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INSIDE

REFLECTING ON WOMEN'S HISTORY MONTH



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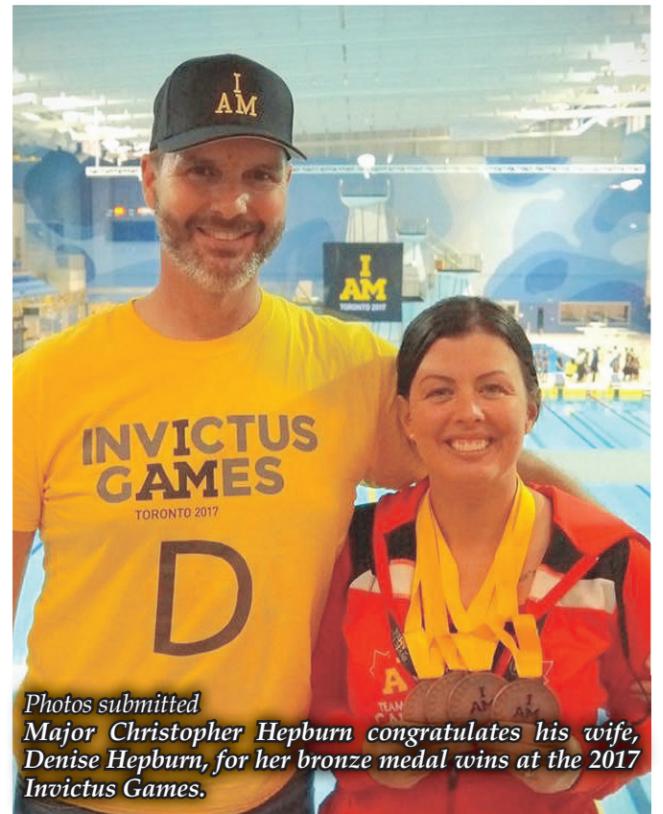
RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

8 Wing makes its mark on the Invictus Games



Corporal Mik Popiel (centre) pushes his way to the top of the pack during his cycling event at the 2017 Invictus Games in Toronto.



Photos submitted
Major Christopher Hepburn congratulates his wife, Denise Hepburn, for her bronze medal wins at the 2017 Invictus Games.



Veteran Warren Brace comes up for air after competing in his main sporting event, swimming.

By Makala Chapman

Athletes from all across the world are celebrating their accomplishments after competing in this year's Invictus Games – including several local participants. The international sporting event, now in its third year, brought together ill or injured servicemen, women and veterans during the event, which was held from September 23 – 30. More than 550 competitors from 17 nations competed in 12 adaptive sports such as archery, sitting volleyball, wheelchair basketball and more.

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Photos of the Week

Home at 8 Wing Trenton

Content News

It was a family reunion when Captain Matthew "Glib" Kutryk stopped in at 8 Wing Trenton with the Canada 150 CF-18 Demonstration Jet on October 11, 2017.

While in Trenton, Capt. Kutryk spent time with his cousins 463 Transport Squadron's Corporal Blair Empey and Falcon Environmental Services team member, Tiffany Empey.

He also got the chance to pose with Oasis, one of the Harris Hawks used to patrol the skies at 8 Wing Trenton.

Capt. Kutryk was on his way to Bagotville, QC after having finished his year in air show in the United States just hours earlier.

There in Quebec, the jet will get painted back to its original grey colour and put back into service.



Photos submitted by Tiffany Empey
 Captain Matthew "Glib" Kutryk poses with Oasis the Harris Hawk while making a stop at 8 Wing Trenton on October 11, 2017.



(from left to right) First cousins Corporal Blair Empey, Capt. Matthew Kutryk, Tiffany Empey and Oasis the Harris Hawk pose for a family photo.

Wing Logistics and Engineering

By Sgt. Peter Land

Members from 86 Airfield Systems and Utilities Flight (86 ASU) recently deployed to the Eastern Townships Airshow and Fair in Bromont, Quebec to install, operate and maintain the Mobile Aircraft Arresting System (MAAS). The MAAS Team consists of five Refrigeration and Mechanical Systems Technicians, two Fire Fighters and one Electrical Generating Systems Technician. To the left is Aviator Mathieu Lacroix helping apply force to the Hydraulic Breaker and to the right is Master Corporal Gaumond and Aviator Trottier helping to stabilize and guide the anchor into position. 86 ASU is the Centre of Excellence for all Aircraft Arresting Systems (AAS) and is responsible for the overhaul, training and deployment of AAS across the Canadian Armed Forces. These systems support all Canadian Armed Forces and NATO tail hook equipped fighter aircraft.



Photo by Sgt Benjamin McCafferty
 Team lead Sergeant Peter Land is utilizing a Hydraulic Breaker to drive 1 of 128 anchors approximately 5 feet into the ground to stabilize the Mobile Runway Edge Sheave (MRES).



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Photos of the Week

Giving thanks at CFS Alert

By 2Lt Kim, Tae Wan

On Sunday, October 8, 2017, Thanksgiving dinner took place at Canadian Forces Station (CFS) Alert. Thanksgiving dinner often has a special place in peoples' hearts. It is a time of gathering and enjoying each other's company. Not only that, turkey dinner and pumpkin pie are worth the built up excitement. At CFS Alert, personnel are working at an isolated place and away from family. Therefore, a few members of the Station took the initiative to make Thanksgiving dinner special and memorable for all personnel at CFS Alert. The intention of the Thanksgiving dinner event was to bring all the personnel together in an environment similar to a home Thanksgiving dinner. The semi-formal restaurant theme was added to spice things up from the everyday routine. Soft music played in the background, while a slide show of

CFS Alert pictures were displayed and the senior staff served wine and dinner. The event was able to bring a sense of home to CFS Alert and was a great opportunity to bring the entire "Alert family" together. As always, the kitchen did a phenomenal job, decorating the plates according to the fancy restaurant theme. There were choices of turkey dinner, baked trout meuniere and spinach and quinoa casserole. The dinner was completed with a dessert table full of cakes, pies and chocolate fondues. Following the dinner, the Station personnel met in the Wolf's Den to enjoy refreshments and relax. The event created an atmosphere where people could forget the fact that they were at work and away from home. The operational success at CFS Alert is enabled by the bond and trust that each member has for each other; hence, why the personnel at CFS Alert call themselves "the Alert family."



Photo by Cpl. Ferreira
Members of CFS Alert enjoy a thanksgiving meal together on October 8, 2017.

Sports & Recreation

2017 I/S Golf Championship

Submitted Content

Congratulations to CANSOFCOM who won the 2017 I/S Golf Championship on October 3, 2017. On a remarkably beautiful day the game had CANSOFCOM defeating 424#1 by a score of 19-3.

Other Award Winners from the day included:

- Closest to the Pin (Male: MCpl Randy Arsenault & Female: Cpl Kim Hambley)
- Longest Drive (Male: Pte Kristian Sinding & Female: Sgt Jo-Anne Wiseman)
- Longest Putt (Male: Mr. Mike Stoddart & Female: Sgt Penelope Stuart)
- Best Dressed: (Mr. Denholm Blair)
- Best Team Score (436#1)
- Best Attendance (All Season) – (WOPS)

A special thanks should also be given to CPO2 Tim Blackmore, MWO Sue Keyes and MCpl Ryan Forster for their leadership on the executive committee this year. Thanks also goes out to Mike & Kim from Roundel Glen and also Isabelle Demers from PSP for her assistance all year.



Photo submitted
The 2017 I/S Golf Championship winners are CANSOFCOM who defeated 424#1 by a score of 19-3 on October 3, 2017.

Intersection Sports

Wing Hockey League (WHL)- Designed for the more competitive hockey player. The league does not have body contact, but does include slap shots.
- Timings: Monday-Thursday, 1700-2130 hrs.
- See Trenton's CAF Connection Page for registration forms, waivers and additional information
Noon Hour Hockey League (NHL) - Designed for the recreational player to come out over lunch hour and enjoy some hockey action. The league is non-contact, and slap shots are not allowed.
- Timings: Tuesdays-Wednesdays, 1200-1300 hrs
- See Trenton's CAF Connection Page for registration forms, waivers and additional information
Curling - The I/S Curling League is designed for both recreational and competitive players to come

out after lunch and enjoy some curling action.
- Timings: Tuesday or Thursday- 1300-1500 hrs
- See Trenton's CAF Connection Page for registration forms, waivers and additional information
Noon Hour Sports - This is an opportunity to come out during the lunch hour to play a variety of sports (inclusive of Basketball, Volleyball, Squash and Badminton).
- Timings: Monday to Friday- 1300-1500 hrs
- See Trenton's CAF Connection Page for registration forms, waivers and additional information

Squash- Practice Times- Fridays 1500-1700 hrs
- Badminton- Practice Times- Tuesdays & Thursdays 1830-2130 hrs
- Men's Hockey- Practice Times- Thursdays 1530-1645 hrs & Fridays (1430-1600 hrs- All Hockey Teams)
- Women's Hockey- Practice Times- Monday & Wednesdays 1530-1645 hrs & Fridays (1430-1600 hrs- All Hockey Teams)
- Old Timer's Hockey- Practice Times- Tuesdays 1530-1645 hrs & Fridays (1430-1600 hrs- All Hockey Teams)
- Swimming Team- Contact Sports Coordinator
Please Visit Trenton's CAF Connection Website or Contact Sports Coordinator for additional information.
Sports Coordinator: Ryan Meeks
- Local 2349 or ryan.meeks@forces.gc.ca

Base Sports

- Basketball- Practice Times- Tuesdays & Thursdays 1600-1800 hrs
- Volleyball (M&W)- Practice Times- Monday & Wednesday 1600-1800 hrs

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Safety

Halloween Safety Tips



With witches, goblins, and super-heroes descending on neighbourhoods across Canada, we offer parents some safety tips to help prepare their children for a safe and enjoyable trick-or-treat holiday.

Halloween should be filled with surprise and enjoyment, and following some common sense practices can keep events safer and more fun!

- Costumes should be light-coloured and flame resistant with reflective strips so that children are more easily seen at night (And remember to put reflective tape on bikes, skateboards, and brooms, too)
- Costumes should be short enough to avoid tripping.
- Remind children to keep away from open fires and candles. (Costumes can be extremely flammable)
- Use face paint rather than masks or things that will cover the eyes.
- Remind children to walk, slither, and sneak on sidewalks - not in the street.
- Explain to children that calls should be made along one side of the street first and then the other, and that it's best to cross the street only at intersections or crosswalks
- Remind children to look both ways before crossing the street to check for cars, trucks, and low-flying brooms
- Provide yourself or the children with a flashlight to see better and to be better seen
- Have children plan their route and share it with you and the family.
- Trick or Treaters should travel in groups of four or five.
- Young children should be accompanied by an adult.
- Visit homes that have the porch light on.
- Make sure children know they should accept treats at the door and must not get into cars or enter the homes or apartments of strangers.
- Remind children not to eat their treats and goodies until they are examined by an adult at home.
- Candy should not be eaten if the package is already opened. Small, hard pieces of candy are a choking hazard for young children.
- Make sure you and your children know where the Block Parent houses are located in the neighborhood.
- Set agreed-to boundaries with your children. Explain the importance of staying within them and arriving home on time.



The Contact Newspaper

The CONTACT is an official 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. Mark Goulden., MSM., CD, Commander, 8 Wing/CFB Trenton. The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CAF or other agencies.

Where typographical errors are discovered in advertisements (including classifieds) that result in goods not being sold, this newspaper is only liable to refund the money charged for the advertising space.

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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



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



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Celebrating women's history month

By Makala Chapman

Women have been making their mark on this country and the military for well over 150 years, says Lieutenant-Colonel (Lt.-Col.) Cathy Blue.

As the Commanding Officer of 8 Mission Support Squadron, she noted that being in a position of leadership would have been unheard of back in the days of the First World War and Second World War.

Not to mention the fact that her command team partner, Chief Warrant Officer (CWO) Lori White, is also a woman.

Nowadays Lt.-Col. Blue notes that this type of leadership combination is important to note as it highlights how far women have come in their roles in the military. "It's a sign of changing times," she said, "to have the opportunity to command a unit where my chief is also a woman is a great honour but also a sign that this is one more step forward for women in the Canadian Armed Forces (CAF)."

But she added that this wasn't to say a female command team was any more or less effective than the leadership offered by a male team.

She reiterated that having women in a position of leadership could potentially serve as an example to other women that there are opportunities for them to advance in the ranks.

CWO White chimed in and noted that she too was proud to serve as part of a command team since it was an opportunity her ancestors before her likely would have only been able to dream of.

With October being Women's History Month in Canada, CWO White added it was especially important to acknowledge all the women who helped pave the way for women not only in Royal Canadian Air Force (RCAF), but in society as a whole.

"As we build on ourselves and our foundations, we start to become the history," she said. "We are equals."

While a woman's role in the military was certainly limited back in the days of the Second World War, Lt.-Col. Blue noted it was important to remember that some women were already making waves of change.

History books will reflect that although women weren't necessarily allowed to fight on the frontlines, they were able to aid in the war effort in several other ways. Based on information found in



Photo by Makala Chapman

Chief Warrant Officer Lori White (left) and her Commanding Officer Lieutenant-Colonel Cathy Blue (right) are the command team that provides leadership at 8 Wing Mission Support at 8 Wing Trenton.

the Canadian Broadcasting Corporation's Digital Archives, women were contributing to the war effort by serving both home and abroad as factory workers, welders, nurses, pilots and more.

The biggest difference between then and now, said Lt.-Col. Blue, is the fact that women are finally seen as equals and have proven they are just as capable as their male counterparts.

"It is the performance of your job that counts, not your gender," she said. "We stand on the shoulders of giants. There's a lot of conversations and hard work that went into ensuring that women had access to all the same opportunities in the service as men."

She went on to thank the women before her that left the door open behind them for women like her to follow in their foot-

steps. When asked who her role model would be, whether military or not, Lt.-Col. Blue said she would be remiss not to give the credit to her mother and grandmother.

"My grandmother wasn't necessarily serving in the Canadian Armed Forces, but she was raising a family in the middle of World War II and working in a munitions factory," she said. "There was no stone that could be left unturned and I was always left with the opinion that the world was whatever I wanted to make of it, not what somebody else told me. That went from my grandmother to my mother and then to me."

Both women also agreed that their own successes were a direct result from the support from both the men and women in their lives, whether it was family, co-

workers or friends. "This is a team effort," said Lt.-Col. Blue. "I'm not successful in my job because I'm a gal. I'm successful because I have a huge team of people, men, women and civilians who make the squadron a success."

Another opportunity to celebrate and reflect on the successes of women both past and present will be held on March 8, which is International Women's Day.

But Lt.-Col. Blue added that any day was a good day to recognize the efforts of both the men and women who have made Canada the country it is today.

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8 Wing Trenton's right-hand man

By Makala Chapman

Like so many his age, a young Troy Zuorro was unsure of what career path to take after graduating high school.

Having come from a military family, the now 8 Wing Trenton Chief Warrant Officer (CWO) said it was only fitting that his career path would one day lead him to where he is today.

But before diving deeper into the man who now stands as Colonel (Col.) Mark Goulden's command team partner at 8 Wing Trenton, one has to learn a little bit about how he got there.

Although born in New Brunswick, if asked, CWO Zuorro will tell you that he has "lived everywhere although not really necessarily from anywhere."

For this particular Canuck, his interests couldn't get any more Canadian with his love of snowboarding in the winter and barbecuing steaks in the summer. Ask him how he likes his Tim Hortons' coffee and he'll tell you he takes it "regular". For those not native to Canada, that's one cream and one sugar.

As for his start in the military, little did he know it would begin as a result of leaving the country.

After graduating from high school in Cold Lake, Alta. the Zuorro's made the move to Germany in the summer of 1985 after his father was posted to Canadian Forces Base Baden-Soellingen.

"As a teen with very little direction, I thought this was an opportunity too good to pass up," he said.

Just a few months later into his new life, a Canadian mobile recruiting centre visited Germany.

That's when CWO Zuorro said before he knew it, he had signed the dotted line and was officially enlisted in the military.

"In my attempt to not have to go back to school after graduating high school, I actually enrolled in an organization where we never stop learning," he chuckled, "but I've been truly blessed throughout my career."

Fondly reflecting on the good in his life, CWO Zuorro noted that his family have been an integral part of his support system.

Having initially met his wife, June, back in their high school days, CWO Zuorro recalled that they both ran in different crowds.

But despite their differences in social strata, they actually had a fair bit in common.

"My wife's father was also military so they were also posted (in Alberta)," he explained. "I also worked with her brother and played hockey with her brother, so he and I were quite close."

But while they didn't pursue a relationship in high school, CWO Zuorro said fate eventually brought them back together a few years later.

After having completed basic training, Private Zuorro was first posted to Shearwater, N.S. – the same place June's family had been sent.

It was there in Nova Scotia that CWO Zuorro said he got the chance to get to know her.

"I was soon faced with the awkward conversation with her brother when I told him I was going to ask out his sister out for a date," he laughed, noting that he didn't think his future brother-in-law had been pleased with him at the time, "but she and I got married in 1990 and here we are in 2017."

He jokingly added that after 27 years of marriage, it should be evident that his intentions were good.

As a father of two children in their 20s, CWO Zuorro said like many military families, they have had to work hard to find the balance between work and life.



Photos by Makala Chapman

Chief Warrant Officer Troy Zuorro shares a laugh at the Wing Commander's Invitational Golf Tournament held on September 7, 2017.



Chief Warrant Officer Troy Zuorro takes the reins from Chief Warrant Officer Darcy Elder at his Change of Appointment Ceremony on July 7, 2017.

Continued on page 7

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Continued from page 6

Having had to move his family across Canada several times for work during their formative years, CWO Zuorro said a lot of time was spent thinking about what was best for the family.

He added that he and his wife also re-ected on their own time as children of military parents.

"As a military child I was always a little bit envious of the children that were born and raised in one area and had deep roots planted," he said, "but I soon learned that home may not necessarily be a geographical place as home can be anywhere that your friends and family are, at any particular time." He then went on to describe a wreath that currently hangs on the wall of his family's Ottawa residence that says "Home is where the Air Force sends you".

Making a circular motion with his hands, he added that encompassing the outside of the wreath were all the different locations he and his family have lived.

Now as a father of two adults who have moved away to pursue their own careers, CWO Zuorro said he had a few words of advice to offer to new and young military families.

"We were always honest with our kids and we didn't try to hide anything," he said. "Resiliency is one of the strengths of military families. Just be honest with them as to why you're moving and be there for them to help answer their questions."

He also pointed to organizations such as the Trenton Military Family Resource Centre and noted that accessing their support programs could be beneficial for families in similar situations.

But when CWO Zuorro isn't busy juggling his time on the weekends with his wife (also military) in Ottawa, he said he's plenty busy helping provide leadership alongside Col. Goulden in Trenton.

"We've had a couple of months on the ground together now," he said. "Our intent is to get out to every unit, squadron or branch on the wing and get to meet some of the people."

While the objective is to always ensure that daily operations run at their best, CWO Zuorro said he and Col. Goulden recognize that the men and women of 8 Wing are integral to the military's success.

On top of that, ensuring their safety and well-being is a top priority and would be a reoccurring theme visited by the command team, he said.

"We will continue to look after the welfare of the men and women of 8 Wing," CWO Zuorro explained. "Every person on this wing has a role to play in operations. Regardless of what your day to day job is, when an airplane is going forward into an operation zone, every person on this wing contributes to that end result."

As for the civilian community that surrounds 8 Wing, he said they would also be working hard to nurture those relationships.

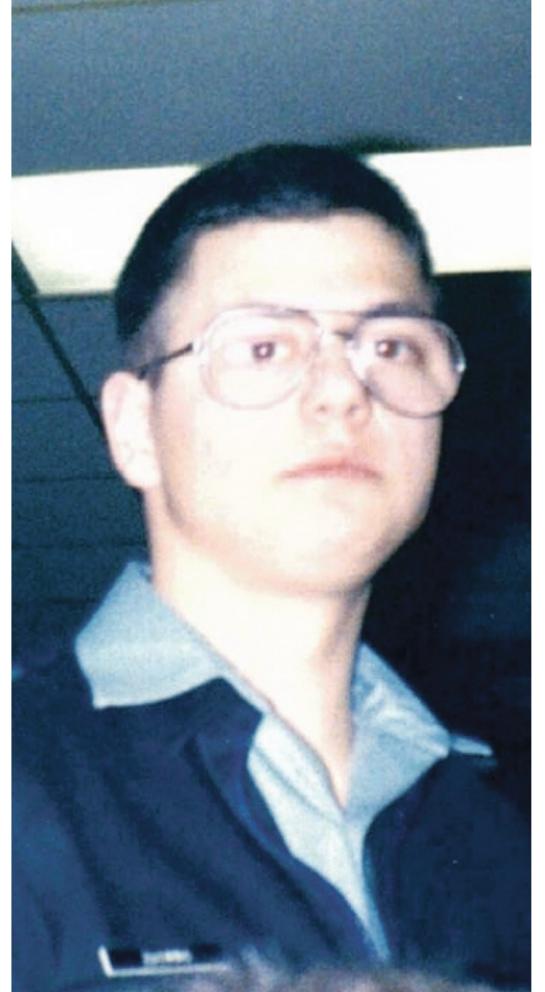
He noted that the Quinte region has been a strong support system for the military and that the success of 8 Wing is also in part to the community as a whole.

"We are just members of a greater community here who so happen to work for the military," he explained.

In terms of his plans for helping combat the stigmas surrounding mental health, CWO Zuorro said



Photos submitted
Chief Warrant Officer Troy Zuorro and his wife, June Zuorro.



A younger Troy Zuorro at the beginning of his military career

he would continue to promote the various services and programs available.

Going back to his time as a young parent, he said that some of the most stressful times in his life had been when he and his wife had to uproot the family for work.

Whether its stresses building up from everyday life or work-related issues, he noted that it was important to address the issues.

"It's an illness like any other," he said. "I myself will admit to making use of our mental health professionals on a number of occasions throughout my career. It takes courage and strength to recognize when you have to reach out for help."

Re-ecting on his time in the Canadian Armed Forces (CAF), CWO Zuorro said he has been proud to wear the uniform and serve his country.

"I declared success early on in my career because I was working for an organization that I was extremely happy to work in and I had a job that helped provide for my family," he said. "Success wasn't a matter of attaining a certain rank or a certain job, it was really being happy in life and y-nding something I enjoyed doing."

As it would turn out, it seems young Troy Zuorro had a plan all along.

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Reflecting on th

Continued from page 1

Bringing home four bronze medals in various swimming events on behalf of Team Canada was Quinte West's retired Master Corporal (MCpl.) Denise Hepburn.

"It was amazing," she said, adding that she also competed in adaptive volleyball and rowing.

Having previously suffered a life-threatening spinal cord injury that ended her military career as a medical technician, Hepburn said she was honoured to be amongst other veterans.

While there were several moments that she went on to described as "life changing", she reiterated that she was most touched by the stories and experiences of her fellow athletes.

"It's one thing to talk about the human spirit and the ability to adapt to your new normal," she said, "but then you see it displayed through the athletes. I was so humbled."

Going into the games, Hepburn admitted she had moments of self-doubt and questioned if the Invictus Games was where she was meant to be.

But after the show of support from family, friends and even strangers, Hepburn said it became clear that the games were exactly where she needed to be.

"All of the things that happened to me aren't who I am and they don't define me," she said. "I did better than I could have ever imagined and ever allowed myself to think that I could."

Having not done as well as she had hoped in the rowing event, Hepburn said she had been a little embarrassed at the

time to face her family.

But to her surprise, she noted they had nothing but genuine support and excitement for what she had accomplished.

"They all started running to me and screaming like I had won the lottery," she said. "I thought that my kids would feel embarrassed to see what I had perceived as a failure, but they didn't. My phone was even exploding with hundreds of messages and posts from people I didn't even know congratulating me."

Now that the Invictus Games are over, moving forward, Hepburn said she's busier than ever.

On top of being a mother of five and a grandmother of three, the Quinte West local said she still makes sure to find the time to hit the gym and continue her training.

She added that she's even contacted at least three people who she's managed to convince to try out for next year's Invictus Games, which will be held in Australia.

"It's about getting people back into believing in themselves, back into exercise and to rehabilitate," she said. "I'm living proof that this team works. I'll never forget it and it's one of the greatest things that's ever happened in my life."

Also grateful for his time spent at the Invictus Games was 8 Wing Trenton's Corporal (Cpl.) Mik Popiel.

Having spent months training for the cycling events, he said the sheer level of talent from the other athletes was refreshing to see.

"The experience was absolutely amazing," he said. "The cycling was organized extremely well and it was top-notch com-

petition."

Despite a bicycle malfunction at the beginning of the time trial race, Cpl. Popiel was able to finish in 13th place out of more than 40 other cyclists.

But while he didn't quite make it to the podium, he said he was proud of the effort he put forward.

He went on to stress the importance of living a healthy, active lifestyle, as it would benefit an individual both physically and mentally.

"It's important to realize that the physical can influence a whole host of other areas in your life and your overall health," he said.

Like the many other athletes, Cpl. Popiel also stated that he couldn't have been more proud to have competed on behalf of Canada.

He added that having his family cheer him on was one of the many highlights of his time at the games.

"I think my sons cheered the loudest," he laughed. "It was awesome and emotional to have them there. They've seen me at my best and my worst."

As for whether he would recommend participating in the Invictus Games to others, he said "certainly".

But while winning is always nice, the greatest reward is proving to one's self that they are able to do whatever they set their mind to, he said.

"It's more about finding that physicality in yourself and to find your own gold medal, which may not even be an actual medal," Cpl. Popiel explained. "Push yourself to a degree that you may not have thought possible. The lesson learned in that is self-resilience."

Another local athlete who made a big splash at the Invictus Games was veteran and retired Master Corporal (MCpl.) Warren Brace.

Like Hepburn, he too took his talents to the adaptive volleyball courts and into the pool.

While a medal wasn't quite in the cards for Brace, he did manage to smash a personal best.

He noted that during training camps, in order to complete the 50 metre freestyle, it normally took him anywhere between 45-50 seconds to complete.

But on the day of the competition in a sporting event where every moment matters, he was able to bring that number down to 41 seconds.

"I'm really, really happy with that and more than satisfied," he said. "It was surreal."

Regardless of an athlete's physical or mental limitation, Brace said it had been inspiring to see that everyone in his

swimming events finished the race

Reflecting on his time at the games, Brace noted that one of his most memorable moments was getting to watch his fellow teammates achieve their goals.

Having seen each of Hepburn's swimming events, Brace said he couldn't have been more proud of her and all the other athletes who competed.

"Hopefully you come back with a personal best or a medal on your chest as it's always great," he said, "but it's okay if you don't. You went, you did it and you completed it."

As for his future plans, Brace said he's applying to become a volleyball mentor on Team Canada for next year's event.

Also making their way to the Invictus Games from the local region was Trenton's Military Wives Choir.

To help open the international sporting event, the musical ensemble joined forces with some of the nation's other members of Canadian Military Wives Choir (CMWC).

Together, close to 200 vocalists sang "Invincible" by English soprano Laura Wright -- who also performed with the group -- during the games' opening ceremony.

"We've been practicing it in our own groups for months," said the Trenton choir member Melanie Zukowski, "so to hear the full weight of the song with all the voices combined was very powerful." Choir president Jenna Babin chimed in and said that moment was also particularly special because it reaffirmed a sense of "sisterhood" and "community" through music.

As for why the choir felt it was important to be at the Invictus Games, Zukowski said showing support for the servicemen and women of Canada was crucial.

"Soldiers and first responders sacrifice an immense amount for their country and for their communities," she explained. "For us to show them that they are appreciated and supported, as Canadians, we need to make sure they know that."

Babin noted that getting to be a part of an operation of that magnitude had been an exciting opportunity for the choir and that they had been proud to represent both the local area and Canada.

She also jokingly added that while she didn't get the chance to meet the Invictus Games' founder, Prince Harry, she did get a picture with a life-size cutout of the royal at a restaurant.

To the local veterans and members of 8 Wing that competed in this year's Invictus Games, well done and congratulations!

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Invictus Games



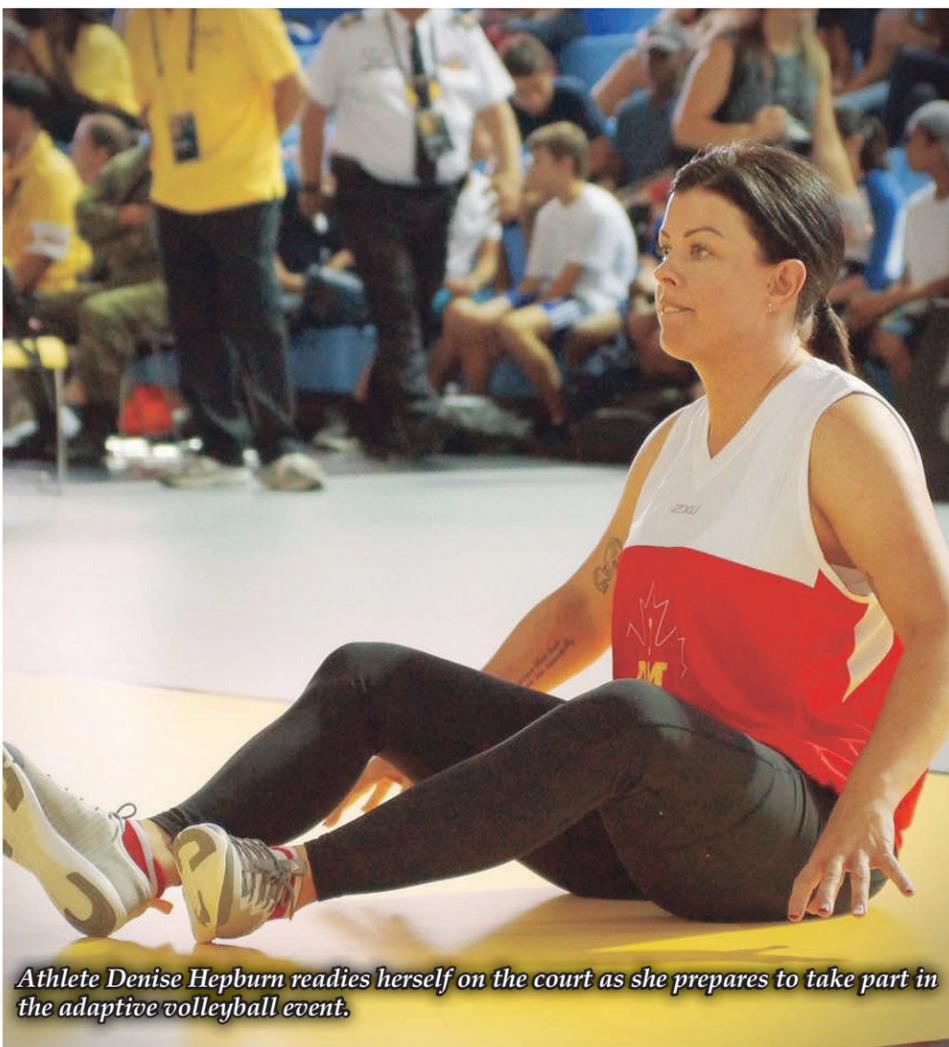
Photos submitted
 Trenton's Military Wives Choir performing with the nine other chapters of the Canadian Military Wives Choir at the 2017 Invictus Games opening ceremonies in Toronto.



Retired Master Corporal Warren Brace (right) and another athlete take a moment to catch their breath while in the pool.



Corporal Mik Popiel focuses his attention on getting the best time possible during his cycling event.



Athlete Denise Hepburn readies herself on the court as she prepares to take part in the adaptive volleyball event.

 An advertisement for Ontario Line Clearing & Tree Experts. The top part of the ad shows a worker in a bright orange safety suit climbing a tree. Below this image is a yellow map of Ontario with the text "ONTARIO LINE CLEARING & TREE EXPERTS". To the right of the map, there is a list of hiring positions: "DZ Driver/Labourer", "Labourers", "Climbers", and "Bucket Operators". A red line indicates that a "Valid Driver's License Required". Below this, a list of benefits is provided: "Competitive Wages", "RRSP Program", "Health Benefits", "Paid Training", "Safety Gear Provided", "Advancement Opportunities", and "Apprenticeship Programs". At the bottom, there is a note: "**Only those selected for an interview will be contacted**" and a call to action: "Apply NOW hr@ontariolineclearing.com".

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Annual sports day a success at 8 Wing

By Makala Chapman

Physical fitness is just one component of a balanced lifestyle in the military. Hundreds gathered on the Parade Square at 8 Wing Trenton shortly after 8 a.m. to partake in this year's sports day on Oct. 20. Donning fitness gear and smiles, the military community was lead in a warm-up routine by the base's Personnel Support Program (PSP) team. Taking part in Friday's activities was Kendra Laheur, the 8 Wing manager of fitness, sports and recreation. She noted that it was great to see the Canadian Armed Forces (CAF) embracing healthy, active living through initiatives like sports days. "It's a great opportunity for the units to get out, build teamwork, support each other and just have some fun," she said. Laheur added that since physical fitness can be correlated with mental well-being, it was nice to be able to bring awareness to both issues. For those looking to get more active, she suggested speaking with the staff at the South Side Gym on base to help develop a workout plan best for the individual. "Just start slow," she said. "It's about lifestyle changes." Also at the morning workout, members of the PSP team were auctioned off to the highest bidders to help raise money for the Government of Canada Workplace Charitable Campaign (GCWCC).

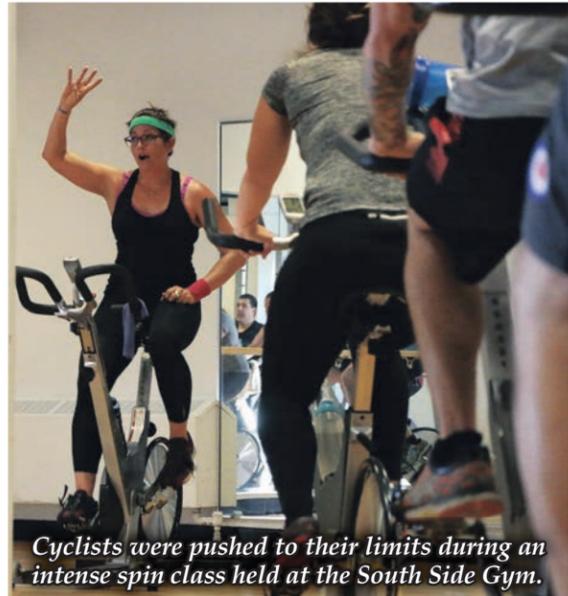
All money raised through the GCWCC goes towards the United Way of Hastings Prince Edward and Health Partners. In less than 10 minutes, more than \$170 was raised through the auction. Laheur was one of the participants who was auctioned off and was made to do one minute of grueling exercise. She was tasked with doing continuous burpees, and while she joked it had been a little tricky since she had already done her morning workout, she was happy to help raise money for charity. Before the athletes went on their way to their various sporting activities, the annual Commander's Challenge was also held. During the event, the likes of 8 Wing Commander Colonel (Col.) Mark Goulden all the way to 424 Transport and Rescue Squadron's Commanding Officer Lieutenant-Colonel (Lt.-Col.) Leighton James could be seen competing against each other in a timed relay. Those in attendance were easily entertained as they watched the commanders and their teams steal each other's shoes, engage in playful pushing and even exchange friendly banter. After the challenge, the crowd dispersed and were free to attend some of the various sporting activities taking part all across the base. From yoga at the RecPlex to squash at the South Side Gym, there was a little something offered for everyone at this year's sports day.



Photos by Makala Chapman
8 Wing members limber up with a base-wide warm-up held on the Parade Square on October 20, 2017.



Col. Mark Goulden playfully pushes 436 Transport Squadron's Commanding Officer Lieutenant-Colonel Spencer Selhi during the Commander's Challenge.



Cyclists were pushed to their limits during an intense spin class held at the South Side Gym.



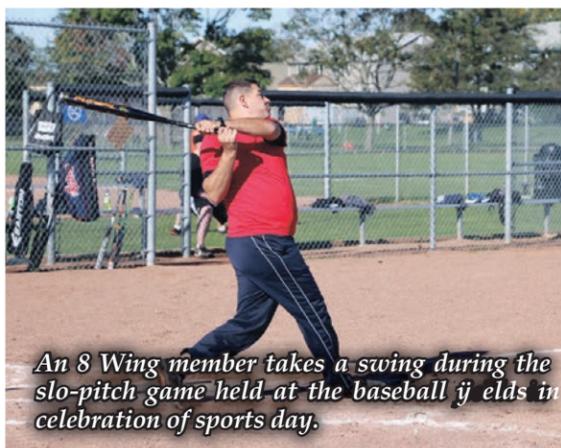
8 Wing members take part in a lively game of ultimate frisbee during sports day.



A group of military members take part in a game of basketball at the South Side Gym.



8 Wing Chief Warrant Officer Troy Zuorro jumps to safety sans one shoe after losing it to one of his competitors.



An 8 Wing member takes a swing during the slo-pitch game held at the baseball fields in celebration of sports day.



Military members scramble to steal the ball during a game of flag football held in honour of sports day at 8 Wing.

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New Programs at the Trenton MFRC

Visit our website - www.trentonmfr.ca - or our Facebook page to find new and returning programs or events for adults, children, and the whole family!

Nouveaux programmes au CRFM de Trenton

Visitez notre site internet - www.trentonmfr.ca - ou notre page Facebook pour trouver les nouveaux programmes et événements en plus de ceux qui nous reviennent, pour les adultes, les enfants et toute la famille!

Licensed Child Care in Belleville

Families, military and civilian, can register for licensed child care at the MFRC in Belleville! Your child can discover, experiment and play with early childhood educators in our brand new space. Child care is available for infant, toddler and preschool children.

The MFRC Belleville branch offers flexible hours between 6 am to 11 pm.

To book a tour or for more information please contact Andrea Turner 613-779-6115 or andrea.t@trentonmfr.ca.

Service de garde accrédité à Belleville

Le service de garde accrédité du CRFM a maintenant une succursale à Belleville, pour les familles des militaires et civiles.

Vos enfants auront la chance de découvrir, d'explorer et de jouer dans un tout nouvel espace avec des éducatrices de la petite enfance. Nous offrons le services de garde aux pouspons, aux bambins et aux enfants d'âge préscolaire. Les heures d'ouverture de la succursale du CRFM à Belleville sont de 6h à 23h.

Pour réserver une visite ou pour de plus amples renseignements veuillez contacter Andrea Turner 613-779-6115 ou andrea.t@trentonmfr.ca.

Licensed Child Care in Frankford

Families, military and civilian, can register for licensed child care at the MFRC in Frankford! Your child can discover, experiment and play in our bilingual preschool program for ages 2.6 - 3.8 years old. There is limited space for toddlers. The MFRC Frankford branch offers child care from 6a.m. to 6p.m. all year.

To book a tour or for more information please call 613-965-3575 or info@trentonmfr.ca.

Service de garde accrédité à Frankford

Le service de garde accrédité du CRFM ouvre une succursale à Frankford, pour les familles des militaires et civiles. Notre programme préscolaire bilingue offre aux enfants de 2,6 à 3,8 ans la chance de découvrir, d'explorer et de jouer. Les places disponibles pour les bambins sont limitées.

Les heures d'ouverture de la garderie de la succursale du CRFM à Frankford sont de 6h à 18h toute l'année.

Pour réserver une visite ou pour de plus amples renseignements veuillez contacter le 613 965-3575 ou info@trentonmfr.ca .

Street Smart, Social Smart

Join the MFRC for tips and tricks on how to keep yourself & your kids safe on the street and online. Sessions begin at 6:30 p.m. at the Trenton MFRC.

To register, contact the MFRC reception or email Rabia with your questions at rabia.s@trentonmfr.ca.

*Please note that these sessions are offered in English only

Nov. 1 - Staying safe online for ages 19+ Students will learn crucial skills for staying safe online through an innovative new seminar that will incorporate the latest technologies including popular messaging and dating apps and social media platforms and empower them with the skills to identify dangerous people and situations and avoid victimization. Specific topics will include:

- Location Services and how to avoid revealing our home, school, workplace and social hang-outs
- Safe Social Media: Privacy Settings, Appropriate Screen Names, Safe Posts, Adding "Friends"
- Using Messaging Apps Safely and Tips for Avoiding Common Risks

- High-Risk Behaviours That Attract Predators
- Recognizing potentially dangerous people and situations.
- Behaviours, Lures, and tricks used by potentially dangerous people
- Online Dating
- Online Buying and Selling
- Sextortion
- Getting Help

Nov. 8 - Safe and responsible internet use for ages 10-13

Safe and Responsible Internet Use

Age: 10-13

Students will learn important skills for staying safe online through an innovative new, age appropriate, seminar that will incorporate the latest technologies including popular messaging apps and social media platforms. Specific topics will include:

Topics include:

- "Location Services" and how to avoid revealing our home, school and play areas
- Safe Social Media: Privacy Settings, Appropriate Screen Names, Safe Posts, Adding "Friends"
- Using Messaging Apps Safely and Tips for Avoiding Common Risks
- High-Risk Behaviours that attract the "wrong kind of attention"
- Recognizing potentially dangerous people and situations.
- Behaviours, Lures, and tricks used by "tricky" people
- Cyberbullying and Sextortion (could call Sextortion - online "Blackmail")
- Getting Help

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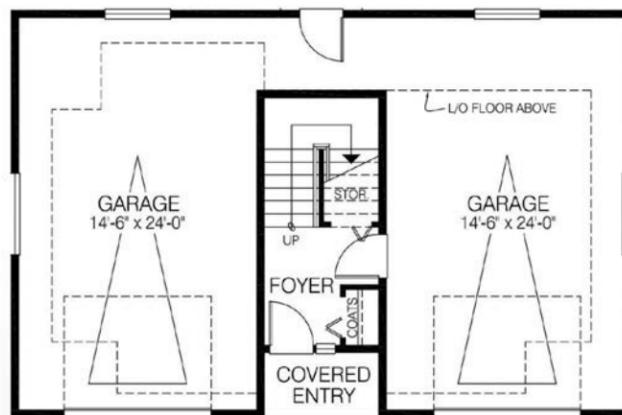
This coach house, with its attractive dormer windows, features a one-bedroom suite above a double garage.

The covered entry is located between the decorative garage doors and leads into a foyer with a coat closet to the right and a U-shaped stairway directly ahead.

The living-dining area enjoys a large window overlooking the front garden, and has a partly sloping ceiling. A dining table and chairs could be located near the window that overlooks the side garden. The compact kitchen is located at the back of the suite.

The large bedroom, which also has a partly sloping ceiling in one corner and at the back of the room, overlooks the front garden.

At the head of the stairway is room for a washer and dryer.



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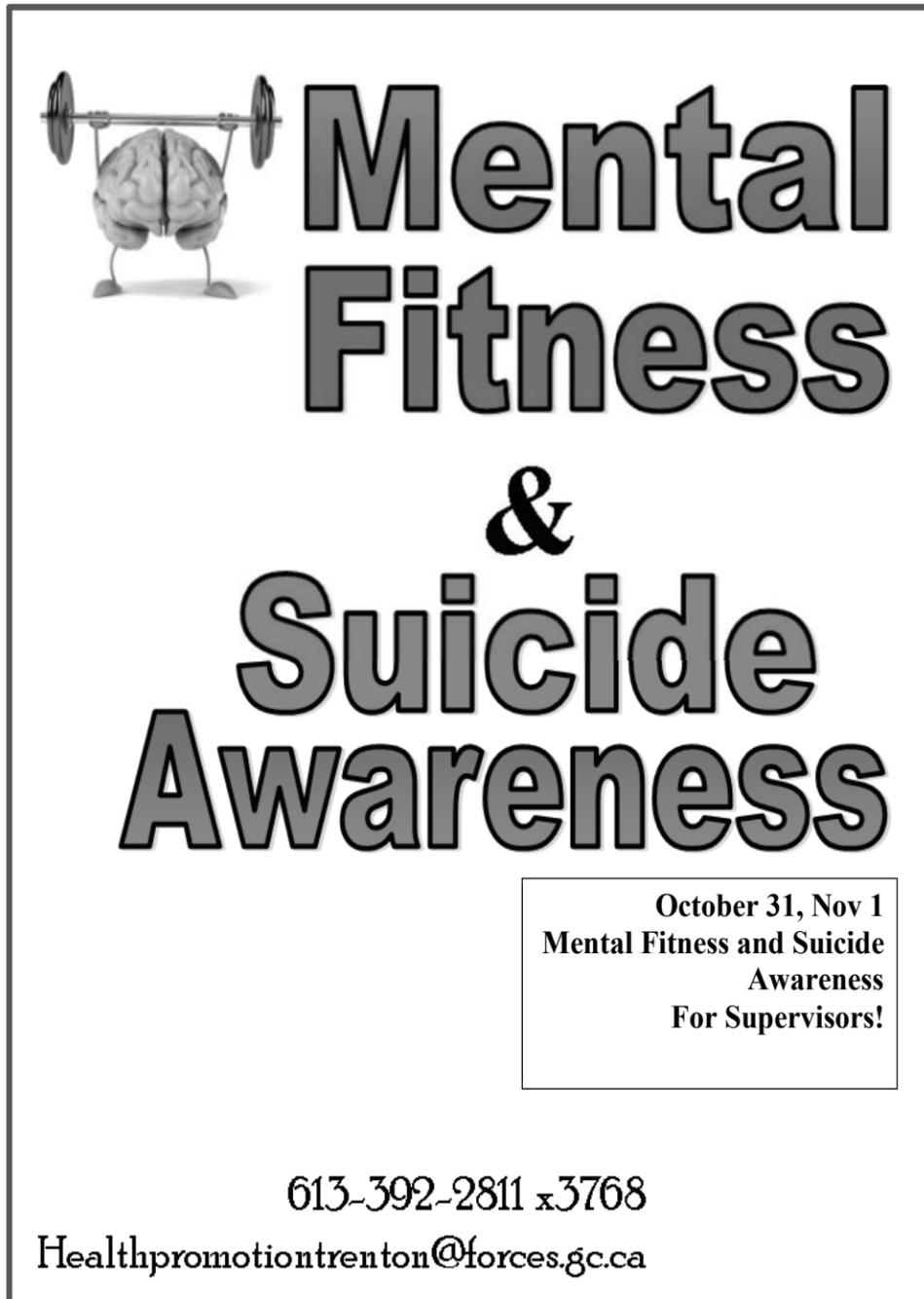
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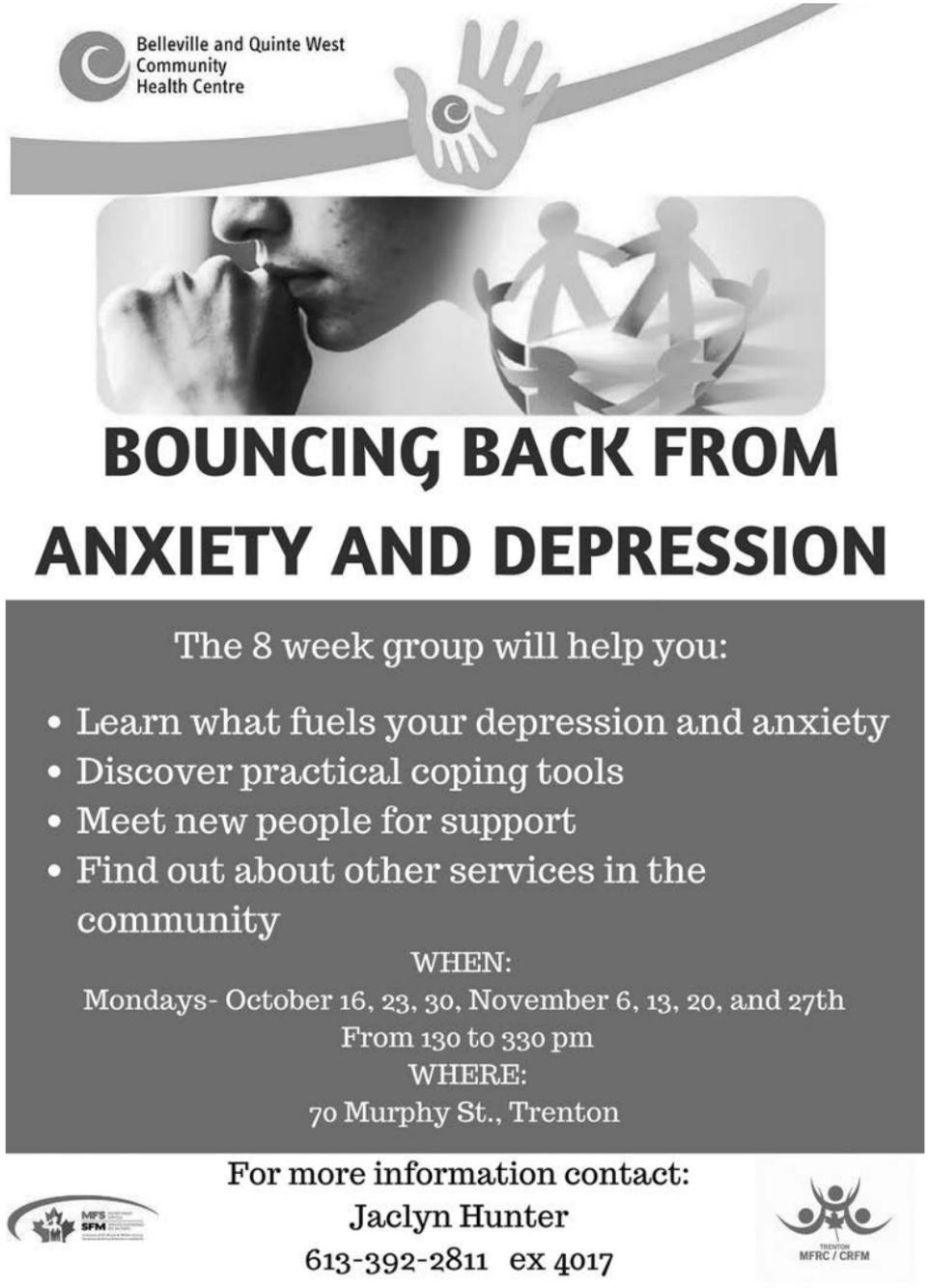
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WHERE:
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TOGETHER WE ARE STRONGER

Nov. 15 - Safe and responsible internet use for ages 14-18

Safe and Responsible Internet Use

Age: 14-18

Students will learn important skills for staying safe online through an innovative new seminar that will incorporate the latest technologies including popular messaging and dating apps and social media platforms and empower them with the skills to identify dangerous people and situations and avoid victimization. Specific topics will include Topics include:

- Location Services and how to avoid revealing our home, school, workplace and social hangouts

- Safe Social Media: Privacy Settings, Appropriate Screen Names, Safe Posts, Adding "Friends"

- Using Messaging Apps Safely and Tips for Avoiding Common Risks

- High-Risk Behaviours that attract the "wrong kind of attention"

- Recognizing potentially dangerous people and situations.

- Behaviours, Lures, and tricks used by potentially dangerous people

- Online Dating

- Online Buying and Selling

- Cyberbullying and Sextortion

- Getting Help

Family Focus / Speaker Series

The Trenton MFRC is hosting free family-focused seminars over the next months.

Each seminar will be offered by an expert in their field of marriage and family topics. Join us for the next seminar: PTSD IN THE FAMILY by Ron Mellish M.A., RP, RMFT, CTS.

Come learn about Post Traumatic Stress Disorder (PTSD), how PTSD and other types of stress impact the family, and what you can do to support your loved one and yourself. Come for the presentation. Bring your questions and take part in the interactive

Q & A segment.

Saturday, October 28th from 1 p.m. to 3 p.m. at the Trenton MFRC.

To register please call 613-965-3575

Family Focus / Séries de séminaires

Le CRFM de Trenton offrira au cours des prochains mois une série gratuite de séminaires axés

sur la famille. Chaque séminaire sera offert par un expert pour conseiller les familles et les couples.

Assistez à notre prochain séminaire: SSPT et la famille animé par Ron Mellish M.A., RP, RMFT, CTS.

Renseignez-vous sur le syndrome du stress post traumatique (SSPT) et d'autres types de stress. De quelle manière peuvent-ils avoir une incidence sur votre famille et que pouvez-vous faire pour vous aider et mieux soutenir vos proches?

Assister à notre présentation et prenez part à notre segment interactif pour trouver réponses à vos questions.

Le samedi 28 Octobre de 13h à 15h au CRFM de Trenton.

Inscription à la réception du CRFM de Trenton 613-965-3575

Monster Mash

The Trenton MFRC and PSP are partnering to host a Monster Mash!! Join us at Baker's Island for a spooky time with DJ Leo. Wear your costumes and dance the night away! There will be tasty treats at the cash canteen as well!

Friday, November 3

Doors open at 6:30 p.m. Dance begins at 7 p.m.

Ages 9-14

Register at the RecPlex or call 613-392-2811 ext. 3361 for questions.

\$3 military / \$4 civilian

Soirée macabre

Le CRFM de Trenton et PSP collaborent pour vous offrir une Soirée macabre! Venez passer un temps lugubre avec nous et DJ Leo à Baker's Island. Venez costumé et dansez toute la soirée! De délicieuses friandises seront disponibles à la cantine!!

Le 3 novembre à Baker's Island

Les portes ouvrent à 18h30 et la danse débute à 19h

Ages: de 9 à 14 ans

Incrivez-vous au RecPlex ou téléphonez le 613-392-2811 poste 3361 pour plus de détails

3\$ enfant de militaire / 4\$ civil

Christmas Marketplace

Join the Trenton MFRC for our 4th Annual Christmas Marketplace. Come out and finish your Christmas shopping by supporting small business owners in our community. 4 November 2017, 10 a.m. to 3 p.m.

Admission is a monetary donation or a non-perishable food item to a local bank.

There will be a large variety of products, a lunch sale supporting the Trenton MFRC Youth Centre as well as a great door prize! Something fun for everyone.

Marché de Noël

Visitez notre 4e Marché de Noël annuel.

Venez encourager les petites entreprises de votre communauté et peut-être compléter vos emplettes de Noël!

Le 4 novembre 2017, de 10 h à 15 h

L'admission est un don monétaire ou une denrée non-périssable pour la banque alimentaire locale.

Vous y trouverez une grande variété d'articles. Vous pourrez encourager le centre des jeunes en y achetant votre dîner et vous aurez aussi la chance de participer au tirage d'un très beau prix de présence! Du plaisir pour tous!

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 November 2, 16 & 30 from 12 noon until 1 p.m. or 1 p.m. until 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. 2568 or rabia.s@trentonmfr.ca.

Groupe de pleine conscience

Êtes-vous intéressés à développer votre pleine conscience pour réduire le stress et l'anxiété et vous aider à mieux réagir aux situations difficiles? Aucune expérience préalable n'est nécessaire pour participer à ce programme. Le dernier jeudi du mois, de midi à 13h00 ou de 13h00 à 14h00 (les 2, 16 et 30 novembre) au CRFM de Trenton. Veuillez vous inscrire au moins une semaine avant l'atelier auquel vous désirez assister. Pour information ou pour vous inscrire contactez Rabia 613-392-2811 au poste 2568 ou rabia.s@trentonmfr.ca.

Community Connection

For spouses/partners of military members who are currently, or will be, facing separation due to deployment, training, or tasking. Enjoy learning from different guest speakers from the base and civilian community, and participate in and learn from deployment related activities.

Must register by Mondays at 4 p.m. and childcare is available upon request.

Email kendra.b@trentonmfr.ca to register and ask for the monthly calendar!

Rendez-vous communautaire

Le rendez-vous communautaire est un regroupement pour les partenaires de militaires qui seront déployés soit pour une mission ou pour de la formation. Venez participer à nos différents ateliers et assister à nos conférences, qui auront pour but de vous renseigner sur les différents aspects du déploiement, tenues par le personnels militaires ou civils.

Pour tous renseignements ou pour recevoir notre calendrier mensuel contactez Kendra. L'inscription au rendez-vous communautaire se fait par courriel, avant le lundi 16h, kendra.b@trentonmfr.ca.

Le service de garde d'enfants est offert sur réservation.

What About me

For children ages 6 - 11.

Support for children of military families who are or will be facing separation due to deployment, training or tasking. Topics will relate to deployment and resiliency building.

Please register by Mondays at noon by contacting kendra.b@trentonmfr.ca.

Et moi alors?

Ce groupe se réunit pour offrir du soutien et pour discuter du déploiement dans le but d'accroître la résilience chez les enfants. Offert aux enfants de militaires qui vivent ou vivront séparés de leur parent lors de déploiement, de formation à l'étranger et d'une mission. Veuillez inscrire votre enfant avant midi les lundis en contactant kendra.b@trentonmfr.ca

Bouncing back from Anxiety and Depression

The 6 week group will help you:

- Learn what fuels your depression and

anxiety

- Discover practical coping tools

- Meet new people for support

- Find out about other services in the community

Thursdays - November 2, 9, 16, 30 and December 7 and 14 from 6 - 8 p.m.

For more information contact Jaclyn Hunter: 613-392-2811 ext. 4017 or jaclyn.h@trentonmfr.ca.

Retrouver son entrain

Ce programme de 6 semaines vous aidera à:

- Reconnaître ce qui cause votre anxiété et votre dépression

- Apprendre des outils pratiques d'adaptation

- Rencontrer un nouveau groupe de soutien

- Connaître les services offerts dans la communauté

Les jeudis - 2, 9, 16, 30 novembre et 7 et 14 décembre de 18 à 20H

Pour renseignement veuillez contacter Jaclyn Hunter: 613-392-2811 poste 4017 ou jaclyn.h@trentonmfr.ca.

Building Blocks Club

In partnership with Autism Ontario

An evidence-based social skills program using Lego building blocks to assist in the development of communication and appropriate social interaction.

For information or to register, please contact Orlana Bourgoin 613-392-2811 ext. 3953 or orlana.b@trentonmfr.ca.

Club de blocs de construction

En collaboration avec Autism Ontario

Un programme qui utilise des blocs Lego pour améliorer les compétences sociales, le développement de la communication et l'interaction sociale appropriée.

Pour information ou pour inscription, veuillez communiquer avec Orlana Bourgoin 613-392-2811 poste 3953 ou orlana.b@trentonmfr.ca.

The Puzzle Project

For children ages 8 to 12

The Puzzle Project is a support group for siblings of a child with Special Needs. This is to provide a fun and supportive environment for siblings to share the joys and struggles of being a sibling of an individual with special needs.

\$16.00 per child for 8 week program. For more information please contact Orlana Bourgoin: orlana.b@trentonmfr.ca.

Le Projet Casse-Tête

Pour les enfants de 8 à 12 ans

Le Projet Casse-Tête est un groupe de soutien pour les frères et soeurs d'un enfant aux besoins particuliers. Ce programme offre un environnement d'apprentissage agréable aux enfants et leur permet d'échanger au sujet des défis et des joies de vivre avec un individu aux besoins particuliers.

16 \$ par enfant pour le programme de 8 semaines. Pour de plus amples informations veuillez communiquer avec Orlana Bourgoin: orlana.b@trentonmfr.ca.

Classifieds

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Office hours/ Heures de bureau:
 Monday to Friday 0800 - 1600 hrs
 Du lundi au vendredi 08h00 à 16h00

Services Times/Heures des services religieux
 Protestant Sunday Service: 1100 hrs (English)
 Service Protestant du dimanche: 11 h 00 (en anglais)

RC Sunday Mass: 0900 hrs (English) 1000 hrs (French)
 *Last Sunday of each month: 0900 hrs (Bilingual)

RC Weekday Mass: Tues, Wed, Thurs at 1200 hrs
 (Subject to change without notice)

Messe CR du dimanche : 9h00 (en anglais) 10h00 (en français)
 *Dernier dimanche de chaque mois : 9h00 (bilingue)

Messe CR en semaine: mardi, mercredi et jeudi à midi (12h00)
 (peut changer sans préavis)

Sacramental Prep at the Chapel
 Registration for First Reconciliation/Communion (children in grade 2+) and Convert Class: adults who want to become Catholics.
 Call ext. 4593 ASAP.

Inscription à la préparation des sacrements à la chapelle
 Inscription pour la Première communion (enfant en 2e année+) et Classe pour les convertis: ceux qui veulent devenir catholiques.
 Appelez ext. 4593 au plus tôt.



Quinte West Jewish Community at 8 Wing, various services, call for details. Communauté juive de Quinte West à la 8e Escadre, divers services, appelez pur plus de détails

Wing Chaplain/Aumônier de la 8e Escadre:
 Maj (Rev/Rév) Richard Bastien

Unit Chaplains/Aumôniers des unités:

Capt (Rabbi/Rabbin) Bryan Bowley
 Capt (Fr/Père) John Funelas
 Lt(N)(Fr/Père) Félix Roberge
 Lt(N)(the Rev./Rév.) Mary Anne VanHeuvelen
 Capt (the Rev./Rév.) Daniel Walton

Phone/Téléphone:
 Administrative Assistant/
 Adjointe administrative
 Brigitte Gamache,
 (613) 392-2811 ext/
 poste 2490/4593

Padre's Corner

Cairn rededication and blessing of new RCAF plaque

A Padre's reflection on 426 Transport Training's 75th anniversary, delivered on October 20, 2017

By Capt (the Rev.) John Funelas

In celebration of its 75 years of history, I guess in a sense 426 "Thunderbird" becomes one with those who have faded away, with those who are still physically present, and with those that will be members in the future.

It is a connection that transcends time and space. It is a spiritual communion.

It places then a caveat/an obligation on us who are living, who are here in the present.

This cairn which we are rededicating today, is not just a physical object – not just a stone. The cairn is a living stone – It is us! The cairn of squadron 426 is each and every one of us.

So we are rededicating ourselves today, to the ideals and principles in which 426 "Thunderbird" was formed.

To give added emphasis and importance to that – we have a New RCAF Plaque, minted from an object of the past, to renew and inspire you, me, and everyone who identify with 426 Thunderbird, to carry on its mission now and in the future!



Photo by Makala Chapman
 Captain John Funelas is 426 Transport Training's assigned padre.

I feel honoured to be here, in this place, at this time. As the Holy Scriptures says: How awesome is this place! This is none other than the house of God, and this is the gate of heaven (Genesis 28:17). Except that nobody seems to know where heaven is.

One thing is sure though, that as mortals, we will all physically fade away.

I would like to quote from the Holy Koran: "The Almighty says, "Every self will taste death. You will be paid your wages in full on the Day of Rising. Anyone who is distanced from the Fire and admitted to the Garden, has triumphed. The life of this world is only the enjoyment of delusion," (3:185).

Looking around, surrounded by epitaphs and emblems, ancient planes, looking at you and the

beyond; this is the moment that connects the past, the present, and the future. And I believe that is the reason why we are here today – to remember, to celebrate, and to renew our vow never to forget.

For me, if there is one faculty that touches the core of being human, it is the faculty of memory. We all know how sad it would be to lose our memory.

The Greek philosopher Plato said that knowing is remembering – Anamnesis – the process of knowing is the process of recollecting.

As a training squadron, we are familiar with the teaching philosophy which says: educating is a drawing out/harnessing of what is already there.

To educate, educare in Latin – means to draw out the best from the student.

Yes, "only the best trains the rest", but the best trains to draw out the best from the rest. Remembering and learning is a spiritual act, because in doing so, one is reclaiming, truly operating up.

For Thomas Aquinas, training is praying. It seems to be that our ability to remember is our birthright to the divine. For Christians, and I would assume many of the pioneers of 426 were Christians, maybe belonging to the Church of England - the Holy Eucharist, Holy Communion, is the highest form of remembrance; and the consecrating words are: Do this in remembrance of me! (Luke 22:19).

It transforms the ordinary, into something sacred; something divine. It is in that powerful remembrance that all past, present, and future history, merges into one, becomes a PRESENT, truly a gift of the moment.

THE ANGELA HAYDEN 8 WING ADOPT-A-FAMILY CHRISTMAS PROGRAM

Mandate: Assist our Regular, Reserve and Civilian employees of 8 Wing Trenton who may be unable to provide what their children (13 and younger) require for Christmas this year."

If you require assistance or work with someone that may be in need of assistance this year, please see your unit CC, your Unit OPI or contact WO (Ret'd) Sandy Driscoll directly at 613-243-0646.

All information is kept completely confidential.

- Participating in the program is voluntary.
- Members can only take advantage of this program one time.
- Members do not receive any cash.
- Gifts are provided for the children of the family by an 8 Wing Unit who has sponsored them
- Reasons may vary; medical/disability, financial or any other traumatic event affecting the family

Our deadline for intake is fast approaching (13 Nov), and we still have a capability to support more families. Let's help make a memorable Christmas for our 8 Wing families in need.



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\$9,695
\$74
 bi-weekly
 72 mths @ 5.9%
 0 DOWN + HST



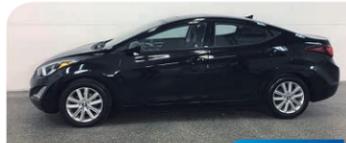
13 SMART FOR TWO PURE
 31296 Auto, 1.0L 3cyl, RWD, keyless entry, leather trim seats, AC, CD, MP3, sat radio, Bluetooth, ext temp gauge, pwr windows/locks, JVC stereo w/ remote. 20,536 km

\$6,495
\$49
 bi-weekly
 72 mths @ 5.9%
 0 DOWN + HST



12 VW PASSAT HIGHLINE
 30993 Auto, 3.6L V6, fact remote start, alloys, pwr roof/seats, push btn start, leather trim seats, memory seat, heat seats/mirrors, AC, dual climate, DVD, nav, Bluetooth, cruise. 51,961 km

\$16,195
\$144
 bi-weekly
 60 mths @ 5.9%
 0 DOWN + HST



16 HYUNDAI ELANTRA SE/SPORT
 30908 Auto, 1.8L 4cyl, FWD, keyless entry, alloys, pwr roof, economy mode, heated seats, AC, MP3, sat radio, rev camera, Bluetooth, pwr group, cruise, touchscreen. 32,482 km

\$14,995
\$91
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



15 CHEVROLET CRUZE LS
 31076 Manual 6spd, 1.8L 4cyl, FWD, keyless entry, AC, CD, MP3, Satellite radio, Bluetooth, OnStar, pwr group. 21,877 km

\$9,195
\$62
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



17 CHEVROLET CRUZE LT
 31281 Auto, 1.4L 4cyl ecotec turbo, fact remote start, alloys, pwr roof/seats, push btn start, heat seats, AC, rev cam, park aid, OnStar, cruise. 30,021 km
 PREVIOUS DAILY RENTAL

\$18,195
\$110
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



14 MAZDA 3 GX
 30926 6 spd man, 2.0L 4cyl sky active technology, FWD, keyless entry, push btn start, AC, CD, MP3, power group, steering wheel ctrl. 56,685 km

\$10,195
\$68
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



15 VW JETTA HIGHLINE
 30874 Auto, 2.0L 4cyl TDI, Diesel FWD, keyless entry, pwr roof, push btn start, leather, pwr seats, heat seats/mirrors, AC, Dual climate, rev cam, Bluetooth, power group, cruise, BSA. 72,965 km

\$22,495
\$151
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



16 CHRYSLER 300 LTD
 31300 Auto 3.6L 6cyl, FWD, fact remote start, alloys, panoramic roof, push btn start, leather, pwr seats, heat seats/mirrors. 25,290 km
 PREVIOUS DAILY RENTAL

\$23,195
\$140
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



17 CHEVROLET CRUZE LT
 31276 Auto, 1.4L 4cyl ecotec turbo, fact remote start, alloys, pwr roof/seats, push btn start, MP3, sat radio, rev cam, park aid, OnStar, cruise. 31,176 km
 PREVIOUS DAILY RENTAL

\$17,995
\$109
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



17 CHEVROLET TRAVERSE LT
 31106 Auto, 3.6L V6, 7pass, AWD, fact remote start, alloys, pwr roof/seats, heat seats/mirrors, AC, rear air ctrl, rev cam, park aid, Bluetooth. 36,251 km
 PREVIOUS DAILY RENTAL

\$32,995
\$200
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



14 JEEP GRAND CHEROKEE LTD
 31173A Auto, 3.6L V6, 4x4, fact remote start, alloys, pwr roof/seats, push btn start, leather, heat seats/mirrors/steer, AC, dual climate, rev cam. 84,137 km
 PREVIOUS DAILY RENTAL

\$27,995
\$188
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



17 BUICK ENCLAVE
 31275 Auto, 3.6L V6, 7pass, AWD, fact remote start, alloys, pwr roof/seats, leather, memory seats, heat seats/steer, 3 zone climate, rev cam. 24,956 km
 PREVIOUS DAILY RENTAL

\$38,995
\$235
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



17 DODGE JOURNEY GT
 31247E Auto, 3.6L, 7 passenger, V6, AWD, fact remote start, alloys, push btn start, leather, pwr seats, heated seats/mirrors/steer. 25,290 km
 PREVIOUS DAILY RENTAL

\$25,495
\$154
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



17 DODGE DURANGO GT
 31259E Auto, 3.6L V6, 7pass, AWD, alloys, pwr roof/seats, push btn start, leather, heated seats/mirrors, 3 zone climate, rev cam, park aid. 30,946 km
 PREVIOUS DAILY RENTAL

\$35,995
\$217
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



15 DODGE GRAND CARAVAN SXT
 31219 Auto, 3.6L V6, keyless entry, roof rack, alloys, Sto'n'Go, econo mode, AC, dual climate, CD, MP3, ext temp gauge, pwr group, heat mirrors. 76,968 km
 PREVIOUS DAILY RENTAL

\$16,995
\$114
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



17 DODGE GRAND CARAVAN CREW
 31260E Auto, 3.6L V6, keyless entry, flex fuel, alloys, leather, econo mode, pwr seats, heat seats/mirrors/steer, 3 zone climate, DVD, rev cam. 32,003 km
 PREVIOUS DAILY RENTAL

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



17 DODGE GRAND CARAVAN SE
 31039 Auto, 3.6L V6, alloys, leather trim seats, Sto'n'Go, econo mode, 3 zone climate, DVD, nav, rev cam, U-connect, heat mirrors, cruise. 21,494 km
 PREVIOUS DAILY RENTAL

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



17 DODGE GRAND CARAVAN CREW
 31041 Auto, 3.6L V6, flex fuel, alloys, leather, Sto'n'Go, pwr seats, heat seats/mirrors/steer, 3 zone climate, DVD, nav, rev cam, U-connect, cruise. 31,140 km
 PREVIOUS DAILY RENTAL

\$29,495
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16 HONDA ODYSSEY TOURING
 30541 Auto, 3.5 6cyl IVTEC, keyless entry, alloys, pwr roof/seats, push btn start, leather, memory seat, heat seats/mirrors, 3 zone climate, rev cam, park aid, Bluetooth, cruise, BSA. 69,550 km

\$36,995
\$223
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16 NISSAN FRONTIER SV
 30715 Auto, 4.0L V6, RWD, keyless entry, extended cab, short box, alloys, AC, CD, MP3, satellite radio, Bluetooth, pwr windows/locks, heated mirrors, cruise. 30,248 km

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



17 DODGE RAM 1500 ST
 31165 Auto, 5.7L V8 Hemi, 4x4, keyless entry, quad cab, short box, trailer hitch, chrome wheels, AC, MP3, U-connect, pwr slide window, pwr group, heat mirrors, cruise. 37 km

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15 DODGE RAM 1500 SLT
 31235 Auto, 3.0L V6, eco diesel, 4x4, fact remote start, quad cab, short box, alloys, pwr seats, AC, MP3, sat radio, rev cam, park aid, U-connect, pwr slide rear window, heat mirror. 102,402 km

\$28,995
\$151
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



17 DODGE RAM 1500 ST
 31289 Auto, 5.7L V8 Hemi, 4x4, keyless entry, quad cab, short box, box liner, chrome step bars, alloys, AC, MP3, sat radio, ext temp gauge, pwr group, heat mirrors, cruise. 2,960 km

\$30,495
\$184
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



16 GMC SIERRA 1500 SLT
 31283 Auto, 5.3L V8, 4x4, fact remote start, flex fuel, trailer hitch, alloys, leather, pwr seats, memory seats, AC, dual climate, nav, rev cam, park aid, OnStar, cruise. 32,483 km

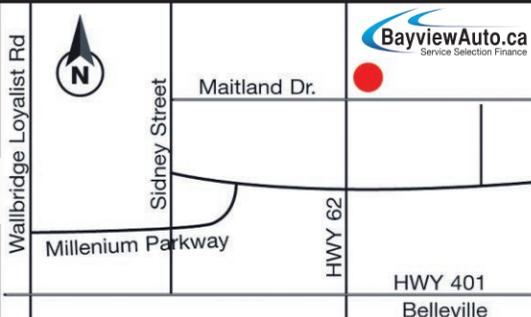
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