

# the Contact

www.cfbtrenton.com

**Message!**

See enclosed flyer or call

**DAVID WEIR BA,CD**

#1 Office Associate Broker

Royal LePage ProAlliance

#1 in Quinte West

**394-4837**

www.davidweir.com

• April 8, 2005 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 40 Issue Number 14•

## 10 Hangar Cashier Service re-opens to meet demand

by Amber Gooding  
Contact Intern

The 10 Hangar Cashier Service has re-opened on the second floor of 437 Squadron. With a ribbon-cutting ceremony that marked the official opening, north side-based personnel will now have access to hassle-free financial services within their area.

Originally established approximately 10 years ago, 10 Hangar Cashier Services faced a challenge when cut-backs were made and there were insufficient personnel available to keep it operational.

Because it is such a useful service to personnel on the north side, a staff check was conducted recently to determine the number of potential customers and the

need to reincorporate the service. Needless to say, there was an overwhelming response and, as of April 4, personnel can have their financial needs attended to on-site, quickly and conveniently.

Wing Administration Officer LCol W.M. Roberts says he is very pleased to reintroduce the service. He feels it re-establishes the customer-focused service that was first brought forth years ago.

"We are very excited to provide our services to the flight line end of the business and hope to achieve positive results," he said. "The goal is to bring customer service closer to the customer."

LCol Roberts strongly feels that in order to maintain the goal of working

with colleagues and creating an environment for personnel in their own hangar, eliminating a lot of worry and the hassle many were feeling with service cut-backs is the first step in the right direction. Now personnel are able to avoid the uniform change required to conduct business at Headquarters.

"If they would like to quickly get something done they can simply head upstairs, take care of matters and return to work," said LCol Roberts. "We would like to maintain our goal of working with colleagues on the flight line, and I believe this is a positive solution."

With the service now open Monday to Friday, 0800 to 1130 hours, it is

See Cashier, Page 5



Photo: Cpl David Cribb, 8 Wing Imaging

Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton, cuts the ribbon held by Lieutenant Colonel Mark Roberts, Wing Administration Officer, and Vera Lewis, 10 Hangar Financial Services Claims Clerk, marking the re-opening of the 10 Hangar Cashier. Private Jen Cooper stands ready to serve her first customer.

## 426 Squadron welcomes new Honorary Colonel Binnie

by Capt Andy Coxhead, WPAFFO

Mr. Justice Ian Binnie was invested as the 426(T) Squadron Honorary Colonel last Friday morning in a ceremony presided over by LGen Steve Lucas at the Officers Mess.

"This is a truly auspicious occasion today as we welcome Justice Ian Binnie to our ranks," said 426 Squadron Acting Commanding Officer, Major Kevin McDonald. "We welcome you with open arms, keenly anticipating your participation in our squadron life. We hope that you will feel at home among us and consider yourself a Thunderbird forever."

Justice Binnie replaced colleague and friend Justice Peter Cory, who held the Honorary Colonel post for close to six years and served the squadron well.

"I am a very strong supporter of the Honorary Colonel Program," said LGen Steve Lucas, who will assume the position of Chief of the Air Staff later this

month. "Justice Binnie, you are indeed joining a very fine organization and we are very fortunate to have such a distinguished Canadian coming on board as our newest Honorary Colonel."

Justice Binnie has been a Supreme Court judge since January 1998. He is also a commissioner of the International Commission of Jurists based in Geneva, Switzerland.

"I will not be able to swap Lancaster stories like Peter Cory could, but this does not mean that I have never sat in the cockpit of a Lancaster," said Justice Binnie, recounting being a small boy who used to crawl under the fence at Downsview in order to play in a Lancaster sitting in a hangar there. "However, if I can contribute to an organization such as 426 Squadron which is able to produce people like Peter Cory and my father then I am deeply honoured."

See photo on Page 2.

## TRANSFER OF COMMAND



Photo: Sgt Rick Ruthven, CPC

MGen Walter Natynczyk (right), Commander of Land Force Doctrine & Training System, accepts the Canadian Parachute Centre flag from LGen Marc Caron, Chief of Land Staff, during the Transfer of Command Authority Parade from Land Force Central Area to Land Force Doctrine & Training System at the Canadian Parachute Centre, April 1, 2005.

See story on Page 3.

### WHERE DEALS HAPPEN EVERYDAY!

**Spring into A Great Deal!**

**1997 Sebring JX1 Convertible**  
Top of the line, V6, auto, air, tilt, cruise, PW, PL, PM, CD, leather. \$10,800 2000 also available

**SUMMER FUN**

**2000 Dodge Caravan**  
V6, auto, PW, PL, PM, air, tilt, cruise, cass., 117K Extra clean 7 other 01 & 02's available. \$9,500

**FAMILY**

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

**AS NEW**

**2004 Chrysler PT Cruiser**  
Fully loaded, 4 cyl., auto, air, tilt, cruise, PW, PL, PM, CD. Only 11K Clearance \$17,800 Manufacture warranty remaining

**ECONOMICAL**

**2001 Saturn SL 1**  
4 Cyl. auto, air, tilt, Cd., Car is like new and cheap on gas. Only 68K \$7,900

**STILLMAN AUTO SALES**  
CARS - JEEPS - TRUCKS - VANS  
TRENTON, ONTARIO  
Phone 394-6111

**6.4% financing on selected vehicles**

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

## NEW HONORARY COLONEL FOR 426 SQN



Photo: Cpl David Cribb, 8 Wing Imaging

Lieutenant-General Steve Lucas presents Mr. Justice Ian Binne with a certificate confirming his appointment as Honorary Colonel of 426 Squadron on March 31, 2005 (see story on Page 1). Justice Binne replaces colleague and friend Justice Peter Cory, who held the Honorary Colonel post for close to six years. Justice Binnie has been a Supreme Court judge since January 1998.

### 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

### WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



Mr. Cliff Holland of Spill Management explains to LCol D. Gould (WLEO) and Dot Serre from the WEnv Office, the operation of the In-Viro-Drum. This is an efficient portable vacuum system capable of vacuuming spills, whether it be fuel oils or contaminated solids. While enabling the WFE section to clean up spills faster, it will also reduce costs of the spill material needed and the disposal of the contaminated spill material. This piece of equipment will be used by CE Emergency response team.

## The Progressive Pick-Me-Up

“Gung-Ho” – Chinese for working together. You must work together to build a relationship. One-sided relationships never work, it has to be a two-way street, or a six-lane highway as the case may be.

Last week we introduced the first of three principles to building a successful team; “The Spirit of the Squirrel” or understanding that all work is worthwhile. The second principle to being “Gung Ho” is “The Way of the Beaver”; or “in control of achieving the goal,” respecting and utilizing each person’s individual skill and knowledge level and empowering them. Though they are different, each person’s thoughts, feelings, needs, and dreams should be respected, listened to, and acted upon. Take your cue from the beavers that work together, if one beaver puts a branch in place the others leave it, they respect each other. They all have access to what is available to get the job done and that includes full, accurate, and up-to-the-minute information on everything. No secrets. The rest of the organization has to support you if you’re going to take control of your own work.

Next week, we’ll talk about the third of the three principles; “The Gift of the Goose”. This column is brought to you by the friendly staff of the Trenton Continuous Improvement Office. For more information and a list of upcoming workshops visit us electronically through the 8 Wing/Canadian Forces Base Trenton website or give us a call: Mrs. Nancy Hall 3515, Mr. Ed Jarick 2514, Sgt Kirk Canning 7241, MCpl Gary Hollman 3339.

Largest Seating for 300

Seniors (over 65) Always 10% off

### NorthChina BUFFET

NO MSG ADDED | OPEN 7 DAYS/WK

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	ADULT	Kids (6-12)
Mon-Thurs	\$10.99	\$5.50
Fri-Sun & Holidays	\$11.99	\$6.50

**ALL YOU CAN EAT BUFFET**

## Contact

www.cfbtrenton.com

**Now** you can browse the latest news stories on-line. You're one click away from finding out what's happening at Canada's largest Air Force wing.

**(613) 392-2811**  
 Ext. 7005 (editorial)  
 Ext. 2748, 7008 (ads)

*The Old Lumber Mill* 227 Front St. West  
 Restaurant & Lounge Stirling,  
 www.oldlumbermill.com 613 395-6362

### "The Seafood Buffet"

Friday - 15 April 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.

## Coral's

*Budget Priced Everyday!*

**1995 GMC 1500 SLE Extended Cab, Short Box - Teal, 8 cyl., auto., power windows/locks, air, cruise, AM/FM stereo, hard tonneau cover, good kms.6 mons./6000km. powertrain warranty \$8,950 Certified & Etested**

**2000 Chrysler Intrepid -6 cyl., auto., gold, power windows/locks, AM/FM cassette, air, cruise, tilt. 6 mons./6000 km. powertrain warranty \$7,950 Certified & E-tested**

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

Low rate financing available through QuintEssential Credit Union (OAC).

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

### Coral

**AUTOMOTIVE & MARINE Inc.**

"Good Used Cars at Reasonable Prices!"  
 "We do not sell Auction Vehicles"

**Coral knows quality and price sells cars**

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



# CPC undergoes transfer of command authority

by Laurie McVicar  
Assistant Editor

Members of the Canadian Parachute Centre (CPC) and 8 Wing representatives gathered at Hangar 8 last Friday to witness the unit's Transfer of Command Authority from Land Force Central Area (LFCA) to Land Force Doctrine and Training System (LFDTS).

This was yet another page in CPC's expansive history, a company with humble beginnings that trace back to the opening of the first parachute training centre in Shilo, Manitoba in 1943. Following a move to Edmonton in 1970 as the Canadian Airborne Parachute Centre, the unit found a permanent home in Trenton and became part of LFCA in 1996. On April 1, 1998, CPC once again expanded, taking in the former Canadian Forces Parachute Maintenance Depot (CFPMD) as a Support Company.

During his address to personnel, Brigadier General Greg Young, Commander of LFCA, made special mention of the unit's rich history and the high level of professionalism exhibited by the personnel who work there.

"CPC's unique capabilities and service provide outstanding capabilities to the Canadian Forces... The environment in which CPC conducts training is demanding and, by nature, hazardous—hence the requirement for ultimate professionalism by those absorbed into the ranks... It's been an honour to have such men and women under my command."

He noted that the ceremony was a bittersweet occasion, tempered by the knowledge that, under LFDTS, CPC will not only continue to provide the same high caliber services, but will be given the opportunity to expand on them.

"Thank you to all ranks for a job well done. Best wishes as you move on to a new

and promising chapter of your history," said BGen Young.

While speaking to the crowd, Lieutenant-General Marc Caron, Chief of the Land Staff, was quick to note that the transfer of command was not an everyday occurrence.

"It's time to move CPC to the training establishment of the army... Land Force Doctrine and Training System will provide guidance, direction and funding. Today marks the start the next step for the Canadian Parachute Centre within the context of the (Canadian Forces') vision. The army will need to provide capabilities that are not necessarily being provided at this time," said LGen Caron.

He further pointed out that CPC will eventually make the transition from a training centre to a warfare centre.

"It's the natural evolution," said LGen Caron.

CPC has an extensive list of job duties which include: providing an Airborne Support Group for Major Air Disaster Readiness; training CF personnel in airborne, air transport, and mountain operations; training personnel as Patrol Pathfinders; evaluating equipment related to airborne and air transport operations; providing parachute depot function to the CF and parachute maintenance support to SAR and DHTC; providing immediate repacking and maintenance services for parachute-associated equipment used by 3 Princess Patricia's Canadian Light Infantry (PPCLI), 3 Royal Canadian Regiment (RCR) and 3e R22eR parachute companies and all cargo airdrop exercises and operations; provide a Canadian Forces Parachute Team for demonstrations and competitions; and support the Air Force with loads, DZ/LZ controllers, riggers and parachutists for their Basic and Advanced Tactical Air Transport training and exercises.

# Search & Rescue UPDATE



424 Squadron had a quiet week, with no call-outs.

Until next week, stay safe.

Missions for 2005: 22    Missions for Apr.: 0    Persons rescued: 2

## STILL SEEING BLURRY?

**COME TO THE LASIK MD SEMINAR.**  
Learn more about Laser Vision Correction by meeting with our doctors and eye care professionals.

**Date, time and place:**  
Wednesday, April 20, 7:00pm  
279 King Street East, Kingston

Call to reserve today  
**(866) 366-2020**

**CANNIFF MILL ESTATES**  
A New  
**Staikos Homes Community**  
Featuring Bungalow and Two Storey  
All Clay Brick Home Designs  
with all city amenities  
including sewer and water.  
Lots 50' and up to 75' Frontages

Various Bungalow & Two-Storey models under construction

Take Hwy. #62 North, turn right on Maitland and follow the signs. Off Farnham Road.

Every Staikos home contains such quality features as...  
**Ceramic Tiles • Air Exchanger  
Genuine Clay Bricks • Central Air Conditioning**

## Now Open

Office and Model Home at  
**3 Bristol Place, Belleville.**

**BUILD Comfort**  
**967-6560**

www.staikoshomes.com    E-Mail: info@staikoshomes.com  
Open weekdays 9 to 4:30 pm and Saturday & Sunday 1-3 pm.



## 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. Andy Coxhead

Editor: Andrea LeBlanc

Asst. Editor: Laurie McVicar

Advertising Sales: Judy Leavere

Advertising Sales: Adriana Galeota-Sheahan

Advertising & Promotions Assistant: vacant

Bookkeeper: Marilyn Miron

Circulation: Keith Cleaton

Assistant Translator/Proofreader: Sgt Louise Fagan

PSP Manager: Bob Payette

Subscriptions: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

## Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

## Letters to the Editor:

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

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

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



## A Military Community Newspaper



The Contact newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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

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

## WELL DONE

March 2005

Message from CAD HQ  
Winnipeg

Subject: Well done – 437 T Squadron Trenton

1. Over the past year 437 Squadron and its Air Canada AME S and maintenance team have provided outstanding SP to the Air Force and the CF.

2. The dedication displayed and effort put forth in achieving an unprecedented level of scheduled airlift sustainment and in responding to numerous short notice requirements such as DART deployment and numerous out of theatre medevacs has been truly commendable. This is especially noteworthy given the fact that we have been operating with only three of the five CC150 S for the majority of the period.

3. Please pass on my personal congratulations to LCol Williams, CO 437, and to Mr. Charlie Bell, Air Canada Manager Trenton for their continued outstanding SP to the CF.

## 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](mailto:habitat@habitat.ca)  
[www.habitat.ca](http://www.habitat.ca)

## Canadiana Crossword

### Geographical Job Search

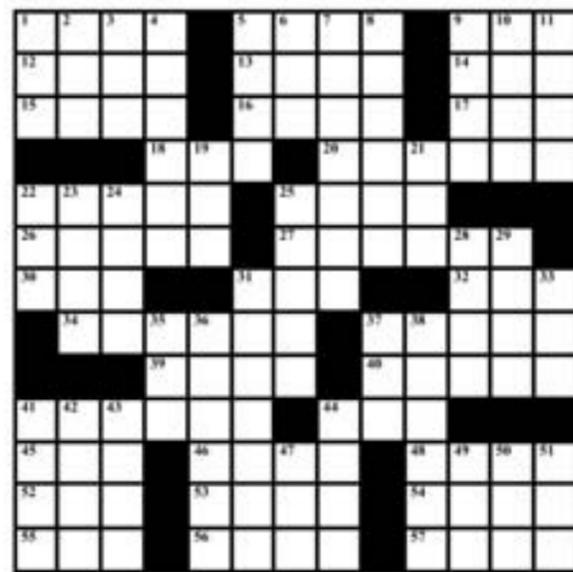
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Laundry supply
- 5 Neck part
- 9 Craze
- 12 Consequently
- 13 Work for pay
- 14 Curling surface
- 15 Perfume base
- 16 Russian city
- 17 Macaw
- 18 Refine leather
- 20 Hear
- 22 Endured pain
- 25 Whip
- 26 Crude ones
- 27 Avow
- 30 Corn plant part
- 31 Chart or plate preceder
- 32 W. Gretzky or L. Walker
- 34 Ritually fit
- 37 In a tangle
- 39 Native of Kurdistan
- 40 Mentioned
- 41 Norse warrior, or place in Alberta
- 44 "It is" variation
- 45 Soul, in Saguenay
- 46 Tip follower
- 48 Large bunny
- 52 Le Carre character, or Saskatchewan hill
- 53 Other
- 54 Leave
- 55 Alphabet's 19th letter
- 56 Grade
- 57 Explain

#### DOWN

- 1 Dog or shell preceder
- 2 Table scrap
- 3 Eastern potentate
- 4 Redcap, or lake in Saskatchewan
- 29 Faithful



- 6 Swiss river
- 7 Clergyperson, or place in Saskatchewan
- 8 Join up
- 9 Edict
- 10 Area measure
- 11 Priest, or river in British Columbia
- 19 Promos
- 21 Female
- 22 Easy as \_\_\_\_\_
- 23 Chef, or cape in British Columbia
- 24 Tramp
- 25 Scottish aristocrat, or place in Saskatchewan
- 28 Stain
- 29 Faithful

- 31 Bower
- 33 Aged
- 35 Slalom
- 36 Nimrod, or island in British Columbia
- 37 Statute
- 38 Arboreal carnivore, or Manitoba river
- 41 Jar
- 42 Rascals
- 43 Islets
- 44 Notion, in Notre-Dame du Lac
- 47 Toronto's time zone
- 49 Woodsman's tool
- 50 Free
- 51 Summer, to some

## This Week in Contact

1975 – If you were posted to Europe this year and are taking a new 1975 model North American car with you, make sure the equipment is compatible with European specifications. Changes in Canadian automobile standards for 1975 have resulted in the introduction of the catalytic converter – a device designed to reduce the carbon monoxide and hydrocarbon levels in the 1975 car by 90 per cent from the 1970 model.

1985 – Seven members of the 2 Air Movements Unit spent a week in the Great Lakes port city taking part in an operation, which involved the airlifting of half a million dollars worth of construction equipment to the Indian communities of Webequie, Great Trout Lake and Fort Severn.

1995 – The Chief of Defence Staff General John de Chastelain and the Commander of Land Force Command, LGen Gordon Reay, announced recently that the army's parachute capability will in future be provided by three separate infantry companies spread across the country. These parachute companies will be leading elements of what will eventually become three new light infantry battalions to increase the army's field force as outlined in the 1994 Defence White Paper.

**Created by Lt J. H. MacDonald,  
Compiled by Amber Gooding**



## Cashier service, Cont'd from Pg. 1

hoped that with time and demand, it will be extended to meet some of the needs that have already been identified by personnel.

Currently, it has been opened with a second person, a sub-cashier and with time, observations will be made to see what services make sense, in terms of pay and extended cashier services.

"We're starting out with half days and will continue to look at it from the perspective of what makes the most sense," said LCol Roberts. "Because the service was reduced to accommodate the personnel challenges, we will start to augment the current service and establish a more complete customer oriented claims focus."

LCol Roberts

hopes to eventually set up a third position to oversee some money matters and claims but because it is customer driven, it will depend on the demand.

"It's tough to say how much time will be needed to fully understand the importance and demand of such a service but we are prepared to acknowledge the need, once identified," he said. "Although there will be some areas that we will react more quickly than others, with a strong enough focus, each element will be achieved."

Although the service was not completely withdrawn prior to the expansion, LCol Roberts says he would like to see the service used more often in order to maintain it, because if not it will

become a waste of manpower. In the 1990s the service at 10 Hangar reached a three-person operation where personnel could take care of almost every aspect, including full pay, claims advances, settlements, and could also seek advice and inquire about other types of financial services.

All of these procedures keep the main purpose active and involved, helping to ensure the services longevity.

"If we can achieve maximum utilization of the services then we have accomplished our goal," said LCol Roberts. "Doing so will work favourably to complete the customer oriented focus and fulfill the needs of the service and its users."

# ★ JR RANKS MESS

SUN	MON	TUE	WED	THU	FRI	SAT
3 <i>Daylight Savings</i>	4	5	6	7	8 TGIF 1700 hrs Donairs Sports 1800 hrs Pool	9
10		13	14	15 TGIF 1700 hrs Chicken & Taters Sports 1800 hrs Euchre	16	
17		20	21	22 TGIF 1700 hrs Pizza Sports 1800 hrs Pool	23	
24		28	29 TGIF 1700 hrs Subs Sports 1800 hrs Euchre	30	31	

APRIL

2005

**LIVE ENTERTAINMENT**

**April 9th**  
**"PAYLOAD"**  
**9:30 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)

PLEASE SUPPORT YOUR LOCAL CANEX!

## 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

He wanted some peace & quiet

She wanted sunny Orlando, Florida

at **5.9%**  
OAC

## Now they can have both.

Looking for "a sunny getaway", or maybe "a little peace and quiet"? Whatever the reason, QuintEssential will help you get on the road in no time, with quick and personal approval, and with a competitive RV financing rate as low as 5.9%.

At QuintEssential, we pride ourselves on having very personal service representatives that work with you in providing the best options available that suit your individual needs.

Experience a better way of obtaining RV financing. Drop by one of our branches today or feel free to give us a call to set up an appointment that's convenient for you.

When you bank with QuintEssential...

you're banking with friends

293 Sidney Street Belleville 966.4111  
251 RCAF Road Trenton 394.3361

visit your friends online at:  
[www.quintessentialcu.com](http://www.quintessentialcu.com)

View the Contact online, in its entirety, at  
**www.cfbtrenton.com**

# So, you think you own that home?

## it's your Money



Garth Turner

Thanks to the years-long housing boom, a giant concentration of wealth in this country is now in a single asset: residential real estate. An aging population, real estate-rich and financial asset-poor, and yet without the legally-protected ability to defend that real estate wealth. This could be a recipe for disaster, and for many Canadians, it already has been.

How is it that we do not have the right to own property? It is unique in Canada's history right now that this right is not guaranteed. The Magna Carta of 1215 gave it to our British ancestors, and that was followed by the English Bill of Rights in 1627, which entrenched the right. So did the 1948 United Nations Universal Declaration of Human Rights, which Canada signed. And the 1960 Canadian Bill of Rights added further protection.

It has only been since the repatriation of the Canadian Constitution in 1982 that this right has not been enjoyed by Canadians. In other words, Canadians do not have recourse to the Charter of Rights and Freedoms if their land or home is seized by the government or its agent. Governments do not create rights – they just take

them away. And this fundamental, historic right was brushed off by politicians of the time more than 20 years ago as they horse-traded to get a new constitutional deal.

And here we are, 23 years later. Some Canadians might say well – what's the big deal? We've not gotten along for all this time without giving people the right to own their own real estate, so why fret? Isn't the system, and the country, getting along just fine as is?

Well, just ask all the farmers who lost their land – 97,000 acres of it – when the feds decided to expropriate, and build Mirabel Airport outside of Montreal. A bad idea from the start, the airport is now closed to passenger traffic and probably will fade away entirely. A citizens' group is now fighting to get 11,000 acres back – 30 years later – and they do not have a legal leg to stand on.

Ask people who bought forest lots on Galiano Island in British Columbia, only to see the local government pass bylaws at first preventing them from building on their own land and eventually forcing restrictive and bizarre land use that collapsed property values.

Ask the guy who

bought beachfront property in Nova Scotia only to see the provincial government declare his real estate a heritage site and prevent him from even walking his dog there.

Ask my former neighbour, ex-NHLer Louie Fontinato, whose working farm was expropriated by the local conservation authority, demolished and then flooded – all without enough compensation to allow him to carry on.

Now ask the thousands and thousands of landowners across southern Ontario about what the province is doing to them with its new Greenbelt Legislation. In the municipality where I live, the Town of Caledon, 75 per cent of all of the land has been frozen from future development overnight – with the barest of public consultation and in a process that lasted just 45 days.

In support of its move, the Ontario government has provided no planning report, no transportation study, no environmental study to support claims this will improve the life of Ontarians or stop urban sprawl. But why do they need to do so, when the people their laws are directly affecting have no legal rights to defend themselves?

There is no need to prove its claims in a court of law, since no court will ever hear the case.

Let's face it: Giving people more rights enriches them. Any democracy is freer when people have more rights. Property rights are

human rights. This is something that makes every individual stronger – it is a gift from the government of Canada to the people of Canada. It is a measure of trust and responsibility.

Restoring property rights makes government more accountable when property is taken away or materially affected. It guarantees people will have access to the due process of law and the possibility of fair compensation.

Restoring property rights will not allow people to pollute, to ignore rent control laws, to bear firearms, to challenge pay equity, or to override our existing concepts of matrimonial property as defined by Family Law legislation. Those critics on the political left who make these irresponsible and frightening accusations have no evidence to support their arguments. They are calling on conjecture and what-if scenarios which have not been substantiated by legal precedent in any of the countries, such as the United States, which have constitutional protection for property rights.

If there is any one group in our society who will be hurt by this, it is the politicians and bureaucrats who today enjoy the unfettered ability to pass laws which arbitrarily deprive people of their property. And it happens too frequently. And today, with real estate as the cornerstone of Canadian net worth, it can no longer be tolerated.

## No good reason to be without a will

(NC)—This year more than 31,000 Canadians will die without a will, leaving their families to face the uncertainty and financial burden associated with not having a legal will.

It's startling to realize the future of the family home, your pension, the money you put into life insurance and RRSPs—even the funds you set aside to educate your kids—all go under government control when you die without a legal will. If you die without a will, the people you leave behind could face a financial crisis.

"Every adult is aware they should have a will, so it's surprising that most of us don't, says Tom Forbes of Intuit Canada. In

researching its customers the financial software company discovered that more than half of Canadian adults don't have a current will. "It's always high on our list of things to do," he says. "But, it's low on the list of things to do today."

"Ironically we put money into pensions, savings, property and our children's education to plan for the future but we neglect to plan for the day right after our future," says Forbes.

Forbes notes that what often prompts Canadians to finally make a legal will is a major milestone in life like having children; going traveling; buying a house; the death of a family member or getting married.

The average cost to have a lawyer draw up a simple will in Canada is about \$200, but can run as high as \$10,000 for a complex will. There are other ways to draw up a will. Intuit Canada, the makers of QuickTax, Canada's best selling tax preparation software, started making WillExpert when they realized just how many Canadians didn't have a legal will. The software uses an easy-to-follow interview process to produce a legal will and costs just \$49.95. WillExpert also includes a personal care directive, enduring power of attorney and other legal documents for two people. Find out more or view an online demo at willexpert.ca.

AUTO - HOME - BOAT - LIFE - INVESTMENTS

**WHITLEY INSURANCE & FINANCIAL SERVICES**

**392-1283**  
(1-800-663-1384 Toll Free)

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

**"SAVE MONEY, CALL FOR A QUOTE"**

41 Dundas Street W. Trenton

AUTO - HOME - BOAT - LIFE - INVESTMENTS

**Credential Securities**

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

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

**Don Lockey, BA**  
Investment Advisor

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

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](mailto:rgrandmaison1@cogeco.ca)

New listings needed New listings needed

**Remax Trent Valley Realty Ltd., Realtor Trenton**

**Andrea Phillips**  
Assoc. Broker  
Remax Certificate of Merit.

Member 100% Club

We Are **Canada's #1 Negotiators**

**POSTED IN OR OUT**

Helping your family buy or sell since 1969

Military relocation specialist  
Bilingual Service  
Service en français et anglais  
[aphillips@remaxtrent.com](mailto:aphillips@remaxtrent.com)

**392-6594 1-800-567-0776**

New listings needed New listings needed

Three generations of service to our friends and neighbours

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

Ralph Weaver Founder  
Jeff Weaver President  
Tim Weaver Funeral Director

**Weaver Family Funeral Homes**  
"Celebrating 60 Years of Excellence"  
[www.weaverfuneralhomes.com](http://www.weaverfuneralhomes.com)

This space could be yours. Call Adriana (local 7008) or Judy (local 2748) today to promote your business in The CONTACT NEWSPAPER.



## Posted to Ottawa? Need a Great Realtor?



### Do It Right Call Anne & Dwight

- \* Full relocation package couriered to your home or office
- \* Serving members and their families since 1983
- \* Organized HHT designed to provide outstanding results
- \* 9 Team members with one focus...OUR CLIENTS
- \* Approved suppliers to DNDIRP Program



**1-800-267-7653**

**Email:**  
anneanddwight@msn.com

**Web:**  
http://www.anne-dwight.com

**RE/MAX metro-city  
realty ltd.**

Marie-Anne Gagnier & F. Dwight Delahunt Sales Representatives.

## HEALTH PROMOTION INVITES YOU TO A TWO-DAY WORKSHOP IN ASIST

APPLIED SUICIDE INTERVENTION SKILLS TRAINING  
"OUR FOCUS IS INTERVENTION"

The emphasis of the ASIST workshop is on suicide first aid, on helping a person at risk stay safe and seek further help.

### LEARN HOW TO:

- Recognize opportunities for help
- Reach out and offer support
- Estimate the risk of suicide
- Apply a model for suicide intervention
- Link people with community resources

Date: April 20 and 21, 2005

Location: bldg 21, Rm. 9

Please Register NLT 13 April 05

Health Promotion, local 3768

\*\*There is no cost to attend this workshop\*\*

DND Discounts  
up to 11%

Select Lifetime  
Guaranteed Parts



394-3357

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

## House Hunting?

Coming to Petawawa?



PETAWAWA

We Are A

☆☆☆ Canada Select Hotel

"Right Outside The Gate!" • Honeymoon Suites • Kitchenettes  
• Collect Travelodge Guest Rewards

For Reservations Call 1-800-573-9775 or (613) 687-4686

Website: www.thriflodgepetawawa.com

E-mail: frontdesk@thriflodgepetawawa.com

## Catering to Military families since 1985

# HILDEN HOMES LTD.

Our House - Your Home

Move into a new  
HILDEN HOME  
in just  
12 weeks!



Click on [www.hildenhomes.com](http://www.hildenhomes.com)  
to view model homes and floor plans

### Open Houses

#### Appledene Park

"Lot 15 Sunshine Lane"

1534 sq. ft. \$222,900

Saturdays 2:30 - 5:00 p.m.

Wed/Thurs 3:00-7:00 p.m.

Hwy #2 West, to Tripp Blvd,  
Trenton.

#### Harbour Point

"Lot 15 Cove Crescent"

1278 sq. ft. \$199,900

Saturday 11:30 - 2:00 p.m.

Wed/Thurs 1:00 - 2:30 p.m.

Cedar St. to Raglan St. to Cove  
Cres., Brighton.

On Site Phone 922-5076



**The Sapphire - 1534 Sq. Ft.**  
**\$229,900 Lot 15 Sunshine Lane**

Located in Appledene Park, Trenton, this all brick three bedroom split entry home features an ensuite, walk-in closet, main floor laundry, ceramic in foyer, large eat-in kitchen, spacious living and dining room areas as well as a bright roomy basement with finished family room. Also included are a 10' x 12' deck, a paving allowance, double garage and more!



**The Charlotte - 1278 Sq. Ft.**  
**\$199,900 Lot 15 Cove Crescent**

Located in Harbour Point, Brighton, this all brick three bedroom bungalow features an ensuite, kitchen nook, sliding door off dining room on to a 10' x 12' deck, high efficiency gas furnace and double garage. All this and only minutes from the waterfront!

Ask about our other developments in Whispering Woods and Deerfield Heights in Quinte West, Jackson Woods and Crestview Heights in Belleville as well as our many country lots! Many plans and models to choose from.

180 North Front St., Belleville, On **962-4600**  
Email: [info@hildenhomes.com](mailto:info@hildenhomes.com) Website: [www.hildenhomes.com](http://www.hildenhomes.com)

## Canadian RESIDENTIAL INSPECTION SERVICES

Pre-Purchase Home Inspections



**Home Inspection  
Franchises available  
throughout Canada**

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

902-827-5010

## INK KING

Ink Jet • Colour Laser • Laser  
Ink Cartridge Refills

We honor competitors coupons &  
we'll deduct an additional 10%

**771-0150**

296 Front St., Downtown Belleville

• Refill process exclusive to Ink King •  
• Not affiliated with any other refill service •

# Print More Pay Less

• Desktop Publishing • Posters • Laminating • Digital Copies

Darling's

Call today

**COPY DEPOT 392-7273**

**Fax service: 392-7058**

[www.copy-depot.com](http://www.copy-depot.com)

20 Dundas W., Trenton



• Fax Service • Enlargements • Scanning • Canon Laser Copies

Best Quality Best Price

**"The Only Place To Go"**  
**SMITTY'S**  
**WAREHOUSE OPERATION**

For NEW or GOOD USED Appliances

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



Best Selection

Best Guarantee

Best Service

**SMITTY'S**  
**KING OF APPLIANCES**

969-0287

Open Evenings & Seven Days A Week  
River Road-Corbyville (just N. of Corby's)

PLEASE RECYCLE THIS NEWSPAPER



# Contingency Capability Centre to change name, adopt new role

One of the Chief of Air Staff (CAS's) top priorities is to develop an expeditionary Air Force. To meet this challenge, the Contingency Capability Centre (CCC) will become the 1 Cdn Air Div Deployment Readiness

Training Standards and Evaluation Team (DRT SET) by 2006. Deployment readiness in this context includes individual refresher and collective general military pre-deployment training required by all Air Force

personnel. Readiness Training Flights (RTFs) will be augmented at Wings to provide the training. The DRT SET will facilitate this pan Air Force program including readiness, training, standards, and evaluation

activities. The focus will be to keep readiness training operationally relevant, standardized and consistent with DCDS direction. A common training and evaluation standard will ensure an integrated and uniform force genera-

tion capability across the Air Force. The aim is to ensure all Air Force personnel receive the mandated readiness training required to deploy as part of our expeditionary Air Force. CCC's motto of "Anytime, Anywhere"

seems even more fitting as the unit adopts its new role in contributing to the development of an expeditionary Air Force. For more information on CCC please visit our website at [http://winnipeg.mil.ca/ccc/index\\_e.htm](http://winnipeg.mil.ca/ccc/index_e.htm).

## OPEN SKIES TEAMS VISITS 8 WING



Photo: Cpl Simon Duchesne, 8 Wing Imaging

8 Wing Trenton hosted the Open Skies CC-130E Certification Team from 2-7 April. Thirteen senior officers and experts from seven European states took part in this high-profile mission, that's purpose was to certify an "E" model of CC-130 Hercules aircraft for the Open Skies Program. The program fosters openness and transparency in the military activities of the signatory states by means of reconnaissance flights to observe and monitor sites such as military bases, airports, seaports and industrial centres.

## AIR FORCE MESS DINNER



Photo: MCpl Daren Kraus, 8 Wing Imaging

Colonel Andre Deschamps, 8 Wing/CFB Trenton Commander, presents Lieutenant General Steve Lucas, Special Advisor to the Chief of the Defence Staff for Defence Policy Review and Homeland Security Issues, with a book during the 81st Annual Air Force Mess Dinner held on March 31. The book was written by retired navigators from the area.

## 8 WING/CFB TRENTON SUMMER HOCKEY PROGRAMS 4 JULY-2 SEPT 2005

This summer the RCAF Flyers Arena has expanded its summer hockey programs. Last year all programs were filled to capacity with over 500 kids playing shinny and attending our hockey schools. You will find the programs and facilities second to none and your child will leave our programs excited about coming back. You can find out how to register on the web now at [www.CFBTrentonhockeyschool.com](http://www.CFBTrentonhockeyschool.com).

### Hockey Schools

We have taken the best instructors in the Quinte area and have an all-star staff. The directors are as follows: Bryan Pearce (School Director/Instructor), Don Thompson (Goalie Director/Instructor), Steve Tracze (Skills Director/Instructor), Jason Supryka (Fitness/Dryland Director/Instructor), John Boultee (Power-Skating Director/Instructor). In addition, we have opened all the base sports facilities and have full residence and eating facilities. The following programs are offered:

AAA School	8-12 Aug	RCAF
AA - A School	15-19 Aug	RCAF
Girls only	22-26 Aug	RCAF
Select,HL	29 Aug-2 Sept	RCAF



All day-15 hours ice per week  
Lunch included, Residence available  
Night programs for residence players

Cost \$300.00 + tax  
\$250.00 + tax (DND Rate)

### Shinny

This has been an extremely successful and fun program consisting of five one-week sessions starting 4 July 2005, Monday to Friday, 1.5 hours ice per day in the following categories: Tyke-Novice-Atom -Peewee-Bantam-Midget/Intermediate combined boys /girls. Cost is \$25.00 +tax (DND rate). All other \$30.00 + tax per week.

### 4 on 4 Tournaments

Minor Peewee/Peewee 16-17 July 2005  
Minor Bantam/Bantam 23-24 July 2005  
\$250.00 per team 8 skaters, one goalie  
Guaranteed 4 games

### Midget and Junior Elite Camp

6 weeks: 5 July-14 Aug  
3 sessions per week Tue-Thu-Sun nights  
Focus on speed, agility, transition, skills will focus on timing, speed control.  
Team and game concepts instructors Steve Tracze, Jason Supryka

### Goalie School

The goalies will be integrated into the hockey school plus they will receive individual instruction at the end of each day. There are a limited number of spots available in each age group.

### Residence

Any players staying in residence will stay in our brand new hotels and eat all meals in the Yukon Galley, plus enjoy golfing, sailing and other exciting activities. Check website for further details.

### Registration

You can register at the Base Pool/Recplex now, Mon-Fri 9am-8pm, Sat & Sun 12 noon -4pm. For more info call Bryan Pearce 392-2811 ext. 4110.

# OFFICER'S MESS

SUN MON TUE WED THU FRI SAT

<p><i>Important Dates to Remember. See Flyer for Details</i></p> <p>1) CDS Glen Hillier visit - MTGIF 8 April 05 -16:30 hrs "Food"</p> <p>2) Texas Hold'em &amp; Crud Tournament &amp; MTGIT 21 April 05 Call the office to register NLT 18 April 05</p> <p>3) Yuk Yuk's Comedy Night Friday, 29 April 05 Tickets on Sale 4 April 05</p> <p>4) First Mess Golf Tournament Friday April 22 05 - Call the Mess to register @ 2245</p>		1 Sandwich Bar 11:30-13:15	2
		CPC Mess Dinner	
7 MTGIT 17:30 Planet Pita	8 Sandwich Bar 11:30-13:15	9	*
	CDS MTGIF 16:30		
14 Mess office closed for the day MTGIT 17:30 Pizza	15	16	*
	Sandwich Bar 11:30-13:15		
17	21 Texas Hold'em & Crud Tournament MTGIT 17:30 Golden Chicken	22 Sandwich Bar 11:30-13:15	23
	Mess Golf Tournament		
28 MTGIT 17:30 Subs	29 Sandwich Bar 11:30-13:15	30	*
	YUK YUKS Comedy Night See flyer		

# APRIL 2005



# Market Price, Bayview Experience!

# CREDIT PROBLEMS?

~BANKRUPTCY-DIVORCE-COLLECTIONS-FIXED INCOME-BAD CREDIT~

THE REMARKETING AND CREDIT EXPERTS AT

# BAYVIEW AUTO SALES

ARE ON YOUR SIDE. FIGHTING FOR LOWER RATES, THE BEST TERMS AND TOP QUALITY VEHICLES *AT THE RIGHT PRICE* TO ENSURE A BETTER BUYING EXPERIENCE!

Help is just a phone call away!  
CALL TODAY TO ARRANGE YOUR  
FREE CREDIT ANALYSIS  
(613) 392-3339 or (866) 594-2262

"Let's get your credit rolling again!" • "Let's get your credit rolling again!"

- Getting Bank Declines?
- Searching Dealership to Dealership for that Perfect Vehicle?
- Getting the Run Around?
- Getting Broken Promises to Repair Your Credit?

## Let Me Help 'U' TURN



### Your Bad Credit Into A1 Credit!

Get Approved Today!  
Drive Away Tomorrow!



<p><b>2003 Chev Ext. Black!</b> Est Cab, Short Box, 271, Chrome Alloys, 5.3L V8, Loaded with Automatic &amp; Power Seat, Only 52,400kms, 1 Owner, GM Lease Return, Broken of Factory Warranty, Original Paint.</p> <p><b>\$26,995*</b> or \$218.23 Bi-Weekly</p>	<p><b>2002 Chev Avalanche Crew Cab 4WD Black!</b> Loaded, 5.3L V8, Power Seat, 271 4x4, 1 Owner, GM Lease Return, Very Clean for 161,000kms</p> <p><b>\$18,995*</b> or \$150.02 Bi-Weekly</p>
<p><b>2003 Jaguar X-Type</b> Only 21,000kms, Broken of Factory Warranty 4 Year/80,000kms, All Wheel Drive, Loaded, Leather Seats, Sun-Roof, Alloy Wheels</p> <p><b>\$29,995*</b> Immaculate Vehicle Priced to sell</p>	<p><b>2001 Dodge 1/2 Ton</b> Regular Cab, 2 Wheel Drive, V8, Automatic, White, 92,000kms With Air Conditioning, Certified</p> <p><b>\$12,495*</b> or \$101.87 Bi-Weekly</p>
<p><b>2002 Dakota Sport SXT</b> 5 Speed, Est. Cab, 4x4 Big Wheel &amp; Tire Pkg, Power Blue, with Grey Floor, 77,000kms, Broken of Warranty</p> <p><b>\$16,795*</b> or \$136.38 Bi-Weekly</p>	<p><b>2004 Pacifica</b> Only 67,000kms, Fully Loaded, Leather, Chrome Wheel Covers, Midnight Black, All Wheel Drive</p> <p>Fresh off Chrysler Lease—This one won't last long!</p>

## Bayview Auto Sales

(613) 392-3339 • 1-866-594-2262  
Hwy 2 Between Belleville & Trenton

Payments: Frequency - Bi-Weekly including administration plus taxes, 7.75% interest, 72 months amortization - On Approved Credit

ASK ABOUT OUR SPECIAL MILITARY DISCOUNT!



# Fitness, Sports & Recreation

## Noon Hour Hockey League wraps up another season

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

The final game was a hard fought, fast paced game seeing the Red Team winning with a score of 5-3 over the Blue Team. The winning team, Sgt Jordi Larson, Capt Jean Bernier, Cpl Christian Dufresne, Capt Kim Fitzsimmons, Maj Paul Fleury, Cpl Bill Fraser, Sgt Glen Gray, Sgt Mike Hambley, Cpl Ryan Heffernan, Capt Brian Hoogkamp, Cpl Martin Leboeuf, Capt Wayne MacCrae and Capt JP Sharp. Missing in action for the finals were: Cpl Eric Bilodeau, Maj Andy Fitzgerald, Capt Larry Hrabets, 2Lt Phil Meikle, Mr Mike Leblanc, Maj Bruce Nolan, Cpl Danny Payment and Capt Mike Sampson.

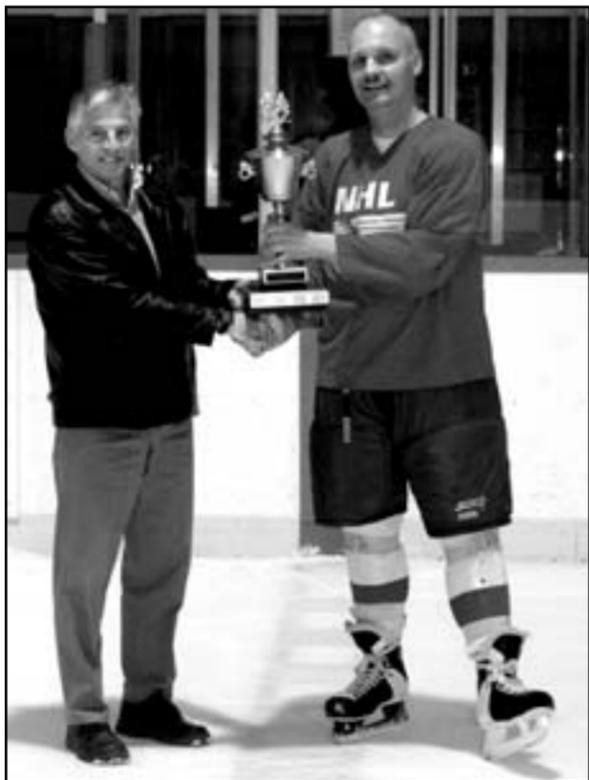
### Regular Season Team Standings

Teams	GP	Win	Loss	Tie	Points	Place
Blue	36	20	14	2	42	1st
Gold	36	19	14	3	41	2nd
Red	36	16	18	2	32	3rd
Black	36	12	23	1	25	4th



The Red Team ended the 2004/05 NHL season on a winning note.

**Photos: Nichole Bryski, Special to The Contact**



Manny Raspberry, Fitness and Sports Director, presents Red Team captain, Brian Hoogkamp, with the NHL trophy following the final game.



— CHANGE OF SEASON SALE —  
**TWENTY% OFF**  
 ALL DESIGNER FRAMES AND SUNGLASSES  
 OR WE'LL PAY FOR YOUR EYE EXAM.  
 \*plus you can win your purchase for free\*

APRIL 7<sup>TH</sup> - APRIL 29<sup>TH</sup>

**Essenzia**  
 eyewear essentials

224 front st. • downtown belleville • tel: 613 966 0006  
 eyeglasses • designer frames • sunglasses • contact lenses

some restrictions apply, see store for details.

## THE GED QUINTE PROGRAM

Coaching and Practice/ Ministry Exam

Starts Monday, April 4, 2005  
 7:00 - 8:30 pm  
 At Quinte Secondary School

*For Information Call*  
 (613) 391-1155

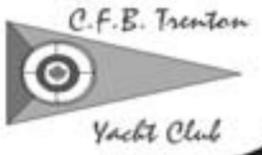


AN OFFICIAL  
 HIGH SCHOOL EQUIVALENCY DIPLOMA

### Learn to sail .... no experience needed

- *Adult Keel Boat*  
Starts May 2nd
- *Adult Dinghy*  
Starts May 30th
- *Junior White & Bronze*  
Starts Jul 4th

For more Information  
 call: 475-4427/392-8995  
 or  
 cfbtrentonyc@reach.net



# Ombudsman bids farewell

by André Marin  
Office of the  
Ombudsman



André Marin

With my mandate as Ombudsman drawing to an end, I would like to take this last opportunity to say that it has been a pleasure and an honour to serve as the Ombudsman for the Department of National Defence and the Canadian Forces.

It has been almost seven years since I was first appointed to this position and a lot of water has passed under the bridge since my first investigation and my first report. We are all proud of the improvements and

policy changes that have occurred: World War II mustard gas victims have finally received recognition and compensation; members diagnosed with PTSD need no longer feel stigmatized and have

ready access to the care and resources they need; and boards of inquiry on death or serious injury will be studied in depth to correct any failings in the process.

I am convinced that an ombudsman's office quite simply improves not only the lives of those who work for DND/CF, but also the institution itself.

Before leaving, I would like to thank all of you once again for the confidence you have placed in me over the years, and I wish the new Ombudsman much success in the exercise of his or her new duties.

## « Ce fut à la fois un plaisir et un honneur... »

par André Marin  
Bureau de  
l'Ombudsman

Mon mandat d'ombudsman tire à sa fin et j'aimerais profiter de cette occasion pour vous adresser mon dernier message. Je tiens d'abord à vous dire que ce fut à la fois un plaisir et un honneur de vous servir en qualité d'Ombudsman de la Défense nationale et des Forces canadiennes.

Voilà déjà presque sept ans que j'ai été nommé premier Ombudsman. Bien de l'eau a coulé sous les

ponts depuis que j'ai fait ma première enquête et sorti mon premier rapport. Nous sommes contents des améliorations et des changements aux politiques qui ont été apportés : Les victimes des tests au gaz à la moutarde de la Deuxième guerre ont finalement obtenu reconnaissance et compensation, ceux qui souffrent de SSPT ne sont plus autant stigmatisés et ont maintenant plus facilement accès à des soins et des ressources, et les commissions d'enquête sur les décès et blessures

graves seront revues en profondeur afin de corriger les failles qu'elles comportaient.

Je suis plus que jamais persuadé qu'un bureau d'ombudsman peut non seulement améliorer la vie de ceux qui servent mais aussi l'institution qu'ils servent.

Avant de vous quitter, j'aimerais vous remercier une dernière fois pour toute la confiance que vous m'avez manifestée au cours des années. Je tiens à souhaiter à mon successeur beaucoup de succès dans l'exercice de ses nouvelles fonctions.

## A SURE SIGN OF SPRING



Photo: Nichole Bryski, Contact

Children at the Trenton Military Family Resource Centre Daycare had a special visit from some feathered friends last week. Emma Roberts, Allison Ryan and Jake McLellan took full advantage of an opportunity to give the baby chicks some one-on-one attention. The chicks were brought in by Denise Currie, Childrens Services Coordinator for the MFRC.

# KINGSTON ONTARIO?



Penny Blake is a long time resident of the Kingston region and has worked with over 1500 military families in the past 15 years. She is Kingston's #1 female military relocation specialist because she ensures that members and their families receive the attention they deserve. Information on necessities such as school zones, bus routes, medical/dental access, and shopping districts are all part of the package Penny offers. Contact Penny Blake, truly above the crowd!



**Penny Blake**  
Sales Representative

613.539.3307 • 613.544.3325  
pblake@kos.net • www.pennyblake.com

**Linda McCallum CD, RN**

Buyer's Specialist / Sales Representative



Penny Blake welcomes Linda McCallum, who joins her as a Buyer's Specialist. Linda's first-hand knowledge of life within the military gives her the background expertise to assist you and your family in all facets of your move. She knows and understands the stress that another move places on the whole family. Linda's top priority is to provide you with a smooth, successful transition to your new home. Join the team of Penny and Linda and make this move the best one yet!

**1-877-924-3689**

**RE/MAX**  
REALTY CONCEPTS CORP.

## Quinte West Home & Leisure Show

**April 15, 16 & 17, 2005**

**Trenton Community Gardens  
(Two Arenas)  
8 Couch Crescent**

**Friday, April 15 5 p.m. - 9 p.m. Saturday, April 16 10 a.m. - 5 p.m. Sunday, April 17 10 a.m. - 4 p.m.**

LANDSCAPING • WINDOWS/DOORS  
PATIO ENCLOSURES • KITCHENS • BATHROOMS  
FIREPLACES • GARDEN ACCESSORIES  
BOATS • REAL ESTATE • FINANCIAL SERVICES  
ELECTRONICS • POOLS & HOT TUBS  
TRACTORS & ACCESSORIES • VEHICLES  
CRAFT VENDORS



Sponsored by:



**KNOCK, KNOCK.  
IT'S DAFFODIL MONTH.**



Canadian Cancer Society / Société canadienne du cancer

Together. Strong.



# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
April 10 - April 16

**ARIES** (March 21-April 19): You may feel guilty if you have work to do and don't feel like doing it on the 10th and 11th. Cut yourself some slack. Aggressive action will bring you absolutely no satisfaction or rewards. You may be feeling a little restless on the 12th, 13th and 14th. Act on your gut feelings and make a move that will put you in a position to fix anything that you feel has gone awry. Partnerships can be formed, but some of your peers will not agree with what you are doing. You will be tempted to overspend on the 15th and 16th. Someone will call your bluff, so don't play games with loved ones. Take care of your responsibilities if you don't want to face opposition.

**TAURUS** (April 20-May 20): Digging your heels in and refusing to budge will work against you on the 10th and 11th. Don't oppose the very people who are trying to do something to help you. Anger will not help you find a solution to a disagreement. Mix and mingle with a variety of people on the 12th, 13th and 14th. Business ideas may develop if you talk about your plans with friends, neighbours or a relative. A short trip will help you decide whether you want to make a change. Nothing should stop you from having fun and doing things with the people you enjoy on the 15th and 16th. A short trip will lead to an interesting new experience.

**GEMINI** (May 21-June 20): Don't get involved in a risky investment on the 10th and 11th. Make sure everything is in order with your personal papers. An invitation to do something with old friends will bring back happy memories. Put time aside for someone you really like to do things with on the 12th, 13th and 14th. An interesting change regarding how you earn your living is evident. You may have to take a backward step to move forward in a more suitable direction. Do something on the 15th and 16th to secure your financial future. The more you can do to ensure that your profession is not going to become obsolete, the better. A backup plan will put your mind at ease.

**CANCER** (June 21-July 22): Good times are ahead if you take part in activities that include a lot of people on the 10th and 11th. You will make new friends or even get involved in a business partnership. Put a little time aside for love and romance. You'll be emotionally confused on the 12th, 13th and 14th. You may be a collector, but you must rid yourself of some of the people and items you have in your life in order to make room for what's needed to move ahead. Get involved in something that interests you on the 15th and 16th, and stop sitting around doing the same old thing over and over again. Boredom will be what ends up causing you the most problems. Spice-up your life.

**LEO** (July 23-Aug. 22): You will be on the go on the 10th and 11th; however, that may bother someone you have left behind. Make sure that you think of others before you go off on your own. A little consideration will go a long way. Your involvement in discussions or in group endeavours will lead to an interesting meeting with someone you will want to spend more time with. Your options are mounting and, if you are a little pushy, you will get what you want. You'll be walking a fine line on the 12th, 13th and 14th. On the one hand, you can make headway where relationships are concerned, but on the other you will have to deal with authority figures. Pick your words carefully before responding to someone who could decide your future. Take any financial opportunity that comes your way. You are lucky on the 15th and 16th so take advantage of this by getting involved in a worthwhile venture.

**VIRGO** (Aug. 23-Sept. 22): Get out and do something that will bring you knowledge on the 10th and 11th. You may not agree with everything you experience, but what you learn will be worth it. A change of scenery will be positive. You will not have all the facts regarding some of your peers. You may not feel up to par on the 12th, 13th and 14th. Someone you least expect will cause you some grief. Stick to what you do best and leave the rest for someone else. Strive to be more tolerant and less critical. The action you take on the 15th and 16th will have an impact on everyone around you. You can be the one who makes a difference. Take matters into your own hands and bring about positive change.

**LIBRA** (Sept. 23-Oct. 22): Do something unique on the 10th and 11th or get involved in a social event that will bring you in touch with some interesting new friends. This is a great time for love; don't let it pass you by. Learning, communicating and building enthusiasm in others should come easy on the 12th, 13th and 14th. You will be charming, accommodating and everyone will want to do things with you. The more you give, the more you can expect to receive. Not everything will go according to plan on the 14th and 15th. If you have taken on too much, you can expect to fall short of your goal. Past experience will give you the answers you are looking for.

**SCORPIO** (Oct. 23-Nov. 21): Someone will give you a positive spin on something you've been trying to do for some time on the 10th and 11th. You can make deals and sign contracts. Consider starting or expanding your own business interests. You will have plenty on your mind involving money or property deals on the 12th, 13th and 14th. Don't let anyone push you into anything. You can make some promising changes to your future if you start with basics and build from there. Follow the creative path you feel will bring you the recognition you deserve on the 15th and 16th. Make plans and get together with the people who inspire you. Engage in competition or challenge yourself.

**SAGITTARIUS** (Nov. 22-Dec. 21): A stubborn colleague may put a hold on what you are trying to accomplish on the 10th and 11th. Prepare to deal with this person before it's too late. Do whatever it takes to drum up the support you need. A partnership may take you by surprise on the 12th, 13th and 14th. You won't expect to be so well received by some and so let down by others. Nothing will unfold as planned but, if you are adaptable, you will be able to land in a very good position. Money will be worrisome on the 15th and 16th. Gambling will lead to loss. Spend time making your surroundings more comfortable.

**CAPRICORN** (Dec. 22-Jan. 19): It's up to you to take charge on the 10th and 11th. Stop anyone who wants to be negative or critical. Eliminate some of the people in your life who drag you down. Be progressive and update your look. It's all about getting things accomplished on the 12th, 13th and 14th. You will have some very unusual ideas, and you shouldn't be afraid to voice them. Someone will recognize what you are trying to do and help you turn your idea into something tangible. The more you do to help a cause on the 15th and 16th, the better you will look in the eyes of those who can help you get ahead. A good friend will help you with a personal problem you've been facing.

**AQUARIUS** (Jan. 20-Feb. 18): You can expect to face difficulties on the 10th and 11th with someone regarding emotional issues you don't want to deal with. You aren't likely to be able to talk someone into changing his or her mind, so don't bother. Prepare yourself for your next big adventure. Do something that will help you improve your looks and raise your confidence on the 12th, 13th and 14th. The more time you spend with friends, the better you will feel. Love is looking positive. An unusual idea on the 15th and 16th may lead to a new line of work. Don't be afraid to take on something that is totally unfamiliar to you.

**PISCES** (Feb. 19-March 20): Make plans to do something special with friends, family or people in your community on the 10th and 11th. Getting out and sharing your thoughts or even taking a short trip will result in meeting interesting people. You will be impressed by someone on the 12th, 13th and 14th. Take a closer look, this person isn't as great as you think—it's time you realized you are just as good as everyone around you. Be sure to make your own decisions. Don't worry about other people's responsibilities on the 15th and 16th. It's time for you to have some fun, so make plans to get out with people you enjoy. A shopping spree will lead to some fabulous purchases.

# Garage sale items not always a safe buy



Submitted by  
**Don Heans,**  
Wing General Safety  
Officer

Garage sale bargains can jeopardize your family's safety!

Hitting the garage sales on a Saturday morning is a favourite

pastime for many die-hard bargain hunters. But don't save money at the expense of safety. Some items should not be purchased second-hand.

Keep the following in mind when you are out bargain hunting:

--Electrical appliances and tools could be a poor investment at a garage sale. They could be damaged and put you in danger of electrical shock or fire. A well-meaning home handyman may have tampered with them by rewiring,

putting on a new cord or plug or removing a third prong from a grounding plug. Hand tools are no bargain if they are old and defective.

--Never purchase worn or damaged sporting gear. When buying bikes for yourself or your children, make sure they are the right size to operate safely, and give them a good mechanical check before using them.

--Don't buy second-hand safety equipment such as helmets, person-

al flotation devices, smoke detectors or fire extinguishers. These could be defective, or may fail to meet current safety regulations.

--Dishes aren't always a safe buy either. Some old dishes and pottery contain lead which can leach into food and cause lead poisoning. Cracked dishware is unsanitary.

Buying at garage sales can save you money, but don't jeopardize your family's safety and health for the sake of a few dollars.

## CANADIAN BLOOD SERVICES BLOOD DONOR CLINIC

**CANADIAN FORCES BASE (CFB) TRENTON**  
**THURSDAY, APRIL 21, 2005**  
**10:30 AM TO 4:00 P.M.**  
**75 YUKON ROAD**  
**CADETS' MESS**



# LOCAL SERVICES AND TRADES



**Sand & Gravel**  
**Southfork Wholesale Yard - Open to Public.**  
Delivery available. 6 days/wk  
• Play Sand • Brick Sand •  
• Coloured Stone •  
• Driveway Gravel •  
• Topsoil • Compost •  
Wallbridge Road  
North of Hwy 401  
966-2022

Classified Advertising 392-2811 ext 3976 24 Hour Faxing 965-7490 e-mail: MacDonald.3@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](mailto:autospa@kos.net)

**Auto General Repairs**  
**Cannifton Garage 2000 Ltd.**  
We have gas generators for home & rural use.  
✓ Tune-ups ✓ Safety  
✓ Springs ✓ Inspections  
✓ Suspension ✓ General Service  
✓ Repairs  
Cars - Trucks - Vans - Buses  
Trailers & Heavy Trucks  
Parts & Service - Call Kevin  
**613-962-1132**  
at Hwy.37 & Casey Rd., Belleville

**Boat Repairs**  
**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**

**Custom Builder**  
**LUYMES Construction Ltd.**  
General Contractors  
Kitchen & bathrooms, rec-rooms, additions, replacement windows, refacing kitchen fronts & stairways, textured ceilings & fireplaces.  
**962-8795 848-9996**  
E-mail: [luymes@reach.net](mailto:luymes@reach.net)  
Free Estimates  
In business since 1967  
[www.luymesconstruction.com](http://www.luymesconstruction.com)

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

**Heating/Air Conditioning**  
**Carrier**  
Reliable, energy efficient home heating and cooling systems  
**DOWNSIDE**  
100% Locally Owned & Operated  
63 Dufferin Ave. Trenton  
394-5000 or 1-877-394-0909

**Natural Foods**  
**Natural Sequence**  
"The Natural Food Specialist"  
BULK & NATURAL FOODS  
\*Wine & beer making supplies  
\*natural vitamins & herbs  
\*body building supplies  
\*giftware  
\*specializing in custom gift baskets  
39 Dundas St., W. Trenton,  
**(613) 394-2882**

**Roofing W & E**  
**Roofing & Construction**  
ALL TYPES OF ASPHALT ROOFING  
\*New Roofs  
\*Re-Roofs  
\*Guaranteed Workmanship  
\*Complete Clean up  
"Year Round Roofing"  
Free Estimates  
**969-8109**

**Storage**  
**2 RIVERSIDE DRIVE, TRENTON**  
(500 feet North of 401 & Glen Miller Rd.)  
**RIVERSIDE MINI 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**

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

**TUTORING**  
**CUNNINGHAM CENTRE TUTORING**  
\*Assessments  
\*All Grades  
\*All Subjects  
Trenton, Belleville offices  
**Call 966-9250**

Community

# Community Events

## CENTRE THEATRE

★ Matinees ★  
★ Saturday, Sunday, ★  
★ & Tuesday ★

MOVIES  
MOVIES  
MOVIES

**TOTALLY RENOVATED INCLUDING D.T.S. SOUND**

**BIRTHDAY PARTIES ARE NOW AVAILABLE**

GENEROUSLY SPONSORED BY  
THE CENTRE THEATRE

★ CALL ★  
**392-4211** ★  
★ FOR INFORMATION ★

MOVIE LINE-UP

• Sahara (PG)	1:05	7:05	9:25
• Fever Pitch (PG)	1:00	7:00	9:15
• Miss Congeniality 2 (PG)	1:10	7:10	9:20

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

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

**The Dominion of Canada Rifle Association** is again providing an opportunity for service personnel to participate in a Canadian championship service conditions competition this summer. The 2005 National Service Conditions Competition will be held at the Connaught Range Primary Training Centre in Nepean from July 22-27, 2005. Registration deadline for all competitors is **June 1, 2005**.

The purpose of this DCRA competition is to encourage and develop marksmanship within the DCRA membership and to assist with the promotion of marksmanship excellence within the Canadian Forces, Foreign Military Forces, the RCMP and other Police Services. The Canadian National Service Rifle Championship and the Queen's Medal for Champion Shot (Reserve Force) will be awarded to the winner of Service Rifle, Stage I and II. Prizes will be offered to competitors in three classes: OPEN—all competitors; REGULAR FORCE—members of the Canadian Forces Regular Force who would be eligible for the Queen's Medal (Regular Force) in accordance with CFSAC rules; and RESERVE FORCE/RCMP—members of the Canadian Forces Reserve Force and the Royal Canadian Mounted Police who are eligible for the Queen's Medal (Reserve Force).

For more information on registration, entry fees, regulations and accommodations/meals, please visit [www.dkra.ca](http://www.dkra.ca), email [office@dkra.ca](mailto:office@dkra.ca), or call 1-613-829-8281.

### Morning Break

Who: Parents and care givers  
What: A free play group  
Where: Bridge Street United Church in Belleville  
When: Tuesday mornings between 9:15 and 11:15

Please join us every Tuesday morning for coffee and a chat. We provide trained care for your children while you enjoy the company of other mothers and caregivers.

Due to the public schools continuing until the end of June, CFB Trenton Yacht Club's Junior Sailing School dates are revised to the following:

### White Sail Courses

Course I Mon Jul 4 - Thru Jul 21  
Course II Mon Jul 25 - Fri. Aug 12 ... no class Aug 1st  
Course III Mon Aug 15 - Thru. Sep 1  
All other courses are unchanged.  
For more information call Fletch at 475-4427.

All members past and present, and anyone interested in becoming a member of the Craft Guild, are invited to attend the monthly meeting on April 12 at The Dufferin Centre in Trenton at 7 p.m. For more information, call Therese at 394-0441.

## Silent Auction and Spaghetti Dinner

Fund Raiser : sponsored by FREE TO BE, MCC

St. Thomas Anglican Church

201 Church St. Belleville

April 9 2005

5:30 to 7:30pm

\$6.50 ea. ( spaghetti and sauce (meat or veg), salad, bun, homemade desserts and beverages) Advance tickets available, contact 965-0906.

BIG BROTHERS/BIG SISTERS OF TRENTON AND DISTRICT

## Bowl for Kids' Sake

Club Medd, Trenton--April 10, 2005  
Presqu'île Lanes, Brighton--April 17, 2005

Contact: Todd Holmes  
394-3472 or 965-0410  
[toddcat@sympatico.ca](mailto:toddcat@sympatico.ca)

**Ways to Participate:** Lane Sponsor Package--\$30, Individual Donation--any amount, Enter a company team of 3-6 people

**Lane Sponsor**=your company's name will be advertised the day of the event, with your name scrolling across the bowling alley's screens, a certificate of appreciation and a tax deductible receipt

**Company Team**= one free game of bowling and free shoe rental, 3-6 people per team, with each team member collecting a minimum of \$20 in pledges, one entry in grand prize drawing for every \$20 collected.

Classifieds

# 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.

**Business Services**

**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

**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

**Nolan's Contracting**  
Home Renovations  
Driveway Sealing  
Eavestrough Cleaning  
Repair & New Seamless Decks & Patio Stones  
Free Estimates  
Paul (613) 398-1224

**Mortgage Services**  
**CENTUM**  
"Looking out for your best interest"  
Mortgage Express Ltd.  
**FREE**  
Mortgage Information  
Call Ken Keuning  
**392-1190**  
257 Dundas St. E Trenton

**APPLIANCE REPAIR**  
AUTHORIZED PARTS AND SERVICE CENTER FOR WHIRPOOL - MAYTAG - FRIGIDAIRE - DANBY DE - WELLS - KITCHENAID - ADMIRAL - FOSTER LE ELECTRONICS - BOSCH - SILE - SUB ZERO - WOLF  
**Sen Appliance service inc.**  
161 COLLEGE ST. WEST BELLEVILLE  
962-4048 - 966-6966  
1-866-662-6649

**QUALITY USED APPLIANCES**

**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

**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

Handyperson wanted to build a garden shed at my home in Belleville.  
849-5506

**Real Estate**

**Posted to Greenwood?**  
We can help you make the right move. We have extensive knowledge about the local market and will give 100% of our time to your HHT. Call or email today and ask us about our FREE 1 Year HOME WARRANTY PROGRAM exclusive to our buyers and sellers.  
**Bruce GMAC**  
Cliff and Laura Fitzharris Sales Associates  
Home: 1-902-765-1163  
Cells: 1-902-844-0851/0852  
Work: 1-902-765-4437  
lfitzharris@brucegm.com  
www.brucegm.com  
Members of the Canadian Forces Relocation Program

**For Rent**

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

Large 2 bdrm apt. Belleville. 1 1/2 bath, backyard, appliances, parking and utilities. \$800/mth On bus route, 1st & last req'd. non-smoker & no pets preferred  
**(613) 969-8134**

1400 Sq.ft HI-Ranch 3 bdrms up, large kitchen, fridge & stove, full basement. 2 bths, heat pump A/C, dbl garage, Exc. Cond. Country location 5 mins West of Trenton \$950/mth + util. Ref's req'd 1st & last. Avail. June 1st. Call Larry, leave message  
**(613) 394-6874**

**For Sale**

Left Hand Golf Clubs Wilson 1200 Gear Effect 11 piece set Asking \$250 Single Clubs - Flexible  
Call Ed Jarick  
**392-2811 ext 2514**

**TIRED OF PAYING RENT?**  
**The County! WATERFRONT!**  
Century Home. \$199,900!  
Visit  
**www.PrinceEdwardCountyHomes.com**

**For Sale**

**Belleville Volkswagen**  
  
**2002 Jetta GLS TDI** auto., power group, balance of warranty, 66K., black. **\$19,900**  
  
**2002 Jetta GLS TDI** 5 spd., power group, sunroof, alloys, leather, VW certified, 119K., blue **\$18,500**  
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.

**For Sale**

**26ft Travel Trailer**  
1989 Sprinter by Mallard \$11,500 / OBO  
Sleeps 8, Gas/Electric Fridge, Gas Stove, Gas Oven, Microwave, Washroom with Stand-up Shower, with full length deck and awning, steel shed with fridge, 4 seater paddle boat. Located Cederdale Family Camp Ground with beach front on Lake Ontario, In ground swimming pool. Adult only jacuzzi and sauna Large private treed lot on pond, Full electric & septic service. **Phone 394-2113 or 394-1919**

**Coming Events**

**ATTENTION LADIES! \*\*\*MEN'S NIGHT!\*\*\***  
Ladies bring your friends!  
Next Singles Dance is "Men's Night"  
Men pick the Music, Save \$1 & receive Free 50/50 Tickets!  
Sat April 9th Top Floor Belleville Legion 9pm-1am  
View dance pictures online  
**www.romeoandjuliet.ca**  
**613 392 9850**



**PREVENTION, SUPPORT AND INTERVENTION COORDINATOR**  
(30 hours a week; maximum rate \$21.86/hour; regular appointment; unionized)

The Trenton Military Family Resource Centre (MFRC) is an independently registered, not-for-profit, provincially incorporated agency. It provides a broad range of services to families of the military, including support in time of family separation, a broad range of children's and parenting services (as well as a 60 child daycare), employment counselling, second language training, special interest courses and social activities. Staff work as members of a multidisciplinary team to ensure the best possible support for families.

Some family members face special challenges to their emotional and social well-being. The Prevention, Support and Intervention Coordinator designs and delivers programs to provide short term intervention and crisis support as well as a range of self-help (individual and group) activities. S/he will also provide assessment and referral support as needed, and work with other staff as they identify potential difficulties facing their clients.

**Qualifications at minimum include:** registration or eligibility for registration with a recognized provincial licensing body in the area of counselling, social work and/or psychology; 3 years' experience in crisis management, short-term intervention and family support; experience in the development of preventative programs in these areas; developed assessment and inter-personal skills to deal appropriately with highly stressful situations.

Preference will be given to individuals with: professional standing in the social work field, who are bilingual, who have a developed understanding of the challenges facing military families, and a working knowledge of other community (military and civilian) resources.

Please submit your resume in confidence by not later than 1 p.m. on Friday, April 22, 2005 to: Mary Lazier Corbett, Executive Director, Trenton Military Family Resource Centre, P.O. Box 1000, Station Forces, Astra, Ontario K0K 3W0. Fax: (613) 965-7371; Email: corbett.mc@forces.gc.ca.

**Crossword Answers**

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

Real Estate

**Team Richardson**  
PERSONAL COMMITMENT. TEAM STRENGTH.

*Quinte's Top Seller*

Call Toll Free  
**1-866-418-8884**

**ROYAL LEPAGE**  
Pro Alliance Realty  
Independently Owned & Operated Brokers.

www.teamrichardsoncanada.com  
613 966-6060

**ACE ROOFING**  
15 Years Experience

Fully Insured, Free Estimates  
Commercial & Residential

Adam Bell  
Trenton (613) 392-9304

You're about to buy a home that represents good value. Choose a home inspection company the same way.

**ELECTROSPEC®**  
Home Inspection Services

**1-888-394-6954**

www.allaroundthehouse.com

**Gil Strachan**  
Registered Home Inspector

**Relocating this year?**  
Call **Judy Caswell R.N.**  
jcaswell@royallepage.ca

(613) 394-4837  
1-800-263-2177  
Selling Quinte Since 1980

**ROYAL LEPAGE** 253 Dundas St. E. Trenton  
ProAlliance Realty  
Independently Owned and Operated

**Judy Caswell R.N.**  
Sales Representative

**Open House**  
Saturday April 9<sup>th</sup> 1-3 pm.  
Extensively updated 4 level split on a desirable east end Belleville location.  
3 bedrooms + den/office, 2 bathrooms, open concept kitchen, dining room and family room addition w/ fireplace & finished rec room. Freshly painted in neutral colours. Fully fenced backyard with walkout from garage and family room to deck. View at open-house # 2851933. Call Peter S. Price Real Estate Ltd. 905-997 for details

**Don't list your home....**

Without calling me first. Call **John Barry** and start packing!

Trent Valley Realty  
266 Dundas St. East  
Trenton, Ont.  
**(613) 392-6594**  
1-800-567-0776

www.QuinteHomes.com

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

**HELPING DND MEMBERS BUY OR SELL HOMES SINCE 1990**

**ROYAL LEPAGE**  
ProAlliance Realty

"LIFETIME AWARD OF EXCELLENCE"

1-800-263-2177  
394-4837  
253 Dundas St. E., Trenton

**"Service Bilingue"**  
amartin@royallepage.ca

**André (Andy) Martin CD1**  
RCAF/CFRET'D  
Sales Representative

**Remax Trent Valley Realty Ltd., Realtor**  
1-800-567-0776 www.remaxtrent.com

**Pat & Clay Jacobson**  
Sales Reps. Relocation Team

392-6594 266 Dundas St. E., Trenton  
pjacobson@remaxtrent.com

475-6594 41 Main St., Brighton  
cjacobson@remaxtrent.com

PUT THE POWER OF "2" TO WORK FOR YOU!

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

Full Time Professionals • Full Time Professionals • Full Time Professionals

**Century 21**  
Lanthorn 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

**\$134,900**  
NEW LISTING-Lovely family home close to CFB and school. Main floor family room, total of 5 bedrooms, 2 baths, extra large dining room. Call Judy\* 392-2511. #2051890.

**\$109,500**  
GREAT LOCATION!-4 Bedroom home-eat-in kitchen with new counter top and sink, remodelled bath, new carpet in den. Main floor laundry. Close to schools, arena and base. Call Vicki Jelly-Coutu\*. #2050460.

**\$129,900**  
EAST SIDE-3 Bedroom east side featuring roof shingles-2003, newer furnace, central-air, some newer windows, covered deck, garage insulated & wired, woodstove. Call Bill Wallace\*. #2051217.

**\$129,900**  
BEAUTIFULLY UPDATED-3 Bedroom, 2 bath home with superbly updated interior. Hdw'd floors, pine kitchen, 2 baths, main floor laundry. Detached garage, new siding and shutters. Call Joyce\*. #2051921.

\*Sales \*\* Associate Broker

Advertise in The Contact with a quick and easy call to 392-2811x7008/2976

**Posted to Petawawa?**

For A **FREE** Information Kit On Our Area...

1 CALL DOES IT ALL!  
**1-800-350-9473**  
Ask for **HAZEL!**

**Hazel Ladouceur, Broker**

www.wisemove Realty.ca  
wisemove@magma.ca

**Wise Move**  
3468 E Petawawa Blvd  
Petawawa, ON K8H 1X3  
(613) 687-1234

Your Premier Discount Realtor • The Realtors Who Care For You!

Quinte's #1 Discount Broker in 2004 wants to help you save your money!

**Seller Rebates**  
Seller's Website  
www.bestquote.ca  
BestQuote Realty Ltd.  
613-962-0226

**Buyer Rebates**  
Buyer's Website  
www.saynotorent.com  
Call Toll Free  
1-888-715-8419

Save Thousands  
**2 1/2%**  
Low Commission  
FULL SERVICE  
So Onward Fees

COMMITTED TO EXCELLENCE  
**Team BestQuote**  
REALTORS WHO CARE FOR YOU!

**Tom Dionisatos**  
Broker

**Cora Dionisatos**  
Sales Associate

Quinte's #1 Discount Broker according to MLS Board Statistics  
\*Some qualifications & restrictions apply. Call for details.

Your Premier Discount Realtor • The Realtors Who Care For You!

**We're big on results.**

**Remax Trent Valley Realty LTD Broker**

Trenton 266 Dundas St. E  
**392-6594**

Brighton 41 Main St.  
**475-6594**

Toll Free:  
**1-800-567-0776**

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

**Posted to Kingston in 2005?**

**Don Wyld, CD**  
Military Authorized Realtor

**Automatic Buyer Representation**

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

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

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

Fax 1-613-545-1101 or  
Toll Free 1-800-438-9953  
613-545-3333 office

Visit the Canadian Military Relocation Network  
Website at **www.interbaserealestate.com**  
OR Email: **donwyld@kos.net**

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



# PRE-OWNED SUPERSTORE

Find the best deals on performance-tested pre-owned cars, trucks, SUVs, and pickups, all backed by a quality guarantee you can trust. Plus... we'll help you finance your pre-owned vehicle with low rates for qualified buyers!



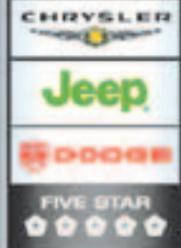

**DOOR CRASHER SPECIAL**



**2002 FORD FOCUS!**  
Automatic, 4 cyl., air CO conditioning, CD, alloy wheels, p. windows and locks, cruise, tilt. 45853 kms. Stk#567PA  
**\$10,900 or \$98\* BI-WEEKLY**

 <p><b>\$115</b> BI-WEEKLY *OR <b>\$14,900</b></p>	<p><b>2003 PONTIAC GRAND AM</b> Auto, 4 cyl., alloy wheels, sunroof, spoiler, CD, pw, pdl, cruise &amp; tilt. 36,000 kms. Stk#578PA</p>	 <p><b>\$108</b> BI-WEEKLY *OR <b>\$11,900</b></p>	<p><b>'02 CHEV VENTURE</b> Auto, V/6, air, CD, power door locks, cruise, tilt. 66,756 kms. Stk#5893A</p>
 <p><b>\$154</b> BI-WEEKLY *OR <b>\$20,900</b></p>	<p><b>2004 DODGE CARAVAN</b> Auto, V/6, alloy wheels, 4 captain's chairs, CD, pw, pdl, cruise, tilt. 9,582 kms. Stk#547P</p>	 <p><b>\$236</b> BI-WEEKLY *OR <b>\$29,900</b></p>	<p><b>'04 CHRYSLER PACIFICA</b> Fully loaded, luxury vehicle including tow pkg and traction control 9,556 kms. Stk#509P</p>
 <p><b>\$135</b> BI-WEEKLY *OR <b>\$16,900</b></p>	<p><b>'04 CHRYSLER SEBRING</b> Auto, V/6, air, alloy wheels, CD, pdl, pw, cruise, tilt. 33,670 kms. Stk#590P</p>	 <p><b>\$229</b> BI-WEEKLY *OR <b>\$24,900</b></p>	<p><b>2001 FORD F150 XLT 4X4</b> V/8, manual transmission, alloy wheels, tonneau cover, air, CD, pdl, pw, tilt and cruise. 48,670 kms. Stk#4510A</p>
 <p><b>\$99</b> BI-WEEKLY *OR <b>\$12,900</b></p>	<p><b>2004 DODGE SX 2.0</b> 2.0L 4 cylinder engine, alloy wheels, air, CD, power door locks, tilt, low kms. Stk#5271A</p>	 <p><b>\$208</b> BI-WEEKLY *OR <b>\$22,900</b></p>	<p><b>2002 FORD EXPLORER 4X4</b> Auto, V/8, loaded incl. leather, running boards, 6CD player, memory seat &amp; much more. 76,000 kms. Stk#4191A</p>
 <p><b>\$204</b> BI-WEEKLY *OR <b>\$25,900</b></p>	<p><b>'05 PT CRUISER CONVERTIBLE</b> Auto, 4 cylinder, alloy wheels, air, CD, power windows &amp; locks, cruise, tilt. 13,301 kms. Stk#577P</p>	 <p><b>\$236</b> BI-WEEKLY *OR <b>\$29,900</b></p>	<p><b>'05 CHRYSLER 300M</b> Auto, V/6, loaded with luxury! Sunroof, power seats &amp; much more. 17,547 kms. Stk#5180A</p>

\* all prices plus applicable taxes, licensing, dealer administration fees. Payments based on terms as follows: 2004 models - 72 months; 2002 models - 60 months; 2001 models - 60 months; 2000 models - 60 months; 1999 models - 48 months; 1998 models - 36 months. D.A.C. payments based on bi-weekly term at 7.99% with \$1,000 cash or trade reduction. \$10,000 financed over 60 months bi-weekly equals a cost of borrowing \$2,300.55 apr. See dealer for important details or visit us at [www.bellevilledodge.ca](http://www.bellevilledodge.ca). Cannot be combined with any other offer. Prior sales excluded. Valid on purchase or lease on selected used vehicles from dealer stock.



**7 YEAR 115,000 KM WARRANTY**

SHOWROOM BUSINESS HOURS:  
Mon-Thurs 8:30am - 8:00pm,  
Fri 8:30am - 6:00pm  
Sat 9:00am - 5:00pm

# BELLEVILLE

DODGE • CHRYSLER • JEEP

[www.bellevilledodge.ca](http://www.bellevilledodge.ca)  
HWY#2 W. BELLEVILLE

613-966-9936  
1-888-757-9994

