

the Contact

www.cfbtrenton.com

HELP!

My HHT Buyers need homes

Please call me to list

DAVID WEIR BA,CD

#1 Office Associate Broker

Royal LePage ProAlliance

#1 in Quinte West

394-4837

www.davidweir.com

• April 15, 2005 •

Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 40 Issue Number 15•

CDS VISITS 8 WING



Photo: Cpl David Cribb, 8 Wing Imaging

The Chief of Defence Staff General Rick Hillier greets Colonel Andre Deschamps, Commander, 8 Wing/CFB Trenton, and 8 Wing Chief Warrant Officer Don Cheverie as he steps off his Challenger jet, during an April 8 visit to 8 Wing. General Hillier later addressed approximately 1,300 troops assembled at the Gymnasium.

A HEARTFELT THANK YOU



Photo: Cpl Gayle Wilson, 8 Wing Imaging

Annette and Don Vickers, president and board member respectively of Presbyterians Aiding Nicaraguans, presented members of 8 Wing/CFB Trenton with a token of appreciation recently for delivering humanitarian assistance to Managua just before Christmas 2004. Capt Maureen O'Halloran, Sgt Baxter Patey, MCpl Chris Pretty, Pte Philippe Blouin and Maj Dan Harris, key players in delivering the assistance, were available to receive the colourful flag.

T-Bird's final flight ends at 8 Wing/CFB Trenton

Photo: Cpl David Cribb, 8 Wing Imaging



Captain Greg Castagner and Colonel Bill Werny bring T-Bird 425 to rest at ATESS Hangar 20 after its last flight earlier this week. The 425 is the last T-Bird to be flown in Canada and the model is officially retired.

by Capt Andy Coxhead
8 Wing PAFFO

The last of the Canadian Forces' CT-133AN "Silver Star" T-33 jet trainers, better known as the T-Bird, arrived at 8 Wing/CFB Trenton April 12, where it will be stored until disposal.

Captain Greg Castagner, pilot of this last historic flight with Co-pilot Colonel Bill Werny, Commanding Officer, Aerospace Engineering Test Establishment (AETE), arrived in Trenton just before 1:00 p.m. Castagner, the Standards and Training Officer at AETE in Cold Lake, Alberta performed a short aerial display prior to touching down to a perfect famous final landing.

"It's a real sad day," said

Capt Greg Castagner, who has been flying the T-Bird since 1990. "She was a real pilot's aircraft."

This landing marks the retirement of the last of the T-Birds and ends more than 50 years of T-33 operations by the Canadian Forces, Royal Canadian Air Force and Royal Canadian Navy.

In a solemn ceremony on the flight line, Castagner and Werny handed over the aircraft logbook to LCol Kirk Shaw, Commanding Officer of the Aerospace and Telecommunications Engineering Support Squadron (ATESS). ATESS will be responsible for the storing of the aircraft.

A total of 656 T-33s were produced by Canadair under license from Lockheed begin-

ning in 1951. The T-33 was employed in the primary jet training role until supplanted in the late 1960s by the CT-114 Tutor jet trainer. Until March 31, 2002, the T-33s served in the combat support role, simulating enemy aircraft and missiles, calibrating air defence radars and conducting a host of other missions in support of Canada's Air Force, Army and Navy.

Until March 31 of this year, four T-33s remained in service as test support aircraft at AETE at 4 Wing Cold Lake, which is responsible for all airworthiness testing for the CF. The T-33s were used for a wide range of missions such as aircrew proficiency, equipment calibration and flight-test support.

www.ianstock.com

Bookmark in your favourites under:

"My Financial Success"

"Buy Quality. Hold Quality. Rest Easy."



Ian Stock
Investment Advisor
RBC Dominion Securities
10 Front St South 3rd Floor
Belleville, ON K8N 2Y3
966-4119
www.ianstock.com
Member, CIPF



24 CF Health Services Centre Hours of Operation - April 25-29

As you are aware 24 CF Health Services Centre will be moving to their new location during the month of April. We are scheduled to be open in our new facility 0730 hours 02 May 05.

Below is an outline of the various clinic department hours and services that will be offered in our present location during this transition and move. Most services will continue to be available throughout April with gradual closing during the move week April 25th - 29th.

Please note the dates and timings carefully as some closures may have changed since the initial notification of our move due to logistical and administrative considerations.

Health Centre Timings and Services Week Of 25 -29 April 05:

The Treatment Room

Mon: 25 April 0730 - 1600 Tues: 26 April 0730 - 1600 Wed: 27 April 0730 - 1200 Thurs: 28 April 0730 - 1200 Fri: 29th April Closed

Pharmacy

Mon: 25 April 0730 - 1600 Tues: 26 April 0730 - 1600 Wed: 27 April Closed Thurs: 28 April Closed Fri: 29 April Closed

All personnel requiring prescriptions during Pharmacy closure will be directed to one of the local civilian pharmacies. More detailed directions/instruc-

tions will be provided on an individual basis.

The Clinic Orderly Room along with the Outpatients dept and Medical Boards dept will be open as follows:

Mon: 25 April 0730 - 1600 Tues: 26 April 0730 - 1600 Wed: 27 April 0730 - 1200 Thurs: 28 April 0730 - 1200 Fri: 29th April Closed

The following depts will be closed from Wed 27 April until Mon 02 May: Pharmacy, Physiotherapy, Laboratory, X-Ray, Preventative Medicine, Mental Health Services.

The medical clinic will be closed all day Friday 29 April. Emergency Services will continue to be provided throughout the week by dialling 911. All flight line emergencies will continue to be responded to.

After hours: the Duty Medical Officer may be reached through WOps. Additionally all personnel are asked to use the Blue Cross Health Card, containing the 24 hour line phone number where after hours medical advice may be obtained. That number is: 1- 877- 633-3386.

We at the medical clinic ask your patience and understanding as we undertake this adventure. Please take note of the above dates when particular services are available. In order to facilitate the successful completion of our move we ask that these timings be strictly observed.

For further information please contact WO Lorne Turner at local 3506. Thank you.

The Progressive Pick-Me-Up: Quick Tips for Continuous Improvement

"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 second of three principles to building a successful team; "The Way of the Beaver", The third and final principle to being "Gung Ho", is "The Gift of the Goose"; or cheering others on. Geese fly thousands of miles every year and with every beat of the wing, comes a sound of loud honking.

Those honks are sounds of encouragement for each other.

The "Gift of the Goose" doesn't just have to be managers and supervisors cheering on the team, it can also be the team cheering on each other. Congratulating each other is a primary example of "The Gift of the Goose".

Congratulations must follow the TRUE acronym: Timely, Responsive, Unconditional and Enthusiastic. Congratulating each other is also a way that you can keep "score" at work; acknowledging each and every success

of the team.

"Gung Ho" by Ken Blanchard and Sheldon Bowles. Published by William Morrow & Company Inc. New York.

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.

Missing CF soldier located in Bangkok, Thailand

April 14, 2005

OTTAWA - A Canadian Forces (CF) soldier missing from his unit for 21 months has been located in Thailand and returned to Canada on Wednesday, escorted by the military's National Investigation Service (NIS).

Sgt. Montgomery Paisley reported to the Canadian Embassy in Bangkok, Thailand, April 7, at which time arrangements were made to transfer him into Canadian custody. Members of the NIS traveled to Thailand to

escort him back to Canada.

Although the matter of his absence without authority is under investigation, his well-being and the welfare of his family are the CF's main concerns at this time. If charges are laid under the National Defence Act, this information will be made public with a subsequent news release.

The NIS has a mandate to investigate serious and sensitive matters in relation to National Defence property and CF personnel serving in Canada and abroad.

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

NorthChina BUFFET

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

Buffet Hours: Lunch: 11:30 - 3:00 pm Dinner: 4pm - 9:30 pm

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

ALL YOU CAN EAT BUFFET

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

969-0287

The Trenton Craft Guild

PRESENTS A SPRING
CRAFT SHOW & SALE

April 16 th, 10 am - 4 pm

Lunch Counter
Wheelchair accessible

Knights of Columbus Hall
57 Stella Crescent
Trenton, Ontario

Petites Treasures
French Immersion Child Care

Chantal Penney of Petites Treasures

would like to thank everyone that attended our grand opening. It was a huge success because of all of you.

Crazy Dogs

PET STYLING SALON

Complete Grooming Service or Do-It-Yourself for Dogs & Cats of All Sizes!

12 Carrying Place Rd. (Hwy. 33) TRENTON **392-7087**

Please support your local CANEX!



8AMS ANNUAL MESS DINNER



The 8 Air Maintenance Squadron (8AMS) annual mess dinner was held April 7. Honorary Colonel Wayne Ronstad performed for over two hours after the dinner, entertaining those in attendance.

House Hunters have Arrived!

Whether your posting message has arrived or not you may want to list your home for sale as soon as possible.

I have already sold numerous homes for military members who are leaving in the 2005 APS.

Weir working hard to make my clients number one!

DAVID WEIR BA,CD

#1 Assoc Broker

Royal LePage ProAlliance

#1 Real Estate Brokerage

Quinte West

DAVID@DAVIDWEIR.COM

Direct 849 -2111 Pager 394-4837

Search & Rescue UPDATE



424 Squadron had a quiet week last week, with only one call-out. While enroute from a day of training in Quebec, the Herc was tasked to locate the source of an emergency locator beacon. The investigation revealed that the signal originated from a test beacon in Ottawa. Until next week, stay safe.

Missions for 2005: 22 Missions for Apr.: 1 Persons rescued: 2



Life is an open road.

at **5.9%**
OAC

Where you go is up to you.

Looking for something to get you from "point A to point B", or maybe "a comfortable ride that turns heads"? Whatever the reason, QuintEssential will help you get on the road in no time, with quick and personal approval, and with a competitive 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 car 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

QuintEssential
CREDIT UNION

293 Sidney Street Belleville 966.4111
251 RCAF Road Trenton 394.3361



visit your friends online at:
www.quintessentialcu.com



The Contact Newspaper

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

The Contact Staff

Editor-in-Chief: Capt. 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

Intranet: LeBlancAL@CFBTrenton@Trenton

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



A Military Community Newspaper



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



The Contact

Wing Headquarters Building Annex

8 Wing / CFB Trenton

PO Box 1000, Station Forces

ASTRA, ON K0K 3W0

Editorial: 613-392-2811 Ext. 7005 Fax: 613-965-7490

Advertising: 613-392-2811 Ext. 2748 or 7008

Today in military history...

DNews

April 15, 1940

No. 1 Initial Training School is opened in Toronto to provide the first training for British Commonwealth Air Training Plan students.

le 15 avril 1940

La 1re École préparatoire d'aviation ouvre à Toronto pour les étudiants du Programme d'entraînement aérien du Commonwealth.

April 15, 1941

The first RCAF attack over enemy territory occurs near Boulogne, France.

le 15 avril 1941

La première attaque de l'ARC au-dessus du territoire occupé par l'ennemi a lieu près de Boulogne en France.

April 15, 1945

The First Canadian Army reaches the Dutch coast near Leeuwarden.

le 15 avril 1945

La 1re Armée canadienne atteint la côte néerlandaise près de Leeuwarden.

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.



Habitat for Humanity

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

Canadiana Crossword

Young Guns

By Bernice Rosella and James Kilner

ACROSS

1 Lake Manitou, for one

4 Jitney

7 Globe

10 Uris novel "The ____"

12 Calendar ref.

13 Oilers' Brewer

14 Icelandic poems

15 Legume

16 Panthers' Richards

17 Fish eggs

19 Prefix denoting new

21 Fabled fabler

24 Mild expletives

27 Felony

28 Hill

29 After expenses

31 Frost

32 Beaujolais or Medoc

33 Father

34 Terrorist or sphere precoder

35 Racket

36 Blues' Pronger

37 Anode attractor

39 Cooking pots, to Pedro

40 Just a ____

41 Bruins' Thornton

42 Mighty Ducks' Kariya

45 Itin. item

47 Express-astonishment

51 Giant

52 Snooze

53 Oilers' Comrie

54 Predator's Hambuis

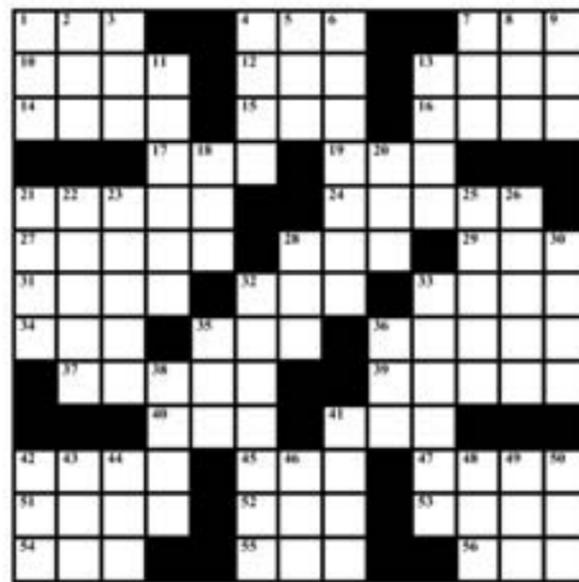
55 Digit

56 Rend

DOWN

1 That woman

2 Bachelor's digs



3 Augment

4 Shore feature

5 Barbary, for one

6 Canucks' Reid

7 Parry Sound puckster

8 Ocean inlet

9 From A to E

11 Flame's Iginla

13 Olive black

18 Poetic open

20 Auricle

21 Land measure

22 Author Jong

23 Flyers' Gagne

25 Tangle

26 Burnt sienna

28 Container

30 Russian news agency

32 Panther's Lecavalier

33 Apathy

35 Ms Rabbit

36 Certain exec

38 Bell or Rose follower

41 Joke

42 Plant part

43 Eastern ruler

44 Vessel

46 Religion

48 Broadcast

49 Emulate Podborski

50 Vigour

This Week in Contact

1975 – A new method for achieving essential reductions in military band personnel, announced today by the Defence Department, will enable all nine regular force military bands to continue in operation. Instead of phasing out four bands previously planned, the total establishment of 399 for all nine regular force bands will be reduced by 80 positions to a new total of 319.

1985 – 424 (T&R) Squadron recently completed Search and Rescue training at a number of locations throughout Ontario. The training was carried out under the mandate of Civil Air Search and Rescue Association (CASARA). This is a new program instituted to train civil pilots, navigators, and spotters in all aspects of search techniques and procedures.

1995 – The Non-Destructive Test Centre received the Commanding Officer's Commendation in recognition of the outstanding professionalism and dedication of its personnel during inspection of the DEW Line Long Range Radar Antenna Support Structure. The ingenuity, enthusiasm and high level of cooperation of the NDT Inspection Teams helped ensure Canada's commitment to NORAD will be met and the sovereignty of Canada's Arctic will be respected.

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



"ASIST-ing" people in need

by Jocelyn MacLean

The Health Promotion staff invites all interested military personnel, DND and NPF personnel and their family members at 8 Wing CFB Trenton to attend a two-day suicide intervention program called Applied Suicide Intervention Skills Training (ASIST). The focus of the ASIST workshop is on suicide first aid and helping a person at risk stay safe and seek help.

The ASIST workshop is the most widely used suicide intervention program in the world, and began in Alberta 23 years ago. ASIST is now used worldwide, with its participants leaving with an understanding of suicide first aid, including prevention, intervention and information for the at-risk individual about where to get help and support.

The intensive course is intended to help the everyday layperson recognize and estimate the risk, and learn how to prevent the immediate risk of suicide. More than 3,500 Canadians commit suicide each year, not including those who attempt suicide. One in nine Canadians will seriously consider suicide in their lifetime.

There are five sections covered in the workshop, which include topics such as Preparing which sets the tone, norms and expectations of the learning experi-

ence, and Connecting, which creates an understanding of the impact attitudes have on the intervention process. Another section, Understanding, focuses on providing participants with the knowledge and skills to recognize risk and develop safe plans to reduce the risk of suicide. Also included are Assisting, wherein participants develop their skills through observation and supervised simulation experiences in large and small groups, and Networking, which promotes commitment by participants to transform local resources into helping networks.

Once participants have completed the workshop, they should have the skills necessary to recognize opportunities for help, and to reach out and offer support. Participants will receive a 75-page Suicide Intervention Handbook upon completion of the workshop, as a reference guide to what they have learned over the two-day workshop.

The workshop will run on April 20 and 21, at no cost to the participant, as the Wing has paid the \$40-per participant fee. The registration deadline was April 15, and a maximum of 25 participants can attend the workshop. A waiting list will be created for future ASIST workshops. Contact the Health Promotion office at local 3768 for more information.

The 8 Wing Social Work office

by Jocelyn MacLean

The main goal of the 8 Wing Social Work office is to contribute to the high level of morale, efficiency and mental health of military members and their families. With the services this department provides, meeting that goal should be no problem.

Located in Building 22 at 74 Polaris, room 305, the social work office is the place to go to resolve stress related, emotional and support issues. One of the focuses of the department is to provide avenues of support to military members and their families.

The office provides confidential and

professional counseling to CF members and families of CF members who are experiencing personal problems, be it at home or at work. Other services provided include crisis counseling, suicide risk assessments and intervention, and education on mental health issues and situations.

One of the high-light services offered is the support and information groups, which include topics such as anger management, depression support and suicide awareness groups. These groups are intended to provide support and information for those affected by these mental health issues, and their families.

These services are available to military personnel and their dependents. Those in need of any of the services offered at the office can go in of their own accord, or on a referral. A referral could come from medical staff, a spouse or family member, Canadian Forces Member Assistance Plan (CFMAP) counselors, and other professionals or supervisors from 8 Wing or local civilian agencies.

Hours of operation are from 7:45 a.m. to 4:00 p.m., Monday to Friday. For more information on any of the services provided by the social work office, visit the office or phone Capt. Dave Penley, 392-2811 Ext. 3903.

start here



Loyalist College Open House

Saturday, April 23rd
11:00 am to 3:00 pm

When planning your future, start with Loyalist College.

Choose from over 50 career-oriented post-secondary programs, many of which are available on a part-time basis.

Join us on Saturday the 23rd and start exploring your options. We have a full agenda planned for you, including:

- the opportunity to talk with our faculty and meet our students
- displays highlighting all of the programs starting this September and next January
- the chance to explore emerging career trends
- campus and residence tours – be sure to check out our new facilities
- the opportunity to explore our full range of student support services, including financial aid and college transition
- live broadcast of CJLX, our College radio station
- a chance to win \$2,000 towards your 2005/2006 tuition

There is a lot happening at Loyalist these days. Come see for yourself. We look forward to meeting you.

For information or to register call 969-1913 or 1-888-LOYALIST, ext. 2204
T.T.Y: (613) 962-0633 • www.loyalistcollege.com

Loyalist  College

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.

 **STAIKOS HOMES LTD.** **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.

View the Contact online, in its entirety, at

www.cfbtrenton.com



Spring bubbles over beautifully at MFRC Daycare



Photos by Nichole Bryski





CPC DONATES CHUTE TO SCHOOL



Photo: Submitted

Children from the K'alemi Dene School in Ndilo, Northwest Territories, have gym class utilizing a cargo chute donated by the Canadian Parachute Centre.

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



Boyer KIA BELLEVILLE 613-966-9990

Drive **KIA**
More

GET MORE DURING KIA'S DRIVE MORE EVENT
2 FREE LEASE PAYMENTS | **0% PURCHASE FINANCING***
WHEN YOU LEASE SELECTED 2005 MODELS†

LEASE FROM **\$229** PER MO./80 MOS.
 OR
0% PURCHASE FINANCING*
 UP TO 60 MOS.
\$1,000 FINANCING CASH†



2005 SEDONA EX model shown† **MSRP \$26,996****
 • 3.5 L V6 engine • 5-speed automatic • 4-wheel ABS
 • 2nd row captain's seats • Rear sonar • Remote keyless entry
 • Power windows, locks & heated mirrors • Front & rear A/C
 • Cruise control • And much more

* SEE DEALER FOR DETAILS.

5-5+ Total Care Coverage **TOTAL CARE OWNERSHIP COVERAGE**
 5-YEAR/100,000 KM COMPREHENSIVE WARRANTY
 5-YEAR/100,000 KM POWERTRAIN WARRANTY
 5-YEAR/100,000 KM EXTRA CARE ROADSIDE ASSISTANCE



Located in Auto Mall on MILLENIUM PARKWAY, Belleville (North of Home Depot)

Westgate Plaza
 Belleville's Best Kept Secret
 487 Dundas St. West Belleville

JUST JOANS

Fabric, Ribbon, Lace

Bridal Ribbons,
 Pew Bows, Flowers,
 Tulle & Net.



Open:
 Tue. thru Sat. 10 am. to 4 pm.
(613) 968-4470

Contact

www.cfbtrenton.com

"Your Gateway to the CFB Trenton Community"

Click on Contact

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 Computer Store

Proud supplier to the military at CFB Trenton

Custom computer systems at Warehouse Prices
 Service that is customer-friendly and affordable
 Parts and accessories in stock or custom ordered

Best of all... Friendly, knowledgeable staff that are only a phone call away for all of your questions or requests:

(613) 966-0443

or

info@tsquared.ca



Show your military ID and receive a 10% Discount.

Maggie's Country Korner

Restaurant, Giftshop
 Catering "big or small" we do them all!
 Serving breakfast & lunch
 Open from 7 am.

Homemade Soup & Sandwich Daily Special \$4.95

Gift Baskets, Balloons,
 Flamingo & Yard Card Rentals,
 Wedding Rentals



Show your military ID and get a free cup of coffee!

962-1180

Cathy's Passions

Painted Glassware - Giftware
 - Craft Classes -

Hand painted gifts for all occasions.
 Bridal showers, weddings, baby showers & birthdays.



(613) 968-4470

Catering to Military families since 1985

HILDEN HOMES LTD.

Our House - Your Home

Move into a new HILDEN HOME in just 12 weeks!



Open Houses

Appledene Park

"Lot 15 Sunshine Lane"

1534 sq. ft. \$222,900

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

Wed/Thurs 3:00-5:00 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

OPEN HOUSES

Saturdays, Wednesdays and Thursdays

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!



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

Fitness, Sports & Recreation

Get fit, have fun, raise money



Laurie McVicar

Monday, April 11

Confessions from the Gym

Boy, you volunteer to take part in one fundraising event to fill a fitness column and your monthly good deed quota and suddenly the requests to participate in others start coming out of the woodwork.

A team of highly capable bowlers (ok...perhaps with the exception of me) took part in the Big Brothers/Big Sisters Bowl for Kids Sake on Sunday, April 10. The event attracted 21 teams and raised over \$7000 for the charity.

Curiously missing from the Club Medd lanes were

members of the 8 Wing Fire Department who ducked out of the challenge laid out by The Contact's editor, Andrea Leblanc (March 11th issue). No need to explain fellas, we completely understand your fear of being skunked by such a formidable display of estrogen.

In the midst of collecting pledges for the bowl-athon, I was confronted with a request by the Health Promotions staff to take part in the Big Bike for Stroke. After graciously bowing out of it last year (alright, it was more like me proclaiming loudly there

was no way in hell I'd get on THAT thing), I was forced to decline yet again this year - for legitimate reasons this time, honest. Somehow, I doubt I'll be an enthusiastic cyclist one week after getting my tonsils removed. I could guarantee I'd be the crankiest one though.

That being said, I'll do my part in helping find bodies to fill the three remaining seats. Any takers? Oh come on, what better way is there to spend a Friday afternoon than cruising the streets of Trenton on a bicycle built for 30? On second thought, don't answer that.

In all seriousness, this is a great opportunity to get a little exercise, have a lot of fun and help a very worthwhile organization. For more info or to participate, contact Lisa Pitt at local 3768.

Teams wanted for Surf 'n Turf

424 Squadron was responsible for introducing the Surf 'n Turf to the personnel of 8 Wing Trenton in 1987. The event was originally presented as a challenge by the Search and Rescue Technicians (SAR Techs) to all Units / Squadrons on base. The race was originally a 38 km course consisting of two canoeists, two speed cyclists, two runners and one brave swimmer. Back in 1987, the race had a total of 16 teams that participated, with the team entered by the Physical Education and Recreation Instructors (PERI) taking home the trophy.

Last year a total of 23 teams competed, slightly down from our record of 31 in 2003. Also competing in last year's event were nine entries in the "Tin Person" category, who in all their guts and glory, complete all legs of the event on their own. The course is now approximately 60 km in length and includes the following legs: 10 km Run, 7 km canoe, 15 km road bike, 5 km cross country run, 10 km mountain bike, 6 km run, 475 m swim and a 3.5 km run. *Note: All legs and distances are subject to change.*

The course typically starts at 8 Wing/CFB Trenton then stretches into the Quinte West areas of Frankford, Batawa and Trenton before finishing back at 8 Wing / CFB Trenton. The race includes mostly military members but, on occasion, has included teams from local corporations and businesses. On an average, over 400 participants are expected including the 75+ race volunteers and organizing committee.

This year, the race will be on Friday, June 3, rain or shine beginning at Baker Island at 0900 hrs "sharp". Team registration will take place during the month of May (2nd - 27th). *Note: Race information packages will be available at the gymnasium as of Friday, April 22..*

A team can enter in one of the below categories (with eight people to a team). Also, individual military members may register as a "Tin Person" and complete all legs of the race on their own. *Note: a Tin Person may participate as a member of a team but can only compete in the first leg of the race (the 10 km run) as part of that team.*

- Categories:**
- Open* - open to any mixture of age and gender
 - Mixed* - must have a minimum of two females or two males
 - Female* - all female team
 - Masters* - sum of all participants ages must equal 280+
 - Tinman* - one male completes all legs of the race
 - Tinwoman* - one female completes all legs of the race

This year's race OPI is Todd Peart (Fitness & Sports Instructor) local 7160. Volunteers are needed to help with the organization of this event. We also compile a spares list for those who'd like to participate but can't find a team. To add your name to the spares list or to volunteer, please contact Todd Peart via e-mail (preferably) at Peart.TJ@forces.gc.ca or local 7160. Keep an eye on The Contact for more info.

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.

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 time 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.



JR RANKS MESS

SUN MON TUE WED THU FRI SAT

10	11	12	13	14	15 TGIF 1700 hrs Chicken & Taters Sports 1800 hrs Euchre	16
17		19	20	21	22 TGIF 1700 hrs Pizza Sports 1800 hrs Pool	23
24		26		28	29 TGIF 1700 hrs Subs Sports 1800 hrs Euchre	30

APRIL 2005



INFORMATION / REGISTRATION / INSCRIPTION 965-3575

Personal Development

Second Language Training

We will offer Second Language Training (English or French) starting in April. The course runs for 10 weeks (twice a week) for a total of 60 hours. The fee is \$50.00 for spouses of military members or reservists and \$100.00 for civilians. A test will be done to determine your level. Our Second Language Program is national and can be continued on any bases throughout Canada. Come and learn a new language in a fun environment.

Spanish

Cost: \$75 - Tuesdays for 10 weeks 7 p.m. to 10 p.m.
Starts Tuesday, April 12
Beginner or Intermediate. This session we will run the course with the most attendance. Minimum of six participants.
Instructor: Giovani Cruz Lopez

Kids Have Stress Too! (All ages)-Josée Martell

Cost :\$10.00 (three sessions)
Date : May 17, May 24 & 31 6RD Room, Time: 6:30-8:30 p.m.

Parenting 1,2,3,4, (1-4 yrs) Sherry Ryan/ Denise Currie

Cost: \$10.00 (three sessions)
Date: May 6, May 13 & 20, Time: 9:30-11:30 a.m. or
Date: May 11, 18 , 25,6RD Room, Time: 6:30-8:30 p.m.

New & Exciting "On the Run" Employment Workshops

These workshops are tailored for military partners who are returning to the work force or who need to freshen up on their job seeking abilities. Workshops will be held at the MFRC every Tuesday night from 7-8 p.m. at no cost to you.
May 3, 2005: Skills/Accomplishments assessment
May 10, 2005: Résumé types presentation
May 17, 2005: Résumé writing - get help drafting your résumé
May 24, 2005: Interview guidelines - preparing for an interview
May 31, 2005: Interview questions and practice

Please register with Manon Lachance at 392-2811 ext. 3852 or at the MFRC Reception at 965-3575.

**Operational Stress Injuries
Information and Education Session
May 3 7pm to 9 pm**

Refreshments will be served. Please call to reserve your seat.

Guest Speakers:
Kim Guest and Susan Gill, from the Operational Stress Injury Trauma Support Centre, OTISC will talk about the effects of OSI's on the family.

Ross Macdonald, Peer Support Coordinator for Operational Stress Injury Social Support, OSISS Kingston & Trenton will talk about the Peer Support Program and what services they provide.

**Wednesday Night Out 7 p.m. to 9 p.m.
April 20, 2005 - Hand Made Cards**

We will be exploring several card designs which can be easily adapted to create wonderful cards to celebrate the Mothers in our lives.

Perfectionnement personnel

Cours de langue seconde

Nous offrirons un cours de langue seconde (anglais ou français) débutant en avril. Le cours est d'une durée de 10 semaines (deux fois par semaine) pour un total de 60 heures. Le coût est de 50\$ pour les épouses de militaires ou réservistes et de 100\$ pour les personnes non-affiliées à la vie militaire. Un test de placement déterminera votre niveau. Notre programme de langue seconde est national donc peut être continué sur toutes les bases au Canada. Venez apprendre tout en ayant du plaisir.

Cours d'espagnol - Coût: 75\$ pour dix cours. Les mardis de 19h à 22h. Début le 12 avril. Débutant ou intermédiaire. Nous offrirons le cours avec le plus de demande pour cette session. Un minimum de six participants.
Instructeur: Giovanni Cruz Lopez

Les enfants aussi sont stressés! - (pour tous les âges) - Josée Martell
Coût : 10,00\$ (trois sessions)
Date : les 17, 24 et 31 mai, à la salle 6RD du Centre' L'heure : de 6h30 à 20h30

Parenting 1,2,3,4, - (enfants de 1 à 4 ans) Sherry Ryan ou Denise Currie
Coût : 10,00\$ (trois sessions)
Date : les 6, 13, et 20 mai, L'heure : de 9h30 à 11h30 ou
Date : les 11,18 et 25 mai, à la salle 6RD, L'heure : de 18h30 à 20h30

**Des nouveaux ateliers intéressants dans le domaine de l'emploi :
"Rafraîchir ses connaissances"**

Ces ateliers visant à aider les personnes à se trouver un emploi, sont conçus pour les partenaires des militaires qui envisagent retourner sur le marché du travail. Les ateliers seront donnés au CRFM de Trenton tous les mardis soirs de 19h à 20h. Sans frais.

- Le mardi 3 mai 2005 : Évaluation des compétences et des accomplissements
- Le mardi 10 mai : Présentation des différents types de curriculum vitae
- Le mardi 17 mai : Composition du curriculum vitae, aide, ressources
- Le mardi 24 mai : Informations et préparation d'une entrevue
- Le mardi 31 mai : Questions durant les entrevues, pratique d'une entrevue

Pour vous inscrire, veuillez communiquer avec Manon Lachance au 392-2811 poste 3852 ou à la réception du CRFM au 965-3575.

**Le trauma ou le stress opérationnel
Atelier d'éducation et d'information
Le 3 mai, de 19h à 21h**

Des rafraichissements seront servis. S.v.p. appelez pour réserver votre place

Les invités sont:
Kim Guest et Susan Gill, ces personnes nous parlerons des services offerts par les Centres de soins pour trauma et stress opérationnels et de l'impact de ces blessures sur les familles des FC.
Ross MacDonald, Coordinateur du programme de soutien par les pairs pour le Soutien social du stress et trauma opérationnels de Kingston et Trenton, parlera des services disponibles.

Sortie du mercredi soir 19h à 21h

Le 20 avril 2005 - Confection de cartes

Nous explorerons plusieurs modèles que nous pourrions facilement adapter afin de créer de merveilleuses cartes pour célébrer de façon particulière, les mères dans nos vies.

Three generations of service to our friends and neighbours



Ralph Weaver Founder
Jeff Weaver President
Tim Weaver Funeral Director



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



**Quinte Region
Credit Counselling
Services** OACCS

237 Coleman St Belleville, ON K8P 3H8 www.k3c.org

Accredited, professional non-profit counselling services:
Personal Budgeting
Money Management
Debt Repayment Programs

Tel. (613) 966-3556 Toll Free 1-800-379-5556
Appointments available in Belleville and Trenton

• Desktop Publishing • Posters • Laminating • Digital Copies

Darling's **Call today**

COPY DEPOT 392-7273

Fax service: 392-7058

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



• Fax Service • Enlargements • Scanning • Canon Laser Copies

Photograph Photocopying-Full Colour • Engineering & 36" Copies Format



THE LOOK...



2000 Dodge Grand Caravan Sport
Teal blue, quad seating, dual air/heat, AM/FM/cass, overhead console, alloy rims, tilt, cruise, power windows/locks/mirrors. A must see. 94,500 kms



2001 Chevy Venture
Taupe, quad seating, overhead console, rear split bench, alloys rims, AM/FM/CD, cruise, tilt, air, fresh off GM lease, 72,000 kms.



2002 Chevy Venture
Silver, 7 passenger, super clean, cruise, tilt, air, AM/FM/CD, mint condition, fresh off lease, 93,000 kms.



2004 Hyundai Accent GS
Silver, 2-door, grey interior, air, tilt, AM/FM/CD, power windows/door locks/mirrors. Big savings. Only 10,000 kms.



2004 Hyundai Accent GS
Gold, 2-door, auto., AM/FM/CD, grey interior, air, tilt, power windows/locks/mirrors. Wow only 14,000 kms.



2003 Chevy Cavalier
Silver, 4-door, auto, air, AM/FM/CD, grey interior. Only 40,000 kms!



2000 Honda Civic EX
Silver, auto, air, cruise, tilt, 4-door, power windows/locks, AM/FM/cass. Only 44,000 kms! Great on gas!

**Gas Prices
\$1⁰⁰ Litre
Who Cares!!!**

THE PRICE...

\$10,995⁰⁰

THE PLACE...

It's your money. It's your choice.



Bayview Auto Sales

(613) 392-3339 • 1-866-594-2262

Hwy 2 Between Belleville & Trenton

ASK ABOUT OUR SPECIAL MILITARY DISCOUNT!

Sales, Service, Selection



HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last
April 17 - April 23

ARIES (March 21-April 19): A change at work or a matter regarding your bank or other institution will develop on the 17th, 18th and 19th. Consider your choices before making a binding decision. Implement better dietary and exercise programs. You can make some adjustments to your job and how you decide to proceed with it on the 20th and 21st. Don't expect everyone to get what it is you are trying to accomplish. Someone you meet through work may have a greater interest in you than you realize. Stop struggling so hard, and everything will start to fall into place on the 22nd and 23rd. Taking on too much and getting stressed by the mounting responsibilities will only set you back.

TAURUS (April 20-May 20): Someone may disappoint you on the 17th, 18th and 19th. Try not to show how you feel, but file what happened for future reference. A time will come when the very person who let you down will need your assistance. Everything is turning around for you, so make personal adjustments to suit your new lifestyle on the 20th and 21st. Update your look and decide how to utilize one of your ideas in order to prosper. Children may play an important role in your life at this time. You can finish off your work on the 22nd and 23rd and feel good about having a clean slate. This is a fabulous time for love and romance. A serious conversation will help you make a decision.

GEMINI (May 21-June 20): Someone may be keeping something from you on the 17th, 18th and 19th, but you shouldn't worry. It's probably a surprise. Short trips will bring back memories. Call someone you miss from your past. Do something to please yourself because you won't be able to please anyone around you on the 20th and 21st. A massage, a hair appointment or a short trip to a mall will spark your imagination. Don't let trivial matters get to you. Get involved in a creative venture that interests you on the 22nd and 23rd. This is the perfect time to let someone know how you feel about him or her or to mingle with other singles in hopes of finding true love.

CANCER (June 21-July 22): Someone may not be as convinced as you are about how to do things on the 17th, 18th and 19th. Don't push your luck. Focus on your own concerns and what you have to do to keep moving forward. Opposition can be expected. Get all the information you need to follow through with a plan you have on the 20th and 21st. Talk to friends or someone in the know. Getting together with friends could lead to a chance meeting with someone special. You may think you are a super parent/worker/friend on the 22nd and 23rd. However, you are letting yourself get run down. It's time to say enough is enough. Take this time to do the things that make you happy.

LEO (July 23-Aug. 22): You will be in demand on the 17th, 18th and 19th. Do things you enjoy and you will attract some interesting new friends. Secret love affairs will be tempting, but spare yourself the grief. Your cash must be protected on the 20th and 21st. Instant wins and losses are apparent but beware of a fast talker. Work hard, and you will prosper. Fast-cash schemes are too risky. If you neglect the one you love, you will pay later. If you can imagine it, you can make it happen on the 22nd and 23rd. You have control and will easily take the spotlight, no matter what you are doing or who you are with. You can get things underway that may have been difficult in the past.

VIRGO (Aug. 23-Sept. 22): It's time for you to get serious about your life, your love and your future. A commitment can be made on the 17th, 18th and 19th, and a decision to move forward will put your mind at ease. Someone you work with may not be upfront with you. You may have a change of heart on the 20th and 21st. Love is certainly in the picture, but how you handle it will be the question. Take a look at your past relationships, and you'll know what to do. You will be in a changeable mood on the 22nd and 23rd, but that doesn't mean that you should consider quitting your job or doing something foolish. Put your efforts into love and romance, and put your professional troubles on the back burner.

LIBRA (Sept. 23-Oct. 22): You'll have plenty going on in your personal life on the 17th, 18th and 19th. An opportunity to get involved in an investment or a partnership could prove prosperous. A secret affair may be enticing, but resist the temptation. Someone you know through work may have a surprise for you on the 20th and 21st. A chance to come into some money is evident. A change of residence or alterations to your living arrangements will turn out well. Don't take no for an answer on the 22nd and 23rd. Your mind is alert and ready for combat should you need to take on a challenge. You can make a powerful statement that will impress even your toughest critic.

SCORPIO (Oct. 23-Nov. 21): Be careful what you wish for and what you promise on the 17th, 18th and 19th. You may end up getting stuck with the short end of the stick. Look out for your own interests. Now is not the time to form a partnership. You will have the discipline and the inventiveness to pull something off, far beyond anyone in your field on the 20th and 21st. You will know exactly what you have to do, so don't hold back. Love can be yours. Not everything will be out in the open on the 22nd and 23rd. However, if you know what needs to be done, you should be able to keep on top of the situation. Put a little time aside for your partner or to get out and meet new people if you are single.

SAGITTARIUS (Nov. 22-Dec. 21): You will be looking for fun, excitement and adventure on the 17th, 18th and 19th. The more you do to challenge yourself, the better. Physical activity should be high on your to-do list. Love is in a high cycle. You may think you have everything under control on the 20th and the 21st but, in truth, you probably don't. Don't be surprised if something unexpected pops up at the last minute, leaving you in a dilemma. Prepare to act fast. You'll have all the right moves on the 22nd and 23rd. The help you give others will certainly be repaid twofold. An event or activity that includes youngsters will be enlightening. Social gatherings will be conducive to love.

CAPRICORN (Dec. 22-Jan. 19): Do something to make your living quarters or arrangements more suitable to your needs on the 17th, 18th and 19th. If you have felt cramped or uncomfortable, it may be time to make a move. Devote some time to the ones you love. Travel or venture down the information highway on the 20th and 21st, searching for knowledge that will enlighten you about something you want to pursue. Beginning to follow through with your dreams will be inspiring. You may think someone is sending you a positive signal on the 22nd and 23rd, but it's probably just friendliness. Focus on doing something creative or relaxing.

AQUARIUS (Jan. 20-Feb. 18): Do things with people who have similar interests on the 17th, 18th and 19th, and you will develop strong and lasting friendships. Ask for assistance and favours will be granted. Take care of your personal obligations. Start thinking about financial, legal or health issues on the 20th and 21st that have been holding you back. A change at home may not be wanted but in the end it will be better for you. Eliminate whoever it is that is creating all the confusion. You will be highly motivated and quite eager to take part in things on the 22nd and 23rd. You will meet someone who takes a special interest in you. An unusual turn of events will lead you in a totally new direction.

PISCES (Feb. 19-March 20): Being unpredictable may be your saving grace on the 17th, 18th and 19th. Hard work and an element of surprise will capture the attention of someone who can help you. A new direction will result in greater enthusiasm. Take the advice of a good friend on the 20th and 21st. Once you accept that you have to change course, you will be on your way to a better future. Unstable love can take its toll. Taking care of money matters and finishing all the odds and ends you have left undone should be your mission on the 22nd and 23rd. If you put a little extra effort into your home, it will be more inviting.

Chainsaws - beginners beware



Submitted by
Don Heans,
Wing General Safety
Officer

A chainsaw is probably one of the most dangerous pieces of equipment you can use. The injuries from these machines are horrible. Many people rent or borrow one, then attempt to cut down the biggest trees on their acreage. Many experienced tree fallers are injured or killed each year. This should be a warning! If you don't have the experience, have someone teach you to use this

tool properly, or have them do the work for you.

Use the proper personal protective equipment.

Hard hats protect you from falling limbs or branches.

Safety goggles prevent eye injuries when branches or wood chips fly in your direction.

Chainsaw pants are made from ballistic nylon. They protect legs.

Non-slip gloves help prevent abrasions to hands. Steel-toed boots with ankle support help prevent foot injuries.

Chainsaws are loud. Wear appropriate hearing protection.

Make sure the saw is in good condition, the nuts and bolts are tightened, the chain is tight, and the chain's oil reservoir is full.

Make sure your work area is clear. A simple fall

when carrying a chainsaw could be disastrous.

When starting a saw, use caution. Make sure you stabilize it with one foot on the foot plate and face the chain away from you when you pull the cord.

The saw should idle without the chain moving.

Don't use the saw above shoulder height, and never cut with the toe of the guidebar.

Check the wood you're going to cut for nails or spikes. Hitting one with the saw can be extremely dangerous.

When the guidebar jerks in an upward motion, this is called kickback. If you're not prepared for this, the chain can jerk upward enough to strike you. This can happen when the blade becomes pinched. Always be prepared for kickback.

Recent improvements

in the design of chain saws have led to the production of low kickback replacement chains which are capable of reducing chain saw kickback. Generally speaking, there is a low kickback replacement chain for virtually every chain saw, old and new. The U.S. Consumer Product Safety Commission recommends that you ask your dealer or retailer to determine whether your saw is equipped with one of these new chains. If it isn't, replace your chain with one.

A man was cutting up some wood with a chain saw when he hit a nail that jerked the blade upwards. It struck him in the face and caused very serious facial fractures and soft tissue injuries. This was the first time this man had used a chainsaw.

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

<p style="text-align: center;">Auto Detailing</p> <p style="text-align: center;">Bonnie's Auto Spa</p> <p style="text-align: center; font-size: small;">"Let me pamper your vehicle"</p> <p style="font-size: x-small;">Complete Auto Detailing Cleaning inside & out Reasonable Rates Fast Service Pick-Up & Delivery</p> <p style="text-align: center;">(613) 921-0734 25 Frankford Cres. Unit 43 Bldg 1, Trenton email: autospa@kos.net</p>	<p style="text-align: center;">Auto General Repairs</p> <p style="text-align: center;">Cannifton Garage 2000 Ltd.</p> <p style="font-size: x-small;">We have gas generators for home & rural use.</p> <p style="font-size: x-small;">✓ Tune-ups ✓ Safety - Springs Inspections</p> <p style="font-size: x-small;">✓ Suspension Service ✓ General Repairs</p> <p style="font-size: x-small;">Cars - Trucks - Vans - Buses Trailers & Heavy Trucks</p> <p style="font-size: x-small;">Parts & Service - Call Kevin 613-962-1132 at Hwy.37 & Casey Rd., Belleville</p>	<p style="text-align: center;">Boat Repairs</p> <div style="text-align: center;"> </div> <p style="text-align: center; font-size: x-small;">"We Come To You!"</p> <p style="font-size: x-small;">ALL BOAT REPAIRS WATERCRAFT, SMALL ENGINES LAUNCH/RECOVERY, ETC.</p> <p style="font-size: x-small;">Picton: Wayne 849-2071 or 476-4307 Trenton: Don 922-8741</p>	<p style="text-align: center;">Building Material</p> <div style="text-align: center;"> </div> <p style="text-align: center; font-size: x-small;">"Buy Where The Builder Buys"</p> <p style="font-size: x-small;">House plans, engineered floors, kiln dried lumber, expert staff, etc.</p> <p style="text-align: center;">234 Glen Miller Rd Trenton 394-3351</p>
<p style="text-align: center;">Custom Builder</p> <div style="text-align: center;"> </div> <p style="font-size: x-small;">Kitchen & bathrooms, rec-rooms, additions, replacement windows, refacing kitchen fronts & stairways, textured ceilings & fireplaces.</p> <p style="text-align: center;">962-8795 848-9996 E-mail: luymes@reach.net Free Estimates In business since 1967 www.luymesconstruction.com</p>	<p style="text-align: center;">Eavestrouging/Siding</p> <p style="text-align: center;">"RICH" HOME IMPROVEMENTS</p> <ul style="list-style-type: none"> • Roofing • Windows • Fascia & Soffit • Eavestrouging • Vinyl Siding <p style="font-size: x-small;">Tel & Fax: (613) 475-3749 Cell: (613) 827-8218</p>	<p style="text-align: center;">Heating/Air Conditioning</p> <div style="text-align: center;"> </div> <p style="font-size: x-small;">Reliable, energy efficient home heating and cooling systems</p> <div style="text-align: center;"> </div> <p style="font-size: x-small;">100% Locally Owned & Operated 63 Dufferin Ave. Trenton 394-5000 or 1-877-394-0909</p>	<p style="text-align: center;">Natural Foods</p> <div style="text-align: center;"> </div> <p style="font-size: x-small;">BULK & NATURAL FOODS supplies *Wine & beer making supplies *natural vitamins & herbs *body building supplies *giftware *specializing in custom gift baskets</p> <p style="font-size: x-small;">39 Dundas St., W. Trenton, (613) 394-2882</p>
<p style="text-align: center;">Roofing</p> <p style="text-align: center;">W & E</p> <p style="text-align: center;">Roofing & Construction</p> <p style="font-size: x-small;">ALL TYPES OF ASPHALT ROOFING *New Roofs *Re-Roofs *Guaranteed Workmanship *Complete Clean up</p> <p style="text-align: center;">"Year Round Roofing" Free Estimates 969-8109</p>	<p style="text-align: center;">Storage</p> <p style="text-align: center;">Princess Archival Storage Systems</p> <ul style="list-style-type: none"> • Secure Storage lockers • Lowest Rates in town • Truck & Trailer Rentals <p style="text-align: center;">88 Princess St. Trenton 392-3897</p>	<p style="text-align: center;">Tree Service</p> <p style="text-align: center;">Trenton Tree Service</p> <p style="font-size: x-small;">Tree Trimming & Removal, Chipping & Stumping</p> <ul style="list-style-type: none"> • Free Estimates • Fully Insured <p style="text-align: center;">A fair price for everyone 392-7415</p>	<p style="text-align: center;">TUTORING</p> <p style="text-align: center;">CUNNINGHAM CENTRE TUTORING</p> <ul style="list-style-type: none"> *Assessments *All Grades *All Subjects <p style="font-size: x-small;">Trenton, Belleville offices</p> <p style="text-align: center;">Call 966-9250</p>

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)	1:00	7:00	9:25
• Fever Pitch (PG)	1:05	7:05	9:20
• The Amityville Horror (14A)	1:10	7:10	9:15

Coming Soon: Kicking & Screaming
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.

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.

Le Franco-Phare - Market research "Café bistro"

Le Franco-Phare, Quinte's francophone community non-profit organization wants to offer the community new products and services, either directly or through business partnership. To do so, we need to evaluate your level of interest for these products and services. This venue would have a "French café bistro" flair and could offer specialty items (bakery, fine foods, local wines, fine cheeses, etc...), French cultural products (books, CD's DVD's), as well as house the Franco-Phare's administrative offices.

A market research survey can be found online at www.franco-phare.ca in both English and French. Either of them can be answered online, are 22 questions long and only take a few minutes. People wishing to get a paper copy can contact Jacques Dufort at 392-1747. Last date to fill out the questionnaire is 25 April 2005. Your opinion counts and we assure you that all the information provided will be kept strictly confidential.

Le Franco-Phare - Étude de marché "Café bistro"

Le Franco-Phare, Regroupement Francophone de Quinte, désire offrir directement ou par le biais de partenariats d'affaires, de nouveaux produits et services à la communauté et aimerait connaître votre niveau d'intérêt pour ces produits et services. Ce café de style « Bistro » pourrait offrir des produits spécialisés tel que (boulangerie, épicerie fine, vins locaux, fromages raffinés, etc...), des produits culturels francophones (livres, disques compacts, DVD), tout en abritant les locaux administratifs du Franco-Phare.

Un questionnaire « étude de marché » est disponible en ligne au www.franco-phare.ca en anglais et en français. L'un ou l'autre peut être complété en ligne, ne comporte que 22 questions et ne prend donc que quelques minutes. Pour ceux qui désireraient en obtenir une copie papier, veuillez contacter M. Jacques Dufort au 392-1747. La date limite pour le compléter est le 25 avril 2005. Votre opinion nous importe et vous pouvez être assuré que l'information demeurera strictement confidentielle.

Quinte Trash Bash

April 23, 2005

Tired of trash on your road?
Then get down and dirty and become
a Trash Basher today!

To register your road or area please call:

Brenda Mitchell
962 - 8455

Lower Trent Conservation
Quinte West 394 - 4829

Tina Gores
965 - 1209
392 - 2811 ext 3141

Think Globally, Act Locally!!!

Trenton Christian School – Open House –
Monday, April 25

We will be holding our annual Open House on Monday, April 25 with an assembly beginning at 9 a.m. Everyone is welcome to come and then tour the classrooms afterward. See Christian Education in action.

For more information, please contact the school at 392-3600. The school is located at 340 Second Doug Hill Rd. (Just south of Wal-mart).

TCS presents "Emperors New Clothes"

Please join us on May 3 and 4 at 7:30 p.m. for our presentations of "The Emperors New Clothes". Students grades 5-8 performing in the play will be supported by the school choirs of students from Grades SK-8. For more information, please contact the school at 392-3600.

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.dcra.ca, email office@dcra.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.



Beware of the forces of supply and demand in future

it's your Money



Garth Turner

Are we in a real estate bubble? Is it reasonable to think demand for houses will stay this high and interest rates will stay this low for years to come? How can we continue to add 200,000 new houses a year and expect prices to hold?

At what point do we run out of young people willing to buy one of those thousands of loft units being created? Who will those lofters sell to when it's time to move up? And what about the Boomers in their million dollar homes, who are house-rich and RRSP-poor?

Some of you might not have been in the market 16 or 17 years ago, so let me remind you of conditions then. The stock market had crashed in October of 1987, with the single biggest one-day loss in history – more than 14 per cent. As with Nine Eleven, that turned a

blistering real estate market into an insane one, as demand spiked and rampant speculation too place.

Self-styled, small-time investors were snapping up five to 50 condo units, based on the wisdom that real estate prices simply could not go down. If you remember the economic conditions of the mid to late 1980s, we had double digit inflation, double-digit interest rates and stagflation.

I remember visiting a new home sales site in Mississauga one night in 1988. There were no model homes, just a field full of red-coloured stakes, and a sales trailer with more than 400 people lined up outside in freezing rain. Everybody who made it inside the trailer signed a deal to buy a home, and that was despite the fact that about every half an

hour, a guy emerged to change the basic price of a house on the side of the trailer, raising it at least \$10,000 each time.

Now, that was a bubble. And, inevitably – like the dot-com bubble more than a decade later – it burst. In the early Nineties the average house price fell steadily in Toronto and Vancouver. The folks who had bought condos on the waterfront could not rent them out for enough to pay condo fees and property taxes, let alone any mortgage financing.

The economy was a mess. Government deficits continued to mount, inflation was a problem and by 1993 the cost of a five year mortgage had soared to 14 per cent. Real estate was out of favour, and those people who had bought in during the last couple of years of the boom would not see the value of their homes hit the same point for 14 long years.

Boom and bust – it's been the same cycle for generations for residential real estate. But is this time different? Will this boom stay a boom?

The good news is

that what you see today is what you are going to see six months from now. Maybe even 12 months from now.

There is no reason to expect interest rates to rise much, if at all, because we still have virtually no inflationary pressures. In Canada, so long as the value of the loonie stays where it is – at the 80-cent level, or beyond – the Bank of Canada will not risk raising its key rate for fear the currency will go higher still, hurting our manufacturers and exporters, and causing an economic downturn.

Residential mortgage rates are staying just where they are until at least the summer, and by this time next year I'd be surprised if the prime rate was even a half point higher than today. In fact, my prediction is that inflation in North American is defeated and could be replaced by a mild deflation lasting the better part of a decade.

There is every reason to believe the cost of money will stay in a narrow zone, and that we will not see a 10 per cent mortgage again for maybe a generation.

That effectively removes the single greatest threat to the real estate market.

But there is some bad news. We are an aging society and the single biggest group in Canada is the Bay Boom generation. Now in their fifties, this group is generally affluent and has been one of the driving forces in the real estate market.

However, about 10 or 15 years from now, as I predicted in my 1995 book, "2015", that could all change. Today seven out of 10 Boomers have no corporate pension, a situation which has not existed in Canada since we were an agrarian society.

As life expectancy goes up, people who are 80 and 90 and even 100 will be everywhere. The average retiree in 1960 who stopped working at age 65 lasted another seven years. Today someone retiring at 65 can expect to live 25 more years. A decade from now, that could be 30 years or more in retirement.

Despite that, as a society we have very little in the way of cash savings. Each year we invest less than 10 per

cent of the allowable limits into our RRSPs. Interest rates have collapsed, making the return on savings or bonds or GICs insufficient to meet retirement needs. The government pension plan, the CPP, will be lucky to survive the onslaught of the greatest number of retirees in Canadian history, starting about 12 years from now.

So, what will be the impact on the real estate market of a population that has more old people and fewer young people than at any other time? What will real estate-rich and RRSP-poor Boomers do when they hit 65 or 70 years of age, and realize they need cash flow more than a big house? Will we see a glut of homes on the market at about the same time 15 years from now, and who will the buyers be?

These are questions worth asking, because a fundamental shift in the forces of supply and demand a decade and a half from now could have explosive consequences for the market, the real estate industry, and homeowners at that time. Beware.

**FULL SERVICE GROOMING
ALL BREEDS**

- Show Quality Results
- Satisfaction Guaranteed
- Evening and Weekend Available

Graduate (Honours) of Pets Beautiful® Canine
School of Professional Grooming

Talking Tails
Kathryn Beaumont, Stylist

49 Briardale Blvd., Trenton Ontario
613-392-0722 1-888-211-0265

Credential Securities

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

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

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

Don Lockey, BA
Investment Advisor
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

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

**Adults learn to sail
no experience needed!**

- Keel Boat
20 to 30 foot keel boats - Starts May 2nd
- Dinghy
The excitement of dinghies - Starts May 30th

For more Information
call: 475-4427
or go to:
www.cfbtrentonyc.reach.net

C.F.B. Trenton
Yacht Club

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

Showcase

Showcase



Honours and Awards at the Astra Lounge, 8 Wing Trenton:
Colonel Andre Deschamps, Wing Commander presents Sgt Doug Hall with the Personal Development Achievement Certificate (TRCIO PDA Certificate).



Honours and Awards at the Astra Lounge, 8 Wing Trenton:
Colonel Andre Deschamps, Wing Commander, presents Warrant Officer Jim McKenzie with the Personal Development Achievement Certificate (TRCIO PDA Certificate).



Honours and Awards at the Astra Lounge, 8 Wing Trenton:
Colonel Andre Deschamps, Wing Commander, presents Master Corporal Daniel Howitt with the Flight Safety Good Show Award.



Pte(T) J.M. Delepper received a promotion to that rank, presented by WCEO, Maj W. Watson, and SCWO, CWO G. Morphet.



Pte(T) J. Groenberg received a promotion to that rank, presented by WCEO, Maj W. Watson and SCWO, CWO G. Morphet.



Cpl R. Sheppard received a promotion to that rank, presented by WCEO, Maj W. Watson and SCWO, CWO G. Morphet.



Cpl G.T. Denoble Torfason received the Physical Fitness Award for Aerobic Excellence, presented by Maj C.D. Harris.



Cpl S.R. Millman received a promotion to that rank, presented by Maj C.D. Harris.



Pte G.L. Fraser received her Peacekeeping Medal, presented by Maj C.D. Harris.



Cpl J. Briscoe received a promotion to that rank, presented by Maj C.D. Harris.



Sgt S. Abeling received her CD 1, presented by Maj C.D. Harris.



Sgt F. White received a promotion to that rank, presented by Maj C.D. Harris.



MCpl W.E. Ingrey received his Bronze and Silver Seal 1st Scroll, presented by Maj C.D. Harris.



Logistic Officer Postal Specialty Course
Standing (L-R) Capt K. Gillrie, Capt C. Chriska, Capt J. Vigneault
Seated WO J. Saulneir (CI), MWO C. Bishop (SSM), Maj J. Lavoie (Cmdt), Capt H. Nkemka (Trg O), Sgt J. Boucher (Instr).



Postal Journeyman Course
Standing (L-R) MCpl M. Barrette (Instr), Cpl S. Ivany, Cpl D. Aubé, Cpl D. Argueta, Cpl B. Mullins, Cpl J. Côté, Cpl R. McGowan, Cpl C. Hatton, Cpl J. Miller, Cpl J. LeBlanc.
Seated Sgt M. Moreau (Instr), Sgt M. Turton (Instr), MWO C. Bishop (USM), Maj J. Lavoie (Cmdt), WO J. Saulnier (CI), Sgt J. Boucher (Instr). Absent Capt H. Nkemka (TrgO).



Cpl B.R. Mullins received the Top Student Award and the Top Student of the Year Award, presented by Maj J.C. Lavoie.

Congratulations! Félicitations!

Showcase

Showcase



Sgt (Ret'd) Hal MacDonald
received an 8 Wing TIPS Certificate of Appreciation presented by BGen DL Lucas.



MWO J. Sheard
received a promotion to that rank, presented by CO of 1 Cdn Air Div CCC Col T. Carr and CWO T. Simmons.



PTE (T) DJ Manser
received a promotion to that rank, presented by WCEO, Maj W. Watson and Sqn CWP, CWO G. Morphet.



MCpl P. Burton
received a promotion to that rank, presented by Maj. M. Gartenburg.



Cpl Bisson
received her CD medal, presented by LCol W.M. Roberts, W Adm O.



Cpl JC Lentz
received commendation from the Commander of 2 Area Support Group presented by LCol W.M. Roberts, W Adm O.



PO2 A. Groggin
received Commissioning of OCDT presented by LCol W.M. Roberts, W Adm O.



George Sandell
received his Certificate of Service presented by LCol W.M. Roberts, W Adm O.



Capt L. Phillips
received a promotion to that rank, presented by LCol W.M. Roberts, W Adm O.



L.S EM Newman
received her CD2, presented by LCol W.M. Roberts, W Adm O.



Betty Lou Kilbreath
received her Certificate of Service presented by LCol W.M. Roberts, W Adm O.



Gloria Wheeler
received her Certificate of Service presented by LCol W.M. Roberts, W Adm O.



CPO2 Dionne
received his Certificate of Appreciation, presented by LCol W.M. Roberts, W Adm O.



PTE (T) KG Kruse
received a promotion to that rank, presented by WCEO, Maj W. Watson and Sqn CWP, CWO G. Morphet.

Congratulations! Félicitations!

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

Nolan's Contracting
Home Renovations
Driveway Sealing
Eavestrough Cleaning
Repair & New Seamless
Decks & Patio Stones

Free Estimates
Paul (613) 398-1224

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

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

APPLIANCE REPAIR

AUTHORIZED PARTS AND SERVICE CENTER FOR WHIRLPOOL - MAYTAG - FRIGIDARE - DAIET DE - INELCO - KITCHENAID - ADMIRAL - FEDERER LE ELECTRONICS - BOSCH - SILEX - SUB-ZERO - WOLF



161 COLLEGE ST. WEST BELLEVILLE
962-4048 - 966-6966
1-866-662-6649

QUALITY USED APPLIANCES

Don't let your guests walk away hungry!
Serve with an all you can eat style of rotisserie. For all occasions. Book now for summer 2005!
L&L BBQ Catering
Call 613-395-0097

For Rent

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

CONSERVE ENERGY!

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

DISCOUNT PRICES NOW HERE ON MATTRESS SETS, BUNK BEDS, FUTONS, DINETTE SETS, ETC.

"LOWEST PRICES EVER"

DELIVERY AVAILABLE

LARGE SELECTION OF MATTRESSES, DINETTES
Hwy 2 • Downtown Bayside • (613) 962-6202
TRENTON FURNITURE
LOWEST PRICES IN THE QUINTE AREA

For Sale

Belleville Volkswagen



2004 Golf GLS TDI Demo
5 spd., power group, blue, balance of new car warranty, 9,000K.,
\$22,400



1999 Jetta GLS
2.0l, auto., power group, green, really clean local trade, 98K.
\$12,500

All prices +Admin., GST & PST & licensing
Call Paul at

966-3333
239 North Front Belleville
www.bellevillevw.com

MOTORCYCLE FOR SALE

2003 Kawasaki KLR
650 2200KM Mint condition \$5500
Call Tom 394-5031

Garage Sale April 16th

Items to numerous to list. Something for everyone! Come See complete HF & VHF amateur radio station, furniture & crafts
15352 Little Lake Rd. Brighton 475-4957

1995 Jeep Cherokee Sport 4x4

\$7,995.00
4.0L, Auto., CD Stereo, Air, Cruise, Car started Only 93,000kms E-tested Excellent Condition Call 965-0652 or local 2581

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

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

~LADIES NIGHT!~
MEN say YES!
Next Singles dance: Men can not say "No" to just one slow dance per lady.
LADIES: Pick the music!
Save \$1 & receive Free 50/50 Tickets!
Sat April 23rd
Top floor
Belleville Legion 9pm
See dance pictures
www.romeoandjuliet.ca
100% free dating site!
613 392 9850

SHOP for FREE

Earn FREE DISCOVERY TOYS® products by hosting a demo in your home. Share the excitement of our toys, books, games and software with your friends. Demos year-round. No pressure to buy.

Ask me for a catalogue!



Laurie McVicar Educational Consultant
392-9395

Crossword Answers

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

For Sale

New Barn & Gable style storage sheds 8'x8' & 8'x10'. Delivered completely assembled. Call Fred's Sheds 475-0192 Also will install vinyl siding.

TIRED OF PAYING RENT?

The County! WATERFRONT!
Century Home. \$199,900!
Visit www.PrinceEdwardCountyHomes.com

KNOCK, KNOCK. IT'S DAFFODIL MONTH.
When our volunteer canvassers come calling this April, please open your door.

Together. Strong.



National Running Championship

The 2005 CF Running Championship will be run in conjunction with the National Capital Race Weekend in Ottawa held May 27 – 29, and shall consist of the following races and categories:

Categories	Races
a. Under 19;	a. 5 Km
b. 20 – 24 yrs	b. 10 Km
c. 25 – 29 yrs	c. Half Marathon
d. 30 – 34 yrs	d. Marathon
e. 35 – 39 yrs	
f. 40 – 44 yrs	
g. 45 – 49 yrs	
h. 50 – 54 yrs and	
i. 55 and over	



To be eligible to compete, all participants must be a member of the Regular Forces, Class B or C reserve. Each region is limited to 25 runners, provided that they meet the qualifying times. Personnel who do not meet the qualifying standard may still participate but will not qualify for temporary duty status.

The qualifying times listed below are the minimum times that must have been achieved on a certified course within 14 months prior to the race day. Proof of time must be forwarded to 8 Wing/CFB Trenton Fitness & Sports Flight no later than April 27.

Distance	Open	Masters	Senior
	Under 40	40 – 47	48 - 55
Marathon (Men) (42 km)	3:15:00	3:30:00	3:40:00
Half Marathon (21 km)	1:35:00	1:40:00	1:45:00
Marathon (Women) (42 km)	3:30:00	3:50:00	4:10:00
Half Marathon (21 km)	1:45:00	1:55:00	2:05:00

19th Annual Surf 'n Turf Relay Race

Friday, June 3 rain or shine beginning at Baker Island at 0900 hrs "sharp".

For info call Todd Peart (Fitness & Sports Instructor) local 7160.

CF to deploy to U.N. peace support Mission in Sudan

DND-CF

OTTAWA - (April 11, 2005) Up to 31 Canadian Forces (CF) personnel will go to Sudan over the coming months as part of the United Nations Mission in Sudan (UNMIS). This deployment is a result of the passage on March 24, 2005 of U.N. Security Council Resolution 1590, which authorizes the deployment of troops and civilian police to southern Sudan for an initial period of six months to help implement the Comprehensive Peace Agreement.

Canadian Brigadier-General Greg Mitchell will be the UNMIS Deputy Force Commander while other CF personnel will serve at mission headquarters in Khartoum, and as United Nations Military Observers monitoring activities to verify compliance with the U.N. Security Council Resolution. This CF deployment is known as Operation SAFARI.

"Canada is recognized in the international community for the expertise and experience we bring to peace support operations," said Defence Minister Bill Graham. "Canadian Forces personnel deploying to Sudan will undoubtedly make an invaluable contribution to this important UN mission."

"Canada is committed to the UN objective of bringing a lasting peace to

southern Sudan, which will help to establish long-term peace throughout the country," said Pierre Pettigrew, Minister of Foreign Affairs. "In the same way that Canada played an important role in supporting the peace process to end the southern civil war, we plan to assist in the implementation of the Comprehensive Peace Agreement."

The Comprehensive Peace Agreement, signed on January 9, 2005 by representatives of the Government of Sudan and the Sudan People's Liberation Movement/Army (SPLM/A), ended more than 20 years of civil strife that engulfed the southern region of Sudan.

UNMIS has a mandate to support the implementation of the Comprehensive Peace Agreement, facilitate the voluntary return of refugees and displaced persons, provide de-mining assistance, and contribute to international efforts to protect and promote human rights in Sudan.

Under Chapter VII of the U.N. Charter, UNMIS is authorized in the areas where its forces are deployed to take whatever actions it considers necessary, within its capabilities, to protect U.N. personnel and ensure their security and freedom of movement, and without infringing on responsibilities of the Sudanese government to protect civilians under imminent threat of physical violence.

• REAL ESTATE •



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.remuxtrent.com

KNOCK, KNOCK.
IT'S DAFFODIL MONTH.



Canadian Cancer Society / Société canadienne du cancer
Together. Strong.

Please recycle this newspaper!



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
QR Email: donwyld@kos.net



TOWN & COUNTRY REALTY INC.

Advertise in **The Contact** with a quick and easy call to
392-2811x
7008/2976



John & Heather Price

Sales Representatives
Kingston
Office: 613 384-5500
Email:
hprice3@cogeco.ca
jprice3@cogeco.ca
Website:
www.priceandprice.ca

WELCOME TO KINGSTON!

TRUST US FOR YOUR NEXT MOVE. CALL JOHN AND HEATHER PRICE. 17 PLUS YEARS OF COMMITTED SERVICE TO OUR MILITARY FAMILIES, HONEST, PROFESSIONAL SERVICE; UNDERSTANDING YOUR INDIVIDUAL NEEDS, AUTHORIZED MILITARY RELOCATION AGENTS AND MEMBERS OF:



John Seawright - Home Loans Canada - Authorized Military Relocation Mortgage Specialist
Phone: (513) 561-4242 john.seawright@hcmortgages.com



sutton group™
matters realty inc.
AN INDEPENDENT
MEMBER BROKER

3657
PRICE 55 STREET
KINGSTON, ONTARIO K7L 5H6

*This website is not government sanctioned. However it does provide a list of all the realtors who are approved with government family criteria. **Not intended to sell properties currently listed.

Real Estate

News we can use?
Photo opportunity?
Why not call The Contact!
You can reach us at the following locals:
Andrea LeBlanc 7005
Laurie McVicar 3978

AUTO - HOME - BOAT - LIFE - INVESTMENTS

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

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

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

AUTO - HOME - BOAT - LIFE - INVESTMENTS

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

\$137,500



Attractive hi-ranch with loads of room. Open concept kitchen and dining-lower level has finished rec room and 4th bedroom plus large workshop area. Call Judy McCray*. #2052048.

\$84,900



CONDO
Nice 3 bedroom condo, eat-in kitchen, finished rec room, walk-out to deck from living room. Fee's-\$148.50 incl water, sewer, snow removal. Bill Wallace*. #2051882.

\$155,900



MOVE-IN AND ENJOY-
Super back-split in mint condition. 3 + bedrooms. 4 & 3 pc baths. Parquet and ceramic floors, gas heat, C/A. Neutral décor. To view call Mickey Herrington*. #2050861.

\$120,900



PRICED RIGHT FOR FAMILIES-
Very spacious totally upgraded home with 2 baths, 3 large bedrooms and big yard with 1 1/2 car garage. Gas heat, new windows, new floors. Call Joyce*. #2051921

*Sales ** Associate Broker

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

Jim Foley
Sales Representative
41 Main Street
Brighton, Ontario

Phone: 475-6594
Toll Free: 1-800-567-0776
Fax: (613) 475-5494
E-mail: jfoley50@yahoo.com



Extensively updated 4 level split in 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. Inside entry to and walkout from garage and family room to deck/patio & fully fenced backyard. View at quinte.mls.com. # 2051933. Call: Paula@quinte.com - Sales Representative
Re/Max Queen Ltd. 904-9907 for details

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

Please recycle this newspaper!

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

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

Save Thousands

2 1/2%
No
Dyfrunt
Fees

Low Commission

FULL SERVICE

Save Thousands

2 1/2%
No
Dyfrunt
Fees

Low Commission

FULL SERVICE

COMMITTED TO EXCELLENCE
Team BestQuote
REALTORS WHO CARE FOR YOU!

Tom Dionisatos
Broker



Cora Dionisatos
Sales Associate



BestQuote Realty Ltd.

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!

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

POSTED TO GREENWOOD?
www.valj.com

VAL JESSOME
Direct: (902) 848-6643
Toll Free: 1-800-565-9994
Greenwood, NS
valj@ns.sympatico.ca

Earn 100 Bonus AIRMILES

Century 21
Acclaim Realty Ltd.

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

BAGOTVILLE BOUND?

- Make my knowledge of the local area and my military experience work for you!
- Ask me about our free after sale service guarantees.
- Relocation program participant. Bilingual agent.

Richard Verreault, CD
Affiliated Real Estate agent

Cell: (418)550-1203
Bus: (418)697-5511
rverreault@lacapitalevendu.com

La Capitale Saskatchewan Lac St-Jean Chartered Real Estate Broker

ROYAL LEPAGE Atlantic

Your Trenton-Halifax Connection

Trenton resident for 20 years.
Let me assist you in making the Halifax area your home too.
25% of every commission is donated to charity.

"Making a difference, one home at a time."

www.SandyMiller.ca
RealtorSandy@gmail.com
902.223.4064

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

André (Andy) Martin CDI
RCAF/CFRETD
Sales Representative
amartin@royallepage.ca

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.

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

Judy Caswell R.N.
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!



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 EXPLORER 4X4

Auto., V/8, loaded including leather, running boards, 6CD player, memory seat and much more! 76,000 kms. Stk#4194A

\$22,900 or \$208* BI-WEEKLY



\$115 BI-WEEKLY *OR
\$14,900

2003 PONTIAC GRAND AM

Auto, 4 cyl, alloy wheels, sunroof, spoiler, CD, pw, pdl, cruise & tilt, 36,000 kms. Stk#578PA



\$220 BI-WEEKLY *OR
\$27,900

2004 JEEP GR. CHEROKEE 4X4

LOADED with V/6, automatic, alloy wheels, keyless entry and much more! 27,000 kms. Stk#550P



\$154 BI-WEEKLY *OR
\$20,900

2004 DODGE CARAVAN

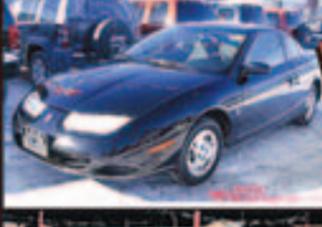
Auto, V/6, alloy wheels, 4 captain's chairs, CD, pw, pdl, cruise, tilt, 9,582 kms. Stk#547P



Fully loaded, luxury vehicle including tow pkg and traction control 9,556 kms. Stk#589P



V/6, auto, air, alloy wheels, CD, p. seat, pdl, pw, cruise & tilt. Stk#5936B



\$115 BI-WEEKLY *OR
\$12,900

2002 SATURN SCI

Auto., 4 cyl engine, air, 3rd door, CD, keyless entry, 44,624 kms. Stk#5196A



\$99 BI-WEEKLY *OR
\$12,900

2004 DODGE SX 2.0

2.0L 4 cylinder engine, alloy wheels, air, CD, power door locks, tilt, low kms. Stk#5271A



\$98 BI-WEEKLY *OR
\$10,900

2002 FORD FOCUS

Automatic, 4 cyl, air conditioning, CD, alloy wheels, p. windows & locks, cruise, tilt, 45,853 kms. Stk#567PA



Auto., 4 cylinder, alloy wheels, air, CD, power windows & locks, cruise, tilt, 13,301 kms. Stk#577P



Auto, V/6, loaded with luxury! Sunroof, power seats & much more. 17,547 kms. Stk#5180A

* 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. OAC payments based on bi-weekly term of 7.99% with \$1,000 cash or trade reduction. \$10,000 financed over 60 months bi-weekly equals a cost of borrowing \$2,390.55 apr. See dealer for important details or visit us at 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.

CHRYSLER
Jeep
DODGE
FIVE STAR

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
HWY#2 W. BELLEVILLE
613-966-9936
1-888-757-9994

