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MAJOR TETZLAFF RETIRES



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Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

Canal Pursuit crushing mental illness one step at a time



Photos by Makala Chapman (from left) Chief Warrant Officer Troy Zuurro, Major Rochelle Heudes, Canal Pursuit founder Clay Williams, Quinte West Mayor Jim Harrison and 8 Wing Commander Colonel Mark Goulden hold the flag that bears hundreds of names in support of mental health awareness on August 29, 2017.

By Makala Chapman

Mental health isn't something to be ashamed of and is a discussion worth having says 56-year-old Clay Williams. To help bring awareness and to raise funds for the cause, the Waterloo, Ont. resident once again launched his Canal Pursuit run in honour of the Mood Disorders Society of Canada (MDSC) – a national, not-for-profit organization for those suffering from mental health issues.

"This year we're doing it as a relay to get more people involved and we've broken it up into 10-kilometre segments," he said, adding that more than 50 volunteers signed up for this year's run.

The lengthy trek started in Port Severn on August 25 as runners made their way along the Trent Severn Waterway and will continue onto the Rideau Canal in hopes of reaching Parliament Hill in Ottawa by September 1.

During this year's 785-kilometre marathon, the relay team made a stop at Bain Park in Quinte West to pick up the Canadian Forces Base (CFB) Trenton team taking part in a portion of the run on August 29, 2017.

24 Canadian Forces Health Services Centre (CF H Svcs C) Commanding Officer Major (Maj.) Rochelle Heudes said it was a great opportunity for her team to take part in the relay



CFB Trenton's 24 CF H Svcs C takes off on Old Highway 2 during their portion of the 785-kilometre relay, in support of the Mood Disorders Society of Canada on August 29, 2017.

since they were strong advocates of mental health awareness. "Let's embrace this and let's work together," she said. "(Mental illness) touches everybody, even in the military."

While the stigma associated with mental illnesses, like depression and post-traumatic stress disorder, has lessened over the last five years, Maj. Heudes said there's still more work to be done.

She went on to explain that any military member who feels they may be suffering from a mental illness were able to access any of the resources available on the base.

"We have a full mental health team that includes psychologists, psychiatrists, mental health nurses, and social workers," she said. "We're all in this together."

Continued on page 10

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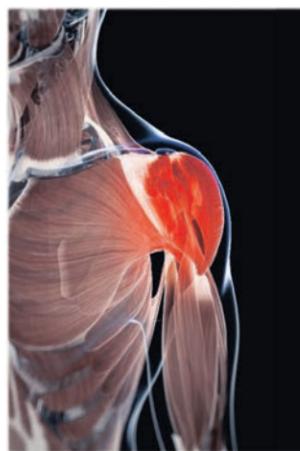
Picture of the week



Photo submitted
 This photo was given to the Contact this week after having been found in storage by the Health Promotion team at 8 Wing Trenton. The photo was taken here at Canadian Forces Base (CFB) Trenton on April 24, 1938 when it was then referred to as R.C.A.F. Station Trenton, Ont. Members standing on parade can be seen depicted in the photo.

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Wing Logistics and Engineering Picture of the Week



By Warrant
 Ofj cer D.T. Best

Real Property Operations Detachment – Trenton (RP Ops Det Trenton) employees Greg Wagner, from the training and safety cell, and James Leblanc, from the paint shop, discuss proper use and safety practices of a ride on line paint sprayer.

Photo by Warrant Ofj cer D.T. Best



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The life of a professional driver is tough. Long shifts, the endless round of strange towns and cities, constant pressure to cover the miles on schedule - these factors add up to fatigue and stress.

It is tempting to turn to a drug or alcohol to stay awake or relax. However, drugs which seem to offer short-term solutions only add to your long term problems. Using "uppers" to stay awake for long work hours and "downers" to fall asleep turns into a vicious cycle. You need to stay clean and sober to successfully cope with the demands of driving.

Drugs and alcohol actually increase problems with fatigue and sleeplessness. They sap your health and your strength. They also slow your reflexes and affect your judgment.

These substances have led to countless accidents, killing or injuring drivers, passengers, occupants of other vehicles and pedestrians.

Drugs and alcohol can also poison relationships with family and friends. They can get you in trouble with the law. Abuse of drugs or alcohol can cost you your license, your insurance and your job.

Here's how alcohol affects your ability to drive:

- You process information, such as judging distances, more slowly.
- Your concentration and coordination decrease.
- Your vision is affected. You cannot see as well at night, you scan the surrounding environment less frequently, you cannot see pedestrians and signs as clearly and your peripheral vision decreases.
- The result of these changes to your physical, mental and emotional state is you steer more slowly, brake more slowly and roughly, change speed and lanes more often, drift out of your lane, miss traffic signs and lights and pay less attention to your driving.



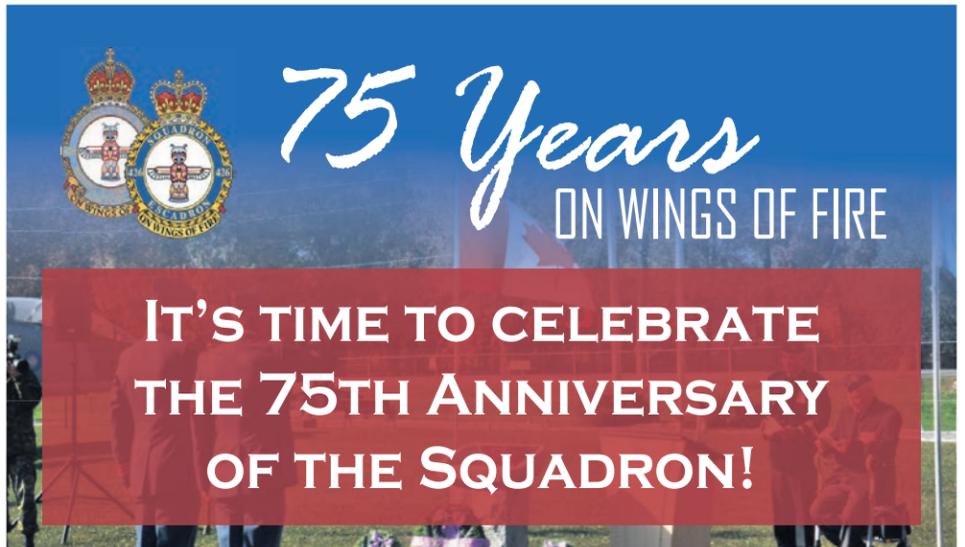
When we think of impairment, we commonly think of alcohol. However, many other over the counter and illegal drugs are also unsafe for drivers to use.

- Drivers may be tempted to use drugs for relaxing or sleeping such as alcohol, sleeping pills, tranquilizers, sedatives, marijuana, and narcotics such as heroin.

It's important to note that drugs taken for whatever reason can have side effects such as drowsiness, which makes it unsafe for you to drive. Cold remedies, cough syrups, antihistamines, painkillers and even antibiotics can make you sleepy and less alert.

But most importantly, remember that driving while on drugs or alcohol is a dangerous mixture. Read the labels and get further information from your pharmacist or doctor before consuming them.

Be aware of the hazards of taking prescribed, over the counter or illegal drugs, and make a decision to drive only when you are sober and straight



75TH ANNIVERSARY HOMECOMING WEEK IS HAPPENING 20-22 OCTOBER 2017

FRIDAY 20TH OCTOBER

Cairn Rededication and Meet and Greet
Presented by BMO, will be at the National Air Force Museum of Canada (NAFMC) followed by a Meet and Greet at the Earl of Bessborough Pub at 8 Wing Trenton.

SATURDAY 21ST OCTOBER SUNDAY 22ND OCTOBER

Anniversary Dinner
Presented by CAE, will be held at the Astra Lounge on Saturday 21 October that will feature live music, great food, and special souvenir programs. Dress is formal attire.

Family Day 75th Anniversary Edition
Presented by Lockheed Martin, will close out events on the 22nd October at the AMTC building and feature flights, family fun activities, and a balloon drop.

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For patch sales, contact Squadron Chief Warrant Officer Robin at Philippe.Robin@forces.gc.ca or 613-392-2811, extension 2397. Cost for the patch will be \$5 plus postage.

Available at:

- Meet and Greet
- Before the Special Dinner
- Family Day

For Anniversary Dinner, payment is required ahead of time. Cost is \$50* with alcohol and \$40* with no alcohol. Book now, only 235 tickets available. For tickets contact Captain Belanger at stephane.belanger6@forces.gc.ca or 613-392-2811, extension 3609.

* Dinner prices are subject to change

For Meet & Greet or Family Day, register for the event(s) you are interested in by contacting Major Weidenborner at mark.weidenborner@forces.gc.ca or 613-392-2811, extension 5723.

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Isolation is the norm at CFS Alert

Submitted content

Canadian Forces Station (CFS) Alert is the most Northern inhabited place on earth, with the coordinates of 82° 30' N and 62° 20' W. In any given direction, snow covered tundra seems endless and there isn't a lot of indication, along the way, that it would be occupied - until reaching the Station.

It is the center of life and comprises of about eighty people, depending on the season. Compared to other military Bases and Wings, CFS Alert faces some unique challenges due to its location. Mainly, there is the environment which brings uniqueness to the northern elements and the isolation climate. One can claim that perhaps the biggest challenge lies within oneself to understand how vast this region of the North is and how essential it is to rely on each other for morale and welfare.

A normal operational week involves, one flight which usually arrives on Wednesday's; delivering fresh food for the week mail for personnel and transporting passengers in and out of the Station. Thus, the weekly flight is known to instill a lot of different emotions for the personnel. Some have excitement and joy to be soon reunited with their loved ones back home, and for others it is like Christmas, where waiting for mail is just like opening a present.

It appears that once a week, everyone looks forward for the re-supply mission day. So, when a flight gets delayed or is cancelled due to operational requirements personnel have to adapt and overcome.

This is one way the Station's Mess committee plays a huge role in regards to morale and welfare of the personnel. Recently, the Mess committee arranged to show the pay per view flight of McGregor vs Mayweather, while the fighters coordinated



Photo by CFS Alert

Deputy Fire Chief, MCpl Sean Atkins, puts toppings on the pizza before baking it in the oven, while the Station gets ready to watch a match at the Mess.

meal of pizza and wings! Their hard work paid off as personnel seemed to enjoy the match and food provided to them.

As such, the Station is a very tight knit family, and it is very good to see personal initiatives which leads in organizing a special event to raise morale. One thing is clear, we are there for

each other no matter where we are. Isolation is the norm at CFS Alert and sometimes can present to be a challenging environment. And, this is why we look out for

each other, as a family would, in order to maintain great mental health and a positive attitude to accomplish the mission.

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

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

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

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A Military Community Newspaper

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



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National Air Force Museum of Canada in need of volunteers

By Makala Chapman

The National Air Force Museum of Canada (NAFMC) is looking to recruit a large number of volunteers.

With upcoming events like the Ad Astra Stone Dedication Ceremony later this month, the need is a little more urgent than normal said the museum's public relations coordinator Joshua Bambrough.

Each year, the event draws hundreds out to the Air Park to see the stones friends and family have purchased in honour of a military member.

The monuments are then dedicated and laid to rest along the walkway of the museum grounds.

But preparing the museum for the event is a big job said Bambrough.

Around 40 volunteers are needed to help landscape the Air Park outside the museum, as well as some other general maintenance tasks.

"The absolute focus is the Air Park and keeping it to its luster," he said, "but we're also looking for volunteers as tour guides and in restoration because we have many new aircraft coming in that will need attention. Whether you're skilled or non-skilled, we can teach you."

But Brambrough noted that it was important to recognize the small handful of dedicated volunteers that already work at the museum and called them the "lifblood" of the facility.

He added that most of the volunteers are retired veterans and that their stories and experiences have only added to the museum's rich history.

"They come here every day (even though they've already) had it very hard and I'm assuming rewarding careers," he said. "If it wasn't for the volunteers that are here, this museum wouldn't be whole."

While he explained that he wasn't looking to replace the existing volunteers, he noted that many were looking to take a step back from their roles at the museum.

"The Air Force story is the people," he said, gesturing to the veterans working out in the Air Park. "They operated these planes, worked on the planes, manned these bases and wings and served over seas."

As for why people should consider volunteering, Bambrough said it came down to good citizenship and the desire to help make the community whole.

Helping catalogue the information on the more than 12,000 Ad Astra stones in the Air Park was longtime volunteer Donald Reid.

With his clipboard in hand, he said one of his many jobs was to make sure that all the information on the stones was up to date and accurate.

Having served more than 37-years in



Photo by Makala Chapman (from left to right) Volunteers Duane Bach, Bob Blake, Don Reid and Murray Hope say they are looking forward to getting a little extra help from newcomers to keep the Air Park looking its best.

the Royal Canadian Air Force (RCAF) and 21-years as a volunteer at NAFMC, Reid said he was ready to take a little more time to himself.

The 85-year-old veteran said that in his time at the museum, he's seen countless volunteers come and go but the need to keep the Air Park looking its best has always remained.

"It's got to be kept looking good," he said, noting that many youth come out to the museum to learn about the planes. "I think the young people that come out here definitely get something out of it so its got to look the part."

Over on the other side of the Air Park sweeping the dirt off some of the Ad Astra stones was veteran Duane Bach. He jokingly noted that out of the four

other volunteers, he was considered the "young pup" of the group since he was the youngest at 62 years old.

Having served at the museum for the past three years, Bach said he was looking forward to meeting new volunteers and sharing the workload.

"If we get more help, it's going to look even better," he said, "We could learn from (a younger generation of volunteers). They might have a better way of doing things because we're still old-school here."

Those interested in volunteering are being asked to come to the museum on September 8 at 7 a.m.

Should it rain or if the extra time is needed, volunteers are welcomed to return on September 15.

Since supplies are limited, those interested in helping are asked to bring shovels and any other gardening tools with them.

Knee pads, sun protection and other protective equipment are some of the suggested items volunteers should bring since the work is primarily outdoors.

As for the Ad Astra Stone Dedication Ceremony, it is set to take place at the museum in the Air Park on September 30 at 2:00 p.m.

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DOGGY DAZE: Meet



Photos by Makala Chapman
Sergeant Brad Arnold brings Hershey to 424 Transport and Rescue Squadron (Sqn) to train once a week.

By Martin Durkin

Just as the name suggests, Hershey is a beautiful chocolate Labrador and her job in life is to bring some peace comfort to those in need as service dog.

Currently a member, once a week, at 424 Transport and Rescue (T&R) Squadron (Sqn), Hershey is with caretaker Sergeant (Sgt.) Brad Arnold.

"She's been with my family since last May, we've been fostering her since about that time," said Sgt. Arnold.

Through the previous Wing Chief Warrant Officer (WCWO) Darcy Elder, Sgt. Arnold was able to bring Hershey into 424 T&R Sqn and get her acquainted with everyone, knowing that someday the dog might be paired with a single member of the Canadian Armed Forces (CAF) who suffers from Post-Traumatic Stress Disorder (PTSD).

"She could be paired with someone who is still in the military or with someone who is transitioning out, either way I thought she should become familiar with this work environment in case she accompanies a member on base one day," explained Sgt. Arnold. Posted through a Facebook group, Sgt. Arnold's wife answered the call and the process was started. Now once a week at the local legion, Hershey and Sgt. Arnold go through basic military training as it were, as well as public access at the mall or other public venues preparing the service dog to get used to various surroundings.

"I say it's you that needs the training not the

dog, the dog will do whatever you want it to," said Sgt. Arnold.

Believing that people might underestimate a dog's importance in general, Sgt. Arnold says seeing them in action is quite remarkable.

"She's my sidekick or I'm hers, I'm not sure," said Sgt. Arnold.

While the hope is to place her with a member in need around September, she will also be bred so that more dogs can be brought into service down the line.

"It's probably not going to be until after Christmas now, and with those pups they will be looking for foster families," said Sgt. Arnold.

If another opportunity comes along, Sgt. Arnold says he and his family would be happy to bring another service dog into their home to help train before having it paired with a member in need.

"If I needed a dog, I would want somebody to be doing what I'm doing and to give back," said Sgt. Arnold who believes through the program, the military is giving back to its own with service dogs on base.

Sgt. Arnold says at first you can be worried about being qualified, but when realizing all you are doing is raising a dog and socializing it for a greater purpose; it's the right thing to do, understanding that you are giving back to a community of women and men who need dogs such as Hershey.

"I think it's very important, and to me I'm proud of what my family has accomplished with this dog," said Sgt. Arnold

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Hershey and Hercules!



Photos by Makala Chapman
Hercules, an honorary member of 436 Transport Squadron, hangs out under the shade of a CC-130J Hercules with Sergeant Ed Babineau at 8 Wing Trenton.

By Makala Chapman

One of 436 Transport Squadron's honorary members so happens to be excellent at fetching tissues, opening cupboard doors and is said to be a fan of treats.

Meet 17-month-old Hercules the black labrador, who also so happens to share his name with the Royal Canadian Air Force's (RCAF) CC-130J Hercules aircraft. But "Herc" as he's known, is more than just an unofficial squadron mascot. He is in fact well on his way to becoming a facility dog says his owner and handler Kelly Briggs.

As the veteran family program coordinator at the Trenton Military Family Resource Centre (MFRC), Briggs noted that Hercules plays an important role at her workplace.

While he was originally supposed to be trained as service dog for those with post-traumatic stress disorder (PTSD), she said it soon became apparent that Hercules was needed at the MFRC.

"I started fostering him when he was 12 weeks," Briggs explained, "but eight months in we realized that he had a huge impact and he's very sensitive to people." She added that veterans and children have especially taken a liking to her four-legged friend.

"They love him," she said, noting that everyone who meets Hercules has been an instant fan. "Here (at the MFRC) he has the ability to have an impact on a lot of veterans and families and not just one."

While the youthful pup is still in training to become a full-blown facility dog, he is already capable of so much said Briggs.

"He's so smart so I have to keep his mind going," she chuckled, adding that Hercules has been trained to retrieve keys, find people, and even put socks away. "It's about keeping his mind engaged."

Once fully trained, his roles will also include assisting veterans and clients of the MFRC to appointments if they feel they need a little extra support.

Since Briggs is Hercules' handler, she noted she will always have to be present but said that she and Hercules would be happy to help out when needed.

Looking back, Briggs said she couldn't imagine her life without him and said she hopes he brings others as much joy as he has brought her.

"Not only does (fostering a dog) have a positive impact on your own family, you can impact someone else and help the dog learn the skills and task necessary to make a veterans life a little easier," she said. "It's a huge benefit."

But not just any dog can become a working dog like Hercules, said Dominion Assistance Dogs owner and trainer Lisa-Marie Guernon.

In fact, a lot of time, effort and money goes into raising a canine to be able to do all the things required of a service or facility dog.

Each dog that is trained can cost anywhere from \$5,000 to \$10,000 said Guernon.

As a veteran herself, Guernon said one of the reasons she started the local charity was to help address the rising demand for service animals for those suffering from PTSD or mobility issues.

Having been discharged from the military for medical reasons, Guernon ex-

plained that by training her own dogs to assist her with daily routines, like taking medicine, she realized how valuable having a service dog could be to other veterans.

Since 2015, Guernon has trained seven therapy dogs, one facility dog, six service dogs, two emotional support animals and has several others currently in training. But while Guernon said she would like to help every individual who could benefit from a service dog, it's not possible at the time.

"We can't help everybody and the waiting list minimum across Canada is over two years," she said, noting that she doesn't charge for her services.

To help alleviate some of the demand,

Guernon noted that she has been helping to teach others, like Briggs, how to properly train their own service animal.

"Kelly comes to me two times a week and she says 'okay, I want him to do that' and then we go through the program and I teach her how to teach the dog," she said, adding that she also teaches veterans how to train their canine. "What I enjoy is seeing the look on the veteran's face when they realize they can do it on their own." As for the role that service animals play in the lives of those that need them the most, Guernon said it was one that could not be replaced.

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CFB Trenton pilot retires after 30 years

By Makala Chapman

After flying in the Royal Canadian Air Force (RCAF) for 30 years, Major (Maj.) Howard Tetzlaff is ready to spread his wings as he moves onto his next adventure.

Laughter and well wishes filled the Officer's Mess at Canadian Forces Base (CFB) Trenton as friends, family and colleagues celebrated Maj. Tetzlaff at his retirement party on Friday, August 25.

While some joked about the Tom Selleck style mustache he had sported in the earlier days of his career, others shared personal stories about what it had been like working with the CC-130H Hercules veteran.

Having served multiple roles throughout his career, including as a pilot with 436 Transport Squadron and as an instructor with 426 Transport Training Squadron, Maj. Tetzlaff said he was excited for the new chapter in his life to begin.

Reflecting on his career, the seasoned veteran explained that he had always had an interest in both travelling and aviation so becoming a pilot seemed like the perfect fit.

"I've been travelling all over the world for 30 years and for a good part of it teaching other guys how to travel around the world," he said, noting that getting to teach had been one of the most rewarding parts of his career. "It's just been a whole lot of fun."

As for the other benefits of the job, pointing upwards, Maj. Tetzlaff said he could almost always be guaranteed sunny skies no matter what the weather was like on the ground.

"I can take off on a really wet and drizzly sort of day where it's just not nice, but you break through the clouds at maybe five or six-thousand feet and you're in clear-blue skies above," he said. "It's beautiful."

But without a supportive family by his side, Maj. Tetzlaff said he would

not have been able to have successfully completed his three-decades of service.

"You need a wife that's very supportive of the fact that you're gone a lot, because for her it was like being a single parent sometimes," he said. "The fact is that I was able to go away and do what Canada was asking of me, enjoy it, and then come home because I knew things were safe at home." Speaking on her father's career and describing him as her "biggest inspiration" was Holly Tetzlaff.

"It's pretty hard to sum it up into words," she said, holding back tears. "He's been a really big hero to me." Recalling the time she saw pictures of her father leading the Canadian contingent at this year's Nijmegen March in the Netherlands, Holly Tetzlaff said she couldn't help but be proud.

The annual 160-kilometre march took place mid-July over the course of four-days and served as a training exercise, as well as a chance for Canadian Armed Forces (CAF) members to reflect on Canada's history in Europe during World War II.

"It was just a really cool and different perspective seeing him not at a desk job or in a plane, but (instead) being a leader of a team like that," she said. "It's really remarkable."

Lastly, she added that it would have been remiss of her to not share some of the things that her father said are crucial for a happy life.

"Friends, family and the weather are the most important things," she chuckled. "Those are just really key to us."

The retired RCAF pilot said while he plans to spend more time with his family, he isn't hanging up his wings just yet and will be looking into continuing in the field of aviation.

As for his final piece of advice to his students, he said to make sure to "pay attention to the checklist and know your airplane."



Photos by Makala Chapman

Maj. Howard Tetzlaff served 30 years in the RCAF and served in various roles, including as a pilot and instructor with both 436 Transport Squadron and 426 Transport Training Squadron at 8 Wing Trenton. Makala Chapman/Metroland.



Maj. Howard Tetzlaff (right) receives his Canadian flag at his retirement ceremony on August 25, 2017.

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Awards and Presentations

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Captain Branden Duguay receives the General Service Medal - Expedition for his deployment in Iraq from the officer in charge of the Joint Rescue Co-ordination Centre Major Myrian Lafrance.



Captain Branden Duguay receives the Joint Task Force – Iraq (Operation Impact) Commander's Commendation for his contributions towards enabling operation of ATF-I and JTFI-I from the officer in charge of the Joint Rescue Co-ordination Centre Major Myrian Lafrance.



Major Gerry Favre received a second bar on his Canadian Forces Decoration for over 24 years of service in the military from the officer in charge of the Joint Rescue Co-ordination Centre Major Myrian Lafrance.

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Commuter Challenge celebrates eco-friendly units



Photo by Makala Chapman (from left) Lieutenant-Colonel Leighton James, Dave Wharry, Lisa Refausse and Brenda Riddell celebrate 424 squadron's participation in healthy and active living.



By Lisa Refausse, Health Promotion at 8 Wing/CFB Trenton

Photo by Lisa Refausse (from left) Major Rick Searle, Dr. Andrew Billyard, Lt.-Col. Jeff Lebouthiller and Lt.-Col. Lisa Reimer celebrate the squadron's commitment to biking to work.

Across the Canadian Armed Forces (CAF), the month of June marked Bike Month, Recreation Month and the Commuter Challenge. This year 8 Wing Trenton challenged Units to participate in a one-day unit commute. We then logged the participation of cyclists from each unit as they travelled to and from work. With over 75 employees cycling to work on any given day, this specific day saw awesome participation from two units in particular. Congratulations to 424 Squadron on the North Side of the base and to CFAWC on the South Side of 8 Wing Trenton. These units had the most participation in our Unit Commute Challenge. With their impressive participation, it is clear they are committed to their health and wellness, as well as being active every day. Well done 424 Squadron and CFAWC.

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Continued from page 1

Williams explained that he first started the run in 2014 in honour 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.

Now in its third year, the event has raised more than \$31,000 for the MDSC with this year's fundraising goal set at \$10,000.

Pulling out his phone, Williams grinned and said that the campaign was well on its way to reaching this year's goal with more than \$9,000 raised.

He further went on to explain that having the military's support was especially important considering the MDSC offers programs for transitioning veterans to help them get re-established into civilian life.

Echoing Maj. Heudes' thoughts, Williams said while he was pleased with the amount of awareness being spread about mental health, there could always be more.

"I think the more we talk about it, the more we're going to get rid of this uncomfortable stigma," he said. "Maybe some of those conversations won't just happen over the cooler at the office. Maybe they will happen across the board room table, across the legislative floor and in bigger places."

He then pointed to a large Canadian flag bearing several hundred names, which he said represented an individual either in support of bringing more awareness to the cause or who was suffering from mental health issues themselves.

"It's a symbol that you don't have to carry your burdens alone," he said, noting that the flag will travel with various runners so that it could complete the 785-kilometre trek.

As for the last 10-kilometres heading to Parliament Hill, Williams said the public would be invited to join the relay team and to help march the flag to the finish line.



Canal Pursuit founder Clay Williams (left) looks on as 8 Wing Commander Colonel Mark Goulden (right) signs his name on a flag, August 29, 2017, that will be carried throughout the entire marathon, in support of mental health awareness.

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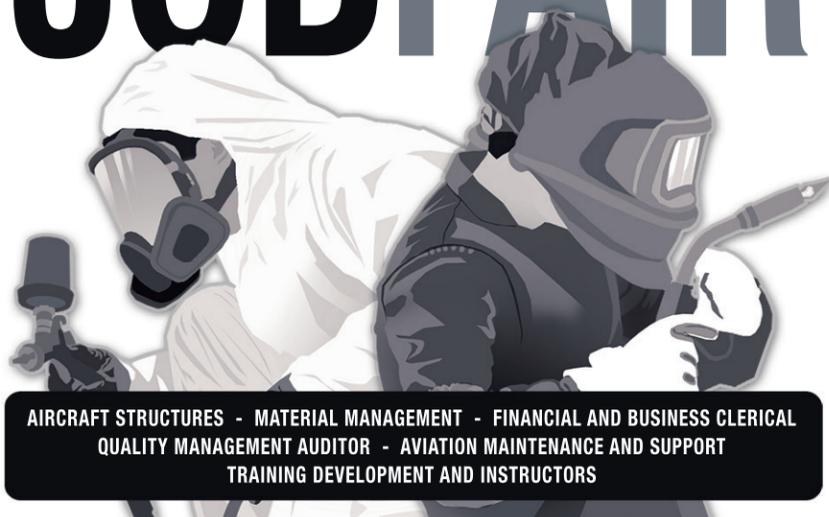
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Auction winners get sneak peek behind the scenes at 8 Wing

By Makala Chapman

Four lucky members of the community got a rare opportunity to look behind the scenes at Canadian Forces Bases (CFB) Trenton. Little did Quinte West resident Frank Meiboom know that when he purchased the tour package through a Frankford Youth Centre fundraiser, he would get the chance to fly a CC-130J Hercules aircraft in the flight simulator housed at the Air Mobility Training Centre (AMTC). He also didn't know he would be learning to shoot a rifle at the Small Arms Training Facility. But that's not all Meiboom and his wife, Bev, alongside their friends Dave and Teresa O'Neil got to do when they visited the base on August 24. Making their way over to the north side of the base, the visitors got the chance to speak with 8 Wing Trenton's air traffic operators at the air traffic control tower. There they learned what it takes to clear aircrafts for takeoff and to ensure inbound traffic lands without a hitch. On top of that, the Meiboom and O'Neil clan also got up close with one of the falcons trained to keep the airfield clear of other birds. Questions pertaining to the bird's diet, its routine and training were all covered at great length by the falcon's handler.

As for whether he felt his contribution money was worth it, Frank Meiboom said the tour was definitely worth it. "It's a lot better than what I really expected," he said, adding that the flight simulator was his favourite part of the tour. "You can actually appreciate what the (pilots) have to go through when they're flying over our heads." Captain (Capt.) Mike Munroe, the 8 Wing Trenton visits officer, said despite having done a number of tours throughout his career, the job never gets old. "Just to see the smiles on their faces, when they experience something that they haven't before, is great," he said. "It was a lot of fun see them experience the flight simulator because it's something that is very uncommon for the civilian population to experience." He added that while tours like the ones the Meiboom and O'Neil group were treated to are rare, they served as a great way to teach the civilian community about what goes on behind the gates at 8 Wing/CFB Trenton. "We have a really rich history of having a two-way support system between the military and the community and this is just one way we give back," he said, "providing experiences that people would not normally have here at 8 Wing to the civilian population."



Photos by Makala Chapman (from left to right) Captain Mike Munroe, Frank Meiboom, Bev Meiboom, Teresa O'Neil and Dave O'Neil stand outside of Headquarters at 8 Wing Trenton on August 25, 2017.



Teresa O'Neil lines up her aim as she gets ready to pull the trigger and shoot a digital bullet at the Small Arms Training Facility at 8 Wing Trenton on August 25, 2017.

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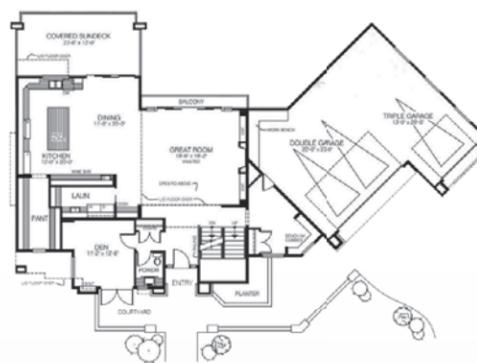
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This ultra-modern two-storey home boasts a dramatic roof line, as well as a three-vehicle garage that is set at an angle from the main building and connected to it by a mud room. The entry is sheltered by a narrow roof that slopes at a 45-degree angle, echoing those over the kitchen and dining area. Beyond the foyer, which features a double-height ceiling as well as a nearby powder room and coat closet, is the open-plan great room. Sliding glass doors open to a balcony overlooking the back garden, and built-in entertainment units flank the gas fireplace. A vaulted ceiling lends an airy feeling to the room.

The dining room and kitchen enjoy access to a covered sundeck at the back of the home, which will be ideal for year-round grilling. The kitchen is separated from the dining area by a prep island. Natural light will flood through the windows over the kitchen sink, and the L-shaped counter configuration will save steps for the cook. A built-in wine bar occupies one wall, and a large walk-in pantry offers extra storage space. A built-in desk adjoins the laundry room, which includes a double sink. Off the foyer is a den, with French doors that open onto a courtyard.

The mud room contains a handy bench and cubby holes, and is adjacent to the stairway to the second floor. Ceilings on the main floor measure 10 feet high, except in the great room, where the ceiling is vaulted. Upstairs, a railing protects the area open to the great room below. The master suite overlooks the back garden and includes an en-suite with a separate toilet and double basins, both of which will be welcome during the morning rush hour. For a touch of luxury, there's a soaker tub as well as a corner shower stall. The spacious walk-in closet will accommodate even the most fashion-

conscious couple's clothing and accessories. The second and third bedrooms overlook the front garden and share a three-piece bathroom. The triple-vehicle garage has space for an L-shaped work bench, and includes three small windows above the doorway to the single-vehicle portion. Exterior finishes include stucco, wood siding and brick accents. Narrow roofs shade the pantry and den windows and the French doors, with shingles on the rest of the roofline. A low brick wall surrounds the courtyard outside the den, as well as a large planter to the right of the entry.

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| September Events | <ul style="list-style-type: none"> • September 9-14 (National Soccer Championship at CFB Borden) • September 19-22 (Ontario Regional Golf Championship- CFB Petawawa) • September 21-22 (GCWCC 2nd Annual Slo-Pitch Tournament- RCAF Diamonds – Trenton) | October |
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Fall Lesson Session
September 19, 2017 – December 2, 2017

| Group Lessons | Classes | Time | Cost |
|-------------------------|---------|---------|-------------------|
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| | 10 | 30 Min. | Public \$101.70 |
| Swim Kids 5-6 | 10 | 45 Min. | Military \$98.80 |
| | 10 | 45 Min. | Public \$113.00 |
| Swim Kids 7-10 | 10 | 60 Min. | Military \$112.80 |
| | 10 | 60 Min. | Public \$120.50 |
| Adult Lessons | 10 | 45 Min. | Military \$98.80 |
| Adaptive Lessons | | | Public \$113.00 |

| Preschool Level | Mon/Lun | Tue/Mar | Wed/Mer | Thur/Jeud | Fri/Ven | Sat/Dim |
|---|--|--|-------------|---------------------------|-------------|-----------|
| Starfish Duck Turtle 6mo-3 yrs with Parent | **0900-0930 *1710-1740 1710-1740 | **0900-0930 *1635-1705 1600-1630 | **0900-0930 | **0900-0930 *1710-1740 | **0900-0930 | 0900-0930 |
| Sea Turtle | **0935-1005 | **0935-1005 *1635-1705 1600-1630 | **0935-1005 | **0935-1005 *1635-1705 | **0935-1005 | 1025-1055 |
| Sea Otter | **0935-1005 | **0935-1005 *1635-1705 1600-1630 | **0935-1005 | **0935-1005 *1635-1705 | **0935-1005 | 1025-1055 |
| Salamander | **1010-1040 | **1010-1040 1615-1645 | **1010-1040 | **1010-1040 | **1010-1040 | 1045-1115 |
| Sunfish | **1045-1115 | **1045-1115 *1745-1815 1650-1720 | **1045-1115 | **1045-1115 *1745-1815 | **1045-1115 | 0900-0930 |
| Crocodile Whale | **1045-1115 | **1045-1115 *1745-1815 1635-1705 | **1045-1115 | **1045-1115 *1745-1815 | **1045-1115 | 1010-1040 |

| Swim Kids Level | Mon/Lun | Tue/Mar | Wed/Mer | Thur/Jeud | Fri/Ven | Sat/Sam |
|--|-------------|--|-------------|---------------------------|-------------|------------------------|
| 1 | **1045-1115 | **1045-1115 *1745-1815 1650-1720 | **1045-1115 | **1045-1115 *1745-1815 | **1045-1115 | 0900-0930 |
| 2 | **1045-1115 | **1045-1115 *1745-1815 1635-1705 | **1045-1115 | **1045-1115 *1745-1815 | **1045-1115 | 1010-1040 |
| 3/4 | | *1820-1850 1745-1815 | | *1820-1850 | | 0935-1005 |
| 5/6 | | *1900-1945 1730-1815 | | *1900-1945 | | 0935-1020 |
| 7/8 | | *1825-1925 1820-1920 | | *1825-1925 | | 1100-1200 |
| 9/10 | | *Jr LG Club 1820-1920 | | *Jr LG Club | | 1120-1220 |
| Rookie/Ranger/Star Bronze Medallion | | 1800-1900 | | | | 1030-1130 0830-0930 |
| Junior Lifeguard Club | | 1900-2000 | | 1900-2000 | | |

Private Lessons Available fall session based on request and availability
 ** These morning lessons (10) are only offered for 2 consecutive weeks, with start date September 19.
 *These lessons (10) are offered Tuesday and Thursday evenings for 5 weeks, with start date October 17.
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For level descriptions, please visit <https://www.caconnection.ca/Trenton/Children-Teens/Aquatic-and-Arena-Programs/Aquatics/Children-Youth-Aquatics.aspx>



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Nouveaux programmes au CRFM de Trenton

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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 poupons, aux bambins et aux enfants d'âge préscolaire. Les heures d'ouverture flexibles de la succursale du CRFM à Belleville sont de 6h à 23h.

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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.

Family Day 2017

Sunday September 17, 2017

The Trenton MFRC invites military families to family day! From 11a.m. to 3 p.m. There will be face painting, a petting zoo, inflatables, local clubs and resources a free lunch and more. Come celebrate our 25th anniversary!

Journée familiale 2017

Le dimanche 17 septembre 2017

Le CRFM de Trenton invite les familles des militaires à célébrer la journée familiale! De 11 h à 15 h, il y aura: du maquillage pour enfants, un petit zoo, des structures gonflables, les clubs locaux et ressources communautaire un dîner gratuit et bien plus. Venez célébrer notre 25e anniversaire!

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 September 7 and 21 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 (le 7 et 21 septembre) 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.

Cook with Grace- Energy & Beauty Foods

Learn how to make foods that make you feel good inside and out. Grace will show you ingredients traditionally used in Asian cuisines to help you feel younger and healthier than ever!

September 27

6 p.m. to 8 p.m.

\$25 per person

At the Trenton MFRC

Cuisinez avec Grace-Nourriture pour la beauté et l'énergie

Apprenez à cuisiner de façon à mieux vous sentir à l'intérieur comme à l'extérieur de

vos corps. Grace montrera quels ingrédients utilisés traditionnellement dans la cuisine asiatique peuvent aider, plus que jamais, à vous sentir jeune et en meilleure santé!

Le 27 septembre

18 h à 20 h

25 \$ par personne

Au CRFM de Trenton

Home Alone Course

September 30th

This program prepares children ages 9-12 to be responsible when home alone.

9 a.m. to 3:30 p.m. at the Trenton MFRC

\$50 per child- Lunch is not provided

To register please contact MFRC Reception or email rabia.s@trentonmfr.ca with your questions.

Seul à la maison- Le cours

Le 30 septembre

Ce programme prépare les enfants âgés de 9-12 ans à être responsables lorsqu'ils sont seuls à la maison.

9h à 15h30 au CRFM de Trenton

50\$ par enfant- Le dîner n'est pas fourni

Pour inscription, veuillez contacter la réception du CRFM ou par courriel rabia.s@trentonmfr.ca.

Baby, Bounces and Books

Join Donna Kaye, early literacy specialist for Baby Bounces & Books. Four Monday mornings - September 11, 18, 25 & October 2 - from 10:00 to 11:00 a.m.

A fun rhyme time for parents & their babies birth to 12 months. Explore the joy of singing, moving and sharing books in a relaxed playful way.

This is a free group!

Please register with Trenton MFRC reception or susan.s@trentonmfr.ca / 613-392-2811 ext. 3317.

Bébés sautillants et livres

Joignez-vous à Donna Kaye, spécialiste en alphabétisation en jeune âge, pour Bébés sautillants et livres. Quatre lundis en matinée: les 11, 18, 25 septembre et 2 octobre de 10h à 11h.

Une période pour parents et bébés de 0 à 12 mois pour s'amuser avec les rimes. Explorez la joie de chanter, bouger et partager des livres de façon relaxante et cocasse. Gratuit (Offert en anglais seulement)

Inscrivez-vous, s.v.p. à la réception du CRFM ou susan.s@trentonmfr.ca / 613-392-2811 poste 3317.

Dance with France- Ladies Night

Learn to Samba with France's fun choreography!

Mondays starting September 25 at 6 - 7 p.m.

\$55 for 8 weeks

At 8 Wing Officer's Mess (Upper Lounge)

To register please contact MFRC Reception at 613-965-3575

Payment can be made by cash, debit or cheque; Deadline to register is September 22

Danse avec France La soirée des dames!

Apprenez le samba avec la chorégraphie amusante de France!

Les lundis débutant le 25 sept à 18h - 19h

55\$ par personne pour 8 semaines

Au Mess des officiers 8 Wing

Pour vous inscrire, veuillez contacter la réception du CRFM au 613-965-3575

Païement en cash, débit ou chèque; Date limite: le 22 septembre

Dance with France

Mondays starting September 25

Level 1- 7 pm - 8 pm Rumba & Salsa

Tuesdays starting September 26

Level 2- 6pm - 7pm Waltz & Foxtrot

Level 3- 7:15pm - 8:15pm Rumba Cha-Cha choreography

\$90 per couple for 8 weeks

At 8 Wing Officer's Mess (Upper Lounge)

To register please contact MFRC Reception at 613-965-3575

Payment can be made by cash, debit or cheque; Deadline to register is September 22

Danse avec France

Les lundis débutant le 25 septembre

Niveau 1: 19h - 20h - Rumba & Salsa

Les mardis débutant le 26 septembre

Niveau 2: 18h à 19h - Waltz & Foxtrot

Niveau 3: 19h15 à 20h15 - Rumba & Cha-cha chorégraphie

90\$ par couple pour 8 semaines

Au Mess des officiers 8 Wing

Pour vous inscrire, veuillez contacter la réception du CRFM au 613-965-3575

Païement en cash, débit ou chèque; Date limite: le 22 septembre

Al Anon meetings

The Hope & Serenity Group Al Anon meeting meets on Sundays from 7:30 to 8:30 p.m. at the Trenton MFRC.

Friends and families of problem drinkers will find understanding and support at Al-Anon meetings open to the general public. For more information, please contact Linda Reade 613-392-2811 ext. 4583 or linda.r@trentonmfr.ca.

Rencontre Al Anon

Les rencontres de groupe Al Anon Espoir et Sérénité ont lieu au CRFM de Trenton les dimanches de 19h30 à 20h30. Le groupe offre du soutien et de la compréhension aux familles de la communauté dont un membre souffre de problème de consommation d'alcool.

Pour information, contactez Linda Reade 613-392-2811 poste 4583 ou linda.r@trentonmfr.ca.

Classifieds

To Place an Ad: **613-392-2811** or **613-966-2034**
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8 Wing Chapel / Chapelle de la 8e Escadre

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 91 Namao Drive East
 91 Promenade Namao Est

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

**Services Times/
 Heures des services religieux**
 Protestant Service: 1100 hrs
 Service protestant: 11h00

RC Sunday Mass (Bilingual) at 0900 hrs
 Messe CR du dimanche en anglais à 9h00
 Messe CR du dimanche en français à 9h00
 Messe CR du dimanche bilingue le 4ième dimanche du mois à 9h00

RC Weekday Masses at noon
 Messes CR quotidiennes à 12h00

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

Another athlete from Trenton is heading to the Invictus games

By Martin Durkin

Retired Master Corporal (MCpl.) Warren Brace from 436 Squadron (Sqn.) is on his way to represent Canada in the Toronto Invictus games coming up in September.

"They sent out an email, and thought about for a while, and then I applied," said Brace.

After writing a blurb about himself including why he wanted to compete and represent team Canada, Brace was chosen. He will now be competing in three swimming events, as well as volleyball.

His best time in the pool right now is 39 seconds in the 50 metre freestyle.

"Anything better than that at my age is gold for me, and I know I'm going to get my butt handed to me because the games go by ability and not age," explains Brace who will be competing against people who have just learned to shave.

Swimming competitively as a kid, Brace says he wanted to try something at a different kind of level and the games just made sense.

"It's another way to represent Canada since I'm not wearing the uniform any longer," said Brace.

With 17 other countries involved, Brace is looking forward to meeting other competitors who are willing to put their abilities on the line while fighting their own day to day injuries or handicaps.

"Everyone is damaged or broke in one shape or another so it's really good to talk to people who are in the same boat as you," explained Brace who recently was afflicted with Bells Palsy.

Believing that the volleyball team has an excellent chance in getting through the preliminaries, the challenge will be constant as they have to compete from a seated position, and those with bad backs or knees will be feeling the woes of battle afterwards.

"You have to have part of your butt or shoulders on the floor when you hit the

ball," said Brace.

Serving in the Canadian Armed Forces (CAF) for 22 years, Brace was forced to retire recently after an injury. While in training camp for the games, Brace says he met a lot of athletes who he says are in worse shape than he is, and he found each person to be inspiring.

"It's not a disability, it becomes about your abilities," said Brace who watched athletes who were double amputees take to their events the way any professional athlete would, their head in the game.

With a sense of duty and timing and motivation, Brace says your training and life in the military quickly translates over to the games and the motivation isn't hard to search for.

"Everybody has served or is still serving so it's just like being back in the military environment again with everyone being tight knit and doing the best they can," explained Brace.

Beyond exhilaration, Brace said being able to call his mother and tell her he was swimming for Team Canada was a great personal moment, hearing her tears of joy coming over the phone.

"We are all veterans, and the games should be great fun," said Brace.

Recently diagnosed with Bells Palsy, Brace noted the doctors believe that he should recover in about a month or so, thinking that the setback is only temporary and related in part to the injury which put him towards an unwanted medical discharge.

"I'm just going to take a few days to figure things out and then back in the pool," said Brace.

Wanting to take the games in and come home with the best memories, Brace said he also wants to bring home a medal for Canada.

"I think Canada has a good shot at bringing home some hardware," said Brace, "Look out, we're coming!"



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Trenton MFRC and ADHD : A Family Matter Presents :

Raising Great Parents Workshop
Strategies for parents from infants to teens.
Saturday, September 23, 2017 from 10:00 am to 2:30 pm at the Trent Port Marina in Trenton, \$10.00 per person or \$5.00 via Webinar. This workshop is sponsored by Kay Stafford

For more information or to register please contact Orlana at orlana.b@trentonmfrc.ca or 392-2811 ext. 3953.

Le CRFM de Trenton se joint à ADHD : A Family Matter pour vous offrir : L'atelier Raising Great Parents

Des stratégies pour aider les parents de l'enfance jusqu'à l'adolescence.

Le samedi 23 septembre 2017 de 10h à 14h30 à la marina Trent Port de Trenton . ,10\$ par personne ou 5\$ par Webinaire. L'atelier est financé par Kay Stafford

Pour information ou pour vous inscrire veuillez communiquer avec Orlana au 613-392-2811 poste 3953 ou orlana.b@trentonmfrc.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.

Starting September 28th 2017 from 6:30 to 8 pm at the Trenton MFRC.

Starting September 25th 2017 from 6:00 to 7:30pm at the Belleville Branch

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

Commence le 28 septembre 2017 au CRFM de Trenton de 18h30 à 20h00.

Commence le 25 septembre 2017 à la succursale de Belleville de 18h00 à 19h30

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

SLED Program

Sled is a group-based life and social skill training program for adults ages 18-25 with special needs. This program will focus on social and life skill development by offering participants access to community resources as a way to foster and promote independent living. This program will take place in a local community center and in an outdoor education facility.

This 8 week program starts September 26th from 4:30 to 7:30 pm

To register please contact Orlana Bourgoin (613)392-2811 ext. 3953

SLED

Sled est un programme pour adultes de 18 à 25 ans aux besoins particuliers, qui met l'accent sur le développement des compétences sociales et des habiletés de vie personnelles. Sled offre aux participants l'accès aux ressources communautaires afin de favoriser et de promouvoir un mode de vie autonome. Le groupe se rencontre au centre communautaire local et visite aussi différents établissements communautaires.

Ce programme de 8 semaines débute le 26 septembre de 16h30 à 19h30. Pour inscription ou pour information communiquez avec Orlana Bourgoin (613)392-2811 poste 3953.

The Puzzle Project

For children ages 8 to 12

- Starting September 28th from 4pm to 5:30pm at the Trenton MFRC

- Starting September 25th from 3:30 to 5pm at the Belleville Branch

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. To register please contact Orlana Bourgoin : orlana.b@trentonmfrc.ca

Le Projet Casse-Tête

Pour les enfants de 8 à 12 ans

- Commence le 28 septembre de 16h00 à 17h30 au CRFM de Trenton

- Commence le 25 septembre de 15h30 à 17h00 à la succursale de Belleville

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 inscription communiquez avec Orlana Bourgoin : orlana.b@trentonmfrc.ca.

Special Needs Parent Support Group

Every 2nd Thursday of the Month from 6 to 7:30pm at the Trenton MFRC

Connect with other families in your community and discuss topics that effect and interest you. Gain support and insight from local families. This support group is for parents, grand parents, caregivers of persons with all special needs.

Please contact Orlana Bourgoin if you require childcare for the meeting : orlana.b@trentonmfrc.ca.

Groupe de soutien aux parents d'une personne aux besoins particuliers

Chaque 2e jeudi du mois de 18h00 à 19h30

au CRFM de Trenton

Venez rencontrer des familles de la communauté pour discuter des sujets qui vous concernent et vous intéressent. Ce groupe est offert aux parents, aux grands-parents et aux soignants de personnes au différents besoins particuliers.

Si vous avez besoin de service de garde pour la rencontre communiquez avec Orlana :

orlana.b@trentonmfrc.ca

Limitless Youth Night

Every third Monday of the month from 6pm to 8pm Do you want to meet new people, play games and have some fun? Then this group is for you! Inclusive youth social night for children with special needs, their siblings and friends ages 6 to 11. For information, contact Orlana 613-392-2811 ext. 3953 or orlana.b@trentonmfrc.ca.

Possibilités Infinies

Une soirée pour les jeunes chaque 3e lundi du mois de 18h à 20h. Veux-tu te faire de nouveaux amis, jouer et avoir du plaisir? Alors ce groupe est pour toi! Un groupe social inclusif pour les jeunes ayant des besoins particuliers, leurs frères et soeurs et les amis de 6 à 11 ans sont les bienvenus. Pour information communiquez avec Orlana Bourgoin 613-392-2811 poste 3953 ou orlana.b@trentonmfrc.ca.

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 Health 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! Dîner compris, halte-jeu, et transport disponible! Les mardis de 11h30 à 14h30. Au CRFM de Trenton, 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 reserve a place for your child, please 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'à jeudi midi au 613-965-3575. Le coût est de 5\$/heure pour le premier enfant et de 4\$/heure pour le deuxième et

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13 HYUNDAI ELANTRA GLS
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\$15,995
\$122
 bi-weekly
 72 mths @ 5.9%
 0 DOWN + HST



14 TOYOTA COROLLA S
 30643 Manual 6spd, 1.8 4cyl, FWD, keyless entry, fog lights, leather trim seats, heat seats, AC, CD, MP3, rev cam, Bluetooth, compass, ext temp gauge, pwr group, cruise. 71,348 km

\$14,495
\$97
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



17 FORD FUSION SE
 31061 Auto, 2.0 4cyl, AWD, fact remote start, alloys, pwr roof/seats, push btn start, leather, memory seats, heat seats/mirrors, AC, dual climate. 18,929 km

\$23,495
\$142
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



16 HONDA ACCORD EX
 30919A Auto, 2.4L 4cyl VTEC, fact remote start, alloys, pwr roof/seats, push btn start, heat seats, AC, dual climate, rev cam, park aid, Bluetooth, pwr group, cruise. 14,964 km

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



14 CHEVROLET SONIC LT
 30832 Auto, 1.4L 4cyl turbo, fact remote start, alloys, pwr roof, heat seats, AC, CD, MP3, sat radio, OnStar, compass, ext temp gauge, pwr group, cruise. 20,461 km

\$12,795
\$86
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



15 VW GOLF COMFORTLINE
 30863 Auto, 2.0L 4cyl TDI turbo, hatchback, alloys, leatherette, pwr seats, heat seats, AC, rev cam, Bluetooth, pwr group, cruise, Fender snd, touchscreen. 46,436 km

\$21,995
\$148
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



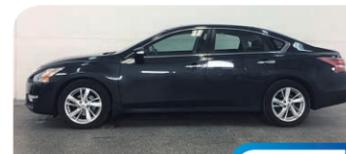
16 DODGE CHARGER SXT
 30648 Auto, 3.6L 6cyl, AWD, fact remote start, pwr roof/seats, push btn start, heat seats/mirrors, AC, dual climate, nav, rev cam. 32,381 km

\$26,995
\$163
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



15 CHRYSLER 200 C
 30170A Auto, 3.6L V6, fact remote start, alloys, pano roof, push btn start, leather, pwr seats, heat seats/steer, dual climate, nav, rev cam. 25,582 km

\$17,495
\$117
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



14 NISSAN ALTIMA SL
 30587 Auto, 2.5L 4cyl, alloys, pwr roof/seats, push btn start, leather, heat seats/steer, AC, dual climate, rev cam, Bluetooth, pwr group, cruise, Bose snd. 46,629 km

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



15 HONDA FIT LX
 30636 Manual 6spd, 1.5L 4cyl, hatchback, keyless entry, heat seats, AC, CD, MP3, rev cam, Bluetooth, compass, ext temp gauge, pwr group, Honda link, touchscreen. 100,814 km

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



16 HONDA HR-V EX/L
 30818 Auto, 1.8L 4cyl, AWD, alloys, pwr roof, push btn start, leather, heat seats, AC, dual climate, nav, rev cam, Bluetooth, lane depart warn, fwd collision warn. 34,861 km

\$26,995
\$163
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



17 KIA SPORTAGE LX
 30797 Auto, 2.4L 4cyl GDI, AWD, keyless entry, roof rack, alloys, fog lights, tint windows, heat seats, AC, MP3, sat radio, rev cam. 35,501 km

\$24,195
\$146
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



17 DODGE DURANGO GT
 30816E Auto, 3.6L V6, 7pass, AWD, fact remote start, alloys, pwr roof/seats, leather, memory seats, heat seats/steer, 3 zone climate, rev cam. 35,586 km

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



17 NISSAN MURANO SV
 31010E Auto, 3.5L V6, AWD, fact remote start, alloys, pano roof, push btn start, pwr seats, heat seats, AC, dual climate, rev cam, park aid, 23,768 km

\$32,495
\$196
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



17 NISSAN PATHFINDER SL
 31030E Auto, 3.5L V6, 7pass, fact remote start, alloys, push btn start, leather, pwr seats, memory seats, heat seats, 3 zone climate. 15,839 km

\$34,995
\$211
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



12 DUCATI MULTISTRADA S
 30746 1200L, Brembo brakes, hard saddle bags, multiple pwr modes, all originals, low kms, 150HP. 14,016 km

\$12,495
\$111
 bi-weekly
 60 mths @ 5.9%
 0 DOWN + HST



16 BMW 528i XDRIVE
 30848 Auto, 2.0L 4cyl twin power turbo, AWD, pwr roof, push btn start, leather, memory seat, heat seats/steer, dual climate, rev cam, park aid. 50,681 km

\$38,995
\$236
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



17 GMC TERRAIN
 31027E Auto, 2.4L 4cyl ecotec, AWD, keyless entry, alloys, econo mode, AC, MP3, sat radio, rev cam, OnStar, compass, ext temp gauge. 25,950 km

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



15 HONDA ODYSSEY EX/L
 31017 Auto, 3.5L V6, alloys, pwr roof/seats, push btn start, leather, memory seats, heat seats, 3 zone climate, DVD, nav, rev cam, park aid, cruise, Honda Link, pwr slide doors/liftgate. 30,561 km

\$34,995
\$235
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



14 DODGE RAM 1500 OUTDOORSMAN
 30852 Auto, 5.7L V8 Hemi, 4x4, trailer hitch, alloys, push btn start, pwr seats, AC, rev cam, park aid, U-connect, pwr slide rear window, heat mirrors, cruise, leer truck cap. 158,388 km

\$19,995
\$134
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



14 KIA RIO LX
 30893 Manual 6spd, 1.6L 4cyl GDI, hatchback, keyless entry, heat seats, AC, CD, MP3, sat radio, Bluetooth, compass, ext temp gauge, pwr group, cruise. 48,051 km

\$9,995
\$67
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



15 VW PASSAT COMFORTLINE
 30875 Auto, 2.0L 4cyl turbo TDI, keyless entry, alloys, pwr roof/seats, leatherette, heat seats, AC, dual climate, nav, rev cam, park aid, Bluetooth, pwr group, cruise. 45,704 km

\$24,995
\$168
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



16 JEEP GRAND CHEROKEE LTD
 30971 Auto, 3.6L V6, 4x4, fact remote start, pwr roof, push btn start, leather, pwr seats, memory seats, heat seats/steer, dual climate, nav. 20,536 km

\$37,995
\$229
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



17 DODGE GRAND CARAVAN CREW
 31037 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. 30,894 km

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



14 DODGE RAM 1500 LTD
 30846 Auto, 5.7 V8 Hemi, 4x4, fact remote start, pwr roof/seats, push btn start, leather, heat/cool seats, AC, dual climate, nav, rev cam, park aid front/rear, U-connect, cruise. 48,598 km

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

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