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Media get a sneak peek at QIAS 2016

By Ross Lees

ternational Air Show trailer.

the most modern and those flying at 8 Wing/ like the F-22 Raptor and (CFB) Trenton. everything in between.

cated at the media day held June 16 that Kent The newest version Pietsch would land his f I of the Quinte In-airplane on top of a

(QIAS) 2016 is going to Also very much on be a war birds aficiona- display that weekend do's dream come true. will be the aircraft of Visitors to the air the Canadian Armed show this weekend will Forces and the Royal Casee the war birds of nadian Air Force RCAF, World War II As well as she noted, including up-to-date war planes Canadian Forces Base

"We have a great week-Lieutenant.-Colonel end planned on June 25 Cathy Blue, a co-chair and 26," she said. "We of QIAS 2016, even indi- Continued on page 21

Quinte West grants 8 Wing Freedom of the City

8 Wing Commander Col. Colin Keiver knocks at the door of the Quinte West municipal building seeking freedom of the City Friday, June 17. Photo by Ross Lees

Please see story on page 20







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BOXTOP 22 crash site commemorated

By 2Lt. Jennifer Howell, 8 Wing Public Affairs

Inder the hands of 8 Wing Forces (CAF) today, fit- ery, search and rescue Commander Colonel (Col.) tingly represents all technician Colin Keiver, a CC-130J Hercules those on Boxtop Flight (Sgt.) Ben House, a memaircraft circles an area 16 kilo- 22 during what is pre- ber of the rescue team metres south of Canadian Forces paratory work ahead that parachuted into the Station (CFS) Alert on June 14. of the 25th anniversary crash site, and Lieuten-Even on this beautiful sunny day, commemoration to be ant-Colonel

and the feat of human survival D.N. "Monty" Montgom- Continued on page 27 ceremony. becomes all that much more incredible.

"I can't believe I spent more than 30 hours out here," said Master Warrant Officer (MWO) Tony Cobden as he looks out the small round window of the Hercules at the remnants of the CC-130 on the ground.

It was 25 years earlier when MWO Cobden, a communications researcher, along with 17 others, were on board BOXTOP flight 22 when it crashed on final approach to CFS Alert during Operation BOXTOP, the bi-annual resupply of the station. Logistics officer Captain (Capt.) Judy Trépanier, CANEX regional services manager MWO Tom Jardine, supply technician Warrant Officer (WO) Robert Grimsley and traffic technician Master Corporal (MCpl.) Roland Pitre, all died in the crash, while aircraft commander Captain John Couch, succumbed to hypothermia after the other survivors.

CANADIAN

it is apparent this is no land to held more accessibly in (Ret'd) Scott McLean, 8 Wing/CFB Trenton Honorbe messed with. Barren, snow- Trenton later this year. the commanding offi- ary Colonel John Williams (left) covered, and windswept - this is MWO Cobden is cer of CFS Alert in 1991 and CWO Darcy Elder look on Canada's most northern reaches. joined on this trip by who led the Station's as Wing Commander Col. Co-Add in darkness, blizzard con- fellow survivor Master response to the crash, lin Keiver lays a wreath at the ditions, and -30°C temperatures, Seaman (MS) (Ret'd) dispatching overland Boxtop 22 cairn dedication









CANADIAN



leading the effort to survive in From left to right, search and rescue technician Sqt. Ben House, a member of place and giving up his coat to the rescue team that parachuted into the crash site, survivors of the crash MWO Tony Cobden and MS (Ret'd) D.N. "Monty" Montgomery, and commanding of-MWO Cobden, the one survivor ficer of CFS Alert in 1991 Lt.-Col. (Ret'd) Scott McLean at the Boxtop 22 crash site. serving in the Canadian Armed Photos by Sqt. Pascal Quillé, Imagery Coordinator, D Air PA / Chief of the Air Staff

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Promotions and recognition at CFS Alert

 ${f R}^{ ext{CAF}}$ Commander Lieutenant-General Michael Hood and RCAF Chief Warrant Officer Gerry Poitras handed out two Commander's Coins for exceptional service and promoted two members during their visit to CFS Alert June 14 to 16.



Civilian Anne Marcoux, the Kitchen and Accomodations Supervisor received the Commander's Coin from Lt.-Gen. Hood.



Firefighter MCpl. Clayton Carter received the Commander's coin from Lt.-Gen. Hood.



Lt.-Gen. Hood promoted chief clerk MCpl. Kim Lavoie-Lafleur.



Lt.-Gen. Hood promoted Station Construction Engineer Officer, WO Steven Duplisea.

Photos by Sqt. Pascal Quillé, Imagery Coordinator, D Air PA / Chief of the Air Staff

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 persmission 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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General Manager: Melissa Hudgin 613-966-2034 ext: 504 News and Feature Content: Ross Lees 613-392-2811 ext: 3976 Advertising Production: Rob Purvis 613-546-8885 ext: 214

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Guidelines for submissions: ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case (not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.
- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone
- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Monday at noon prior to print date.

Letters to the Editor:

All letters must be signed and include the name of the author, which will be published. Include a phone number for verification. We reserve the right to edit the text while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. E-mail letters to: cfbcontactnewspaper@gmail.com



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The Contact ~Wing Headquarters Building Annex, 8Wing / CFB Trenton PO Box 1000, Station Forces, ASTRA, ON, K0K 3W0



Quinte West Relay for Life raises over \$64,000

By Erin **Stewart**

ticipants and 31 teams walking at this year's Quinte West Relay for Life, donations rolled in and totalled \$64,035 to sup-Canada's against fight cancer.

Participants walked in the sunny

High School.

"We're so happy with how the event the Canadian Cancer Society.

"Our goal was \$60,000, so not only did really great feedback from all of the participants," said Warner.

mander Colonel (Col.) Colin Keiver that our 10-year-old son had a brain tu-

day, June 18 from noon until midnight to see so many people giving back to him play his first hockey game again during the 12-hour event at Trenton the community and supporting a great on Feb.12, 2013, which is amazing."

went and there was just so much ex- community that gives so much to us. events like Relay for Life. citement there and the energy was Eighty-five years ago the Royal Cana-

8 Wing/CFB Trenton Base Com- geon's office in Kingston and were told gether we can beat if we keep trying,"



One Quinte West Relay for Life team the "8 Wing Flyers" chose to represent one cancer each by wearing a specific colour during Relay for Life on Sat. June 18. From left: Avr Stephanie Williams, Pte Audree Poissant-Viau, Cpl Kendra Doucette, Avr Jada Clarke, Avr Catherine Grenier and Cpl William vivor story, what does survivor mean to Butler in the front. Photo by Erin Stewart

Col. Keiver said his son is doing ex-"It's awesome to give back to a ceptionally well and it's because of

"These things are so important beso positive," said Brad Warner, fund- dian Air Force (RCAF) decided to call cause without the funding in the backraising co-ordinator for the Hastings this place home and home it is today ground, that technology and that sci-Prince Edward and Brighton unit of because of this great community," he ence and that medicine does not exist to make people like our son and your On a personal note, Col. Keiver said father and your brother and your mothwe raise more than our goal, we really it was very important for himself and er, all of your family members, better did have an awesome event and we had his wife Jennifer to be at Relay for Life. and beat this thing called cancer," he "Because it was almost four years said. "It affects everyone equally and ago today that we sat in a neurosur- it's a horrible, horrible disease that to-

Teresa Bell was the survivor speaker spoke to the participants during the mour," said Col. Keiver. "His operation at this year's event. Bell was one of the opening ceremonies and said it's great was on the Nov. 12, 2012. We watched two Canadians to recently receive the Canadian Cancer Society's National Medal of Courage.

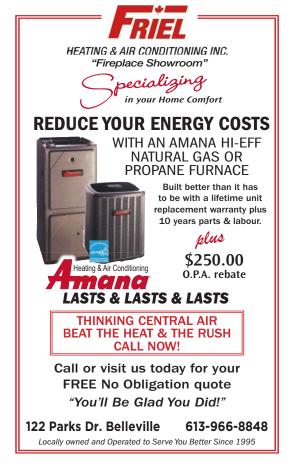
> Bell is still fighting cancer herself and spoke to the relay participants about her journey and how everyone has their own survivor story.

> "I choose to step into this part of the path of my life, with my hands open to receive all that it has to give," she said. "I have the strength to do that, I have the strength to smile and look and see the gifts around me. I will continue to win because I do not let cancer take anything from me but a little bit of my body and, my body, it's a very small part of who I am."

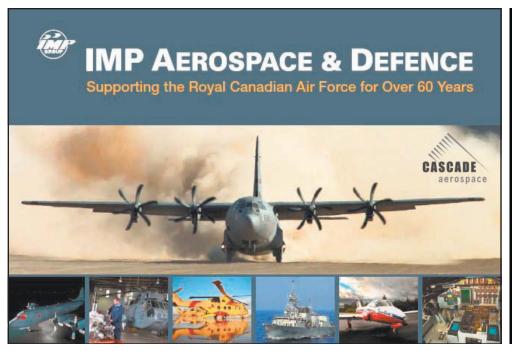
> "I'm a survivor because I have chosen to love my life," said Bell. "You all have different stories, all important and rich in their own way, many of you have moved on from your cancer diagnosis... you all have your own suryou?"

Cancer survivors kick off the Quinte West Relay for Life with the survivor lap at Trenton High School on Saturday, June 18. Photo by Erin Stewart

FOR DELIVERY









2016 Health and Wellness wraps-up a record-breaking effort

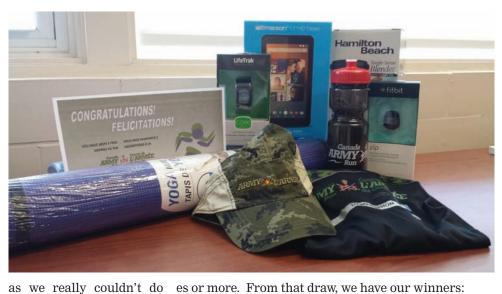
f Health Promotion Trention of nearly 500 memesteemed leaders joined ton is thrilled with the bers, CFB Trenton held the many of you on the Parade and Wellness Challenge.

the Military Community, pleased to have the Wing on a day-to-day basis. to join us in making daily Commander and Wing The Health and Wellness

Well done!

support, active participa- highest number of partici- Square, leading by example tion, and enthusiasm of pants across Canada. Re- and spreading the message the 8 Wing Military Com- cord-breaking! We doubled of health. Many thanks go munity in our 2016 Health our registration from 2015. out to Colonel Colin Keiver and Chief Darcy Elder for as we really couldn't do During the month of As the 2016 Challenge making healthy choices it without them. We look May we challenged you, began, we were extremely and for leading by example forward to the future and

healthy choices and to Chief take leading roles Challenge is always suptrack your progress. With in various base activities, ported by various groups presence in all Challenge an overwhelming registra- Each Monday morning, our to ensure its success and



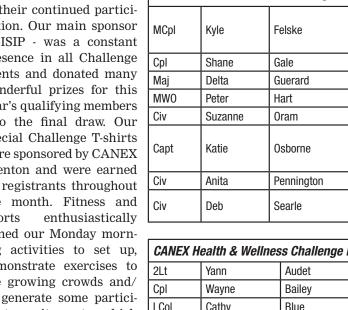
to their continued participation. Our main sponsor - SISIP - was a constant events and donated many wonderful prizes for this year's qualifying members into the final draw. Our special Challenge T-shirts were sponsored by CANEX Trenton and were earned by registrants throughout the month. Fitness and enthusiastically joined our Monday morning activities to set up, demonstrate exercises to the growing crowds and/ or generate some participant excitement, which was much appreciated. And who can't forget the support of WTISS as we walked, ran or exercised to loud motivating music!

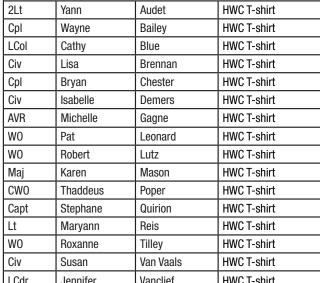
Now for the crowd pleaser, the winners of our 2016 Health and Wellness Challenge draw! We want to thank everyone that participated, registered, tracked and tried to make daily healthy choices. The draw is comprised of all those that tracked their progress daily and accumulated 320 healthy choicSISIP Health & Wellness Challenge Draw Winners Couple's entry for Kyle Felske Ottawa Army Run +2 shirts

Shane Gale Emerson 7" tablet Yoga Mat Delta Guerard Life Trak Core Watch Peter Suzanne Yoga Mat 0ram Couple's entry for Osborne Ottawa Army Run Katie +1 shirt +1 hat Fit-bit Zip Anita Pennington Hamilton Beach Single Searle Serve Blender

CANEX Health & Wellness Challenge Draw Winners			
2Lt	Yann	Audet	HWC T-shirt
Cpl	Wayne	Bailey	HWC T-shirt
LCol	Cathy	Blue	HWC T-shirt
Civ	Lisa	Brennan	HWC T-shirt
Cpl	Bryan	Chester	HWC T-shirt
Civ	Isabelle	Demers	HWC T-shirt
AVR	Michelle	Gagne	HWC T-shirt
WO	Pat	Leonard	HWC T-shirt
WO	Robert	Lutz	HWC T-shirt
Maj	Karen	Mason	HWC T-shirt
CWO	Thaddeus	Poper	HWC T-shirt
Capt	Stephane	Quirion	HWC T-shirt
Lt	Maryann	Reis	HWC T-shirt
W0	Roxanne	Tilley	HWC T-shirt
Civ	Susan	Van Vaals	HWC T-shirt
LCdr	Jennifer	Vanclief	HWC T-shirt

Without you, there is no Challenge, so once again,





thank you for your participation!

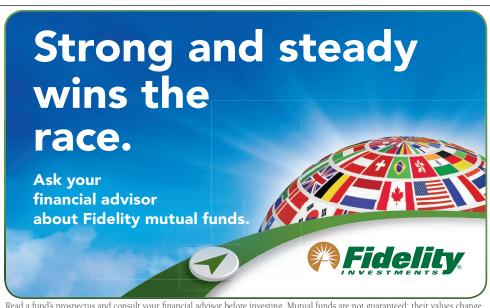




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Recruiting aerospace controllers a challenge for CFASC

mer, commanding officer Ca- what we call top pound selec- a very small pool right now." cupation: aerospace controller mer. "Right now we're having a monly sought after aircrew oc- AEC officers have many unique tional postings are also greater

nadian Forces Aircrew Selection tion. This is where we have a big Maj. Zimmer adds that pilot aware that AEC is a career option Centre, the most important task enough pool of candidates that and air combat systems officer in the Royal Canadian Air Force are greater than any other trade. at hand is recruiting for one oc- are successful," said Maj. Zim- (ACSO) are the two most com- (RCAF).

weapons control.

training exercises.

scramble the CF-188s on the ground. Wing North Bay.

tions, but air weapons opportunities for de- visit www.forces.gc.ca.

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"[Our] long-term goal is to have the recruiting centre so we have most well-known. Many recruits ployment with the CF-188s or coming in for testing are not postings to the United States.

"The opportunities to deploy The opportunities for internalittle difficulty getting people to cupations because they are the challenges and opportunities, in- than any other trade," said Lieucluding the chance to tenant (Lt.) (Navy) Steve Brown. specialize in either air "There's a lot of variety in terms traffic control or air of your day-to-day activities."

> Lt. (Navy) Brown adds that Air traffic control- many AECs find a sense of aclers provide air traffic complishment when dealing with services from a con- high-volume traffic and ensuring trol tower, where they the airspace is controlled.

> also control civilian Although it is an Air Force and military aircraft trade, AEC officers can be deduring operations and ployed on a ship, aircraft or even in the field. AECs also work with Air weapons control- the Canadian Army during comlers are responsible bat training exercises, where for the defence side of they call in simulated airstrikes aerospace control. They and provide air support to troops

> when an unidentified Before the training process beaircraft poses a threat gins, AECs must first complete to Canadian airspace an undergraduate degree from a and direct aircraft dur- recognized university and pass ing air battle scenarios the same aircrew selection test from the Canadian Air as pilots and ACSOs. Upon selec-Defence Sector at 22 tion for AEC, recruits complete training at the Canadian Forces AECs are an essential School of Aerospace Control Oppart of foreign opera- erations in Cornwall, Ontario.

> For more information on the controllers have more AEC occupation and entry plans,



Lieutenant (Navy) Steve Brown and Captain Art Touw monitor an aircrew selection testing serial in the Canadian Forces Aircrew Selection Centre. Photo by Alexandra Baillie-David



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424 (T&R) Squadron's Field Mess Dinner is a tremendous success



By Major Jean-Paul Landry, DCO 424 (T&R) Sqn

For the second year in a row, were under canvas and top 22 crash site on Oct. the 424 (T&R) Squadron Ti- Captain (Capt.) Stepha- 31, 1991. As part of the gers left their bowties and ruffled nie Pouliot, the PMC, introduction, Lt.-Col. shirts at home and proceeded to had to keep a close eye Poitras highlighted the Mountainview in their regular on her gavel. Members level of effort from units dress of the day for their annual of the unit were encour- across the Air Force in mess dinner.

The normal traditions of a tents in order to camp fort and emphasized the mess dinner were carried out in on-site after the dinner "one team, one mission" a relaxed setting where the tables was over and enjoy some concept of SAR opera-

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time together around tions. the bonfire.

aged to bring their own support of the rescue ef-

In his speech, CWO The theme for the (ret'd) Larouche remess dinner this year called his experiences as was Boxtop 22. Lieu- a young SAR Tech and tenant-Colonel (Lt.-Col.) the extreme challenges Dany Poitras, Com- that he experienced durmanding Officer (CO) ing the rescue effort in-424 (T&R) Sqn intro-cluding the weather conduced the guest of hon- ditions where the wind our, CWO (ret'd) Eric chill factor was below Larouche, a Search and -60 degrees Celsius. He Rescue Technician (SAR echoed Lt.-Col. Poitras' Tech) who was part of sentiments regarding the first group of SAR the teamwork that was Techs to reach the Box- Continued on page 14



Canadian MFRCs seeking inclusion in defence policy

By Ross Lees

ilitary Family Resource tice.

future of the Canadian Armed that can change at any time."

fore, according to Trenton MFRC document. executive director Tamara Klein-

families included in government the mission of the CAF, the CAF because there are many non- to base and area to area, there is programs."

defence policy documents in the officially recognize MFRCs as be-profit organizations popping up seldom total agreement. ing the official service providers to service veterans and military governments started to take no- to support military families," means of specific actions like the stated Mrs. Kleinschmidt. "Cur- creation of dedicated programs tured set of services with fund-Thirty-two MFRCs across rent and recent governments or the injection of additional ing going all different places, indication of a strong national Canada have signed on to a brief have acknowledged they see the funds coming from various gov- so we want the statement that voice of all 32 MFRCs and part of entitled "Without family, there importance of continuing that ernment ministries and institu- MFRCs are the service providers their maturing process. is no future," which is being family support system because tions, and that the CAF develop for military families," she indisubmitted to the Department of it is imperative to meeting our through the implantation of an cated. "We need to be entrenched what's going on in other coun-National Defence (DND) as part national and international objec- intergovernmental cell, a strat- at this point because Treasury tries and Mrs. Kleinschmidt says of the public consultation on the tives in regards to defence, but egy related to the support and to Board could determine tomor- Canada is falling back in the issues facing military families row that it's no longer necessary race, now trailing Australia and Four recommendations came and to see to its adoption and to support military families." This kind of nation-wide con- from the week-long discussions signing by the Prime Minister, sensus has never happened be- that went into establishing the federal ministers and the provin- quickly arrived at by all 32 how we can get back to where we cial premiers in order that mili- MFRCs across Canada, some- should be and I'm really thrilled The 32 MFRCs recommend tary families may receive sup-thing that has never happened to be a part of it," she said. "It's

the importance of the aim of ed in the next defence policy as Recognition of MFRCs was in- noted. Because service require- gagement the government is askthis document - to get military an integral and essential part of cluded in the recommendations ments vary so much from base ing for with regards to veterans

"You could have a very frac- schmidt said.

Consensus on the issue was

"Agreement on this issue came "Right now, we're in a situa- for military families, the CAF families and there is potential within a half a day and we went Centres (MFRCs) are com- tion where each successive gov- signal the commitment of De- for this area to become muddy, very quickly from 'should we?' ing of age and they feel it's time ernment chooses whether or not fence toward military families by according to Mrs. Kleinschmidt. to 'how will we,'" Mrs. Kleinschmidt.

She sees this document as an

The document also indicates the United Kingdom.

"This document demonstrates schmidt, which really highlights that military families be includ- port by all levels of government. before," Mrs. Kleinschmidt perfect timing for the level of en-

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Wing Logistics and Engineering Picture of the Week



Sergeant (Sgt.) Donny Zehr, Electrical Generating Systems (EGS) Supervisor at 86 Airfield Systems Utilities (ASU), with no exaggeration about being swamped prioritizes with the best. When 86 ASU underwent position restructuring, his proficiency and dedication ensured EGS success despite the constant battle of losing experienced technicians at any given moment, in order to effectively balance unit ops tempo and operational commitments.

Bravo Zulu Sgt. Zehr!

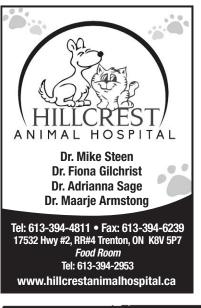
Photograph by Warrant Officer Gardiner, M.P., Construction Engineer Support Squadron A/SWO, 86 ASU Flt WO

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The emergency response team responded to the simulated multiple significant incidents successfully and efficiently, especially with these three people answering and coordinating the response - QIAS 2016 air boss David White in the foreground, QIAS 2016 co-chair Lt.-Col. Tromp in the middle and 8 Wing Public Affairs Officer Capt. Julie Brunet at the back. Photos by Ross Lees





Only Place To



Multiple significant incidents exercise prepares QIAS 2016 team for the real thing

By Ross Lees

cise held early Friday morning at Cana- believe we have a plan that accounts for dian Forces Base (CFB) Trenton elicited any potential incident and the team is rave reviews from those in charge.

Designed to test the emergency re- any level." sponse readiness of the QIAS 2016 team, the exercise was of simulated multiple ercise with all agencies involved. The significant incidents during the air show second involved two crash sites with apand this second response readiness ex- propriate civilian and military personercise was deemed "very successful" by nel responding to the realistic scenes. QIAS 2016 co-chair Lieutenant- Colonel Medical personnel, police, firefighters, (Lt.-Col.) Kevin Tromp, co-chair of the environmental response personnel and QIAS 2016.

base and one off the base on private Lt.-Col. Tromp noted. property – the exercise was as close to the real thing as could be simulated and that have allowed us to put the finishgave the team a good test of their ca- ing touches on our emergency response

White of Toronto.

"At the end of these two exercises, I can say with full confidence the team at QIAS is the best prepared and drilled Quinte International Air Show team I have worked with in the air show A(QIAS) emergency response exer- business," Mr. White stated. "I firmly prepared to deal with emergencies at

The first exercise was a table top exmany others responded to two simulat-Simulating two crashes - one on the ed and simultaneous major incidents,

"There were a few lessons learned plan, but overall the exercise showed The most glowing words of approval that 8 Wing and its community partners came from QIAS 2016 air boss David are fully prepared to handle emergency

Continued on page 12

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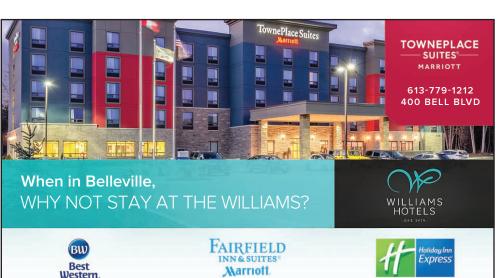
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Multiple significant incidents exercise prepares QIAS 2016 team for the real thing



Air boss David White (centre right) prepares to go into action along with key members of team including Lt.-Col. Tromp (centre left) and Major Marty Zimmer, Chief of Staff Operations, looking on. Photos by Ross Lees

Continued from page 11

said after the exercise had concluded.

tered Friday.

"The Canadian Armed Forces (CAF) situations should the need arise," he response assets we had ready were properly and effectively deployed and in the Mr. White said he was pleased to see most timely way possible<' he said. that only minor issues were encoun- "The interaction with external agencies was also extremely effective."



One of the simulated crash sites can be seen in the background of this photograph.





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Major Jim Falldien, Flight Operations Director, makes a point to exercise coordinator Lt.-Col. Tromp Friday morning from within the command centre.



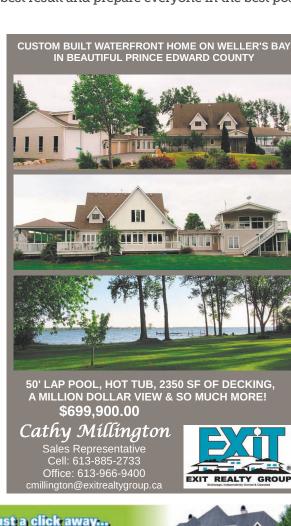
The principals of the exercise spent some time bouncing ideas and information off of each other to garner the best result and prepare everyone in the best possible fashion for the real thing.



Lt.-Col. Tromp and Capt. Brunet spent much of Friday morning responding to issues from their respective areas of expertise.

Photos by **Ross Lees**





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424 (T&R) Squadron's Field Mess Dinner is a success

Continued from page 8

required to successfully evacuate the ing the experience from this year's survivors of Boxtop 22. He also noted mess dinner." that in his 32 years of service this he has ever experienced."

Pouliot provides some

instructions prior to the

arrival of the port.

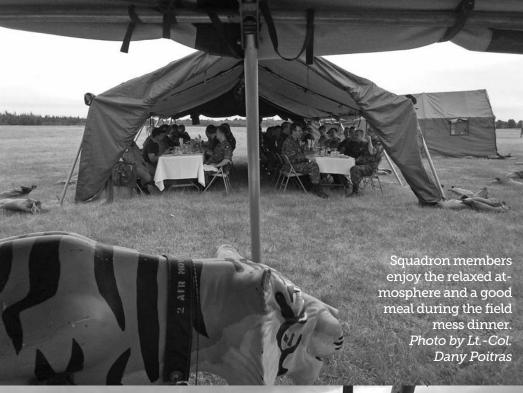
Photo by Capt. Labbe

new CO will have a hard time surpass-

It appears that a new tradition at

Lt.-Col. Dany Poitras will pass the

mess dinner was "one of the best that 424 Sqn has been started. The evening was a great success torch to Lt.-Col. Leighton James on and Lt.-Col. Poitras stated that "the July 21. PMC, Capt. Stephanie







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

The QEDC and Trenval are co-located in the Quinte Business Development Centre (QBDC), a one-stop-shop business support facility at Loyalist College offering 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 have provided support services to many businesses, as well as community initiatives.

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Congratulations to 8 Wing/ CFB Trenton in delivering a world-class air show! We are proud to support 8 Wing / CFB Trenton, and thank them for their on-going service and support of the community.



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A CH-146 Griffon helicopter and CC-130H Hercules from 424 Transport and Rescue (T&R) Squadron conducted a successful search and rescue (SAR) mission in Inner Bay, 10 Nm southwest of Port Dover, ON Sunday.

At approximately 8:30 p.m. local time, the aircraft from 8 Wing/Canadian Forces Base Trenton were tasked by the Joint Rescue Coordination Centre (JRCC) in Trenton to locate an overdue jet skier.

This SAR mission was initiated when JRCC received a call from a concerned citizen after the lone jet skier did not return when expected. During the search, members of the Norfolk Fire Department on land heard shouting coming from the area of Bosgood Marsh in the vicinity of Long Point which helped focus the SAR assets to the correct area.

Canadian Coast Guard (CCG) was the lead agency for this marine incident. They coordinated the assistance of Norfolk OPP, Norfolk Fire Department, and 424 (T&R) Squadron's SAR crews to locate and recover the overdue jet skier, who was safely transported to the Norfolk General Hospital







Media day a chance of a lifetime for Quinte radio reporter

By Ross Lees

(QIAS) 2016 media day on June 16.

When she left home that morning, QIAS 2016.

That changed abruptly when she walked into the passenger termi-N icole Kleinsteuber, a local ra- nal at Canadian Forces Base (CFB) dio personality, got the sur- Trenton and found out that the reprise of her life when she arrived at porter who was supposed to jump the Quinte International Air Show was not going to and she was asked if she wanted to.

"I've never been one to turn down she expected an exciting day flying an awesome opportunity and espe-



in an aircraft and reporting on the cially one I've wanted to do for as Nicole and Sqt. Tremblay walk off the ramp on the C-17 Loadmaster as the jump actually long as I can remember," she said begins. Photo by Alexandra Baillie-David



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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.

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she was nervous. "I was nervous before and now I'm definitely wondering why," she said after the jump and she had had some time to collect

sponded, "And that's a good thing."

herself. "There was the adrenalin, the nervousness I think because when I woke up this morning, I did not know I was going to be jumping from a plane."

So she jumped at the chance, pardon the

On the bus ride out to the aircraft, Nicole

was reminded that she had not had time to

think about the event and she quickly re-

When it was all over, she readily admitted

pun, taking all of about three seconds to

make the decision.

Continued on page 17

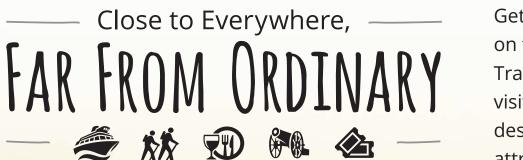
Nicole has this picture taken of her as the top media gun. Photo by Ross Lees





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Tremblay and then being walked out off the end of the ramp on the C-17 to begin the jump. Surprisingly, Nicole remembers very little of that but recalls the phenomenal view and the rapid loops as they maneuvered into position for the landing during the fall to earth.

When they finally landed, there was a period where she felt like she was going to be sick and she had to lie on the ground for a few minutes to

Continued on page 19



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Nicole Kleinsteuber gets some technique pointers from Sgt. Jonathon Tremblay prior to the jump. Photo by Ross Lees



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8 Wing well represented at Wounded Warriors Canada Battlefield Bike Ride

By Ross Lees

the Wounded Warriors Campaign. Canada (WWC) Battlewhich just concluded.

24 Canadian Forces Commanding chelle Heudes and their stored. Honorary Colonel (Hon. Kemp Stewart.

Hon.-Col.

Cemetary, Enviro Offi- allies; across the small cer Drew Craig, Dr. Mary town to begin the 9.5 km Pederson, Maj. Rochelle ascent to the top of Mon-Houdes, Honorary Lt.- te Casino, a difficult trip Col. Amber Hayward- but well worth the effort.

Kemp Stewart honouring local Hastings and Prince Edward Regiment Wing/Canadian Forc- soldiers, Cape Bretones Base (CFB) Trenton ers and other regiments was well represented on who served in the Italian

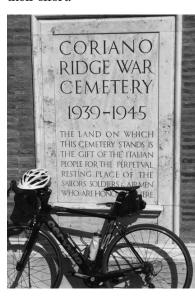
Beautiful. field Bike Campaign - remembrance of those The Italian Campaign, Canadians who fought in Italy.

Our group rode from Health Services Centre here, to the top of the (24 CF H Svcs C) was rep- peak in the background. resented by both their This is the Abbey that Officer was destroyed in the (CO) Major (Maj) Ro- battle and later fully re-

The CO, Maj. Houdes Col.) Amber Hayward- and I at the top of Monte Stewart while 429 Trans- Casino (the 9.5 km uphill port Squadron was repre-ride) straight up. This is sented by their Hon. Col. the last day of the ride. The final portion after cy-Amber cling up and down moun-Hayward-Stewart sent a tains, was the trip down series of photos back to a mountain of similar Contact about their ride. height, to the cemetery Day one at a Revina of the commonwealth



part of a team from all across Canada who helped raise over \$400,000 to be put towards programs that will assist military members and families and first responders and Stewart and Hon. Col. We were happy to be their families dealing with mental hardship. This was a great privilege to be on the trip. It helped many to remember the sacrifice of other Canadians to preserve democracy in Italy during WW2. Today there is still a remembrance and thankfulness to Canadians for their effort.





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Media day a chance of a lifetime

Continued from page 17

just let everything stop rotat-

Nicole came out of it quickly and then really started to celebrate the experience, standing up and yelling towards the sky in jubilation.

Moments later, she turned and walked back towards Sgt. Tremblay and gave him a hug and thanked him for the experience.

Finally, she was ready to talk about her experience.

"It was probably the biggest rush of my life, a huge honour and all I can think about now is I want to go



Nicole takes a few minutes to recompose herself. Photos by Ross Lees

again," she said. "I'm so thankful to have the opportunity

to free-fall with the SkyHawks and Jo, the best in the country – it's just such an honour!"

The view stuck in her mind despite the rapid loops on the way down.

"You could make out the base, you could make out the bay... You know that we live in such a beautiful area, but to see it from so high, it's just phenomenal!"

Would she do it again?

"Definitely! If I ever get the opportunity again, I'll do it," she states emphatically as she walks back towards the hanger and the end of perhaps her most exciting media day ever.

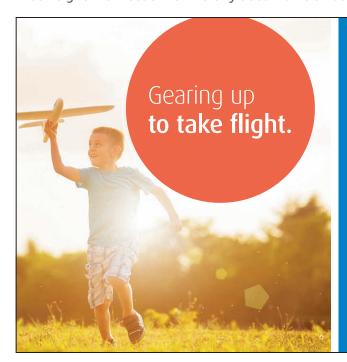
She then got up and went and thanked Sgt. Tremblay for the







8 Wing Commander Col. Colin Keiver watches as Quinte West Mayor Jim Harrison signs the Freedom of the City documents on June 17.



Help your little pilots burn off some of that extra fuel. Visit the BMO Kids' Zone for fun activities for the whole family.

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Quinte West grants 8 Wing Freedom of the City

Bv Ross Lees

n 85-year-old relation-An 85-year-old relation collinative serial reason for that special reason for the special reason Friday afternoon when the cial relationship. City of Quinte West opened (CFB) Trenton to have the here, they live in this com- Col. Keiver. Freedom of the City.

was considered an extreme emony also holds histori- tastic. gesture of friendship be- cal significance, Col. Keiver dom of the city, according to through the city. 8 Wing Commander Colonel (Col.) Colin Keiver.

knocked on the door. Mayor Jim Harrison quickly answered the door and granted Col. Keiver and his troops the freedom they requested after inspecting the troops.

"There is no better gesture from a military perspective," stated Col. Keiver. "It is the highest honour we can grant to a community.

"When it comes to Quinte West, it's a very special relationship that 8 wing and

munity is exceptional."

munity, so this community The ceremony relates back is really important to us!"

from trees cut down along and head to some other parts He brought that history Highway 2 last year during of this world. You represent back into play Friday af- construction near the base. us well and you help keep us ternoon when he marched Those trees were a gift from safe. We feel safe here and we a contingent of 150 troops Queen Elizabeth II in 1945, live in the best country, the to the Quinte West munici- delivered in the hold of the best province and the best

port we get from this com- lings to commemorate Canada's key role in the British Col. Keiver said there was Commonwealth Air Train-

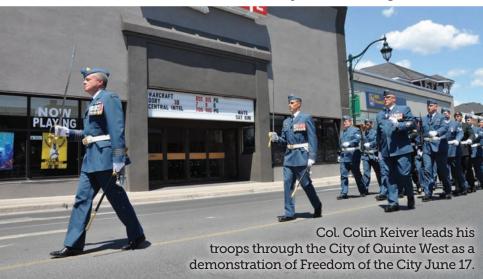
"That piece off oak is a "We live and work at the huge part of history and it its arms wide and invited 8 base and we go around the thrived in this community Wing/Canadian Forces Base world, but our families stay just we like we do," noted

Mayor Jim Harrison said he had lived in Quinte West to medieval Europe when The piece of oak attached near 8 Wing most of his life armies marauded the land to the front doors of the and the experiences he had and made cities very unsafe Quinte West municipal with 8 Wing were not only so that they created walls. It building as part of the cer- memorable, but also fan-

"I want to tell you from tween a community and a explained to a gathering the bottom of my heart, we military to allow them inside at Royal Canadian Legion thank you for being here, the city and grant them free- Branch 110 after the march we thank you for what you do and for some of you, how That piece of oak came quickly you pack your bag pal building and forcibly Queen Mary as 15-foot sap-city because of you," he said.



Trenton has," he said. "The Mayor Jim Harrison inspects the troops with Capt. base has been here for 85 Jonathan Campos with Col. Keiver and 8 Wing Chief years and the level of sup- Warrant Officer Darcy Elder following them.



Proud to support the Quinte International Air Show

Julie Lange Portfolio Manager 613.968.6805 www.julielange.ca Honorary Colonel, 436 Squardron, 8 Wing, Trenton



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Media get a sneak peek at QIAS 2016

Continued from page 1

have a great lineup, lots of static displays continue into the future. here on the ground and we're very lucky to have a number of United States Air this air show again has Force aircraft, including the F-22 Raptor, been a challenge, but miliwhich are going to be on site here and fly-tary people like a chaling in the air show."

She warned in advance that spectators won't be able to approach too closely to the ning had to take place for F-22 Raptor, but they will be able to see it on things like parking, busthe ground and flying.

"It's an absolutely fabulous aircraft and and electricity, moving it's a unique opportunity for us to be able to people through the gates showcase it here," she added.

Organizers are expecting 50,000 specta-ticketing, fencing and of tors to show up and resume their love affair course port-a-potties. with this historically popular air show. Lt.and help of a lot of partners.

"We had stunning support from the rein helping us bring next weekend together," happen," she said.

said. She mention the BMO-sponsored Kid Zone and the stellar help from the local OPP.

This newly revived show is already pushing other shows for the title of largest air show in Canada this year and it is a trend the organizers hope to see

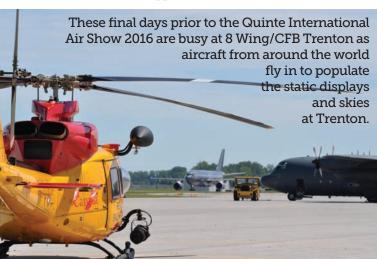
Logistically, starting up lenge, Lt.-Col. Blue stated.

She said a lot of planing, concessions, water and the security process,

All of this and still bal-

Col. Blue said a lot of effort has gone into ance their regular workload at the base, re-establishing this air show and it could Lt.-Col. Blue said of the many military volnot have been done without the support unteers who also worked diligently over the past eight months to make this show a reality.

"It's been a challenge but we are comgion - CAE, Boeing, the City of Quinte mitted to making sure all of our missions West, the City of Belleville and the County succeed as well as doing the air show. It's of Hastings, plus a huge number of other a delicate balancing act but everybody is sponsors have been absolutely instrumental focused on making sure everything can





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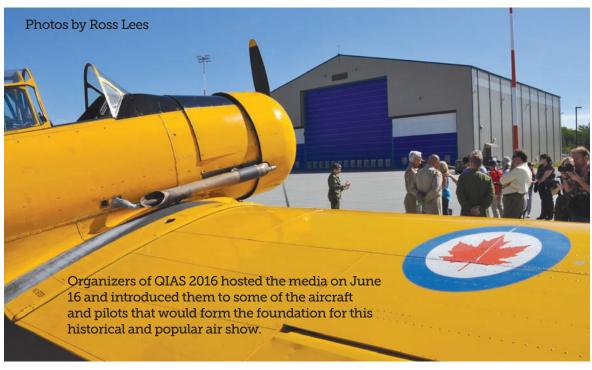
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New Programs at the **Trenton MFRC**

Visit our website - www.trentonmfrc.ca - or our Face- Workshop Dates: book page to find new and returning programs or 1. events for adults, children, and the whole family!

Nouveaux programmes pour l'automne au CRFM de Trenton

Visitez notre site internet - www.trentonmfrc.ca - ou 6. notre page Facebook pour trouver les nouveaux pro-7. grammes et événements en plus de ceux qui nous revi- 8. ennent, pour les adultes, les enfants et toute la famille! **Prices:** \$60 for one week, \$200 for four weeks (a savings 4.

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 Édifier une communauté de 'leaders'. Le CRFM de sissez vos semaines, 400\$ pour les 8 semaines.

ships and developing a professional image to prepare leaders dans leur communauté. Les ateliers for your future.

- Jul 4 2016 to Jul 8
- Jul 11 2016 to Jul 15
- Jul 18 2016 to Jul 22
- Jul 25 2016 to Jul 29
- Aug 1 2016 to Aug 5
- Aug 8 2016 to Aug 12
- Aug 15 2016 to Aug 19
- Aug 22 2016 to Aug 26

of \$40). Choose your weeks! \$400 for all eight weeks. For 5. more information and to register, please call 613-965- 6. 3575 or email rabia.s@trentonmfrc.ca.

Le programme "OMG" Une opportunité pour motiver et grandir

community. The workshops will cover themes like self- Trenton offrira une série d'ateliers durant l'été pour Inscrivez-vous en téléphonant la réception du esteem, empowerment, awareness of current events, les jeunes de 12 à 15 ans. Au cours des semaines, les CRFM au 613-965-3575 ou Rabia à rabia.s@trensafety and social image in the media, healthy relation- participants apprendront comment devenir de forts tonmfrc.ca pour d'information.

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 4 semaines (un rabais de 40\$)- Choi-

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as thoughtful as the exterior the back garden. design.

of class.

bring an abundance of natu- snacks or casual meals. ral light into the soaring foyinformal lifestyles.

ment units on either side.

In the dining area, an op- piece bathroom.

This striking home, with tional buffet will provide ex-

windows and a pointed roof, space, as well as a walk-in closet.

lead to a great room that re-three or four bedrooms, deally lives up to its name. The pending on the plan chosen, entire family area stretches the four or the three-bedfrom the front to the rear of room. The three-bedroom the house, providing gener-layout includes a large masous open space for today's ter suite at the rear with a boxed-out window, a walk-A decorative half-wall sep- in closet and an expansive arates the staircase from the ensuite bathroom with a great room, which features soaker tub, shower and a large gas fireplace with double vanity. Bedrooms two optional built-in entertain- and three at the front of the house share the main, three-

three-sided entry, will be an for more formal meals. A fourth bedroom is obtained below. asset to any neighbourhood. sliding glass door opens to a by slightly reducing the size

Oval glass in the front door age and work-space options bedroom. They share the space for a recreation area. and windows on either side and will seat four for quick three-piece central bathroom.

In the alternative four-tractive carousel-shaped winits eye-catching turret and tra space and a serving area bedroom plan, space for the dows, as well as to the foyer

On the basement level, dou-And the inside lay-out is just sun deck with steps down to of the master suite, which ble doors mark the entrance still retains a generous to the den, which could serve The kitchen will please the amount of space, with only a as a home office. A good-sized An offset entrance under cooks in the family, offering three-piece ensuite bathroom laundry room includes a a covered porch, carousel plenty of countertop work- and a slightly smaller walk-in handy countertop for folding clothes. The remainder of the together with an abundance pantry. A window with a In this plan, bedrooms basement is unfinished, offerof windows, a shake roof view to the garden will make three and four occupy the ing roughed-in plumbing for and fish scales in the roof time spent at the kitchen front of the house and bed- a three-piece bathroom and peak give the house a touch sink seem less taxing. A cen-room No. 2 is tucked between a layout for two extra bedtral island adds to more stor- the master suite and the third rooms, still leaving plenty of

In both layouts, the bed- and 40 feet deep with 1,390 The sleeping area is de-room adjacent to the stairway square feet of living space er. Stairs up to the main floor signed to encompass either enjoys a view through the at- and an unfinished basement.

The house is 42 feet wide

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Belleville Waterfront and Ethnic Festival

The Trenton MFRC is selling midway bracelet coupons to military families at reception from June 1 to June 30. These coupons are \$20 (flat fee) each. The owner should take their coupon to a Midway ticket booth onsite at the Festival to receive their bracelet. Thursday, July 7, 4 p.m. to 11 p.m., Friday, July 8, 11 a.m. to 11 p.m., Saturday, July 9, 11 a.m. to 11 p.m. and Sunday, July 10, 11 a.m. to 5 p.m. For more information on purchasing coupons for Waterfront and Ethnic Festival at the MFRC, please contact reception - 613-965-3575 or info@trentonmfrc.ca.

Le festival 'Waterfront & Ethnic' de Belleville

La réception du CRFM de Trenton vend les coupons pour les bracelets 'Midway' (les manèges) pour les familles de militaires du 1er au 30 juin, 2016. Le coût est de 20\$ par coupon. Vous apporterez vos coupons à la billetterie du Midway en échange pour vos bracelets. Le jeudi 7 juillet, de 16 h à 23 h, le vendredi 8 juillet, de 11 h à 23 h, le samedi 9 juillet, de 11 h à 23 h, le dimanche 10 juillet, de 11h à 17 h. Pour plus d'information sur l'achat de ces coupons pour les manèges au festival 'Waterfront 7 Ethnic' cau CRFM, contactez la réception au 613-965-3575 ou info@trentonmfrc.ca.

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.aoese.eventbrite. ca For information 613-392-2811 ext.3953

Continued on page 24



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.

June 25 & 26 - Quinte **International Air Show**

This two-day air show will take place participants include well as some great civilian acts such Canada! as Jelly Belly with Kent Pietsch and Rick Volker in his RCAF Harvard. There will be vintage war birds Quinte Alliance Church in Belleville from the Canadian Harvard Aircraft Association, the Canadian Warplane Heritage Museum and the Tiger Boys, us for a week of sports and fun! 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.

June 30 - AOTS Men's Club **Strawberry Social**

AOTS Men's Club will hold a Foundation and the Quinte Humane Strawberry Social at Trenton United Church, 85 Dundas Street East, on Thursday, June 30 from 5 p.m. to 7 p.m. featuring entertainment by raffle, piston toss, door prizes, silent the Trenton Citizens' Band. Adult: auction, vendors and music. For more strawberries, cake, ice cream and further event details, call 613-965-7314 Knockleby at 46 First Ave., Trenton, kayaking beverage. Hamburgers and hot dogs or email NAFMCFoundation@gmail. ON. K84 4C4. sold separately. Supporting youth in com the community.

July 1 - Trenton Legion Branch 110 Canada Day Celebration

CF-18 Hornet Demonstration Team as Open to the public. Happy Birthday attend). Purchase tickets to reconnect focusses on bringing

July 4 – 8 - Sports Camp

is hosting a Sports Camp for all kids ages six to 13 from July 4 to 8. Join For more information visit www. quintealliancechurch.ca or come see us at Quinte Alliance Church, 373 Bridge Street West, Belleville.

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 of Canada. Proceeds from this exciting and popular event go to support the National Air force Museum of Canada Society. This event is free to the public admission. The event includes a 50/50child under 10 \$4, includes information, vendors, sponsorships or

Aug. 20 - Air Cadet 75th **Anniversary Reunion Gala**

Join us in Winnipeg on Aug 20, at the Operation Heal Our Patriots(OHOP) outlook.com

Sept. 9-11 – Canadian Military Flight Engineering Reunion

will be served at the Officers' chaplains. A total weekend package special married

Sept. 11-16 – Operation Heal **Our Patriots**

the weekend of June 25 and 26 over the Join our Canada Day Celebration Victoria Inn and Conference Centre is a ministry project of Samaritan's main runway of 8 Wing. Confirmed on Friday, July 1 at 1 p.m. at the for an Air Cadet 75th Anniversary Purse. Samaritan's Purse is a Christian the Royal Canadian Legion, Branch 110, Reunion Gala for those who have international relief and development Canadian Army paratrooper team, Trenton. Excellent local band "The been and are still involved with the organization with projects in more the SkyHawks, the Snowbirds, and the Shadows" performing. No charge. Air Cadet Program (must be 19 to than 100 countries worldwide. OHOP with friends by e-payment: http:// refreshment, physical renewal and aircadet75thanniversaryreunion. marriage enrichment to physically ca Please forward this information, and/or emotionally wounded military Deadline to confirm tickets: June 30. personnel and their spouses. This aircadet75thanniversaryreunion@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 Canadian Military Flight the past four years, this is only the Engineering Reunion will be held second year that a special week has in Trenton from Sept. 9 to 11 with been set aside solely for Canadian a meet and greet taking place at military personnel and their spouses. 413 Wing. Cost is \$15 per person. A The marital enrichment and spiritual dinner and dance will be held Sept. encouragement portion of the week $10\,at the\,Officers' Messata\,cost\,of\,\$50\ at\ Samaritan\ Lodge\ flows\ from$ p.m. at the National air Force Museum per person. On Sept. 11, a breakfast workshops led by retired military The Biblically-based Mess at a cost of \$20 per person. sessions are designed to strengthen couples' of \$65 per person can be arranged. With God and with each other. The Closing date for registration is relaxation portion of the week at and you can show your car for \$10 Aug. 24. For further information, Samaritan Lodge includes a cozy little cmfeareun2016@gmail. wheelchair-accessible cabin for each com Please make payment (cheque, couple, and delicious meals with all money order or email payable to 10 couples together. The recreation CMFEA Reunion 2016. Mail to D.M. times include professionally guided and salmon-fishing excursions, a hike to a scenic waterfall, and a float-plane trip to view grizzly bears. samaritanspurse.ca/ohop

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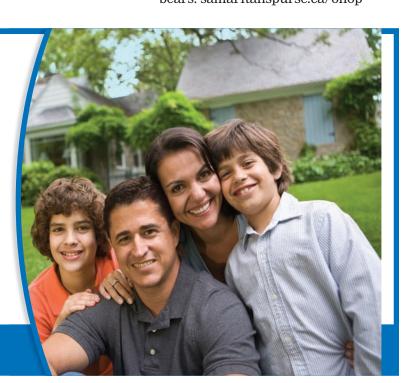
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Summer Swim Lessons Registration

Classes held: Monday, Tuesday, Wednesday and Friday – July 18 to July 29 or Tuesday to 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.

Spin - Tuesday, July 5 to Aug. 23 option 1: 12 p.m. to 1 p.m. or option 2: 5 p.m. to 6 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. to 7 p.m. at the MFRC.

Aug. 25 and Friday, Aug. 26 – 8 a.m. p.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

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.

Mini Ball Hockey, ages 4-6 years – Monday, July 4 to Aug. 29 – 4:30 p.m. to 5:30 p.m.

Ball Hockey Skills and Drills, ages 7-9 and ages 10-12 - Monday, July 4 to Aug. 29 – 7-9 years – 5:30 p.m. to 6:30 p.m. and 10-12 years -6:30 p.m. to 7:30 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**

Aquafit – Monday, Morning 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.

Standard First Aid – Monday, Aug. **Babysitting Course** – Thursday, 22 and Tuesday, Aug. 23 – 8 a.m. to 4

Special Events

Canada Day BBQ and Open House – Wednesday, June 29 – 12 p.m. to 4 p.m. (nominal BBQ fee) at the RecPlex.

S'Mores and More Moonlight Movie Night – Friday, July 15 and Friday, Aug. 19

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

MFRC continued from page 22

Les mercredis Farfelus- Un club amusant

Le CRFM et Autisme Ontario présen- lands et Lakes" Bricolage et atelier de tent: L'école de théatre "The rideau Is- théatre pour les enfants ayant des belands et Lakes" Bricolage et atelier de soins particuliers et pour leurs frères théatre pour les enfants ayant des be- et soeurs. Chaque semaine nous ausoins particuliers et pour leurs frères rons des jeux et des bricolages avec un et soeurs. Chaque semaine nous au- thème spécifique. L'heure du thé du rons des jeux et des bricolages avec chapelier fou - Robots recyclés - Superun thème spécifique. L'heure du thé héros et super vilains - La princesse du chapelier fou - Robots recyclés - dans un sac de papier. \$10.00/ enfant Super-héros et super vilains - La prin- pour une semaine ou \$35.00/ enfant cesse dans un sac de papier. \$10.00/ pour quatre semaines. Pour inscripenfant pour une semaine ou \$35.00/ tion www.aoese.eventbrite.ca Pour inenfant pour quatre semaines. Pour formation 613-392-2811 poste 3953. inscription www.aoese.eventbrite.ca Pour information 613-392-2811 poste 3953.

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 Le 20 juillet à 16 h. Nous allons à la cup of your favourite drink. Choose lee.colton@forces.gc.ca. 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 Celebrate Canada Day and the ar-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 will receive an invitation to register with you!

Visite virtuelle

Le CRFM et Autisme Ontario présentent: L'école de théatre "The rideau Is-

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 à la piscine

your home! What do you need? One piscine pour du plaisir au soleil et des to one and a half hours of quiet time, kebabs aux fruits. Doit être âgés entre a computer with sound application, 8 et 14 ans. 7,00\$ par personne. Pour headphones with microphone, and a plus d'information, contactez tara-

True Patriot Cupcakes

rival 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 2379. Please give your name and pref- Friday, June 24. Individuals younger ered visit timing, and afterward you than 15 must be accompanied by an adult. For updates on programming, online. We look forward to meeting please visit our website at trentonmfrc.ca.

Continued on page 26





Classifieds

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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

afetv



Falls from ladders are all too common at work and at home

 \mathbf{F} alls are a leading cause of workplace accidents and falls involving ladders are all too common. Many of these accidents cause serious injury and death. Follow these guidelines for safer use of ladders:

- Before using a ladder, make sure it is in safe repair. Check the rungs, the side rails and the feet are in good condition and secure. Look for any warp or twist in the shape of the ladder.
- When using an aluminium ladder. check for signs of wear and damage. These might include corrosion or loose rivets.
- Extension ladders should be checked for wear, damage to the ropes, pulleys and locks.
- With a stepladder, make sure the spreaders are in good condition and operating correctly. Check to see that the feet on the ladder have slip-resistant material on them and that they are clean and in good condition.
- If you find any defects in a ladder, tag it and remove it from service. This will ensure it is destroyed before someone else can use it. Never paint a wooden ladder. This can hide cracks and other defects. A clear finish or a wood preservative should be used instead of paint.

- Choose the right ladder for the job. Ensure the length is sufficient and it is strong enough to support you and any tools or materials. Never use a ladder made of metal or with metal reinforcement for any electrical work. This means you shouldn't even use an aluminium stepladder — not even for changing a light bulb!
- To set up a straight ladder safely, use the four to one rule. For every four feet in height, the base of the from the wall.
- solid, even and stable surface.
- Have someone hold the base of the ladder, or tie or block it. Also have someone hold onto the ladder while you are tying it off at
- Do not climb onto the top few rungs of any ladder.
- You need to use both hands to climb safely, so carry your tools on a belt. Another alternative is to hoist tools and materials up after you climb.
- Wear non-slip footwear to climb a ladder.
- Do not reach too far away from a ladder. One way to make sure you maintain the right center of gravity is to keep your belt buckle be-

- tween the two stiles of the ladder at all times.
- Moving a ladder is a job for at least two people to ensure the ladder does not fall or strike anyone or anything.
- When moving or setting up a ladder, take extreme care to steer clear of any overhead electrical installations such as wires or power lines.

Falls cause many serious injuries and ladder should be one foot away deaths, and ladders are involved in many of these accidents. Remember to follow Place the base of the ladder on a these ladder safety tips off the job, too.



MFRC continued from page 22

Petits gâteaux 'Vrai patriote'

l'arrivée de l'été avec ce fabuleux atelier 3953. 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

Monday of the month - begins June 20 in the Youth Centre or email Rabia: alcoholic beverages as you and your from 6 p.m. to 8 p.m. Have question? rabia.s@trentonmfrc.ca Contact Orlana Bourgoin orlana.b@ Célébrez la journée du Canada et trentonmfrc.ca or 613-392-2811 ext.

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 information, call 613-392-2811 ext 3265.

Paint Night with Suso



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14 PARKER DRIVE

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Soir de peinture avec Suso

Le lundi 18 juillet, venez peinturer un chez-d'oeuvre au Centre des jeunes avec Suso Bach. 5,00\$ par personne. Sgt's Mess. Cost: \$30/class, includes Inscrivez-vous au Centre des jeunes the canvas, brushes and paint. Regisou contactez Rabia: rabia.s@trentonmfrc.ca

Monthly Mindfulness Group

Open to those who are interested in developing their mindfulness practices Toile, pinceaux & eau de vie - Chermfrc.ca or 613-392-2811 ext.5541

Groupe mensuel de pleine conscience

tonmfrc.ca ou 613-392-2811 poste 5541. à guichet fermé!

Program Calendars

The June Youth Centre calendar available under 'Youth & Teens' and 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 Ce groupe est destiné aux enfants ca/fr/services-famille.

Picasso and Pinot

ferent night out? *No artistic experi- trentonmfrc.ca

and friends ages six to 11. Every third Suso Bach. \$5.00 per person. Register ence required. Sip wine, beer or nonclassmates 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 ter 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

as a way to reduce stress and anxiety. chez-vous une activité amusante et Inclusive youth social night for chil- Monday, July 18, join us in the Youth Previous experience is not required. diffèrente à faire avec vos amis(es)? dren with special needs, their sibling Centre and paint a masterpiece with Last Thursday of the month (May 26) *Aucune expérience artistique reqfrom 12 p.m. to 1 p.m. or 1 p.m. to 2 p.m. uise Sirotez du vin, de la bière ou For information or to register please une boisson non-alcoolisée tout et contact by email helene.t@trenton-apprenant, avec vos camarades de classe, étape par étape à peinturer une toile que vous rapporterez chez vous. Quand : les jeudis 12 mai ou 9 juin. Heure: de 18h30 à 20h30. Où: Au Offert à ceux qui sont intéressés à mess des Adjudants et Sergents. Coût développer leur pleine conscience : 30\$/par classe, comprend la toile, pour réduire le stress et l'anxiété. les pinceaux et la peinture, apportez Aucune expérience préalable n'est un tablier ou une vieille chemise. Inrequise. Le dernier jeudi du mois (26 scription & paiement à la réception mai) de midi à 13h00 ou de 13h00 à du CRFM d'ici le 6 mai ou 3 juin (Au-14h00. Pour information ou pour vous cun remboursement aprés ces dates). inscrire par courriel helene.t@tren- *Notre trois premières soirées furent

All Hands Drop-Off Childcare

and the Spring Playroom calendar is This group is for children with special needs and their siblings, every 'Children & Parents' respectively on Tuesday of the month from 5 p.m. to our website - www.trentonmfrc.ca/ 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

internet sous "Jeunes et ados" et "En- ayant des besoins particuliers et leurs fants & Parents"- http://trentonmfrc. 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 Canvas, brushes and spirits - Are you enfant, contactez Orlana Bourgoin au and your friends looking for a fun dif- 613-392-2811 poste 3953 ou orlana.b@



YOUR PARTNER IN INCOME & GROWTH SINCE 1979 "Middlefield, OIAS 2016"

BOXTOP 22 crash site commemorated

Continued from page 3

rescue crews, supporting the SAR response, and preparing for and receiving the dead and wounded. It's their first trip to the crash site since the disaster.

Monty, who still lives with the physical effects of the crash, lost all his fingers and half his toes to frostbite, then endured 12 gruelling surgeries to graft some toes to his hand to restore some dexterity.

"I can put my foot in my mouth faster than anyone!" he quips with a chuckle. "I don't like to use the word closure because it's been 25 years ... It's hard, it's difficult, but I can say this sort of closes it for me." memorial at the sa-

Led by RCAF Commander Lieutenant- cred site. The 1,133-ki-General Michael Hood and RCAF Chief logram cairn, shaped Warrant Officer Gerry Poitras, the con-like the tail of the Hertingent also included 8 Wing, CFS Alert, cules where survivors CFS Leitrim and 435 Squadron personnel, huddled after the crash, will then be leadership.

some fantastic Canadians."

The memorial cairn, designed by a sion and the Engineering Section of tional for the first time. Real Property Operation Detachment Trenton, was flown to CFS Alert, then his voice wavering. "I'm just happy I got slung via CH-147 Chinook helicopter to the opportunity to be invited back to see it

Maj. Sarah House, officer commanding (OC) at Real Property Operations Detachment Trenton, plays the pipes during the cairn dedication ceremony as **RCAF** Commander Lt.-Gen. Michael Hood and RCAF **CWO Gerry Poitras** observe.

and members of the Search and Rescue flown back to 8 Wing Trenton where it will be unveiled in the presence of fami-"It's a very personal thing for me, and lies of those who died, survivors and I felt strongly about wanting to go there," rescuers at a ceremony on or about Oct. said Lt.-Gen. Hood, who knew and worked 30, 2016 - the anniversary of the crash. with some of the members who died. The RCAF is making contact with fami-"We're going to honour the memory of lies and survivors now as planning for this event builds momentum.

MWO Cobden admits being at the site team of staff at 1 Canadian Air Divi- and part of the ceremony made him emo-

"We did lose some lives here," he said, the crash site in order to dedicate the in person because it was dark then."





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RCAF Commander Lt.-Gen. Michael Hood and RCAF CWO Gerry Poitras unveil the memorial cairn commemorating the $25^{\hbox{th}}$ anniversary of the crash of Box-

Photos by Sgt. Pascal Quillé, Imagery Coordinator, D Air PA / Chief of the Air Staff

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15 DODGE CHALLENGER SXT

28060 Push button start. U-connect, cruise, touch screen, sport mode, auto 3.6, 6cyl, RWD, coupe, keyless entry, alloys, air bags, traction ctrl, pwr seats/ windows/locks/mirrors, AC, dual climate MP3 sat radio heated mirrors, steer wheel ctrls, tilt

\$29,995 ^{\$}181 bi-weekly



16 VW GOLF R32

\$38,495

bi-weekly

\$38,495

bi-weekly

27844 TURBO, Manual 6spd, 4cvl. 4motion AWD, heated seats, nav, rev camera, Bluetooth cruise, touch screen. Fender snd cruise, fouch screen, Fender snd, hatchback, keyless entry, alloys, fog lights, push button start, air bags, traction ctrl, AC, MP3, sat radio, pwr windows/locks/mirrors, steer wheel ctrls, tilt steering. 6,797 km.



12 MAZDA SPEED 3

27747A Manual 6spd 2.3MZR, 4cyl DISI TURBO, Bose snd, blindspot monitor system, heated seats, Bluetooth cruise FWD hatchba keyless entry, alloys, fog lights, push button start, air bags, tractic ctrl, pwr seats/windows/locks, A dual climate, CD, sat radio, steer



28001 ECO Dynamics, Auto 2.0. 4cvl GDI, heated seats, rev camera, Bluetooth, cruise, touch screen, FWD, hatchback, kevle screen, FWD, hatchback, keyless entry, roof rack, alloys, fog lights, air bags, traction ctrl, econo mod AC, MP3, sat radio, ext temp gauge, pwr windows/locks/mirro 35,366 km.

PREVIOUS DAILY RENTAL



15 SCION XB

27865E Rev camera, Bluetooth, cruise, auto 2.4, 4cyl, FWD, hatchback, keyless entry, hubcap natchack, Reyless entry, Inchodack, air bags, traction ctrl, height adjus seat, AC, ext temp gauge, pwr windows/locks/mirrors, Pioneer snd, touch screen, steer wheel ctrls, tilt steering, 52,732 km. PREVIOUS DAILY RENTAL

\$14,995 bi-weekly 96 mths @ 5.9% 0 DOWN + HST



16 JEEP WRANGLER SAHARA

27978 4x4, Factory remote U-connect, cruise, DAC, touch screen, Alpine snd, auto 3.6. 6cyl, keyless entry, alloys, fog lights, air bags, traction ctrl, height adjust seat, AC, CD, MP3, sat radio, pwr windows/ locks/mirrors, steer wheel ctrl

\$39,995 bi-weekly



28111 Factory remote start, pwr roof/seats/windows/locks/mirrors heated seats/mirrors, DVD (2) nav rev camera, park aid, touch scree hill start assist, roof rack, alloys, fog lights, push button start, air bags, econo mode, AC, dual climate, MP3, sat radio, U-connect, cruise.

PREVIOUS DAILY RENTAL



15 DODGE JOURNEY SXT

27948 Dual climate, rear air ctrls, U-connect, cruise, small touch O-conflect, cruise, small touch screen, 7 passenger, auto 2.4, FWD, keyless entry, roof rack, alloys, fog lights, push button start, air bags, traction ctrl, AC, MP3, pwr windows locks/milrors, heated milrors, steer wheel ctrls. 17,782 km.

PREVIOUS DAILY RENTAL



\$15,495

^{\$}138

bi-weekly

\$19,995 bi-weekly 96 mths @ 5.9% 0 DOWN + HST

30,429 km.



\$16,995

\$103

bi-weekly

96 mths @ 5.9% 0 DOWN + HST

\$30,995

\$187

bi-weekly

16 MAZDA CX-5 GT

28120 AWD, Push button start, pwr roof/seats/windows/locks/mirrors. heated seats, nav, rev camera Bluetooth, Bose snd, Skyactive alloys, fog lights, air bags, traction ctrl, leather, AC, dual climate, MP

PREVIOUS DAILY RENTA



16 HYUNDAI TUCSON LTD

28101 Heated seats, rev camera, Bluetooth, cruise, touch screen, DAC, drive mode select, blindspo detect, rear cross traffic alert, auto 2.0, 4cyl GDI, AWD, keyless entry, roof rack, alloys, fog lights, air bag traction ctrl, AC, MP3, sat radio, steer wheel ctrls. 15,369 km.

PREVIOUS DAILY RENTAL

\$24,995 bi-weekly 96 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 bi-weekly



14 GMC SIERRA DENALI

28092 Factory remote start, pwr roof/seats/windows/locks/mirrors, leather, heated seats/steering, nav, rev camera, park aid, OnStar, Bose snd, touch screen, DAC, tow/haul, Intellilink, auto 5.3, 8cyl, 4x4, crew cab, short box, trailer hitch, box line chrome wheels, air bags, AC, cruis

\$45,495 bi-weekly mirrors, 58,393 km



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, tractior ctrl, AC, CD, MP3, sat radio,

\$33.995 bi-weekly



15 CHEVROLET SILVERADO 2500HD LT 12 GMC SIERRA 1500 NEVADA EDITION

27670E Auto 6.0, 8cyl, 4x4, crew 2767/be Autio 6.0, ecyl, 4x4, crew cab, flex fuel, OnStar, cruise, tow/ haul pkg, short box, trailer hitch, box liner, alloys, air bags, traction crti, pwr seats/windows/locks/ mirrors, height adjust seat, AC, MP3, sat radio, ext temp gauge, store whose light tilt textore. steer wheel ctrls, tilt steering

61.982 km. PREVIOUS DAILY RENTA



28069 Crew cab, short box, flex \$35,995 fuel, OnStar, cruise, tow/haul auto 4.8, 8cyl, 4x4, trailer hitch, tonn cover, box liner, chrome wheels, air bags, traction ctrl, lumbar support, AC, CD, pwr windows/locks/mirrors, he mirrors, steer wheel ctrls, tilt

\$24,255





15 CHRYSLER T & C S

28131 Factory remote start, heated seats/mirrors/steering, DVD (2), rev camera, park aid, U-connect, pwr seats/liftgate/doors/windows/locks, mirrors, touch screen, blindspot detect, hill start assist, auto, 6cyl, FWD, alloys, stow'n'go, AC, dua climate, MP3, sat radio, cruise. 26.458 km PREVIOUS DAILY RENTAL

\$28,995 bi-weekly 0 DOWN + HST



14 HONDA ODYSSEY EXL

26024A Leather, heated seats/ zouzah Learner, ineated seats/ mirrors, pwr roof/seats/doors/ liftgate/windows/locks/mirrors, nav, rev camera, park aid, Bluetooth, touch screen, auto 3.5, 6cyl, FWD, keyless entry, allovs, push button start, air bags, traction ctrl, AC, dual cimate MP3, sat radio, cruise, steer wheel ctrls. 93.010 km

\$28,495

bi-weekly

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.

\$40,995 **\$248** bi-weekly 0 DOWN + HST



14 GMC SAVANA 3500

28077 Alloys, AC, tow/haul, 1 ton chassis, auto 6.0, 8cyl, RWD, keyless entry, trailer hitch, air bags, traction ctrl, vinyl floor, AM-FM, pwr windows/locks, curbside mirrors. 27,841 km. PREVIOUS DAILY RENTA



\$27,995

\$188

bi-weekly

hi-weekly

26682 Auto twin 999cc AWD/2WD, 2 passenger, trailer hitch, Bluetooth, tilt steering, heater, dump box, winch, 2.0 podium, sport roof, 1/2 doors, 1/2



16 POLARIS GENERAL 1000 DELUXE

\$22,495 windshield, EPS power steering, low-profile front bumper, 27" dirt bi-weekly 0 DOWN + HST

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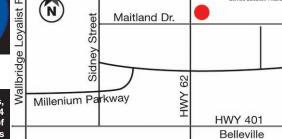












Deferred payments subject to financing. All payments are based on bi-weekly payments. All 2010-2012 - 60 mths: 2013 - 72 mths, 2014 - 84 mths, 2015 & 2016 - 96 mths: P.P.S.A, License and taxes extra. EG: \$10,000 + Taxes \$1,300 + P.P.S.A. \$65 = \$11,365 financed over 60 mths at 5.9% = \$117.34 Bi-Weekly 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.