

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

contact

www.thecontactnewspaper.cfbtrenton.com

LATE POSTING?

We can HELP!

DAVID WEIR BA, CD
 #1 Office Broker, 2001-2009
 Top 1% in Canada 2005-2009
 www.davidweir.com
 613-394-4837
 Royal LePage ProAlliance Realty,
 Brokerage

May 7, 2010

Serving 8 Wing/CFB Trenton • 8^e escadre/BFC Trenton • Volume 45 Issue Number 18 •

8 WING PERSONNEL HELP MAKE MCHAPPY DAY A SUCCESS



Photos: MCpl Tom Trainor, 8 Wing Imaging

Quinte West Mayor John Williams (left), Laura from McDonalds (centre) and Capt ain Sylvain Collard, the 8 Wing Commander's executive assistant, are drumming up business in support of McDonald's McHappy Day charity fundraising. MacDonald's restaurants carried out McHappy Day on 5 May in restaurants across Canada and raised \$2.8 million.



Good sport Lieutenant-Colonel Sean Lewis, 8 Wing Logistics and Engineering Officer, agreed to wear the princess tiara for the extra dollar donation it would bring in. LCol Lewis served customers in support of McDonald's McHappy Day charity fundraising event.

8 Wing Military Police Detachment: Keeping us all safe

by Capt Annie Morin
 8 WPAO

Having to provide security and Military Police support services seven days a week, 365 days a year is no small task.

The men and women from the Military Police Detachment at 8 Wing/CFB Trenton do not take their jobs lightly, going above and beyond their duty in order to keep us safe.

That is just what Master Corporal Michael Lehman did on April 28, 2010 when he conducted a traffic stop on RCAF Road.

On his way back to the office after patrolling alone in the PMQs on an uneventful night, he noticed a vehicle travelling

west on Dundas Street, which seemed to be going at an excessive speed.

The auditory tone from his dash-mounted radar sounded frantically; then its reading confirmed his suspicions. The driver was driving at 151km/h in a 60km/h zone.

“When I saw the vehicle coming, I thought this guy is going really fast,” said MCpl Lehman before reading the radar.

The seemingly disoriented and confused driver was stopped on RCAF Rd at 2225 hrs and was asked by MCpl Lehman to provide his license, car registration and proof of insurance.

MCpl Lehman also noticed a LCBO paper bag in the vehicle and contacted

his dispatcher who in turn informed the Quinte West OPP of the situation, since the incident was not in the MP Det's jurisdiction.

While MCpl Lehman waited for the OPP to arrive on-scene, he checked the driver's paperwork and criminal history and discovered the driver had expired insurance and validation tag.

“I had never stopped a vehicle for driving that fast before. This was a safety issue not only for the public but for the driver as well. He [the driver] needed to be stopped,” explained MCpl Lehman.

“I just did my job. Same as any other patrolman would have.”

MCpl Lehman described the relationship

between MPs and police forces from surrounding areas as outstanding; all working together to keep everyone safe.

“Public safety is always the number one priority whether it is in our jurisdiction or not.”

Master Corporal Michael Lehman, with 8 Wing's Military Police Detachment, demonstrates the use of a hand-held version of the mounted radar gun used to catch a man driving at excessive speed, without insurance, on RCAF Road late last month. The military police enjoy a productive and cooperative relationship with local law enforcement agencies.



Photo: Cpl Brandon O'Connell, 8 Wing Imaging

We spend the most to get the word out.

RE/MAX
 Move up to The Best

Each office independently owned and operated.



REMAX TRENT VALLEY REALTY LTD., Brokerage

YOU HAVE A CHOICE IN YOUR REAL ESTATE DECISIONS

Our representatives are fully approved and compliant with the DND IRP-PRI programs

OUTSTANDING AGENTS – OUTSTANDING RESULTS

447 Dundas St West Trenton
 613-392-6594

1-800-567-0776
 www.trentvalleyrealty.com

41 Main St Brighton
 613-475-6594



426 SQUADRON RUNS FOR CHARITY



426 Squadron raised over \$500 for the Trenton Memorial Hospital Foundation through participation in the inaugural Quinte 1/2 Marathon on Sunday, April 25. Two teams completed the 1/2 Marathon relay, accompanied by several 10 km walkers and one 10 km runner. A good time was had by all in support of an excellent community cause! Pictured from left to right are: Maj Mark McCullins, Capt Shane Loder, Capt Shannon Bernardo, Capt Steve Chokly, MCpl Shawn Thompson, Sgt William (Blair) Spencer, Sgt Steve Ally, MCpl Real Laflamme, Maj Amy Tsai-Lamoureux, MCpl Celine Riutta, WO Debbie Campaigne. Absent from the photo are Maj Brent Hoddinott and MCpl Rob Wengel.

8 Wing Trenton EAP Referral Agents

- Karen Brake 7911
- Dot Serre 3295
- James Leblanc 3053
- Nathalie Serre 7413
- Daphne Mullin 3652 (bilingual)

If you need assistance / Our door is always open

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Corporal Erik Campbell is seen here changing light bulbs atop the 242' microwave tower at the Military Aeronautical Communications System (MACS), located at the WTISS Carrying Place site. Through a system of directional antennae, MACS provides HF radio communications to aircraft flying anywhere on earth. Cpl Campbell is an LCIS Tech and has been a member of WTISS since 2008.



Drs John and Sue Marinovich and staff have been serving the dental community of Quinte since 1994. We offer complete dental care for all ages.

*Your health comes first.
New Patients and same day emergencies
always welcome!*



613-392-3939
257 Dundas St. E.,
Trenton
K8V 1M1

Best Quality **Best Price**

"The Only Place To Go"

**SMITTY'S
WAREHOUSE OPERATION**

For NEW or GOOD USED Appliances

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

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

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

613-969-0287

Companion Animal Care

Hillcrest Animal Hospital

Serving Quinte for 4 decades



**Mike Steen DVM • Fiona Gilchrist DVM
Adrianna Sage DVM • Gregg Ogilvie DVM**

Orthopedic Surgery | Medical Services | Dentistry
Pet Foods | In House Lab

New Customers Always Welcome

Food Services 613.394.2953

17532 Hwy 2 West, Trenton Beside Tim Hortons

613.394.4811 www.quintewestvet.com
Welcome

Weaver Family

**Funeral Homes
Cremation Services**

**24/7 Compassion.
24/7 Accessibility.**

Our website does many things. But the one thing it does best is show how important the families we serve are.

A Legacy of Life....



weaverfuneralhomes.com

East Chapel 613-394-2433
West Chapel 613-392-3579

**Please recycle
this newspaper**





Local school a little greener thanks to WCE

by Maj Isabelle Robitaille,

Trenton, ON – Sometimes, all it takes is a little imagination, some elbow grease, help from people with big hearts and a few flowers to make one huge difference. At least, this is all it took to transform Ecole Cité Jeunesse /Marc Garneau's main entrance from a cement covered, boring gray area to a beautiful green (yellow, pink and purple) place!

In early April, as part as an initiative to beautify the school to celebrate Earth Day and to provide a greener space for kids to enjoy, the school authorities contacted Major Phil Baker at Wing Construction Engineering (WCE) in hopes of maybe getting a few plants and a bucket or two of good soil. To their surprise and delight, Maj Baker and his team went a step above and offered time, expertise and of course, soil and plants!

Because Ecole Cite Jeunesse/Marc Garneau is located on Crown Land, Major Baker explained that it was actually quite appropriate to involve

WCE in this project. Beautifying school grounds not only benefits staff and students, it makes the whole neighbourhood look better and since the school is located right in the middle of the PMQs, making its space greener therefore benefits the whole community.

This is why after only a few e-mail exchanges and a quick phone call with Capt Ivanko, WCE Ops Officer, the school was put in touch with Mr. Ron Hadwen, Roads and Grounds Supervisor here at 8 Wing. The project truly interested him. To say that Mr. Hadwen was absolutely fantastic and most helpful wouldn't even begin to cover it!

Armed with tons of knowledge about all things green and more energy than the whole Kindergarden class on a Friday afternoon, Mr. Hadwen and his team joined the staff and students on April 23 at the school and provided time, expertise and of course, much needed plants, soil and flowers to make this project a success. With his



Photo: Submitted

As part of the school's Earth Day celebrations, students from Ecole Cité Jeunesse enjoy planting flowers to help make their school a little prettier and contribute to a nicer environment. This initiative was supported by the 8 Wing Construction Engineering team who offered time, expertise, tools and more importantly, plants, soil and flowers to make this "beautifying experience" a huge success.

team, he helped the students prepare the grounds and offered tips on planting and maintenance care. Eventually, after lots of work and fun, the school main entrance was transformed from a simple entrance into a welcoming,

colourful place.

Since then, the plants and flowers have started to grow and our space is getting prettier by the minute. It is amazing to see how proud the students are of their work and their school. Funny how such a

small, fragile little thing like a flower can make such a huge impact on the well-being and quality of life of those who enjoy it.

So on behalf of the staff and students of Ecole Cité Jeunesse/Marc Garneau, thanks a bunch (pun

intended!) to Major Baker, Capt Ivanko and more specifically, to Mr. Hadwen and his team. You have showed us again how much this Wing cares for the community and why we care so much about it too! Thank you.

Search & Rescue UPDATE



424 Squadron had one mission this past week.

The mission involved the Griffon helicopter and was for a possible may-day call 30 miles west of Montreal. The Griffon searched extensively and no distress was found, so the helicopter returned to base.

Until next week, stay safe.

Missions for 2010: 33 Missions for Apr.: 6 Persons rescued: 0

Canniff Mill Estates
BELLEVILLE

Now Selling Phase V
Only a few left in
Phase IV
Buy Now at
Last Years' Prices!



Buy Direct from the Builder

Serving Quinte's Military Families Since 1973

Call us today to see why so many military families have saved thousands of dollars by choosing a Staikos Home.

15 Minutes to CFB Trenton · Country Setting · City Conveniences

STAIKOS HOMES LTD

Office and Model Home at

2 Kipling Drive, Belleville - Take Hwy # 62 North.

Turn Right on Maitland and follow the signs. Off Farnham Road.

613-967-6560

Weekdays Monday - Friday 9am-4:30pm Saturday 12pm to 4pm Sunday 1pm to 4pm

www.staikoshomes.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 Dave Cochrane, CD, Wing Commander, 8 Wing / CFB Trenton.

The Contact Staff

Editor-in-Chief: Captain Mark Peebles
Managing Editor: Andrea Steiner
Assistant Editor: Amber Gooding
Reporter/Photographer: Vacant
Advertising Production : Lindsey White
Advertising Sales: Patricia MacKie
Bookkeeper: Marilyn Miron
Circulation: Russell Webster
Translator/Proofreader: WO Louise Fagan
PSP Manager: John Snyder
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 (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 #.
- 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 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

Letters to the Editor:

Internet: ANDREA.STEINER@forces.gc.ca
Intranet: STEINERAL@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. 7008

IN MEMORIAM



In Loving Memory of a Dear Son & Brother Pte Courtney Manuel Dec. 5/78--May 7th 2000

Time speeds on,
 Ten years have passed
 Since death its gloom,
 its shadow, cast
 Within our home,
 where all seemed bright,
 And took from us a shining light,
 We miss that light,
 and ever will,
 His vacant place there is none to fill,
 Down here we mourn,
 but not in vain,
 For up in heaven we will meet again

Love Mom, Dad, Rikki-Lee and Kevin

Canadiana Crossword

Ministerial Merry Go Round

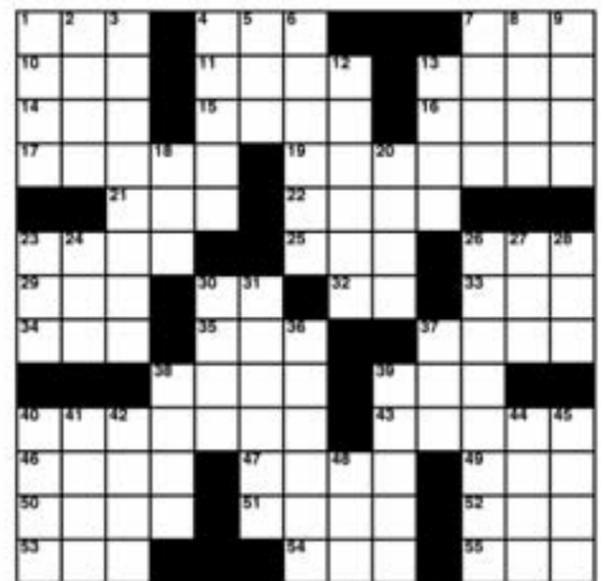
By Bernice Rosella and James Kilner

ACROSS

- 1 Calendar mo.
- 4 Deranged
- 7 Bit of cloth
- 10 Quebec national park
- 11 Land measure
- 13 Traditional beliefs
- 14 Pot
- 15 1980 or 2007
- 16 African despot
- 17 Mother of pearl
- 19 Ralph ____ Agriculture minister in 1994
- 21 Roman household god
- 22 ____ and ends
- 23 What it is to tell a lie
- 25 Born as
- 26 Spring month in Matane
- 29 Sheltered side
- 30 Metric meas.
- 32 Nazi para military org.
- 33 Sign, in a way
- 34 Sprite
- 35 Americas org.
- 37 Eye ailment
- 38 Encircled
- 39 Euro trading pact
- 40 Bob ____ (Agriculture Minister in 2004)
- 43 Indian province
- 46 Winged
- 47 Canuck defenceman
- 49 Gin inventor Whitney
- 50 Church part
- 51 Leg bone
- 52 Latvian currency
- 53 Edmonton to St Paul dir.
- 54 CDS forerunner
- 55 Arden or Taylor, to pals

DOWN

- 1 Word class
- 2 Gumbo



- 3 Lyle ____ Agriculture minister 1997 to 2003
- 4 Agriculture Minister in 1993
- 5 Playing card
- 6 St. George's challenger
- 7 Italia's Capital
- 8 Plant part
- 9 Protein molecule
- 12 Wears away
- 13 Boys
- 18 Sought election
- 20 Verses
- 23 Alexander Keith product
- 24 Salt in St. Foy
- 26 Andy ____ Agriculture Minister in 2006

- 27 Some
- 28 Asimov, familiarly
- 30 Helix
- 31 Fondle
- 36 Chuck ____ Agriculture Minister in 2006
- 37 Norwegian whale
- 38 Joy
- 39 Shades of black
- 40 Rational
- 41 Scheme
- 42 Roof part
- 44 Winged
- 45 Gerry ____ Agriculture Minister in 2007
- 48 Backtalk

See Answers, Page 19

Have an opinion or story to tell?

Want to be published?

Write a letter to the Editor

Email: SteinerAL@forces.gc.ca
 Fax: 613-965-7490
 Mail: The Contact Newspaper
 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.



This Week in Contact

1980 – Lieutenant-General Ramsey M. Withers was appointed Chief of the Defence Staff (CDS) by Prime Minister Pierre Trudeau, with a concurrent promotion to the rank of General. Gen Withers replaced Admiral Robert Falls as CDS, after that officer became the Chairman of NATO's military committee at NATO headquarters in Belgium.

1990 – Professional Secretaries International (PSI), the world's largest secretarial organization, supported Professional Secretaries Week at 8 Wing/CFB Trenton, recognizing the efforts of the 101 secretaries, stenographers, typists and word processor operators to keep "the base and all units running smoothly and effectively." A one-day professional development seminar, hosted by PSI, was held at Trenton's Ramada Inn.

2000 – The longest serving SAR-Tech in the Canadian Forces made his final jump at 8 Wing/CFB Trenton. Chief Warrant Officer Don Lane began his SAR career in 1969 with Trenton's 424 Squadron, making his first jump that year. CWO Lane made his last jump from a Labrador helicopter, followed immediately by about 15 SAR-Techs from 424 Squadron, who jumped from a CC-130 Hercules.

Created by Lt J. H. MacDonald,
 Compiled by Tom Philp.



Corporal bests time to climb the CN Tower in support of WWF

by Cpl Jacques Caron,
8 Wing Firehall

Never climbed the CN Tower before?

In the very early hours of Saturday April 17, 2010, I joined over 5,000 individuals beat the CN Tower and helped fight global warming. That morning as we were awaiting the start of registration, there were no signs of global warming as we witnessed snow flakes greet the first climbers.

When you climb the CN Tower or sponsor a climber, your support helps WWF-CA: Protect fragile ecosystems; Educate for real change; Ensure industry plays its part; Influence government on behalf of all Canadians; Help nature survive some inevitable warming.

The average person takes 35-45

minutes to climb the CN Tower. I managed to shave two minutes from my previous climb which gave me a time of 20 minutes and 57 seconds

There are 144 flights to climb in the windowless stairs, or 1776 steps. There were paramedics inside the staircase at every 10 floors to encourage you as you ascend to the top of the CN Tower. There are landings on each floor you can use to take a break.

I would like to personally thank my family, different local companies, co-workers, friends, physiotherapists (Tamara, Tara) and neighbours who sponsored me and helped me surpass my goal of \$1,776.00 to the tune of \$ 2,055.00.

For more information and pictures on this worthwhile event, you can check the website at wwf.ca



Cpl Jacques Caron climbed the CN Tower in just 20 minutes and 57 seconds.

Advertise your listings with us!

Call Patricia
613-392-2811
Ext 7008

Contact

PETITS PAS À TROIS

NOUVEAU PROGRAMME GRATUIT DE PRÉMATERNELLE À 3 ANS À L'ÉCOLE ÉLÉMENTAIRE CATHOLIQUE L'ENVOL

Le programme *PETITS PAS À TROIS* accueillera 16 enfants de 3 ans dès le 30 août 2010 à raison de 2 heures et demie par jour, 5 jours par semaine.

SOIRÉE D'INFORMATION ET PRÉINSCRIPTION
mardi 11 mai à 16 h
École élémentaire catholique L'ENVOL
45, pr. Johnson– Trenton

613 392-5590
www.lenvol.ecolecatholique.ca

CONSEIL DES ÉCOLES CATHOLIQUES DU CENTRE-EST
Le meilleur conseil qu'on puisse vous donner



Third annual Cut for the Cure set for May 20--Get involved!

2010 - CUT FOR THE CURE

The 3rd Annual Cut for the Cure will take place at 1230hrs in the WO's & Sgt's Mess on 20 May 2010.

The premise is that you volunteer to shave your head or cut it REAL short. Of course you won't do this for free....I want you to canvass your co-workers, family, friends and just about anyone with a wallet or purse to make a donation. Who can participate? Anyone with hair; men, women, old and young.

Not that there was a competi-

tion, last year CCISF of ATESS was the largest contributor, collecting over \$1200. Year one, 8 Wing raised \$1300 and over \$7,000 in 2009. Our goal for 2010 is \$10,000.

I want to thank Capt Andrea Dawe and her daughter Amber for being the first to volunteer to have their hair donated to make wigs for cancer patients. Thank you to all those who will sacrifice their locks and of course to everyone who digs deep to donate.

If you are interested in participating, please contact Sgt Dan Gorman, A3 RTF, at 2461 for your pledge sheets.

VOLUNTEER - DONATE

CUT FOR THE CURE

Raising funds for cancer research

20 MAY 2010





Capelli by Aldo

FOR MORE INFORMATION:
SGT DAN GORMAN
 613-392-2811 EXT 2461
DAN.GORMAN@FORCES.GC.CA

Canadian Cancer Society / Société canadienne du cancer

WRITE TO THE TROOPS: MORALE BY MESSAGE BOARD!

The men and women of the Canadian Forces have demonstrated time and again that they will rise to any challenge. Let your Canadian Forces members know you appreciate their service by sending a message using the monitored message board available at forces.gc.ca/site/commun/message/index-eng.asp

Canadian Forces Morale Mail: The Morale Mail service provides families and friends within Canada a cost-free alternative to using Canada Post to send care packages to those serving at a CF deployed operation. Morale Mail can be dropped off typically at a Base or Wing Military Family Resource Centre, Mail Room, or Military Post Office.

ÉCRIREZ AUX MILITAIRES : LE MORAL PAR BABILLARD ÉLECTRONIQUE!

Les hommes et les femmes des Forces canadiennes ont démontré maintes et maintes fois qu'ils sont à la hauteur de tout défi. Faites savoir aux membres des Forces canadiennes que vous appréciez leur service en leur envoyant un message à partir de ce babillard électronique surveillé. forces.gc.ca/site/commun/message/message-add-ajout-fra.asp

Le service de courrier d'encouragement vise à permettre à la famille et aux amis des militaires affectés à une opération déployée des FC de leur envoyer gratuitement des produits de réconfort, plutôt que d'avoir recours à la Société canadienne des postes. Le courrier d'encouragement peut être déposé au Centre de ressources des familles des militaires de la base ou de l'escadre, salle du courrier ou Bureau de poste militaire.



DRILLESS DENTISTRY
 NEW PATIENTS WELCOME

Dr. R. Gordon Bunt

Dental Health Centre

The Place Where Great Smiles Grow

- Teeth Whitening
- Nitrous oxide (laughing gas)
- Denture repairs
- 24 hr Emergency Care
- Bad Breath Treatment
- Crowns & Bridges
- Mouth Guards
- Root Canal Therapy
- Snoring Therapy
- Implants

14 WHITES RD (AT HWY 2)
(near CFB Trenton)

613.392.4757

PAYMENT PLANS AVAILABLE • COMPUTERIZED INSURANCE PROCESSING • CONVENIENT EVENING HOURS

We Love our Troops

Home • Auto • Life • Farm • Marine
 Financial Services • Commercial Insurance

Real people working for you, since 1946.

McDougall

INSURANCE & FINANCIAL

32 Main Street, Brighton 613.475.1430
 20 Dundas Street West, Trenton 613.394.6634
 199 Front St., Century Place, Suite 401, Belleville 613.966.7001
www.mcdougallinsurance.com

PET OF THE WEEK



Large and loveable! This sweet boy is ready to greet you at the door and sit in your lap as you pet his head and belly. He loves napping and cuddling. Good with other cats. Bobbitt has been at the shelter much too long and he is hoping for a new home and a new beginning. If you have room in your heart and home for Bobbitt please visit him at the shelter today...

Contact the Quinte Humane Society for more information.

Animals are from the Quinte Humane Society
 527 Avonlough Rd., Belleville 613-968-4673

This feature is wonderfully sponsored by Global Pet Foods



GLOBAL RYAN'S PET FOODS
The Health Food Stores For Your Pet

10% OFF EVERYDAY for Military Personnel

470 2nd Dug Hill Rd., Trenton (Walmart Plaza)
613-392-9191





SPORTS & RECREATION

Summer Kidz Kamp 2010

Summer is coming...Are you ready for fun? The Community Recreation Association is already planning for a high energy, fun-filled summer of adventure and fun.

If you are between the ages of 6 and 12 years old and enjoy swimming, playing sports and making new friends, this is the place to be this summer.

Activities include: swim and gym, games and crafts, music, animals, special guests, overnights, and an awesome road trip each week!

The Summer Kidz Kamp will take place at the RecPlex, Monday through Friday, from July 5 to August 20, 2010. The camp will run from 8 a.m. to 4 p.m. (Please note: No Summer Kidz Kamp on Monday August 2.)

Before and after care is available, from 7 to 8 a.m. and 4 to 5 p.m. for a cost of \$2 an hour, or any part there-of, per child

Registration for military community members began on Monday, April 19. Registration for the general public begins on Monday, May 31, starting at 9 a.m.

# Children	Military Community	General Public
1	\$100	\$115
2	\$170	\$190
3	\$215	\$240
4	\$250	\$275
Cost per Day		
1	\$25	\$30
2	\$40	\$50
3	\$55	\$70
4	\$70	\$90

Trip fee: \$10 per week. Sleepover fee: \$10 per child. **HST will be added to the price**



Photo: Contact archives

Kidz Kamp participants enjoy a number of indoor and outdoor activities.

Youth introduction to fencing

Youth Introduction to Fencing starts on Tuesday, May 11, from 6:30 to 8 p.m. at the RecPlex. All equipment is supplied.

Cost is \$10 for military community members and \$15 for the general public. Register at the RecPlex. For more information, call the CRA at ext. 3361.

Bronze Medallion and Emergency First Aid Crash Course

The Bronze Medallion and Emergency First Aid Crash Course is for participants 13 years of age or older. This three-day course will run from May 14 to 16, timings as follows: Friday from 5 to 9 p.m.; Saturday from 9 a.m. to 5 p.m.; and

Sunday from 9 a.m. to 5 p.m.

Cost is \$155 plus GST for military community members and \$175 plus GST for the general public.

Note: This is an intense program designed for individuals with strong swimming skills.

Standard First Aid/CPR 'C' Recertification

The eight-hour Standard First Aid recertification course provides a review of first aid and CPR skills. Practical skills will be assessed through scenarios and knowledge will be assessed with a written evaluation.

Candidates should review the course content and practice their skills prior to the recertification course. Candidates must bring proof of original certification.

May 8, 2010 from 9 a.m. to 5 p.m. Or get a group of eight friends, family or coworkers and we will schedule a class just for you!

Cost: \$55 plus GST for military community; \$65 plus GST for general public.

Important SFA Information: Re-cer-

tification procedure: Standard First Aid (SFA) award holders may recertify their Lifesaving Society SFA certification just once on a Lifesaving Society SFA Recertification Course not more than three years from the SFA date of issue.

To renew SFA certifications subsequently, award holders must repeat the full SFA Course. Thereafter, individuals may renew by alternating re-certifications and original course. Holders of Standard First Aid certificates from other agencies may not recertify their certificate on a Lifesaving Society recertification course. They may recertify only with the original certifying agency.

Roundel Glen Golf Course Passes

The PSP Community Recreation Association now has passes for the Roundel Glen Golf Course.

Purchase your pass at the RecPlex at a cost of \$30 for 18 holes or the pass may be used for two nine-hole games.

Available to military personnel and CRA members only.

Note: There is a limit of one pass per member.



Oak Hills Golf Passes

The PSP Community Recreation Association now has passes for Oak Hills Golf Course.

Oak Hills is home to two 18-hole courses - The Highland and The Glen - and is conveniently located just 15 minutes north of the 401.

Purchase your pass at the RecPlex at a cost of \$27 plus GST.

Passes are available to military personnel and CRA members only.

Note: There is a limit of one pass per member.

CAMPBELL'S AUTO SHOP

327 COLEMAN STREET, BELLEVILLE



- COMPLETE COLLISION REPAIRS SINCE 1915
- ALL WORK GUARANTEED
- FREE ESTIMATES • PAINT ROOM
- CUSTOM JOB SPECIALISTS
- FRAMES • UNIBODY & RAIL
- ENVIRONMENTALLY FRIENDLY PAINTS

613-968-5791

E-mail: autoshop@bellnet.ca



Join the 8 Wing Martial Arts Club!

We offer complete courses up to 6th degree Black Belt in Jiu Jitsu, Karate, Tai Chi, Self Defence and BJJ. Programs available for children and adults. Membership fees starts as low as \$30 a month.

CALL 613-392-2811 ext 5085 FOR MORE INFORMATION

Canadian Sport Subs

Quinte's Most Complete Dive Training & Service Facility

Scuba Instruction from Open Water to Instructor
Emergency First Response & CPR
Equipment Sales, Service & Rentals
Visuals & Hydrostatic Testing
Air & Nitrox Fills • Dive Travel • Wet Suit Rentals

Courses ongoing

Military members receive 10% off

48 Dundas Street West, Belleville
613-966-8903

www.canadiansportsubs.com



AUTOPRO

CORMIER'S AUTO REPAIR

Trenton's #1 Choice
For Quality Auto Service For
Over 23 Years



Complete professional service to all makes and models,
Drive clean test & repair facility, Certifications,
Courtesy Shuttle, Mon. to Sat.

276 Front St., Trenton 613-392-2766



FITNESS & HEALTH PROMOTION



Set realistic goals for healthy weight loss

Heart and Stroke Foundation – Forget perfection. Concentrate on getting healthy rather than thin.

What's realistic? You'd be surprised. Too often we give up on weight-loss plans before we begin because the road to perfection seems far too long and far too hard. So forget perfection for a minute. In fact, the amount of weight most of us need to lose to be healthy is a lot less than we need to lose in order to be 'thin.'

So before you start taking off any pounds, consider that reducing your weight by 5% to 10% is a healthy, and reasonable, goal. If you weigh 200 pounds, and you've determined that your BMI and waist circumference fall in an unhealthy range, a loss of 10 to 20 pounds is a good goal — for your health and for your sense of well-being. If your goal is a total loss of 20 pounds, allowing yourself five months to lose it is both sensible and safe.

Still not convinced? Imagine what a pound of butter looks like. Now imagine how you will look and feel when a similar-sized

pound of fat is trimmed from your frame. Get the picture?

THE BATTLE PLAN

Make no mistake about it, losing weight is not easy. Healthy bodies have healthy appetites. That's not going to change as you lose weight.

In fact, as you begin to lose weight you may feel even more hungry than you did before. It makes sense, really. You need to consume fewer calories than you burn in order to lose weight. That may leave you feeling hungry at times.

What's critical is to remember that it's a normal part of the journey to a healthy weight.

STAYING ON TRACK

One way to stay on track during tough times is to minimize that struggle between mind and body.

If your body perceives starvation, it will try to protect itself. If you were denied food for a day or two, you would feel hunger. If you

were denied food for a week or more that hunger would become a complete and relentless obsession with food.

At the same time, the body lags — feeling fatigued as the metabolism slows. Once food is made available, your incredible hunger combined, with a slow metabolism, make weight gain inevitable. So avoid starving yourself. Instead, load up on healthy foods that won't leave you feeling deprived.

For how long? It's important to be realistic about time frames, too. Studies say that those of us who chip away at our excess weight slowly and steadily, losing about a pound a week, are more likely to lose fat (as opposed to muscle or even water) and lose it for good. And that's the point, isn't it?

By setting reasonable goals, eating a healthy diet, and adopting an active lifestyle, you have a far greater chance of reaching and maintaining a healthy weight than you would with drastic 'fad' diets.

8 Wing Trenton's Fun Run or Walk

Join us on Monday, May 31, from 1000 to 1200 hrs for 8 Wing's first ever Fun Run or Walk, which will start and finish at Baker Island

A fun run or walk presented by the Fitness Flight in lieu of daily PT plan for an 8 km run or a 5 km walk. Refreshments to follow. The great Defence community is welcome to participate in this fitness event.

To register please email Lisa Refausse at refausse.e@forces.gc.ca

Did You Know?

To show appreciation to the pilots who dropped food from the air many Dutch people painted, "Thank you Canadians" on their rooftops. Since the war's end The Netherlands have donated 10,000 tulip bulbs to Ottawa to honour their gift of liberation.



"Did You Know?" is brought to you by your 8 Wing Health Promotion department.

ANNUAL SURF AND TURF RACE

Join us on June 11, 2010 for the 24th Annual Surf and Turf Relay Race.

The race will begin at 0900 hrs. Registration and event information available through Fitness and Sports or online through the community gateway website at cfbtrenton.com. (The Surf and Turf link appears on the main page).

The route is very similar to last year's event. Event categories include Team, Tinman/woman, and back again for this year the Tin Mate category.

Join the fun, recruit a team for the community's outstanding fitness challenge, or try it alone or with a mate.

To contact the Surf and Turf race organizer, please call Lisa Refausse at local 3328 or on the DIN.



Photo: Amber Gooding, Contact Staff

Choosing activities to get active

Active2010.ca – What's the best way to get active? What makes one activity better than another? There's no easy answer.

It all depends on the shape you're in and what you like doing. No matter what you choose to do, there are three kinds of exercise your body needs:

Aerobic exercises make your heart stronger. Brisk walking, running, cycling and dancing are all aerobic activities. Team sports like hockey and soccer also give you great aerobic workouts.

Strength exercises build your muscles and usually involve lifting weights, but any activity where you apply resistance to your muscles can give you a similar workout.

Flexibility exercises improve your range of motion and condition your joints.

They usually involve stretching. Activities such as yoga and tai chi can also help you be more flexible. You can also stretch before and after you exercise to

ACTIVE2010

stay healthy and prevent injuries.

When choosing activities try to balance these three types of exercise. You can do one thing that combines all three at once, group different activities into one exercise period, or do them all at separate times.

Here's one way of doing this: If you walk 30 minutes a day, stretch before and after your walk. Wear wrist/ankle weights or carry small dumbbells while walking to improve your strength.

You can also lift weights at a gym three times a week, on top of walking every day. For even more stretching, try a yoga or Tai chi class once a week.

Here's another way: Martial arts, such as karate,

judo, Tai Chi and aikido combine aerobic activity with strength and flexibility training.

Why not add a twice-weekly martial arts class to your 30 minutes of brisk daily walking? It's a fun and challenging way to get the three types of exercise your body needs.

Here's one final example: Swimming and aqua fitness are great aerobic activities that also build strength. Because you're moving through water instead of air your muscles work harder. Add some stretches before and after you swim and you've got a complete workout.

No matter what you choose to do, make sure you're enjoying yourself and having lots of fun. That's a winning combination.

8 Wing Health Promotion

177 Hercules St., Bldg 119 ~ Phone: x3768 ~ Email: healthpromotionTrenton@forces.gc.ca

Leslie Bedore, Health Promotion Administrative Assistant – **Angela Prescott**, Health Promotion Manager – **Kendra Lafleur**, Health Promotion Director

Visit healthpromotion.cfbtrenton.com to learn more about the programs and services offered by your 8 Wing Health Promotion team.

Safety

Kids are unpredictable, injuries don't have to be

Hastings and Prince Edward Counties/May 3, 2010 - Childhood injuries are often serious, not just bumps and bruises.

Yet many parents and caregivers view childhood injuries as 'accidents' and 'a normal part of childhood,' says Cindy Kirkpatrick, a public health nurse with the Hastings & Prince Edward Counties Health Unit. "Injuries are the leading cause of death and disability for Canadian children after the first year of life."

Most childhood injuries are due to unintentional causes, not those resulting from violence or self-harm. Falls are the main cause of hospital treated injuries and the second leading cause of head injuries for children. Brain injury can lead to permanent physical, cognitive, behavioural, social, academic, and personality disabilities, particularly if children were injured before five years of age.

"While today's parents are as committed and car-

ing as ever, research shows that many parents and caregivers often do not adjust their expectation of their child's abilities as the child grows," says Kirkpatrick. "For example, a five-year-old cannot judge the speed and distance of cars when crossing the road." There are definite patterns of injury for children associated with age and developmental stage. It is these patterns which make injuries both predictable and preventable.

"Kids are unpredictable - injuries don't have to be," says Kirkpatrick.

The Health Unit wants to help parents and caregivers of children aged five to nine to prevent injuries. Falls, playground and traffic injuries are the three most common injuries among children ages 5-9 years.

Call the Health Unit at 613-966-5513 ext. 259 or visit toronto.ca/health/injury/prevention/5to9/pdf/IP_brochure.pdf to learn how to stay a step ahead of childhood injuries.

Take a boating skills course

Nine years ago, a law was passed in Canada requiring that operators of powered recreational boats have a basic level of boating knowledge.

Providers developed courses and tests and a proof of competency "card" was issued to those who successfully completed the test. Called the Pleasure Craft Operator's Card or PCOC, it is a first step towards acquiring the skills and know-how to safely operate a motorized vessel in Canadian waters.

The requirement to have a PCOC has been phased in over the past years and the final milestone is only one year away. By September 2009 everyone operating a powered recreational vessel will need one and based on the results so far, the rush for all those remaining to obtain theirs is expected to be overwhelming.

However, keep in mind that the PCOC is just a first step in boating education.

This 'legal minimum' doesn't even cover non-motorized craft such as sail, canoes, kayaks or even any passengers in any boats. To truly enjoy the boating experience, all boaters need boating safety education.

The Canadian Safe Boating Council wants every boater to be as safe as possible on the water. The more knowledge you have, the safer you and your family are.

The PCOC is a great first step but don't stop there. Organizations like the Canadian Power and Sail Squadrons, local sailing schools and paddling organizations offer boating courses. Give them a call or look them up on the internet at www.cps-ecp.ca

The more knowledge you have, the more enjoyable boating becomes.



Canadian Safe Boating Council
Conseil canadien de la sécurité nautique

Safe Boating Awareness Week: May 22 - 28, 2010

Be aware of potential poisons found around home

Submitted by
8 Wing General Safety Office

Thousands of household products available today make life easier, but many of them can be killers!

Most often small children, one to four years old, are the victims.

Almost every area in your home has something dangerous in it. Go through room by room and pick out the potential killers. The following information contains some possibilities to consider.

Kitchen: Detergents, drain cleaner, scouring powder, oven cleaner, waxes and polishes, disinfectants and deodorants, solvents and cleaning supplies, food extracts, nutmeg and other condiments, and alcoholic beverages.

Bathroom: All drugs and medications, rubbing alcohol, antiseptics,

hair remover, bleaches and dyes, laxatives, ointments, shampoo, after shave lotion, hair spray and hair tonic.

Bedrooms: Nail polish and remover, face cream, birth control pills, anti-moth preparations, cologne and perfume, skin freshener, and sleeping pills.

Living room: Medications (left in handbags or on the coffee table by visitors), cigarettes, alcoholic beverages, household plants including caladium, castor bean, dieffenbachia, elephants ear, lantana, mistletoe and philodendron.

Utility area, laundry, workshop, garage, garden shed, etc.: Paints and removers, auto waxes and polishes, gasoline, turpentine, solvents, dyes, glues, barbecue starters, weed killers, garden sprays, dyes, bleaches, drain open-

ers, and pesticides.

Make sure potentially dangerous substances are stored properly. This means locked storage in basement, garage, and workshop and high shelves for cleaning fluids, polishes, bleaches and similar house-cleaning aids.

Take the time to explain to your youngsters why they must not touch anything that might be harmful. By age three or four years your child will be able to recognize the symbols for hazardous products. And never, never transfer harmful substances to cups, milk cartons, pop bottles, or other food containers.

Develop safe habits and keep a list of emergency numbers by the phone in case of an accidental poisoning. You can prevent poisoning!

LOCAL SERVICES AND TRADES

Classified Advertising: 613-392-2811 ext 3976 Fax: 613-965-7490
 Email: Lindsey.White@forces.gc.ca

Accounting Services

"It's our business to know your business"



TAX PREPARATION
 BOOKKEEPING
 ACCOUNTING SERVICES
 FINANCIAL STATEMENTS
"Trust the Professionals"

Read's
 25 Quinte St., Trenton
 613-392-4372

Auto / Custom

Lou Natic Customs

9 Frankford Cres., Trenton
613-208-0489
lounatic2008@hotmail.com
www.lounaticcustom.com

Body • Chassis Restoration
 Custom Metal Fabrication

Auto General Service

Cannifton Garage 2000 Ltd.

- ✓ Tune-ups - Springs
- ✓ Safety Inspections
- ✓ Suspension Service
- ✓ General Repairs

Cars - Trucks - Vans
 Buses - RVs - Trailers & Heavy Trucks
 Performance Parts & Accessories
 Parts & Service - Call Kevin
613-962-1132
 at Hwy.37 & Casey Rd., Belleville

Auto General Service

Engine Oil Analysis

Oil Sample & Lab Analysis check for wear contaminants & show over 20 other indicators of how your engine is running. Confirms engine performance or indicates trouble areas.

Boats/Bikes/Cars/Trucks
 Gas/Diesel
 Oil/Coolant/Transmission
 Lab Results in days.

SPRING SPECIAL - \$54.99
613-885-7674 or
Generation.Electric.Quinte@gmail.com

Boats / Motors

Big Lake Boats



105 University Ave. W.
 Cobourg, ON
1-866-373-0525

- Evinrude & Mercury motors
- Larson & Princecraft boats

20 Years Sales & Service
jeff@biglakeboats.ca
www.biglakeboats.ca
"Lowest Prices of the Year"

Building Material

RONA TRENTON

"Buy Where The Builder Buys"

House plans, engineered floors, kiln dried lumber, expert staff, etc.

234 Glen Miller Rd.
 Trenton
613-394-3351

General Contracting

HERRINGTON
 ROOFING & GENERAL CONTRACTING

- ROOFING
- SOFFIT
- FASCIA
- EAVESTROUGH
- EXTERIOR EXPERTS
- SNOWPLOWING

MILITARY DISCOUNTS

613-919-2872

Haulage/Topsoil

- TOPSOIL •
- Decorative Rocks
- Playground Sand
- Gravel
- Large or small

Pick up or delivery
 • Equipment Rentals
SCOTT'S HAULAGE
 17 Lester Road
613-392-3917

Music

RIVERSIDE MUSIC



Antiques & Collectables
 Arts & Crafts
 Musical Instruments
 Music Lessons

Gifts & Cards
 Internet Cafe
 Computer Training
 Secretarial Service

16 Dundas St. W. Trenton
613-394-4891

Mini Storage

BIGFORD MINI STORAGE



HOUSEHOLD & COMMERCIAL - MONTHLY
 WELL LIT, FENCED-IN SECURED COMPOUND
 DELIVERED OR ON SITE STORAGE CONTAINERS

468 BIGFORD ROAD
 BRIGHTON ON K0K 1H0
613-475-6500
bigfordministorage@xplornet.com

Physiotherapy

BRIGHTON SPORT & WELLNESS

Sports Injuries, Back and Neck Pain, Tendonitis, Motor Vehicle and WSIB, Acupuncture

Chiropody (Foot Care)
 Custom Orthotics, Ingrown Toenails, Warts/Callus/Ulcers/Heel or Foot Pain, Diabetic Foot Care
 No Referral Necessary, Blue Cross Provider, Veteran Affairs
92 Main St, Brighton • 613-475-0606

Pools/Spas

Trent Pools & Spas



For the best prices - the best service - the best selection

- Above ground pools
- On ground pools
- In ground pools

83 Dufferin Ave, Trenton
613-392-7498 or
1-888-711-POOL
 email: trentonpoolsandspas@cogeco.net
 Family owned & operated

Roofing

CEDARGROVE ROOFING LTD.

- All types of Roofing
- Trailer Roofs
- Free Estimates • Fully Insured
- Written Guarantee
- Competitive Rates

E.P.D.M. 1 Ply
 Low Slope & Flat Roofing

Over 30 Years Experience
 90 Division St., Brighton
613-475-4842

Tree Service

Trenton Tree Service

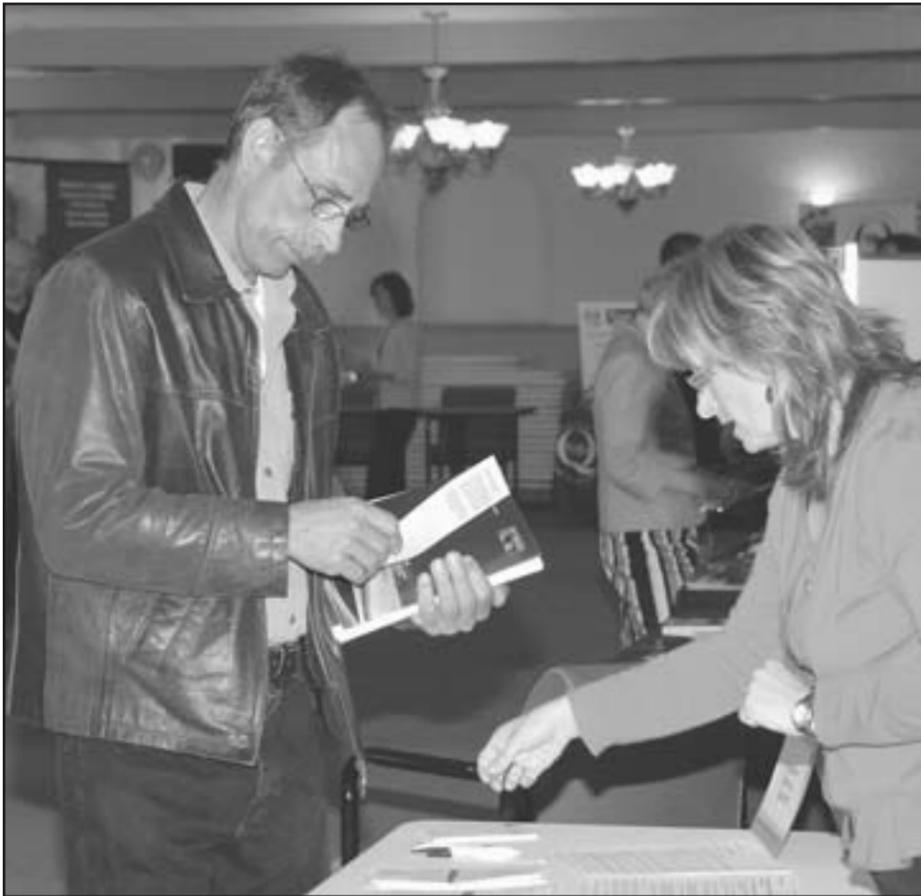
Tree Trimming & Removal, Chipping & Stumping

- Free Estimates
- Fully Insured

A fair price for everyone
613-392-7415



WPSO hosts 24-kiosk educational fair at 8 Wing



Master Corporal David Zewuster-ACS Technician (left), speaks with a representative from The Canadian Defense Academy (right), at an Educational Fair held at the Warrant Officers' and Sergeants' Mess, 8 Wing/CFB Trenton on April 29. Hosted by the WPSO, the goal of the event was to provide both military and civilian members of the Defense Team, and their dependants, with information to explore various educational options for academic upgrading. There were 24 kiosks at this event with reps from adult education institutions, colleges and universities. Events included a Second Career Assistance Network (SCAN), A Long Term Planning Seminar (LTP), and several kiosks from various educational institutions.



Photos: Pte Gisele LeBlanc, 8 Wing Imaging

Louise Mitchell, a representative of Algonquin College (left), speaks with Cpl Candy Chapados (right), a Rigger from CFLAWC (Canadian Forces Land Advanced Warfare Centre) at the educational fair held April 29, 2010.



Captain Vasiliki Marinakos (on left), Wing Personnel Selection Officer, and Karlene Burley (on right), Administrative Assistant for the WPSO, pose in front of the Wing Personnel Selection Office sign at the Educational Fair on April 29th, 2010.



**Your Financial Protection
for Today...and Tomorrow!**

**Libéré des FC...
préparez-vous
à l'avance.**



**Releasing
from the CF...
plan ahead.**

Think of retirement planning to ensure your financial future.

Transfer your existing life insurance plan to **Insurance for Released Members.***

Contact a SISIP FS representative to help you get started.

*No medical information is required if done within 60 days of your release.

Songez à un plan de retraite pour assurer votre avenir financier.

Transformez votre régime actuel d'assurance vie en **Assurance pour membres libérés.***

Communiquez avec un représentant des SF RARM pour vous aider.

*Pas d'information médicale requise si effectué dans les 60 jours suivant votre libération.

www.sisip.com • 1-800-267-6681 • Trenton 613-965-4823



EYES N OPTICS

**EYE EXAMINATIONS ON PREMISES
WALK-INS WELCOME**

Over 1400 frames to choose from.
We carry all the major brand names including:
Nike, Oakley, Adidas, D&G, Versace, Fysh Kliik, Salvatore Ferragamo, Ray Ban, Vogue, Ralph Lauren, Bertelli, Easy Clip, John Lennon, Burberry, Police & more...

BUY ONE GET ONE FREE!

SPECIAL MILITARY DISCOUNT

**ONE HOUR SERVICE
FOR MOST PRESCRIPTIONS**

73A Dundas Street West, Trenton

WE WILL
BEAT ANY
ADVERTISED
PRICE!



613-392-3040



VIEW FROM THE PINE



What year is this? 1993? Is that Patty Roy in net for the Blue, Blanc et Rouge? Did we just whip Les Nordiques like a used government mule? Do I have my glorious, flowing mullet back?

Well, maybe not, although honestly it sure as heck feels that way as Habs Nation basks in the afterglow of Montreal's unfathomable upset win over Stanley Cup favourites, the Washington Capitals.

It would be way too easy to sum up the Canadiens first round victory by laying all of the credit at the busy feet of Jaro Halak, especially given the mind boggling number of shots that he weathered from the high octane Capitals. To do so, though, would be to completely ignore the utterly insane shot blocking by Montreal's forwards and d-men, and the clutch goal scoring provided by first year Habs such as Mike Cammalleri.

Also more important (for me, at least) was that for the first time in a very, very long time Les Canadiens are showing an incredible amount of heart and determination in the playoffs. There is no rolling over and letting teams scratch their bellies like what occurred during their first round sweep at the hands of the Boston Booins last year. So I'm going to give credit where credit is due. Ex-GM (and now special advisor) Bob Gainey hated what he saw in last year's version of Les Habitants and blew the team up in the off-season.

The 2009-2010 version of the Canadiens is basically Gainey's creation from top to bottom and whatever success they achieve as this year's playoff Cinderella Team is largely the result of Gainey putting in place the right coach and players to make it happen.

Of course, first round upsets

(and there were quite a few in the East with the top three seeds joining the Leafs on the golf course) are not the only big news in the NHL. First on deck? Diving. What the heck is up with the diving calls? Hey, I know the Commish was giggling like a little school girl at the chance to eventually have a Pens vs. Caps Eastern Conference Final, but referees calling three diving penalties, IN THE SAME GAME (read: Washington vs. Montreal, Game Six) and AGAINST THE SAME TEAM (read: the Habs) was ludicrous. I give the refs full marks on the first call against Maxime Lapierre - he dove like Greg Louganis (sigh, google it).

But the call against Brian Gionta, and the second penalty against Lapierre, were true works of fiction. The worst thing is that those types of blatant miscues just give us "the NHL and Gary Bettman are anti-Canadian" conspiracy theorists more to work with. And speaking of missed calls, how can the NHL justify the diving penalties assigned to the Habs when you can have a Golden Globe Winner (sorry, I don't have enough respect for him to give him an Academy Award) like Daniel Carcillo making an absolute mockery of the game and the referees with his antics? And I am not talking about his "moustache".

Carcillo dives like a World Cup soccer player anytime he even feels the whiff of a stick around his upper body. He did it against the Devils in Round One and he did it again during Game Two against the Boston Bruins. And in both cases he was able to skate to his bench with a smirk on his mug while the opposing player was sent off to the penalty box. Just one more reason to hate the Flyers and

to question if the League can come anywhere close to applying one, fair diving standard across the board for all the teams in the playoffs.

There is one rule that you can bank on in the playoffs, though, and that is "The Sidney Rule". Very simply, if your name is Sidney Crosby you basically have free reign to generally act like a brat on the ice and can get away with things that ANY other player in the League would get an automatic two minute Unsportsmanlike Conduct or 10 minute Misconduct penalty for. Case in point, Montreal's Game Two win over the Pens.

During one particularly frustrating stretch of player for Pittsburgh (the Habs can produce those feelings in others - just ask Ovechkin and company), Crosby proceeded to break his stick against the side of Halak's net before whipping it violently into the corner. Then he proceeded to yip like an agitated Jack Russell Terrier at the officials all the way back to his bench. Now those of us with our tin-foil hats on can point to that play where no call was made and then to the Unsportsmanlike Conduct call against goalie Carey Price who in Game Four of the first round dug a puck out of his net and lobbed it in the general direction of a Caps post goal celebration (the puck hit one of the Caps players in their group hug - he did not notice). Pretty hard to argue that the League does not have a double standard with that type of evidence at our disposal.

Generally speaking my first round picks sucked worse than a Brian Burke trade. On to Round Two. Bring the pain!

EASTERN CONFERENCE

Penguins (4) vs. Canadiens (8): I asked Les Boys to prove me wrong on my Washington sweep call and they obliged. So in keeping with the theme of my negativity I called

a sweep by the Penguins. Seems to be working thus far with the Canadiens earning a split in Pittsburgh and dropping a close game in Montreal in Game Three. The Pens have a ton more heart (and a few more Stanley Cups) than the Caps, and it will be interesting to see if the loss of Staal hurts Pittsburgh more than the loss of Markov hurts Montreal over the long haul. Oh, and is P.K. Subban crazy good or what? Did I say Pens in four? I meant Pens in five.

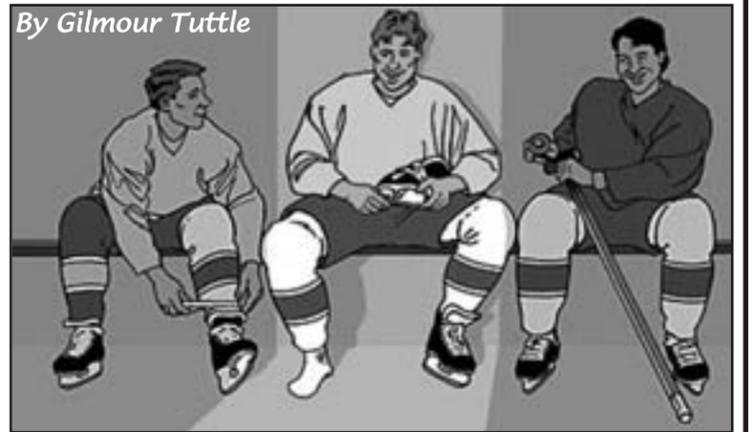
Bruins (6) vs. Flyers (7): Let the blood flow, boys. Let the blood flow. Old time hockey. Stick'em in the groin and let them know you're there! Beat each other into a mushy pulp. I thought it might be hard to cheer for anyone in this series but after watching another full game chalk-a-block with the antics of Daniel Carcillo and Scott Hartnell (damn, too bad he is from Saskatchewan), I can't help but cheer for the Booins. That, and if Montreal pulls off another miracle and can knock off the defending Stanley Cup Champions, a Montreal vs. Boston Eastern Conference Final would be epic! I had the Booins in seven so the Flyers better pull out a couple of wins on home ice to make things close.

WESTERN CONFERENCE

Sharks (1) vs. Red Wings (5):

Well, San Jose actually pulled things out of the fire by closing out the Avalanche series. I would not say that they have shed their choker label just yet, but opening a 3-0 lead on the Detroit Red Wings following a huge Game Three come-from-behind win is a pretty damned good start. Detroit has proven that they can play with the Sharks (or is it vice versa?), but down three games I do expect some panic in Hockeytown. The Sharks are slowly starting to get their big guns firing, though, as Joe Pavelski couldn't have carried the entire team on his back for too much longer (although he is giving it a good shot with 15 points so far). I picked the Red Wings in seven. Detroit can still pull it off. Maybe.

Blackhawks (2) vs. Canucks (3): You think the 'Nuckleheads were not chomping at the bit to get another shot at Kane, Toews, Keith and company? I think the 5-1 beatdown the Blackhawks were handed on home ice by Vancouver was a pretty good statement game. And although Vancouver dropped a close Game Two after letting a lead slip away, the Canucks are still getting the production they need from their big guns and supporting cast alike. If Chicago was looking past Vancouver based on last year's match-up, they aren't anymore. Canucks in seven.



By Gilmour Tuttle

Any responses can be sent to andrea.steiner@forces.gc.ca

Our house, your home.

Model homes available for immediate possession.



The Emerald 1512 Sq. Ft. Brighton \$267,900



The Hendrick 1628 Sq. Ft. Brighton \$319,900



The Charlotte 1245 Sq. Ft. Trenton \$259,900



The Lesley 1638 Sq. Ft. Trenton \$294,900



The Courtlund 1738 Sq. Ft. Belleville \$369,900



The Hillview 1210 Sq. Ft. Frankford \$239,900



HILDENHOMES

393 Sidney Street, Belleville 613.962.4600 www.hildenhomes.com



Proud Supporters Of Our Community!
WE LOVE TRADES!



07 SATURN ION

D10637 Automatic, 4 cyl., 4 dr. coupel! Steering wheel controls, air, cruise, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 58,000kms.

\$8,495

Payments Include EVERYTHING!

06 MAZDA 3

10938 Pwr sunroof, manual transmission! Alloy wheels! 4 cyl., 4 dr., steering wheel controls, air, tilt, cruise, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 52,000kms.

\$11,495

Payments Include EVERYTHING!

09 BUICK LUCERNE CXL

D10766 Pwr heated leather memory seats! Chrome wheels! Flex fuel, wood grain trim, OnStar, dual climate controls, steering wheel controls, traction control, air, cruise, tilt, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, only 29,000kms!!

\$23,995

Payments Include EVERYTHING!

07 CHRYSLER 300

10955 Pwr sunroof! Alloy wheels! Pwr seat, air, tilt, cruise, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, 40,000kms!

\$13,495

Payments Include EVERYTHING!

09 CHEV MALIBU LT

D10767 Pwr sunroof! Pwr heated leather trim seats! Automatic, 4 cyl., alloy wheels, traction control, factory remote start, OnStar, steering wheel controls, air, tilt, cruise, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, only 36,000kms.

\$18,495

Payments Include EVERYTHING!

09 CHRYSLER SEBRING TOURING

3 TO CHOOSE FROM!

10613 Pwr sunroof, pwr leather seats, flex fuel, steering wheel controls, alloy wheels, blue tooth, cruise, tilt, air, satellite radio, CD/MP3, pwr mirrors, locks, windows, keyless entry, only 25,000 – 31,000kms.

\$15,495

0 down \$121.93
taxes included monthly \$121.93

Payments Include EVERYTHING!

07 SATURN ION

10813 Manual transmission, 4 cyl., 4 dr. coupe! Air, tilt, cruise, steering wheel controls, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, only 28,000kms!

\$8,495

Payments Include EVERYTHING!

08 DODGE CALIBER SXT

D10959 Automatic, 4 cyl., 4 dr., air, cruise, tilt, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, only 19,000kms!!

\$11,995

Payments Include EVERYTHING!

08 DODGE CALIBER SXT

10912 Automatic, 4 cyl., 4 dr., alloy wheels, cruise, tilt, air, steering wheel controls, AM/FM/CD, pwr mirrors, locks, windows, keyless entry, only 21,000kms!!

\$12,495

Payments Include EVERYTHING!

06 SATURN ION

PD10879 Automatic, 4 cyl., 4 dr., steering wheel controls, tilt, cruise, air, AM/FM/CD, pwr windows, locks, mirrors, keyless entry, 74,000kms.

\$7,495

Payments Include EVERYTHING!

09 BUICK LUCERNE CXL

D10765 Chrome wheels! Pwr heated leather memory seats! Wood grain trim, flex fuel, steering wheel controls, OnStar, tilt, air, cruise, satellite radio, CD, pwr mirrors, locks, windows, keyless entry, only 32,000kms!

\$23,995

Payments Include EVERYTHING!

09 PONTIAC G8

10166 V6, Pwr heated leather seats, alloy wheels, OnStar, steering wheel controls, traction control, factory remote start, air, tilt, cruise, satellite radio, CD, pwr locks, windows, mirrors, keyless entry, only 33,000kms!

\$23,995

Payments Include EVERYTHING!

06 CHEV IMPALA LTZ

10620 Pwr sunroof! Pwr seat, alloy wheels, dual climate controls, OnStar, air, tilt, cruise, satellite radio, CD, steering wheel controls, factory remote start, pwr mirrors, locks, windows, keyless entry, 82,000kms.

\$10,995

Payments Include EVERYTHING!

07 MAZDA 3

P10986 Manual transmission! 4 Cyl., 4 dr., alloy wheels, cruise, tilt, air, steering wheel controls, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 45,000kms!

\$12,495

Payments Include EVERYTHING!

07 MAZDA 3

D10225 Manual transmission, 4 cyl., 4 dr., alloy wheels, steering wheel controls, cruise, air, tilt, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, 78,000kms.

\$10,495

Payments Include EVERYTHING!

06 VOLKSWAGON JETTA

PD10904 Pwr heated seats! Pwr sunroof! Alloy wheels! Cruise, tilt, air, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, 76,000kms.

\$14,495

Payments Include EVERYTHING!

09 BUICK ALLURE CXL

D10348 Pwr heated leather seats, chrome wheels, wood grain trim, OnStar, dual climate controls, steering wheel controls, air, tilt, cruise, satellite radio/CD, pwr locks, windows, mirrors, factory remote start, keyless entry, only 38,000kms!

\$18,995

Payments Include EVERYTHING!

Call Today or Apply Online @ www.bayviewauto.com

All payments based on biweekly payments. 2005 & 2006 – 60 mths; 2007 – 72 mths; 2008 & 2009 – 84 mths; 2010 – 96 mths. P.P.S.A. and taxes included. EG: \$10,000 + taxes \$1,300 + P.P.S.A. \$65 = \$11,365.00 financed over 60 months at 6.99% = \$117.34 biweekly with a cost of borrowing of \$1,962.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates current at time of print. 0 down, taxes included. Bayview Auto is not responsible for any errors in pricing. See dealer for details.

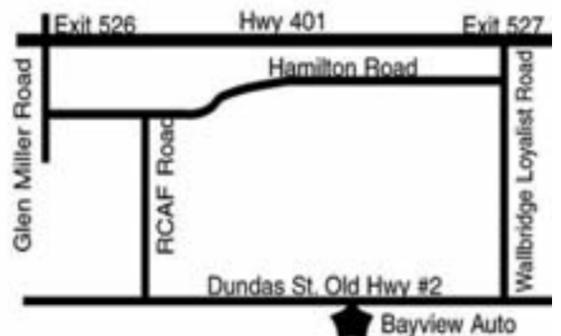


Come and see your trusted credit specialists

Bayview Auto Sales

Sales, Service, Selection

980 Old Hwy # 2, Trenton 1-866-260-6755
(LOCAL OR LONG DISTANCE)





OPERATION ZERO

LEON'S AGENT ZERO IS BACK! WITH A LICENCE TO SAVE YOU LOTS OF MONEY!



"FOX GLOVE" QUEEN SIZE SET

Twin Size Set	\$599
Double Size Set	\$679
King Size Set	\$1099

658-11212

WHAT A DEAL!
\$699
 INCLUDES DELIVERY

PLUS, ALL PURCHASES INCLUDE NO CHARGE REMOVAL OF YOUR OLD BEDDING!

Featuring SpaceTech™ memory foam for pressure point relief

Sealy
Posturepedic

"AVIGNON" QUEEN SIZE SET

Twin Size Set	\$799
Double Size Set	\$879
King Size Set	\$1299

789-12012

GREAT BUY!
\$899
 INCLUDES DELIVERY

SIMMONS

"CAMBRIDGE" QUEEN SIZE SET

Twin Size Set	\$399
Double Size Set	\$479
King Size Set	\$799

789-12012

GREAT BUY!
\$499
 INCLUDES DELIVERY

PAY ZERO FOR 16 MONTHS!*



CANADA'S ONLY FURNITURE
SUPERSTORES

Hwy. 401 & Glen Miller Rd. Trenton

613-394-3322 or 1-877-394-3322

Monday to Friday 9am-9pm, Saturday 9am-6pm, Sunday 12-5pm

*O.A.C. All applicable taxes, disposable surcharges where applicable and a processing fee of \$79.95 (Eg. \$1500 purchase with \$79.95 PF equals an APR of 4.0%) are due at the time of purchase. Balance is due 16 months from the date of purchase. All items available while quantities last. Prices, terms and conditions may vary according to region. Selection may vary from store to store. Pick-up discounts not available on some items. No extra charge for delivery on most items if purchase amount, before taxes and any fees, is \$498 or more. See store for delivery included areas. Not applicable to previous purchases and markdown items. See store for other convenient payment options. All first time buyers in Ontario must put down a 15% deposit on any financed pick-up purchase over \$1,000.





Community Events

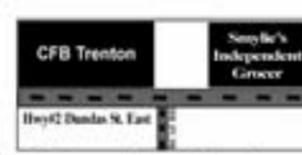
generously sponsored by...

independent

YOUR INDEPENDENT GROCER



President's Choice



**293 Dundas St. East,
Trenton • 613-392-0297**

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.

Line Dancing Classes

We will be starting Line Dancing at the Trenton Seniors Club, located at 61 Bay St. Classes will be held on Monday mornings from 10:00 a.m. to 2:00 p.m. and Tuesday evenings from 6:00 p.m to 8:00 p.m.

Classes are open to the Public. Cost is only \$3.00 per class. Come out and have some fun. You can join at anytime and everyone is welcome to come.

Teacher is Linda Nyholm and she will be specializing in beginners. Come on out and give it a try.

For information call the office between 9 a.m. and 3 p.m. at 613 392-5400 or Betty at 613 392-3472. Hope to see you on the dance floor.

RCAF Memorial Foundation Golf Tournament

Come out and support the National Air Force Museum of Canada by joining us at the RCAF Memorial Foundation Golf Tournament at Warkworth Golf Club on Friday, June 25, 2010.

The format is a four-player scramble starting at 13:00 hours. The entry fee of \$100 per player includes a lunch prior to play, a steak dinner after play, a green fee including cart, and a prize valued, at minimum, of \$50. Entries to the undersigned before June 11, 2010.

For more information please contact Lorne Bermel, Golf Tournament Chairman, at 613-392-2670, or at Bermel.woodcraft@sympatico.ca.

TERRY FINDLEY - IRISH RESEARCH 101

Join us at the Quinte West Public Library, 7 Creswell Drive, Trenton, on Saturday, May 15, at 1 p.m. for Terry Findley's Irish Research 101. Everyone is welcome. Free admission and refreshments.

For more information please contact Mary Culloden, Ontario Genealogical Society, Quinte Branch, at culloden@sympatico.ca or via phone at 613-968-5230.



**Annual Middleton Park
Yard Sale**

Saturday, May 29, 2010
8 am - 2 pm

**Vente annuelle de garage
du Parc Middleton**

Le samedi, 29 mai 2010
de 8h à 14h

If you live off base, and would like to rent a table at the Siskin Centre, please call the MFRC reception at 613-965-3575 to reserve it.

Si vous demeurez à l'extérieur de la base, et aimeriez louer une table au Centre Siskin, appelez au bureau d'accueil du CRFM, 613-965-3575 pour réserver.

Presented by



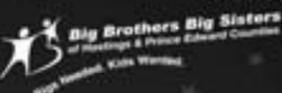
Dancing with the Stars of Quinte

Friday, May 14, 2010

Yardmen Arena, Belleville at 7:30 pm (doors open at 6:30 pm)

Tickets: \$20 general admission
www.quintedancingwiththestars.ca

Hosted by



Volunteer & Information



Featuring

Jeanette Arsenault, Tracy/Suzanne, Steve Allen, OCA of Schools & Clubs

Angie Beane Best, 27/28/29 Mike, Katherin, Inglewood Bandstand & Group

Debra Cato, 30/31/32 Trudy Vette, (30)

Carol Feeney, Quinn Arts Council, Darren Matheson, Ltd. (30 & 31)

Caroline Brangan, The Group of Prince Edward Islands & Lions Wharf, Todd Bennett, Belleville Police Service

Lisa Balle, The Intelligence, Michael MacKinnon, Registered Marriage & Family Therapist

Karel Marckman, Belleville Jewellers, Richard Floyd, Lions Attorney's Office

Leif Ell, District Park Real Estate, Ray Best, Canfield, PEI

Dance Instructors

Paul Bennett & Beth Gordon, Dance Time, Pamela Fyles, Michelle Phelan & Danae Swisher

Reed & Marie Robinson, Mary McLean, Denise Beatty, Dick Elze, Anna Wright, Leslie Dal Snow Academy

Judges

Judith Simon, Canfield, City of Belleville, Julie Simon, Art's, Steven, Quinn Miller School of Canada

Mark Pridgen & Sue Ballin, winners, 2009 Dancing with the Stars of Quinte

MC

Lesley Jones, Sask. SK

Sponsored by



O'FLYNN WEESIE

Supported by



Tickets available at: Volunteer & Information Quinte, Century Place 613-969-8862 (cash only); Big Brothers Big Sisters of Hastings & PEC, 249 William St. 613-962-3666 (cash, Visa & MC); Books & Company, 289 Main Street, Picton 613-476-3037 (cash only)



HEROES HIGHWAY RIDE

JUNE 5th, 2010
Ride Departs 11:00
www.heroeshighwayride.com



10 Acre Truck Stop, Trenton - Downtown Bowmanville

A FREE RIDE TO HONOUR OUR TROOPS. COME AND JOIN US

Far too often, Canadians have lined the bridges along Highway 401 between Trenton and Toronto (now known as the Highway of Heroes) as a fallen soldier is returned home. This grassroots expression of respect and mourning for these members of the Canadian Forces and their families has become the envy of the world.

But I thought, what about the troops still deployed, these men and women must find the strength to carry out their duties in the faces of danger. I know some might not agree with their current role overseas, but, I still felt the need existed for Canadians to express their Support for the Troops that continue to serve with commitment, compassion and perseverance. So with this in mind, the Heroes Highway Ride was born.

This is a free event, and our primary goal is to demonstrate our support for our troops. We are, however, collecting voluntary donations on behalf of Wounded Warriors Fund.

The Heroes Highway Ride begins at 10 Acre Truck Stop located at Exit 538 just east of Trenton and departs at 11:00, then follows the Highway of Heroes to Bowmanville for a post ride get-together.

This event is made possible with the support of our Media Partners:



and our Corporate Sponsors:



Organized by the Members of Perfect Pigs MC





FAMILY



Activity: Make your own growth chart

Making a growth chart is a fun way for your child to notice special things about her own body.

This simple Comfort, Play and Teach™ activity will give your child practice with measuring, counting and observing.

You will need: A long piece of paper; a measuring tape; and a permanent marker

Instructions: Tape the paper to a wall making sure the bottom of the paper is touching the ground.

Ask your child to stand with his back against the paper. Make a marking at the top of the head, to indicate his height. Remember to print the date the measurement was taken.

Over time, measure your child again, noting changes and adding the date. Your child will enjoy observing how his body has changed over time. Enjoy this more with Comfort, Play and Teach™:



with sand or water.

Comfort: Children are very interested in learning about themselves. Measuring your child is a way to provide special attention and build his esteem about his growth.

Teach: Encouraging your child to handle and measure the things she plays with will help her to develop skills like observing and comparing.

Play: Size differences can be noticed when your child plays with toys such as blocks and dolls or uses different sized measuring tools when playing



Courtesy of the D-News Network, DND-CF Public Affairs Newswire.
All text by Invest in Kids.
investinkids.ca

Mealtime.org Corn and Crab Cakes

Crab cakes may seem out of the question when you're watching the family food budget, but canned crab is a fraction of the cost of fresh, equally nutritious, and ready-to-use without worrying about the need to clean the crab of shell.



In this classic American version, the cakes are embellished with a can of creamed corn (adds a little sweetness and moisture), a dash of hot pepper sauce for pizzazz, and some chopped green onion for a fresh from the garden flavour.

Ingredients:

- 2 cans (6 oz each) crabmeat, drained
- 1 can (8.25 oz) cream style corn
- 1/2 teaspoon hot pepper sauce, such as Tabasco
- 2 medium scallions (green onions), trimmed finely chopped
- 1 1/2 cups seasoned bread crumbs, divided

Preparation Time: 7 minutes **Cook Time:** 8 minutes

Preparation: Mix crabmeat, corn, hot sauce, scallions and 3/4 cup bread crumbs in a medium mixing bowl until well blended. Spread the remaining breadcrumbs on a sheet of foil and divide the crab mixture into eight even portions (about 1/3 cup each). Roll each portion in bread crumbs until the surface is well coated, and form into 1/2-inch thick patties. Heat a large non-stick frying pan over medium-high heat. Pour in some canola or vegetable oil (about three tablespoons). When the oil is hot, brown the crab cakes on both sides, about four minutes per side. Serves: Four

Nutritional Information Per Serving: (including 3 tablespoons oil used in cooking):
Calories 380; Total fat 14g; Saturated fat 1.5g; Cholesterol 75mg; Sodium 760mg; Carbohydrate 39g; Fiber 3g; Protein 24g; Vitamin A 2 per cent DV*; Vitamin C 8 per cent DV; Calcium 15 per cent DV; Iron 15 per cent DV. *Daily Value

WHAT'S THE DIF ?

www.pcartoons.com
PIERRE C. ARSENEAULT



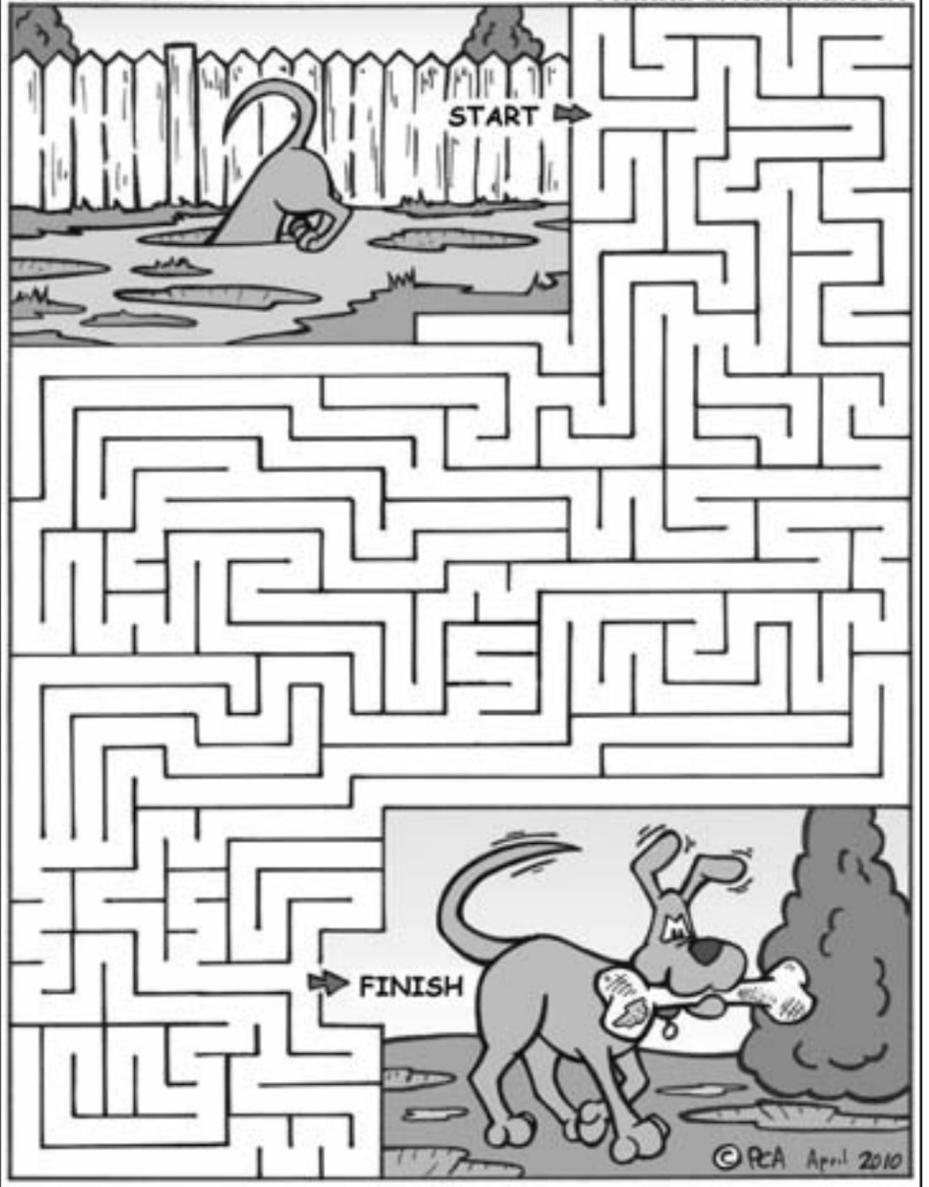
FIND THE 7 DIFFERENCES



ANSWERS: 1. FINGERS 2. SPILL 3. PITCHER HANDLE 4. HAIR 5. TREE 6. HOUSE/FENCE 7. CUPBOARD DOOR

DEAD END ?

www.pcartoons.com
PIERRE C. ARSENEAULT



Nadiya's Zodiac Starcast

Nadiya Shah, M.A., Cultural Cosmology and Divination, UKC.
For expanded forecasts visit www.nadiyashah.com

May 9 – May 15

Theme of the week: Mercury goes direct and it's a new moon. The constellation of Taurus is lit up this week with forward action and fresh starts. We are willing to make a plan that moves us towards our goals. Most importantly, we have the diligence to stick to it. It will be a great week, enjoy!

ARIES (March 21-April 19): There are countless myths of people being immortalized as stars for their acts of kindness. It does have a way of being remembered, and all have the potential to leave these legacies in small and powerful ways. Your shot at immortality finds you now.

TAURUS (April 20-May 20): One of the things actors love about their job is that they get to be someone else. However, this can also be challenging if they feel like they are not truly seen. You have been playing a part. You are ready to drop pretenses and feel more like yourself than you have in a while.

GEMINI (May 21-June 20): There were Catalan artists who believed that the ultimate value to creating art was in saying what it is they most desired. They believed that to just express what they felt in the moment was an ode to all that they are. Let them inspire you to drop your fear and speak honestly now.

CANCER (June 21-July 22): The awareness of the slightest parts of our body can have a correlation to the awareness to the different parts of our selves. You are counting the things that are less than desirable within you. Focus instead on what is beautiful and the whole picture looks better.

LEO (July 23-Aug. 22): Maurice Merleau-Ponty wrote extensively about an area of philosophical thought known as embodiment. He asserted our bodies are wise. Your body is feeling restless. It is meant to point the way to a change.

VIRGO (Aug. 23-Sept. 22): There are certain things that we all know for sure. Some of these are things we know about ourselves, others are things we believe. What you know now is that what you have been fighting for is worth a sustained effort. Continue to give your all to what matters to you.

LIBRA (Sept. 23-Oct. 22): The particulars are where the power is. The vision is where the magic is. You have been focused on the big picture. It has given you a sense of purpose. Continue to nurture it. However, bringing your attention to the finer details will make the magic stronger.

SCORPIO (Oct. 23-Nov. 21): You are asking someone to take a second look on your behalf. It may be great to get another perspective, but not at the expense of your own judgment. You can receive help, but will not be able to delegate the accountability.

SAGITTARIUS (Nov. 22-Dec. 21): We all deserve decorum. You may have recently been surprised at the behavior of another. Words might have been said that were hurtful. Despite the exchange, you are seeing the truth of who another person is. This is a good thing.

CAPRICORN (Dec. 22-Jan. 19): A burst of creativity can come suddenly and flow freely. Other times it is a more cultivated, mindful process. You know there is something you have to produce. Today feels less like there is a flow and more like your effort has to be meted out. You will accomplish your task.

AQUARIUS (Jan. 20-Feb. 18): A strange calm is coming over you. For weeks you have struggled to make a certain course of events come about. Things have not gone exactly as planned, but you finally see that a positive end result is inevitable.

PISCES (Feb. 19-March 20): All circumstances change, and all challenges come to pass. The challenges will come. If not, we wouldn't be living. There has been a deeply personal ongoing challenge. The worst is over and you will feel your spirits lift higher from here on out.



ROYAL LEPAGE

ProAlliance Realty, Brokerage

Independently Owned and Operated

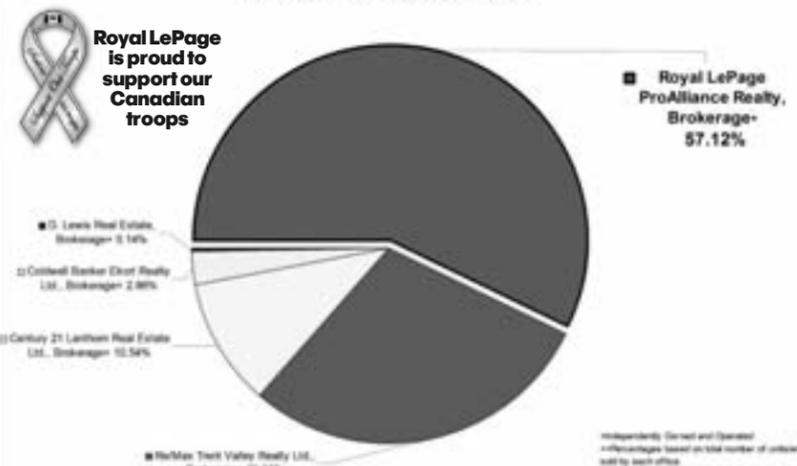
Market Share - January 1st - June 30, 2009
Trenton Offices Only - MLS Units Sold
Source: Quinte & District Real Estate Board**

Trenton 613.394.4837
Brighton 613.475.6242
Toll Free 1.800.263.2177

www.DiscoverRoyalLePage.com

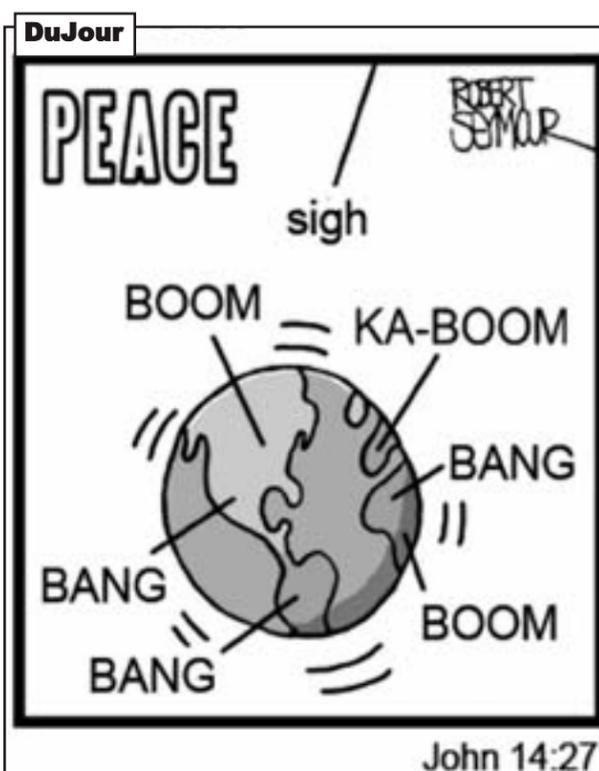
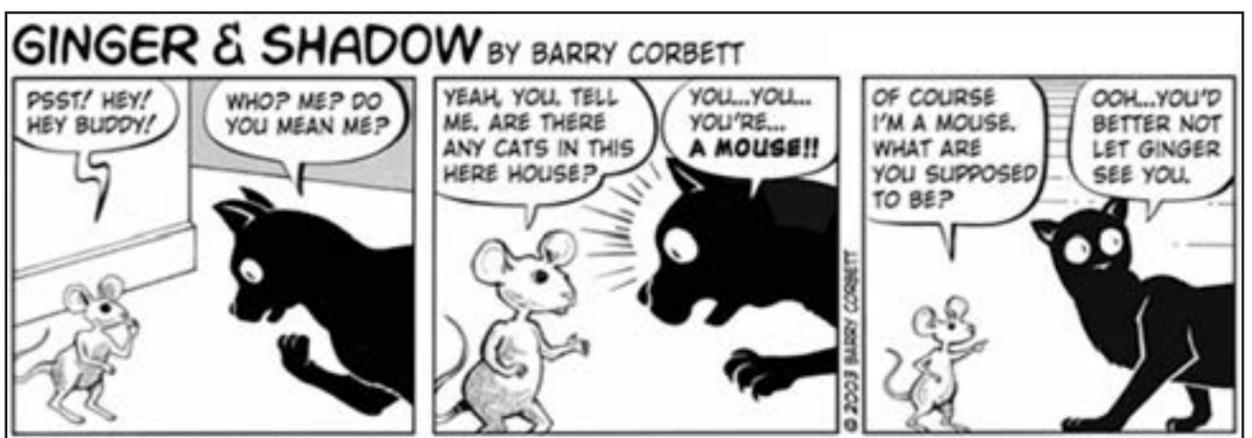
More Buyers. More Sellers. More Results.**

Royal LePage is proud to support our Canadian troops



- Our Realtors® are fully approved and compliant with the DND IRP-PRI program.
- Our Trenton office is the closest real estate office in proximity to the Base
- Proud financial supporter of the RCAF Memorial Museum
- Please visit our new display at the CANEX

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



Showcase

Showcase



Capt S. Lavoie

received a promotion to that rank, presented by LCol P. Morissette, 1 CAD Surgeon Winnipeg and Maj R. Crew, Flt Comd CF AE Flt Trenton.



MWO L. Turner

received a 500-hour Aeromedical Evacuation Patch, presented by LCol P. Morissette, 1 CAD Surgeon Winnipeg and Maj R. Crew, Flt Comd CF AE Flt Trenton.



WO E. Carr

received a promotion to that rank, presented by MWO J. Proulx and LCol J. MacCaull, CO ATESS.



MWO J. Proulx

received a CO's Commendation, presented by CWO J. Wudrick and LCol J. MacCaull, CO ATESS.



WO C. Deck

received a CO's Commendation, presented by CWO J. Wudrick and LCol J. MacCaull, CO ATESS.



MCpl S. Nikodim

received a CO's Commendation, presented by CWO J. Wudrick and LCol J. MacCaull, CO ATESS.



Capt L. Gagne

received a Certificate of Aerobic Excellence, presented by CWO J. Wudrick and LCol J. MacCaull, CO ATESS.



Pte M. Power

received a Certificate of Aerobic Excellence, presented by CWO J. Wudrick and LCol J. MacCaull, CO ATESS.



MCpl L. Miller, MCpl T. McGowan, Sgt B. Pearson (CCISF)

received a CO's Commendation, presented by CWO J. Wudrick and LCol J. MacCaull, CO ATESS.

Congratulations! Félicitations!



Coin for a cause: Post Traumatic Stress Disorder

by Jill St. Marseille, Air Force News

Having fought the battle herself, Major Deanna (Dee) Brasseur knows the importance of acknowledging, recognizing and diagnosing Post Traumatic Stress Disorder (PTSD).

One of Canada's first female fighter pilots, Maj Brasseur retired in 1994 with what she thought was exhaustion from her job. "I thought I was tired; had career burnout," she said. "I thought it would get better if I got out [of the Canadian Forces], but it didn't."

She discovered that it wasn't burn out: it was PTSD. She sought treatment in neuro-linguistic programming (NLP) and today is fully recovered and on a mission to help others with the disorder.

When she is not working as a reservist with the Air Force, Maj Brasseur is an active civilian who is busy public speaking and raising awareness about the disorder through the One in a Million Project.

She wants to bring to light the fact that PTSD can affect anyone and it is important that it be recognized and treat-

ed. "It is not simply a military problem affecting soldiers who serve on extremely challenging missions, it's a Canadian national mental health challenge affecting police, firefighters, emergency responders, health care professionals as well as everyday citizens affected by traumatic events such as fires, floods, car accidents and violent crime. The Canadian Mental Health Association estimates 1 in 10 Canadians suffers from PTSD."

The One In A Million project will give hope and directly benefit PTSD sufferers and families. It has commissioned a limited edition collector coin to raise \$35 million dollars which will generate annual revenue to be granted towards researching, educating and treating PTSD through organizations such as Soldier On, Military Families Fund and the Neuro-Linguistic Programming Research and Recognition Project.

One million coins will be minted and sold for \$50 each.

The goal is to lift the veil, the stigma that has been placed on PTSD. Because as Maj Brasseur said, "No one is immune."



Photo: Submitted

Front side of the coin (left); Flip side: "Believe in the power of one" (right).



SERVING THOSE WHO SERVED The Royal Canadian Legion Service Bureau Network

- > Representation Services
- > Advocacy
- > Benevolent Assistance

The Legion Service Bureau Command Service Officers are here to serve members of the Canadian Forces, Veterans, RCMP members, and their families while representing their interests in dealings with Veterans Affairs Canada (VAC) and the Veterans Review and Appeal Board (VRAB) in claiming disability benefits under the Pension Act or the New Veterans Charter.

The Legion professional Service Officers, whose role is mandated through legislation, provide representation services, advocacy and benevolent assistance FREE OF CHARGE, whether or not you are a Legion member. Visit www.legion.ca/ServiceBureau.



WE CARE!

Call Toll Free at 1-877-534-4666

We Support Our Troops

Play 18 holes anytime at the Bay of Quinte Golf & Country Club for an introductory rate of \$30, or \$45 with a half cart rental.

Offer valid during the month of May, 2010. Reserve your tee time up to 6 days in advance. Military I.D. must be presented.

BAY OF QUINTE
GOLF & COUNTRY CLUB

1830 Old Highway #2, Belleville, Ontario
phone: (613) 968-7404 • www.bayofquintegolf.com
email: info@bayofquintegolf.com

ARE YOU A VETERAN OF THE SECOND WORLD WAR AND WOULD LIKE TO SHARE YOUR STORY OF SERVICE?

THE MEMORY PROJECT: STORIES OF THE SECOND WORLD WAR is providing every living Second World War veteran with the opportunity to share their memories through interviews and digitized memorabilia. These stories will be shared with Canadians through an extensive online digital archive at:

WWW.THEMEMORYPROJECT.COM

Join the Legacy!

If you're interested, or know a veteran who would be interested in this project, please contact us toll free at:

1.866.701.1867

or by email: memory@historica-dominion.ca



Canadian Heritage

Patrimoine canadien

Crossword Answers

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

Advertise your listings with us!



Call Patricia
613-392-2811
Ext 7008

Contact

COMMEMORATIVE FLAG LOWERED



Photo: Submitted

Lieutenant-Colonel MacCaull and acting SCWO, Master Warrant Officer Proulx lowered, for the last time, the CDS Canadian Forces Unit Commendation commemorative flag received a year ago. A scroll, a gold medallion and the flag was awarded to ATESS by the CDS for its exemplary engineering and logistic work in late 2006 to deliver newly-manufactured Exposed Crew Protection Kits (ECPK) to Canadian Forces in Afghanistan.

Armed Forces Veteran Owner Jack Tennier says "We're just trying to drum up a little extra business"

P-X WAREHOUSE SALE

BIG 50% OFF FURNITURE
50% OFF ALL MATTRESSES
FREE DELIVERY AND SETUP
OPEN 7 DAYS A WEEK 9-5
SUNDAY 11-4

P-X FURNITURE & APPLIANCES LTD. TRENTON

HWY 33 SOUTH OF THE 401
613-392-6690

TRENTON Military Family Resource Centre

MFRC-EVENTS & INFORMATION

The Commodores' Big Band Revue
with the Wannamaker Sisters & Swing Dancers
Saturday, May 08 - 7:30pm - Maranatha Church, Belleville
\$20 - Tickets available at MFRC

"Dove Real Beauty" workshop

Young Girls between the Ages 8 - 13
(Must be accompanied by a female mentor age 18 yrs +)
DATE: Friday, May 14, 2010 TIME: 5:30-8:00 pm PLACE: MFRC Bistro.
Christa, 613-955-0902 Kelly: 613-392-2811 x 4532

Small Business Symposium

Do you have a small business? Would you like to start a small business? Consider joining us for a Military Spouse Small Business Symposium.

Thursday, May 20

Objective: To provide a venue for Military Spouses to showcase and provide information about their own small businesses. To provide a venue for Military Spouses who are considering small business ownership the opportunity to network and explore information.

Contact: Liz Nicholas: Elizabeth.nicholas@forces.gc.ca ext. 3852

PERENNIAL PLANT SALE @ MFRC

Saturday, May 29th 9-12am

Plants will be priced at \$2 for small pots, \$3 for medium pots and \$5 for large pots. All monies raised will go towards MFRC fundraising.

If you have any plants to donate, please drop them off on Friday, May 28th and you will receive a voucher to exchange for a plant at the sale.

For additional information
www.TrentonMFRC.CFBTrenton.com
Contact: Jaimie Corriveau 613-955-8711

CFRM-Événements et Information

The Commodores' Big Band Revue
avec les Wannamaker Sisters & Swing Dancers
Samedi, 08 mai - 19h30 - Maranatha Church, Belleville
20\$ - Billets disponible au CFRM

ATELIER 'Dove Real Beauty'

Jeunes filles entre 8-13 ans (Doivent être accompagnées par une femme 'mentor' âgée de 18+)
DATE: Vendredi le 14 mai, 2010 HEURE: 17h30- 20h LIEU: Bistro CFRM
Christa, 613-955-0902 ou Kelly; 613-392-2811 x 4532

Symposium de petites entreprises

Dirigez-vous votre petite entreprise? Aimeriez-vous démarrer votre petite entreprise? Dans ce cas, envisagez joindre le symposium de petites entreprises des conjoints de militaires.

le jeudi, 20 mai

Objectif: d'offrir un endroit aux conjoints de militaires pour démontrer leur entreprise et informer le public à propos de leurs services. D'offrir un endroit où les conjoints de militaires, qui considèrent démarrer leur entreprise, pourront obtenir l'information nécessaire et l'opportunité d'élargir leur réseau.

Contact: Hélène à helene.cadotte-gagnon@forces.gc.ca poste 2379

VENTES DE VIVACES AU CFRM

Samedi, le 29 mai - 9h à midi

Les prix des plants varieront de 2\$ pour les petits pots, \$3 pour les medium jusqu'à \$5 pour les plus gros. Tous les fonds accumulés supporteront le CFRM.

Si vous avez des plantes à nous donner veuillez les apporter au centre vendredi, le 28 mai et vous recevrez un coupon que vous pourrez utiliser pour l'achat d'une plante le jour de la vente.

Pour information additionnelle
www.TrentonMFRC.CFBTrenton.com
Contactez: Jaimie Corriveau 613-955-8711

Home of the Week



Mike the Molar
Dental Centre
169 Dundas St. East,
Trenton, ON K8V 1L5
PH: 613-394-8888
www.mikethemolar.com

NEW PATIENTS WELCOME!

Thank You Belleville, Quinte, "The County" & Eastern Ontario.

We now offer one of the LARGEST FACTORY DIRECT COLLECTIONS OF HANDCRAFTED CANADIAN MENNONITE FURNITURE in EASTERN ONTARIO. Heirloom pieces are crafted from wormy & clear maple, flat & 1/4 cut oak, rustic & rough sawn pine & cherry.

MENNONITE FURNITURE Collection

- Tables & Chairs
- Bedrooms
- Mattresses & Home Accent Pcs

RUTTLE BROTHERS FURNITURE
SINCE 1974
www.ruttlebrothersfurniture.com
1 mile N. of WALMART on HWY 62, Belleville
969-9263

Home of the Week
Your Building Renovation Experts

Quinte EXTERIOR BUILDING SUPPLIES
Where Quality Is Our Business

SALES & INSTALLATION
Seamless Eavestrough & leaf guard
Vinyl siding
Aluminum soffit & fascia
Windows • Shutters
COMPETITIVELY PRICED

613-392-6485
Frankford Cres.,
Trenton, ON



Alpine-Style Recreation Home
Plan Number 10-3-217

This alpine-style recreation home, with a wrap-around deck for outdoor living and a spacious rec room on the ground floor, will be ideal for an active family seeking a year-round get-away.

On the main floor, the great room, dining area and kitchen all feature a sloping ceiling that reflects the angle of the roof and enhances these rooms' airy feeling. Two wood-burning stoves, one in the great room and the other in the rec room, will make these rooms cosy during the winter months, while access to covered decks from the dining area and great room will encourage al fresco meals when the weather is warm.

The kitchen, an efficient U-shape design, includes a window over the double sink as well as a handy prep island and roomy pantry.

Also on the main floor is the master suite, with french doors opening onto a sundeck. The ensuite bathroom includes a shower stall as well as a tub and double basins.

Access to the main floor is through a covered porch at the back of the home, as well as a flight of steps at the side, so moving luggage and outdoor equipment from the car will be a piece of cake.

Measuring 46 feet by 46 feet, this home's living space totals 2,160 square feet.



Plans for design 10-3-217 are available for \$731 (set of 5), \$820 (set of 8) and \$875 for a super set of 10. B.C. residents add 7% Prov. Sales Tax. Also add \$30.00 for Priority charge within B.C. or \$50.00 outside of B.C. Please add 5% G.S.T. or 13% H.S.T. (where applicable) to both the plan price and Priority charges. Our 42ND Edition of the Home Plan Catalogue containing over 300 plans is available for \$3.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home

Plan of the Week" and mail to:
HOME PLAN OF THE WEEK
c/o. The Contact

Unit 7, 15243 91 Avenue, Surrey, B.C. V3R 8P8

Or see our web page order form on: www.jenish.com and e-mail your order to: homeplans@jenish.com

PARA AND **SICO** PAINTS

TRENT HILLS PAINT & SUPPLIES BRIGHTON
47B ELIZABETH ST., BRIGHTON
QUALITY SERVICE & VALUE
613-475-3349

Rubicon HVAC Services

Worried your furnace won't make it through the winter? Let me inspect it before problems arise.

- Experienced
- Reliable
- Licensed & Insured

Michael J. Kutka 613-922-4822
rubiconhvac@bell.net
3 Lucas Court, Brighton, ON K0K 1H0

"YOUR ONE STOP BUILDING CENTRE"

COLE'S TIM-BR Mart

COMPLETE LINE OF BUILDING SUPPLIES
KITCHEN & BATH SHOWROOM
DELIVERY AVAILABLE
RENTAL CENTRE
www.colestimbrmart.ca

47 Ontario St., Brighton
613-475-2810
1-888-265-3742

Custom Home Designs
Personal Service & Professional Expertise
dennis@martinstudios.ca

MARTIN DESIGN & DRAFTING STUDIOS
Supporting local businesses!
Designs to suit your needs.
Project consultation
Concept sketches 3D computer renditions
Electronic prints and Construction Drawings / Blueprints

MARTIN DESIGN & DRAFTING STUDIOS
BCIN REGISTERED DESIGNER AND FIRM
Ph: (613) 394-3800 Fax: (613) 394-3834

PATIO DOORS • ENTRY DOORS

Trenton Glass & Windows Ltd.

- Vinyl Replacement Windows
- Mirrors • Patio Doors
- Steel Entrance Doors
- Household Glass & Screen Repairs

YEAR ROUND INSTALLATION
FREE ESTIMATES
FULL SHOWROOM
679 Old Hwy 2
East of CFB Trenton
Mon-Fri 7 am - 5 pm
613-394-3597
www.trentonglass.net

PATIO DOORS • ENTRY DOORS

Consumer's Flooring Centre

VINYL
CARPET
LAMINATE
CERAMIC TILE
HARDWOOD
AREA RUGS

415 Maitland Dr. Belleville
613-966-9120

ABSOLUTE General Contractors
613-392-3100

Taking Care of Our Troops on the Home Front

- Fences & Decks
- Siding & Roofing
- Windows & Doors
- Kitchen & Bath

Interior & Exterior Renovation Experts

Advertise your home improvement business here!

Call
613-392-2811
ext 7248 or 3976
Fax **613-965-7490**

Chaplain Services

8 Wing/CFB Trenton Chaplain Services

services offerts par l'aumônerie de l'escadre

WING CHAPLAIN SERVICES

SERVICES OFFERTS PAR L'AUMÔNERIE DE L'ESCADRE

Wing Chaplain- *LCdr Steve Merriman* -Aumônier de l'Escadre
Administrative Assistant - adjointe administrative
613-392-2811 x 2490

Unit Chaplains – aumôniers d'unités

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

As support staff - comme personnel de soutien

Rev Jim Craig, P Civilian Officiating Clergyman – membre du clergé civil

WORSHIP SERVICES

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

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

Chapel Life Co-ordinator

Father Philippe Boudreau

Co-ordinateur de Vie de Chapelle

Masses-Messes

Messe dominicale: 0900h

Sunday Mass at 1130hrs

Monday through Friday at 12:00hrs

3rd Sunday bilingual Mass at 0900 hrs and coffee

3ième dimanche messe bilingue: 09h00 et café

Confession - Réconciliation

Please, contact the Wing Chaplain's 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 – 1900h

Choir: Monday – 1900hrs

St. Clement Astra (P)

Protestant Community

Chapel Life Co-ordinator

Padre Jim Craig

Worship Service

Sunday Divine Worship, 1015hrs

Holy Communion:

1st Sunday of the month

Parish organisations (P)

Chapel Guild: last Tuesday – 1930hrs

DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. *Après les heures de travail, pour les urgences seulement, svp appelez le téléphoniste de la Base au 613-392-2811 et demandez l'aumônier en devoir.*

SACRAMENT OF BAPTISM

Parents wishing to have their child baptized are to contact the parish through the Wing Chaplain's Administrative Assistant at Local 2490 at least two weeks prior to the desired date. After completing the request form, the dates for both the pre-baptismal session and the baptism will be booked.

The pre-baptismal session is mandatory for both parents; however, godparents (one of them at least must be RC) are invited to participate. Proxy might be an option if godparents cannot attend.

For liturgical reasons and the baptism sacramental theology, baptisms are not celebrated during the Lent Liturgical Season.

Civilian parents who wish to have their child baptized at our military facility must first contact their civilian parish (whether or not they are active at that parish) before contacting our chapel. As Our Lady of Peace belongs to the Military Diocese of Canada, a letter of canonical jurisdiction from your civilian pastor giving the reasons supporting your request will be needed.

SACREMENT DU BAPTÊME

A tous les parents désirant faire baptiser leur enfant, svp communiquez avec notre assistante de bureau au moins deux semaines avant la date désirée au poste 2490 pour entreprendre les démarches. Une rencontre est nécessaire avec le padré pour faire l'inscription. Il vous avisera de la date de la rencontre pré-baptismale obligatoire ainsi que de la date du baptême.

Une rencontre pré-baptismale est obligatoire pour les deux parents (père et mère), tandis que les parrains sont invités à y participer. Au moins un des parrains doit être Catholique romain. Il est possible de désigner des mandataires si les parrains ne peuvent être présents.

Pour des raisons liturgiques et de théologie sacramentelle, il n'y a pas de baptême célébré durant la période du Carême.

Les parents civils qui souhaitent faire baptiser leur enfant à la chapelle de l'Escadre doivent contacter leur paroisse civile (étant pratiquants ou pas) avant de communiquer avec notre secrétariat. La communauté de chapelle Notre-Dame-de-la-Paix de la 8ième Escadre appartient à une juridiction canonique différente qui est celle du Diocèse militaire du Canada. Une lettre/courriel de délégation canonique de la part du prêtre de votre paroisse civile (appuyant votre démarche auprès de cette chapelle militaire) devra être envoyée à l'aumônier catholique de l'Escadre.

Planning to get married?

If you are planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic party must contact first the Wing Chaplain's Offices at 613-392-2811, Ext 2490 to begin the pre-nuptial process six months prior to the wedding day. That is to provide you with time to take the pre-marriage class (which must be attended) and the padre to complete the marriage file, which must be sent to the Military Ordinariate's Chancery Office no less than three months prior to the wedding day. Please, keep in mind that pre-marriage classes are not offered from May to September. This is applicable to all members falling under Military Ordinariate's jurisdiction; that means for all CF personnel and DND employees who are RC. The latter have the choice between their Wing Chaplain's Pastoral Services and their civilian parish's. If a Catholic party wants to get married under the Rite of a particular Protestant denomination, the above still applies.

If the marriage file is not processed on time, the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and from. . . to the church of your wedding). If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

Vous planifiez de vous marier?

Si vous projetez de vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, la partie catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au #613.392.2811, poste 2490. Ce premier contact, qui enclenchera l'ouverture du dossier pré-nuptial, devrait être fait six mois avant la date de la célébration du mariage. C'est le temps minimum pour planifier la session de préparation au mariage (à laquelle les fiancés doivent participer et qui ne sont pas dispensées entre les mois de mai et septembre.) et de préparer le dossier de demande de mariage. Le dossier doit être envoyé au bureau du Chancelier de l'Ordinariat militaire du Canada, à Ottawa, au moins trois mois avant la date choisie. Ce qui précède s'applique à toute personne assujettie à la juridiction canonique de l'Évêque du Diocèse militaire du Canada; en d'autres mots, à tous les membres des FC et aux employés du MDN qui sont CR. Cependant, ces derniers ont le choix de faire appel aux services des aumôniers CR de l'Escadre ou de s'adresser au bureau du pasteur de leur paroisse civile. A noter que si la partie catholique veut se marier selon le Rite d'une Église protestante, ce qui précède s'applique encore.

Il importe également de prendre note que si le dossier pré-nuptial n'a pas été complété et envoyé dans les délais requis, le bureau de l'Aumônier de l'Escadre ne pourra être tenu responsable de toute complication et des coûts qui pourraient y être reliés. Trois mois précédant la date: voilà le temps souhaitable que les bureaux de l'aumônier et du chancelier ont besoin pour préparer et acheminer un dossier de demande de mariage.

Si vous appartenez à une Église de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le padré de votre confession religieuse le plus tôt possible.

CHAPLAIN EMERGENCY FUND

You can help the chaplains help our military families most in need. *How?* Every time you make a purchase at our CANEX, ask to have the *Club Xtra* points put on the Chaplain's *Club Xtra* Card. The points will be used to help our military families during times of family crisis. For more information, ask one of the Canex employees.

FONDS D'URGENCE DES AUMÔNIERS

Vous pouvez aider les aumôniers à aider les familles de nos militaires qui en ont le plus besoin. *Comment?* Chaque fois que vous faites un achat dans notre CANEX, demandez que les points du *Club Xtra* soient crédités à la carte *Club Xtra* des aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales. Pour avoir des renseignements supplémentaires, demandez à l'un des employés du Canex.

MOTOSPORTS
(OT Trenton Ltd.)
Ph. 613.965.6626
Fx. 613.965.1356

SALES, SERVICE, PARTS & ACCESSORIES
ATVs • Motorcycles • Snowmobiles • Personal Watercraft

**APPLIANCE REPAIR
USED APPLIANCES**

**Steen
Appliance
service**

Authorized Service Repair Centre
Amana, Bosch, Danby, Frigidaire, Inglis,
Kitchensaid, LG, Miele, Maytag, Roper,
Whirlpool, Samsung, Subzero-Wolfe

161 COLLEGE STREET WEST
BELLEVILLE ONTARIO N6P 2J7 **962-4048 • 966-6966**

15% MILITARY DISCOUNT

PERFORMANCE
Sales & Leasing
**FULL LINE ACCESSORY STORE
NOW OPEN**

• Hitches • Caps • Wheels
• Tires • Lift/Lowering kits
• Programmers & more

28 Farnham Rd. Belleville
613-962-3235

Classifieds

Classified

For Classified Information Call
613-392-2811 ext: 3976

Business Services

MASSAGE
Silver Star Studio
Licensed Oriental Massage
Relaxing Shiatsu
Massage
Open Daily 9am - 9pm
56 Elgin St., Unit 2, Trenton Downtown,
Across from Quinte Hotel
613-392-7119

BOARDING
Dogs & cats. Individual exercise. Secluded country setting. Airport service available. 5 mins. from 401, 251 Long Reach Rd., Brighton. Call **EDDYSTONE KENNELS 613-475-4405**

RUSHNELL
FUNERAL HOME
&
CREMATION CENTRE
60 Division Street
Trenton
613-392-2111

Paradise Adult Video
613-394-6600
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

Junk Removal
Estate property and homes cleaned up. Office, yard, moving, spring & fall junk removal. Costs less than a dumpster and we do the work! Bonded & insured staff. Senior & veteran discounts. Serving Quinte & surrounding areas.
For a junk free world..
613-847-1030
or **613-478-9975**
or toll-free
1-888-599-0515

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.
613-969-0287

Cleaning Services
Tammy's Cleaning Service
Years of 100% successfully passed Marchout Inspections, and 20 years of housecleaning 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**

For Sale
Belleville Volkswagen
2006 Beetle GLS TDI Diesel

Red with Beige Leatherette interior. Automatic, Sunroof, Alloys.
Comes with 2 year or 40,000km VW Certified Warranty.
Email:
paul@bellevillevw.ca
for details
613-966-3333
 239 North Front
Belleville
www.bellevillevw.com

For Sale


OPEN HOUSE
Sunday, May 8, 2-4 PM
35 Whites Rd., Bayside
Lg 3 bdrm bungalow with dbl garage. 200' x 177' lot. New hi-eff gas furnace & A/C. Gas FP in living rm. New laminate floor in kitchen & den. Sunroom at front of house. New Energy Star Hi-Eff windows. Alarm system, fridge, stove, washer & dryer incl. **\$179,900.**
Call **905-691-2386**

Coming Events


Rumours Restaurant & Pub
Daily Specials
Thurs. Troops Day
15% Discount w/ID
Frozen T-Shirt Contest
Starting 09 May
Sunday Brunch
9am - 2pm
Book now for Mothers Day
242 Dundas St. E., Trenton
rumourstrenton.com

Support your local
Canex!

For Rent

DISCOVER BELLEVILLE'S BETTER RENTAL VALUES!
• With carpet & sheers* • Close to Shopping Malls
• Large walk in closets* • Heat & Hydro included*
• Footsteps to transit stop • No pets preferred
• Large doors to balcony or terrace
• Park-like picnic area with bar-be-que
* On Selected Units
613-966-1512
201 Palmer Rd., Belleville
Rental Office Hours
Mon-Thurs 9am-8pm
Fridays 9am-4pm
Saturday 10am - 2pm
 **SHELTER CANADIAN PROPERTIES LIMITED**

Help Wanted

King Street United Church in Trenton, Ontario is seeking an enthusiastic **Director of Music** to facilitate our music program. Our worship features a blend of traditional and contemporary music.
The position involves an average of ten hours per week, with regular Sunday morning worship service and weekly choir practices. Special services and musical events are held throughout the year.
The successful candidate should be proficient on the organ, piano and Clavinova. As a team player the Musical Director will lead a dedicated adult choir and contribute to the worship experience. There is an opportunity to use the facilities for music lessons. Salary and benefits are to be negotiated. A detailed job description is available.
Contact us by e-mail (ksunited@bellnet.ca), by phone (613-392-5274) or by writing (100 King St. Trenton Ontario K8V 3W3). Please submit resume by June 1, 2010.

ADULTS!
1 bedroom apts. **from \$630**
2 bedroom apts. **from \$710**
Utilities & cable included
Affordable, quiet & secure
CLOSE TO BASE
KLEMENCIC PROPERTIES
613-392-7839

3 bedroom house with separate one bedroom granny suite. Located east side Trenton. Either phone **613-394-4953** or write to **PO Box 1046, Trenton, ON K8V 6E6** for details.

One bedroom bachelor apartment. East side Trenton. Suitable for single or couple. \$600 utilities included.
613-394-4953

Frankford
1 & 2 bedroom apartments available starting at \$595/mo. Includes heat, water & sewer, fridge and stove. Parking for 1. Laundry facilities on site. Cat friendly. Call **613-394-0420** to arrange for a showing.

145 Aikens Rd, Bayside
Immaculate 3 bedroom bungalow on private 2 acre lot. Kitchen renovated recently, 1 1/2 bathrooms. Finished basement with F/R, L/R. New roof, windows, doors. No carpeting. Single car garage with second driveway.
ONLY \$179,900.
Call **613-771-0317** or **Kijiji ad #195030806.**

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**



Come Join our Exciting Team

Currently Hiring for
Part Time Bilingual Sales Support Associates

This position is responsible for providing excellence in customer service by efficiently responding to customer issues and concerns.

The ideal job candidate will have:

- A customer focus and positive attitude
- The ability to prioritize, meet all deadlines and adapt to change quickly
- Excellent organizational and analytical skills
- Excellent communication skills
- Professional phone manners and work ethics
- Basic accounting and administration knowledge

If you are a team player who is passionate about customer service then consider Sears as your next career path.

Please contact us:

500 College St. E., Belleville, Ontario K8N 5L3
resume@sears.ca
or fax (613) 391 3010

When applying please quote job code "TC-Bilingual"

3 Mark Crescent, Trenton
Completely renovated, bright, spacious, upscale apartments.
Quiet neighbourhood of quality homes in Trenton's desirable west end, close to schools and shopping & downtown.
Amazing highway access, and only 10 minutes to CFB Trenton.
Well maintained with on-site parking, laundry and a huge yard.
Heat & utilities included.
One bedroom \$730/month
Two bedroom \$930/month
Three bedroom \$1,200/month
CONTACT:
LYNN MARIE 705-876-1632
ALVIN 416-723-6076
alschieck@gmail.com

 **Please recycle this newspaper. Thank you!**

Real Estate

RE/MAX Rita Sweet
Trent Valley Realty Ltd., Brokerage Salesperson

41 Main St., Brighton • office 613-475-6594 • toll free 1-800-501-7499
fax 613-475-5494 • www.ritasweet.com • rita@ritasweet.com




Roof new in 2009. Century home on 4.99 acres with creek running through the backyard, completely updated with its original charm and character. Original plank floors and old fashioned window and door moulding.
MLS 2100988 \$284,900



Open concept living/dining/kitchen, with cathedral ceilings. 3 bedrooms up, large rec room in lower level with bar and woodstove, upgrades include bathroom, shingles and septic tank in 2009, hot water tank and chimney liner.
MLS 2102225 \$174,900

30 WALMSLEY PLACE, BELLEVILLE



2000 sq. ft. 4 level backsplit in a west end cul-de-sac 12 minutes from CFB Trenton. Formal LR & DR. 3 spacious bedrooms plus a den main level family room with fireplace. Finished rec. rm. 2 1/2 baths. **MLS 2101969**

ASKING \$255,900

LISTING BROKER **JOHN RUSSELL**
613-966-9492

Royal LePage Pro Alliance - Belleville
613-966-6060

ROYAL LePAGE
ProAlliance Realty, Brokerage
INDEPENDENTLY OWNED AND OPERATED

MARLENE LETOURNEAU
Sales Rep.
Service disponible en français

ROYAL LePAGE
ProAlliance Realty, Brokerage
INDEPENDENTLY OWNED & OPERATED

HIGHWAY 37 - TWEED - NEW LISTING



3 Bedroom bungalow with attached garage and workshop. Ideal location for home business. Situated on a privately treed lot just 5km's north of Tweed. Early possession available.
\$169,900. MLS# 2102866

Office: **613-966-6060** Call For Free Market Evaluation

Please recycle
this newspaper.
Thank you!

<p>57 Fairlawn Rd, Murray Ward MLS# #: 2102661 \$197,900</p>  <p>Wonderful location that feels like country all brick 3 bdrm home, only mins to shopping, schools & park. Hdwd floors throughout main flr w/ceramic tiles & oak cabinets in kit. Lg dbl car garage w/electricity. C/Air, c/vac, gas FP stove, large deck, separate paved driveway leading to garage, carport, full bsmt w/rec rm, bdrm or den, weight rm, all appliances incl. Alarm system in place. Lots of upgrades mins to 401 & CFB Trenton.</p>	<p>6 Hazle St, Brighton MLS# #: 2102968 \$199,000</p>  <p>Great location close to Warkworth, 401, Brighton. 3+1 bedroom, Jacuzzi tub, rec room with bar and walkout basement to garage, beautiful lot with fish pond, garden door from kitchen to deck, roof done in 08, double car garage, laminate floors, 10 minutes to Brighton.</p>
<p>11 North Park St, Frankford MLS# #: 2102736 \$209,900</p>  <p>Very attractive and well maintained home. Just move-in and enjoy! Fully finished up and down, 3+1 bedrooms, 2 baths, great family room with gas freestanding fireplace, large family kitchen, interlocking brick walkway at front, gorgeous 2 tiered deck - partially covered, 24 x 16 plus 10 x 16 covered portion with deck lighting. Close to most amenities - 15 mins drive to Trenton.</p>	<p>345 Victoria St N, Tweed MLS# #: 2102910 \$298,900</p>  <p>Beautiful studio loft w/commercial retail space below that could be leased out to help with mortgage payments. 44x22ft family rm with hdwd flrs & high ceilings, perfect to rent out as a dance or art studio. Lg open kit, den & living rm area w/ picturesque view of your gardens & river. 2 bdrms den & office area and 2 baths. Total sqft 2996. This loft has ageless beauty & would give you the peace & tranquility you've been looking for as well as opportunity for income from your own business.</p>

Mary Anne Martin
Sales Representative
253 Dundas St. E. Trenton

Bus: (613) 394-4837
Fax: (613) 394-2897
Toll Free: 1-800-263-2177
e-mail: maryanne@royalpage.ca
www.royalpage.ca

Posted to Muté à **SAINT-JEAN / MONTREAL**

DIANE MARSHALL et DENIS DEPELTEAU
Agents immobiliers agréés

Your HHT begins here, it will be taken care of with expertise.

Bureau exclusif à la garnison Saint-Jean
Respectivement 29 et 25 ans d'expérience

CSN #: 378-7687
450 358-7687

dmarshall@remax-hr.qc.ca ddepelteau@remax-hr.qc.ca



3 Gould Street, Trenton
\$179,900 • MLS# 2103006

Attractive all brick bungalow in mature neighbourhood, 3 + 1 bedrooms, 2 baths, beautiful hardwood floors, FAG heat, C/AIR, extensively renovated, fenced yard, garage, close to 2 schools, 5 minutes to CFB, military transfer. Call Gil to view.

Gil Rutherford
Sales Representative
Office: 613.392.6594
Cell: 613.849.8686
gil@gilrutherford.ca
www.GilRutherford.ca

RE/MAX
Trent Valley Realty Ltd., Brokerage
447 Dundas Street West, Trenton, ON K8V 3S4
Each office is independently owned and operated.

GETTING TRANSFERRED? GIVE GIL A CALL!

Century 21
Lanthorn Real Estate Ltd. Brokerage
441 Front St., Trenton, ON
613-392-2511
1-888-792-5499 (Toll Free)

WE SUPPORT
SOLDIER ON
SOLDAT EN MOUVEMENT

BECAUSE WE CARE!
Our goal is \$25,000; to date we have achieved \$6,500 towards our goal
Independently owned & operated • *Sales Rep. ** Broker

RE/MAX Trent Valley Realty Ltd., Brokerage
1-800-567-0776
Serving Military Families of CFB Trenton

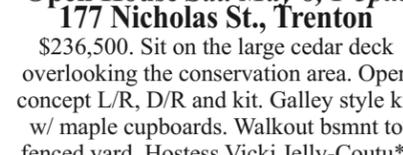
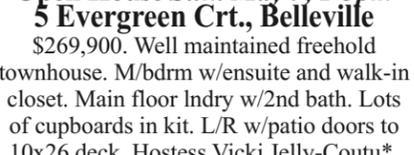
392-6594 47 Dundas St. W., Trenton pat@patjacobson.com www.patjacobson.com

475-6594 41 Main St., Brighton clay@clayjacobson.com www.clayjacobson.com

HALL OF FAME

Pat & Clay Jacobson Sales Reps.

<p>90 SHUTER ST. TRENTON-\$97,500 92 SHUTER ST. TRENTON-\$92,500</p> <p>Side-by-side duplexes that are deeded separately, buy one or both. Now rented with good incomes as an investment. Both are 3 bedrooms. Walk to downtown and schools. MLS# 2102927, 2102931</p>	<p>33 JASON CRES. TRENTON \$239,900</p> <p>Very nice newer home in east end at the end of a quiet cul-de-sac, 5 minutes to CFB. Premium lot, 2 baths, oak kitchen, ceramic and laminate floors thru-out, bright family room. Inc c/air, c/vac. MLS# 2100802</p>	<p>540 ENGLISH SETTLEMENT RD. MURRAY - \$269,900</p> <p>Brand new, the Builder needs 60 days to complete so you can still choose cupboards, flooring, paint colors, etc. 1400+ sq ft Colorado, 24' x 22' attached garage with openers. Open concept kitchen to living rm. Inc 7 year Tarion warranty. MLS# 2100041</p>
---	---	--

 <p>Open House Sat. May 8, 1-3pm 177 Nicholas St., Trenton \$236,500. Sit on the large cedar deck overlooking the conservation area. Open concept L/R, D/R and kit. Galley style kit w/ maple cupboards. Walkout bsmt to fenced yard. Hostess Vicki Jelly-Coutu*. MLS #2102305</p>	 <p>Open House Sun. May 9, 1-3pm 5 Evergreen Crt., Belleville \$269,900. Well maintained freehold townhouse. M/bdrm w/ensuite and walk-in closet. Main floor lndry w/2nd bath. Lots of cupboards in kit. L/R w/patio doors to 10x26 deck. Hostess Vicki Jelly-Coutu*. MLS #2100263</p>
 <p>Mint Condition \$179,900. Very bright 2+1 bedroom home, oak kitchen cupboards, dining area, new shingles '08, new furnace '07, central air, 2 baths, rec rm, workshop - part fin, deck. Bill Wallace*. MLS #2102848</p>	 <p>Location, Location! \$249,900. Desirable location close to schools and amenities. Sunroom, deck, fenced yard, single garage, 3 bedrooms, 2 baths. A pleasure to show. Call Joseph*. MLS #2101242</p>

Contact Advertise your listings with us! Call **613-392-2811 Ext 7008**



MILITARY PROGRAM

RIGHT TO PLAY CHALLENGE 2010

SATURN SPECIAL DISCOUNT PROGRAM MOBILITY PROGRAM



BELLEVILLE MITSUBISHI

2010 Mitsubishi Lancer DE

2.0 Litre, 4 Cylinder Engine
5 Speed Manual w/ O.D.
Power central door lock system
Power windows
16" steel wheel with full wheel cover
ABS brakes



\$127
BI-WEEKLY

Total Price - \$17,888 plus GST and PST and nothing more!
See dealer for details

2010 Mitsubishi Outlander ES 4WD



4WD with Lock Mode
All Power Options
LED Taillights
Tinted Windows
Sportronic CVT with Adaptive Shift Control
16" Alloy Wheels with Tire Pressure Monitoring System
Cruise Control plus much more...

\$221
BI-WEEKLY

Total Price - \$30,507 plus GST and PST and nothing more!
See dealer for details

%
PURCHASE FINANCING

COLLEGE GRAD PROGRAM



Drive@earth

0% Purchase Financing for up to 60 months OAC

NO Payment for 90 Days with any new 2010 vehicle finance purchase*

*Ask dealer for full details

10 year
160,000 KM
Powertrain Limited Warranty

PRE-OWNED VEHICLES



2009 MITSUBISHI OUTLANDER LS

Grey V6 auto air cruise pw pl pm heated seats deep tint , three to choose from

\$26,995



2009 MITSUBISHI OUTLANDER SE

Blue, 4 cyl auto 4x4 air cruise tilt pw pl cr cd heated seats , only 27000 kms

\$23,995



2009 MITSUBISHI ENDEAVOR SE

Red, 3.8 V6 AWD, air, PW, PL, CR, CD, Moonroof, alloys, tint, fully, only 26349 kms

\$27,995



2008 MITSUBISHI ENDEAVOR LTD

Silver, AWD, v6 auto, air, PW, PL, CR, CD, heated leather seats, power seats, navigation, fully, only 23692 kms

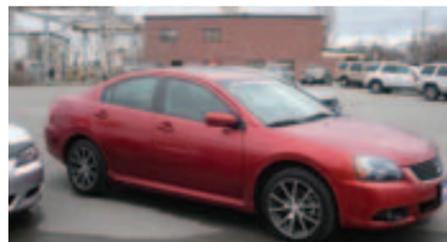
\$31,995



2009 MITSUBISHI LANCER DE

3 to choose from, 4 cyl, auto, air, PW, PL, CD, low kilometers.

\$15,995



2009 MITSUBISHI GALANT RALLI ART

Red, 3.8 v6 auto, CR, CD, PW, PL, power heated seats, moonroof, navigation, fully equipped, only 24277 kms.

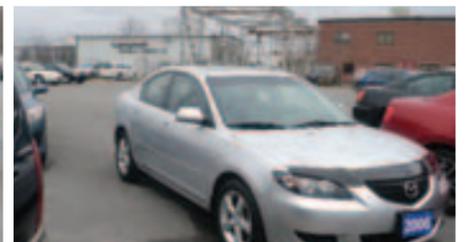
\$24,995



2009 MITSUBISHI GALANT

Grey, 4 cyl auto, air, CR, CD, PW, PL, p mirrors, only 31681 kms

\$16,995



2006 MAZDA 3 GS

Silver, 4 cyl, auto, air, PW, PL, CR, CD, moonroof, p mirrors alloys, fully

\$12,995

BELLEVILLE MITSUBISHI

613-969-1166 • 1-866-969-1171

Hwy 2 West at Wallbridge-Loyalist Road (IN THE SATURN BUILDING)

Hours: Mon - Fri, 9am - 6pm; Sat 9am - 5pm