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International Women's Day observed at 8 Wing

Gender equity seen as not a women's issue, but a human issue affecting everyone

By Ross Lees

It's an event everyone wishes did not have to take place, especially in 2016. But International Women's Day may still serve a useful purpose and may

still be advancing the cause towards gender equality, although the evidence dictates otherwise both in the military and in civilian life.

Lieutenant-Colonel (Lt.-Col.) Marie-Claude Gaumond, Commander of

Aerospace and Telecommunications Engineering Support Squadron (ATESS) and 8 Wing Champion for Women said International Women's Day established in 1997 by the United Nations addresses the challenges in

all activities and diversities. She said the struggle of women in the military continues as graduation rates from Royal Military College officers' courses and enlistment in the military by women remains very low.

Captain (Capt.) Darrell Condran, the OPI for the National Women's Day event on 8 Wing/Canadian Forces Base (CFB) Trenton, put the issue in sharp focus in his opening remarks when he stated, "Gender equity is not a women's issue, it's a human issue and it affects us all."

He made that statement just after welcoming the few men who attended the speaker's forum on March 8 at the Astra Lounge, an event attended by less than 50 people.

Colonel (Col.) Colin Keiver, 8 Wing Commander, lamented the necessity for the event but admitted it was still required, citing the recent establishment of Op HONOUR as evidence of that requirement.

There is, however, evidence that at long last, gender equity is moving forward, albeit slowly in the past few years according to many of the speakers at this interesting and engaging forum.

In a recent visit to the old military base in Picton, Col. Keiver noted that three buildings were located outside the fence of the base.

"The hospital was located outside the wire because women were not allowed on the base and there were nurses in the hospital," he told the gathering.

Even more shocking was the fact that the community liaison for the base was a woman and she had a house at her disposal, also outside the wire near the hospital. The station commander met with her once a week to discuss the opportunities for the men of the base to attend dances, suppers, etc, but he only met with her in that house, because she also was not allowed on the base.

"I relate that story because there was a fundamental contradiction at play in Canadian



8 Wing/ CFB Trenton Commander Col. Colin Keiver believes the adherence to the three basic ethical principles of the CAF should eliminate the need for International Women's Day. Photo by Ross Lees

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ATESS wins 2nd annual charity hockey game 7-5

Trenton Care and Share Food Bank the big winner of this friendly competition between 8 AMS and ATESS

By Ross Lees

The second annual 8 Air Maintenance Squadron (8 AMS) and Aerospace and Telecommunications Engineering support Squadron (ATESS) annual charity hockey game came through big time for the Trenton Care and Share Food Bank.

The competition on March 4 raised approximately \$3,700 in foodstuffs and money for the Trenton food bank and was very much appreciated by manager Al Teal, according to game co-organizer Corporal (Cpl.) Jason Briand.

“The food bank was extremely gracious and excited with our donation,” Cpl. Briand indicated. “Al (Teal) wanted to personally thank everyone involved. He figures we raised well over \$3,700 in foodstuffs. He was able to give me a tour of their operation and the impact we made was huge as they are hurting for supplies throughout the month of March and this donation was able to meet their quota.”

Not only did the hockey game produce a great donation for the food bank, it also produced some stellar hockey, as ATESS eventually won 7-5 in a back and forth game.

8 AMS took the early lead and did not relinquish it until the third period when ATESS finally broke the 5-5 tie established prior to the end of the second period. They scored the go ahead goal and then protected the lead until the final seconds of the third period when 8 AMS pulled their goalie in an



Mr. Al Teal from the Trenton Care and Share Food Bank dropped the puck for the two team captains while CWO Ted Poper, second from left, Lt.-Gol. Gaumond, second from right, and Felix the Phoenix looked on.

Photos by Ross Lees

on-going attempt to tie the game. ATESS scored into the empty net to salt the game away.

Mr. Teal had indicated prior to the game that the effort of all involved was appreciated in a year

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Felix the Phoenix welcomed one and all to the game.



Felix gives Lt.-Col. Gaumond a hug after she officially named him at this special event.

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On renting a housing unit from Department of National Defence

Regardless of whether a Canadian Armed Forces (CAF) member lives in private-sector or Department of National Defence (DND) housing, rental adjustments are a routine annual process.

In December of 2015, occupants of DND housing received their yearly letter from the Canadian Forces Housing Agency (CFHA) detailing their rent adjustment for fiscal year 2016.

CFHA is part of the DND's infrastructure and environment family (ADM(IE)) and has been managing the housing portfolio for almost 20 years. DND recognizes the importance to members of having suitable housing; it contributes to a better quality of life and to the well-being of CAF members and their families. This vision is top-of-mind for CFHA



in its management of over 12,000 military housing units across 25 sites, and as it applies Government of Canada (GoC) housing policies and departmental regulations.

GoC housing policy stipulates that Crown-owned housing must reflect local market rental values for homes of a similar size, style, condition and age. For CAF members opting to live in Crown-owned housing, this means that they are provided with a housing unit at a rental cost similar to what other private-sector renters living in similar housing units in their neighborhood would pay.

To provide for a fair and consistent approach to this policy,

CFHA must also utilize an annual rent adjustment process. Under this process, CFHA determines whether the rents charged for Crown-owned housing must be changed to reflect fluctuations in the local rental market. Under this system, all occupants of DND housing are subject to an adjustment process every year at the same time.

DND, like other government departments, applies the Statistics Canada Consumer Price Index (CPI) to its residential portfolio in order to determine the annual housing rent adjustments. This year's adjustment is an average one per cent increase across the portfolio and still re-

flects the local market value in every region across the country.

That being said, under the Queen's Regulations and Orders, Volume IV, Appendix 4.1 rents (not including parking costs and utilities) cannot exceed 25 per cent of the combined gross household income for all families living in defence housing. More information about this benefit is available to members on DND's website and existing occupants can contact their local Housing Service Center for more information.

Another policy requires new rental rates to take effect on April 1. This timing is in keeping with federal government business

cycles. In accordance with policy and regulations, CFHA must give occupants 90 days' notice, which explains why letters are sent out in December of every year.

Military housing is an important part of the daily lives of our men and women in uniform and their families.

DND has invested over \$405 million in improvements to the portfolio over the past five years, with projects ranging from minor work like furnace replacement to whole-house renovations which can include new kitchens and bathrooms. More specifically in Trenton, where approximately 19 per cent of CAF members opt to live on base, work included the

replacement of exterior doors, windows, roofs, heating and ventilation systems as well as whole-house renovations.

The department, through CFHA, is committed to improving the portfolio on a continuous basis and ensuring that CAF members and their families are provided with housing that meets the needs of today and the future.

For more information on DND housing and rent adjustments, consult: forces.gc.ca/en/caf-community-support-services-housing/index.page. Members and their families can also contact their local Housing Services Centre for additional information.



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CFS Alert Command face-off

Most northern hockey tournament in the world staged in CFS Alert

Canadian Forces Station (CFS) Alert hosted the most northern hockey tournament in the world on Feb. 28. In this picture, the Commanding Officer, Major Snow, and the Station Warrant Officer, Master Warrant Officer Todd, are taking the face-off for their respective teams in order to start off the tournament.

Photo by: Private Steven Zsarik (C/S BellHop)



Wing Logistics and Engineering Picture of the Week

Leading Seaman Carson Edwards presented with Canadian Decoration

Leading Seaman Carson Edwards, standing between Master Warrant Officer Lewis and Lieutenant-Colonel Cathy Blue, is presented with the Canadian Decoration (CD) at the Wing Construction and Engineer's Honours and Awards Parade on Feb. 3. "Way to go Navy!"

Photo by: Corporal Sam Wilcox

The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events affecting Canada's largest and busiest air base – 8 Wing/CFB Trenton.

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Armed Forces at work.

The CONTACT is published every Friday with the kind permission of Col. Colin Keiver, MSM., CD, Commander, 8 Wing/CFB Trenton. The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CAF or other agencies.

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

- Articles should be typed in upper and lower case (not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.
- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Monday at noon prior to print date.

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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DART exercise necessity heightened by increased world-wide incidences

Local exercise simulates an international response on a devastated island nation

By Ross Lees

It's an exercise that helps Canada stay on the cutting edge of Disaster Assistance Response Team (DART) deployment to countries experiencing a disaster anywhere in the world.

Dubbed Ready Renaissance, the DART exercise in the Trenton, Belleville and the Prince Edward County (PEC) area from Feb. 29 to March 10 is designed to prepare the team for quick and effective deployment whenever disaster strikes.

This particular exercise simulates a 7.8 earthquake in an island country called Lemaria where 12,000 people have been killed and 200,000 have been wounded and are suffering various levels of trauma. A multi-national response to the disaster includes the Canadian DART (210 personnel), and personnel from China, South Korea, Mexico, the United States and Britain.

According to Lieutenant-Commander (Lt.-Cmdr.) Diane Grover, a DART Public Affairs Officer (PAO) from Ottawa, Canada brings a lot to the table in any disaster

and DART is well-received by other countries because they know what Canada brings to the table.

Those on the DART have to be ready at all times, she noted.

"DART personnel have to be ready to go at a moment's notice," she stated. "Their kit has to be ready and their personal life in order because disasters don't respect timelines."

When a disaster strikes anywhere in the world, DART teams often gather in Trenton in preparation for deployment to the affected area. First response to a disaster is often the Commanding Officer (CO) of DART plus a representative of Global Affairs.

Next out the door would be the Humanitarian Assistance Reconnaissance Team (HART) and, once they hit the ground in the affected area, they would determine what elements of DART are required in conjunction with the Department of Global Affairs.

In this scenario, of the 210 personnel responding, 35 were stationed in Belleville and the remainder was divided up

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Maj. Richard Langlois (right), a PAO with 1st Canadian Division, is given directions to a scenario during the exercise Monday.



Three helicopters were used in the exercises ATF element to add realism to the scenario. Here, personnel and supplies are unloaded just inside the main gate of Sandbanks Provincial Park. Photos by Ross Lees

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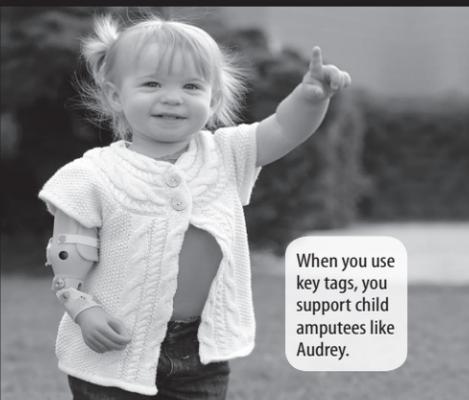
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Fitness & Health

March is Nutrition Month

Many of us think we need a detox diet or have to completely change our eating habits in order to be healthy. We don't. Extreme dieting can actually do more harm than good. Going all-or-nothing with your eating sets you up for failure and can put you on a vicious cycle of going on one restrictive diet after another in search of the "one that works". Then, when you are not able to stick with the extreme nutrition choices over the long haul, you beat yourself about your lack of strength and willpower. Not only does your physical body take a beating, so does your self-esteem.

What if you could be kind to yourself and also see results with just small, sustainable changes?

March is Nutrition Month, and dietitians across Canada are sharing their expert nutrition advice on small changes you can make to eat healthier and look and feel your best. Pick something small you'd like to improve about your eating habits, and commit to it for the next 100 meals. Why 100 meals? Canadians consume about 100 meals each month. Check out the website: <http://www.dietitians.ca/Your-Health/Nutrition-Month/Nutrition-Month.aspx> for more information.

The good news is when you make small, manageable changes, you are more likely to continue with them over the long-term. You will also build your nutrition confidence. And, with this positive momentum, you



may even be inspired to make other small changes over time for lasting results. We've realized that there is a big price to pay for the "quick-fix" mentality.

How will your eating habits change over the next 100 meals?

Some possible suggestions for changes you might make include: drink water instead of juice or pop with meals; eat an orange instead of a big glass of juice; bring a healthy lunch and/or snacks from home; reduce the number of meals you eat out each week; when eating out, choose a side salad with your pizza, sandwich or burger instead of fries; and/or eat mindfully (away from your computer, television or book). Your goal should enable you to eat more vegetables and fibre, and less calories, fat, added sugar and salt without feeling like you're being punished.

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your outlook, and stabilizing your mood. If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you're not alone. It seems that for every expert who tells you a certain food is good for you, you'll find another saying exactly the opposite. Instead of focusing on one nutrient, why not consider eating whole, minimally processed, nutritious, tasty food - food that is in many cases as close to its natural form as possible.

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Trenton MFRC adds new elements to annual fundraising event

Bay of Quinte local food to be featured at Invisible Ribbon Gala May 7

By Devon Taylor

The Trenton Military Family Resource Centre's (MFRC) annual fundraising event, the Invisible Ribbon Gala presented by Scotiabank, is less than two months away (May 7) and it is going to be better than ever.

The Invisible Ribbon Gala, which raises money to support the military families serving at 8 Wing/Canadian Forces Base (CFB) Trenton, which is celebrating its 85th anniversary this year, has added several exciting elements including a meal completely locally sourced. The MFRC has teamed up with Chef Michael Hoy of 106 Bridge in Prince Edward County, for the second year in a row, to design a gourmet menu and prepare a fresh and delicious meal for guests.

For the past several months, the MFRC has been building strong partnerships with local farmers and producers in the Quinte region. Chef Hoy took a team of MFRC staff on a tour through the region to meet with artisans whose products will be included in the Gala menu. Part of the menu was decided on in advance, however, Chef Hoy used this tour to inspire the rest of the menu.

Vegetables and produce will come from the fields of Laundry Farms and Honey Wagon Farms. The owners of Laundry Farms, Jean and Terry, have been farming as their chosen career

for years. Terry has farmed all his life. Chef Hoy will be preparing his *mise en place* using Laundry Farm vegetables; this includes peppers, shallots, tomatillos and garlic.

Ed and Sandy Taylor of Honey Wagon Farms are both former educators. They chose farming as their retirement lifestyle and have not looked back. The couple, who are in their 70s, farms 86 acres of land, chemical free, which includes 42 different types of potatoes. The Taylor's sell their produce at markets but also by the side of the road where they have an "honesty stand" with recipes by each vegetable for sale.

"We believe that people need to have a relationship with their food," said Sandy.

A special item on the Gala menu will be Jerusalem Artichokes from Honey Wagon Farms.

"Because the Invisible Ribbon Gala is on May 7, it is difficult to find fresh, local produce for the meal," said Chef Hoy. "But rather than going outside of our region, we have looked at this challenge as a wonderful opportunity to still use local items but freeze, smoke, cure and pickle the incredible fresh produce we have right here."

The star of the menu, short ribs, will be from Enright Cattle Company, a 95 acre cattle farm near Tweed. Enright Cattle is an impressive business, farmed by two fourth-generation farmers - Kara and

Darold Enright. Between the family's two farms (Kara's father owns and operates Langevin Farms where the cattle mature), they plant, grow and harvest all of the crops to feed their cattle - with no artificial hormones.

"We live in a bountiful region," said Tamara Kleinschmidt, Executive Director of the Trenton MFRC. "We want to support the region that supports us and our military families. The opportunity to use local products and offer a meal that is delicious and unique is a big bonus."

Additionally, Chef Hoy will incorporate Fifth Town Cheese into the menu. Beverages will also be locally sourced. Guests of the Invisible Ribbon Gala will be treated to County Cider, Devil's Wishbone and Hillier Creek Estates wine, and Huff Estates bubbles for a special VIP Cocktail Reception, a second new addition to the Gala's repertoire. Pilot Sponsors and above, as well as Honorary Colonels, military leaders, and the guest speaker will all enjoy a private function at the beginning of the evening to mingle and network.

Another new feature of the 12th annual Invisible Ribbon Gala is the theme. This year, the MFRC's event, held at the National Air Force Museum of Canada, will be commemorating the British Commonwealth Air Training Plan (BCATP) and giving a nod to the 1940s (including a live 1940s Big Band!) The BCATP, responsible



for training over 50 per cent of all British and Commonwealth strong ties between the Royal Canadian Air Force (RCAF), the communities that hosted the BCATP training sites including Trenton, and Canadian industry that made it possible. The RCAF has a rich historical tie with the British Commonwealth Air Training Plan (BCATP) and it continues to inspire the airmen and airwomen in service today.

Tickets for this unique event, in support of military families, will go on sale in the coming days. Should you wish to spon-

sor or donate an auction item to the Invisible Ribbon Gala, please contact the Trenton MFRC at 613-965-3575 or email info@invisibleribbon.ca.

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Make a Wish Canada initiates PM for a Day at 412(T) Squadron



By: Major Kevin Roberts, 412 (T) Squadron

February 16 was a record setting snowy day in Ottawa, but when the Prime Minister (PM) has to fly, the PM has to fly. In this case, the PM was a young man by the name of Prabjote "PJ" Lakhanpal. PJ was living his wish to be "PM for the week" courtesy of Make-a-Wish Canada. The mission of Make-A-Wish Canada is to grant the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy.

As part of his PM for a week wish, PJ spent a day with the the Royal Canadian Mounted Police (RCMP) PM's Protection Detail (PMPD). Included with his RCMP activities was a visit to the Transport Canada Aircraft Services Directorate (TC ASD) hangar at the Ottawa Airport where he and his family were exposed to a sample of the PM VIP experience aboard a CC-144 Challenger aircraft belonging to 8 Wing's 412 (Transport) Squadron. One of 412 (T) Squadron's assigned roles is to provide safe and efficient air

transport in support of the PM, the Governor General and other senior government officials. PJ, under RCMP protection and escort, was driven directly into the hangar and to his waiting aircraft where he was greeted with a salute by the Aircraft Commander and Acting Commanding Officer, Major (Maj.) Kevin Roberts.

After a brief tour of the hangar, PJ and his family boarded the Challenger aircraft where they were greeted by the Flight Steward, Warrant Officer (WO) Monique Ryan. First Officer Maj. James Brown and Transport Canada Aircraft Maintenance Engineer Mr. Mark Downing rounded out the crew.

Once everyone was settled, the aircraft was pushed out to the snowy ramp and the engines were started. After a brief wait for the snow clearing equipment to pass by, the aircraft was slowly and carefully taxied over to the Canada Reception Centre (CRC). Meanwhile, despite the winter storm outside, inside the cabin WO Ryan ensured the "PM" and his family were comfortable and well taken care of.

Upon arrival at the CRC, the usual drop-off point for the PM, the RCMP once again were there to load PJ and his family into their SUVs and whisk them securely off to their next adventure, including a visit to the RCMP Musical Ride Branch, a tour of 24 Sussex and a tour of the Governor General's residence at Rideau Hall.

Although just a small part of the "PM's" busy day, 412 (T) Squadron welcomed the opportunity to demonstrate our VIP capabilities and were very proud to participate in this worthy event. On behalf of the Commanding Officer, Lieutenant-Colonel Aidan Costelloe, 412 (T) Squadron wishes "PJ" and his family all the best.



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International Women's Day observed at 8 Wing

Continued from page 15

society during the Second World War," Col. Keiver noted. "You had bases consciously being built like this while you had an explosion of women in the work force, in the factories, on the farms, everywhere. Canadian society really began to change as a result of the war effort and the fact that when we sent all those males overseas to fight, the only way we could run the economy, the only way we could run the war effort was to bring women fully into the society and allow them to do the work they should have been doing all along."

Col. Keiver also recalled an advertisement for the Royal Military College when he was considering a military career which said, "A great career for your son."

He said 25 years later, he would like to be able to say that the Canadian Armed Forces (CAF) is completely integrated and completely equal, but he acknowledged that you have only to look as far as Op HONOUR to know that is not true.

But the fact the military has had to establish Op HONOUR causes him concern.

"We have three simple ethical principles in the CAF, the first is respect for the dignity of all persons, serve Canada before self, and the third is respect and obey lawful authority," he explained.

"I'm struck by the fact that, to me, Op HONOUR is really a symptom, it's not the problem," he stated. "I would suggest to you that the problem is a failure in leadership at all levels and really at its core, to

me, it is a failure in adherence to the basic ethical principles of the CAF. The reality is, if we were respecting the dignity of all persons, we would not need Op HONOUR. The reality is, if we were serving Canada before self, we would not need Op HONOUR. It is absolutely clear in my mind, if we were respecting and obeying lawful authority, we would not need Op HONOUR because we have been told multiple times this is unacceptable. So I view it really as a failure of leadership and that's the first thing that concerns me, because I've stood here in front of the wing multiple times and said, to me, leadership is action, not position. It's about doing the right thing at the right time because it is the right thing to do. That is

what Op HONOUR is all about, it's about stepping in and taking control of the situation before it gets out of control. If it does get out of control, it's about doing the right thing to deal with that situation."

He also noted to the gathering that he feels the CAF is not reflective of Canadian society, that it is not as inclusive as it could or should be.

"The reality is that I do not believe that any society or organization can survive if it is either deliberately or unintentionally excluding 50 per cent of the population. We are not exploiting the talent that we have in society, quite frankly, and I think that's a problem. It's much bigger than Op HONOUR and that concerns me," he said.

"If I was to boil it all down, as we hold International Women's Day we must celebrate and acknowledge there is still work to be done, but as the Wing Commander standing here at the end of the day, it has absolutely got to be about freedom of opportunity for all people, regardless of sex, race, religion - it should not matter. Everyone should have equal opportunity to be whatever they want to be.

"If people remembered those three ethical principles of the CAF and even if we only remembered one - respect the dignity of all persons - we would be able to shift the focus of International Women's Day from gender inequality to the many accomplishments and milestones of women throughout the world."

Canal Pursuit for Mental Health returning this year

Waterloo man to run 750 km for Mood Disorders Society of Canada to promote awareness

Waterloo's Clay Williams will once again this year run the Canal Pursuit for Mental Health past the front gates of 8 Wing/Canadian Forces Base (CFB) Trenton.

Mood Disorders Society of Canada (MDSC) recently extended an invitation to Canadians to get behind the Canal Pursuit for Mental Health campaign through donations and sponsorship of Mr. Williams' run from Port Severn to Kingston and all the way to Ottawa.

The purpose of the run is to raise awareness of depression, end the stigma of mental illness, and to encourage people to reach out for help. Mr. Williams is running in honor of his wife, his daughter and his sister who all suffer from mood disorders, and in memory of his two older brothers

who took their own lives.

"The conversation that we want to promote with this project is twofold," said Mr. Williams. "First, if you're struggling with a mood disorder, talk to someone you trust. The second part of the message is that physical activity can help make many symptoms of mood disorders more manageable, fitting in with the National Defeat Depression campaign. We all have an important role to play in getting rid of the stigma around mental illness, so that people can feel comfortable reaching out to seek treatment."

The Canal Pursuit is a 750 km run roughly following the Trent Severn Canal from Port Severn to Trenton and then the Rideau Canal from Kingston to Ottawa, stopping in at each of the 88 locks on

the way, and ending on Parliament Hill. This is the second time that Mr. Williams will run this route, he plans to start the run on Sept. 11, and complete it in 13 days, running 60 km per day, and finishing on Sept. 23.

Last year, Mr. Williams set a very ambitious pace, running an average of 90 km each day, although that pace proved extremely taxing. This year he will be running an average of 60 km per day, allowing more time to talk with local first responders, sports clubs, community groups, high schools, and health groups along the way, and do the work of keeping the conversation going.

This year, he will be joined by Shelley Buffitt, award winning Canadian recording artist and decorated former paramedic who advo-

cates on behalf of PACE and Mood Disorders Society of Canada.

Mental illness is no stranger to Shelley. Her father lost his battle and died by suicide and she herself suffers from PTSD and depression. Shelley has recorded a song written specifically for Clay Williams. All recording costs have been donated by Rockit Man Studios in Thunder Bay, ON. Online sales of her song entitled "I'm Not Running Away" will go to MDSC on behalf of Canal Pursuit.

More information about the Canal Pursuit for Mental Health can be found on the Canal Pursuit Facebook page www.facebook.com/canalpursuit and on Twitter @canalpursuit. Daily communications during the run and GPS tracking are also part of this campaign.

Donations are greatly appreci-

ated. There are two ways people can provide funds:

1) Online through the Defeat Depression website at <http://mdsc.akaraisin.com/CanalPursuit>

2) Mail a cheque payable to "Mood Disorders Society of Canada" to: 3-304 Stone Road West, Suite 736, Guelph, ON, N1G 4W4. Be sure to note: Canal Pursuit in the memo section of the cheque.

Defeat Depression is a national mental health fundraising and awareness campaign. Volunteers and organizations across Canada organize walks, runs, and other physical or social activities to support awareness of mental health, reduce stigma, and encourage people to come forward for the help they need. For more information visit www.defeatdepression.ca

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Gender equity change has slowed down in the recent past

Open discussion and reinforcement of standards and behavior is essential in the military

By Ross Lees

Women's equity in Canada and in the Canadian military has come a long way, but it may be showing signs of stalling in the past few years, according to several speakers at the International Women's Day event at Canadian Forces Base (CFB) Trenton on March 8.

and the Charter of Rights and Freedoms indicating that the Canadian Armed Forces (CAF) was violating both the Act and the Charter, particularly the clause of equality stating:

"Every individual is equal before and under the law and has the right to the equal protection and equal benefit of the law without the discrimination and in par-

rights. She said 2016 was the 100th anniversary of Canadian women getting the right to vote and it wasn't until 1929 that women were even legally considered persons.

While the CAF has now opened all trades to women, there are still some disturbing truths in the Canadian military, according to Brig.-Gen. Allen. Fifty per cent of women in the regular forces

are in six occupations – Resource Management Systems (RMS) clerk, supply tech, logistics, medical tech, nursing and cook.

She did, however, explain that that might have something to do with what she called occupational segregation, which also exists throughout the world. Ninety per cent of dental technicians are women and 75 per cent of nurses are women.

The Canadian military is seeing a shift of more women in the regular force away from the reserve force, a reversal of recent past statistics, but that women in the military still only accounts for 14.3 per cent of personnel. At the same time, there has been an increase in women representation in the middle ranks of the CAF – from Lieutenant-Colonels to Captains and Sergeants, but a decrease in lower ranks.

The CAF does not have a gender pay gap, she explained, because personnel get paid according to rank within their type of work, regardless of gender.

To attract more women into the CAF, she advised that the

military needs to put increased emphasis on recruiting women and it needs to be as flexible as possible in its policies to recognize diversity.

She also agreed with much of what Colonel (Col.) Keiver had stated earlier in the event.

"We need to talk openly and reinforce appropriate standards and behavior," she noted. "We need to eliminate any underlying sexualized culture that can lead to sexual harassment or assault so that people feel they are inclusive and that the system and organization responds when those events occur.

"Treating people with respect and dignity is the key to everything we do and it is the key element of our military ethics. Anything else is just clearly unacceptable," she added, pointing out that the United Nations sees women as being the key enablers of restoring peace and security in areas of conflict.

"It is essential to improve gender equity and opportunity," she stated.

Continued on page 21



Brig.-Gen. Frances Allen feels it is essential to improve gender equality and opportunity. Photo by Ross Lees

It was also made apparent that while change has come about for various reasons over the years, we often had to be dragged kicking and screaming through that change.

In the military, for example, it took a ruling in the Canadian courts to force the Canadian military to open all military occupations to women, according to Brigadier-General (Brig.-Gen.) Frances Allen, the Director General Cyberspace and the first guest speaker at the International Women's Day event.

In 1981, according to Brig.-Gen. Allen, Canadians began filing complaints in accordance with the Canadian Human Rights Act

particular without discrimination based on race, national or ethnic origin, colour, religion, sex, age, or mental or physical disability."

"When the charter came in place, the CAF was challenged to substantiate to the court its requirement to still exclude women from some occupations," Brig.-Gen. Allen noted. "Ultimately, the court ruled that the CAF exclusion of women did indeed result in discriminatory practices and that had to cease."

Brig.-Gen. Allen highlighted some of the examples of women moving forward, which was the theme of the event, calling it a "bumpy road" in Canada when it came to recognizing women's



Hon.-Col. Julie Lange has a strong belief that women have the talent and resilience to overcome adversity and emerge with ever-greater earning power. Photo by Ross Lees

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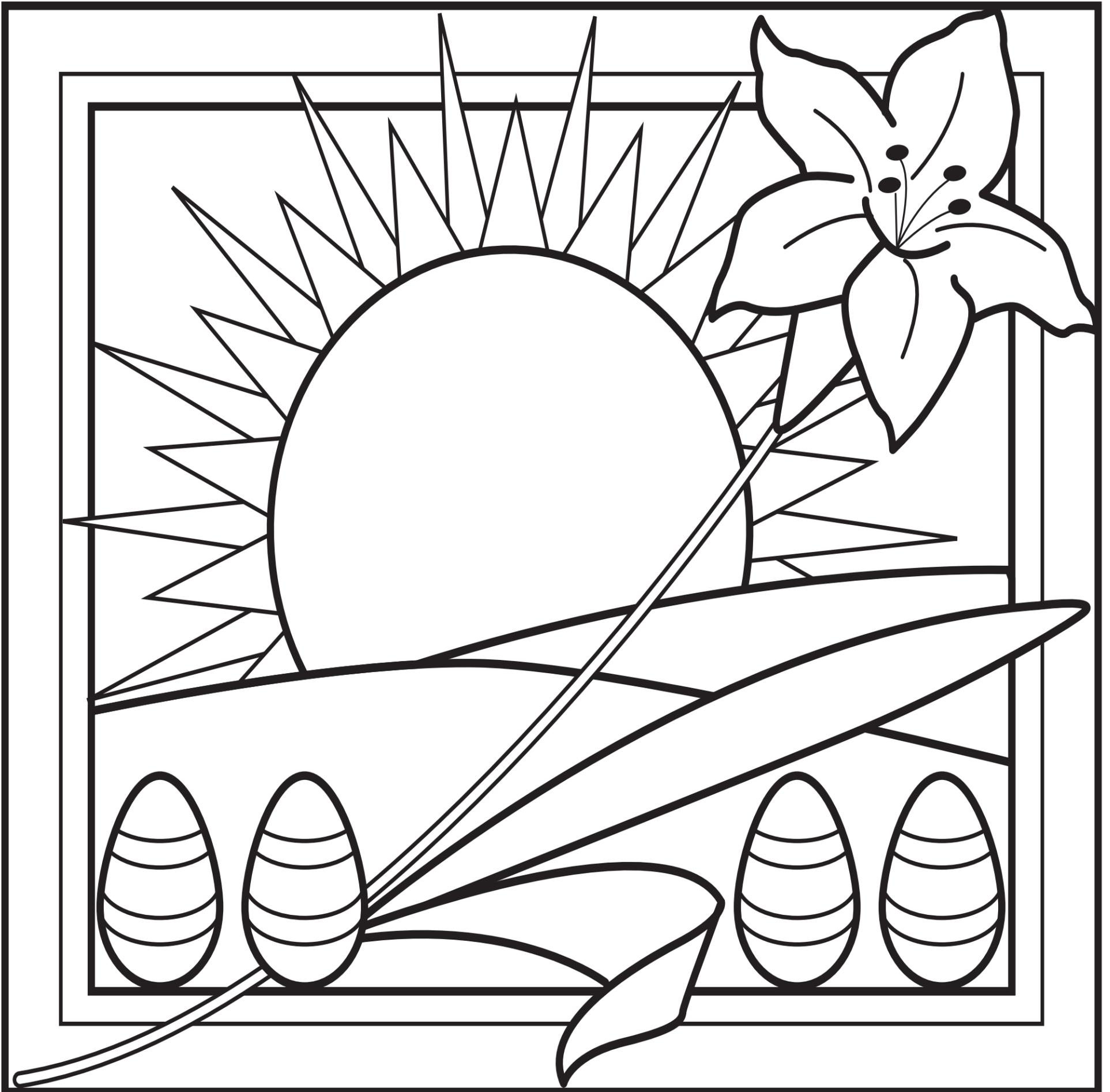
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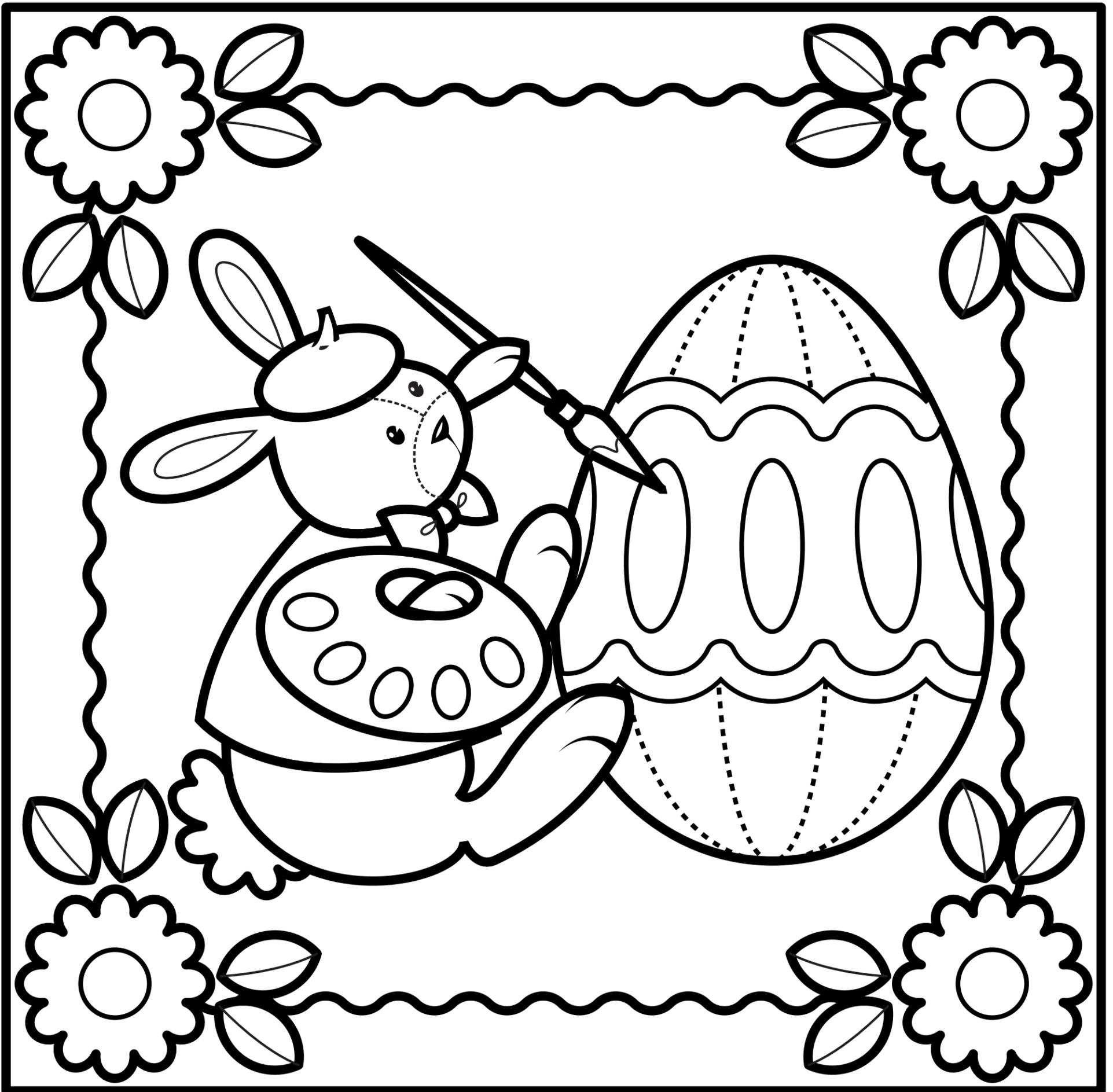
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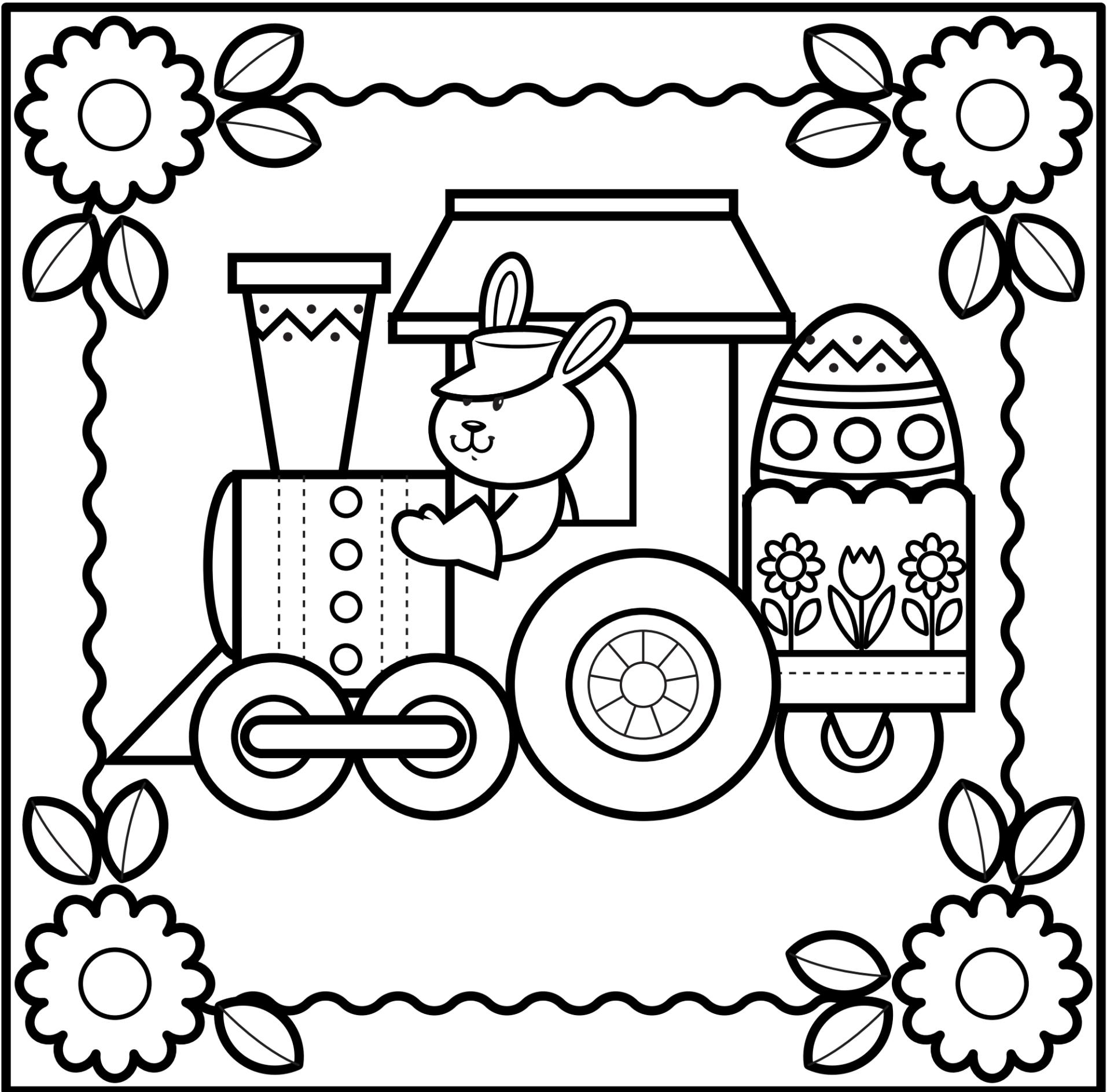
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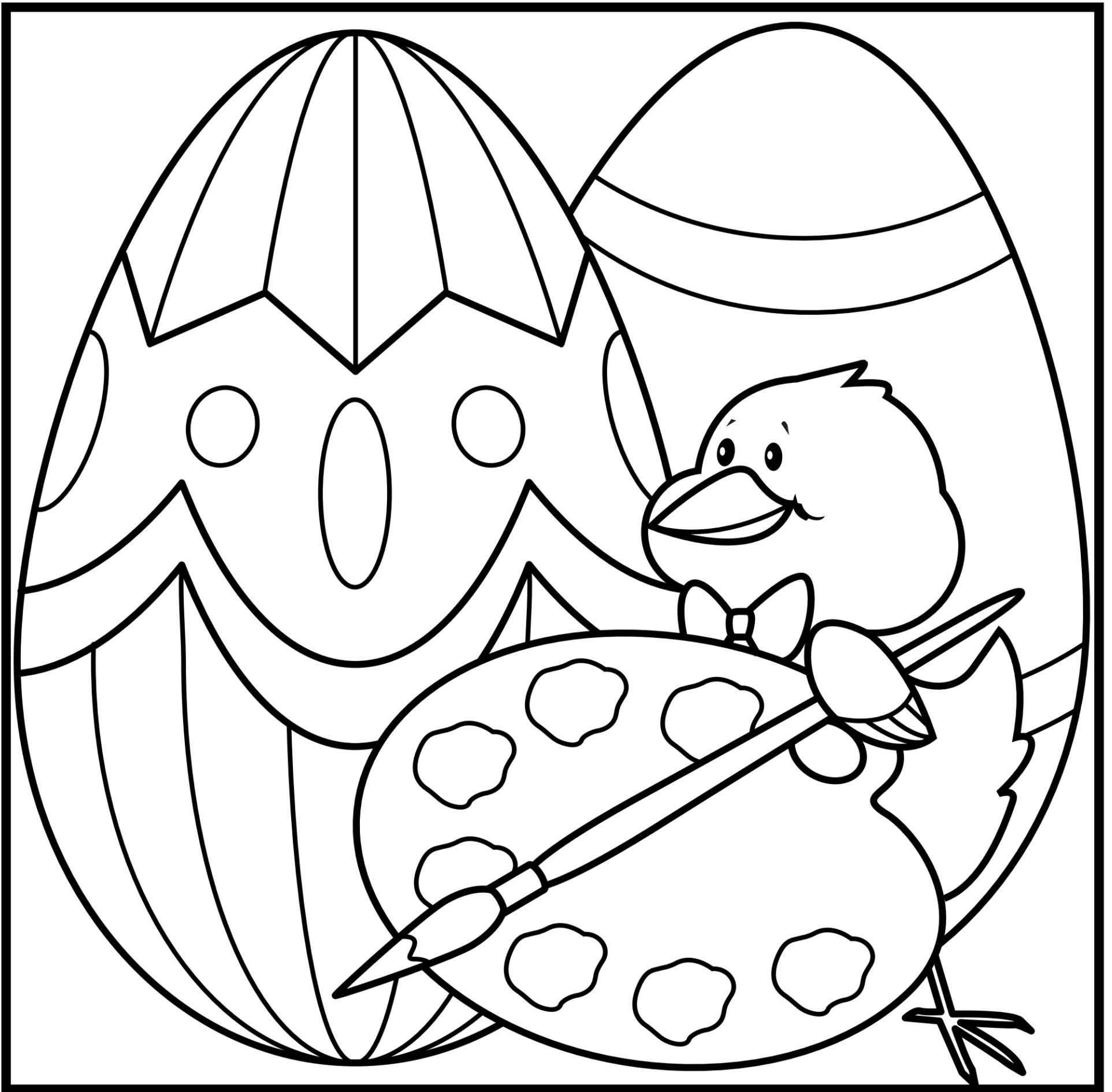


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DART exercise necessity heightened by increased world-wide incidences

Continued from page 5

amongst locations at Mountain View, Picton, Trenton and Sandbanks Provincial Park.

Those taking part in the exercise operate on a 24/7 basis, so the armoury in Belleville is divided into a sleeping area and a working area. Those off duty are trying to get rest while the hum of a working response centre permeates the remainder of the building.

“Scenarios consist of any scenario we might see overseas from medical casualties to infrastructure damage or event to incidences with local police,” stated Second Lieutenant Sarah Staples of Garrison Petawawa. “They try to catch us off guard and then get our reaction times. They will often use different scenarios with different assets.”

She said much of the process is to prioritize what needs to be done first and also to know what is available to them and what is not.

“And it’s all done in real time,” she added. “We have actors on the ground and they depict actual medical emergencies such as an engineer injured by a chain saw.”

“Each scenario is a snapshot and demonstrates the repercussions of them,” Major (Maj.) Richard Langlois, a PAO with 1st Canadian Division, indicated.

Three helicopters took part in the Air Task Force (ATF) portion of this exercise adding reality to the scenarios.

“The exercise helps us identify a lot of the things we need to improve on, which is the reason



Cpl. Trevor McGuire uses his cell phone to keep track of the issues being thrown into the scenario every few minutes.



(Right) This participant uses his radio to get information while in the bush.

Photos by Ross Lees



A scenario participant clears a trail in Sandbanks Provincial Park on Monday morning.

The DART from Canada is held in such high esteem that delegations from China and Mexico attended this scenario to assess possible similar teams and responses within these two countries.

Corporal (Cpl.) Trevor McGuire found the exercise realistic, especially the opportunity to get in on trails in the Sandbanks Provincial Park and clear trails simulating actual situations he experienced in the Philippines.

“It’s fairly relevant and valid training,” he stated.

Training that is becoming increasingly more valid, according to Maj. Langlois.

It used to be that we would expect a disaster every five years, but that is now down to every two years,” he noted, highlighting the need for these kinds of exercises.

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* \$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 (SMT) and includes consumer cash of \$3,500 and excludes freight and other fees. 2015 Mirage ES (SMT) MSRP is \$12,498. Dealers may sell for less. \$3,500 consumer cash offered on the retail purchase of new 2015 Mirage ES (SMT) 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. ^S AWC standard on RVR SE AWC, Limited Edition and GT/2015 Lancer SE AWC, Limited Edition 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.

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Gender equity change

Continued from page 11

Honorary Colonel Julie Lange

436 Air Mobility Squadron Honorary-Colonel (Hon.-Col.) and ScotiaMcLeod director and branch manager Julie Lange wasted no time telling people where she stood on gender equality.

"A gender-equal society is one where the word gender does not exist," she stated.

A woman working in an industry dominated by men, she said the glass ceiling is the unacknowledged, invisible, upper-level barrier to advancement in a profession mostly affecting women because it is suggested that working women will always choose family and working men will always choose work. She believes stereotypes are beginning to fall by the wayside and the quicker we dump our biases, the better.

She does, however, believe in the existence of the "pink ghetto," a low-paying sector of the workforce which is often dead-end, stressful and underpaid – and dominated by women.

"Professional woman in the US today will make \$1 million less over her working career than her male counterpart," she noted. "In North America today, a woman makes 79 cents compared to a man's dollar. This statistic hasn't moved in 11 years. Surely if a woman is equally qualified and intelligent, she should be on parity of pay."

Hon.-Col. Lange talked about IQ and EQ in the workplace. IQ is a measure of intelligence, rationality, problem solving and logic represented by a number. EQ, she said, is our emotional intelligence, and area where women excel. IQ accounts for 10 to 23 per cent of success and the rest mostly depends on EQ.

She said there are five categories to EQ – self-awareness, self-regulation, motivation, empathy, and social skills and those skills can help identify the real go-getters, the great learners who never stop applying themselves to the next challenge.

"Who cares if they are men or women?" she asked rhetorically.

Feminism was a term that used to drive her crazy until she took the time to look it up. Feminism is a belief that men and women should have equal opportunities and she felt most men also want their daughters, wives, or sisters to live in a more balanced world of equal opportunity.

"Successful people work hard, they are very focused, careful about risk, generous and very curious and never stop learning. Not one of these characteristics excludes women," she added. "I think it follows that people - men and women – can be successful and therefore entitled to the same pay for the same job. Recognize the will and the skill. Attitude, not gender, identifies leaders."

"Here is the conundrum sprinkled with secret sauce – is the person named to the board the best possible candidate or the best possible woman candidate? We want to celebrate women, not discriminate against men," she said.

Hon.-Col. Lange said if she had one piece of advice for men it would be, "Never patronize women and never talk down to women. If I had one piece of advice for women, it would be never patronize men and never talk down to them."

She also has a strong belief, that women have the talent and resilience to overcome adversity and emerge with ever-greater earning power.

Corporal (Cpl.) Michelle O'Brien wouldn't let the fact she was a small woman deter her from becoming a rigger with the Canadian Army Advanced Warfare Centre in Trenton (CAAWC). Despite challenges and the fact she was competing against guys sometimes two or three times her size, she put her mind to the task at hand qualified.

When she does her job now, she understands she has to be qualified and do a good job or it could cost someone their life if a parachute packed by her does not open



Cpl. Michelle O'Brien believes we need to keep raising the bar for the next generation. Photo by Ross Lees

properly.

Being a single mom in the military in a very challenging career has been tough, but she accepted every challenge and fought her way through, admitting readily that sometimes balancing work and family was nothing but "organized chaos."

It was not always easy and there were days she wanted to say to those giving her static, "Walk a mile in my shoes and see how you do. It was sometimes stressful doing a job you love but being away from your daughter and trying to keep your head in the game was not easy."

Her four-year-old daughter has helped her in her work by once giving her the advice that she should just believe in herself.

Cpl. O'Brien believes children are the key to moving women forward in the struggle to equity in the CAF.

"Teaching your children will become one of the keys to moving forward," she stated. "They will eventually change the institution."

She said throughout her training and career, she has striven to not be "that girl" but she always stood out because she was so small. However, when she showed her instructors and her comrades that she could do the seven chin-ups, she felt she gradually gained their respect.

"Just step up and do it," she said. "Don't let the drawbacks hold you back."

Labels often get applied early in life, but she said you just have to try to dispel them and move on.

"Take a look in the mirror to see the person who can change your life," she advised. "We need to keep raising the bar for the next generation."

Kim Egan, the executive vice-president and Chief Executive Officer of GH Manufacturing in Belleville always wanted to be a stay-at-home mom. Instead, she worked her way into the world of corporate finance and never looked back.

It's a world where she feels women are by far under represented but those who are in the business have established some

amazing statistics. While only four per cent of women are CEOs, she said organizations led and administered by women do a better job.

Small in stature, she never faced gender equity problems at home on their farm in Stirling and she refused to be discouraged by gender-based rejection as she progressed through her career.

"Do not tell me I cannot do something because I'll move hills and mountains to do it," she told an appreciative audience.

She said women are often very under represented on boards despite the fact women account for 80 per cent of purchases.

In places like Nairobi, it is recognized that giving a job to a man means the money will go to his family and stop at supporting them. Give a job to a woman and that money will work its way into the infrastructure of the community, as well.

But she said that in securing gender diversity, it has to be assured that the right person is in the right place at the right time.

"A position shouldn't be filled just to fill a gender equality quota," she noted.

Pre-conceived notions also have to be dispersed to achieve gender equality, she said.

Tough decision-making is looked at in two different ways, depending on whether a man made the decision or a woman.

"If a man made the tough decision, he has balls," she said. "If a woman made the tough decision, she is bitchy."

Sometimes women also need to give to give honest advice.

"We need to hold hands and bring people with us when we move forward, but sometimes that means we have to give honest guidance," she added.

And, she added, women need to learn to bring the right weapon to the right fight.

"Each of us has the opportunity to affect change," she stated, adding that women need to be given leadership positions to help affect global change.



Kim Egan believes women need to learn to bring the right weapon to the right fight to affect gender equity change. Photo by Ross Lees





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Trenton

Military Family Resource Centre



INFORMATION / REGISTRATION / INSCRIPTION • 613-965-3575 • www.familyforce.ca • www.forcedelafamille.ca

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: Wednesday, March 9, 1 p.m. to 2:30 p.m.; 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 mercredi 9 mars, de 13h à 14h30; le mardi 12 avril, de 13h à 14h30; le jeudi 5 mai, 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. Écrivez 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! 12 mars - Dim Sum chinois; 21 mars - Sichuan chinois; 4 avr - Délice Thai; 11 avr - un repas japonais à la maison. Quand : Début 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.

It's time to get back on track!

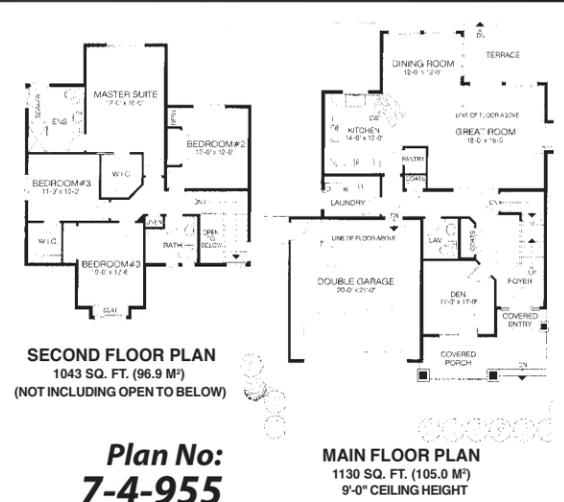
Reduce debt, increase cash flow and build your net worth! When: Tuesday, Feb. 23 from 9:30 a.m. to 11 a.m.

Cost: Free. Where: Trenton MFRC. *Please note this session is only offered in English. To register, please call the MFRC reception at 613-965-3575 or email rabia.s@trentonmfrc.ca.

Continued on page 23

Home of the Week

Your Building Renovation Experts



This two-storey, four-bedroom home not only exudes plenty of charm, it contains all the amenities that today's modern families expect.

The front door, tucked under a covered porch to one side of the house, is embellished with mulioned side lights. To the left of the compact foyer is a den, featuring French doors that open onto a covered porch bordered by a painted railing that adds elegance to the facade.

Just beyond the den, a coat cupboard and powder room are situated for easy use by both family and visitors.

Ahead, past an L-shaped flight of stairs on the right, is the spacious great room, where a gas fireplace will warm this room as well as the open-plan dining room and kitchen.

Natural light will flood

into both the dining room and the great room through large windows. Near the windows, a narrow part of both rooms is open to the floor above. These rooms also enjoy access to a terrace overlooking the back garden, an ideal spot for summer-time meals and relaxation.

The kitchen is separated from the other two rooms by an angled counter that conceals the dishwasher. A window over the sink will

provide a garden view for the cook, and a large pantry guarantees always-welcome storage space.

The laundry room, situated a few short steps from the kitchen, has access to the double garage, easing the task of carrying the groceries from the car. A coat cupboard is nearby.

Upstairs, the master bedroom is situated at the back of the home for privacy. A large walk-in closet will provide enough space for

even the most clothes-conscious couple. The corner windows will let light into the en-suite, which includes a soaker tub and a shower stall.

The second, third and fourth bedrooms each contain one special feature — a built-in desk in one, a window seat in another and a walk-in closet in yet another. These bedrooms share a three-piece bathroom. A linen closet is conveniently placed nearby.

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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.

March 11 – 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.

Trenton Legion Branch 110 St. Patrick's Dance

Trenton Legion Branch 110 has entertainment and dancing every Saturday in the lounge. On Saturday, March 12 at 8 p.m., Trenton Legion Branch 110 will host a St. Patrick's Dance with The Reasons. Tickets are \$10 per person and can be obtained at the Legion office.

March 19 & 20 at Walt's Sugar Shack during Maple in the County

During Maple in the County at the Walt's Sugar Shack location only at 770 Lakeside Drive, Consecon, military members get a discount and children under 12 eat free. Military members must advise the Walts – Brian and Jane – that they are military members and how old their children are. The Walt's Sugar Shack features over 1,000 taps and a new wood-fired evaporator. Come and enjoy the maple season with your whole family.

Mar 19 – Genealogical Society webinar on DNA research

The Quinte Branch of Ontario Genealogical Society presents a webinar presentation by Ugo Perego, PhD that will cover the basics of DNA research and how genealogists can use their results to enhance their family trees.

April 13 – 8 Wing Officers' Mess Ladies Club Pot Luck Dinner

8 Wing Officers' Mess Ladies Club is having a pot luck evening April 13 at 6 p.m. in the mess. Admission is members and invited guests of members free with your favourite pot luck dish or \$10 at the door. For allergy reasons, a list of ingredients is required. For further information, contact chambersj@live.ca

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.

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.

MFRC continued from page 22

La mise au point printanière

Réduire la dette, augmenter le flux de fonds et votre valeur nette! Quand : le mardi 23 février ; 9h30 - 11h00. Coût : Gratuit. Où : CRFM de Trenton. Inscrivez-vous en téléphonant la réception du CRFM au 613-965-3575 ou Rabia à rabia.s@trentonmfr.ca.

The 'Just for Laughs' Roadshow

Tuesday, April 5, join us for a night of fun and laughter in Kingston! The Trenton MFRC has reserved 30 tickets, on the main floor; however, more can be reserved if necessary. We will need a minimum of 20 people (with payment) to secure a bus by Friday, March 4. Cost: \$55.95 (includes HST) - a savings of \$3.40/ticket! Bus transport: \$5/each for military community; \$10 for civilian. To reserve your ticket and seat on the bus, please contact MFRC reception at 613-965-3575.

Spectacle 'Just for Laughs' in Kingston

Le mardi 5 avril, venez avec nous pour une soirée remplie de rire! Le CRFM de Trenton a réservé 30 billets, sur le plancher principal; il est possible d'en ajouter si nécessaire. Nous avons besoin d'un minimum de 20 personnes (ayant payé) pour profiter du transport en autobus par le 4 mars. Coût: 55,95\$ (incluant la TVH) - un rabais de 3,40\$ par billet! Transport: 5\$/communauté militaire; 10\$/pour les civiles. Pour réserver vos billets et sièges sur l'autobus, contactez la réception du CRFM à 613-965-3575.

Mindfulness Group

This group will help you develop mindfulness practices as a way to reduce stress and anxiety, and improve choice when responding to difficult situations. Experience is not required. The Mindfulness Group will take place on Jan. 28,

Feb. 25 and March 31 from 12 noon to 1 p.m. or 1 p.m. to 2 p.m. at the Trenton MFRC. Please register at least one week prior to the workshop. You can register and learn more by contacting Rabia: 613-392-2811 ext. 3265 or rabia.s@trentonmfr.ca.

Mindfulness Group

This group will help you develop mindfulness practices as a way to reduce stress and anxiety, and improve choice when responding to difficult situations. Experience is not required. The Mindfulness Group will take place on Jan. 28, Feb. 25 and March 31 from 12 noon to 1 p.m. or 1 p.m. to 2 p.m. at the Trenton MFRC. Please register at least one week prior to the workshop. You can register and learn more by contacting Rabia: 613-392-2811 ext. 3265 or rabia.s@trentonmfr.ca.

Groupe de pleine conscience

Intéressés à développer pleine conscience pour réduire le stress et l'anxiété et pour aider à faire face situations difficiles? Le dernier jeudi du mois de midi à 13h00 ou de 13h00 à 14h00 (le 28 janvier, le 25 février et le 31 mars) au CRFM de Trenton. Veuillez vous inscrire au moins une semaine avant l'atelier auquel vous désirez assister. Pour information ou pour vous inscrire : Rabia 613-392-2811 ext. 3265 ou rabia.s@trentonmfr.ca.

Program Calendars

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

Le calendrier du Centre des jeunes

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

Continued on page 24



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RCAF Flyers Arena March Break

Monday, March 14 to Friday, March 18

Skills and Shinny – Tyke/Novice; Atom and PeeWee – Online registration or in-person at the RecPlex

Drop-in for:

Family Skate – 3 p.m. to 5 p.m.
Junior Figure Skate – 6 p.m. to 7 p.m.
Senior Figure Skate – 7 p.m. to 8 p.m.

New March Break Kidz Kamp

Monday, March 14 to Friday, March 18 from 8 a.m. to 4 p.m. Registration for the military community is Monday, Jan. 4 and for the general public on Monday, Feb. 1.

New! Fitness Class Pass

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

Adults Programmes

Morning Aquafit - Mondays, Wednesdays, Fridays, Jan. 4 to March 23 from 8:30 a.m. to 9:20 a.m.

Evening Aquafit (Jogging) – Tuesday and Thursday, Jan. 5 to Feb. 25 from 6 p.m. to 6:50 p.m.

Senior Lane Swim – Mondays, Wednesdays, Friday, Jan. 4 to March 23 from 7:30 a.m. to 8:20 a.m.

Boot Camp Fitness – Mondays, Jan. 4 to Feb. 29 from 4:05 p.m. to 5:05 p.m.

Circuit Training – Mondays from Jan. 4 to Feb. 29 from 7 p.m. to 8 p.m.

Hatha Yoga – Tuesdays, Jan. 5 to Feb. 23 from 4:15 p.m. to 5:15 p.m.

Spin-Fusion – Tuesday, Jan. 5 to Feb. 23 from 5:20 p.m. to 6:20 p.m.

Fitness 4 Two – Wednesdays, Jan. 6 to Feb. 24 from 5:30 p.m. to 6:30 p.m.

Parented Pilates – Wednesday, Jan. 6 to Feb. 24 from 9:30 a.m. to 10:30 a.m. and/or (new) Saturdays, Jan. 9 to Feb. 27 from 9:30 a.m. to 10:30 a.m.

Pilates/Core Fitness – Wednesdays, Jan. 6 to Feb. 24 from 4:30 p.m. to 5:30 p.m.

MFRC continued from page 23

Babies and Beyond

The place for teen parents and 'mommas-to-be!' Offered by the Trenton MFRC and Children's Mental Health, supported by the Hastings and Prince Edward County Healthy Unit, Babies and Beyond offers lunch, parenting tips, school strategies, crafts, financial advice, cooking tips, and more. Lunch is provided. Childcare and transportation are available. When: Tuesdays from 11:30 a.m. to 2:30 p.m., Sept. until June. Where: Trenton MFRC, 50 Rivers Drive, East. For more information contact Debbie at 613-392-4331 ext. 274.

Bébés et au-delà

Le centre de ressources pour les familles des militaires de Trenton et Children's Mental Health vous présente Bébés et au-delà. La place pour les futures mamans et parents adolescents! Supporter par Hastings and Prince Edward County Health Unit. Dîner compris, halte-jeu, et transport disponible! Les mardis de 11h30 à 14h30. CRFM, 50 Rivers Drive Est, Trenton. Pour plus d'information contactez Debbie au 613-392-4331 poste 274.

Friday Drop-Off

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

Halte-garderie du vendredi

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

PALS (peers assisting with life skills)

A group for children from military families who are six to 11 years old. This group gives kids the chance to meet other children going through similar life experiences while learning life skills such as dealing with stress, anger, fear and communication skills. We will be opening up the program for children of members who recently released for medical reasons. Next PALS will be March 11 from 5:30 p.m. to 7:30 p.m. and our theme is "Hawaiian kick

off to March Break: The need for Relaxation and Rest." We will be taking a little 'Hawaiian R and R' so we asked that your child dress in beach wear and come prepared to learn great ways to reduce stress. Supper will be provided. There are still available spaces to register. Please contact mona.l@trentonmfr.ca or by calling 613-392-2811 ext 4528.

PALS (A.M.I.S aide sur les compétences de vie par les pairs)

Un groupe pour les enfants de familles militaires âgés de six à onze ans. Ce groupe leur donne la chance de rencontrer d'autres enfants qui vivent des expériences de vie similaires, tout en apprenant des compétences de la vie tels que la gestion du stress, la colère, les peurs et les compétences de communication. Le programme est maintenant offert aux enfants des membres qui sont libérés pour des raisons médicales.

La prochaine rencontre sera le 11 mars, 2015 de 17h30 à 19h30 au CRFM de Trenton. Le thème du mois sera "Commençons une semaine de relâche Hawaïenne." Nous discuterons du repos et de la relaxation de façon Hawaïenne. Nous demandons à votre enfant de s'habiller en vêtement de plage et d'être prêt à apprendre d'excellentes manières de réduire le stress. Pour inscription ou pour information par courriel: mona.l@trentonmfr.ca ou composez le 613-392-2811 poste 4528.

Special Needs Parent Support Group

Connect with other families in your community, discuss topics that affect and interest you and gain support and insight from local families. This support group is for parents, grandparents, and caregivers of children with all special needs. It is held every second Thursday of the month from 6 p.m. to 7:30 p.m. Topic Schedule for 2016: Feb. 11 – Valentine's Day Celebration, March 10 – Funding Options, April 14 – Camps and Recreational funding. If you require childcare please contact orlana.b@trentonmfr.ca.

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

Venez rencontrer d'autres familles de la communauté pour discuter, échanger, obtenir du soutien et des ressources. Ce groupe d'entraide est pour les aidants naturels de personnes qui ont des besoins particuliers.

Ces rencontres ont lieu le deuxième jeudi du mois de 18h00 à 19h30. Les sujets discutés en 2016 seront : Le 11 février

– Célébration de la St-Valentin, Le 10 mars – Options de financement gouvernemental et privé, Le 14 avril – Options de financement pour les camps d'été et les activités de loisirs, Si vous avez besoin du service de garde contactez orlana.b@trentonmfr.ca .

All Hands Playgroup

An inclusive drop-in playgroup for children with Special Needs ages 0-8 years and their parents. Children's friends are also welcome. Every first and third Tuesday of the month. Starts Feb. 16 from 3 p.m. to 5 p.m. For more information please contact Orlanda at orlana.b@trentonmfr.ca .

Un groupe de jeux pour tous

Une halte de jeux inclusive pour les enfants ayant des besoins particuliers âgés de 0 à 8 ans, leurs amis ainsi que leurs parents. Chaque 1er et 3e mardi du mois . Commence le 16 février 15h00 à 17h00 . Pour plus d'informations s'il vous plaît contacter Orlanda au orlana.b@trentonmfr.ca

Youth Centre 3-on-3 Ball Hockey Tournament

One of the Youth Centre's most popular events from 2015 is back on Saturday, March 12, 10 a.m. to 2 p.m. Cost is \$5 per team. Teams of four people. Participants can be any age as long as one team member is a youth. To register, please contact Rabia at rabia.s@trentonmfr.ca.

Tournoi de hockey balle 3 vs 3 du Centre des jeunes

Une de nos événements le plus populaire de 2015 revient le samedi 12 mars, de 10h à 14h. 5\$/équipe - le dîner est inclus. Quatre joueurs par équipes. Pour tous les âges tant qu'un joueur par équipe est un jeune. Pour vous inscrire, veuillez contacter Rabia par courriel rabia.s@trentonmfr.ca .

Hoppy Easter Cupcakes

Decorate and take home six Easter cupcakes on Saturday, March 19 from 1 p.m. to 3 p.m.! Cost is \$15/person - all materials are included. Please bring a container and apron. To register, please contact Rabia at rabia.s@trentonmfr.ca.

Petits gâteaux sautillants pour Pâques

Le samedi 19 mars, décorez et rapportez avec vous 6 petits gâteaux pour Pâques de 13h à 15h! Coût : 15\$ - tout le matériel est fourni pour le cours. SVP, apportez un contenant et un tablier. Pour vous inscrire, contactez Rabia par courriel rabia.s@trentonmfr.ca .

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

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 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

Portable computers present their own set of problems



If you travel on business, or take work home, chances are you use a laptop computer. You may not use a laptop or notebook computer for the same duration as you would use a desktop computer, but with a laptop, chances are you're working in

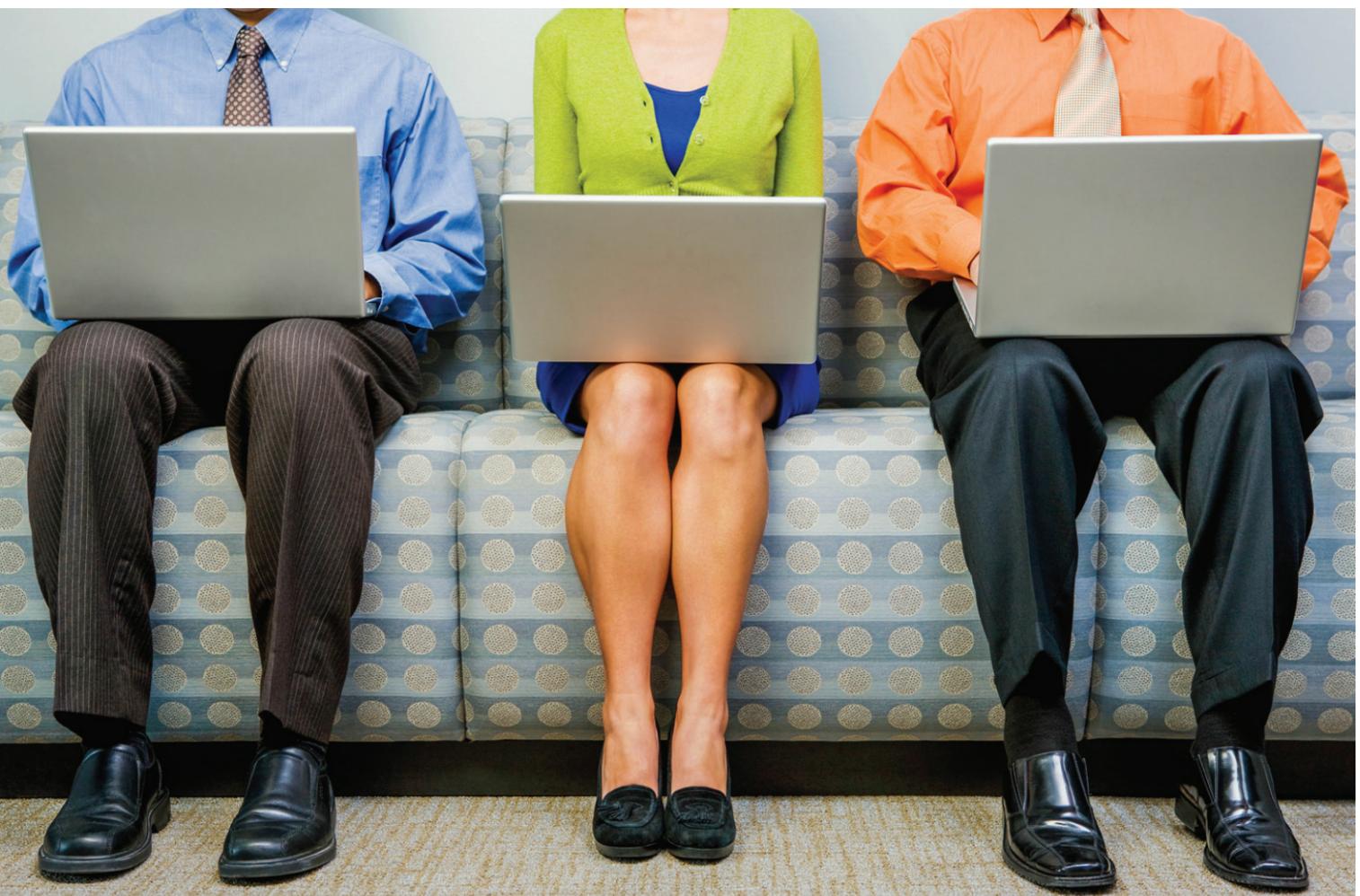
less than ideal conditions — on a commuter plane, in a hotel room or in a rough field office at the job site. Working hunched over a small computer, trying to read numbers or words on the screen while operating an inconvenient key-

board or trackball can result in stress and strain to your muscles and connective tissues. The results can be headaches, backaches, a stiff neck, and pain in the shoulders, arms, wrists and hands. These problems may be temporary, but they can lead to

permanent disability. Here are some reminders about preventing cumulative trauma injuries when using a laptop and other small electronic data devices.

- Try to find a stable surface for your laptop computer and a place

- where you can sit up straight.
 - The table in your hotel room is a better place for computer work than your lap.
 - If the chair isn't high enough, try sitting on pillows or phone books.
 - If the chair doesn't provide support for the lower back, roll up a towel and put it behind you.
 - Place the screen so it is about arm's length from your eyes.
 - Adjust lighting so there is no glare on the screen from windows, overhead lights or lamps.
 - Take frequent breaks to look away from the screen, stretch and walk around.
 - If you need a wrist rest for comfort while using your keyboard and mouse, remember to pack it in your computer case.
 - Consider alternatives to keyboards for inputting data on portable electronic devices. A touch screen can be used for some applications. Voice recognition technology can replace the keyboard for certain types of data collection, leaving the operator's hands free. Suggest improvements to your supervisor.
- Small computers can cause big repetitive stress injuries. Pay attention to your posture and work habits when you use a laptop or notebook computer.



ATESS wins 2nd annual charity hockey game 7-5

Continued from page 2

when they were seeing a lot of people at the food bank they had never seen before.

“We are seeing a lot of people on the Canada Pension Plan that we have never seen before,” he told those at the arena just before the puck was dropped. “We appreciate your efforts on our behalf.”

This game held special significance for ATESS, as they named their mascot.

“Our mascot is Felix the Phoenix,” announced ATESS Commanding Officer Lieutenant-Colonel (Lt.-Col.) Marie-Claude Gaumond proudly.

Felix took his duties seriously and immediately went to work to drop the puck along with the captains of the two teams, Mr. Al Teal of the Trenton Care and Share Food Bank, 8 AMS Chief Warrant Officer (CWO) Ted Poper and Lt.-Col. Gaumond.

Even prior to his name being unveiled, Felix greeted people attending the game at the door of the arena, he checked that the chili being served was up to snuff, he warmed up with the ATESS team members prior to the game and he even took a turn behind the bench during the game.

Lt.-Col. Gaumond thanked OPI Cpl. Briand and ATESS Warrant Officer Dave Bishop for organizing the event.

A large contingent from both units came out to support the efforts of the hockey teams and those attempting to raise funds during the event.



Felix and 8 AMS Commanding Officer Lt.-Col. Andrew Wedgwood presented the trophy to ATESS Commanding Officer Lt.-Col. Gaumond and ATESS team captain MCpl. Andrew Roberts.



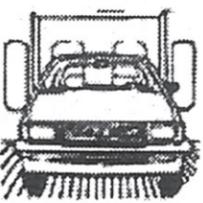
There were those in attendance who felt ATESS had a special spirited defender during the game.



Those attending the game could also enjoy hot chili for a nominal donation to the food bank.

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8 Wing Chapel 2016 Lenten and Easter Celebrations

Chapelle de la 8e Escadre - Célébrations – Carême et Pâques 2016

<u>St. Clement Astra Protestant Chapel</u>		<u>Chapelle protestante St. Clément d'Astra</u>	
27 March, Easter Sunday	Worship Service @ 1115hrs	20 mars, Dimanche de Pâques	Célébration de la Parole @ 11h15
<u>Our Lady of Peace Roman Catholic Chapel</u>		<u>Chapelle catholique Notre Dame de la paix</u>	
<i>Weekday Lenten Eucharist Service / Mass every Wednesday, and Thursday @ 1200 hrs</i>		Messe quotidienne pendant le Carême	chaque Mercredi, et Jeudi @ 11h45
16 March	Sacrament of Reconciliation @ 1900hrs (available in English and in French)	16 March	Sacrament du pardon @ 19h00 (disponible en Anglais et en Français)
20 March, Palm Sunday	Eucharist @ 1100hrs (bilingual)	20 mars, Dimanche des Rameaux	Messe @ 11h00 (bilingue)
24 March, Holy Thursday	Mass of the Lord's Supper @ 1900hrs (bilingual) (followed by Reposition of the Blessed Sacrament)	24 mars, Jeudi Saint	Messe de la Cène du Seigneur @ 19h00 (bilingue) (suivi par Exposition du Saint-Sacrament)
25 March, Good Friday	Way of the Cross @ 1300hrs (English) Passion of the Lord's Service @ 1700hrs (bilingual) Way of the Cross @ 1700hrs (French)	25 mars, Vendredi Saint	Chemin de la Croix @ 13h00 (Anglais) Célébration de la Passion du Seigneur @ 15h00 (bilingue) Chemin de la Croix @ 17h00 (Français)
26 March, Holy Saturday	Easter Vigil Eucharist @ 2030hrs (bilingual)	26 mars, Samedi Saint	Vigile / Messe @ 20h30 (bilingue)
27 March, Easter Sunday:	Easter Sunrise Service (Joint Chapel / Ecumenical) @ 0600hrs Eucharist @ 1100hrs (bilingual)	27 mars, Dimanche de Pâques	Messe @ 09h00 (Anglais) Messe @ 11h00 (Français)

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14 FORD FUSION

24859 Auto, 4 dr, 4 cyl, Sedan, keyless entry, alloys, pwr roof, seats, windows, locks, mirrors, leather, heated seats, mirrors, ac, sat, reverse camera, cruise, touch screen. 21,814 km
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11 VW TOUREG TDI

25074 Auto, 4 dr, 6 cyl, AWD, Diesel, off road option, keyless entry, trailer hitch, alloys, panoramic roof, air bags, traction ctrl, leather, pwr seats/liftgate/windows/locks/mirrors, AC, CD player, sat radio, nav, bluetooth, heated mirrors, cruise, steering wheel ctrls, select terrain. 108,220 km

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14 CHEVROLET SONIC

26484 OnStar, AC, Auto, Sedan, 4 dr, 4 cyl, FWD, keyless entry, air bags, traction ctrl, alloys, height adjust seats, pwr windows/locks, CD, steering wheel ctrls, tilt steering wheel. 78,374 km

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0 DOWN + HST



13 VW JETTA

26502 Auto, heated seats, AC, cruise, Bluetooth, pwr windows/locks, 4 dr, 4 cyl, FWD, Sedan, keyless entry, hubcaps, air bags, height adjust seats, CD, MP3, tilt steering wheel. 58,135 km

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\$84
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12 VW GOLF

26528 Manual, 2.5, heated seats/mirrors, alloys, tinted windows, pwr roof/windows/locks/mirrors, cruise, Bluetooth, touch screen, 4 dr, 5 cyl, FWD, Hatchback, keyless entry, air bags, traction ctrl, height adjust seats, AC, CD, MP3, sat radio, steering wheel ctrls, tilt steering wheel. 98,993 km

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14 NISSAN ROGUE SL

26304 Auto, 4 dr, 4 cyl, AWD, keyless entry, push button start, roof rack, panoramic roof, alloys, air bags, traction ctrl, leather, heated seats, AC, CD, MP3, nav, sat radio, rev camera, park aid, Bluetooth, pwr seats/windows/locks/mirrors/liftgate, cruise, steering wheel ctrls, tilt steering. 38,216 km

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12 FORD EXPLORER XLT

26427 Auto, 4 dr, 6 cyl, 4WD, keyless/keypad entry, roof rack, alloys, air bags, traction ctrl, heated seats, AC, CD, MP3, touch screen, sat radio, nav, rev camera, park aid, sync, pwr roof/seats/windows/locks/mirrors/liftgate, cruise, DAC, trailer sway ctrl, terrain mgmt, blindspot detect. 103,646 km

\$24,995
\$222
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



12 TOYOTA SIENNA

26020 Auto, 4 dr, 6 cyl, FWD, keyless entry, roof rack, alloys, air bags, traction ctrl, heated mirrors, AC, dual climate, CD, MP3, pwr windows/locks/mirrors, height adjust seats, cruise, tilt steering. 75,401 km

\$19,495
\$174
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



15 FORD ESCAPE SE

26429 Auto, 4 dr, 4 cyl, 4WD, keyless/keypad entry, roof rack, eco boost, panoramic roof, trailer hitch, chrome wheels, air bags, traction ctrl, leather, heated seats/mirrors, AC, dual climate, CD, MP3, touch screen, sat radio, nav, rev camera, sync, pwr seats/windows/locks/mirrors/liftgate, cruise. 20,506 km
PREVIOUS DAILY RENTAL

\$25,995
\$157
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 CHRYSLER 300 TOURING

26287 Auto, 4 dr, 6 cyl, AWD, Sedan, keyless entry, factory remote start, panoramic roof, alloys, air bags, traction ctrl, leather, AC, MP3, Alpine snd, sat radio, nav, rev camera, u-connect, pwr seats/windows/locks/mirrors, heated seats/mirrors, cruise. 17,646 km
PREVIOUS DAILY RENTAL

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



13 TOYOTA TUNDRA SR5

25909 Auto, 4 dr, 8 cyl, 4x4, keyless entry, quad cab, short box, box liner, trailer hitch, tow haul, alloys, air bags, AC, CD, MP3, sat radio, Bluetooth, pwr seats/windows/locks/mirrors, cruise, steering wheel ctrls, curbside mirrors. 33,149 km

\$31,995
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15 NISSAN VERSA NOTE SV

26011 Auto, 4 dr, 4 cyl, FWD, Hatchback, Pure Drive, keyless entry, hubcaps, air bags, traction ctrl, pwr windows/locks/mirrors, AC, CD, MP3, sat radio, rev camera, Bluetooth, heated mirrors, cruise, steering wheel ctrls, tilt steering wheel. 24,414 km
PREVIOUS DAILY RENTAL

\$13,995
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11 FORD FIESTA SES

26438 Manual, 4 dr, 4 cyl, FWD, Hatchback, keyless entry, alloys, air bags, height adjust seats, pwr roof/windows/locks/mirrors, heated seats, AC, CD, MP3, sat radio, sync, cruise, steering wheel ctrls, tilt steering wheel, curbside mirrors. 96,115 km

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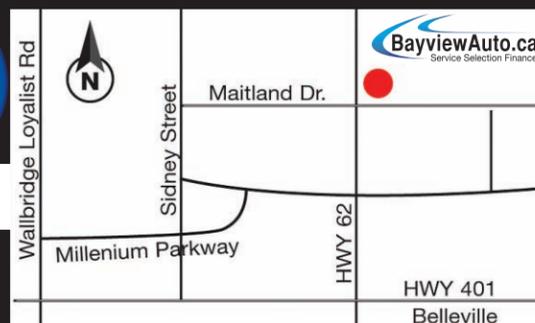


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^α \$8,998 starting price applies to 2015 Mirage ES (SMT) and includes consumer cash discount of \$3,500 and excludes freight and other fees. 2015 Mirage ES (SMT) MSRP is \$12,498. Dealers may sell for less. \$3,500 consumer cash discount offered on the retail purchase of new 2015 Mirage ES (SMT) models from participating retailers while quantities last. Availability based on dealer inventory. Consumer cash discount will be deducted from the negotiated price before taxes and will take place at time of purchase. Some conditions apply. See dealer for details. ^Δ Based on MSRP's and applicable incentives of Mirage ES (SMT) and competitive models, plus included features such as Mitsubishi's 10-year warranty and class-leading fuel economy. [†] \$3,500 consumer cash offered on the retail purchase of new 2015 Mirage ES 5-Speed Manual Transmission models from participating retailers from March 1, 2016 to March 31, 2016. \$3,500 will be deducted from the negotiated price before taxes. Some conditions apply. Offers are subject to change without notice. [‡] 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.