to ski ever since I was a little kid,” he says.

Instructional aides are always close at hand. Sue Gibbs, the Wing Logistics Officer’s Administrative Assistant, provides a reassuring arm as Garnett navigates from slalom to slalom. She has been an instructor for 11 years, and teaches a wide variety of disabilities. Although each requires a different approach, Gibbs says the reaction after the first run is always the same.

“Instructors are considered to be a part of the family, too,” she says.

Back at the top of the hill, the starter releases two more skiers. They sweep down the course to the cheers of friends and instructors. Scott Garnett is next, a broad smile across his face. “I’ve wanted to ski ever since I was a little kid,” he says.

Learning to Fly: 19 Wing members aid disabled skiers

Instructions for Capt Andre Gloumeau (left) and Norm Reynolds with skier Cheryl Wickham at the top of Mount Washington’s slalom course. A number of 19 Wing members volunteer their time with the Vancouver Island Skiing for the Disabled Society.

Canadiana Crossword

This Week in Contact

1942—Contact, “The Official Organ of RCAF Station Trenton” sells for 10 cents per copy. Airmen and Airwomen at Trenton are urged to buy Victory Bonds.

1953—Unavailable

1963—Unavailable

1973—Special Flight 7206 carrying the second CF contingent of 121 personnel to Vietnam made an emergency landing at CFB Trenton when an anonymous caller claimed a bomb was onboard. A sweep of the entire aircraft and its contents by Trenton EOD squad found nothing and the mission was resumed.

1983—65,000 lbs of fortified milk powder is airlifted from CFB Trenton on a 437 Squadron 707 for a half million refugees in Accra, Ghana; the relief operation captured world attention and was documented by the CTV news program “W5.”

1993—Announcement that business at CFB Trenton’s all-ranks “Dakota Club” has expanded and it will move to the North Side Junior Ranks Facility.

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

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February 21, 2003

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SHOW YOUR SUPPORT, BUY A T-SHIRT

8 Wing Commander, Colonel Dave Higgins was among the first recipients of a MFRC Youth Centre t-shirt last week. The t-shirts - which display a modified Hercules, the base and wing crests, a Canadian flag and the motto “We Support” in French and English - will be sold to raise money for the Centre. This project is based on a similar one in Halifax, where t-shirts supporting the Navy's role in Op Apollo gained immense popularity. Contributing to the project were: Capt. Vicki Hebert, Susan Stoddard, Wing Graphic Arts, WO Serge Peloquin, Lynne Morin, Julia Brown, Heather Brown and Teddy Brown. The shirts will be sold at a variety of locations and at the upcoming Quinte International Air Show.

Photo: Laurie McVicar, Contact Staff