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• March 12, 2004 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 39 Issue Number 11 •

Celebrating 100 years of medical service in the military



Photo: Cpl Gayle Wilson, 8 Wing Imaging

Lieutenant Colonel Bill Lewis, Acting Wing Commander, lights the torch for the Medical Services Snow/Mud Day, held behind the Wing Hospital to celebrate the 100 year anniversary of medical services in the military.

by Laurie McVicar
Assistant Editor
(with files from CF Health Services)

Members of the hospital, social work office and dental unit joined together for an afternoon of fun last Friday to commemorate the 100th anniversary of Canadian Forces Health Services, dubbed OP Celebration.

The afternoon featured several sporting events, cake, and kudos from the Acting Commander of 8 Wing/CFB Trenton.

"As a medical community, the tempo you've been doing lately has been phenomenal. If you look at the traffic as we're about to enter another roto, we have

even more fun about to come our way," said Lieutenant-Colonel Bill Lewis. "I think it's wonderful that you're taking the time to think about things other than patients and the other demands that are placed on you each day. We really appreciate everything you do in support of all operations."

"This is an important time for some of us. For the folks who are just coming into the system, you have a nice future ahead of you. There're a lot of changes coming. For those of us who have been around for a few years, the changes are all good," said Cpl Tim Masson, event organizer.

"I think this is the right time to celebrate our suc-

cesses," said LCmdr Murray Doggett, CO of 24 Health Services. "Today is all about spirit and all about fun."

"For the past century, Canadian military health care personnel have provided significant medical service to Canadian soldiers serving around the world and at home. They have participated in WWI, WWII, the Korean War, the Gulf War, the international campaign against terrorism, domestic operations, and dozens of international peace-support and humanitarian operations," noted Brigadier-General Lise Mathieu, Director General Health Services in a recent publication dedi-

See Medical, Page 5

CF Personnel to deploy to Haiti: MND

OTTAWA – The Minister of National Defence, the Honourable David Pratt, announced March 5 that the Canadian Forces will deploy about 450 personnel and six helicopters to Haiti as part of the United Nations Multinational Interim Force to assist in bringing stability to the country.

Elements of the Second Battalion, The Royal Canadian Regiment based in Gagetown, New Brunswick, the Canadian Forces Joint Operations Group in Kingston, Ontario, and 430 Tactical Helicopter Squadron based in Valcartier, Quebec, will commence deployment to the Haiti region within the next week. Hercules and Polaris aircraft based at 8 Wing, Trenton, Ontario, will provide airlift support for this deployment. This operation is scheduled to last for approximately 90 days.

"Although our resources for new operational deployments are indeed limited, the Canadian Forces is contributing what it can to support our commitment to this multi-national effort," said Minister Pratt. "It is through the dedication and professionalism of our men and women that we can meet this challenge."

"Canada is proud to participate in this multinational effort that will help create a secure environment to pursue a constitutional process to restore democratic governance in Haiti," said the Minister of Foreign Affairs, the Honourable Bill Graham. "The earlier work of the Caribbean Community (CARICOM) and the Organization of American States (OAS) serve as the foundations for the current efforts to rebuild Haiti's institutions that will provide a better future for all

Haitians."

"The Canadian Forces has built its reputation on its ability to meet challenges head on and to rise to the occasion," said the Chief of the Defence Staff, General Ray Henault. "Our members have demonstrated time and again their commitment to help bring peace and security to those in need."

These forces are in addition to the support that the Canadian Forces have already provided to Haiti. At the request of the Department of Foreign Affairs, the Canadian Forces dispatched personnel to assist with emergency contingency plans and security measures. Additionally, a number of CC-130 Hercules aircraft facilitated the voluntary departure of Canadian civilians and others in the absence of commercial flights.



Photo: Cpl Gayle Wilson, 8 Wing Imaging

The Snow/Mud Day for 8 Wing Hospital members saw the Pylons herculean efforts pay off in the tug of war. Their strength prevailed over the two other teams in the competition.



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New AVN Tech Course starts

by Major Serge Côté, CFSATE

On 5 February 2004, the Canadian Forces School of Aerospace Technology and Engineering (CFSATE) started the

Pilot Course for the new Aviation Technician (AVN) 514 course.

This course is the result of an extensive Design and Development effort, which took place over a 19-month period. The re-design was undertaken following an occupational analysis, which identified the requirement for electrical content and, most significantly, confirmed the need for enhanced practical training in diagnosing and troubleshooting aircraft snags.

When all the required training aids have been procured, this new course is estimated to be 16 months in duration. Until such time, however, the Pilot Course and follow-on courses are expected to be approximately 12 months in length.

Of note, the original course was seven months in duration with 30% of time spent on practical training. The new course dedicates 60% of time to practical training. It is hoped that this comprehensive increase in practical training in the Schoolhouse will enhance technician training and result in an overall reduction in the On Job Training (OJT) burden at the operational units.

With 14 serials per year and the longer AVN course, there will be up to 21 AVN serials in house at CFSATE at any given time. This will have a significant impact on CFSATE resources. The Air Division has been highly supportive in all aspect of these additional requirements, especially with regard to modern training aids and associated technology. To that end, 1 CAD HQ has established an Air Technician Renewal Project, with the aim of increasing the quality of training being delivered at CFSATE. As part of this renewal activity, a separate project has also been established for the acquisition of the training aids required to support the practical training.

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Cpl Northcotte and Pte Mills are working on 21 Hgr Lab Spare 100% Stocktaking. Wing Supply Military Personnel have been working a 24/7 rotating shift schedule for seven straight days to conduct the 100% stocktaking on all aircraft spares, in preparation for MASOP. Thanks to the hard work of these two and of over 25 others, Wing Supply completed this immense task ahead of schedule.

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by SYLVAN CHOMET

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THIS DAY IN HISTORY

March 12, 1919—The '43rd Canadian Infantry Battalion' leaves Liverpool, England, for Canada aboard S.S. Baltic .

March 12, 1940—Ernest Frost of the RCAF is awarded the George Cross for his actions at R.A.F. Station, West Raynham, England.

March 12, 1945—An aircraft from No. 6 Squadron shoots down a Japanese fire balloon near Rupert Arm, B. C.

March 12, 2000—Official end of operations for members of the Royal 22e Regiment with the UN force in East Timor.

News we can use? Call local 7005 or 3978 for coverage or to submit an article.

JR RANKS MESS

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|---|-----|--|-----|
| 7 | 8 | 9 | 10 | 11 | TGIF ¹² 1700 hrs Wings Sports/Pool | 13 |
| 14 | 15 | 16 | Happy ¹⁷ St. Patrick's Day!  | 18 | TGIF ¹⁹ 1700 hrs Children & Ultra Sports/Electro All Ranks St. Paddy's Dance Astra Lounge | 20 |
| 21 | 22 | 23 | 24 | 25 | TGIF ²⁶ 1700 hrs Pizza Sports/Pool | 27 |
| 28 | 29 | 30 | 31 | | | |



MARCH

2004



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Search & Rescue UPDATE



It was a very quiet week for search and rescue at 424 Squadron, with no call-outs to report.

Missions for 2004: 19 Missions for Mar.: 2 Persons rescued: 0

All Ranks

St. Paddy's Dance

March 19th 2004



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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.

The Contact Staff

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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.gc.ca

Intranet: LeBlancAL@CFBTrenton@Trenton

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



A Military Community Newspaper



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



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message from the

Editor

Well, it is with enormous relief and great satisfaction that I announce that the 2004 8 Wing / CFB Trenton Welcome Directory is all but done.

As I write this, the final touches are being made to the 80-plus page book, produced each year by those of us at The Contact. It is wholly a group effort, involving not just every member of the Contact staff, but also every squadron and unit, and civilian agency and entity here at 8 Wing/CFB Trenton.

It is a huge job, but one that is of tremendous benefit (I hope) to those new to Trenton. The book provides an excellent overview of what this place is all about--the important work that gets done here on a daily basis, and the terrific quality of life programs and services in place for those people who carry out that work.

I would remiss if I didn't thank everyone for their support and contributions to this annual publication--all the COs (or their designates) for their submissions, WCol Capt Michelle Heroux for key translation assistance, MCpl Louise Fagan for her French proofreading expertise, the incredibly hard working Contact staff (special thanks to intern student Adriana Galeota), and of course all of the advertisers who recognized the real value of this book and, through their advertising dollars, made the publication possible.

Canadiana Crossword

Terms of Endearment

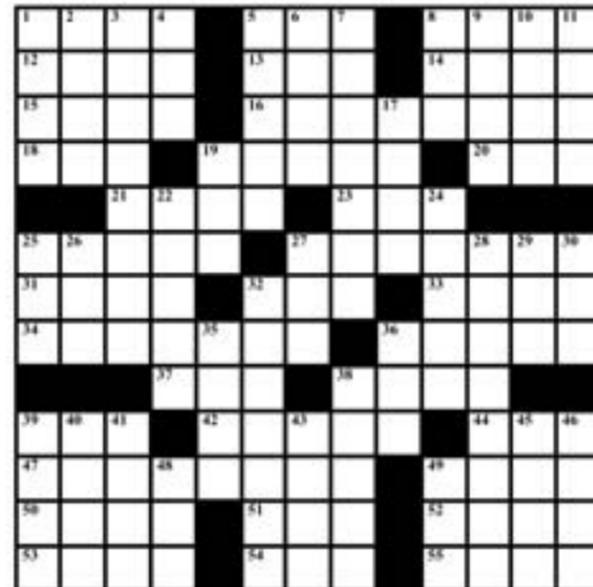
By Bernice Rosella and James Kilner

ACROSS

- 1 Child's' game
- 5 Tell
- 8 Middle European
- 12 Precious
- 13 ___ de cologne
- 14 Flowering tree
- 15 Receptors
- 16 Cherished
- 18 Film rating
- 19 Partner of blood, on occasion
- 20 Madame, abbr.
- 21 Pickford or Poppins
- 23 A grown woman, socially
- 25 Pain
- 27 Sweetheart
- 31 Clod
- 32 Lad
- 33 Teen terrorizer
- 34 Paralysis
- 36 Circle
- 37 Sun god
- 38 Chop up
- 39 Ember
- 42 Love
- 44 Stumblebum
- 47 Interrupt a journey
- 49 Make well
- 50 Pile
- 51 Fruit salt trademark
- 52 Bewildered
- 53 Place in a parliament
- 54 Hideaway
- 55 Rhythm

DOWN

- 1 Brainwave
- 2 Sargasso and Marmora
- 3 Lover



- 41000 and 2000 e.g.
- 5 Respond
- 6 Swiss river
- 7 Weekday
- 8 Slalom
- 9 Threaten
- 10 Astringent
- 11 Jar
- 17 Precieux
- 19 Cook
- 22 Wagers
- 24 Tedium
- 25 Matterhorn, for one
- 26 Tibetan Gazelle
- 27 MS ___
- 28 Refrigerator's predecessor
- 29 Compass pt
- 30 Goop
- 32 Honey
- 35 Manhattan art district
- 36 Druthers
- 38 Shore bird
- 39 Vipers
- 40 Eye infection
- 41 Israeli dance
- 43 Spanish baby
- 45 Region
- 46 Exploit
- 48 Sweetie
- 49 Taxi



This Week in Contact

1974--Elements of the 2nd Combat Group from Petawawa, Ontario flew to Norway to take part in Exercise Argus Express. The small-scale NATO exercise will involve around 125 Canadians, who will fly over with supplies in aircraft of Air Transport Command, from Trenton, Ont. The exercise is designed to review alerting, deployment, and command and control procedures. There will also be other countries involved with the exercise including Britain, Italy, Norway, and the United States.

In 1970 the government of Canada published a White Paper on metric conversion and set forth a general policy. It stated that the government believes that the metric system is an inevitable and desirable addition to Canada. This year of '74 has been designated as a period when problems with the system will be enumerated.

1984--Avalanche Express 84 will involve 25,000 soldiers, air and ground crews to operate over 300 airplanes, and thousands of sailors to man over 100 ships. The purpose of exercise Avalanche is to show the other side that NATO countries can get it together. Not too distant from their objective is Severomorsk near Murmansk on Barents Sea, a major Soviet submarine base. But in case of an international crisis, the Allied Command Europe Mobile Force would be dispatched to Norway to demonstrate our determination to protect our friends.

1994--Current and retired members of the Canadian Forces, and civilian personnel, can now qualify for gold star membership at Costco.

Created by Lt J. H. MacDonald
 (Compiled by Kevin Leahy)





Medical services, cont. from Page 1

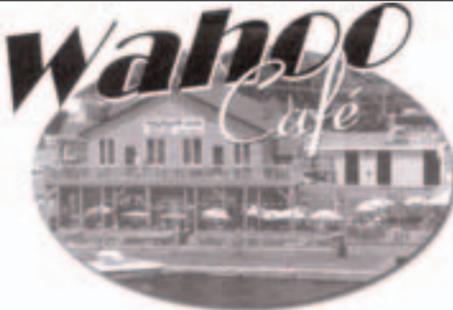
-cated to OP Celebration. In 1904, The Canadian Army Medical Corps was founded, integrating medical officers (who were attached to Canadian Army units), members of the Canadian Army Nursing Service, and medical orderlies in a unified command and control structure. "More than one hundred years ago, they were individually recruited stretcher-bearers or regimental doctors and nurses. Today, we are a team of professionals ready to answer the needs of every aspect of a member's well-being, from health promotion to physical and spiritual rehabilitation, in case of injury, while contribut-

ing in maintaining a highly operational force. In both areas of in-garrison health care delivery and operational health support, the Canadian Forces Health Services have gradually made new resources available to CF members: pharmacists, physiotherapists, social workers, mental health professionals, health promoters, case managers, etc. are now part of the CFHS community," stated BGen Mathieu "Four years ago, another journey of renewal has started with the launching of the Rx2000 reform initiative that aims at repositioning the CF health care system to be patient-focused, accessible and capable of meeting the needs of CF

members...Providing health in the 21st century holds many challenges. This is why the CFHS have adopted a proactive approach to meet the unique needs of those who serve anytime, anywhere, and is now leading the way in more than one area of health care."



Photo: Cpl Gayle Wilson, 8 Wing maging



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The time is now for Baby Boomers to diversify

As advertised, the elves at the Bank of Canada did their thing last week, dropping the cost of money yet again. The prime rate now stands at 4 per cent, just a quarter point higher than

the lowest point in history. Variable rate mortgages are available at 3 per cent (or even less, on an introductory basis), and houses are nice and affordable, despite recent price increases.

At the same time, the real estate mania continues. The latest gas to be poured on the fire came from the spigot of Canada Mortgage and Housing Corporation, which will now finance your home purchase even if you have no money for a down payment. This is highly revolutionary for an outfit that a few years ago would shun anyone who did not have 25 per cent of the purchase price in hard cash.

But it's a sign of the times. It's been two decades now since a house assumed the crowning position it is currently in. Today, overwhelmingly, Canadians are keeping the bulk of their net worth in one asset, on one street, in one town. It is the ultimate lack of diversification, and yet the common mythology is that real estate is far less risky than, say, a equity mutual fund based on the performance of dozens or hundreds of companies.

Last week I wrote here about how this could all end badly for those people--especially the pitiful, aging Boomers like me--who think our environment of low rates and high real estate will be permanent. Given our lack of retirement pre-

it's your Money



Garth Turner

paredness, there will be a lot of people forced to bail out of their houses a decade or more from now in order to get what we all need to live on--cash. This could mean more sellers than buyers and falling prices, especially in a climate of rising interest rates.

I first worried aloud about this 10 years ago, in a book meant to scare the pants off Baby Boomers. I suggested that smart people should be diversifying out of their real estate by borrowing against it to invest in financial assets like stocks and mutual funds, held for the long term.

That strategy had some cache in the late Nineties when the technology bubble had markets spiraling to new highs, but in the bleak years since Nine Eleven, the rush has been from equities back behind the blinds of a house.

Well, now that interest rates have crashed, stock markets have recovered and real estate is testing a new cyclical high, I think it's time prescient investors revisited this whole asset mix thing. If you are like most of your neighbours, then your RRSP is skinny, your mortgage is fat and your big plan is to pay off your house before your career flatlines. If you're one of the lucky ones, then you've already built up a whack of equity in your home.

So, now what? If you sell the house when real estate is hot, it just costs you an obscene amount to buy another home. If you wait until the market cools, you'll get less money for your property, and still have to live somewhere. If you think you'll stay put and figure it all out in a future decade, you're gambling.

So, maybe there is a better way. You can live in your home, and be building up a serious retirement nestegg of financial assets at the same time, while also creating a significant tax savings. This is the potential wisdom of a home equity loan. Every major financial institution will lend you money at the prime rate for investment purposes when you use your home as collateral.

That means borrowing at just 4 per cent to invest in assets like stocks and mutual funds. Remember--the stock market went up about 20 per cent last year, and the normal annual appreciation over the last few decades has been close to 10 per cent.

Sure, we get a few turkey years of losses every so often, but markets go up far more often than they decline.

That means a 50-something Boomer borrowing against real estate at just 4 per cent has a good chance of growing money in an impressive fashion in the 15 years he or she has until retirement beckons. Will your house continue to appreciate at 10 per cent a year, every year for the next 15? That would put a \$300,000 home today at \$780,000 in 2014 and \$1,253,000 in 2019. Of course, houses are only worth what buyers will pay--and that's determined by family income and the cost of money. Unless you see the mother of all economic booms in the near future, this is totally unrealistic.

On the other hand, the TSE 300 index was at 4,000 a decade ago and today is double that--despite the collapse of Nortel, the dot-com bust, Nine Eleven, the Asian Flu, Y2K, the War on Terrorism, SARS and Mad Cow and even Martha Stewart. So why not borrow against at least a little of your home equity to get cash to invest in something that will give you more certain capital growth? And did I mention the interest you pay on this borrowing is 100 per cent deductible against your taxable income? If you're in the 50 per cent tax bracket, then a 4 per cent home equity loan really costs you 2 per cent, at a time when money is eroding by 1.5 per cent, thanks to inflation.

Borrow money at one half of one per cent to invest in growth assets? Pinch me. I'm dreaming.

Garth Turner's Investment Television airs Sundays on the Global network.

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Your Family's Health Care Needs

Posted to Trenton, but still looking for a family doctor? Frustrated by long waiting lists in the Quinte area? The military chain of command is aware and would like to help. BUT we need more information!

Other bases have tried various different initiatives to address this issue. Here at 8 Wing Trenton, several solutions are being looked at, one of them being the possibility of sponsoring the creation of a health care facility specifically for military family members. However, your input is needed to determine if there truly is a problem finding a family doctor in this geographical area, and if so, what might be the best solution.

As a result, very shortly, a survey will be distributed to each military family through the MFRC, asking about your family's health care needs. This information is completely confidential and will be used to assess the overall medical needs of the military community. If this issue is important to you, please don't toss the survey out with the junk mail. Instead, take the time to respond. It could make all the difference to your family's health care. And that's important to everyone!

Les besoins en soins de santé de votre famille

Vous êtes muté à Trenton, mais vous cherchez encore un médecin de famille? Êtes-vous frustré par les longues listes d'attente dans la région de Quinte? La chaîne de commandement militaire se soucie de vos besoins et veut vous aider. MAIS nous avons besoin de plus de renseignements!

D'autres bases ont essayé diverses initiatives pour venir à bout de ce problème. À la 8e Escadre Trenton, nous étudions plusieurs solutions potentielles, dont la possibilité de créer une clinique médicale à l'usage exclusif des familles militaires. Nous avons cependant besoin de vous pour déterminer s'il est vraiment problématique de trouver un médecin de famille dans la région, et si oui, comment résoudre le problème.

Par conséquent, on distribuera très bientôt à chaque famille militaire, par l'entremise du CRFM, un sondage sur les besoins en soins de santé de votre famille. Les renseignements recueillis seront traités en toute confidentialité et serviront à évaluer les besoins en soins de santé de la communauté militaire. Si cette question vous tient à coeur, ne jetez pas le sondage à la poubelle. Prenez plutôt le temps d'y répondre. Qui sait, cela pourrait contribuer grandement à améliorer la qualité des soins de santé pour votre famille. Et ça, c'est important pour tout le monde!

Treat electricity with respect



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

Electricity is a form of energy that is essential to our daily lives. However, it can be very dangerous if not treated with respect and used in a safe manner.

Electricity will always try to find the shortest and fastest way to the ground. If you happen to interrupt the flow of electricity by touching a live wire, the electricity will run through you and into the ground, giving you an electric shock that could be fatal.

Remember that electricity and water don't mix. Water is an excellent conductor of electricity. People can die if they come into contact with electricity while they're wet or standing on something wet.

Electricity enters your home from the electricity meter then runs into the electrical panel. From the main panel, it branches into separate circuits to supply different parts of the home with power. Large appliances will likely have their own circuits.

Circuits are protected by circuit breakers or fuses in the electrical panel. You use individual switches or remove individual fuses in the panel to shut off power to different circuits. The panel also has a main switch that shuts off the power to the entire home. The main switch may be a lever, fuse

pullout, or circuit breaker. In case of a fire or flood, if possible, shut off the power to the entire building.

It's a good idea to become familiar with the inside of your main panel. Mark the breakers so you know which breaker controls which circuits. You may have to experiment to find this out. Make sure you mark the main switch as well, so you can find it if you have to.

A ground fault circuit interrupter or GFCI is designed to protect you from a dangerous shock. You usually find GFCIs in the bathroom, in the kitchen, or outside.

If you're standing on a wet floor and using a curling iron with a faulty cord, the electricity from the cord could flow through you into the ground. You could receive a serious shock or even be killed before the fuse blows or circuit breaker shuts off, if it shuts off at all. A GFCI recognizes the misdirected current and shuts off the power almost instantly before the current can harm you.

It's a good idea to replace any standard electrical outlets with GFCI outlets around the kitchen sink, and in bathrooms, garages, unfinished basements, and outdoor locations. Check with an electrician about installing these outlets.

When unplugging a cord, grasp the plug at the outlet. Don't pull on the cord; you can damage it. Damage to the cord may not be obvious.

Throw away damaged plugs or cords that are, for example, beginning to wear through.

Never cut cords that are plugged in. Remember this when you're using electric

mowers, hedge trimmers, and other electrical appliances. Keep control of the cord.

Don't allow extension cords to take the place of permanent wiring in your house or garage. If the cords are worn through or damaged, don't use them.

The insulation around extension cords placed under carpets can wear out without your noticing. This can cause a fire or a shock.

Plugging several extension or appliance cords into one outlet can be dangerous, as this can overload the circuit or cause a fire.

Don't remove the third prong of a plug to make it fit a two-pronged outlet. This third prong is connected to the ground wire that safely redirects electricity to the ground if the cord is faulty. If you bend or remove this prong, you're removing an important safety feature.

Extension cords that are designed for indoor use shouldn't be used outdoors for such things as plugging in your car or Christmas lights. They can't withstand outdoor conditions and will become damaged quickly.

Electrical tape doesn't adequately repair cords. If the cord is damaged, replace it, or have it repaired by a qualified tradesperson.

Most kitchens contain major and small countertop electrical appliances as well as a sink with running water. Here, particularly, remember that electricity and water don't mix. A few things to keep in mind about electrical appliances:

Only use appliances with a UL label. In Canada, look for the ULC or CSA label. Keep appliances in good working order. Loose plugs, worn wires and switches can be hazardous.

Pet Particulars

A home for Frostbite?

My name is Frostbite. I am a big neutered male cat who was found frozen almost to death in the snow bank. As you can see, my ears have been cut off (they were frostbitten so bad they were falling off) and my tail has been cut off half way due to frostbite as well. I am very affectionate boy and will cuddle for hours.

Do you have a safe, loving and WARM home to share with me? For more information call the Quinte Humane society at 968-4673 or send an email to macylu@sympati-co.ca.



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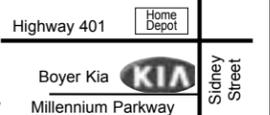
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- Supper: 1600 - 1830 hrs

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Between Meal Hours:

Self-serve items including all beverages, deserts, fruit, yogart, and cereal will be available.

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Fitness, Sports & Recreation

Noon Hour Hockey League wraps up another season



Photo: Andrea LeBlanc, Contact

Top Row (l-r): Cpl John Burton, Cpl Marty LaBoeuf, Cpl Rob Morgan, MCpl Richard Bray, Capt Richard Dumais, MCpl Gilles Gauvreau. Bottom Row: Cpl Guy Girardeau, MCpl Rob Kennedy, MCpl Dave Cameron, Cpl Rocky Hollywood.

The Noon Hour Hockey League (NHL) draws to a close with the final game seeing the Blue team playing the Gold team.

The final game was a hard fought, fast paced match with the Gold team winning with a score of 5-4 over the Blue team. The winning team, MCpl Dave Cameron, MCpl Rob Kennedy, MCpl Richard Bray, Sgt Ben Clifton, Cpl John Burton, Cpl Stephene Dionne, Pte Ryan Doyle, Capt Martin Dufour, Capt Richard Dumais, MCpl Gilles Gauvreau, Cpl Guy Girardeau, Cpl Rocky Hollywood, MCpl Steve Leblanc, Cpl Martin Laboeuf, Capt Paul Moore, Cpl Rob Morgan, Sgt Stephene Rousselle. The NHL and Individual Standings are as follows:

| Regular Season Team Standing | | | | | | |
|------------------------------|----|-----|------|-----|--------|-------|
| Teams | GP | Win | Loss | Tie | Points | Place |
| Blue | 24 | 19 | 2 | 3 | 41 | 1st |
| Gold | 24 | 13 | 10 | 1 | 27 | 2nd |
| Maroon | 24 | 10 | 10 | 4 | 24 | 3rd |
| Black | 24 | 7 | 14 | 3 | 17 | 4th |
| Red | 24 | 5 | 18 | 1 | 11 | 5th |

| Regular Season Individual Top Ten Standings | | | | | |
|---|--------|-------|---------|--------|--|
| Name | Team | Goals | Assists | Points | |
| Baillie | Maroon | 17 | 26 | 43 | |
| Fitzgerald | Blue | 27 | 15 | 42 | |
| Dumais | Gold | 17 | 24 | 41 | |
| Howland | Blue | 20 | 20 | 40 | |
| Lloyd | Blue | 16 | 19 | 35 | |
| Jerrett | Blue | 13 | 21 | 34 | |
| Dufour | Gold | 16 | 17 | 33 | |
| Morris | Maroon | 17 | 13 | 30 | |
| Burton | Gold | 18 | 11 | 29 | |
| Austin | Blue | 10 | 19 | 29 | |

US Floor Hockey League Standing as of 3 Mar 04

After 18 weeks of play, the WLEO team is dominating the league with 16 wins with 911 and CPC in a close race for second place.

| Teams | GP | Win | Loss | Tie | Points |
|--------|----|-----|------|-----|--------|
| WLEO | 18 | 16 | 1 | 1 | 33 |
| 911 | 18 | 10 | 5 | 3 | 23 |
| CPC | 18 | 10 | 7 | 1 | 21 |
| 8 AMS | 18 | 5 | 10 | 3 | 13 |
| Postal | 18 | 5 | 12 | 1 | 11 |
| WTISS | 18 | 3 | 14 | 1 | 7 |

Individual Standing

| Best Goalies | | | Team |
|-----------------------|-----------|--|-------|
| 1. Louis Messier | AVG: 2.63 | | WLEO |
| 2. Roger Wallis | AVG: 4.00 | | 911 |
| 3. Phillippe Blouin | AVG: 4.75 | | CPC |
| Top Scorers | | | Team |
| 1. Stephane Carriere | GOAL: 32 | | WLEO |
| 2. Bruce Mathews | GOAL: 31 | | CPC |
| 3. Don Doyle | GOAL: 23 | | CPC |
| 4. Daniel Parent | GOAL: 20 | | 8 AMS |
| 5. Stephen Bouthiette | GOAL: 16 | | WLEO |

WHL Standing as of 8 Mar 04

With 10 games to go in the regular season, the standings in the A Div is very tight between the top three teams and very tight between the top four teams in the B Div.

| A Division | | | | | |
|--------------|----|----|---|-----|-------|
| Team | W | L | T | PTS | Place |
| CPC | 12 | 3 | 1 | 25 | 1st |
| ATESS | 11 | 5 | 2 | 24 | 2nd |
| Blue Express | 10 | 4 | 2 | 22 | 3rd |
| 424 Sqn | 6 | 8 | 2 | 14 | 4th |
| 436/429 Sqn | 3 | 11 | 1 | 7 | 5th |
| 911 | 3 | 14 | 0 | 6 | 6th |
| B Division | | | | | |
| Team | W | L | T | PTS | Place |
| WCE | 10 | 3 | 2 | 22 | 1st |
| 8 AMS | 9 | 3 | 3 | 21 | 2nd |
| ATMS | 9 | 7 | 0 | 18 | 3rd |
| 8 ACCS | 8 | 5 | 2 | 18 | 3rd |
| Work Shop | 5 | 13 | 1 | 11 | 5th |
| WTN | 1 | 11 | 4 | 6 | 6th |

Youth Strength and Conditioning Seminar

If your son or daughter is between the age of 13 to 17 and would like to be more involved with an exercise program plus have access to the strength and conditioning rooms at either the Base Gym or the Rec Plex, this workshop is a must.

The Fitness and Sports Flight will be conducting another Youth Strength & Conditioning Seminar during the March break on Friday

the 19th from 1330 hrs until approximately 1530 hrs.

The course will explain the benefits of training with weights, proper methods to warm up/cool down, weight room rules and etiquette, various types of training for different results, the

importance of proper technique and much, much more!

A PAR-Q and parental consent form will need to be filled out prior to the seminar. Cost is \$20.00 per participant.

For more info please call local 3467 or 3328.

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Jungle Cat World Show

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Cpl G.T. DeNoble-Torfason
received her CD1, presented by Maj J.F McGrath, CO 2 Air Mov Sqn.



Cpl J.J.R. Lebeau
received the Queen's Golden Jubilee Medal, presented by Maj J.F McGrath, CO 2 Air Mov Sqn.



MCpl J.A. Snow
received a promotion to that rank, presented by Maj J.F McGrath, CO 2 Air Mov Sqn.



MWO J.G. White
received his Flying Certificate for 2000 Hrs on the CC150 Airbus, presented by Maj J.F McGrath, CO 2 Air Mov Sqn.



MCpl R.H. Simms
received his CD, presented by Maj J.F McGrath, CO 2 Air Mov Sqn.



Sgt M. Desgagne
received his Canadian PeaceKeeping Medal and his NATO Medal, presented by LCol D. Murphy, CO 437 Sqn.



Sgt M. Stoddard
received the Queen's Golden Jubilee Medal, presented by LCol D. Murphy, CO 437 Sqn.



Sgt M. Roy
received his NATO Medal, presented by LCol D. Murphy, CO 437 Sqn.



Cpl N. Bonnier
received her NATO Medal, presented by LCol D. Murphy, CO 437 Sqn.



Capt R. Harper
received the Queen's Golden Jubilee Medal, presented by LCol D. Murphy, CO 437 Sqn.



MCpl E. Rioux
received the Queen's Golden Jubilee Medal, presented by LCol D. Murphy, CO 437 Sqn.



Cpl P. Bertrand
received his NATO Medal, presented by LCol D. Murphy, CO 437 Sqn.



LS D. Ledrew
received her Non Article 5 NATO Medal, presented by LCol D. Murphy, CO 437 Sqn.



Sgt P. Robert
received the Queen's Golden Jubilee Medal, presented by LCol D. Murphy, CO 437 Sqn.



Cpl R. Hillier
received his Canadian PeaceKeeping Medal and his NATO Medal, presented by LCol D. Murphy, CO 437 Sqn.



LS T. Harris
received her Wings, presented by LCol D. Murphy, CO 437 Sqn.



Sgt S. Zivkow
received his Wings, presented by LCol D. Murphy, CO 437 Sqn.



Cpl M. Latulippe
received her Wings, presented by LCol D. Murphy, CO 437 Sqn.



LS D. Sigouin
received his Wings, presented by LCol D. Murphy, CO 437 Sqn.

SHOWCASE

Congratulations! Félicitations!



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
March 14 - March 20

ARIES (March 21-April 19): You'll have to have a thick skin on the 14th and 15th. Criticism can be constructive. Be professional and adapt to whatever changes are required. You will be able to make financial gains through people you meet at an organizational event on the 16th, 17th and 18th. You will obtain valuable information that will lead to talks, deals or even an important partnership. If you don't circulate, nothing will be accomplished. Don't get all emotional on the 19th and 20th about something you can't do anything about. Look over personal papers and take care of any matters that pertain to your home and surroundings.

TAURUS (April 20-May 20): Someone you meet on the 14th and 15th could turn out to be more than just a friend. Opportunities are opening up for you, so be prepared to take advantage of them. Someone from your past may take you by surprise. Don't let obstacles hold you back on the 16th, 17th and 18th. Prepare to take whatever course of action is required to get you where you want to go. You may feel compelled to raise some issues. Be prepared to deal with some answers you aren't expecting. Romantic opportunities will develop on the 19th and 20th if you take part in a community event. Favours will be granted if you need help.

GEMINI (May 21-June 20): Taking care of the responsibilities of someone older and dear to your heart may be necessary on the 14th and 15th. You should also be taking better care of yourself. Changes to your home should ease your stress. Taking in information will be your game plan on the 16th, 17th and 18th. You may find yourself in a position to help others have a better understanding of what it is you are trying to accomplish. Love connections can be made. Don't let situations get blown out of proportion on the 19th and 20th. If you are too quick to accuse someone of something, you may make yourself look bad.

CANCER (June 21-July 22): Focus should be on partnerships and compromising to make them work better on the 14th and 15th. Love can develop and commitments can be made if you are earnest about what your intentions are. A joint venture may entice you on the 16th, 17th and 18th, but check out all the particulars with a fine-tooth comb. It's best to go it alone if money is involved. Romantic encounters or chance meetings with someone from your past are evident on the 19th and 20th. Don't delay getting in touch with someone if he or she has been on your mind. It's time to revive some of the things from your past.

LEO (July 23-Aug. 22): Take hold of your life on the 14th and 15th and make whatever changes are necessary to start feeling healthy and vital again. Start spending more time with people who have similar interests. Don't take everything you hear to heart on the 16th, 17th and 18th. Someone is likely to disappoint you if you are gullible. A good friend can probably offer you some insight regarding the emotional situation you have found yourself facing. You may find yourself in an interesting moneymaking situation on the 19th and 20th if you take advantage of an opportunity. Don't underestimate the potential.

VIRGO (Aug. 23-Sept. 22): New philosophies and creative projects should take priority on the 14th and 15th. Travel will lead to interesting connections for future reference. Children will influence your life in a positive manner. Think creatively on the 16th, 17th and 18th, apply it to your work and you will advance. Consider the possibility of making a change to your lifestyle. A better health regime may be just what you need to feel better physically. Relationships may not be as they appear on the 19th and 20th. Don't kid yourself into believing that someone has more interest in you than he or she truly does. Play it safe.

LIBRA (Sept. 23-Oct. 22): Don't take criticism to heart on the 14th and 15th. Making changes to your home will be favourable. A moneymaking venture looks promising. Stop procrastinating on the 16th, 17th and 18th. You can make things happen if you are quick to respond. You will stand a great chance of getting what you want when it comes to romance if you are creative in your approach. Lots can be accomplished if you are willing to put in the time on the 19th and 20th. Your ability to meld the creative with clever will grab the attention of someone with as much vision as yours.

SCORPIO (Oct. 23-Nov. 21): Conversations on the 14th and 15th will lead to some interesting news about someone you used to know quite well. You will be able to incorporate ideas from your travels into projects you feel compelled to finish. Don't get discouraged on the 16th, 17th and 18th if something appears to be blocking what you are trying to do. The timing is not quite right, so back away and perfect whatever it is you are trying to achieve before moving forward. Your involvement in a social event on the 19th and 20th will lead to meeting someone who could shape your future. Open communication should be your intent.

SAGITTARIUS (Nov. 22-Dec. 21): You may be a little confused about your current direction on the 14th and 15th, especially if things haven't been going according to your financial plan. Focus on getting things done. You will be the center of attention on the 16th, 17th and 18th. No matter what you do, all eyes will be on you, so don't exaggerate or make empty promises. If you can be humble, you will gain popularity. The more you disagree on the 19th and 20th the harder it will be to get your own way. Keep your thoughts to yourself and allow others to do as they please.

CAPRICORN (Dec. 22-Jan. 19): A business or personal relationship is either working or it's not. Make your decision on the 14th and 15th and get on with it. Taking action will be the key. You'll have a bit of an edge on the 16th, 17th and 18th if you put your ideas into motion. More responsibility will lead to a higher wage or a better position. Don't be afraid to ask for a chance to try something new. New relationships can form or old ones can be rekindled on the 19th and 20th. Love is evident and, whether you are in a relationship or not, something magical can happen. Be open, receptive and sensitive.

AQUARIUS (Jan. 20-Feb. 18): Focus on how you can budget better and save more on the 14th and 15th. You have some great ideas that could end up bringing you some extra cash. Offer your services and see what happens. Emotional deception is present on the 16th, 17th and 18th. If you aren't sure of your feelings for someone, back up and give yourself some space. Keep your thoughts to yourself for now. Refrain from promising anyone anything. Focus on a project that may be a little bizarre, but could be a moneymaker on the 19th and 20th. Someone older may be able to give you sound advice that will help you avoid a mistake.

PISCES (Feb. 19-March 20): Don't be shy on the 14th and 15th. Stand up and take the praise coming to you for a job well done. Partnerships can form or a new love may come into your life. Someone may be trying to hide something from you on the 16th, 17th and 18th. Let your intuition lead the way. Be careful what you let other people know about your personal life. You will be sensitive on the 19th and 20th, so don't let anyone push you or play head games with you. Your intuition will be in high gear, so follow your feelings, not what someone else thinks you should do.

Reader disagrees with latest Confession



Laurie McVicar

Confessions from the Gym

I've been reading your "Confessions from the Gym" article for a while now. You come across as a very genuine person. I'm sure that you there are many women that can relate to you.

There have been times when your articles have irked me, but I must say that the article in the latest issue of The Contact, 5 Mar 04, was pretty disappointing.

I should probably preface my comments by telling you

that my husband and I have been involved with bodybuilding (including competitions) for many years. We are also educated in nutrition and personal training.

I really think you've done your readers a disservice by blaming your "bulk" on weight lifting. You were correct in saying that under 1% of the female population has a problem with getting bulky from lifting weights, but I would very highly doubt that you are

in that category.

This 1% refers to athletes who are in their prime after years of training and focus to develop their physiques. First, a woman must train, consistently, with the goal to put on size if she wants to gain muscle. And, of course, it's muscle that is our fat-burning 'machine'.

Women need to know that you can do all the cardio in the world, but it's only weightlifting that will change your body shape. I see so many women doing hours of cardio on the machines only to look like smaller "apple" and "pear" shaped bodies.

I have been training for ten years, I gain muscle 'easily' (that meaning that I can put on quite a bit of muscle when I train heavy, consistently, with a proper mass program, and eating adequate carbs/protein/

and fat ratios). My friends, including many top competitors train their hearts out to gain muscle. Additionally, diet is 80% of the equation.

Bodybuilders have VERY clean diets - consistently. From your articles, I surmise that you have not been consistent with your training and your diet (when I say 'diet' I'm referring to a clean, healthy way of eating, not some fad diet). Had you been, you would surely have seen incredible results by now. I think by focusing on a "bulky body" from weightlifting, you are only reinforcing myths women already have in their minds about this incredible, healthy sport.

Yes, gaining muscle without losing fat will increase the size of your legs; however, you must look at the big picture. If you were to get your bodyfat down to an 'athletic level' (around 15%) do you think that you would have huge muscles or would you have nice shape and definition? The point is that if you do not incorporate a sound nutrition approach with your training, you will forever end up searching for excuses for your failures in the gym.

Your articles are a tool that can be used to encourage people to rise to a higher level. Unfortunately, I think that you sometimes perpetuate myths (ie. chasing your toddler around the house is cardio, or a couple of weightlifting workouts build bulk) that unknowing people will believe.

Why don't you set a goal to use your article as a space to challenge people to better themselves? Mediocrity is everywhere; we should demand more from ourselves. If you feel that you're not in a place in your life where you can showcase your successes in your articles and thereby motivate people, why don't you write about other people in the gym who are achieving their fitness and lifestyle goals?

Yours in health,
Tara

(My response)
Thanks very much for your e-mail. Since beginning my column over a year ago, I have requested several times that readers write in with their input - good or bad. Either way, for a reporter, it's a sign that your work is being read. I'm extremely sorry if I have perpetuated any myths about weightlifting, it certainly wasn't my intention. I have the utmost respect for anyone who commits themselves to the sport. I would imagine it takes a tremendous amount of discipline and hard work.

I always endeavour to write my articles in a fair (and entertaining) manner, which is why I often seek the advice of the trainers here at 8 Wing/CFB Trenton. I have never claimed to be a nutrition or fitness expert, I simply pass on the advice I am given or that which I research via the internet.

I greatly appreciate your suggestion about showcasing the successes of other people at the gym. Hopefully, the achievements of others will not only motivate my readers, but me also.

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Matinees Saturday & Sunday

MOVIES MOVIES MOVIES

MOVIELINE-UP

- Starsky & Hutch (14A) 1:05 7:05 9:05
- Agent Cody Banks 2 (G) 1:10 7:10 9:10
- Hidalgo (PG) 1:00 7:00 9:30

Welcome to the Contact Newspaper's Community Events page! Thanks to the generosity of Trenton's Centre Theatre, we can now feature (space permitting) public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 965-7490 or email to leblanc.al@forces.gc.ca, at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.

The Corporation of the City of Quinte West
DOG LICENCES
For the current year are now available.

The City By-law requires that every owner of a dog within the limits of the City shall procure annually, and before the 1st day of July in each year, a licence for each dog owned. The City By-law further states that no person shall harbour more than three (3) dogs in or about any dwelling unit. The fee for each dog licence **BEFORE JULY 1st** is \$15.00

PLEASE NOTE: EFFECTIVE JULY 1st THE FEE INCREASES TO \$20.00

Failure to purchase a dog licence may result in a further penalty of \$30.00.

Licences are available at all Municipal Ward Offices, or call the Clerk's Office at 392-2841.

Waterfowl Festival

Join us in celebrating the annual return of our migrating spring waterfowl at the Presqu'île Waterfowl Festival. The festival is held from 10:00 a.m. to 4:00 p.m. daily on the weekends of March 13-14 and March 20-21.

New this year is a large, wheelchair-accessible viewing station at Calf Pasture, completed with the help of the Shell Environment Fund. During the festival, experienced naturalists are on-hand at this and other viewing stations throughout the park to help visitors identify up to 25 species of ducks, geese and swans. You can get a close-up look at these wonderful waterfowl at the viewing stations through spotting scopes from Bushnell Sport Optics.

For information about the festival or about other spring migration activities at Presqu'île, please call Janine DeWit at (613) 475-4324 or visit the Friends of Presqu'île website: www.friendsofpresquile.on.ca

**The Canadian Mental Health Association
Hastings and Prince Edward Branch**

CMHA is a non-profit agency that strives to enhance the mental wellness and quality of life of people in our diverse community. The agency is currently recruiting volunteers for the following:

- Warm Line Telephone Support Program
- Homelessness Initiative
- Assertive Telephone Outreach Program

If you have a strong interest in helping others and making a difference in your community, call Ann @ (613) 969-8874.
CMHA is a United Way Agency



CHAPLAIN SERVICES

SERVICES OFFERT PAR L'AUMÔNERIE

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Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
 UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS
 Padre Rick Gould
 Padre Catherine Morrison

WORSHIP SERVICES

| | |
|---|--|
| <p>OUR LADY OF PEACE (RC) NOTRE-DAME-DE-LA-PAIX (CR)</p> <p>Chapel Life Co-ordinator/Responsable de la communauté chrétienne Padre Bastien Leclerc (RC)</p> <p style="text-align: center;">MASS</p> <p>Sunday Mass (English) 0900 hrs Messe Dominicale: 1015 hrs</p> <p style="text-align: center;">CONFESSION At all times</p> <p>PARISH ORGANIZATIONS Parish Council 3rd Thurs 1900 hrs Knights of Columbus 1st Thurs 1900 hrs CWL 2nd Tues 1900 hrs Chorale Merc 1900 hrs Choir Tues 1900 hrs Silhouettes of Mary 2nd & 4th Thurs 1830 hrs</p> | <p>ST CLEMENT ASTRA (PROTESTANT)</p> <p>Chapel Life Co-ordinator Matthew Lucas (Bapt.)</p> <p style="text-align: center;">WORSHIP SERVICE</p> <p>Divine Worship (Sun) 1130 hrs Holy Communion 1st Sunday of the month Mid-Week Communion Wed 1230 hrs</p> <p style="text-align: center;">PARISH ORGANIZATIONS</p> <p>Chapel Guild Last Tues 1930 hrs</p> |
|---|--|

BAPTISM/BAPTÊME
 Please allow 30 days notice for preparation. / Communiquer avec le bureau des aumôniers au moins 30 jours avant la date désirée.

MARRIAGES / MARIAGES
 It is necessary to contact the chaplains' office prior to setting a date. Failure to do so could result in disappointment. Afin d'éviter des déceptions, il est important de communiquer avec le bureau des aumôniers avant de choisir votre date.

DUTY CHAPLAIN/ AUMÔNIERS EN DEVOIR
 After working hours, for emergency only, please call the base operator at 392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 392-2811 et demandez l'aumônier en devoir.



TRENTON Military Family Resource Centre

Wednesday Night Out! Everyone Welcome!
 Coordinator, Eve Lawrence, 965-3595
 Activities...Workshops every Wednesday night. Childcare is available--if your partner is deployed childcare is FREE. You need to call ahead to reserve your spot for both childcare and the workshop. We need to have some idea of the number of participants.

March 24 - **Treasure Mapping** - Create the world that you wish for through visualization and discover your artistic talents. Alexandra Barker, author of "Relief Beyond Belief," will facilitate this workshop.
 March 31 - **Brighton Garden Centre** - Seeding Demonstration - Theresa will talk about the various types of seeds and the best method of germination, as well as when and how to start them.

CFB Trenton Yacht Club's Summer Learn to Sail
 programs are now published.
 Program includes :
 Junior Sailing (9-15 years of age) starting June 28th, July 19th and August 9th,
 Adult Keel Boat Course starting May 3rd and Adult Dinghy Course starting May 31st. Brochures are available at the RecPlex, The Gym, Sisken Centre and the Yukon Galley or call 475-4427 for information.

Notice

The Hastings County Chapter of the MS Society will hold its' Board of Directors Meeting in the common room of 97 Sidney St. on 18 Mar 2004 at 7:00 p.m.

Trent Valley Quilters Guild

Monthly meeting is March 16 at 1:00 p.m. at the King Street United Church (side door).
 Program: Silent Auction
 New members always welcome.
 Contact L. Munro at 965-6504.



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392-2811 ext: 3976

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Information

CLASSIFIED AD RATES
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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 wherein 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.

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Advertising: Wednesday noon
Questions: local 3976

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2001 Jetta GLS VR6 5 spd., sunroof, alloys, very sporty, local trade, 51,000 kms. **\$21,995**

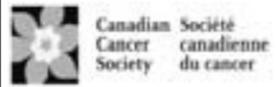
2002 Mazda Protege 5 Yellow, 5 spd, air, alloys, pwr. group, well maintained, one owner, local trade, 58,000 kms, **\$15,795**

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SCOUTS RACING
All Algonquin Area Cubs and Scouts are invited to the First Annual Area Kub Kar and 18-Wheeler Grand Prix.

Scouting has organized, the first of the hopefully annual event in the new Algonquin Area which covers Scouting activities from Prince Edward County in the South to Whitney and the surrounding communities in the North, and from Napanee in the East to Colborne in the West. We have several local Garages and Auto Dealers and Truck Fleets and Service Centres who have agreed to sponsor this event with Trophies and other assistance. There will be weather permitting an outdoor display of real race cars representing several different forms and types of racing.
Date: Saturday March 27th 04
Place: CFB Trenton Gym
Time: 09.00 a.m. to 4.00 p.m.
Displays of local race cars in parking lot (weather permitting). Refreshments available.
Trophies for all winners and Best Design. Crest for all participants. Camping in local area will be available.
Registration forms and rules will be out early in 2004. Watch for them!
Any questions please contact:
Nick Fry at: 477-2829, e-mail, nick.fry@sympatico.ca
or
Mike Young at: 394-0037, e-mail, flighttraveller@cogeco.ca

Crossword Answers

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| D | E | A | R | | E | A | U | | K | O | L | A |
| E | A | R | S | | P | R | E | C | I | O | U | S |
| A | S | A | | F | L | E | S | H | | M | M | E |
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| P | Y | R | E | | E | N | O | | A | S | E | A |
| S | E | A | T | | D | E | N | | B | E | A | T |

Announcement

GOLF SHOW '04
Sunday April 4th 10-4pm.
South Side Gymnasium
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Exhibitor Space Available!
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Call 392-2811
Judy Leavere ext 2748
or
Sandi Ramsay ext 7008

Real Estate

Renovations increase value of your home

(NC)—Home renovations can increase the value of your home as well as improve the quality of your life. If you are planning to

sell your home, choose renovations that will add value. If you plan to stay in your home for a long time, make renovations that will suit

and improve your family's lifestyle.

If you are looking to add value to your home, improving your kitchen by replacing old cupboards and drawers, upgrading tiles from linoleum to ceramic and adding marble or granite countertops can do just that. Remodeling an outdated bathroom can also be a worthwhile investment. Ensuite bathrooms as well as walk-in closets in master bedrooms are key selling points which could increase the value of your home. Some other home enhancements that could bring you a good rate of return on your investment include creating a solarium or a main floor family room.

Try to stay away from renovations that are value-neutral such as adding a swimming pool, sauna or hot tub, installing a central

vacuum system, reducing the number of bedrooms to less than three and installing paving stones in the driveway.

Contact your local CIBC branch or visit CIBC online at www.cibc.com to see how you can use your mortgage to borrow funds.

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**1999 CHRYSLER
SEBRING CONVERTIBLE**



AUTO, 6 CYL., BUCKET SEATS, POWER SEATS, AIR, CRUISE, TILT, KEYLESS ENTRY, 95,233 KMS. STK#371PA

\$17,900 / \$190 bi-weekly*

**2002
FORD ESCAPE**



AUTO, V6, CD, PDL, PW, BUCKET SEATS, AIR, CRUISE, KEYLESS ENTRY, 8,1097 kms. STK#4312A

\$22,900 / \$209 bi-weekly*

**2003
CHRYSLER PT CRUISER**



AUTO, 4 CYL., AIR, CRUISE, TILT, CD, PW, PDL, KEYLESS ENTRY, 19,161 KMS. STK#398P

\$18,900 / \$149 bi-weekly*

**2003
INTREPID SPECIAL**



AUTO, 6 CYL., LEATHER, BUCKET SEATS, CD, PW, PDL, AIR, CRUISE, TILT, KEYLESS ENTRY, 1,635 kms. STK#417P

\$21,900 / \$169 bi-weekly*

Door Crashers above do not qualify for \$500 gasoline offer.

**2001 CHEVROLET
SILVERADO 2500**



Auto, 8 cyl., plow pkg., off-road tires, running boards, bed liner, tow pkg, air, CD, pw, pdl, 50,510 kms. STK#4220A

\$26,900 / \$249 bi-weekly*

**2003 DODGE
SX 2.0**



Auto, 4 cyl., air, AM/FM/stereo CD, pw, pdl, cruise, tilt, keyless entry, 18,560 kms. STK#413P

\$15,900 / \$119 bi-weekly*

**2003 FORD
RANGER**



Auto, 6 cyl., alloy wheels, box lifter, bucket seats, air, CD, 37,212 kms. STK#418P

\$19,900 / \$159 bi-weekly*

**2003 FORD
FOCUS**



Auto, 4 cyl., fog lights, bucket seats, air, CD, pdl, pw, cruise, keyless entry, 8,743 kms. STK#419P

\$18,900 / \$149 bi-weekly*

**2003 DODGE GRAND
CARAVAN SPORT**



Auto, 6 cyl., roof rack, 4th door, bucket seats, air, CD, pdl, pw, cruise, tilt, 10,704 kms. STK#416P

\$26,900 / \$209 bi-weekly*

**2001 DODGE
CARAVAN**



Auto, 6 cyl., air, CD, pw, pdl, cruise, tilt, anti-theft, 86,500 km. SStk#3490A

\$16,900 / \$149 bi-weekly*

**2003 DODGE
SX 2.0**



Auto., 4 cyl., fog lights, air, CD, pw, pdl, cruise, tilt, keyless entry, 9,536 kms. STK#409P

\$16,900 / \$129 bi-weekly*

**2001 DODGE
CARAVAN**



Auto., V6, air, pdl, pw, cruise, tilt, am/fm/stereo/cd, 52,972 kms. STK#379P

\$16,900 / \$149 bi-weekly*

**2003 DODGE
DAKOTA**



Auto., 6 cyl., short bed, tonneau cover, pw, pdl, cruise, tilt, 7,971 kms. STK#391P

\$25,900 / \$199 bi-weekly*

**2003 DODGE SX
2.0 SPORT**



Auto., 4 cyl., sunroof, spoiler, air, CD, pdl, pw, cruise, tilt, 12,693 kms. STK#407P

\$17,900 / \$139 bi-weekly*

**2003 CHRYSLER
300M SPECIAL**



Auto., V6, sunroof, leather bucket seats, p. seats, pw, pdl, CD, cruise, tilt, 7,528 kms. STK#382P

\$33,900 / \$269 bi-weekly*

**2002 DODGE
DAKOTA**



Auto., extended cab, cruise, tilt, CD, power windows & locks, 234 kms. STK#384P

\$26,800 / \$209 bi-weekly*

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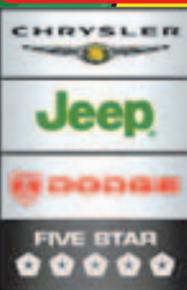
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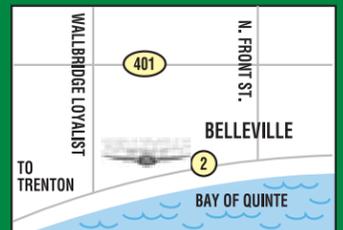
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* All prices plus applicable taxes, licencing, dealer administration fees. Payments based on terms as follows: 2003 models - 72 months; 2002 models - 60 months; 2001 models - 60 months; 2000 models - 48 months; 1999 models - 48 months; 1998 models - 36 months. OAC payments based on bi-weekly terms at 7.95% with \$1,000 cash or trade reduction. \$10,000 financed over 60 months bi-weekly equals a cost of borrowing 5% apr. See dealer for important details or visit us at www.bellevilledodge.ca. † Tax is payable by Customer on full amount of purchase price before applying rebate. Rebate equals amount of GST paid on vehicle selling price prior to any trade-in allowance. Cannot be combined with any other offer. Prior sales excluded. Valid on purchase or lease on selected used vehicles from dealer stock.