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>> Glenn Rainbird becoming 429 Squadron's new Honorary Colonel

Former Honorary Colonel Kemp Stewart felt the tenure should be longer for Honorary Colonels

3

>> Cadets begin training at Trenton Cadet Training Centre

1,000 cadets from all over Ontario expected to get training this summer

6

>> CWO Martine Guay becomes the new Wing Admin CWO

CWO Jean Lafond passes over the drill cane in an emotional ceremony

8

8 Wing Operations gets an experienced new CO

Lt.-Col. Steve Camps takes the reins from Lt.-Col. Andy Cleveland at Change of Command ceremony

By Ross Lees

Incoming Wing Operations Officer Lieutenant-Colonel (Lt.-Col.) Steve Camps finished his Change of Appointment speech by giving his first order as the new Wing Operations Officer by declaring essential manning for the afternoon and giving his new staff an extra-long weekend prior to rolling up their sleeves and getting back to work on the following Monday, July 11.

Lt.-Col. Camps is no stranger to 8 Wing Operations having already done a tour as Deputy Wing Operations Officer, and it was during that period he witnessed first-hand the intense

operational tempo they are subjected to on a regular basis.

"I know there is a challenge ahead, but it is an honour to return to 8 Wing as Operations Officer to work with the exceptional people of Wing Operations and 8 Wing as a whole," he said. "I know the team will rise to the challenge."

Lt.-Col. Andy Cleveland said it was a humbling experience to stand in front 8 Wing Ops after he learned so much during his two-year tenure.

Having presented the unit with a photograph of a C-17 landing, he said he was always impressed with the way 8 Wing Ops made an



Incoming Wing Operations Officer Lt.-Col. Steve Camps took over the reins of 8 Wing Operations from Lt.-Col. Andy Cleveland, shown here on either side of presiding officer Col. Colin Keiver, 8 Wing Commanding Officer, at the signing ceremony on July 8. Photos by Ross Lees

Continued on page 7

QIAS 2016 by the numbers

Lessons learned results in another air show in 2018



The combination of old and new aircraft was a big hit with the crowds at QIAS 2016. Photos by Ross Lees

Engines have barely nounce that the QIAS cooled from Quinte International Air Show (QIAS) 2016 and the planning is beginning for the next show in 2018.

Over the weekend, Colonel (Col.) Colin Keiver and I know, with the support of our community partners and sponsors, we have the drive to ensure QIAS 2018 is even better," he said.

In his announcement, Col. Keiver said the success of QIAS 2016 was truly a team effort.

"The success of QIAS 2016 was truly a combined community effort and I am happy to announce that the QIAS will come back in 2018," he said. "We've set the bar high, but my team has learned a tremendous amount from our first air show in 13 years and I know, with the support of our community partners and sponsors, we have the drive to ensure QIAS 2018 is even better," he said.

That prediction is exactly the kind of statement Col. Keiver made early in the planning stages of QIAS 2016 and which propelled his team

Continued on page 10

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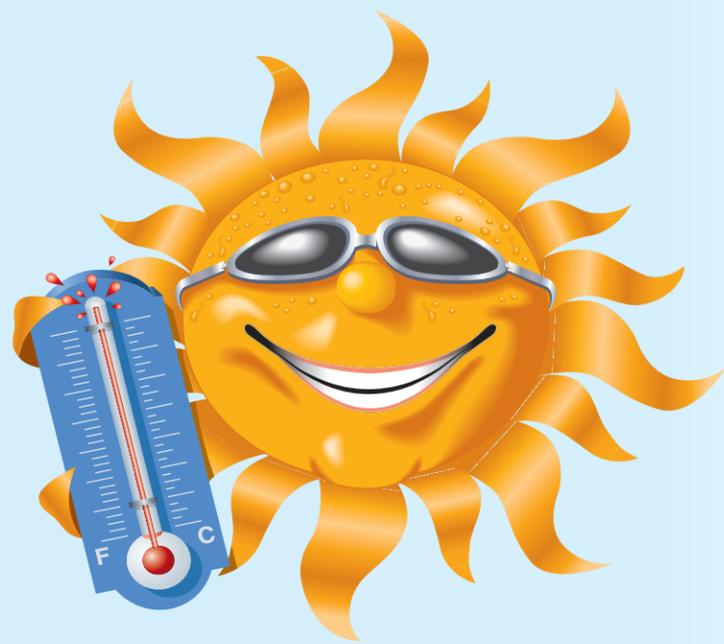
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June Weather Summary Dry and warm summer ahead

By Corporal Crystal Pike-Pilditch, 8 Wing MET

Parched is the word that best describes weather for the past month here in Trenton. It was still warmer than average but the lack of precipitation is the most notable characteristic. No records were broken this time.

The average daily maximum temperature for June this year was 24.8C, a little warmer than last year which was 22.1C. Average daily minimum temperatures were just a tiny bit warmer, at 11.9C compared to 11.7C of 2015. The single warmest day of the month was 31.3C on the 26th, the second day of the Quinte International Air Show. The coldest night was on the 14th at 6.1C.

Precipitation for June was less than a third of the precipitation received last year. It was also less than half the precipitation received in 2014, for that matter.

Total precipitation for June was only 48.6mm, where June last year received 156.9mm total. Along with the lack of rain, fewer thunderstorms were reported this year; half of what was reported in June 2015.

The outlook for the rest of summer is a continuation of the dry trend we have been having, and some warmer than average conditions.

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Glenn Rainbird becoming 429 Squadron's new Honorary Colonel

Former Honorary Colonel Kemp Stewart felt the tenure should be longer for Honorary Colonels

By Ross Lees

To say 429 (Transport) Squadron Honorary Colonel (Hon.-Col.) Kemp Stewart finished his tenure with the Bisons kicking and screaming might be an exaggeration; to say he left reluctantly is not.

Hon.-Col. Stewart loved his association with the "Bisons" and he would have liked to have stayed longer to do some things he felt still needed to be done, but he knew as he left his position that the squadron would be in good hands as the experienced Hon.-Col. Glenn Rainbird took over.

"My term here at 429 Squadron has been gratifying, but far too short," he said. "I'm feeling that more can yet be done."

He said it took a couple of years when appointed as an Honorary Colonel to feel your way through the process and to grow into your "niche area." He said he felt there was a lot more he could have done and advocated for longer tenures for Honorary Colonels in the future.

Hon.-Col. Stewart thanked the members of 429 (T) Sqn. for taking him in and making him feel welcome. He said Honorary Colonels can do a lot more but the Commanding Officers of the squadrons had to keep them informed of what was going on.

"My fellow Honorary Colonels, I can't tell you the admiration I have for you for putting on the uniform – correctly – and stepping forward – promptly – and putting yourself out there to assist the Air Force and your units to help with morale and to link with the communities," Hon.-Col. Stewart said. "CFB Trenton much more engaged in the local environment than is some areas where there is not a prominent local community."

"Thank you for allowing me to in your words, "play with the Air Force. It's been a great ride."

429 (T) Sqn. Commander Lieutenant-Colonel (Lt.-Col.) Bill Church noted that it had been a busy time around the squadron during Hon.-Col. Kemp's tenure but he just waded in and got involved, taking part in all kinds of social functions and missions. He was well remembered for generosity to the members, supplying Blue Jay tickets and rail passes to deserving members and supplying door prizes to almost everyone at certain squadron functions.

"For those who think it would be awesome to have an Honorary Colonel who owns a winery, yes it is," noted Lt.-Col.

Church.

He also praised Hon.-Col. Kemp for being the voice of the "Bisons".

"You were able to pass our story to members of the business community and to the public. You've done 429 Squadron Bisons proud by giving us a voice that carries beyond our reach and I thank you for that," Lt.-Col. Church said, noting Hon.-Col. Stewart's involvement in the MFRC Invisible Ribbon Gala, Wounded Warriors bike rides, Grapes of Wrath Challenges and he headed up the Sponsorship branch of the Quinte International Air show 2016.

Hon.-Col. Glenn Rainbird, the man chosen to replace Hon.-Col. Stewart, said he found out he was going to be offered the Honorary Colonel position at 429 (Transport) Squadron about the same time an automobile was being recalled. He wondered if he was being recalled to get it right this time. Hon.-Col. Rainbird had also once been the Hon.-Col. for 8 Wing/CFB Trenton.

He said taking on the role of Honorary Colonels is a "high-order duty" full of challenges.

Hon.-Col. Rainbird noted that the tree men preceding him as Honorary Colonels at the squadron were former majors in the Canadian Armed Forces and he told his wife Jennifer he wasn't sure he wanted to break up that string. She told him, "Don't worry, dear, you can be a major pain at times."

Serving in the military uniform is a high honor for Hon.-Col. Rainbird because he said they serve such a noble cause – this nation.

"Once we get face-to-face, shoulder-to-shoulder with those who serve, we understand the commitment, we understand how challenging it is day-to-day and how challenging it is for families. For those of us who serve as honoraries, that is one of the messages we will be able to convey in the communities in which we operate, whether it be our local communities, our professional communities or business communities," he said.

He promised he would support the squadron as much as possible.

"I will be proud to become part of the command team and I want to recognize as well that my family command team – Jennifer and I – will try to become part of your family command team," he said.

"I intend to be present as often as I can and may become your major pain," he laughed.



(Above) New 429 (T) Sqn. Hon.-Col. Glenn Rainbird (left) replaced Hon.-Col. Kemp Stewart (right) as the squadron Honorary Colonel. The two men are shown here flanking presiding officer and 429 (Transport) Squadron Commanding Officer Lt.-Col. Bill Church.



New 429 (T) Sqn. Hon.-Col. Glenn Rainbird is presented with the Honorary Colonel certificate by Lt.-Col. Bill Church, 429 (T) Sqn. Commanding Officer. Photos by Ross Lees



429 (T) Sqn. Commanding Officer Lt.-Col. Bill Church presents former Hon.-Col. Kemp Stewart with a parting gift from the squadron.

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Science of the North practiced at Alert

By: Second Lieutenant Cory Watson

A team of Canadian Armed Forces (CAF) linemen serving at Canadian Forces Station (CFS) Alert on a Technical Assistance Visit (TAV), were given the unique training opportunity on the morning of July 5. Only this time, the linemen were not working to service the top secret communication infrastructure scattered around the Station; on this day, the linemen were utilized to assist a mission of science.

Audrey Le Pogam and Lyette Regimbald, known on Station as Snowbird 1 and Snowbird 2, are two of the many scientists and researchers operating in the unique landscape of the far north. Coming from the Université du Québec à Rimouski, they were given the unique opportunity to study in the far north by the efforts of their lab director Francois Vezina.

Having identified a unique opportunity to examine a nest of birds in a canyon, they came to the conclusion military assistance would be needed to descend the 200 feet of cliff. Master

Corporal (MCpl.) Angus Henry; Corporal (Cpl.) Patrick Henry; and Cpl. Eric Wittmann were the three linemen from 1 Line Troop Joint Search and Rescue (JSR) in Kingston that assisted the scientists to descend and retrieve specimens from the birds nest before safely returning them. The linemen were eager for the training opportunity, to say the least.

MCpl. Henry had the privilege of strapping into the ropes to descend off the cliff. He also fashioned a unique carrying device to safely transport the specimens back to the awaiting scientists. With his teammates manning the ropes, MCpl. Henry safely descended into the rocks to delicately retrieve the specimens for the eager scientists.

Ms. Le Pogam collected the specimens and began measurements and examinations almost immediately. Utilizing her mobile field kit, she performed the inspection of the specimens required to collect the necessary information for her research. Once complete, the specimens were once again entrusted to MCpl. Henry and returned down



The team consisting of lineman and scientist begins hooking up the harness and ropes for the descent. Photos by Private Istvan Zsarik

the cliff to the nest.

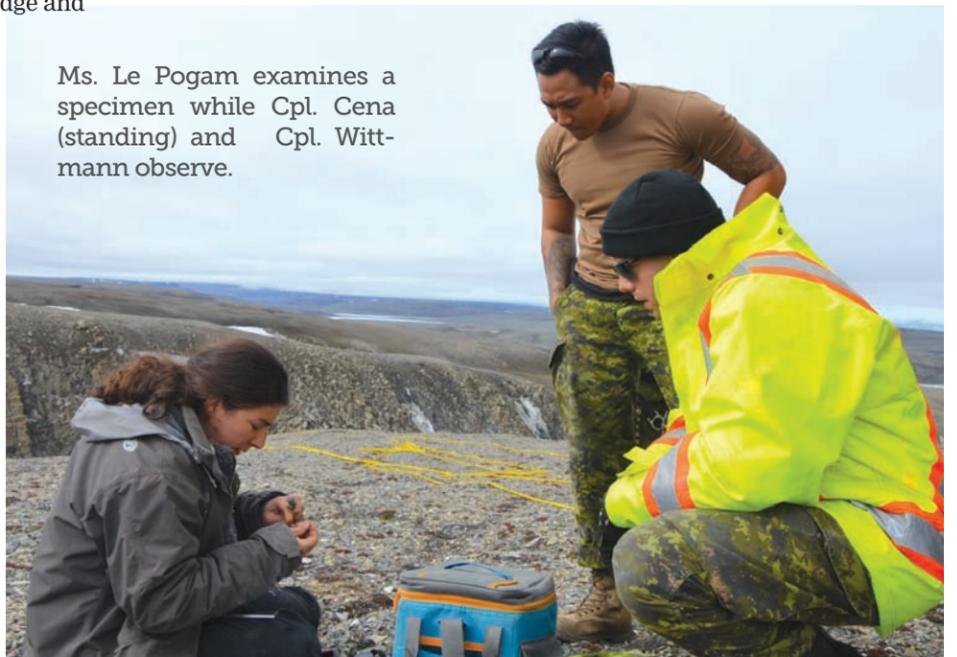
The operation serves as one example of many involving scientist and researchers operating and working together with CFS Alert military personnel. This time, CAF linemen were asked to assist the knowledge seekers; but any military member serving at CFS Alert may be requested to work alongside the many researchers and scientists in the North to help advance the human thirst for knowledge and understanding.



Ms. Le Pogam conducts her examinations on a specimen.



On the left, scientist Audrey Le Pogam can barely hold her excitement as MCpl. Angus Henry prepares for his descent.



Ms. Le Pogam examines a specimen while Cpl. Cena (standing) and Cpl. Wittmann observe.

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.

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424 Squadron rescues man in Northern Ontario

A CH-146 Griffon provides humanitarian assistance in Killarney National Park

A CH-146 Griffon helicopter p.m. to assist with extracting (Sgt.) Cory Cisyk, Master Corporal (MCpl.) Andrew Davidson and MCpl. Eric Gelly were called to the scene. Search and Rescue (SAR) Technicians provided medical assistance to stabilize the ill man before he was hoisted aboard the helicopter and airlifted to Sudbury General Hospital.

Rescue 493, from 8 Wing/CFB Trenton, was tasked to the park on the northern shores of Lake Huron at approximately 5:20 p.m. to assist with extracting a man who was experiencing chest pains. The capabilities of the Griffon helicopter were requested as the patient was in a remote area. Captain (Capt.) Tarrant Vernon-Jarvis along with his crew, Capt. Nicholas Bossé, Sergeant



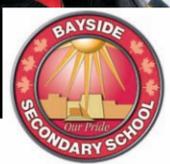
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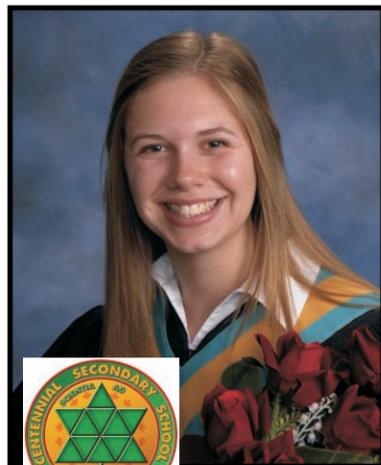
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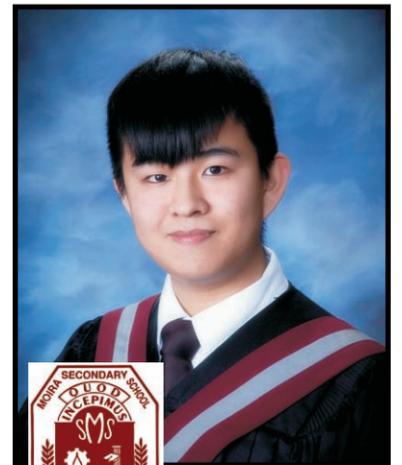
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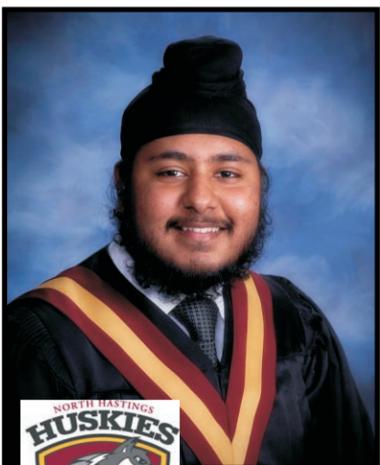
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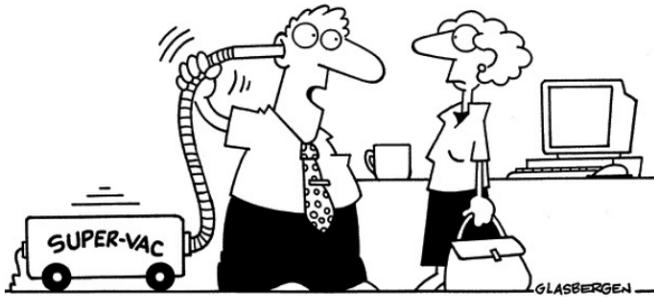


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Cadets begin training at Trenton Cadet Training Centre

1,000 cadets from all over Ontario expected to get training this summer



The bell has rung to begin another summer cadet training season in Trenton. As is traditional, the bell was rung at the conclusion of the Trenton Cadet Training Centre (TCTC) Staff Cadet parade July 8 by newly promoted Warrant Officer First Class Robert Gark (left) of Sarnia, ON, and Lieutenant Colonel Darryl Rolfe CD (right), Commanding Officer of the Trenton Cadet Training Centre (TCTC) and Chief Warrant Officer Aidan Brake. Photo by Ross Lees

By Ross Lees

Another summer cadet training season ceremonially got under way July 7 when the bell was rung as the Trenton Cadet Training Centre (TCTC) Staff Cadet Parade concluded.

The bell's deep tone announced that 1,000 cadets from throughout Ontario would soon begin pouring onto the base for the summer-long training sessions which are the hallmark of the TCTC.

Staff Cadet training begins six days prior to the other cadets arriving and allows for the training and rank selection for the leaders of the staff cadets.

This year's Staff Cadet

Parade did not feature the traditional inspection as blistering hot and humid temperatures forced its cancellation to protect the cadets, according to the Commanding Officer of the TCTC Lieutenant-Colonel (Lt.-Col.) Darryl Rolfe.

"It's pretty warm out here and I know you all look good, you've all put a good foot forward today," he told the parade. "You've all done a remarkable job this week and I've been told there was great camaraderie and esprit de corps shown so far, so I believe we're going to have a great summer!"

As it was, a number of promotions were handed out, including Robert Gark's appointment to the rank of Warrant Officer First Class

(WO1), the highest rank for a staff cadet in the TCTC.

While Lt.-Col. Rolfe said the decision was tough from amongst a batch of good candidates, he felt sure the cadets would respect and assist the chosen two candidates in their future duties throughout the summer.

"There's a lot of responsibility that goes along with being the Training Centre Warrant Officer and I know you will have a deep measure of respect for the two individuals we'll be calling forward," he noted.

Warrant Office Second Class James was made the Deputy Warrant Officer and Warrant Officer First Class (WO1) Robert Gark of Sarnia was given the top rank of Training Centre Warrant Officer.



Robert Gark (center) of Sarnia, ON receives his appointment to the rank of Warrant Officer First Class (WO1) by Robert Gark (center) of Sarnia, ON receives his appointment to the rank Warrant Officer First Class (WO1) by Lieuten-

ant Colonel (LCol) Darryl Rolfe CD (left), Commanding Officer of the Trenton Cadet Training Centre (TCTC) located at 8 Wing Trenton, Ontario, and Chief Warrant Officer Aidan Brake (right), Training Centre Warrant Officer. Robert will be assuming the role of Cadet Training Centre WO1, which is the highest rank for a staff cadet in the Training Centre. Robert comes from 44 Squadron in Sarnia where he has been a cadet for six years.

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8 Wing Operations gets an experienced new CO

Lt.-Col. Steve Camps takes the reins from Lt.-Col. Andy Cleveland at Change of Command ceremony

Continued from page 1

amazing array of tasks and duties look so easy.

"I know very well, and so do those you serve, that what you do is far from easy," he added. "In fact, it is damn hard! Yet, the professionalism you display and the "get it done" attitude makes our global and local operation look so easy."

Lt.-Col. Cleveland had great respect for his boss at 8 Wing, Colonel (Col.) Colin Keiver, who was the presiding officer over the Change of Appointment cer-

"You have a ton of experience at 8 Wing right here in Wing Ops. Further, you have a rock solid team that you will have to depend on. The job is busy, challenging and takes up a lot of time. In all of this it is important to reflect often and remember to allow the well-oiled machine that you now lead the space to do what you need them to do," he advised.

It was equally easy for Lt.-Col. Camps to take over.

"It's easy for me to take over when you hand me a unit that is doing everything (and more) that has been asked of it. Having



Chief Warrant Officer (CWO) Adrian Lemieux and Major (Maj.) Diane Baldasaro present outgoing Wing Operations Officer Lt.-Col. Andy Cleveland a photograph of WOps personnel and the aircraft they flew. Photos by Ross Lees

a whole enable everything the RCAF and more importantly, the entire Canadian Armed Forces (CAF) does both here at home and everywhere around the globe. Nothing happens without Air Mobility and Wing Ops is a key enabler for the women and men on the line, fixing and flying Air Mobility missions. 8 Wing Ops has continued to not only do the job, but more importantly has always stepped up to the plate and has excelled – you have set the standard for what Air Mobility can do."

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Lt.-Col. Andy Cleveland presents a picture of a landing C-17 to CWO Adrian Lemieux and Maj. Diane Baldasaro at the Change of Appointment ceremony July 8 at the National Air Force Museum of Canada.

emony. "Your commitment to the mission is obvious and you provide strong and steady leadership," he said. "Moreover, your commitment to the welfare of the troops you serve is obvious. You're the right person in the right place."

Lt.-Col. Cleveland spent much of his speech thanking all of the people within the unit, the squadron and his family who helped him make a success of his tenure.

He said he found it easy to hand over the reins to Lt.-Col. Camps because of his wealth of experience within Wing Operations.

been here before, what is very clear to me is that the success of Wing Ops is absolutely a result of your vision and your leadership," he told Lt.-Col. Cleveland.

"Everyone who realizes what we here at 8 Wing do also understands how critical 8 Wing is – we as

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CWO Martine Guay becomes the new Wing Admin CWO

CWO Jean Lafond passes over the drill cane in an emotional ceremony



CWO Jean Lafond (left) and CWO Martine Guay flank Lt.-Col. Daniel Charbonneau at the Change of Appointment ceremony for the 8 Wing Administration Branch Chief Warrant Officers Monday morning at the Warrant Officers' and Sergeants' Mess.

Photos by Ross Lees

By Ross Lees

Saying goodbye to a job you loved and people you liked working with can be emotional, as it was for Chief Warrant Officer (CWO) Jean Lafond at his change of appointment parade Monday at the Warrant Officer's and Sergeant's Mess.

CWO Lafond was so keyed up by his emotions, he even forgot to print out his speech when he

left the house that morning after working on it until midnight the night before.

While he drew a laugh with that story, it was easy to see he had trouble struggling with his emotions from the very start.

"This is hard," he said with a breaking voice. "It's been a tremendous three years! I really, really enjoyed every minute of it, especially the mentorship and leadership and the

neau, the 8 Wing Administration Officer, for his trust and confidence even though they didn't always see eye-to-eye on issues.

The command teams also had some disagreements with the administration branch and therefore with CWO Lafond, but he said they always had the best interest of 8 Wing at heart and issues were always worked out.

When it came to talking about the branch personnel, CWO Lafond really had trouble saying what he wanted to leave as a message to them.

"You guys were my kids for three years," he said, again thanked Lieu with a breaking voice. "I didn't always show it, but you were awesome!"

iel Charbon- CWO Lafond's leave-taking

was made easier by the person coming in to replace him in CWO Martine Guay, he said.

"You always worry about your legacy, what you built during your tenure," he said. "I can assure you that Martine and I are so alike that you guys are going to fall in love with her right away and you will follow in her footsteps. The relationship that I had with all the partners, she will follow through with, I'm sure."

When it came time to thank his wife Claire and he looked over to see Claire and his granddaughter Elly-Anne, he could not speak, but the message was clear.

It was clear that CWO Lafond imparted that kind of emotion to his job and those people he worked with and that it was appreciated. CWO Elder put those feelings into words during the ceremony. They had met well before their joining as a team at 8 Wing and a strong friendship had started then. He said seeing CWO Lafond's name on the list of CWOs at 8 Wing when he was transferred here made the transition easier.

"I was confident that I had someone who could give me the council I needed when I needed it," he said. "I knew that my six was covered all the time and the last two years, you've certainly proved it."

"What you've done on this Wing as the Wing Administration Branch Chief has been exceptional. You've fostered the strongest ties on a base or a wing with our partners and as you said, those partners are the ones that help keep the men and women on this wing moving. I'm going to miss you!"

CWO Elder warned CWO Guay he expected the same from her and warned her to hold on tight as she stepped into CWO Lafond's position.

"I'm certain you come with the expertise and personality we need for this job," he stated.

Lt.-Col. Charbonneau said CWO Lafond had accomplished a lot for the branch and the Wing.

"He's been a great mentor and a great leader for the staff within the Administration Branch, and one of his great endeavours was to open the line of communications with our partners," he said. "Whether it was with CFHA to help with member's issues within the PMQs, or with MFRC with a multiple project, or dressed as a bunch of grapes to support PSP, Chief Lafond was always there and eager to help."

"Chief Lafond's priorities have always been care of his people and leading by example. In fact, if you are looking for a

Continued on page 8

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Lt.-Col. Daniel Charbonneau, 8 Wing Administration Officer, passes the drill cane to his new CWO Martine Guay. *Photos by Ross Lees*

Continued from page 8

definition of a CWO in the dictionary, you are probably going to see Chief Lafond's name."

Lt.-Col. Charbonneau thanked him for the great support, advice and honest council over the past year.

"You're among the best CWOs that the service has to offer," he said.

CWO Guay lightened the mood by noting she had her speech with her but that she was not going to refer to it very much because she had spent the past three weeks memorizing.

"It is an honour and a great privilege for me to be here joining this big family of 8 Wing," she said. "I'm very excited and proud to be part of the busiest Wing in the Royal Canadian Air Force (RCAF).

"I am ready and looking forward to working with all of you and to support you with any challenges we may face during my appointment. I'm very excited to take this over and it is a good challenge for me and I'm ready for that. I never fail and I will not fail you sir," she told Lt.-Col. Charbonneau.



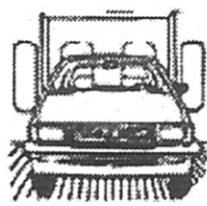
Little Elly-Anne was very surprised to receive a bouquet of flowers from Lt.-Col. Daniel Charbonneau as part of her grandfather's Change of Appointment ceremony. As anyone can see, CWO Jean Lafond is not only a good CWO, he is also a proud grandpa.

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

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QIAS 2016 by the numbers

Lessons learned results in another air show in 2018

Continued from page 1

to new heights in air show presentation for the Quinte region.

What began as a challenge tossed out by (then) new Wing Commander, Colonel (Col.) Colin Keiver, nine months ago to his Wing Leadership, was quickly formed into a Board of Directors Committee with many sub-committees of Wing personnel. From promotion to ground support, security to concessions; their jobs were to ensure they coordinated resources, both inside and outside of the Wing, to make QIAS 2016 the event of the year.

Led by two QIAS co-chairs, Lieutenant-Colonels Cathy Blue and Kevin Tromp, the goal of the QIAS Board of Directors was to plan and execute a show that was both exciting, yet safe for the aircrews and spectators.

Seventy-five aircraft at the air show attracted approximately 75,000 spectators over the two-day event, according to information released with the announcement.

"It can't be overstated that without the hard work and determination of 8 Wing personnel, community partners, generous sponsors, and enthusiastic volunteers this year's QIAS could not have been possible. From the start we realized that to be successful we would have to put together a team of people that were motivated, industrious and flexible enough to be able to solve issues effectively as they came up. We did that, and we are eager to open our doors again in 2018, stated co-chair Lt.

Col. Kevin Tromp."

Over 2,000 staff and volunteers helped to make the event a success

To offset the carbon footprint of the QIAS, a plan is being finalized to purchase trees from the Quinte Conservation Authority to be planted throughout the region.

Because data is still being processed by 8 Wing staff, figures on airshow costs will take time to settle as final invoices are being processed.

In honour of the QIAS' theme commemorating the British Commonwealth Air Training Plan (BCATP), CFB Trenton will continue to fly the national flags of the United Kingdom, Australia and New Zealand until the end of the year.

What has become increasingly clear to the QIAS Committee is that the local communities want to see the Air Show become a recurring event.

New co-chairs for 2018 have yet to be named.

There were 26 food concessions and 10 retailers at QIAS 2016, 75 per cent of which came from the local area.

It was a thirsty crowd at this year's air show as 56,160 water bottles were provided as well as two large green "water buffalos," which supplied nearly 15,000 liters of water to Air Show spectators throughout the weekend.

There were 7,500 visitors to the National Air Force Museum of Canada over the course of the event.

RP Ops detachment Trenton Picture of the Week



Lieutenant-Colonel Saunders, the Commanding Officer of Real Property Operations (RP Ops) Unit Ontario speaks to members of RP Ops Detachment Trenton in what is becoming a welcome monthly event. Photo by Warrant Officer Robert Lutz

www.thecontactnewspaper.cfbtrenton.com



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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!

MFRC Summer Hours

Our summer hours begin on Monday, July 4. Until Sept. 12, we will be open Monday to Friday from 7:30 a.m. to 5 p.m.

Nos heures d'ouverture pour l'été débutent le lundi 4 juillet. Jusqu'au 12 septembre, nos heures seront du lundi au vendredi, de 7h30 à 17h.

Travelling Playgroup

The Playroom will be taking the group on local adventures this summer! July 6 - Splash Pad (Trenton); July 13 - Pirate Ship Park (Moira St, Belleville); July 20 - Dino Dig Park (Batawa Ski Hill); July 27 - Quinte Conservation (2061 Old Highway 2, Belleville). Time: 9:30 a.m. to 11:30 a.m. For more information, please contact Susan Stoddard at susan@trentonmfr.ca or calling 613-965-3575.

Le groupe de jeu se promène

6 juillet - Splash Pad (Trenton); 13 juillet - Pirate Ship Park (Moira St, Belleville); 20 juillet - Dino Dig Park (Batawa Ski Hill); 27 juillet - Quinte Conservation (2061 Old Highway 2, Belleville). Heure: 9h30 - 11h30. Pour plus d'information, s.v.p. contactez Susan Stoddard au susan@trentonmfr.ca ou téléphonez au 613-965-3575.

OMG: Opportunities to motivate and grow

Building a community of youth leaders. The Trenton MFRC will be hosting a series of summer workshops for youth aged 12 to 15. Over the course of the weeks, participants will learn to become strong leaders in their community. The workshops will cover themes like self-esteem, empowerment, awareness of current events, safety and social image in the media, healthy relationships and developing a professional image to prepare for your future. Workshop Dates: July 4 to July 8; July 11 to July 15; July 18 to July 22; July 25 to July 29; Aug. 1 to Aug. 5; Aug. 8 to Aug. 12, Aug. 15 to Aug. 19; Aug. 22 to Aug. 26. Prices: \$60 for one week, \$200 for four weeks (a savings of \$40). Choose your weeks! \$400 for all eight weeks. For more information and to register, please call 613-965-3575 or email rabia.s@trentonmfr.ca.

Le programme "OMG" Une opportunité pour motiver et grandir

Le CRFM de Trenton offrira une série d'ateliers durant l'été pour les jeunes de 12 à 15 ans. Au cours des semaines, les participants apprendront comment devenir de forts leaders dans leur communauté. Les ateliers couvriront des sujets tels que ; l'estime de soi, l'autonomisation, la prise de conscience de l'actualité, l'image social et la sécurité avec les médias sociaux, les relations saines et le développement d'une image professionnelle pour le futur. Dates des ateliers: Du 4 au 8 juillet; Du 11 au 16 juillet; Du 18 au 22 juillet; Du 25 au 29 juillet; Du 1er au 5 août; Du 8 au 12 août; Du 15 au 19 août; Du 22 au 26 août. Coûts des ateliers: 60\$ pour une semaine, 200\$ pour quatre semaines (un rabais de 40\$)- Choisissez vos semaines, 400\$ pour les huit semaines. Inscrivez-vous en téléphonant la réception du CRFM au 613-965-3575 ou Rabia à rabia.s@trentonmfr.ca pour d'information.

Wacky Wednesday- Fun Club

The Trenton MFRC and Autism Ontario present: The Rideau Islands and Lakes Theatre School's drama

and craft club for children with special needs and their siblings. Sign up for one or all four weeks. Each week will have all games and crafts tailored to a specific theme. Mad Hatter's Tea Party, Recycled Robots, Superheroes and Supervillians, Paperbag Princess. \$10/child per week or all four weeks or \$35/child. To register www.aocese.eventbrite.ca For information 613-392-2811 ext.3953

Les mercredis Farfelus- Un club amusant

Le CRFM et Autisme Ontario présentent: L'école de théâtre "The rideau Islands et Lakes" Bricolage et atelier de théâtre pour les enfants ayant des besoins particuliers et pour leurs frères et soeurs. Chaque semaine nous aurons des jeux et des bricolages avec un thème spécifique. L'heure du thé du chapelier fou - Robots recyclés - Super-héros et super vilains - La princesse dans un sac de papier. \$10.00/ enfant pour une semaine ou \$35.00/ enfant pour quatre semaines. Pour inscription www.aocese.eventbrite.ca Pour information 613-392-2811 poste 3953..

Continued on page 12

Home of the Week
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Dormer windows always add charm to a home, and this rambling 1½-storey family home, designed for a large lot, is no exception. The entry is protected by a glass-panelled awning that is echoed at a window above and shelters the spacious front porch. The compact foyer, which includes a handy coat cupboard, is separated from the open-plan great room by a glass partition. The great room's most striking feature is a three-way fireplace that will cast its glow all the way to the dining area and also brighten the lofty double-height area where it is located. Large windows overlook the front garden. The dining area will be bright with natural light, thanks to two side windows, as well as French doors that open to a covered terrace. A

second, more formal, dining area overlooks the front garden and is located around the corner from the kitchen for easy serving. The kitchen features a four-seat eating bar and prep island, as well as an L-shaped counter configuration to save steps for the cook. There is a window over the double sink. Adjacent to the kitchen, in the connecting corridor between the main house and the two-vehicle garage, are a powder room and the laundry room, which includes a storage closet as well as a bench that will be useful for removing muddy boots. Upstairs, the master bedroom overlooks the back garden. Airy and bright, the space features a vaulted ceiling, as well as a walk-in closet. The en-suite includes an oval soaker tub, in addition to a shower stall.

Both the second and third bedrooms look out on the front garden and share a three-piece bathroom that occupies its own bayed-out niche. Natural light will flood through the sky-light. The second bedroom has a built-in desk, while the third features an extra-deep window sill. This plan includes an unfinished basement. There is space for a work bench

in the double garage, which includes a generous storage area. Exterior finishes include cedar shakes and stucco, brick accents and partly mullioned windows. The garage doors are turned away from the roadway, offering a more attractive aspect to passersby. This home measures 65 feet, 10 inches wide by 45 feet, six inches deep, for a total of 1,993 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. Please include the date, time, and location of the event along with a brief description. Please do not send posters.

July 16 - CANEX partners with Brighton Speedway

CANEX has partnered with the Brighton Speedway to present Salute to our Forces Night on Saturday, July 16. CANEX will be providing complimentary tickets to serving members and their families wishing to attend an exciting night of racing. Tickets will be available starting on July 9 (Military ID required). Pre-race activities are scheduled in the CANEX parking lot on the afternoon of July 16, including a race car and pace truck for viewing, coffee, prizes and snacks. For more information contact your CANEX.

July 24 - Wings and Wheels at National Air Force Museum of Canada

The second annual Wings and Wheels event will take place from 10 a.m. to 4 p.m. at the National Air Force Museum of Canada. Proceeds from this exciting and popular event go to support the National Air Force Museum of Canada Foundation and the Quinte Humane Society. This event is free to the public and you can show your car for \$10 admission. The event includes a 50/50 raffle, piston toss, door prizes, silent auction, vendors and music. For more information, vendors, sponsorships or further event details, call 613-965-7314 or email NAFMCFoundation@gmail.com

Sept. 9-11 - Canadian Military Flight Engineering Reunion

The Canadian Military Flight Engineering Reunion will be held in Trenton from Sept. 9 to 11 with a meet and greet taking place at 413 Wing. Cost is \$15 per person. A dinner and dance will be held Sept. 10 at the Officers' Mess at a cost of \$50 per person. On Sept. 11, a breakfast will be served at the Officers' Mess at a cost of \$20 per person. A total weekend package special of \$65 per person can be arranged. Closing date for registration is Aug. 24. For further information, contact cmfeareun2016@gmail.com Please make payment (cheque, money order or email payable to CMFEA Reunion 2016. Mail to D.M. Knockleby at 46 First Ave., Trenton, ON. K84 4C4.

Sept. 11-16 - Operation Heal Our Patriots

Operation Heal Our Patriots (OHOP) is a ministry project of Samaritan's Purse. Samaritan's Purse is a Christian international relief and development organization with projects in more than 100 countries worldwide. OHOP focusses on bringing spiritual refreshment, physical renewal and marriage enrichment to physically and/or emotionally wounded military personnel and their spouses. This year's opportunity for Canadians will take place from September 11 to 16 at the Samaritan Lodge in Port Alsworth, Alaska. Although OHOP has existed since 2012, and hosted more than 500 military couples from the U.S. during the past four years, this is only the second year that a special week has been set aside solely for Canadian military personnel and their spouses. The marital enrichment and spiritual encouragement portion of the week at Samaritan Lodge flows from workshops led by retired military chaplains. The Biblically-based sessions are designed to strengthen married couples' relationship with God and with each other. The relaxation portion of the week at Samaritan Lodge includes a cozy little wheelchair-accessible cabin for each couple, and delicious meals with all 10 couples together. The recreation times include professionally guided kayaking and salmon-fishing excursions, a hike to a scenic waterfall, and a float-plane trip to view grizzly bears. samaritanpurse.ca/ohop

Aug. 20 - Air Cadet 75th Anniversary Reunion Gala

Join us in Winnipeg on Aug. 20, at the Victoria Inn and Conference Centre for an Air Cadet 75th Anniversary Reunion Gala for those who have been and are still involved with the Air Cadet Program (must be 19 to attend). Purchase tickets to reconnect with friends by e-payment: <http://aircadet75thanniversaryreunion.ca> Please forward this information. Deadline to confirm tickets: June 30. aircadet75thanniversaryreunion@outlook.com

MFRC continued from page 11

Virtual Visit

Have you recently moved to Trenton or do you know someone who will be posted to CFB Trenton soon? Consider taking a virtual tour of your new community and learn about this beautiful region from the comfort of your home! What do you need? One to one and a half hours of quiet time, a computer with sound application, headphones with microphone, and a cup of your favourite drink. Choose a time (DST); Wednesday, June 1 between 6 p.m. and 7:30 p.m.; Wednesday, June 15 from 11:30 p.m. to 3 p.m.; Wednesday, July 6 from 1:30 p.m. to 3 p.m.; or Wednesday, July 20 from 6 p.m. to 7:30 p.m. To register or for more information, please contact H el ene Cadotte-Gagnon at Helene.CG@TrentonMFRC.ca or 613-392-2811 ext 2379. Please give your name and preferred visit timing, and afterward you will receive an invitation to register online. We look forward to meeting with you!

Visite virtuelle

 etes-vous nouvellement arriv es   Trenton ou connaissez - vous quelqu'un qui d em enagera bient ot   la 8e escadre? Joignez - vous   nous, du confort de votre maison, pour une visite virtuelle de votre nouvelle communaut e et apprenez ce que cette belle r egion offre. Qu'avez - vous besoin ? 1 - 1.5 heures de votre temps ; un ordinateur avec carte de son;  couteur avec microphone ; une tasse de votre breuvage pr ef er e. Choisissez votre temps (heure avanc ee de l'est): Le mercredi 1er juin de 18 h   19h30; le mercredi 15 juin de 13h30   15 h; le mercredi 6 juillet de 13h30   15h; le mercredi 20 juillet de 18h   19h30. Pour vous inscrire ou pour plus d'information, contactez H el ene Cadotte-Gagnon   Helene.CG@TrentonMFRC.ca ou 613-392-2811 poste 2379.  crivez votre nom et votre session pr ef er ee, et par la suite vous recevrez une invitation en ligne. Nous avons h ate de faire votre connaissance.

Summer Pool Party

July 20 at 4 p.m. We're heading to the pool for summer fun in the sun and fresh fruit kebabs! Must be eight to 14 years old. \$7/person. Email for more information: tara-lee.colton@forces.gc.ca.

Party   la piscine

Le 20 juillet   16 h. Nous allons   la piscine pour du plaisir au soleil et des kebabs aux fruits. Doit  tre  g es entre 8 et 14 ans. 7,00\$ par personne. Pour plus d'information, contactez tara-lee.colton@forces.gc.ca

Mother-daughter Boot Camp

A seminar geared toward supporting mothers (or a significant female figure) and daughters (Grades 7, 8 & 9) in developing communication skills. This program covers topics such as building positive relationships and enhancing self-esteem. July 25, from 10 a.m. to 3 p.m. To register, please contact Jaelyn Hunter at 613-392-2811 Ext. 4017

Camp de Relation Mere-fille

Un atelier visant   am eliorer la communication entre les m eres(ou une figure de femme significative) et leurs filles (de la 7e, 8e et 9e ann ee). Ce programme abordera les sujets tels l'acquisition d'une meilleure estime de soi et le d veloppement des relations personnelles positives. Le lundi 25 juillet, de 10h   15h. Pour inscription, communiquez avec Jaelyn Hunter 613-392-2811 poste 4017

Limitless Youth Night

Inclusive youth social night for children with special needs, their sibling and friends ages six to 11. Every third Monday of the month - begins June 20 from 6 p.m. to 8 p.m. Have question? Contact Orleana Bourgoin orleana.b@trentonmfr.ca or 613-392-2811 ext. 3953.

Possibilit es Infinies

Learn the timeless art form from the Middle East. Mondays starting May 30, from 7 p.m. to 8:30 p.m. \$55. for eight classes. To register visit the MFRC reception. For more information, call 613-392-2811 ext 3265.

Paint Night with Suso

Monday, July 18, join us in the Youth Centre and paint a masterpiece with Suso Bach. \$5.00 per person. Register in the Youth Centre or email rabia.s@trentonmfr.ca

Continued on page 13



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Summer Swim Lessons Registration

Classes held: Monday, Tuesday, Wednesday and Friday – July 18 to July 29 or Tuesday and Thursday – July 19 to Aug. 11 (eight weeks) Register now online or in person at the RecPlex.

Fitness Programs

Outdoor Yoga – Tuesday, July 5 to July 26 – 7:30 a.m. to 8:30 a.m.

Fusion Wellness – Monday, July 4 to Aug. 29 – 11:30 a.m. to 12:30 p.m.

Stroller Fit and Fusion – Monday, July 4 to Aug. 1 – 10 a.m. to 11a.m.

Yoga Wellness Retreat 16+ – Saturday, June 20 – 9 a.m. to 1 p.m.

Personal Training - Schedule determined by client and trainer

Fitness Programs – Children, Youth and Teen

Youth Strength and Conditioning Course 13 to 15 years at the RecPlex

Figure Skating Dryland 10 to 16 years – Wednesday, June 8 – July 27 – 5 p.m. to 6 p.m. at the RecPlex

Home Alone Safety Course – Wednesday, Aug. 24 – 8 a.m. to 4 p.m. at the MFRC.

Babysitting Course – Thursday, Aug. 25 and Friday, Aug. 26 – 8 a.m. to 4 p.m. at the MFRC

Summer Kidz Kamp 2016 – June 27 to Sept. 2 – 8 a.m. to 4 p.m. at the RecPlex

8 Wing Martial Art Club MMA Camp – Monday, Aug. 8 – Friday, Aug. 12 – 8 a.m. to 4 p.m. (no before or after care will be available for this camp)

Youth Development Camp – 11 to 14 years – Monday, Aug. 22 to Friday, Aug. 26 – 8 a.m. to 4 p.m. at the MFRC.

She Rocks – Girl's Adventure Camp – Sept. 10 and 11 – Grades 7 and 8.

RCAF Flyers Arena Programs

Wheelchair Sports "New" – Rugby – Wednesday, July 6 to Aug. 31 – 6 p.m. to 9 p.m. and Saturday, July 9 to Aug. 27 – 12:30 p.m. to 3 p.m.

Ball Hockey Shinny (Co-Ed) 16+ - Monday, July 4 to Aug. 29 – 7:30 p.m. to 8:30 p.m.

Aquatic & Leadership Programs

Morning Aquafit – Monday, Wednesday, Friday – July 6 to Aug. 26 – 8:30 a.m. to 9:20 a.m.

Evening Aquafit – Tuesday and Thursday – July 19 to Aug. 11 – 6 p.m. to 6:50 p.m.

NEW Aqua Zumba Outdoor – Monday – Aug. 8 to Aug. 29 – 6 p.m. to 7 p.m.

Standard First Aid – Monday, Aug. 22 and Tuesday, Aug. 23 – 8 a.m. to 4 p.m.

Special Events

Roller night Event – Friday, Aug. 26 – RCAF Arena – 6 p.m. to 8 p.m. .

MFRC continued from page 12

Paint Night with Suso

Le lundi 18 juillet, venez peindre un chez-d'oeuvre au Centre des jeunes avec Suso Bach. 5,00\$ par personne. Inscrivez-vous au Centre des jeunes ou contactez Rabia: rabia.s@trentonmfr.ca

Medieval Times - Dinner and Tournament

Saturday, Aug. 13. Adults: \$52.50, children(under 12): \$46.75. Depart MFRC at 12:30 p.m. Return at approximately 9:30 p.m. Dinner and bus are included; please indicate any allergies. Registration and payment at MFRC reception by July 29, no exceptions!

Medieval Times

Le samedi 13 août. Adultes: 52,50\$, jeunes (de moins de 12 ans): 46,75\$. Départ CRFM à 12h30 et retour vers 21h30. Comprend le souper et le transport par autobus. Inscription et paiement à la réception du CRFM par le vendredi 29 juillet, aucune exception!

Monthly Mindfulness Group

Open to those who are interested in developing their mindfulness practices as a way to reduce stress and anxiety. Previous experience is not required. Last Thursday of the month (May 26) from 12 p.m. to 1 p.m. or 1 p.m. to 2 p.m. For information or to register please contact by email helene.t@trentonmfr.ca or 613-392-2811 ext.5541

Groupe mensuel de pleine conscience

Offert à ceux qui sont intéressés à développer leur pleine conscience pour réduire le stress et l'anxiété. Aucune expérience préalable n'est requise. Le dernier jeudi du mois (26 mai) de midi à 13h00 ou de 13h00 à 14h00. Pour information ou pour vous inscrire par courriel helene.t@trentonmfr.ca ou 613-392-2811 poste 5541.

Program Calendars

The June Youth Centre calendar and the Spring Playroom calendar is available under 'Youth & Teens' and 'Children & Parents' respectively on our website - www.trentonmfr.ca/family-services.

Le calendrier du Centre des jeunes

Le calendrier du mois de juin du Centre des jeunes et celui de la Salle de jeux sont disponibles sur notre site internet sous "Jeunes et ados" et "Enfants & Parents" - <http://trentonmfr.ca/fr/services-famille>.

Picasso and Pinot

Canvas, brushes and spirits - Are you and your friends looking for a fun different night out? *No artistic experience required. Sip wine, beer or non-alcoholic beverages as you and your classmates get step-by-step instruction of that evening's painting that you will take home. When: Thursday, May 12 or Thursday, June 9. Time: 6:30 p.m. to 8:30 p.m. Where: WO and Sgt's Mess. Cost: \$30/class, includes the canvas, brushes and paint. Register and pay at the Trenton MFRC reception by May 6 or June 3 (no refund after these dates). *Our first three events have sold out!

Picasso et Pinot

Toile, pinceaux & eau de vie - Cherchez-vous une activité amusante et différente à faire avec vos amis(es)? *Aucune expérience artistique requise Sirotez du vin, de la bière ou une boisson non-alcoolisée tout et apprenant, avec vos camarades de classe, étape par étape à peindre une toile que vous rapporterez chez vous. Quand : les jeudis 12 mai ou 9 juin. Heure : de 18h30 à 20h30. Où : Au mess des Adjudants et Sergents. Coût : 30\$/par classe, comprend la toile, les pinceaux et la peinture, apportez un tablier ou une vieille chemise. Inscription & paiement à la réception du CRFM d'ici le 6 mai ou 3 juin (Aucun remboursement après ces dates). *Notre trois premières soirées furent à guichet fermé!

All Hands Drop-Off Childcare

This group is for children with special needs and their siblings, every Tuesday of the month from 5 p.m. to 8 p.m. Parents must supply all snacks and dinner, but the program is free. To register, contact Orlana 392-2811 ext. 3953 or orlana.b@trentonmfr.ca

Halte garderie pour toutes les mains

Ce groupe est destiné aux enfants ayant des besoins particuliers et leurs frères et soeurs sont aussi les

bienvenus. Ce programme gratuit, a lieu chaque 3me mardi du mois de 17h00 à 20h00. Vous devez fournir le repas et les collations. Pour inscrire votre enfant, contactez Orlana Bourgoin au 613-392-2811 poste 3953 ou orlana.b@trentonmfr.ca

Trip to Canada's Wonderland

When: Thursday, July 21. Cost: Adult - \$47.73, Junior/Senior - \$43.21 (three years and under 48" or over 60 years.) Coach bus transportation: \$5 per person. *Cost includes admission and an all-you-can-eat-buffet lunch. Please purchase your tickets and register for the bus by Friday, July 15. For more information please call 613-965-3575.

Voyage à Canada's Wonderland

Quand : le jeudi 21 juillet. Coût : adulte - \$47.73, junior/senior - \$43.21 (3 ans MOINS de 48" ou PLUS que 60 ans). Transport par autobus Coach : 5\$ par personne. *Le coût inclut l'admission et le buffet lunch à volonté. S.V.P. achetez vos billets et inscrivez-vous pour l'autobus par le vendredi 15 juillet. Information: 613-965-3575.

Friday Drop-Off

Need a break, have an appointment for an hour or a day? We have drop-off child care on Fridays from 9 a.m. to 4 p.m. at the Playroom. To book a spot, call MFRC reception (613-965-3575) from 1 p.m. on Monday to noon on Thursday. The cost is \$5 per hour for your first child and \$4 per hour for subsequent children.

Halte-garderie du vendredi

Avez-vous besoin d'un répit? Avez-vous un rendez-vous? Nous offrons un service de halte-garderie à la salle de jeux du CRFM les vendredis de 9h à 16h. Nous prenons les réservations à compter du lundi 13h jusqu'au jeudi midi au 613-965-3575. Le coût est de 5\$/heure pour le premier enfant et de 4\$/heure pour le deuxième et ainsi de suite.

Royal Ontario Museum

The Trenton MFRC is pleased to announce that, on a trial basis, we are selling Royal Ontario Museum (ROM) tickets at a discount rate. Adults - \$13.50; students with ID - \$12.50; children (4-14) - \$9.50. Information: 613-965-3575

Classifieds

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 Nathalie Longtin
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 Adjointe administrative
 (613) 392-2811 ext/poste 2490/4593



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 Monday to Friday - 8 a.m. to 4 p.m.
 Du lundi au vendredi - 08h00 à 16h00

Services Times/Heures des services religieux
 RC Mass: 0900 hrs (English) / Messe catholique: 09h00 (Anglophone)
 RC Mass: 1010 hrs (French) / Messe catholique: 10h10 (Francophone)
 RC Bilingual Mass the 4th Sunday of the month at 0900 hrs
 Messe bilingue catholique le 4e dimanche du mois à 09h00
 Protestant Worship Service: 1115 a.m.
 Service de culte protestant: 11h15
 RC Weekday Masses at 11:45 a.m.
 (Tuesday, Wednesday and Thursday - may be cancelled on short notice)
 Messes catholiques quotidiennes à 11h45
 (mardi, mercredi et jeudi - peuvent être annulées sans préavis)

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 Capt (Rabbi/Rabbin) Bryan Bowley • Capt (the Rev./Rév.) Eric Davis
 Capt (Padre) Eric Doiron • Capt (the Rev./Rév.) Gerson Flor
 Capt (the Rev./Rév.) Blair Ross • Capt (the Rev./Rév.) Daniel Walton

Safety

Bicycle safety should be foremost in any cycling adventure or excursion

Cycling seems to be enjoying a tremendous revival with the advent of advanced technologies in equipment design, materials, and construction. Cycling trails are being created in all kinds of settings, from urban centers to wilderness parks. If you enjoy cycling you might want to take your child cycling with you.

Some infants accompany the cyclist safely tucked in a specially designed tandem trailer for infants and small children. When the child is old enough to sit up by herself, and has neck muscles strong enough to hold her head with a helmet on, the child may be ready for riding in a child carrier on your bike.

No child under the age of one year should be transported in a child carrier. Eventually your children will be old enough and mature enough to ride beside you on their own bikes. Cycling safety is essential for every stage of the child's bicycle experience.

Safe cyclists

know the rules of the road.

- Cyclists should not ride on sidewalks but on the street where they must follow the same laws as motorists.
- Training to improve your cycling skills in traffic is available in many communities. Contact your provincial or state cycling association, the local cycling club or the local safety council for programs offered in your community.

- The primary safety rule for bicycling is the wearing of an appropriate and properly fitting helmet. Before discussing child

carriers for bicycles and youth bicycles, we have included a section on bicycle helmets.

Cycling Helmets

Bicycling and many other sports such as skiing, hockey, skateboarding, and rollerblading are responsible for many deaths and serious injuries. However, bicycle accidents cause the most common head injuries in children.

The statistics

are frightening - and clear.

Last year, almost 100 children in Canada died from head injuries caused by falling off their bicycles. Thousands more were injured, some with permanent disabilities. In the U.S.A., the Center for Disease Control estimates that if all bicyclists wore helmets, perhaps 500 lives and 135,000 head injuries could be prevented each year; that is, there would be at least a 50 per cent reduction in cycling-related head injuries.

Less than 20 per cent of reported cycling injuries involved collisions with motor vehicles; most injuries occur in falls or as a result of riders losing control. Bicycle riders who wear helmets are eight times less likely to incur serious brain injuries than riders who do not wear helmets (Canadian Dental Association pamphlet, "Protect Your Family from Head Injury").

Here are some tips about bicycle helmets:

- Make sure your child wears a helmet when bicycling. Bicycle helmets save lives and years of rehabilitation. Train your child from the start that you are not uncool or

"nerdy" if you wear a helmet.

- When picking a helmet, make sure it has an approval seal from the Canadian Standards Association (CSA) or the private Snell Memorial Foundation. In the U.S.A., it should have a Snell seal, or American National Standard Institute (ANSI) label.
- A helmet should have a hard plastic outer shell with an energy-absorbing liner.
- The helmet should fit snugly so it will not slide around on the child's head.

Many helmets will come with an assortment of foam shims which can be placed inside the helmet to ensure it fits smaller heads. Follow the manufacturer's directions for the proper fitting of these pads.

- A helmet should also have an adjustable chin strap with a quick release fastener.
- Make sure the helmet is lightweight, comfortable, and is well-ventilated.
- If a helmet has been involved in a serious fall, replace it at once.
- Don't store your helmet away from your bike - attach it to your bicycle so that it's always ready to wear.

- Ideally, when you are purchasing a helmet, you should take your child with you to make sure that it fits properly. For a proper fit, carefully measure the circumference of the head about one inch (three cm) above the eyebrows. If you are unsure about making this measurement, ask your doctor or a public health nurse to assist you.

A helmet that fits properly

has these features:

- It is level from the front to the back and sits about one inch (three cm) above the eyebrows.
- The helmet sits squarely on top of the head, protecting the forehead and the base of the skull (back of the head).
- It fits snugly, but not too tightly; it should neither slide around on the child's head, nor pinch.
- The helmet has straps that are tight and comfortable.
- It cannot be "rolled" forward or backward and can only be removed by undoing the straps.

Child Carriers on Bicycles

Many adults who enjoy cycling will be eager to share the experience with their young child. Child carriers are widely used on the back of adult bicycles. However, because the carrier changes the load distribution of the bike, which in turn affects the steering and braking, the Canadian Pediatric Society considers them dangerous and does not recommend their use.

Children in carriers have been seriously injured when the bicycle they were riding on tipped over. The child is very vulnerable when this happens. If you are not an experienced rider and have not practiced with extra weight on the carrier on the bike, don't go for the ride with your child.

If you do decide to use a child carrier on your bike, please follow these rules:

- Ensure you can handle a bicycle with the extra weight of a child on the back of the bike. Practice with a similar weight load before taking your child on the bicycle. Use a bag of sand, for instance,



to see how the bike handles with the extra weight. Make sure the manufacturer's recommended load is not exceeded.

- Choose a seat with safety straps that cannot be undone by the child and that will prevent the child from making unexpected moves.
- The carrier should be solid, rigid, and fastened securely to the bicycle frame according to the manufacturer's instructions. Check to see that it is secure every time you go for a ride.

- The carrier should be designed to prevent the child's feet and hands from getting caught in the spokes.

- The seat should have a high back to support the child's head and neck, and side supports to prevent a child from swinging from side to side.

- Dress the child properly. Remember that, unlike you, the child will not be exerting himself. You may be warm and sweaty while the child is cold.

- If the seat on your bicycle has springs, use a guard that will prevent little fingers from getting caught.

- Both the child and the adult should wear approved helmets that are properly fastened.

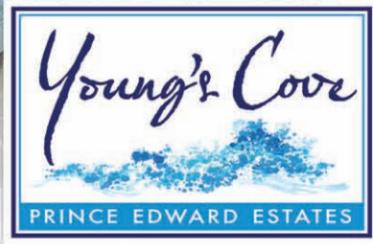
- Do not ride on busy streets and always ride with extreme caution.

- Do not lean the bicycle against anything or use a kickstand when your child is in the seat.

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14 NISSAN VERSA NOTE SL

27816 Push button start, heated seats/mirrors, rev camera, Bluetooth, cruise, 5spd, 4cyl, FWD, hatchback, keyless entry, alloys, fog lights, air bags, traction ctrl, height adjust seat, AC, CD, MP3, sat radio, pwr windows/locks/mirrors, steer wheel ctrls, tilt steering, 67,533 km.

\$9,995
\$67
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



15 KIA SOUL EX

28278 4cyl GDI, Bluetooth, cruise, auto 1.6, FWD, hatchback, keyless entry, hubcaps, fog lights, air bags, traction ctrl, economy mode, AC, MP3, sat radio, ext temp gauge, pwr windows/locks/mirrors, steer wheel ctrls, tilt steering, 45,285 km.

\$15,495
\$94
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



15 VW BEETLE COMFORTLINE

27428 Panoramic roof, leather, heated seats, Bluetooth, cruise, auto, 4cyl TSI, FWD, keyless entry, alloys, fog lights, push button start, air bags, height adjust seat, AC, CD, MP3, sat radio, ext temp gauge, pwr windows/locks/mirrors, steer wheel ctrls, tilt steering, 28,012 km.

\$18,995
\$115
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



12 CHEVY CRUZE LT

28264 4cyl ECOTEC, AC, OnStar, cruise, auto 1.4, FWD, sedan, keyless entry, hubcaps, air bags, traction ctrl, height adjust seat, CD, MP3, sat radio, ext temp gauge, pwr windows/locks/mirrors, steer wheel ctrls, tilt steering, 32,179 km.

\$11,995
\$107
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



13 BUICK VERANO

28256 4cyl ECOTEC, alloys, leather trim seats, OnStar, cruise, auto 2.4, FWD, sedan, keyless entry, air bags, traction ctrl, height adjust seat, AC, CD, ext temp gauge, pwr windows/locks/mirrors, steer wheel ctrls, tilt steering, 38,353 km.

\$13,995
\$107
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



15 FORD ESCAPE TITANIUM

28268 Factory remote start, panoramic roof, push button start, leather, heated seats, rev camera, park aid, sync, pwr tailgate/seats/windows/locks/mirrors, touch screen, blindspot info system, cross traffic alert, Sony snd, auto, 4cyl, 4WD, roof rack, trailer hitch, alloys, air bags, traction ctrl, cruise, 12,835 km.

\$29,195
\$177
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



15 CHEVY EQUINOX

28000 Auto 2.4, AWD, AC, Bluetooth, OnStar, cruise, keyless entry, alloys, tinted windows, air bags, traction ctrl, economy mode, height adjust seat, MP3, sat radio, ext temp gauge, pwr seats/windows/locks/mirrors, steer wheel ctrls, tilt steering, 26,366 km.

\$21,995
\$133
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



13 HYUNDAI SANTAFE SPORT

27766A Heated seats/rear seats/steering, park aid, Bluetooth, cruise, rear window visor, auto, 4cyl GDI, AWD, keyless entry, roof rack, alloys, fog lights, air bags, traction ctrl, economy mode, pwr seats/windows/locks/mirrors, AC, dual climate, MP3, sat radio, ext temp gauge, steer wheel ctrls, tilt steering, 113,319 km.

\$16,995
\$130
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



16 HONDA HRV LX

28287 AWD, alloys, heated seats, rev camera, Bluetooth, cruise, Honda link, touch screen, auto 1.8, 4cyl, keyless entry, air bags, traction ctrl, economy mode, AC, CD, MP3, ext temp gauge, pwr windows/locks/mirrors, steer wheel ctrls, tilt steering, 11,057 km.

\$24,255
\$146
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



14 MITSUBISHI RVR GT

26819A AWD, push button start, leather, heated seats, nav, rev camera, Bluetooth, Rockford Fosgate snd, touch screen, fixed pano roof, auto, 4cyl, roof rack, alloys, fog lights, air bags, traction ctrl, pwr seats/windows/locks/mirrors, AC, MP3, sat radio, cruise, steer wheel ctrls, 95,957 km.

\$19,995
\$134
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



16 DODGE RAM 2500 LTD

28143 8cyl Cummins Turbo, diesel, 4x4, factory remote start, alloys, leather, pwr roof/seats/windows/locks/mirrors, heated seats/rear seats/mirrors/steering, nav, rev camera, MegaCab, trailer brake ctrl, tow/haul, touch screen, mirror dimmer, hill start assist, Alpine snd, cruise, U-connect, 12,314 km.

\$66,995
\$404
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



15 TOYOTA TACOMA SR5

28228 Quad cab, short box, heated seats, rev camera, Bluetooth, touch screen, RSCA, auto, V6, 4x4, keyless entry, trailer hitch, box liner, alloys, fog lights, air bags, AC, CD, MP3, sat radio, ext temp gauge, pwr windows/locks/mirrors, steer wheel ctrls, 23,335 km.

\$34,995
\$211
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 FORD F150 LARIAT FX4

26798 Auto, DAC, factory remote start, eco boost, leather, heated/ventilated seats, nav, sync, blindspot detect, cross traffic alert, 4 dr, 6 cyl, 4x4, keyless entry, trailer hitch, short box, air bags, traction ctrl, CD, MP3, sat radio, ext temp gauge, pwr windows/locks/mirrors, Sony snd, touch screen, steering wheel ctrl, 11,218 km.

\$49,995
\$302
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 GMC SIERRA 1500

27968 Auto 5.3, 8cyl, 4x4, quad cab, rev camera, OnStar, cruise, tow/haul, small touch screen, keyless entry, short box, trailer hitch, box liner, alloys, fog lights, air bags, traction ctrl, AC, MP3, pwr windows/locks/mirrors, heated mirrors, steer wheel ctrls, tilt steering, 10,285 km.

\$39,995
\$241
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 DODGE RAM 1500 SPORT

25876 Auto, 4 dr, 8 cyl, 4x4, keyless entry, crew cab, short box, box liner, tow/haul, alloys, air bags, traction ctrl, AC, MP3, touch screen, sat radio, u-connect, pwr seats/windows/locks/mirrors, heated mirrors, cruise, steering wheel ctrls, tilt steering, 96 km.

\$37,995
\$230
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 MAZDA 5 TOURING

28148E Auto 2.5, alloys, AC, cruise, 4cyl, FWD, hatchback, keyless entry, air bags, traction ctrl, rear air ctrls, CD, MP3, ext temp gauge, pwr windows/locks/mirrors, steer wheel ctrls, tilt steering, 43,271 km.

\$16,995
\$103
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



15 CHRYSLER TOWN & COUNTRY S

28170 Factory remote start, stow'n'go, heated seats/rear seats/mirrors/steering, dual climate, rear air ctrls, DVD (2), nav, rev camera, park aid, U-connect, pwr doors/tailgate/seats/windows/locks/mirrors, touch screen, rear window visors, auto, 6cyl, FWD, alloys, fog lights, air bags, traction ctrl, cruise, 21,159 km.

\$28,495
\$172
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



15 CHRYSLER T & C TOURING

28159E Factory remote start, leather, stow'n'go, heated seats/mirrors/steering, rev camera, park aid, U-connect, cruise, pwr liftgate/doors/seats/windows/locks/mirrors, touch screen, auto, 6cyl, FWD, flex fuel, roof rack, alloys, air bags, traction ctrl, econo mode, AC, dual climate, MP3, sat radio, 68,700 km.

\$21,995
\$133
bi-weekly
96 mths @ 5.9%
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PREVIOUS DAILY RENTAL



15 DODGE GRAND CARAVAN CREW

28180 Factory remote start, pwr roof/seats/liftgate/doors/windows/locks/mirrors, leather, stow'n'go, heated seats/mirrors/steering, AC, dual climate, rear air ctrls, DVD (2), nav, rev camera, U-connect, touch screen, hill start assist, auto, 6cyl, FWD, flex fuel, alloys, air bags, traction ctrl, cruise, 59,112 km.

\$23,995
\$145
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



12 DODGE GRAND CARAVAN SE

27834 Stow'n'go, AC, cruise, auto 3.6, 6cyl, FWD, keyless entry, roof rack, hubcaps, air bags, traction ctrl, econo mode, CD, MP3, pwr windows/locks/mirrors, heated mirrors, steer wheel ctrls, tilt steering, 99,617 km.

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