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8 Wing Trenton Flyers prepare for CF Nationals



Photo: Cpl Chris Bentley, 8 Wing Imaging

Members of the Trenton Flyers team look for a goal against Kingston during the final game of the Ontario Region Championship last week.

by Laurie McVicar
 Assistant Editor

The 8 Wing Trenton Flyers Hockey Team will once again represent the province at the Canadian Forces National Championship in April after an amazing win at the Ontario Region Championship last week.

The Flyers started the weeklong event with a loss against Kingston, however they went on to pulverize the Petawawa team in a game that ended with a 17-1 score. Trenton's 23-3 win against North Bay ensured their second place finish at the end of the round robin

and set the stage for a rematch against the 1st place team, Kingston.

"Although Kingston was undefeated going into the finals, we had outplayed them in the round robin game that we ended up losing 5-4. They had a few bounces go their way and a hot goalie which was the difference," stated Captain R.J. Ellis, Flyers Team Captain.

"Our offence came together throughout the tournament as we dominated the rest of our games and had a quiet confidence that we couldn't be beaten two games in a row by Kingston."

"Going into the final

game in our own arena was a really nice situation both for the players on the team and also for 8 Wing. More than 200 people were able to get out and watch this final game," said coach Bob Payette. "Trenton and Kingston have been very competitive for many years, the game itself was exciting and the 3-1 win certainly indicates how close it was."

Payette added that Kingston's goaltending was exceptional, but no match against Trenton's front line.

"Our offensive game was dominant. It was clear throughout the

See Flyers, page 2

Another year, another successful 8 Wing Winter Carnival



Photo: Cpl Tim Jordan, 8 Wing Imaging



Photo: Pte Kim Gosse, 8 Wing Imaging

In the photo on the left, Cpl Chris Bentley rips it up with the help of fellow teammates Cpl Rob Wengel and Cpl Chris Sparkes. This was just one of the action-packed events put on by the Morale & Welfare staff during 8 Wing Trenton's annual Winter Carnival. In the photo on the right, Team Ireland was, as always, in fine form for the Winter Carnival. Team members included: Cpl Valerie Smit, Captain; OS Tracy Pye, Co-Captain; Cpl Donna Skirrow, Volunteer; Capt Paula Fraser; PO1 Dave Musseau; Cpl Ghislain Bourassa; Cpl Lisa Heck; Pte Denise Rodgers; Pte Dave Leeworthy.

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413 Wing preserving Air Force tradition

by Laurie McVicar
Assistant Editor

Stepping through the doors at 413 (Air Force City) Wing is somewhat like entering a shrine dedicated to preserving the rich heritage of the Canadian Air Force.

Pictures of aircraft and squadron crests adorn the walls, a photo of the Queen peers down at visitors between the Canadian, British, Air Force and Wing flags, and a handful of Canada's World War II veterans drop by for an afternoon of socializing and reminiscing every so often.

The Wing, a member of the Air Force Association of Canada (AFAC), has been operating in Trenton since the late 1940's.

"Originally Trenton got their first charter in 1949 and, after a number of years, lost it because of lack of interest. They had a second charter in the 1960's and lost it. We reformed again in 1974 and have been operating

ever since," said John Oliver, President of 413 Wing.

In 1990 the association moved into their current home at 300 West Street and have managed to build their membership up to 300



John Oliver, 413 Wing President

people.

"We're the second largest Wing in the country. The only other one larger is in Comox. I guess because people like to move out there after they retire," said Oliver with a grin.

Although it is not a requirement to join, a large majority of the members are retired Air

Force personnel. This common bond is why many people join the association, said Oliver.

"(Joining the association) is a good way to continue your military affiliations. There's a sense of fellowship and camaraderie here," said Oliver.

The Wing also offers it members an opportunity to contribute to the community through its support of the Air Cadet League of Canada, charities such as the Canadian Cancer Society, the RCAF Memorial Museum, and local civic and community programs, especially those designed to develop the physical, mental, and moral well being of the nation's youth.

AFAC and its wings also strive to sponsor and encourage aeronautics in all its forms and branches, advocate a proficient and well-equipped Air Force of Canada, and provide a forum for serving and former participants in military and civil aviation. Oliver stresses

that 413 Wing relies heavily on their relationship with 8 Wing/CFB Trenton to meet many of these aims.

"The support we have received from 8 Wing is terrific, especially under the current Wing Commander, Colonel Dave Higgins. All the veterans organizations in the area certainly appreciate his active, hands on approach he's had with us," stated Oliver.

8 Wing/CFB Trenton is also linked to 413 Wing through its liaison officer, Captain Jay Nelles of 424 Squadron.

"With 'Air Force' as its foundation and back ground, 413 Wing is keen to support 8 Wing Trenton related activities, including: the Air Force birthday and mess dinner; organizing Battle of Britain Parade; Ad Astra Stone Dedication ceremonies; functions involving the RCAF Museum; air field dedication ceremonies commemorating the Commonwealth Air Training Program from WWII; recognition of and awarding the honour of 'Air Person of the Year' from 8 Wing Trenton and; staunch support to local Air Cadet organizations," stated Capt Nelles.

"413 Wing is eager to continue the traditions of its Air Force roots while remaining vocal within the community in its support of current and future Air Force activities and initiatives, all the while welcoming new members," he added

For more information about joining 413 (Air Force City) Wing, call 392-2774.

Flyers...continued from page 1

tournament that The Flyers were the team to beat."

The fact that many of the players on this year's team also had a hand in winning the regional last year added up to a definite advantage for Trenton.

"Advice (from me) was not necessary before the final game, these guys have been playing high caliber hockey for many year's and we have excellent team leadership amongst the players," said Payette. "What our team needed before the game was motivation and support not just from me as their coach but also from the members of this base. This support was clear and the results of the chemistry between the players skill's and the overall base support is what produces a winning base team."

The national championship will be held in Borden. Hopes are high that the full team will be able to participate. Payette is currently working with players' supervisors to ensure their attendance.

"Unfortunately operational requirements prevented a number of players from being able to participate at Nationals last year," said Capt. Ellis. "This year we hope to have our team at full strength and believe we have a legitimate shot at dethroning the 3-time defending champions from Halifax."

More photos on page 9

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Mr. Hammond received his 10-Year Safe Driving Award, presented by the WtNO, Maj Giles. The Safe Driving Award is awarded to both civilian and military members who are collision-free in that period of time. Congratulations Mr. Hammond for your safe driving.

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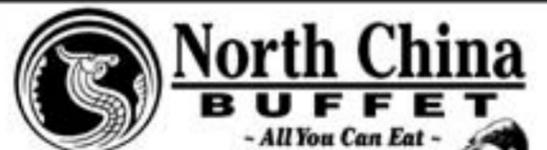


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CH-149 Cormorants resume training flights

CAS - February 13, 2004

CFB WINNIPEG - The Air Force is lifting a flight restriction on its fleet of 15 CH-149 Cormorant search and rescue helicopters that temporarily limited the aircraft to search and rescue operations only, following modifications to an engine fuel supply line.

The individual CH-149 Cormorant aircraft will be able to be used for training flights as soon as they are modified.

The flight restriction meant that the Cormorants could only be flown for actual search and rescue missions: no training flights could be conducted until aircraft modifications were completed.

The fuel lines on all 15 Cormorants were inspected and no further defective lines were found. An over-sized Viton sleeve is fitted over the aircraft fuel lines to reduce the possibility of fuel being sprayed inside the engine compartment until new, re-engineered fuel lines can be pro-



duced and installed on all three engines of the aircraft to completely eliminate the problem.

The recent discovery of two leaking engine fuel lines prompted Maj.-Gen. Marc Dumais, Commander 1 Canadian Air Division, to impose the flight restriction as a precautionary measure on Feb. 5. "The Canadian Air Force will not take unnecessary risks with our people and equipment. I am satisfied that a proper solution to this problem is being imple-

mented and that there will be no further occurrences of leaking fuel lines," said Major-General Dumais. The engineering solution to the problem was developed by EH Industries, the aircraft manufacturer. The modifications to the fuel lines will be carried out by IMP, the aircraft maintenance contractor.

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The engineering solution to the problem

was developed by EH Industries, the aircraft manufacturer. The modifications to the fuel lines will be carried out by IMP, the aircraft maintenance contractor.

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Search & Rescue UPDATE



The past week was a relatively quiet one at 424 Squadron. While there were no SAR callouts, training continued on all three of our airframes. The Hercules and Labradors pressed on with mostly local SAR training in order to keep crews highly proficient and ready for future SAR operations. In addition, crews on the CH-149 Cormorant resumed their training following a short period of grounding of the fleet (see story above). Training is now back on track, proceeding towards having the Cormorant fleet phased in for full SAR operations by the start of July, 2004.

Missions for 2004: 10 Missions for Feb.: 2 Persons rescued: 0

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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:

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



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Inside the Lives of Canada's Military Families

Not since the Korean War has Canada's military faced such challenging missions, such potential for emotional turmoil.

At a time when the spouses and families of military personnel are dealing with unprecedented demands on their ability to cope with the stress of the military lifestyle, a new book is offering a no-holds-barred look at life inside Canada's military families.

It has been 10 years since Dianne Collier, an authority on military spouses' relationships, researched *Hurry Up and Wait* (Creative Bound, 1994), her first look at family life in the Canadian Forces. Much has changed in the last decade.

"Deployments to wartorn countries are now commonplace. Doing more with less is the norm, not the exception. And more than ever, she explains, military spouses are asking the question, "Can we keep doing this?"

In her latest book, *My Love, My Life* (Creative Bound, March 2004) Collier once again tells the stories of military spouses through their own words, bookmarked by her insightful comments and explanations. Here, laid bare, is the challenging world that military families live in today: the constant training and deployments, the fear and, indeed, the funerals.

But there's something else, too: the unique, although often hidden, bonds that military families share, the strength of their community, their support for each other, and the recognition that, more than ever, the military is an essential part of Canada's contribution to the world.

"This book shares the emotions and the stress that military families experience on a daily basis," says Collier. "But the lessons that these families have learned can apply to us all: the need for communication between spouses, the need for positive attitudes to hardship, the ability to bloom wherever you're planted." It is, therefore, a must-read for all who seek to understand the military lifestyle, and the lessons that it can offer the civilian world.

Author and speaker Dianne Collier has lived and worked in the military lifestyle for much of her life, and has spent the last decade pursuing initiatives to support and unite military spouses.

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Canadiana Crossword

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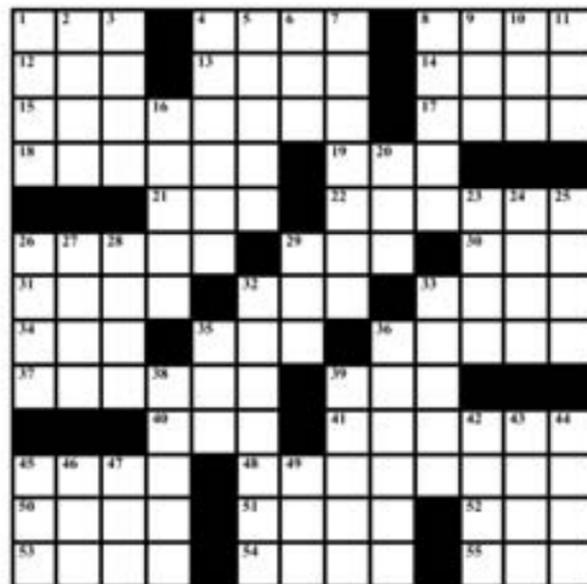
Bernice Rosella and James Kilner

ACROSS

- 1 Lord Byron's daughter
- 4 Mary's pet?
- 8 Lotion
- 12 Depart hastily
- 13 Continent
- 14 Notion
- 15 Saskatchewan Premier Ross
- 17 Recording artist Young
- 18 Vibrating
- 19 Sought office
- 21 Dorm
- 22 Pledge
- 26 Alberta Premier Don
- 29 Pen
- 30 Blue, in a way
- 31 Engage
- 32 Brewery vessel
- 33 Spanish baby
- 34 One of the Gershwins
- 35 Tender
- 36 Northwest Territories Premier Don
- 37 Gentle breeze
- 39 Corn part
- 40 Ratite
- 41 Tea
- 45 Deserve
- 48 Manitoba Premier Edward
- 50 Manitoba Premier Sterling
- 51 Sword
- 52 Time span
- 53 Greek cheese
- 54 Without, to Pierre
- 55 Asiatic legume

DOWN

- 1 Western Prov.
- 2 Dashes
- 3 Asian servant
- 4 Flunky



- 5 Soot
- 6 Japanese prefecture
- 7 British Columbia Premier Dave
- 8 Prince Edward Island Premier, Pat
- 9 Beverage
- 10 Garland
- 11 Sickness, in Saguenay
- 16 Dessert, in Dollard
- 20 Some
- 23 Exploiter
- 24 Indian noblewoman
- 25 Early garden
- 26 Prince Edward Island Premier Joe
- 27 Irish Republic
- 28 Corner, in a way
- 29 Slump
- 32 Life threateners?
- 33 A kind of gas
- 35 Sports ctr.
- 36 Newfoundland Premier Frank
- 38 Dyestuff
- 39 Canadian songwriter
- 42 Hear ye
- 43 Roman fiddler?
- 44 Cloudy
- 45 Sprite
- 46 Yes vote
- 47 Nonsense
- 49 A kind of Acc.



This Week in Contact

1974 -- At 8:30 pm a total of six fire trucks rushed to save the day when Bldg 67 at CFB Trenton caught fire. By 9 p.m., firemen were finally getting the upper hand against the fire, and by 10 p.m., they had it under control. The MET School was destroyed, while the Base Ground Training Section only received smoke damage. No cause of the fire has been announced.

1984 -- Today is the mark of 75 years of Canadian aviation. On February 20, 1909, JAD McCurdy piloted the Silver Dart over a Cape Breton community, starting it all. This month Air Command will participate in the unveiling of a non-working replica of the Silver Dart, while six aircraft overhead perform an aerial salute. CFB Trenton will also pay tribute to this celebration, with a mess dinner.

1994 -- Shots may have been fired recently at a 424 Rescue aircraft, near Oka, Quebec. A Hercules CC-130 detected an emergency locator beacon and, following standard procedures, the Rescue Coordination Center at CFB Trenton responded immediately. Upon arrival of the CH 113 Labrador helicopter, the aircraft commander noticed someone running towards the helicopter. The man then introduced himself as tribal leader. After questioning, they discovered that the tribal leader believed something was wrong, and had admitted that they had fired upon both aircraft. The crew explained that they were only tracking an emergency beacon. He then warned the crew to not move too far from the helicopter and Capt. Chris Brown then made the decision to leave the area. This issue has been resolved between the Department of Defense, and the Native Councils.

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





Hockey more than just a sport says Sting's Assistant Coach

by Laurie McVicar
Assistant Editor

For 2Lt Eric Bolduc hockey is not only a passion, it's an opportunity to teach important life skills to young adults.

2Lt Bolduc began coaching different levels of teams in 1990 and worked with many hockey programs while living in Quebec. After being transferred to Trenton, he decided to get involved with locally with the Sting Junior A Hockey Club as an assistant coach.

"I decided I couldn't live without coaching," he said. "I enjoy helping players develop. You try to make them a better hockey player and a better person. If you have one player who improves throughout the season, it's very rewarding."

2Lt Bolduc used Sting member Adam Taylor as an example.

"He started as a rook-

ie in my first year and became one of the best goalies the franchise ever had. Now he's playing for the Belleville MacFarland's in the



**2Lt Eric Bolduc,
Assistant Coach,
Trenton Sting**

Senior A League," he stated. "He was very nervous, so we had to get him focused on the game."

"Another good example is Matt Goody who now plays for the minor pro in Port Huron (Michigan). He was a very emotional player.

During first season we talked a lot and I got him to focus his energy and use it against the other team. He was one of our most important players," said 2Lt Bolduc.

He added, "if, at the end of the season, the players remember once thing that I've taught them as a coach, it's always a plus. Especially with the Sting, they've been playing for so long and have had so many coaches, if they remember you for something you did, you've done your job."

2Lt Bolduc's love of hockey began during his childhood. When not at the Trenton Community Gardens or working with

the Joint Rescue Coordination Centre, 2Lt Bolduc can be found on the ice at the RCAF Flyers Arena as a member of the Base hockey team.

"I grew up watching hockey on TV and had an uncle that played high caliber hockey," he stated. "It's a fast game and it's fun."

2Lt Bolduc urges people to come out and support the team.

"Come to the rink, watch a game, you won't be disappointed. These players normally give a good show," said 2Lt Bolduc. "(Fan support) means a lot to the players. They are pretty much the sixth player on the ice. If you have fans in the

stands cheering for you, it gives you a boost of energy."

For game schedules, log onto www.trentonsting.com.



March

- 1 WINNING WHEELS CONTINUES TO MAR. 21
- 3 HOME SHOW TO MAR. 7
- 8 RANDOM ACTS OF KINDNESS WEEK TO MAR. 14
- 15 MARCH BREAK ACTIVITIES TO MAR. 19
- 24 ANTIQUE SHOW TO MAR. 27
- 27 EASTER BUNNY VISITS TO APR. 10
- 28 ALZHEIMER'S WALK FOR MEMORIES

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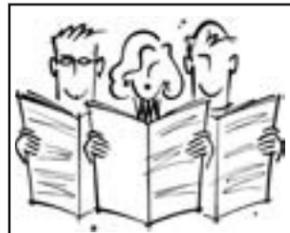
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Garth Turner

Much has been said and written about the sponsorship scandal now plastered all over our minty new prime minister, Paul Martin. My political experience tells me the guy has entered the fight of his life, but it's my business experience that's got me worried.

This scandal has the potential to, at the least, delay the expected Spring federal election until the fall, when it will be fought on new riding boundaries across the country. At its most extreme, the scandal could bring Martin's resignation – since the guy has now said he would quit if anyone ever proves he knew about this screw-up back when he was minister of finance, and supposed to be keeping the country's books.

So the burning question, of course, is: what could any of this do to your mortgage rate?

The answer, surprisingly, is quite a bit.

These days, the value of the Canadian dollar is relatively high, and interest rates are at rock-bottom levels, and about to fall a little more on March 2. Variable-rate mort-

gages are available for the ridiculous price of 3 per cent, making real estate affordable even though prices have shot higher. Cheap money has had the effect of increasing the wealth of just about all

leadership race. But on the other hand, if Martin tries to grab a quick electoral victory before the sponsorship scandal details are known, he could face a backlash from voters smarter than Ottawa thinks.

So, my betting is now for a delayed election and a reduced Liberal throng in Ottawa when the dust settles. Between now and then there will be six or seven months of political uncertainty, and that will likely put

what I mean), then we go from delay to crisis. After all, there is no heir apparent standing in the wings since the Liberals did not even have a leadership contest last year.

Sheila Copps? You've got to be serious – since the Liberal Party is now rewarding her for years of service by forcing her out of her own Hamilton riding. Alan Rock is toast, as is Jane Stewart and David Collette. In fact, the current Liberal front benches are notably short of experience and depopulated of familiar faces.

A Martin resignation would be a disaster for the governing party, and cause shock waves through the economy. It would likely cause a run on the dollar, taking it back into the 60-cent range, and force the central bank to raise interest rates substantially to try and stabilize the currency and attract investment capital. Yes – your mortgage rate goes up!

What is the likely scenario? Well, if Martin did know things he claims he did not, then the man has taken a hell of a gamble. If he is telling the truth, then he is merely risking political suicide (since, in politics, it's what people believe the truth is, rather than the actual truth, that counts).

If he lets the issue start to cool, and shifts the focus over to the public inquiry and the Parliamentary probe, then we have months of ugly revelations ahead of us, and can expect to see heads rolling down the Sparks Street mall. But Martin's will not be one of them. He will apologize a bunch more, swear this stuff will never happen again, call a late election and hope for the best.

Meanwhile, your variable rate mortgage sinks to 2 per cent, and even Jack Layton starts looking kinda cute.

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

This scandal has the potential to, at the least, delay the expected Spring federal election until the fall, when it will be fought on new riding boundaries across the country. At its most extreme, the scandal could bring Martin's resignation – since the guy has now said he would quit if anyone ever proves he knew about this screw-up back when he was minister of finance, and supposed to be keeping the country's books.

homeowners.

So, could a battered Paul Martin jeopardize that?

If the federal election is held over until the fall then the ruling Liberals will become weaker as the new Conservatives become stronger. After all, an early Spring election would be the best possible move for Martin since the opposition would have a leader just weeks into the job, heading a party skewered by a polarized

downward pressure on the Canadian dollar. In turn, the Bank of Canada will be freer to ease up on monetary policy, since inflation is well under control and a lower dollar will help stimulate exports and the economy. Presto – your mortgage rate goes down.

However, if Martin is forced to resign because it is proven he knew what he says he did not know at a time he claims not to have known it (if you know



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Vehicle safety--Dos and don'ts



Submitted by
Doug Bird, Deputy
Wing General Safety
Officer

Almost every adult in North America has access to a motor vehicle. The average driver will drive approximately 10,000 miles (16,000 km) per year, for an average of 50 years. The chances of having a collision are high.

In Canada every year, an average of 3,200 people are killed and 170,000 injured in motor vehicle accidents. Most of these deaths and injuries can be prevented.

Keep the following information in mind to protect yourself while driving:

The old expression "speed kills" is true. The higher the speed, the greater the chance of the driver losing control. As speed increases, so does the distance necessary for the driver to come to a stop. The severity of the injuries increases greatly at speeds over 80 km/h. The chance of serious injury or death doubles with each 15 km/h increase of speed over 80 km/h. Approximately three out of 10 drivers in fatal collisions were going too fast at the time of the crash.

Pay attention to the posted speed-limit signs; they indicate the maximum speed considered safe. The posted speed is meant for ideal conditions. It is dangerous to travel at those

speeds during a snowfall, heavy rain, or conditions of black ice. Slow down according to the conditions.

Stay alert when an oncoming car is passing another vehicle. It's difficult to judge the car's speed. Be prepared to slow down in order to give the car time to finish passing.

Adverse conditions including rain, snow, ice, and fog affect your visibility even in daylight. In these conditions, other drivers also have trouble seeing you. Your car becomes difficult to control on curves or even on straight stretches when the surface is slippery. As well, it's more difficult to stop and it takes longer.

A few tips to remember when traveling in adverse conditions:

If conditions are bad, don't travel unless absolutely necessary. When the police or other officials advise against travel, heed their warning.

Keep your headlights on; it will be easier for other drivers to see you.

If conditions are extremely bad (such as a whiteout) you may have to pull over. Pull off the road as far as possible and turn on your emergency flashers.

I arrived at a six-car pile-up that was caused when one driver stopped his vehicle in the middle of the road in heavy fog. This set up a chain reaction of vehicles running into each other. There were several injuries. The traffic was traveling too fast for the road conditions. By the time the drivers saw the other cars, it was too late to stop.

Adjust your speed to suit road and weather conditions. Obey road con-

struction signs. At night, it can be confusing to try to read signs with flashing lights. Slow down.

Seat belts work. Using seat belts or child restraints will reduce the likelihood of being injured or killed in a traffic crash by 55% and 75% respectively. If you're involved in a collision at 48 km/h, the force is equivalent to a fall from a third floor window to hard ground below. It's common for a person to be thrown from a vehicle in a collision or a rollover. If this happens, the chances of being killed or seriously injured are extremely high.

A lap belt prevents the occupant from being thrown from the vehicle. It also transmits much of the force to the lower body. The shoulder belt adds protection by reducing injuries to the head and face. Use the lap belt and shoulder belt together. Wear the lap portion of the seat belt low on the hips. Don't wear it over the abdomen. The shoulder belt must pass over the shoulder and not the neck. It should fit snugly over the chest.

Don't wear the shoulder belt under the arm. In a collision, the belt will exert tremendous pressure on the chest and cause internal injury.

Pregnant women should sit upright and wear the lap belt under the abdomen and as low on the hips as possible.

Buckle your children up! Make sure they use seat belts or child restraints each time they are in the vehicle. In the event of a collision, if they aren't restrained, there's a good chance they'll be thrown from the vehicle or thrown violently into other occupants of the vehicle.

Infants and small children should be buckled into the appropriate infant or child carrier.

Pet Particulars

The "mistake" that isn't

Your dog seems to be flaunting his bad behaviour. He comes up to you and piddles, right in front of you! Don't lose your temper: your dog is acting out of fear and showing you a classic sign of submission. In his mind he is showing respect to you, the more dominant member of the pack.

If you punish your pet for this behaviour, you're making yourself seem even more powerful and will only make matters worse. A puppy or dog who has this problem is very sensitive and lacks confidence. Recognize that submissive urination is not a house-training problem, it's a relationship problem.

The dog will need GENTLE obedience training. Use encouragement to help the dog understand that while you are the boss, you are a kind one. As you develop a loving and trusting relationship with your pet, his confidence will grow. His fear will decrease, along with his submissive urination.



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Celebrating winter at 8 Wing Trenton carnival

Thank you to everyone who helped with the Winter Carnival. All of the volunteers did a wonderful job. Thank you to Apollo, and all of the Chiefs for cooking the food. Thank you to Todd Peart and Paul Deschamps at the gym for helping with a little bit of everything. Thank you to Tim Horton's for the timbits and coffee cups used in the Canadian Relay game, and to Cyndi Lilienthal for sewing all of the mittens.

Pictured at right (bottom): The various Squadron and 8 Wing Chiefs dished up some fine burgers and dogs (donated by Cysco) that were greatly appreciated by all of the participants of 8 Wing's annual Winter Carnival. From left to right are: CWO Inglis, Apollo, CWO Mercer, WCWO Cheverie, CWO Girodat, CWO

Fleming, CWO Good, CWO Quirk, CWO Bradford and CWO Goulet.

This year's theme was The Amazing Race, featuring countries from around the world. Dressed head to toe in "local Jamaican attire" Team Jamaica proved that 8 AMS can put a game face on and take it all home. Pictured with the winning team at the top right is 8 WCWO Don Cheverie and Bob Payette, PSP Manager. The crew included: Sgt George Westcott, Sgt Jamie Whalen, Sgt Craig Howland, Team Captain MCpl Marlene Shillingford, MCpl Jamie Shewaga, MCpl Dave Smith, Cpl Michel Rioux and Cpl Janeen Kratochvil. Special Thanks to the two volunteers, MCpl Louise Fagan and Cpl Luc St-Amand.



Photo: Cpl Tim Jordan, 8 Wing Imaging



Photo: Cpl Tim Jordan, 8 Wing Imaging

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Isabelle Lachance, diplômée de l'É.S. publique Marc-Garneau. Appuie de travail bilingue à l'Unité d'évaluation de l'Est de l'Ontario.

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ONTARIO REGION CHAMPS

Photo: Cpl Chris Bentley, 8 Wing Imaging



Clockwise: Cpl Bruce Matthews cheers after his fellow teammates score on Kingston during the final game of the Ontario Region Championship, held last week in Trenton. Team Captain R.J. Ellis accepts the winning banner from LCol Bill Lewis (Acting 8 Wing/CFB Trenton Commander) and WCWO Don Cheverie.

Photo: Laurie McVicar, Contact



Photo: Cpl Chris Bentley, 8 Wing Imaging

"Amazing Race", amazing fun



Laurie McVicar

Wednesday, February 18

Last Friday I had the extreme privilege of taking part in my very first Winter Carnival.

For the life of me, I cannot understand why I haven't participated in this event before. Despite high winds and less than balmy weather, I had a blast!

I was a member of the Liechtenstein group team. For those of you who participated, you may have had the pleasure of winning against us. In fact, I think that honour probably goes to every other team who was there. We were definitely not the most competitive team, but I'm betting we were among the craziest.

This year's carnival, themed "The Amazing Race", saw 13 countries compete in seven different events that involved snowshoeing, skiing, sawing, running, hockey, sword play, and finding rubber chickens

Confessions from the Gym

under mounds of snow.

This week I was very disheartened to hear that some people were a little critical of the event. One comment made was that the games were childish. I'd like to respond by reminding that person that this event was designed purely for fun, as a way to promote team spirit and put aside our busy schedules for a day.

Personally, our group spent more time tackling

each other in the snow than we did competing.

Congratulations to organizer Amy Boor and the rest of the Gym staff for a fantastic carnival. I for one am looking forward to next year's.

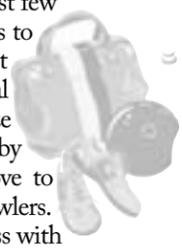
Please see below for final results:

- 1st - Jamaica, 104 pts
- 2nd - Italy, 98 pts
- 3rd - Hawaii, 91 pts
- 4th - Czech, 86 pts
- 5th - Canada, 85 pts
- 6th - Liechtenstein, 84 pts
- 7th - Vanuatu, 77 pts
- 8th - Flyers, 75 pts
- 9th - Ireland, 74 pts
- 10th - UAE, 67 pts
- 11th - Siberia, 64.03
- 12th - Trailer Park Boys, 63 pts
- 13th - Antigua, 61 pts.

Astra Lanes report

FIVE PIN BOWLING IS COMING TO TV!

Well now that you have seen all the provincial champions competing for money on TV over the last few weeks, we have brought the TV cameras to the local bowlers. On Saturday, Feb. 21st at 1500 hrs, six bowlers from the local area will be competing for \$4,000 in prize money. This event will be televised by Cogeco 4 Television and we would love to have you come out and support the bowlers. This tournament has been a great success with over 1,500 entries. The top 36 bowlers will be sharing in over \$6,200 in prize money.



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					Sports Euchre 1800 hrs	21
22	23	24	25	26	TGIF NOON Food TBA	27
					TGIF 1700 hrs Fish & Chips Sports - Pool	28
					All Ranks Dance "Hot Rocks" Tribute to Rolling Stones	★

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Showcase

Congratulations! Félicitations!



Ken Clare

Received his 35- Year Long Service Award, presented by Maj W. Watson, WCE O.



Barry Turner WCE

received his 15- Year Long Service Award, presented by Maj W. Watson, WCE O.



Pam Naugler WCE

received her 25- Year Long Service Award, presented by Maj W. Watson, WCE O.



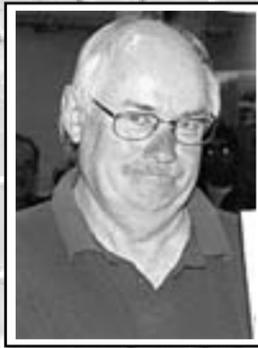
Bill Scholten

received his 15- Year Long Service Award, presented by Maj W. Watson, WCE O.



Bill Vancleif

received his 15- Year Long Service Award, presented by Maj W. Watson, WCE O.



Dennis Secker

received his 25- Year Long Service Award, presented by Maj W. Watson, WCE O.



Lylie Martin

received her 15- Year Long Service Award, presented by Maj W. Watson, WCE O.



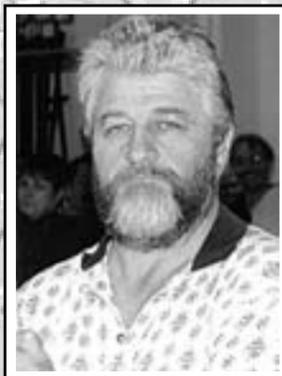
MCpl D.P. Keast

received a Certificate of Appreciation from the Theatre Activation Team - Kabaul, presented by Maj W. Watson, WCE O.



Mae Exley

received her 25- Year Long Service Award, presented by Maj W. Watson, WCE O.



Jim Tracey

received his 25 -Year Long Service Award, presented by Maj W. Watson, WCE O.



Jim Payne

received his 25- Year Long Service Award, presented by Maj W. Watson, WCE O.



Ron Campbell

received his 25- Year Long Service Award, presented by Maj W. Watson, WCE O.



Sgt R. Teters

received the CME 2003 Commemorative Watch, presented by Maj W. Watson, WCE O.



Cpl L. Boyd

received the CME 2003 Commemorative Watch, presented by Maj W. Watson, WCE O.



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MCpl J. Mugford
received her Queen's Jubilee Medal presented by LCol A. Maziarski, WCE O



Pte C. Knap
received her first hook, presented by Capt B.L. Austin, W Sup O.



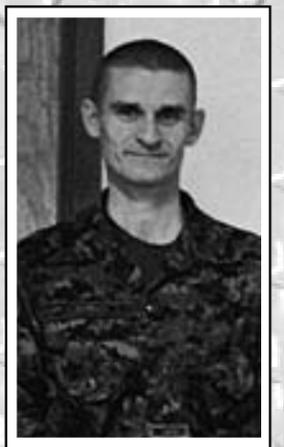
Pte C. MacSween
received his first hook, presented by Capt B.L. Austin, W Sup O.



Pte R.C Felix
received her first hook, presented by Capt N. Roy, A/W Sup O.



Pte P. Bacon
received his first hook, presented by Capt B.L. Austin, W Sup O.



Pte P. Rainey
received his first hook, presented by Capt B.L. Austin, W Sup O.



Sgt S. Stewart
received her promotion to that rank, presented by Maj K. Keogh and LCol M. Lalumiere, CO 424 Sqn.



Tammy Waterfall
received her 10 year service certificate, presented by Andy Moreau, CANEX Manager.

SHOWCASE

Congratulations! Félicitations!



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
February 22 - February 28

ARIES (March 21-April 19): Don't let anyone stifle your mood or your high energy approach to whatever you do on the 22nd, 23rd and 24th. You will attract plenty of attention if you set your mind on being a doer as well as helping others along the way. Financial opportunities are present on the 25th and 26th, but you must act fast in order to take advantage of the situation. Communicate with someone who can offer you suggestions regarding which direction to take on the 27th and 28th. Your ambition is growing and you want to make sure that you lean towards doing something that can offer you material security and satisfy your interests.

TAURUS (April 20-May 20): Take a back seat on the 22nd, 23rd and 24th and listen to what everyone around you is saying. You may not agree but if you take bits and pieces of what others think will work you will come up with your own very viable solution. The 25th and 26th are all about you. This is a perfect time to make some much needed adjustments that will help you feel good, look good and do good. Changes may take place on the 27th and 28th. Sometimes you need a push and this is one of those times so don't fret

because your world is changing, instead embrace what comes your way.
GEMINI (May 21-June 20): You will want to try everything that comes your way on the 22nd, 23rd and 24th. Limit yourself to what interests you the most and you will get the highest payback. Someone you meet through an event or by chance will twig your interest and get you thinking about what you want to achieve in the future. By disclosing what you are up to you are likely to blow a deal or your cover on the 25th and 26th. Make sure that what you do is for the right reasons. Question your motives. You may be hard to pin down on the 27th and 28th and if this is the case it may lead to missing out on something good.
CANCER (June 21-July 22): Test the waters on the 22nd, 23rd and 24th and do something that you have wanted to try for some time now. Join a new group that can offer you a challenge as well as help you develop thought provoking ideas. Do something creative on the 25th and 26th that in turn can be used to benefit others. The more you do to help make reforms around you the better. If you believe it you can do it. You are likely to get wind of a trade secret on the 27th and 28th. Investments and moneymaking deals should come into play. Don't hold back or you will miss an opportunity.

LEO (July 23-Aug. 22): You will be in a generous mood on the 22nd, 23rd and 24th but if you hone your skills and put your cash into something that will lead to more money you will be much further ahead. Nothing can stop you once you set your course. You may find it difficult to impress others no matter what you do on the 25th and 26th. Change your mindset and concern yourself with how you feel about what you are doing. Jealousy is likely to occur if someone feels threatened by your professionalism. Concentrate on what you can do on the 27th and 28th to make reforms - not what you can't. You will be impressive.

VIRGO (Aug. 23-Sept. 22): Don't let any health, financial or legal matters get put on the backburner on the 22nd, 23rd and 24th. The more you do to compensate any negatives in your life the better. Money may be tight if you haven't already set a strict budget. Get involved in talks that will stimulate your mind and broaden your perspective about projects you want to pursue on the 25th and 26th. Your mind will be racing and you will finally feel the urge to make a move. Someone you have to deal with on the 27th and 28th will not be in your corner. Prepare to counteract anything that this person may do to make you look bad.

LIBRA (Sept. 23-Oct. 22): Take the classy route on the 22nd, 23rd and 24th and do everything you can when dealing with others. Your positive outlook and helpful nature will turn even the most ill-tempered person into someone who is willing to compromise. The 25th and 26th is not the time to be lazy or waste time thinking about what you should be doing. Hop to it, you will surprise yourself when you realize how capable you really are. You'll be in the spotlight on the 27th and 28th so prepare to take advantage of your good fortune. Present yourself and your ideas. Take part in events that will help you get your name out there.

SCORPIO (Oct. 23-Nov. 21): You will dazzle everyone you meet on the 22nd, 23rd and 24th. Be smart and be first. Your energy should be directed toward getting ahead. You can build greater security into your life if you take the few necessary steps to budget. Don't hesitate to do something about a personal situation that has been bothering you on the 25th and 26th. Take a stab at clearing matters up even if it does mean hurting someone. Don't let anyone hold you back again. You will discover something about someone you least expect on the 27th and 28th. Consider what will benefit you the most.

SAGITTARIUS (Nov. 22-Dec. 21): You may want to hide out on the 22nd, 23rd and 24th. Someone you live with or care about will be on the rampage especially if you have unknowingly let this person down. The harder you work the better you will feel on the 25th and 26th. Opportunities are looking you in the face. Work related events will lead to new openings and a better position. Problems will arise on the 27th and 28th if you continue to want everything to be your way. Someone you have partnered with will not be willing to bend to your whims any longer so prepare to compromise before you lose out.

CAPRICORN (Dec. 22-Jan. 19): The opportunity to practice something on the 22nd, 23rd and 24th that will help you in the future should be put to use. The more you do to advance your position the better you will feel about your future prospects. A partnership looks good. Book yourself in at the spa or talk to someone about obtaining a more youthful appearance on the 25th and 26th. Looking good can make all the difference in the world especially when you are pushing so hard to get ahead in a dog-eat-dog world. Take care of yourself on the 27th and 28th. Check out what you need to do in order to live a healthier lifestyle.

AQUARIUS (Jan. 20-Feb. 18): You may not be too sure of yourself on the 22nd, 23rd and 24th but you should be sure of your abilities. Opportunities will result if you get out and share your thoughts with individuals who can contribute to your goal. Don't waste time on the 25th and 26th. Take the initiative to follow what you feel is the best path and refrain from being lead astray by someone who is out for his or her own benefit. Talk the talk and walk the walk and you will be well on your way to making things happen on the 27th and 28th. You can convince anyone of anything, even yourself. Prepare to move forward.

PISCES (Feb. 19-March 20): You will be passionate about whatever it is you do on the 22nd, 23rd and 24th. Expand on a creative idea that you want to pursue. Nothing is out of reach if you want it badly enough. Your involvement in a good cause will be rewarded on the 25th and 26th. You will begin to see the results of a job well done. Changes are underway and it will be important for you to move with the times. You will have a tendency to spend too much on family members or items for your home on the 27th and 28th. You may have to take a back seat in order to let someone you love step into the spotlight. Be proud, not jealous.

New travel service for federal employees

As part of the travel modernization effort by the Government of Canada, a contract has been awarded to Accenture and its team of sub-contractors (American Express (AMEX), Bell and Concur Technologies) to provide a new integrated travel service for all federal government departments.

The new travel service, which will include a new AMEX Government Travel Card, an online self-service booking tool, a new travel agency, and an expense claims man-

agement system will be known as "Travel Access Voyage".

Phase one of the transition, managed by a project office within DGPPP, will be the introduction of the new AMEX designated travel card (DTC) that will replace the current AMEX Individual Travel Card (ITC) effective April 1, 2004. AMEX has agreed to a 90-day transition period, however cards are expected to be distributed as quickly as possible to take advantage of the enhanced benefits.

The new DTC, used

only for authorized travel and travel related expenses, will be an AMEX Corporate Credit Card with a Government of Canada logo. Major changes from the current ITC are as follows:

Corporate liability: The Government of Canada will assume full corporate liability in the case of non-payment of an account balance by the cardholder. For accounts that become delinquent by over 90 days, the government will assume responsibility for the amount outstanding and DND will

initiate recovery from the employee. A departmental process will be enacted to pursue delinquencies. In addition to the regular cardholder agreement with AMEX, DTC cardholders will be required to sign an "Agreement between you and the Government of Canada" that will acknowledge their responsibilities as a DTC corporate cardholder.

New Loyalty Program: DTC cardholders will be given the choice of selecting one of two available custom loyalty program (AMEX membership rewards or the Air Miles Reward Program). Redemption of reward points or air miles for person use will be authorized.

Enhanced Insurance Package: To include insurance for travel accident, flight and baggage delay, hotel burglary, missed connection, lost or stolen baggage, car rental accidental death and dismemberment coverage, car rental theft and damage, car rental personal effects, and unexpected return home.

Current AMEX ITC cardholders that are in good standing and have used their card at least once in the 13 month period preceding mid-December 2003 will automatically have a new DTC reissued and delivered to their ITC Pay Officer Number Coordinators and will not have to reapply for the new card. The new DTC cards will be delivered to the PON Coordinators between March 8-26. Account balances will not be transferred from the old card to the new card. The terms of payment for the old card remain an individual liability and ITC cardholders are to settle their old accounts to zero as soon as possible after issuance of their new DTC account.

At this time, the new contract does not affect the US Dollar Program (for members posted to the United States) and the AMEX Group Travel Card Program. Both programs will remain valid until further notice.

LOCAL SERVICES AND TRADES

To Serve You

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

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Community Events

GENEROUSLY SPONSORED BY THE CENTRE THEATRE

CENTRE THEATRE - TOTALLY RENOVATED INCLUDING D.T.S. SOUND BIRTHDAY PARTIES ARE NOW AVAILABLE

Matinees Saturday & Sunday

MOVIES MOVIES MOVIES

MOVIE LINE-UP

• 21 Grams (18A)	1:00	7:00	9:20 (Weekend)
• Welcome to Mooseport (PG)	1:10	7:10	9:15 (Weekend)
• 50 First Dates (PG)	1:05	7:05	9:10 (Weekend)
• Nez Rouge (G)	3:15	Sat. & Sun.	

Winter schedule: Mon. to Thurs. Early shows only.
 Coming Soon: Twisted, Hidalgo, Starsky & Hutch
 Admission: \$7.00 (adults 18+) \$5.00 (youth) Wed. & Matinees \$5.00 (ALL)

CALL 392-4211 FOR INFORMATION

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.



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.

February 25- **Reiki** - Julie Champoix will talk about Reiki, Trager and Therapeutic Touch. She will bring her massage table to demonstrate her healing techniques.

March 3 - **Introduction to Assertiveness Training**- Irene Dieryck, from the Base social Work Office will give an overview of assertiveness training for women. Learn how to establish boundaries and say "no" without feeling guilty.

March 10 - **Auras** - Everyone is surrounded by an aura. Come and discover the colour and essence of your aura. Linda Shepherd will lead this session and talk about intuition and instinct.



3rd Annual Ball Hockey Tournament

Teams- 4 plus 1 spare (No goalies please)
When- Friday 27th Feb 2004
Where- Southside Gymnasium
Time- 0800-NLT 1300 hrs
Cost- \$25.00 minimum donation per team
For more info. Call Tammy Topping @ 2822

All donations collected will go to the Heart & Stroke Foundation.



Initial Meeting / Self Help Group

March 8th 7 PM
 Boardroom
 Trenton MFRC / Siskin Centre

For anyone with a family member who has an Operational Stress Injury or Post Traumatic Stress Disorder Refreshments will be served.
 Childcare available, please reserve ahead by calling 965-3575.



CHAPLAIN SERVICES
SERVICES OFFERT PAR L'AUMÔNERIE

Wing Chaplain/ Aumônier de l'escadre - Major Lloyd Clifton (Presbyterian)
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>MASS Sunday Mass (English) 0900 hrs Messe Dominicale: 1015 hrs</p> <p>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>WORSHIP SERVICE</p> <p>Divine Worship (Sun) 1130 hrs Holy Communion 1st Sunday of the month Mid-Week Communion Wed 1230 hrs</p> <p>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.

EARN EXTRA MONEY!!

Contact NEEDS 2 CARRIERS

to deliver Contact newspapers here at
 8 Wing/CFB Trenton:
Johnson, Lawrence & McEwan, Laird

Please call 965-7248 mornings or leave your name, address, phone number & age.

National Defense / Défense nationale

Weight Wellness Program

Are you interested...
 -in achieving a healthy weight?
 -in practising healthy physical activities?
 -in developing healthy eating habits?

Weight wellness may be for you
Programme Poids-santé

Êtes-vous intéressé...
 -à atteindre un poids-santé?
 -à pratiquer des activités physiques?
 -à acquérir des habitudes alimentaires saines?

Le Programme Poids-santé s'adresse à vous



STRENGTHENING THE FORCES

Date: February 23, 2004 Time/Heure: 1330-1430 hrs
 Location/Lieu: Building 21, Room 9
 Contact/Communiquez avec: Health Promotion, Local 3768

Stressed?

Stress: Take Charge... is a health promotion program of the Canadian Forces that may be for you!!
 The program consists of eight modules, 2.5 hours each; in which participants will:

- Understand the stress reaction in the military context and its links to hardiness
- Assess their level of stress using StressMap®
- Choose and practise specific skills that they will use to increase performance and decrease stress.
- Benefit from regular practise of the relaxation response.
- Participants will receive workbooks and be asked to complete exercises.

For more information on **Stress: Take Charge!**
 Contact:
 Cheryl Rothenburg, Health Promotion Director
 58 Polaris, Bldg 21, room 10
 local 3768 or 3767
 rothenburg.cl2@forces.gc.ca



Classified

For Classified Information Call
392-2811 ext: 3976

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

Information

CLASSIFIED AD RATES

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

ORDERING AN AD

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

ERRORS & OMISSIONS

Advertisers should check their ad the first day it appears. CONTACT shall not be liable for failure to publish an ad or any typographical errors in the publication except to the extent of the cost of the ad for the first day's insertion. Adjustments for errors are limited to the cost of the ad 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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Paradise Adult Video

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RENT 2 MOVIES
GET A 3RD ONE FREE
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Friday 11-10, Sunday 12-5

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for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices. Open 7 days a week & evenings. We deliver. We like Base people.

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• Vehicle Cleaning
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For parts call: 966-6966

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DEADLINES !!!

Editorial: Tuesday noon
Advertising: Wednesday noon

Questions: local 3976

Belleville Volkswagen

2003 Jetta GLS Diesel-blue, 4dr., auto, demo. Great fuel efficiency, only 19,000 kms,
\$23,900

2000 Golf GL- Bright green, 2 dr., 5 spd, 2.0 L, A/C, p/l, very clean, fuel efficient, VW certified warranty incl, only 71,000 kms.
\$13,995

1997 Subaru Legacy Outback blue, auto., loaded, local car very clean, all wheel drive, great in the snow. only 125,000 kms, \$12,495

1999 Passat GLS 1.8T 3 to choose from, 2-5 spds, 1-auto, local trades. Just reduced to
\$11,995 each

All prices +Admin., GST & PST & licensing

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www.bellevillevw.com

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Call 392-6346
Leave message.

WEST SIDE NEAR HOSPITAL

Newly renovated upper one bedroom apartment. Fridge, stove, water incl. \$475/mth + utilities.
Call Kenmau Property Management
392-2601

Great value!

1&2 bdrm apts
ADULT OR FAMILY BUILDINGS
clean & quiet utilities & cable included
CLOSE TO BASE
KLEMENCIC PROPERTIES
392-7839

FOR RENT

Trenton West Side Newly Renovated Apartment Buildings. New Appliances. 2 Bedroom. Frid. Stove, Heat & Water Inc.
\$645/mth
NO PETS
Call Kenmau Ltd. Property Management
392-2601

For Sale

FOR SALE
4 Michelin Arctic Alpine winter tires - 13" w/rims, 2yrs old \$200.
Call 965-6864

Help Wanted

EARN EXTRA MONEY!!

Contact NEEDS 2 CARRIERS to deliver Contact newspapers here at 8 Wing/CFB Trenton: Johnson, Lawrence & McEwan, Laird

Please call 965-7248 mornings or leave your name, address, phone number & age.

For Sale

FOR SALE
Storage containers 20'x 8 x 8 plus 40'x 8 x 8 ocean containers for clean, dry, secure storage. Located at Loyalist Lock, 101 Aikens
Call 969-0810

Wanted

Wanted to Buy
Fridges, stoves, washers, dryers in working order and clean. Will pay good price. No dealers. Please call 1-613-969-0287 or 968-4183

Announcement



SCOUTS RACING

A Fun Filled Community Event!

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.

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

Date: Saturday March 27th 2004
Place: CFB Trenton Gymnasium
Time: 09.00 a.m. to 4.00 p.m.

Guaranteed lots of racing. Displays of local race cars in parking lot (weather permitting). Trophies for all winners and Best Design. Crest for all participants. Camping in local area will be available.

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

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



For Rent

Large 3 bedroom 1/2 Duplex, Trenton. With appliances. \$700 +util. Option of Furnished \$875+util. Available April 1st. Please call 965-6747

Congratulations to last week's
TIPS Word Puzzle Winners!

Capt AJ O'Brien, 426 Sqn, received a \$25 Gift Certificate from Kelsey's, Trenton.

Cpl Peter Weir, 2AMS, received a \$15 Gift Certificate from Boston Pizza, Belleville.

Sgt David Wheeler, ATESS, received a \$10 Gift Certificate from Montana's Cookhouse, Belleville.

Sgt Blair Porter, P Med, received a \$10 Gift Certificate from Montana's Cookhouse, Belleville.

MWO Joyce Fowler, 8 AR Flt, received complimentary appetizers for two from Kelsey's, Belleville.

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For a complete information package of new homes being built in Greenwood Park, minutes from CFB Kingston and RMC, and Cobblestone Ridge in West End Kingston. See the whole package at www.c21wyld.com

Visit the Canadian Military Relocation Network
Website at www.interbaserealestate.com
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*bi-wkly.

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\$13,900/\$149

*bi-wkly.

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MANUAL, 4 CYL., BUCKET SEATS, AIR, POWER DOOR LOCKS, CD, 24,200 KMS. STK#349PA

\$11,900/\$119

*bi-wkly.

2002 DODGE RAM 1500



AUTO, V8, EXTENDED CAB, PW, PDL, SHORT BED, TONNEAU COVER, AIR, CASS, TILT, CRUISE, 95,131 KMS. STK#4069A

\$24,900/\$229

*bi-wkly.

2003 DODGE DAKOTA



AUTO, 6 CYL., SHORT BED, TONNEAU COVER, PW, PDL, CRUISE, TILT. 7,9711 KMS. STK#391P

\$25,900/\$199

*bi-wkly.



2003 CHRYSLER PT CRUISER
Auto, 4 cyl., CD, pw, pdl, air, cruise, keyless entry. 19,161 km. Stk#398P

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



2003 JEEP LIBERTY SPORT
Auto, 6 cyl., air, tilt, flood lights, CD, pw., pdl, keyless entry 77 kms. Stk#363P

\$28,900 / \$225 bi-weekly*



2001 CHRYSLER INTREPID
Auto, V6, bucket seats, air, cruise, tilt, keyless entry, p. seats, CD, pw, pdl. 50,337 kms. Stk#4195A

\$15,900 / \$159 bi-weekly*



2001 DODGE CARAVAN
Auto, V6, air, cruise, tilt, CD, power windows, power door locks. 52,972 kms. Stk#379P

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



2001 CHRYSLER INTREPID
Auto, V6, air, cassette, cruise, tilt, keyless entry, p. seats, pdl, pw, 37,000 kms. Stk#4259A

\$14,099 / \$129 bi-weekly*



2001 DODGE CARAVAN
Auto, 6 cyl., air, cassette, tilt, cruise, pwr. windows, pwr. door locks 58,000 kms. Stk#4210A

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



2001 DODGE CARAVAN
Auto, V6, air, cruise, tilt, CD, pdl, pw, 86,500 kms. Stk#3490A

\$16,900 / \$149 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*



2003 CHRYSLER PT CRUISER
Auto, 4 cyl., CD, pw, pdl, 4th door, air, cruise, tilt, keyless entry, 19,011 kms. Stk#401P

\$19,900 / \$199 bi-weekly*



2002 FORD ESCAPE
Auto, V6, CD, pdl, pw, bucket seats, air, cruise, tilt, keyless entry. 81,097 kms. Stk#4312A

\$24,900 / \$229 bi-weekly*



2001 CHRYSLER PT CRUISER
Auto, 4 cyl., 4th door, leather, bucket seats, p. seats, CD, pw, pdl, 44,500 kms. Stk#4186A

\$17,900 / \$159 bi-weekly*



2003 DODGE SX 2.0
Auto, 4 cyl., CD, pw, pdl, fog lights, air, cruise, tilt, keyless entry, 28,680 kms. Stk#396P

\$14,900 / \$99 bi-weekly*



2002 KIA SEDONA
auto, 4 dr., V6, air, p. bucket seats, CD, pw, pdl, fog lights, keyless entry. 46,882 kms. Stk#3625B

\$17,900 / \$159 bi-weekly*



2000 JEEP GRAND CHEROKEE LTD
Auto, 6 cyl., air, cruise, tilt, p. seats, pdl, pw, CD 55,994 kms. Stk#4188A

\$25,900 / \$319 bi-weekly*



2003 DODGE DAKOTA
Auto, extended cab, cruise, tilt, CD, power windows, power door locks 234 kms. Stk#384P

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



2003 CHEVROLET MALIBU
Auto, air, CD, pw, pdl, air, cruise, tilt, keyless entry. 31,536 kms. Stk#4110A

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

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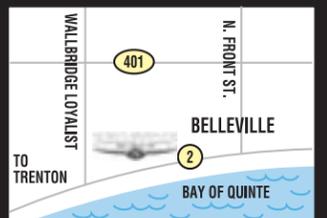
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