

“Delivering news and information. At home and around the world.” • “Des nouvelles d'ici et de partout ailleurs.”

the Contact

www.cfbtrenton.com

SOUTHSIDE BARBERSHOP
 CFB Trenton
 (Corner of Anson & Yukon - Bldg 23
 2nd bldg on right - Southside)
 Courteous friendly service
 À bientôt!
 See you Soon!
\$10 Hair Cuts
 Hours:
 Mon-Thurs: 07:00 - 15:30
 Fri: 07:00 - 12:00
392-6015

September 9, 2005 • Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 40 Issue Number 34•

SAR DEMO AT CNE AIR SHOW



Photo: Cpl Simon Duchesne, 8 Wing Imaging

At the 2005 Toronto International Air Show, held September 3-5 along the Toronto waterfront as part of the Canadian National Exhibition, 424 Transport and Rescue Squadron's Sergeant Stuart Neill conducts a SAR demonstration--he parachuted from a CC-130 Hercules aircraft and landed in Lake Ontario.

CANADA RESPONDS TO KATRINA

Photo: Cpl David Cribb, 8 Wing Imaging



In response to the devastation wrought by Hurricane Katrina, a medical team departed 8 Wing/CFB Trenton September 3 aboard a 437 (T) Squadron CC-150 Airbus, as part of Canadian disaster relief efforts--dubbed OPERATION UNISON. Pictured above, Major Annette Snow, Wing Surgeon and Medical Officer for the mission to U.S Gulf Coast, talks with a television reporter, explaining her team's role upon arrival in the U.S. See story on Page 3.

4th Annual Occupational Safety and Health Trade Show

See page 8 for a message from your Wing Commander...

Great facilities, great programs—at lower prices

by Andrea LeBlanc
 Managing Editor

As promised in May of this year, and in line with the Wing Commander's vision of Personnel Support Programs (PSP) programs and services for the men and women of 8 Wing/CFB Trenton and their families, the first phase of across-the-board price reductions—approximately 15 per cent—in PSP facility memberships and individual program pricing has become a reality.

As can be seen in the accompanying chart, 2005-06 rates for all facility Combination memberships are 15 per cent lower than the rates in place at this time last year.

“We are thrilled to be able to offer members of our military community reduced rates for PSP facility memberships, while at the same time improving access to our top-notch fitness and recreation facilities, and, most importantly, still maintaining high program quality,” said

Lt.-Col W.M. Roberts, 8 Wing Administration Officer.

And there's more good news. The Community Recreation Association (CRA) has just launched a brand new after-school program at the RecPlex—a Youth Aquatic Club for kids—as an alternative to competitive swimming.

“Time has been made available at the pool for a new after-school program for kids aged 8 to 16 years of age. It is designed for kids who love the water and who love to swim, but not necessarily in a competitive setting,” said Lt.-Col Roberts.

According to Recreation Director Judi Christopherson, the new club will focus on both fitness and fun—part of the program will be devoted to goal setting and personal bests, and stroke improvement, but it will be a fun environment for learning.

Kids interested in joining the club can choose to participate one, two or three evenings a week, although they must be able to swim two lengths of the main pool

in order to become a member of the club.

Additionally, military fitness lane swimming will be introduced daily after work and Red Cross swimming lessons will also be made available after school. These programs are aimed at serving hundreds of additional pool users every week.

For more information, interested people can contact Judi Christopherson at local 2349, or, better yet, they can come to the annual Recreation and Leisure Show this weekend...

Slated for Sunday, September 11 at the south side Gymnasium, the show will run from noon until 4:00 p.m..

“All members of the 8 Wing/CFB Trenton community, particularly those who are new to the area, are encouraged to attend the annual Recreation and Leisure Show. This year's show has a new, different format and every PSP program available to our military members and their families will be represented—messes, clubs, recreational programs etc. More than 40 clubs

will be represented,” said Lt.-Col Roberts.

See next week's issue of The Contact for the latest details on the exciting CANEX/Tim Horton's initiative coming to 8 Wing/CFB Trenton. *En français, p. 2.*

PSP FACILITY MEMBERSHIPS

COMBINATION (includes Gym, RecPlex, Arena, Outdoor Pool)	Old Rates	New Rates
	Regular Members	
Infant (0-5 yrs)	\$15	\$12
Youth (6-17 yrs)	\$60	\$50
Single (18 yrs+)	\$75	\$65
Family	\$165	\$140
Ordinary Members		
Infant	\$25	\$20
Youth	\$115	\$85
Single	\$130	\$110
Family	\$305	\$260

See PSP recreation staff for full list of programs and pricing.



NOW \$11,925

For a limited time only, when you purchase or lease virtually any new 2005 GM vehicle* across all GM divisions you'll get the GM Employee Discount.

BACK BY POPULAR DEMAND!!

EXTENDED!!

Until September 30, 2005 Limited Stock

You Pay What We Pay.
 And Not A Cent More



Corner of Hwy. 2 & Wallbridge Loyalist Rd., Belleville, (613) 969-1166



Bonnes installations, bons programmes — à moindre coût

par Andrea LeBlanc
Gestion de Rédacteur

Tel que promis en mai dernier, et dans le cadre de la vision du commandant de l'escadre concernant les programmes de soutien du personnel (PSP) et les services destinés aux membres de la 8e Escadre/BFC Trenton et à leurs familles, la première étape des réductions générales — d'environ 15 p. 100 — des prix aux membres des installations des PSP et des programmes individuels est maintenant une réalité.

Comme en témoigne le graphique ci-joint, les tarifs 2005-2006 pour toutes les adhésions combinées aux installations sont de 15 p. 100 inférieurs aux tarifs appliqués à cette même période l'an dernier.

« Nous sommes heureux de pouvoir offrir aux membres de notre collectivité militaire des tarifs réduits d'adhésion aux installations des PSP, tout en améliorant l'accès à nos installations sportives et récréatives de premier plan et, par-dessus tout, en maintenant la grande qualité des programmes », souligne le Lcol W.M. Roberts, l'officier d'administration de la 8e Escadre.

Et il y a d'autres bonnes nou-

velles. L'Association des loisirs communautaires (ALC) vient de lancer un tout nouveau programme parascolaire au complexe récréatif — un club aquatique pour les jeunes — comme alternative à la natation de compétition.

« L'on a réservé des heures à la piscine en vue du nouveau programme parascolaire pour les jeunes âgés entre 8 et 16 ans. Il est conçu pour ceux qui aiment l'eau et la natation, mais pas nécessairement dans un contexte compétitif », précise le Lcol Roberts.

Selon la directrice des loisirs, Judi Christopherson, le nouveau club sera axé à la fois sur la forme physique et sur l'amusement — une partie du programme sera consacrée à l'établissement d'objectifs et de records personnels, ainsi qu'à l'amélioration des mouvements, mais l'apprentissage sera ludique.

Les jeunes intéressés à se joindre au club peuvent s'inscrire pour une, deux ou trois séances par semaine, mais ils doivent être capables de faire à la nage deux longueurs de la piscine principale pour être admis au club.

En outre, des séances de natation en couloirs pour la mise en forme des militaires se tiendront tous les jours

après le travail, et des cours de natation de la Croix-Rouge seront aussi offerts après l'école. Ces programmes visent à desservir toutes les semaines des centaines de nouveaux nageurs.

Pour de plus amples renseignements, les personnes intéressées peuvent communiquer avec Judi Christopherson, au local 2349, ou mieux encore, elles peuvent venir au salon annuel de récréation et des loisirs en fin de semaine...

Le salon se tiendra au gymnase sud ce dimanche 11 septembre, de midi à 16 h.

« L'on encourage tous les membres de la collectivité de la 8e Escadre/BFC Trenton, tout particulièrement les nouveaux arrivants, à visiter le salon annuel de récréation et des loisirs. Le salon de cette année a une nouvelle formule différente et tous les PSP offerts à nos militaires et à leurs familles seront représentés — les mess, les clubs, les programmes récréatifs etc. Ce sont plus de 40 clubs qui seront présents », indique le Lcol Roberts.

Consultez le prochain numéro de Contact pour connaître les derniers détails sur l'initiative intéressante CANEX/Tim Horton's qui se tiendra bientôt à la 8e Escadre/BFC Trenton.

God bless Canada says US Ambassador

by Holly Bridges

In a heartfelt show of gratitude to Canada, United States Ambassador to Canada David Wilkins told Canadian Forces personnel departing Halifax this week the human spirit is mightier than any storm, and that "with friends like Canada, we will not and cannot fail."

Ambassador Wilkins was referring to Canadian efforts to help New Orleans and the Gulf Coast of the United States recover from the ravages of tropical storm Katrina.

"My country is hurting, hurting deeply and once again, Canada is coming to

our rescue - from Prime Minister Martin and his cabinet to Canada's premiers, government officials, the military as evidenced today, and countless volunteers, all rushing to our aid."

One thousand Canadian Forces and Coast Guard personnel set sail from Halifax yesterday Canada aboard the Athabaskan, two frigates - HMCS Toronto and HMCS Ville de Quebec - Canadian Coast Guard Ship Sir William Alexander to provide aid in the southern states hit by hurricane Katrina.

Three CH-124 Sea King helicopter detach-

ments are en route with the Navy ships with a total of 57 Air Force personnel, led by Major Al McMillan who will oversee all ship-to-shore relief activity conducted by the Sea Kings.

"Our Sea Kings will extend the reach of the Navy ships considerably," said Captain Dave Devenney, 12 Wing Shearwater Public Affairs Officer. "The Sea King is a medium lift utility helicopter and can be used for any ship-to-shore activity that might be required."

The Chief of the Defence Staff, General Rick Hillier, praised the CF personnel and thanked them for their efforts on

such short notice.

"I'm very proud of our men and women in uniform," said Gen Hillier. "Thank you for what you are doing and thank you for what you are about to do."

Ambassador Wilkins echoed Gen Hillier's remarks, urging CF personnel to remember how much Americans appreciate the efforts they are bestowing on behalf of Canada.

"May God bless all your efforts today and in the days and weeks to come. We appreciate and thank you. You are a dear friend. God bless your efforts, God bless Canada and God bless the United States."



**NorthChina
BUFFET**

OPEN 7 DAYS/WK
Largest Seating for 300
No MSG Added
Seniors (over 65) Always 10% off



300 Bell Boulevard
(West of Sydney St.) Belleville
(613) 771-9988

BUFFET HOURS Lunch: 11:30 - 3:00 pm Dinner : 4pm - 9:30 pm

Lunch Prices	ADULT	Kids (6-12)
Mon-Fri	\$6.99	\$4.50
Sat-Sun	\$7.99	\$5.50
		Toddlers \$1.99
Dinner Prices		
Mon-Thurs	\$10.99	\$5.50
Fri-Sun & Holidays	\$11.99	\$6.50



ALL YOU CAN EAT BUFFET



**TOP QUALITY
RELAXATION
MASSAGE**

968-9696
HOURS OF OPERATION:
MONDAY - WEDNESDAY: 10:00AM - 1:00AM
THURSDAY - SUNDAY: 10:00AM - 3:00AM
205 NORTH FRONT STREET (LOWER LEVEL) BELLEVILLE

Best Quality **Best Price**

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

Smitty's has been keeping customers happy for 28 years in the appliance business. This proves Smitty has the **Best Price, Selection, Guarantee, Quality & Price** plus **Same Day** delivery, seven days a week. Smitty plans to be around for another 28 years. Now he has in-house financing at **NO INTEREST**. These are just a few of the many reasons to visit Smitty's for your new or used appliance purchase.

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

SMITTY'S
KING OF APPLIANCES
Open Evenings & Seven Days A Week
River Road-Corbyville (just N. of Corby's)
969-0287

WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Heavy Equipment Site Supervisor, Corporal Steve McGrath, with Corporal Austin Watts from Refuelling, are seen here fuelling the grader at the end of a day clearing tree stumps from the east end of the airfield.

REC & LEISURE SHOW

**Sunday
September 11th
Noon - 4 pm,
Gymnasium
(south side)
Over 50 not-for-profit clubs,
service groups
and community
organizations**

Three generations of service to our friends and neighbours

Ralph Weaver Founder
Jeff Weaver President
Tim Weaver Funeral Director

East (613) 394-2433
Chapel 1-866-5WEAVER
West (613) 392-3579
Chapel 1-866-4WEAVER

W
Weaver Family Funeral Homes

Advertise in The Contact
Call Judy or Sheila
392-2811 Ext 2748/7008



CF provides assistance to hurricane-ravaged US

by Capt Nicole Meszaros, 8 WPAO

"...Our closest allies and our friends and our neighbours are living in a tragedy beyond anything that we probably would have imagined would visit the shores of this continent," said General R.J. Hillier, Chief of the Defence Staff (CDS), during a national press conference September 1, referring to the devastation on the U.S. Gulf Coast caused by Hurricane Katrina.

The CDS spoke these words after he met with his American counterpart, the Chairman of the Joint Chiefs of Staff, General Dick Myers, and the Commander of U.S. Northern Command, Admiral Tim Keating, when he told them that whenever there is a need, they had but to ask and the Canadian Forces would have it rolling, sailing or flying southward as quickly as possible to stand beside them.

The CF support to the U.S. relief efforts is known as Operation UNISON, and as the busiest Air Force base in Canada, 8 Wing/CFB Trenton was the first unit to deploy in support of the operation. During the Labour Day weekend a crew from 437 Transport Squadron, led by Commanding Officer, Lt-Col Russ Williams, flew to the U.S. Gulf Coast.

The CC-150 Airbus safely carried 27 Canadian Red Cross workers, two Foreign Affairs Canada officers, a medical team from 24 Health Services led by Maj Annette Snow, Wing Surgeon, four

embedded news media representatives from the National Post and the Toronto Sun, and Public Affairs Officer, Capt Ian Stock.

The role of the medical evacuation team was to assess and treat any Canadians in the area who may have been adversely affected by the hurricane. "Our training has prepared us to manage difficult situations," said Maj. Snow. "We realized as we were departing the base that we were in a privileged position to be able to go and help when so many other Canadians want the opportunity to help also," she said.

436 Transport Squadron also engaged in Op UNISON efforts that began during the long weekend. Three CC-130 Hercules flights departed for CFB Halifax and Esquimalt to airlift Fleet Diving Units and equipment to Pensacola, Florida--from there they were to move forward to Naval Air Station Pascagoula, Mississippi. The Canadian dive units were augmented by army Combat Engineer divers from CFB Galetown.

"I often tell young soldiers deploying to our missions overseas that very few people in their lifetime have the privilege of doing something positively to really affect the lives of thousands of people," said Gen. Hillier. "Helping our friends and neighbours is a privilege that we stand by to implement... that we stand by to do," he said.

Search & Rescue UPDATE



Members of 424 Squadron, in the past week, flew four SAR missions.

While enroute to Chapleau for a day of training, the Hercules was tasked to assist a boat in distress in the St. Catharines area. Shortly after the crew got turned around and heading in that direction, the mission was stood down. After the training continued in the Chapleau area, the Hercules was again tasked. This time it was for an overdue floatplane. Before the crew members could reach the search area, they experienced technical difficulties and had to return to Trenton.

Next mission was for an overdue Seadoo with one person onboard on Lake Huron near Port Austin. Shortly after commencing the search, the person was located by a US Coast Guard vessel and taken to hospital. The crew returned to Trenton.

Our Cormorant was involved in a search for a possible crash of an ultralight aircraft southeast of Montreal. The assigned search area was covered without finding anyone in distress, and after being released by JRCC the cormorant crew returned to Trenton. Until next week, stay safe.

Missions for 2005: 122 Missions for Sep.: 4 Persons rescued: 116

LASIK MD LASER VISION CORRECTION

CELEBRATING 250,000 PROCEDURES IN CANADA!



Dr. Peter Agapitos

Dr. Robert Morgan

Dr. Donald Smallman

Experience

Across Canada, LASIK MD doctors have performed over 250,000 laser vision correction procedures, more than any other group.

Technology

We offer patients state-of-the-art technology and eye evaluation equipment, including the Bausch & Lomb Zyoptix™ laser.

Results

The large majority of our patients achieve 20/20 vision. Those are results you can see.

CALL TOLL FREE

(866) 366-2020 **\$375** /eye*

Answering your calls 7 days/week

279 King Street East, Kingston

www.lasikmd.com

Special for Armed Forces
Prices starting at

\$375 /eye*

Our fee includes:

- Pre-procedure examination, laser treatment and follow-up in our Kingston clinic.
- **PLUS:** FREE One Year Vision Care Plan.

* Valid until September 30, 2005. Prices may vary based on prescription strength. Applicable to surgery on both eyes.

THE NAME YOU KNOW, THE DOCTORS YOU TRUST™

Montreal • Ottawa • Kingston • Toronto • Mississauga • Windsor • Calgary • Vancouver

Need a loan? See a friend first.

If you need a loan for a car, mortgage, or debt consolidation, see your friends at QuintEssential.



At QuintEssential, we know that applying for a loan can be an intimidating process; but it doesn't have to be. When you apply for a loan with us, we look at your whole financial picture and take more than just your credit score into consideration. We look at your situation and your individual needs to find a loan that's right for you and your budget.

We treat you like a friend, not a number.

Call Teresa or Greg today at our Trenton location to make an appointment that's convenient for you.

When you bank with QuintEssential...

you're banking with friends

QuintEssential
CREDIT UNION

293 Sidney Street, Belleville 966.4111
251 RCAF Road Trenton 394.3361



visit your friends online at:
www.quintessentialcu.com



The Contact Newspaper

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

The Contact Staff

Editor-in-Chief: Capt Nicole Meszaros
Managing Editor: Andrea LeBlanc
Asst. Editor: Laurie McVicar
Advertising Sales: Judy Leavere
Advertising Sales: Sheila Lund
Advertising & Promotions Assistant: Adriana G. Sheahan
Bookkeeper: Marilyn Miron
Circulation: Keith Cleaton
Assistant Translator/Proofreader: vacant
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. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



The Contact

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

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

LETTER

Dear Editor:

On Sept 30th 1949, Governor General Viscount Alexander of Tunis, and many dignitaries representing nations of the British Commonwealth Air Training Plan (BCATP), gathered at RCAF Station Trenton, Ont. to honour Canada's contribution to the BCATP by dedicating the RCAF Memorial Gates, which still stand majestically overlooking the parade square at 8 Wing/CFB Trenton.

A lesser-known fact is that a ¾-size--approximately 12-feet high and 20-feet wide--exact replica of the gates was built by RCAF personnel for use indoors in the event of inclement weather. Fortunately, the weather co-operated and the "mini gates" were not required.

And so the mystery begins! What happened to the mini-gates? I am looking for any information, which could lead to their current location. If anyone can help, please contact me.

Bill Nurse,
 LCol (Ret'd)
 RCAF Memorial
 Museum
 Trenton, ON
bill.nurse@cogeco.ca

WANTED!

Volunteers of all ages, with and without construction experience, from all across Canada to work with families in need to help build their first safe, decent, affordable home.

Must be willing to get sore, tired muscles plus have a lot of fun!

Celebrate the International Year of the Volunteer by coming out to a Habitat for Humanity build.

For more information on Habitat for Humanity and to contact your nearest affiliate, contact us at 1-800-667-5137
 Email: habitat@habitat.ca

Canadiana Crossword

Movie Mavens

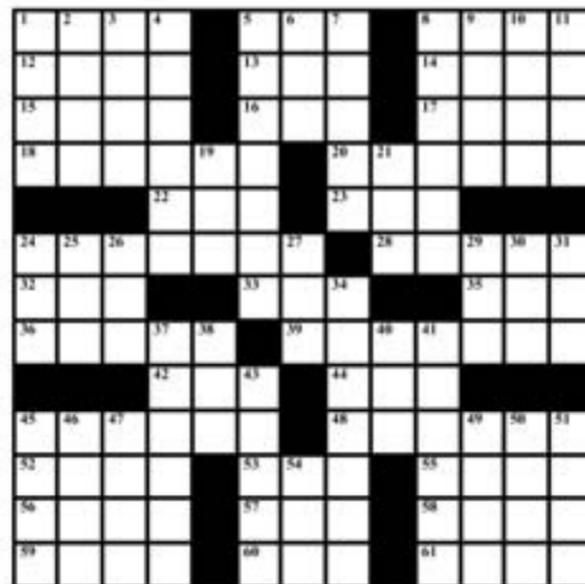
By Bernice Rosella and James Kilner

ACROSS

- Chelsea carriage
- Court
- Musical notation
- Singer McEntire
- Some baseball bats
- Car lot bargain
- Lubricates
- English Breakfast, for one
- Ace
- _____ fideles
- Let
- Receptor
- Recording artist, Grant
- Keys again
- Items
- Eggs
- Blackhawk coach, once
- Also
- Star of "Splash"
- Star of "Driving Miss Daisy"
- Grain
- Neckwear
- Shelter
- Star of "Dancing with Wolves"
- Parka part
- Buddy
- Feudal land grant
- Old world buffalo
- Geologic time period
- Formerly
- Tear
- Assistance
- Soaks

DOWN

- Sailboat
- Star of "The Andromeda Strain"



- Competent
- Star of "The Scarlet Pimpernel"
- Irrigator
- Malt or verb follower
- Star of "Home Alone"
- Star of "Shadow of a Doubt"
- Loaned
- Fencing sword
- Star of "The Big Heat"
- Faucet
- Flightless bird
- Extinct bird
- Adolph's mistress
- Lick, in a way
- Sargasso, for one
- Judge Lance
- Plaything
- Turf
- Feign happiness
- Thingumajig
- Sound off
- Fortified wine
- Kind of coat
- Kind of personality
- Trout
- First class
- Middy
- Irish Free State
- Hideaway
- Salamanders
- Jackie's man

This Week in Contact

1975 – The unit crest for 2 AMU has been officially approved. The wings forming the frame of the badge suggests the air environment to which units using this style of badge belong. The Trillium, being the floral emblem of Ontario, indicates the location of this unit, and the winged wheel is symbolic of rapid transportation.

1985 — The RCAF Memorial Museum unveiled their official museum poster on June 22, 1985 during Armed Forces Day at CFB Trenton. The painting was commissioned by the Base Commander, Colonel G.R.J. "Sky" King, the Chairman and Chief Curator of the RCAF Memorial Museum, Captain Earl Hewison, and the Museum Committee. The official painting is entitled "Protecting Their Own" and depicts a rendezvous of a MKI Mustang from 430 "City of Sudbury" Fighter Reconnaissance Squadron with a Spitfire from 401 "Ram" fighter Squadron protecting a Lancaster from 438 "Ghost" Bomber Squadron over France.

1995 – On day, September 1, Canadian Forces Recruiting, Education, and Training System (CFRETS) officially "stood up" as the Canadian Forces responsible for total Forces recruiting, education and individual training of a general purpose nature and of occupations common to more than one environment. Major General Ray Deslodges, the first formation commander, was quick to point out, "CFRETS is a brand new formation with brand new responsibilities. It combines the remnants of the now defunct CFTS together with two other ADM (Per) formations, the Royal Military College in Kingston and the Canadian Forces Command and Staff College in Toronto and the Centre for National Security Studies, which is also in Kingston.

Created by Lt J. H. MacDonald,
 Compiled by Laurie McVicar.



10,000 hours for Warrant Officer Allen Magee

by 2Lt Robert McIntosh

An hour is a long time. The proof of this is in all the things we do that we measure in hours, such as driving any long distance, or in our careers flying.

Imagine then, when you realise that you have spent, over the course of your career, 10,000 hours flying. This is the landmark point which 426 Squadron's WO Allen Magee hit and surpassed this past July 29.

The 10,000-hour mark was reached while enroute to Dover AFB, at exactly 1532 UTC, at N 48.41 W 54.56, over the Atlantic east of Gander, Newfoundland. The crew, knowing this milestone was coming, celebrated with balloons and a party hat.

It took WO Magee, with a career spanning coast to coast, with time served in the United States, 24 years to hit this landmark.

WO Magee first joined the forces in 1973 as an Airframe Technician, and was posted to 442 Squadron in Comox, where he worked over the next eight years. In 1981, he re-mustered as a Flight Engineer, posted to 412 Squadron in Ottawa on the CC-117 Falcon. After four years on the Falcon, WO Magee took on duties on the CC-109 Cosmopolitan with 412 Squadron before serving



WO Allen Magee

four years in Colorado Springs. He then moved to the east coast where he

trained and served on the CP-140 Aurora, first with 405 Squadron then with the school, 404 Squadron, both in Greenwood, Nova Scotia. In 1998, after spending eight years in Nova Scotia, WO Magee then came to Trenton, first with 429 Squadron, and now with 426 Squadron. During his time in Trenton, he had spent the six months between July

2002 and February 2003 deployed in Afghanistan.

Currently working in Standards at 426 (T) Squadron, WO Magee sees himself continuing to fly on the CC-130 Hercules, building hours towards his next milestone. The Thunderbirds congratulate WO Magee for achieving this significant career milestone for operational aircrew.



Live Entertainment
September 10th
"JADED"
@ 9 pm

BEST WINGS IN TOWN!
Breakfast Served Sundays 9am-4pm!
Casual Dining & Sports Bar
-specializing in

STEAK • WINGS • SEAFOOD • PASTA • RIBS

965-1939
2 Dundas St. E., Trenton
(Overlooking the Trent River)

Dr. Tom McDowell
Family Dentist

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



- OFFERING**
- Orthodontics
- Sedation
- Hospital
- Close to Base
- Electronic Insurance
- Submission
- Complete -
- Tooth Whitening

394-8888
169 Dundas Street East, Trenton, Ontario



thePersonal
Home and Auto Group Insurance

Working Together
for over 20 years!



Partenaires depuis
plus 20 ans !



laPersonnelle
Assurance de groupe auto et habitation

A representative from The Personal will be at your local CANEX outlet on Thursday, September 15th.

Drop by our booth for a free hotdog & pop and the chance to win a great prize!




Un représentant de La Personnelle sera sur place à votre emplacement CANEX le jeudi 15 septembre.

Passez à notre kiosque pour un hot-dog et une liqueur gratuite et vous courrez également la chance gagner un prix!

The Personal is proud to serve our Canadian Military with Preferred Rates and Service on all their home and auto* insurance needs.

To call for a quote

La Personnelle est fière d'offrir à nos militaires canadiens des tarifs et des services privilégiés pour tous leurs besoins en matière d'assurance auto* et habitation.

Pour obtenir un prix, composez le

1 888 476-8737

* Auto insurance not available in Manitoba, Saskatchewan or British Columbia due to government-run plans.

* L'assurance auto n'est pas offerte au Manitoba, en Saskatchewan ni en Colombie-Britannique, où il existe des régimes d'assurance gouvernementaux.

Finance

FOR ALL YOUR FINANCIAL INVESTMENTS

ROBERT GRANDMAISON, CD, CFP
 Certified Financial Planner
FINANCIAL PLANNERS (QUINTE) INC.
 55 Glenburnie Drive, Trenton, ON
 • RRSP • RRIF • MUTUAL FUNDS
 • GIC • SEVERANCE INVESTMENTS
 • EDUCATION PLANS • INSURANCE



Mutual Funds Provided by
WORLD SOURCE FINANCIAL MANAGEMENT INC.

Tel: (613) 392-0044 Res: (613) 392-0280
 Fax: (613) 392-7110 e-mail: rgrandmaison1@cogeco.ca

Credential Securities



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

• Stocks • Mutual Funds • Bonds
 • RRSP • RRIF • GIC

Don Lockey, BA, CSA
 Investment Advisor

Tel: (613) 394-6589 Fax: (613) 394-4903
 E-Mail: dloockey@qcscu.com Member: CIPF

AUTO - HOME - BOAT - LIFE - INVESTMENTS

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

SINCE 1949 Visit our Website at www.whitley.net
 E-mail: info@whitley.net

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

AUTO - HOME - BOAT - LIFE - INVESTMENTS

Weaver Family Funeral Homes



Weaver Family Funeral Homes are pleased to offer you the opportunity to pre-plan and take up to 10 years to pre-fund your arrangements. Advanced planning and funding your funeral is one of the kindest acts you can do for your family. Please contact Kevin Weaver, our Funeral Planning Consultant, to discuss, without obligation, your individual requirements.

"Support, Service & Friendship in the Weaver tradition since 1945"

Weaver Family Funeral Homes
 (East Chapel) 394-2433 (West Chapel) 392-3579

Can't Pay Your Bills?

Know Your Options & Get Free Advice!

613-966-3556

TOLL FREE 1-800-379-5556
 FREE Confidential Credit Counselling
 A Not-for-Profit Community Service www.k3c.org

Offices in Belleville & Trenton

LARRY'S MINI STORAGE

• Heated Indoor Storage
 • 24 hour video & monitored alarm protection

(Indoors & Outdoors) 47 Frost Rd & Hwy. 2 Bayside

(613) 967-7774

IG Investors Group



Neil Rutley
 Consultant
 Investors Group Financial Services Inc., I.G. Insurance Services Inc.

144 North Front Street, Belleville, ON K8P 3B6
 Ph: (613) 962-7777 239 (877) 453-3202 (toll free)
 Fax: (613) 962-5035 (613) 848-3728 (cell.)
neil.rutley@investorsgroup.com

*License Sponsored by The Great West Life Assurance Company

Variable rates cheaper for homeowners

it's your Money



I was on a street the other day where every house costs more than a million bucks. Some of them – the choice lots backing onto ravines – many times that. Needless to say, this got me thinking about mortgages.

Most people who have million-dollar houses are not millionaires. Rather, they have enough cash flow to finance honking big mortgages. In fact, it is cheap money today which is at the very heart of the Canadian real estate boom. Like it or not, we all have a huge financial stake in the future of housing, and that's why the direction of interest rates is critical.

So, this week's increase by the Bank of Canada has a lot of people wondering what impact it will have on real estate, and whether or not it's time to lock in their own mortgage rate. This comes on the heels of a mortgage revolution. Six years ago, more than three-quarters of all Canadian homeowners had home

loans with rates locked in for five years. Actually, that's always been the preference here – five-year terms with predictable costs.

But all that started to change as the below-prime, variable rate mortgage became popular, since its key feature is c-h-e-a-p. All the big banks now offer mortgages with rates that float, and they come at a deep discount to those loans which are locked in for years. As real estate prices started to climb skyward, the result was predictable – more and more people were keen to have the cheapest monthly payments possible, so they could borrow more money.

Today it's estimated that about two-thirds of us have VRMs – variable rate mortgages. So long as interest rates in general stay low, this is a cool way to borrow money. But if rates start to pop higher – which may just be starting now – then monthly payments

can surge right along with them. All of a sudden, folks can find themselves house-rich and cash-poor.

So, should you flip over from floating rate to fixed rate now, just in case the energy crunch caused by Katrina translates into a higher inflation rate which the Bank of Canada decides to fight with more costly money, and you mortgage rates jumps four times between now and the Spring? Good question and, actually, a realistic scenario.

Let's look at the numbers: After this week's move by the central bank, the prime rate at the banks is 4.5%. You can get a VRM just about anywhere for just over 4%. At CIBC, for example, the rate is 4.25% after an initial period of months when it's just 3.4%. At TD Canada Trust, you can get a five-year floating mortgage for just under 4%. By comparison, the posted rate for a conventional five-year, fixed mortgage is right around 6%. If you have a great relationship with the bank, and a good credit rating, you might score that at a discount – say, just over 5%.

The point is, variable rate mortgages are still the cheapest route to home ownership, and are likely to

stay that way for months and months to come. Locking in to a fixed-rate mortgage will nick you an insurance premium of at least 1%, which is very costly, indeed. If you fear rates will surge higher (which they won't – this is a gradual creep), then can always change over to a fixed rate at any time, and without cost, by making a single phone call.

But I wouldn't make that call. The central bankers in Canada are smart enough to know that higher rates, besides affecting your mortgage, will also raise the value of the dollar, making our exports more expensive, and impacting economic growth. They know that when real estate is so expensive and mortgages so large that a rate explosion would reduce consumers spending, which has been an engine of growth. Because when you are paying more to the bank, then you can't buy all that stuff at Rona and the Future Shop. And what kind of life would that lead to?

Exactly. So, rates a little higher. Monthly charges a little more. And don't make it worse for yourself by wimping out on your mortgage. Stay manly. Stay variable.

Protect your family's financial future

(NC)—If anything happened to you or someone in your family, like a job loss or illness, would you be able to cover your daily expenses and major commitments like car and mortgage payments? Some suggestions to consider:

1. Update your coverage when circumstances change
 Since your situation will inevitably change over time (marriage, children, promotion, new home, career change), review your net worth every few years. Anticipate what your survivors will face if you become ill or die.

2. Determine if life insurance makes sense for you

How much coverage do you need, and what type of life insurance is best? Discuss this with a qualified financial planner. Ask yourself: Would my family be able to make mortgage payments without my income?

3. Make sure you understand your employer's group insurance benefits

Depending on the policy a company buys, some employer group insurance plans provides only limited critical illness and long-term care coverage or none at all. An analysis of how your group insurance benefits

meet your individual needs, along with provincial coverage, is crucial to ensuring that your family is protected.

4. If self-employed, are you covered for personal disaster?

Remember your greatest asset is your income earning ability.

Any tragedy (death, disability, critical illness) that impacts this asset can severely curtail your family's ability to maintain their lifestyle. And, when buying disability insurance, check for the definition of disability to ensure adequate coverage. Choose plans that are renewable, non-cancellable and indexed against inflation.

The Old Lumber Mill Restaurant & Lounge
 www.oldlumbermill.com

227 Front St. West
 Stirling,
 613 395-6362

"The Seafood Buffet"
Friday - 16 September 2005 5:00pm - 9:00pm

Featuring:
 Steamed Lobster, Snow Crab Legs, Scallops, Mussels
 Shrimp, Beer Battered Cod.

Accompanied by Our Fabulous Roast Beef w/Yorkshire Pudding
 Clam Chowder, Assorted Salads, Breads, and our great Dessert bar.

\$32.95 per person.
 (Without Lobster \$22.95)

Children 10 and under and seniors receive 10% Discount.
 No Menu will be available. Reservations Recommended.

Checkout our website: www.oldlumbermill.com
 Only 20 minutes from Trenton and Belleville. It is well worth the trip.
 Owned by Former CF Member Michael Jarrett.

CONTACT is a Personnel Support Programs outlet.

We rely almost exclusively on the revenue we generate through our advertising. We would like to thank our advertisers for their generous support of this publication.



Fitness, Sports & Recreation

Circuit training - more bang for your buck



Confessions from the Gym

Wednesday, September 6

I am loving these new workouts!

Not only am I thoroughly challenged by them, but I never know what to expect when I meet Jen for a session.

I realize that some people thrive on predictability and routine...I am definitely not one of

them. I get incredibly excited about doing something new (i.e. running), do it as often as I can and then quickly get bored with it. Based on the variety she's introduced to our workouts so far, I have total faith that Jen won't allow this to happen.

Circuit training is notoriously good for

developing strength, stamina (both aerobic and anaerobic), flexibility and coordination. What I like in particular is the fact that I'm not stuck on one machine or doing one exercise for any great length of time. I get to my station, do my reps and then I'm off to the next activity.

For example, this morning's circuit included a warm up on the spin bike, step exercises, agility training using a rope ladder placed on the floor, crunches and back extensions on an exercise ball, squats and weights. It turned out to be one of the most difficult AND

fun-filled workouts that I've had in a long time.

For those who don't have the benefit of a trainer, the Gym offers a variety of noon hour fitness classes to help shake up your workout routine and target different muscles (see below for a list of classes offered this month).

If you're more of an in-home exerciser, the web provides a plethora of resources to help devise a circuit program using little more than a flight of stairs and a chair for equipment. Start your search at www.sport-fitness-advisor.com/circuit-training.html.

Martial Arts Club

September is registration month at 8 Wing Martial Arts Club. The club has been on base for 33 years and offers one of the largest programs in the country - Karate, Jiu Jitsu, several styles of Chinese Kung Fu, Tai Chi, Chi Kung for health, and of course our special children's program with its core "Head Held High" motto, so popular that it has expanded into dozens of schools. We hold classes seven days a week with a full staff of instructors certified by major martial arts organizations.

Our kick boxing classes are back - and what a workout they'll give you: drills, strategies, sparring, the total package in a class where safety comes first. Brand new are the women's self defence classes, the total program - confidence building; fear control; single and multiple attacker defence; tactics against intimidation and harassment. You can walk away from this course equipped and ready.

Try a few classes first. (That's the way all our black belts started). We're located in the basement of the Junior Ranks Mess on the south side. For information on class times, please phone Laura Cordick at 4133 or at 394-6573 or drop by at our booth between 1300 and 1600 during the Rec and Leisure Show at the South Side Gymnasium on Sept. 11.

Bowling is back at Astra Lanes

It is that time of year again when we dust off our bowling shoes and head to Astra Lanes for some entertainment.

Monday match play league started and some impressive scores were rolled considering that most of us have not rolled a ball all summer long. Leading the way for the ladies was Sherry Crawford and Cathy Stoddart with the top two totals for the night. On the men's side, Harold Stoddart led the way with a 368 single game and Mike Stoddart rolled three games over 300. Don't forget that Astra Lanes is still looking for bowlers in both the adult and youth leagues. Men's High Averages: Mike Stoddart, 282; Harold Stoddart, 263; Don Harvey, 240. Ladies' High Average: Sherry Crawford, 227; Cathy Stoddart, 219; Edie Rathbun, 211.



September Noon Hour Schedule

This month's schedule highlights great new class formats!

- Monday - HiLo Pump
- Tuesday - Step
- Wednesday - Spinning
- Thursday - Cardio & Core
- Friday - Sweat

Kick Boxing will now be offered twice weekly, Tuesdays and Thursdays, in the Multi Purpose Room at 6:15 hrs with Norm Belisle. An awesome start to your day!

8 Wing/CFB Trenton Annual Recreation & Leisure Show

**Sunday, September 11
Noon - 4 pm
Gymnasium (south side)
Over 50 not-for-profit clubs,
service groups and community
organizations will be in
attendance.**

Musique pour jeunes enfants®
Maintenant à Trenton

Septembre arrive à grand pas! Avec la rentrée en classe c'est le moment idéal pour aider vos enfants à développer une attitude joyeuse dans l'apprentissage de la musique en les enregistrant dans le programme de **Musique pour jeunes enfants®**. Un programme de musique équilibré pour les enfants de 3-9 ans qui rassemble les apprentissages suivants: chant, piano, solfège, rythmique, lecture à vue, théorie, histoire et composition. Enseignement dynamique. Maximum de 6 élèves par classe. La participation des parents est nécessaire. Je suis graduée du Conservatoire Royal de Musique de Toronto et je donne également des cours privés de piano/théorie.

Pour plus de détails, faites le 394-2318 ou faites moi parvenir une note par courriel à l'adresse suivante: nicole.voyer@sympatico.ca

Recreation news

Community Recreation Association
Program Registration
 Facility Memberships
 Red Cross Swim Lessons
 New - Youth Aquatic Club
 Jr Lifeguard Club for Youth
 Fitness Classes
 Aquafit
 Beginner Yoga
 Intermediate Yoga
 Twaddlers on Ice
 Learn to Skate - Kids & Adults
 Beginner Power Skating
 Intermediate Power Skating
 Register for all programs at the RecPlex. Info ext 3361.

Pool closed
 RecPlex pools closed for annual maintenance September 6 to approximately Sept. 23

RV Storage Compound
 Rent space through the PSP Comm Rec Assn. \$5 or \$7 per month plus GST. Info ext 3361.

DND Discounts up to 11% Select Lifetime Guaranteed Parts

MILBRO

AUTOMOTIVE
394-3357

Exhaust, Brake & Suspension Specialists
Complete Automotive Repair Service
 220 Dundas Street E., Trenton, ON. K8V 1L9

• Desktop Publishing • Posters • Laminating • Digital Copies

Darling's Call today

COPY DEPOT 392-7273

Fax service: 392-7058

www.copy-depot.com
 20 Dundas W., Trenton

• Fax Service • Enlargements • Scanning • Canon Laser Copies

CFB Trenton Golf Club

Purchase three 18 hole green fees at the regular price and receive the fourth green fee **FREE!**

Proshop 392-1544
Offer Expires 31 Oct 05

Present this coupon to the Proshop.

Message from the Wing Commander

On 15 Sep 2005, CFB Trenton will host its 4th annual Occupational Safety and Health Trade Show. I expect this will be a very well attended event, based upon past performance.

Some may think that this is a great opportunity for those appointed as Safety Reps or involved in health care. Let me make it abundantly clear, when it comes to safety and health, you don't need to be appointed – military or civilian - **It is part of your job!!**

At 8 Wing /CFB Trenton safety and health have proven to be dynamic activities, where participation in our local safety and health programs has been an accepted and well-established fact. One needs only to attend a General Safety Committee Meeting (standing room only), or attend one of the multi-



Col J.P.A. Deschamps

tude of safety/health training courses to confirm our involvement. I have personally conducted site visits and have been very impressed with the dedication to safety and health that I have observed.

My challenge to you is to do even better! You are being provided with the opportunity to take advantage of the latest in technological and scientific advances, presented by safety and health professionals. Learn all that you can! Become informed and

not just entertained. There will be something applicable to your work environment or general self-interest that will make this show a valuable use of your time. The knowledge you gain could well be used or needed to prevent a tragedy not only at work, but perhaps even at home.

The main ingredient, and the key to success in any program, is informed and concerned participants. I hesitate to use the tired old clichés *Never Pass A Fault* and *Safety/Health is Everybody's Business*, but let me assure every person employed at 8 Wing/CFB Trenton, in any capacity whatever, that **Safety/Health is Your Business!**

Enjoy the show.

J.P.A. Deschamps
Colonel
Commander
8 Wing/CFB Trenton

Message du commandant de l'escadre

Le 15 septembre prochain, la BFC Trenton organisera son 4e Salon de la santé et de la sécurité au travail. Si je me fie aux autres années, le salon de cette année connaîtra une grande affluence.

Certains pensent peut-être que ce salon n'intéresse que les personnes désignées comme représentants aux comités de santé et de sécurité au travail. Permettez-moi de tirer les choses au clair : quand il est question de santé et de sécurité, il n'est pas nécessaire que vous soyez militaire ou civil désigné - **Ça fait partie de votre travail!!**

À la 8e Escadre/BFC Trenton, la santé et la sécurité sont devenues des activités dynamiques où la participation aux programmes locaux de santé et de sécurité au travail sont des réalités bien ancrées et acceptées. On n'a qu'à assister à une réunion du

Comité de sécurité générale (salle comble) ou à s'inscrire à l'un des nombreux cours de santé et de sécurité au travail pour confirmer l'engagement de tous. J'ai effectué moi-même des visites sur les lieux, et j'ai été très impressionné par le dévouement dont j'ai été témoin à l'égard de la santé et la sécurité.

Le défi que je vous lance est de faire encore mieux! Avec ce salon, vous avez l'occasion de vous familiariser avec les plus récents progrès technologiques et scientifiques, qui vous seront présentés par des professionnels de la santé et de la sécurité. Retirez-en le maximum! Ne vous contentez pas d'être un simple spectateur; informez-vous. Tout le monde y trouvera son compte, que ce soit un produit ou une technologie pouvant être exploité dans votre milieu de travail ou pouvant piquer votre

curiosité. Les connaissances que vous acquerez pourraient éventuellement servir à prévenir une tragédie non seulement au travail, mais peut-être même à la maison.

L'ingrédient principal et indispensable à la réussite de tout programme, ce sont des participants bien renseignés et consciencieux. J'hésite à employer les vieux clichés usés, « Ne rien laisser passer » et « La santé et la sécurité, c'est l'affaire de tout le monde », mais permettez-moi de dire à chaque personne travaillant à la 8e Escadre/BFC Trenton, peu importe sa fonction, que **la santé et la sécurité, c'est votre affaire!**

Amusez-vous au salon.

Le commandant de la 8e escadre/BFC Trenton
Colonel
J.P.A. Deschamps



HILDEN HOMES LTD.
Our House - Your Home

“Building throughout the Quinte Region Since 1985”



The Charlotte 3
Lot 15 Cove Cres. Brighton. 1278 Sq Ft, \$199,900
Directions: Cedar St. to Raglan St. to Cove Crescent, Brighton

OPEN HOUSE
Wednesday & Thursday
1 -2:30pm
Saturday
2-4:00pm

“CUSTOM HOMES TO SUIT YOUR BUDGET”



The Charlotte
Lot 16 Sunshine Lane, Trenton. 1265 Sq Ft. \$216,900.
Directions: Dundas, Tripp Blvd. south, Right onto Parkview Heights, right on Sunshine Lane, Trenton.

OPEN HOUSE
Wednesday & Thursday
3-5pm

180 North Front St., Belleville ON 962-4600
Email: info@hildenhomes.com Website: www.hildenhomes.com



THE Jimmy Flynn SHOW Live!
Canada's Top Musical Comedy Act!
It's a night of Hand clapping, Foot stomping 'till your Sides Split Music & Comedy!

Friday September 16, 2005
Dinner & Show \$45.95 (includes taxes and gratuities)
Show Only \$24.95 (includes taxes)

Call **394-4855** for tickets

Limited number of tickets available so call now!



Check out www.jimmyflynn.com



IS YOUR BUDGET **STRETCHED** TO THE LIMIT?

BIG DADDY BAYVIEW CAN HELP.

BUDGET STRETCHERS



• OVER 200 VEHICLES IN-STOCK • OVER 50 YEARS SERVING THE COMMUNITY



2002 SATURN
4 Dr, Smart Buy! Automatic With Air, CD Player, Rear Spoiler & More
72,000 Kms. Fresh Off Saturn Lease.
\$8,795 Cert - \$74.02 6yrs



2002 MAZDA PROTEGE 5
Smart Buy! Power Sun Roof! Automatic, Loaded With Full Power Group,
Alloy Wheels, CD, A/C. 75,000 Kms. Fresh Off Mazda Lease. Mint Shape!
\$14,395 Cert - \$119.32 6yrs



2002 PONTIAC GRAND PRIX GT
Sharp! Full Power Group Interior Incl. Power Seat, Keyless Entry, CD
Player & More. Clean 1 Owner GMAC Lease Return. 93,000 Kms.
\$11,995 Cert - \$99.91 6yrs



2002 PONTIAC GRAND AM SE
Smart Buy! 4 Cyl, Automatic, Black Beauty! A/C, CD Player, Power
Locks & More. Mint 1 Owner GMAC Lease Return. 79,000 Kms.
\$9,995 Cert



2002 SATURN
4 Door, Smart Buy! Automatic With Power Windows, Locks, Cruise,
Tilt. 1 Owner Saturn Lease Return. 73,000 Kms. Mint Car!
\$7,995 Cert - \$67.58 6 yrs



2001 CHEVY IMPALA LS
Sharp! Only 71,000 Kms, Power Leather Seats, Power Sun Roof, Alloy
Wheels, 3.8L, Series II.
\$13,495 Cert - \$129.62 6 yrs



2002 CHEVY MALIBU LS
V6, Automatic, Loaded Up! Smart Buy, Only 44,000 Kms, Power Seat,
Keyless Entry, Full Power Options! Fresh Off GMAC Lease.
\$10,995 Cert - \$91.83 6 yrs



2002 OLDS ALERO
3 Door, Automatic, 4 Cyl, Loaded Up With Full Power Options Incl. Power Roof, Power
Seat, Keyless Entry, Alloy Wheels & More. Clean Car Off GMAC Lease. 72,000 Kms.
\$9,995 Cert - \$79.70 6 yrs



2002 PONTIAC MONTANA
Smart Buy! Full Power Group Incl. Child's Seat & CD Player & More. 1
Owner GMAC Lease Return. 85,000 Kms.
\$10,995 Cert



2002 DODGE CARAVAN SE
3.3 V6, Automatic With Only 72,000 Kms. Loaded With Full Power Group
Incl. Cd, Roof Rack & More. Balance Of Chrysler 5 Yr/100,000 Km Warranty.
\$12,295 Cert - \$102.34 6 yrs



2001 CHEVY VENTURE
Smart Buy! Only 61,000 Kms! 3.4L V6, Automatic, Loaded With Power Options Incl.
Keyless Entry & CD Player, Roof Rack, Child's Seat & More. Fresh Off Chevy Lease.
\$10,995 Cert - \$106.24 5 yrs



2002 DODGE CARAVAN SE
Smart Buy! 3.3L V6, Automatic, Full Power Group Incl. CD Player, Roof Rack &
More. 80,000 Kms. Balance Of Factory 5yr/100,000 Km Warranty. Mint Shape!
\$11,795 Cert - \$98.30 6 yrs



2002 DODGE CARAVAN SE
Dark Blue! 3.3L V6, Automatic, Full Power Group Incl. CD Player, Roof Rack &
More. 81,000 Kms. Balance Of Factory 5yr/100,000 Km Warranty. Mint Shape!
\$11,795 Cert - \$102.34 6 yrs



2001 PONTIAC MONTANA
Sharp! 72,000 Kms! Full Power Group Incl. Keyless Entry, CD Player,
Quad Seating & More. Fresh Off GMAC Lease. Mint Shape!
\$10,995 Cert



2002 DODGE CARAVAN SE
3.3L V6, Automatic, Loaded With Full Power Group Interior Incl. CD Player,
Balance Of Factory Warranty 5 Yr/100,000 Km. 82,000 Kms.
\$11,795 Cert - \$98.30 6 yrs



2002 DODGE CARAVAN SE
3.3L V6, Automatic, Loaded With Full Power Group Interior Incl. CD Player,
Balance Of Factory Warranty 5yr/100,000 Km. Mint Shape, 80,000 Kms.
\$11,795 Cert - \$98.30 6 yrs

Payment frequency bi-weekly based on 72 months + tax & cost of borrowing 8.9% O.A.C. eg. \$10,000 72 months cost of borrowing \$2,707.24

**Come and see your
trusted credit
specialists**



Bayview Auto Sales
Sales, Service, Selection
(613) 392-3339

980 Old Hwy #2, Trenton, Ontario K8V 5P5

Fax (613) 392-9692 • Toll Free 1-866-594-2262

• Over 200 Vehicles In-Stock • Over 50 Years Serving the Community



We are having a *party*,
and you are *invited* to help us celebrate
the official *opening*
of MFRC FORT SATURN.

★ **Free BBQ Beef
on a Bun**

★ **Children's
Entertainment**

★ **The John & Paul Show
Featuring the Best of the Beatles**

Thursday, September 15th from 3pm to 6pm at the Siskin Centre, CFB Trenton

We thought it would be a good idea to get together and build a playground or two.
Now we're at 300 and counting. It's about giving back a little. And giving kids everywhere
a safe place to play. Thanks to everyone who picked up a hammer and made it happen.

To find out more about Saturn Playgrounds call 1-888-SATURN.



Bob Clute Saturn of Belleville Hwy 2 & Wallbridge Loyalist Rd, Belleville 969-1166



Good ergonomics aren't limited to the workplace



Submitted by
Don Heans,
Wing General Safety
Officer

Have you ever noticed you can ignore serious discomfort when you are doing something you enjoy in your free time — discomfort you wouldn't necessarily put

up with on the job?

You don't mind spending all Saturday leaning over the engine of the classic car you are restoring in your backyard. You sit for hours curled up like a pretzel as you battle aliens in a video or computer game. Your shoulder and arm ache from hours of hammering as you create a playhouse for the kids.

Just because an activity is fun doesn't mean it won't hurt you. Cumulative trauma injuries can occur just as easily on your own time

as they can at work. Ergonomics are just as important in your off-hours activities as they are on your job.

Here are some reminders about practicing good ergonomics off the job:

- Arrange all your work stations with ergonomics in mind. Whether in your workshop or kitchen, place frequently used tools and materials where you can reach them without stretching or twisting your body. Items you use less often should not be in premium space.

- Work surfaces should be at a comfortable height so you can work at the comfort zone around shoulder level.

- Keep work and hobby areas free of clutter which can cause confusion and tripping accidents.

- Use well-designed tools to help prevent repetitive strain injuries. Take frequent breaks when doing repetitive work or when working in awkward positions.

- Vary your posture frequently. When standing in the kitchen,

shop or at the ironing board, keep a stool nearby to sit occasionally. Shift your weight from one foot to another, and elevate one foot onto a stepstool from time to time. Also place a rubber mat on the floor to reduce the strain on your feet, legs and back.

- When sitting, keep your back relatively straight and your feet on the floor. Get up and move around once in awhile, even if you are enjoying a movie marathon. Sitting too long in the wrong position can contribute to

back problems.

Remember ergonomics in the car too. Before starting out, adjust the steering wheel, seat, mirrors, headrest and seatbelt so you can sit comfortably. You should be able to see well and move freely to control the vehicle. Take frequent breaks on trips; get out and stretch every couple of hours.

Take what you learn on the job about ergonomics home with you. You'll work and play more comfortably, and you will help yourself avoid injury.

Find the root of unhealthy relationships

by Lori Weisflock
Mental Health Services

As a social worker I think it always helps to understand a person's background to help them learn why they presently behave the way they do, even when they know they are hurting others or themselves. Understanding our background is also important for an abused person to help them understand why they tolerate such treatment.

Our first role model for relationships was our parent's or caregivers. As children our parents showed us

by their actions how to treat other's. That behavior, good or bad, probably became either acceptable or tolerable in our mind. Children for example who grow up watching a parent misuse drugs or alcohol, abuse one another, lie or cheat are more likely to repeat these kind of behaviors than those who witnessed healthy and loving parents.

From talking to many healthy and unhealthy people over the years I have learned that an unhealthy relationship could include one or more of the following behaviours:

- Your partner ignores

the family's needs and rarely helps with the chores or the children;

- Your partner often fails to show up when they say they will;

- Your partner often goes out on their own;

- Your partner makes fun of you and the children, even in front of others;

- Your partner repeatedly has relationships "on the side";

- Your partner withholds financial information or money and wants separate accounts;

- Your partner doesn't want you to get a driver's license;

- Your partner's friends are more important than you and the children;

- Your partner physically, emotionally or sexually assaults you;

- Your partner is jealous when you talk to new people;

- Your partner scares you and the children when they become angry;

- Your partner drinks or uses drugs and won't stop even when you ask.

If you want help because you are in an unhealthy relationship or want to make changes for the better, contact Mental Health Services 3651.

**STRENGTHENING
THE FORCES**
ÉNERGISER LES FORCES

Upcoming program

Butt Out - A Canadian Forces Smoking Cessation Program. Butt Out can help you identify your personal reasons for smoking, then help you develop and practice substitutes for smoking that do the same good things for you, without the negative long-term effects that smoking gives you. The Program consists of 9 sessions, once a week. Session One begins 13 Sept 05. To register, call local 3768 or pitt.l@forces.gc.ca

Location: 58 Polaris Ave., Bldg 21, Rm 10
Cheryl Rothenburg, Health Promotion Director
Local 3767
rothenburg.cl2@forces.gc.ca

8 Wing/CFB Trenton

4th Annual Safety & Health Trade Show

Electrical Safety* Welding Safety* Fall Protection*
Spill Control* Hand & Power Tools* Respiratory Products* Ergonomics*
Back Care* Wellness* Fitness* Nutrition*

THURSDAY SEPT. 15, 2005

**AT THE SOUTH SIDE GYM
9:30 AM - 3:00 PM**

OPEN TO THE PUBLIC

ADMISSION IS FREE

ONCE AGAIN FEATURING GREAT DOOR PRIZES AND GIVE-AWAYS

SUPPORT THE UNITED WAY BARBEQUE ON SITE AT LUNCH TIME

**ACKLANDS
GRAINGER**



**STRENGTHENING
THE FORCES**

You and your computer station

(NC)—Do you spend a good portion of your day sitting in front of a computer? If so, take heed. If your computer workstation doesn't fit you and the type of work you do, you could be setting yourself up for pain and injury down the road.

Today in Canada, an estimated 2.3 million adults suffer from tendonitis, carpal tunnel syndrome, and other repetitive strain injuries. Work-related activities are most often to blame. The good news is that these types of injuries are not inevitable. There are several quick and easy steps you can take to substantially reduce your risk.

Sit up straight.

To sit correctly, the pelvis should be in a neutral position. The chair should support the spine along its natural curves, so the muscles can relax, and the feet should be supported.

The following are

useful tips to minimize your risk for back pain from sitting:

- Use an adjustable chair with a five-caster base

- Position the height of your seat to place your knees level with or slightly higher than your hips

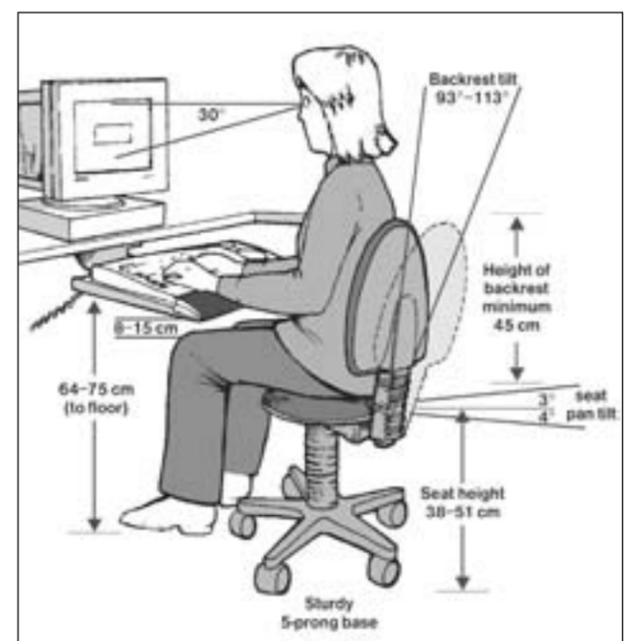
- Raise your computer screen so that your eyes are level with the

top line

- Adjust your chair so that the small of your back is supported

- Stand up regularly (at least every 45 minutes) and walk around or change position

For more tips on how to work safely at your computer station, visit the WorkSafeBC (WCB) web site at www.worksafebc.com.



Eye on Entertainment

HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
September 11 – September 17

ARIES (March 21-April 19): Emotional issues will be difficult to handle on the 11th and 12th. Where financial matters are concerned you must stay in control. Focus on what you have to get done on the 13th and 14th. Don't gossip or it will come back to haunt you. Too much of anything will work against you — it's about balance and staying positive. A sudden financial change is looking positive on the 15th and 16th. Position yourself to be on the receiving end and be gracious in accepting your good fortune. You must participate in order to have things happen. Work by yourself on the 17th and don't give any indication that you're masterminding ways to handle what's bothering you.

TAURUS (April 20-May 20): The 11th and 12th experience what life has to offer. An interesting partnership may develop if you share your ideas. Get the important details about the person you are dealing with before proceeding. Take part in anything that can further your career on the 13th and 14th. A course or a project that offers an opportunity to show your worth and talent should be considered. You will impress people with your versatility. You'll have conflict over what you should be doing vs. what you want to do on the 15th and 16th. If you organize well, you can take care of both needs. Don't sit at home waiting for the phone to ring on the 17th. Romantic opportunities are evident.

GEMINI (May 21-June 20): You will feel torn between two choices on the 11th and 12th. Don't make a decision based on what other people want. You have to decide for yourself. Don't take a financial risk on the 13th and 14th. Watch your spending habits — being overly generous will put you in the poor-house. Shop wisely and do the work yourself. You may see the big picture on the 15th and 16th, but it's the small but important details that will be your demise. Don't overlook something or someone because you think it inconsequential. You may find yourself in a bit of a mess on the 17th if you have been making promises to too many people.

CANCER (June 21-July 22): Consider what you can do to change your routine on the 11th and 12th. Decide what is healthy and what isn't. Now is the time to make a to-do list and stick to it. You will gain respect. Money, legal and health concerns should be where you put your efforts on the 13th and 14th. The more you can do to resolve such matters, the more likely you will benefit from them. A chance to engage in conversation with someone from your past will spark old and sentimental memories on the 15th and 16th. Love is looking quite promising. Everyone will be watching to see what you do next on the 17th. Pull everything together and finish what you start with confidence and courage.

LEO (July 23-Aug. 22): A challenge may set you back on the 11th and 12th. Be prepared for the inevitable and ready to deal with difficult people. Don't let your insecurities lead you down the wrong path. You can make professional changes on the 13th and 14th that will lead to more money, satisfaction and a better future. Talk about your plans and what you have to offer and you will get people to listen. Don't promise what you can't deliver. The smallest personal concern will set you off on the 15th and 16th. Try not to get involved in a disruptive discussion. Spend time nurturing what means most to you. A little extra cash can be yours on the 17th just by offering a unique service.

VIRGO (Aug. 23-Sept. 22): If you want to avoid opposition on the 11th and 12th, forget about discussing your plans. Someone you least expect will do something totally out of character. Decide whether or not this person is good for you. Take over on the 13th and 14th and make things happen. Your dynamic and aggressive stance will not please everyone, but the accomplishments will speak for themselves. You will be pulled in different directions on the 15th and 16th and, if you let your heart rule your head, you may be surprised at the results. Change is headed your way. Promote what you do and who you are on the 17th and you will get some interesting responses.

LIBRA (Sept. 23-Oct. 22): Someone may try to take advantage of you financially on the 11th and 12th. Don't get involved in joint money deals. Everything should be about fun, travel and doing what's best for you on the 13th and 14th. A little romance, excitement and playtime should be scheduled. You will attract people who look up to you. Everything is going your way on the 15th and 16th, so don't procrastinate. Take on more and you will impress someone who has a plan you want to be a part of. Think big and don't be afraid of a challenge. The 17th may not be a regular workday, but that shouldn't stop you from trying to make some extra cash. Your biggest setback will be your own laziness.

SCORPIO (Oct. 23-Nov. 21): Travel and communications should be at the top of your list on the 11th and 12th. You don't have to get angry to get what you want. Speak up for the underdog in an intelligent manner and you will get the help you require. You'll feel rejuvenated if you can relax and forget your worries on the 13th and 14th. With the right attitude, it can be the beginning of a very positive period in your life. You can have it all on the 15th and 16th — good times, creative opportunities and professional glory — if you are willing to step into unfamiliar territory. Publishing, travel and the Internet will all be viable ways to push for success on the 17th.

SAGITTARIUS (Nov. 22-Dec. 21): You will be hard to pin down and even more difficult to keep up with on the 11th and 12th. You will excite those who meet you and exhaust those you have known for some time. You will have the discipline on the 13th and 14th to follow through with a new idea. Someone can make a difference to your future. Accepting a favour may not be easy for you, but it will turn your life around. You have to be more careful with your belongings as well as your heart on the 15th and 16th. You will be too friendly with untrustworthy people. You will have to make a few changes to your strategy on the 17th if you want to stay on top.

CAPRICORN (Dec. 22-Jan. 19): The quieter you are about your plans, the less opposition you will have to contend with on the 11th and 12th. Watch what everyone else is doing and you will know who is capable of getting involved in your plans. You don't usually relish dealing with emotional matters, but on the 13th and 14th you can rid yourself of pending problems by speaking up. Once you purge yourself of the negative, you'll be free to move forward with optimism. You have passion and drive, so strive to raise your profile and increase your popularity on the 15th and 16th. Expand your awareness on the 17th and check out new lifestyles and opportunities.

AQUARIUS (Jan. 20-Feb. 18): Don't let a personal problem stand in your way on the 11th and 12th. Deception is apparent, so don't allow yourself to be pulled into someone else's dilemma. Don't be too quick to travel or deal with authority figures on the 13th and 14th. It will be in your best interest to work on your own. Solitude will be your sanctuary. Secret affairs or love triangles will lead to sorrow. Let go of the past and focus on the future on the 15th and 16th. A change in lifestyle will be necessary if you want to head in a new direction. Stand up for yourself. Someone who relies on you will be disappointed if you don't include him or her on the 17th. Clear up personal issues.

PISCES (Feb. 19-March 20): Take a closer look at your financial position on the 11th and 12th and make adjustments. Making changes to your living arrangements will do you some good. A chance to do something nice for someone else will make you feel good about who you are and bring you benefits you didn't expect on the 13th and 14th. You will be out of control on the 15th and 16th, but in a good way. Each moment will be a new adventure. Both business and personal relationships will excite you and the opportunity to try something new will be enticing. You won't be wasting your time or your money on the 17th by pursuing education, information or greater awareness.

Dr. Bruce D. Coward & Associates
OPTOMETRISTS
Quinte Family Eye Care Clinic
Laser Vision Correction Patient Co-Management

We are pleased to welcome
Dr. N. Uddin & Dr. A. Gupta

- Eye Examinations
- Laser Correction Co-Management
- Contact Lenses & Glasses
- Same day Emergency service
- Open Evenings
- Examen Disponible En Français

**EYE EXAMS
NOW AVAILABLE**
*Book your
Appointment today*
Call (613) 392-6211

Locations

- Trenton 287 Dundas St. E., (613) 392-6211
 - Belleville 142A North Front St., (613) 968-6560
 - Brighton 39A Elizabeth St., (613) 475-3900
- Visit our website: www.drbrucecoward.com

The Contact Newspaper staff would like to welcome Dr. Bruce D. Coward & Associates as the weekly sponsor of our newest feature, **The Contact Comics**.

DuJour

Duh. Give you bigger jobs? You can't even put out a simple company "dress code"

Stuff!

Honesty is the best policy, however, a good lie could make you rich !!!

MISFITS BY BRIAN CODAGNONE

SIR BOSCO PREDICATE-NOMINATIVE, THE NOTORIOUS 19TH CENTURY HOAXER, CLAIMED TO HAVE INVENTED A TELESCOPE THAT WOULD PERMIT A VIEWER TO SEE THE STARS BY DAY. WHEN UNSUSPECTING VIEWERS LOOKED THROUGH THE EYEPIECE, SIR BOSCO WOULD STRIKE THEM OFF THE HEAD WITH A WOODEN Mallet SAYING, "DO YOU SEE STARS NOW?" HE FOOLED MANY PEOPLE WITH THIS TRICK, INCLUDING MICHAEL FARADAY, DISRAELI AND QUEEN VICTORIA ("WE ARE NOT AMUSED", THE QUEEN SAID AFTER COMING TO).

Syntax Errors

by Damon Riesberg

Community

Community Events

CENTRE THEATRE

**TOTALLY RENOVATED INCLUDING D.T.S. SOUND
BIRTHDAY PARTIES ARE NOW AVAILABLE**

**Matinees
Saturday, Sunday**

MOVIES
MOVIES
MOVIES

MOVIE LINE-UP

- Transporter 2 (PG) 1:00 7:00 9:15
- The Brothers Grimm (PG) 1:10 7:10 9:20
- Sky High (G) 1:05
- The Cave (PG) 7:05 9:10

Coming Soon: Flightplan
Admission \$7.50 (adults 18+) \$6.00 (youth) Wed. & Matinees \$5.00 (ALL)

GENEROUSLY SPONSORED BY
THE CENTRE THEATRE

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.

Chronic Pain Management Support Group

Held Tuesdays and Thursdays Afternoons 1330-1530 for 4 weeks
Beginning **Tues Sept 20 and ending Thurs Oct 13**
Open to all CF members, DND employees, Spouses or 8 Wing personnel
**Meetings Take place at Mental Health Office Conference room
at the new 8 Wing Medical Clinic**
Some of the topics covered will be: Coping Strategies, Pain Journaling, Pain Levels and Triggers, Common Pain Symptoms, Relationships and Pain Medication, Community Resources, Attitudes, Work and Pain.
To register or for more information please contact **Lori Weisflock at 2254.**

Prince Edward County Studio and Gallery Tour

This exciting, self-guided tour features a broad range of talented artists in this picturesque area. Celebrate the fall by visiting wood carvers, painters, stained glass artisans, photographers, jewellers, sculptors, quiltmakers and much more. Three days only!
September 23-25, 10 a.m. - 5 p.m.
Entrance is free
Visit www.pecstudiotour.com
or call 613-393-1696 for more information

35th Annual Reunion for former and current serving members of MOC 561, 562, 563 and ACS 565 trades

8 Wing Trenton--September 15-16, 2005
Meet & Greet and golf registration at 1800 hrs on Sept. 15 at Baker Island -- Golf at CFB Trenton Golf Course on September 16
For further information please contact Mr. Mike Hackbart at 613-392-2811 Ext. 7726 or email hackbart.mj@forces.gc.ca.

BELLEVILLE ART ASSOCIATION 39TH ANNUAL JURIED EXHIBITION TITLE: "GOOD FRIENDS - GREAT PLACES"

PLACE: Belleville Public Library (Campbell Street Entrance),
Pinnacle Street, Belleville.
DATES: October 8th to 27th, 2005
OPENING DATE: Saturday, Oct. 8th - 2 to 4 p.m.

EVERYONE WELCOME! JOIN THE PARTY! CELEBRATE THE OPENING OF MFRC FORT SATURN!!!

SEPTEMBER 15 from 3:00 to 6:00 P.M.
SISKIN CENTRE, 50 RIVERS DRIVE EAST
OFFICIAL CEREMONY AT 4:00 pm
FREE ENTERTAINMENT AND GREAT FOOD (ALSO FREE!)
FOR KIDS AND ADULTS!
**YOUR HOSTS: BOB CLUTE AND SATURN CANADA;
MFRC DAYCARE**
JOIGNEZ VOUS TOUS À LA FÊTE!!
VENEZ CÉLÉBRER
L'OUVERTURE DU FORT SATURN DU CRFM!!!
15 SEPTEMBRE de 15H à 18H
AU CENTRE SISKIN, 50 RIVERS DRIVE EST
CÉRÉMONIE OFFICIELLE À 16H
DIVERTISSEMENT ET BOUFFE (GRATUIT) POUR
ENFANTS ET ADULTES!
VOS HÔTES: BOB CLUTE ET SATURN MOTORS; LA
GARDERIE DU CRFM

ORCHARD VIEW BAPTIST CHURCH

178 Lester Rd. Trenton, 392-5284
Pastor: Dr. Raymond Wilson *Worship Service: Sunday 10:30am*
Everyone Welcome!

Plan to attend Hospice Quinte's 11th Annual *Helium for Hospice Balloon Race* and BBQ, being held at Smylie's Independent Grocer in Trenton on Saturday, September 10, from 10 a.m. to 3 p.m. A \$5 ticket could win you \$1000! For more info or to buy a ticket call Hospice Quinte at 966-6610.

CHAPLAIN SERVICES SERVICES OFFERT PAR L'AUMÔNERIE

Wing Chaplain/ Aumônier de l'escadre – Major Lloyd Clifton
Administrative Assistant/Adjointe administrative – Manon Pilon Ext 2490
UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS

Padre Mike Adamczyk
Padre Marc Torchinsky

WORSHIP SERVICES

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

Chapel Life Co-ordinator
Padre Frank Pellerin

MASS

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

CONFESSION

At all times

PARISH ORGANIZATIONS

Parish Council 4th Sun 1330 hrs
Knights of Columbus 1st Thurs 1900 hrs
CWL 2nd Tues 1900 hrs
Chorale Merc 1900 hrs
Choir Tues 1900 hrs

ST CLEMENT ASTRA (PROTESTANT)

Chapel Life Co-ordinator
Padre James Craig

WORSHIP SERVICE

Divine Worship (Sun) 1015 hrs
Holy Communion 1st Sunday of the month

PARISH ORGANIZATIONS

Chapel Guild Last Tues 1930 hrs

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.

Classified

Classified

For Classified Information Call
392-2811 ext: 3976

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

Business Services

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

L&L BBQ Catering
Call
613-395-0097
FOR ALL OCCASIONS!

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

Paradise Adult Video
394-6600
DVD's FOR RENT & FOR SALE
Toys - Videos - Magazines
255 Glen Miller Rd. Riverview Plaza, Trenton (North of 401, across from Rona)
Open Mon. - Sat. 11-8 Sunday 12-3

PLEASE DON'T DRINK & DRIVE!

Business Services

NEW & USED REFRIGERATORS
Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees. Fridges \$100 and up
NEW APPLIANCES
at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from
PAYS CASH
for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices. Open 7 days a week & evenings. We deliver. We like Base people.
SMITTY'S APPLIANCES LTD.
969-0287

Storage Units
Trinity Mini Storage Rentals
Great rates & many sizes to choose from.
Hwy 2 Bayside
(613) 392-2525

Help Wanted
Light duty cleaners needed for local janitorial firm. Must be bondable, reliable. Strictly nights with some weekends.
Call 965-1918 or 848-8828

Cleaning Services
Cleaning Services
PMQ's, houses etc. at great prices.
Call Tammy @ 392-0759

For Sale

Belleville Volkswagen

2001 Golf GL 5 spd., blue, 77K., VW Certified warranty. \$15,200

2002 Beetle GLS 2.0l, 5spd, power group, black, VW Certified warranty, 98K. \$15,900
All prices + Admin., GST & PST & licensing
Call Paul at 966-3333
239 North Front Belleville
www.bellevillevw.com

New Barn & Gable style storage sheds 8'x8' & 8'x10'. Delivered completely assembled. Call Fred's Sheds 475-0192
Also will install vinyl siding.
4 - P205/65R15 Pacemark Snowtraker Winter tires on rims.
5 bolt pattern Ford rims.
\$120 OBO
Call 392-1240

For Rent

BAY FRONT IN BAYSIDE
3 bdrm w/ finished bsmt. Att. Garage, FAO, A/C. Appliances & drapes incl. Grass & snow removal incl. \$1600/mth +util. Avail Immediately
962-7764
BEDSITTING ROOM
Microwave, bar fridge, toaster, kettle, TV & satellite, share bathroom, lots of parking. 5 mins from base. \$425/mth util. included. Pay own phone. 1st & last req'd.
392-0642

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

Please recycle this newspaper! 

Music

Music For Young Children®
Now Available in Trenton
Designed for children ages 3 & up
This program offers group instruction in piano including singing, rhythm, ear training, sight reading and composing. Small Classes - parents included
Inquire about lessons beginning this fall.
Register now to reserve your spot!
Private piano & theory lessons by A.R.C.T. fully bilingual teacher
Contact Nicole Voyer, your local MYC® and piano teacher at 394-2318 email: nicole.voyer@sympatico.ca

Coming Events
COUNTRY NIGHT!
Guest DJ DAVE!
Throw on your jeans & Cowboy/girl hats!
Next Singles Dance is C&W night!
All music types after 11pm! Sat Sept. 10th
Top floor Belleville Legion 9pm-1am
www.romeoandjuliet.ca
613 392 9850

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

Attention Readers:
Check out page 12 for The Contact's newest feature The Contact Comics!
Thank you to our sponsor:
Dr. Bruce D. Coward & Associates.

Crossword Answers

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

Welcome to 8 Wing / CFB Trenton's

ANNUAL RECREATION & LEISURE SHOW
Sunday 11 September 2005
Noon - 4 pm
at the GYM (South Side)

Drop by the COMMUNITY RECREATION ASSOCIATION booth to pick up your copy of our new PROGRAMS PAMPHLET

8 WING AFFILIATED EXHIBITORS

- PSP Community Recreation Association
- PSP Fitness
- PSP Sports
- Health Promotions
- Astra Lanes
- Amateur Radio Club
- Auto Hobby Club
- Ceramics Club
- Gourmet Club
- Martial Arts Club
- Mixed Martial Arts Club
- Fish & Game Club / Northern Lodge
- Scuba Club
- Wood Hobby Club
- Military Family Resource Centre
- Trenton Military Community Council
- 704 Airforce City Cadets
- 1st Trenton Scouts
- 8 Wing Girl Guides
- 79 Trent Sea Cadets
- RCAF Memorial Museum
- CIBC - Canadian Defence Community Banking
- CFB Trenton Yacht Club
- Jr. Rank's Mess
- WO & Sgts Mess
- Officer's Mess

Activities Planned

- Information Booths
- Free Tim Horton's Coffee
- Demonstrations: BBQ
- Children's Activities
- Bouncing Castles
- Balloons and more!

Demonstrations

- Martial Arts Club
- Mixed Martial Arts Club
- Society for Creative Anachronism
- Quinte Bay Cloggers
- Gold Creek Cloggers
- Canine Velocity Flyball

NON AFFILIATED EXHIBITORS

- Society for Creative Anachronism
- Quinte West Community Leisure Services
- Frankford Figure Skating Club
- Quinte Recreational Dance
- Pathways to Independence
- Friends of the Trail
- Mental Health Support Network
- Medic Alert
- Quinte Sailability
- Quinte Legion Track Club
- Quinte Bay Cloggers
- Gold Creek Cloggers
- Canine Velocity Flyball
- Trenton Curling Club
- St. John's Ambulance
- Rotary Club of Quinte Sunrise
- Trenton Figure Skating Club
- Bernie Gray Kayaking

Help yourself to a cup of coffee and relax

Create your own oasis with a hot tub

(NC)—Stress is a cause of concern in modern society. Hectic schedules, longer working weeks and more social activities have left us burning the candle at both ends. Get away from it all with a hydromassage in a hot tub – a proven stress-reliever.

The rotating and pulsating jets of warm water, known as a hydromassage, ease tension and relax tight muscles. Modern tubs can have over 80 different jets you can aim at your neck, shoulders, back, arms, legs and feet to give you a full body massage whenever you want.

To further help relieve your stress, a number of features and options are also available. Aromatherapy dispensers that release pleasant fragrances into the water and surrounding air, reclining seats to cradle your body and even speakers to play your favorite music can be added to help you get the most out of your hot tub. Even retractable televisions are not unheard of in some higher end models!

For those who want to make an architectural statement with a hot tub, models now offer a choice of glossy, matte and textured shell surfaces in a wide



range of colours that mimic the look of marble, granite or mother-of-pearl. Many models also feature underwater fibre-optic lighting, accent lighting around the exterior and illuminated handrails.

Melt away the stress of daily life with a hot tub. No matter what your need, there is bound to be a model that is right for you.

For more information about hot tubs and pools, contact the Pool & Hot Tub Council of Canada. Find a member by visiting their website at www.poolcouncil.ca or call toll-free 1-800-879-7066.

Full Time Professionals • Full Time Professionals • Full Time Professionals

RE/MAX
Trent Valley Realty Ltd. Realtor
Independently Owned and Operated

Shopping for a Realtor?
Put "Frank & Joanne"
at the top of your list!

Posted?? Free Relocation Packages Nation wide
Free local Market Evaluations.

CALL US
1-800-567-0776
392-6594

www3.symatico.ca/home.search

HORMANN
Joanne & Frank
Broker / Sales Representative

Full Time Professionals • Full Time Professionals • Full Time Professionals

Century 21
Lantern Real Estate Ltd.

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

Belle-Ville!
Pretty Starter! 3 Bdrm. Dining rm in this pretty brick bung. in Belleville's east side. Lovely hdwd up. Dry bar & wdstv. in rec rm. Direct access to garage. Call Barb Wood* to view!
#2055487

Open for Offers! \$87,900.00 Owner wants it gone so, come have a look at this 3 bdrm semi, eat in kit., New windows. Roof has been redone. Freshly painted full bsmt., gas heat, early possession. Call Helen*
#2052227

Call Joyce!
Money making duplex!
\$109,900 2 Storey's side by side duplex. East side Trenton. Close to shopping. Each unit has 2 bdrms. Tenants pay all heat & utilities.
#2054700/2054698

New Listings!
Exceptional Bungalow!
Private wooded lot w/ lovely custom built home, 2 dble car garages, 3 bdrms, 2 baths. Open concept kitchen, DR & LR w/ deck off DR. Call Vicki*
#2055730

*Sales ** Associate Broker

Call Sheila or Judy for all your advertising needs!
392-2811 Ext 7008/2748

CONTACT is a Personnel Support Programs outlet. We rely almost exclusively on the revenue we generate through our advertising. We would like to thank our advertisers for their generous support of this publication.

More sales means more experienced agents.

RE/MAX
agents sell three times more properties than the average agent.*

3x Average Agent Industry Average

Anything less is second best!

Remax Trent Valley Realty LTD Broker

Trenton 447 Dundas St. W. 392-6594
Brighton 41 Main St. 475-6594
Toll Free: 1-800-567-0776

Check us out at... www.remaxtrent.com

LOCAL SERVICES To Serve You AND TRADES

Classified Advertising 392-2811 ext 3976 24 Hour Faxing 965-7490 e-mail: Sheahan.AE@forces.gc.ca

Auto Detailing
Bonnie's Auto Spa
"Let me pamper your vehicle!"
Complete Auto Detailing
Cleaning inside & out
Reasonable Rates
Fast Service
Pick-Up & Delivery
(613) 921-0734
25 Frankford Cres.
Unit 43 Bldg 1, Trenton
email: autospa@kos.net

Auto Service/Tires
GOOD YEAR
"YOUR COMPLETE AUTO SERVICE CENTRE"
\$29⁰⁰
Air Conditioning service check up
392-1354
303 Dundas St. W. Trenton

Boat Repairs
24 MOBILE MARINE SERVICES
We Come To You!
ALL BOAT REPAIRS
WATERCRAFT, SMALL ENGINES
LAUNCH/RECOVERY, ETC.
Picton: Wayne 849-2071 or 476-4307
Trenton: Don 922-8741

Building Material
RONA CASHWAY
"Buy Where The Builder Buys"
House plans, engineered floors, kiln dried lumber, expert staff, etc.
234 Glen Miller Rd
Trenton 394-3351

Eavestroughing/Siding
"RICH" HOME IMPROVEMENTS
• Blown Insulation
• Roofing
• Windows
• Fascia & Soffit
• Eavestroughing
• Vinyl Siding
Tel & Fax: **(613) 475-3749**
Cell: **(613) 827-8218**

Flooring
FLOORGUYS
"For all Your Flooring Needs"
CERTIFIED INSTALLATIONS
Specializing in Hardwood Installation & Refinishing
Ceramic Tile Installation & Repair
JUDD BAILEY
PICTON ON.
Tel: **396-2158**
Toll Free: 1-866-310-3337

Roofing
ROOFING
✓ Commercial "The Very Best by John West"
✓ Residential
✓ Agricultural Asphalt & Steel
✓ Professional Installation
✓ Fully Insured
Call for a FREE Estimate
CELL: (613) 827-1581
JOHN WEST CONSTRUCTION
469 Cty. Rd. 64 RR#3 Brighton
613-475-6240

Storage
2 RIVERSIDE DRIVE, TRENTON (500 feet North of 401 & Glen Miller Rd.)
LOCK STORAGE
• Secure Storage Lockers in the sizes you need
• High Visibility Secure Location
• Alarmed Lockers Available
• Truck & Trailer Rentals - Appliance & Utility Dollies
• Packing Boxes & Complete Line of Moving Supplies
ONE STOP FOR ALL YOUR MOVING & STORAGE NEEDS

Swap & Sell
QUINTE WEST SWAP & SELL
• Bikes • Stereos • Tools • TVs
• Game Systems • Movies • CDs
• Guitars • Car Audio
• Paint Ball Guns & Supplies
BUY-TRADE-LOAN
391 Dundas St. W. Trenton (across from the High School)
392-5822
Open Daily 10-6
Sun 10-3

Top Soil
• TOP SOIL •
• PLAY GROUND SAND •
GRAVEL • LARGE OR SMALL - PICK UP OR DELIVERY
• EQUIPMENT RENTALS •
SCOTT'S HAULAGE
17 Lester Road
392-3917

Tree Service
Trenton Tree Service
Tree Trimming & Removal, Chipping & Stumping
• Free Estimates
• Fully Insured
A fair price for everyone
392-7415

This spot could be advertising your business.
Call **392-2811** ext. 3976 for details!

THE LEAVES AREN'T THE ONLY THINGS FALLING
at
QUINTE'S RV SUPERSTORE

CHECK OUT THESE "FALL SPECIALS"

KZ ESCALADE
5TH WHEEL



SAVE \$5,000
 Model 36KS \$86,200
 \$322.22 B.W.* Stock#KZ015

KZ NEW VISION
5TH WHEEL



SAVE \$5,000
 Model 37RL4 \$60,995
 \$229.29 B.W.* Stock#KZ027

KZ Durango
5TH WHEEL



SAVE \$5,000
 Model 305E \$30,600
 \$119.19 B.W.* Stock#KZ030

HUGE SELECTION OF 5TH WHEELS FROM KZ - STARCRAFT & CARRIAGE

STARCRAFT
HOMESTEAD
5TH WHEEL



SAVE \$5,000
 Model 290RKS \$37,995
 \$146.46 B.W.* Stock#S053

STARCRAFT
HOMESTEAD
5TH WHEEL



SAVE \$5,000
 Model 290BHS \$37,995
 \$146.46 B.W.* Stock#S054

FLEETWOOD
Driven to Explore
Orbit
5TH WHEEL



SAVE \$4,000
 Model 255RK \$26,722
 \$105.05 B.W.* Stock#F057

OAC * Over 240 months @ 7.19%. Bi-Weekly Payments include freight, pdi, administration, lic, and taxes

CHECK-OUT THESE EXCELLENT TRADE-INS!!

2000 ALLEGRO 40FT	2000 HOLIDAY RAMBLER 32FT.	1993 WINNEBAGO CLASS "A" 30FT.	1977 TIIGA CLASS "A"	1990 WINNEBAGO 33FT.	1993 WINNEBAGO CHIEFTAIN
					

CHECK OUT OUR WEBSITE FOR COMPLETE PRE-OWNED MODELS

- BELLEVILLE -
 "Just a Glide from 401"
 1037 Wallbridge - Loyalist Rd.
 At Hwy 401 Belleville

HOURS OF BUSINESS
 Both Locations Mon - Thurs 9-6
 Fri 9-9 Sat 9-5

966-2202 or 1-877-556-6696



www.ultimatepowersports.ca

- BANCROFT -
 "Just west of Bancroft"
 8 Valley View Drive
 off Hwy 28 West

SALES - PARTS - SERVICE
 TRADE INS WELCOME
 WE FINANCE WHAT WE SELL

332-6661 or 1-866-317-SLED