

# the contact

www.cfbtrenton.com

**POSTED 2005?**  
Get a free market evaluation of your home prior to winter renovations.  
**DAVID WEIR** BA, CD  
#1 Assoc Broker  
Royal LePage ProAlliance  
#1 in Quinte  
394-4837 or 848-0615  
Great links:  
www.davidweir.com

• January 14, 2005 • Serving 8 Wing/CFB Trenton • 8<sup>e</sup> escadre/BFC Trenton • Volume 40 Issue Number 02 •

## 8 Wing/CFB Trenton personnel featured in TV series

Photo: JENCOR Entertainment



A cameraman from JENCOR Entertainment films 424 Squadron personnel and aircraft for an upcoming television series on the Outdoor Life Network.

by Laurie McVicar  
Assistant Editor

The Canadian Forces is once again in the public spotlight as the topic of a series set to run on the Outdoor Life Network.

Truth, Duty, Valour (TDV) profiles the men and women of the Canadian Army, Navy, and Air Force as they train and compete to be the best. Footage for the series, now in its second season, was shot at 8 Wing/CFB Trenton, CFB Halifax, CFB Shearwater, CFB Edmonton, CFB Galetown, CFB Wainwright, CFB Esquimalt, CFB Petawawa, CFS Mill Cove, CFS Jarvis Lake and on the following ships: HMCS Naniamo, HMCS Athabaskan and HMCS Ville de Quebec.

For the series producer, Colin McKeown, it was an opportunity to give attention to an organization that gave him a 20-year naval career. McKeown's TV fame

includes the OLN series "The New Fly Fisher", which is now airing on CBC Country Canada.

"As a former member of the military, I was always frustrated with the way the media often portrayed the CF and I was especially disappointed with the lack of coverage of important training. So I began working on the show concept after I got the fishing show started."

Airing on January 12 and 16 will be "Medic Operations."

"We travel to Borden, Ontario for the first ever Medic Competition. This event takes place over a concentrated six-hour window with 15 medic teams from across Canada competing to win the trophy. Two medic teams are followed throughout this competition. The scenarios are intense, bloody, and full of surprises for our young medics," stated a press release from McKeown's company, JEN-

COR.

Local personnel are also featured in: Exercise Stalwart Guardian (airing Jan. 26 and 30), Fire Academy (airing February 9 and 13), Search and Rescue Competition (airing Feb. 16 and 20), a two-part show on the Pathfinders course (airing Feb 23, 27, March 2, 6), and SAR Prelim (broadcast date to be confirmed).

Filming the series was a tremendous effort; crews shot more than 35 hours of footage on the Pathfinders alone.

"Each episode takes an average of 10 days of taping and another fifteen days of post-production work," said McKeown. "My personal favourite has been taping the Pathfinders course with the CPC here in Trenton. Those soldiers are beyond 'hard core' and I respect each and everyone who attempts the course - whether or not they are successful."

See TV series, Page 2

## Mission Commander recalls first flight to South-East Asia

by Holly Bridges  
The Maple Leaf

The motto of 437 Squadron is "Omnia Passim" (Anytime, Anywhere) and never was that more true than over the Christmas holidays.

Major John Komocki was the Mission Commander for the first CC-150 (Airbus A310) humanitarian flight into Sri Lanka following the devastating tsunami on December 26.

"All of us were very proud that we could provide assistance to the people who are suffering so much over there,"

recalls Maj Komocki. "It was a very unique journey for all of us."

Although Maj Komocki and his crew of seven did not see much devastation from the air as they approached the Colombo airport, they had the sense that they were delivering an important payload that would eventually make it over land to the people who needed it the most.

"This was definitely a different mission. The technical aspects of flying were not very different, however, there were things like minimal crew rest, the type of cargo we

were carrying, that sort of thing."

The flight carried 27,000 kilograms of Red Cross cargo from its warehouse in Belleville including water purification sachets, plastic sheeting and jerry cans for water.

A second flight carrying more than 5,000 blankets, as well as water bladders and plastic piping, flashlights and batteries, tents and tarpaulins and garbage bags left Trenton on January 3 for the Maldives, a group of about 1,200 smaller islands in the Indian Ocean.



Photo: Cpl Nadine Bonnier

Volunteers at Colombo airport offload Canadian relief supplies from the CC-150 Polarisc.

### WHERE DEALS HAPPEN EVERYDAY!

**Home of the Real Deal**

Ready For Winter

98 Nissan Pathfinder Chilkoot 4X4  
V6 rare 5 spd, Air, Tilt, Cruise, PW, PL, PM, Compass & Temp, Step up Bars & More!  
**\$11,900**

Like New

01 GMC Sierra Wrangler  
V8 Auto, Air, 4 door, Deep Tint, Boxliner Only 80-K  
**\$18,900**

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

246 Dundas St. Trenton  
Phone 394-6111  
Fin. OAC All cars cert. W/War.

Family

00 Ford Windstar LX  
3.8L V6, Auto, Air, Tilt, Cruise, PW, PL, PM, Rear Heat & Air, Alloys  
Only **\$10,500**

New Vehicles Arriving Daily

EXTRA CLEAN

01 Ford F150 XL  
V6, Auto, Air, Cass, Boxliner, Rear Slider, Alloys  
Priced to Sell

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



# Television series to feature 8 Wing personnel , Cont'd from Page 1

McKeown praised the CF for its cooperation during the filming stage.

"They have been very cooperative. It is always difficult for everyone when trying to coordinate our involvement and the needs of the military - there are often clashes. But everyone has

been great at assisting us," he stated. "The people at 8 Wing and especially the CPC have been incredibly helpful. I think the first season of TDV helped alleviate any doubts personnel had about who we are and the fact we want to portray the military in a positive light.

Basically we want to let Canadians know about all the important work military personnel do for them every day of the year. The SAR people at Trenton have been particularly helpful and our hope is to come back later in 2005 and do a show on the Hercules community."

Photos: JENCOR Entertainment



Participants in a recent Pathfinder course may see themselves on OLN.



JENCOR Camera crews filmed the Medic Competition held in Borden.

## WING LOGISTICS AND ENGINEERING PICTURE OF THE WEEK



The new 8 Wing Medical & Dental Clinic is nearing completion. The new facility is situated on the base on a site bounded by a new access driveway linking Hercules Street, Yukon Street and Casino Street. The function of the new facility will be to provide primary care to Canadian Forces personnel. The services provided will include: Primary Care, Dental Care, Nursing Care, Administrative and Supportive, Preventive Medicine and Mental Health. In addition, X-Ray, Diagnostics, Laboratory Services and Physiotherapy will also be functions provided in support of the above services. It is estimated that the Medical and Dental functions will begin operating out of this new facility by the first week in May.

## DART - new mission, new home

D-News

AMPARA, SRI LANKA — (Jan 11, 2005) There is much relief coming as Canada's DART team sets up operations in Ampara's idle sugar factory.

You get a sense of the power behind the tsunami once you realize that Ampara is actually 25 km inland from Sri Lanka's east coast. The devastating waves took the lives of 10,400 people in a district where 600,000 used to work and live. Fully, 1/6 of Ampara's population has been forced to seek temporary shelter.

The DART's capabilities are a significant boost to the recovery effort in Ampara. Their



Photo by MCpl Paul MacGregor, Combat Camera

Sergeant Ron Andersen (L) and Master Corporal May Machoun, Medical Technicians with the Canadian Forces Disaster Assistance Response Team (DART), look at the rash on a young girl's arm while inspecting the damage near the beach in Kalmunai in the Ampara District.

primary medical care, will bring relief to thousands over the weeks to come. potable water and specialist engineer service come.

**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**

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

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

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

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

**ALL YOU CAN EAT BUFFET**

Please recycle this newspaper!

**"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 Quality** **Best Price**

**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**



# CF-18 Modernization celebrates midway point of Phase I

January 6, 2005

**O T T A W A** – The Canadian Forces took delivery of the 40th “Phase I” modernized from Boeing International today. This marks the midway completion point for Phase 1 modernization.



File photo

The \$880-million contract with Boeing, awarded in 2001, includes procurement and installation of a sophisticated technical upgrade package that will help extend the life of the CF-18 until at least 2017. The package is based on the US Navy’s F-18 Hornet upgrade program and was found to be the most cost-effective and lowest risk solution for Canada’s CF-18 modernization requirements. Under sub-contract, the aircraft modifications are being done by L-3 MAS at its facilities in Mirabel, Quebec.

“This contract was undertaken as part of a thorough mid-life upgrade of our CF-18s

that will ensure we have a modern and interoperable fighter fleet for years to come,” said Defence Minister Bill Graham. “We are meeting the challenges of today’s global security environment with the cost effective acquisition of a fully tested and proven system.”

“The CF-18 Incremental Modernization Project reflects the first step to ensuring Canada is able to maintain a supportable, survivable and operationally capable fighter force,” said General Ray Henault, Chief of the Defence Staff. “The modernized aircraft will allow us to better serve Canadians at home and abroad.”

Phase I constitutes

the greater portion of the two-phased modernization program and is being conducted in parallel with several other upgrades, from new simulators to new air-to-air missiles. The upgrade package, which has been extensively tested and flown operationally by the US Navy, includes: a new radar; “Have-Quick” jam-resistant radios; a combined interrogator-transponder; stores management systems; mission computers; and embedded global positioning and inertial navigation systems.

Phase 1 Modernization is on target for completion by summer 2006.

# Search & Rescue UPDATE



Last Friday evening the Hercules was tasked to conduct an ELT search in the Beauce area. The crew picked up the signal and homed it to the St. George de Beauce airport. SERABEC ground was tasked to home the signal and found that it was emanating from an aircraft in a hangar on the airfield. Since no one was in distress, the Herc returned to base.

Missions for 2005: 1    Missions for Jan.: 1    Persons rescued: 0

# LASER VISION CORRECTION

CELEBRATING 200,000 PROCEDURES IN CANADA!



Dr. Peter Agapitos    Dr. Robert Morgan    Dr. Donald Smallman

### Experience

Across Canada, LASIK MD doctors have performed over 200,000 laser vision correction procedures, more than any other group.

### Technology

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

### Results

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

# LASIK MD

VISION

EXCELLENT CARE THAT'S AFFORDABLE

Toll Free  
**(866) 366-2020**

279 King Street East, Kingston

[www.lasikmd.ca](http://www.lasikmd.ca)

### Special for Armed Forces

Prices starting at

**\$475** /eye\*

### Our fee includes:

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

\* Valid until January 31, 2005. Prices may vary based on prescription strength. Applicable to surgery on both eyes.

**Montreal • Ottawa • Kingston • Toronto • Niagara Falls  
Windsor • Calgary • Vancouver**

## A Better Banking Experience

Your best choice for your saving & investment needs.



Our Loan Officers are the best in the business.

Call today to get your personal and confidential review.

# QuintEssential

CREDIT UNION

COMMUNITY BANKING & FINANCIAL SERVICES

**BELLEVILLE**  
293 Sidney Street  
**966.4111**

**TRENTON**  
251 RCAF Road  
**394.3361**

Dreams Fulfilled Here! (OAC) [quintessentialcu.com](http://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  
**Advertising & Promotions Assistant:** Rorrie MacDonald  
**Bookkeeper:** Marilyn Miron  
**Circulation:** Keith Cleaton  
**Assistant Translator/Proofreader:** MCpl Louise Fagan  
**PSP Manager:** Bob Payette  
**Subscriptions:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

### Guidelines for submissions: ARTICLES AND PHOTOS

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

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

Jpeg-Maximum (8X10), 300 dpi

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

### Letters to the Editor:

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

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

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



### A Military Community Newspaper



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



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

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

## MEMORANDUM

All Canadians were shocked to learn the devastation and loss of life caused by the earthquakes and tsunamis that struck South and South-East Asia and the east coast of Africa on December 26, 2004.

Since receiving news of this unprecedented catastrophe, many Public Service employees have been working day and night to coordinate Canada's response to the crisis. Through their efforts, financial aid, emergency supplies and consular, military and health personnel have been deployed to the region. Affected Canadians have received much-needed assistance, and international and non-governmental organizations have received funding for food, medicine, clean water, and shelter – not only from governments but also from thousands of generous Canadians.

I am sending this short note to express my sincere pride and appreciation to all those who continue to give up time with family and friends to help in ensuring a prompt and professional response from the Government of Canada. Those of us based in Canada especially want to thank our Canadian colleagues and the locally engaged staff who are working around the clock in the stricken areas, to provide relief and assistance to those most affected. We are proud of their efforts and appreciate the work they are accomplishing under these extremely trying and stressful conditions.

I know Canadians can count on the ongoing support of federal public servants, recognizing that the humanitarian and reconstruction effort will require the commitment and resolve of governments, public service employees, non-governmental organizations (NGOs) and Canadians for weeks and months to come.

For more information on the government's response or on relief agencies providing assistance, please visit [www.canada.gc.ca](http://www.canada.gc.ca) or call 1-800 O CANADA.

Prime Minister  
 Paul Martin

## Canadiana Crossword

### Parts Department

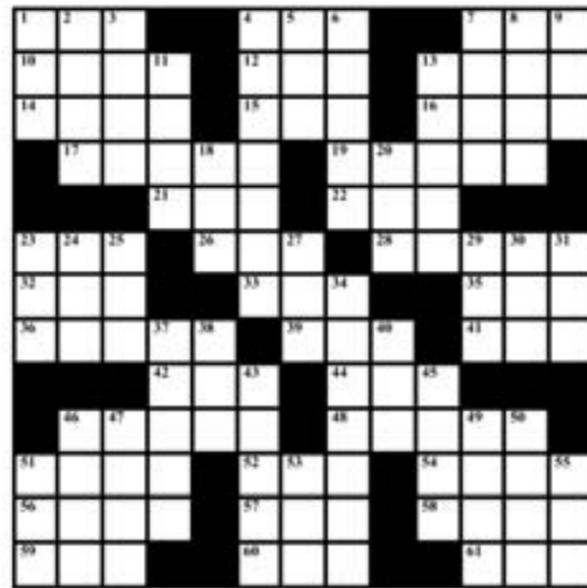
By Bernice Rosella and James Kilner

#### ACROSS

- 1 Shade tree
- 4 Joe Batt's \_\_\_\_\_, Newfoundland
- 7 Enemy
- 10 \_\_\_\_\_ook, Alberta
- 12 Terror preceeder
- 13 Great follower
- 14 Starchy root
- 15 Division of geological time
- 16 Decays
- 17 Intended
- 19 Actuality
- 21 Strike
- 22 Hurry
- 23 Container
- 26 Request
- 28 \_\_\_\_\_erton, Ontario
- 32 Lennon's love
- 33 Ms who comes out
- 35 Consumed
- 36 \_\_\_\_\_pool, Nova Scotia
- 39 Corsage item
- 41 Soak
- 42 Fleur de \_\_\_\_\_ (var.)
- 44 Stadium sound
- 46 Wine or vinegar bottle
- 48 Jumped
- 51 \_\_\_\_\_ingly, Manitoba
- 52 Gotcha!
- 54 \_\_\_\_\_Hill, Alberta
- 56 Rim
- 57 \_\_\_\_\_ton Saskatchewan
- 58 Bore, slangily
- 59 Tiny
- 60 Old records
- 61 Work unit

#### DOWN

- 1 Play a role
- 2 Fraud



- 3 Engage
- 4 Helped a crook
- 5 Brazilian metropolis
- 6 Calendar division
- 7 Crow \_\_\_\_\_, Alberta
- 8 Curse
- 9 UFO pilots, perhaps
- 11 Biblical captain
- 13 Barbarous
- 18 Pen part
- 20 Srs. sustenance
- 23 Mountain pass
- 24 Black cuckoo
- 25 Calendar Mo.
- 27 Jewel
- 29 \_\_\_\_\_ Falls, Ontario

- 30 Female saint, abbr.
- 31 Excited (with up)
- 34 Certain bags
- 37 Avoid capture
- 38 Whiskey genre
- 40 Ms West
- 43 Come to a halt
- 45 \_\_\_\_\_hills Lake, Alberta
- 46 Relinquish
- 47 Anger
- 49 Duct
- 50 Old world despot
- 51 Chop
- 53 Roof style
- 55 Incite



## This Week in Contact

**1975** – The National President of the Royal Canadian Air Force Association, Mr. WA Gryba, announced that a new Wing of the Association has been approved in Trenton effective 2 December 1974 with Mr. George Whittle as its first Wing President. No 413 (Air Force City) Wing has established Wing quarters at 68 King Street, Trenton and the charter presentation will take place at an official Wing function early in 1975.

**1985** – A non-stop direct flight from CFB Trenton to CFB Lahr is being planned by the City of Belleville and five travel agents from Belleville. This is the third time that a chartered Friendship Flight has been arranged to fly direct. The twinning of Belleville and Lahr is now in its eleventh year and has received enthusiastic support from the Canadian Forces in Trenton and Lahr.

**1995** – With the clear direction of the CF future structure some months away it is considered prudent to delay the implementation of ACMG by one year. This delay will give Air Command a chance to evaluate the forthcoming command, control and budget decisions and consider potential alterations to the plans.

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



# Army acquires new high-capacity radios

Canadian Army

OTTAWA – (January 5, 2005) The Department of National Defence has awarded a \$12.7-million contract to Ultra Electronics Tactical Communications Systems of Montréal, Québec, for up to 130 high-capacity line-of-sight radios for the Canadian Forces.

“The Canadian Forces will be equipped with one of the most

technologically advanced line-of-sight radio systems in the world,” said Defence Minister Bill Graham. “We want to ensure we provide our soldiers with the right equipment to continue to do an outstanding job.”

“These new line-of-sight radios will greatly improve our ability to provide situational awareness for commanders and their troops in the field,” said General Ray Henault, Chief of the

Defence Staff. “The new radios will also support interoperability with our allies.”

The multi-band, software programmable, radios have a range of up to 40 kms. They are used to provide a dedicated, secure, reliable data communication capability as an economical alternative to satellite links between dispersed units.

Delivery of the radios is expected by March 2006.

## L'Armée de terre fait l'acquisition de nouvelles radios à portée de visibilité directe

L'Armée

OTTAWA – (le 5 janvier 2005) Le ministère de la Défense nationale a attribué un contrat de 12,7 millions de dollars à Ultra Electronics Tactical Communications Systems de Montréal (Québec), qui fournira jusqu'à 130 radios à portée de visibilité directe de haute capacité aux Forces canadiennes.

« Les Forces canadiennes seront équipées de l'un des systèmes de radio à portée de visibilité directe les plus techniquement perfectionnés au monde, a déclaré le ministre de la Défense nationale, Bill Graham. Nous voulons faire en sorte que nos soldats disposent de l'équipement dont ils ont besoin afin qu'ils puissent continuer de faire leur excellent travail. »

« Ces nouvelles radios à portée de visibilité directe amélioreront considérablement notre capacité d'offrir des renseignements sur la situation aux commandants et à leurs troupes en campagne, a indiqué le Général Ray Henault, Chef d'état-major de la Défense. Les nouvelles radios faciliteront également l'interopérabilité avec nos alliés. »

Ces radios multibandes, dont les logiciels sont programmables, ont une portée de 40 km. Elles offrent une capacité de transmission de données exclusive, sûr et fiable, laquelle peut constituer une solution de rechange économique aux liaisons par satellite entre unités dispersées.

La livraison des radios est prévue pour mars 2006.

## Seventh Book of Remembrance

OTTAWA - The Honourable Albina Guarnieri, Minister of Veterans Affairs, today announced that her Department has identified nearly 1,200 members of the Canadian Forces (CF) whose names will be entered in The Seventh Book of Remembrance - In the Service of Canada during the Year of the Veteran.

The Minister also invited all Canadians to bring forward any information that they may have regarding servicemen and women who have died while on duty in Canada or serving overseas since October 1947, with the exception of those who are commemorated in the Korean War Book of Remembrance.

“Our Canadian Forces members have stood in harm's way for the peace and security of others. Few in our society have been asked to take such risks for the greater good,” said Minister Guarnieri. “In the Year of the Veteran, we would like to enlist all Canadians in this campaign to remember these brave Canadians who served our country with duty and honour. Recalling them by name is Canada's supreme gesture of perpetual gratitude and pride.”

The names of the approximately 1,200 CF members have been posted on the website of Veterans Affairs Canada. To access the names, to send additional names for consideration, or to submit digitized images of photos, medals and other memorabilia, please go

to [www.vac-acc.gc.ca](http://www.vac-acc.gc.ca) under “Current Features”, then click on “The Seventh Book of Remembrance - In the Service of Canada” icon.

Canadians are also invited to send information by email to or by regular mail to: Veterans Affairs Canada Canada Remembers, Seventh Book of Remembrance Project, 12th Floor, Room 1208, 66 Slater St., Ottawa, Ontario K1A 0P4

The posting of the names marks an important milestone in the preparation of this Book which is expected to be dedicated during Veterans' Week 2005. The final step in this labour-intensive process will be the detailed inscription, by hand, of all names in the Book.

Once completed, The Seventh Book of Remembrance will be officially dedicated and then added to the other six Books of Remembrance currently displayed in the Memorial Chamber of the Peace Tower on Parliament Hill. This unveiling ceremony will be one of the signature events marking 2005 Year of the Veteran. The existing six Books of Remembrance commemorate those Canadians who lost their lives during the First and Second World Wars, the Korean War, the 1885 Nile Expedition and the South Africa War, as well as Merchant Navy and the Newfoundland Forces.

**JR RANKS MESS**

SUN MON TUE WED THU FRI SAT

|       |       |    |    |    |   |                                      |
|-------|-------|----|----|----|---|--------------------------------------|
| 9     | 10    | 11 | 12 | 13 | 14<br>TGIF<br>1700 hrs<br>Subs<br>Sports/<br>1800 hrs<br>Pool         | 15<br>Pool<br>Tournament<br>1300 hrs |
| 16    | 17    | 18 | 19 | 20 | 21<br>TGIF<br>1700 hrs<br>Donairs<br>Sports/<br>1800 hrs<br>Euchre    | 22                                   |
| 23/30 | 24/31 | 25 | 26 | 27 | 28<br>TGIF<br>1700 hrs<br>Fish & Chips<br>Sports/<br>1800 hrs<br>Pool | 29                                   |

**JANUARY 2005**

**Wahoo Cafe**

**Tuesday Nights Kids Eat FREE**

Check out the Wahoo website [www.wahoocafe.com](http://www.wahoocafe.com)

**Best Wings in Town!**

Private Banquet Room Available  
Breakfast Served Sundays 9am-4pm!

Casual Dining & Sports Bar  
-specializing in-

STEAK • WINGS • SEAFOOD • PASTA • RIBS

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

**Dr. Tom McDowell**  
**Family Dentist**

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

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

**394-8888**  
169 Dundas Street East, Trenton, Ontario

# Getting started on the path to financial freedom

## it's your Money



Garth Turner

Have you violated your New Year's resolutions yet? If one of them was to get financially fit in 2005, you'll definitely have more luck than quitting tobacco or getting lean, because it's so simple.

Here are three no-brainer mortgage strategies to get you started on the path to financial freedom.

(1) Make your mortgage tax-deductible.

Imagine - the ability to deduct from the income tax you pay the entire amount of your mortgage interest, which can account for 90 per cent or more of

your monthly payment. Sound too good to be true? Hardly. For many people, this is unbelievably simple.

That's because most Canadians with a house also have some investments, whether they are mutual funds, bonds, GICs or just cash savings. In fact, statistics show there are millions of Canadians who have as much, or more, in financial assets as they do in mortgage debt. Is this you?

If so, then take your investments, cash them in and use the money to pay off your mortgage. Now go to the

bank, get a new mortgage against your house for the same amount, and use the money to buy back your financial investments. You still have a mortgage, you have the same investment portfolio, but suddenly all of the interest on your home loan is tax deductible - because the proceeds of the loan were used to buy income-producing assets.

(2) If you don't have a mortgage, get one.

Whaaa? The dream of every furry homeowner, when you rub his tummy, is always the same - to become mortgage-free. But besides the dubious logic of having all of your net worth locked in one asset (that can be quite illiquid at times), a mortgage can be your friend.

Building on the first point above, if you can borrow against your

paid-off home to increase your wealth, and the interest on the loan is deductible from your taxes, then why wouldn't you do it? Instead of having \$100,000 sitting in your \$300,000 mortgage-less home, why not take out a home equity loan for a hundred grand and invest it in a blue chip mutual fund with a track record of growing 5 per cent or 7 per cent a year?

Your wealth will augment and every dollar of interest can be written off your taxable income. You pay less tax, you have more disposable income, and your house is financing a growth portfolio.

(3) Put your mortgage inside your RRSP.

Imagine if you held your own mortgage, and made monthly payments to yourself, instead of the bank.

Well, this also is entirely possible!

The tax rules allow your RRSP to hold the mortgage on your home. So, if you have a whack of cash in your retirement plan, then use that to pay off the existing mortgage on your home. Now you have effectively set up an RRSP mortgage, and you're able to make those payments to yourself.

There are rules involved here, so your

mortgage rate has to be close to market levels, and you'll need an independent agent to help set the thing up. But the results can be delicious - a \$100,000 mortgage can turn into \$300,000 worth of payments over a couple of decades. You pay off your house and build a fat little nest egg at the same time. If only sex were this much fun!

And you thought mortgages were boring. Shame on you.

*Whaaa? The dream of every furry homeowner, when you rub his tummy, is always the same - to become mortgage-free. But besides the dubious logic of having all of your net worth locked in one asset (that can be quite illiquid at times), a mortgage can be your friend.*

## KINGSTON ONTARIO?

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

**Penny Blake**  
Sales Representative  
613.539.3307 • 613.544.3325  
pblake@kos.net • www.pennyblake.com

**Linda McCallum CD, RN**  
Buyer's Specialist / Sales Representative

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

**1-877-924-3689** **RE/MAX**  
REALTY CONCEPTS CORP.

## Choosing a financial adviser

(NC)—A good financial adviser can help you achieve long term financial success. Choosing the right person to work with is a crucial first step, but most investors aren't sure where to start. Before you choose an adviser, ask yourself a few questions:

**What are my objectives?**

How much risk can you afford to take on? Are you concentrating on building your wealth or maintaining the wealth that you have? Some firms specialize in a particular type of client, and you want to look for an adviser whose specialty complements your goals.

**What services do I need?**

Your investment knowledge, the types of products that interest you and the amount of time you want to spend managing your investments will impact the type of financial services you need.

After you've identified your needs, the next step is to compile a list of potential advisers. A recommendation from someone you trust is a great place to start. Interview several advisers to make sure they meet your needs.

Anyone trading in or advising clients on securities in Ontario must be registered with the Ontario Securities Commission (OSC). To check registration, call the OSC Contact Centre 1-877-785-1555.

For more information on choosing an adviser, order a free Choosing Your Financial Advisers brochure from the Ontario Securities Commission. Call the OSC at (416)-593-8314 or toll-free at 1-877-785-1555. Additional resources are available online; check out How to Work with a Financial Adviser in the Interactive Centre on the Investor Education Fund website: [www.investorED.ca](http://www.investorED.ca)

E-mail your letters to [LeBlanc.AL@forces.gc.ca](mailto:LeBlanc.AL@forces.gc.ca), or you can mail them to:

**The Contact**  
P.O. Box 1000  
Stn. Forces, Astra, ON K0K 3W0

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  
WORLDSOURCE FINANCIAL MANAGEMENT INC.

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

**Credential**™  
securities  
Member of Credential Group

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](mailto:dlockey@qcscu.com) Member: CIPF

**Don Lockey**  
Investment Advisor

AUTO - HOME - BOAT - LIFE - INVESTMENTS

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

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

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

AUTO - HOME - BOAT - LIFE - INVESTMENTS



# Maintain your weight this winter

(NC)-Maintaining a healthy weight during the winter is always a challenge because Canadians tend to spend greater time indoors which often means eating more and moving around less.

But there are ways to enjoy good food during the winter and avoid gaining weight. Here are a few general tips to keep in mind:

Try to keep your routine as consistent as possible, including eating regular meals around the same time and setting aside some time for exercise. More time inside can contribute to overeating and less physical activity, so be aware of patterns in your routine;

Try not to skip meals which can lead to lowering your metabolism, resulting in weight gain. Trying to make up for indulgences by

skipping meals will also deprive you of the essential nutrients and minerals your body needs for energy;

Try to limit your portions. Sticking to a handful of each type of food will prevent you from indulging in one that may be too high in carbohydrates or fat. An extra 100 calories a day can lead to a weight gain of eight unwanted pounds a year;

When snacking, try to fill up first on low fat options such as fruit and vegetables, which leaves less room for the higher fat options such as desserts, chocolates and rich dips;

Have healthy snacks readily available at home or to take to work, to avoid filling up on cookies, chips and fast-food lunches. More nutritious options to have on-hand include: a salad, fruit, yogurt and

nuts; Limit your alcohol intake. Alcohol can add significant calories to your day and contribute to unwanted weight gain.

Because our lifestyles change during the winter months, so do our eating habits. Therefore, it is important to ensure your body is still receiving all the essential vitamins and minerals required. If you are worried that you are not always able to consume nutrient dense foods, like fruit and vegetables, consider taking a multivitamin supplement to provide your body with the vitamins and minerals it needs on a daily basis.

Gina Sunderland is a registered dietician and well-known nutrition expert and educator who contributes regularly to a number of Canadian media outlets.



**HEALTH PROMOTION IS OFFERING: BUTT OUT**  
**Session One begins 9 Feb 05**  
 9 Sessions in total held on Wednesdays from 1400-1600 hrs  
 Registration deadline 4 Feb 05  
 Please call the Health Promotion Office @ 3768 to register or e-mail [pitt.l@forces.gc.ca](mailto:pitt.l@forces.gc.ca)

## STRENGTHENING THE FORCES

### ÉNERGISER LES FORCES

HEALTH PROMOTION  
 58 Polaris Ave., Bldg 21, Rm 10  
 Cheryl Rothenburg, Health Promotion Director  
 Local 3767  
[rothenburg.cl2@forces.gc.ca](mailto:rothenburg.cl2@forces.gc.ca)

**TAKE CHARGE, Stress Management**  
 A Health Promotion program designed and tested specifically for the Canadian Military. It offers a skill based and effective approach to managing stress. The program consists of eight sessions over eight weeks. Session One begins 3 Feb . Please register [NLT 25 Jan 05](#). Local 3768, [pitt.l@forces.gc.ca](mailto:pitt.l@forces.gc.ca)

**WEIGHT WELLNESS**  
 Are you interested in... achieving a healthy weight? Developing healthy physical activity and eating habits? Weight Wellness takes a self-management approach to behaviour change. The program consists of 12 group meetings over 15 weeks. Session One begins 14 Feb 05. Please register [NLT 7 Feb 05](#). Local 3768, [pitt.l@forces.gc.ca](mailto:pitt.l@forces.gc.ca)

**FITNESS & PREGNANCY**  
 This seminar is a compliment to the Guide to Fitness During and After Pregnancy in the Canadian Forces. It is designed to help maintain optimum health and fitness, for you and your baby throughout your pregnancy. Seminar Date: 7 Feb 05, 1330-1500 hrs. Please register [NLT 28 Jan 05](#). Local 3768, [pitt.l@forces.gc.ca](mailto:pitt.l@forces.gc.ca)

*\*\*Strengthening the Forces Programs are free and open to regular and reserve CF members, their families, and civilian employees\*\**

## RBC DOMINION SECURITIES

### RBC DOMINION SECURITIES BELLEVILLE OFFICE 'TAKES STOCK'

*A trusted local name joins a trusted investment firm*



**IAN STOCK, INVESTMENT ADVISOR**

Peter Evanoff, Branch Manager of RBC Dominion Securities Belleville office is pleased to introduce you to *Investment Advisor, Ian Stock*.

A Belleville native, Ian has been a successful businessman, lifelong investor and military officer for many years. Ian possesses extensive wealth management skills and is qualified to professionally manage investments to help you achieve your life goals by using a defined and disciplined approach.

With access to the vast market resources of RBC Dominion Securities, Canada's leading provider of wealth management solutions, Ian is able to offer an unparalleled range of financial products and services, combined with exceptional advice and friendly service. Investment for income, portfolios for growth, portfolio reviews, retirement and estate planning, and tax-advantaged strategies are just some of Ian's specialities.

Ian invites all business associates and friends – as well as anyone looking for fresh, professional insight into their financial situation – to call him directly at (613) 966-4119 or visit [www.ianstock.com](http://www.ianstock.com).



RBC Dominion Securities Inc.  
 10 Front Street South, 3rd Floor  
 Belleville, Ontario K8N 2Y3  
 (613) 966-4119

RBC Dominion Securities Inc.\* and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member CIPF. ©Registered trademark of Royal Bank of Canada. Used under licence. ©Copyright 2004. All rights reserved.

OPEN 7 DAYS A WEEK



**The Cash Store Inc.**

CASH ADVANCE CENTERS



**money now**

310-4PAY (4729)  
 FOR A LOCATION NEAR YOU

• PAYDAY LOANS  
 • TITLE LOANS  
 • NO CREDIT NECESSARY

GET YOUR MONEY ON THE CASH STORE CASH CARD™



**smokers' HELPLINE**  
 CANADIAN CANCER SOCIETY  
 1-877-513-5333



Calculate the cost of smoking at [www.cancer.ca](http://www.cancer.ca)

DND Discounts up to 11%

Select Lifetime Guaranteed Parts



**MILBRO**  
 AUTOMOTIVE

394-3357

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





# TRENTON

## Military Family Resource Centre



INFORMATION / REGISTRATION / INSCRIPTION 965-3575

### Personal Development & Deployment Support Services

- Second Language Training
- Beginner voice and piano/keyboard lessons
- Pilates classes
  - Tai Chi
  - Quilting
- Belly dancing, beginner and intermediate, starts January 17th
  - Scrapbooking on January 15 & 16
  - "NEW" Wednesday Morning Workshop Handmade cards, on January 19th

### Perfectionnement personnel & Services de soutien au déploiement

- Cours de langue seconde
- Leçons de chant, piano & clavier, niveau débutant
  - Classes de Pilates
  - Classe de Tai Chi
  - Cours de courtpointe
- Danse du ventre, débutant & intermédiaire, débute le 17 janvier
  - "Scrapbooking", le 15 & 16 janvier
  - "NOUVEAU" Atelier du mercredi matin" Cartes faites à la main, le 19 janvier

**True Colors workshop**  
Friday, January 28th, 2005 from 6:00 to 9 :00 p.m.

A fun, interactive workshop which offers the opportunity to discover your potential and establish positive relationships with others that promote learning and teamwork. True Colors is an easy, entertaining way to identify your innate temperament and character which becomes an invaluable tool for enjoying success in your professional life as well as with family and personal relationships.

Please register in advance. We will take a maximum of twenty participants.

**Atelier Les Vraies Couleurs**  
(en anglais, mais l'information est disponible en français)  
Vendredi le 28 janvier 2005 de 6h à 9h.

Les Vraies Couleurs, qui sont conçues en fonction du besoin de respect, de dignité, de confiance en soi-même et d'estime de soi, ont été créées pour devenir le véhicule par lequel nous communiquons avec les autres. Les Vraies Couleurs représentent une façon simple et amusante d'apprendre à se connaître et à connaître autrui. La détermination de votre couleur devient un outil inestimable qui vous aide à avoir du succès sur le plan professionnel, familial et interpersonnel.

Réservez votre place à l'avance. Un maximum de 20 personnes.

**Wednesday Night Out!**  
6 p.m. to 8 p.m. in the Bistro

Please register for the workshop and childcare by calling 965-3575/965-3595. There is no cost for childcare for families of deployed members.

**January 19, 2005 - Hand Made Cards** - Along with several general greeting and all occasion cards we will be creating a special card for the love of your life on Valentine's! Class fee: \$ 5 per person includes supplies. (Extra card kits will be available) Limited registration - call today!

**Sortie du mercredi soir!**  
**Au Bistro du CRFM De 18h à 20h**

Inscrivez-vous pour l'atelier et le gardiennage en téléphonant au 965-3575/965-3595. Le gardiennage est gratuit pour les familles en déploiement.

**19 janvier 2005 - Cartes faites à la main** - En plus de créer des cartes avec des souhaits de toutes occasions, nous ferons une carte de St. Valentin pour une personne spéciale! Coût: 5\$, inclu le matériel. (Du matériel extra est disponible). Les places sont limitées - téléphonez aujourd'hui!

**Women's Conference 2005 on Saturday, February 26**  
**"De-Stress and Be Happy!"**  
Call or stop by to get your form!

**Conférence des femmes 2005, Samedi le 26 février**  
**"Relaxe et savoure ta vie"**  
Téléphonez ou arrêtez au MFRC pour prendre un formulaire!

**Youth Centre - Winter Hours**

Wednesday - Deployment Support 6:00 - 8:00 pm, 8 - 10 year olds  
please register in advance

Thursday - Homework Club 3:30 -5:30 pm

Friday - Teens only 6:30-10:30 pm

Saturday - 9:30 -11:30, 8 -10 year olds  
12:00 - 2:00 -11 - 13 year olds  
2:30 - 4:30 - 14 - 16 year olds

**Centre des jeunes - Heures hivernales**

Mercredi - Soutien au déploiement 18h à 20h, 8 à 10 ans,  
téléphonez à l'avance

Jeudi - Club de devoirs 15h30 à 17h30

Vendredi- Ados seulement 18h30 à 22h30

Samedi - 9h30 à 11h30, 8 à 10 ans  
12h à 14h, 11 à 13 ans  
14h30 à 16h30, 14 à 16 ans

**Need space for a Birthday Party?**

Your MFRC is now offering space for your celebration for a small fee. Subject to availability, so book early by calling 965-3575.



**Avez-vous besoin d'une salle pour une Fête?**

Votre CRFM offre maintenant de l'espace pour votre célébration pour un coût minimal. L'espace est limité, donc réservez tôt en téléphonant au 965-3575.

**"Yellow Ribbon"**

Magnets for your vehicle are now available at the Trenton MFRC  
\$5.00 each



**Les aimants "Ruban jaune"**

pour votre véhicule sont maintenant disponibles au CRFM de Trenton  
5,00\$ chacun

Three generations of service to our friends and neighbours





Ralph Weaver Founder    Jeff Weaver President    Tim Weaver Funeral Director



**Weaver Family Funeral Homes**

East (613) 394-2433  
Chapel 1-866-5WEAVER

West (613) 392-3579  
Chapel 1-866-4WEAVER

Local news, professional reporters, eye-catching photos.

The perfect recipe for a great newspaper!

**The Contact,** served every Friday



• Desktop Publishing • Posters • Laminating • Digital Copies

*Darling's* **Call today**

**COPY DEPOT 392-7273**

**Fax service: 392-7058**

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

**20 Dundas W., Trenton**

Photograph Photocopying-Full Colour



Engineering & 36" Copies Format

• Fax Service • Enlargements • Scanning • Canon Laser Copies



# DART personnel helping the injured in Sri Lanka



Photos: MCpl Paul MacGregor, Canadian Forces Combat Camera

(Left) Sergeant Ron Andersen, a Medical Technician with the Canadian Forces Disaster Assistance Response Team (DART), assigns numbers to patients during a triage at one of the walk-in clinics that the Canadian Forces are operating in Kalmunai in the Ampara District. (Right) Captain Steven Pirie, a Nursing Officer with (DART) cleans the sores on a young boy's legs at one of the walk-in clinics. Ampara, a district of about 600,000 people, was hit hard by the December 26 tsunami and suffered an estimated 10,400 deaths. An estimated total of 105,560 people have been forced to seek temporary shelters. The DART will provide primary medical care, production of safe drinking water, and a limited specialist engineer capability to the region. The DART is coordinating its efforts with the government of Sri Lanka and the other agencies involved in the relief effort.



**Activate Me!**  
Ask us for details!

[www.canex.ca](http://www.canex.ca)

**USE OUR NO INTEREST CREDIT PLAN & FOR A LIMITED TIME...**

**NO MONEY  
DOWN!**

**NOT EVEN  
THE TAXES!**

**OPEN A NEW CREDIT PLAN...  
Get 1000 CLUB Xtra POINTS**

**ASK US FOR DETAILS**

AUTHORIZED PATRONS ONLY  
**19 - 23 January 2005**

**NO INTEREST CREDIT PLAN**  
O.A.C. (On Approved Credit)

Serving members of the CF and their spouses, retired CF members and DND civilian employees in receipt of a DND pension, members of the Reserve Force, permanent full time or part time RFP and DND civilian employees and their spouses, members of the RCMP, qualifying foreign military personnel, retired RFP employees in receipt of an RFP pension, full-time employees of ASD contractors are eligible to purchase general merchandise at or least \$100 on the CANEX "No Interest Credit Plan". Visit your nearest CANEX store for details, or visit us at [www.canex.ca](http://www.canex.ca)





**ADVERTISED MERCHANDISE POLICY**

Our firm intention is to have every advertised item available for purchase during the period of the promotion. If, for any reason, an item is not in stock, we will issue a raincheck (unless "no raincheck available" is specified on an item) on request for the merchandise to be purchased at the sale price as soon as it becomes available, or will offer a similar item at a comparable reduction in price. Due to space limitations, some smaller outlets may not carry all of the items advertised, but will be pleased to advise them through special order. We reserve the right to limit the quantities. While we strive for accuracy in our advertising, errors can occur. In such cases, we reserve the right of correction.

# Fitness, Sports & Recreation

## Four old rules that still work

Submitted by Scott Burns  
Fitness Coordinator

Whether you're a novice exerciser or an experienced one, here are a few rules to consider on your next trip to the gym.

- No single program works for everyone all the time...

There are a million experts out there, but no one has the fail-safe recipe that works 100 per cent of the time. The best programs are a mix of styles and philosophies, and anyone who insists there's only one true path to exercise enlightenment—whether it's Tae Bo or Super Slow—is just plain wrong.

"On any new program, you'll make gains during your first month or two," You must remember that nothing works forever. You have to expose your body to new methods, and that's how you keep making gains.

- Improvements must be incremental...

Many new or returning exercisers suffer from Superman syndrome. They run three times one week, then go out the next week and run 6 days. Or, for their second workout, they double the weights they used in their first. Soon they're felled by chronic injuries. Your

muscles may be strong enough to lift a weight or push you through a run, but your connective tissues may not be ready. The 10% RULE—NEVER INCREASE VOLUME, WEIGHT, DISTANCE, SPEED, or any other variable more than 10 percent a week. Ignore the rule and you decrease activity to a big, fat zero.

- Form comes first...

No matter what type of exercise you're doing, perfect technique is the key to safety and efficiency. "Especially as you grow older, you have to pay more attention to your form. When you get hurt, your injuries take longer to heal." In fact, a recent study at a university found that men who worked out with personal trainers had bigger boosts in testosterone than those who worked out unsupervised.

- The more you want, the harder you have to work...

Sorry, but there is no safe, easy, fast, foolproof way to get in shape for a marathon, lose four inches around your waist, or build biceps like softballs. Those who do the work, and do it the right way, reap the most rewards.

To book your appointment with a qualified personal trainer, please contact the Fitness Staff at local 3328 or 3467.

## League standings as of holiday break

| WHL Teams              | GP | Win | Loss | Ties | Points | Place |
|------------------------|----|-----|------|------|--------|-------|
| A Div                  |    |     |      |      |        |       |
| CPC                    | 8  | 7   | 1    | 0    | 14     | 1st   |
| 424 Sqn                | 8  | 6   | 2    | 0    | 12     | 2nd   |
| JNBCD                  | 8  | 4   | 4    | 0    | 8      | 3rd   |
| ATESS                  | 8  | 3   | 4    | 1    | 7      | 4th   |
| 8ACCS                  | 8  | 2   | 6    | 0    | 4      | 5th   |
| WCE                    | 8  | 1   | 6    | 1    | 3      | 6th   |
| B Div                  |    |     |      |      |        |       |
| Hanger Hogs            | 9  | 7   | 1    | 1    | 15     | 1st   |
| WTN                    | 8  | 6   | 2    | 0    | 12     | 2nd   |
| WTISS                  | 8  | 5   | 2    | 1    | 11     | 3rd   |
| ARO                    | 8  | 4   | 2    | 2    | 10     | 4th   |
| 429/426 Sqn            | 8  | 2   | 6    | 0    | 4      | 5th   |
| Work Shops             | 9  | 2   | 7    | 0    | 4      | 5th   |
| ATC                    | 8  | 1   | 7    | 0    | 2      | 7th   |
| NHL Teams              | GP | Win | Loss | Ties | Points | Place |
| Gold                   | 14 | 8   | 3    | 3    | 19     | 1st   |
| Red                    | 15 | 7   | 5    | 3    | 17     | 2nd   |
| Blue                   | 13 | 7   | 5    | 1    | 15     | 3rd   |
| Black                  | 14 | 2   | 11   | 1    | 5      | 4th   |
| BTHL Teams             | GP | Win | Loss | Ties | Points | Place |
| Kokanee                | 8  | 5   | 2    | 1    | 11     | 1st   |
| Blue                   | 9  | 5   | 4    | 0    | 10     | 2nd   |
| Bud                    | 8  | 4   | 4    | 0    | 8      | 3rd   |
| Keith's                | 9  | 2   | 6    | 1    | 5      | 4th   |
| I/S Floor Hockey Teams | GP | Win | Loss | Ties | Points | Place |
| WLEO                   | 9  | 6   | 1    | 1    | 13     | 1st   |
| 8 AMS                  | 9  | 5   | 3    | 1    | 11     | 2nd   |
| 911                    | 9  | 5   | 4    | 0    | 10     | 3rd   |
| WTISS                  | 9  | 1   | 8    | 0    | 2      | 4th   |

# OFFICERS MESS

SUN MON TUE WED THU FRI SAT

**Retirement Mess Dinner - Friday 21 January 05**  
 Honouring: Maj (Ret'd) A. Chambers, Maj (Ret'd) G.B. Stewart, Maj (Ret'd) A. Thompson  
 Time: 18:30 for 19:00 Cost: Approx \$30.00  
 Please call the mess office or sign up at the bar if you would like to attend.  
 NLT Monday, 16 Jan 05.  
 Call the mess office for more details if required at local 3457 or 2205.

|       |       |    |                                   |   |  |                            |
|-------|-------|----|-----------------------------------|---|--|----------------------------|
| 2     | 3     | 4  | 5<br>OFFICERS MESS<br>LADIES CLUB | 6<br>MTGIT<br>Pizza<br>17:30 HRS              | 7<br>Sandwich<br>Bar<br>11:30 - 13:15                                  | 8<br>Happy<br>New<br>Year! |
| 9     | 10    | 11 | 12                                | 13<br>MTGIT<br>Golden<br>Chicken<br>17:30 HRS | 14<br>Sandwich<br>Bar<br>11:30 - 13:15                                 | 15                         |
| 16    | 17    | 18 | 19                                | 20<br>MTGIT<br>Donairs<br>17:30 HRS           | 21<br>Sandwich<br>Bar<br>11:30 - 13:15<br>Retirement<br>Mess<br>Dinner | 22                         |
| 23/30 | 24/31 | 25 | 26                                | 27<br>MTGIT<br>Subs<br>17:30 HRS              | 28<br>Sandwich<br>Bar<br>11:30 - 13:15<br>RCAF<br>Memorial<br>Luncheon | 29                         |

# JANUARY

# 2005

Food & Prizes  
Cost \$5.00 (pay at the door)  
All interested participants  
please register through the  
Mess Office at 2205 NLT 3 Feb 05

Officers' Mess  
Superbowl  
Party  
Oak Rm Bar  
Sunday,  
9 Feb 05

## Community Recreation Association Information - extension 3361/3348/2349

### PSP Facility Memberships

Dr. Phil says "Come Alive in 2005!" Make 2005 your year to make a difference. Purchase your RecPlex, Gym or Combination membership at the RecPlex. Rates available at [www.cfbtrenton.com/psp](http://www.cfbtrenton.com/psp)

### TrentCard Office

Now located at the RecPlex. A TrentCard is required in order to purchase a PSP Facility Membership.

### Astra Lanes - 5 Pin Bowling

Book your section party or sports afternoon at Astra Lanes. Special rate applies for group bookings. Licensed facility. Call the bowling alley manager Ernie Strocel at ext 3705.

### Kidz Karnival

Mark Sunday, February 13th on your calendar! It's back and it's bigger than before. Stay tuned for more details.

### Upcoming Pool Closures

- Friday, February 4th - entire day due to a swim competition
- Saturday, February 5th - entire day due to a swim competition (No swim lessons this day.)
- Sunday, February 6th - entire day due to a swim competition (No swim lessons this day.)
- Thursday, February 10th - closed from 0800 - 1300 hrs due to a swim competition.
- Thursday, February 17th - closed from 0800 - 1300 hrs due to a swim competition.
- RecPlex Gym Closed
- Saturday, January 15th and 22nd due to a volleyball tournament.

### Twaddlers on Ice

Designed for pre-school children to give them the basic skills of skating in a fun and safe environment. A helmet is recommended. Tuesdays, January 10th to March 15th. 10 - 10:20 am; 10:30 - 10:50 am; or 11:00 - 11:20 am. \$ 45 CRA Members; \$ 50 Military Community Non-members; \$ 60 general public.

# Showcase



**Betty Lou Kilbreath**  
received a certificate of service presented by LCol W.M. Roberts, WAdmO.



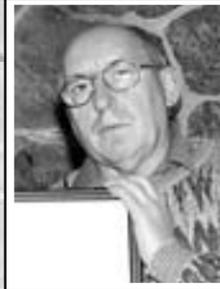
**Bryan Pearce**  
received civilian coach of the year presented by LCol W.M. Roberts, WAdmO.



**Capt Leo Phillips**  
received a promotion to that rank, presented by LCol W.M. Roberts, WAdmO.



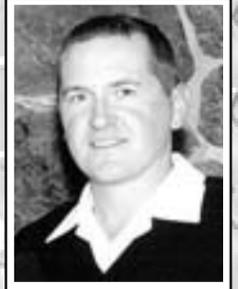
**Cpl Y.M.J. Bisson**  
received her CD presented by LCol W.M. Roberts, WAdmO.



**CPO2 C. Dionne**  
received a certificate of appreciation presented by LCol W.M. Roberts, WAdmO.



**LS E.M. Newman**  
received her CD2 presented by LCol W.M. Roberts, WAdmO.



**OCDT A.W. Goggin**  
received a promotion to that rank, presented by LCol W.M. Roberts, WAdmO.



**Cpl J.C. Lentz**  
received a commendation presented by LCol W.M. Roberts, WAdmO.



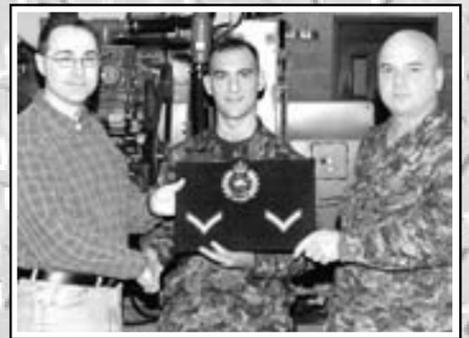
**George Sandell**  
received a certificate of service presented by LCol W.M. Roberts, WAdmO.



**Gloria Wheeler**  
received a certificate of service presented by LCol W.M. Roberts, WAdmO.



**Cpl St. Denis**  
auctioned of LCol W.M. Robert's parking spot to the highest bidder who was Maj A. Edmilao at \$100 for the months of Jan/Feb/05.



**Pte(T) P. St. Denis**  
received a promotion to that rank, presented by Maj W. Watson WCE O, & CWO G.E. Morphet.



**MCpl S. Kraska**  
received the Queen's Golden Jubilee, presented by LCol J.P.M. Fortin, A3 WOPS O.



**Cpl D. Sobczyk**  
received his CD1, presented by LCol J.P.M. Fortin, A3 WOPS O.



**WO P. King**  
received a promotion to that rank, presented by LCol J.P.M. Fortin, A3 WOPS O.



**MCpl B. Parsons**  
received his CD, presented by LCol J.P.M. Fortin, A3 WOPS O.



**Capt M.L. Taylor**  
received a promotion to that rank, presented by LCol J.P.M. Fortin, A3 WOPS O.



**Sgt J.C. Schrauwen**  
received his CD2, presented by LCol J.P.M. Fortin, A3 WOPS O.



**Sgt J.G.P. Doucet**  
received his CD1, presented by Maj K.G. McDonald, A/CO 426 Sqn.



**MCpl R.J. Skwirut**  
received his PLQ Certificate, presented by Maj K.G. McDonald, A/CO 426 Sqn.



**MCpl E.W. Fowler**  
received his PLQ Certificate, presented by Maj K.G. McDonald, A/CO 426 Sqn.



**MWO E.G.J. Poitras**  
received his CD1 presented by Maj K.G. McDonald, A/CO 426 Sqn.



**Capt M.S. Klassen**  
received a 426 Plaque, presented by Maj G.C. Leblanc.



**Sgt M.J. Douglas**  
received a 426 Plaque, presented by MWO B. Woodford.



# HOROSCOPES

ASTRO ADVICE WEEKLY By Eugenia Last  
January 16 - January 22

**ARIES** (March 21-April 19): Do your best and acquire success on the 16th and 17th. Whoever is causing you a problem will be shown up once and for all. Progressive and positive action will be your best recourse. Ignore what's going on around you. You can really get ahead on the 18th and 19th if you buckle down and do what you know and do best. The wind is at your back, and your energy is bountiful. Take pride in what you can accomplish. Opportunities must be taken advantage of on the 20th, 21st and 22nd even if you don't feel much like doing anything. Don't let personal issues stand in your way or hold you back from a good deal.

**TAURUS** (April 20-May 20): There is plenty going on the 16th and 17th. Travel, promotion, following through with plans and finding the success you've been searching for are all within your reach. Take care of legal paperwork. There will be no stopping you on the 18th and 19th, and everyone will want a piece of you. Your knowledge, great ideas and savvy way of presenting what you've got will win favours and result in praise. Take a stab at doing things differently on the 20th, 21st and 22nd and you will be a big hit among your peers. You'll have some good ideas and solutions for a job you are working on. A reminder of someone from your past may save you from making a mistake.

**GEMINI** (May 21-June 20): If someone wants to set you up for a business or personal meeting on the 16th and 17th, you must attend. Something good will unfold that can result in making money. Don't pick up the tab or donate. Love is evident, but don't let it cost you too much. Take care of money matters on the 18th and 19th. You stand to make gains if you are quick to respond to an offer being made. You should fix up your living quarters so they suit your needs better. You will be off to the races, trying to do everything at once. Slow down, or you might miss someone who is watching you with interest. Love is apparent. Take time to chat. Consider your true motivations before you proceed.

**CANCER** (June 21-July 22): You may not realize what someone expects of you on the 16th and 17th. Ask questions and demand answers. You may not like what you hear, but at least you'll know where you stand. Everyone will want something. Be prepared to say no. Everything you do to help someone out on the 18th and 19th will contribute to the way other people look at you. You are in a high cycle regarding love and romance, so don't miss out by sitting home alone. You can sign deals, make home improvements or check out real estate on the 20th, 21st and 22nd. The bonus is that there is a good chance you'll make money. Invest in a creative idea but don't overdo it or take on too much.

**LEO** (July 23-Aug. 22): You're the boss on the 16th and 17th, so act like one. The power plays you make will only make you more attractive to onlookers, especially if you manage to make headway at the same time. Travel for business or pleasure will lead to interesting talks and future deals. Everything should be about work, money and getting ahead on the 18th and 19th. Give some thought to doing something you enjoy and that will lead to a prosperous and interesting future. Sell your ideas. Prepare to accomplish and have fun. Love is in a high cycle on the 20th, 21st and 22nd, so don't miss a beat if there is someone you like to spend time with. Your contributions will pay off in unusual ways.

**VIRGO** (Aug. 23-Sept. 22): Someone may not share the information you need to take care of family business on the 16th and 17th. Spend time developing one of your many talents. Money will come in, but it will also filter out quickly. Take a moment and consider what you can do to improve your looks, your vocation or your attitude on the 18th and 19th. You need a pick-me-up, and now is as good a time as any. Positive actions bring good results. Don't let anything stop you from following through with your plans on the 20th, 21st and 22nd. You may not get everything you want, but if you are persistent, things will definitely turn in your favour.

**LIBRA** (Sept. 23-Oct. 22): Your mind will be on relationships on the 16th and 17th, but trouble is brewing and, if you refuse to address issues promptly, you will end up in a more serious situation than you are equipped to deal with. If your surroundings aren't up to par, you may find yourself getting depressed on the 18th and 19th. Do what you can to improve your home base or to brighten up your workspace. It will make a difference. You'll talk circles around anyone who wants to challenge you on the 20th, 21st and 22nd. You have an expansive view of what's going on, and although it may not be in your favour, you will know how to handle it as well as come to the right decision.

**SCORPIO** (Oct. 23-Nov. 21): Put your energy into what you enjoy doing the most on the 16th and 17th. It could turn into something lucrative as well. You should be following your heart and doing your own thing. Work hard and it won't matter what anyone else says or thinks. You'll be in demand on the 18th and 19th whether it's personal or business. Everyone will want to talk or spend time with you. Have your answers ready, don't be a martyr and you will gain respect. Money matters will escalate on the 20th, 21st and 22nd, but if you keep close tabs on what's going on, you'll end up making financial gains. Luck is with you if you play to win. Property deals look good.

**SAGITTARIUS** (Nov. 22-Dec. 21): The more you push to turn a small idea into something lucrative on the 16th and 17th, the more acclaim you'll receive. Reward yourself or celebrate your accomplishment with someone you love. You may be questioning your choices on the 18th and 19th. Give yourself a chance to develop what you feel will work for you. Someone you respect will give you great advice and a helping hand. You will be hard to resist on the 20th, 21st and 22nd but don't let that go to your head. Keep work and personal matters separate, and once you've done the best job possible, you will enjoy romance and entertainment.

**CAPRICORN** (Dec. 22-Jan. 19): What you think and do on the 16th and 17th may not thrill someone who means a lot to you. Explain your actions or compromise so that you can keep the peace. Gossip may cause a problem. What you want and what you get may be two different things. Love, romance, playful banter, games of competition and following your own path should be your quest on the 18th and 19th. You can't lose if you put your heart into what you do. Everything should be centred around taking better care of yourself, your loved ones and your pet (if you have one) on the 20th, 21st and 22nd. Take the initiative and set some new rules to follow.

**AQUARIUS** (Jan. 20-Feb. 18): Join in and discuss all the ideas you have with a friend you trust on the 16th and 17th. A short trip will prove interesting and informative. Put your plans in motion. Participate in helping others. You may have to keep matters to yourself on the 18th and 19th. A legal or financial problem may escalate if you are too open about your position. A partner will cause a problem for you. Don't leave anyone out. You have everything going for you on the 20th, 21st and 22nd. Love, romance and following a creative dream should be penciled in. You will enjoy unusual forms of entertainment, so be a participant and good things will happen.

**PISCES** (Feb. 19-March 20): Focus on work and avoid personal issues or making promises to a group you know little about on the 16th and 17th. You have to do what counts in the present and where you know you will gain the most. Learning or gathering up information on the 18th and 19th will lead to an excellent decision as well as a connection to someone who will help you in the future. Talk, travel and meet new people. Feel good about who you are on the 20th, 21st and 22nd. Don't put too much emphasis on someone who ridicules you. Follow your own path instead of being a chameleon. Learn to say no and you'll feel better.

# Infection control--here's what you can do



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

Mention "infection control" and the first workplace to pop into your head is probably "hospitals". However, hospitals are not the only place where you have to be concerned about controlling the spread of infections.

When it comes to a healthy work environment, be aware of the spread of all kinds of "germs" - micro-organisms such as bacteria and viruses which cause illnesses. How about germs found in dusts or illnesses which can develop due to lack of proper ventilation? These germs may not kill you, but they can make you sick and take you away from your job. Who likes to be laying in bed with a fever, runny nose and sore throat?

Here are a few ways to combat potential infection in your workplace.

- Wash your hands. This small task only takes a few minutes, but it could save you a week to 10 days of headaches, nausea and sinus congestion caused by colds, flu or gastrointestinal upsets. Use a mild soap when washing up and wash your forearms as well. While you don't have to wash your hands every 10 minutes, it is a good idea to wash them before and after using the toilet, before and after eating, before and after work, before applying cosmetics or lip balm and before handling contact lenses.

- Remember; the smallest cut is large enough for disease-causing micro-organisms to enter. Wash cuts and scrapes properly and cover them with a clean bandage. If you think your cut may be too severe to handle by yourself or if you are not sure if your cut is cleaned properly, get immediate medical attention. Neglected cuts can become seriously infected down the

road. Always thoroughly clean up the blood and disinfect the area with bleach.

- If you are really sick, don't go to work. The last thing you want to do is infect others with whatever you have. Stay home, get plenty of rest, and drink lots of liquids. If your illness lasts longer than a few days, or if you have a fever, visit your doctor or local medical clinic.

- When blowing your nose at work, dispose of the tissue immediately. Leaving it lying around where someone else may touch it accidentally is a sure way to spread the misery of colds or the flu.

- Try to avoid the "communal coffee spoon" in your lunch room, and don't share your cup with others. Coffee cups and other utensils should be washed in hot, soapy water. Sinks and counters should be kept disinfected and dry. Disposable paper towels, rather than cloth ones, should be used for wiping dishes in shared kitchens.

There are viruses that can kill, like HIV (Human Immunodeficiency

Virus) or HBV (Hepatitis B Virus). These are blood-borne pathogens (diseases carried by the blood). Thanks to ongoing research, new information is constantly coming to light about these diseases, but one thing is known for sure — people in all types of work environments must be made aware of bloodborne pathogens. It is very likely your workplace has procedures telling you how to guard yourself against potentially dangerous situations which may expose you to HIV or HBV. Read these procedures thoroughly; they may save your life.

No one is going to be able to halt the tide of all the disease-causing germs floating about, but if you take precautions, you can limit them from spreading.

Make it your responsibility to learn all you can about bloodborne pathogens. Pamphlets, brochures and books are available in health units and hospitals in your community.

Go to the experts to learn about this subject.

LOCAL SERVICES
AND TRADES

To Serve You

Classified Advertising 392-2811 ext 3976 24 Hour Faxing 965-7490 e-mail:MacDonald.3@forces.gc.ca

|   |   |  |   |
|---|---|--|---|
| <p style="text-align: center; font-weight: bold; background-color: black; color: white; padding: 2px;">Antiques &amp; Collectibles</p> <p style="text-align: center; font-weight: bold; padding: 2px;">Paul's Bayview Market</p> <p style="font-size: 0.8em;">Belleville's newest market featuring: antiques, collectibles, knitting, baked goods &amp; jewellery, flea market <b>PARK &amp; SELL</b><br/> <b>OPEN 7 DAYS/WK 968-5715</b><br/>                 3910 Hwy # 2 East Belleville</p> | <p style="text-align: center; font-weight: bold; background-color: black; color: white; padding: 2px;">Drywall</p> <p style="text-align: center; font-weight: bold; padding: 2px;">Mercier Drywall</p> <p style="font-size: 0.8em;">For all your drywall needs<br/>                 • Installation &amp; Finishing<br/>                 • Free Estimates<br/>                 Residential &amp; Commercial<br/>                 20 years experience<br/> <b>Call 969-1243</b></p> | <p style="text-align: center; font-weight: bold; background-color: black; color: white; padding: 2px;">Eavestrouging/<br/>Siding</p> <p style="text-align: center; font-weight: bold; padding: 2px;">"RICH" HOME IMPROVEMENTS</p> <p style="font-size: 0.8em;">• Roofing<br/>                 • Windows<br/>                 • Fascia &amp; Soffit<br/>                 • Eavestrouging<br/>                 • Vinyl Siding<br/>                 Tel &amp; Fax: <b>(613) 475-3749</b><br/>                 Cell: <b>(613) 827-8218</b></p> | <p style="text-align: center; font-weight: bold; background-color: black; color: white; padding: 2px;">General Contractors</p> <p style="text-align: center; font-size: 0.8em;"><b>LUYMES</b> Construction Ltd.<br/>General Contractors</p> <p style="font-size: 0.8em;">Kitchen &amp; bathrooms, rec-rooms, additions, replacement windows, refacing kitchen fronts &amp; stairways, textured ceilings &amp; fireplaces.<br/>                 613-848-9996<br/>                 962-8795<br/>                 E-mail: <a href="mailto:luymes@reach.net">luymes@reach.net</a><br/>                 Free Estimates<br/>                 In business since 1967<br/> <a href="http://www.luymesconstruction.com">www.luymesconstruction.com</a></p> |
| <p style="text-align: center; font-weight: bold; background-color: black; color: white; padding: 2px;">Painting</p> <p style="text-align: center; font-size: 0.8em;"><i>Dougy's Decor Services</i><br/>Interior - Exterior Painting<br/>• Drywall Repairs<br/>• Decks &amp; Siding Staining<br/>Peterborough 705-761-5046 Belleville 613-969-5016<br/>Professional Workmanship</p>  | <p style="text-align: center; font-weight: bold; background-color: black; color: white; padding: 2px;">Roofing</p> <p style="text-align: center; font-weight: bold; padding: 2px;">W &amp; E</p> <p style="font-size: 0.8em;">Roofing &amp; Construction<br/>Shingle Roofs, Vinyl Siding, Fascia &amp; Soffit, General Repairs, "Year Round Roofing"<br/>                 Free Estimates<br/> <b>969-8109</b></p>   | <p style="text-align: center; font-weight: bold; padding: 2px;">This spot could be advertising your business.</p> <p style="text-align: center; font-weight: bold; padding: 2px;">Call 392-2811 ext. 3976 for details!</p>   | <p style="text-align: center; font-weight: bold; background-color: black; color: white; padding: 2px;">Washer &amp; Dryer Repair Service</p> <p style="text-align: center; font-weight: bold; padding: 2px;">Bryon Mastin</p> <p style="font-size: 0.8em;">Repair Service<br/>Specializing in residential &amp; commercial laundry equipment<br/> <b>Cell: 613-849-9897</b></p>   |

# Community Events

## CENTRE THEATRE - TOTALLY RENOVATED INCLUDING D.T.S. SOUND

### BIRTHDAY PARTIES ARE NOW AVAILABLE

**Matinees**  
Saturday, Sunday & Tuesdays

**MOVIES**  
MOVIES  
MOVIES

**MOVIE LINE-UP**

- Electra (PG) 1:00 7:00 9:10 (Weekend)
- Racing Stripes (G) 1:05 7:05 9:15 (Weekend)
- Meet the Fockers (PG) 1:10 7:05 (Mon to Thursday) 7:10 9:20 (Weekend) 7:10 (Mon to Thursday)

GENEROUSLY SPONSORED BY  
THE CENTRE THEATRE

CALL  
**392-4211**  
FOR INFORMATION

Coming Soon: Trenton Sting Night (Tue. Jan 18) Doors Open @ 6PM, Autographs, Door Prizes 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](mailto:leblanc.al@forces.gc.ca), at least 10 days prior to your event. Call 392-2811 Ext. 7005 for more information.

St. John Ambulance Quinte will be holding an Open House on Thursday, January 20 from 7-9 pm.

St. John Ambulance is a non-profit organization whose volunteers provide first aid coverage to many community events throughout the year. All training is provided to volunteers. Anyone interested in becoming a volunteer with St. John Ambulance is invited to attend the Open House at 417 Montrose Road in Belleville.

### TRENT VALLEY QUILTERS GUILD

Regular monthly meeting January 18th., 2005, 1p.m. sharp  
King Street United Church, Trenton (side door)  
New members always welcome  
For information, contact Marcy at 965-0491

### WINTER CARNIVAL 2005

It's coming sooner than you think!  
More presents, chocolate, candies, love... can you handle it?  
This year's Winter Carnival has a Valentine's day theme, so hurry up while love is in the air and get your team together for a fun-filled day of games and laughter.

**When:** Friday, Feb. 4  
**Time:** 09:00 to 12 noon (BBQ to follow)

**Where:** Baker Island  
Teams of eight participants plus one volunteer to assist the PSP staff.

For more information or to register your team, contact Tammy Whalen at the gym at local 2822.

### EVER BEEN INVOLVED WITH COMOX VALLEY MINOR HOCKEY?

If so, we would like to hear from you. We are writing a book celebrating 40 yrs of minor hockey in the Comox Valley. Please send any interesting pictures, stories, accomplishments, trivia, etc to:  
CVMHA history book, 3020 Barford Cres, Courtenay, BC V9N 9L6  
or email to: [ponting@shaw.ca](mailto:ponting@shaw.ca).  
Deadline for submissions is 30 Jan 05 please.

The Macintosh Users' Group (MUGS) meets the third Thursday of each month, at 7 p.m. in room P13, the Pioneer Building, Loyalist College, Belleville. At the next meeting, on January 20, Douglas Rickaby is scheduled to present:  
*"A Demonstration of Non-Linear Editing for Macs and Most of Today's Home Computers."*  
For more information, please call Harriet at 392-4449 or Jackie at 969-9387.

### WANTED!

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

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

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

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

**REYKJAVIK** Saturday, August 20, 2005

**AMSTERDAM** Sunday, October 16, 2005

**BERMUDA** November 2005

**HONOLULU** Sunday, December 11, 2005

**ROME** March 2006

**TEAM DIABETES CANADA**

Walk or Run one of the great marathons of the world.

Changing lives. One step at a time.

Know who to turn to

Partners in Progress

Aventis is proud to support diabetes research, education, service and advocacy in Canada through the Canadian Diabetes Association. Presence of the Canadian Diabetes Association logo does not constitute an endorsement of the products or services of Aventis.

**1-800-BANTING (226-8464) • [www.teamdiabetes.ca](http://www.teamdiabetes.ca)**

### PREPARE TO RESPOND AND REGISTER NOW!

Take a Red Cross Standard First Aid/CPR Course at the Red Cross Quinte Branch.  
365 North Front Street, Suite 212, Belleville

To register, or for more information, call 962-9122 today!

# 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.

Please recycle this newspaper!

## 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

## Business Services

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

**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

**KEITH STEIN Appliance Service Ltd.**  
PARTS & REPAIRS to all makes of refrigerators, freezers, air conditioners, dehumidifiers, washers, dryers & stoves.  
We certify appliances  
For service call 962-4048  
For parts call: 966-6966

**SIT BACK, RELAX, ENJOY**  
  
**CONTACT**

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

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

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

## For Rent

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

**House For Rent**  
1300 sqft modern bungalow in a prestigious Brighton retirement area. Main floor 3 bedrooms, full bath, living/dining, eat-in kitchen. Lower area family rm. with gas fireplace, guest rm, full bath, office, laundry with washer & dryer. Garage, beautifully landscaped yard. No pets, year lease, references. \$1200 per month, first & last. Call Leah 613-849-0660.

**House For Rent**  
10 - minutes east CFB Trenton, adult 2-bedroom duplex with fridge & stove; \$650/month plus utilities, non-smokers, 1st & last, references. **613-961-1104**

**Coming Events**  
**ROMEO & JULIET'S LOST & FOUND!!**  
What single has your LOST item? Find out next Singles DANCE! For really lost items..call the legion; Mix & Mingle ice breaker! **Sat! JAN 15th** **Belleville Legion Top Floor 9pm** no ball caps, 613 392-9850 [www.romeoandjuliet.ca](http://www.romeoandjuliet.ca)

## For Sale

**Belleville Volkswagen Previously Enjoyed PASSATS**  
  
2002 Passat - Silver, auto., V6, power group, leather, sunroof, alloys, really clean local trade. 92,000 kms, VW cert. \$23,900

2000 Passat - 4 cyl, auto, power group, sunroof, alloys, local trade, 79,000 kms, VW certified. \$13,900  
  
All prices +Admin., GST & PST & licensing Call Paul at

966-3333  
239 North Front Belleville  
[www.bellevillevw.com](http://www.bellevillevw.com)

**CONSERVE ENERGY!**

Bridging the Gap presents the  
8TH ANNUAL  
**Bay of Quinte WINE FESTIVAL**  
February 5, 2005  
3:00 to 8:00 p.m.  
Loyalist College, Belleville  
Wine • Hors d'oeuvres • Silent Auction  
Advance Tickets \$20 • At the Door \$25  
Price includes tickets for sampling your choice of food or wine!  
TICKET LOCATIONS:  
Brewery's @ Dundas St. E., Belleville  
Friesman's Winemaking & Brewing Super C Place, Belleville  
Wine Rack Queen Mall, Dundas & Union Sts. and the Terrace, Trenton  
Belleville Beer & Wine 600 Dundas St. E., Belleville  
CAMEL BEER Road, CFB Trenton.  
Additional Information: Please call (613) 962-3239  
All proceeds benefit local children.  
2005 FESTIVAL SPONSORS  
**McDougall** O'Flynn Weese Tausendfreund LLP  
Bartenders and Solicitors  
Printing Courtesy of Easy Print, a Division of Economic Communications Group, Belleville

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

**Win two tickets to the Quinte Wine Festival!**  
Unscramble the following words and submit this ballot, along with name & phone # to the Contact no later than January 30 for your chance to win.  
razshi  
mtetheroreme  
bjaasiloeu  
gynrduub  
nlriise  
Draw date: Feb. 3/05. The Contact is located on the lower level of the Headquarters Building, beside the Post Office.

  
Have an opinion or story to tell? Want to be published?  
Write a letter to the Editor  
Email: [LeBlanc.A@forces.gc.ca](mailto:LeBlanc.A@forces.gc.ca)  
forces.gc.ca  
Fax: 613 965-7490  
The Contact Wing Headquarters Building Annex 8Wing /CFB Trenton PO Box 1000, Station Forces Astra, ON K0K3W0  
All letters must be signed and the names will be published unless otherwise requested. 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, fax, email or drop it off in person to the Contact office.

## Crossword Answers

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



**News we can use?  
Give us a call -  
local 7005 or 3978**

**Posted to Greenwood?**

We can help you make the right move. We have extensive knowledge about the local market and will give 100% of our time to your HHT. Call or email today and ask us about our FREE 1 Year HOME WARRANTY PROGRAM exclusive to our buyers and sellers.



Cliff and Laura Fitzharris  
Sales Associates

**QSC**  
Home: 1-902-765-1163  
Cells: 1-902-844 0851/0852  
Work: 1-902-765-4437  
lfitzharris@brucegm.com  
www.brucegm.com

**Bruce GMAC**  
Real Estate  
Members of the Canadian Forces Relocation Program

**CF runners take part in CISM Training Camp**

by Laurie McVicar  
Assistant Editor

If you're going to train as a runner, what better place to do it than somewhere tropical?

Second Lieutenant Phillip Meikle of 8 Wing/CFB Trenton was part of a 18-person team of Canadian Forces personnel that took part in the CISM training camp from November 29 to December 6 in Barbados.

"We completed two to three high intensity running workouts each day for the duration of the camp. At the end of the camp we participated in the Run Barbados series," stated 2Lt Meikle. "The entire team ran five km of the event as a team time trial."

The week was in



Photo: Submitted

**Athletes who participated in the CISM Running Camp, held November 29 to December 6, take a break to pose for a pic in the Barbados sunshine.**

preparation and selection for upcoming international CISM events and an overall success, stated 2Lt Meikle.

"I had previously competed on a national level as a sprinter in the 200m and 400m. This camp was my first opportunity to train for cross-country at a high level, running with very good and experienced distance runners," he said. "Traveling to Barbados provided the

chance to do high intensity workouts outdoors that are impossible to do with the Canadian winter. I have been to a number of training camps outside the military since I began running, but this was certainly the most difficult physically as we had both running and strength training workouts each day."

The team also had the fortune of working with the head coach of the Barbados Defense

Force Running Team, who hosted the camp.

"(It) provided everyone with a different approach and perspective. It was also a rare opportunity for the team to get together and train everyday without having to worry about the pressure of a competition," said 2Lt Meikle.

For more information about the team, contact Richard Hartnett at hartnett.ric@forces.gc.ca.

**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

**Nobody works harder for you than RE/MAX**



Trenton 392-6594  
Brighton 475-6594  
Toll Free: 1-800-567-0776  
Check us out at... www.remaxtrent.com

**Posted to Kingston in 2005?**



**Don Wyld, CD**  
Military Authorized Realtor

**Automatic Buyer Representation**

If a posting to our beautiful "Limestone City" of Kingston is where you are headed, please give me a call at the "TOLL FREE" number below and I will send you a "Worry-Ender 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 Barriefield 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

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

**POSTED THIS YEAR?**  
CALL ANDRÉ (Andy) MARTIN, CD1



HELPING DND MEMBERS BUY OR SELL SINCE 1990

"LIFETIME AWARD OF EXCELLENCE"



1-800-263-2177  
394-4837 "Service Bilingue"  
253 Dundas St. E., amartin@royallepage.ca  
Trenton

André (Andy) Martin CD1  
RCAF/CF RETD  
Sales Representative

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



**Century 21**  
Lantern Real Estate Ltd.

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



\$179,900.00

**RIGHT ACROSS FROM SCHOOL-** Hardwood flooring in sunken living room & bdrm's. Updated kitchen, windows, siding, hydro panel, paved drive, shed-all in 2003. Fully fenced backyard. Call Darren\* 613-849-4481.



\$109,900.00

**THIS IS A "DOLL HOUSE"** Immaculate low maintenance 2 or 3 bdrm home. Patio doors to patio and private fenced yard. Main floor laundry. New tilt-out windows, new carpet, new kitchen & laundry room floors, new roof. Call Connie\* #2046687



\$86,900.00

**GOOD STARTER-** 3 Bdrms, large deck, oak cabinets, hardwood floors, nice back yard. Single car garage, some newer windows. Call Shelly Gregory\* 922-4527. #2045415.



\$145,900.00

**CONVENIENCE -** Can be yours with this 2 storey home with 3 bdrms, near schools, playground & tennis court. Lots of upgrades-gas heat, full basement, fireplace in living room, new kitchen oak cupboards. Call Helen\* for appt. #2046983.

\*Sales \*\* Associate Broker



**This winter, keep your business out of the cold. Advertise with Contact**

# Keep Sales Rolling with a "REAL DEAL" from Ralph Neale

## 2005 Dodge Caravan



**"Minivan:** While our Caravan, Grand Caravan and Town & Country sales were up nearly 3% year over year, GM was down 7%, Ford was down 32%, Mazda down 25% and Honda was down 2%. As a result, we continued to grow share capturing 35% of this key segment! As the only Minivan to offer the innovative and segment-exclusive Show 'n Go seating, it's no surprise that we continue to dominate. In fact: our Minivans in 2004 outsold the Chevy Venture, Chevy Uplander, Ford Freestar, Toyota Sienna and Nissan Quest... *combined!*"

B.B. Clement, Vice President Sales - Daimler Chrysler Canada

**WIN A  
46" TV!**  
ONE PURCHASER OF A  
CARAVAN between Jan. 14th  
and Jan. 31st, 2005 will WIN A  
46" COLOUR TV from Leons!



Glen Miller &  
Hwy 401 -  
Trenton



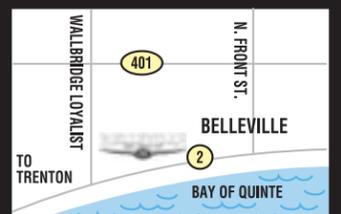
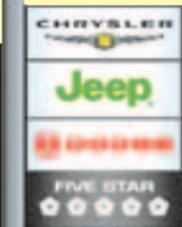
**PHILIPS  
46" WIDESCREEN  
HDTV READY**  
• High Definition 1080i display capability  
• 16:9 wide aspect ratio for  
theatre like picture  
• Virtual Dolby Surround sound

M.S.R.P. \$30,475 Stk#5281

**"REAL DEAL" PRICE** **\$19,898** OR **\$149** \* BI-WEEKLY  
or **super-size** to **GRAND CARAVAN**  
**\$24,893** OR **\$169** \* BI-WEEKLY

GRAND CARAVAN includes all options on the Caravan plus 16" alloy wheels, quad seating, keyless entry, 3 zone air conditioning and more!

\* All prices plus taxes, destination, licence and dealer admin. 2005 Caravan Financing @ 7.95% over 96 months, APR \$9,081. COB. Zero Cash Down on Delivery. OAC. All rebates to dealer. 2005 Grand Caravan the same except C.O.B. is \$10,955. See dealer for more information.



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

www.bellevilledodge.ca  
HWY#2 W. BELLEVILLE

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