

# the Contact

**HELP!**  
 Needed - homes to sell.  
 Possession date can be  
 June or July.  
 Posted? Call me today!  
**DAVID WEIR BA, CD**  
 #1 Office Sales Rep  
 Top 5% in Canada  
 Royal LePage ProAlliance  
 #1 in Quinte West  
 394-4837  
[www.davidweir.com](http://www.davidweir.com)  
 great real estate & local links  
 800-263-2177

• February 21, 2003 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 38 Issue Number 08 •

## GUARDING THE GATES



Photo: Laurie McVicar, Contact Staff

All persons entering 8 Wing/CFB Trenton, both north and south sides, are now required to show photo identification to guards posted at the gates before being granted access to the Wing.

## 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.



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 recount 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. 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 Marsha 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. Admission is free, however, donations of non-perishable items will be accepted for the Trenton Area Food Bank.

## 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 nevertheless believes more needs to be done in securing increased funding for DND. The \$800 million offered in this year's budget, although welcome, is less than what the CF requires to pre-

vent further deterioration of capabilities. As noted by the Auditor-General and in the CDA Institute's recent report, A NATION AT RISK: The Decline of the Canadian Forces, achieving that goal requires between \$1.3 billion and \$1.5 billion per year to be added to the budget base.

The CDA therefore hopes that the Government views this budget as a survival or bridging budget. In this vein, we are pleased to hear that the Government will undertake a review of Canada's Foreign and Defence policy leading to an adequately funded defence policy for Canada. CDA hopes that this review will be completed in the very near future.

Manley's addition of \$800 million to the defence budget base this fiscal year goes some way toward recognizing the historic and important role of Canada's military in Canada, North America and on the international scene. The CDA therefore sees this defence budget increase as an essential first step in revitalizing Canada's military and giving it the resources necessary to adequately pursue those roles.

## WHERE DEALS HAPPEN EVERYDAY!

**#1 Place to Go**



**95 Dodge Ram SLT**  
 V8, Auto, O/D, PW, PL, Air, Tilt, Cruise, AM/FM/Cass, Aluminum Wheels, & Much More!  
 Only 108 K \$11,900

**Must See**



**99 Mercury Sable LS Wagon**  
 V6, Auto, O/D, PW, PL, Air, Tilt, Cruise, AM/FM/Cass, 2 PWR Seats, Aluminum Wheels  
 120 K \$10,800

**Loaded**



**246 Dundas St. Trenton**  
 Fin.OAC All cars cert. W/War.

**Great Buy**



**97 Ford Explorer 4 Door**  
 V6, Auto, O/D, PW, PL, Air, Tilt, Cruise, AM/FM/Cass, Aluminum Wheels, New Tires, 130 K \$12,900

**Like New**



**98 TJ Sahara Edition**  
 6 Cyl, 5 Speed, AM/FM/Cass, 2 Tops, Aluminum Wheels,  
 \$16,500

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

# 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, CF-188 Hornet and CH-146 Griffon helicopter. Even Stars Aviation Canada Inc. has come to the CFTC for testing night vision systems aboard their air ambulance service.

CFTC is comprised of the Aerospace Engineering Test Establishment (AETE) and the Primrose Lake Evaluation Range (PLER) offering a myriad of testing and evaluation facilities as well as an extensive test range. It is due to the ever-increasing need for furthering

the use of NVIS that CFTC established its lab.

"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

*"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 control-

lable. 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, DAEPM(R&CS) 6-4-2, at (613) 991-9825 or via e-mail at Ducharme.JPM@forces.gc.ca.

## WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



**Lori Anderson is busy taking an inventory of Hazardous Material (HAZMAT) at the Wing CE Electrical Section. To date, over 2,500 HAZMAT products have been inventoried by Wing Environment Staff. This information is sent to the Directorate of Material Management and Distribution (DMMD) who are developing a single department wide HAZMAT information system that includes centralized access for Material Safety Data Sheet (MSDS) and HAZMAT Preferred Products Selection (PPS).**

## 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 Pictou, 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 attacks. 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 1850s, 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 Hon. 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. Roy 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)*

**JR RANKS MESS** ★

SUN	MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28	
					<b>TGIF</b> 1700 hrs Dinners Sports Centre	

**FEBRUARY** ★

**2003**

### Stick with the Classifieds.

Homes, cars, appliances and local services.

Find what you're looking for in *The Contact*.

# Cormorant makes long-range night rescue

Air Force Public Affairs

CFB COMOX - A Cormorant helicopter from 19 Wing logged its longest West Coast mission on February 4, flying more than 1,100 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 the man up. They also dispatched a Buffalo aircraft to fly "top cover" for the helicopter. At more than 400 kilometres from land, the Blue Leo made an abrupt U-turn, steaming towards

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

12 Labrador helicopters, which remain in service in Greenwood, N.S. and Trenton, Ont.

## Sailors rescued

9 WING GANDER - Rescue crews from 103 Squadron plucked 16 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.

Edward Jones

**Robert (Bob) Larocque**

Investment Representative  
25 Ontario Street, Unit A3  
Trenton, ON K8V 6C3  
Bus 613 392-6924 Fax 613 392-8518  
Toll Free 1-877-392-6924

[www.edwardjones.com](http://www.edwardjones.com)

Member of CIPF  
Serving Individual Investors



**Convenient, Close by  
and Affordable**



Dr. Steve Mascarin, Dr. Sue Marinovich and Dr. John Marinovich are proud to have been part of your neighbourhood since 1994.

**At The Family Dental Centre, you'll find:**

- warm and friendly staff
- quick, easy-to-arrange appointments
- personal coaching on gum disease prevention
- kid-friendly dentists
- dentistry while you sleep\*
- emergency, same-day service
- beautiful, natural-looking dentures with free lifetime adjustments
- affordable treatment and seniors' discounts
- your choice of five deferred payment plans, for example, up to 12 months interest free or no payments and no interest for 90 days

**We invite you to call us. New patients welcome.**

**398-8888**

[www.familydentalcentre.com](http://www.familydentalcentre.com)  
7 minutes north of Hwy. 401  
On Hwy. 33

**THE FAMILY DENTAL CENTRE**

\* We offer full sleep dentistry offsite or conscious sedation at both of our offices.

# Search & Rescue UPDATE



The first call of the week involved tasking the Hercules on an ELT mission near Sudbury. Upon arrival in the area, the Herc began homing the signal. After 5 minutes, it stopped abruptly. A company based at the airport in Sudbury contacted RCC and advised that they had accidentally activated an ELT on one of their aircraft. There was no distress.

The second call of the week involved another ELT near Fort Rupert. The Hercules was tasked while training near Ottawa. Upon arrival in the area the signal could not be heard. The Hercules carried out an electronic search pattern. Nothing was heard and the aircraft was released from the case.

The third call involved tasking both the Lab and Hercules to investigate an ELT near Matassini, PQ. A person near the area had also called to report that they thought they had seen an aircraft crash. RCC was able to determine that there was no crash. The Hercules arrived on scene first and carried out a thorough search of the area. No ELT signal was heard and both visual and electronic searches yielded no incident of distress. Both aircraft were released from the case and returned to Trenton.

Cheers.....From the TIGERS

Missions for 2003: 9 Missions for Feb.: 5 Persons rescued: 4

# QUINTE COMMUNITY SAVINGS & CREDIT UNION

Your **RRSP Loans & Investment Centres**



Alana



Lori



Teresa



Kim



**Trenton | Belleville**  
**251 RCAF Rd. | 293 Sidney St.**  
**Phone: 394-3361 | Phone: 966-4111**

Serving the CFB  
Trenton Community Since 1952



Credit Union

[www.quintecommunity.com](http://www.quintecommunity.com)

## The Contact Newspaper

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

### The Contact Staff

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

### Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

### Letters to the Editor:

Internet: [LEBLANC.AL@forces.ca](mailto:LEBLANC.AL@forces.ca)

Intranet: [LeBlancAL@CFBTrenton@Trenton](mailto:LeBlancAL@CFBTrenton@Trenton)

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



### A Military Community Newspaper



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



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

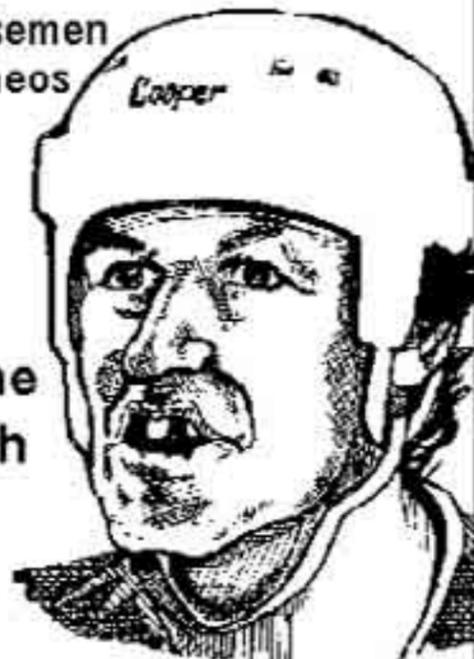
Editorial: 613-392-2811 Ext. 7005 Fax: 613-965-7490  
 Advertising: 613-392-2811 Ext. 2748 or 7008

# Maple Leaf Salad by Jim Graham



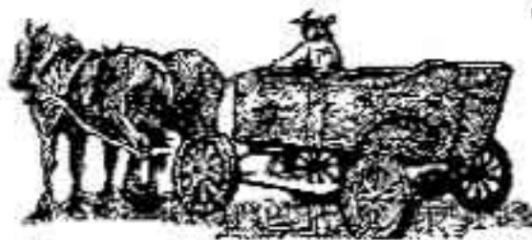
1. Who were Juliette's back up singers?

- A. The Four Aces
- B. The Four Lads
- C. The Four Horsemen
- D. The Four Romeos



2. What former Montreal Canadien won a cup with the Flames and served as coach and GM of that team?

- A. Ken Dryden
- B. Bob Gainey
- C. Guy Lapointe
- D. Doug Risebrough



3. Which prime minister had a Depression era "buggy" named for him?

- A. Bennett
- B. Borden
- C. King
- D. Macdonald

1. d 2. d 3. a

Copyright 2002-03 MLG19

## Emphasis on quality, not quantity

### message from the

# Editor

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 16. So what exactly does this mean for our readers and contributors?

Well, first off, 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 submit-

ting articles and photos, we ask for your patience. Your submissions will see print, but maybe just 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 and affecting military and civilian personnel here at 8 Wing/CFB Trenton.

Advertise on the web at [www.cfbtrenton.com](http://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 financial 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."

Also from the community is the guest speaker, Georgina Thompson, RN, BScN. Thompson is President of All Care Health Services Limited, a private duty nursing and homemaking agency that services the local communities.

According to her biography, 'Georgina is actively involved in the community, serving on a variety of local boards and committees. She feels that her keys to success are building relationships, continued growth through education, a supportive family and having

a good sense of humour. Georgina will share her personal successes and challenges and the choices she has made in her life.'

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 continuing education, parenting skills, handwriting analysis, creative meditation and "Emotional Freedom

Technique" using acupuncture points.

The second session will offer workshops on balancing your personal finances, creating a happier future by examining your past, basic car maintenance, achieving inner peace, and following seven steps to a healthier lifestyle.

Workshops for the final session include: tips on handling a career transition, communicating within the family, finding time for fitness, the power of conscious choices, 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.

E-mail your letters to  
LeBlanc AL@CFB  
@Trenton, or you can  
mail them to:  
The Contact  
P.O. Box 1000 Stn. Forces  
Astra, ON K0K 3W0



## Coral's New Arrivals

### 1998 Dodge Dakota Extd. Cab Sport Model

6 Cyl. Automatic, Box Liner, full rear seat, new tires, PS & PB, Air, Cassette Pwr windows, tilt cruise 6 month / 6,000 km powertrain warranty. Certified & E Tested  
~~\$14,250.00~~  
**Now \$13,650.00**



**One Owner**



### 2000 Ford Focus SE

4 Cyl. Automatic, PW & locks Air, Tilt & Cruise, Cassette, Alum. wheels 6 Month / 6000 km PwrTrain Warranty Certified and E Tested  
~~\$10,850.00~~  
**Now \$10,450.00**

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

**Coral**

Located on Hwy 33 @  
East end of Wellington.  
20 min South of Trenton

**AUTOMOTIVE & MARINE Inc.**

"Good Used Cars at Reasonable Prices!"

"We do not sell Auction Vehicles"

**Coral knows quality and price sells cars**

**613-399-1596 or  
Trenton Line 392-6188**

## Director of Education visits Cité-Jeunesse

by Laurie McVicar  
Assistant Editor

Denis Chartrand, Director of Education for the Eastern Ontario Board of Education, paid an informal visit to staff at Cité-Jeunesse Elementary School last week to discuss the organization's new mission/vision for future. Chartrand asked the teachers for help in identifying priorities for the new budget and fielded several questions regard-

school board members, teachers, students, parents, community members and business representatives, some of the following points were adopted into the new vision statement:

- all actions will be student focused;
  - every person in the system will assume a leadership role;
  - the board will foster "harmonious" transitions.
- "We want to introduce changes as smoothly as possible and make



Photo: Laurie McVicar, Contact Staff

Denis Chartrand had an informal meeting with staff at the school last week.

*"I like to get out to the schools. We want to make people feel like they are part of the team."*

Denis Chartrand

ing ongoing renovations at the school and the board's new outlook.

"Our vision (over the past four years) has focused on staff training, integrating new technologies, communication and celebrating successes at the student, staff and board level," said Chartrand. "Normally when we establish a new vision, we ask 'what did we accomplish and what didn't we accomplish?'"

Instead of dwelling upon what wasn't accomplished, the board has decided to build upon the things they have done well. After a three day meeting involving

sure everyone has a say," said Chartrand.

He also stressed the importance of creating a balance for staff between quality of work and quality of life.

"Healthy, happy people bring good results," stated Chartrand.

The Director of Education has plans to revisit the school in June. Although Cité-Jeunesse is the furthest away from the head office in Vanier, Chartrand feels it is worth the trip.

"I like to get out to the schools. We want to make people feel like they are part of the team," he stated.

**CAA PARK MOTEL AAA**

HOUSEKEEPING ACCOMMODATION AVAILABLE  
TWO-BEDROOM HOMES COMPLETELY EQUIPPED  
INCLUDING WASHER & DRYER  
RESTAURANTS WITHIN WALKING DISTANCE  
Adjacent to Trenton Shopping Centre  
Doris & Walter Richards  
**276 Dundas St. E. Trenton, Ontario**  
(613) 392-1251

**Factory Warehouse Clearout**  
**Tractor Trailer**  
**Truckload**  
**SALE**

**Mismatched,**  
**Discontinued Mattress Sets**  
Single, Double, Queens

**MUST BE SOLD**  
**IMMEDIATELY**

**6 MONTHS**  
**NO INTEREST NO PAYMENTS**  
D.A.C.

**THE TIME TO BUY**  
**IS NOW!**

**TRENTON FURNITURE**  
**Hwy #2 at Bayside 962-6202**

AUTO - HOME - BOAT - LIFE - INVESTMENTS



**WHITLEY INSURANCE & FINANCIAL SERVICES**  
**392-1283**  
 (1-800-663-1384 Toll Free)

SINCE 1949 Visit our Website at [www.whitley.net](http://www.whitley.net)  
 E-mail: [info@whitley.net](mailto:info@whitley.net)

**"SAVE MONEY, CALL FOR A QUOTE"**  
 41 Dundas Street W. Trenton

AUTO - HOME - BOAT - LIFE - INVESTMENTS

# Saddam Hussein and your RRSP

## it's your Money



Garth Turner

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 along thick streamers 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 howling 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, manipulative dweeb, the market took off again. By the end of the afternoon, I was en route to Toronto and the Dow has 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 there are more massive 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 enormous, just as the disconnect between British PM 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 fight economic weakness with cheap money. So, we know that a below-prime rate, variable mortgage is the best way to borrow. We also know that GIC rates will remain extremely low, and that these are a poor long-term investment choice

for your RRSP. Additionally, we know that when interest rates are so low, bond prices are very high - and have only one way to travel in the future. As a result, any RRSP investor choosing fixed-income assets, bonds, bond funds or even balanced funds is probably doing something she will regret later.

We also know that stock markets have been whacked as a result of the war worries. The Dow in New York is flirting again with the four-month low it hit early last October 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 bomb, the tech bubble bursting, then Nine Eleven, 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 will be. And the people who trade their short-term insecurities for long-term investments - especially when things are down and companies and funds are cheap to buy - are always the winners.

If you don't get your house appraised every week, then you should not worry about the value of your financial assets every day. Your RRSP money is long-term money. Unlike Saddam Hussein, it has a future.

Garth Turner's Investment Television airs Sundays on Global. Internet, [garth.ca](http://garth.ca).

**Credential securities**  
 Member of Credential Group

251 RCAF Rd., P.O. Box 278  
 Trenton, ON K8V 5R5

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

Tel: (613) 394-6589 Fax: (613) 394-4903  
 E-Mail: [dlockey@qcscu.com](mailto:dlockey@qcscu.com) Member: CIPF



Don Lockey  
 Investment Advisor

**Dr. Garry Solomon**  
 Certified Specialist in Orthodontics

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

You Will Flip Over the Advertising I Can Provide For You!



Promote Your Business to the Military Community

Roberta Witherall (613) 392-2811 ext 2748

**REGISTERED EDUCATION SAVINGS PLAN**

Interested in a \$7,200 grant for your RESP?

Contribute \$2,000 per child annually to an AIM registered education savings plan (RESP) and the federal government will contribute \$400 per year per child until the child turns 18 years of age. An AIM TRIMARK RESP gives you full access to AIM and Trimark mutual funds, which offer the growth potential to help you offset the high cost of post-secondary education. Remember, it's never too early to take the first step.

For information call:



Robert Grandmaison CD, CFP  
 Financial Planners (Quinte) Inc.  
 CMG-Worldsource Financial Services Inc.  
 55 Glenburnie Drive  
 RR#1, Trenton, ON  
 K8V 5P4

Tel: 613-392-0044  
 Fax: 613-392-7110  
 E-mail: [rgrandmaison1@cogeco.ca](mailto:rgrandmaison1@cogeco.ca)



Commissions, trailing commissions, management fees and expenses may all be associated with mutual fund investments. Mutual funds are not guaranteed, their values change frequently, and past performance may not be repeated. Please read the prospectus before investing. AIM, the chevron logo and all associated trademarks are trademarks of AIM Management Group Inc., used under license. TRIMARK and all associated trademarks are trademarks of AIM Funds Management Inc. Designed and paid for in part by AIM Funds Management Inc.

**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.)*

# Experience the many pleasures of citrus fruits

tastes from

## The County



Michael Hoy

Citrus fruits are in abundance this time of year and are at their absolute peak flavour. 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 flavour 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 favourite savoury recipes or wherever an intense lemon flavour 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 flavour. Get to the grill and impress yourself.

Swordfish, shark or halibut are excellent choices for this treatment.

Because the preserved lemon is salty, you may not even need to use any

salt at all.

### Orange Hot Pepper Jelly

Ingredients:

- 2 cups finely chopped sweet red peppers
- 1 ¼ cups white vinegar
- ¼ cup coarsely grated navel orange rind, no pith
- ¼ cup navel orange juice
- 5 cups sugar
- ½ tsp. hot pepper sauce
- 2 pouches (85 ml each) liquid pectin

Method:

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.

Add hot pepper sauce and pectin; stir for 5 minutes, skimming off any foam. Pour into sterilized jars.

When cool refrigerate or process in a boiling water bath for 5 minutes. Makes about 5 cups.

### Blood Orange and Pineapple Refresher

Blood oranges, mostly imported from Italy, Malta and California, are still in the grocery stores. These jewels of the citrus family are a little more expensive but to my mind have a very well balanced sweet/tart dazzling flavour that will knock your socks off.

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 Masarpone Tart

(Courtesy of Pastry Chef Marianne Sanders)

Ingredients:

- 4 oz cream cheese
- 4 oz Mascarpone cheese
- ¼ cup sugar
- 1/3 cup lemon curd
- 3 eggs
- 5 tbsp lemon juice
- 6 tbsp whipping cream

Method:

Preheat the oven to 350 degrees F

Cream both of the

cheeses, sugar and lemon curd together. Gradually beat in the eggs until fluffy.

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.

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

ANNOUNCEMENT

Bert Adams

Sales Manager Rob Young (right) would like to take this time to welcome Bert Adams to the all new Trenton Chrysler. Bert brings with him over 38 years experience in the automobile industry in the Quinte area.

"If you want to buy a car call Bert."

TRENTON CHRYSLER

Local news, professional reporters, eye-catching photos. The perfect recipe for a great newspaper! *The Contact*, served every Friday

### Warning Signs of an Eating Disorder

(NC)

- 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

For more information visit [www.nedic.ca](http://www.nedic.ca)

Dr. Tom McDowell  
Family Dentist

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

OFFERING

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

Call Us Today

394-8888

169 Dundas Street East, Trenton, Ontario

The Waring House

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

www.waringhouse.com

New In The Barley Room Pub

- Chili Sundays - All day Sunday \$7.50
- Prime Rib Monday Nights - 2nd Meal half price (Soup or salad, Prime Rib Dinner, Crème Brûlée - \$21.95)
- 1/2 Price Munchies Tuesday Nights (1/2 Price on selected appetizers)
- Ribs & Wings Wednesday Nights Just \$10.95 for a huge serving
- 2 for 1 Pasta Thursday Nights: Buy the first - Second is free
- Fish & Chips Fridays
- Delicious Waring House Chowder, Fish & Chips, \$7.95 all day

Live Entertainment in  
The Barley Room Pub  
Friday, February 21st  
"Glen Reid"  
Folk music on Glen's beautiful hand-made instruments.  
Saturday, February 22nd  
"Stephanie Bird Band"  
Lively popular group

Gourmet Wine Tasting Dinner  
Saturday, March 22 with  
Sommelier Elia Gallo

Whats Cooking? at the  
Cookery School

- Sat. Feb 22  
Homemade Pasta & Sauces  
Sun. Feb. 23  
South African Cuisine  
Sat. March 1  
Spanish Tapas, Paella & Sauces  
Sun. March 2  
Indonesian Dishes

1-800-621-4956

Cookery school accommodation/meal packages available.

# From your Health Promotions Office

## 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](http://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 are successful in quitting for

good. 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.

I recently quit smoking. I

actually quit in August of 2002.

I started smoking when I was 16 years old. I have pretty well been smoking ever since. Yes, I tried numerous times to quit smoking over the past 25 years, but to no avail. I continued to smoke.

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 the "patch". I looked at the cost 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 "butt 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

### Boyer Kia

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

966-9990 Open Saturdays 9-4

2003 Sedona



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

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



2003 Spectra GSX

\* Plus PDI, freight + taxes

## GET MORE EVENT

Don't Pay Until "2004"

No Payments & No Interest or

Purchase Now, We'll Pay the GST or

"0%" 48 months on Selected Models

5 Yr Power Train  
5 Yr Roadside Assistance  
5 Yr Comprehensive Warranty

2003 Magentis LX



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

2003 Rio



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



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

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

JUNE 21 & 22 JUN 2003  
**Air Show**  
QUINTE INTERNATIONAL  
SPECTACLE AÉRIEN  
INTERNATIONAL  
DE QUINTE  
[www.cfbtrenton.com](http://www.cfbtrenton.com)

8 Wing Canadian Forces Base Trenton

# 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.

Into this seemingly simple argument, you can throw the issue of deactivation switches — on/off

switches — legally available to "at risk" 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. Complaints have come from drivers who claim their bag inflated too easily. Still others say it didn't inflate at all 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 a seat belt, they are 75 per cent effective in preventing serious injury.

But despite the overwhelming success rate of air bags, one in six motorists, according to one study, would happily have their air bags removed. Why? Because air bags 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. Now that's packing a real punch. 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 suffocated by the air bag, and children sitting in rear-facing car seats and placed up front are crushed between the airbag 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 injury 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 are doing just that. 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 seatbelt.

Secure children properly in the restraint systems. If you are not sure how, check your owner's manual.

Never install a rear-facing infant restraint system in the front seat of your vehicle equipped with an air bag.

Never place the seat belt shoulder strap behind a child's back or under his/her arm.

## Consider The Contact!



Why not promote your business to a market that has the income to support it?

**The Contact Newspaper!**

Call Sandi Ramsay today at 392-2811, ext. 7008 to discuss your advertising needs.

• Desktop Publishing • Posters • Laminating • Digital Copies

*Darling's* **Call today**  
**COPY DEPOT 392-7273**

**Fax service: 392-7058**

[www.copy-depot.com](http://www.copy-depot.com)  
**20 Dundas W., Trenton**

• Fax Service • Enlargements • Scanning • Canon Laser Copies

Photograph Photocopying - Full Colour  
Engineering & 36" Copies Format

**Best Quality** **Best Price**

**"The Only Place To Go"**  
**SMITTY'S**  
**WAREHOUSE OPERATION**  
**For NEW or GOOD USED Appliances**

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

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

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

**969-0287**

# Use of cell phones while operating DND vehicles

Over the past few years, cellular telephones have become very commonplace and the demand for them is ever growing. There are hundreds of different types of cell phones available to respond to the need of the public. Although cell phones are very useful, they are also extremely dangerous when used while driving a motor vehicle.

As the popularity of cell phones increases, so do the numbers that directly link cell phone use by drivers to numerous fatal and near fatal automobile accidents. These accidents were all caused by inattention. Operating a cell phone while driving steals required concentration from driving tasks and your focus on the road ahead.

Did you know that careless driving laws are already in place to prosecute drivers who do not make the driving task their top priority? For example, Ontario drivers caught talking on cell phones, eating, reading or anything else distracting are subject to a \$325 fine and six demerit points.

DND has decided to play a big role and to step up to the plate to help alleviate the situation. NDHQ

Ottawa DLBM TM5 came out with a message effective Jan 2003 regarding the use of cellular telephones while operating DND vehicles. The message outlines that drivers of DND vehicles are not authorized to use cell phones, or non DND-installed communications equipment while the vehicle is in motion. They shall in turn stop the vehicle prior to using this equipment. This includes usage for emergency situations and applies to both DND-issued and personal two-way communications equipment.

Drivers of DND vehicles are authorized to use DND-installed communications equipment while the vehicle is in motion provided that the use pertains solely to the operational requirement of the vehicle. Due care and control of the vehicle must be maintained while using this equipment. Supervisors must ensure that drivers are adequately trained on the use of this equipment prior to being dispatched in the vehicle.

MSE Safety will support and reinforce this new regulation when patrolling the base and surrounding areas.

## Paws and Claws

### For Adoption

This wonderful little cat was brought to the Quinte Humane Society by Animal 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, at [pawsandclaws@canada.com](mailto:pawsandclaws@canada.com)



Sponsored by



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

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

# Fitness, Sports & Recreation

## Will work for clothes



### Confessions from the Gym

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, the never-ending frustration! I've become envious of military personnel; it's not like they have to get up in the morning and wonder, "hmm, what uniform

should I wear today". I'd sign up just to have someone else make the decision for me.

My poor, pregnant sister is becoming steadily peeved with me. I have been hovering over her wardrobe like a vulture, waiting for her to outgrow everything. She actually lectured me the other day for eyeing up a pair of jeans she was wearing. Apparently I'm going to have to be a little less obvious. In hindsight, checking the size tag while she was still wearing the article of clothing was perhaps not the best way to go.

After cancelling twice on my trainer due to work commitments, I

have little to report in terms of fitness achievements. The biggest thrill 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 chocolaholics, 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 I wouldn't need the darn clothes!

## 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 play a supportive role during strength training they will not be able to play a supportive role outside of the gym if the need arises where 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. 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)

## 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 in the Moira league, playing two games a week in preparation for the Ontario Region 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 392-2811, ext 3361/3348.

## 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



Tri & Run Sports

Call Sandy Musson today at 921-7752 to receive a military discount on Mizuno shoes!

Ask about our unique line of sports wear!!!

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



# 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 p.m.

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".

Vous vous joindre à nous et avoir du plaisir.

## Education Programs / Programmes d'éducation

### Computer courses

#### Access Level 1

February 17 & 19, 9am - 4p.m. and  
February 21, 9 a.m. - 12 p.m.

Cost \$75

#### Introduction to Windows

February 26, 9a.m. - 4p.m. and

February 27, 9 a.m. - 12p.m. 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 six 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.

### "Activités du mercredi"

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

Téléphonez à l'avance. s.v.p.

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

March 5 - Craft-Rubber Stamping with Liz Whitty

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

5 mars - Bricolage, Étampes en caoutchouc avec Liz Whitty.

## Home Buyer / Seller Seminar

Tuesday, March 4th - 7:00 to 9:00 pm

- A representative from the Canada Mortgage Housing Corporation will discuss the nuances of financing a home.

- A local lawyer, familiar with military requirements and entitlements, will outline the legal process of selling and buying a home.

- An experienced and certified home inspector will discuss what to look for when buying a home or shopping for a Home Inspector.

- A local realtor, certified and Registered government Relocation Specialist, will discuss the overall process when buying or selling a home

No charge - Refreshments & door prizes

## Séminaire pour acheter ou vendre une maison

Mardi le 4 mars - 19h à 21h

- Un représentant de la Société canadienne d'hypothèques et de logement discutera des nuances de financement.

- Un avocat de la région, familier avec les exigences et les droits des militaires, expliquera les grandes lignes du procès légal de vendre et d'acheter une maison.

- Un inspecteur immobilier licencié et expérimenté décrira les choses à regarder lors de l'achat d'une maison ou pour chercher un inspecteur.

- Un agent immobilier, spécialiste certifié et enregistré en relogement pour le gouvernement, discutera du processus général lors de l'achat ou la vente d'une maison.

Gratuit - Rafraîchissement et prix de présence

## On-site childcare

at

### The Gymnasium

Tuesday - Wednesday -

Thursday / 9 - 11 a.m.

\$4 per hour/per child

\$1.50 per hour/ each

additional sibling

Multi-Purpose

Room/Bilingual Service

Pre-register your child's

spot by calling the

MFRC at 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

## Dr. Bruce D. Coward & Associates OPTOMETRISTS

Quinte Family Eye Care Clinic

**INTRODUCING  
LASER VISION CORRECTION  
PATIENT CO-MANAGEMENT**



447 Dundas St. W., Trenton 392-6211  
142 A.N. Front St., Belleville 968-6560  
41 Elizabeth St., Brighton 475-3900

**Weaver Family Funeral Homes**  
"Support, Service and Friendship in the Weaver Tradition for over 55 years"

East Chapel Trenton West Chapel  
29 Bay Street, 170 Dundas St. W.,  
394-2433 392-3579

Campbellford 1-866-6WEAVER  
"A Canadian Independent"  
www.weaverfuneralhomes.com

## Injuries, Pain & Motion Solutions

### West End Physiotherapy WE

Charles Crowe M.C.S.P., M.C.P.A. Registered Physiotherapist  
30 Years Professional Experience - Drug Plans Accepted

2350 Old Hwy #2, or 497 Dundas St. W. Belleville  
www.auracom.com/~ccrowep

**Prompt Attention at 967-4747**



# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last

February 23 - March 1

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 resolved. Be careful how you word things 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. Combine work with pleasure. Put 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 in a fast cash scheme. It will fail.

**GEMINI** (May 21-June 20): Put your efforts into moneymaking ventures on the 23rd, 24th and 25th. You can get recognition if you present your ideas. Let others know what your aspirations are and let them know what inspires you. You may get bogged down on the 26th, 27th and 28th if you allow others to push their responsibilities on you. You will be 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 can achieve your goals if you mind your own business. You will have to take a long hard look at your emotional commitment on the 26th, 27th and 28th. Avoid escapism. Don't divulge your personal secrets to anyone and don't get taken for granted. Your temper will be explosive on the 1st. You can stay out of trouble if you work by yourself.

**LEO** (July 23-Aug. 22): You will enjoy a challenge on the 23rd, 24th and 25th. Your strong need to be first will lead you to the winner's circle. Someone you work with may not be telling you all the facts on the 26th, 27th and 28th. Do your own research. You must be extremely honest when dealing with others. Don't overspend on friends unworthy of your generous nature on the 1st. You should avoid over-indulgence.

**VIRGO** (Aug. 23-Sept. 22): Past acquaintances are likely to come back into your life on the 23rd, 24th and 25th. Assess what they can do for you before you proceed. Don't let anyone push you around or take you for granted. Respect is the bottom line. Romance will be alluring on the 26th, 27th and 28th. Travel and philosophic pursuits will be exciting and rewarding. Upset will occur on the 1st if you haven't been honest with someone. You must take precautions.

**LIBRA** (Sept. 23-Oct. 22): Don't buy expensive items on the 23rd, 24th and 25th. You will have to watch your spending habits closely. Try to get along with everyone. Domestic issues will be confusing on the 26th, 27th and 28th. Don't let things drag on; try to talk openly about whatever is bothering you. Be careful not to divulge pertinent information in the heat of an argument on the 1st. Don't gossip.

**SCORPIO** (Oct. 23-Nov. 21): It will be hard to contain your feelings on the 23rd, 24th and 25th. Don't take your frustrations out on the ones you love. It won't do any good to get angry over money matters. Don't talk about your ideas on the 16th, 17th and 28th instigate them. You'll be sorry if you don't take action.

Don't lend or borrow money or possessions on the 1st. You need to rethink your financial plan.

**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 a new project because you believe in it 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 experience.

**CAPRICORN** (Dec. 22-Jan. 19): You can express yourself well on the 23rd, 24th and 25th. Don't be afraid to push your beliefs. You will inspire those you talk to. Check out all the facts in order to eliminate confusion on the 26th, 27th and 28th. Be honest about your findings. You can make things better if you understand the problem. Don't let others depend on you on the 1st. Consider your needs and take care of yourself first.

**AQUARIUS** (Jan. 20-Feb. 18): Be careful not to upset anyone on the 23rd, 24th and 25th. Concentrate on making yourself indispensable. Someone you trust may not be on your side on the 26th, 27th and 28th. Don't believe everything you hear. You'll be given false information and you'll be misinterpreted if you aren't precise. Give advice not cash on the 1st. A loss is evident if you are careless with your belongings.

**PISCES** (Feb. 19-March 20): Don't hesitate to join groups or get involved in social activities that include colleagues on the 23rd, 24th and 25th. You need to be around other people who can stimulate your creative imagination. You may have to walk away from a situation on the 26th, 27th and 28th. Deception is a possibility regarding finances. Your patience will be tested on the 1st if you get involved in a dispute with a stubborn individual.

# From goaltender to platoon commander

by Scott Costen  
Maple Leaf

Former NHL player Ed Staniowski, a CF member since 1986, says the highlight of his military career was leading a platoon in Croatia

Sitting in the visitors dressing room at Maple Leaf Gardens before his first NHL game, Ed Staniowski was filled with self-doubt and anxiety. Fifteen years later, he experienced the same emotions while waiting to make his first jump during 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 Staniowski, an NHL goaltender for 10 years before joining the CF in 1986. "In both cases, every fibre in my body told me I couldn't do it, that I would fail. But I reached down, like we all do, and found the strength to make

it happen."

Between 1975-1985, LCol Staniowski played more than 200 NHL games with the St. Louis Blues, Winnipeg Jets and Hartford Whalers. He faced shooters like Wayne Gretzky, Bobby Orr, Mike Bossy and Guy Lafleur. "The greatest players I faced were Gretzky and Orr," he said. "For my money, Orr was the best. It's a tragedy he had to leave the game at such a young age."

LCol Staniowski, a full-time Reservist who works at 17 Wing Winnipeg for the multinational United Nations Standby Forces High-Readiness Brigade, has served overseas in Cyprus, Croatia and Bosnia-Herzegovina. For him, the lessons learned on the ice translated easily in the field.

"The key thing I found is that teamwork is essential in both hockey and the

military," he said. "Also, the people I played with in the NHL were the same high-calibre, professional people that you find in the Canadian Forces."

Although Gretzky may take a backseat to Orr in LCol Staniowski's eyes, he thinks the Great One has the makings of a superb Army commander. "He was so smooth and so aware of his surroundings. He could picture the battle-field, so to speak, and all the elements at his disposal."

LCol Staniowski said the highlight of his hockey career came in 1974, when he and the Regina Pats captured the Memorial Cup as Canada's top major 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 challenge—but an extremely rewarding one."

## LOCAL SERVICES AND TRADES

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

<p><b>Autobody Repair</b></p> <p><b>Auto Trend</b> <b>AUTOPRO COLLISION</b></p> <ul style="list-style-type: none"> <li>• Free Estimates</li> <li>• Complete Collision Centre</li> <li>• Frame Straightening</li> <li>• Insurance Claims</li> <li>• Paint Matching</li> </ul> <p>"Service Always First"</p> <p>Hwy 33 South (17 Frankford Cres. Unit 33), Trenton <b>392-2868 394-1042</b></p>	<p><b>Auto Detailing</b></p> <p><b>Bonnie's Auto Spa</b></p> <p>Complete Auto Cleaning Reasonable Rates Fast Service Pick-Up &amp; Delivery</p> <p>"Let Me Pamper Your Vehicle"</p> <p>25 Frankford Cres. Unit 43 Building 1, Trenton <b>921-0734</b></p>	<p><b>Auto General Repairs</b></p> <p><b>Cannifton Garage 2000 Ltd.</b></p> <ul style="list-style-type: none"> <li>✓ Tune-ups</li> <li>✓ Safety Inspections</li> <li>✓ - Springs</li> <li>✓ Suspension Service</li> <li>✓ General Repairs</li> </ul> <p>Cars - Trucks - Vans - Buses Trailers &amp; Heavy Trucks</p> <p>Parts &amp; Service - Call Kevin <b>613-962-1132</b> at Hwy.37 &amp; Casey Rd., Belleville</p>	<p><b>Auto/New/Used/Lease</b></p> <p><b>AWARDING \$15,000 CASH</b></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 &amp; 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 &amp; 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><b>TRENTON CHRYSLER DODGE JEEP</b></p> <p><small>* See dealer for details. Vehicles must be delivered within the contest period. Wholesale vehicles do not apply.</small></p>
<p><b>Carpet/Upholstery Cleaning</b></p> <p><b>ECONO CARPET CLEANING</b></p> <p>Carpet &amp; Upholstery Cleaning WE JUST DON'T SAY ITS CLEAN, WE GET IT CLEAN!</p> <p>100% customer satisfaction guaranteed</p> <p>Residential &amp; Commercial We use environmentally friendly products.</p> <ul style="list-style-type: none"> <li>• Fringe Cleaning</li> <li>• Car Interiors</li> <li>• Area Rug Pick-Up</li> <li>• Odor Control</li> <li>• Stain Guard Treatment</li> </ul> <p> <b>397-1211</b></p>	<p><b>Cleaning Service</b></p> <p><b>Let another one fight the dust!</b></p> <p>Residential &amp; Commercial Fully Insured &amp; Bonded</p> <p>Seniors Discount Free Estimates</p> <p><b>Maid Easy</b> Call Cleaning Service <b>394-2852</b></p>	<p><b>Computer/Sales/Service</b></p> <p><b>THE GEEK SHACK</b></p> <p>Complete Computer Solution Provider Sales • Repairs • Upgrades Networking</p> <p>FINANCING AVAILABLE <b>968-6602</b> 199 Front Belleville</p>	<p><b>Computer Specialist</b></p> <p><a href="http://www.computersystemspecialist.com">www.computersystemspecialist.com</a></p> <p>Home &amp; Small Business</p> <p><b>PC Repair, Networking &amp; Web Design</b></p> <p>Always the lowest rates <b>GUARANTEED!!</b></p> <p><b>967-9603</b></p>
<p><b>Dehumidifiers</b></p> <p>Millions? Dampness? Rotting? Condensation?</p> <p>Welcome to Dehumidifier Family</p> <p><b>Hercules</b> Industrial Agricultural</p> <p><b>Mother's Helper</b> Household</p> <p><b>Teacher's Aid</b> Portable Classrooms</p> <p>For More Information Call <b>DEHUMID INC.</b> <b>613-967-0390</b> <a href="http://www.dehumid.com">www.dehumid.com</a></p>	<p><b>Electrician</b></p> <p><b>Barink Electric</b> Residential &amp; Commercial</p> <ul style="list-style-type: none"> <li>• Free Estimates</li> <li>• Upgrades, New Installations</li> <li>• Central Vac Installed</li> <li>• Renovations</li> <li>• Phone Lines Installed</li> </ul> <p> RR4 Trenton <b>392-9404</b></p>	<p><b>General Contractors</b></p> <p><b>LUYMES Construction Ltd.</b> General Contractors</p> <p>Kitchen &amp; bathrooms, rec-rooms, additions, replacement windows, refacing kitchen fronts &amp; stairways, textured ceilings &amp; fireplaces.</p> <p><b>962-7039 848-9996</b> E-mail: <a href="mailto:luymes@reach.net">luymes@reach.net</a> Free Estimates In business since 1967 <a href="http://www.luymesconstruction.com">www.luymesconstruction.com</a></p>	<p><b>Hardwood Flooring</b></p> <p><b>GAYLORD</b> Forest Products Ltd.</p> <p><b>QUALITY PREFINISHED HARDWOOD FLOORING &amp; TRIM</b> Oak, Maple, Ash, Cherry, Birch, Hickory &amp; Walnut</p> <p><b>SOLID OAK FLOORS</b> Starting at \$1.99 sq.ft.</p> <p>Ask about our <b>Free Delivery or Free Nailer</b> We make house calls at your convenience. Contact: Robert Thurston - 613-478-5301 Visit our website: <a href="http://www.gaylordforestproducts.com">www.gaylordforestproducts.com</a> email: <a href="mailto:lewis@gaylordforestproducts.com">lewis@gaylordforestproducts.com</a></p>
<p><b>Home Improvement</b></p> <p><b>LITTLE LAKE HOME IMPROVEMENTS</b> Hugh Salmon</p> <ul style="list-style-type: none"> <li>• Carpentry</li> <li>• Drywall/Taping</li> <li>• Bathroom Renovations</li> <li>• Home Repairs of All Kinds</li> </ul> <p><b>Tel: 613-475-9611</b> Toll Free: <b>1-866-475-9611</b></p>	<p><b>Roofing</b></p> <p><b>STEVE PHILLIPS ROOFING</b></p> <ul style="list-style-type: none"> <li>• Asphalt Shingle Specialist</li> <li>• 5 Year Workmanship Guarantee</li> <li>• Free Estimates</li> <li>• Fully Insured</li> </ul> <p>"When Quality Counts" Call Steve <b>394-1441</b></p>	<p><b>Storage</b></p> <p><b>BIGFORD STORAGE</b></p> <p>Household &amp; Commercial - You store it - You lock it &amp; keep key 24 hours - 7 days a week - 468 Bigford Rd., Brighton</p> <p><b>475-6500</b></p> <p>5x5 - \$25/mo 10x10-\$60/mo 10x20 - \$100/mo 5x10 - \$48/mo 10x15-\$80/mo 10x30 - \$160/mo</p>	<p><b>Tree Service</b></p> <p><b>TRENTON TREE SERVICE</b></p> <p>Tree Trimming &amp; Removal, Chipping &amp; Stumping Call Geo and Ray anytime</p> <ul style="list-style-type: none"> <li>• Free Estimates •</li> <li>• Fully Insured •</li> </ul> <p><b>A fair price for everyone</b> <b>392-7415</b></p>

# 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."

Clad in a red Mount Washington ski jacket, 407 navigator Capt. Andre Gloumeau waits patiently behind a dis-

abled skier. A volunteer for 10 years now, Gloumeau is one of a number of 19 Wing members who donates at least 15 days each winter to teach on the hill.

"It's incredibly rewarding, it keeps me coming back year after year," says Gloumeau, fresh from six months in the desert on an Op Apollo tour. "For the disabled, they get a lot out of it: motion, freedom; depending on the disability, they can do things on the hill that they just couldn't do otherwise."

Sue Gibbs, the Wing Logistics Officer's Administrative Assistant, is another long-time volunteer. An instructor for 11 years, she's been trained to teach a wide variety of disabilities. Although each requires a different approach, Gibbs says the reaction after the first run is always the same.

"Some of them can't talk, but you just see them and their face lights up," she says. "You can't help but tell they're having a good time."

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.

**Instructors 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.**





## 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 from Montreal 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,**

## Canadiana Crossword

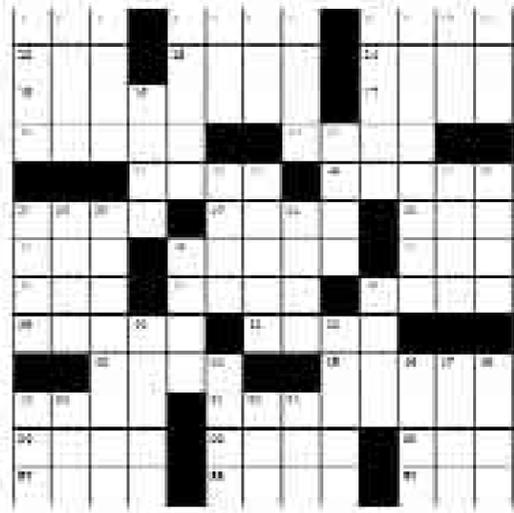
**Seven Susans**  
 By Thomas Bradfield and James Kilian

**ACROSS**

- 1 \_\_\_\_\_ Lanka
- 4 \_\_\_\_\_ Mera
- 8 Smallest Mercedes
- 17 I can't do it
- 18 No no no
- 14 A kind of skin
- 15 Small singer Susan
- 17 Narrow mountain ridge
- 16 Under water
- 19 Half finished
- 21 What a word
- 24 Juxtaposition features
- 27 Shorter Susan
- 33 Handcuff
- 32 Circle part
- 33 Genetic marker
- 34 Seeds by post
- 35 Name of sea
- 36 Hacker
- 37 Hej
- 38 Proton automobile
- 39 Adhere
- 41 Japanese WW2 airplane
- 43 Car jump
- 45 Wind
- 49 Facts
- 51 Top-heavy Susan
- 54 Inshore
- 55 Natch
- 56 From K to C
- 57 Mandy's name
- 58 Insignia
- 59 I jumped point

**DOWN**

- 1 Novelist Susan
- 2 Aqyq
- 3 Scottish lady's name
- 4 Ancient Egyptian crosses



- 5 Mera
- 6 Sea in Sept 1962
- 7 Huzzah
- 8 Cup out
- 9 Part Susan
- 10 Note in Guide's code
- 11 Armed combat
- 14 Murray Star
- 20 Red Flare
- 21 Load of ammunition
- 23 Common metal
- 26 Greek name for
- 27 Appendix
- 28 1960

- 29 Metal container
- 31 Army from the west
- 34 A kind of bark
- 38 Energetic out
- 41 Country singer Susan
- 42 Film or audio recording
- 43 Organic compound
- 46 Abnormal breathing sound
- 47 Medication
- 48 Sort III
- 49 Container for one
- 50 Postal net
- 52 Commission
- 53 Chalk

**"Your Gateway to the CFB Trenton Community"**

[www.cfbtrenton.com](http://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.

**Paradise Adult Video**  
394-6660  
RENT 2 MOVIES  
GET A 3RD ONE FREE  
FOR 3 DAYS  
Toys - Videos - Magazines  
255 Glen Miller Rd.  
Riverview Plaza, Trenton  
(North of 401, across from Cashway)  
Open Mon, Tues, Wed. & Sat. 11-9  
Friday 11-10, Sunday 12-5

## Business Services

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

### NEW & USED REFRIGERATORS

Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees. Fridges \$100 and up  
**NEW APPLIANCES**  
at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from  
**PAYS CASH**  
for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices. Open 7 days a week & evenings. We deliver. We like Base people.

**SMITTY'S APPLIANCES LTD.**  
969-0287

**KEITH STEIN Appliance Service Ltd.**  
PARTS & REPAIRS to all makes of refrigerators, freezers, air conditioners, dehumidifiers, washers, dryers & stoves.  
We certify appliances  
For service call 962-4048  
For parts call: 966-6966

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

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

## Business Services

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

## ANNOUNCEMENTS

### 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.

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

## ANNOUNCEMENTS

**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.

## For Sale

**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.  
394-7151

## Volunteer Opportunity

The Canadian Mental Health Association is looking for mature people interested in providing telephone support for two hours a week at the Crisis Intervention Centre in Belleville. If you are one of these individuals, please call CMHA at 969-8874.

## For Rent

**KLEMENCIC PROPERTIES**  
**1&2 BEDROOM APARTMENTS**  
OWNER-MANAGED  
MODERN & WELL-MAINTAINED  
ALL UTILITIES INCLUDED  
CABLE T.V. INCLUDED (most units)  
ON-SITE SUPERINTENDENTS  
CONVENIENT LOCATIONS  
392-7839 392-5915



## For Rent

**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

## Specials

**COUNTRY STARS SINGLES DANCE**  
Top country dance hits..  
Shania Twain  
Dixie Chicks  
Garth Brooks and more!  
Sat March 1st  
Belleville Legion  
9pm. www.romeoandjuliet.ca  
392-9850

## 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

**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!  
Call 392-2811 local 7008 (Sandi) or 2748 (Roberta) to find out more!

## CROSSWORD ANSWERS

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

**Quinte Animal Hospital**  
Hours  
8am - 6:30pm  
Monday to Friday  
8am-12pm & 1pm-5pm  
Saturdays  
Kennel Hours  
SUNDAYS/HOLIDAYS  
9am-11am & 4pm-6pm  
Please call 392-8900 or 392-5605

**Dr. Gary Orpana & Associates**  
35 Ontario Street  
Serving the Quinte Area Since 1969  
EMERGENCY SERVICE AVAILABLE.  
Services en français.  
Grooming & Boarding

Real Estate

**EXPERIENCE THE DIFFERENCE...  
THE DIFFERENCE IS EXPERIENCE**  
**For Professional Service**  
that you can depend on...  
Call Earl and Joyce Monds  
"We specialize in client satisfaction"



Bus: (613)392-2511  
Fax: 392-9385  
Res: 771-1544  
norm-j@reach.net

**Century 21**  
Lantern Real Estate Ltd.

**We Give Air Miles**

**"Your Gateway to the CFB Trenton Community"**  
[www.cfbtrenton.com](http://www.cfbtrenton.com)  
"Your online source for community info-just a click away"

**Contact** Click on Contact  
**WE'RE ON THE WEB!**  
**Now** you can browse the latest news stories on-line. You're one click away from finding out what's happening at Canada's largest air force wing.

[www.cfbtrenton.com](http://www.cfbtrenton.com)  
"Your Gateway to the CFB Trenton Community"  
(613) 392-2811  
Ext. 7005 (editorial)  
Ext. 2748, 7008 (ads)

**Century 21**  
Lantern Real Estate Ltd.



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

**MOVE RIGHT IN!**  
Extremely clean 3 + 1 bedroom bungalow on large country lot near CFB Trenton. Many upgrades. Hwd floors, C/A, woodstove, screened porch, freshly painted. Call Shelley Simpson\*. #2030722.

**OWNER WANTS IT SOLD!**  
Great starter or retirement home featuring 2 bedrooms, sep dining room, spacious living room, full basement with walkout, fin rec room, walking distance to all amenities. Call Helen\* for viewing. #2023505.

**MANY EXTRAS!!**  
Excellent maintenance free 3 bedroom brick bungalow with attached garage, hwd floors-under carpets, finished basement with games room, close to all amenities. Call James\*. #2030718

**OPEN HOUSE: WHERE-52** Main St., Consecon (Directions- Loyalist Pkwy "S" to Consecon to Main St.-Follow Signs.) when: Sun. Feb. 23rd, 1:00-3:00p.m. Country classic home-spacious & charming 2 storey, 3 Bdrm offers comfy affordable living in a lovingly maintained family home. Municipal water, country feeling. #2026431Joyce Monds\*

\*Sales \*\* Associate Broker

"Advertise your business on the Gateway to the CFB Trenton Community"  
Contact our sales staff.  
392-2811 ext 7008 or 2748.

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



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



1-800-263-2177  
394-4837 amartin@royalpage.ca  
253 Dundas St. E., Trenton "Service Bilingue"

André (Andy) Martin CD1  
RCAF/CFRETD  
Sales Representative

Planning to transfer? New to the area?  
Why not call the following agents to see what they can do for you!

Something under the bed is drooling....

**?**

**ELECTROSPEC**  
Home Inspection Services

7 days, 8 am - 8 pm

394-6954  
1-888-394-6954  
[www.allaroundthehouse.com](http://www.allaroundthehouse.com)

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

RELOCATING ???  
INFO PACKAGE WITHIN 24 HOURS!

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

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

[www3.sympatico.ca/home.search](http://www3.sympatico.ca/home.search)

**1-800-350-9473**

**Wise Move Realty Inc.**

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

Pat Cleator  
Sales Representative  
cleator@nrtco.net

Hazel Ladouceur  
Broker/Owner  
Wisemove@magma.ca

**Moving, Call Me!** 392-2511

**Shelley Simpson your Sales Representative**  
Architectural Technician

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

Visit me on the web!  
email: shelleysimpson2003@yahoo.ca  
392-2511  
[www.c21lanthorn.com](http://www.c21lanthorn.com)  
tollfree 1-888-792-5499

**Century 21**  
Lantern Real Estate Ltd.

**Posted to Kingston in 2003?**

**Don Wyld, CD**  
Military Authorized Realtor

**Automatic Buyer Representation**

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

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

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

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

Visit the Canadian Military Relocation Network Website at [www.interbaserealestate.com](http://www.interbaserealestate.com) OR  
Email: donwyld@kos.net

**Century 21**  
TOWN & COUNTRY REALTY INC.

**RE/MAX** "A Sign of Marketplace Dominance"

Trent Valley Realty Ltd., Realtor  
Independently Owned and Operated

**Trenton** 392-6594  
**Brighton** 475-6594

**Toll Free: 1-800-567-0776**  
Check us out at... [www.remuxtrent.com](http://www.remuxtrent.com)



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

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

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

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

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

**We are in this together, proud and strong.**

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

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

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

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

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

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

**UNDE**



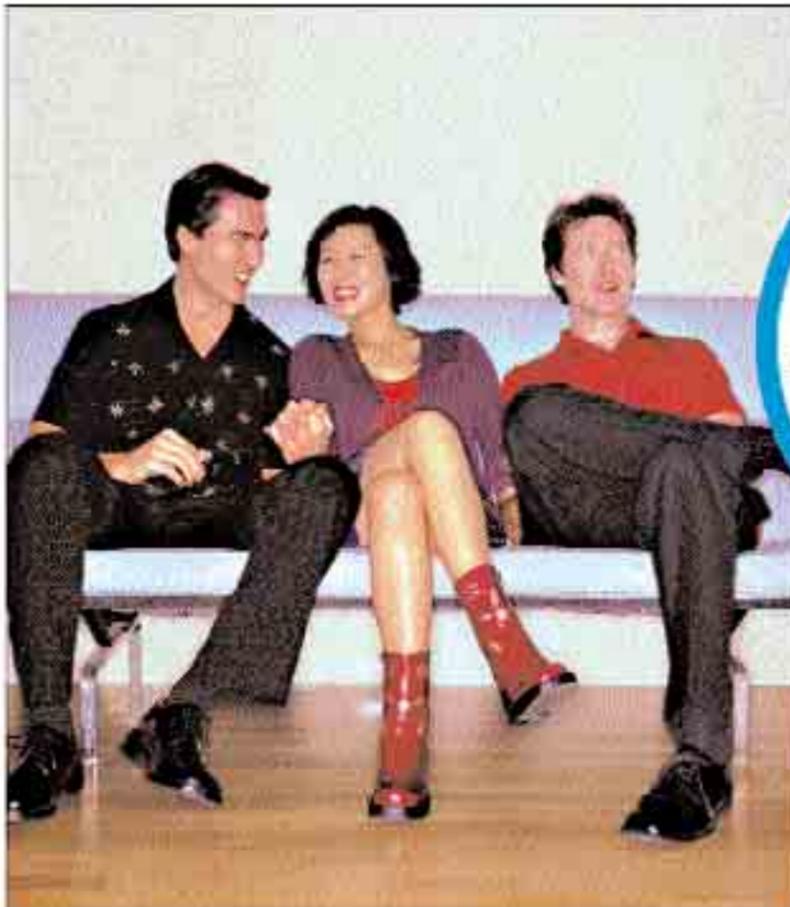
**UEDN**

### SHOW YOUR SUPPORT, BUY A T-SHIRT



Photo: Laurie McVicar, Contact Staff

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.



style is a matter of choice

A & W, ADDITION-ELLE, AMERICAN EAGLE, BLUE NOTES, BOURBON STREET GRILL, BULK BARN, CARSON'S/CROSSINGS, CHATTERS, COLLACOTT, DANIEL LEATHER FOOTWEAR, GATEWAY NEWSLAND, OODLE, HALLMARK, IFA, LEE'S, MONDO LINE, MUSIC WORLD, NORTHERN REFLECTIONS, THE PET STORE, RADIO BRACK, ROCK MONTESSA CHINA, ROCKIES, SEARS, RIK & RAIN, SOFT MOC, STITCH LAB, STITCHES, TIKI MING, TOWNS PLUS, WINNERS.



North Front Street at Hwy 401, Belleville  
www.quintemall.com, 013-908-3671