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Globemaster expands operational use

by Joel Wiebe
 Contact Staff

For the first time, a Canadian Globemaster III is being used for a Replacement in Place (RIP) of troops in Afghanistan.

8 Wing’s CC-177, along with several CC-130 Hercules, is working out of Camp Mirage, bringing passengers and freight on the two-hour flight to and from Kandahar. From there, the people and cargo will be placed on a CC-150 Polaris for their return flight home.

“It’s based out of Camp Mirage, and we’re going to Kandahar for the rotation of personnel,” said Warrant Officer Pete Lessard, a loadmaster with 429 Transport Squadron. “It’s going to be a combination of passengers and (freight), but mainly passengers.”

The airplane can be unloaded and reloaded in about two hours, giving them a quick turnaround time. He said the process will get smoother as new equipment is acquired.

“Now that we have the capability, being the first time that we’re doing it, we’re eventually going to get involved to a greater degree because we’ll be

getting two more aircraft,” he said.

The airplane itself can be fitted to carry 102 passengers, along with cargo.

“The reaction you get from passengers is: (looks up and around) They’re sitting in the back, and of course, it’s so big. You don’t have the baggage rack right above your head – you’ve got at least 10 to 15 feet above your head. You’ve got a lot more legroom, that’s for sure,” said WO Lessard.

“Compared to the Hercules, it’s a lot bigger – capacity is a lot higher,” said Captain Simon Potvin, a CC-177 pilot.

Capt Potvin remarked about how surprising it is that the CC-177 is so comfortable. He also said it is much quieter than the Hercules since it uses jet engines.

As a loadmaster, WO Lessard is responsible for the loading and unloading of the aircraft, along with operating some aircraft systems and doing minimal servicing of the airplane.

The CC-177 is getting more involved in bigger operations, which is something WO Lessard sees continuing for some time.

“Like everyone at the squadron says, we have to start walking before

we can start running. So, now that we’re somewhat walking comfortably, I can see us in the near future starting to pick up the pace a little bit, take on more challenges,” he said.

“Right now we’re learning about the airplane – it’s a brand new capability,” said Capt Potvin. “We don’t have a lot of experienced guys on it, so we’re still in the learning process of what the airplane can do.”

Compared to some of our NATO allies, he said Canada is moving ahead quickly. He said Australia had its C-17 for a year before using it for operations. Canada had ours for about two weeks before it took off into operational use.

The addition of the CC-177 means the Hercules aircraft won’t have to burn as many hours doing strategic airlifting, and can be used more for tactical operations. The sheer size of the airplane means in some cases it can take in one load what could take five CC-130s to do.

“The Hercules is a tactical airplane, it was built for that. We’ve been using it as a strategic airplane because we didn’t have anything else. Since we have this new capability with the **See CC-177 Globemaster III, Page 2**

SNOW REMOVAL



Photo: Joel Wiebe, Contact Staff

Shown above is one of the many pieces of equipment used for snow removal at 8 Wing/CFB Trenton. There are a total of four crews from Heavy Equipment (under Wing Transportation/EME), which operate on rotating 12-hour shifts. Ensuring that snow and ice is cleared from the grounds of the Wing is no easy task, but is one that Heavy Equipment personnel take seriously. Crews work around the clock to ensure the safety of those working at 8 Wing/CFB Trenton. At times the task at hand can take up to one week to clean up after a heavy snowfall. *See story and more photos on Page 3*

WING LOGISTICS BRANCH CELEBRATES 40 YEARS

Photo: Cp Frieda Van Putten, 8 Wing Imaging



The Wing Logistics Branch celebrated their 40th birthday on February 1, 2008 in the Astra Lounge at 8 Wing/CFB Trenton. A special birthday cake to help celebrate the event was cut by (left to right): Chief Warrant Officer George Martin, Lieutenant-Colonel Carrie Fortier, Major Bernie Paquet, Lieutenant-Colonel Debbie Miller and Master Warrant Officer Brian Doggett. The branch motto, by which logisticians are inspired, is *SERVITIUM NULLI SECUNDUS*. This Latin phrase is inscribed on the Branch Badge. Translated, the inscription means “Service Second to None”. Logisticians provide service in terms of material, personnel, facilities and services to all other persons in the Canadian Forces. “Second to None” means that Canadian Logisticians provide service better than any other logisticians in the world, military or civilian. This is not an idle boast. The Canadian Forces have earned international recognition as professionals in the field of logistics, particularly through United Nations commitments. Her Majesty Queen Elizabeth II approved the Logistics Branch badge in 1972.

IN THIS WEEK’S ISSUE

- **Wing Commander’s Column**
...Page 2
- **Snow Removal**
...Page 3
- **Staying Responsive**
...Page 5
- **View From the Pine**
...Page 6
- **March 1st, I QUIT!**
...Page 9
- **Exercising the Heart**
...Page 11

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Wing Commander's Column

A message from Colonel Mike Hood



I am sure that a few of you have arrived to work only to find that your "usual" parking spot is not accessible due to a lack of snow removal – I can appreciate the frustration you may feel when your normal routine is inconvenienced.

Well, given the amount of snow that has fallen in the Trenton area this winter, I think it is about time that we all get the big picture of what it means for the SNIC team when 8 Wing/CFB Trenton is covered in almost 24 cm of snow, as it was last Friday.

First, let's look at the Heavy Equipment Section responsibilities.

They are responsible for the maintenance of the entire airfield, all of the roadways and parking lots within the Restricted Area, as well as the roads and parking lots of the North and South working areas of the Wing.

They are also responsible for clearing the Mountain View airfield as directed by Wing Ops to support flying operations.

Whenever there is a snowstorm, all of these responsibilities must be prioritized to ensure our

ability to continue flying operations.

The main priority is of course to clear the runway, taxiways and aprons, along with the emergency and fire routes of the Wing.

Quite impressively, it only takes about 45 minutes to clean our runway to the minimum operational requirement – but this essentially sees the majority of our available assets, three Runway plows and sweepers, dedicated to this task.

Then come the roads to which Heavy Equipment dedicates at least one vehicle.

Clearing the roads takes a bit longer due to the wide network that falls under the Wing's responsibility, often exacerbated by the need to salt or sand as well.

Once the snow stops and the Priority One areas are cleared, then the rest of the priorities, including parking lots, are addressed.

The section attempts to do all this within 72 hours from the time the snowfall stops with small but very effective crews working on shifts around the clock. This is obviously a very demanding task

when you stop to think about it – more so when you consider how much snow we have had this year.

Upon reflection, I'm sure you would agree that they deserve both your patience and appreciation despite how much snow you may find in your parking spot!

Bottom line, the Heavy Equipment team is providing outstanding service to this Wing and I hope that you'll join me in thanking them for their excellent effort next time you see them at work as you are all heading home during the next snowstorm.

To all of the SNIC team, please accept my sincere appreciation on behalf of the entire Wing – even those who may have once or twice complained about a parking spot.

You exemplify the best traits of our 8 Wing support staff; you work hard, generally with little recognition, but you remain the critical entity to ensuring that 8 Wing winter operations are successful.

I can assure you that your continuous efforts do not go unnoticed by me or the entire Wing leadership.

CC-177 Globemaster III, Continued from Page 1

CC-177, now we're just placing each piece in the right place," said WO Lessard.

The two members of 429 Squadron stressed that it is not a competition between the Hercules and Globemaster crews; they are working together in their separate roles.

429 Squadron has only been up and running since August, and so many personnel are still being trained. As these people finish their training, this will also help the Squadron to expand its operations.

The crews still have more to learn about the aircraft itself and its capabilities.

Capt Potvin said crews that have worked with it for several years are still learning more about the Globemaster and what it can do.

"I haven't seen a situation where we've said: no, we can't do that," he said. "Sometimes you have to adapt yourself, but still, we'll always be able to accomplish the tasking we receive."

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



8 Wing is now home to two new pieces of equipment that will make everyone's lives much easier. Shown here (left to right) are WO D. MacIntosh, MWO J. Blain and Capt R. Tucker of Tn/EME Sqn. They are all smiles as they familiarize themselves with one of the new K-60 Tunners which recently arrived on our snowy tarmac. The new machines will greatly improve 8 Wing's capacity for loading/unloading aircraft and give the tired old K-35 a much needed rest.

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Snow removal keeps crews busy around the clock

by Joel Wiebe
Contact Staff

It's 6:15 a.m. and the snow is falling quickly. The people who are up and out of their beds may be hoping they won't have to go into work, or will at least be dreading the drive there.

Master Corporal Francois LaPointe is already at work, getting ready to take over the next snow removal shift at 7 a.m.

"Being the crew chief is one of the toughest jobs I've done," he said. "You have a lot of responsibility."

The base has four crews from Heavy Equipment (under Wing Transportation/EME), which operate on 12-hour shifts to clear snow through the winter.

"So far it was a tough season, we had a lot of snow," he said between interruptions from the radio.

As crew chief, he spends most of his day directing the crew, which means the radio in his blue pickup truck is constantly making noise.

"There's always something to do," he said.

MCpl LaPointe is the contact person for snow removal when his shift is on, and so he gets calls from people frustrated that their parking lot hasn't been cleared. What people don't always understand is the priority system used across the base for what gets cleared and when, as well as the sheer size of the job. It usually takes a week to clean up a good snowfall, even with the 24-hour work done by heavy equipment.

"There are red, blue, and yellow priorities, and we always go with priorities," he said, pointing to the multi-coloured roads on his map of the base.

Even with these three levels of priority, certain places are deemed more important than others, especially some of the red (most important) zones. The airfield and fire route around the base are both top priorities.

"Nobody will work over here if the airfield is closed. The airfield for us is the red one. It's the red, red, red one," said MCpl LaPointe. "Then the main route, because we have to open that for

firefighters to be able to extinguish a fire if there is one. They need access to any building."

The day and night crews also have different priorities. Since most of the parking lots are full of cars during the day, the day crews clear other areas and do a lot of maintenance on the machines. Since the base is nearly devoid of personal vehicles at night, the crews plow out the parking lots as well as other areas.

"I prefer the night shift because it's quieter. You can work quietly, nobody is on your case," he said.

Despite this preference, he said there are advantages and disadvantages to both shifts.

"The day crews don't have to deal so much with ice. The night shift will deal with ice because of the temperature drop," he said.

MCpl LaPointe has a very evident passion for his work. While it is a difficult job, he enjoys the sense of accomplishment he gets at the end of the day (or night).

"It's really something important, and it has to be done," he said.



Photos: Joel Wiebe, Contact Staff



The Snow removal crews are hard at work around the base. Top: A snowplow towing a sweeper cleans the pavement on the airfield. Above: An Oshkosh snow removal machine sits in the flightline next to a CC-130 Hercules.

It's not all reaction work that he does – he has to brace for future weather. This sometimes means putting expensive chemicals on the runway so that freezing rain won't stick to the runway.

"When ice is coming, then you are nervous, because you don't want to lose the airfield," he said.

Though this week wasn't the coldest we've had recently, the warm melting snow is quite heavy and can make for a lot of ice at night.

Not only does 8 Wing/CFB Trenton have to be cleared, but heavy equipment is responsible for clearing the runway at Mountainview.

When the roads, taxiways, and parking lots have been plowed, the snow sits in huge piles which have to be removed. On the south side of the base, the snow is hauled to the cadet camp and blown into the field.

"So far this season, it's been crazy," he said.

The machines residing in the heavy equipment building aren't

cheap. One machine, known as the Oshkosh, is a large sweeper/blower that has two engines. One drives the wheels, and a 1,000 hp diesel powers the hydraulic pump that works the sweeper and blower. This beast of a broom runs for about \$715,000.

There is a lot of maintenance for crews to do. A typical broom lasts about 100 hours before it needs to be rebuilt, which adds up to about four or five days of continuous use. It also means there is almost always a broom that needs to be rebuilt.

With the assistance of complex airport technology, MCpl LaPointe is able to control what two of his machines can do from his truck. He flips open the laptop and can pin-point what he wants where, and how much. All the other vehicle needs to do is drive over that spot and the machine automatically does what it's told.

One of the more heart-stopping procedures MCpl LaPointe does is a grip test. There are several ways to do it; one of which involves

towing a contraption behind the truck. The other uses a component built into the truck that measures the grip that the wheels have.

He puts the truck in neutral and sets the machine. As he hits the gas, he says "hold on."

With that, the truck hits 60 km/h and then screeches to stop, leaving four black lines on the asphalt. Sure enough, there's plenty of grip.

In the summer, when the snow clearing is done, MCpl LaPointe and his crew do construction and grass cutting. There is so much grass around the base (including Mountainview) that it is a never-ending job.

MCpl LaPointe is a mechanic by trade, but has been with Heavy Equipment for four and a half years, and a crew chief for one and a half years – out of about two decades he's spent with the military. This meant there was a lot to learn when he started here, especially when it came to the capabilities of the machines.

"We have a good crew, all of us," he said.

Search & Rescue UPDATE



424 squadron had a very quiet week this past week. There were no SAR call-outs. We busied ourselves with training when the weather allowed us to fly.

Until next time, stay alert and stay safe.

Missions for 2008: 13 Missions for Feb.: 0 Persons rescued: 3

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 Mike Hood, CD, Wing Commander, 8 Wing / CFB Trenton.

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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 (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
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- Please label all disks and hard copies with article name, contact person and phone numbers, date.
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Canadiana Crossword

The Candy Man

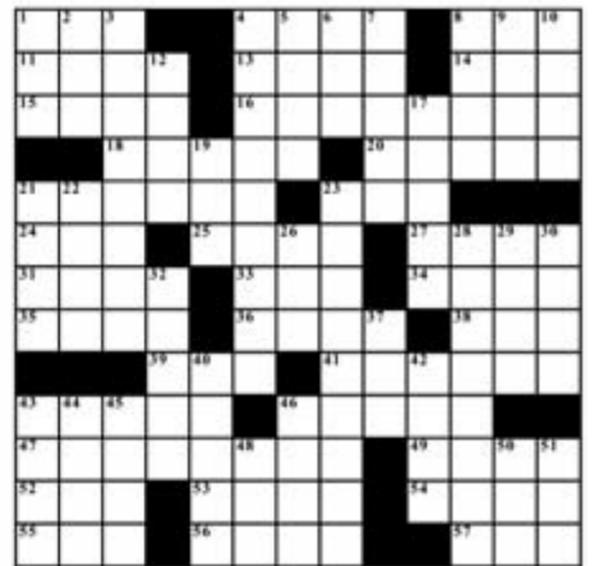
By Bernice Rosella and James Kilner

ACROSS

- 1 Fuss
- 4 Until
- 8 Alphabet run
- 11 French for wolf
- 13 Close
- 14 Gambling debt, slangily
- 15 Greek letter
- 16 Set of bells
- 18 Resided, old style
- 20 With 32 Down, 1987 Candy movie
- 21 Leech
- 23 Grain container
- 24 Lion
- 25 Coin of ancient Greece
- 27 Prefix denoting outer
- 31 Goes astray
- 33 Stringed instrument, slangily
- 34 Kitchens of ____ Lee
- 35 Tuft
- 36 Home, in Cartagena
- 38 After expenses
- 39 Inquire
- 41 1984 Candy movie
- 43 Teacher
- 46 Passed a bad cheque
- 47 ____ a Crime, 1992 Candy movie
- 49 Betrayer
- 52 Shade tree
- 53 Piquancy
- 54 A taste of Tijuana
- 55 Add colour
- 56 Resorts
- 57 Toff

DOWN

- 1 Bishop's vestment
- 2 Buck's mate
- 3 The Great ____, 1988 Candy movie



- 4 1989 Candy movie (2 words)
- 5 Tidy
- 6 Nautical sealant
- 7 Small antelope
- 8 Invoice
- 9 ____ Runnings, 1993 Candy movie
- 10 Reminds a late payer
- 12 Chess piece
- 17 Alleys
- 19 Sense of self
- 21 Spate
- 22 Winkle or meter precoder
- 23 Benedictions
- 26 AKA Kanasetake

- 28 ____ Bacon, 1995 Candy movie
- 29 Very, in Vercheres
- 30 Vow
- 32 With 20 Across, 1987 Candy movie
- 37 Likely
- 40 Closes
- 42 Departed
- 43 Dorm dweller
- 44 ____ the Lonely, 1991 Candy movie
- 45 Pinnacle
- 46 Hawaiian city
- 48 Drivel
- 50 Mil. rank
- 51 Waterbuck

See Answers, Page 18



This Week in Contact

1978 – Cavalcade Disco will present its grand opening television special in colour on Cablevue 4 at 9 p.m. on Valentine's Day, Tuesday, February 14. The show is called "BASE BOOGIE TIME" and will be a thirty minute DISCO DANCE session featuring young people's groups from schools and communities all over the Quinte area. Our first show will feature the Astra Teen Club from Middleton Park who are providing approximately 20 dancing pairs to liven up the proceedings.

1988 – More than 3,000 soldiers and airmen are taking part in an exercise to test immediacy of response in several regions throughout Canada from January 18 to February 13. Exercise Lightning Strike first started in 1984 and has now become an annual exercise which highlights participation of the Special Service Force (SSF) from Petawawa, Ontario, and units from Air Command. Lightning Strike 88 tests and trains air and army units in operations designed to provide the defence of Canada in any environment.

1998 – BGen I Popowych, DGPS and Col Marc Dumais, the Wing Commander, officially opened the new pool on January 16. As head of the Canadian Forces Personnel Support Agency (CFPSA), BGen Popowych was the driving force behind bringing the new facility to Trenton. The CFPSA provided \$3.6M of NPF money through program High Standard to cover construction costs of the pool. The Wing financed a further \$550K in site development costs.

Created by Lt J. H. MacDonald,
 Compiled by Joel Wiebe.



Staying responsive and effective in seven feet of snow

by Lieutenant Aaron Scherle,
Canadian Special
Operations Regiment

Earlier this winter, several members of Petawawa's Canadian Special Operations Regiment (CSOR) visited the mountains of British Columbia to experiment with deep snow mobility techniques, learn avalanche awareness and develop other mountaineering skills.

Canada is known as a winter country, and developing winter special operations capabilities is a fitting niche for CSOR as part of Canadian Special Operations Forces Command (CAN-SOFCOM).

"Canada's capacity for winter operations is underdeveloped in a few areas," says the Warrant Officer who

devised the training package. "I think this training will improve our unit's readiness and I believe Canada can – and should – be the world leader in winter special operations."

Participating CSOR personnel acquired valuable knowledge that will be employed in the unit's continual development of its winter warfare capabilities.

This innovative training represents the leading-edge of winter operations and will serve to make CSOR and CAN-SOFCOM more relevant, responsive agile and effective in winter conditions, contributing to the overall effectiveness of Canadian Forces winter capabilities.

For more information on CSOR, please visit the website at www.csor.forces.gc.ca.

Photo: CAN-SOFCOM



Shown above is a Canadian Special Operations Regiment operator in the mountains.

Air Force pilot-trainee: Prestigious Rhodes Scholar

by Jenn Gearey

In 2006, Second Lieutenant Steve Brosha was handed an opportunity of a lifetime that would fulfill him personally and strengthen the Canadian Forces.

2Lt Brosha enrolled in the CF in 2003 while finishing a Bachelor of Arts in political science and history at St. Thomas University in New Brunswick.

But when he finished his degree and began on-the-job training in the CF, working towards his goal of becoming a pilot, he was approached by one of his university professors who wanted him to apply for the Rhodes Scholarship at Oxford University in England.

It was a huge honour even to have the idea suggested to him, but 2Lt Brosha wasn't sure the military would let him do it.

His supervisors encouraged him to apply, even though the scholarship didn't follow CF procedure—2Lt Brosha had already left university and returned to the CF for training.

"I was Commanding Officer of 423 Squadron when 2Lt Brosha came in for on-the-job training before his initial pilot training at Portage-la-Prairie," says Lieutenant-Colonel Jeff Boucher, Operations and Training Manager for the Maritime Helicopter Project. "He was very, very intelligent and extremely conscientious....[but] we didn't think he'd have a prayer because getting the Rhodes Scholarship is such a rare and prestigious thing.

"Then much to everyone's surprise, he was accepted. We pushed really hard to get him to go," says LCol Boucher. "In the long run, there will be payoff for him and there will be payoff for the military.

At Oxford, 2Lt Brosha is a post graduate student studying intellectual history. His main point of interest is Thomas Robert Malthus, a population theorist from the 19th century. 2Lt Brosha says that it's Malthus' ideas on environmental security and the nature of war in society that makes him so interesting.

"It's definitely challenging as any graduate program would be but there are definitely benefits to being at one of world's top research schools," says 2Lt Brosha. "I have access to primary source material, everything I need to study is here first hand and it's great to have the chance to interact with all the other students and faculty at the school. There's so much knowledge here."

2Lt Brosha is confident that his time at Oxford will also help the CF.

"The CF is built on leadership," says 2Lt Brosha. "At all levels, we need people with a wide variety of experience, education, and ways of approaching problems in order to make the right decisions at crunch time. By following this academic path at this point in my career, my hope is that I will be able to bring something different to the table."

At Oxford, he has also had some remarkable opportunities to network with world leaders and listen to their insight on military matters.

"One day in the fall about a month after I arrived, I went to a speech delivered by Hamid Karzai, the President of Afghanistan. The same day I attended a roundtable discussion with a British General serving in Afghanistan and was able to ask questions based on what President Karzai had said earlier. There's something like that going on every couple of weeks here," says 2Lt Brosha.

2Lt Brosha is scheduled to return to Canada in 2010. He is grateful to everyone who helped make his Oxford dream a reality. Lieutenant-Colonel Samuel Michaud, Commanding Officer at 423 Squadron, and Lieutenant-Colonel William Allan, the only other serving Rhodes Scholar (1987) in the CF are among them.

For more information regarding another recent Air Force recipient of the Rhodes Scholarship, 22 year-old Reservist with the Royal Winnipeg Rifles Corporal Akousa May Matthews, log on to <http://www.voxair.ca/index.php?page=1&issue=1&year=2008&status=1>.



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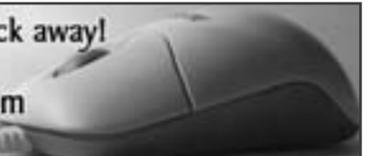
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VIEW FROM THE PINE



I'd like to say I was as giddy as a schoolgirl at a Justin Timberlake concert at the expectation of the Super Bowl, but that would be a lie. No, that level of unspoiled joy is being saved for the end of the NHL regular season when the Canadiens finish in first place in the Eastern Conference and with home ice advantage.

I did end up watching the game, but it was more of an add-on to my afternoon after witnessing my beloved Habs blow a three goal lead against the Rangers on CBC.

Given recent Super Bowls, I figured the hockey game would have been at least, if not more, exciting than the product the NFL usually showcases in their annual championship. Although the football game was better than expected, with the underdog Giants pulling off the upset, I enjoyed the hockey game a bit more.

It was an interesting Sunday. To watch CBC's coverage and listen to the glowing praise heaped on the Canadiens was to almost think that Ron MacLean and company had confused the Habs for the Leafs.

Don't get me wrong, other than The Beachcombers, The Littlest Hobo and Corner Gas, Hockey Night in Canada is the best thing that Canadian TV has ever produced. But, you would have to be slower than spit on a windshield in January not to notice the Toronto-centric bias HNIC and its announcers have.

The Habs aside, I think that Senators management and fans must be pulling their hair out at the continued coverage the Leafs get nationally, despite Toronto's dismal performance and track record of mediocrity. Ottawa, excusing their latest slide, still has the best chance of any Canadian team winning the Stanley Cup and, despite the occasional blip on the radar caused by a surprising Calgary or Edmonton club, has been Canada's Team since 2000.

They have iced a constant stream of NHL superstars in Yashin (love him or hate him), Hossa, Alfredsson, Heatley, Spezza and Redden. Toronto has had Sundin, Kaberle and maybe, if I'm really reaching, McCabe. The title of Canada's team, and corresponding national TV coverage, should be no contest.

Speaking of disappointment, although Montreal did manage to completely fold on Sunday and failed to close the gap with Ottawa in the Eastern Conference dominance, I did take away a few positives.

First, with each game I watch I'm growing to like Alexei Kovalev more and more. The guy really came to work this year and it's not only reflected in his on-ice performance but in the play of the entire team. Plus, can he ever throw an elbow! Yes, his Gordie Howe special on the Ranger's Ryan Hollweg was dirty and should have been

called but with New York's Hollweg, Orr and Avery running around throwing the body, Kovalev was sending a message that the Habs would not be intimidated.

Second, the Habs may be a young team, but the talent is there to build upon and set the team upon the fast track to success in the future. I'd agree with some critics that players such as the Kostitsyn brothers and Tomas Plekanec are playing a little above their heads right now, but if you look at the big picture, including the development of a young rearguard (Komisarek, Markov, Streit) and a blue-chip goaltending prospect in Price, the future is very bright.

CHARLIE POTATOES

Ray Emery (trudges down the Charlie Potato Walk of Shame again. I may have bashed the CBC for their Leafs coverage but Emery can't complain about lack of face-time on camera. The responses from his coaches on his attitude were telling during interviews and one has got to think that he's moved from being a team annoyance to disturbance); Ottawa Senators (fallen off the face of the earth since losing Heatley and Alfredsson. You would expect to take a hit in offensive and win columns with those two stars out of the line-up, but nothing like this. Weren't they supposed

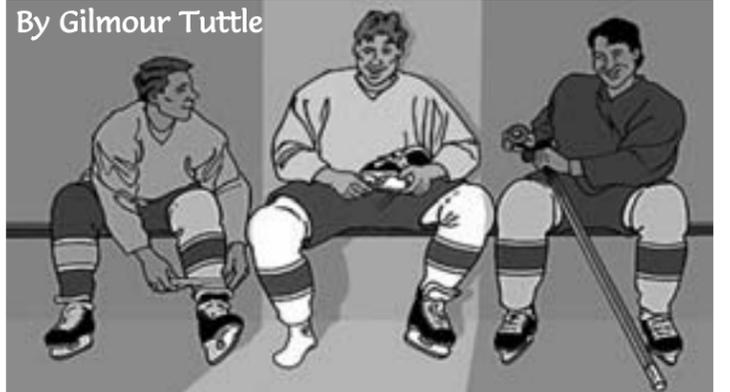
to have great depth?); Ryan Hollweg (yes, you took a dirty elbow. It should have been a penalty. But you knew who did it and instead of going after Kovalev you hammered one of the Habs smallest players from behind. Gutless); Maple Leafs (call this piling on but with the Leafs losing 8-0 against the Panthers, at home, you know they've quit altogether. I wasn't there and I think I got at least an assist in that game); Tom Brady and the Patriots (there's some sort of perverse pleasure in watching the perfect Patriots and their clean-cut, perfect QB take the loss against the lowly Giants. My wife hates football and she was even cheering for New York).

MEAT AND POTATOES

Alexander Ovechkin (back to back appearances here after a four goal explosion against the

Habs. He's well on his way for a 60+ goal campaign); Alexei Kovalev (love the elbow. The fact he took a shot against one of the Rangers' bruisers and not a feather-weight sent an important message); Washington Capitals (all but written off after a horrible start to the year they're making a push for play-offs. Ovechkin may carry them there but unless they can find some steady second line scoring and an experienced d-man, they won't make it past the first round); Ryan Miller (even when the Sabres were losing, he was keeping the games close. Now that Buffalo has found ways to win and is putting the puck in the net more he's being rewarded with a few more "W's" for his efforts); New York Giants (everyone loves an underdog and against the Patriots, New York was one of the biggest underdogs of all time. And they pulled it off. Good on them.)

By Gilmour Tuttle



Any responses can be sent to the Editor at steiner.al@forces.gc.ca

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KEEPING FIT WITH PT SESSIONS



Photos: Joel Wiebe, Contact Staff

Left: Major Derek Miller, Commanding Officer, 24 Canadian Forces Health Services Centre, works out with his unit during their PT sessions. Right: Sergeant Dave Thompson, 24 CF H Svcs C, doing some pushups during unit PT. See **Exercising the heart**, Page 11

8 WING'S ANNUAL WINTER CARNIVAL



Photo: Joel Wiebe, Contact Staff

Members of 8 AMS engage in a tug-of-war at the Winter Carnival held on the sports fields by the south side gym on February 7. The event featured various games and competitions, along with a barbeque and some prizes.

Recreation Association Programs

Registration is on-going for the various programs listed below.

For complete program details please visit www.cfbtrenton.com for full program details.

Registration for all CRA programs is being accepted at the RecPlex: March Break Kidz Kamp; Fitness Classes; Youth Aquatic Club; National Lifeguard Course; and the National Lifeguard Recertification Course.

Much Video Dance

Join us on Saturday, March 1, 2008 at the south side Gym for the Much Video Dance.

The dance is open to those ages nine to 12 years old, from 5:30 p.m. to 7 p.m. Admission is \$5 per person, which also includes a chance to win a digital MP3 player.

The dance will then open to those between the ages of 13 and 16 years old, from 7:30 p.m. to 10:30 p.m. Admission is \$10 per person, which also includes your chance to win an iPod.

Draw tickets will be given out at the door. You must be present with your ticket to win. Both scheduled dances will be adult supervised events.

Upcoming Swim Cancellations

Please take note of the following Rec swim cancellations for Friday, February 22, 2008:

Adult Lane Swim from 3:30 p.m. to 4:30 p.m. is cancelled.

Parent and Tots swim from 3:30 to 4:30 p.m. is also cancelled.



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Understanding and reducing your personal injuries



Submitted by
Don Heans,
Wing General Safety
Officer

Make injury reduction your goal, at work, at home, or at play. Teach children when they're young that safety pays. Make safety a way of life.

HEAD INJURIES

The leading cause of death due to trauma. Our brain is composed of soft material protected by the skull.

If the skull is struck hard enough, the brain can smash against it, causing blood vessels to bleed and create pressure on the brain.

Sometimes surprisingly little force is needed to cause this damage. We have to protect our heads.

The best way to do so is to wear the appropriate head protection for the activity you're participating in. This has proved to greatly reduce injury and death.

EYE INJURIES

Our vision is one of the most precious gifts we have. It's all too easy to damage our eyes, causing permanent disability. No one wants to lose their sight.

One man I attended was grinding a piece of metal when a portion broke off and lodged in his eye.

After I questioned him, he told me he never used safety goggles because he couldn't see anything through them.

I noticed his goggles were hanging from the grinder and covered with a thick layer of dust and grit. Obviously he hadn't cleaned or used them for quite some time.

To protect your vision, never take chances with your eyes; wear the appropriate eye protection when cutting,

grinding, or using the lawnmower or chemicals.

You may be tempted to close your eyes, or look away for a second or two, when grinding or cutting materials. This will not protect your eyes. Wear proper eye protection.

Keep safety equipment in good condition and make sure it's handy for use.

Read the safety directions before using any chemicals, and wear goggles and gloves when handling any kind of chemicals. If you do get a chemical in the eye, flush the affected eye for at least 15 minutes with water.

Avoid running the water into the unaffected eye. Speedy removal of the chemical is crucial in this type of injury. Call EMS.

Never attempt to remove objects that are imbedded in the eye. Seek medical aid.

If you get flash burns to the eyes from welding, the symptoms can take hours to show up. There will be extreme pain and eyes will become very

sensitive to light. Seek medical aid.

HAND INJURIES

Many tools we use at home can injure hands and fingers. Serious injuries to the hands are common calls for paramedics. It takes only one second of inattention or carelessness when using a hand or power tool to cause a serious injury.

Protect your hands. Pay attention to the job you're doing. Use the safety guards provided with the tools.

Know when to use safety gloves and when not to. It can be dangerous to use gloves on rotating machinery; the glove might pull your hand into the machinery if it gets caught.

Avoid wearing long, loose sleeves when using rotating tools. They can snag and entangle your arm.

Remove rings when working with machinery. They could get caught and seriously injure your finger or pull your arm into the piece of machin-

ery.

Never stick your fingers into machinery or tools where they can become caught, cut, chopped, or pinched.

Keep knives and the blades of other cutting tools sharp. When using them, cut away from you.

Garbage disposal units (garburators) can be extremely dangerous. If you have small children, make sure there is a lock on the garburator switch to reduce the chance of an unwanted startup.

A man who kept an air compressor in his garage didn't keep the compressor's belt covered with a guard. One day his young son caught his hand between the belt and pulley, and was severely injured.

FOOT INJURIES

Feet are also easily injured. Foot injuries are commonly caused by heavy objects that fall on feet, sharp objects that puncture them, and ankle twists that sprain or break them.

Most of these injuries

can be prevented by wearing safety footwear that is approved by a certifying agency.

Choose footwear that is appropriate for the job. Steel-toed shoes and boots can prevent many injuries.

Choose boots with puncture-resistant soles and good grips.

Keep your boots laced up all the way and replace laces when they're worn. This will provide the ankle support that the boots were designed to give.

Regularly inspect your footwear for wear and tear, and replace it as needed. Keep your feet away from rotating or moving machinery.

Be careful when walking on uneven ground. A sprained ankle is a very common injury.

A man was mowing his lawn wearing sandals. As he was pulling the lawnmower backwards up a small hill, he slipped.

His foot slid under the lawnmower and was seriously injured. His sandals offered no protection.

Three easy steps to safety

(NC) – Imagine yourself in a snowstorm, hurricane, forest fire or flood with no power, no way to leave your home and no communication with the outside world.

Would you have enough food, water and other supplies (such as prescription medicine, for example) to survive? Don Shropshire, national director of disaster management for the Canadian Red Cross says that a key piece of advice is to assume that emergency services will not reach you for three days. Here are three simple steps that can help you cope during an emergency and will make you and your family safer:

Know your risks: The risks are different depending on where you live, so it's vital that you do your homework. Check out www.getprepared.ca, for the risks in your area - you might be surprised by what you learn. Make a plan: It's one thing to know you live in a tornado or earthquake zone, but would

you know what to do if one happened? Every Canadian household needs an emergency plan. The www.getprepared.ca website has an online planning tool that's fast and easy; it only takes about 20 minutes to complete.

Make or buy an emergency kit: In an emergency, you will need some basic supplies, especially if there is no power or tap water. You should be prepared to be self-sufficient for at least 72 hours. If you're not sure what to put in your kit, click on www.getprepared.ca or visit a local retailer to buy one. Make sure you get more than a first aid kit. Emergency kits include first aid kits but address also food and water needs, and are critical to surviving an emergency.

You can get more information on risks, plans and kits at www.getprepared.ca. You can also call 1 800 O-Canada (1 800 622-6232) to order a copy of the federal government's emergency preparedness guide.

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March 1st, "I Quit" Challenge

Take the challenge and you could win!

All military smokers and non-smokers, their immediate family members, DND public and non-public fund employees are invited to take the 'March 1st, I Quit! Challenge' and stay smoke-free for at least one month, from March 1st to April 1st, 2008.

Those interested in participating may register at the Strengthening the Forces, Health Promotion Office, from January 23, 2008, until midnight, of February 29, 2008.

Registrations are also being accepted online. Visit http://hr.ottawa-hull.mil.ca/health/english/home_e.asp

The goal of the program is to prevent

tobacco use-related diseases among CF members.

The Health Promotion team recognizes that quitting takes practice and entering the 'March 1st, I Quit! Challenge' gives smokers another chance.

Want to increase your likelihood of success? Sign up for Butt Out Self Help, a comprehensive smoking cessation program.

This, coupled with a nicotine replacement therapy such as nicotine gum, the nicotine patch or the bupropion pill, will increase your success rate through a combination of behaviour modification and the use of medication to help reduce nicotine withdrawal.

How to help a smoker quit for good

Deciding to quit smoking is tough. Smokers make this decision in their own time, for their own reasons.

You can't do it for them, but you can help them to make the quitting process a little easier.

Quitting smoking is not just about stopping.

It also means fighting physical and psychological addictions and changing strong habits.

Helping a smoker quit is not easy. If you are willing to help someone quit, here are some recommendations that can be useful.

Show them you are interested in the process and how optimistic you are, but don't exaggerate.

Carefully listen to them. Be respectful and avoid judging or giving advice unless it is asked.

Ask what you can do to be the most help. Do your best to respond to their needs, not what you think is best. Be available, but not pushy.

Be sympathetic about any physical discomfort caused by withdrawal from tobacco.

Quitting can bring on physical and psychological symptoms



like nervousness, irritability, difficulty concentrating, headaches, food cravings, insomnia etc.

To avoid temptation, they may want to change some activities, stop seeing certain friends or stop going to certain places for a while.

Don't complain! Just accept doing other activities and be available if your company is requested.

Expect different behaviour, especially during the first weeks. The ex-smoker may be cranky, nervous and even aggressive. Be understanding!

Be sensitive to their moods and needs. At different times, they may want to help, or to be

left alone. They may or may not want to talk.

Make sure you're not causing more stress when trying to help.

Good luck to everyone who is participating in the March 1st "I Quit" Contest!

For more information please contact your Health Promotion team: Kendra Lafleur, HPD, local 3767; Lisa Pitt, HP AA, local 3768.

Visit your 8 Wing Health Promotion office, which is located at 177 Hercules St., Bldg 119.

Also, you may wish to visit the Health Promotion section of www.cfbtrenton.com to obtain more information.

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For more information please contact your Health Promotion team:

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Your 8 Wing Health Promotion office is located at 177 Hercules St., Bldg 119.

Also, visit the HP section of www.cfbtrenton.com for more information.

The impact of smoking on Canadians

(NC)-Almost five million Canadians, or 19 per cent of the population 15 years and older, smoke.

According to Health Canada, close to half of smokers will die from smoking before they turn 70 years old.

Smoking causes more than two dozen diseases, many of which are fatal.

It is the single most important preventable cause of lung cancer, contributing to 85 per cent of all new cases in Canada.

In 2004, almost 14,000 Canadian smokers suffered from lung cancer, compared to only 361 non-smokers.

Smoking also increases a person's risk of developing heart disease and stroke by contributing to build up of plaque in arteries, increased risk of blood clots, blood pressure and reduced oxygen in the blood.

In 2004, almost 9,300 Canadian smokers over the age of 35 suffered a heart attack, compared with approximately 750 non-smokers.

The respiratory symptoms associated with smoking include coughing, phlegm, wheezing and difficulty breathing, and can lead to Chronic Obstructive Pulmonary Disease (COPD) over time.

Tobacco kills approximately 45,000 Canadians a year, more than the total number of deaths from AIDS, car accidents, suicide, murder, fires and accidental poisonings combined.

Smoking is often incorrectly referred to as a habit, when it is in fact a serious addiction.

Studies have shown that nicotine addiction can be as difficult to overcome as heroin or cocaine addiction.

Speak to your doctor about the options that are available to you, including a new prescription smoking cessation aid that can more than double the chances of quitting smoking, versus currently available prescription treatment, and can quadruple the chances of quitting smoking versus no treatment.



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Exercising the heart – It's a true unit affair

by Captain Christine Perrault,
24 Health Services,
and Joel Wiebe,
Contact Staff

With February designated as Heart Health Month, the military staff at 24 Canadian Forces Health Services Centre are extra mindful of exercising their 'tickers' during their organized physical training at the south side Gym.

Canadian Forces members must be physically fit to meet military operational requirements, perform under a wide range of geographical and environmental conditions, and to cope with the stress of sustained operations and to be ready to respond on short notice. Physical Fitness Training for military members is outlined in CFAO 50-1

Major Derek Miller, the Commanding Officer of the unit, has made these PT sessions a parade for his uniformed staff.

"I think there's a direct link to how you feel in the workplace and job satisfaction, and staff like that," said Maj Miller.

Although the term 'forced PT' may come to mind, the staff at this unit embrace the sessions as an opportunity to work on

their heart health because they know that the benefit list is long. It is a great way to maintain a healthy weight, reduce high blood pressure, lower cholesterol levels, manage stress, and cut the risk of heart disease and stroke.

"It's prevention, it's all about prevention," said Maj Miller.

While some people may feel healthy and view heart issues as something only dealt with by older people, the benefits of being fit pay off long term as well as short-term.

"I like being fit, strong, and healthy; I'm just doing my best to make that last as long as possible," he said.

Another benefit that Maj Miller sees is that he can gauge and monitor people's activity and progress better when they get active as a group.

Working out as a unit has other benefits, bringing in a sense of camaraderie and team achievement.

The unit works out three times a week for one hour sessions led by PSP Fitness Instructor Todd Peart. The workouts combine military battle PT and Crossfit.

The training involves multiple types of exercises, including pushups, knee bends, jumping

Photo: Joel Wiebe, Contact Staff



Shown above are members of 24 Canadian Forces Health Services Centre working out.

jacks, and more.

Participants run or jog from one station to another as they complete the different activities, then repeat the process. The object is to see how many cycles can be completed in 20 minutes.

"Here you get challenged because you're challenged by the people around you to keep up," said Corporal Melissa Oake. "You get out with other people from different areas of the hospital."

"I think it's a good team

building sport," said Sergeant Dave Thompson.

Peart has been into fitness since 1978, and has been professionally instructing it since 1987, working as both military and civilian.

He said this type of training allows for a very intense workout in a short period of time. It also involves almost no materials, making it easy to do anywhere at a low cost, opening it up to deployed troops as well.

The sessions allow everyone to exercise to their abilities

while still maintaining a group atmosphere.

While the workout is only 20 minutes, a good warm-up and cool-down are important.

"Units are starting to take advantage of the facilities and services we offer here," he said.

The Heart and Stroke Foundation recommends adults get 30 to 60 minutes of activity a day, most days of the week for heart health.

Children require 60 to 90 minutes a day, most days of the week.

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Weekly Astrology by Christine Davison

February 10 - February 16

ARIES (March 21-April 19): You may wish to begin projects around midweek, as early on, might be difficult to concentrate upon. There will be many social and romantic distractions over the next little while. Thursday may bring a romantic time out with your lover. Try to show your impulsive side at the same time that you plan ahead a little.

TAURUS (April 20-May 20): You may wish to tackle projects at the beginning of the week as after Wednesday, may bring a romantic and highly social time. You will feel far more inclined to spending time with family and friends enjoying fun times together than making ends meet or getting down to business. Thursday may bring passionate times.

GEMINI (May 21-June 20): This may be a wonderfully social and fun-filled week for Gemini. You may wish to start projects and tie up loose ends before the weekend comes around as you might be asked to go out with several friends, on several different occasions. Thursday may bring romantic times filled with sweet words and loving gestures.

CANCER (June 21-July 22): You may discover the love of your life this week. If you have been yearning for someone from your past, then you may wish to look them up and make the first move towards reuniting. There may be intense, unusual moments this week. Thursday might be a day worth looking forward to. You might even say "Eureka!" this week.

LEO (July 23-Aug. 22): This is a wonderfully adventurous week. You may find yourself falling in love with someone when you'd least expect it. There is an excellent chance that you will find someone to be with for the rest of your life. Thursday brings a romantic, loving time. Don't be afraid of doing something original for your lover.

VIRGO (Aug. 23-Sept. 22): You may find yourself drawn towards someone who is as creative and fun-loving as you are. Spend time with loved ones this week and you may find that the feelings you share with them can be shared the entire year long. Showing patience when dealing with unusual situations this week may prove your true inner worth.

LIBRA (Sept. 23-Oct. 22): You may encounter unusual or intense situations with family members this week, or perhaps a strange set of circumstances that deal with your home. You may feel as if you are floating on air when you are with your lover later on this week; expect romantic, beautiful times to be shared with this person after Thursday.

SCORPIO (Oct. 23-Nov. 21): You may be all that your partner thinks about over the next few days. You inspire and awaken passionate thoughts and feelings within your loved one. Never doubt this wonderful person that you are with as you will soon discover how beautiful, true, faithful, wonderful and loyal they can be. This one could be for keeps.

SAGITTARIUS (Nov. 22-Dec. 21): You may find yourself wishing to give expensive gifts to the person you admire most, perhaps to make up for perceived neglect or hurt feelings in the past. A gesture of care and affection will go further and be more heartfelt than anything that you can give from your wallet; handmade is better than store-bought.

CAPRICORN (Dec. 22-Jan. 19): You may find yourself the object of affection by more than just one admirer alone. If you have to ask someone to wait awhile before you can see them, then expect them to ask questions about why you need the time. You're popular and attractive however you may find all this attention to be a bit cloying at times.

AQUARIUS (Jan. 20-Feb. 18): You may find yourself drawn to spiritual people or places this week. You might wish to make friends with people who are as moral, intelligent or as kindly as you are. An opportunity to begin a long term project or community driven scheme may present itself this week. Thursday may bring passion and romance.

PISCES (Feb. 19-March 20): You may make many friends over the next little while who are as compassionate, idealistic and as kind as you are. Your intelligence and artistic ability will shine through and help you and others you know with important tasks and projects this week. What you begin on Thursday may change your future ambitions.

Astrological queries can be directed to Christine at www.moonsignastrology.ca

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The Contact Newspaper staff would like to acknowledge Royal LePage ProAlliance Realty as the weekly sponsor of our feature, **The Contact Comics**.

Syntax Errors by Damon Riesberg



Panel 1: "SOMETIMES I WISH WE LIVED IN A SIMPLER ERA. A TIME WHERE EVERYTHING WAS MORE INNOCENT... MORE REAL."

Panel 2: "A TIME OF NEW BEGINNINGS, OF UNFILTERED ENERGY AND ENDURING HOPE."

Panel 3: "A TIME WHEN HONESTY WAS THE NORM, AND COMPASSION AND SENSITIVITY WERE HERALDED QUALITIES ABOVE ALL."

Panel 4: "YEP, I WISH I COULD HAVE SEEN THE BOY'S WITH MY OWN EYES." "AACK"

Stuff!



"You cowboys are getting too soft!"

DuJour by Robert Seymour



It finally happened....

Not In My Backyard! by Dale Taylor



Panel 1: "OUT OF MY YARD, OLIVER! I'M MOSTLY IN THE NEIGHBOR'S YARD! YOU'RE MOSTLY IN MINE!"

Panel 2: "TWEET!!"

Panel 3: "A LINE JUDGE!? I REALLY AM LOSING CONTROL."



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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 613-965-7490 or email to steiner.al@forces.gc.ca, at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.

Our Lady of Peace Parish (RC) – 8 Wing Sacraments of Christian Initiation

Registration for First Communion and First Reconciliation (confession) will take place on February 11, 2008, from 1900 hrs until 2030 hrs at the chapel. You will need to bring your child's baptismal certificate and must complete the registration form. For additional information please contact our Office Assistant, Mrs. Manon Pilon, 613-392-2811, local 2490 (e-mail: pilon.ma@forces.gc.ca).

Chapelle de la Paroisse Notre-Dame-de-la-Paix (CR) – Sacrements d'initiation chrétienne de la 8^e Escadre

La journée d'inscription pour la première communion et la première réconciliation (Pardon) sera le 11 février 2008, de 19 h à 20 h 30, à la chapelle. Vous devrez apporter le certificat de baptême de votre enfant et remplir le formulaire d'inscription. Pour de plus amples renseignements, veuillez communiquer avec M^{me} Manon Pilon, aide de bureau, par téléphone, au 613-392-2811, poste 2490, ou par courriel, à pilon.ma@forces.gc.ca.

MEDICAL RELEASE INFORMATION SEMINAR

February 13 to 14, 2008
Location: Holiday Inn Trenton
 2nd floor conference room
 99 Glen Miller Road

February 13: 0745 hrs to 1510 hrs
 February 14: 0800 hrs to 1125 hrs

LA CONFERENCE DE L'INFORMATION SUR LES LIBERATIONS MEDICALES

Février 13 - 14, 2008

Fév 13: 07h45 - 15h10
 Fév 14: 08h00 - 11h25

Endroit: Holiday Inn Trenton
 Deuxième Étage Salle De Conférences
 99 Rue Glen Miller

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 Administrative Assistant – *Mrs. Manon Pilon* - adjointe administrative
 613-392-2811 x. 2490



Unit Chaplains – aumôniers d'unités

LCdr Padre Steve Merriman, P; Capt Padre Mike Adamczyk, P; Capt Padre Philippe Boudreau, RC; Lt(N) Padre Zbigniew Jonczyk, RC, Pastoral Associate / Agent de pastorale

WORSHIP SERVICES

Our Lady of Peace (RC)
 Christian community – communauté catholique

Notre-Dame-De-La-Paix (CR)

Chapel Life Co-ordinator
Father Philippe Boudreau
 Coordinateur de Vie de Chapelle

Masses-Messes
 Sunday Mass (E) at 1015hrs
 Messe dominicale: 11h30
 Monday and Wednesday at 1200hrs

Eucharistic Adoration – adoration eucharistique
 Friday 1900-2100hrs / vendredi 19h00-21h00

Confession - Réconciliation

Please, contact the W-Chaplains' Receptionist to get in touch with a RC priest prior to coming over. *Il est préférable de communiquer avec la réceptionniste des aumôniers afin de prendre vous-même arrangement avec le prêtre CR de la chapelle.*

Chapel organisations (RC)

Chapel Pastoral Council: third Tuesday – 1900hrs
 Knights of Columbus: first Thursday – 1900hrs
 CWL: second Tuesday – 1900hrs
 Chorale : mercredi – 19h00
 Choir: Monday – 1900hrs

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

St. Clement Astra (P)
 Protestant Community

Chapel Life Co-ordinator
Padre Mike Adamczyk

Worship Service

Sunday Divine Worship, 0900hrs
 Holy Communion:
 1st Sunday of the month

Trenton Amateur Radio Club

Our radio club is having their meeting on:
 Tuesday February 12, 2008
 Time: 7:00 p.m.
 Location: 4 Beaver Ave (on the south side of the base)

Our club meets every second Tuesday of the month.
 Amateur Radio Club website:
<http://www.qsl.net/ve3ytr/>



Please be advised that City Hall, Recreation and Community Services and Public Works will be closed for FAMILY DAY on Monday, February 18, 2008, reopening for regular business Tuesday, February 19, 2008.

Transit Services will not be available February 18, but will resume February 19.

Fire and Police services will be uninterrupted and ice rentals at the Yardmen, Wally Dever, Dick Ellis, and Memorial will be available as scheduled. Public Skating may be offered on that day.

Quinte Waste Solutions has advised that recycling collection will be taking place as usual.

Please call the transit terminal at 613-967-4938 if you require additional information.

If you have a problem, please call 613-968-6481 for the after hours/holiday attendant.

FOR EMERGENCIES CALL 911

The management & staff of the Corporation of the City of Belleville wish you and your families a safe and happy Family Day!



Snowbirds new Crew Chief ready to take on challenge



Photo: :LCdr Petra Smith

Sergeant Scott Marsh, newly appointed Crew Chief, Canadian Forces Snowbirds, in front of a CT-114 Tutor jet at the team's home base of Moose Jaw, Saskatchewan.

On January 18, aviation technician Sergeant Scott Marsh, was appointed the Canadian Forces Snowbirds Crew Chief for 2008 – and he couldn't hold back his enthusiasm.

"This is truly a dream come true," said Sgt Marsh, who beamed with a smile following the official selection ceremony with the Snowbirds team. "I am looking forward to flying with the team, to the challenge, to meeting people across North America and to working with a group of fantastic technicians."

As crew chief for the Snowbirds, Sgt Marsh will be responsible for the safe maintenance of the Snowbirds aircraft while the team is on the

road performing their manoeuvres for the Canadian and international public. Sgt Marsh's job will be a demanding one, but he's both eager and thoroughly qualified for it.

"Sgt Marsh has proven that he has the Snowbirds' spirit as well as the technical and leadership skills required to excel in this unique position on the Snowbirds and in the Canadian Forces," said Major Robert Mitchell, Snowbirds commanding officer.

Sgt Marsh joined the Canadian Forces in 1988 as an infantry officer in Brandon, Man. After three years, he transferred to the aviation technician occupation to pursue his passion for flying and maintaining

airplanes. In 2000, he was given the opportunity to hone his skills even more, tasked with being the lead aviation technician for the 2000 CF-18 Fighter Jet Demonstration Team. Sgt Marsh, who comes from a military family, now has more than 16 years experience as an aviation technician, with a special knack for the CT-114 Tutor and CF-18 Hornet.

In 2008, the Snowbirds are scheduled to perform about 65 air shows in 40 locations across North America, as proud ambassadors of the Canadian Forces and Canada.

For more information about the Snowbirds, please log on to the team's website at <http://www.snowbirds.forces.gc.ca>

USAF Thunderbirds scheduled to perform in Canada

United States Air Force

NELLIS AIR FORCE BASE, Nev. (AFPN) — The Air Force Air Demonstration Squadron, the Thunderbirds, has announced its 2008 airshow schedule – and they are coming to Canada!

The team is scheduled to perform more than 67 shows in 25 states and Canada, as it commemorates the 55th Anniversary of the "Ambassadors in Blue."

Lieutenant Colonel Greg Thomas takes the reigns as the Thunderbirds commander and leader for the 2008 show season.

"The entire team is excited to announce our schedule for 2008," Colonel Thomas said. "It is truly an honour for me to lead the team in commemorating the 55th anniversary of the Thunderbirds."

The Thunderbirds will help commemorate another milestone in North America when the team travels to Québec City to perform June 14 and 15, honouring the city's 400th anniversary.

The Thunderbirds, originally known as the 3600th Air Demonstration Unit,



Photo: USAF

out of Luke Air Force Base, Arizona, were activated May 25, 1953.

"Originally, the Thunderbirds were created in the infancy of the jet age," LCol Thomas said. "At that time the pilots' and crews' mission were to give confidence to the Air Force pilots of the day, showing that they too could handle

the speed and power of jet aircraft.

"Over the last 55 years, the mission has changed slightly to include recruiting young men and women, retaining the quality Airmen already in service today and representing the 513,000 active-duty, Guard and Reserve members serving at home and

abroad," LCol Thomas said. "The mission might have changed throughout the years, but the pride, professionalism and almost unbelievable attention to detail of our Airmen representing the Air Force's finest has remained unparalleled."

The Air Force Air Demonstration Squadron is an Air Combat Command unit composed of eight pilots (including six demonstration pilots), four support officers, four civilians and about 110 enlisted people performing in more than 29 Air Force specialties.

The 2008 team includes the Air Force's first female lead-solo demonstration pilot, Major Samantha Weeks, Thunderbird Number 5, in her second year.

A Thunderbirds aerial demonstration is a mix of formation flying and solo routines. The pilots perform approximately 40 maneuvers in a demonstration. The entire show, including ground and air, runs about one hour. The airshow season lasts from March to November, with the winter months used to train new members.

The 2008 Canadian dates include June 14 and 15 in Québec City and August 8 and 10 in Abbotsford.

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Brighton

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3 Models to View
Open House
Sat. 12-1:30

Nautical Lane (off Cedar St.) **\$285,900**

Frankford

1372 Sq. Ft.



Sample Photo

Kyle Court (off Huffman Rd.) **\$236,900**

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FAMILY



UTVOPIA: What to watch

by Capt James Smith

Good day fellow movie lovers. Been away a while and have a lot to cover, so let's get to it. First things first. For those of you who don't know, Lost is the best show on TV right now. The fourth season premiered last Thursday was true to form. I suggest you buy the first three seasons. It's that good. And now, on to movies.

Cloverfield: JJ Abrams, the mastermind behind Lost, Alias, Mission Impossible 3 and the upcoming Star Trek movie created an impressive campaign for this mysterious monster movie. Nobody knew much except what they saw from the cryptic previews. I loved this movie. Despite being filmed entirely from the vantage point of a hand-held camera, this film does a masterful job of making us care about characters who attempt to survive in a city under attack. What's happening? What is this thing that is destroying Manhattan? Will the army show up? Who will survive? Can it be stopped? All these questions will be answered. I loved how unique this film was.

Rambo: Sylvester Stallone makes another triumphant sequel. Much like the new Rocky, Rambo is a continuation of the old story but this time, in Thailand, working as a snake handler

near the Burmese border. The story is simple. Rambo gets hired to take a group of missionaries into Burma. They disappear, and he goes to get them back. I don't understand why people make a big deal out of the fact that Stallone is 61. So what. He doesn't look frail or feeble to me. A man of action; not words. And believe me, when the action starts it's spectacular. A warning: this film doesn't pull punches and there's a lot of graphic violence. This movie isn't for everyone. But for me, it was pretty darn good.

Meet the Spartans: I wish I could get the 14 minutes of time I wasted on this film back. However, if my words can dissuade even one person from seeing this disgusting attempt at a movie, then I'll be happy. There is no humour, only a pathetic attempt to wring laughter out of offensive, stereotypical topics and references. The two "men" who created this gratuitous mess should have their film-making licenses revoked. I cannot believe how bad this is. Then again, I experienced the same sense of loathing when I started to watch Date Movie (I lasted 11 minutes), and Epic Movie (3 minutes).

Well, that's all I have for now. I'm sure I'll think of something to write for next week. Until then, keep on watching!

WHAT'S THE DIF ?

www.pcartoons.com
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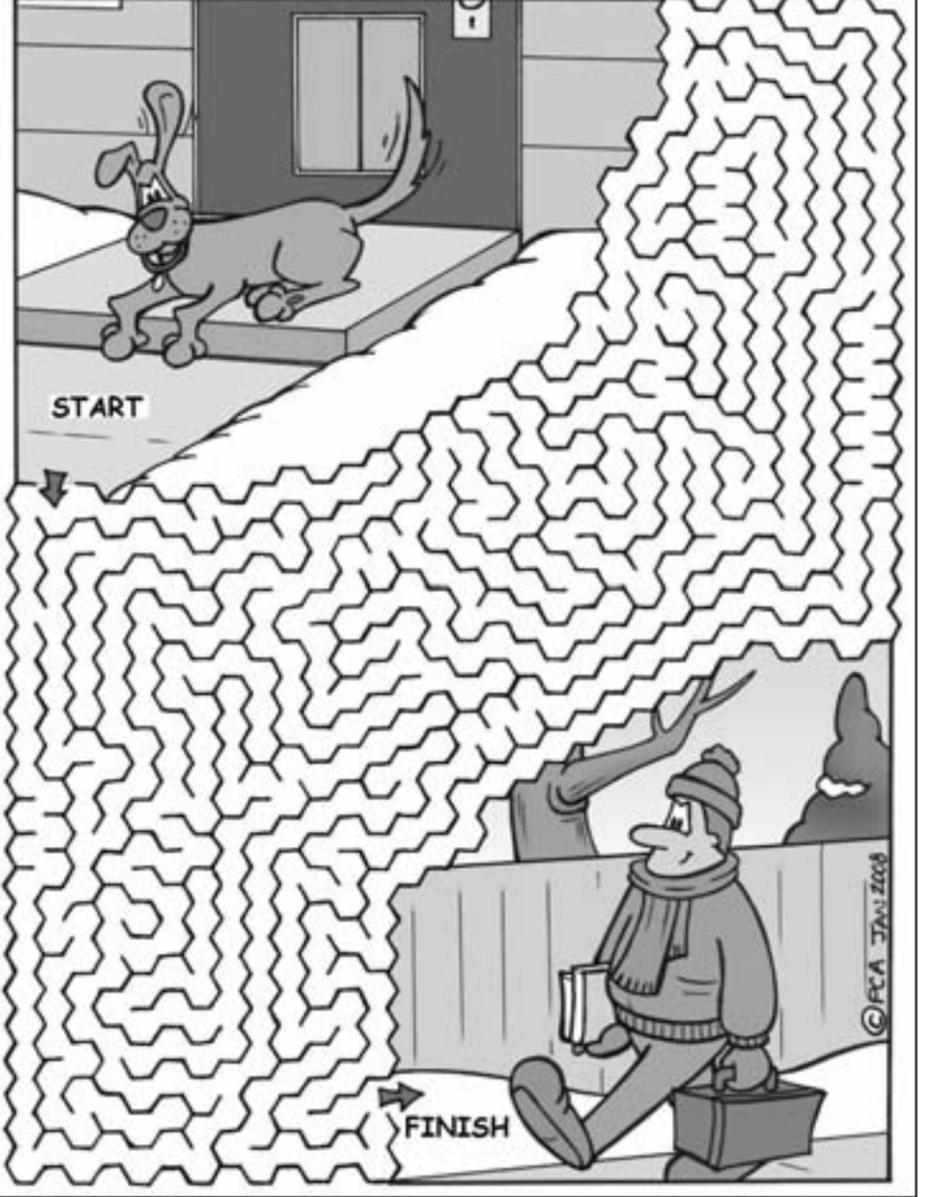
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ANSWERS: 1. DOG DOOR 2. THUMB 3. BUSH 4. WINDOW 5. DOGS BACK PAW 6. BOYS SCARF 7. FOOT

DEAD END ?

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Mealtime.org Mediterranean Couscous

Ingredients:

- 1 can (14 1/2 ounces) chicken or vegetable broth, preferably low-sodium
- 1 cup dry couscous, preferably whole wheat
- 2/3 cup bottled olive-oil vinaigrette, divided
- 1 can (14 1/2 ounces) diced tomatoes with green peppers and onions
- 1 can (13 3/4 ounces) artichoke heart quarters, drained
- 2 cans (6 ounces) solid white tuna in oil, drained
- 1 can (6 ounces) pitted black olives, drained, optional
- 1/4 cup chopped, fresh basil

Preparation Time: 15 minutes **Cook Time:** 10 minutes

Preparation: Bring broth to a boil in a medium saucepan over medium-high heat. Stir couscous into the boiling broth, cover the pan and remove from heat. Let stand, covered, for about 10 minutes, or until all the liquid is absorbed. Fluff couscous with a fork then toss with 1/3 cup vinaigrette. To serve, place couscous in the center of a large platter, or divide among various serving plates. Arrange tomatoes, artichoke hearts, tuna and olives (if desired) in separate piles surrounding the couscous. Drizzle the remaining 1/3 cup of vinaigrette dressing over salad. Garnish with basil, if desired. Serves: Six

Nutritional Information Per Serving: Calories 330; Total fat 15g; Saturated fat 2g; Cholesterol 20mg; Sodium 840mg; Carbohydrate 26g; Fiber 3g; Protein 21g; Vitamin A 10 per cent DV; Vitamin C 15 per cent DV; Calcium two per cent DV; Iron 10 per cent DV. Per serving, this dish provides from MyPyramid: About 1/2 cup Vegetable Group; One ounce Grains Group; two ounces Meat and Beans Group. *Daily Value*

WANTED: FEEDBACK

We really want your feedback about our Family Page. Please send comments and suggestions to Andrea Steiner, Managing Editor, at Steiner.AL@forces.gc.ca

Showcase

Showcase



Mr. J. Hawkes
received the 50-Year Public Service Recognition,
presented by LCol F. Allen, CO ATESS.



Cpl T. Willard
received a promotion to that rank, presented by
Maj A. Wedgwood and WO J. Sutton, 8AMS.



Pte(T) J. Kettle
received a promotion to that rank,
presented by Maj A. Wedgwood
and WO J. Sutton, 8AMS.



Maj P. O'Dwyer
received a promotion to that rank,
presented by LCol D. Lowthian, CO 429 Sqn.



Pte(T) J. Gagne
received a promotion to that rank, presented by
Lt A. Oliver and MWO J. Girodat, 8AMS.



Cpl B. Wilcox
received a promotion to that rank, presented by
Maj A. Wedgwood and MWO S. Budykin, 8AMS.



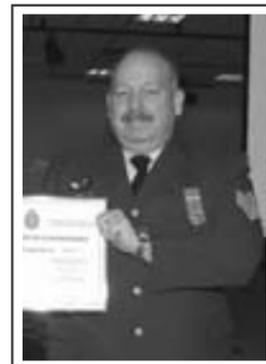
Capt M. Eberts
received his CD,
presented by LCol F. Allen, CO ATESS.



MCpl E. Legere
received his CD,
presented by LCol F. Allen,
CO ATESS.



Cpl J. Dixon
received his CD,
presented by LCol F. Allen,
CO ATESS.



Sgt R. Leiska
received the Physical Fitness
Award, presented by LCol F.
Allen, CO ATESS.



Cpl J. Rafferty
received his CD,
presented by LCol F. Allen,
CO ATESS.



WO G. Marin
received a promotion to that rank, presented by
LCol D. Cochrane CO 426 Sqn.



WO L. MacGregor
received a promotion to that rank, presented by
LCol D. Cochrane, CO 426 Sqn.

Congratulations! Félicitations!



A Haitian day in the life of a Canadian Forces soldier

by Major Bruce Sand
MINUSTAH

Haiti is politically, socially and economically unstable, and desperately poor.

With some 27,750 square km of territory, about four fifths the size of Vancouver Island, it has a population of 8.8 million.

Nearly three million of those people are packed into Port-au-Prince, the capital, which has about the same land area as the City of Victoria (population 79,000).

Every square metre of land in the city is occupied or used in some way.

Traffic is unbelievable, and Port-au-Prince probably has the worst drivers anywhere.

Since October 2, 2007, I have been the military assistant to the Military Chief of Staff – Colonel Normand Lalonde of Quebec City – at the headquarters of the Mission des Nations Unies pour la Stabilisation de Haïti (United Nations Stabilization Mission in Haïti), or MINUSTAH.

Two more Canadian staff officers bring the total strength of Task Force Port-au-Prince to four: not the CF's smallest operation, but close.

All four of us work in the Military Headquarters, one of many integral but autonomous components of MINUSTAH under the leadership of Hédi Annabi of Tunisia, the Special



MINUSTAH armoured personnel carriers patrol Cité Soleil, a seaside shantytown on the fringes of Port-au-Prince that may be the poorest place in the Western Hemisphere.

Representative to the Secretary-General of the United Nations and Head of Mission.

Despite its French name, MINUSTAH officially operates in English; 95 per cent of its staff are not native English-speakers, however, so the potential for confusion and misunderstanding abounds.

A quote from Confucius comes to mind: "If language is not correct, then what is said is not what is meant, and what must be done remains undone ..."

Much of our time is spent

co-ordinating the lives, logistics and operations of 7,200 soldiers from 17 nations with the activities of the UN police mission (which includes 90 Canadians) and many UN civilian branches and agencies.

Toss in non-governmental organizations, the Government of Haïti, input from UN headquarters in New York and the troop-contributing nations, plus a dash of international news media (some friendly, some not), and you have a complex machine that will break at the most inopportune time if it is

not cared for constantly.

The four of us live at Canada House, doing our own cooking and cleaning.

Daily, from Monday to Saturday, we're up at 0515 hrs and out the door by 0630 hrs, and we do the usual routine staff work (and plenty of it) of any military HQ from about 0700 until about 1830.

On the way home – through traffic jams that even Montrealers and Torontonians would gulp at – we stop to buy groceries for the next day or two.

It's 2030hrs or 2100 hrs by the time we finish dinner,

and by 2200 hrs we are in bed.

Sunday we spend at home if nothing requiring our attention pops up.

Do we make a difference? Yes, but slowly: it's a very big job.

Between the gangsters, diseases and social disorganization, Haïti is one of the world's most dangerous places to live and work.

How do you eat an elephant? One bite at a time.

This nation has never been wealthy, but it has great pride in its history and independence.

Since the Duvalier years, Haïti has struggled with political unrest, economic weakness and social turmoil.

MINUSTAH is the world's effort to coach Haïti back onto the path of national stability and heading toward peace and prosperity.

MINUSTAH will not be an overnight success, but there is light at the end of the tunnel. Despite its issues, this country has tremendous potential for success.

I know it's a cliché, but I am privileged to be a tiny part of the success of this UN mission.

I hope some day to see Haïti become the peaceful and prosperous nation it has every right to be.

Major Bruce Sand is a member of the Base Construction Engineering section at CFB Esquimalt in Victoria, British Columbia.

Une journée dans la vie d'un militaire canadien à Haïti

Major Bruce Sand
MINUSTAH

Haïti est instable sur le plan politique, social et économique, en plus d'être désespérément pauvre.

On compte 8,8 millions d'habitants dans ce pays d'une superficie de quelque 27 750 kilomètres carrés, soit environ les quatre cinquièmes de l'île de Vancouver, et près de trois millions de ces habitants s'entassent dans Port-au-Prince, la capitale, qui occupe approximativement la même surface que la ville de Victoria (79 000 habitants).

Chaque mètre carré de la ville est occupé ou utilisé d'une quelconque façon. La circulation est hallucinante, et Port-au-Prince compte probablement les pires conducteurs du monde.

Depuis le 2 octobre 2007, je suis l'adjoint du Colonel Normand Lalonde, de Québec, le chef de l'état-major militaire de la Mission des Nations Unies pour la stabilisation de Haïti

(MINUSTAH). La force opérationnelle de Port-au-Prince compte deux autres officiers d'état-major canadiens, pour un total de quatre. Ce n'est pas l'opération la plus modeste des FC, mais il s'en faut de peu.

Nous travaillons tous les quatre au Quartier général, une des nombreuses composantes intégrées mais autonomes de la MINUSTAH, sous la direction de Hédi Annabi, de la Tunisie, représentant spécial auprès du secrétaire général des Nations Unies et chef de la mission.

Malgré son nom français, la MINUSTAH opère officiellement en anglais. Cependant, la langue maternelle de 95 % des effectifs n'est pas l'anglais, alors les possibilités de confusion et de malentendus sont nombreuses.

Comme le disait Confucius : « Si les dénominations ne sont pas correctes, le langage n'est pas conforme à la réalité des choses; si le

langage n'est pas conforme à la réalité des choses, les actions ne peuvent être parfaites... »

Nous passons le plus clair de notre temps à coordonner les vies de 7 200 militaires de 17 pays, de même que les aspects logistiques et opérationnels connexes, avec les activités de la mission de police de l'ONU (à laquelle 90 Canadiens prennent part) et de nombreuses directions et organisations civiles au sein de l'ONU.

Si vous ajoutez les organisations non-gouvernementales, le gouvernement d'Haïti, les recommandations du siège des Nations Unies à New York et des pays contributeurs de troupes et un soupçon de médias internationaux (certains amicaux, d'autres non), vous obtenez une machine complexe qui tombera en panne au pire moment si on n'en prend pas soin constamment.

Nous habitons à la Maison du Canada, et nous sommes responsables de la

cuisine et des tâches ménagères. Du lundi au samedi, nous sommes debout à 5 h 15 et en route pour le bureau à 6 h 30.

Nous accomplissons les tâches (très nombreuses) qui incombent habituellement à un QG militaire, de 7 h jusqu'à environ 18h 30. Sur le chemin du retour (à travers des embouteillages qui feraient pâlir même des Montréalais ou des Torontois), nous arrêtons acheter des victuailles pour les deux prochains jours.

Le souper prend fin vers 20 h 30 ou 21 h, et nous sommes au lit à 22 h. Nous passons le dimanche à la maison si rien ne se produit.

Est-ce que nous faisons une différence? Oui, mais lentement. Il y a tant à faire.

Les criminels, les maladies et le chaos social font d'Haïti un des endroits les plus dangereux au monde pour vivre et pour travailler.

Vous savez comment on mange un éléphant? Un morceau à la fois.

Ce pays n'a jamais été riche, mais il est très fier de son histoire et de son indépendance.

L'agitation sociale, la faiblesse économique et le chaos social règnent à Haïti depuis les années Duvalier.

La MINUSTAH constitue la tentative de la communauté internationale de lancer Haïti sur le chemin de la stabilité nationale et vers la paix et la prospérité.

La MINUSTAH ne remportera pas un succès instantané, mais il y a de la lumière au bout du tunnel. Malgré tous ses problèmes, le pays présente énormément de possibilités.

Je sais que c'est un cliché, mais je suis honoré de contribuer un tant soit peu à la réussite de cette mission de l'ONU. Un jour, j'espère voir Haïti devenir aussi paisible et prospère qu'elle le mérite.

Le Major Bruce Sand est membre de la section du Génie construction de la base à la BFC Esquimalt, à Victoria (Colombie-Britannique).

Classifieds

Classified

For Classified Information Call
392-2811 ext: 3976

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

Information

CLASSIFIED

AD RATES

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

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All advertising must be dropped off at The CONTACT, 142 Yukon Street, 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.

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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.
613-969-0287

RUSHNELL FUNERAL HOME & CREMATION CENTRE

60 Division Street
Trenton
613-392-2111

BOARDING

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

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 **613-968-4183**

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jr.boland@sympatico.ca

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For prompt service
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BOOK NOW FOR THE 2008 SEASON!
BBQ Rentals Available

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Years of 100% successfully passed Marchout Inspections, & 20 years of house-cleaning in the Quinte Area. Opening and closing services available. "I likely clean for someone you already know." Call Tammy 613-392-0759 Cell: 613-847-7670

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2 to Choose from...
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Call Paul for details...
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www.bellevillevw.com

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For virtual tour & more info visit www.propertyguys.com ID# 128122 or call 613-475-5456

House For Sale
11 College St. Trenton 1200 sq ft., riverview property, low taxes. 3 bdrms, currently a residence but it is in commercially designated zone. In need of extensive renovations. In town & close to all amenities. \$63,000
Call Marty 905-515-6108

Community Events

****LADIES NIGHT****
MEN say "YES"!
Sat Feb 23rd - Ladies Night!
Ladies Save \$1.00
Pick the Music & Men Say "YES" to all slow dance requests!
Belleville Legion 9pm
Free local Dating...
www.romeoandjuliet.ca
613 392 9850

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ADULTS!

1 bedroom apts. from \$595
2 bedroom apts. from \$675
Utilities & cable included
Affordable, quiet & secure
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References required & rental application must be filled out.
Call 613-962-6327 or 613-967-0280

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613-920-9664
Leave Message

PLEASE, IF YOU DRINK ...DON'T DRIVE!

Approximately 70,000 Canadians are impacted by impaired drivers each year. On average just under 4 Canadians are killed every day.



Crossword Answers

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



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Call Adriana at
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ext 3976



2008 – LOOK'IN GOOD!

By David Weir BA, CD
Royal LePage
ProAlliance
Realty Brokerage

As we look back on 2007 it looks like Canada will have had the best year ever in existing home sales which, according to the Canada Mortgage and Housing Corporation (CMHC) will be an increase of 7.8 per cent over 2006 sales. These numbers represent over 521,000 existing home sales nationally*. Locally I can attest that we have also had the best year ever.

The national numbers have certainly been buoyed by the outstanding prairie market where the oil patch has led a white hot real estate mar-

ket not only in resale homes but in new construction as well. New construction numbers in 2007 were similar to 2006 – approximately 227,000 housing starts. The new construction numbers are expected to taper off to 214,000 but this will still represent the seventh consecutive year of 200,000 plus housing starts.

From an MLS perspective the national numbers would also indicate a record breaking 2007 with a solid resale market on the horizon for next year.

2006 MLS Sales 483,223
Average MLS Sale Price \$277,020
2007 MLS Sales 521,000

(approx) Average MLS Sale Price \$305,000
(approx) 2008 MLS Sales 500,800 (forecast)
Average MLS Sale Price \$317,900 (forecast)

Locally the Quinte numbers reflect these trends as well**

2006 MLS Sales 2,991
Average MLS Sale Price \$183,018
2007 -MLS Sales 3,334 (10/31)
Average MLS Sale Price \$196,830 (10/31)
2008 MLS Sales TBA
Average MLS Sale Price TBA

Want to know what is going on, in your neighbourhood, your price range, or your style of

home – ask a REALTOR. More real estate information and important selling tips can be found on David's website and Blog at www.davidweir.com

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* National statistics provided by CMHC
** Local statistics provided by the Quinte & District Real Estate Board

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\$157,000 Wonderful 3 bdrm. family home on large east end lot 50 ft x 192.3ft located close to all amenities. Gas heat, central air, hardwood and ceramic floors, walkout basement. 24 x 16 deck and 27 ft above ground pool.

MLS #2080338



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Roxee Morden
Sales Representative
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On average just under 4 Canadians are killed every day.

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\$259,900.

2488 County Rd 64, Carrying Place

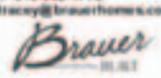
Newly Constructed 3 bedroom home to be completed for move in early March

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- Entertainment Kitchen with eat at island
- Attached Garage
- Roughed in basement bathroom
- Rear Deck & Patio

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Sales Representative
1: 613-868-6060
veronica@brauerhomes.com

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Bayview Auto Donated **\$50** for Every Car Sold in January to The Quinte Humane Society



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2005 PONTIAC MONTANA



CARFAX

#6661 Extended T.V./D.V.D! Loaded w/pwr. everything, inc quads, dual heat + A/C, Alloys, onstar and more! Fresh in off GMAC lease! Only 71,000 kms Cert.

0 down taxes included **\$106.49** **\$10,995** biweekly 72 mths

07 CHEV CREW CAB Z71 4X4



CARFAX

#6671 Only 17,000 kms! Loaded w/full pwr. options, alloys, onstar, pwr. seat, dual zone climate + more! Fresh in from GMAC lease! Cert.

0 down taxes included **\$253.99** **\$29,995** biweekly 84 mths

2005 DODGE GRAND CARAVAN



CARFAX

#6604 - Sport Only 39,000 kms! T.V./ D.V.D! Loaded w/full pwr. options inc. pwr. seat, dual heat + A/C, alloys + much more! Cert.

0 down taxes included **\$129.89** **\$13,495** biweekly 72 mths

2007 CHEV EXT CAB Z71



CARFAX

#6656 - Short Box 4X4 Only 7700kms! Wow! Bank repo! Loaded w/full pwr. options, 5.3 V8, alloys, onstar + more! Like New! Cert.

0 down taxes included **\$245.62** **\$28,995** biweekly 84 mths

2005 PONTIAC MONTANA



CARFAX

#6608 - Extended T.V./D.V.D! Pwr. seat, pwr. door & colour keyed bumpers, alloys, computer overhead console + much more! Only 73,000 kms. Cert.

0 down taxes included **\$111.09** **\$11,495** biweekly 72 mths

2006 HUMMER H3 4X4



CARFAX

#6672 Sharp! Only 44,000 kms! 2 T.V.'s, leather, s/roof, high polish wheels! Luxury package! Fresh in from GMAC Cert.

0 down taxes included **\$245.62** **\$28,995** biweekly 84 mths

2007 FORD EDGE SEL



CARFAX

Leather, TV! DVD! FWD, automatic, loaded with every power option. 33,000 kms. Certified.

0 down taxes included **\$212.17** **\$23,995** biweekly 84 mths

2004 DODGE GRAND CARAVAN



CARFAX

#6601 - T.V./D.V.D! High polish wheels loaded w/full pwr. options inc. quad seats dual heat + A/C pwr. seat + more! Only 68,000 kms. Cert.

0 down taxes included **\$138.85** **\$12,495** biweekly 60 mths

2005 PONTIAC MONTANA SE



CARFAX

#6625 - Extended T.V./D.V.D! Pwr. seat & door, colour keyed bumpers, steering controls. Only 70,000 kms. Cert.

0 down taxes included **\$109.85** **\$11,495** biweekly 72 mths

2005 PONTIAC MONTANA



CARFAX

#6643 - Extended T.V./D.V.D! Pwr. seat & door, air ride suspension, rev sensors, quads, dual heat + A/C + more! Only 91,000 kms. Cert.

0 down taxes included **\$101.72** **\$10,495** biweekly 72 mths

2007 FORD EDGE



CARFAX

#6654 - A.W.D Leather only 22,000 kms! Loaded w/full pwr. options! Fresh in from Ford U.S.A. Cert.

0 down taxes included **\$229.71** **\$24,995** biweekly 84 mths

2005 DODGE GR. CARAVAN SPORT



CARFAX

#6685 T.V./D.V.D! Fresh in off Chrysler lease! Loaded w/full pwr. options inc. quads, dual heat, A/C, alloys, pwr. seat + more! Only 71,000 kms Cert.

0 down taxes included **\$122.99** **\$12,755** biweekly 72 mths

All payments based on bi-weekly payments: 2002 - 48 mths; 2003 & 2004 - 60 mths; 2005 - 72 mths; 2006 & up - 84 mths. Admin., P.P.S.A. and taxes included. EG: \$10,000 + \$299 admin. + taxes \$1491.23 + \$65 P.P.S.A. = 11,855.23 financed over 60 months at 8.95% = \$113.79 bi-weekly with a cost of borrowing of \$2883.32 on approved credit. All cash deals are price plus administration + taxes. Terms & rates current at time of print. 0 down, taxes included.

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