

# the contact

Serving 8 Wing / CFB Trenton • 8<sup>e</sup> escadre / BFC Trenton • [www.thecontactnewspaper.cfbtrenton.com](http://www.thecontactnewspaper.cfbtrenton.com)

**OPEN HOUSE SAT AUG 10 1-3pm**  
635 River Road,  
Thurlow



**BEAUTIFUL CENTURY HOME.** Come view this 3 bedroom century home featuring open concept oak kitchen, spacious dining room and living room. Enjoy a game of pool in the main floor family room with gas fireplace, bar and pool table. 2pc and 4 pc bath which includes separate shower and whirlpool tub. After a game of pool and relaxing in the tub enjoy a comfortable seat in the screened in porch and view the beautifully treed lot that you call home. **MLS#2135035. Price: \$217,500.**



**RE/MAX**  
Quinte Ltd., Brokerage



**Keitha Hutchison**  
Sales Representative  
(613) 392-6594  
Cell: 613-968-0820 • 1-800-567-0776  
kmhutchison@hotmail.com  
www.remax.ca

>> Canadian Forces Air Crew Selection Centre changes commanders

Maj. Rebecca Barton replaces Maj. Pat O'Dwyer as Commanding Officer of CFACSC

2

>> Hugh O'Neil, Mayor John Williams receive Canadian Forces Medallion

Canadian Forces Medallion awarded Forces to recognize outstanding service performed by persons other than active military personnel

8

>> Quinte Sailability gets people out of wheelchairs and into sailboats

Quinte SailAbility is a sailing school for persons with a physical or developmental disability, regardless of age or degree of disability

10



## 8 Wing welcomes confident new commander

*Col. Lowthian promises to stay the course, look after fitness of 8 Wing personnel*

Col. David Lowthian receives the 8 Wing command pennant from Major-General St. Amand during the Change of Command ceremonies Wednesday.

Photo Ross Lees

### By Ross Lees

Colonel David Lowthian takes over command of 8 Wing / CFB Trenton in a confident mood.

He told media following Wednesday morning's Change of Command parade he is confident 8 Wing is well positioned to carry out its missions as required and

requested in the future.

According to Col. Lowthian, there are two reasons for that confidence – the good shape in which the base is being turned over to him in by col. Sean Friday and the team he inherits.

Even with the financial cutbacks being experienced by the military, he noted, "I can confidently say we have

the resources, people, and the expertise to carry on with our mission of being responsive world-wide."

While returning to a base he and his family consider home, Col. Lowthian said he has been forced to view the base with new eyes since infrastructure renewal has changed the look of the Wing from all angles.

"Hangar 1 and the Transport TEME buildings on the north side are daunting buildings," he told those gathered for the command change ceremony. The Aerospace Warfare Centre will have a new neighbour as the Canadian Forces Land Air Advanced Warfare Centre is being built. The Air Mobility Training Centre and a third

accommodation building weren't here when I left in 2011, and the flight line boasts a new control tower, a new fire hall is coming, and today we see what will be Hangar 6 overlooking Highway 2 as we drive down it," he said.

Col. Lowthian noted that the operations continued in

*Continued on page 15*



**#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  
613-392-6594

[www.remaxquinte.com](http://www.remaxquinte.com)  
1-800-567-0776

41 Main St., Brighton  
613-475-6594

# Canadian Forces Air Crew Selection Centre changes commanders

*Maj. Rebecca Barton replaces Maj. Pat O'Dwyer as Commanding Officer of CFACSC*



Presiding Officer Lt.-Col. Matt Halpin is flanked by incoming Commanding Officer Maj. Rebecca Barton (left) and outgoing Commanding Officer Maj. Pat O'Dwyer at the Canadian Forces Air Crew Selection Centre Change of Command ceremony Aug. 1.

By Ross Lees

The Canadian Forces Air Crew Selection Centre (CFACSC) handed over to Major Pat O'Dwyer in July of 2011 is a vastly different operation

now as Maj. O'Dwyer hands over command to Maj. Rebecca Barton.

"With the inclusion of the Personnel Selection Officer, the incorporation of a whole new method of selecting pilots and aerospace controllers, and the

record number of candidates that we've put through these last few years, this unit has seen dramatic changes – changes that could not have happened without the wonderful dedication and hard work of members from both within these walls and outside

these walls," Maj. O'Dwyer noted last week during the Change of Command ceremony.

He added his heart-felt thanks to all of the people within the unit and 8 Wing "...who put their heart and soul into their work."

Maj. O'Dwyer welcomed Maj. Barton to her new position, adding, "I know you'll do a superb job of taking it to the next level."

Presiding officer Lt.-Col. Matt Halpin congratulated Maj. O'Dwyer and the staff of ACSC for their extraordinary efforts over the last two years.

"I know it's helped to revolutionize how the Royal Canadian Air Force (RCAF) conducts pilot training and your leadership supported the successful transition from Canadian Automated Pilot Selection System (CAPSS) to what is now called the Canadian Forces Aircrew Selection Test (CFAST)."

Lt.-Col. Halpin acknowledged the work of Maj. O'Dwyer and his staff during his tenure.

"Pat, during your tenure, you have completely revamped this whole selection process, ensuring the Canadian Armed Forces (CAF) gets the most capable air crew in the years to come," he stated.

Now that they were able to use

the new computer selection tool in the selection process, he felt the streamlined process would increase the success rate of pilot and air crew selection.

Lt.-Col. Halpin welcomed Maj. Barton to the unit, adding he was sure she would find her time as CO demanding but also equally rewarding.

"We have every confidence in your leadership and have no doubt you'll continue the excellence the Pilot Selection Unit has been accustomed to over the past two years," he said.

Maj. Barton said she had had the opportunity to see the enthusiasm and dedication of the unique team at CFACSC in her short introduction to the unit and she looked forward to becoming a productive member of that team.

"I approach this position in a time of transition with a positive attitude and open mind," she stated. "I welcome and appreciate the support and patience of those here today as we progress while constantly assessing and adjusting as we move towards a selection system that is both appropriate and effective for the RCAF"

Maj. Barton thanked Maj. O'Dwyer and his team for the

*Continued on page 14*

# ENTER THE ZONE

## ON THE TYENDINAGA RESERVE

### Buy More Save More

### Receive up to \$750

in mail-in rebates on select\* Frigidaire® appliances.  
 Mail-in offer valid from August 1st - September 30th, 2013  
 Submission deadline: November 30th, 2013

\* See sales representative for more details. Must purchase 2 or more appliances.





www.frigidaire.ca





613-969-1824

Only 10 Minutes East of Belleville

arniesappliances.ca

5301B OLD HWY 2  
TYENDINAGA ON, KOK 3A0

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



# The Canadian Forces Grievance Board's name changed to Military Grievances External Review Committee

The name of the Canadian Forces Grievance Board (CFGB) has been changed to Military Grievances External Review Committee (MGERC). The new name became effective on June 19, 2013.

"This is an important change we have been pursuing for several years to eliminate a common misconception that the Committee is an organization internal to the Department of National Defence and the Canadian Forces (CF)," said the Chairperson, Bruno Hamel.

He explained that shortly after its inception, in 2000, the Committee became aware that the inclusion of the words "Canadian Forces" in its name was responsible for this erroneous impression, thus creating some confusion as to its role within the grievance process.

"The new name will lead to a better understanding of the specific and unique mandate of this Tribunal - to be the external and independent component of the military grievance process,"

explained Mr. Hamel. "I am very pleased that, through the enactment of Bill C-15 (An Act to amend the National Defence Act and to make consequential amendments to other Acts), the new name which underlines the Committee's institutional independence is finally approved," he added.

The MGERC, formerly the CFGB, reviews military grievances referred to it pursuant to s. 29 of the National Defence Act and provides findings and recommendations

to the Chief of the Defence Staff and the CF member who submitted the grievance. The Committee consists of Governor in Council appointees supported by analysts and legal counsel.

The Committee regularly publishes on its Web site (www.mgerc-ceegm.gc.ca) summaries of findings and recommendations issued for

recommendations on systemic issues affecting not only the grievor, but other CF members.

Other Committee publications available on the Web site include bulletins designed for CF members, as well as several issues of Perspectives, a publication intended for senior CF decision-makers.

## Le Comité des griefs des Forces canadiennes change de nom et devient le Comité externe d'examen des griefs militaires

Le nom du Comité des griefs des Forces canadiennes (CGFC) a été changé en Comité externe d'examen des griefs militaires (CEEEM). Ce changement de nom est entré en vigueur le 19 juin 2013.

« C'est un changement important pour lequel nous œuvrons depuis plusieurs années afin d'éliminer l'idée fautive que le Comité est une organisation appartenant au ministère de la Défense nationale et aux Forces canadiennes », a déclaré le président, Bruno Hamel.

Il a dit que peu de temps après sa création, en 2000, le Comité s'est rendu compte que la présence des mots « Forces canadiennes » dans son nom était responsable de cette fautive idée et que cela créait une certaine confusion quant à son rôle dans le processus de règlement des griefs.

« Le nouveau nom va conduire à une meilleure compréhension du rôle spécifique et unique pour lequel cette organisation a été créée, pour qu'elle soit la composante externe et indépendante du processus de règlement des griefs militaires », a expliqué M. Hamel. « Je suis très heureux que, grâce à l'adoption du projet de loi C-15 (Loi modifiant la Loi sur la défense nationale et d'autres lois en conséquence), le nouveau nom, qui souligne l'indépendance institutionnelle du Comité, a été finalement approuvé », a-t-il ajouté.

Le CEEEM, anciennement le CGFC, examine les griefs militaires qui lui sont renvoyés, conformément à l'article 29 de la Loi sur la défense nationale, et rend des conclusions et recommandations au chef d'état-major de la Défense et au militaire

qui a soumis le grief. Le Comité est composé de personnes nommées par le Gouverneur en Conseil et soutenues dans leur travail par des analystes et des conseiller(ère)s juridiques.

Le Comité publie régulièrement sur son site Web (www.mgerc-ceegm.gc.ca) des sommaires des conclusions et des recommandations émises pour les cas examinés au cours des trois dernières années, ainsi que des recommandations sur des questions d'ordre systémique touchant non seulement le plaignant ou la plaignante, mais aussi d'autres membres des FC.

D'autres publications du Comité disponibles sur le site Web comprennent des bulletins destinés aux membres des FC, ainsi que plusieurs numéros de Perspectives, une publication destinée aux décideurs supérieurs des FC.



**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

**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



**MARINOVICH DENTAL**  
ДЕНТИНОВАЯ КЛИНИКА

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

**Mental Fitness Focus:**  
Benefits of Positive Self Talk  
*Another tool for your mental health!*

- Positive messages contribute to a positive outlook which enhances mental performance
- Increases the likelihood of positive outcomes
- Creates realistic and positive expectations

**Cap sur la santé mentale :**  
Bienfaits du monologue intérieur positif  
*Un autre outil favorisant la santé mentale!*

- Les messages positifs aident à adopter une attitude positive, ce qui améliore le rendement mental
  - Ils augmentent les chances d'obtenir des résultats positifs.
- Ils créent des attentes réalistes et positives.

**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



613.438.5882 Fax-1.877.647.1934  
Toll Free-1.855.876.6584

**CAJ PARALEGAL SERVICES**  
"WE GET THE JOB DONE"

4 West St.  
Belleville, On. K8N 4X4  
office.cajparalegal@gmail.com www.cajparalegalservice.com

**"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 Quality Best Price Best Selection Best Guarantee Best Service**

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

613-969-0287

**X COPPER**  
LEGAL SERVICES PROFESSIONAL CORPORATION  
320 Catherine St, Ottawa  
613-778-8654 1-888-XCOPPER  
www.xcopper.com

**Lawyers and Paralegals**



**TRAFFIC TICKETS  
IMPAIRED DRIVING  
CRIMINAL CHARGES**

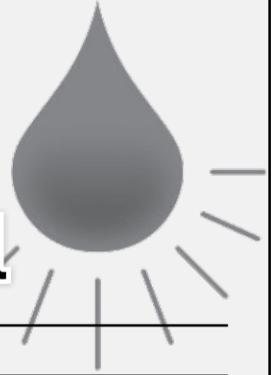
**Defending Those That Defend Us**

# Wing Logistics and Engineering Picture of the Week



Mr. Joey "Ford Guy" Bouley and Mr. Bill "The Apprentice" Granger are seen here working on a 2007 Ford 350 pick up. In order to change the cylinder head gaskets on the 6.0 litre diesel engine, the cab must be completely removed to gain access. Some of the senior and junior technicians had never see this job done before and it caused quite a stir in the shop. The only word to describe this job was "cool".

## CFB Trenton responds to Blood Signal call



By Ross Lees

CFB Trenton came through with flying colours last week at the blood donor clinic held at Baker Island.

In a period of blood supplyshortfall, Canadian Blood Services (CBS) had set a target of 58 units of blood and were amazed when 76 potential donors attended and 65 units of blood were collected.

CBS Community Development Coordinator Linda Mathers was ecstatic with the result.

"Thank you to all our donors who answered the call of the Blood Signal," she told The Contact. "We collected 65 units of blood for 112 per cent of target."

Despite the great turnout at the CFB Trenton clinic, Mathers said the need would extend through the Labour Day weekend.

"As a result of nearly 12,000 unfilled appointments so far this summer, coupled with constant hospital demand, CBS is forecasting a need for 51,000 appointments to be filled between now and Labour Day to replenish stocks," Mather stated. "For that reason, CBS has extended the Blood Signal until Sept. 3. The Blood Signal is a call to action for Canadians to rally together and book a blood donation when the need is greatest - like now."

Those who believe they cannot donate blood for one reason or another, Mather stated that guidelines are always changing according to medical research, so now is the time to call 1-888-236-6283 and ask to speak to a nurse. Those who know they can donate can check out [www.blood.ca](http://www.blood.ca) to find out when the next local blood clinic is and to book an appointment.

***The next clinic on the base is  
September 27 from 10 a.m. to 2 p.m.  
and all donors are encouraged to come  
out to help resupply the system.***

### 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 Armed 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. Christopher Daniel

**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 Production :** Glenda Pressick 613-966-2034 ext 520

**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 produces news and information about 8 Wing/CFB Trenton at home and around the world. We depend on our military community for articles, personal stories and photos.

- Articles should be typed in upper and lower case (Not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.

- Do not include clip art or graphics within typed pages. Additional graphics/logos may be sent as separate files.

- Articles may be mailed, e-mailed ([cfbcontactnewspaper@gmail.com](mailto:cfbcontactnewspaper@gmail.com)) or delivered in person and must include author's full name, rank, unit and phone number.

- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in either a jpeg format at a high resolution for quality reproduction.

- Articles must be received by Tuesday at noon prior to print date.

### Letters to the Editor:

All letters must be signed and the name of the author will be published. 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. E-mail letters to: [cfbcontactnewspaper@gmail.com](mailto: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

# Change of command parade carries on with flying colours

*They made it all look so easy.*



Photos by  
Alexandra Baillie-David

8 Wing Members parade during the Change of Command ceremony to welcome the new Wing Commander, Colonel David Lowthian.



By Alexandra Baillie-David

Although this week's change of command parade might have appeared fairly easy to coordinate, it was the hard work, dedication and flawless attention to detail of the people behind the scenes who really made things tick.

"We've been working for weeks getting ready for this parade doing all of the things that are required," said Sergeant Richard Wilson, assistant to the wing chief at 8 Wing Trenton. "It's all very planned and controlled. Every last detail requires organization including the invitations, the program, flowers for the colonels' wives, the change of command certificates, but most of all, it's coordinating the drill practices on the parade square until we get it right that is most important. There are so many moving parts."

As the main organizer of the event, Sgt. Wilson began planning the event back in March with an original date of July 11. Due to some logistical issues, though, the date was pushed

back to August 7, giving organizers a little more time to prepare.

In a carefully executed manner, a change of command parade is one of the most celebrated events in the Canadian Armed Forces (CAF) and the Royal Canadian Air Force (RCAF). The purpose of the parade is to show respect for, and to bid farewell to, the outgoing wing commander but mainly to welcome the new commander.

"It's about putting on a show that depends on precision, timing and attention to detail," stated Sgt. Wilson. It's also about showing respect, pride and professionalism, and introducing the new wing commander, Colonel Lowthian to his troops, the community and the best that 8 Wing has to offer.

"We really wanted it to be flawless, to show our new leader our best drill."

Col. Lowthian and everyone in attendance were treated to a first during the parade. For the first time at 8 Wing, during the colour march, each squadron

came out at the same time and paraded each of their individual colours across the parade square.

"The most satisfying part for me was seeing the parade culminate with the marching on of the colours, which are sacred," noted Sgt. Wilson.

Many in attendance said it was a privilege to see so much history, pride and accomplishments represented at once. Among the invited guests were retired RCAF members, former wing commanders, members of the Air Force Association of Canada and local dignitaries.

After months of planning and coordinating, it all boiled down to that one hour on the parade square.

"Even though we stage important events such as a change of command parade, we have to remember there are operations going on so everything has to be balanced. All in all, we did everything we needed to, we worked as a team and I think all our hard work paid off," said Sgt. Wilson.

**HILLCREST**  
ANIMAL HOSPITAL

DR. MIKE STEEN • DR. FIONA GILCHRIST  
DR. ADRIANNA SAGE • DR. ANDREA WERNHAM  
DR. GARY ORPANA

Website: [www.hillcrestanimalhospital.ca](http://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

**SPELMER**  
CHRYSLER JEEP DODGE

A Great Selection of New Rams, Grand Caravans, Journeys, and Jeeps.

Visit our website [www.spelmer.com](http://www.spelmer.com) or call one of our non-commissioned no pressure sales consultants at 51 Trenton Frankford Rd **613-394-3945**

**TRADESMAN**  
HOME INSPECTIONS

Tradesman?... It Only Makes Sense.

**— 613.661.4442 —**

BROOKFIELD REGISTERED  
[www.tradesmanhi.com](http://www.tradesmanhi.com)

**Messy Maid**  
Makes Your Day!

[www.messymaid.com](http://www.messymaid.com)  
613-394-MAID (6243)

**SHERI THOMPSON & DAGNEY BENTON**  
Lawyers  
**613-969-9126**

Providing Legal Services in the areas of Real Estate, Family & Divorce, Disability, Civil Litigation, and Wills & Estates.

365 North Front Street, Suite 204, Belleville, ON

**NAPA AUTOPRO**  
**CORMIER'S AUTO REPAIR**

Trenton's #1 Choice For Quality Auto Service For Over 25 Years

Complete professional service to all makes and models, Drive clean test & repair facility, Certifications, Courtesy Shuttle, Mon. to Fri.  
276 Front St., Trenton 613-392-2766

# Fitness & Health

## Want to Quit Smoking?

Not sure if you are ready to quit? When making your decision, there are a few things to consider:

### Your Health

- One out of every two lifetime smokers die from their smoking, mostly from cancer or heart disease.
- Tobacco use kills more than 45,000 Canadians every year.
- Diabetic smokers increase their risk of circulatory problems.
- Broken bones heal more slowly if you smoke.
- Smokers have more dental problems; cavities, gum disease.

### Your Quality of Life

- Smoking dulls your senses: smell, taste, hearing, sight.
- Smoking makes exercise harder and less fun.
- Smoking costs money. If you quit, you can put the money you save into other things you enjoy.

### Those Around You

- Your smoke hurts those around you, especially children. They get more colds and ear infections. It

can trigger asthma attacks, or make them worse.

- The more children see adults smoking, the more likely they are to start smoking themselves
- Over the long term, tobacco smoke exposure can cause heart disease and lung cancer, even in people who have never smoked themselves.

### Butt Out can help!

**Butt Out**, recognizes that smoking does good things for you. Maybe it reduces stress. Maybe it gives you a break, or helps you concentrate.

**Butt Out** can help you identify your personal reasons for smoking, then help you develop and practice substitutes for smoking that do the same good things for you, without the negative long-term effects that smoking gives you.

**Butt Out** can also help you overcome the addiction to nicotine. You may be eligible to get nicotine gum, the nicotine patch, the bupropion pill, or Champix at DND expense if you also participate in Butt Out.

Registration available by appointment. Contact the Health Promotion office at x3768 or email [healthpromotionTrenton@forces.gc.ca](mailto:healthpromotionTrenton@forces.gc.ca).

## Resilience: The bounce back factor

### Part 2: How to become more resilient

Resilience allows a person to minimize and manage stress, and can also boost your self-esteem – key in dealing with stress. But where does it all begin?

Genetics may play a role – some people are just naturally more adaptable. Childhood experiences may also play a role. Some stress experienced early on may act like an immunizing dose, but what is the right amount? Everyone is different and nowhere is it written that a person with a traumatic childhood is going to have more or less resilience than someone who grew up in carefree, loving environment. So what can a person do to boost their resilience?

Become more flexible. An overly rigid attitude is emotionally dangerous. Recognize that everyone experiences challenges and unexpected events and learning how to roll

with the punches is key to developing resilience.

Consider approaching change with small steps, doing small things that make you step outside of your comfort zone. Gradually, it will be easier to do things that are “outside your box”. Frame the new experience as a skill- or experience- building opportunity rather than something to be afraid of. You will then have that “re-framing” mindset to fall back on when an unwanted change in life, such as a change of management at work, occurs.

Humour is another factor. Looking for that proverbial silver lining isn’t always easy, but gradually you will come to realize that people aren’t raining on your parade just to spite you. Another important consideration is related to life balance – all the dimensions: physical, emotional, social and spiritual should be represented.

Perhaps the most important factor is social support. It is absolutely vital for people to have social contacts, people that they can count on when things are tough, who can help to pick up the pieces. Ideally, develop relationships with family members and surround yourself with friends.



**CANINE RESORT KENNELS**  
Boarding For Dogs

- Heated Indoor/Outdoor Runs
- Large Kennels & Exercise Area
- Owner Lives on Premises
- Food & Hugs Provided Free

834 County Rd. #64, Brighton  
Close to Brighton Speedway  
Airport Pick-up & Delivery

Come Visit & Check Us Out!

**613-475-2594**  
[www.canineresort.ca](http://www.canineresort.ca)  
Owned & Operated by Veterans

**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](http://www.advancedelectrolysis.ca)

## Upcoming Health Promotion Programs Open Registration

### Butt Out Self Help

It takes a smoker on average 6-10 attempts to become smoke free. Sign up with the Butt Out program to get your cessation medication free with a supportive environment to help you. Please contact Health Promotion @ 3768 to make your appointment today.

### Mental Fitness Mondays

Every Monday enjoy a healthy body and mind with our Health Promotion Managers as they direct you through a physical and mental adventure.

**Time:** 112 noon until 12:45 p.m.

**Location:** South Side Gym

**Program:** Alternating Mondays with Spin & Bosu!

### 436 SQN Mental Fitness and Suicide Awareness Brief

July 25 – 45 minutes

## Pedometers have arrived!

Health Promotion is pleased to announce that we now have pedometers available for loan. We encourage Units to try running a Pedometer challenge within the Unit to promote healthy active living. HP along with HQ tried them out and had lots of fun staying active and logging our daily step totals. In six days we walked from here to Quebec City in steps. Wing Chief Gyuk proved to be our daily high scorer and the one to beat. We encourage you to try your own challenge, call 3768 for more information.

## Les podomètres sont arrivés!

La Promotion de la santé est heureuse d'annoncer qu'elle dispose maintenant de podomètres que vous pouvez emprunter. Nous encourageons les unités à lancer à leurs membres un défi podomètre afin de promouvoir une saine vie active. Les membres de la PS ainsi que ceux du QG se sont beaucoup amusés en restant actifs et en inscrivant le total de leurs pas quotidiens. En six jours, nous avons marché l'équivalent du trajet d'ici à Québec. L'adjudant-chef de l'escadre Gyuk obtenait quotidiennement le plus haut score et il est devenu celui qu'il fallait battre. Nous vous invitons à organiser votre propre défi et à composer le 3768 pour en savoir plus.

### Did you know...?

Every step counts! You can add up your activities, at least 10 minutes at a time, to get your daily total and reap the health benefits of an active lifestyle.

### Le saviez vous...?

Chaque geste compte! Vous pouvez additionner chaque activité que vous accomplissez au moins 10 minutes à la fois pour atteindre votre objectif quotidien et récolter les bienfaits pour votre santé d'une vie active.

## Never quit quitting

Disappointed because you attempted to quit but started up again? It takes the average smoker six to 10 attempts before quitting for good. Never quit quitting!

Vous êtes d'Éau(e) parce que vous avez recommencé à fumer après avoir tenté d'arrêter? Un fumeur moyen doit s'y reprendre de six à dix fois avant d'arrêter pour de bon. Alors, ne renoncez jamais à renoncer!



# Cadets continue to demonstrate pride in training program

By Ross Lees

Air Cadets going through the Trenton Air Cadet summer Training Centre (TACSTC) are making people proud.

They produced perhaps as good a parade Friday as is possible by cadets going through two-week cycles and virtually everyone remarked on their performance.

Hans Weimer of the Canadian Air Cadet League led the parade of praise Friday morning.

"I am proud to be associated with the Air Cadets and the Air Cadet League of Canada after seeing what you did out here today," he noted in his address.

Inspecting Officer Lt.-Col. Ryan Eyre, Commanding Officer of 437 (Transport) Squadron was also effusive with his praise for the cadets.

"You are a talented group of individuals who have demonstrated their capabilities to expand their skills over the past two weeks and who have shown a great deal of potential for their future," he noted. "Many of you have pushed yourselves beyond your comfort zones by engaging in training experiences you have never experienced before. Well done!"

Lt.-Col. Eyre said he recalled the feeling of accomplishment as an Air Cadet from Saskatchewan.

"You've been able to see firsthand what kind of skills the Royal Canadian Air Cadets offer in much larger scales from aviation and music, outdoor survival to a wide range of sports, public speaking to marksmanship. Whatever your interests, I know that the Cadet League can

help you develop into the great Canadian citizens who have the skills that we as a proud country need in our youth."

TACSTC Commanding Officer Major Darryl Rolfe thanked the parents of the cadets for placing their trust in TACSTC.

"It's been a cooperative effort," he noted. "The cadets buy into the program and you have too."

Those same parents would perhaps reap the benefits of that cooperative effort when those cadets came home, Maj. Rolfe stated.

"Certainly, you are going to notice a huge difference for the first day or two when your cadets come home," he said. "They're going to make their beds and clean up after themselves and maybe even make you breakfast in the morning. But there are no guarantees after Sunday or Monday," he added, drawing a laugh from the audience.

Three cadets were acknowledged for their high standards of effort during their stay with The Lieutenant Colonel S.L. Beaton Trophy. This trophy is awarded to a cadet from each of the three General Training Squadrons who demonstrates the highest personal drill, dress and deportment, maintains a high level of enthusiasm and esprit de corps among their flight and squadron, encourages a team atmosphere and leads by example.

Cadets Andrew Xu, Anshul Shah and Gary Liu won the award for the three flights and all were congratulated for their tremendous effort.

*continued on page 12*



Cadet Gary Liu receives the Lt.-Col. S.L. Beaton Trophy from Lt.-col. Ryan Eyre and Lt. (N) Melissa Burke. Photo Ross Lees



Cadet Andrew Xu is presented with the Lieutenant Colonel S.L. Beaton Trophy by Maj. Darryl Rolfe and Capt. Elliot Wright. Photo Ross Lees

**NISSAN**

BELLEVILLE NISSAN IS A PROUD SUPPORTER OF THE **WOUNDED WARRIOR FUND**

**NO HIDDEN FEES**

PLUS until August 31st get your choice of no charge extended warranty, 2 payments on us or 40¢ off gas/litre until 2015!

**VEHICLE PURCHASE PROGRAM**  
 Make the Most of Your Connections

COME IN TODAY AND TAKE ADVANTAGE OF THE **BEST MILITARY PROGRAM** IN THE INDUSTRY.

2013 Rogue S FWD **\$20,098** + HST

\*Vehicle may not be exactly as shown.

Active Canadian Forces personnel and their spouses **PAY Dealer Invoice Plus** get an additional **\$5,000 OFF!**

Visit our website for more information! [www.bellevillenissan.com](http://www.bellevillenissan.com)

BELLEVILLE NISSAN

[BellevilleNissan.com](http://BellevilleNissan.com)    877-857-7726  
 28 Millennium Pkwy    613-962-7100

**Unique frames available - exclusive to iDesigns Optical!**

**Services Offered:**

- Experienced Optician
- Contact Lens Fittings
- Free Adjustments and Repairs
- Style Assistance
- Free Consultation for Best Vision Choice and Expert Advice
- Customized Lens Choices including Tinting and Shapes
- Insurance Billing Available
- ODSP, Veterans, DIA, and Ontario Works Billing Also Available

**Kathy Jenkerson**  
Owner of iDesigns Optical

Kathy brings 17 years of experience in the optical industry to 282 Dundas East, Trenton.  
 "My vision is to be sure that everyone will see the best that they can and look good while doing it - seeing never looked so good!"

282 Dundas St. E., Trenton (Just past Dairy Queen on the same side of the street)  
 Hours: Mon-Fri 9:00am to 5:30pm, Thurs 9:00am to 8:00pm, Sat 8:00am to 12 noon  
**613.394.5555**    [www.idesignsoptical.com](http://www.idesignsoptical.com)

# Hugh O'Neil, Mayor John Williams receive Canadian Forces Medallion

*The Canadian Forces Medallion for Distinguished Service is awarded by the Chief of the Defence Staff on behalf of the Canadian Forces to recognize outstanding service performed by persons other than active military personnel*



Col. Sean Friday, outgoing 8 Wing Commander, left, and Maj. Gen. Mike Hood, right, present the Canadian Forces Medallion to Mr. Hugh O'Neil, centre left, and Quinte West Mayor John Williams in a surprise presentation at the 8 Wing Change of Command ceremony Wednesday morning.

Photo Ross Lees

By Ross Lees

Quinte West Mayor John Williams and former Member of Provincial Parliament and former Provincial Cabinet Minister Hugh O'Neil could not have been more surprised when it was announced they would be receiving the Canadian Forces Medallion at the Change of Command parade at 8 Wing Wednesday.

Col. Sean Friday strayed from his speech to make the special presentation with the gracious authorization of the Chief of the Defence Staff, General Thomas J. Lawson on behalf of the Canadian Armed Forces. Col. Friday and Ma.-Gen. Mike Hood made the presentation.

The Canadian Forces Medallion for Distinguished Service is the highest level of recognition which can be presented to a civilian by the Canadian Armed Forces.

In presenting the medallions, Col. Friday noted, "The Canadian Forces Medallion for Distinguished Service is awarded by the Chief of the Defence Staff on behalf of the entire Canadian Forces for a service of rare, exceptionally high standard which accrues great benefit to the Canadian Armed Forces as a whole."

Both Mayor Williams and Mr. O'Neil had looks of total surprise and shock on their faces when the announcement was made.

Both local men were given the award for their involvement in the creation and construction of the Afghanistan Repatriation Memorial.

Mr. O'Neil's award read in part, "Mr. O'Neil demonstrated outstanding dedication and perseverance in the creation of the Afghanistan Repatriation Memorial."

Mayor Williams' award read in part, "Mayor Williams' outstanding actions have brought great credit to the Canadian Armed Forces."

Col. Friday noted it was a personal pleasure and honour to be a part of the presentation.

Mr. O'Neil told The Contact after the ceremony he was "totally surprised" by the presentation. "I really had no idea about it."

Mayor Williams also expressed surprise.

"It was a great honour and complete surprise," he said.

Col. Friday noted in his address that Mayor Williams award was also partially presented because of his "...strengthening and unifying of the military and civilian relationship between Quinte West and local 8 Wing personnel," as well as his leadership of the organizing committee of the Afghanistan Repatriation Memorial.

## FALL 2013 • BELLEVILLE & BANCROFT

# FOCUS

### ON LIFELONG LEARNING

## DISTANCE STUDIES & CONTINUING EDUCATION

GENERAL INTEREST, CERTIFICATES & DIPLOMAS

**Over 1000 course offerings for Fall 2013**

**Courses include:**

- French, Spanish & ASL
- Painting classes and open studio
- Small Engine Repair
- Welding
- MAC & iPad
- Outdoor Adventures

**AND MUCH MUCH MORE!**

**Visit [loyalistfocus.com](http://loyalistfocus.com) for complete listings & to register**

**Or call to register**

**Tel: 613-969-7900**

**Toll free: 1-866-344-9944**

Look for your copy of the Fall 2013 **Focus** in your local newspapers on August 8th

[loyalistfocus.com](http://loyalistfocus.com)

**LOYALIST**  
MY COLLEGE • MY FUTURE



# Pilot selection shifts into the 21st century



Photo Ross Lees

This group, from left to right, Maj. (Ret'd) Carl Kap, Maj. (Ret'd) Bob Struthers, LCdr. Dawn Herniman, Maj. Pat O'Dwyer, Capt. Art Touw, Capt. Yvon Larose, Mr. Dwight Koshman, Mr. Tom Ortiz, and Mr. Jim McQueen, pose in front of the CAPSS simulator, which was officially decommissioned on Aug. 1 at the Canadian Forces Air Crew Selection Centre in Trenton.



We serve GTA & Cottage Country  
 Driveways • Parking Lots  
 Tennis Courts • Farms • Etc.

**FREE ESTIMATES**  
**SPRING SPECIAL**  
**10% OFF**  
 Ask for Mike

Belleville: **613-403-6886**  
 Toll Free: **1-866-240-5426**  
 email: royalsidepaving@sympatico.ca

## CAPSS officially decommissioned at Canadian Forces Air Crew Selection Centre

By Ross Lees

First they changed their Commanding Officer, then they changed the equipment their new CO would rely on to propel the Canadian Forces Air Crew Selection Centre (CFACSC) to the next level.

Last Thursday morning following the change of command at CFACSC, the Canadian Automated Pilot Selection System (CAPSS), which moved to Trenton with the unit in 1997, was officially decommissioned in favour of the new computer system Royal Air Force Aircrew Aptitude Test (RAFAAT) and its latest version, Pilot Battery 2011 (PB11), now known as the Canadian Forces Aircrew Selection Test (CFAST).

The stated intent of this change was to select better pilot candidates by increasing the number and types of aptitude tests, and therefore better predict success throughout the stages of pilot training right through to Wings.

The use of simulators in pilot selection therefore came to an end in June 2013, with the last of 6,305 candidates processed in the 16 years of CAPSS' history, stepping down out of his simulator at 11:27 a.m. on June 26.

According to Maj. Pat O'Dwyer, the outgoing Commanding Officer of CFACSC, the CFAST is the fourth

generation of training devices used to select pilots and air crew.

"During the Second World War, it was identified that a pilot selection system was required in order to reduce pilot attrition in training and thereby increase pilot production. This same requirement holds true to this day," Maj. O'Dwyer noted in a speech at the CAPSS decommissioning ceremony.

The first selection tool was the link trainer used by the RCAF until 1979.

The second simulator used was the Visual General Aviation Trainer, or VGAT, which remained in operation until 1996, Maj. O'Dwyer noted.

Like its predecessor the VGAT relied on visual simulations and a human operator to assess the candidate's performance. It was determined that an improvement to pilot selection was required as the mission and aircraft were evolving and becoming more complicated.

In 1985, development began for the third generation of simulator, the Canadian Automated Pilot Selection System, commonly referred to as CAPSS. CAPSS was based on the VGAT, but it relied entirely on Instrument Flight instead of outside visual cues. The sampling and scoring of candidate performance was done by computer algorithms, thus removing the subjective human component from the scoring, making the testing and selection as objective as possible.

The Canadian Forces Aircrew Selection Center had been based at CFB Downsview during the VGAT era, but moved to CFB Trenton in 1997 with the introduction of CAPSS.

Approximately three years ago, the RCAF purchased a licence to trial the computer-based Royal Air Force Aircrew Aptitude Test (RAFAAT) to supplement

*Continued to page 14*

### 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

**Bay Marine**

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.  
 ®, TM and the BRP logo are trademarks of Bombardier Recreational Products Inc. or its affiliates.

**www.bay-marine.com**

**MORTGAGE SPECIAL**  
**3.29%\***  
 4 Year Fixed Rate

EASY TO ARRANGE • EASY TO CARRY • SIMPLE

\*A.P.R. Rates subject to change without notice. See in branch for details. Applies to residential mortgages only.

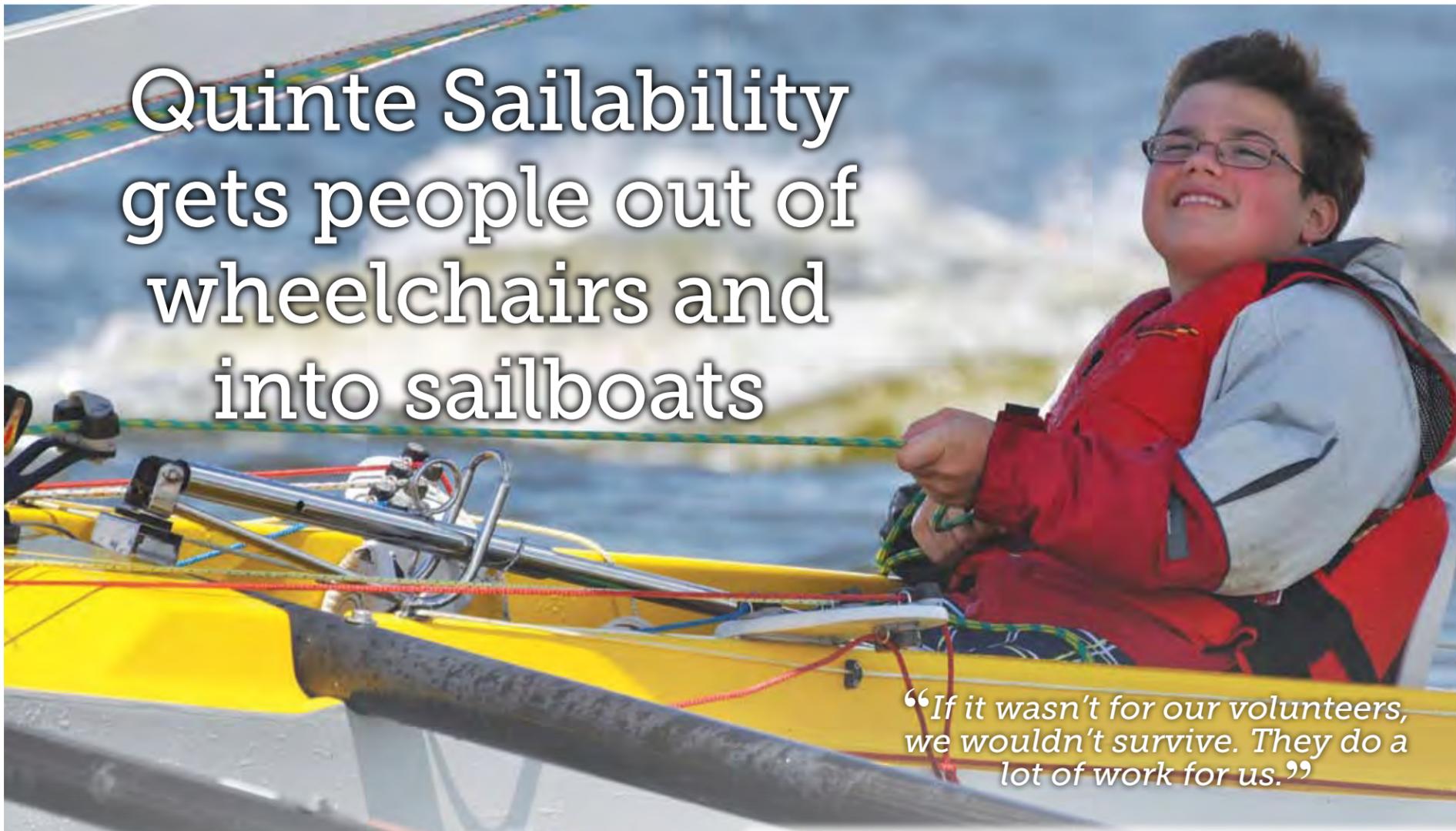
**kawartha**  
 CREDIT UNION

**www.kawarthacu.com**

Trenton  
 107 Dundas Street West • (613) 392-7200

Cobourg  
 2 King Street West • (905) 372-4331

# Quinte Sailability gets people out of wheelchairs and into sailboats



*“If it wasn't for our volunteers, we wouldn't survive. They do a lot of work for us.”*

Ben Pelletier's face says it all as he spends some time out on the Bay of Quinte in the Challenger sailboat with Quinte Sailability last week.

Photos Ross Lees

## Quinte Sailability sees no disabilities – just sailing challenges.

By Ross Lees

They've spent 12 years in the Quinte area overcoming those challenges and setting their clients free on the waters of the Bay of Quinte.

Housed at the 8 Wing/CFB Trenton Yacht Club, Quinte Sailability started out with two or three boats and now features nine boats, including the challenging Challenger, according to sailing instructor Alex Renaud.

Quinte SailAbility is a sailing school for persons with a physical or developmental disability, regardless of age or degree of disability and has grown into one of the best and largest such sailing facilities in Canada, Mr. Renaud noted.

“It's a great program,” he told The Contact last week. “It ranges through all levels of disabilities – we don't turn down anybody. We have specifically designed programs for any range of disability.”

Age is also not a factor in this beneficial sailing program.

“Our oldest sailor is in his late 70s

and our youngest is nine years old,” Mr. Renaud stated. “We do our best to work around their schedules and make it accessible to anybody in the area.”

Like so many clubs or organizations, Quinte Sailability functions successfully because of a large base of volunteers, a benefit of being based within the confines of 8 wing/CFB Trenton, according to Mr. Renaud.

“We're grateful to be on the base because we do get a lot of our volunteers from the air base,” he noted. “If it wasn't for our volunteers, we wouldn't survive. They do a lot of work for us.”

Mr. Renaud is one of three staff members now working at Quinte Sailability, although he also started out as a volunteer. He became involved after his sister initially volunteered with the club and has since worked her way onto the staff of another club.

“I've spent most of my life involved here and it's taught me a lot of things like communication,” the 19-year-old indicated. “I wouldn't be where I am now without them.”

*Continued on page 11*



Thomas Dobson concentrates on keeping the Challenger on course during a period of sailing last week on the Bay of Quinte with Quinte Sailabilities.



While Ben Pelletier manoeuvres the Challenger around, he is watched closely to make sure he doesn't get into trouble by Quinte Sailability university student Vanessa Watts, Shane Loder and Thomas Dobson.

## Services & Trades

### 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

### Auto General Service

**Cannifton Garage 2000 Ltd.**

- ✓ Tune-ups - Springs
  - ✓ Suspension Service
  - ✓ Lift Kits
  - ✓ Safety Inspections
  - ✓ General Repairs
  - ✓ Alignments
- Cars - Trucks - Vans  
Buses - RVs - Trailers & Heavy Trucks**  
Performance Parts & Accessories  
Parts & Service - Call Kevin  
613-962-1132  
at Hwy.37 & Casey Rd., Belleville

# Quinte Sailability gets people out of wheelchairs

Continued from page 10



Brian Cuerrier is a competitive sailor at Quinte Sailability and obviously enjoys his time on the water.

Photos Ross Lees

Quinte Sailability features three sailing programs – therapeutic sailing, Learn to Sail and Can Sail programs, and a racing program.

According to Mr. Renaud, the therapeutic program gets disabled sailors out of the wheelchair and out on the water. The world recognized Learn to Sail and Can Sail programs teach the fundamentals of sailing while the racing program created in the last four years allows the sailors to put those skills to use competing against other Sailability clubs in Ontario and across Canada.

Sailors from Quinte Sailability will compete in Hamilton this coming weekend and will compete in Halifax later this year. In the past, they've competed in places like Vancouver, Ottawa, Montreal and Toronto and do very well competing against other clubs, according to Mr. Renaud.

In fact, one of their racers - recently competed in Montreal and placed fifth after moving up a competition class. He said he was pleased with this initial result in the competitive race.

But more than anything, the Quinte Sailability volunteers enjoy seeing the change which comes over a person as they switch from a wheelchair or crutches to a sail boat which often puts them on equal footing with able-bodied sailors.

"It's really something to see," one volunteer noted.



Lakehead University student Vanessa Watts checks Thomas Dobson out on the Challenger prior to beginning an afternoon of sailing.

**Trenton**  
Military Family Resource Centre

INFORMATION  
REGISTRATION / INSCRIPTION  
• 613-965-3575 •  
www.familyforce.ca  
www.forcedelafamille.ca

**Canada's Wonderland**

Once again this year, we will sell the Canada's Wonderland tickets at a discount price - savings for you and fundraiser for the MFRC - everyone wins!

**Une fois de plus, nous aurons les billets de Canada's Wonderland**

en vente à prix réduits - des économies pour vous, une collecte de fonds pour le CRFM - tout le monde gagne!

**Calypso Theme Water Park**

Canada's biggest and best theme water park is located east of Ottawa. Buy your tickets at the MFRC and skip the lines at the Park from June 6 to Sept. 2.

**Calypso, parc aquatique thématique**

Le plus grand grandiose au Canada et situé à l'est d'Ottawa. Achetez vos billets au CRFM et évitez les lignes d'attente au parc du 6 juin au 2 septembre.

**Cineplex Theatre**

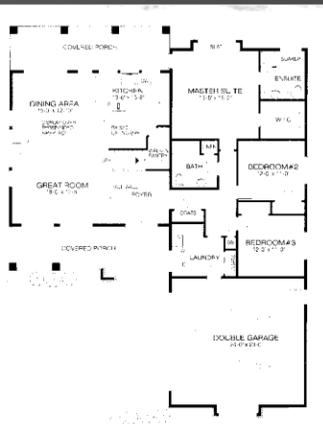
We still have the tickets for the Cineplex theatres at a discount price. Call the reception or visit our website for more information.

**Cinéma Cineplex**

Nous vendons toujours les billets à prix réduit pour les cinémas Cineplex. Téléphonnez à la réception ou visitez notre site internet pour plus d'information.

## Home of the Week

Your Building Renovation Experts



**Plan No:  
5-3-660**

For more floor plans, visit [www.jenish.com](http://www.jenish.com)

This handsome three-bedroom bungalow features gables with deep eaves, as well as a striking hip roof, two colonnaded porches and a loft area over the great room/dining area.

Entry is through the gated front veranda and into a foyer separated from the great room by a half wall on the left. To the right is a coat cupboard, while straight ahead is the stairway to the loft.

The dining area and kitchen share access to the covered porch at the back of the home. Many casual meals and snacks will be consumed at the raised eating bar in the kitchen, where the L-shaped counter configuration will save steps for the cook. A walk-in pantry will provide always-welcome storage space.

The master suite, overlooking the back garden for maximum privacy, features a walk-in closet roomy enough for any couple's clothing. The ensuite includes a soaker tub as well as a shower stall for a touch of spa-like luxury.

The second and third bedrooms share a three-piece bathroom that includes a linen closet. This bathroom will also serve as a powder room for guests.

Adjacent to the third bedroom is the spacious laundry room, where the L-shaped counter offers space for folding and storage. A closet, located near the door to the double garage, will provide storage for off-season gear and outerwear.

Upstairs, situated over the great-room/kitchen area, is a loft with sloping ceilings. This space could provide a play area for the family children, serve as a studio for yoga or creative pursuits such as painting or sewing, or provide space for a guest room.

Exterior finishes include horizontal siding, painted trim and stone accents.

This home measures 54 feet wide and 71 feet, six inches deep, for a total of 1,876 square feet of living space.

**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

**ROOFING**

**CEDARGROVE ROOFING**

ALL TYPES OF ROOFING INCLUDING TRAILERS  
Free Estimates - Written Guarantee  
Fully Insured, Competitive Rates

E.P.D.M. 1 Ply Low Slope & Flat Roofing  
The Roof of the Future  
Family Owned & Operated  
2 Deerfield Dr., 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**

**"YOUR ONE STOP BUILDING CENTRE"**

**COLE'S TIMBER MART**

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

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

**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](mailto:cfbcontactnewspaper@gmail.com). Each event should be typed out in the format of those below. Please do not send posters.

**Annual hydrant flow testing**

As in previous years, the 8 Wing Fire Department will be conducting annual hydrant flow testing throughout the Wing and in the PMQ area. These tests help to confirm and ensure that the water pressures servicing these areas are sufficient for fire fighting operations. Occupants may experience discoloration of their water and need not worry. If this occurs, simply continue to run your water until the discoloration disappears. The testing period will run from June 1 until approximately Sept. 1. If there are any concerns, please feel free to contact the Fire Department business line at local 3511.

**Aug. 9 – Country Rocks the Fort**

Fundraising raffle tickets allow the winner of the draw to win two VIP tickets to Country Rocks the Fort (\$156.88 value) at the historic Old Fort Henry in Kingston. Tickets are \$2 per raffle ticket of three for \$5. Raffle tickets are available at the Trenton MFRC reception desk, 50 Rivers Dr., E. The winner will be drawn Aug. 2 at 5 p.m. Country Rocks the Fort will feature entertainers Johnny Reid, Doc Walker, Tim Hicks, Autumn Hill and Rob Carnegie.

**Personnel Golf Day at Oak Hills Golf Club**

Oak Hills Golf Club is offering up a free Golf day for Military Personnel (does not include any rental equipment). Individuals are encouraged to book reservations in advance by contacting Oak Hills at 613-395-2611. Oak Hills is located just 20 minutes north of Belleville and Trenton. From the 401, take exit 526, Glen Miller Road at Trenton. Head north on Glen Miller Rd, turn left at end of Glen Miller Road onto Highway 33. Oak Hills is located on Highway 33 (Frankford-Stirling Road) between the towns of Frankford and Stirling. <http://www.oakhills.ca/>

**Sept. 27-29 – 424 Sqn 70<sup>th</sup> Anniversary weekend**

Past and present members of 424 Sqn, 8 Wing Trenton, are urged to join their fellow Tigers in celebrating the squadron's 70<sup>th</sup> anniversary weekend and get together for some Tiger celebrations and camaraderie. You can also order a special edition 70<sup>th</sup> anniversary coin. To RSVP or more information, visit [www.424sqn70th.ca](http://www.424sqn70th.ca) or call 613-885-4823.



*continued from page 7*

This cadet band members stands at attention as 437 (Transport) Squadron Commanding Officer Lt.-Col. Ryan Eyre inspects the band at Friday's graduation parade. Photo Ross Lees



Band Leader Flight Sergeant Zakary Linthorne-Shaw conducts the band as the cadets are inspected. Photo Ross Lees



(Right) 437 (Transport) Squadron Commanding Officer Lt.-Col. Ryan Eyre stops to chat with this cadet while TACSTC Commanding Officer Maj. Darryl Rolfe looks on. Photo Ross Lees



Cadet Anshul Shah receives the Lt.-Col. S.L. Beaton Trophy from Mr. Hans Wiemer and Capt. Candace Clark.



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



266 Dundas Street East  
(Trenton Town Centre)  
\*Drive-Thru OPEN 24 hrs.

Glen Miller 401 Exit  
\*Drive-Thru Open 24 hrs.  
Smoothies now available

McDonald's in Walmart  
Trenton  
Smoothies now available

## Sports & Recreation

### Summer 2013 Red Cross Swim Lessons Registration

Lessons will be held in the Indoor Pool from Aug. 12 to 23, Mon., Tues., Wed. and Fri. mornings - eight lessons. Register now, On-line or In-person from 1 p.m. at the RecPlex

### Provincial Park Passes

The Community Recreation Association has two passes which may be rented for use at any of the Provincial Parks in our area. (Sandbanks; Presqu'ile; North Beach; Ferris; Bon Echo). This service is available to serving military personnel and CRA members in possession of a current PSP facility membership. One pass per family may be rented. Sorry....but passes cannot be reserved in advance. They are available on a first come, first served basis. When renting a pass, the pass must be returned by close of business on the same day or no later than 8:30 a.m. the following day. Available at the Kiosk at the south side Gym. \$ 8.85 + HST = \$10.

### Fitness Programs

Boot Camp Fitness (60 minutes) – Mondays, July 8 to Aug. 26, 5 p.m. to 6 p.m.  
 Body Balance Fitness (60 minutes) – Mondays, July 8 to Aug. 26., 6:20 p.m. to 7:20 p.m.  
 Squat Challenge – Mondays, July 8 to Aug. 26, 6 p.m. to 6:15 p.m.  
 Core Fitness – Mondays, July 8 to Aug. 26, 4:30 p.m. to 5:30 p.m.  
 Vinyasa Yoga – Tuesdays, July 23 to Aug. 27, 4:30 p.m. to 5:30 p.m.  
 Restorative Yoga – Tuesdays, July 23 to Aug. 27, 5:30 p.m. to 6:30 p.m.

### Speciality Events for Youth and Families

End of Summer Party – Thursday, August 29, 6 p.m. to 9 p.m.  
 Summer Shiny Hockey for Youth/Teens - Monday to Friday at the RCAF Arena  
 Tyke/Novice – 9 a.m. to 10:30 a.m.; - Atom - 10:30 a.m. to 12 p.m.; - PeeWee – 1 p.m. to 2:30 p.m.; Atom - 2:30 p.m. to 4 p.m.; Bantam/Juvenile – 4 p.m. to 5:30 p.m. Choose either to drop-in or save money by pre-registering, \$20/weekly - Military Community - Drop-in Fee \$5 - \$25/weekly - General Public - Drop-in Fee \$6.

### Advanced Aquatics

Standard First Aid with CPR C and AED - Monday and Wednesday, Aug. 12, 14, 19, and 21 – 5 p.m. to 8 p.m.  
 Standard First Aid with CPR C and AED Recertification – Saturday, August 17, 9 a.m. to 5 p.m.  
 National Lifeguard Course (2012 Standards) Monday, Tuesday and Wednesday - August 12, 13, 14, 19, 20, and 21, 10 a.m. to 5 p.m.  
 NLS Re-certification (2012 Standards) Wednesday, Aug. 21. - 10 a.m. to 5 p.m.  
 Red Cross Water Safety Instructor Re-certification – Monday, Aug. 26. - 12:30 to 5:30 p.m.  
 CPR “HCP” Course, Friday, Aug. 23. – 3 p.m. to 8:30 p.m.  
 Lifesaving Society AED Instructor, Saturday, Aug. 24. - 9 a.m. to 5 p.m.  
 Lifesaving Society Advanced First Aid Instructor, Saturday and Sunday, Aug. 24, and 25. - 9 a.m. to 5 p.m.

## CFAWC takes 'Air Synthetic Environment Centre' role



This is the main “ASEC Battle Lab” at the Canadian Forces Aerospace Warfare Centre (CFAWC) in Trenton. Submitted photo

By Maj. James Fell, ASEC(TR)

With the decision to move the RCAF's Air Synthetic Environment Center (ASEC) from Ottawa to Trenton, the transfer of that capability took its first operational step during the week of July 23-26 with Trenton's CFAWC participation in Online-Challenge 13-02.

ASEC is the way the RCAF will plan and execute Distributed Mission Training (DMT), which is a network of enabled collective training activities that include live, virtual, and constructive simulations enhancing the war fighter effectiveness at the tactical, operational and strategic levels.

Synthetic environments provide an on-demand realistic alternative to live training and enhance the ability to bridge capability gaps whilst ensuring the most effective use of personnel and money.

The On-Line Challenge (OC) series is

a way to explore new technologies and aspects prior to being employed in real exercises or larger coalition involvements.

OC 13-2 involved virtual Griffons out of Edmonton, a virtual tanker out of a CFAWC Battlelab, virtual CF-18s out of Ottawa, all controlled by AECs out of North Bay, and a CAOC entity out of the other CFAWC Battlelab. Oversight for exercise coordination and injects was provided by the ASEC in Ottawa.

OC 13-2 was the first time two of Trenton's CFAWC's new battlelabs were involved with the OC series. Confirmation of linkages, communications, and visuals were successfully demonstrated from the Trenton locations.

This is only the first operational step in CFAWC Trenton taking over the role of ASEC, with much more growth to occur over the next couple of years.

This new capability in Trenton reflects on CFAWC's motto: *Agile*

## He loved his Harley. So we went hog-wild at his funeral.



Every funeral should be as unique as the individual. We are reinventing tradition with our renovated modern facilities and a complete range of memorial options for cremation and burial. We're dedicated to helping each family create the final, perfect, heartfelt experience that a memorable funeral should be, regardless of budget. Call for free funeral planning information today. You'll be glad that you did.



**REINVENT TRADITION**  
613.394.2433 • 613.392.3579  
WeaverFuneralHomes.com

# MCCURDY

**EVERYDAY LOW PRICES**

**Spring Special Lube Oil & Filter**

**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](http://www.mccurdygm.com)

# 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](mailto:brighton_classifieds@metroland.com)

[www.thecontactnewspaper.cfbtrenton.com](http://www.thecontactnewspaper.cfbtrenton.com)

**L** Liaison Services   **L** Liaison Services   **C** Cleaning / Janitorial   **C** Cleaning / Janitorial   **A** Apartments & Flats For Rent   **A** Apartments & Flats For Rent

**RUSHNELL**  
FUNERAL HOME  
&  
CREMATION CENTRE

60 Division Street  
Trenton

**613-392-2111**

**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

**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

**A** Articles for Sale   **A** Articles for Sale

**Belleville Volkswagen**

**Back off lease! 2012 Golf TDI, Diesel**



6 Speed manual, Grey Exterior Bluetooth, 5 Door, 32,000km  
Email: [paul@bellevillevw.ca](mailto:paul@bellevillevw.ca) for additional details and to schedule a test drive.

**613-966-3333**  
239 North Front  
Belleville  
[www.bellevillevw.com](http://www.bellevillevw.com)

**GARAGE / YARD SALES**

one persons junk... another persons treasure...

**KLEMENCIC PROPERTIES**

1 or 2 Bedroom Apartments

21 Buildings  
Affordable Rents  
Utilities, Parking & Cable Included

Locally Owned & Managed

**613-392-7839**  
[www.klemencicproperties.com](http://www.klemencicproperties.com)

Support your  
**Canex!**

**SELL IT FAST**

**IN THE CLASSIFIEDS!**  
**613-392-2811**  
**613-475-0255**

Email your classified ad to [brighton\\_classifieds@metroland.com](mailto:brighton_classifieds@metroland.com)

## Canadian Forces Air Crew Selection Centre changes commanders

*Continued from page 2*

great work they had done to advance the selection process and advancing it to where it stands today.

Maj. Barton was born and raised in Estevan, Saskatchewan. She joined the RCAF in 1997 and graduated from RMC in 2001. Following her initial Air Traffic Control Training, Maj. Barton was posted as an IFR controller to 15 Wing Moose Jaw where she eventually held the position of Chief Controller. In 2005 she was posted to 17 Wing Winnipeg as the Readiness Training Flight Commander where she was responsible for the coordination and provision of readiness training and gained several qualifications in CBRN preparedness and defence.

In 2007, Maj. Barton returned to Cornwall to pursue additional ATC training. Upon completion of the VFR course, she was posted to 14 Wing Greenwood, where she received both VFR and IFR qualifications and became the Standards and Training Officer. While posted in Greenwood, she deployed to Kabul for eight months where she held two positions. She first worked as the airspace manager for ISAF and then held the position of Executive Assistant to the ISAF Air Operations Officer.

In 2010, Maj. Barton was promoted to her current rank and was posted to 4 Wing Cold Lake as the Wing Air Traffic Control Officer. Following two years in that position, she attended Joint Command and Staff College in Toronto from 2012 to 2013.

## Pilot selection shifts into the 21st century



Photos by Ross Lees

Taking part in the final shutdown of CAPSS system are, from left to right; Maj. (Ret'd) Carl Kap, Maj. Pat O'Dwyer, Maj. (Ret'd) Bob Struthers, and Capt. Art Touw.

*Continued from page 9*

pilot selection in CAPSS, and also for use in Aerospace Controller (AEC) selection. RAFAAT was in trial use at CFASC from 2008 until 2011, and has been used for AEC selection and to augment pilot selection since November 2011.

In March 2013, the decision was made to cease the use of CAPSS as a pilot selection tool, and to rely entirely on computer-based aptitude testing. The latest version of RAFAAT, Pilot Battery 2011 (PB11), now known as the Canadian Forces Aircrew Selection Test (CFAST), was purchased to replace CAPSS.

The RCAF has also been placing more emphasis on top down selection of pilot candidates and would like to increase throughput of candidates in the selection process, with a view to having a larger number of high quality candidates available for pilot training. With CAPSS it was possible to process 15 candidates per week with the five CAPSS units. With computer-based testing, it only takes two days to go through the process as currently envisioned, and the RCAF could therefore process 30 candidates per week with the 15 computers that are currently available.

More computer work stations could eventually

be added, thereby increasing the number and quality of candidates even further. As an added benefit, the computer test battery also allows the RCAF to test aptitudes for other aircrew occupations, such as Aerospace Controller and Air Combat Systems Officer, at the same time as it tests for Pilot.

"This year, on June 26, we processed the last candidate through our CAPSS simulator," Maj. O'Dwyer reiterated. "This marks the end of a very long and successful run for the simulator in the pilot selection process."

More and more aviation companies and Air Forces around the world are moving toward more sophisticated, computer-based selection systems and away from simulators, he noted.

"Canada has now joined those ranks," he added. "Just like in 1940, Canada is searching for ways to reduce costs and increase pilot production. The purpose behind pilot selection remains the same; only the process is different."



These are the new computers now being used to Pilots, Aerospace Controllers and Air Combat Systems Officers.

# Signing ceremony at the 8 Wing Change of Command parade



Col. David Loethian, left, Maj.-Gen. St. Amand, centre, and Col. Sean Friday complete the signing ceremony at the 8 wing change of Command ceremony Wednesday. Photo Ross Lees

*Continued from page 1*

full swing as the summer season keeps 8 Wing's Search and Rescue professionals busy and while the remainder of the base maintains the responsiveness of every important capability residing on the base. He said he would maintain the course set by Col. Friday and look out for the military members and their families with the support of the stellar team assembled by Col. Friday.

"Chief Warrant Officer Gyuk and I will reinforce the importance of mission success, we will instil the values that promote morale, fitness and welfare, and we'll stress loyalty to tradition and heritage while being active partners with the community."

Col. Friday noted the many sites 8 Wing did business in during his tenure, whether it was helping NATO allies, deploying SAR capabilities to help friends and allies, or responding to the needs of Canadians from coast to coast.

"You should hold your heads high knowing that as a Commander, I could not be more proud of your achievements and, even more, that the Canadians we serve recognize, appreciate and fully support you," he told the members of 8 Wing.

As has been his theme throughout his tenure, Col. Friday added, "And while we exist to deliver our mission, the way in which we execute our mission matters. And so it gives me perhaps the greatest sense of pride to know that we have been as committed to our personnel and their families as we have been to achieving our mission."

Col. Friday welcomed Col. Lowthian and his wife Nancy to 8 Wing.

"Welcome to our outstanding team with a critically important mission to deliver and the best people that Canada has to offer standing ready to deliver it."

Prior to saying his final words on the base, Col. Friday thanked the local communities and the Quinte area people for their steadfast support in the past two years, and he added he had also promoted them whenever and wherever he spoke in public.

Asked at a previous engagement at a local high school by a student whether world peace could ever be achieved as long as we continue to bear arms, Col. Friday said he would love to see a world exist where militaries were no longer

required.

"But what I do know is that until that day comes, we're going to be ready because of the excellence you have achieved," he told the gathering. "Every time I've asked you to step forward, and I have asked perhaps too often, I know that wherever



CWO Gyuk presented Col. Friday with this fabulous memento of his time as Commander of 8 Wing. Photo Ross Lees



Col. David Lowthian assumes command of 8 Wing.



Col. Sean Friday presents flowers to Nancy, wife of Col. David Lowthian. Photo: MCpl Roy MacLellan

Canada needs the Canadian Armed Forces to step forward, whether saving lives at home in SAR, delivering humanitarian assistance urgently around the world, or doing the heavy lifting of defending Canada and our allies and Canadians in conflict, the great men and women of 8 Wing will be there to deliver."

Major-General St. Amand, the presiding officer over the change of command, noted good teams need good leaders.

"They must be well led and empowered to achieve their full potential and this is where you as a leader have made the difference," he told Col. Friday.

At the same time, he told Col. Lowthian there was still much to do and that he was in for a unique experience as leader of 8 Wing and he charged him with stewarding the people through the coming challenges.

Col. Lowthian enrolled in the Canadian Forces in 1989 under the Direct Entry Officer plan with a diploma in Business Administration. Earning his pilot wings in 1992, he remained in Moose Jaw, Saskatchewan where he instructed basic and advanced flying on the CT-114 Tutor jet.

In July 2007, he was selected to be Commanding Officer of 429 (T) Squadron after the Canadian Forces announced the acquisition of four CC-177 Globemaster III strategic airlifters. Overseeing the introduction of the new fleet, he led the Bison Squadron in its mission to "reliably impact all theatres of operations with relevance and unlimited reach". The Air Force Association awarded 429 (T) Squadron with the Gordon R. McGregor Trophy for its extraordinary abilities in responding to Canadian airlift requirements in 2008.

In November 2009, he deployed to Afghanistan for 10 months as Deputy Commander of the Joint Task Force Afghanistan Air Wing (Task Force Silver Dart) in Kandahar where he championed the furtherance of the wing's mandate to provide airlift, tactical aviation, and unmanned air vehicle support to Task Force Kandahar and Joint Task Force Afghanistan.

In May 2011, following second language training, Col. Lowthian was promoted to his current rank and selected to attend the Air War College at Maxwell Air Force Base in Montgomery, Alabama. While attending the Air War College, he earned his Master's in Strategic Studies with academic distinction; he was also awarded the Secretary of the Air Force Leadership Award and the Wright Brothers Award for leadership. Colonel Lowthian is the first graduate to have received both honours.

In June 2012, he was appointed Chief of Staff for the 1st Canadian Division Headquarters in Kingston, Ontario where he directed the activities of Canada's standing joint deployable task force headquarters and deployed on JOINTEX 13 Stage 5 in Wainwright, Alberta.

Originally from Ottawa, Col. Lowthian and his wife Nancy have three grown children, Stephen, Marina and Amanda.



CWO Sandor Gyuk presents the Change of Command pennant first presented to Col. Sean Friday when he arrived on the base two years ago. Photo Ross Lees



Col. Sean Friday passes the 8 Wing command pennant to Maj.-Gen. St. Amand during the Change of Command Ceremony Wednesday. Photo Ross Lees



Col. David Lowthian salutes the colours as they are marched off the change of Command parade Wednesday. Photo Ross Lees



Col. Lowthian, left, Maj.-Gen. St. Amand, centre, and Col. Sean Friday turn to observe the CC-177 Globemaster III fly past. Photo: MCpl Roy MacLellan, 8 Wing Imaging



Col. Sean Friday commended WCWO Gyuk for his great service, professionalism, dedication to keeping base personnel fit and his friendship over Col. Friday's two-year tenure. Photo Ross Lees

# BayviewAuto.ca

Service Selection Finance

# BayviewRV.ca

Service Selection Finance

### ASK ABOUT OUR LOWEST PRICE GUARANTEE



#### 12 VOLKSWAGEN TOUAREG LUX-TDI

17886 4WD! Diesel! Navigation! Pwr heated leather memory seats! Panoramic sunroof! 19" Alloy wheels! Roof rack! Pwr heated mirrors! V6, Automatic, 4 dr, pwr liftgate, dual climate controls, woodgrain trim, trailer hitch, steering wheel controls, traction control, rear air, tilt, cruise, AM/FM/CD/MP3, pwr windows, locks, keyless entry, only 37,000kms!!

**\$45,995** +HST

**\$289.32** BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%



#### 13 FORD FOCUS SE

18181 16" Alloy wheels! Black! Automatic, 4 cyl, 4 dr, hatchback, flex fuel, Bluetooth, sync, steering wheel controls, air, cruise, tilt, satellite radio, CD/MP3, pwr mirrors, windows, locks, keyless entry, only 20,000kms!!!

**\$16,995** +HST

**\$106.90** PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

AUGUST A

## BAYVIEWAUTO.CA

WITH 2 LOCATIONS, WE HAVE UP TO

# 600

VEHICLES IN STOCK AND READY FOR QUICK DELIVERY

FINANCING FROM **3.99%** Variable APR on approved credit  
OR TERMS UP TO 96 MONTHS  
OR NO PAYMENTS UNTIL OCTOBER 2013  
ON APPROVED CREDIT  
EASY ONLINE APPLICATION AT [WWW.BAYVIEWAUTO.CA](http://WWW.BAYVIEWAUTO.CA)  
BAD CREDIT WELCOME!

APPLY TO GET THE FINANCING YOU NEED, ON THE CAR YOU WANT!

at BAYVIEWAUTO.CA or call 1-888-412-1841

• NO PRESSURE • NO OBLIGATION • NO HASSLE



#### 13 FORD EDGE SEL

18178 AWD! Panoramic sunroof! Pwr heated leather seats! 18" Chrome wheels! Reverse camera! Pwr heated mirrors! Automatic, 4 cyl, 4 dr, dual climate controls, key pad entry, park aid, sync, steering wheel controls, rear air, tilt, cruise, satellite radio, CD/MP3, pwr windows, locks, keyless entry, only 11,000kms!!!!

**\$27,995** +HST

**\$176.09** PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%



#### 13 FORD F150 LARIAT

17979 4X! Eco boost! Pwr heated leather memory seats! Reverse camera! 20" Alloy wheels! Tow/Haul pkg! Pwr folding mirrors! 3.5L-V6, Crew cab, short bed, bed liner, rear sliding window, trailer hitch, woodgrain trim, Bluetooth, sync, key pad entry, dual climate controls, pwr pedals, steering wheel controls, traction control, cruise, tilt, air, satellite radio, CD, pwr locks, windows, keyless entry, only 16,000kms!!!!

**\$38,995** +HST

**\$245.29** PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%



#### 2014 STARCRAFT COMET & STARFLYER

Five lifetime component warranties, a 7-year tent warranty, 1,050-lb. rated bunk-ends and flexible floorplans, including the RT Off Road series makes STARCRAFT tent trailers the only option!

**Lowest Price Guaranteed! \$44.04** Bi-Weekly

SAVE \$1000 FREIGHT & PDI IF FINANCED!



#### 2014 STARCRAFT AUTUMN RIDGE

Comfortable, affordable way to experience the RV camping lifestyle, fully equipped with multiple slide-outs that surpasses anything in its class!

**Lowest Price Guaranteed! \$66.79** Bi-Weekly

SAVE \$2000 FREIGHT & PDI IF FINANCED!



#### 2014 STARCRAFT TRAVEL STAR

Fibreglass exterior with multiple floorplans including slide-outs, with more high end upgrades than anything in its price range! Including Hybrids that sleep up to 10!

**Lowest Price Guaranteed! \$73.98** Bi-Weekly

SAVE \$2000 FREIGHT & PDI IF FINANCED!

SEE PAGE 2 FOR FLOOR PLANS & PRICING



#### 2014 PROWLER LYNX BY HEARTLAND

The most iconic name in the industry! Packed with innovation and value found only in a Prowler. 40 inch slide depths with a skylight in the kitchen! Higher end finish equals a higher end product!

**Lowest Price Guaranteed! \$61.94** Bi-Weekly

SAVE \$2000 FREIGHT & PDI IF FINANCED!



#### 2014 NORTH TRAIL BY HEARTLAND

Strong lightweight fibre-glassed aluminum construction perfect for seasonal trips with the whole family that won't break your bank account!

**Lowest Price Guaranteed! \$81.66** Bi-Weekly

SAVE \$2000 FREIGHT & PDI IF FINANCED!



#### 2014 SUNDANCE XLT BY HEARTLAND

The future fifth wheels are here today! Sundance delivers more of what you are asking for, lighter construction, easier towing and five star accommodations anywhere you call home!

**Lowest Price Guaranteed! \$118.75** Bi-Weekly

SAVE \$3000 FREIGHT & PDI IF FINANCED!

All RV Prices Are Plus Freight, Pdi, And Admin Which Are Waived If You Take Advantage Of Our Low Rate Financing!

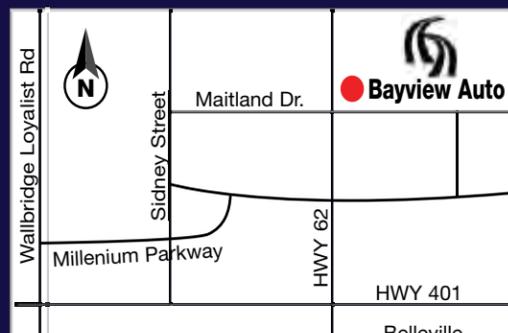
Because of our high sales volume, our Business Managers are equipped to offer the most aggressive financing rates & options available with flexible terms to fit your budget.

**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.