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## Ex BULLSEYE allows allies to enhance air drop delivery systems

*Friendly exercise allows crews the opportunity to simulate resupply of soldiers with minimal hazard to their aircraft*

By Ross Lees

Exercise BULLSEYE provided a unique and collaborative opportunity for Commonwealth nations like Australia, New Zealand, the United Kingdom and Canada to learn from each other.

In this tactical air transport exercise, C130J Hercules crews from three of the countries (New Zealand was here as an observer, this year) are given an opportunity to study the techniques and equip-

ment used by their allies to perhaps enhance their own air drop delivery systems in the future from lessons learned during Ex BULLSEYE.

A friendly exercise like this gives these crews and their Air Forces the opportunity to simulate resupply of soldiers so they can do their jobs with minimal hazard to their aircraft, according to Master Warrant Officer Ross Prophet, of the Combat Aerial Delivery Support Section at 8

*Continued on page 8*



The British parachutes looked considerably different than the Canadians' and the Aussie parachutes in Friday's Ex BULLSEYE competition at CFB Trenton and won by the Canadians.

*Photo by Ross Lees*

## Community Fair raises modest profit for GCWCC

By Ross Lees

Those who came out to the first 8 Wing Government of Canada Workplace Charity Campaign (GCWCC) Community Fair seemed to enjoy the event, but turnout was extremely low.

Only two teams entered the Herc Pull – 424 Transport and Rescue Squadron and 436 Transport Squadron – with 424 Transport and Rescue Squadron winning the event with a pull of 23.96 seconds.

The mock tower and rappel tower were perhaps the most popular events

of the fair, attracting a steady stream of people interested in experiencing the jumping and rappelling facilities used by 8 Wing personnel.

"It was a fantastic experience," one participant enthused upon leaving the mock tower. "I'm going to go again."

The flight line photo opportunity was also popular, attracting a number of people who wanted to have their automobiles photographed with 8 Wing aircraft like the C-17 Globemaster III and the C-130 Hercules.

A car and bike show and Kid Zone

*Continued on page 10*



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# Defence Minister drops in to 8 Wing

*Minister, this Hour Has 22 Minutes' Mark Critch enjoy parachuting experience*

By Ross Lees

Minister of National Defence Harjit Sajjan had a lot of fun during his first official visit to 8 Wing/Canadian Forces Base (CFB) Trenton August 29.

Of course, it did not hurt that This Hour Has 22 Minutes' infamous Mark Critch and a camera crew tagged along to supply comic relief.

The fun started at the Canadian Army Advanced Warfare Centre (CAAWC) first thing in the morning as the Defence Minister, Mr. Critch and Commander of the Royal Canadian Air Force (RCAF) Lieutenant-General (Lt.-Gen.) Michael Hood prepared for a jump from a Chinook helicopter later in the morning.

One of the parachuting instructors noted the relationship between This Hour Has 22 Minutes and the 22 pushup challenge, which sparked an almost immediate 22-pushup challenge. While the 22 pushups appeared to be no problem for the Minister or the jumpers, it was a much tougher assignment for Mr. Critch, who used it as an opportunity to inject some humour into the situation and doing his pushups in a variety of easier ways.

It was the hallmark of the morning as Mr. Critch hammed it up for the cameras at every opportunity

although Mr. Sajjan concentrated more on the instructions for the jump, as he was free-falling while both Mr. Critch and Lt.-Gen. Hood were jumping in tandem.

The jump from approximately 10,000 feet went extremely well on a beautiful sunny day and Mr. Sajjan made a beautiful stand-up landing, although slightly off target.

He obviously enjoyed the activity but admitted he had trouble concentrating on his flight pattern as he came down.

"It's so beautiful and scenic up there I almost forget to watch for my flight pattern," he said after the jump. "It's really beautiful around here."

Mr. Critch presented Mr. Sajjan with a "Super Hero" comic drawn by the man who drew the comic Mr. Sajjan appeared in after first inheriting the job of Defence Minister, but Mr. Sajjan immediately took the opportunity to explain who the real super heroes were.

"It is the men and women in the Canadian Armed Forces (CAF) and on this base who are the real super heroes," he said, for once not getting a funny quip in response from Mr. Critch.

Mr. Critch, however, could not contain himself for long. As they were being driven off the field, he noted, "That was definitely the highlight of my day. Now we're taking a slow ride off the base and

This Hour Has 22 Minutes' Mark Critch (foreground) found doing the 22 pushups challenge a little tougher than his normal comedic routine while Defence Minister Harjit Sajjan kept the count (centre).

Photos by Ross Lees



It was not hard to determine if Mr. Sajjan enjoyed his jump or not – his face told the story.

"My day goes downhill from here," he joked, drawing a chuckle from everyone in the vehicle.

For Mr. Sajjan, he had a chance

*Continued on page 15*

Mr. Sajjan was asked by Mark Critch to do a short video segment about the jump from a Chinook helicopter. Using a miniature parachute with a small rubber man attached, they were supposed to demonstrate for the cameras what would happen when they jumped from the aircraft. The six knot winds on the runway surprised them and produced a far different segment than they originally planned. Humour just seems to haunt Mark Critch as you can see by the expressions on both Mr. Sajjan's and Mr. Critch's faces in this photograph.

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# 429 Squadron takes part in Exercise PITCH BLACK



A CC-177 Globemaster III is loaded with cargo at Royal Australian Air Force Base (RAAFB) Tindal near Katherine, Australia. The aircraft from 429 Transport Squadron provided support for Exercise PITCH BLACK, a biennial multinational force employment exercise hosted by the Royal Australian Air Force.

Submitted photos

## Angela Hayden Adopt a Family Christmas Program stepping up once again

8 Wing units assist to help make this program a continued success

By Ross Lees

They never fail to lend a hand when it is needed.

Canadian Forces Base (CFB) Trenton families needing assistance this Christmas can get it through the Angela Hayden 8 Wing Adopt a Family Christmas Program.

Warrant Officer (WO) Sandy Driscoll is again spearheading this initiative but she needs the help of everyone on the base to help families who might be struggling with personal challenges.

“We have the resources to help make a wonderful Christmas for less fortunate base families but, with the turnover of personnel on this busy military base, we are sure there are many personnel on the Wing who are unaware of the Angela Hayden 8 Wing Adopt a Family Christmas Program initiative,” WO Driscoll noted. “Our mandate is to assist our Regular, Reserve and Civilian employees of 8 Wing Trenton who may be unable to provide what their children (13 and younger) require for Christmas.”

But this program only works with the full cooperation of everyone. Supervisors aware of families who may be struggling are asked to talk to these families and have them complete an application and family profile and forward it either in a sealed envelope or via encrypted e-mail to WO Driscoll no later than Nov. 14. All personal information and names remain confidential and accessible only to WO Driscoll. 8 Wing units are also necessary to the success of this program, according to WO Driscoll. “We need them to sponsor our families,” she told the Contact recently. “We ask them to forward the name of a contact person/coordinator from their unit if they are interested

in ‘adopting’ an 8 Wing family this Christmas.”

Coordination then takes place through the unit volunteer providing them with information regarding the needs or Christmas wishes of the sponsored children. Unit gifts should then be wrapped, tagged and delivered to the Military Family Resource Centre (Sisken Centre) Studio A on the morning of Dec. 13. Any other necessary arrangement should be made through WO Driscoll at locals 2249.

WO Driscoll noted, “Our mandate is to assist our Regular, Reserve and Civilian employees of 8 Wing Trenton who may be unable to provide what their children (13 and younger) require for Christmas.”

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8 Wing unit assistance is required to help make the Angela Hayden 8 Wing Adopt a Family Christmas Program a continued success. Contact file photo by Ross Lees

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# CFS Alert runs the runway for Terry Fox



Participants of the 2016 CFS Alert Terry Fox Run for Cancer Research line up for a photo. From left to right: Mr. Peter Webster, Aviator (Avr.) Mark Somers, Cpl. Catlin Green, Cpl. Michael Barrett, Avr. Christine Dedam, WO Greg Given, Cpl. Nicolas Vaillancourt-Poulin, Major (Maj.) Amy Tsai-Lamoureux, Sergeant (Sgt.) Greg Andresen, Avr. Felix Diaz, WO Denise Snow, Master Corporal (MCpl.) Kim Lavoie-Lafleur, Mr. Kristopher Brunton, Mr. Jeremy Cook, Ms. Melody Fraser, Cpl. Sabrina Bernard, MCpl. Andrew Benjamin, Private (Pte.) Douglas Cross.

Canadian Forces Station (CFS) Alert held its annual Terry Fox run along the Station's runway on Sept. 18. The event was organized by Warrant Officer (WO) Marc Descoteaux and Corporal (Cpl.) Michael Barrett. There was good participation from Station members in spite of the severe arctic wind.



(Above) Participants Avr. Felix Diaz (left) and Sgt. Greg Andresen (right) run the runway during the Terry Fox Run for Cancer Research at CFS Alert on Sept. 18.

(Left) Ms. Melody Fraser, MCpl. Andrew Benjamin, and Pte. Douglas Cross (foreground), run the runway during the Terry Fox Run for Cancer Research at CFS Alert.

Photos by: Master Warrant Officer Barry Crocker

## 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 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 CONTACT is published every Friday with the kind permission of Col. Colin Keiver, MSM., CD, Commander, 8 Wing/CFB Trenton. 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, CAF or other agencies.

Where typographical errors are discovered in advertisements (including classifieds) that result in goods not being sold, this newspaper is only liable to refund the money charged for the advertising space.

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

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## 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, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) 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 a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Monday at noon prior to print date.

## Letters to the Editor:

All letters must be signed and include the name of the author, which will be published. Include a phone number for verification. We reserve the right to edit the text 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



## 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.



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# CFAWC Library now open to the 8 Wing community



Library Assistant, Susan Whittaker (right) presented WCWO Darcy Elder (left) and 8 Wing Commanding Officer Col. Colin Keiver (center) with oversized CFAWC library cards. Photos by 2Lt Ken Jacobson

By Lieutenant-Commander Craig Wyville, CFAWC

It's official - the 8 Wing community now has a library!

At a ceremony held at the Canadian Forces Aerospace Warfare Centre (CFAWC) on Wednesday, Sept. 21, military and civilian members of 8 Wing were granted full access to the Royal Canadian Air Force's (RCAF) largest library.

With 8 Wing Commander, Colonel (Col.) Colin Keiver and Wing Chief Warrant Officer (WCWO) Darcy Elder looking on, the Commanding Officer of CFAWC, Col. Kelvin Truss officially opened the Library to all personnel located at 8 Wing.

Col. Truss stated that it was his "sincere hope that all military and civilian personnel at Trenton get the opportunity to enjoy the many things the library has to offer".

Col. Keiver was invited to cut the red ribbon and make it official.

Susan Whittaker, one of the CFAWC Librarian Assistants then presented Col. Keiver and WCWO Elder their own (oversized) library cards with the serial numbers 0008 and 0008.5 respectively.

Col. Keiver commented on the hard work and dedication of both CFAWC and its staff in the continued growth of the library. He went on to explain that while the RCAF has achieved unmatched success and effectiveness in global flying operations, "we sometimes don't get to spend enough time reading with the intent to improve our professionalism. I tell my folks to read, read, read. It is one of best ways to gain knowledge that will become useful in their careers as airpower profes-

sionals."

The library, located at the Air Marshal Claire L. Annis Building on the south side of Canadian Forces Base (CFB) Trenton, has an airpower themed collection of over 15,000 books and other holdings that serve as a resource for the research and study of professional airpower mastery. The holdings cover historical, current and future perspectives in the employment of air power and airpower theory.

The CFAWC Library also has dozens of magazines and journal subscriptions, audiovisual items, and interview transcripts - all available to their users. The library is also the home to Directorate of RCAF History and Heritage, whose historical collections span the past century of military aviation.

*Continued on page 7*

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**What is Family Violence?**

Family violence means an abuse of power within a relationship of family, trust or dependency, and includes many forms of abusive behavior. Examples include emotional abuse, psychological abuse, criminal harassment, neglect, financial exploitation, destruction of property, injury to pets, physical assault, sexual assault and homicide.

Family violence has both short and long term effects. Children who witness violence in the home suffer emotional abuse as a consequence.

Abusive behavior often results in the person feeling afraid and controlled.

**Who is Affected by Family Violence?**

Family violence happens in all cultural, racial, and religious groups and at all income and rank levels.

**Why Is the DND/CAF Concerned with the Issue of Family Violence?**

Family violence in any form is a priority issue within the Canadian Armed Forces.

Family violence is a very private and emotionally charged issue. It is a difficult topic to talk about.

Individuals may still be too fearful to come forward and seek assistance for issues related to violence and/or abuse.

The unfortunate part of this scenario is that a problem left unaddressed, can escalate.

The Canadian Armed Forces is committed to raising awareness and strengthening its response to family violence through accessible resources, prevention and support services.

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**Where To Go For Support in the CAF:**

- Base/Wing Family Crisis Team
- Military Police
- Chaplains
- Social Work Officers
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- CFMAP: 1-800-268-7708
- Family Info Line 24/7 1-800-866-4546

**Where To Go For Support outside the CAF:**

- Military Family Resource Centre
- Emergency Services
- Shelters
- Victims Services
- Rape Crisis or Sexual Assault Support Centers
- Social or Family Service Agency
- Children's Aid Society
- Hospitals

Family violence is a very private and emotionally charged issue. It is a difficult topic to talk about. Take A Stand. Make the call. [All inquiries will be kept in strictest confidence]

**Take A Stand!**  
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AMD-007-FVA-JD-003

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# CFAWC Library now open

*Continued from page 5*

In several ways, the library is fast-becoming the steward of the RCAF's cultural history.

Closing the ceremony, Lieutenant-Colonel (Lt. Col.) Pux Barnes, the CFAWC Air Warfare Education Branch Head, explained that "the mission of the CFAWC Library is to serve the largest possible audience interested in the pursuit of knowledge in airpower-related subjects. Adding the 8 Wing community to that audience is a big step to accomplishing that mission."

He went on to say that the RCAF is developing a plan to link all its library and research re-

sources into one on-line, cross-Canada network in the future and promised to let the Wing community know about that as soon as progress is made.

The library facilities include a catalogue kioski; internet and Defence Wide Area Network (DWAN) computer stations, printer, scanner and photocopier services, reading, research/study and meeting areas. The library holdings are available to Department of National Defence (DND) users via the CFAWC website.

The staff of trained Librarian Assistants is on-hand to assist in accessing materials. The library is open Monday, Wednesday and Friday

from 8 a.m. to 4 p.m., Tuesday and Thursday from 8 a.m. to 7:30 p.m. and Saturday from 9 a.m. to 3:30 p.m. The li-

brary is closed Sundays and statutory holidays. For more information, contact the

CFAWC Library at locals 5781, and 5849, or by email to cfawclibrary@forces.gc.ca.



(Above) The official ribbon cutting to open the library was performed by 8 Wing Commander Col. Colin Keiver (right) with 8 Wing Chief Warrant Officer Darcy Elder (left) and CFAWC Commanding Officer Col. Kelvin Truss (center).

(Left) CFAWC Commanding Officer Col. Kelvin Truss (center) makes the first cut in the cake commemorating the official opening with 8 Wing Chief Warrant Officer Darcy Elder (left) and 8 Wing Commanding Officer Col. Colin Keiver (right).

Photos by 2Lt Ken Jacobson

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# Ex BULLSEYE allows allies to enhance air drop delivery systems

Wing/Canadian Forces Base (CFB) Trenton. "They're in quick and they're out quick," he said of the low altitude drops from 650 feet onto a selected target area.

While using the same basic aircraft, equipment and techniques can differ between these countries which often end up supporting each other in "hot zones" around the world.

The last Ex BULLSEYE took place in 2000 prior to 9/11, which "changed everything," according to Lieutenant-General Michael Hood, the Royal Canadian Air Force (RCAF) Commander.

"We had C130s into Afghanistan shortly after 9/11 and we had a presence with our C130s until 2013, so our whole focus was on those deployed operations which meant that some of the things we had traditionally done had to take second priority to that," he said.

Friendly competition makes up a part of this exercise, but Lt.-Gen. Hood said it's not all about competition but about working together with close friends and partners.

"We learn an awful lot from one another," he said. "I know certainly my RCAF crews on this are going to come away with a lot of great experience of working with the UK, the Kiwis and the Aussies - we all do things a little bit differently so there's some goodness that comes out of all that training."

The reviving of Ex BULLSEYE was Lt.-Gen. Hood's idea.

"Having been on C130s my whole career, I had fond memories of this, so when I became the Chief, I made a phone call to my counter-

parts and said it's about time we got back into closer training opportunities together. I think everyone was for it, so I proposed that we would host the first one and get us back into doing this on an annual basis."

Squadron Leader David Torrington of the Royal Australian Air Force (RAAF) agreed there is a lot to learn from each other.

"Each Air Force has their own unique way of doing business. We find that there are a lot of similarities but there are a few differences. A few examples are the type of air drop equipment we use with different limitations. Some of the Canadian equipment is more capable than our equipment and some of our equipment is more capable than the Canadian equipment. We take those lessons home and back into our training systems back home to try and improve our tactics and techniques," he noted.

8 Wing Commander Colonel (Col.) Colin Keiver said the entire Wing has been involved in reestablishing Ex BULLSEYE.

"It's everybody that's made it work," he stated.

"At the end of the day, it's less about the drop score and more about the relationships that get built between allies that go and do this stuff together all the time."

When the exercise was run annually, he said it would not be unusual for a Canadian to climb out of an aircraft in Turkey on deployment and meet a fellow Aussie he had trained with the year before.

"That's huge in terms of developing in-

teroperability and our ability to go forward in operations together, which is what we do all the time. I have never done an operation in my 25-year Air Force career where there hasn't been at least one of these nations there with us, so it's always the same people," he said.

As allies, these four Air Forces have much the same mandate, according to Sqn.-Ldr. Torrington.

"One of our roles we do a lot of is humanitarian assistance and disaster relief, so in our region Australia holds a large responsibility for helping our neighbours if things ever go wrong," he explained. "This air drop capability allows us to deliver stores and equipment to people out in the field if there is not a suitable landing area."

While it's practice in an exercise here, we actually use this and it allows us to train our crews so when they do actually go out and do it in reality, they're actually proficient at what they do," he said.



Squadron Leader David Torrington of the Royal Australian Air Force (RAAF) said there is a lot to learn from each other through competitions like Ex BULLSEYE.



A friendly exercise like this gives these crews and their Air Forces the opportunity to simulate resupply of soldiers so they can do their jobs with minimal hazard to their aircraft, said MWO Ross Prophet.



(Top) The Canadians combined timing and accuracy to win Ex BULLSEYE 2016.

(Above) The traditional round cargo parachutes used by the Canadians and Aussies proved successful in this exercise.

(Right) The Canadians load hits closest to the target at Canadian Forces Stations (CFS) Mountain View Sept. 30.

Photos by Ross Lees



The Aussies were second into the drop zone Friday and kept the competition exciting to the end.



# Community Fair raises modest profit for GCWCC

Many lessons learned will benefit future Community Fair events

Continued from page 1

also took place but suffered from the low turnout of spectators.

“Yes, I was disappointed with the level of military participation and community turnout,” noted Major (Maj.) Chris Hepburn, co-chair of the GCWCC, recognizing that many factors could have played a part in the events reduced attendance, from poor weather to conflicting community events.

“Those people who did attend seemed to have a good time,” he

said.

“We are still awaiting the final numbers from the barbecue, but current revenues have ensured we made a modest profit for the GCWCC,” Maj. Hepburn stated following the event, but already had steps in mind to make it a more successful event next year.

“Next year, I will recommend holding a similar community-focused event, but on a weekday to maximize military participation,” he noted.



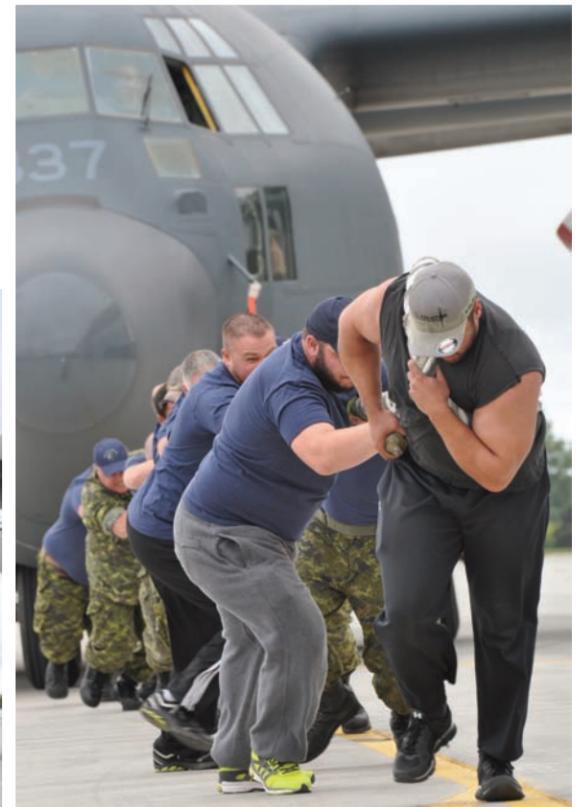
(Right) 424 Transport and Rescue Squadron team members led by Chief Warrant Officer Brian Wilson won the 2016 Herc Pull at the 8 Wing Community Fair Saturday morning with a time 23:96 seconds in the initial pull.

(Left) Li Fan was definitely nervous taking her first couple of steps off the rappel tower, but she was smiling by the time she had descended part way down.



(Left) This family watches some of the rappel tower action Saturday morning.

(Right) Children enjoyed the games at the Kids' Zone at the 8 Wing Community Fair Saturday at 1 Hangar.



(Above) A combined team of 436 Transport Squadron and 424 Transport and Rescue Squadron personnel tried a “Together We Are Stronger” pull, but the combined effort was more than a second off the time set by the original 424 Transport and Rescue Squadron effort.





**2016 PHOTO CONTEST**  
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## City of Quinte West Photo Contest 2016

**Last year's winning photos:**



Murray Canal - Justin Anderson



The Gate at Fraser Park - Tim Morris



Sunrise at the Marina - Sean Scally

The City of Quinte West invites you to share your photos of the City with us. We are looking for high resolution photos that illustrate the “Natural Attraction” of our community through our landscapes, landmarks, activities, events and lifestyle. We use photos from our annual contests on our web site, in brochures, and other promotional materials throughout the year. Your photographer’s eye may have captured an image that entices visitors and business to our beautiful City!

**First Place: \$300**  
**Second Place: \$200**  
**Third Place: \$100**  
**3 Honourable Mentions: \$50 each**

For full contest details visit [www.quintewest.ca/photocontest](http://www.quintewest.ca/photocontest) or call 613.392.2841. Contest closes October 31, 2016. All submissions must be in high resolution digital format.





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Another special feature of Saturday’s Government of Canada Workplace Charity Campaign (GCWCC) Community Fair was the ability to get a photo of your car with one of the planes flown at 8 Wing/CFB Trenton.

Photos by Ross Lees



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**New Programs at the Trenton MFRC**

Visit our website - www.trentonmfr.ca - or our Facebook page to find new and returning programs or events for adults, children, and the whole family!

**Nouveaux programmes pour l'automne au CRFM de Trenton**

Visitez notre site internet - www.trentonmfr.ca - ou notre page Facebook pour trouver les nouveaux programmes et événements en plus de ceux qui nous reviennent, pour les adultes, les enfants et toute la famille!

**Wine Glass Creations**

Dates: Thursday, Oct. 13 - Halloween Design; Thursday, Nov. 17 Winter/Christmas Design. Time: 6:30 p.m. to 8:30 p.m. Cost: \$20/class, includes two (20 oz) glasses and painting supplies. Where: Trenton MFRC. Deadlines to register and pay: Oct. 6 and Nov. 10. For more information call 613-965-3575.

**Creations de verres à vin**

Dates: Jeudi 13 octobre Design pour Halloween; Jeudi 17 novembre Design hiver/Noël. Heure: de 18h30 à 20h30. Coût: 20,00\$/classe, comprend deux verres (20 oz) et matériel requis. Où: CRFM de Trenton. Dates limite pour inscription et paiement: 6 octobre et 10 novembre. Information : 613-965-3575.

**Al Anon meeting**

An Al Anon meeting will be starting at the Trenton MFRC. Al Anon meetings are open to the general public, offering strength and hope for friends and families of problem drinkers. Sept. 11 from 6:30 p.m. to 7:30 p.m. For more information, please contact Linda Reade 613-392-2811 ext 4583.

**Limitless Youth Night**

Every third Monday of the month from 6 p.m. to 8 p.m. Do you want to meet new people, play games and have some fun? Then this group is for you! Inclusive youth social night for children with special needs, their siblings and friends ages six to 11. For information, contact Orlana 613-392-2811 ext. 3953 or orlana.b@trentonmfr.ca

**Possibilités Infinies**

Une soirée pour les jeunes chaque 3me lundi du mois de 18h à 20h. Veux-tu te faire de nouveaux amis, jouer et avoir du plaisir? Alors ce groupe est pour toi! Un groupe social inclusif pour les jeunes ayant des besoins particuliers, leurs frères et soeurs et les amis de 6 à 11 ans sont les bienvenus. Pour information communiquer avec Orlana Bourgoin 613-392-2811 poste 3953 ou orlana.b@trentonmfr.ca

**Harvest Fest in the Youth Centre**

Oct. 15, baking for the season from 11 a.m. to 2 p.m. \$3 per person. Registration in the Youth Centre required by Oct. 12.

**Festival de la moisson**

Dans le Centre des jeunes, le 15 octobre. Cuisson pour la saison 11h à 14h. \$3 par personne. Inscriptions dans le Centre des jeunes requises pour le 12 octobre.

**From the Ground Up**

Learn to manage negative self-talk, effective communication and how to nurture healthy self-esteem and positive relationships. A 10 week program held on Mondays at 9:30 a.m. For more information, please contact Jaclyn Hunter - 613-392-2811 ext. 4017 or jaclyn.h@trentonmfr.ca.

**Apprendre à grandir**

Les participants apprendront comment éviter les pensées négatives, communiquer efficacement, améliorer la confiance en soi et entretenir de bonnes relations personnelles. Commencant lundi le 12 septembre à 9h30. Pour renseignement veuillez contacter Jaclyn Hunter 613-392-2811 poste 4017 ou jaclyn.h@trentonmfr.ca.

**Trenton MFRC Special needs parent support group**

Every second Thursday of the month from 6 p.m. to

7:30 p.m. Connect with other families in your community and discuss topics that effect and interest you. Gain support and insight from local families. This support group is for parents, grandparents, caregivers of children with all special needs. Next meeting will be Oct. 13. Contact Orlana if you require childcare a week prior to the meeting 613-392-2811 ext. 3953 or orlana.b@trentonmfr.ca

**Groupe de soutien pour les parents de personnes ayant des besoins particuliers**

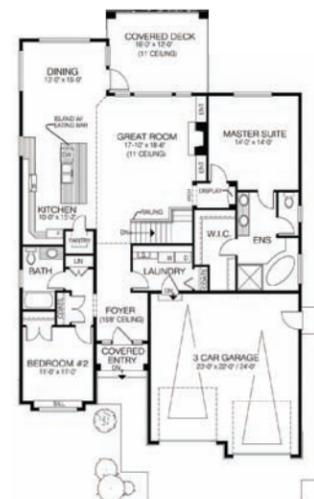
Venez rencontrer d'autres familles de la communauté pour discuter, échanger, obtenir du soutien et des ressources. Ce groupe d'entraide est pour les aidants naturels de personnes avec des besoins particuliers. Ces rencontres ont lieu le deuxième jeudi du mois de 18h à 19h30. La prochaine rencontre sera le 13 octobre. Pour information contactez Orlana Bourgoin 613-392-2811 poste 3953 ou orlana.b@trentonmfr.ca.

**Canada's Wonderland!**

Exclusive ticket offer through the MFRC, Wonderland tickets are now available!

*Continued on page 13*

**Home of the Week**  
*Your Building Renovation Experts*



Plan No: 1-2-668

This compact two-bedroom home, designed for a lot that slopes to the back, includes an unfinished basement in its plans, ideal as a mortgage-helper or in-law suite. The covered entry leads into a foyer with a 15-foot ceiling, lit by a narrow window in the gable above. Directly ahead is the great room, where the 11-foot ceiling lends a sense of airy elegance. Large windows look out to a covered deck and the back garden beyond. The gas fireplace is flanked by built-in shelving. Adjacent, and open to the great room, is the dining room. A display case provides an ideal spot for showing off collectibles. The

allowing for plenty for natural light. The kitchen is separated from the dining area and great room by a work island and eating bar. A spacious pantry is tucked in at one end of the efficient L-shaped counter configuration, which will save steps for the cook. The laundry room includes a coat closet and enjoys access to the double garage, which features a doorway to the side garden. The master suite, overlooking the back of the home, is reached through an archway from the great room. A display case provides an ideal spot for showing off collectibles. The extra-large en-suite includes an oval tub set at an angle to save space, and the toilet is enclosed. Double basins and a shower stall complete the lay-out. A roomy walk-in closet is accessible through the en-suite. The second bedroom, located at the front of the

home, is adjacent to a three-piece bathroom. Exterior finishes include wooden shingles on the facade, with cut-stone accents and painted wood trim. This home measures 44 feet wide and 66 feet, six inches deep, for a total of 1,694 square feet.

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Welcome to The Contact newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. 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). Please include the date, time, and location of the event along with a brief description. Please do not send posters.

### Fire Prevention Week 2016

This year's Fire Prevention Week is scheduled to run from the Oct. 9 until the Oct. 15. The theme for this year's event is "Don't wait, check the date!" As in prior years, the 8 Wing Fire Department will be holding fire drills at various buildings throughout the base. All Wing personnel are advised to review their work place Fire Orders in order to ensure they are familiar with the procedures to follow in the event of a fire. For further information please contact the Fire Prevention Office at local 7880 or 3910.

### Semaine de Protection Contre L'incendie 2016

Cette année, la Semaine de prévention des incendies se déroulera du 9 au 15 octobre. Le thème de cette année est «N'attendez pas, regardez la date!». Tout comme les années précédentes, le service d'incendie de la 8e Escadre mènera des exercices d'évacuation dans divers bâtiments de la base. On conseille à tous les employés de l'Escadre de réviser les consignes d'incendie de leur lieu de travail afin de s'assurer qu'ils connaissent bien les procédures à respecter en cas d'incendie. Pour de plus amples information, veuillez communiquer avec le bureau de prévention des incendies aux postes 7880 ou 3910.

### Oct. 10 – Trenton Knights of Columbus Blood Donor Clinic

The Trenton Knights of Columbus will hold a blood donor clinic at the Knights of Columbus Hall at 57 Stella Crescent from 1 p.m. to 7 p.m. All regular and new blood donors are welcome to attend.

### Oct. 12 – 8 Wing Officers' Mess Ladies Club 'Apple a Day'

8 Wing Officers' Mess Ladies Club is presenting an "Apple a Day" by Dave Cheer of Cheer Farms and Apple Orchard. Topic for the event will be the history of apple varieties and their use. The

meeting begins at 6:30 p.m. in the mess. Members are free, invited guests of members are \$10. For more information, please contact [chambersj@live.ca](mailto:chambersj@live.ca)

### Oct. 15 – Legion gift and Craft Show

Royal Canadian Legion Branch 110 light lunch gift and craft show hosted by the Ladies Auxiliary from 10 a.m. to 4 p.m. at 10 Quinte St., Trenton. Crafts available for sale will be Log Cabin Creations, handmade items, clothes, jewellery, cards, barn board crafts, Legion merchandise and much more. A great way to start your Christmas shopping. Something for everyone. For more information, call Beth at 613-392-3575.

### Oct. 15 – Quinte Branch of Ontario Genealogical Society Online Courses

The Quinte Branch of Ontario Genealogical Society presents Online courses through the National Institute for Genealogical Studies by Cheryl Levy, which will include an outline of the online options to develop your research needs. Place - Quinte West Public Library, 7 Creswell Drive, Trenton. Time - 1 p.m. to 3 p.m. Everyone welcome. For more information, visit [www.rootsweb.ancestry.com/~canqbgos/](http://www.rootsweb.ancestry.com/~canqbgos/) and facebook. Have you started your family tree?

### Oct. 16 – Ostomy Support Group Montly Meeting

The Ostomy Support Group of Belleville and area will be holding it's monthly meeting on Sunday, Oct, 16 at 2 p.m. in room P10 in the Quinte Business Centre Building, Loyalist College. Remember you might not need us right now but others in the group could learn from your experiences. Please come and share your expert advice with other ostomates. We need you!

### Oct. 21 – National Air Force Museum of Canada Foundation Fall Gala

The National Air Force Museum of Canada Foundation will be holding their fall gala, entitled

"Out of This World, An Evening with Chris Hadfield," on Oct. 21 at the museum with doors opening at 6 p.m. Important featured guest for this event is Col. Chris Hadfield, astronaut and the first Canadian Commander of the International Space Station. Col. Hadfield will meet with guests and be available for a book signing. Tickets for this event are being sold for \$150 and can be purchased at the NAFMC, the Chamber of Commerce in Belleville and Trenton, as well as at Smylie's Your Independent Grocer or at [nafmctickets@gmail.com](mailto:nafmctickets@gmail.com). Money raised from the event will go towards supporting the NAFMF and the theatre campaign. For further information, please contact [nafmctickets@gmail.com](mailto:nafmctickets@gmail.com) or 613-965-7314.

### Oct. 22 – Batawa Healing Light Wellness and Crystal Show

Healing Light Wellness and Crystal Show, Oct 22, 10 a.m. to 4 p.m. at the Batawa Community Centre, Trenton-Frankford Road, Quinte West. Free admission. Over 22 vendors with healing for body, mind and spirit. Also vendors with stones, gems and crystals. Mini-sessions in Reiki, Shiatsu, spiritual portraits, shamanic healing, numerology, Tarot, spirit reading, meditation, crystal chakra clearing, essential oils, teacup reading, personal counselling and more.

### Oct. 16 – St. Thomas' Choir Presents Evensong

St. Thomas' choir will premiere an Evensong setting by Canadian composer Jean LeBuis at St. Thomas' Church (201 Church Street, Belleville) at 4:30 p.m. LeBuis was a professor of organ, solfege and music theory at the Montreal Conservatory of Music. He has received several prizes and distinctions. A reception will follow.

### Oct. 29 - Hallowe'en Dance

Hallowe'en dance Trenton Legion Branch 110 at 8 p.m. Come in co

## Canadian Forces Aerospace Warfare Centre Reserve Open House

Oct. 12 from 8:30 a.m. to 12 noon,

8 Wing Trenton, 51 Anson Ave

Interested in simulation, experimentation, concept development or air force integration? Come visit us to explore opportunities at the Canadian Forces Aerospace Warfare Centre (CFAWC).

CFAWC is hosting an information session for individuals interested in joining our dynamic team as a Primary Class

A or surge B Reservist. Attendees will be provided with an overview of CFAWC as well as information on future employment areas.

Those interested are asked to contact MWO Rene Forster by Oct. 11

at [Rene.forster@forces.gc.ca](mailto:Rene.forster@forces.gc.ca) as building passes are required to gain access.



## Centre de guerre aérospatiale des Forces canadiennes Portes ouvertes pour les réservistes

12 octobre 2016 – 08 h 30 – 12 h  
8e Escadre Trenton,  
51 av. Anson

La simulation, réserve en service de l'expérimentation, classe « A » ou de classe l'élaboration de con- « B ». Les personnes cepts ou l'intégration présentes recevront à la force aérienne de l'information sur le vous intéresse? Venez CGAFC ainsi que sur nous rencontrer afin les emplois futurs dans d'explorer les possibi- divers domaines.

tés au Centre de guerre Nous invitons les aérospatiale des Forces personnes intéressées canadiennes (CGAFC). à communiquer avec

Le CGAFC tien- l'Ajdum Rene Forster dra une séance (Rene.forster@forces.gc.ca) d'ici le 11 octobre ceux et celles intéressés puisque des laissez- à se joindre à notre équi- passer sont exigés pour pe dynamique comme obtenir l'accès au Cen- membre de la Première tre.



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### Aquatic Programs

**\*\*New Inner Tube Water Polo League at the Quinte Sports and Social Club** – Monday, Oct. 17 to Nov. 28, 6 p.m. to 8 p.m. No Game on Oct. 31. Register a team or individual: <http://qssc.ca>

**\*\*New WaterArt** – Saturday, Sept. 24 and Sunday, Sept. 25 at 9 a.m. to 5 p.m. at the RecPlex. Register on-line at: [http://www.waterart.org/events\\_info](http://www.waterart.org/events_info)

**SUPFIT Fitness plus Standup Paddleboarding (SUP)** – Mondays, Sept. 26 to Sept. 31 from 4:30 p.m. to 5:30 p.m. or 5:30 p.m. to 6:30 p.m.

**\*\* NEW Splash Pass – (Monthly)** – Includes admission to the pool during scheduled swims.

**\*\* New Aquafitness Pass – (10 classes)** – Includes admission to Aquafit, Aqua Bootcamp and Aqua Zumba.

### Fitness Programs

**Yoga (W)** Mondays, Sept. 26 to Nov. 14 from 12 noon to 1 p.m. at the RecPlex observation room or Tuesdays, Sept. 27 to Nov. 15 from 4:15 p.m. to 5:15 p.m. at the South Side Gym.

**Spin (Trent Athletics)** – Option 1: Tuesdays, Sept. 27 to Nov. 15 from 5 p.m. to 6 p.m. Option 2: Thursdays, Sept. 29 to Nov. 17 from 5 p.m. to 6 p.m.

**Bootcamp (Trent Athletics)** – Fridays, Sept. 30 to

Nov. 18 from 4:30 p.m. to 5:30 p.m. at the RecPlex gym.

**\*\*New Dodgeball league(Quinte Sports and Social Club)** – Thursday, Sept. 22 to Dec. 8 from 6 p.m. to 10 p.m. at the RecPlex gym. Register a full team or as an individual: <http://qssc.ca>

**Wheelchair Rugby** – Wednesdays, Sept. 28 to Nov. 16 from 6 p.m. to 9 p.m. at the South Side gym.

**\*\*New Land Fitness Pass (10 classes)** – Includes admission to “Wellness Fitness classes.”

### Children, Youth and Teen programs

**Kids in the Kitchen** – Wednesdays, Sept. 28 to Nov. 16 from six to eight years from 5 p.m. to 6 p.m. and nine to 12 years from 6 p.m. to 7 p.m. at the Chapel. Pre-register by Friday, Sept. 23. No drop-ins.

**Basketball for Kids (eight to 12 years)** – Wednesday, Sept. 28 to Nov. 16 from 5 p.m. to 6 p.m. at the RecPlex. Pre-register by Friday, Sept. 23.

**Drop-in Youth Basketball (13 to 17 years)** – Wednesday, Sept. 28 to Nov. 16 from 6:30 p.m. to 8 p.m. at the RecPlex.

### RCAF Flyers Arena Programs

**Mini Hockey** - Ages four to six years – Friday, Sept. 30 to Nov. 18 from 4 p.m. to 5 p.m. or Sunday, Oct. 2 to Nov. 20 from 8:15 a.m. to 9 a.m.

**Hockey Shooting Development** – Saturday, Oct. 1 to Nov. 19, seven to nine years from 8 a.m. to 9 a.m.; 10

to 12 years from 9 a.m. to 10 a.m.

**Hockey Goalie Training** – Saturday, Oct. 1 to Nov. 19 from seven to nine years from 8 a.m. to 9 a.m.; 10 to 12 years from 9 a.m. to 10 a.m.

**Figure Skating Drop-in** – Oct. 2 to Nov. 20 from 9 a.m. to 11 a.m.

**Learn to Skate for four to seven years** – Saturday, Oct. 1 to Nov. 19 from 11 a.m. to 12 p.m. or Sunday, Oct. 2 to Nov. 20 from 11 a.m. to 12 p.m.

**Learn to Skate eight-plus years** – Saturday, Oct. 1 to Nov. 19 from 12 noon until 1 p.m. or Sunday, Oct. 2 to Nov. 20 from 12 noon to 1 p.m.

**Parent and Child Skating Lessons** – Oct. 1 to Nov. 19 from 10 a.m. to 10:30 a.m.; 10:30 a.m. to 11 a.m. and 1 p.m. to 1:30 p.m.

**Shinny Hockey** – Fridays, Sept. 30 to Nov. 18 – Tyke/Novice (under nine) from 5 p.m. to 6 p.m.; Atom (under 11) from 6 p.m. to 7 p.m.; PeeWee (under 13) from 7 p.m. to 8 p.m.

**Family Skate** – Saturday, Oct. 1 to Nov. 19 from 1:30 p.m. to 3 p.m. and Sunday, Oct. 2 to Nov. 20 from 1:30 p.m. to 3 p.m.

### Services and Miscellaneous Information

**\*\* New Birthday Parties** – Sport and Play; Play and Swim and Skating Party.

MFRC continued from page 11

### Canada's Wonderland!

Des billets à prix réduits pour les billets de Canada's Wonderland, disponibles au CRFM.

### Family Cooking Classes

Monthly cooking classes are now available for children with special needs, their siblings and their parents. This program will help children develop independent social skills by teaching them about healthy eating and how to prepare meals. Oct. 15 and Nov. 19 from 11:30 a.m. to 1:30 p.m. at the 8 Wing Chapel.

### Cours de cuisine familiale

Cours de cuisine mensuel maintenant offert pour les enfants ayant des besoins particuliers, aussi pour leurs frères et sœurs et leurs parents. Ce programme aidera les enfants à développer leurs aptitudes sociales indépendantes en leur enseignant la saine alimentation et la préparation de repas. Le 15 octobre et le 19 novembre, de 11h30 à 13h30 à la chapelle de la 8e Escadre.

### All Hands Drop-Off Childcare

This group is for children with special needs, their siblings and children of veteran families. Registration is required by noon the Friday before. This drop-off childcare is free of charge but parents must provide snacks and dinner. Starts Sept. 20 from 5 p.m. to 8 p.m., every third Tuesday of the month. For more information or to register your children please contact Orlanda Bourgoin 613-392-2811 ext. 3953 or [orlana.b@trentonmfr.ca](mailto:orlana.b@trentonmfr.ca)

### Halte-Garderie pour toutes les mains

Ce groupe est conçu pour les enfants ayant des besoins particuliers, leurs frères et sœurs sont aussi les bienvenus. La halte-garderie est aussi offerte aux enfants des familles des vétérans. Vous devez inscrire vos enfants avant le vendredi à midi. Le service est offert gratuitement mais les parents doivent apporter le repas et les collations. Début le 20 septembre, chaque 3me mardi du mois de 17h00 à 20h00. Pour de plus amples renseignements communiquer avec Orlanda Bourgoin 613-392-2811 poste 3953 ou [orlana.b@trentonmfr.ca](mailto:orlana.b@trentonmfr.ca)

### PALS (Peers Assisting with Life Skills)

This program favorite is being extended to the children of medically released veterans, ages six to 11. Children learn resiliency and life skills such as dealing with stress, emotional regulation and communication skills. Dinner is provided. Membership: \$50/first child, \$80/two children, \$110/three of more children. Please note this program is open to children from military and veteran families. Sept. 9, 5:30 p.m. to 7:30 p.m. All About Me. Meet new friends and learn about the program. Oct. 14, 5:30 p.m. to 7:30 p.m. – Worries and Fears. Learn about why we get scared and ways to manage worries. Nov. 18, 5:30 p.m. to 7:30 p.m. – Compassion. Learn about caring for others and the benefits to ourselves. Register by email by the Monday before the program with Kendra at [kendra.b@trentonmfr.ca](mailto:kendra.b@trentonmfr.ca)

### AMIS (Aide sur les compétences de vie par les pairs)

Ce programme vedette se prolonge pour les en-

fants d'anciens combattants libérés pour raison médicale âgés de 6 à 11 ans. Les enfants apprennent sur la résilience et les compétences essentielles comme la gestion du stress, l'équilibre émotionnel et les aptitudes à la communication. Le souper est fourni. Adhésion : 50 \$/premier enfant, 80 \$/deux enfants, 110 \$/trois enfants et plus. Notez que ce programme est ouvert aux familles de militaires et d'anciens combattants. 9 septembre de 17 h 30 à 19 h 30 : Tout sur moi. Faites de nouveaux amis et découvrez tout sur le programme. 14 octobre de 17 h 30 à 19 h 30 : Préoccupations et peurs. Découvrez la raison de vos peurs et apprenez à gérer vos préoccupations. 18 novembre, 17 h 30 à 19 h 30 : Compassion. Apprenez à avoir de la compassion pour les autres et les bienfaits que cela vous rapporte. Inscrivez-vous par courriel à [kendra.b@trentonmfr.ca](mailto:kendra.b@trentonmfr.ca) d'ici le lundi précédent le début du programme.

### Air Force Museum Tour

For children and families with special needs. Oct. 29 from 10 a.m. to 11:30 a.m. or 1 p.m. to 2:30 p.m. This one-time free event is a great opportunity for families with children with special needs to have a private tour through the National Air Force Museum of Canada. Children and families will have the chance to participate in fun activities such as learning about our military air force history, touring a HERC plane and participating in a scavenger hunt. For more information, please contact Orlanda Bourgoin 613-392-2811 ext. 3953 to register on line [www.aocese.eventbrite.ca](http://www.aocese.eventbrite.ca)

# Classifieds

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 Protestant Service: 1115 h  
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Roman Catholic Mass (English): 0900 h  
 Messe Catholique (Anglais): 0900 h

Bilingual RC Sunday Mass (4th Sunday of each month): 0900 h  
 Messe bilingue CR (4e dimanche du mois): 0900 h

RC Weekday Masses at 11:45 a.m. (usually on Tuesday, Wednesday and Thursday)  
 Messes CR quotidiennes à 11h45 (du mardi au jeudi habituellement)

**Wing Chaplain/Aumônier de la 8e Escadre:**  
 Maj. (Rev/Rév) Roy Laudenorio



**Unit Chaplains/Aumôniers des unités:**  
 Capt (Rabbi/Rabbin) Bryan Bowley  
 Capt (the Rev/Rév) Eric Davis  
 Capt (the Rev/Rév) John Funelas  
 Lt (N) (the Rev/Rév) Félix Roberge  
 Lt (N) (the Rev/Rév) Mary Anne VanHeuvelen  
 Capt (the Rev/Rév) Daniel Walton

**Phone/Téléphone:**  
 Administrative Assistant/Adjointe administrative  
 (613) 392-2811 ext/poste 2490/4593

# Safety

## Ergonomics can help you work safely and comfortably



**E**rgonomics is a word you hear a lot these days. But what does it mean to you? It is about adapting the work and your work area for you own safety and comfort. Ergonomics means adjusting equipment, tools, benches and desks, chairs and stools so you can use them comfortably and without harm. Injuries can occur gradually as the result of repeated stresses and strains. Damage to muscles, tendons, ligaments, joints and other body tissues can build up over a period of time. Paying attention to how you work and making adjustments can often avert these injuries. These are some body symptoms which relate to poor work area arrangement: Aches and pains, stiffness, numbness, tingling in the fingers, swelling of joints, weakness and loss of dexterity. Some of the activities or work arrangements which can cause these symptoms include: Repetitive work, lifting, reaching, stretching or bending, awkward placement or design of tools, pounding or pushing movements, tool or equipment vibration or maintaining one posture for a long time. Try these tips for improving the ergonomics of your workstation and tasks:

- Arrange your work station so you do not have to bend, twist or reach for tools and materials

- Adjust your workbench, desk or other work surfaces to a comfortable height. A desk where you use a keyboard should be lower than one where you write by hand.
- Also adjust your chair or stool for comfort. Use a footrest when sitting in a chair to raise your knees slightly above the height of your hips. When standing, use a footrest so you can vary your position.
- Don't maintain one position too long. If possible, shift from standing to sitting, and walk around occasionally.
- When doing repetitive tasks such as keyboarding or running power tools, keep your arms, hands and wrists in a relaxed position. Avoid excessive bending and twisting of the wrists.
- Use the right tools for the job. Choose tools with padded handles which protect you from repetitive injuries. Choose tools which can be used with two hands or attached to an overhead support.
- Use your entire hand, not just your thumb and fingers, to grip tools. If there is an impact, make sure it is absorbed by the entire hand, not just the palm.
- Wear gloves to protect against impact and vibration.
- To prevent injuries from vibration, operate the tool at the lowest speed possible to do the job.
- Take frequent breaks to do other

tasks when you are operating vibrating tools.

- Report any symptoms which may indicate repetitive strain or vibration injury. It is im-

portant to treat these problems promptly to prevent further damage. You have the power to practice good ergonomics. Only you know if you are experiencing pain or discomfort because of your workstation tools or tasks. Look for ways to work more comfortably and safely.

## Wing Logistics and Engineering Picture of the Week



Canadian Joint Operations Command (CJOC) funded training on the Expeditionary Forces Aircraft Shelter System (EFASS) at Canadian Forces Detachment Mountain View. The Field Service Rep (FSR) leads 25 military engineers and teaches them how to erect, take down and pack the hangar. All structures including the door are packed into 20 foot sea containers for transport via land, sea and air.

*Photos by: Corporal Tyler Bonnett*

# Defence Minister drops in to 8 Wing



*Continued from page 2*

to have a meal with military personnel prior to cutting the ribbon at the new Integrated Personnel Support Centre (IPSC) at 8 Wing and prior to being grilled by the media for several minutes.

The Defence Minister then visited 8 Wing's state-of-the-art Air Mobility Training Centre (AMTC) where he had the opportunity to see and experience some of the newest and most sophisticated trainers now available. His day at 8 Wing ended with a town hall meeting with the troops of 8 Wing where he encouraged them to ask any and all questions they might have. He felt open and honest dialogue was essential to setting military members' minds at ease about future missions while establishing an efficient, agile force.

Mr. Sajjan is congratulated on his jump by tandem jumper Lieutenant-General (Lt.-Gen.) Michael Hood, commander of the Royal Canadian Air Force (RCAF) after they completed their jumps at 8 Wing Monday morning.



As a former member of the Canadian Armed Forces, Mr. Sajjan demonstrated he remembered some of his former lessons by doing a solo jump from Chinook helicopter and landing on his feet despite the six knot winds on the field.

(Right) Mark Critch, on the other hand, prepares for a somewhat bumpier landing in his tandem jump.

*Photos by Ross Lees*



Ever conscious of the cameras on him, Mark Critch immediately gives the thumbs up signal after a safe and successful landing.

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**16 CHRYSLER 200 C**  
28844 Factory rem start, alloys, pano roof, push btn start, leather, heat seat/steering, nav, rev cam, U-connect, cruise, Alpine stereo, mirror dimmer, hill start assist, auto 3.6 V6, FWD, keyless entry, fog lights, airbags, trac ctrl, bucket seats, pwr seats/windows/locks/mirrors, height adj seats, AC, dual climate. 20,395 km.

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PREVIOUS DAILY RENTAL



**14 HONDA CIVIC LX**  
28806 Manual 5spd, alloys, pwr roof/windows/locks/mirrors, push btn start, heated seats/mirrors, rev camera, Bluetooth, cruise, side view cam, touch screen, 1.8 4cyl, FWD, keyless entry, airbags, trac ctrl, econo mode, height adj seats, AC, MP3, ext temp gauge, steering ctrl, tilt steer. 125,861 km.

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**\$84**  
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**12 SUBARU IMPREZA LTD**  
28676 AWD, alloys, pwr roof/windows/locks/mirrors, leather, heat seats, cruise, touch screen, auto 2.5 4cyl, hatchback, keyless entry, fog lights, airbags, trac ctrl, height adj seat, AC, dual climate, MP3, ext temp gauge, steer ctrl, tilt steer. 96,826 km.

**\$15,195**  
**\$135**  
bi-weekly  
60 mths @ 5.9%  
0 DOWN + HST



**13 NISSAN ALTIMA SL**  
28430 Factory rem start, alloys, pwr roof/seats/windows/locks/mirrors, push btn start, leather, heat seats/steering, rev cam, Bluetooth, cruise, Bose snd sys, auto 2.5 4cyl, FWD, keyless entry, fog lights, airbags, lumbar support, height adj seat, AC, dual climate, MP3, sat radio, compass, ext temp gauge, steer ctrl, tilt steer. 34,558 km.

**\$17,295**  
**\$132**  
bi-weekly  
72 mths @ 5.9%  
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**16 NISSAN MURANO SV**  
28754E AWD, factory rem start, alloys, pano roof, push btn start, heat seats/mirrors/steering, rev cam, Bluetooth, cruise, pwr liftgate, touch screen, auto 3.5 V6, keyless entry, fog lights, tint windows, airbags, trac ctrl, wood grain trim, bucket seats, pwr seats/windows/locks/mirrors, AC, dual climate. 22,029 km.

**\$31,995**  
**\$193**  
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PREVIOUS DAILY RENTAL



**16 MITSUBISHI OUTLANDER ES**  
28715E Alloys, AC, Bluetooth, cruise, auto 2.4 4cyl, AWD, keyless entry, tinted windows, air bags, traction ctrl, economy mode, height adjust seat, MP3, ext temp gauge, pwr windows/locks/mirrors, steer wheel ctrls, tilt steering. 34,150 km.

**\$23,295**  
**\$141**  
bi-weekly  
96 mths @ 5.9%  
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PREVIOUS DAILY RENTAL



**16 TOYOTA RAV4 LE**  
28721E AWD, AC, Bluetooth, cruise, sport mode, auto 2.5 4cyl, keyless entry, rear spoiler, tinted windows, air bags, traction ctrl, economy mode, height adjust seat, MP3, ext temp gauge, pwr windows/locks/mirrors, steer wheel ctrls, tilt steering, curb side mirrors. 27,129 km.

**\$24,995**  
**\$151**  
bi-weekly  
96 mths @ 5.9%  
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PREVIOUS DAILY RENTAL



**16 MAZDA CX-5 TOURING**  
28773E Alloys, pwr roof/seats/windows/locks/mirrors, push btn start, heated seats, rev camera, Bluetooth, cruise, Skyactiv tech, blindspot detect, touch screen, sport mode, auto 2.5 4cyl, AWD, keyless entry, fog lights, air bags, traction ctrl, AC, MP3, ext temp gauge, steer wheel ctrls, tilt steering. 21,395 km.

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**\$160**  
bi-weekly  
96 mths @ 5.9%  
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PREVIOUS DAILY RENTAL



**16 NISSAN PATHFINDER SV**  
28756E Alloys, push btn start, heated seats/mirrors/steering, rev camera, park aid, Bluetooth, cruise, pwr liftgate/seats/windows/locks/mirror, auto 3.5 V6, 4WD, keyless entry, roof rack, fog lights, tint windows, air bags, traction ctrl, AC, dual climate, MP3, ext temp gauge, steer wheel ctrls, tilt steering. 24,959 km.

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PREVIOUS DAILY RENTAL



**16 FORD F450SD LARIAT**  
29017 8cyl powerstroke, diesel, factory remote start, long box, leather, heated seat/mirrors, nav, park aid, sync, dual rear wheel, trailer brake/sway, tow/haul, touch screen, auto 6.7 4x4, keyless/keypad entry, trailer hitch, box liner, chrome wheels, air bags, traction ctrl, pwr seats/windows/locks/mirrors, AC, dual climate, Sony snd, cruise. 17,905 km.

**\$69,995**  
**\$423**  
bi-weekly  
96 mths @ 5.9%  
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**13 DODGE RAM 2500HD SLT**  
28737 8cyl cummins turbo diesel, 4x4, crew cab, long box, AC, heated mirrors, cruise, tow/haul, hill start assist, auto 6 passenger, keyless entry, trailer hitch, box liner, chrome wheels, air bags, traction ctrl, MP3, sat radio, pwr windows/locks/mirrors, steer wheel ctrls, tilt steering. 23,953 km.

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PREVIOUS DAILY RENTAL



**14 GMC SIERRA ALL TERRAIN**  
28710A Factory remote start, crew cab, leather trim seats, heat seats, rev cam, park aid, OnStar, cruise, Bose snd, touch screen, hill descent ctrl, tow/haul mode, auto, 5.3 8cyl, 4x4, keyless entry, short box, trailer hitch, box liner, alloys, fog lights, airbags, trac ctrl, pwr seats/windows/locks/mirrors, AC, MP3, sat radio, ext temp gauge. 62,041 km.

**\$44,995**  
**\$302**  
bi-weekly  
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**16 CHEVROLET COLORADO Z71**  
28849 Step bars, alloys, leather trim seats, heat seat, rev cam, Bluetooth, OnStar, cruise, touch screen, tow mode, hill descent ctrl, auto, 3.6 6cyl, 4x4, keyless entry, trailer hitch, box liner, fog lights, tint windows, airbags, trac ctrl, pwr seat/windows/locks/mirrors, lumbar support, height adj seat, AC, MP3, sat radio, steer ctrl, curb side mirrors. 40,967 km.

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**16 NISSAN FRONTIER SV**  
28580E Crew cab, short box, alloys, AC, Bluetooth, heated mirrors, cruise, hill descent ctrl, auto 4.0 6cyl, 4x4, keyless entry, box liner, tinted windows, air bags, traction ctrl, MP3, sat radio, pwr windows/locks/mirrors, steer wheel ctrls, tilt steering. 16,525 km.

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PREVIOUS DAILY RENTAL



**13 DODGE GRAND CARAVAN SE**  
28667 AC, dual climate, heated mirrors, cruise, auto 3.6 6cyl, 7 passenger, FWD, keyless entry, roof rack, hubcaps, air bags, traction ctrl, woodgrain trim, economy mode, ext temp gauge, pwr windows/locks/mirrors, steer wheel ctrls, tilt steering. 84,018 km.

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**13 DODGE GRAND CARAVAN CREW**  
28807 Alloys, Stow'n'go, dual climate, rear air ctrls, DVD, rev camera, pwr liftgate/seats/windows/locks/mirrors/doors, hill start assist, keyless entry, roof rack, fog lights, air bags, traction ctrl, economy mode, height adjust seat, AC, ext temp gauge, heated mirrors, cruise, steer wheel ctrls. 60,086 km.

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**13 FORD TRANSIT CONNECT XLT**  
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