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Maj. Richard Morris takes command of 8 Wing Comptroller Branch from Maj. Mike Stoddart

By Ross Lees

Major (Maj.) Richard Morris took over the reins of the 8 Wing Comptroller Branch from highly regarded Maj. Mike Stoddart Monday morning in a Change of Appointment ceremony at the National Air Force Museum of Canada (NAFMC).

Presiding Officer Colonel (Col.) Colin Keiver

noted that the 8 Wing Comptroller Branch was an amazing team lead by an amazing man and doing amazing things with the largest budget in the Royal Canadian Air Force (RCAF).

Col. Keiver quoted Colin Powell in noting that leadership is the art of getting more out of people than often thought possible.

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Maj. Richard Morris (left) took over command of the 8 Wing Comptroller Branch from Maj. Mike Stoddart (right) on Monday with Col. Colin Keiver presiding over the ceremonies. Photo by Ross Lees

426 Squadron appoints new Honorary Colonel

Honorary Colonel Timo Hytonen follows in the large footsteps of former Honorary Colonel Arthur Sherwin of Great Escape fame

By Ross Lees

Honorary Colonel Timo Hytonen knew he had huge shoes to fill when he became the new Honorary Colonel of 426 Squadron but he pledged to do his best with the help of squadron personnel during his investiture ceremony May 26 at the Na-

tional Air Force Museum of Canada.

Following in the footsteps of Honorary-Colonel Arthur Sherwin, a former Royal Air Force pilot shot down in Tunisia in 1943 and eventually becoming part of the Great Escape from Stalag Luft Three would indeed be a daunting task, but Hon. Col. Hytonen said he would work very hard

to become a credible voice for 436 Squadron, the Royal Canadian Air Force (RCAF) and the Canadian Armed Forces (CAF) in general.

"I am very much looking forward to learning what you do in detail and why it is important to Canada and then I expect to tell as many people as possible about the

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Letter to the Editor

Belleville proud to be 8 Wing's neighbours

Dear Colonel Keiver,

On behalf of myself, City Council and the citizens of the City of Belleville, we thank you and your team at 8 Wing/CFB Trenton for your efforts concerning the recent Freedom of the City Parade held here in downtown Belleville on May 13.

We are proud to be neighbours to the largest air force base in Canada and the invaluable work done by the Canadian Armed Forces is definitely something

to be celebrated. I commend the work you and your team do each year to support our community and this event was no exception.

It was an honour to be a part of this momentous tradition and we look forward to partnering on future events including the Quinte International Air Show this summer.

*Sincerely,
Taso A. Christopher,
Mayor, City of Belleville*

Wing Logistics and Engineering Picture of the Week



Corporal Dumouchel is confirming account verification details with Corporal Poole at the Customer Service Flight of Wing Replenishment. *Submitted photo*

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Jennifer Keiver and Ryan Williams win Dancing with the Stars



Ryan Williams and Jennifer Keiver captivated the audience at Dancing with the Stars and were voted the winning couple. Photo by Stephen Petrick



Ryan Williams and Jennifer Keiver dance under a chandelier at Dancing with the Stars of Quinte. Photo by Stephen Petrick

By Stephen Petrick

Things were sizzling hot at Yardmen Arena Friday night, when Volunteer & Information Quinte hosted its ninth annual Dancing with the Stars event.

Eight couples hit the check-board dance floor in front of a crowd of hundreds to display well-choreographed routines that ranged from funny, to inspiring to sexy.

But no couple captivated the crowd more than Jennifer Keiver and Ryan Williams, who were voted as the best duo of the night.

Mrs. Keiver is the wife of 8 Wing/CFB Trenton Wing Commander Colonel Colin Keiver and Mr. Williams the son of Honorary Colonel John Williams.

The two came out in magnetizing red and black formal wear and performed a swinging quick-step routine, taught to them by France, the single-named instructor from For the Love of Dance.

They smiled and laughed throughout the performance and the crowd fed off their free-spirited energy.

"It was awesome," said Mr. Williams, describing the feeling of the night, after being named a winner.

He also praised France. "She's the reason for this. We just fol-

lowed her lead."

Mrs. Keiver said she came out of the event as a big winner.

"This is the best. I made two really good friends," she said, referencing both France and Mr. Williams.

It was one of a number of inspiring performances on the night. Second place went to Jill Turney and John-Ross Parks for a disco routine, taught by Krystle Parks.

And Lisa Vance and John Cairns came in third place for a lyrical/hip hop routine taught by Sheri Thompson of the Ireland Academy of Dance. Cairns, a double amputee, inspired the crowd with some tricky moves.

A Belleville police officer was the star of another crowd-pleasing performance, as officer Lindsay Elliot danced with Tim

Howard. The routine, taught by Liane Ireland of Ireland Academy of Dance, depicted a jail-house scene.

Spiderman made an appearance early in the evening, as part of a routine taught by Daryl Greese of A Step Ahead

Dance. But when the mask was unveiled, it showed it was Terry Boyd dancing with Janice Cooney, not the actual superhero.

Christine Bennett and Ja-

mie Godin donned roller skates for their tricky 70s-style dance performance, taught by Tawny Jackson of Tawny's School of Dance.

Nicole Kleinsteinuber, of Quinte Broadcasting, and Brice McVicar, of The Intelligencer, performed a fun character dance taught by

Lisa Sinclair of Loyalist College. It showed that even journalists can be cool.

Lauren Franz-Reid and Chris Crawford got the night started with a salsa mix dance, taught by Alicia Sewell of Astounding Heights Dance Academy.

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Fire Rescue Olympics on top of the world

By: Second Lieutenant Kevin Young

Canadian Forces Station Alert Fire Rescue team hosted the first Alert Fire Rescue Olympics on May 28.

More than 20 personnel, civilian and military, performed a series of timed challenges similar to those used to qualify the fitness of military firefighters. Challenges included carrying hose reels and ladders, stair climbs, hose runs, shuttle pulls, forced entries, and more all while wearing “Bunker Gear.”

The winners for the event were Corporal (Cpl.) Jordan Stella for the men and Aviator Judy Bergeron for the women. Photos include the ladder carry, Dana Stephenson from Environment Canada giving an enthusiastic thumbs-up before starting, the shuttle pull, Cpl. Tom Levshuk and Cpl. Kim Lavoie-Lafleur performing the stair climb, and the fire hose run.

Photos by: Private Istvan Zsarik



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.

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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.

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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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LUSAR continues to prepare for emergencies

By Corporal Stephen Doyle

This has been a busy year for the 8 Wing Light Urban Search and Rescue Team (LUSAR). In April 2015, the team was deployed to the disaster in Nepal in support of the Disaster Assistance Response Team (DART) operations. Once in Nepal, the team sprang into action and with the help of the Burnaby B.C. Search and Rescue team, 8 Wing Fire Fighters searched 160 kilometres. During this time they conducted reconnaissance, damage assessments and began looking for people who were still trapped in the rubble. The team also had a chance to meet the local Nepalese people, boost morale by playing games with the local children and hand out daily necessities.

“We did whatever we could to help out in any situation,” commented senior member of the team, Corporal (Cpl.) Larry Martin.

The 8 Wing LUSAR team is always

adding new members and this year the team added six members. With cooperation from Task Force Maine (United States FEMA USAR Team), members from both 8 Wing and 19 Wing Comox conducted the 10 day structural collapse technician course. This course, which is usually held in the fall, includes shoring, basic knots, moving large chunks of concrete, and of course searching for victims.

With operations helping people in need and training new members, the team has also been conducting training with their American counterparts. The most recent training exercise was at the Mountain Warfare Training Center in Jericho, Vermont. The scenario was recreated based on one the team had experienced a few



months earlier in Nepal. With the help of 19 Wing, the two teams worked in 24 hour shifts conducting confined space and vehicle extrication as well as structural collapse rescues reminiscent of the destruction caused by an earthquake.

Since 2015 was such a busy year for the 8 Wing LUSAR team, in 2016 the team will continue to add members and conduct more training so when their time comes to help those in need, they will be ready.

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Fitness & Health



Last Weekly Wing Workout

Monday, May 30 marked the last Wing Weekly Workout brought to you by Health Promotion along with Fitness and Sports. The weekly workouts were part of the CAF Health and Wellness Challenge and the Wing took this challenge very seriously.

With over 500 participants every week we proved that 8 Wing/CFB Trenton has a very strong culture on Health, Fitness and Wellness. Kudos to everyone who participated and to the spirit and energy that everyone brought with them.

Many thanks to Colonel Keiver for the support to make this happen, and to WTISS for our sound systems, to the *Contact* and Ross Lees for our captured memories, to the Fitness and Sports staff for their leadership at our high energy events, to the Health Promotion Team for their consistent support, and to SISIP our national sponsor of this great event. Making healthy choices count was the focus, and safe to say we did this together..... and now on to June is Recreation Month. Let's keep up the momentum and plan for our fitness, health and recreation throughout the month of June. Let's commit to stay fit, together, every day, every month.

That's a wrap for the CAF Health and Wellness Challenge!

The HP Team - Brenda, Pam, Sasha, and Lisa

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June is Bike Month!

As part of this month long initiative, Health Promotion is pleased to offer a few events.

Commuter Challenge – This national campaign runs from the June 5-11 and at 8 Wing/CFB Trenton we are operating an event within this challenge - a unit challenge on Friday, June 10. If you are commuting on the morning of the June 10, you will be recorded for your unit as participating and will be eligible to win prizes!

Bike Maintenance Workshop over the lunch hour on Friday, June 17 from 12 noon until 1 p.m.! Workshop will be covering topics and demonstrations such as brake pads, changing tires and lubing a chain to name a few. *Participants are not required to bring a bike to the clinic but can do so if desired. Location: Rec plex lawn (north side) – rec plex gym if raining.



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CWO Mike Moore achieves NCM career pinnacle



Col. Colin Keiver, 8 Wing Commander, Mrs. Kara Moore, newly promoted CWO Mike Moore and WCWO Darcy Elder pose for a picture immediately following CWO Moore’s promotion from Master Warrant Officer on May 26. Photo by Ross Lees

By Ross Lees

Chief Warrant Officer Mike Moore achieved the pinnacle of his career on May 26 when he was promoted by 8 Wing Commander Colonel (Col.) Colin Keiver and Wing Chief Warrant Officer (WCWO) Darcy Elder from Master Warrant Officer at a ceremony at the Wing Coordinator of Official Languages (WCol) where CWO Moore was about to complete a French course.

As impressive as it is for someone to achieve that rank, Col. Keiver said the promotion means so much more.

“It represents a significant amount of trust in that individual and their ability to lead, lead the institution, not just people, and it represents everything every single one of us should aspire to in our careers in the Canadian Armed Forces (CAF) and the Royal Canadian Air Force (RCAF),” he said.

WCWO Elder said newly promoted CWO Moore was about to enter into one per cent of the CAF, where there are only 584 Chief Warrant Officers. He said people would now look at CWO Moore differently.

“You are now going to be the co-steward of the professional arms with the Officer Corps and everybody expects you to be that person and then the other part of it is you are going to be the

steward of the non-commissioned members (NCM) Corps., which is a huge undertaking,” WCWO Edler noted.

From that point onward, when parades formed up, WCWO Elder said those on the parade square would not be looking at the Commanding Officer and wishing they were that person, but they would look at the CWO and wish they were that person, because that was the pinnacle of their careers as far as they were concerned.

Col. Keiver noted these kinds of promotions were few and far between and both he and WCWO Elder were proud to present the promotion.

CWO Moore said he looked forward to going to Ottawa – if he passed his French course – to become a career manager, because the people he commanded were always the most important thing to him.

Continued on page 11



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Weekly Wing Workouts support Health and Wellness Challenge with healthy numbers



This group of participants had an epic day as they covered the fitness trail to begin the final week of May and bring in the month of June, which is Bike Month and features the Commuter Challenge from June 5- 11.

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By Ross Lees

The final Weekly Wing Workout was again well attended and kicked off another week in energetic style and taking advantage of the beautiful weather.

As part of the Canadian Armed Forces (CAF) Health and Wellness Challenge and supported locally by Health Promotion and Fitness and Sports, the events were well attended with 500 participants each week, according to figures released by Health Promotion.

Colonel (Col.) Colin Keiver noted there had been a record number of participants in the Health and Wellness Challenge and he said it was awesome to see everyone getting out.

"They say it takes about 27 to 28 days to establish new habits, so

you have been doing this for a month, so just keep doing it. In that vein, it's not about me anymore, it's about the COs and branch heads and you guys

Continued on page 9



The fitness trail provided some very scenic workout stations for those participating in the final Weekly Wing Workout. *Photos by Ross Lees*



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Canadian Forces Aerospace Warfare Centre won the Wing Commander's Challenge and the trophy was presented prior to the final Weekly Wing Workout Monday morning.
Photos by Ross Lees

Continued from page 9

to challenge each other in recreation and just get out and get active and enjoy yourselves. Inter-act with one another and get to know one another and, at the end of the day, it's all about teamwork and sport and how we work together, so just do it!"

The Wing Commander's Challenge which took place at the golf course and featured buffet and ice pellets, according to Col. Keiver, was won by Canadian Forces Aerospace Warfare Centre and that trophy was presented prior to the event Monday morning.



And participants like these followed the Wing Commander's orders to the letter and had fun while they were covering the fitness trail.



Participants did various exercises as they passed each station along the fitness trail.

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426 Squadron Honorary Colonel Hytonen expressed his pleasure at becoming the new Honorary Colonel for 624 Squadron.

426 Squadron appoints new Honorary Colonel

Continued from page 1

contributions that members of 426 Squadron make to our collective security in as many places as will have me," he told his audience.

"I look forward to engaging in conversation with you on various topics of the day and building deeper understanding of the challenges we face in a very fast-moving world," he stated.

Choosing an Honorary Colonel was a long, hard process, according to 426 Squadron Commander Lieutenant-Colonel Ryan Deming, requiring significant study, thought and consideration as to what would constitute a good fit for the unit.

Lt.-Col. Deming noted that said 426 Squadron is a diverse unit responsible for the force generation for three distinct fleets, moulding technicians for two fleets as well as the development of aeromedical specialists. They are also responsible for the testing and validation of all Air Mobility Fleets' new capabilities and Air Mobility System Support.

"Our daily engagement and cooperation with key corporate partners and providing education to many allies requires constant tact and diplomacy," Lt.-Col. Deming stated, adding these elements were key to maintaining the reputation of the squadron within the community.

"We needed to find a candidate who would be capable of fostering our esprit de corps, embrace our unit values and proud traditions, but also serve as a vital link to our communities using their professional network of Honorary Colonels," Lt.-Col. Deming said.

First impressions mean a lot and it was the first impressions of the leadership team that finally sold them on Hon Col. Hytonen's merits. He came across as approachable, humble and an accomplished professional. "We look forward to seeing you around the squadron, sharing experiences, gaining your wisdom and insight and having fun together," Lt.-Col. Deming concluded.



426 Squadron Commander Lt.-Col. Ryan Deming and new Honorary Colonel Timo Hytonen sign the investment certificates May 27 at the National Air Force Museum of Canada.

Photos by Ross Lees

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The Quinte Economic Development Commission (QEDC) and Trenval Business Development Corporation (BDC) are pleased to come together to support the 2016 Quinte International Air Show - the must see event of 2016!

The [QEDC](#) and [Trenval BDC](#) are co-located the [Quinte Business Development Centre \(QBDC\)](#) is a group of business development related organizations who are collocated at Loyalist College to offer a full range of services to entrepreneurs, business start-ups, existing local companies, and businesses wishing to relocate to the region. For over 20 years, the QEDC and Trenval BDC have provided support services to many businesses, as well as community initiatives.

For the convenience of clients, the [QBDC](#) provides one-stop shopping for business related inquiries and support at our shared facilities in the Pioneer Building, Loyalist College at 284B Wallbridge-Loyalist Road, Belleville.

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Congratulations to 8 Wing/ CFB Trenton in delivering a world-class [airshow](#)! We are proud to support [8 Wing / CFB Trenton](#), and thank them for all their on-going service and support of the community.

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CWO Mike Moore achieves NCM career pinnacle

Continued from page 7

"I know it's going to be a difficult job," he stated. "I take things personally and it's going to be hard for me to make tough decisions, but at the same time, the only thing that matters to me is the people that work with us. I'm looking forward to working for all the young troops in our trade and hopefully we'll keep things rolling in a positive direction."


CWO Moore's sense of humour will help him get through those trying times in the future, though as he demonstrated an ability to lighten any atmosphere dur-

ing his promotion ceremony. He told the audience at the ceremony that they had probably all heard about the path to making Chief Warrant Officer was to work hard, put service before self and always take good care of your folks.

"That's one way to do it," he noted, smiling. "There's another way. You need to be tall, you need to be bald, strikingly good looking, and you have to have an uncanny ability when you open your mouth, to make those around you seem smarter," he said, moving closer to WCWO Elder, who laughed and commented, "I don't know how I made it."










Kara Moore places the new rank badge on her husband, CWO Mike Moore, while Col. Colin Keiver looks on. *Photo by Ross Lees*



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Refurbished BCATP plaque site story has a happy ending

Rescued five-week-old orphaned groundhogs doing well at Foster Forest Wildlife Orphanage

By Ross Lees

Changes and rejuvenation continue at 8 Wing/Canadian Forces Base (CFB Trenton) as the Quinte International Air Show 2016 approaches on June 25 and 26.

The latest enhancement is of a site at the south east corner of Anson Ave. and Yukon St. where a British Commonwealth Air Training Plan (BCATP) plaque is situated. Few people even know the plaque is there, so Wing leadership decided to enhance the location by planting flower beds around it and otherwise spotlighting the area.

"The BCATP memorial plaque, which was installed some time ago, was in significant need of rejuvenation," noted 8 Wing Commander Colonel (Col.) Colin Keivier. "Since the 2016 commemorative theme of the Royal Canadian Air Force (RCAF) is the BCATP, it was

decided to conduct that rejuvenation this year."

But as Robert Burns famously said, "The best laid schemes o' mice an' men..."

Once the project was started, it was discovered that a family of orphaned groundhogs lived beneath the area and they needed to be relocated to prevent further destabilization of the foundation of the monument.

Thankfully, Dee Newbery of Foster Forest Wildlife Orphanage between Brighton and Trenton, was contacted and the rescue of the four five-week-old groundhogs was undertaken.

"A caring person saw that the mother was dead and that there were at least four babies orphaned," Dee told *Contact*. "Someone had been filling in the hole to their

tunnel and the individual was concerned for their safety."

A volunteer from the orphanage went to the site to assess the situation and see if they could help, according to Dee.

Foster Forest is licensed by the Ministry of Natural Resources (MNR) is not funded and is not required to assist any situation except by choice, she told *Contact*.

"We are all volunteers and try to help orphaned wildlife whenever we can," she noted. "We attempted putting traps out that evening, but had no luck."

Tipped to the fact that groundhogs show a fondness for broccoli, the young groundhogs were finally captured humanely and have survived thanks to the formula being



This is one of the rescued orphans. Supplied photo by Foster Forest Wildlife Orphanage

Continued on page 16

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The new flower beds now adorn the area surrounding the BCATP plaque site on the south east corner of Anson Ave. and Yukon St. at CFB Trenton. Photo by Ross Lees



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Sky-high performance and entertainment levels return to Quinte skies in QIAS 2016

By Ross Lees

There are those who believe the Quinte International Air Show 2016 will be the largest international air show in Canada this year.

That is no idle boast, as you will quickly see from all of the aircraft performing and on static display at this newly revived but historic air show.

Here, for the first time, you are about to see the list of aircraft coming to the show as it exists to this date anywhere but on the QIAS 2016 website. It is an impressive list already and it continues to grow as we approach the final weeks prior to QIAS 2016 on June 25-26.

The list is as complete as it is possible several weeks prior to the show.

CF-18 Demonstration Team

The CF-18 Demonstration Team will return to the North American 2016 air show season with Captain Ryan Kean and his specially painted CF-18 Hornet commemorating the pan-Canadian effort to train aircrew for the

Second World, including pilots, wireless operators, air gunners, and navigators through the British Commonwealth Air Training Plan. For the latest news and photos, follow us on Facebook: <https://www.facebook.com/CF18Demo>.

2016 F-22 Demonstration and Heritage Flight

The Air Combat Command F-22 Demonstration team at Langley Air Force Base performs precision aerial maneuvers to demonstrate the unique capabilities of the world's only operational fifth-generation fighter aircraft. The team also teams up with Air Force Heritage flight exhibiting the professional qualities the Air Force develops in the people who fly and support these aircraft.

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Members of Health Promotion along with the City of Quinte West and the Public Health Unit were all on hand as partners to support the first annual Bike to Work Breakfast hosted by Smylie's Your Independent Grocer. *Photos by Ross Lees*

Bike to Work Breakfast glides into Commuter Challenge

By Lisa Refausse

June is Bike Month! So for a great launch to a great month, on June 1, we participated in the first Annual Bike to Work Breakfast hosted by Smylie's Your Independent Grocer. Health Promotion along with the City of Quinte West and the Public Health Unit were all on hand as partners to support this great event.

Military and community members were encouraged to bike to work and

stop by the front parking lot of Smylie's where they were treated to an amazing healthy breakfast.

There was a great turnout from our military members who participated in the commute and breakfast today, and a good number of them make the healthy choice to commute every day. Kudos to our committed commuters and to our new commuters who are preparing for next week's Commuter Challenge! The Commuter Challenge runs

from the June 5-11 and you can register online at www.commuterchallenge.ca - for your chance to win great prizes!

So congrats to all who left the car behind this morning! And many thanks to Smylie's Your Independent Grocer for a great breakfast to start the day off nutritiously!

For more Bike Month and Recreation Month information, please see the Splash page, the webpage and the Contact.



Photos continued on page 15

John Smylie of Smylie's Your Independent Grocer was on hand to serve the healthy breakfast to cyclists responding to the Commuter Challenge for the Bike to Work Breakfast.



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A Long History of Moving

LaPalm Moving is celebrating 100 years of moving! Since 1915 our trucks and movers have been serving the Quinte area. With offices located in Belleville and Kingston Ontario we are a proud member of the Allied Van Lines family and one of the oldest moving companies in Canada.

No doubt times have changed from the days of moving in an open truck on dirt roads with little suspension. Today our fleet consists of various sized vehicles to suit every type of move however, we admit that heat, air conditioning and GPS are welcome additions to the cabs

of our trucks! The one thing that hasn't changed over the years is the dedication our employees have to making sure each customer is happy with our service. Hard work, core values, and commitment top our community are the reasons we are a regular recipient of the Allied "Agent of the year" award in our division.

We are also a proud long term member of the Canadian Association of Movers and are designated as a Certified Canadian Mover under CAM's program. If you are looking for a mover, we highly recommend you visit their website to receive an up to date report. We may have to moved your parents and your grandparents so feel free to check with them for a reference as well!

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Military members dig in to a healthy breakfast at the first Bike to Work Breakfast June 1.



This young family prepares to chow down at the first annual Bike to Work Breakfast at Smylie's Your Independent Grocer in Trenton.



The healthy breakfast at Smylie's Your Independent Grocer was a big hit for cycling commuters on their way to work Wednesday morning.

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Refurbished BCATP plaque site story has a happy ending

Continued from page 12

fed to them by the volunteers at Foster Forest, according to Dee.

“The garden can now go in with no fear of groundhogs destroying it and no harm to the babies,” she stated.

Which is very good news for Col. Keiver and 8 Wing.

“Capturing and re-locating the family of groundhogs was done in a very humane way and the rejuvenation of the area around the BCATP plaque will now be completed by the air show with the addition of flow-

er beds and a flag pole to fly the original RCAF design,” he said with relief.

The baby groundhogs continue to do well, also, according to Dee.

“We will raise them and then release them in a more appropriate area,” she said.

Foster Forest Wildlife Orphanage has 41 orphans currently in their care and survive strictly on donations from the public.

More information can be obtained about this caring facility on their Facebook page.



(Above) This is the site as it appeared prior to the groundhogs being captured. You can see the live traps set for them in the background. Supplied photo by Foster Forest Wildlife Orphanage



(Right) The BCATP plaque may now attract more attention as the Quinte International Air Show 2016 approaches on June 25 and 26. Photo by Ross Lees



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- **Rockhounding** - go gem collecting in North Hastings and learn about our mineral heritage



Maj. Richard Morris takes command of 8 Wing Comptroller Branch from Maj. Mike Stoddart

Continued from page 15

"Your team thrives because of leadership and you have been the one to provide that leadership for your team. For all these years, you have set benchmark and standards for the RCAF in regards to money management. You've directly impacted us in operations in ways that quite frankly many of us never thought possible, and in all of this, you managed the austerity and growth and, here we are on the other side and it was a blip. We didn't even notice and that is directly a testament to your skills and leadership," Col. Keiver stated.

In welcoming Maj. Morris into the fold, Col. Keiver made it plain he expected great things of him as the man leading the department running the largest budget in the RCAF, bar none.

"The air force expects great things of us, and that means I expect great things out of you," he told Maj. Morris. "I'll hold you accountable but I know under your leadership, this section will continue to thrive and do what it needs to do, which at the end of the day, is all about directing and aiding our mission, because without you guys in the background, we can't do it."

Maj. Stoddart said the amazing staff of 8 Wing Comptroller Branch had made the past few years the best of his career at the head of the ultimate Wing Comptroller position in the RCAF. He said the staff of 15 under his command had earned Wing Commander's Commendations, service and civilian persons of the quarter commendations and too many letters of appreciation to count.

"While we may not fix or fly aircraft, the incredible work that this staff does behind the scenes has affects that reach around the world," Maj. Stoddart said. "When I first took command, Lieutenant-Colonel (Lt.-Col.) (Daniel) Charbonneau stated that I was receiving the A-team of staff and, over four years, my respect and appreciation has continued to grow for this amazing group of individuals."

Maj. Stoddart thanked Col. Keiver and all those branch heads and COs for their support throughout the challenging years of his command where deadlines were constantly met and challenges overcome.

"Wing Comptroller staff, you've been incredibly supportive and your work ethic and re-



Warrant Officer Johanne LeClair presents a gift of appreciation to former 8 Wing Comptroller Maj. Mike Stoddart for his time as the leader of their team. Photo by Ross Lees

sult-oriented attitude has made 8 Wing the top performer and I can honestly say I've never worked for better people," he said.

Maj. Morris was appreciative of the opportunity to serve as 8 Wing Comptroller.

"To the COs, branch heads and chief warrant officers of 8 Wing, I look forward to meeting with all of you in the near future and discuss any challenges you may face from a financial perspective and what our branch can do to address your needs."

Maj. Morris thanked Maj. Stoddart for his handover information even though he was suffering from information overload.

"It was very easy to see what an extremely dedicated professional team Wing Comptroller Branch is and this is without a doubt a testament to your leadership."

To the Wing Comptroller Branch, Maj. Morris added, "It is indeed a privilege to lead such a team of professionals and I look forward to what the future will bring."



Col. Keiver, Maj. Mike Stoddart and Maj. Richard Morris are piped into the 8 Wing Comptroller Change of Appointment ceremony at the National Air Force Museum of Canada on May 30. Photo by Ross Lees

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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 Tour in Prince Edward County

When: Saturday, June 11 from 9:30 a.m. to 6 p.m. Cost: \$60/person. Payment must be made upon registration at the MFRC reception. The cost includes: bus transportation, tastings at five wineries and lunch at Hillier Creek Estates. Deadline to register is Tuesday, June 7. There will be no refund after this date. Must be 19-plus years old; ID may be required. To register and for more information please call 613-965-3575.

Tournée de vignobles dans Prince Edward County

Le samedi 11 juin de 9h30 à 18h. 60,00\$ chacun. Le coût comprend: le transport par autobus, dégustations à 5 vignobles et le lunch à Hillier Creek Estates. La date limite pour s'inscrire et payer est le mardi 7 juin, aucun remboursement après cette date. Le paiement est dû au moment de l'inscription à la réception du CRFM. Vous devez être âgé de 19+ ans, une preuve d'identification peut être demandée. Pour vous inscrire ou pour plus d'information, contactez 613-965-3575.

Nava Yoga

Outdoor yoga for kids! When: Saturday, June 11 for ages six to nine years old from 10a.m. to 11 a.m. Ages nine-plus: 11 a.m. to 12 noon. Cost: \$2/person. To register, contact Rabia at rabia.s@trentonmfr.ca or 613-392-2811 ext 3265.

Nava Yoga

Yoga pour les jeunes en plein air le samedi 11 juin. 2\$ par personne. Pour information ou pour vous inscrire par courriel rabia.s@trentonmfr.ca ou 613-392-2811 poste 3595.

Couples Yoga

For medically releasing or released veterans and their partner. When: June 12 at 12 p.m. Where: Get Yoga Studios, 45 Front St., Trenton. Please register by June 10 by contacting Kelly Briggs at kelly.b@trentonmfr.ca or 613-392-2811 ext. 7917.

Yoga pour les couples

Pour les combattants libérés pour raison médicale, les anciens combattants et leur partenaire. Quand : Le 12 juin, 12h00. Où : Get

Yoga Studios, 45 Front St., Trenton. Pour vous inscrire ou pour plus d'information, contactez Kelly Briggs à kelly.b@trentonmfr.ca ou 613-392-2811 poste 7917.

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 Hélène 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

Êtes-vous nouvellement arrivés à Trenton ou connaissez-vous quelqu'un qui déménagera bientôt à la 8e escadre? Joignez-vous à nous, du confort de votre maison, pour une visite virtuelle de votre nouvelle

communauté et apprenez ce que cette belle région offre. Qu'avez-vous besoin ? 1 - 1.5 heures de votre temps ; un ordinateur avec carte de son; Écouteur avec microphone ; une tasse de votre breuvage préféré. Choisissez votre temps (heure avancée de l'est): Le mercredi 1er juin de 18 h à 19h30; le mercredi 15 juin de 13h30 à 15 h; le mercredi 6 juillet de 13h30 à 15h; le mercredi 20 juillet de 18h à 19h30. Pour vous inscrire ou pour plus d'information, contactez Hélène Cadotte-Gagnon à Helene.CG@TrentonMFRC.ca ou 613-392-2811 poste 2379. Écrivez votre nom et votre session préférée, et par la suite vous recevrez une invitation en ligne. Nous avons hâte de faire votre connaissance.

Essential Oils 101 - Bath and Body

When: Monday, June 13 from 4:30 p.m. to 8:30 p.m. Cost: \$25 per person with great take-aways! For information or to register, please contact by email rabia.s@trentonmfr.ca or 613-392-2811 ext.3595.

Faites vos produits de bain avec des huiles essentielles

Quand : le lundi 13 juin, 1630h-2030h. Coût : 25,00\$ par personne. Pour information ou pour vous inscrire par courriel rabia.s@trentonmfr.ca ou 613-392-2811 poste 3595.

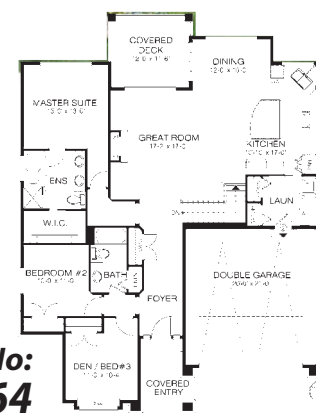
Continued on page 22

Home of the Week

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This cozy bungalow may appear small from the street but, thanks to careful design, includes all the amenities a homeowner could wish for.

The covered entry leads into a foyer with a linen closet and coat cupboard on the left. Directly ahead is the great room, with a view to a covered deck and the back garden beyond. The gas fireplace in the great room will spread its glow as far as the open-plan dining area and kitchen.

The dining area enjoys access to the covered deck, and includes a large window. The kitchen separated from the great room and dining area by a work island, features a double sink lit by a corner window, as

well as a pantry and plenty of counter space.

The laundry room is conveniently located near the kitchen, and includes a broom closet and coat cupboard, as well as access to the double garage.

The master suite overlooks the back garden for privacy. Double basins and a glassed-in shower stall in the en-suite will ease the morning rush hour. Natural light will filter through the window next to the soaker tub, and the roomy walk-in closet adjacent to the en-suite will accommodate clothing and accessories.

The second and third bedrooms (which could serve as a den) share a three-piece bathroom. The

third bedroom, overlooking the front garden, has an extra-wide window sill that could make a seating area, perfect for curling up with a good book.

An L-shaped stairway to the optional basement area is tucked in near the laundry room. Ceilings measure nine feet high on the main

floor.

On the exterior, finishes include stucco and decorative wooden shingles, as well as painted trim.

This home measures 46 feet wide and 61 feet, eight inches deep, for a total of 1,748 square feet, not including the optional basement.

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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.

Recreation Month at CFB Trenton's 8 Wing Martial Arts Club

Join us in celebrating recreation month with free classes at the 8 Wing Martial Arts Club for all new members during the month of June. No experience needed, classes for ages three to 103, PT clothes suitable. Kids classes – Karate and Jiu Jitsu – ages three to seven, Tuesdays and Thursdays from 5 p.m. to 6 p.m. Ages seven to 13, Tuesdays and Thursdays from 6 p.m. to 7 p.m. Adult classes – ITF Taekwondo – Monday 5:30 p.m. to 6:30 p.m., Saturday 10:30 a.m. to 11:30 a.m. Karate and Jiu Jitsu – Tuesday and Thursday from 12 noon until 1 p.m., Tuesday and Thursday, 6 p.m. to 7 p.m., and Tuesday and Thursday, 7 p.m. to 9 p.m.. Kick boxing – 7 p.m. to 9 p.m. No need to sign up or call ahead, just show up and enjoy. Dojo located at 32 Buffalo Ave., south side, near the water tower. Also offering Brazilian Jiu Jitsu, My Jong Law Horn Kung Fu, Self Defence Hsing I Kung Fu, I Chuan Kung Fu, Yang Style Tai Chi Chuan and Chi Kung. For more information, call Cpl. Tara Oliver at 613-392-2811 at ext. 2588 or email eightwingmac@hotmail.com

June 3 – Bands Against Brain Tumours

The Brain Tumour Foundation of Canada proudly presents Bands Against Brain Tumours Friday, June 3 at the Belleville Legion at 132 Pinnacle St., from 7 p.m. to 12 p.m. Admission is \$10. Live music from South of 7, Tony Vani, Roy Borden Jr. and more. Everyone welcome.

June 4 – 16th Annual Brain Tumour Walk

The 16th Annual Brain Tumour Walk will take place at the Zwick's Centennial Park in Belleville on June 4, beginning at 10 a.m. Registration begins at 8:30 a.m. Opening remarks begin at 9:45 a.m. The event includes a 2.5 km and 5 km walk and run in support of the brain tumour community. Sign up at www.BrainTumourWalk.ca or call 1-800-265-5106. Join the movement – end brain tumours!

June 4 – Fixed Fur Life Strut for Strays

The Fixed Fur Life Strut for Strays annual walkathon and pet festival will take place on June 4 at the West Zwicks Park Lions Pavilion in Belleville from 9:30 a.m. to 4 p.m. featuring Canine Watersports Canada. This event is the annual primary fundraiser for Fixed Fur Life intended to raise money to help homeless and abandoned animals in the Quinte community. Helping replenish the coffers of this organization who tries to spay, neuter and chip stray animals will help solve a massive community problem. But helping can be as easy as a walk in the park on June 4.

June 4 – Wheelchair Rugby

Saturday, June 4 from 12 p.m. to 3 p.m. 8 Wing Trenton will be offering Wheelchair Rugby. The game is played

four-on-four and there will be extra chairs available for you to give the sport a try as this is an inclusive sport. "Don't just sit there...get in the game!"

June 9 – Know Your Plants workshop

Know Your Plants workshop: learn how to identify plants on your own land. June 9 (6 p.m. to 9 p.m.) indoors, and June 12 (10 a.m. to 1 p.m.) outdoors at the Frink Centre, 381 Thrasher Road, Plainfield. With Peter Fuller and David Smallwood. Cost for two events - \$20/person. For information and to reserve a spot, contact 613-391-9034 or info@hastingsstewardship.ca

June 10 - 22nd Annual Camp Trillium Charity Golf Tournament

8 Air Maintenance Squadron is proud to support Camp Trillium and will be hosting the 22nd annual Camp Trillium Charity Golf Tournament on June 10. Camp Trillium offers recreational activities to children with cancer bringing their families together in an environment that normalizes relationships. These workshops and family retreats help the healing process and enhance the quality of life. Because of the generous ongoing support from local business, this event has raised over \$121,000 since 1993. The golf tournament will be a 9 a.m. shotgun start held at the Roundel Glen Golf Course with a steak lunch at 1:30 p.m. The tournament fee of \$100 includes green fee, golf cart and steak lunch with vegetarian meals available upon request. There are numerous game day prizes including closest to the pin and longest drive competition. Register online on our Facebook site or contact us directly. For more information, go to <https://www.roundelglen.com/annual-camp-trillium> or http://trenton.mil.ca/OPS/8AMS/8AMS_Splash.html. Like us on Twitter or Facebook.

June 11 & 12 – Mike Hamilton/Bruce Leadham Memorial Golf Tournament

The Mike Hamilton/Bruce Leadham Memorial Golf Tournament takes place on June 11 and 12 at the Roundel Glen Golf Course in support of the Soldier On program. Cost of this golf tournament is \$100 and includes two rounds of golf, the golf cart, two meals or one day for \$50. There is a party afterwards at Roundel Glen. Awards are presented to the best dressed, low net, longest drive, closest to the pin, there is a putting competition and a 50/50 draw. Those interested can register by contacting Bryan Pearce at 613-661-4917, sloanlucyjayda@gmail.com or Ross Prophet at 613-242-0610.

June 11 – Bicycle Rodeo

A bicycle rodeo and safety course will be held June 11 from 12:30 p.m. to 3 p.m. at the south side gym. Free helmets will be handed out while supplies last, there will be bike checkups, helmet sizing demonstrations, giveaways, snacks, refreshments and more. This event is sponsored by the Brain Injury Association Quinte District, the OPP, CANEX, Doug's Bicycle

and the Military Police.

June 15 – 8 Wing Officers' Mess Ladies Club Spring Dinner

8 Wing Officers' Mess Ladies Club spring dinner will take place on June 15 at 6 p.m. in the Mess. Admission for members is \$15, admission for invited guests of members is \$25 and the ticket deadline is May 31. For further information, contact chambersj@live.ca

June 17 – 13th Annual NAFMC Foundation Golf Tournament

The 13th annual National Air Force Museum of Canada Golf Tournament will be held June 17 at the Roundel Glen Golf Course. Tickets are \$115 each and include golf, cart, lunch steak dinner and prizes before June 10. After June 10, the price goes up to \$125 each. Those wishing to take part are encouraged to register prior to June 10 by calling 613-965-7314 or emailing NAFMCFoundation@gmail.com

June 18 – Hastings County GIS Online Mapping workshop

Workshop in Madoc: Hastings County GIS Online Mapping and see a camera drone in action. New ways to learn about your property. Hosted by Ontario Woodlot Association (Quinte Chapter). 9 a.m. to 3 p.m. Location: Arts Centre Hastings, 230 Durham Street S in Madoc. Cost: \$15, includes lunch. To register, contact: (613) 395-4388 or info@harvesthastings.ca

June 20 – Trenton Knights of Columbus Blood Donor Clinic

The Trenton Knights of Columbus blood donor clinic will be held June 20 from 1 p.m. to 7 p.m. at the Trenton Knights of Columbus Hall at 57 Stella Crescent. All donors are welcome as blood supplies traditionally become depleted at this time of year.

June 25 & 26 – Quinte International Air Show

This two-day air show will take place the weekend of June 25 and 26 over the main runway of 8 Wing. Confirmed event participants include the Canadian Army paratrooper team, the SkyHawks, the Snowbirds, and the CF-18 Hornet Demonstration Team as well as some great civilian acts such as Jelly Belly with Kent Pietsch and Rick Volker in his RCAF Harvard. There will be vintage war birds from the Canadian Harvard Aircraft Association, the Canadian Warplane Heritage Museum and the Tiger Boys, as well as the latest military aircraft on display both on the ground and in the air. More acts and activities will be announced as the air show approaches. Watch this newspaper for the latest announcements and up-to-date information. For more information or tickets, go to www.QIAS2016.com, email airshow@cfbtrenton.com or call the QIAS office at 613-392-2811 ext. 7427. Tickets are now on sale.



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JUNE IS RECREATION MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUNE is Recreation Month 8 Wing CFB Trenton <i>Has your unit met the Wing Commander's Challenge?</i>			1. Wheel Chair Rugby Arena 6-9pm FREE Adult Kick boxing @ Martial Arts Club 7-9pm Bike 2 Work Breakfast @ Smylie's Independent 730-930	2. Free Martial Arts Ages 3-13,5-7pm Adult 12-1pm & 6-9pm	3. Yoga RecPlex 945am	4. Wheel Chair Rugby Arena 12-3pm
5. Belleville and Quinte West COMMUTER CHALLENGE 5-11 June commuterchallenge.ca	6. Mental Wellness Spin 12pm @ SS Gym	7. Yoga RecPlex 10am Free Martial Arts Ages 3-13,5-7pm Adult 12-1pm & 6-9pm	8. FREE Adult Kick boxing @ Martial Arts Club 7-9pm Wheel Chair Rugby Arena 6-9pm	9. Outdoor Yoga 9am Free Martial Arts Ages 3-13,5-7pm Adult 12-1pm & 6-9pm	10.	11. Spin SS Gym 9am Wheel Chair Rugby Arena 12-3pm Ride a Mile on my Wheels 1030-1200 @ QW City Hall Bicycle Rodeo SS Gym 1230-300pm
12.	13. Mental Wellness Spin 12pm @ SS Gym Stand Up Paddle Board 5pm	14. Free Martial Arts Ages 3-13,5-7pm Adult 12-1pm & 6-9pm	15. OUTDOOR POOL OPENS FREE Adult Kick boxing @ Martial Arts Club 7-9pm Wheel Chair Rugby Arena 6-9pm	16. Spin SS Gym 4pm Free Martial Arts Ages 3-13,5-7pm Adult 12-1pm & 6-9pm	17.	18. Wheel Chair Rugby Arena 12-3pm
19.	20. Mental Wellness Spin 12pm @ SS Gym FUSION 430 @ SS Gym	21. Free Martial Arts Ages 3-13,5-7pm Adult 12-1pm & 6-9pm	22. Aquafit 830am Restorative Aquafit 930am FREE Adult Kick boxing @ Martial Arts Club 7-9pm Wheel Chair Rugby Arena 6-9pm	23. Free Martial Arts Ages 3-13,5-7pm Adult 12-1pm & 6-9pm	24.	25. QUINTE INTERNATIONAL AIR SHOW
26. QUINTE INTERNATIONAL AIR SHOW	27. Mental Wellness Spin 12pm FUSION 430 @ SS Gym	28. Free Martial Arts Ages 3-13,5-7pm Adult 12-1pm & 6-9pm	29. Canada Day BBQ @RecPlex FREE Adult Kick boxing @ Martial Arts Club Wheel Chair Rugby Arena 6-9pm	30. Free Martial Arts Ages 3-13,5-7pm Adult 12-1pm & 6-9pm		




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 Belleville Public Library
 Belleville Legion 99
 Kelly's Guardian Pharmacy
 Dewe's, Your Independent Grocer
TRENTON:
 Smylie's, Your Independent Grocers
 Metro
 Quinte West Public Library
BRIGHTON:
 Sobeyes

8 Wing Chapel / Chapelle de la 8e Escadre

Location/Adresse:
 91 Namao Drive East/91 Promenade Namao Est

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



Office hours/Heures de bureau:
 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)
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 (Padre) Eric Doiron • Capt (the Rev./Rév.) Gerson Flor
 Capt (the Rev./Rév.) Blair Ross • Capt (the Rev./Rév.) Daniel Walton

MFRC Continued from page 19

True Patriot Cupcakes

Celebrate Canada Day and the arrival of summer with this wonderful cupcake workshop. Tuesday, 28 June from 6 p.m. to 8 p.m. \$15.00 per person (all materials are provided and six cupcakes to take home). Register by Friday, June 24. Individuals younger than 15 must be accompanied by an adult. For updates on programming, please visit our website at trentonmfrc.ca.

Petits gâteaux 'Vrai patriote'

Célébrez la journée du Canada et l'arrivée de l'été avec ce fabuleux atelier de petits gâteaux. Le mardi 28 juin, 18h-20h. 15\$ par personne (tout le matériel pour 6 petits gâteaux que vous rapporterez, est fourni). Inscrivez-vous par le vendredi 24 juin. Les jeunes de moins de 15 ans doivent être accompagnés d'un adulte. Pour une mise à jour de la programmation, s.v.p. visitez notre site web à trentonmfrc.ca.

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 Orlana Bourgoïn orlana.b@trentonmfrc.ca or 613-392-2811 ext. 3953.

Possibilités 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 in-

formation, call 613-392-2811 ext 3265.

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@trentonmfrc.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@trentonmfrc.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.trentonmfrc.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://trentonmfrc.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 Pinto

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@trentonmfrc.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 Bourgoïn au 613-392-2811 poste 3953 ou orlana.b@trentonmfrc.ca

Special Needs Parents Support Group

Topic schedule for this spring: May 12 - Open discussion. June 9 - Summer transition planning. * Break for summer until Sept. 8.*

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

Les sujets discutés au printemps 2016: Le 12 mai - discussion ouverte. Le 9 juin - Planification pour la transition d'été. *Pause pour l'été jusqu'au 8 septembre 2016*

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.

Safety

Ideas for safe computing

Nature never intended the human body to sit in a chair all day with hands pounding a keyboard and eyes staring at a computer screen.

Fatigue, discomfort and injury can be the result of this kind of work. Your body is inactive except for repetitive motions of the hands. Carpal Tunnel Syndrome and other repetitive stress injuries caused or aggravated by computer work can become permanently disabling.

Take an ergonomic approach to your computer job. Good posture, workstation layout and work

habits can help prevent many of these problems.

Here are some suggestions for safer computing:

- Your keyboard should be placed at the height of your elbows. It should be tilted up slightly to help keep your wrists in a natural position. Your wrist and lower arm should be parallel to the floor. Split-level desks with a lower surface for the keyboard are better for computer use than a standard desk.

- Use a cushioned wrist rest to put less strain on your wrists. Don't rest your hands on the keyboard

or your wrists on the edge of the desk. Don't bend your hands up at the wrist.

- The computer mouse should be placed so your arm - from your shoulder to your hand - is in a comfortable relaxed posture. If you have to reach too far or twist and shift your body, the mouse is not in the right place on your worktable. Keep a loose grip on the mouse. Use your whole arm to operate the mouse, rather than just moving your hand and wrist. If you use the mouse a lot, in work such as graphic design or computer-aided design, use a

desk extension for your mouse pad so you can rest your entire arm on it.

- Instead of a mouse, consider alternative pointing devices such as a trackball or joystick.

- Type with a soft touch to lessen the impact on your hands.

- Adjust your furniture so you can maintain good posture as you work. Your knees should be at the same level or slightly higher than your hips. Use a footrest if necessary to achieve this position. Your chair should allow you to maintain the natural curves of your spine. If it doesn't have sufficient padding, place a lumbar cushion or a rolled-up towel against your lower back.

- Flex your fingers and wrists before you begin data entry. If you do rapid keyboarding, start slowly to warm up.

- Don't rest a telephone receiver on your shoulder while you are using the computer. This can cause injury to your neck and shoulders. Instead, use a hands-free headset for your phone.

- Take regular breaks from using the keyboard or mouse. You can use this time to do non-repetitive tasks such as telephoning or filing.

- Promptly report any symptoms that could indicate Carpal Tunnel Syndrome or other repetitive

strain injuries. Early treatment and revision of your work habits and workstation are important in preventing long-term problems.

- Arrange your workstation so you can work efficiently. Frequently used materials and equipment must be placed where you can reach them easily without bending or stretching. Work surfaces should be free of clutter; items used only occasionally should be placed elsewhere.

- Your computer workstation should be free of tripping hazards. Cords should be located away from traffic areas. There should be a storage area for briefcases, handbags and other personal items.

Pay attention to these ergonomic suggestions off the job too. Playing computer games or surfing the Internet at night can also contribute to repetitive strain injuries.



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15 DODGE CHALLENGER SXT

27501 Push button start, heated seats/mirrors/steering, rev camera, park aid, u-connect, touch screen, auto 3.6, 6cyl, RWD, coupe, keyless entry, alloys, rear spoiler, tinted windows, air bags, traction ctrl, pwr seats/windows/locks/mirrors, AC, MP3, cruise, sport mode, hill start assist. 9,448 km.

\$28,995
\$175
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



13 VW CC RLINE

26919 Auto 3.6, pwr roof/seats/windows/locks/mirrors, leather, heated seats, nav, rev camera, 4motion, 6cyl, AWD, keyless entry, alloys, fog lights, air bags, traction ctrl, height adjust seat, AC, dual climate, MP3, sat radio, cruise, steer wheel ctrls, DYNaudio, touch screen. 74,190 km.

\$26,995
\$206
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



15 CHRYSLER 300 S

27446 Factory remote start, panoramic roof, leather, heated seats/mirrors, nav, rev camera, u-connect, Beats by Dre snd, 6cyl, RWD, keyless entry, alloys, air bags, traction ctrl, pwr seats/windows/mirrors, AC, MP3, sat radio, cruise, touch screen, steer mode select, hill start assist. 21,282 km.

PREVIOUS DAILY RENTAL

\$29,995
\$181
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



12 VW GOLF TRENDLINE

27842 Manual 5 spd, wagon, roof rack, heated seats, cruise, 5cyl, FWD, keyless entry, hubcaps, height adjust seat, AC, CD, MP3, ext temp gauge, pwr windows/locks/mirrors, tilt steering. 92,305 km.

\$11,255
\$100
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



14 MAZDA 3 GX

27306 Manual 6 spd, push button start, AC, Bluetooth, Skyactiv, 4cyl, FWD, sedan, keyless entry, hubcaps, air bags, traction ctrl, height adjust seat, CD, MP3, pwr windows/locks/mirrors, steer wheel ctrls, tilt steering. 30,183 km.

\$11,495
\$77
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



16 TOYOTA 4RUNNER SR5

27324 Lift kit, BFG's, 4x4, pwr roof/seats/windows/locks/mirrors, leather, heated seats/mirrors, nav, rev camera, Bluetooth, auto, 6cyl, keyless entry, roof rack, trailer hitch, alloys, fog lights, air bags, traction ctrl, AC, MP3, sat radio, ext temp gauge, cruise, steer wheel ctrls, touch screen. 3,579 km.

\$44,995
\$272
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



09 MERCEDES GL320

27824 Diesel, 4x4, pwr liftgate/roof/seats/windows/locks/mirrors, heated seats/rear seats, DVD(x2), nav, rev camera, Bluetooth, Bluetec, auto 3.0, 6cyl, AC, dual climate, CD, MP3, sat radio, ext temp gauge, cruise, steer wheel ctrls, tilt steering. 147,151 km.

\$23,995
\$213
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



16 JEEP PATRIOT HIGH ALTITUDE

27666E Leather, pwr roof/seats/windows/locks/mirrors, heated seats/mirrors, U-connect, auto 2.4, 4cyl, 4x4, keyless entry, roof rack, alloys, air bags, traction ctrl, AC, CD, MP3, sat radio, ext temp gauge, cruise, steer wheel ctrls, tilt steering. 14,984 km.

PREVIOUS DAILY RENTAL

\$22,495
\$136
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



14 FORD EXPLORER SPORT

27687 Leather, heated seats, rev camera, park aid, sync, pwr liftgate/seats/windows/locks/mirrors, blindspot detect, auto, 6cyl, 4WD, keyless/keypad entry, factory remote start, roof rack, air bags, traction ctrl, AC, dual climate, MP3, sat radio, nav ready, DAC, trailer sway, cross traffic alert, DAC, touch screen, Sony snd. 60,706 km.

\$36,995
\$248
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



16 HYUNDAI TUSCON LTD

27646 AWD, heated seats/rear seats, rev camera, Bluetooth, DAC, blind spot detect, auto 2.0, 4cyl, keyless entry, roof rack, alloys, fog lights, air bags, traction ctrl, height adjust seat, AC, CD, MP3, sat radio, pwr windows/locks/mirrors, cruise, touch screen, drive mode select. 17,165 km.

PREVIOUS DAILY RENTAL

\$24,995
\$151
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



14 DODGE RAM 2500HD LARAMIE

27137 Cummins Turbo Diesel, leather, heated seats/mirrors/steering, nav, rev camera, park aid, u-connect, tow/haul, 8cyl, 4x4, keyless entry, crew cab, short box, trailer hitch, alloys, fog lights, air bags, traction ctrl, pwr seats/windows/locks/mirrors, sat radio, MP3, cruise, touch screen, Alpine snd. 34,937 km.

PREVIOUS DAILY RENTAL

\$53,995
\$362
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



15 DODGE RAM 2500 POWER WAGON

27281 Pwr roof/seats/windows/locks/mirrors, heated seats/mirrors/steering, nav, rev camera, park aid, u-connect, cruise, winch, tow/haul, touch screen, hill start assist, DAC, Alpine snd, V8 HEMI, 4x4, short box, trailer hitch, alloys, air bags, traction ctrl, AC, MP3, sat radio, factory remote start, fog lights. 13,494 km.

\$47,995
\$290
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 CHEVY SILVERADO HIGH COUNTRY

27286 Factory remote start, pwr roof/seats/windows/locks/mirrors, heated seats, nav, rev camera, park aid, OnStar, Bose snd, lane depart warn, auto 5.3, 8cyl, 4x4, keyless entry, crew cab, short box, trailer hitch, box liner, chrome wheels, air bags, AC, tow/haul, collision warn, touch screen. 10,059 km.

\$50,995
\$308
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, 6cyl, 4x4, keyless entry, trailer hitch, short box, air bags, traction ctrl, CD, MP3, sat radio, pwr seats/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



14 NISSAN TITAN PRO-4X

27725 Pwr roof/seats/windows/locks/mirrors, heated seats/mirrors, nav, rev camera, park aid, Bluetooth, Rockford fosgate snd, V8, 4x4, keyless entry, crew cab, short box, trailer hitch, tonn cover, alloys, fog lights, air bags, traction ctrl, AC, CD, MP3, sat radio, cruise, steer wheel ctrls, curbside mirrors. 58,393 km.

\$33,995
\$228
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



15 POLARIS RZR 1000XP HIGHLIFTER

26925 On demand AWD, 110 horsepower, EPS, automatic. 402 km.

\$22,495
\$136
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 FORD TRANSIT 350HD

26579 Auto, 3.2, 3 dr, 6 cyl, RWD, diesel, keyless entry, AC, trailer hitch, cruise, air bags, vinyl seats/floor, pwr windows/locks/mirrors, CD, curbside mirrors, steering wheel ctrls, tilt steering wheel. 16,170 km.

\$41,995
\$254
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 DODGE GRAND CARAVAN CREW

27766 Flex fuel, leather, economy mode, heated seats/mirrors, nav, rev camera, cruise, pwr liftgate/doors/seats/windows/locks/mirrors, hill start assist, touch screen, keyless entry, roof rack, alloys, fog lights, air bags, traction ctrl, AC, dual climate, MP3, sat radio, steer wheel ctrls, tilt steering. 35,835 km.

PREVIOUS DAILY RENTAL

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



15 CHRYSLER T & C TOURING

27344 Factory remote start, stow'n'go, heated seats/mirrors/steering, rear air ctrl, rev camera, u-connect, pwr seats/liftgate/doors/windows/locks/mirrors, auto 3.6, 6cyl, FWD, alloys, keyless entry, roof rack, fog lights, air bags, traction ctrl, economy mode, AC, MP3, sat radio, cruise, touch screen. 43,557 km.

PREVIOUS DAILY RENTAL

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



15 JEEP WRANGLER SAHARA

26425 Manual, 2 dr, 6 cyl, 4x4, keyless entry, alloys, air bags, traction ctrl, heated mirrors, AC, CD, MP3, sat radio, nav, touch screen, pwr windows/locks/mirrors, cruise, steering wheel ctrls, tilt steering. 29,298 km.

\$32,995
\$199
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

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Deferred payments subject to financing. All payments are based on bi-weekly payments. All 2010-2012 - 60 mths: 2013 - 72 mths, 2014 - 84 mths, 2015 & 2016 - 96 mths: PPSA, License and taxes extra. EG: \$10,000 + Taxes \$1,300 + PPSA. \$65 = \$11,365 financed over 60 mths at 5.9% = \$117.34 Bi-Weekly with a cost of borrowing of \$1,962.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates are current at time of print. 0 Down + HST. Most 2015 & 2016 vehicles are former daily rentals. Bayview Auto is not responsible for pricing, vehicle option or mileage errors printed in this flyer. Contact dealership for more information.

