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DRDC Valcartier awards contract to DMR Consulting

VALCARTIER – The Honourable John McCallum, Minister of National Defence, has announced the signing of a contract between Defence R&D Canada – Valcartier and DMR Consulting. The contract is valued at \$3,745,000.

The project is called ISTAR, which stands for Intelligence, Surveillance, Target Acquisition and Reconnaissance, and falls under the Technology Demonstration Program of Defence R&D Canada (DRDC). It will allow for the creation, analysis, fusion and transmission of critical information to military command in emergency situations. DMR Consulting will lead the innovative project, in cooperation with CGI Quebec, Thales Canada, Lockheed Martin Canada, Oerlikon and wwave.

"I am pleased to announce the agreement to develop this leading-edge technology for the Canadian Forces. Getting relevant information quickly into the hands of commanders and their staff is key to effective military operations. ISTAR is a significant breakthrough in information technology developed here at DRDC Valcartier," said the Honourable John McCallum.

Already acknowledged as a pioneer in optoelectronics, DRDC Valcartier will contribute to the development of a critical mass of knowledge and

expertise in information technology through the implementation of this project.

"Through Project ISTAR, DRDC Valcartier will integrate a wide range of detection technologies resulting from advanced optoelectronics with information systems. ISTAR will produce information that will benefit command while ensuring compliance with Canadian Forces' procedures. Results obtained from ISTAR may also be used in law enforcement,"

Along with progress made in miniaturization, ISTAR will improve the way information is sought, received, amalgamated, and transmitted at crucial moments for commanding officers.

said Denis Faubert, Director General of DRDC Valcartier.

The need to gather information on the enemy and the environment has been an integral part of command and tactical manoeuvres throughout the history of warfare. The information era and networking of databases have made more information available to command and staff, helping

them to plan and launch operations. The team involved with Project ISTAR will focus their efforts on the weaknesses and limitations of current systems.

Along with progress made in miniaturization, ISTAR will improve the way information is sought, received, amalgamated, and transmitted at crucial moments for commanding officers. ISTAR will serve as a test bed for the demonstration of possible technological solutions to deficiencies. The knowledge acquired will improve information fusion in ground force operations. The development of Project ISTAR is scheduled to take place over the next two years.

Defence R&D Canada (DRDC) is an agency of the Department of National Defence responding to the scientific and technological needs of the Canadian Forces. The agency is made up of six research centres located across Canada with a corporate office in Ottawa. DRDC has an annual budget of \$200 million and employs 1,400 people. With a broad scientific program, DRDC actively collaborates with industry, international allies, academia, other government departments and the national security community.

The funding for this initiative was provided for in the December 2001 federal budget and is therefore built into the existing fiscal framework.



Photo: Laurie McVicar, Contact Staff

A grand opening for the second accommodation facility was held on Wednesday.

Second accommodation facility opens at 8 Wing/CFB Trenton

by Laurie McVicar
 Assistant Editor

Accommodations staff rolled out the blue carpet on Wednesday, January 29 for the grand opening of the second lodging facility.

LCol Steve Davenport, Wing Administration Human Resources Officer, welcomed those gathered for a ribbon cutting that marked the end of this 11-month project.

"This building not only reflects our commitment to renewing infrastructure, it reflects the new philosophy on how we accommodate our personnel and our commitments to raising the standards of quarters which our people deserve," said LCol Davenport.

He stated how proud he was of the accomplishment and acknowledged those who helped contribute to the successful project.

"There was tremendous team effort involved in turning a vision, into a mission, into an objective, into ink on paper, to what you see today," he said. "I can only imagine the

amount of coordination, hard work and late nights involved in this project, especially leading up to the opening. I commend every single one of you and thank you for everything you've put into this."

LCol Davenport pointed out that the building was not like the barracks of old, but instead an "esthetically pleasing, high-tech, forward-looking facility that will meet the needs of its occupants for years to come."

"What we tried to do is build something that we would like to live in if we went somewhere else. If people come here (on training), they'll have no worries. They can focus on what they have to do, pass their course and go home. We've met that agenda with the first facility. We're going to meet it with this one."

He noted that there is already demand for a third accommodation building.

"(A third building) is in the plans and we're hoping to prosecute that as fast as possible. In the meantime, it competes with all the other priorities at CFB Trenton," said LCol Davenport.



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CF sustains contribution to campaign against terrorism

OTTAWA – The third rotation of Canadian Forces (CF) members assigned to the Tactical Airlift Detachment (TAL Det), the Long Range Patrol Detachment (LRP Det) and the National Support Unit (NSU) has commenced deployment to the Arabian Gulf region.

The approximately 350 personnel, three CC-130 Hercules transport aircraft and two CP-140 Aurora long-range maritime patrol aircraft are part of Operation APOLLO, Canada's military contribution to the international campaign against terrorism.

The TAL Det's second rotation, which departed from 8 Wing Trenton, Ontario in July 2002, began returning to Canada early this month. The deployment of the third rotation, with personnel from 8 Wing Trenton, 17 Wing Winnipeg, Manitoba and 14 Wing Greenwood, Nova Scotia, was expected to be complete by January 28, 2003.

Those assigned to the LRP Det and NSU deployed initially from 14 Wing Greenwood, Nova

Scotia and 19 Wing Comox, British Columbia, with the two CP-140 Aurora long-range maritime patrol aircraft in late June 2002.

Since their arrival in theatre, TAL Det crews have logged about 4109 operational flying hours on more than 639 missions, completing more than 92 percent of the tasks assigned to them. During that period, TAL Det aircraft delivered about 4.7 million kg of cargo and 5,539 passengers to destinations in the theatre of operations, a significant contribution to the support of coalition forces.

Since their arrival in theatre, LRP Det crews have completed more than 356 missions in support of Operation APOLLO. The LRP Det provided essential air surveillance in the area of operations and contributed significantly to the interdiction and boarding of numerous vessels in these areas as well as the interception of contraband shipments. The LRP Det achieved an impressive success rate of completing 98 percent of missions tasked.

The NSU, which offi-

cially stood up on April 17, 2002, is the unit responsible for delivering centralized administrative and logistic support services to Canadian Forces units deployed in Southwest Asia on Operation APOLLO.

"I am very proud of what the men and women of this second rotation have accomplished over the past months. Their hard work has been a significant and essential contribution to our mission in support of the international campaign against terrorism," said General Ray Henault, Chief of the Defence Staff.

In addition to the TAL Det and its three CC-130 Hercules transport aircraft, the Long Range Patrol Detachment (LRP Det) with two CP-140 Aurora maritime patrol aircraft and the National Support Unit (NSU) to provide logistics services, Canada is maintaining a Naval Task Group consisting of two warships with two embarked Sea King helicopter detachments, and a Task Force headquarters co-located with the U.S. Central Command in Tampa, Florida.



Photo: Cpl Lou Penney, 3 PPCLI Battle Group

A CC-130 Hercules aircraft from 8 Wing Trenton, Ontario, arrives at Kandahar International Airport with the Canadian flag flying from the copilot's window. This aircraft is bringing Brigadier-General Ivan Fenton, the Commander of Land Force Western Area, to Kandahar to visit with the soldiers of the 3rd Battalion, Princess Patricia's Canadian Light Infantry (3 PPCLI) Battle Group, which is the Canadian contingent in Task Force Rakkasan, the coalition force based at the airport. Both the TAL Det and the 3 PPCLI Battle Group are deployed on Operation APOLLO.

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Wing Supply Aircraft Support Flight has implemented a new Customer Service Desk to improve communications and provide on-site support to our customers in 10 Hangar. Pictured here is Karen Zuber, assisting Cpl Neilson of 2 AMS.

8 WING SHINES AGAIN!



A testament to 8 Wing/CFB Trenton's wonderful dedication and generosity--the Employee Campaign of the Year Award (+250 pers), was presented at the 2002 United Way of Quinte Achievement Celebration held at the Royal Canadian Legion, Jan. 15, 2003. Pictured from left to right are: Col D.S. Higgins, 8Wg/CFB Trenton Comd; Capt W.R. Dymond, 8Wg/CFB Trenton United Way/Health Partners Campaign Chairman; Julia Gosson, Executive Director, United Way of Quinte; and Jack Miller, 2002 Campaign Chairman.

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Wanted: Air Force experience

by Lieutenant Lena Angell
(www.airforce.dnd.ca)

The Air Force Retention Office (AFRO) is teaming up with Canadian Forces Recruiting Group (CFRG) to get the word out that the Air Force is actively seeking fully trained ex-military pilots and technicians who may be considering re-enrolling.

The AFRO, which is based in Ottawa, was created in August 2002 to identify and staff initiatives aimed at improving the retention

of Air Force personnel. Due to manning shortages, former Pilots, Avionics System Technicians (AVS Tech), Aviation Systems Technicians (AVN Tech) and Aircraft Structure Technicians (ACS Tech) are currently being sought-out by the AFRO.

Re-enrollment for previous serving members can take as long as one year. The AFRO is working closely with CFRG and the career managers in an effort to reduce re-enrollment waiting time to four to six weeks.

Former AVS Tech may be eligible for a \$20,000 recruitment allowance if they meet the criteria described in CANFORGEN 113/02 220930Z OCT 01. Recruitment allowances are not available for Pilots, AVN and ACS Techs.

The AFRO considers those returning as "force multipliers". There are many advantages to re-enrolling fully qualified personnel. First, tremendous savings are achieved by cutting down on the cost of training. Considering that it can

cost over \$5 million and take five to six years to train a new pilot, re-enrolling is financially sound and allows us to capitalize on a former investment. The same is true for technicians where it can take up to four years to train to a journeyman level. Secondly, re-enrolling qualified personnel increases the experience pool that can be tapped into in order to regenerate. Finally, those returning to the CF are an indicator to serving personnel that the Air Force remains an employer of choice.

Persons interested in receiving more information on this initiative are asked to contact the AFRO through one of its toll free numbers.

For pilot re-enrollment please contact Captain Lee Williams at 1-877-877-2741. Those seeking more insight into re-enrolling into the MOC 500 occupations can refer their queries to Master Warrant Officer Bob Ellement at 1-866-355-

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Search & Rescue UPDATE



424 Squadron only had one call out this week. The Lab was tasked to go to MountainView Airport to check out a sighting report of a parachutist that had fallen with a spiralling chute to the ground at the para school. No chute was found and the para school was contacted and they said every jumper was accounted for. The Lab was called off and returned home to Trenton.

Missions for 2003: 4 Missions for Jan.: 4 Persons rescued: 4

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The Contact Newspaper

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

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

• Please label all disks and hard copies with article name, contact person and phone numbers, date.

• Articles must be received by Tuesday at noon prior to print date at The CONTACT office.

Letters to the Editor:

Internet: LEBLANC.AL@forces.ca

Intranet: LeBlancAL@CFBTrenton@Trenton

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



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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.



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Maple Leaf Salad by Jim Graham

1. What Six Nations poet adopted the name *Tekahionwake* and gained international fame for her work, *The Song My Paddle Sings*?



- A. Isabella Valancy Crawford
- B. Catherine Parr Trill
- C. Pauline Johnson
- D. Susanna Moodie



2. What Toronto jockey won a gold medal for boxing at the 1932 Olympics?

- A. Johnny Coulon
- B. Horace Gwynne
- C. Jimmy McLarnin
- D. Lou Brouillard



3. Who preceded John Diefenbaker as prime minister of Canada?

- A. Richard B. Bennett
- B. William Lyon MacKenzie King
- C. Lester B. Pearson
- D. Louis St. Laurent

1. c 2. b 3. d

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A real sweetheart of a contest

message from the Editor

We are excited to announce a special contest we have organized here at The Contact. Let me tell you all about it...

The contest, open to all military members and DND civilian employees here at 8 Wing/CFB Trenton (except, of course, those employed by The Contact), has been dubbed "Waring Your Heart On Your Sleeve," and has been made possible through the generosity

of The Waring House Restaurant, Inn and Cookery School, in Picton.

Here's how it works: ballots will appear in the special Valentine's Day centre spread in the February 7, 2003 issue of The Contact. Readers may either clip and fill out the ballot, or submit on a separate piece of paper, their name, address and telephone number (local), as well as correctly answer the "special" question. Entries must be submitted to The Contact before the deadline of noon on February 11, 2003.

One ballot will be randomly drawn and, provided the question has been answered correct-

ly, a winner will be declared.

Here's what is up for grabs: A fabulous romantic getaway for two to the Waring House, featuring dinner, musical entertainment and overnight accommodations. Now, who wouldn't want to win such a prize?

Entries may be brought in person to the Contact office, or may be emailed to the following internet address: LeBlanc.AL@forces.ca.

The winner, and guest, will then have a "date" in Picton on Saturday, February 15, 2003. What a wonderful way to celebrate Valentine's Day!

So watch for our next issue, fill out your ballot, and cross your fingers...

The Contact would like to say a special **THANK YOU** to The Waring House Restaurant, Inn and Cookery School for sponsoring this contest. We would also like to thank, and acknowledge the support, of the many local businesses featured in our Valentine's Day issue, who are helping to make this contest a success!

Canadian Forces member sings national anthem

WINNIPEG — The Canadian Forces are pleased to announce their participation during the 2003 NHL All-Star Weekend in Sunrise, Fla.

Master-Warrant Officer Viateur Saint-Gelais, a member of the Air Command Band based in Winnipeg, will sing the Canadian national anthem as part of the opening ceremony of the NHL SuperSkills Competition Saturday, Feb. 1.

A native of Baie-St-Paul, in the Province of Quebec, Master-Warrant Officer St-Gelais is a very talented musician who

sings and plays a variety of instruments including clarinet and saxophone. After having spent most of his career with the Band of the Royal 22e Regiment, he was recently assigned to the Air Command Band in Winnipeg.

The Air Command Band is a thirty-five member, full-time professional ensemble that performs throughout Canada and abroad. The role of this diverse band is to provide musical support to the Canadian Forces, all levels of government, and to a variety of public functions. Military and

public parades, ceremonial occasions, international tattoos, public and school concerts, official dinners, dances and receptions are all typical engagements for this group.

For over fifty years this professional Air Force band has been a highly visible unit of the Canadian Forces, instilling national pride in Canadian audiences across the country, and "esprit de corps" in our military. The band also provides a high degree of diplomacy as representatives of Canada at international events around the globe.

Un militaire canadien chantera l'hymne national lors du concours

WINNIPEG — Les Forces canadiennes sont heureuses d'annoncer leur participation lors de la fin de semaine de festivités entourant le Match des Étoiles de la LNH 2003 qui aura lieu à Sunrise, Floride.

L'adjudant-maître Viateur Saint-Gelais, un militaire de la Musique du Commandement aérien à Winnipeg, chantera l'hymne national canadien lors de la cérémonie d'ouverture du concours d'habiletés de la LNH présenté le samedi, 1er février.

Né à Baie-St-Paul, au Québec, l'adjudant-maître Saint-Gelais est un musicien talentueux qui pratique à la fois le chant ainsi qu'une variété d'instruments de musique dont la clarinette et le saxophone. Après avoir passé la majorité de sa carrière au sein de la Musique du Royal 22e

Régiment, l'adjudant-maître Saint-Gelais a récemment été assigné à la Musique du Commandement aérien à Winnipeg.

La Musique du Commandement aérien est un ensemble musical composé de trente-cinq professionnels qui se produisent partout au Canada et à l'étranger. Le rôle de cette organisation polyvalente est d'accompagner en musique les activités organisées par les Forces canadiennes et les gouvernements à tous les niveaux dans le cadre d'une multitude d'activités publiques. Défilés militaires et publics, cérémonies officielles, concerts publics et scolaires, banquets, danses et réceptions sont autant d'activités faisant partie du programme régulier de l'ensemble.

Depuis plus de



MWO Saint-Gelais

cinquante ans, la Musique du Commandement aérien a fièrement représenté les Forces canadiennes en procurant un sentiment de fierté nationale aux membres du grand public canadien, mais aussi en favorisant l'esprit corps au sein des rangs militaires. Cet ensemble musical professionnel se veut aussi un instrument de diplomatie en tant que représentant canadien lors d'événements internationaux qui ont lieu à travers le Monde.

Birthday Wishes? Wedding and Birth Announcements?

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Books on breast cancer donated to the MFRC

by Laurie McVicar
Assistant Editor

When Lee Ann Jaerschky was diagnosed with breast cancer at the age of 37, resources about the illness were scarce. Now fully recovered, she has made it her mission to ensure other women are armed with knowledge in their fight against this terrible disease.

"When I was diagnosed, I wasn't ready to go to the Cancer Society--I guess it was denial... There were books in the library, but nothing that dealt with the emotional aspects," said Jaerschky.

As a member of the Pink Dragons, a Quinte area dragon boat team committed to promoting active living for breast cancer survivors, Jaerschky has been spearheading a project to provide resources to local libraries and, more recently, the Trenton Military Family Resource Centre (MFRC).

"What we've done is put together a family package," said Jaerschky. "The idea is for them to come here and find a book for everyone."

The books range from being purely medical to ones written specifically for the partners and children of breast cancer patients.

"When a Parent is Sick is a book that helps explain illnesses to children who are anywhere from two and a half years old to teenagers. It talks about how they will anticipate the illness, what questions they'll ask, and even gives you examples of

how to answer their questions," said Jaerschky. "This is the book that I used for my children. It was a Godsend."

Our Mom Has Cancer is another book that comes highly recommended by Jaerschky.

"It was written by two young girls whose mom went through the process and is for children between the ages of five and nine years old. My son is six and my daughter is eight. She thought it was cool," said Jaerschky.

Another book, *My Mummy is Sick*, is targeted at informing preschool children about cancer.

"The pictures prepare the kids for what is about to happen. Mom loses her hair in the book - to show a kid something like that is invaluable. There is no way you can prepare them for what that is like," she said.

The purchase of the books was made possible through funding by One to One Personal Fitness Training & Lifestyle Changes in Belleville. As a military spouse, Jaerschky had a personal interest in making sure the MFRC was among the first organizations to receive some of these important resources.

"When I was diagnosed I was living away from home (in New Zealand); we had no family around. It's not that different than someone who's from British Columbia, has been transferred to Trenton and has a husband over on Op Apollo. I really feel for

someone in that situation. We wouldn't have gotten through (the ordeal) without the help of our friends and the community," she said.

Jaerschky has also found plenty of support from her fellow Pink Dragons.

"Once treatments have finished, it's a scary time. Now you have to live with the fact you've been through all of this. (Being part of the dragon boat team) is a way for people to feel strong. It makes a huge difference how people get back on track," said Jaerschky.

She pointed out that the team is made up of people from all walks of life, of all ages, and at all stages of recovery.

"You don't need to have experience. All you need is a positive attitude, and a willingness to improve your health," said Jaerschky.

The Pink Dragons have been regulars at the Belleville Waterfront Festival since their formation in 1999, and will take part in this summer's Survivor Challenge, sponsored by OJ 95.5 radio station. Beginning in the spring, they train once a week with the Belleville Dragon Boat Club and are actively looking for new members. If you are a breast cancer survivor and are interested in joining the Pink Dragons, contact Beverly Box at 394-2491 or Katie Rutledge at 962-8438.

Those interested in obtaining the new books can sign them out for two weeks, free of charge, at the MFRC.



Photo: Laurie McVicar, Contact

Lee Ann Jaerschky with Helene Cadotte-Gagnon of the Trenton MFRC.

Paws and Claws

A GIFT FROM ABOVE

The last few months have been particularly hard for the Investigation Officers at the Quinte Humane Society. They have had to witness some horrific acts of cruelty inflicted on helpless animals. One officer carries this poem in his truck to help him get through each day:

Ode To An Abused Dog

Someone hurt you and beat you.
They would not give you food.
The only water that you had was from a muddy pool.
And yet when help did finally come, though you were almost dead,
You wagged your tail in greeting and tried to raise your head.
What gave you strength or made you hope?
What helped to see you through,
the agonizing hunger and the loneliness you knew?
Yet you forgave and took a chance
and graced us with your love.
For us to know such a spirit is a gift from up above.

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Michael Hoy

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Method:

Preheat oven to 350 degrees F.

Place the **salmon** into a small glass dish with a flat bottom and combine the **remaining ingredients** in a separate bowl. Pour the marinade over the fish and place into the refrigerator for about 1 hour, turning once after 30 minutes. Remove the fish and pat

dry with paper towels. Lightly oil a baking sheet with vegetable oil and place the dried salmon onto the pan and bake for approximately 8-10 minutes or until just done. The marinade can be used as a dipping sauce if it is boiled for 2 minutes.

(This is excellent grilled on the barbeque as well. Just lightly coat the fish with oil before grilling)

Saffron Basmati

Ingredients:

- 1 tbsp. butter
- 1 tbsp. olive oil
- 2 cloves garlic, minced
- ½ cup minced onions
- 2 cups Basmati rice
- 3 cups water
- salt and to taste
- 1 bay leaf
- A generous pinch of saffron

- ½ tsp. turmeric powder
- 2 tbsp. chopped fresh coriander (cilantro)

Method:

Preheat the oven to 400 degrees.

In a heavy bottom pot melt the **butter** with the **olive oil** and sauté the minced **garlic** and **onions** until soft but not browned. Add the **rice** to the pot and stir to coat with the oil and butter. Keep cooking until the rice becomes very fragrant (do not brown).

Add the water and the **remaining ingredients**, stir, cover with a lid and bring just to the boil. Place into a 400 degree F oven for 12-15 minutes. Remove from the oven and let stand for 5 minutes. Fluff with a fork and keep warm until ready to serve.

Baby Bok Choy with Ginger and Sesame

Wash the bok choy in several changes of water before cooking. Bring a pot of salted water to the boil and place 12 heads of baby bok choy into the boiling water and cook for approx 45 seconds. Strain and set aside in a strainer.

In a sauté pan on moderate heat, add 2 **tbsp vegetable oil**, 2 **cloves of garlic** and 1 **tbsp minced ginger** and cook until softened but not brown. Place bok choy into the pan and stir fry to re-heat. Drizzle with 1 **tsp of sesame oil** and season with **salt** at the very end. For great flavour and eye

appeal, toast 2 **tbsp.** of sesame seeds in a dry pan until golden and sprinkle onto the bok choy before serving.

The final presentation:

To serve the entire dish, place the rice into the centre of each plate, the bok choy on top of the rice and the salmon on top of the bok choy. Garnish with sprigs of coriander on top and surround the plated salmon with thin slices of lime. For added effect, place small Japanese ceramic vessels of the dipping sauce in front of each place setting and offer chop sticks as cutlery. Enjoy!

Creamy Gingered Carrot Soup

(NC)—What could be better than a bowl of warm soup on a cold day? This carrot soup has a velvety texture from potatoes and milk and a nice spicy flavour from the peanut butter.

2 cups fat-free milk

- 1 lb. baking potatoes, peeled and sliced (about 2 lg potatoes)
- 1/3 cup creamy peanut butter (with salt)
- 2 tbsp minced fresh ginger (or 2 tsp/10 mL ground ginger)
- 1 1/2 tsp salt
- 1 1/2 tsp white pepper

Method

Place a stockpot over low heat; add the oil, carrots,

celery, and onion; cover. Stir occasionally for 8 minutes, or until the onions are translucent.

Add the water, milk, potatoes, peanut butter, ginger, salt, and pepper. Cover, and bring to a boil. Reduce the heat. Simmer, uncovered, until the veggies are tender, about 25 minutes.

In a blender, puree the soup in batches. Return the pureed soup to the clean stockpot. Adjust the seasonings. Heat through over low heat.

Makes 6 servings.

—Courtesy of the Peanut Bureau of Canada and National Peanut Board

PER SERVING: (1/6 of total): 232 calories; 30 g carbohydrates; 9 g protein; 10 g fat (2 g saturated fat, 5 g monounsaturated fat); 1 mg cholesterol; 5 g fibre; 732 mg sodium.

Ingredients

- 1 tbsp peanut oil
- 1 lb. baby carrots
- 2 stalks celery, chopped
- 1 large white or yellow onion, sliced
- 4 1/2 cups water

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Romantic St. Valentine's Events
Friday, February 14th & Saturday, February 15th
Enjoy a special St. Valentine's Menu
Sunday, February 16th - Bring your sweetheart to our wonderful St. Valentine's Brunch Buffet

St. Valentine's Dinner/Dance
Saturday, February 15th
an Evening of Reminiscence with "John & Paul" - the fabulous music of the Beatles. See the show that wowed audiences in the Pub in November.

Live Entertainment
The Barley Room Pub
Friday, January 31st
"Steve Fisher"
Saturday, February 1st
"Lenni Stewart Trio"
Friday, February 7th
"Matt Smith"
Saturday, February 8th
"Tilley Buggers"
Friday, February 14th
"Andy Forgie"
Saturday, February 15th
"Stir with Debbie Hoskin"

Whats Cooking? at the Cookery School
Saturday, February 1st
"Island Cooking"
Enjoy a "Caribbean Holiday" with Chef Micheal Hoy
Sunday February 2nd
"Winter Soups and Stews"
Chef Wayne Jordison

Fitness & Sports

8 Wing/CFB Trenton hosts Broomball Championships

The Ontario Region Men's & Women's Broomball Championship was held January 20 to 21 at the RCAF Arena.

There were four teams in the Men's Division - Trenton, Kingston, Borden, Petawawa - playing a round robin format and two teams in the Women's Division, Kingston and Petawawa, playing best two of three games.

At the close of the Round Robin play here were the standings:

Men's	Win	Loss	Tie	Points	Place
Trenton	3	0	0	6	1st
Kingston	2	1	0	4	2nd
Borden	1	2	0	2	3rd
Petawawa	0	3	0	0	4th
Semi Finals	Kingston (1) vs		Borden (0)		
Finals	Trenton (2) vs		Kingston (1)		

Women's	Win	Loss	Tie	Points	Place
Game 1	Kingston (3)	vs	Petawawa (1)		
Game 2	Kingston (3)	vs	Petawawa (0)		
Kingston	Declared Ontario Region Women's Champions				
Trenton	Declared Ontario Region Men's Champions				



MCpl Carole Lapensee accepts the winning trophy for the women's league.



MCpl Pierre Cote accepts the men's league trophy from LCol Bruce Cooke at the closing ceremony of the Regional Broomball Tournament. The event took place last week at the RCAF Flyers Arena.

Photos by
Cpl Max Murphy,
8 Wing Imaging

WO'S & SGTS

SUN	MON	TUE	WED	THU	FRI	SAT
2 Sunday Mixed Darts 1300 hrs	3	4	5 WCWO Coffee Break 1000 hrs	6	7 TGIF Noun Cancelled 1700 hrs The Hamburger	8
9 Sunday Mixed Darts 1300 hrs	10	11	12 WCWO Coffee Break 1000 hrs	13 Happy Valentine's Day!	14 TGIF 1200 hrs Pork & Chops 1700hrs Beef Brochet	15 Murder Mystery Theatre Valentine's Dance!
16 Sunday Mixed Darts 1300 hrs	17	18	19 WCWO Coffee Break 1000 hrs	20	21 TGIF 1200 hrs Donuts 1700hrs Chicken Quarters	22
23 Sunday Mixed Darts 1300 hrs	24	25	26 WCWO Briefing 0930 hrs	27	28 TGIF Lasagna 1200hrs Chicken & Ribs 1700 hrs	

FEBRUARY 2003

WINTER CARNIVAL

TEAMS STILL NEEDED!

February 7th, 2003
Baker Island
Fun and Wacky Games, BBQ

Register team of eight by calling
Tammy Topping at local 2822 or Scott Burns at local 3328.
Volunteers are also needed for this event!



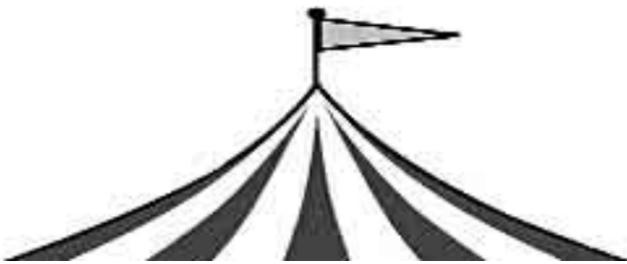
SUPERBOWL WINNERS



Photos: Holly Lalond



Lindsay Dale and Chelsea Ashby were the lucky winners of two NFL footballs last Wednesday during the Junior Lifeguard Club's "Super Bowl Splashdown" at the RecPlex. The footballs were courtesy of the Canadian Forces Personnel Support Agency and presented by Amy Morton, head coach.



PSP Community Recreation Association Presents our Annual

Kidz Karnival

Sunday, February, 09 / 03
Join Us At The Gymnasium
12- 4pm



- Live Entertainment
- Jumping Castle
- Bowling, Ring Toss
- Plinko, Bean Bag Toss
- Face Painting, Popcorn,
- Clowns, Balloons
- And a whole lot more!



Donate a Non-perishable food item and enter your name in a draw for great prizes!
Fun For The Whole Family!

For information contact the RecPlex at 392-2811 ext 3361/3348

STUDENTS: GET IN YOUR VOLUNTEER HOURS BY HELPING OUT WITH THIS EVENT. CALL HOLLY TODAY AT 392-2811, LOCAL

Things can only get better



Laurie McVicar

Confessions from the Gym

Monday, January 27

My trainer once told me part of maintaining a healthy lifestyle is to not only take care of your body, but also your mental well being. If this is true, I'm in big trouble.

Last week proved to be one of the worst weeks I've had in a long time. It started on Wednesday with the loss of my engagement ring. I was absolutely devastated when I discovered it had slipped off my finger, which was probably due to the weight loss and cold weather. I guess it was my punishment for procrastinating on getting it resized.

After repeatedly apologizing to my husband for losing it, I had begun to cheer up a little bit on the drive to work Thursday morning... That was until I collided with another vehicle behind the headquarters building. No doubt bogged down by daily distractions (something I'm sure we're all guilty of), the other driver was going the wrong way around the water tower and did not see my car

coming. Luckily neither one of us were injured.

After getting everything straightened out with the Military Police and my insurance company, I was eventually able to settle in and help with production of the newspaper. Perhaps it was uttering those fateful words "what can possibly happen next" that led to my third misfortune.

If you're stressed out, downhearted and depressed, think of the things you should be thankful for.

Near the end of the day I received a phone call from my concerned husband, who wanted to know if my day was getting any better. It certainly wasn't getting any worse, I remember thinking. Suddenly I saw something shiny lying on my desk and bent down to take a closer look. As I picked up the tiny gold hoop, the realization hit me. My gold bracelet had broken and was

gone!
I quickly told my husband about my missing possession only to be laughed at. Apparently the idea of someone encountering as much bad luck as I have is humorous. It certainly wasn't to me at the time, nor was it funny when I came in late to work on Friday because of delays at the car rental business.

It wasn't until I headed to work that things finally came into perspective, and I have a phone call from a military member to thank for it. On Thursday, I was contacted by a man who wanted to submit an article about a special camp in Prince Edward County. His two-year-old child, who suffers from cerebral palsy, has made wonderful advancements since becoming involved with it.

I thought about my own 20-month-old son and quickly said a prayer of thanks for his perfect health. I have a great family, a good job, and fantastic co-workers/friends. My week may have been absolutely horrible, but my life is pretty great.

My advice to you - If you're stressed out, downhearted and depressed, think of the things you should be thankful for. I'm betting the good will far out number the bad. Cheers.

March Break Kidz Kamp

If you are 5 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

Happiness – We all want it! -- and the value of attitude

by Lori Weisflock

This is the one thing (attaining happiness) they didn't teach us at university.

I just knew that as a young social worker fresh out of school that I was going to solve everyone's problems. I was an *optimistic*, happy, young woman who grew up in a loving and *supportive* home. Little did I realize that most of my clients would come to me for advice at a time in their lives when they were probably at their lowest. I wanted to take their pain away, but how could I do this--especially for those who had been born into unhappiness?

It wasn't until I myself exper-

rienced loss and hardships in my own life that I could really *understand* their sorrow. I could be a good listener and give suggestions that might help diminish their pain.

I must admit my life so far has been good, not because anything bad has never happened to me, but maybe, its because of my general belief that *I and others deserve the best* the best family....the best job.... the best friends....and the best life filled with true happiness. Sounds too good to be true, but it works for me and many others I've met.

Even today I try to convince people that *happiness is a choice*. It goes without saying that *bad*

choices usually lead to.... inappropriate behaviour.... followed by short or long term unhappiness.

From where did I get such a *positive attitude*...? I think it was from my mother, an ordinary lady who usually thought of everyone before herself and was probably the happiest woman I have ever known. Whatever her secret to happiness was, I wanted some. She taught us three kids to try to *treat everyone with kindness*, even those people with qualities we disliked. And very important was *not to hold a grudge* because that involved a state of unhappiness. If I held a short grudge it was rarely followed with the need to get even,

which would have been an attempt to regain control over my situation. I have learned that the need to control or manipulate others does not lead to happiness because it takes negative energy to do this.

As kids we always felt like royalty because we ruled our emotions and didn't allow people to "make us" feel bad or at least not for very long. We were taught that ongoing negative energy could drain us and we certainly didn't want that. We tried to choose relationships that made us feel good about ourselves. *Forgiveness* was vital because someday we might want someone to forgive us for our

mistakes. The word *sorry* was heard often in our home.

Therefore, I would say the key to happiness (feeling good) is the combination of all of the above, *life's principles* I like to call them. A person's pleasant attitude and their desire to focus on the positive, even during the worst possible scenarios, can only add to their level of happiness. I have seen individuals who have everything going for them still choose to focus on the negative and others whose lives are filled with ongoing tragedy and somehow manage to *look at the good in everything and everyone*. I believe true happiness comes when we think of others before ourselves!

Dear Health Professional

Dear Health Professional,

I am a parent of two young children. I feel that they are heavier than children their ages should be. They love to sit and play video games and watch TV. Can you give me some suggestions to get them off the couch?

Signed Tater Tots

Every little bit of activity counts, but more is even better - everyone can do it!

Get active YOUR way - build physical activity into your daily life...

- at home;
- at school;
- at work;
- at play;
- on the way...

That's active living!

Potatoes are good on the plate - but NOT ON THE COUCH! Become a family of HOT POTATOES, not a family of couch potatoes! Try these fun ideas:

- Try putting a limit on the amount of time your children spend playing video games and watching TV.
- Stretch and run on the spot for three minutes before and after every TV show.
- Have a quick game of catch with a foam ball during commercial breaks.
- See who can do the most jumping jacks during commercials, and who can increase the number they do over the month.
- Play "Remote Control Hot Potato"...Pass the remote control around the room. Whoever is left holding the remote at commercial breaks has to lead a family exercise break.

The benefits of daily physical activity

There are many reasons to keep

active every single day. Daily physical activity is a healthy habit for children because it helps keep a healthy weight, and prevents high blood pressure and unhealthy cholesterol levels. These can cause heart attack and stroke later in life. Exercise is healthy for older people too, because it can delay or help prevent chronic illnesses. Daily physical activity is good for everyone because it also:

- cuts the risk of heart disease;
- improves blood cholesterol levels;
- reduces bone loss;
- helps manage stress;
- relieves anxiety and depression;
- provides an opportunity to be with friends or family;
- keeps weight under control;
- helps to reduce high blood pressure;
- boosts energy levels;
- improves self-image;
- builds muscle strength.

You Can Do It - getting started is easier than you think! Physical activity doesn't have to be hard. Build physical activities into your daily routine.

- Walk whenever you can - get off the bus early, use the stairs instead of the elevator.
- Reduce inactivity for long periods, like watching TV.
- Get up from the couch and stretch and bend for a few minutes every hour.
- Play actively with your kids.
- Choose to walk, wheel or cycle for short trips.
- Start with a 10 minute walk - gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Do the activities you are doing now, more often.

Starting slowly is very safe for most people. Not sure? Consult your health professional. Health Promotion local 3767.

Health Unit offers help to new parents

Caring for an infant during the first year of its life is full of many changes and challenges for both parents and babies.

New parents often struggle with sleep routines, feeding choices, "baby blues" and infant safety. Advice is all around them - magazines, television, books, Internet, friends and family. Parents soon become overwhelmed. Who can they turn to for current, accurate and caring advice?

Parents can seek help from the Hastings & Prince Edward Counties Health Unit.

As part of the Healthy Babies, Healthy Children Program of the Health Unit, new parents receive a phone call within 48 hours of coming home from the hospital with their new baby. Both mom and baby are assessed over the phone and a home visit is offered. Public health nurses visit to provide assessment, resources and support.

The Baby-Tot Line is a phone line for parents to get up-to-date information about infant health and safety issues. Parenting support and advice are also available.

The Health Unit also offers a free, five-week course called Caring For Your Infant. It is taught by experienced public health nurses and often includes guest speakers from the

community. Topics include: adjusting to parenthood, appropriate toys and activities, infant safety, baby's growth and development, infant sleep, infant crying, infant health and illness.

The goal of the course is to increase parents' confidence in their new role and raise healthy infants.

"Come with your baby and meet other new parents in a warm, supportive atmosphere," said Carol

Lazier, Public Health Nurse.

"Share your experiences with other parents. Learn more about resources in the community such as mom's groups and the Ontario Early Years Centres.

Courses start Monday, February 3 in Belleville and Thursday, March 20 in Trenton. For more details or to register, call the Baby-Tot line at 966-5513, ext. 223.

National Day of Action on Tobacco Use
"March 1st"
I QUIT!

Take the Challenge!
Quit smoking for at least one month and
you could WIN!
Non-smokers can also participate

Do you have Health and Wellness Questions You Need Answered?

The Health professionals at 8 Wing/CFB Trenton have gotten together to advise you on your health concerns. We invite you to send your questions to us. Visit and click on the Health Promotion link. Keep an eye out for the answers to your query in the "Ask your Health Professional" column of The Contact. We look forward to hearing from you.

The winner of our Festive Challenge was Sgt. Gord Smith. He won a free night stay for two at the Isaiah Tubbs Inn & Resort. Congratulations Gord!!



Confined spaces could be hazardous to your health



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

Ken Lewis' education in confined space safety began before he even realized what a confined space was.

During the late 1950s, he was asked to do some welding inside a railway tank car. "I had no PPE (personal protective

equipment), other than my goggles, face shield and mitts. I worked in there until I couldn't breathe anymore. Then I'd go out for a gulp of air and go right back in again." His lack of confined spaces safety training could easily have cost him his life, but he lived, and learned.

Lewis later served seven years as a safety officer for Ontario's Ministry of Environment, where he developed confined space entry procedures and also taught employees how to emerge healthy after working in confined spaces. Part of the problem with confined spaces,

says Lewis, is people often wrongly think "confined" automatically means small.

"It can be big or small, above ground or below ground or even at ground level," says Lewis. "It becomes a confined space because of the work taking place in that environment."

"Physical conditions or atmospheric changes that may exist, such as bacteria, slippery areas or rats in a line, can create confined space hazards."

Workers can slip/fall, suffer steam or liquid burns, become poisoned after inhaling toxic vapours, die after entering oxygen-deficient

atmospheres, become electrocuted, die in explosions — the list goes on..

"Some people don't recognize that a space could be normal all day long and all of a sudden, because of work activities or environmental conditions, it could become a confined space," says Lewis, adding, "People really have to pay attention to what's going on in a particular area." To a great extent, most do. Lewis says today's employees are generally better informed about confined space procedures and hazard avoidance.

Modern atmosphere monitoring equipment is

more accurate and some systems even provide a verbal warning to "leave the area immediately" if hazardous levels are detected. "We've come a long ways from the old canary that was used to warn miners of toxic gases," says Lewis.

Failure to follow company rules or state or provincial regulations is a major mistake, as is not testing an atmosphere before entry and during the entire time a worker is inside the confined space.

Other problems include:

- Not using a buddy system, where a "guard" is posted outside the con-

finned space and is in constant radio contact with the worker to ensure his or her safety.

- Wrongly assuming there are no hazards before entering a confined space.

- Failure to wear appropriate PPE, including a safety harness so you can be pulled out of the space if something goes wrong. Wearing self-contained breathing apparatus is a must if there's a lack of oxygen. If there is toxic gas present, the appropriate respirator must be worn.

Working in confined spaces demands proper training and a heads-up attitude.

The day the lights went out

(NC)—Raymond Smith will never forget the day his world went dark. In 1986, during a routine shift as a janitor in a plant, a sharp piece of wood became lodged in his eye. Born with low vision in his other eye, the accident left Smith blind.

"I didn't know if I'd ever lead a normal life, and my biggest fear was never being able to see my kids again," says Smith.

"After the accident, I was very angry. It was a dumb thing to happen. If I wasn't rushing and had taken the time to put on safety glasses, the injury would have been avoided."

Each year, thousands of Canadian workers sustain on-the-job eye injuries that cause permanent damage — and in some cases, blindness. Last year in Ontario alone, 3,473 eye injuries causing lost time from work occurred in the workplace.

The good news is that 90 per cent of all eye injuries can be prevented. To help raise awareness about the importance of protecting Canadians' vision, The Canadian National Institute for the

Blind (CNIB) and the Canadian Council of the Blind (CCB) are launching an "Eye on Safety" campaign as part of White Cane Week, February 2—8, 2003.

"Many cases of blinding or visual impairment are unnecessary," says Jim Sanders, president and CEO of the CNIB.

"Prevention is the key. If our Eye on Safety campaign for White Cane Week prevents even one person from losing his or her vision, it will be a tremendous success."

According to the Workers Safety and Insurance Board of Ontario (WSIB), employees do not use eye protection on the job for two main reasons — it is not mandatory and they think an injury will not happen to them. However, information, training, and education may convince even the most skeptical employee to use eye protection.

"Accidents happen to anybody, anywhere, at any hour, minute, or second of the day," says Smith. Be aware of what you are doing at all times and don't

fall into the trap of thinking an injury won't happen to you."

"All workplace injuries and illnesses are preventable," concurred Frank Mabrucro, manager of internal responsibility initiatives, WSIB.

"There is no such thing as an accident on the job." It's everyone's responsibility to ensure injuries do not occur. Employees are responsible for their actions, including wearing protective gear and asking for safety measures. Employers should make sure safety rules are followed and protective gear is used properly."

Looking back, what would Smith have done differently? "Worn safety glasses, that's for sure!" says Smith. "My story should teach everyone that even during a routine task, mistakes can happen, even to you."

For more information about White Cane Week events in your community or to learn more about eye safety, please visit www.cnib.ca or contact your local CNIB or CCB office.



BUY YOUR SWEETHEART
SOMETHING SPECIAL...

Valentine's
GOLD SALE

WEDNESDAY, FEBRUARY 5th

Retail
Store

CFB TRENTON

CNIB offers tips on protecting your eyesight at home

(NC)—We all know the value of taking care of our overall health. Especially important is the need to look after our eyesight. The Canadian National Institute for the Blind (CNIB) and the Canadian Council of the Blind (CCB) together are focusing on "Eye On Safety" as part of White Cane Week, February 2-8 2003, and urge Canadians to protect their vision at home, work and play. The CNIB and

the CCB provide the following hints to help prevent eyestrain during common activities in the home:

While watching the television:

- Sit a safe distance from the television; approximately five times the width of the television screen.

While reading you should:

- Position books a forearm's length from your face. If you need to place the book closer, rest your eyes regularly.

- When reading indoors, have two sources of light: a generalized source of light (i.e. a ceiling light) and a source of light closer to you (i.e. a lamp). Never point the light directly at your eyes. Instead, the light should come from the left for people who are right-handed, and from the right for people who are left-handed.

When using a computer:

- Minimize head and eye move-

ment by placing the computer keyboard and text as close together as possible.

- Have good lighting in the area with no reflection on the screen.

- Take regular breaks: ten minutes per hour and look away from the screen as much as possible.

For more information on how to protect your vision, visit www.cnib.ca or call your local CNIB or CCB office.



TRENTON Military Family Resource Centre



MASS SCHEDULE HORAIRE DES MESSES

Senior Chaplain - Aumônier Supérieur: Major Lloyd Clifton Local 3665

OUR LADY OF PEACE CHAPEL (RC)
NOTRE-DAME DE LA PAIX (CR)

Padre Bastien Leclerc (RC)
Recteur de Chapelle Local 3487
(Chapel Life Coordinator / Responsable de la communauté chrétienne)

Padre Allan Murphy (RC) Local 3312
MASSES - MESSES

Messe Dominicale: 0900 hrs (français)
Sunday Mass: 1130 hrs (English)

Weekdays (W-F): 1200 hrs (Bilingual)

CONFESSION

At all times. En tout temps.

BAPTISMS / BAPTÊMES

Please allow at least 30 days notice for preparation.
Communiquez avec l'aumônier au moins 30 jours avant la date désirée.

MARRIAGES / MARIAGES

You must contact the chaplain's office prior to selecting a date.
You must obtain a recent copy (less than six months old) of your baptismal certificate prior to booking appointment with chaplain.

Veillez prendre rendez-vous avec l'aumônier avant de choisir la date. Vous devez apporter avec vous une copie récente (datée de moins de six mois) de votre certificat de baptême.

After working hours please call the base operator at 392-2811 and ask for the duty chaplain.

Après les heures de travail, appelez la téléphoniste de la base au 392-2811 et demandez à parler à l'aumônier en devoir.

ST CLEMENT ASTRA CHAPEL
(Protestant) Services

Padre Catherine Morrison (ACC) Local 2314
Padre Matthew Lucas (Baptist) Local 3286
(Chapel Life Coordinator)

Sunday: Divine Worship 1015 hrs
Holy Communion: First Sunday of the month
Wed. - Anglican Eucharist at 1230 hrs

CHAPEL ORGANIZATIONS

Men's Club 1st Tues of the month 1800 hrs
Ladies Guild: Last Tues of the month 1930 hrs

BAPTISMS

Allow at least one month's notice for preparation.

MARRIAGES

You must contact the chaplain's office prior to selecting a date. Please allow at least six months.

PARISH ORGANIZATIONS

Parish Council 3rd Thurs 1900 hrs
Knights of Columbus 1st Thurs 1900 hrs
CWL: 2nd Tues 1900 hrs
Chorale: Mercredi 1900 hrs
Choir: Tues at 1900 hrs
Silhouettes of Mary: 2nd and 4th Thurs at 1830 hrs

Youth Centre/Le Centre des jeunes !

For 8 - 18 years old/Pour les 8 à 18 ans

Call Julia for more information

Pour plus d'information, téléphonez à Julia
392-2811 ext. 3265.

Sunday	Closed
Monday	Closed
Tuesday	Closed
Wednesday	6:30 - 10 p.m. (6-8 p.m. Deployment Support Group for kids)
Thursday	6:30-9 p.m. - Movie
Friday	6 - 11 Teen Night
Saturday	1 - 4 p.m. Ice skating 6 - 11 pm 13 - 18 year olds

Dimanche-	Fermé
Lundi-	Fermé
Mardi-	Fermé
Mercredi-	18h30 à 22h (18h à 20h Groupe de soutien au déploiement pour les jeunes)
Jeudi	18h30 à 21h - Film
Vendredi	18h à 23h Ados
Samedi	13h à 16h Patinage 18h à 23h 13 à 18 ans

We are going to the RCAF Flyers Arena from 1 p.m. - 4 p.m. during Family Skate. Skaters require their CRA Rec card or \$2.00. Meet at the Youth Centre with your skates and warm clothing at 1p.m.

Nous allons à l'aréna ARC Flyers de la base de 13h à 16h durant le patinage familial. Les patineurs ont besoin de leur carte "CRA" du gymnase. On se rencontre au Centre à 13h avec nos patins et des vêtements chauds.

February 13th - Pizza night & Visit from Kingston Youth Group (no charge)

February 20th - Skin Care Clinic for young females

February 27th - Skin Care Clinic for young males

13 février - Soirée de pizza & visite du groupe de jeunes de Kingston gratuit

20 février - Clinique pour soins de la peau pour les jeunes filles

27 février - Clinique pour soins de la peau pour les jeunes hommes

Students benefit from work force

(NC)-The new Ontario high school program emphasizes the importance of out-of-classroom career-related experiences for students, and for the first time requires all school boards to offer co-operative education, work experience and school-work transition programs.

For example, the Ontario Youth Apprenticeship Program allows students to work on

apprenticeship qualifications and become registered as apprentices while completing high school diploma requirements. Students earn credits through co-operative education and have the option to begin formal training by registering as an apprentice.

Students benefit from participating in work experience opportunities because:

- When students see the

possibilities and understand the knowledge and skill requirements of various career options, they are more motivated to stay in school and complete their education.

- They get a chance to explore a number of career options, and gain confidence, skills and on-the-job experience.

- In the workplace, students are exposed to successful adult role models and mentors.

- Students build a network of potential future employers and a source of references.

- Students gain workplace experiences, which are essential for their future job searches. They may be more willing to pursue careers in sectors experiencing shortages of skilled workers.

Children's Services/Services pour les enfants

Stork Club

Monday mornings for Expectant moms or moms with babies
9 - 11:30 a.m./
10:30 - 11:30 a.m (Facilitated). Pre-registered on-site child-care is available during this one hour for older siblings.

February 3 - Group's choice

February 10 - Alternative immunizations/Natural remedies

Club de la cigogne

Le lundi matin pour les femmes enceintes et pour les nouvelles mamans avec leurs bébés.
De 9h à 11h30/
10h30 à 11h30 (avec animatrice). Gardiennage disponible pour les frères et soeurs durant cette heure, en s'inscrivant à l'avance.

3 février - Choix du groupe

10 février - Immunisations-alternatives/remèdes naturels



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WOW! - The temperature may have been cold in January but the local Real Estate Market was **RED HOT.**

Real Estate sales are usually slow in January however, I sold 6 homes in January (some in less than 2 weeks) and still have local buyers looking & others planning **HHTs** in March.

You may think it is too early to list but some of these January sales will not see the home change hands til **July.**

If you want to know what, & what not, to do prior to listing - call me for a **NO OBLIGATION** consultation.

For 2002 Real Estate stats & other important Real Estate Information Go To **www.davidweir.com**

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TRENTON Military Family Resource Centre



Volunteer Opportunities/Opportunités de bénévolat

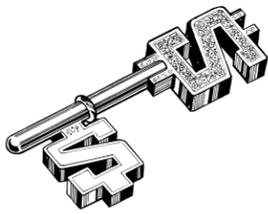
Here is a partial list of the volunteer opportunities available at the MFRC. If you need more information or would like to volunteer, please call Wendy at local 3557 or just drop in.

Voici une liste partielle d'occasions de faire du bénévolat au CRFM. Si vous désirez de plus amples renseignements ou si vous aimerez devenir bénévole, veuillez s'il vous plaît me téléphoner au 392-2811 poste 3557 ou bien passez nous voir.

Board of Director Needs

Urgently required

Treasurer - Our treasurer will be leaving this spring so we are looking for a volunteer to learn the treasurer's duties with the expectation of taking over in the late spring or early summer. A financial background is required.



Conseil d'administration

Besoin urgent

Trésorier - Notre trésorière nous quittera au printemps, nous recherchons actuellement un bénévole pour apprendre les tâches de cette position et qui sera prêt à assumer le rôle de trésorier vers la fin du printemps. Une formation en finance est nécessaire.

Membres de comités - Nous avons besoin de bénévoles pour participer à différents comités tels que; finance, évaluations, collecte de fonds et ressources humaines. Vous travaillez en équipe, le temps et les responsabilités varient.

Committee Members

Volunteers are required for various Board committees such as financial and evaluations. You would work with a team and the time commitment and responsibilities would depend upon the committee.

Massage

Come and treat yourself to 45 minutes of relaxation.

Friday, February 7th, 2003

Appointments taken from 9 a.m. - 2 p.m.

Jeannie Tremblay, certified in Californian Massage, will be offering massage sessions at the MFRC.

You can book a session by calling the MFRC Front Desk at 965-3575. Each session is \$25.

This is a fundraising event for the Women's Conference which takes place on March 8th, 2003 at the MFRC.



Massage

Offrez-vous 45 minutes de détente.

Vendredi le 7 février 2003

Appointments de 9h à 14h

Jeannie Tremblay, diplômée en Massage Californien sera au CRFM pour offrir des sessions de massage.

Venez relaxer et refaire le plein d'énergie.

Vous pouvez prendre rendez-vous en téléphonant à la réception du CRFM au 965-3575.

Les sessions sont \$25 chaque et une partie des fonds amassés sera versée pour aider au financement de la Conférence des Femmes qui aura lieu le 8 mars 2003 au CRFM.

"Partner Away-Deployment Support/ "Partenaire au loin"-Soutien au déploiement

"Wednesday activities"

Wednesday evenings, 6 - 8 p.m. Variety of events will be planned for each week. Please call ahead.

February 5 - Facilitated discussion; Departure/reunion, cycles of deployment

February 12 - Managing transition - Joanne Bélanger, PIC Coord, will talk about positive ways of dealing with change. Discussion will be lively.

"Activités du mercredi"

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

Téléphonez à l'avance. s.v.p.

3 février - Discussion avec animateur; Séparations/Retrouvailles, les cycles du déploiement.

12 février - Gérer la transition - Joanne Bélanger - Coor. PIC, parlera de façons positives d'affronter le changement

Education Programs / Programmes d'éducation

Computer courses

Access Level 1

February 10 & 12, 9a.m. - 4 p.m. and February 14, 9 a.m. - 12 p.m. Cost \$75

Introduction to Windows

February 26, 9 a.m. - 4 p.m. and February 27, 9 a.m. - 12 p.m. Cost \$50

Cours d'informatique

Access, niveau 1

10, 12 février, 9h à 16h et le 14 février, 9h à 12h. Coût 75\$.

Introduction à Windows

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

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

Class will be postponed if the Hastings Board of Education cancels buses due to weather. If you need to make up time missed for other reasons it will be at the discretion of the instructor.

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.

Si les autobus scolaires sont annulés à cause de la température, votre classe sera remise à plus tard. Si vous devez reprendre une classe pour une autre raison, ce sera à la discrétion de l'enseignant.



Gardiennage au Gymnase

Mardi - Mercredi - Jeudi / 9h - 11h

4\$ de l'heure/par enfant

Frère et soeur additionnel/1,50\$ chacun

Salle Polyvalente Service Bilingue

Réservez une place pour votre enfant

en téléphonant au CRFM, 965-3575.

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

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Fax: 613-392-7110
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Eternal truths on the show floor

it's your Money



While the winds of war were whipping stock markets to shreds last week, thousands of investors were milling around the aisles of the annual Financial Forum show in Toronto's cavernous main convention centre.

I always find this show a fascinating barometer of fundamental financial trends - well, actually, a reverse barometer.

Four years ago, for example, the Forum was

wall-to-wall mutual funds. The big fund companies, like Trimark, Mackenzie and AGF had giant, elaborate and expensive booths with bags of handouts for the crowds who jammed in to hear portfolio managers bark into Britney Spears-type microphones. Over the next two years the fund guys started to be outnumbered by the discount brokerages, with TD Waterhouse, Action Direct and E-Trade dominating the show as investors scrambled to go online and load up on Nortel.

This year no major mutual fund companies bought a booth for the Toronto show, save for Guardian Group of Funds. No big online brokerage companies were there, save for TD Waterhouse, which has remade itself into a full-service operation. And this Forum featured a prominent area devoted to, you guessed it, real estate investing.

Of course, these days the stock market sits about 40 per cent below the point at which Financial Forum visitors were scrambling to get an online account and buy tech stocks. Mutual funds are out of style at the moment, since returns have been weak. Media know-it-alls who relentlessly bash mutual funds for the management fees they charge to run the funds have been beating the drum of index funds for the past two years. And, yes, index fund companies like Barclays were prominent at the current Financial Forum.

As for real estate, well, it could be near the top of

its cycle, gassed up on cheap mortgage rates and a huge demand from buyers soured on stocks and funds. The rush into bricks and mortar has jumped prices some 15 per cent across the country and led to 205,000 new housing starts in 2002, the biggest number in a generation. The latest CIBC economics report shows consumers gorging on borrowed money these days, with debt growing at the

organizers, because they would love to have the mutual fund companies and the banks come back to woo the crowds. I'd love it, too. Far too many Canadians today are walking away from the significant opportunities oversold markets might present and, loaded up with lots of brand new debt, are embracing real estate that might well have just sold for a premium.

The important point about investing at this time of year - into an RRSP - is that an eye has to be kept on the distant future, when that money will be needed to finance a retirement that could last 30 years or so. Being happy with a 3 per cent or 5 per cent return today could turn out to be absolutely the wrong long-term strategy, especially if it keeps you from buying growth assets when they are on sale.

As for real estate, it has its place, and there are many solid financial strategies in which owning a house is a key component. But when it comes to retirement, you can't live off it; it pays neither interest nor dividends; and if the market softens over the next decade or so (as mortgage rates rise and the population ages), then there are no tax-free capital gains to reap.

Homebuyers today need to realize they are often leveraging their purchases with money whose cost will only increase in the future. And as mortgage rates rise, buyer demand usually falls.

But this is not what visitors to this year's Forum came to hear, even if they need to hear it. As in each preceding year, the true risk lurked, unseen, in some corner of the vast hall, ready to pounce.

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

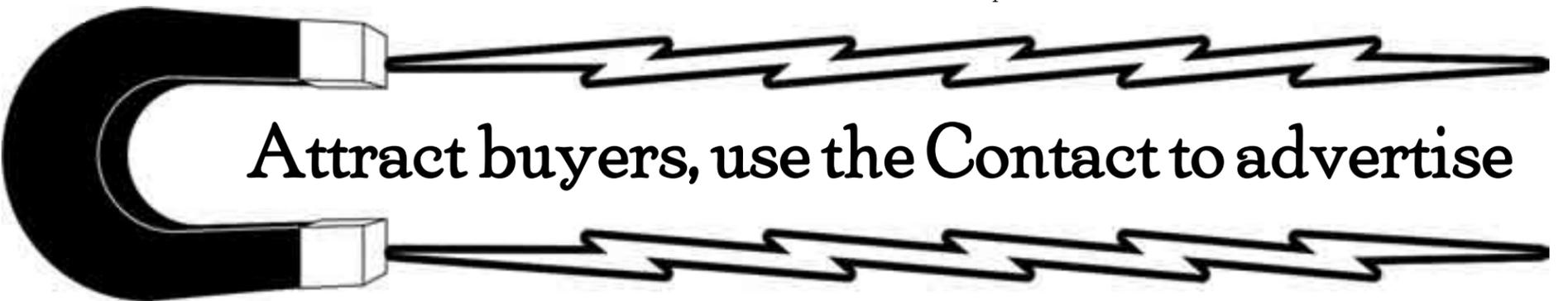
Far too many Canadians today are walking away from the significant opportunities oversold markets might present and, loaded up with lots of brand new debt, are embracing real estate that might well have just sold for a premium.

fastest rate in a decade. The amount of mortgage money being shoveled out is truly staggering.

Another big hit at the Toronto show this year were conservative investments, such as income trusts and dividend funds, paying out yields of less than 5 per cent.

The buzzwords today are "income preservation," and phrases like "the new economy" are no longer even whispered on the show floor. Where once Financial Forum was a homage to greed, today it has become an icon of fear.

And that is why this is my personal reverse barometer - an event that takes what investors probably should not be doing, and puts it on a pedestal. Of course, you can't blame the show



Attract buyers, use the Contact to advertise

FC maintiendra sa contribution à la campagne contre le terrorisme

OTTAWA – On a amorcé le déploiement de la troisième rotation de membres des Forces canadiennes (FC) assignés au détachement de transport aérien tactique (DTAT), au détachement de patrouille à long rayon d'action (Dét PLRA) et à l'Unité de soutien nationale (USN) dans la région du golfe Arabo-Persique. Les quelque 350 militaires, les trois aéronefs de transport CC-130 Hercules et les deux patrouilleurs maritimes à long rayon d'action CP-140 Aurora font partie de l'opération Apollo, la participation militaire du Canada à la campagne internationale contre le terrorisme.

La deuxième rotation du DTAT, qui a quitté la 8e Escadre Trenton (Ontario) en juillet 2002, a commencé à rentrer au Canada au début du mois. Le déploiement de la troisième rotation, qui est composée de mili-

taires de la 8e Escadre Trenton, de la 17e Escadre Winnipeg (Manitoba) et de la 14e Escadre Greenwood (Nouvelle-Écosse), devrait se terminer le 28 janvier 2003. Ceux affectés au Dét PLRA et à l'USN ont été déployés initialement de la 14e Escadre Greenwood et de la 19e Escadre Comox (C.-B.), avec les deux patrouilleurs maritimes à long rayon d'action CP-140 Aurora, à la fin de juin 2002. Depuis leur arrivée dans le théâtre d'opérations, les équipages du DTAT ont inscrit environ 4109 heures de vol opérationnel dans le cadre de plus de 639 missions, et ils ont accompli plus de 92 p. 100 des tâches qui leur ont été assignées. Pendant cette période, les aéronefs du détachement ont livré environ 4,7 millions de kilogrammes de marchandise et amené 5359 passagers à des destinations du théâtre d'opérations. Il s'agit d'une contribution importante à l'ap-

port des forces de la coalition. Depuis leur arrivée dans le théâtre d'opérations, les équipages du Dét PLRA ont effectué plus de 356 missions à l'appui de l'opération Apollo. Le Dét PLRA a assuré une surveillance aérienne essentielle dans la zone d'opérations et a grandement contribué à l'interdiction et à l'arraisonnement de nombreux navires, ainsi qu'à l'inspection de cargaisons de contrebande. Le Dét PLRA a connu un impressionnant taux de succès puisqu'il a complété 98 p. 100 des tâches qui lui avaient été assignées. L'USN, qui a été mise officiellement sur pied le 17 avril 2002, est chargée de fournir des services centralisés de soutien administratif et logistique aux unités des FC déployées en Asie du Sud-Ouest dans le cadre de l'opération Apollo. « Je suis très fier du travail accompli par les hommes et les femmes

de la deuxième rotation au cours des derniers mois. Leur travail acharné a constitué une contribution considérable et essentielle à notre mission de soutien dans le cadre de la campagne internationale contre le terrorisme », a indiqué le Général Ray Henault, Chef d'état-major de la Défense. En plus du DTAT avec trois aéronefs CC-130 Hercules, du détachement de patrouille à long rayon d'action (DPLRA) avec deux aéronefs de patrouille maritime CP-140 Aurora et de l'Unité de soutien nationale (USN) pour offrir des services de logistique, le Canada maintient en place un groupe opérationnel naval formé de deux navires de guerre avec deux détachements d'hélicoptères Sea King embarqués, ainsi qu'un quartier général de la force opérationnelle situé au même endroit que le commandement central des États-Unis, à Tampa, en Floride.

FIT FOR HEART

2nd Annual Ball Hockey Tournament

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

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

For more info or to register call Tammy Topping at local 2822. All donations collected will be given to the Heart and Stroke Foundation

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This Week in Contact

1942--Major note struck in RCAF Station Trenton's ongoing growth and development with the reorganization of Composite Training School. "KTS" as it is popularly known is to be divorced from the Re-Selection process and become an autonomous unit under the Wing Commander's umbrella.

1953/1963--unavailable

1973--Col WG Paisley, Base Commander CFB Trenton presides over the Middleton Park Community Council meeting. MPPC was tasked to "organize and fund recreational events, school crossing guards, animal control, and beautification of the community".

1983--Air Transport Group joins JetPlan, a worldwide flight planning service touting a computerized system whereby users connect portable data terminals to phone lines linking them to a high speed computer capable of up to 50,000 calculations per second.

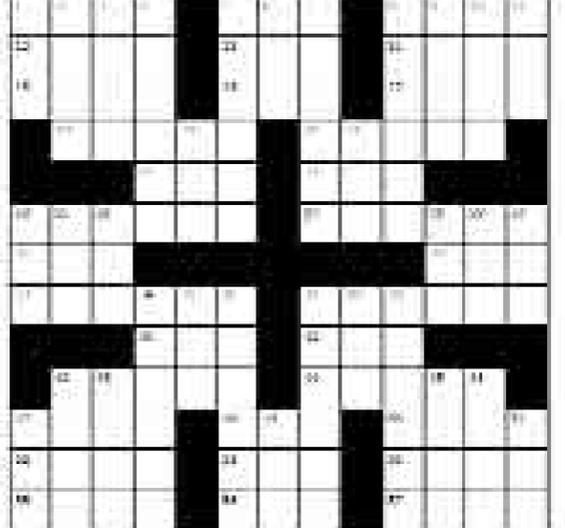
1993--The CC-150 Polaris (Airbus A310) makes it's historic first overseas passenger flight from CFB Trenton, to CFB Lahr, West Germany. Canada's CF-18 fighter jets fly home from West Germany, ending over 42 years of continuous Canadian fighter aircraft presence in Europe.

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

Canadiana Crossword

Rhyme Time

By Denise Rosella and Janet Kitcher



ACROSS

- A kind of sound
- Musical aid
- Hereditary unit
- About aviation
- Hope
- _____ Alberta (sounds like Noyes, Quebec)
- Center of the
- Boomer
- Disc record
- Answer
- Centre
- Sense of self
- Language of
- Fuel station
- _____
- Mr. Lambert
- King, in Katerwackus
- _____ Manitoba (sounds like Parik, Saskatchewan)
- _____ Ontario (sounds like Koster, Manitoba)
- Owl, in Avolite
- Carving stick
- _____
- _____ Ontario (sounds like Forest, Saskatchewan)
- _____ British Columbia (sounds like Page, Saskatchewan)
- Trendy or social follower
- Regulation
- Mature
- French Murphy for new
- Lambert river
- Rhyme
- French acronym
- Spatial

DOWN

- Black or dark hollow
- Golf prop
- Operating system
- _____ Saskatchewan (sounds like Morden, Manitoba)
- _____ Alberta (sounds like Linn, Ontario)
- Meal source
- _____
- _____ British Columbia (sounds like Holden, Ontario)
- Appraise visually
- Tidy
- French
- Black, then
- Metric or imperial prefix
- Carriage lane
- Black, then
- Neither black _____ white
- Talk wrap
- Knapsack, the short
- Wringing
- The most domesticated
- Rim
- Tempt
- Important people, slightly
- Slippery sea
- Steps noisily
- _____ Saskatchewan (sounds like Foss, Newfoundland)
- Leaving inward
- Obvious
- On the sheltered side
- Hockey into Day or Hollis
- Scooter's top
- Sea eagle

HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last

February 2 - February 8

ARIES (March 21-April 19): Do not reveal secret information on the 2nd to those you feel may be untrustworthy. There is deception in the air. Your home environment will be erratic if precautions aren't taken. Financial gains can be made on the 3rd, 4th and 5th. Engage in conversations with people who are in the know. You may run into a past acquaintance on the 6th, 7th and 8th. Be polite but don't divulge what you're up to.

TAURUS (April 20-May 20): Don't let anyone push you beyond your limit on the 2nd. Haste makes waste, whereas a steady pace will pay off. Be firm but pleasant. You will be respected for your honesty on the 3rd, 4th and 5th. Romantic connections can be made or developed. Someone may take you for granted on the 6th, 7th and 8th. Let everything simmer down before you make your move.

GEMINI (May 21-June 20): Your ability to communicate eloquently on the 2nd will draw attention and interest. Don't be afraid to stand up and voice your opinions. You will be well received. Stop before you make a mistake on the 3rd, 4th and 5th. Keep your professional and your personal life separate. Deal with issues on the 6th, 7th and 8th that have been holding you back. It's time to move on to new territory.

CANCER (June 21-July 22): Lovers are likely to cause some upset on the 2nd. Refuse to give in to a shouting match. If you can't avoid the debate, get out and do something that will make you feel better. People from your past may try to get back into your favour on the 2nd, 3rd and 4th. Don't be too quick to forgive. Make your decisions based on facts on the 6th, 7th and 8th. Remember that your choices may impinge on others.

LEO (July 23-Aug. 22): You can make or break a relationship on the 2nd. Be careful not to show your temper when dealing with others. Listen carefully and respond rather than react. You may want to look over and sign some personal papers on the 3rd, 4th and 5th that will affect your future. Your ability to listen and to rely on past experience on the 6th, 7th and 8th will help you make the right choices.

VIRGO (Aug. 23-Sept. 22): Don't get involved with certain people on the 2nd unless you want to risk ruining your reputation. Be discriminating. Channel your energy into your personal projects. Take the initiative and make things happen on the 3rd, 4th and 5th. Everyone will appreciate your sincere effort. Don't turn your back on an investment that is being presented to you on the 6th, 7th and 8th. Money can be made.

LIBRA (Sept. 23-Oct. 22): Get busy making those changes that you have been promising yourself on the 2nd. Quit any bad habits that you've picked up and start fine-tuning your fitness program. Take the time to promote yourself on the 3rd, 4th and 5th. Any extra time you invest in your career will not be wasted. Love is in the air on the 6th, 7th and 8th and you should be involved in activities that will promote romance.

SCORPIO (Oct. 23-Nov. 21): Be upfront about where you've been and what you've been doing on the 2nd. Residential changes will not run smoothly. Try to be patient. Share your knowledge with others on the 3rd, 4th and 5th. Your creative outlook and talent is obvious. Be prepared to take the good with the bad on the 6th, 7th and 8th. Do your own thing and don't expect to get help.

SAGITTARIUS (Nov. 22-Dec. 21): Travel beckons you on the 2nd. Try to find a remote place where you can do a bit of reflecting. It's important to do this in order to get back on track. Investment opportunities are present on the 3rd, 4th and 5th. Positive results will come from the changes you make. Don't sit around stewing about things on the 6th, 7th and 8th. Your best outlet will be physical activity.

CAPRICORN (Dec. 22-Jan. 19): You may find that someone you love needs help on the 2nd with his or her private affairs. Make sure they know you are there for them. Take the time out on the 3rd, 4th and 5th. If you are happy and feel easy, you will attract others to your side. Conjure up a new image on the 6th, 7th and 8th that will help you present yourself and your goals with gusto.

AQUARIUS (Jan. 20-Feb. 18): Don't allow others to play with your emotions on the 2nd. Tell them what you expect out of the partnership. Take heed of the advice given by trusted friends. Don't hold back on the 3rd, 4th and 5th because of your own lack of self-confidence. Believe in yourself. Don't lose sight of your goals on the 6th, 7th and 8th. Mistakes will be made if you don't pay close attention.

PISCES (Feb. 19-March 20): Activities involving large institutions may be depressing on the 2nd. Try not to give in to the melodramas that surround you. Your intuition is strong and you must follow it. Romantic encounters are looking good on the 3rd, 4th and 5th if you get out and involved in a new activity. Rely on yourself on the 6th, 7th and 8th and you will experience the satisfaction of success. You can do it.

Showcase

Congratulations! Félicitations!



MWO E. Dillon
received a promotion to that rank presented by
Maj D. Cockrane, A/CO 426 Sqn



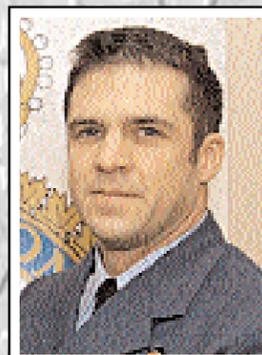
MCpl J.W. Kistner
received his Retirement Certificate,
presented by LCol B. Cooke, CO 8 AMS



MCpl D. Daly
received his Lockheed 1,000 flying hours , pre-
sented by LCol K.J. Shaw, CO ATESS



Capt D. Simpkin
received a promotion to that rank
presented by
LCol G. Smith, CO 429 Sqn



Capt D. Ziprick
received his Southwest Asia
Service Medal
presented by
LCol G. Smith, CO 429 Sqn



Sgt R. Francoeur
received his CD1,
presented by
LCol G. Smith, CO 429 Sqn

There are many promotions and awards presented each month at 8 Wing Trenton. Contact is pleased to showcase the accomplishments of our people.

To ensure excellent quality photos on this page, please read page four, "Submissions to Contact" to find out the best way to provide quality electronic photos to Contact staff or submit your photos to be scanned. You may also enclose a paragraph explaining the presentations ceremony to be displayed in the "Congratulations" box. Presentations will be published as soon as possible by the Contact. Please label the back of the photo with full name of presenter and person receiving award.

Also include local and name of contact for further questions.

Questions may be directed to **Rorrie MacDonald**

**at local 3976 or
8 Wing E-mail: MacDonald.3@forces.ca**

Showcase

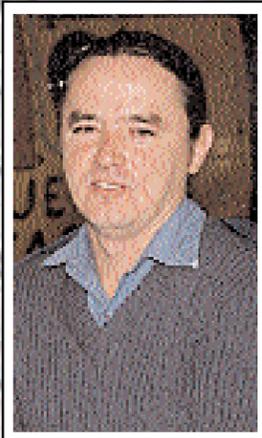
Congratulations! Félicitations!



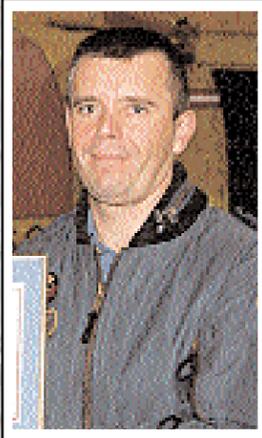
Sgt G. Maidment
received his Certificate of Service
presented by MGen M. Dumais, Commander, 1CAD



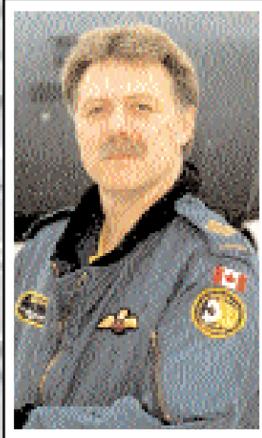
MCpl K. Fournier
received her promotion to that rank
presented by LCol L. Bouchard, CO 424 Sqn



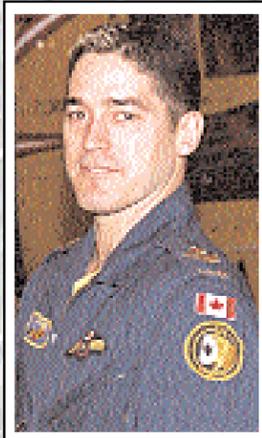
MCpl J. McGill
received his
Certificate of Service
presented by
LCol L. Bouchard, CO 424 Sqn



MCpl B. Wentzell
received his
Certificate of Service
presented by
LCol L. Bouchard, CO 424 Sqn



Sgt D. Church
received a
promotion to that rank
presented by
LCol L. Bouchard, CO 424 Sqn



Sgt R. Spragg
received a
promotion to that rank
presented by
LCol L. Bouchard, CO 424 Sqn



MCpl E. Fowler
received a
promotion to that rank
presented by
LCol L. Bouchard, CO 424 Sqn



Sgt D. Rainbird
received a promotion to that rank
presented by LCol L. Bouchard, CO, & MWO J. Morin, 424 Sqn



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ANNOUNCEMENTS

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.

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.

LADIES NIGHT!
FEB 1ST 1/2 PRICE!
& LADIES YOU PICK the music!!!
Following week..(Feb 8th) *Singles Valentine's Dance!* Belleville Legion
9pm 392-9850



Birthday Wishes

In knitted boots and a primpy flying suit
A military pilot?? with a face this cute??
No way is what you're thinkin'
but it's absolutely true
He would become the A3 and
change his flying suit to blue.

The haircut has remained the same;
the walk is still a poke
He's changed his little rattle for a C130 yoke.
The legs are a little bigger,
the biceps sure have grown
But the smile is just as big
as we have ever known.

So if you're walking through Wing Ops
and you notice something new
It's the A3 out of diapers and knitted flying boots
Wish him Happy Birthday - He's 51 today
If Sandy hasn't reminded him, he'll have forgotten
anyway!!

Happy Birthday LCol Maziarski
from the gang at WOps



Happy Birthday Chris

The smoke detectors were working overtime in the WOR when Sgt Dave Myers paid a surprise to his wife, Pte Christine Myers.

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Antique TV from late 1950's. \$20 will work with tube replacement
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Nina 3736
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FOR SALE

White metal single over double bunk bed with mattresses. Hardly used. Paid \$399 selling for \$150
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Real Estate

Household cleaning tips

(NC)-Here are some tried and true, quick cleaning tips from your friends at Dirt Devil.

- No time for thorough dusting? Grab a used dryer sheet and quickly sweep away visible dust from furniture, shelves and the television.

- Grab your upright vacuum and go to work in the room that your guests will be in the most during their visit. A few passes with a vacuum and you'll have the place looking spotless in no time.

- To give your toilet and sink a quick pick me up before company comes over, keep a tub of off-brand, inexpensive baby wipes in the bathroom. Grab one, wipe down the toilet and sink and toss it in the trash. They are moist and clean with no rinsing.

- To hide any unpleasant odor and to make your house smell warm and inviting, light a candle before your guests arrive.

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