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# Contact

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# 8 Wing historic BCATP photo recreated

*Modern take on BCATP heritage photo just one of many BCATP activities in store at 8 Wing*

Helping to recreate the original English Oak planting from 1945 are, from left to right: Quinte International Air Show co-chair Lieutenant-Colonel (Lt.-Col.) Cathy Blue, standing in for co-chair 437 (Transport) Sqn. Commander Lt.-Col. Kevin Tromp is 426 (Transport Training) Sqn. Commander Lt.-Col. Ryan Deming, 8 Wing Commander Col. Colin Keiver, 8 Wing Chief of Staff Lt.-Col. David Alexander, 8 Wing Chief Warrant Officer Darcy Elder and three-year-old Lenna Merlin and her father, Master Corporal (MCpl.) Chad Merlin. *Photo by Ross Lees*

By Lieutenant Karyn Blanchette and Ross Lees

A historical WWII-era photograph was recreated Monday morning at 8 Wing/Canadian Forces Base Trenton by the Wing's leadership and Quinte International Air Show 2016 co-chairs in honour of the history and heritage that has existed in the region centering on the British Commonwealth Air Training Plan (BCATP).

The photograph was taken April 11, 1945 and marked the first of 150 English Oak trees that were transported across the Atlantic Ocean on the RMS Queen Mary to be planted on the Wing along Highway 2. The old photograph shows Group Captain Duncan Bell-Irving, and the Wing's

*Continued on page 10*

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# Cut for the Cure being held May 6

## *Volunteers and sponsors are being sought by event coordinator Sgt. Rick Reid*

By Ross Lees

Sergeant (Sgt.) Rick Reid of 436 (Transpot) Squadron (Sqn.) is looking for people to have their hair cut for Cut for the Cure or to sponsor those having their hair cut.

Sgt. Reid is taking over the event for this year since Dan Gorman retired earlier this year. He has a young person following him through the process this year, as he will be retiring next year, as well.

The event is scheduled for May 6 at 1 p.m. at the Warrant Officers' and Sergeants' Mess and Sgt. Reid would like to see much larger participation than the eight of last year.

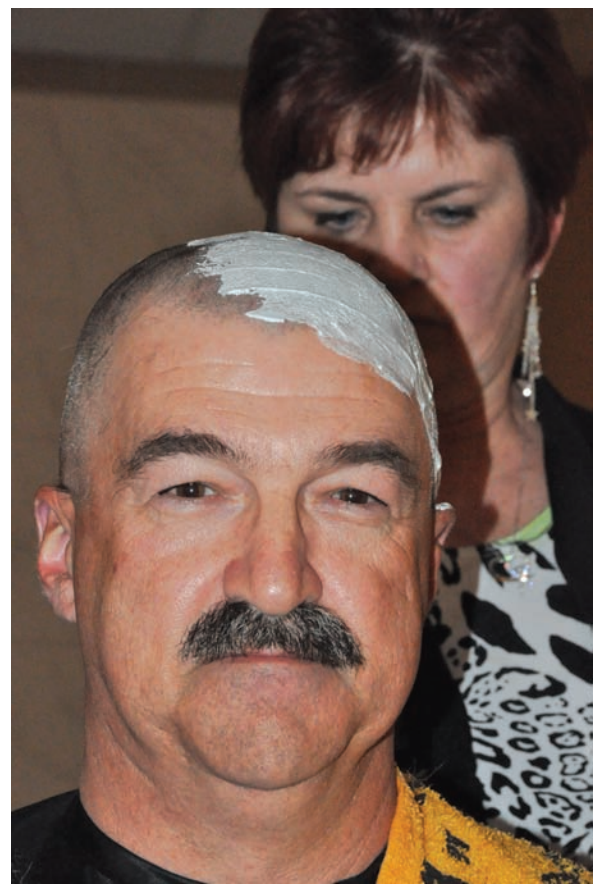
This event is an easy one for Sgt. Reid to support as he will soon go in for skin cancer surgery. He has also had two dogs die recently of cancer and he has had many relatives fight this disease over the years.

'I just want to raise as much as possible," he said.

Four people have committed to participate so far but he hopes to further Dan Gorman's legacy by boosting the total raised significantly this year.

"I hope we have a good turnout and participation," he noted. "Any support helps and every dollar counts towards the fight against cancer."

Should you wish to get involved, either to have your hair cut or to sponsor someone, call Sgt. Reid or Corporal M. Salhi at local 3553.



Chief Warrant Officer Jean Lafond had his head shaved during the event last year.

Lieutenant-Colonel Andrew Cleveland, 8 Wing Operations Officer, championed the cause last year. Sgt. Reid is still looking for a champion this year.



Sgt. Rick Reid has his hair cut in support of Cut for the Cure last year and is spearheading the campaign this year.

Contact file photos by Ross Lees

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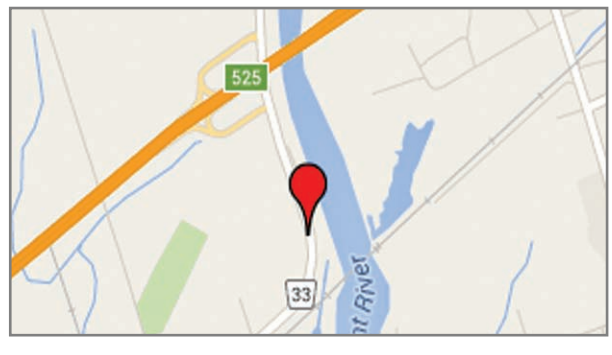


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# A classy classic visit up north

By Second Lieutenant Kevin Young

Canadian Forces Station (CFS) Alert was treated to a visit from a very classic airframe earlier in April. As seen in the photo, we had a Douglas DC-3 make a refueling stop. It was only around for a few hours but most of the Station found a moment to catch a glimpse of it. This airframe originates from the 1930s and all of us here at CFS Alert agree that it looked pretty sharp for its age!

*Photo by: Private Steven Zsarik (BELLHOP)*

# WLEO Picture of the Week

Private Kalia Dowsling, of Wing Telecommunications Information Support Squadron (WTISS), organized a Dress with a Difference Drive and raised $1011.50 to support Corporal (Cpl.) Chris St. Germain, who works at the Carrying Place Military Aeronautical Communications System site, and his family.

Cpl. St. Germain's son was born September 2015 with a form of Leukodystrophy, which is a group of disorders characterized by degeneration of the white matter in the brain.

The funds raised by WTISS will go to help cover the St. Germain's medical costs.

Picture taken by Master Corporal Wendy Lawrenson

Written By Master Warrant Officer Higgins

## 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.

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

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**PSP Manager:** John Snyder
***The Independent (Metroland) Staff***
**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
**Office Manager:** Marlene Hicks 613-969-8896 x242
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## Guidelines for submissions:
### ARTICLES AND PHOTOS

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

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

## Letters to the Editor:

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

## A Military Community Newspaper

The CONTACT newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.

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# Fitness & Health

## Health Promotion Top Performers

The Health Promotion team at 8 Wing/CFB Trenton would like to recognize our local Top Performers. The team recognizes the high rate of performance and participation in Health Promotion programming by various units and squadrons at 8 Wing/CFB Trenton. Health Promotion would like to extend huge congratulations to our Top Performers who currently hold the highest attendance records for Health Promotion programming. Top Performers demonstrate an interest in improving and maintaining their overall health and wellness in both their personal and professional lives.

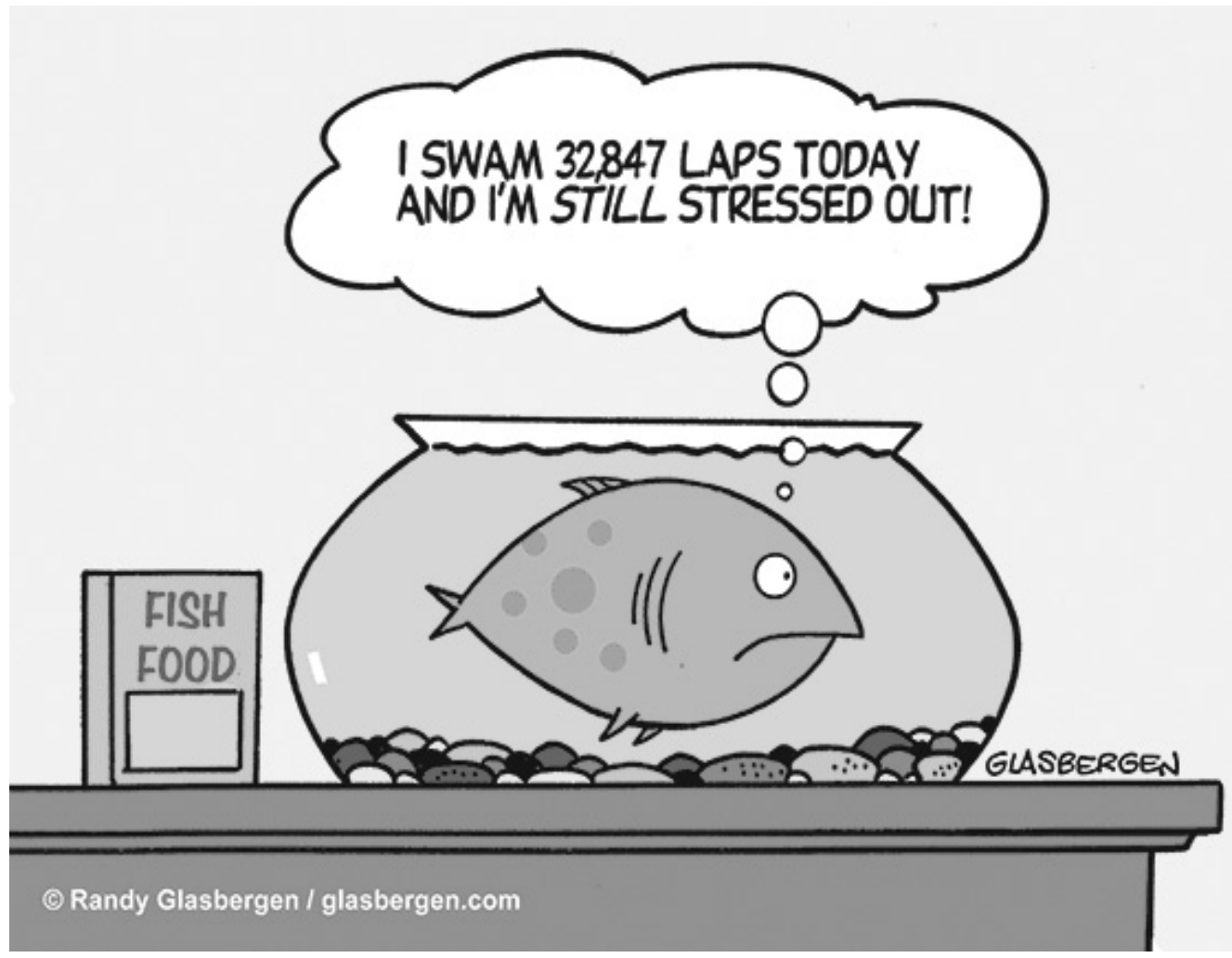
**Weight Wellness Lifestyle Program (WWLP)**
Our current WWLP Top Performer is 8 AMS. Will 8 AMS hold onto this title with the next WWLP course running April 7th-May 12th?

**Managing Angry Moments (MAM)**
WSupply leads the group as the Top Performer in this category.

**Top Fuel for Top Performance (TFTP)**
With the recent completion of TFTP on April 1st, 437 Sqn has reinforced their Top Performer status with an impressive lead in participation numbers.

**Stress Take Charge! (STC)**
We have a tie for Top Performer in STC. 437 Sqn and 8 AMS have equal participation numbers and with the next STC course running on April 26th it's anyone's guess who will take the lead. Will 437 Sqn or 8 AMS pull ahead and claim a second Top Performer status? Will another unit or squadron register in large numbers to steal the top spot? We aren't ones for spoilers but things are looking pretty good for 426 Sqn.

**Alcohol Other Drugs Gambling and Gaming Awareness (AODGGA) and Mental Fitness Suicide Awareness (MFSA)**
WCE deserves a huge congrats for receiving the Top Performer status for not one but two courses, AODGGA and MFSA.




## Stress: Take Charge!
## *Le stress : ça se combat!*

**26 April 2016 0830-1600 hrs**
Stress: Take Charge offers a self-directed approach to stress management through self-awareness, behaviour change and skill building. Participants will assess their current level of stress; learn the ACT approach to creating change; discuss a stress management lifestyle involving time management and work/life balance; explore stress management tools, including building resilience; and create a lifestyle action plan.
*Online registration is available at http://healthpromotion.cfbtrenton.com.*
*More information http://www.cg.cfpsa.ca/cg-pc/Trenton/EN/HealthPromotion/Programs/Pages/StressTakeCharge.aspx*

**26 avril 2016 08 h 30 à 16 h 00**
Le stress : ça se combat! » se veut une technique autonome pour gérer le stress par la conscience de soi, le changement de comportement et le renforcement des acquis. Les participants évaluent leur niveau de stress actuel, apprennent la technique ACT visant à apporter un changement, échangent sur le mode de vie à adopter pour gérer le stress qui comprend une gestion du temps et une conciliation travail-vie, explorent les outils de gestion du stress, notamment le renforcement de la résilience, et établissent un plan d'action quant à leur mode de vie.
*Vous pouvez vous inscrire en ligne à l'adresse suivante : http://healthpromotion.cfbtrenton.com.*
*plus d'informations http://www.cg.cfpsa.ca/cg-pc/trenton/FR/healthpromotion/programs/pages/stresstakecharge.aspx*

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The CF Health and Physical Fitness Strategy agrees a healthy lifestyle is one of the key components toward achieving the Strategy's ultimate goal of maximizing operational strength through a healthy, 'fit and resilient' force.

The CAF Health and Wellness Challenge encourages members of the Defence Team to practice healthy choices in our four core program areas: Addictions Awareness and Prevention, Injury Prevention and Active Living, Nutritional Wellness, and Social Wellness. This initiative pulls together Health Promotion messaging and highlights the Strengthening the Forces four core program areas in one impressive event!

And coming soon… The CAF Health and Wellness Challenge!

1-31 May 2016.

In support of the CF Health and Physical Fitness Strategy, Strengthening the Forces Health Promotion Program has created the CAF Health and Wellness Challenge.

Join us for the *CAF Health and Wellness Challenge* – 1-31 May! Register with your Health Promotion office to become part of the B/W team and receive a checklist of 'daily choices' (activities to complete).

Participate daily to accumulate checkmarks and you could win one of our great local prizes! Fitbits, tablets, t-shirts and even entries to the Army Run to name a few of the great prizes.

Registration is now on!. By registering for the Challenge you will have access to health information, healthy eating tips, updates, and many other "*exclusive*" resources, that are on our website below or the National site: http://www.forces.gc.ca/healthchallenge-defisante

Once registered for the Challenge, each participant has access to a checklist of pre-selected activities called "daily" and "bonus" choices. This year's theme is *"Make your choices count"*. The goal encourages conscious decision-making on a daily basis. By completing a "daily choice" activity, participants are awarded one checkmark. There are also one-time bonus choices worth an extra checkmark that can be completed during the month. The printed booklet and the electronic tracker are tools allowing participants to easily track their daily healthy choices. Participants achieving a total of 320 checkmarks or more during the month of May qualify for the local winner's draw. This friendly intra-base competition is a chance to involve leadership in leading the way in making healthy choices daily.

**To register today contact Health Promotion at 3768 or use the link address below. to go directly to the page.**

http://www.cg.cfpsa.ca/cg-pc/Trenton/EN/HealthPromotion/Campaigns/HealthWellness-Challenge/Pages/default.aspx

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*Exercise Green Flag 2016*

# Canadian and American teams worked well together throughout this exercise

By Cpl Robbie Dubreuil, 2 Air Mov Sqn

Exercise Green Flag was a joint exercise that took place from Feb. 10 to 26 between the Air Force and Army of both Canada and the United States.

2 Air Movement Squadron (2 Air Move Sqn) sent a Mobile Air Movements Section (MAMS) down to Alexandria, Louisiana to support this exercise. Deployed as a team of eight, upon arrival a quick assessment was done and the team leads determined that we would be better served splitting up into two separate shifts, one for day and one for nights.

Our first order of business was to assist in the embarkation of 800 paratroopers who would be in the field during the exercise. Afterwards, we were mainly responsible for the rigging of Container Delivery System (CDS) bundles which would then be dropped at the drop zone or DZ as well as the chaining and restraining of vehicles and other support equipment which were required in the field, mainly Humvees and trailers.

We worked in conjunction with American riggers and MAMS personnel, called Aerial Porters, or "Port." The Americans operated all Material Handling Equipment (MHE), and would bring our kit to the Canadian aircraft.

Once the porters were in the vicinity of our aircraft, we would take over all loading responsibilities, such as guiding vehicles and CDS loads onto the aircraft.

After the rigging was completed, we would check our work using a system called Aircraft Joint Inspection (AJI). This is a check between the riggers and the loadmaster(s) assigned to the aircraft to make sure the loads are rigged to comply with all rules and regulations, another step in preventing any kind of flight safety issue.

Throughout the Exercise, there were no issues and we were fortunate to have a great group of people who managed to work hard and stay positive by representing the Canadian Armed Forces (CAF) in a professional manner.

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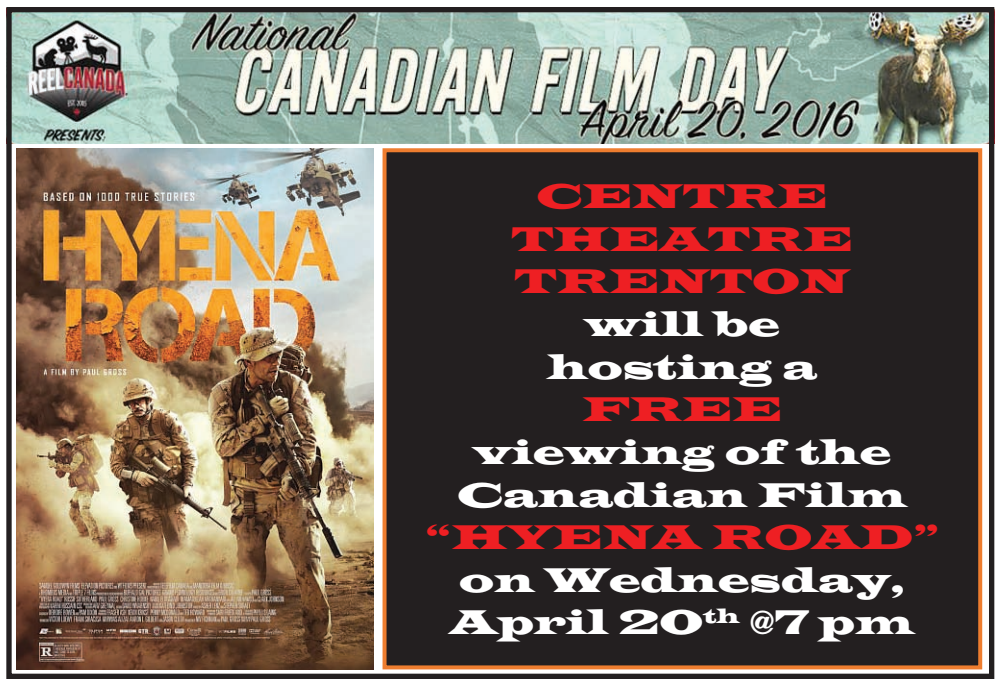
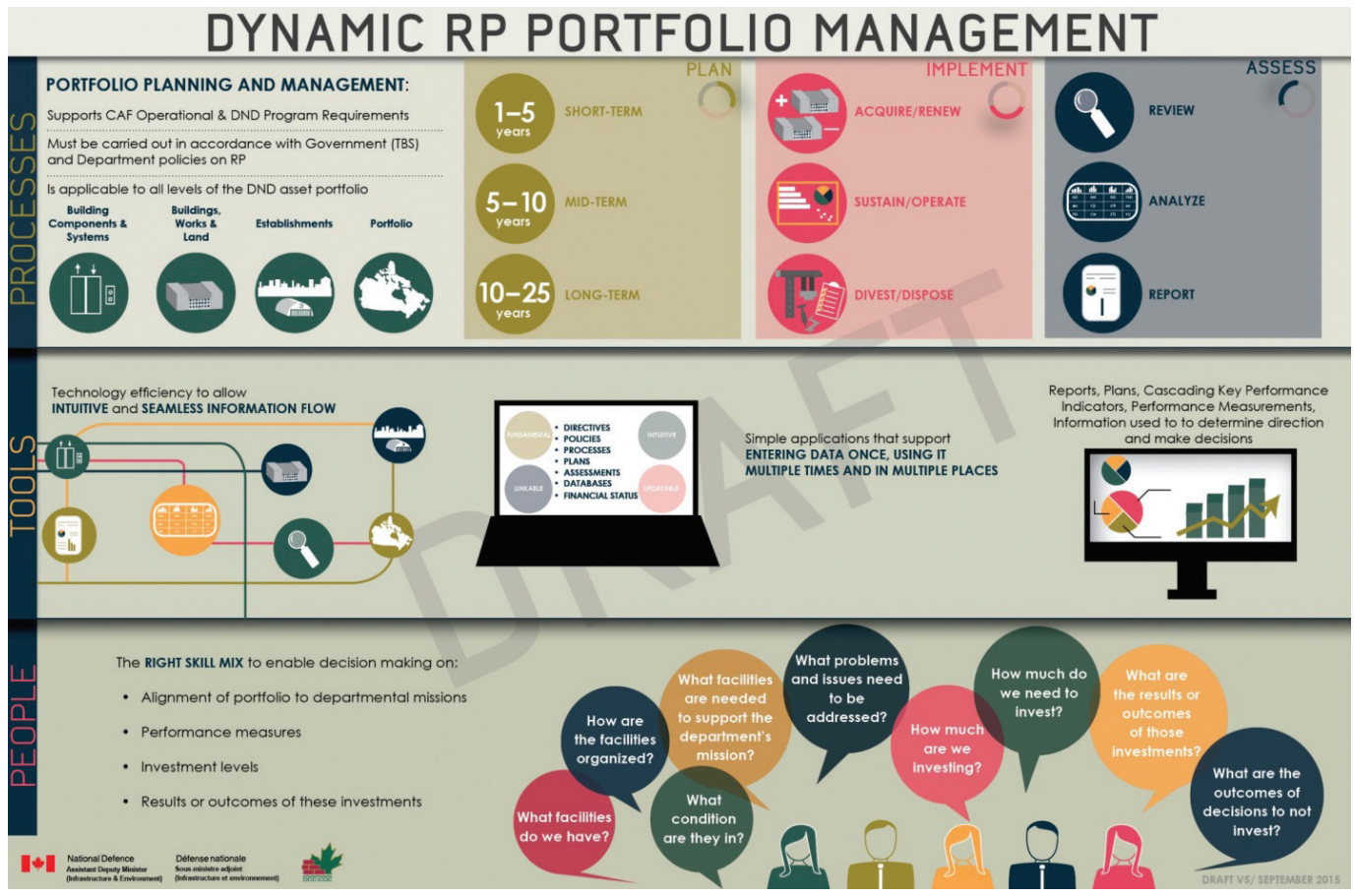


# Director General Portfolio Requirements: strategic asset management for the future Defence establishment

***This article originally appeared in The Maple Leaf.***

In the past, the ownership of Department of National Defence's (DND) real property assets rested with nine separate custodians, each with different ways of doing business. After April 1, Assistant Deputy Minister (Infrastructure and Environment) (ADM(IE)) will be the sole owner and operator of all DND real property assets. This centralization will help ADM(IE) find a consistent way of doing business across the Department's entire real property portfolio. The team at Director General Portfolio Requirements (DGPR) manages long-term (15 to 30 years into the future) real-property planning for DND by making sure that assets are well located, by managing routine disposals, by consolidating building uses, and by planning the best way to buy and sell DND real property.

Looking at the Department's real property portfolio with a long-term outlook lets ADM(IE) consider things like, how much real property assets are dedicated to warehousing, how much is spent on offices versus hangar facilities, what problems and issues need to be addressed, what condition are assets in, how much is the Department spending what facilities does the Department already have, what does it need? These are all good things to know when you're planning for the future of the largest holder of real property assets in the entire Canadian Government. Centralization will also help the Department update its data and create consistent ways of defining things like asset buildings, water plants, jetties and hangars, across the Department's extensive real property portfolio.




In a recent IE video, Lieutenant-Colonel (Lt.-Col.) Jérémie Émond outlined how DGPR is "collecting information on strategic assets to make better and more informed decisions about where we will be investing resources."

Lt.-Col.) Émond goes on to explain that while strategic assets "used to be divided amongst all custodians of real property across the country, we are now trying to have more of a portfolio view to make informed decisions." This new centralized way of doing things will build a sound foundation for making decisions about the Department's long-term real property investments.

As ADM(IE) transforms, the goal of DGPR is to boost return on investment for the Department, to always make sure that DND is spending its real property budget wisely, and that it is providing the best value to the Crown. DGPR is poised to offer advice to senior management so that they can make wise choices on the best way to fulfill DND's infrastructure needs, now and over the coming decades.

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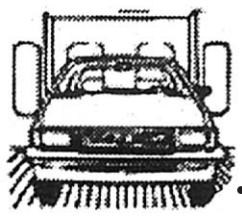
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*March 2016 Weather Summary*

# March continues along warmer trend trail for 2016

By CPL C. Pike-Pilditch, 8 Wing MET

March did not break rank with the previous months of winter, capping the season off with more warmer than average temperatures. While there were no records broken for temperature, rainfall on the last day of the month blasted away its previous record. The new record stands at 39.3mm of rainfall, replacing the old record of 27.9mm established in 1945.

The average daily maximum temperature for March this year was 6.3C, again far warmer than the year before, which was 2.0C. Temperature differences like this are significant in climatic terms, especially when it is a continuing trend. Average daily minimum temperatures were also far warmer, at -2.9C compared to -8.3C of 2015. The single warmest day of the month was 17.2C on the 9th. The coldest night was on the 3rd at -16.3C.

March proved to be far, far wetter this year than in 2015, totalling 100.8mm and consisting mostly of rain. March last year saw only 32.0mm of precipitation total. Rainfall last month came to 95.7mm, and snowfall came to 4.1cm. In 2015, the totals were 22.4mm for rain, and 13.4cm for snow. We had two thunderstorms this March, one day of freezing precipitation, and five days with fog. Last year, March saw only one day each of freezing precipitation and fog.

The outlook for spring should by now come as no surprise, with all forecasts predicting a warmer than average temperature trend. (This week is a little out of the ordinary, but not completely unusual for early spring). Precipitation forecasts are indicating a dryer than usual spring for the Great Lakes area.

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# 8 Wing historic BCATP photo recreated

## *Modern take on BCATP heritage photo just one of many BCATP activities in store at 8 Wing*

*Continued from page 1*

leadership, watching his grand-daughter Virginia and a gardener as they plant the first oak tree.

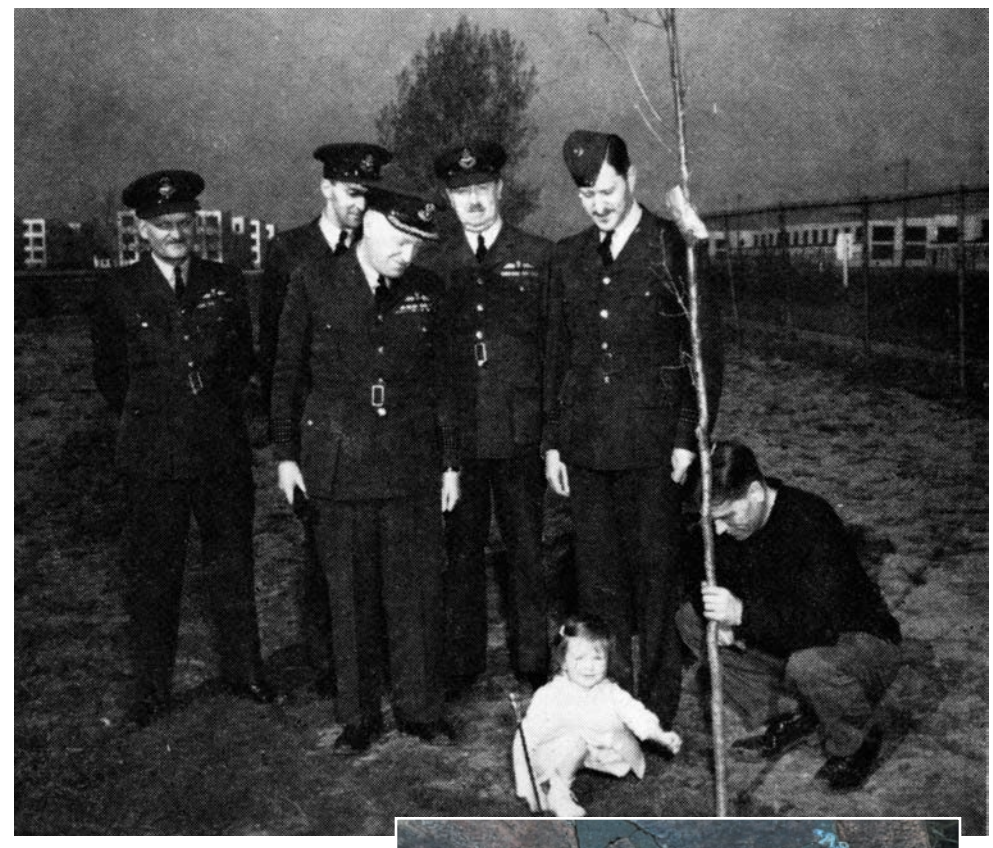
The photograph was found during an archive search as 8 Wing continues its plans to commemorate the BCATP (1939-1945) through a series of events and activities as the Quinte International Air Show 2016 (QIAS 2016) approaches on June 25-26.

"We are so fortunate to have made contact with Group Captain Bell-Irving's descendants, the grandfather of the little girl in this photograph," noted 8 Wing Commander Colonel Colin Keiver at the ceremony. "Having his daughter, Trish Wilson, and her family here as we recreate this piece of history truly highlights what is important: history, family and community. By planting this new tree today, we are turning a new page in the history books of 8 Wing; one that is sure to continue our great story that includes the British Commonwealth Air Training Plan.

The tree planted for the recreation ceremony was supplied by the Highway of Heroes Living Tribute Committee, which has a project to plant trees along the Highway of Heroes as a living tribute to those Canadian military personnel who made the ultimate sacrifice.

The original tree was a gift from the Marquess Camden, who donated them from his Bayham Abbey Estate in Sussex, England, as a token of friendship between the United Kingdom and Canada.

Family members of the Group Captain Duncan Bell-Irving were on hand to help recreate the tree planting originally conducted under their grandfather's watchful eye. *Photo by Ross Lees*



Planting of the first English Oak along Memorial Avenue. The child is the granddaughter of Group Captain Duncan Bell-Irving (third from left).

The original plaque was recently discovered in the sunken gardens directly in front of the Officers' Mess near the stump of the original tree. *Photo by Ross Lees*

The ceremony Monday was part of a series of events connected to the QIAS honouring the BCATP and the formation of the 400 series squadrons, under Article XV of the BCATP Agreement.

Tickets for the QIAS 2016 are now on sale through the QIAS 2016 website (www.qias2016.ca) and at the following locations: Top Cuts barber shop (Trenton and Cobourg), the Trenton Military Family Resource Centre (50 Rivers Dr. E), the Trenton CANEX (241 RCAF Rd.), and the four Williams Hotels in Belleville.

The family of Group Captain Bell-Irving and Virginia were on hand to help replant this new tree near the former site of the original tree where a plaque remains marking the event.

A reception at the Officers' Mess following the ceremony was then expanded to include a visit to the National Air Force Museum of Canada (NAFMC) where the family was given a special tour and given the opportunity to see a caricature of Group Captain Bell-Irving and some letters and papers he had sent and signed during his tenure as Commander of Trenton Air Station from November 1943 to September, 1945.

Some diligent work by NAFMC curator Kevin

*Continued on page 11*

*Continued from page 10*

Windsor produced another amazing connection between Group Captain Bell-Irving and the BCATP.

"Group Captain Bell-Irving had the idea for the BCATP three years prior to when the plan was originally launched in 1939," Mr. Windsor stated. "He had all the talking points eventually used to launch the plan."

Annette Wilson Blair said her family was proud and thrilled to be a part of this ceremony honouring their grandfather.

"Aviation is a recurring theme in our family," she added.

In fact, their mother, Trish Wilson, was only three years old when she had her first flight in a Tiger Moth.

Mrs. Wilson Blair said the event caused her to do a lot more reading and the trip to the museum triggered even more interest in the events surrounding her grandfather's career and other people they met in the military.

Trish Wilson admires some material shown to Group Captain Bell-Irving's family by curator Kevin Windsor during a Monday afternoon tour, including the talking points for the BCATP three years prior to it being introduced in 1939. *Photo by Ross Lees*

NAFMC curator Kevin Windsor displays a caricature of Group Captain Duncan Bell-Irving he found in the museum's files.*Photo by Ross Lees*

(Right) The family of Group Captain Duncan Bell-Irving was given a tour of the NAFMC Monday afternoon. *Photo by Ross Lees*

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# ADM(IE) procurement strategy gets an update

***This article originally appeared in The Maple Leaf.***

The Directorate of Infrastructure and Environment Procurement Strategies (DIEPS) has a key role to play as Assistant Deputy Minister (Infrastructure and Environment) (ADM(IE)) transforms to become the sole manager of all Department of National Defence real property assets. Under the new centralized real property model, DIEPS has been charged with optimizing facilities management.

To aid in this transition, DIEPS has supported the ADM in developing a Real Property Procurement Strategy, a new, overarching approach to managing procurement. Under this ambitious plan, DIEPS will provide advice, guidance, tools and training to support the issuance of contracts at the Base and Wing level. This will allow DIEPS to lead the way in achieving cost reductions by bundling real property contracts at the national, regional or local levels. DIEPS will leverage private-sector capabilities with the realignment of internal resources to achieve the right balance of in-house and external real property contracts. This new strategy will allow DND to get smarter about the way it contracts for infrastructure services.

"Although DIEPS is still a relatively new organization, the directorate has already spearheaded significant change, delivering millions of dollars in savings as part of centralization and transformation of real property within DND" said DIEPS Director, Marie-Josée Corbeil. "As the lead on Defence Renewal Initiative 4.3 [achieving efficiencies through consolidation of base and wing facilities management contracts at the national, regional or local levels], DIEPS is optimizing our procurement process and finding ways to determine if we are meeting our goals:

cost avoidance, development of new, more efficient procurement vehicles, service standards, compliance and adoption of the DRMIS Material Management Module within ADM(IE)."

One example of these forward-thinking initiatives is electronic procurement (e-procurement). Once Public Service Procurement Canada (PSPC) has done the bulk of the front-end work, setting up contacts and standing offers with suppliers and getting them on-board, DIEPS will help procurement people or base supply procure common items electronically, much like online shopping is done today. We even see automatic payment to the suppliers as something we can work toward. DIEPS is eager to act as a pilot organization for this exciting initiative, which will not only put us at the forefront of a new technology, but will also allow ADM(IE) to help shape the way electronic tools are delivered and to ensure that the needs of our bases, wings and personnel are met.

Recently, DIEPS has also been involved in developing a contractual database. As ADM(IE) approaches our Full Operational Capability (FOC) on April 1, this database will help the Department find opportunities to bundle multiple contracts, creating savings which could be reinvested in the Department.

Throughout ADM(IE)'s transformation, "our team is making certain that stakeholders are consulted and that current procurement processes are made better," adds Ms. Corbeil. "The primary goal of the IE Procurement Strategies team is to deliver the tools, templates and expertise that front-line personnel will need to modernize real property procurement at National Defence. We are proud of our progress in just one short year!"

# VETS Canada gives veterans needed support

*Veterans Emergency Transition Services Canada (VETS Canada) firmly believes that those who served our country and protected our homes should never be without one*

VETS Canada is a national, volunteer-led service provider of Veterans Affairs Canada that has assisted over 900 homeless and in-crisis veterans.

The organization's humble beginning resulted from a chance encounter in 2010: Jim Lowther was volunteering as a Sunday supper server for those in need of a hot meal in Halifax, NS. During the supper, Jim encountered a veteran who served in Bosnia. The veteran was

homeless and waiting for a hot meal. Jim was shocked and emptied his pockets, giving all of the money he had to the veteran.

Jim and his wife Debbie began reaching out to shelters and recruiting friends, many of which were veterans and still serving Canadian Armed Forces (CAF) members. They used social media to raise awareness about veterans who were in crisis and the results were ever-increasing requests for help across Canada.

Word of VETS Canada's mission continued to spread, and thankfully donations began to arrive as volunteers started stepping forward. Most importantly, veterans in crisis were provided with help and support.

VETS Canada is a national charity, with a network of over 135,000 and hundreds of dedicated volunteers. These volunteers help veterans in crisis who have struggled with the transition from CAF/RCMP careers to civilian life. This involves helping veterans who: live on the streets or are at-risk of becoming homeless, have lost their families, are unemployed, or cope with mental and physical injuries related to their service.

VETS Canada's services are multifaceted and unique to each veteran-client. Based on reports from 60 shelters, Employment and Social Development Canada estimated 2,250 veterans use shelters on a regular basis.

"We are pleased that there is now a preliminary number regarding homeless veterans, as this brings attention to the issue," said Jim Lowther, VETS Canada CEO/President. "Now is the time to take action and get these veterans off the streets and into homes. We encourage all CAF members/veterans and even community members to get involved. Be our eyes and ears in finding veterans who need our help, contribute your time, and consider donating as a means of helping veterans who are in crisis. Help end homelessness in our veteran community."

For those who know of a veteran in need or are interested in becoming a part of our work to end homelessness for veterans, please visit our website: www.vetscanada.org.


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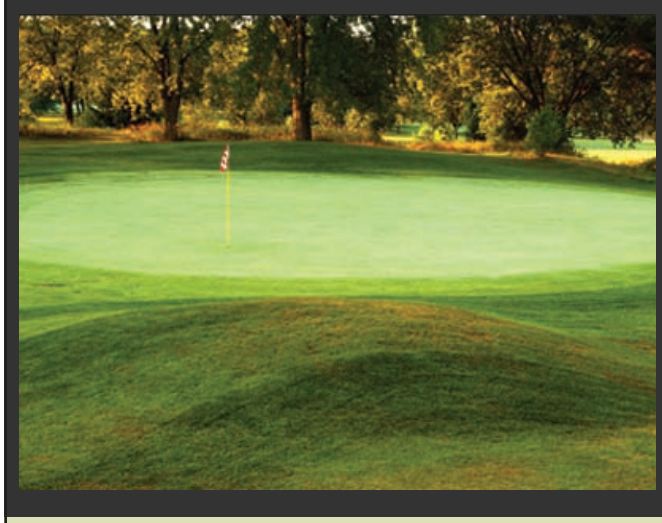

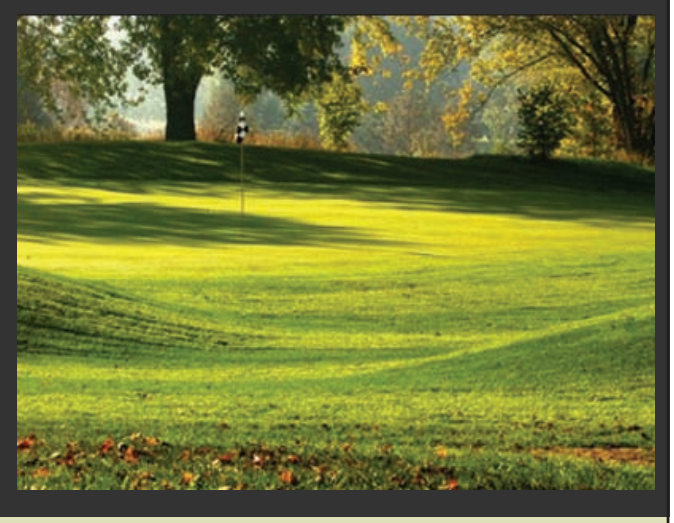

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Wed Mens' Business League 5:00 - 6:00 p.m.____
Thursday Couples Mixed Scramble 3:45 - 4:45 p.m.____
Thursday Business Mens' League 5:00 - 6:00 p.m.____
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# Astra unit is Top Large Squadron at regional competition

The team from 704 Air Force City Royal Canadian Air Force Squadron based at Canadian Forces Base (CFB) Trenton wins the Top Large Squadron trophy at 2016 Exertion. The regional sports and skills competition was held in Prescott on Saturday. Teams representing 12 squadrons from across eastern Ontario took part in the annual gathering. 704 squadron's team placed first in aircrew and second in one of two leadership tasks as well as in battleship trivia; other events included basketball, volleyball, floor hockey and fitness. The team from 704 also scored the most points of the six large squadrons (over 40 members) that participated in this year's competition. *Photo by TIM RUHNKE/Metroland Media*

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# Belleville squadron wins overall title at regional competition

The 608 Duke of Edinburgh Squadron of the Royal Canadian Air Cadets was the overall winner of Exertion 2016 held at South Grenville District High School in Prescott on Saturday. The Belleville squadron and 11 others in eastern Ontario took part in the annual sports and skills competition. The 10-member team from 608 placed first in basketball and cadet fitness, second in one of two leadership scenarios and third in floor hockey and battleship trivia. *Photo by TIM RUHNKE/Metroland Media*

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## New Programs at the Trenton MFRC

Visit our website - www.trentonmfrc.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.trentonmfrc.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!

## 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, headphone with microphone, and a cup of your favourite drink. Choose a time from the following: Tuesday, April 12, 1 p.m. to 2:30 p.m.; Thursday, May 5, 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 normale de l'est): le mardi 12 avril, de 13h à 14h30; le jeudi 5 ami, 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 ext 2379. Ecrivez votre nom et votre session préférée, et par la suite vous recevrez une invitation en ligne. Ces sessions sont offertes en anglais, celles en français seront annoncées bientôt! Nous avons hâte de faire votre connaissance.

## Heroes's Camp - Ready for a new adventure?

Join us for a fully-sponsored camp experience, July 17 to July 22! This is a fully-sponsored week at Wesley Acres Camp in Bloomfield, Ontario. There are 32 spots available for children of military families ages 11 to 15. Exciting camp activities include watersports, high ropes, crafts, canoeing, kayaking, archery and so much more! For information or to sign up, please contact Kelly Briggs by April 29: 613-392-2811 ext.7917 or kelly.b@trentonmfrc.ca.

## Le camp des Héros - Êtes-vous prêts pour une nouvelle aventure!

Soyez des nôtres pour une expérience au camp des héros du 17 au 22 juillet, 2016. Une semaine complètement subventionnée à Westley Acres Bloomfield, Ontario. 32 places pour les jeunes de 11 à 15 ans de familles de militaires sont disponibles. Incluant des activités tel que les sports nautiques, canoë et kayak, tir à l'arc, bricolage et bien plus encore! Pour inscription ou pour information, contactez Kelly Briggs 613-392-2811 poste 7917 ou kelly.b@trentonmfrc.ca avant le 29 avril.

## Cook with Grace

Enjoy four weeks of culinary delights! March 14 - Chinese Dim Sum; March 21 - Chinese Sichuan; April 4 - Thai Delight; April 11 - Japanese at home. When: Mondays starting on March 14, 6 p.m. to 8 p.m. Cost: $30 per class or $110 for all four classes. Where: 8 Wing Chapel. To register, please call the MFRC reception at 613-965-3575 or email rabia.s@trentonmfrc.ca.

## Cuisinez avec Grace

Savourez des délices gastronomiques durant 4 semaines ! 4 avr - Délice Thai; 11 avr - un repas japonais à la maison. Quand : Débute le lundi 14 mars, 18h00 - 20h00. Coût : 30$/classe ou 110$/4 classes. Où : Chapelle de l'escadre. Inscrivez-vous en téléphonant la réception du CRFM au 613-965-3575 ou Rabia à rabia.s@trentonmfrc.ca.

## Budgeting for Release

As part of the Veteran Family Program, in partnership with SISIP Financial, Monday, April 18 from 12 noon until 1 p.m. or 6 p.m. to 7 p.m. Please contact kelly.b@trentonmfrc.ca for more details and to register.

## Préparer votre budget de libération

Le programme pour les vétérans et leurs familles en partenariat avec RARM Services Financiers, sont fiers de vous soffrir le lundi 18 avril de midi à 13h00 ou 18h00 à 19h00. Pour inscription ou pour information, contactez Kelly Briggs 613-392-2811 poste 7917 ou kelly.b@trentonmfrc.ca.

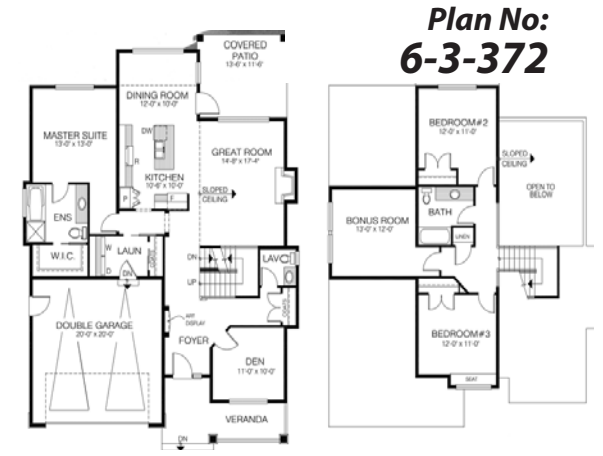
## Bus trip to Ripley's Aquarium plus Ontario Science Centre

Departure at 7:30 a.m. from the MFRC. 10 a.m. to 12 noon at Ripley's Aquarium. 12:30 p.m. to 5 p.m. Ontario Science Centre (Lunch and snacks; bring your own or purchase on site). Adults $35, student (with I.D.) $28, youth (six-13) $23, children (three to five) $12. Return at approximately 7 p.m. *Includes coach bus transportation. Registration and payment at the MFRC reception by Friday, May 13, no exceptions!

*Continued on page 17*

## Home of the Week

*Your Building Renovation Experts*




This attractive three-bedroom home features a partial second story that includes the secondary bedrooms, as well as a bonus room that would make an ideal studio or entertainment centre – the perfect setup for a family with teenaged children.

The unfinished basement, included with the plans, offers room for a growing family to expand.

Entry is through a covered porch with a veranda to one side. To the right is a den, ideally placed for a home office that could double as a spare bedroom. To the left is a display cabinet. A coat closet and powder room are tucked in behind the U-shaped staircase that leads to the second floor.

The open-plan great-room complex features a lofty sloped ceiling. The great room includes a gas fireplace, as well as windows that overlook a covered patio and the garden beyond. The dining room has access to this patio, making outdoor meals a breeze in the summer months.

The kitchen, separated from the great room by a prep island that contains the double sink, includes a pantry. The L-shaped counter configuration promises efficiency.

The master suite looks out to the back garden and includes an ensuite with a soaker tub, as well as a shower stall. The walk-in closet will offer ample room for clothing and accessories.

Upstairs, adjacent to the bonus room, the two secondary bedrooms share a three-piece bath and a linen closet.

The laundry room has access to the double garage and includes a cupboard for family gear.

Ceilings rise to nine feet on the main floor, except where otherwise designated.

On the exterior, horizontal siding contrasts nicely with the wooden shingles in the gables, as well as with the vertical pattern on the garage door. Brick accents on the pilasters that mark the front veranda are echoed on the garage.

This home measures 40 feet wide by 56 feet, eight inches deep, for a total of 2,125 square feet.

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*Welcome to The Contact newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at cfbcontactnewspaper@gmail.com. Please include the date, time, and location of the event along with a brief description. Please do not send posters.*

## Hymn sing

All are invited to the hymn sing every Friday from 11a.m. to 12 noon.You pick your favourites and the hymnals are provided, so come and join us at Riverside Music in Trenton every Friday for this community event. For more information, go to riversidemusic.com or call 613-394-4891

## April 16 - Quinte Branch of Ontario Genealogical Society LDS Resources for Genealogists

The Quinte Branch of Ontario Genealogical Society presents LDS Resources for Genealogists, the Trenton Family History Centre and how to use Familysearch.org website by Wendy MacDonald and Mary Longmuir. The event takes place at the Quinte West Public Library, 7 Creswell Drive, Trenton, from 1 p.m. to 3 p.m. Everyone is welcome. For more information, visit www.rootsweb.ancestry.com/~canqbogs/

## April 17 – Pitter Patter Fun Run

The Pittar Patter Fun Run sponsored by the Belleville Community Policing in partnership with the Belleville Police Service is being held on April 17 at Loyalist College and consists of a one kilometre run for kids, a five kilometre walk/run and a 10 kilometre run with the race beginning at 10 a.m. Fees to enter the race are $5 for the children's course, $15 for students and $25 for adults. Registration takes place from 8:30 a.m. to 9:30 a.m. in the cafeteria at Loyalist College. Pre-register by April 8 to receive a free T-shirt. There are medals for all categories plus prizes after the race. Showers and change rooms are available at the college and aid stations will be set up along the route. For further information, contact the Pitter Patter committee by email at pitterpatter.cp@gmail.com or call Const. Mark Hall at 613-966-0882, ext. 4130. Everyone is welcome to participate and organizers would welcome military participation of any kind

## April 19 – History of CFB Trenton

Hastings County Historical Society presents: Retired Major and current Air Force Historian William March speaking on the History of CFB Trenton in the Quinte area on the occasion of the base's 80th anniversary. This free public presentation will take place at 7.30 p.m. at Maranatha, 100 College Street West, Belleville. (Ample parking and level access from the rear parking lot. For more info go to hastingshistory.ca

## April 20 – Trenton Centre Theatre free viewing of Hyena Road

Trenton's Centre Theatre is hosting a free viewing of the Canadian film Hyena Road at 7 p.m. on April 20, National Canadian Film Day. Hyena road is a taut war action film about Canadian troops in Afghanistan as seen through the eyes of three very different men: a sniper who has never allowed himself to think of his targets as human and becomes implicated in the life of one; an intelligence officer who has never contemplated killing and becomes the engine of a plot to kill; and a legendary mujahideen warrior who had put war behind him and is now the center of the battle zone. All stand at the intersection of a murky world of modern warfare and fluid morality.

## April 21 – Quinte West Figerstyle Guitar Club

The Quinte West Fingerstyle Guitar Club is meeting on Thursday, April 21from 8:15 p.m. -10 p.m. at Riverside Music in Trenton. There's no fee and the coffee is free thanks to Tim Horton's on 235 Dundas St., E. Bring your guitar out or just come to listen at the Quinte West Fingerstyle Guitar Club (See Facebook). Contact Jason at Riverside Music or Bruce Cudmore for more details. www.riversidemusic.com

## April 23 – Trenton Legion Spaghetti Dinner

A spaghetti dinner will be held at the Trenton Legion at 6:30 p.m. on April 23 followed by a dance at 8 p.m. featuring Picket Fence. Cost of members is $18 and $20 for non-members. Tickets can be purchased at the Legion office. Funds raised will go to support 173 Air Cadet Squadron.

## April 23 - Healing Light Wellness Fair

This free event is being held from 10 a.m. to 4 p.m. at Christ Church hall in Glen Miller (Trenton-Frankford Road, west side of river across from Glen Miller bridge). Free admission, open to all. We have 13 tables with healing and counselling vendors offering services for body, mind and spirit. See Facebook.com/healinglightwellnessfair for details or contact Kate at 613-392-1099.

## May 6 – Cut for the Cure

This year's Cut for the Cure is scheduled to take place at 1 p.m. on May 6 at the Warrant Officers' and Sergeant's Mess. People who wish to volunteer can contact 436 Squadron Sgt. Rick Reid for information and pledge sheets at local 3553. Sgt. Reid is the OPI of this event this year.

## May 6 – CFB Trenton Blood Donor Clinic

The CFB Trenton Blood Donor Clinic will be held at the RecPlex gymnasium at 21 Namao Drive, from 10 a.m. to 2 p.m. All regular and new blood donors are encouraged to donate.

## May 7 – MFRC Invisible Ribbon Gala

The Trenton Military Family Resource Centre Invisible Ribbon fundraising gala will be held on May 7 at the National Air Force Museum of Canada. One hundred per cent of the net proceeds raised this year will go to support the two expansion sites in Belleville and Frankford/Batawa. The MFRC gala organizing committee feels it filled the museum to its capacity last year and they warn those interested in attending that tickets sales may go very quickly, beginning in april 1 with early bird ticket sales online and at the Trenton MFRC office. Buy early to make sure you are there for the impressive silent and live auctions of interesting items. Also watch for the online auction, which will be held from April 21 to May 2. Guest speaker this year is Major-General D.L.R. Wheeler, 1 Canadian Air Division Commander.

## May 7 - Women's Day Event

A Women's Day event will be held at the Brighton Community Centre with doors opening at 9 a.m. Lunch, nutrition breaks, door prizes and more. Topics: Understanding Concussion in Children, fun and easy cake decorating, food safety, Fifteen Minutes to a Healthier You. Preregistration: $25 until April 15. Contact: Mary Shortt at mshortt@bellnet.ca or call 613-475-4045. Women's Institutes -women involved.

## May 19 – Soaring Art Show

The National Air Force Museum of Canada Foundation will host Soaring, an exhibition of a cross-section of artists who have interpreted the theme in their own unique way. Visitors are encouraged to come out and marvel at the magnificent work and meet many of the artists at the opening. Opening reception with wine and cheese is May 19 at 7 p.m. The gallery will be open during regular museum hours Thursday to Monday from 10 a.m. to 5 p.m. For more details, please email NAFMCfoundation@gmail.com

## 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 includes 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 25 & 26 – Quinte International Air Show

This two-day air show will take place the weekend of June 25 and 6 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 go on sale April 1.

## New! Fitness Class Pass

Purchase a Punch Card and you have the choice of any or all fitness classes. Eight classes per card.

## Aquatics

**Junior Lifeguard for Youth eight to 15 years** – Monday, April 11 to June 1 from 5 p.m. to 6 p.m.

## Adults Programmes

**Hatha Yoga** – Tuesdays, April 12 – 4:15 p.m. to 5:15 p.m. at the South Side Gym.

**New - Heated Yoga 16 years plus** - Thursday 14 April, 4:15 p.m. to 5:15 p.m. or Saturday, April 16, 10:30 a.m. to 11:30 a.m.

**Parented Pilates 16 years-plus** – Wednesday, April 13 – 9:30 a.m. to 10:30 a.m. at the RecPlex Gym.

**Pilates/Core Fitness 16 years-plus** – Wednesdays, April 13 – 4:30 p.m. to 5:30 p.m. at the South Side Gym.

**SUP FIT** – 16 years-plus – Monday, April 11 to May 31, from 5 p.m. to 6 p.m.

**Learn to Standup Paddleboard (SUP)** – Pool – Option 1: April 11 and April 20, 5 p.m. to 6 p.m.

Option 2: May 11 and May 18, from 5 p.m. to 6 p.m.

**Boot Camp** – Monday and Wednesday – 5:30 – 6:30 pm. At the South Side Gym

**Spin** – Monday and Wednesday – April 11 - 4:15 p.m. to 5:15 p.m. at the South Side Gym.

**Spin Fusion** – Tuesday, April 11 – 5:20 p.m. to 6:20 p.m. at the South Side Gym.

**Personal Training** – Having a one-on-one personal trainer is the key for all types of fitness goals to be achieved. Rates are dependent upon number of sessions. Schedule determined by client and trainer.

## Programs – Children, Youth and Teen

**Youth Fitness** – Monday and Wednesday – April 11 – 5:30 p.m. to 6:30 p.m.

**Drop-in Basketball 10 to 14 years**– Mondays – April 11 – 5:30 p.m. to 6:30 p.m.

**Ball Hockey Skills six to nine years** – Wednesdays – April 13 – 5 p.m. to 6:30 p.m.

**Drop-in Ball Hockey 10 to 14 years** – Wednesdays – April 13 – 7 p.m. to 8 p.m.

**Tyke Terrain Ages five and under** – Tuesday and Thursday - April 12 – 9 a.m. to 11 a.m.

**Youth Strength and Conditioning Course 13 years to 15 years** – South side Gym and RecPlex

**Summer Kidz Kamp 2016** – Registration: Military Community: Starts Wednesday, April 7; General Public: Starts May 11.

**She Rocks – Girl's Adventure Camp** – Sept. 10 and 11. Registration: Military Community: Starts Wednesday, Aug. 10, general public starts Wednesday, Aug. 24.

*MFRC continued from page 15*

## Voyage en autobus à Ripley's Aquarium + Ontario Science Centre

Don't let credit card debt sneak up on you! Learn how credit works and improve your overall credit rating. When: Tuesday, April 19 from 9:30 a.m. to 11 a.m. Cost: Free. To register, please call the MFRC reception at 613-965-3575 or email rabia.s@trentonmfrc.ca.

## Five Principles of Better Borrowing and Credit Card Management

Don't let credit card debt sneak up on you! Learn how credit works and improve your overall credit rating. When: Tuesday, April 19 from 9:30 a.m. to 11 a.m. Cost: Free. To register, please call the MFRC reception at 613-965-3575 or email rabia.s@trentonmfrc.ca.

## Cinq principes pour de meilleurs emprunts & la gestion des cartes de crédit

Ne laissez pas les cartes de crédit s'immiscer dans votre vie ! Apprenez comment le crédit fonctionne et améliorez votre cote de crédit ! Quand : 19 avril, 930h - 1100h. Coût : Gratuit. Inscrivez-vous en téléphonant la réception du CRFM au 613-965-3575 ou Rabia à rabia.s@trentonmfrc.ca.

## From the Ground up

This is psycho-educational group that runs over a 10 week period. It offers participants instruction on healthy self-esteem, assertive communication, healthy relationships and promotes self-care. Participants will learn skills in managing negative self-talk, effective communication, and how to nurture healthy self-esteem and positive relationships. From the Ground Up is open to military members and their families, as well as the Hastings and Prince Edward community. It will be running April 28 through June 30 from 6 p.m. until 8 p.m. at the Trenton MFRC. Child Care can be made available during the course of the program. For more information please contact Jaclyn Hunter at 613-392-2811 ext. 4017.

## Apprendre à grandir

Il s'agit d'un programme psychoéducatif d'une période de 10 semaines. Il offre des sujets comme l'estime de soi, les relations saines, la communication et l'assertivité et aussi comment prendre soins de soi. Les participants apprendront comment éviter les pensées négatives, communiquer efficacement, améliorer la confiance en soi et entretenir de bonnes relations personnelles. Apprendre à grandir est offert aux membres militaires et leur famille ainsi qu'à la communauté de Hastings and Prince Edward. Les rencontres auront lieu du 28 avril au 30 juin de 18h00 à 20h00 au CRFM de Trenton. Le service de garde sera offert pendant toute la durée du programme. Pour de plus amples renseignements, veuillez contacter Jaclyn Hunter 613- 392-2811 poste 4017 ***notez que ce programme est offert en anglais***

## 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 (April 28) 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 (28avril) 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.

# 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

# Safety

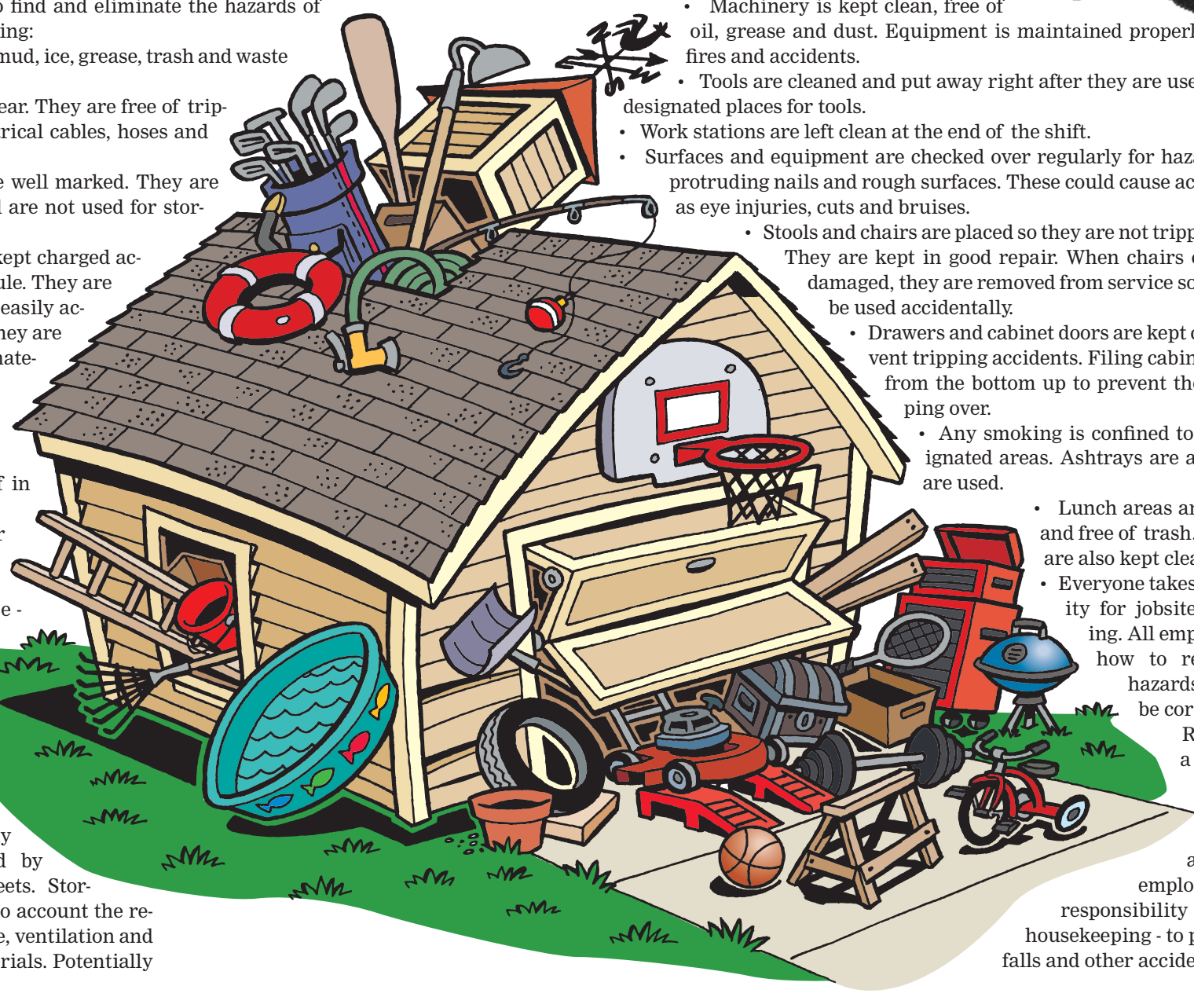
## Clutter can cause casualties in any careless workplace

What does housekeeping have to do with safety? Lots! A clean and orderly workplace is essential to avoid falls, fires and many other kinds of accidents and injuries.

Clutter and disorder contributes to many workplace accidents. To help prevent them, use this checklist to find and eliminate the hazards of poor workplace housekeeping:

- Floors are free of water, mud, ice, grease, trash and waste materials.
- Traffic routes remain clear. They are free of tripping hazards such as electrical cables, hoses and stored materials.
- Exits and stairways are well marked. They are kept clear at all times and are not used for storage.
- Fire extinguishers are kept charged according to a regular schedule. They are located where they will be easily accessible in case of a fire. They are not obstructed by stored materials.
- Trash cans are located where they are needed, and are emptied regularly.
- Oily rags are disposed of in covered metal cans.
- Lighting is adequate for safety. Burned-out lights are replaced promptly.
- Supplies and materials are stored safely. They are stacked so they cannot fall.
- Any potentially hazardous materials are safely stored in the correct kinds of containers. They are correctly labeled and accompanied by Material Safety Data Sheets. Storage arrangements take into account the requirements of temperature, ventilation and humidity for various materials. Potentially incompatible materials are separated.
- Flammable and combustible materials are stored away from sources of ignition.
- Machinery is kept clean, free of oil, grease and dust. Equipment is maintained properly to prevent fires and accidents.
- Tools are cleaned and put away right after they are used. There are designated places for tools.
- Work stations are left clean at the end of the shift.
- Surfaces and equipment are checked over regularly for hazards such as protruding nails and rough surfaces. These could cause accidents such as eye injuries, cuts and bruises.
- Stools and chairs are placed so they are not tripping hazards. They are kept in good repair. When chairs or stools are damaged, they are removed from service so they cannot be used accidentally.
- Drawers and cabinet doors are kept closed to prevent tripping accidents. Filing cabinets are filled from the bottom up to prevent them from tipping over.
- Any smoking is confined to certain designated areas. Ashtrays are available and are used.
- Lunch areas are kept clean and free of trash. Washrooms are also kept clean and dry.
- Everyone takes responsibility for jobsite housekeeping. All employees know how to report safety hazards so they will be corrected.

Remember, a safe workplace depends on each and every employee taking responsibility for good housekeeping - to prevent fires, falls and other accidents.



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$34,995
$211
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### 15 VW TIGUAN TSI

26437 Auto, 4 dr, 4 cyl, AWD, keyless entry, roof rack, alloys, air bags, traction ctrl, heated seats/mirrors, AC, CD, MP3, sat radio, Bluetooth, touch screen, pwr windows/locks/mirrors, cruise, steering wheel ctrls, tilt steering. 26,430 km

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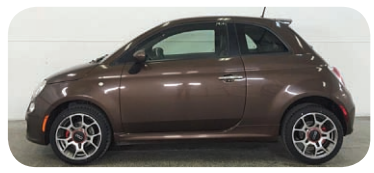
### 13 SMART FORTWO PASSION

26927 Auto, 2 dr, 3 cyl, FWD, hatchback, keyless entry, hubcaps, airbags, bucket seats, heat seats, AC, MP3, external temp, gauge, pwr windows/locks. 24,463 km

$9,495
$72
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



### 14 FIAT 500

27075 Auto, 2dr, 4cyl, FWD, AC, alloys, Bluetooth, cruise, sport mode, hatchback, keyless entry, air bags, height adjust seats, CD, MP3, ext temp gauge, pwr windows/locks/mirrors, steer wheel ctrls, tilt steer, fog lights. 67,820 km.

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### 15 KIA SOUL EX

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**PREVIOUS DAILY RENTAL**

$30,995
$187
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

### 14 FORD MUSTANG GT

26842 Auto 5.0, alloys, leather, heated seats, park aid, sync, 2dr, 8cyl, RWD, keyless entry, rear spoiler, airbags, traction ctrl, bucket seats, pwr seats/windows/locks/mirrors, AC, CD, MP3, sat radio, heated mirrors, cruise, steer wheel ctrl, tilt steer, convertible, shaker snd sys. 22,206 km

**PREVIOUS DAILY RENTAL**

$31,995
$215
bi-weekly
84 mths @ 5.9%
0 DOWN + HST

### 14 FORD MUSTANG GT

26797 Auto, 5.0, convertible, Coupe, leather, Shaker snd, heated seats/mirrors, sync, alloys, AC, 4 dr, 8 cyl, RWD, keyless entry, fog lights, air bags, traction ctrl, pwr seats/windows/locks/mirrors, CD, MP3, sat radio, cruise, tilt steering, steering wheel ctrls. 33,932 km

$31,995
$215
bi-weekly
84 mths @ 5.9%
0 DOWN + HST

### 15 FORD MUSTANG GT

26903 Manual 6sp, 5.0, sync, rev camera, sport steering, fastback, alloys, AC, 4 dr, 8 cyl, RWD, Coupe, keyless entry, push button start, rear spoiler, air bags, traction ctrl, pwr seats/windows/locks/mirrors, CD, MP3, cruise, tilt steering, steering wheel ctrls. 4,397 km

$36,995
$224
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

### 15 FORD MUSTANG GT

26998 Auto 5.0, factory remote start, leather, heated/vented seats, nav, touch screen, steering/drive mode select, Shaker snd, 2dr, 8cyl, RWD, coupe, alloys, keyless entry, fog lights, air bags, traction ctrl, pwr seats/windows/locks/mirrors, AC, MP3, sat radio, park aid, sync, rev camera, steer ctrls. 28,343 km.

**PREVIOUS DAILY RENTAL**

$37,995
$230
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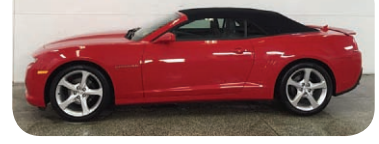

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**PREVIOUS DAILY RENTAL**

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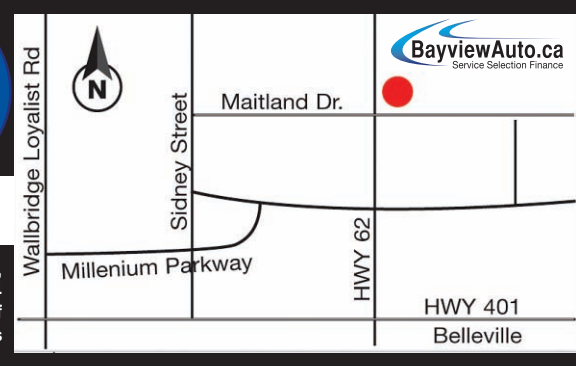


Deferred payments subject to financing. All payments are based on bi-weekly payments. All 2010–2012 – 60 mths: 2013 – 72 mths, 2014 – 84 mths, 2015 & 2016 – 96 mths: P.P.S.A, License and taxes extra. EG: $10,000 + Taxes $1,300 + P.P.S.A. $65 = $11,365 financed over 60 mths at 5.9% = $117.34 Bi-Weekly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

LEASE FOR AS LOW AS 0% FOR 48 MONTHS[¶]

WITH UP TO $3,500 OFF FOR QUALIFIED RETAIL CUSTOMERS[1] ON SELECT VEHICLES

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## 2016 OUTLANDER SE AWC

LEASE FOR $224 BI-WEEKLY AT | 0% FOR | 48 MONTHS[¶]

INCLUDES $2,500 IN MANUFACTURER CREDITS[1]

+ $1,000 LOYALTY REBATE FOR QUALIFIED RETAIL CUSTOMERS[1]

S-AWC Super All Wheel Control

Available on Outlander GT[§]

2016 IIHS TOP SAFETY PICK+

2016 TSP+ with optional front crash prevention

Outlander GT S-AWC model shown[‡]

## 2016 LANCER

LEASE STARTING FROM $110 BI-WEEKLY AT | 0% FOR | 48 MONTHS[¶]

INCLUDES $750 IN LEASE CREDITS[1]

+ $750 LOYALTY REBATE FOR QUALIFIED RETAIL CUSTOMERS[1]

AWC All Wheel Control — Available on Lancer ES AWC, Limited Edition AWC and GTS AWC[§]

2015 IIHS TOP SAFETY PICK — Excludes Lancer Evolution, Ralliart and Sportback

Lancer GTS AWC model shown[‡]

0% PURCHASE FINANCING FOR UP TO 84 MONTHS[◊] ON SELECT VEHICLES OR $3,500 OFF ON SELECT REMAINING 2015 MODELS[1] HURRY IN!

AWC All Wheel Control

Available on RVR SE AWC, Limited Edition and GT models[§]

2015 IIHS TOP SAFETY PICK

## 2015 RVR

PURCHASE FINANCE FROM 0% FOR | 84 MONTHS[◊]

+ UP TO $1,000 CONSUMER CASH[∞]

RVR GT AWC model shown[‡]

## 2015 MIRAGE

REDUCED PRICE! WHILE QUANTITIES LAST.

STARTING FROM $8,998[¤] INCLUDES $3,500 CONSUMER CASH[∞]

+ $1,689 FREIGHT AND OTHER FEES

= $10,687[Δ] SELLING PRICE

Mirage SE model shown[‡]

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1 $3,500/$1,500/$3,500 off purchase price is composed of $1,000/$0/$3,500 consumer cash, $1,000/$750/$0 loyalty rebate and $1,500/$750/$0 lease rebate on a new 2016 Outlander SE AWC/2016 Lancer/2015 Mirage (excludes ES model) purchased and delivered between March 1, 2016 and March 31, 2016. Consumer cash/lease rebate will be deducted from the negotiated price before taxes and will take place at time of purchase. Loyalty rebate will be deducted from the negotiated price after taxes. Other conditions apply. ¤ $8,998 starting price applies to 2015 Mirage ES (5MT) and includes consumer cash of $3,500 and excludes freight and other fees. 2015 Mirage ES (5MT) MSRP is $12,498. Dealers may sell for less. $3,500 consumer cash offered on the retail purchase of new 2015 Mirage ES (5MT) models from participating retailers while quantities last. Availability based on dealer inventory. Consumer cash will be deducted from the negotiated price before taxes and will take place at time of purchase. Some conditions apply. See dealer for details. ∞ $1,000/$3,500 consumer cash offered on the retail purchase of a new 2015 RVR GT with Navigation/2015 Mirage ES 5-Speed Manual Transmission model from participating retailers from March 1, 2016 to March 31, 2016. $1,000/$3,500 will be deducted from the negotiated price before taxes. Some conditions apply. Offers are subject to change without notice. § AWC standard on RVR SE AWC, Limited Edition and GT/2015 Lancer SE AWC, Limited Edition SE AWC and GT AWC/2016 Lancer ES AWC, Limited Edition AWC and GTS AWC. S-AWC standard on Outlander GT. † Estimated combined city and highway ratings for non-hybrid sub-compacts based on Natural Resources Canada new testing methodology: Mirage highway 5.3 L/100 km (53 mpg), combined city/highway 5.9 L/100 km (48 mpg) and 6.4 L/100 km (44 mpg) in the city for CVT-equipped models. Actual fuel efficiency will vary with options, driving and vehicle conditions. ** Whichever comes first. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Some conditions apply.