

the Contact

Serving 8 Wing / CFB Trenton • 8^e escadre / BFC Trenton • www.thecontactnewspaper.cfbtrenton.com

POSTED?
We use a Professional Videographer for our Listings. Helping you Sell Faster & for More Money!

DAVID WEIR BA, CD
Top 1% of 14,600 Royal LePage Realtors® in Canada, 2005 - 2012*
Busy for a Reason!
Tel/Text: 613-392-7777
www.davidweir.com
Royal LePage ProAlliance Realty, Brokerage
*based on gross commission

>> 8 Wing Flyers competing at CF National Championships

Men's Hockey Team and Old Timers Hockey Team participating in CF league championships in CFB Borden

3

>> Indoor baseball a hit with local youth

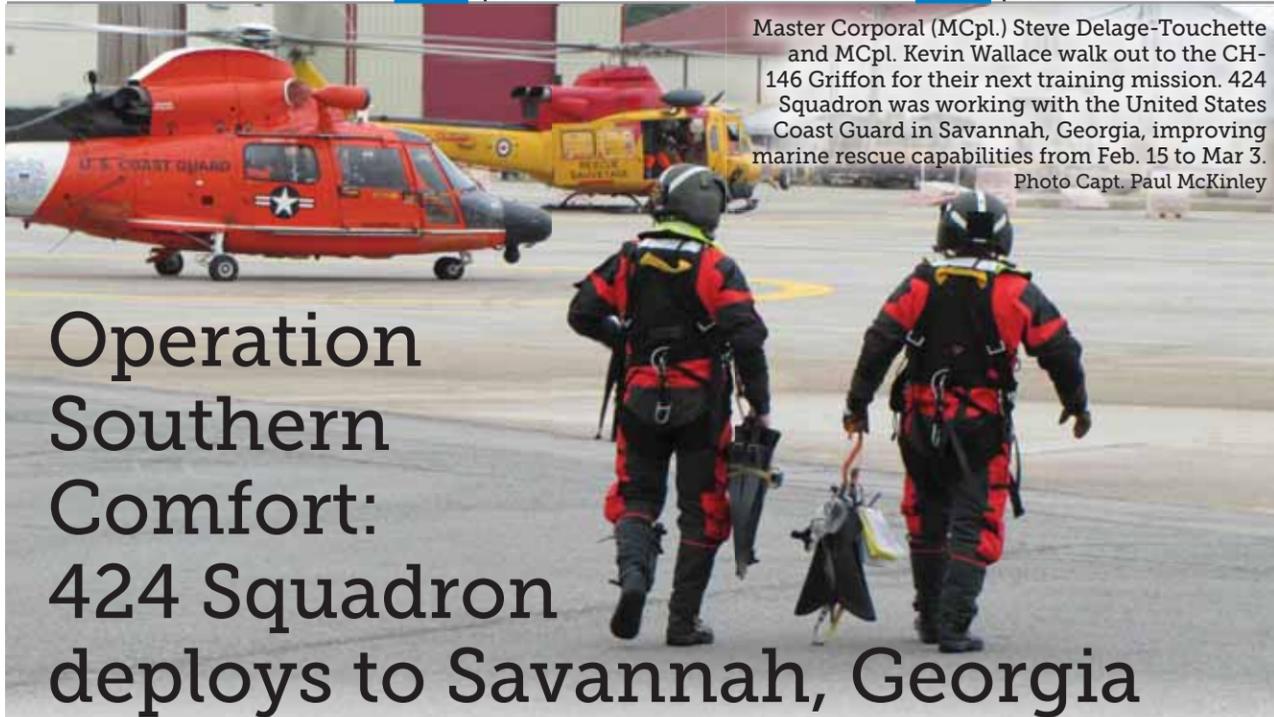
RecPlex clinics give youth exposure to proper fielding, throwing, hitting and training technique

6

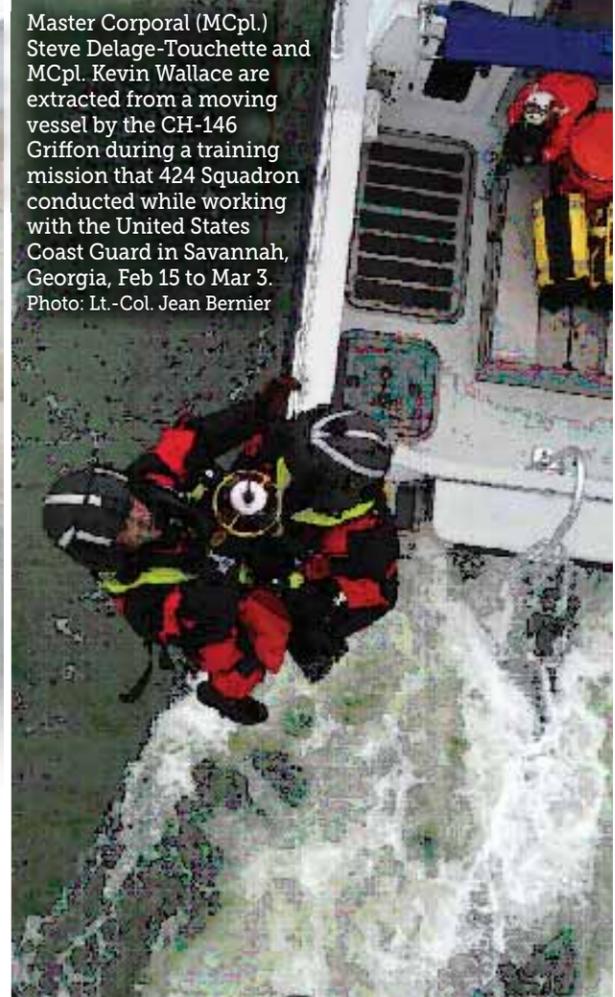
>> Nutrition Month 2013 - Best Food Forward: Plan, shop, cook, enjoy!

Cook It Up Healthy! Make your tastebuds tingle!

8



Master Corporal (MCpl.) Steve Delage-Touchette and MCpl. Kevin Wallace walk out to the CH-146 Griffon for their next training mission. 424 Squadron was working with the United States Coast Guard in Savannah, Georgia, improving marine rescue capabilities from Feb. 15 to Mar 3. Photo Capt. Paul McKinley



Master Corporal (MCpl.) Steve Delage-Touchette and MCpl. Kevin Wallace are extracted from a moving vessel by the CH-146 Griffon during a training mission that 424 Squadron conducted while working with the United States Coast Guard in Savannah, Georgia, Feb 15 to Mar 3. Photo: Lt.-Col. Jean Bernier

Operation Southern Comfort: 424 Squadron deploys to Savannah, Georgia

By Capt Paul McKinley

Savannah, Georgia was the site of 424 Squadron's (Sqn) second annual boat hoisting and water work exercise, coined Ex Southern Comfort from Feb. 15 to March 3.

Coast Guard Station Savannah is the home of five Dolphin helicopters which cover an area of

responsibility reaching up to 75 miles out to sea along the coast of Georgia and South Carolina. This two week deployment allowed helicopter crews to practice water extraction and boat hoisting in the winter months when it is not possible in Ontario's frigid climate.

continued on page 5



His Excellency David Johnston, Governor General presented the Order of Military Merit at the Member level (MMM) to Capt. Jennifer Kennedy, MMM, CD, of 8 Wing Trenton on March 5, 2013. Photo from the official site of the Governor General of Canada.

8 Wing's Capt. Jennifer Kennedy awarded Order of Military Merit March 5 in Ottawa

By Ross Lees

Captain Jennifer Kennedy is known for giving her all to any task she is assigned, and that is why she has recently been awarded the Order of Military Merit, a medal recognizing devotion to duty beyond the call of duty.

While a standout throughout her military career, her dedication and involvement above and beyond the norm in a Search and Rescue recovery mission of 8 Wing SAR Technician Sgt. Janick Gilbert, who lost his life while participating in a rescue mission near Igloolik (Hall Bay), Nunavut on the evening of October 27, 2011 may have been a major contributor to her receiving the ORMM nomination. Capt. Kennedy later received a Royal Canadian Air Force Commander's Commendation for her work during that crisis, as well.

Nonetheless, the announcement that she had been awarded the ORMM at the level of Member came as a complete surprise to Capt. Kennedy. She was originally told of the award in December of 2012 by Wing Commander Sean Friday while attending the Disability Awareness Day.

"It was definitely a surprise," she told The Contact. "I had no idea (I had been nominated)."

A varied career as a Resource Management Support Clerk and then as a Logistics Officer in the Human Resources field has exposed her to all aspects of dealing with military personnel in all elements and she still laughs about her rapid promotion – five promotions in five years.

"Three of them really don't count," she explains, "as they were simultaneous."

continued on page 2

#1 Most Productive Agents in Canada

*Based on 2010 closed transactions. Source CREA and RE/MAX internal data.

Choose wisely.

Choose **RE/MAX**
remax.ca

Numbers Talk! Real Trends Top 200 Report Highlights "137 of the top 200 Brokerages in Canada are Re/Max Brokerages". We are proud to be a part of this elite group. Whether moving across the street, across the country or across the world. RE/MAX, serving you in 85 countries around the world!

NO ONE IN THE WORLD SELLS MORE REAL ESTATE THAN RE/MAX!

447 Dundas St. W., Trenton www.remaxquinte.com 41 Main St., Brighton
613-392-6594 1-800-567-0776 613-475-6594

8 Wing's Capt. Jennifer Kennedy awarded Order of Military Merit

continued from page 1

During her career, Capt. Kennedy has helped close the base in Toronto as part of the downsizing of the Canadian Forces in the early '90s, a process she closed out in Halifax where the Force Reduction Plan was finalized in her career.

She has worked on one of the initial memorial funds prior to the Military Families Fund, her time at Suffield gave her a good background in personnel issues with the Army and she also got to work with the British. At Canadian Forces Station Leitrim (located in Ottawa), she was involved with the start up of the Network Operations Centre following 9/11 and garnered vast experience on the highly operational communications side of the military.

It was at CFS Leitrim that she took her commission and then went to work for the Chief of the Air Staff, a position she calls a great first impression for someone who had not until that time worked with the Air Force.

"You got to see all this issues coming up from the Wings," she noted.

In 2009, she was posted to 8 Wing Trenton and the variety of work she has experienced here has been impressive, she notes.

"You deal with so much variety here with operations like Haiti and Afghanistan," she said. "For a logistics officer in the HR field, it doesn't get any better than here."

About to be transferred, Capt. Kennedy indicates she would like to take her people with her to that next location.

"The people here are fantastic," she said. "If I could take the people with me, that would be fantastic. This is the first base orderly room where the people have been such a tight group and it's really made a difference in my job. From the youngest private up, they get the operational aspect of their jobs."

People are the reason she has been awarded the ORMM, she feels.

"It's the people you work with and for that makes the difference," she said. "I'm no better than anyone else, but it's the people that take the time to give you that recognition and the people you work with and learn from – both good or bad – and the people that are there that give you that opportunity, that experience. Major Delhommeau (Andre) was fantastic that way. He use to say, 'You should try this,' and give you the opportunity to try things."

Maj. Delhommeau, one of the people who recommended her for the OMM, has high praise for Capt. Kennedy.

"We submitted Capt. Kennedy for the ORMM because of who she is and what she does," he told The Contact. "Capt Kennedy is not only

someone who has given 100 per cent in any position she has been in throughout her career, she has consistently made significant contributions to both the broader military and civilian communities. Again, throughout her entire career she has been a leader

and mentor who makes any unit or organization she is a part of better because of her presence. Congratulations to Capt. Kennedy for this most deserving recognition of her outstanding contributions thus far in her career."



Taking Action for Veterans



Did you know the Veterans Transition Action Plan is here to help Veterans and family members make the best possible transition to civilian life? Veterans Affairs Canada is making programs and services easier to access where and when you need them.

- Explore the **Veterans Benefits Browser**
- Sign up for your online **My VAC Account**
- Build your own **My VAC Book**
- Ask us about **civilian career opportunities**
 - Take advantage of **Career Transition Services**
 - Learn more about the **Jobs-Emplois** initiative
 - Access construction jobs through the **Helmets to Hardhats** program
- Register for **direct deposit** for your benefit payments
- Access programs and services at over **600 points** across the country, through our Service Canada partnership

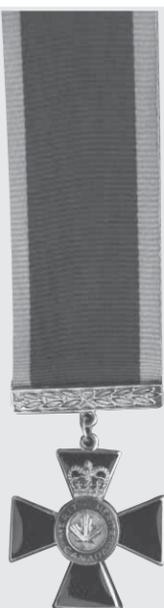
You can learn more about services and benefits at veterans.gc.ca/services



Scan this code to learn more

The Order of Military Merit

The Order of Military Merit (ORMM) was created in 1972 to recognize Canadian Forces members who perform outstanding or exceptional service, in many cases demonstrating devotion to duty beyond the call of duty. There are three levels to the Order: Commander, Officer and Member. All active serving members of the Canadian Forces, Regular and Reserve (including the Cadet Instructor Cadre and Canadian Rangers) are eligible for nomination.



Government of Canada

Gouvernement du Canada

Canada



EYES N OPTICS

EYE EXAMINATIONS ON PREMISES

WALK-INS WELCOME

WE WILL BEAT ANY ADVERTISED PRICE!

73A DUNDAS STREET WEST, TRENTON

613-392-3040



BUY ONE GET ONE FREE!
CAN BE SHARED WITH FAMILY AND FRIENDS

25% SPECIAL MILITARY DISCOUNT

ONE HOUR SERVICE
FOR MOST PRESCRIPTIONS



8 Wing Flyers competing at CF National championships

Members of the RCAF Flyers teams dropped by Wing Headquarters recently to make a special presentation of an RCAF Flyers jersey to Col. Sean Friday, 8 Wing Commander. They also surprised Lt.-Col. Dan Harris, Wing Administration Officer and long-time local hockey supporter, with a jersey of his own. The RCAF Flyers Men's Hockey Team and RCAF Flyers Old Timers Hockey Team will both be participating in the CF National Championships for their respective leagues, to take place at CFB Borden. The men's team will be playing between March 2 and 8, while the Old Timers will play between March 16 and 22. Pictured above are: MCpl. Gabe Proulx, Brian Peters, Lt.-Col. Dan Harris, Col. Sean Friday, WO. Brian Frank, and Capt. Andre Davidson
Photo Capt. Steven Dieter, 8 Wing Public Affairs Officer



The 18th annual Hank Gibson Provincial Qualifier will be heading to Quinte West on August 24-25. Up to 200 anglers from the Ontario B.A.S.S. Nation will compete for the opportunity to represent both Ontario and Canada at the Eastern Divisional in 2014

Take a Soldier Fishing

A select number of members from 8 Wing Trenton will be invited to fish with Ontario B.A.S.S. Nation pro anglers on Friday August 23rd. Once approved by their CoC, the member will be placed on a list to be paired with a pro who has volunteered to host a soldier for the day. Interested personnel are to e-mail the OPI to be added to the list, please include the name, rank and phone number of your immediate supervisors for approval.

This is a first come-first served event, members will receive a confirmation e-mail once a spot has become available. Open to all Military members of 8 Wing.

Need a SOLID RESUME and COVER LETTER to land a NEW JOB in the civilian world? Unsure how to translate your military career experience into civilian terms?

Career Vessel offers: Expertise in writing relevant, concise resumes and cover letters. Extensive knowledge of public and private sector hiring practices. 15 years experience in career coaching.

Our services include: Complete Resume/Cover Letter Writing. Strategic Interview Coaching.

Career Vessel

For more information, visit www.careervessel.com or email info@careervessel.com

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

Bruno's Classic Cuts
 266 DUNDAS ST. E., TRENTON, ON
 613-392-0165

Family Cuts
 4 or More
\$10.00 OFF

SENIORS DAY EVERY TUESDAY

Mon. - Wed 9:00 a.m. - 5:30 p.m.
 Thurs. & Fri. 9:00 a.m. - 7:00 p.m.
 Saturday 9:00 a.m. - 2:00 p.m.

Ian Stock, CD, CIM, FMA, FCSI
 Investment Advisor
 210 Front Street
 Belleville, ON K8N 2Z2
 Toll-free: 1-800-647-3998
ian.stock@nbpcd.com
www.ianstock.com

BMO Nesbitt Burns
 Making money make sense™

© "BMO (H-bar Roundel symbol)" and "Making Money Make Sense" are registered trade-marks of Bank of Montreal, used under licence. © "Nesbitt Burns" is a registered trade-mark of BMO Nesbitt Burns Corporation Limited, used under licence. BMO Nesbitt Burns Inc. and BMO Nesbitt Burns Ltée are indirect subsidiaries of Bank of Montreal. If you are already a client of BMO Nesbitt Burns, please contact your Investment Advisor for more information.

TRADESMAN HOME INSPECTIONS

Tradesman?... It Only Makes Sense.

613.661.4442

BROOKFIELD REGISTERED

We have the **BEST** Selection of pet food, treats, toys and supplies.

260 Dundas Street E. Trenton 613-394-4118

Mention this ad and save 10% off your next purchase. (some exclusions may apply)

petvalu your pet - your store

Locally Owned and operated for over 20 years
www.petvalu.com

follow us

MARINOVICH DENTAL

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 always welcome!

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

does your positive attitude stand out?

then positively get yourself to Stream!

Join the global community that is built around caring people... you'll fit right in:)

NOW HIRING CUSTOMER SUPPORT PROFESSIONALS

Check out Stream Global Services in Bellville! Apply online at careers.stream.com
 540 Dundas Street West Belleville, ON K8P1B8 — 613-961-5400.

stream
 caring people... building businesses. building careers.

A premium provider of customer care and business process outsourcing services
 Equal Opportunity Employer

Wing Logistics and Engineering Picture of the Week

Corporal Stephan Cote of 81 CEF uses the sliding compound mitre saw during the construction of security cages. He is among several of 81 CEF's graduates of the 10 month long QL 3 Construction Tech course at CFSME. As part of his three years of on-the-job training before being eligible to be loaded onto his QL5 course, each member must successfully demonstrate their abilities at all aspects of the trade. By working on projects such as framing the walls for the cages, the members have the opportunity to practice their framing and fencing skills, two important components of the OJT package.

Photo Cpl. Jon Melvin



CFS Alert celebrates sunrise bonfire

CFS Alert had its first sunrise of the season on Feb 27 at 10:21 a.m. It was a long wait for personnel who have not seen the sun since mid-October of last year. The day started with minimum manning for all Station personnel followed up by the traditional bonfire. Station personnel braved -42 C wind chills to enjoy this annual event. Some members of the Station travelled to Mount Pullen using a BV-206 to witness a better view of the sunrise. It was a good day for CFS Alert.

Photo Cpl. Jon Melvin

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 Publisher 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 Sean Friday, CD, Wing Commander, 8 Wing/CFB Trenton.

The CONTACT is produced weekly under a Publication Service Agreement with The Independent (Brighton & Trent Hills), a division of Metroland Media Group.

8 Wing Personnel

Publisher: Col Sean Friday

Proprietor: Her Majesty the Queen, in right of Canada, as represented by the Commander of 8 Wing, Canadian Forces Base Trenton, P.O. Box 1000 Stn. Forces, Astra, ON K0K 3W0 Canada

Public Affairs, Internal Comms: Capt Steven Dieter

PSP Manager: John Snyder

The Independent (Metroland) Staff

General Manager: Ron Prins 613-475-0255 ext:214

News and Feature Content: Ross Lees 613-392-2811 ext:3976

Advertising Sales: Rick Fraser 613-475-0255 ext:212

Advertising Production: Kristen Ryan 905-579-4400 ext:2272

Bookkeeper: Benita Stansel 613-475-0255 ext:202

Circulation: Kathy Morgan 613-475-0255 ext:210

21 Meade St, P.O. Box 1030

Brighton, ON K0K 1H0

CANADA

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.

- 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 (cfbcontactnewspaper@gmail.com) 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 number.

- 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.

Wondering where to find The Contact?

Check out the new drop boxes located around the PMQs.

- RCAF Arena
- Outside of Cité-Jeunesse
- Corner of McGill & Rivers
- Corner of St. Hubert & Borden
- Outside of Marc Garneau

Contact

Editorial:
613-392-2811
Ext. 3976

Fax: 613-965-7490
Display Advertising:
613-392-2811
Ext. 7008

or 613-475-0255
Classified Advertising:
613-475-0255

email:
cfbcontactnewspaper@gmail.com

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, 8Wing / CFB Trenton
PO Box 1000, Station Forces, ASTRA, ON, K0K 3W0



LETTERS TO THE EDITOR: 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.

Operation Southern Comfort: 424 Squadron deploys to Savannah, Georgia

continued from page 1



Crews from 424 Squadron and the United States Coast Guard compare notes on aircraft and equipment prior to a mission at Air Station Savannah during Exercise SOUTHERN COMFORT in Savannah, Georgia from Feb. 15 to March 2.

Ex Southern Comfort involved one CH-146 Helicopter, three pilots, two Flight Engineers, two SAR Techs, and two maintainers from Vector Aerospace. Mid-exercise, a CC-130H was also involved to facilitate a crew swap and also participated in a marine rescue scenario with a United States Coast Guard (USCG) vessel.

The deployment was a great training opportunity for the Squadron, allowing for aircrew upgrades and initial Flight Engineer SAR training. With many of the local waters frozen at home, Savannah Georgia was the perfect venue providing ample resources to hone marine rescue skills. Working closely with the USCG allowed access to vessels and hangar facilities. It also allowed for an open interaction between the USCG and 424 Sqn, giving both aircrews the opportunity to compare procedures, techniques, and equipment.

From flying each other's aircraft to including USCG Rescue Swimmers in our water and vessel hoisting, the exercise provided an educational opportunity of both SAR agencies. This type of training is even more relevant given that both 424 Sqn and the USCG's areas of responsibilities overlap in the Great Lake region, and having the understanding of equipment and crew capabilities is invaluable, while on a search at night in inclement weather.

Overall Ex Southern Comfort was a great success and it left a lasting impression on all members involved. The USCG seems to enjoy the change of pace as well as they will be hosting a crew from Bagotville's 439 Sqn in the coming weeks as well.

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



Posted to Greenwood?
Helping make your move
Stress Free

Sue Hersey

28 years Military experience
Numerous IRP moves
cell: 902-309-0344

DND-IRP approved agent



office: 902-765-3505

SO THAT WE MAY BE FREE.

For every war, there are many who bravely and proudly leave their loved ones behind to protect the freedoms that we as Canadians are afforded.

It is these brave few we honour.

Trenton East
29 Bay Street
613-394-2433

Trenton West
170 Dundas St. W.
613-392-3579

Weaver REINVENT TRADITION
www.weaverfuneralhomes.com

15 Years Experience

IT'S TAX TIME!

We Make Tax Time EASY!

Personal - Business - Farm

STEWART'S ACCURACY PLUS

FRANKFORD
14B North Wellington St.
3 blks west of traffic light
613-398-7524

Call **NOW** to speak to one of our experts

NAPANEE
140 Industrial Blvd.
Beside Spuds Restaurant
613-354-2385

LOCAL SERVICES & TRADES

ADVERTISING: 613-392-2811 EXT 7008 • FAX: 613-965-7490
Email: thecontactnewspaper@gmail.com

TO SERVE YOU!

Contact

Advertise with us

613-242-5740

Building Material

RONA TRENTON

DOING IT RIGHT

- A proud supporter of CFB Trenton
- Come and see us for house plans, bath & kitchen renos, deck & fence projects and much, much, more

234 Glen Miller Rd. N
Trenton
613-394-3351

Tree Service

Trenton Tree Service

Tree Trimming & Removal, Chipping & Stumping

- Free Estimates
- Fully Insured

A fair price for everyone
613-392-7415

Accounting Services

"It's our business to know your business"

Personal & Corporate Tax Preparation
Monthly Bookkeeping
Payroll Service
Financial Statements
Computer Software Training
"Trust the Professionals"

Read's ACCOUNTING

25 Quinte St., Trenton
613-392-4372
www.readsaccounting.com



Cpl. Dale Perry demonstrates the proper way to take an infield hit to his students at an indoor clinic at the Rec Plex. Photos by Ross Lees

Indoor baseball a hit with local youth

Eight-year-old Trent Sproule demonstrates his hitting technique.

Corporal Dale Perry believes young baseball players can only advance their skills with plenty of practice, which is what he gives them at the RecPlex on Tuesday and Wednesday nights each week during the winter. Once property of the Montreal Expos and the Kansas City Royals, Cpl.

Perry honed his skills with friends during the winter in gymnasiums. He wants to give local athletes of all ages similar opportunities, so he is running clinics when and where needed during the winter months. "I noticed last summer that the basic fundamentals really needed some attention in the local area, things like

Contact
Advertise with us
613-242-5740

BAYVIEW AUTO SUPERSTORE
"The Way Car Buying Should Be"
613-968-3339
Toll free 1-866-594-2262
1 Km north of 401 Hwy 62
PO Box 51, Belleville
K7R 3L4
NEED A CAR... OR FINANCING? SEE PAUL!
Paul Richmond
Sales Associate
prichmond@bayviewauto.ca


Peter D. Stewart*
CFP


 PEAK INVESTMENT SERVICES INC.


Gerald Desjardins*
CD

- Do You Require Information On Your Payment-In-Lieu Of Severance Options?
- Would You Like An Independent Opinion?
- We Can Help You Decide On Your Best Options!
- Registered In 7 Provinces

Gerald and Peter, both ex-military, are **knowledgeable Financial Advisors** with over 15 years of experience each. If you decide to invest, we can help with that, too, with a great array of products and services tailored to your needs.

Peter
(613) 392-1001

We Make Housecalls
Call us now

Gerald(Gerry)
(613) 394-6000

Nous servons aussi en francais
*Mutual Funds Representative

NEW PATIENTS WELCOME

Quinte Animal HOSPITAL

DOGS & CATS

List of Services:
Annual exams and vaccines, surgery, medicine, dental care, ultrasound, x-ray, nutrition, acupuncture, Chinese herbal medicine and boarding.
Ask about Military Discounts

Olga Peck, DVM
35 Ontario Street, Trenton | 613-392-8900
www.quinteanimalhospital.infovet.ca

MOTOSPORTS  **YAMAHA**
Of Trenton Ph. 613.965.6626 • motosportsoftrenton.com

SPRING INTO ATV SEASON!



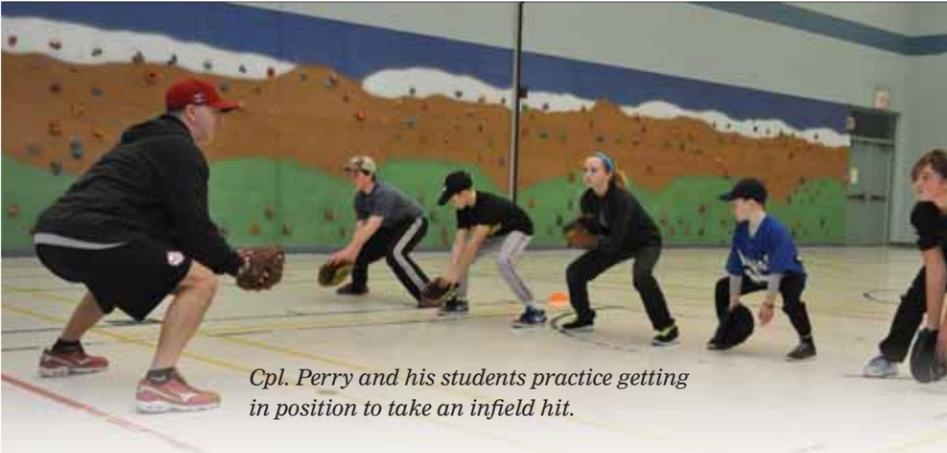
- Grizzly 550 & 700
- Power Steering
- Fuel Injection
- On Command 4WD

YAMAHA REAL WORLD TOUGH
114 McCauley Rd. Trenton
(Hwy 33 North past Glen Miller Bridge)

X COPPER
LEGAL SERVICES PROFESSIONAL CORPORATION
14 locations In Ontario

• TRAFFIC TICKETS • IMPAIRED DRIVING • CRIMINAL CHARGES •
BOTH LAWYERS AND PARALEGALS FIGHTING FOR YOUR RIGHTS
Monday To Friday 8:30 AM - 5:30 PM
• 613-260-7200 • 1-888-XCOPPER • XCOPPER.COM

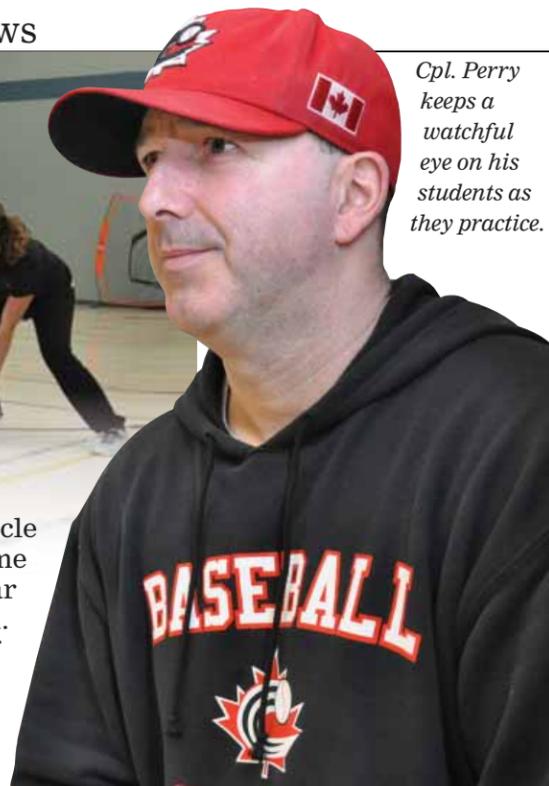




Cpl. Perry and his students practice getting in position to take an infield hit.

fielding, throwing, hitting and, most important of all, being consistently able to hit a target with accuracy," Cpl. Perry told The Contact. "That's what I am focusing on in my younger clinics." During a period this winter, Cpl. Perry was running four clinics a week where he puts his young charges through skills development drills featuring four-seam rotation when throwing a baseball, proper mechanics of throwing a baseball, proper fielding fundamentals, hand/eye coordination drills, agility drills, target accuracy, hitting drills, positive mental attitude, and perfect practice techniques. That last drill is one he believes is critical. "If you are not practicing properly, all you are doing is practicing erroneous techniques and fundamentals," he said. Baseball season is short through necessity in Canada, but Cpl. Perry believes it is much shorter than it needs to be. "The only way a young player can develop is by working on newly acquired skills in a practice atmosphere, not during a game," he stated. "There are simply put, not enough practices in the ball season. The key is practicing to the best of your ability 100 per cent of the time, doing proper technique

and creating successful muscle memory. My goal is to have some form of indoor training year round next year in a larger gym. It is imperative to the success of the game that players have fun, develop, learn the game, as they are the future generation of coaches. "The players I am seeing now at all levels are highly motivated, energetic, and eager to learn. The parents are supportive, and feedback has been positive." And his students are getting an early start to their baseball season while learning proper techniques to keep them improving their skills. Now with Baseball Canada, Cpl. Perry recently spent three days with the Blue Jays staff and fellow Baseball Canada instructors in Toronto going over the latest developments in drills, skills, nutrition and conditioning. He is also associated with the Brighton Baseball Association and the Quinte Royals Baseball Club.



Cpl. Perry keeps a watchful eye on his students as they practice.

susan nurse cpe
 Certified Professional Electrologist
 For Men and Women

LASER HAIR REMOVAL
 for all skin colours

ELECTROLYSIS
 permanent hair removal

PHOTOFACIALS
 dilated capillaries
 brown spots

WAXING

SKIN TAG REMOVAL

Instruments are sterilized to hospital standards
 By appointment
 65 Dundas St East at Church St
 Belleville
613-966-8691
 www.advancedelectrolysis.ca

MCCURDY

Fall Special Lube Oil & Filter

EVERYDAY LOW PRICES Semi Annual Inspection Includes
 tire rotation for Only **\$79.95** (Regular price 107.95)

SHOP HOURS
 8AM TO 6PM, MONDAY TO FRIDAY
 8AM UNTIL 1PM, SATURDAY

SHUTTLE SERVICE AVAILABLE

Tel: (613) 392-1245 • 1-800-575-4700 • Fax: (613) 392-4689
 174 Hwy 33 @ 401 Exit 525, Trenton ON K8V 5P6
 www.mccurdygm.com

ENTER THE ^{Pay No Tax} ZONE ON THE TYENDINAGA RESERVE

BUILT TO LAST! See a sales associate for details. **March 1 - March 31, 2013 Limited Time Offer!**

DISCOVER THE FULL-LINE OF HIGH-QUALITY APPLIANCES FROM FRIGIDAIRE

French Door Bottom Mount Refrigerator FGHB2844LF
 • 23 cu. ft. capacity • Features SpaceWise® Organizational System
 • Store-More™ Full Width Drawers

Symmetry Double Oven Range CGEF306TMF
 • Effortlessly cook multiple dishes at different temperatures with the Symmetry Double Oven
 • 7.0 cu. ft. total cooking capacity with two 3.5 cu. ft. self cleaning ovens
 • Bake up to 30% faster with True Convection • Quick Preheat saves you time

Dishwasher FGHD2433KF
 • Spacewise® Organization System features adjustable racks
 • Smudge-Proof™ Stainless Steel means less cleaning

Over the Counter Microwave CGMV174KF
 • 1.8 cu. ft. capacity • Stainless Steel Finish

Scan this code with your BlackBerry, iPhone or any Smartphone to go directly to our website
 www.frigidaire.ca

ecosential the smart choice

 www.frigidairecanadastore.com

\$599 **\$1699** **\$2199** **\$449**

FGHD2433KF CGEF306TMF FGHB2844LF CGMV174KF

FRIGIDAIRE

ARNIE'S **613-969-1824** Appliances And Frozen Foods **arniesappliances.ca** 5301B OLD HWY 2 TYENDINAGA ON, K0K 3A0

Hours: 8-8 Mon. - Friday 9-6 Sat. & Sun.



McDonald's in Trenton proudly supports our troops, and the men and women at CFB Trenton.

Trenton Town Centre, 266 Dundas Street East Drive-thru OPEN 24 Hrs. Playplace & Birthday Parties Available	Glen Miller Road, Exit 526 from the 401 Drive-thru OPEN 24 Hrs. Lattes, Espresso, Cappuccino Now Available	McDonald's in WalMart Trenton Lattes, Espresso, Cappuccino Now Available
---	---	--

March is Family Month at McDonald's! Feed a Family of four for under \$20.00.
 Buy 2 Big Mac Combos for \$9.48*. ALL Happy Meals cost \$3.99*.
(*plus applicable taxes)

Fitness & Health

Nutrition Month 2013 - Best Food Forward: Plan, shop, cook, enjoy!

Canadians think they are eating well but research shows us otherwise. We conducted a survey and found that Canadians struggle with making healthier food choices in the grocery store. Nutrition Month 2013 is dedicated to helping Canadians to put their best food forward when grocery shopping for healthy food from dietitians, the food and nutrition experts.

Cook It Up Healthy! Make your tastebuds tingle!
 "Do we have to eat that again?"

"There's nothing good to eat in this house"
 "I'm tired of that same old lunch"
 Sound familiar? We've all been there with tired tastebuds, but a solution is as close as your cupboard or grocery store. Make your tastebuds tingle! For a simple flavour or texture sensation and great nutrition: To add some zing to your meals without added fat and/or salt, try some of the following flavour enhancers to create new and exciting tastes.

Meat and Alternatives	Suggested Flavour Enhancers
Fish	Basil, curry powder, dill, mustard, garlic, lemon or lime juice, marjoram, paprika, parsley, tarragon, thyme
Poultry	Basil, cranberry sauce, ginger, paprika, parsley, sage, thyme, lemon juice, poultry seasoning
Beef	Mustard, horseradish, garlic, green and black peppercorns, pepper, sage, thyme
Pork	Apple juice, applesauce, garlic, marjoram, sage, onion, paprika
Tofu	Garlic, curry, fruit juices, ginger, pepper, Hoisin sauce, soy sauce

Toss in:	Top:
Ground bran or flax seed to casseroles, meatloaf, stews, loaves, muffins, breads, cereals or cookies	Pizza with black beans or chick peas along with other toppings
Chopped nuts or dried fruits to salads, quick breads, cereals and cookies	Your favourite whole grain cereal with fruit and yogurt
Beans or lentils (whole or pureed) to tomato based sauces	Beef, turkey or chicken burgers with cheddar cheese, sliced tomatoes and lettuce
Red lentils to rice pilaf or soup	Your favourite green salad with leftover salmon or chicken, grated cheese, cooked lentils or peas
Tofu, chopped nuts or seeds and/or extra vegetables to stir-fries	
Evaporated skim milk or regular fluid milk to soups, casseroles or sauces	
Yogurt to dips, salad dressings or mashed potatoes	

Vegetables	Suggested Flavour Enhancers
Squash	Ginger, basil, onion, garlic, lemon-grass, maple syrup, cinnamon
Broccoli	Lemon juice, pepper, sesame seeds
Green beans	Lemon juice or zest, nutmeg, marjoram, onion, chives, garlic, soy sauce, balsamic vinegar
Red cabbage	Apple, cider vinegar, caraway seeds, honey
Cauliflower	Nutmeg, onion, garlic
Peas	Mint, chervil, chives, lemon juice, onion, mushroom, parsley
Tomatoes	Basil, onion, garlic, oregano, sugar, parsley, rosemary
Sweet potatoes	Cinnamon, nutmeg, apples, brown sugar, maple syrup

Nutrition Month is brought to you by Dietitians of Canada and thousands of dietitians across the country, in collaboration with the campaign sponsors. The 2013 Official sponsors are Bring Healthier Home from Loblaw Companies Limited, Dairy Farmers of Canada and Danone Canada.
 Source: Dietitians of Canada

Myth or Fact: You need vitamin and mineral supplements to be healthy.

Myth: The truth is vitamin and mineral supplements can't replace the benefits of healthy food or provide nutrients such as fibre, carbohydrates, essential fats and protein. Most healthy people can meet their vitamin and mineral needs by following Canada's Food Guide. There are some times in your life, however, when you might need supplements. For example, Canada's Food Guide recommends that adults over the age of 50 take 400 IU of Vitamin D each day. Also, women who could become pregnant are pregnant or are breastfeeding need a daily multivitamin with folic acid. Talk to your doctor or Registered Dietitian about your needs before taking any supplements.

Mental Fitness on Mondays in March A Health Promotion Series

- March 4:** Spin for the Mental Health of it!
- March 11:** Mental Fitness Hybrid
- March 18:** Body, Mind, Bike
- March 25:** Balance, BOSU, Breathe

To increase ones mental fitness and openness to regular mental fitness training by incorporating mental fitness strategies into physical fitness classes on Mondays in March.

Health Promotion

Personnel Support Programs, 8 Wing Trenton
 177 Hercules St., Bldg. 119, PO Box 1000, Stn Forces
 Astra, ON K0K 3W0
 Tel: (613) 392-2811 Fax: (613) 965-3033
 healthpromotiontrenton@forces.gc.ca

Kendra Lafleur, Health Promotion DirectorExt. 3767
 Lisa Refausse, Health Promotion ManagerExt. 4122
 Brenda Riddell, Health Promotion ManagerExt. 5429
 Gillianne McCormick, Health Promotion Admin Assist....Ext. 3768

Upcoming health promotion programs and events

- Fitness Development** On going every Tuesday.
- March 6** Mental Fitness and Suicide Awareness Supervisor Training.
- April 10-11** Top Fuel for Top Performance.

"Selling Fun For Over 35 Years"



Huge selection of new & used boats, sleds, Sea-Doo, Ski-Doo, ATVs, accessories & more!
 Many brands to choose from!
PARTS • SERVICE

SPYDER Can-am SEA-DOO

613-394-6691 • Toll Free: 1-877-394-6691
 516 Highway 2 E., Trenton, ON K8V 5W6

Always ride responsibly and safely. Follow all product instructional and safety materials. Observe all applicable laws and regulations. For your safety, always wear appropriate protective gear and clothing. Please remember that riding and alcohol/drugs don't mix. For ATV drivers, it is highly recommended to take a training course. For ATV safety and training information, see your dealer or in Canada call the Canadian Safety Council at (613) 739-1535, ext. 227.

www.bay-marine.com



DR. R. YOUNES DENTAL CARE

FAMILY, COSMETIC, IMPLANT & SEDATION DENTISTRY

**GENTLE AFFORDABLE DENTISTRY
 BACKED BY A WARM
 & CARING TEAM**



96 DIVISION STREET, TRENTON, ONTARIO K8V 4W8
TEL: (613) 208-0817 • FAX: (613) 394-4499
 email: dryounes@bellnet.ca • www.younescosmeticdentist.com



Community Events
generously sponsored by...

independent
YOUR INDEPENDENT GROCER

OWNED & OPERATED BY
SMYLIE'S
YOUR NEIGHBOURS

DRUGStore
PHARMACY

President's Choice
CFB Trenton
Smylie's Independent Grocer
(Hwy #2) Dundas St. E.
**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. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at cfbcontactnewspaper@gmail.com. Each event should be typed out in the format of those below. Please do not send posters.

27th Annual Surf 'N Turf Relay registration is open

The online registration for the Surf 'n Turf relay is now open. Instructions and information relevant to the relay are posted on the registration site: <https://www.onlineregistrations.ca/surfturf/>. Please register as soon as possible. Registration site will close at midnight on May 24, 2013
OPI: Capt. Glenn Lodge - Local / Phone: 2123

Inscription pour le 27e Relais "Surf N Turf" Annuel est en Court

L'inscription en ligne pour le Relais "Surf N Turf" est maintenant ouvert. Instructions et informations pertinentes au Relais sont affichés sur le site d'inscription: <https://www.onlineregistrations.ca/surfturf/>. Veuillez, s'il vous plaît, vous inscrire le plus tôt possible. Le site d'inscription prendra fin à minuit le 24 mai 2013.
OPI: Capt. Glenn Lodge - Local / Phone: 2123

March 11 - Blood Donor Clinic Partners for Life

CFB Trenton at the Yukon Galley, 75 Yukon Road, Astra, Cadets' Mess, 10 a.m. to 2 p.m. Book your appointment to save a life online at www.blood.ca or by phone at 1-888-236-6283.

11 mars - Collecte de Sang Partenaires pour la Vie

CBF Trenton, Yukon Galley, 75, chemin Yukon, Astra, Mess des Cadets, de 10h à 14 h. Prenez un rendez-vous pour sauver une vie en ligne à www.sang.ca ou au téléphone 1-866-533-6663.

March 13 - 8 Wing Officers' Mess Ladies Club Flower Arrangement Seminar

Presented by Sheila Fernley, owner of Rosehips, at 6:30 p.m. in the upper lounge of the Officers' Mess. Admission: Members free, invited guests of members \$5. Light lunch will be served. For more information, email chambersj@live.ca

March 14 - Knights of Columbus Roast Beef Dinner

With all the fixings, desert, tea and coffee, at the Knights of Columbus Hall, 57 Stella Cres., Trenton, from 5 p.m. to 7 p.m., Cost \$10. Take out available. Everyone welcome.

March 21 - Garden Design Presentation

The Trenton Horticultural Society and Garden Club is hosting a Garden Design presentation. Deanna Groves and John Riedl, from The Garden Place in Frankford, will give the presentation. Deanna and John are professionals in garden design and installation. Their presentation will be followed by refreshments. Everyone is invited to attend without charge at Grace United Church, 85 Dundas St. E., Trenton at 7 p.m. For more information, call Joan at 613-392-2572 or email trentonhorticulture@yahoo.ca.

8 Wing/CFB Trenton Men's Slow Pitch Team

The 8 Wing/CFB Trenton Men's Slow Pitch Team is looking for players to play in preparation of the 2013 Ontario Region Men's Slow Pitch Championship. All interested players are to attend a team meeting schedule for 1 p.m., March 22 at the gym conference room or contact the coach, Flamand WO DJ@436 (T) Sqn@Trenton at Loc 5284.

April 1 - Easter Egg Hunt

An Easter Egg Hunt is being held for the Military and their dependents between 1 p.m. and 4 p.m. at an as yet unspecified location. Registration is a must for the Easter Egg hunt, to ensure there is enough goodies for the children. This is an event targeted for children under the age of

and including 16. Deadline is March 22. Registering from work: +PMQ Community Council@CFB Trenton . Registering from home; amberandricky@gmail.com . Email the following info:

1. Serving member rank and name.
2. Number of dependants attending.
3. Any allergies.

POC: Amber Ross-Pynch and Cpl. Roberto.



En action pour les vétérans

Saviez-VOUS que le Plan d'action de transition des vétérans vise à aider les vétérans et leurs familles à réussir leur transition vers la vie civile? Les programmes et les services d'Anciens Combattants Canada sont maintenant plus faciles d'accès.

- Parcourez le **Navigateur de bénéfices des vétérans**
- Allez en ligne et inscrivez-vous à **Mon dossier ACC**
- Créez votre propre **Mon cahier ACC**
- Renseignez-vous sur les **perspectives de carrière au civil**
 - Inscrivez-vous aux **Services de transition de carrière**
 - Découvrez le programme **Jobs-Emplois**
 - Obtenez un emploi dans la construction grâce au programme **Du régiment aux bâtiments**
- Recevez le paiement de vos prestations par **dépôt direct**.
- Obtenez de l'information sur les services et les programmes dans plus de **600 points** de service au pays, grâce à notre partenariat avec Service Canada.

Pour en savoir plus sur les services et les programmes, consultez

veterans.gc.ca/outils



ou balayez ce code



Gouvernement du Canada

Government of Canada

Canada



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Welcome to all the newcomers

to 8 Wing/CFB Trenton! This is your centre, come to visit and get your moving-in goodies. Give your opinion and share your ideas. Get involved! Moving to a new community can be a challenge, come for a visit and see what we have to offer.

Bienvenue aux nouveaux arrivants

de la 8e escadre/BFC Trenton! C'est votre Centre, venez visiter et recevoir vos gâteries d'arrivée. Donnez votre opinion et partagez vos idées. Impliquez vous! Emménagez dans une nouvelle communauté peut être un défi, venez nous visiter et découvrez ce que nous pouvons vous offrir.

Grace's cooking class is back

Learn and enjoy representative dishes from international cuisines. Mondays until April 22, 6:30 p.m. to 8:30 p.m. Cost: \$25/person/per class or \$225/person (purchase 10 classes before Feb. 10.)
 Chinese wok (two weeks) – three easy making and delicious stir fry dishes
 Thai food (one) – three popular Thai dishes
 Thai food (two) – three low calorie Thai dishes
 three elegant and frugal Asia style party appetizers
 three elegant and frugal European style party appetizers
 Fusion style comfort food (two weeks)
 Chinese Dim Sum (advanced)(two weeks)
 Please visit our website for a complete description of the classes or ask at the reception, www.FamilyForce.ca

Les cours de cuisine avec Grace

Apprenez des plats représentatifs de la cuisine internationale. Les lundis jusqu'au 22 avril (les classes sont offertes en anglais), de 18h30 à 20h30. Coût : 25,00\$ par classe/par personne ou 225,00\$/par personne (payez pour 10 classes avant le 10 février)
 Wok chinois (deux semaines) – trois plats de sautés faciles et délicieux
 Nourriture Thai (une) – trois mets populaires Thai
 Thai food (deux) – trois plats Thai à basses calories
 Trois amuse-gueules de style asiatique, élégants et économiques
 Trois amuse-gueules de style européens, élégants et économiques
 Nourriture fusion (deux semaines)
 Dim Sum chinois(avançé)(deux semaines)
 S.V.P. visitez notre site web ou la réception pour une description complète des classes,

Employee Assistance Program

Referral agents

Dorothy Serre (Chair person) 3295

Karen Brake 7911

Nathalie Serre 7413

Rhonda Loomes 7588

James Leblanc 3053

Daphne Mullin 3652

"Hat Trick" for Youth Summer employment planning;

each spring we seek to offer sessions for military youth to assist in their preparation for summer employment. <http://www.familyforce.ca/sites/Trenton/EN/Employment%20Assistance/Pages/Youth-JobSearch.aspx>
 This year, at the MFRC, we are pleased to offer the following:
 Summer Company – Small Business Centre, Monday, March 4 from 4-5:30 p.m. Learn about funding up to \$3,000 plus business training and mentoring for ages 15-29 to start their own summer company! *registration required
 Resume Clinic – Get you resume summer ready! Monday, March 18 from 4-5:30 p.m. *registration required
 Summer Employment for Youth Registration; join Employment Ontario Service Providers and Youth Hab to register for their funded programs. Drop in Monday, March 25 from 4-5:30 p.m. Bring copies of your resume!

"Un tour du chapeau" pour la planification d'emploi d'été pour les jeunes

Nous tentons à chaque printemps d'offrir des sessions aux adolescents de familles militaires pour les préparer à la recherche d'emploi pour l'été.

<http://www.familyforce.ca/sites/Trenton/EN/Employment%20Assistance/Pages/Youth-JobSearch.aspx>
 Nous offrons cette année les sessions suivantes;
 Une entreprise estivale – Le 'Small Business Centre', le lundi 4 mars de 16h à 17h30, viens apprendre comment recevoir jusqu'à 3000,00\$, de la formation pour entrepreneurs et le soutien d'un mentor pour commencer ta propre entreprise estivale, pour les 15 à 29 ans. Inscription nécessaire.
 Clinique de préparation de C.V. – Prépare ton c.v.! le lundi 18 mars de 16h à 17h30. Inscription nécessaire.
 Inscription pour les emplois d'été pour les jeunes – joignez vous à Employment Ontario Service Providers & Youth Hab pour vous inscrire aux programmes subventionnés. Le lundi 25 mars de 16h à 17h30. Apportez des copies de ton C.V.!

HILLCREST
ANIMAL HOSPITAL
 DR. MIKE STEEN • DR. FIONA GILCHRIST
 DR. ADRIANNA SAGE • DR. ANDREA WERNHAM
 DR. GARY ORPANA
 Website: www.hillcrestanimalhospital.ca
 Tel: 613-394-4811 • Fax: 613-394-6239
 17532 Hwy #2 RR#4 Trenton, ON. K8V 5P7
 Food Room Tel: 613-394-2953

Home of the Week

Your Building Renovation Experts



Plan No:
5-3-659

For more floor plans, visit www.jenish.com

The rustic stone and wooden shakes cladding the exterior of this three-bedroom family home lend it a cottage-y charm. But inside, everything is up-to-the-minute, with all the features a modern family desires.

Entry is through a covered entry, ideal in inclement weather, into a foyer. A coat closet is ahead and to the right. Directly ahead is the great room. A patio is visible through windows and French doors that overlook the back garden. An angled fireplace fits neatly into a corner.

The dining room, in a bayed-out area, enjoys windows on two sides. This room is separated from the kitchen by a raised eating bar. The L-shaped counter configuration promises efficiency, and the prep island will save steps for the cook. A walk-in pantry will provide always-welcome storage space.

Next to the pantry is the laundry room, with a handy row of coat hooks and access to the double garage, which features two different door designs on the exterior, as well as a window.

The master suite, located at the back of the home for privacy, features a spacious walk-in closet as well as a de luxe ensuite. A soaker tub with a tiled surround is complemented by a shower stall, and the toilet is separated from the rest of the ensuite to ease the morning rush hour.

The second and third bedrooms occupy the front of the home and share a three-piece bathroom, which will double as a powder room for guests. Bedroom No. 3 is slightly larger than the other. A storage cupboard is located just outside the third bedroom, while the linen cupboard is close to the second bedroom.

Enhancing the stone exterior are painted trim and wood siding. Shingles fill the gable areas.

This home measures 57 feet wide and 60 feet deep, for a total of 1,985 square feet of living space. The design includes an optional floor plan to accommodate stairs to a basement.

BRANT
 CUSTOM HEAT & AIR
Installation • Sales Service
 Plumbing • Heating • Air Conditioning
 • Custom Sheet Metal
 Gas Lines • Ventilation • Duct Work
 40 Gotha Street, Trenton
 613-394-4094

PATIO DOORS • ENTRY DOORS
Trenton Glass & Windows Ltd.
 • Vinyl Replacement Windows
 • Steel Entrance Doors
 • Glass Railings
 • Glass for every project
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

"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

Roofing
CEDARGROVE ROOFING
 • 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
 2 Deerfield Drive, Brighton
 613-475-4842

Classifieds

To Place an Ad: **613-392-2811** or **613-475-0255**
 For Delivery Inquiries, please call **613-475-0255**
 Email: brighton_classifieds@metroland.com
www.thecontactnewspaper.cfbtrenton.com

C Cleaning / Janitorial

C Cleaning / Janitorial

L Liaison Services

L Liaison Services

L Liaison Services

L Liaison Services

H Houses for Rent

H Houses for Rent

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

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

RUSHNELL FUNERAL HOME & CREMATION CENTRE
 60 Division Street
 Trenton
613-392-2111
FAX YOUR AD 613-475-4546

House, back split for rent in Trenton, great family home in great neighbourhood, 3 bdrm, 2 bathroom, large living room, large dining room adjacent to kitchen, large rec room, large laundry room w/large storage room, crawl space for storage, fenced backyard. New windows and flooring in living room, bedrooms, kitchen, dining room and bathroom. House freshly painted throughout. \$800/mo, tenant pays all utilities. Hydro, water, electric heat.
613-392-2981

Keep Our Community Clean!

S Swap & Trade

H Houses for Rent

WANTED:

 Scrap vehicles. Will pay \$150+. Ray Brown's Auto and Light Duty Towing
613-394-3335

TWO BEDROOM one bath waterfront home on Rednersville Road near Carrying Place, includes a mudroom, laundry facilities and garage and features good sized rooms including dining room, living room and sunroom. Commuting distance to CFB Trenton. \$1,100/month plus utilities. 613-328-6051

C Condominiums for Rent

SELL IT NOW CALL 613-475-0255

Beautiful furnished 2 bdrm condo in heritage building in Belleville overlooking downtown. \$930/mo plus hydro. cfinkle@coqeco.ca
613-962-4897

SHOP • CA™
 SHOP & EARN, EVERY TIME!™

SIGN-UP AND GET \$10 REWARDS
 CASH ON YOUR FIRST PURCHASE OF \$100 OR MORE

the Contact **Looking for The Contact?**
 Find it at any of these off-base locations.

Belleville:	Belleville Public Library	QHC Belleville General	Smylies Independent Grocers	QHC Trenton Memorial
	Belleville Legion 99	Luc's Variety	Metro	Shopper's Drug Mart

Sports & Recreation

RCAF Flyers Arena - March Break Schedule

Shinny Hockey - Mon., Mar. 11 to Fri., Mar. 15.
 - Tyke/Novice, 4 to 5 p.m.; New - PeeWee, 4 to 4 p.m.; New - Atom, 6 to 7 p.m.; Bantam/Midget, 7 to 8 p.m.
 \$3 - Military Community; \$4 - General Public.
 Family Skating
 Mon., Mar. 11 to Fri., Mar. 15 from 1 to 3 p.m.
 Free for Military Personnel and CRA members with a PSP Facility membership, \$1.50 for Military community non-members, \$1.50 for general public.

Fitness Programs

New- Vinyasa Flow Yoga - Thursdays, Feb. 21 to April 18, 4:45 to 5:45 p.m. at the South Side Gym.
 New- Restorative Hatha Yoga - Thursdays, Feb. 21 to April 18, 7:05 to 8:05 p.m. at the South Side Gym.
 New - Gentle Hatha Yoga - Mondays, Feb. 25 to April 22, 9:30 to 10:15 a.m. at the RecPlex Gym.
 Zumba (60 minutes) - Wednesdays, Jan. 16 to Mar. 6, 5:30 to 6:30 p.m. at the South Side Gym with Jen.
 Tai Chi - Tuesdays, Jan. 15 to Mar. 5, 5:15 to 6:15 p.m. at the South Side Gym.
 Boot Camp Fitness (60 minutes) - Mondays, Jan. 14 to Mar. 4, 5 to 6 p.m.
 Total Balance (60 minutes) - Mondays, Jan. 14 to Mar 4, 6:15 to 7:15 p.m.
 New - Move in Health-Yoga Workshops with Nancy - Feb. 28, Mar. 28, 6:30 to 8:30 p.m.
 Learn to Run - Saturdays, Jan. 12 to Mar. 2, 9:30 to 10:15 a.m.
 Learn to Skate for Adults - Sundays, Jan 13, to Mar. 3, 3 to 4 p.m.

Children, Youth and Teens programs

March Break Hockey Programs for Youth Monday to Friday - Mar. 11 to Mar. 15
 Goalie Development Program - 8 to 9:30 a.m.
 On ice training at the RCAF Flyers Arena
 Hockey Training and Conditioning Program

- 9:45 to 11:45 a.m. On ice training at the RCAF Flyers Arena.
 First two goaltenders per class are free.
 Babysitter's Course - Thursday, Mar. 14., 10 a.m. to 5 p.m.
 New - Movement and Dance - Thursdays, Feb 21. to April 18, ages six to eight years., 5:55 to 6:25 p.m. and ages nine to 12 years, 6:25 to 6:55 p.m. at the South Side Gym.
 Skills and Drills - Mondays, Jan. 21 to Mar. 11., 5 to 6 p.m.
 Learn to Skate for Youngsters - Fridays, Jan. 18 to Mar. 8, 4 to 5 p.m.
 Learn to Skate for Youth - Fridays, Jan. 18 to Mar. 8, 5 to 6 p.m.
 Kookin with Kidz - Tuesdays Jan. 15 to Mar. 5, 5:15 to 6:15 p.m. for six to eight years and 6:15 to 7:15 p.m. for nine to 12 years.
 Family Skating - Saturdays and Sundays, Jan. 5 to Mar. 31, 1 to 3 p.m.
 Shinny Hockey - Tyke/Novice, Tuesdays, 4 to 5 p.m.; Atom - Fridays, 6 to 7 p.m.; PeeWee - Wednesdays, 4 to 5 p.m.; Bantam/Midget - Fridays, 7 to 8 p.m.

Baker Island Community Centre

The Community Centre is located on Baker Island overlooking the beautiful Bay of Quinte. The centre is available at no cost for military operational requirements, unit parties, and unit family days and it's also available for rent for weddings, family parties and corporate events. For information on rental costs and other information, please go to: www.cfcommunitygateway.com/trenton or + BakerIslandCC@forces.gc.ca

RecPlex Hours of Operation

Monday to Friday from 8 a.m. to 8:30 p.m., Saturday from 12:30 p.m. to 8 p.m., Sunday and holidays from 12:30 p.m. to 4:30 p.m. Counter service available at the RecPlex. For program registration and membership sales and service, Monday to Friday from 1 p.m. to 8:30 p.m., Saturday from 12:30 p.m. to 8 p.m., Sunday and holidays from 12:30 p.m. to 4:30 p.m.

SPELMER

CHRYSLER JEEP DODGE

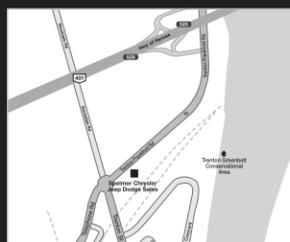
INNOVATIVE AUTOMOTIVE FINANCING
IF YOU HAVE CREDIT ISSUES,
 You may qualify for a brand new or nearly new vehicle
 If you need an auto loan at a great interest rate

WE CAN MAKE IT HAPPEN

Contact our auto finance specialist for a pre-approval
Rates from 3.99% fixed. On approved Credit.

MEGHAN TROTTMAN
 at 613-394-3945 or email at meghant@spelmer.com

51 Trenton - Frankford Road (NEXT TO THE BEAUTIFUL NEW ROUNDABOUT IN TRENTON)
613-394-3945



Bayviewauto.ca

Sales Selection Finance

FINANCING FROM
3.99% Variable APR on approved credit
OR TERMS UP TO 96 MONTHS
OR NO PAYMENTS UNTIL JUNE 2013 ON APPROVED CREDIT
EASY ONLINE APPLICATION AT WWW.BAYVIEWAUTO.CA
BAD CREDIT WELCOME!



ASK ABOUT OUR LOWEST PRICE GUARANTEE



NEW LOCATION!
HWY 62 BELLEVILLE
1 MILE NORTH OF 401

WITH 2 LOCATIONS, WE HAVE UP TO
600
VEHICLES IN STOCK AND READY FOR QUICK DELIVERY

FINANCING SOLUTIONS TO MEET YOUR SPECIFIC NEEDS
APPLY TO GET APPROVED TODAY!
BAYVIEWAUTO.CA
 • NO PRESSURE • NO OBLIGATION
 • NO HASSLE
 • EASY FINANCING • LOW PRICES
 • NO ADMIN FEES • NO HAGGLE PRICING
 • CARPROOF REPORTS

12 FORD F150 XLT



D17120 4X4! 17" Alloy wheels! Pwr heated mirrors! 5.0L-V8, Crew cab, short bed, flex fuel, traction control, steering wheel controls, tilt, air, cruise, satellite radio, CD, pwr windows, locks, keyless entry, only 30,000kms!!

PREVIOUS DAILY RENTAL
\$25,995 +HST
\$163.51 +HST BI-WEEKLY 0 DOWN 96 MONTHS @ 6.99%

13 GMC SIERRA 1500 SLE



D17162 4X4! 17" Chrome wheels! Black! 4.8L-V8, Crew cab, short bed, steering wheel controls, traction control, air, cruise, tilt, OnStar, Am/FM/CD, pwr locks, mirrors, windows, keyless entry, only 16,000kms!!!!

PREVIOUS DAILY RENTAL
\$26,495 +HST
\$166.66 +HST BI-WEEKLY 0 DOWN 96 MONTHS @ 6.99%

13 CHEV SILVERADO 1500 LT



D17153 4X4! 17" Chrome wheels! Black! 4.8L-V8, Crew cab, short bed, OnStar, traction control, steering wheel controls, cruise, tilt, air, AM/FM/CD, pwr mirrors, windows, locks, keyless entry, only 16,000kms!!!!

PREVIOUS DAILY RENTAL
\$26,495 +HST
\$166.66 +HST BI-WEEKLY 0 DOWN 96 MONTHS @ 6.99%

12 NISSAN ALTIMA S



D17123 16" Alloy wheels! Xtronic CVT! Automatic, 4 cyl, 4 dr, steering wheel controls, traction control, cruise, air, tilt, AM/FM/CD, pwr windows, mirrors, locks, keyless entry, only 44,000kms!

PREVIOUS DAILY RENTAL
\$14,995 +HST
\$94.32 +HST BI-WEEKLY 0 DOWN 96 MONTHS @ 6.99%

12 NISSAN SENTRA



D17145 Xtronic CVT! 16" Alloy wheels! Automatic, 4 cyl, 4 dr, tilt, cruise, air, AM/FM/CD, pwr locks, windows, mirrors, keyless entry, only 32,000kms!!

PREVIOUS DAILY RENTAL
\$12,995 +HST
\$81.74 +HST BI-WEEKLY 0 DOWN 96 MONTHS @ 6.99%

12 TOYOTA SEQUOIA SR5



D17103 4X4! Pwr sunroof! Roof rack! 18" Alloy wheels! V8, Automatic, 4 dr, pwr seat, steering wheel controls, running boards, traction control, cruise, tilt, rear air, satellite radio, CD, pwr mirrors, locks, windows, keyless entry, only 40,000kms!

PREVIOUS DAILY RENTAL
\$38,995 +HST
\$245.29 +HST BI-WEEKLY 0 DOWN 96 MONTHS @ 6.99%

BUY WITH CONFIDENCE

THIS IS A PARTIAL LISTING ONLY!
 Most are on the lot but not in flyer or on website. Come in and test drive one today!
WE'RE WORTH THE DRIVE!

- ✓ Financing Available Through Most Major Banks
- ✓ 90 Point Safety/Mechanical Inspection
- ✓ Frame Inspection
- ✓ On-Site Service Department
- ✓ Lien Search on All Vehicles
- ✓ FREE Vehicle History Report
- ✓ UCDA Code of Ethics
- ✓ Better Business Bureau Member
- ✓ GMAC Dealer Financing Plan
- ✓ Available GAP Protection
- ✓ Hassle Free Help

and Assistance

- ✓ Reader's Choice Winner
- ✓ All Vehicles are Certified
- ✓ 15-Day, 500km. exchange policy.

BAD CREDIT STALLING YOUR CAR PURCHASE?
 CALL 1-888-412-1841 OR APPLY ON OUR SECURE WEBSITE AT **WWW.BAYVIEWAUTO.CA**
 TOGETHER, WE'LL WORK OUT A LENDING PLAN THAT'S JUST YOUR SPEED!

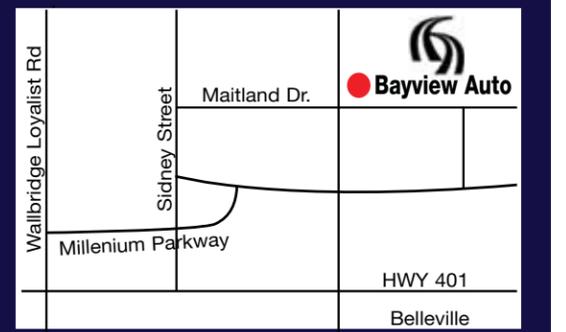
Because of our high sales volume, our Business Managers are equipped to offer the most aggressive financing rates & options available with flexible terms to fit your budget.

UP TO 600 CERTIFIED PRE-OWNED VEHICLES AT ANY TIME!

Hours: Mon.-Thurs. - 8am-8pm, Fri. - 8am-6pm, Sat. - 9am-5pm, Sun. - 10am-4pm

Local 613-968-3339 • Toll Free 1-888-412-1841

OPEN 8 DAYS A WEEK

All payments are based on biweekly payments. 2005, 2006 & 2007 – 60 mths: 2008 - 72 mths: 2009, 2010 & 2011 – 84 mths: P.P.S.A., license and taxes extra. EG: 10,000 + taxes \$1,300 + P.P.S.A. \$65 = \$11,365 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, + HST. Most 2010 and 2011 vehicles are former daily rentals. Bayview Auto is not responsible for any errors in pricing. See dealer for details.