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Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

Canada sends supplies to victims of Hurricane Harvey



Photos by Makala Chapman
A CC-130J Hercules carrying supplies such as baby food, cribs and more heads to Houston, Texas to help provide relief for the thousands impacted by Hurricane Harvey on September 3, 2017.

By Makala Chapman

Canada is stepping up and doing its part to help the victims of Hurricane Harvey. Before the crack of dawn on Sunday, crews at 8 Wing Trenton could be seen preparing more than eight pallets of cargo set for departure to Houston, Texas. The shipment included supplies like baby food, toiletries, mattresses, cribs and more.

In a written statement issued by the Department of National Defence, it was said that the United States had been quick to accept the relief offered by the Canadian government through its Federal Emergency Management Agency (FEMA).

Continued on page 9
Hurricane Harvey is reported to have



Members of 2 Air Movements Squadron prepare a pallet for shipment at 8 Wing Trenton on September 3, 2017.

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Pictures of the week



Photos by Ordinary Seaman (OS) Paul Green
The Canadian Forces Snowbirds and Canadian Forces CF18 Demo Team fly over Nathan Phillips Square in Toronto on September 1, 2017.



A CP-140 Aurora flies over Nathan Phillips Square in Toronto during the RCAF Colours ceremony on September 1, 2017.

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Photo by Corporal Kailasapathy Vignestvaran.

Wing Logistics and Engineering Picture of the Week

By Master Corporal (MCpl.) Adam van der Velden

Aviator Shatford, Corporal (Cpl.) Abbasi and Cpl. McIlroy are conducting verifications on the Wind and Altimeter Digital Display System (WADDS) equipment, as part of the automatic terminal information service (ATIS) technician on-the-job training (OJT).

They are working on the Runway Visual Range (RVR) System for preventative maintenance, to verify procedures and to ensure the equipment is serviceable and accurate.

The readings from the RVR are used to determine how much visibility is outside and how far the pilots can see. This information is also passed on to the meteorological technicians for forecasting or advising of the current weather.

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Sports & Recreation



September Events

- I/S Golf Playoffs (September 5-26)
- I/S Slo-Pitch Playoffs (September 12-14)
- 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

- I/S Golf Finals & Tournament (October 3)



Safety



Soaking Up the Rays Isn't Such a Good Idea

Even young healthy skin can get cancer by too much exposure to ultraviolet (UV) rays. In fact, most of the damaging UV radiation we get comes from sunlight.

There's no such thing as a safe suntan, experts say. There are no safe UV rays and skin and the eyes are the parts of us most likely to be damaged by UV.

The number of new cases of skin cancer in Canada is going up fast, and so is the number of deaths caused by the most serious form of skin cancer. Melanoma is the worst type of skin cancer, and causes more than 75 per cent of deaths related to that type of cancer.

A person who also wants the bronzed look might not have considered the fact that so much sun exposure can prematurely age skin and bring wrinkles to the skin, cataracts and other eye problems as well.

This is the profile of someone with an increased risk of skin cancer:

- Spends many hours outdoors.
- Has fair skin and light colored hair. (Redheads and blondes are also more at risk than dark-haired people).
- Doesn't tan readily; freckles or burns first.
- Has many moles.

Outdoor workers can take steps to protect against UV radiation and skin cancer:

- Wear clothing that doesn't let much visible light through to your skin.
- Use sunscreen with sun protection factor (SPF) of at least 15. This blocks 93 percent of burning UV rays; SPF 30 blocks 97 percent.
- Wear a wide-brim hat.
- Wear sunglasses rated for blocking 99 or 100 percent of UV.
- Limit your exposure to intense sunlight — when the sun is higher in the sky.

Examine your body regularly or have your spouse keep an eye on it, because if you detect it early, skin cancer can almost always be cured.

The early-warning sign is a spot on your skin that changes in size, color or shape over a period of one month to one or two years. Basal cell and squamous cell are the names of the most common skin cancers.

They often look like a red scaly visibly outlined patch; or a wax-like pale pearly knob; or a sore that doesn't heal. The most serious, melanoma, often begins as a small growth looking like a mole. If you find an unusual skin change, see a medical professional.

Remember, your exposure to UV depends on how strong the sunlight is, how long you're exposed to it, and whether your skin is protected. Consider whether that dark suntan is worth the risk.

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Fundraiser for military wives choir headed to Invictus Games



By Makala Chapman

In less than two weeks, Trenton's Military Wives Choir will be in the international spotlight as they help kickoff the 2017 Invictus Games.

Joining the other nine chapters of the Canadian Military Wives Choir (CMWC) from across the country, the Trenton team will perform "Invincible" by English soprano Laura Wright – who will also perform with the group.

Formed just a little over a year ago, the volunteer-based musical team has 17 members, both military and civilian. But before the local musicians can make their way to Toronto for the game's open-

ing ceremonies, they must raise enough funds to help them with their expenses.

In order to do so, the choir will be holding a fundraiser concert on Saturday, September 9 at Canadian Forces Base (CFB) Trenton's chapel at 6:30 p.m.

"Come out and here us sing," said Jenna Babin, president of the Trenton choir. "It will be a lot of fun."

She added that tickets to the event would be \$10 per person or \$20 per family.

The funds will be used to help pay for the women's travel costs and other amenities.

Having already collected just over the \$500 mark, the choir is looking to raise another \$2,000 said the choir's music di-

rector Corrie Hauk.

"I think the vision is to bring the community together through music," she said. "Music does so much for the soul."

As for why the community should support the choir, Hauk said going to the Invictus Games to perform was a unique opportunity that would serve as a chance to highlight some of the area's local talent.

Chiming in, Babin noted that she couldn't have been more thankful for the support the group has already received.

"Colonel Mark Goulden was super excited to hear that there is a community choir," she said, adding that he has asked the group to perform at various military

events.

In addition to the concert, the choir is raising funds by taking pre-orders of doughnuts from Dooher's Bakery in Campbellford.

Those interested in donating through the purchase of the baked goods can contact the choir on Facebook or through email at canadianmwc.trenton@gmail.com.

Orders must be in by September 9 and the doughnut pickup will be held on September 14 from 3 – 6 p.m. at Smylie's Your Independent Grocer in Trenton.

The choir is also raising funds through the crowdsourcing site gofundme.com.

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.

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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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Canadian Armed Forces to patrol skies over Romania

Submitted by the Department of National Defence

The Canadian Armed Forces (CAF) is sending about 135 CAF personnel, and four Royal Canadian Air Force CF-188 *Hornets*, to Constanta, Romania, to participate in NATO enhanced Air Policing from September to December 2017. "The Canadian Armed Forces is committed to the principle of collective defence of the Alliance, which is at the very heart of NATO's founding treaty," said Lieutenant-General Steve Bowes, Commander of Canadian Joint Operations Command. "Our military personnel are well-trained and committed to contribute to NATO enhanced Air Policing that ensures the integrity of Allies' airspace. "They are proud to work on behalf of Canadians, projecting the best of what Canada has to offer," he said. This mission is part of Operation Reas-

urance, Canada's contribution to NATO assurance and deterrence measures. Air Task Force Romania will augment the Romanian Air Force's capability to preserve the integrity of its airspace. "An Air Task Force is an agile and flexible organization that is always ready to employ air power and provide support wherever and whenever Canada requires," said Lieutenant-Colonel Mark Hickey, Commander, Air Task Force Romania. "Our Air Task Force in Romania is proud to participate in the cooperative defence activities that support NATO's enhanced Air Policing." NATO Air Policing has been part of Alliance assurance and deterrence measures since 2014. These measures demonstrate the collective resolve of Allies to protect NATO territory and populations.



Photo by Private Mylene Bissonnette
At CFB Bagotville, Quebec, members of the Airfield Activation Team deployed on Operation Reassurance board a CC-177 Globemaster bound for Romania on August 11, 2017.

Photo by Corporal Justin Roy
Royal Canadian Air Force CF-188 Hornet aircraft and aircrew execute a flypast as they depart 4 Wing Cold Lake, Alberta, on August 16, 2017, for their deployment to Romania on Operation Reassurance.



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Rehabilitative exercise: Sweat, effort and sometimes tears

By Makala Chapman

Helping members of the military recover from injuries like broken bones, strained muscles and lower back pain so happens to be Trish Ptasinski's specialty.

As Canadian Forces Base (CFB) Trenton's lead physical exercise specialist, she said she has helped rehabilitate dozens of clients who once worried their injuries would end their military career.

But she proudly added that in her time at 8 Wing Trenton, she has yet to have any of her direct clients fail their fitness for operational requirement of the Canadian Armed Forces employment test – also known as the FORCE test.

While being physically fit is helpful, Ptasinski noted that the test merely serves as a tool to measure occupational readiness and one's ability to perform tasks that could be required of them at work.

But for injured military personnel, passing the test can be tricky and that's where Ptasinski said her services could be of particular use.

"A lot of the people I work with are in considerable amounts of pain," she said, "but it's all up to them. I can tell you to do something but if you don't do it, then that's not going to get you to your goal."

But through a lot of sweat, effort and sometimes tears, it is possible to reach what was once an unattainable goal, said Ptasinski. While clients go through several rehabilitative exercises, like strength and mobility training, it's by no means a walk in the park, she added.

"It doesn't just mean stretching," she said, "deadlifts, squats, bench presses, it all depends on where (a client) is coming from and where they need to be."

Having suffered a workplace injury of her own in the past, Ptasinski said she understood both the physical and mental toll an ailment can take on an individual.

"I became an exercise physiologist because I have injured myself and I've been through the



Photo by Makala Chapman

Physical exercise specialist Trish Ptasinski at CFB Trenton helps bring injured military members back to operational standards through rehabilitative exercise.

rehabilitative process," she said. "It's hard when you're injured and when you're used to performing at a high level, because it takes you down a peg."

But judging no one, Ptasinski said helping her clients reach their desired goals was her main objective.

One of Ptasinski's former clients includes Lieutenant Navy (Lt(N)) Mary Anne VanHeuvelen, who said she suffered from a fractured tibia after slipping on black ice a few years ago while stationed in Saint Jean, Quebec.

Through the struggles of an initial misdiagnosis, chronic pain and months of rehabilitation, Lt(N) VanHeuvelen said she was

uncertain of her future. "I was terrified that it was going to be the end of my career," she said. "The fact that I was living everyday in pain, it really did cross my mind that I might be done and I love what I do."

But getting to the point of being able to walk and not be in pain wasn't an easy journey, said Lt(N) VanHeuvelen, who is now a proud graduate of the rehabilitation program.

"There were days when walking wasn't particularly comfortable," she said, adding that the exercises had initially caused her even more pain, "but we would work through it."

She added that some sessions

she would do upwards of 200 squats and while hard in the moment, it had been worth it.

"I didn't want to get up for the next 40 or 50 years and go 'Oh I hurt!'" she said, "but to know I don't have to do that and I don't do that is fantastic."

Addressing those who may be hesitant about joining the program, Lt(N) VanHeuvelen said they had nothing to lose and to give it a shot.

As for some injury prevention tips, Ptasinski said to make sure that if you find yourself sitting stationary for too long, make sure to get up and move around.

"We sit too much," she said.

"Studies show that 20 minutes

of sitting will show degenerative aspects on the spinal tissues.

Now just standing up in that 20 minutes is going to prevent that."

She added that being mindful of posture would also help prevent potential back injuries.

"You only have one body and it's you who needs to take care of it," she said. "You have to take onus of your own health."

Ptasinski's services are available, free of charge, to injured members of the military through referral from the 24 Canadian Forces Health Services Centre located on the Base.



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426 (T) Training Squadron: The Vintage Zappers

By Warrant Officer Brad Adams

With our upcoming 75th Anniversary of 426 Thunderbird Squadron, I can't think of better way to commemorate this milestone by zapping a local CC-130J Hercules squadron aircraft. Our artistic designers Carly Spencer and Trish Hupé presented their intuitive design for the 75th anniversary logo to our Sqn's CoC. Since all the aircrafts owned by 426 Sqn are hanger queens of the Air Mobility Training Center (AMTC) and Hercules Training Facility (HTF), which

will never be airborne again, we needed to find a more suitable canvas. The plan to "Zapp" a 436 Sqn aircraft in the form of Tail Art was conceived and Aircraft CC-130J Hercules 610 was a perfect candidate. A "Zapper" is a squadron crest or patch made in the form of an adhesive sticker/ decal or paint. Every squadron in the free world has them made and distributed to their pilots and ground crews. Then it is the duty of squadron members to "distribute" them in the most creative manner possible.

This usually requires placing them in the hardest possible spot to reach on an adversary's aircraft. Tail or Nose art thrived in its infancy during WWII when servicemen had more freedom to alter their aircraft. Although the military never officially sanctioned nose art, it unofficially approved it as a morale-booster which derived a sense of pride and identification. 426 Sqn has managed to tie both Zapping and Tail Art into one creative, morale-building pursuit and as a great way to commemorate our 75th anniversary.

Painting an image requires a more formal procedure today than 75 years ago. When 426 Sqn submitted a request to the 8 Wing Commander to have our newly designed 75 Anniversary design displayed on our sister squadron's aircraft as tail art, it was graciously approved. 436 Canuck Sqn is proudly showing their Thunderbird spirit with every flight AC 610 endeavours upon.



Submitted photos



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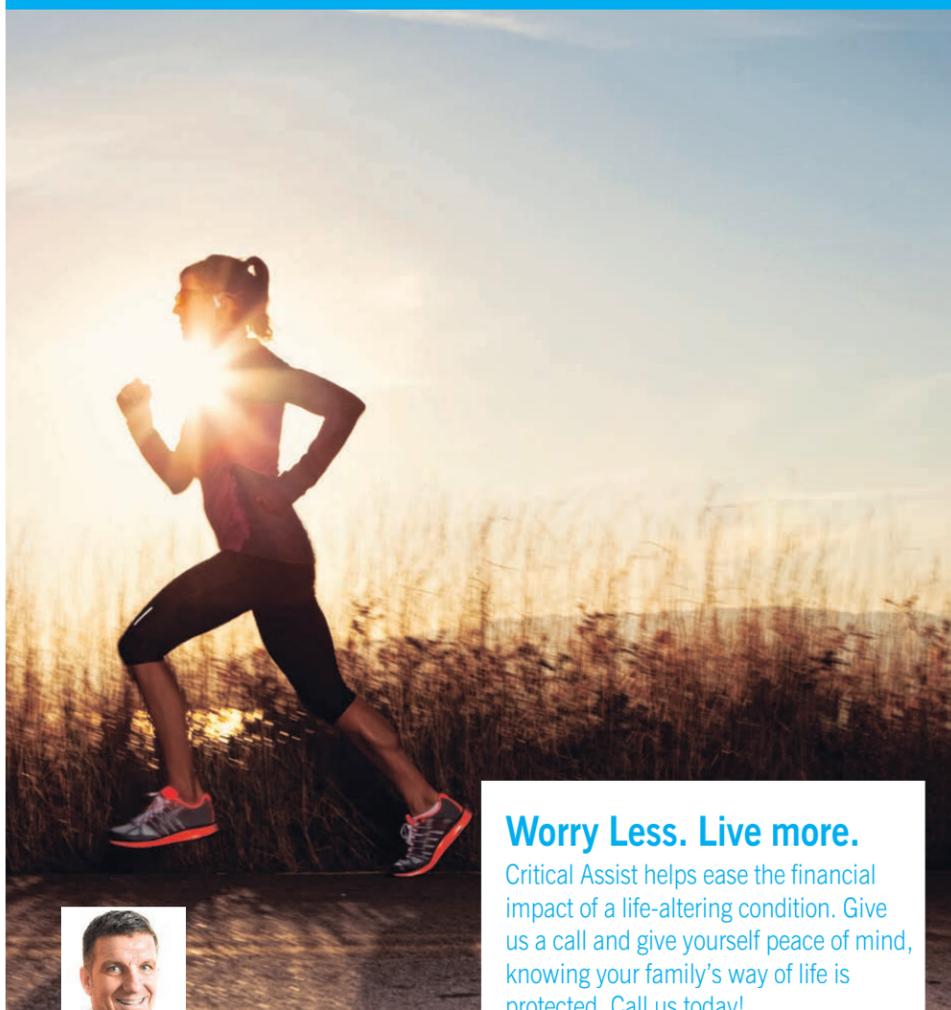
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By Master Corporal (MCpl.)
Mikael Charbonneau-Lemaire

The wonderful sport of Triathlon continues to grow in the beautiful Quinte West region. This year, a total of four participants had the chance to qualify and represent CFB Trenton at the Canadian Armed Forces (CAF) National Triathlon Championship. The Trenton team went to Gatineau to compete in both official races (Sprint and Olympique). The members were very well received by the organizing committee with a pre-race dinner followed by a briefing and a speech by our Patron Mgen. Drouin. The next morning was the moment of truth for the athletes. On the starting line we had Capt. Paul Couillard and Cpl. Gonzalo Espinosa covering the sprint distance while Sgt. Patrick Simoneau and MCpl. Mikael Lemaire were in the Olympic category. As soon as the gun sounded, all the athletes rushed into the calm waters of Lake Leamy like a shoal of fish. There were the 1,500 metre for the Olympic distance and 750 metre for the Sprint to cover. Swimming can be rather tough during a mass start but fortunately our athletes emerged unscathed. Once the swim was over, triathletes got rid of their wetsuits, put on their helmets and rushed out of the transition zone.

In the saddle for 40 km or 20 km for the sprint, the athletes had to ride their bikes on a very sinuous and bumpy circuit. After a constant effort on the bike and rather tired legs, our athletes entered the transition zone to put on their running shoes. Similar to the bike course, the race course was flat and fast. The four men took off vigorously for an infernal 10 km



Photo submitted

(Olympique) or 5 km (Sprint) race. At that time, the camaraderie between CAF athletes was stronger than ever on the circuit. We had encouraged one another while suffering in silence. What a great experience. You have to cross the finish line at least once to appreciate the benefits of outperforming your personal expectations and the immense satisfaction you get out of it.

At the national level, the Trenton team did not manage to win medals. On the other hand, our members remained united and represented CFB Trenton in an exemplary fashion. The triathlon was followed by a post-race dinner and a medal ceremony for the winners of different categories. With the 2017 championship behind us, we can afford a break without slacking too much since the 2018 championship is approaching quickly.

I would like to thank all of Trenton's athletes for their hard work and also invite all of those interested in the sport to continue to train hard.

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Continued from page 1

Hurricane Harvey is reported to have caused more than 750,000 people to evacuate their homes, due to issues like flooding, with an additional 1.1 million people still under a voluntary evacuation order along the Gulf Coast.

Flying the CC-130J *Hercules* full of supplies from 8 Wing Trenton to Lackland Air Force Base, Texas was United States Air Force pilot, Major Kimberly Sercel.

Sercel, who is on a military exchange in Canada, said getting to fly the much-needed supplies to her home country was an honour.

"When something like this happens, you always hope you can help out," she said. "I'm glad I can take part in it and bring supplies down."

As for her precious cargo, she said it was crucial to get it down to Texas as soon as possible as it was badly needed.

"It is an essential flight," she said. "I know they're hurting down in Texas and I know that a lot of people in the U.S. are gathering all of their supplies and trying to go help out, so I'm glad we can be a part of it."

Helping load the cargo into the back of the CC-130J *Hercules* was Master Corporal Jarrod Conroy with 436 Transport Squadron of 8 Wing Trenton.

He noted that in order to successfully deliver the materials to their destination, a lot of work and planning had to be done. As the aircraft's loadmaster, Conroy said he was responsible for making sure the plane would be able to safely fly and land the more than 24,000 lbs. of cargo freight on board.

"It's filled right to the brim," he said. "Today's load was very straightforward and the load went on without any issues."

He also credited the crew at 2 Air Movements Squadron (2 Air Mov Sqn) for making sure the palettes for shipment were properly packed and noted that the mission could not have been done without a huge support team.

Conroy added that humanitarian relief missions, such as the delivery of supplies to Houston, was the perfect example of countries working together to help combat times of crisis.

"It's extremely important to be able to help out members not only of our country but of our allies," he said. "It's part of our mandate to defend our allies and ourselves, as well as being able to provide equipment and support around the world."

Canada's Defence Minister Harjit Sajjan also praised the Royal Canadian Air Force (RCAF) for their contribution to the relief efforts in Houston.

"Like all good neighbours, Canada and the United States are there for each other in times of crisis," he said in a written statement. "Canadians can be proud that the Royal Canadian Air Force is well-suited to humanitarian missions at home and abroad thanks to its agility, flexibility and professionalism."

He further noted that the government would continue to work alongside the United States and FEMA at their request, and if additional relief is needed.

Another shipment of cargo, which includes items like bed linens, is set to depart from the base on Monday.



Major Kimberly Sercel with the United States Air Force is on a military exchange in Canada and said she's honoured to be flying the much-needed supplies to her home country on September 3, 107.



Eight large pallets containing supplies for victims of Hurricane Harvey are loaded into the back of a CC-130J Hercules at 8 Wing Trenton on September 3, 2017.



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Support Our Troops

RecPlex Summer Kidz Kamp wraps up its 20th year

By Makala Chapman

Another successful year at the RecPlex Summer Kidz Kamp has come and gone after more than 20 years in operation.

Averaging about 50 campers a week, more than 400 children from both military and non-military families got the chance to take part in activities such as field trips to the zoo, crafts, sports and more.

But this summer camp is nothing like other programs in the area, said the camp's youth coordinator Meghan Enwood.

"We really try to make ourselves stand out from other camps by utilizing our resources around us," she said, adding that being located at Canadian Forces Base (CFB) Trenton has had its perks. "They get to experience things that maybe they don't get to experience throughout the year because we are affiliated with the military."

Enwood noted that some of those benefits have included getting the chance to meet and learn about the members of the fire department, search and rescue technicians and the military police.

In previous years, campers have also been treated to demonstrations from the Canadian Armed Forces (CAF) parachute team, The SkyHawks.

As a military wife with children of her own, Enwood said she understands the importance of having programming available for military families.

"We get a lot of kids that are experiencing separation anxiety (when their parent goes on deployment)," she said, "but the campers become a community. Our goal is to make them feel safe and happy."

Having been a part of the camp for the past 17 years, Enwood also added that the program had been especially important to her because she got to help develop it into the program it is to this day.

"I love this camp," she said. "I'm looking



Photo by Makala Chapman

The RecPlex Summer Kidz Kamp served more than 400 children in the community this year and offered activities like crafts, sports, field trips and more.

forward to seeing everyone again next year."

Tossing around a large hula-hoop and laughing with his friends was 10-year-old Noah Menard.

For the young camper, he said he couldn't wait to come back next year and that he couldn't believe all the things he had done over the course of the week.

"We went canoeing, swimming and we went to the zoo," he said, adding that this had been his first time at the camp. "I

want to come back because we go on a lot of trips and it's fun."

He also noted that since his mother worked at the Base, he was excited to learn more about what everyone else does at the Wing.

As for eight-year-old Shyloh Neal, she said her favourite part about the camp was getting to try new activities — like canoeing.

But for the pint-size camper, what she said she was going to miss the most was

her camp counselors and everyone she had met.

"My most favourite thing was having fun and making some friends because we got to talk and play," she said. "I'm pretty sure I'm coming back next year."

To round off this year's activities, the campers and their families celebrated with a barbecue and slideshow on September 1.

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PHOTO: JEFFREY

Corporal Morton-Popiel of CFB Trenton headed to the Invictus Games

The Invictus Games in Toronto are fast approaching and 8 Wing Trenton along with Quinte West will be well represented by local athletes.

Corporal (Cpl.) Mik Morton-Popiel is just one of four athletes from Trenton who will be participating in the games as a cyclist.

"I figured I couldn't pass up the opportunity to represent my country in my country," said Cpl. Morton-Popiel.

Always wanting to chase his own competitiveness, this will be his first sanctioned race. With a passion for cycling and bikes since he was a young child, Cpl. Morton-Popiel believes being part of the cycling team for Canada is simply a natural fit.

Consistency and intensity are part of his focus in training daily for the games. Time in the saddle for training equates to about 12-hours a week pedaling, and then hitting the gym afterwards as much as possible in cross training.

"I want to push the limits within myself and also push the limits of my teammates because there are guys on the team who I know can go and win, and if I can help in that, I'll be happy," explained Cpl. Morton-Popiel.

Competing in the individual time travels, known as the 'race of truth', because it's just you against the clock, Cpl. Morton-

Popiel is also looking forward to the team racing, and while in that event there can still be one winner, he says it team tactics that pushes individual across the winning line.

With just over 30 on the cycling team, Cpl. Morton-Popiel says the team is extremely strong and talented athletes who are full able bodied, to hand cyclists, as well as one participating athlete who is legally blind.

"He is actually just shy of 60, and he will be pushing us," said Cpl. Morton-Popiel.

Knowing that Australia, the U.S, French, and Dutch are sending teams, Cpl. Morton-Popiel says Canada will have to bring their 'A' game, in order to succeed.

Cpl. Morton-Popiel also says that cycling is on the rise for popularity within Canada, and while depending on where you live within the nation and the weather you face, there is a bike for everyone.

"For me, if it has two wheels, I love it. I have six different types of bikes, my wife has three of her own, and my kids each have two," said Cpl. Morton-Popiel who jokes his truck does not fit in the garage.

Spread coast to coast, the team works in tandem through social media, and with special apps including one called STRAVA, they can track and train together no matter where they live or

are posted.

While Cpl. Morton-Popiel has many plates spinning at the moment, which includes moving from Army to Air Force, his new business, a wife and two little boys, the Cpl. Says that's simply life.

"I'm not in the corner sucking my thumb, if you learn to balance things, you can be part of exciting things like Invictus," said Cpl. Morton-Popiel. "I've never had a boring life, but it is a lot at times and I need my wife to check in with me and I need to check in with her to keep it balanced."

Of course, he didn't exactly tell anyone when he first signed up for Invictus. Once being chosen though, his wife's reaction was one of pride coming out in a large smile, and his kids loved seeing the uniform.

"Actually I think my kids are more excited about me going into the Royal Canadian Air Force (RCAF)," laughed Cpl. Morton-Popiel.

With 22 years in the Infantry, Cpl. Morton-Popiel says switching over to the RCAF made sense from a technical aspect, and it was time for a change.

And as they say, *it's not the years, it's the miles*, and Cpl. Popiel understands that injuries can catch up with you. But by switching over to the RCAF, the Invictus games will keep

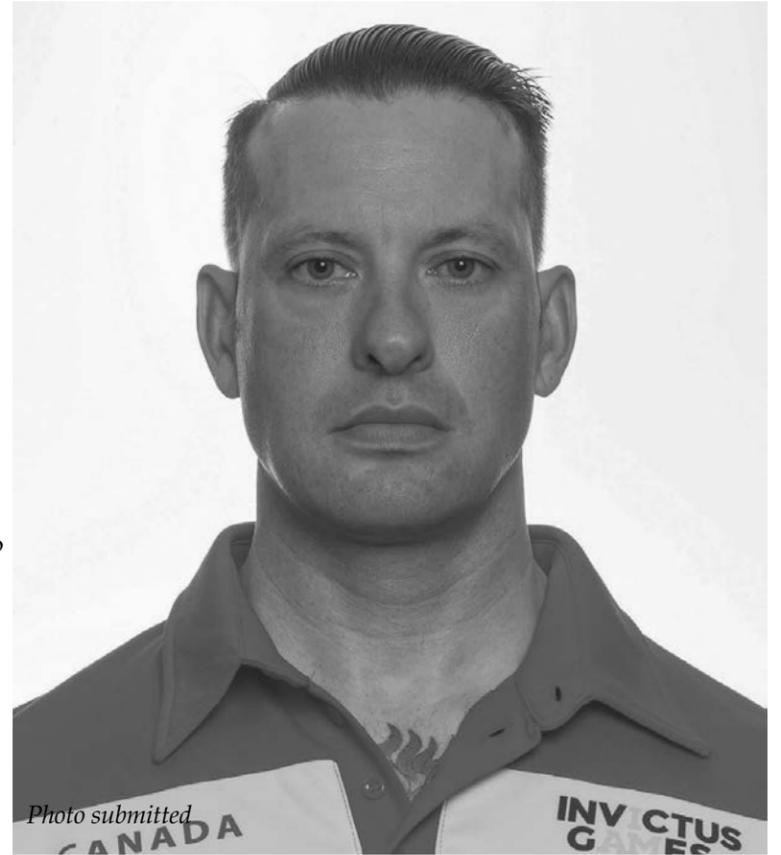


Photo submitted

his complete spirit going, learned in his lifetime will be give him the drive he always coming with him to the competition and the opposition better be ready.

"I want to use this to motivate, me to keep cycling, and drive me to keep training," said the Cpl.

Ready to head to Toronto this month, Cpl. Morton-Popiel, says all the lessons he has ready."

Home of the Week

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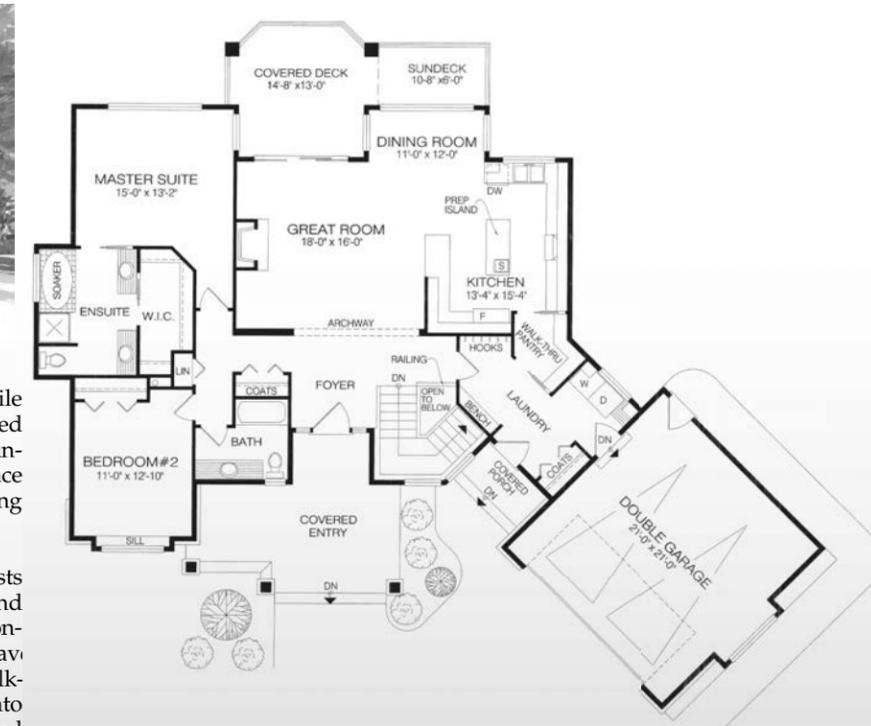
This attractive two-bedroom home is designed for a lot that slopes to the back. The unusual lay-out means the garage, along with the extra-large laundry room/mud room, extends at an angle from the main part of the home, creating a V-shaped stairway to the unfinished basement included with the plans.

The spacious covered porch at the entryway is large enough to accommodate potted plants and some outdoor furniture, perfect for summertime evenings. The foyer, with stairs to the basement on the right and a coat closet to the left, leads directly through an archway into the great room.

ing cooler months, while sliding doors to a covered deck, with its adjacent sun-deck, will ensure the space is equally appealing during the summer.

The roomy kitchen boasts a central prep island, and the G-shaped counter configuration promises to save steps for the cook. A walk-through pantry leads into the laundry room/mud room and from there into the double garage, which features a bay window on one side.

The master suite overlooks the back garden for privacy, and includes a spacious en-suite with a soaker tub



with a window, as well as a separate shower stall. Access to the walk-in closet is through the en-suite.

The second bedroom boasts a window with an extra-deep sill. There is a four-piece bathroom next door.

The home's exterior includes partly-mullioned windows, shingled gables, decorative wood and stone accents, and painted trim. The garage has handsome barn-style doors, topped by a narrow strip of windows.

Plan No: 1-2-624

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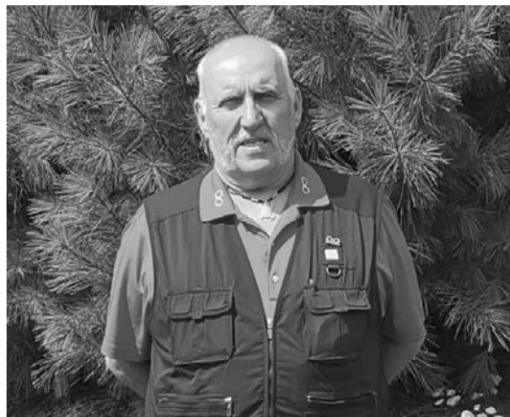
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YOUR INDEPENDENT GROCER

Lunch and Learn: Metis Dot Painting

The 8 Wing Defence Aboriginal Advisory Group will be hosting a Metis Dot painting workshop on Thursday, September 21st, 2017. The event will be held at the Caribou Lodge which is located at the Aboriginal Gardens, from 1130hrs-1300hrs. The workshop will be instructed by Guy Mandeville, one of the 8 Wing DAAG members. Participants will be provided with the materials free of charge to produce a Metis Dot Painting. There are 20 spots available for this workshop

This workshop is open to military, spouses & civilians (+14 above). Please register at either of the following email addresses: Anne.Christenson@forces.gc.ca or Denice.Zoretich@forces.gc.ca



Photos submitted
Guy Mandeville, one of the 8 Wing DAAG members who will be teaching the workshop.



An example of some of Guy Mandeville's work which was created through the process of dot painting.

Old handwriting demonstration

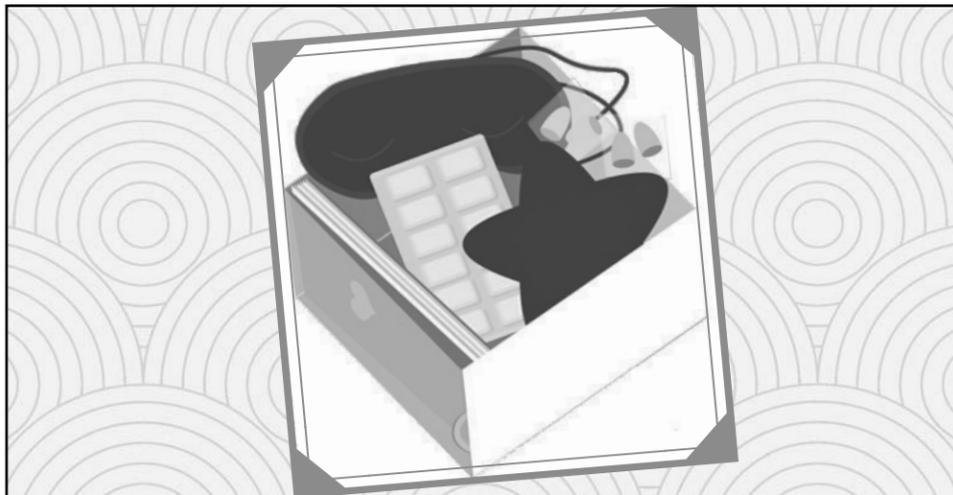
The Quinte Branch of Ontario Genealogical Society presents "Tales of the Script: Old handwriting styles from 19th century" by Carol St Clair, Master Graphologist. Everyone is welcome, bring a friend. Come for a visit to the Quinte West Public Library on September 16 from 1 - 3 pm.



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Anxiety Aid Kits

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September 19, 2017

Cost: \$ 10

Session 1: 4:30 pm - 5:30 pm

Session 2: 5:30 pm - 6:30 pm

Please contact tracy.m@trentonmfr.ca by September 15, 2017 to register



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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 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.

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.

Family Day 2017

Sunday September 17, 2017

The Trenton MFRC invites military families to family day! From 11 a.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!

Veteran Information Fair

Saturday, September 16 2017

10:00 a.m. - 3:00 p.m.

At the Royal Canadian Legion Branch 110

19 Quinte Street, Trenton

Join us to connect with community agencies to learn about programs and services for Veterans. This program is for all releasing members, Veterans and their families.

For more information, contact Kelly Briggs at kelly.b@trentonmfr.ca.

Foire D'information pour les Vétérans

Le samedi 16 septembre 2017

De 10h à 15h

Légion royale canadienne, filiale 110

De Trenton

Pour découvrir les programmes et services offerts par les agences communautaires

Pour tous les militaires en voie de libération, les vétérans et leur familles

Pour de plus amples renseignements veuillez communiquer avec Kelly Briggs, kelly.b@trentonmfr.ca.

Mental Health First Aid for the Veteran Community

Join us to become certified in Mental Health First Aid for the Veteran Community. This course is in support of the Veteran Community and in partnership with Veteran Affairs Canada and is a customized version of Mental Health first Aid for members of the Veteran Community.

When: September 13th and 14th 8:30 to 4:30

Where: Royal Canadian Legion Branch 110
19 Quinte Street Trenton

Register by emailing Kelly Briggs at kelly.b@trentonmfr.ca by September 1, 2017.

Premiers soins en Santé Mentale pour les Vétérans

Une formation de Premiers soins en santé mentale (PSSM) adaptée pour les vétérans.

La formation sera offerte en collaboration avec Le légion royale Canadienne filiale 110

Date: 13 et 14 septembre, 08h30-16h30

Date limite d'inscription: 1 septembre

Endroit: Légion royale du Canada filiale 110

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Family Focus - Speaker Series Join us for next seminar: Sex Is A Funny Word By Carm De Santis

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Saturday September 30th from 1 to 3 pm at the Trenton MFRC.

To register contact Jaclyn Hunter 613-392-2811 ext. 4017 ou jaclyn.h@trentonmfr.ca

Family Focus - Séries de Séminaires Assistez à notre prochain séminaire : Sexe est un drôle de mot

Animé par Carm De Santis

Abordez des conversations avec vos enfants sur le sexe d'une manière qui vous permet de transmettre vos valeurs et vos croyances tout en fournissant des informations sur les limites, la sécurité et le plaisir. Recevez une copie du livre Sex is a Funny Word par Cory Silverberg.

Le samedi 30 septembre de 13h à 15h au CRFM de Trenton.

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

Post-Traumatic Stress Disorder : A Family Matter

Presented by Linda Reade

September 22 at the Trenton MFRC from 1 to 2 pm.

What is PTSD and how does it affect the family. For military spouse, members, veterans and community service providers. Register with mona.l@trentonmfr.ca for more information please contact linda.r@trentonmfr.ca

Le trouble de stress post-traumatique: Une affaire de famille

Présenté par Linda Reade

Le 22 septembre au CRFM de Trenton de 13h à 14h.

Qu'est-ce que le TSPT et affecte-t-il la vie familiale. Pour les membres militaires, leurs épouses, les vétérans et les fournisseurs de services communautaires. Pour inscription contactez mona.l@trentonmfr.ca ou pour de plus amples informations par courriel à linda.r@trentonmfr.ca.

Free Mental Health First Aid Course

Learn how to provide Mental Health First Aid to someone in need of support, or during a crisis, until professional help is available. Understand the signs and symptoms, and gain confidence in starting the conversation on Mental Health.

Join us to become certified in Mental Health First Aid September 21 and 22 from 9 to 4 pm at

the Trenton MFRC. This course does not train people to become counsellors or therapists, but just like physical first aid, provides knowledge to respond effectively in the event of a crisis.

Please register with Tracy Mulligan : tracy.m@trentonmfr.ca

Cours de premiers soins en santé mentale, gratuit

Apprenez comment offrir les premiers soins à une personne qui développe un problème ou une crise de santé mentale, jusqu'à l'arrivée des professionnels qui lui apporteront l'aide appropriée. Obtenez votre certification de premiers soins en santé mentale les 21 et 22 septembre de 9h à 16h au CRFM de Trenton. Cette formation n'enseigne pas à devenir thérapeute ni intervenant mais permettra aux participants d'être en mesure de comprendre les signes et les symptômes afin d'intervenir avec confiance, auprès d'une personne qui traverse une crise ou qui manifeste les premiers signes d'un trouble mentale.

Pour inscription veuillez communiquer avec Tracy Mulligan : tracy.m@trentonmfr.ca

Anxiety Aid Kits

Create a personalized kit, with tools and strategies, to help with anxious and stressful moments. Available to all ages, children under 14 years must be accompanied by an adult.

September 19, 2017 from 4:30 to 5:30 or session 2 from 5:30 to 6:30. \$10 for the kit. please register with tracy.m@trentonmfr.ca.

Trousse de premiers soins pour troubles anxieux

Venez créer votre trousse personnalisée, qui comprend des outils et des stratégies pour vous aider à traverser les moments anxieux. Pour tous les âges, mais les enfants de moins de 14 ans doivent être accompagnés d'un adulte.

Le 19 septembre 2017 de 16h30 à 17h30 ou de 17h30 à 18h30, le coût est de 10 \$ pour la trousse. Pour vous inscrire veuillez contacter tracy.m@trentonmfr.ca.

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8 Wing Chapel / Chapelle de la 8e Escadre

Location/Adresse:
 91 Namao Drive East
 91 Promenade Namao Est

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 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



TRENTON Military Family Resource Centre

www.trentonmfr.ca • 613-965-3575 • 50 Rivers Drive East, Siskin Centre



TOGETHER WE ARE STRONGER

Mental Health Awareness Week

The Trenton MFRC Mental Health Team and the Special Needs and Inclusion Coordinator invite you to join us for the Mental Health awareness week from September 18th to 24th.

Lots of programs and workshops will be offered and through the week, please visit our web site www.trentonmfr.ca for information on dates and times of events.

La semaine de la sensibilisation à la santé mentale

L'équipe de santé mentale et la coordinatrice des besoins particuliers du CRFM de Trenton vous invitent à participer à la semaine de la sensibilisation à la santé mentale, du 18 au 24 septembre.

De nombreux ateliers et des conférences variées vous seront offerts tout au long de la semaine. Visitez notre site www.trentonmfr.ca pour la date et l'heure des événements.

Take Back the Night 2017

March • Rally • Red Dress
 September 14 at 6pm at the Market Square in Belleville

Womyn Unite! Take Back the Night! Join us in a march to end sexual violence against womyn and victim blaming.

For more information contact Ellen Carlisle at 613-967-6300 ext 204 or ellensac@lks.net.

*Womyn is an alternative spelling of women that has been used historically to get people thinking about the patriarchal structures in

our society.

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 votre 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

Paiement 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

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13 HYUNDAI ELANTRA GLS
 29888A Auto, 2.0L 4cyl, keyless entry, econo mode, heat seats, AC, CD, MP3, sat radio, Bluetooth, ext temp gauge, pwr group, cruise. 68,608 km

\$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
 PREVIOUS DAILY RENTAL

\$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



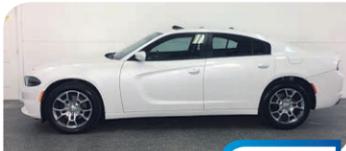
14 CHEVROLET SONIC LT
 30832 Auto, 1.4L 4cyl turbo, fact remote start, alloys, pwr roof, heat seats, AC, CD, MP3, sat radio, OnStar, compass, ext temp gauge, pwr group, cruise. 20,461 km

\$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
 PREVIOUS DAILY RENTAL

\$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
 PREVIOUS DAILY RENTAL

\$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
 PREVIOUS DAILY RENTAL

\$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
 PREVIOUS DAILY RENTAL

\$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
 PREVIOUS DAILY RENTAL

\$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
 PREVIOUS DAILY RENTAL

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



16 DODGE GRAND CARAVAN CREW
 30300E Auto, 3.6 6cyl, keyless entry, flex fuel, roof rack, alloys, sto'n'go, pwr seats, AC, dual climate, rear air ctrl, CD, MP3, pwr group, heat mirror. 51,155 km
 PREVIOUS DAILY RENTAL

\$20,995
\$127
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



16 HONDA ODYSSEY TOURING
 30541 Auto, 3.5 6cyl VTEC, 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

\$38,495
\$233
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



17 CHRYSLER PACIFICA TRG-L
 30855 Auto, 3.6L 6cyl, fact remote start, alloys, push btn start, leather, pwr seats, heat seats/mirrors, dual climate, rear air ctrl, nav, rev cam, U-connect, cruise, pwr liftgate, pwr rear doors. 8,565 km

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



16 FORD TRANSIT 250
 31016 Auto, 3.7 V6, RWD, keyless entry, tract ctrl, vinyl floor, AC, MP3, rev cam, park aid, pwr group. 29,702 km
 PREVIOUS DAILY RENTAL

\$27,195
\$164
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



16 FORD TRANSIT XLT
 30225 Auto, 3.5 6cyl, 3door, 10pass, keyless entry, AC, rear air ctrl, CD, MP3, rev cam, park aid, Sync, compass, ext temp gauge, pwr group. 31,103 km
 PREVIOUS DAILY RENTAL

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



17 NISSAN FRONTIER SV
 31020E Auto, 4.0L V6, keyless entry, crew cab, short box, box liner, alloys, AC, CD, MP3, sat radio, Bluetooth, pwr group, heat mirrors, cruise. 21,018 km
 PREVIOUS DAILY RENTAL

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



16 FORD F250 XL
 30851 Auto, 6.7L V8 Power Stroke, diesel, RWD, long box, trailer hitch, box liner, AC, MP3, pwr group, heat mirrors, cruise. 19,279 km
 PREVIOUS DAILY RENTAL

\$33,995
\$205
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



11 DODGE RAM 1500 LARAMIE
 30025A Auto, 5.7L V8 Hemi, 4x4, fact remote start, crew cab, pwr roof/seats, leather, memory seats, heat/cool seats, dual climate, nav, park aid, U-connect, heat mirrors/steer, cruise. 118,997 km

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



17 DODGE RAM 1500 REBEL
 30798 Auto, 5.7L 8cyl Hemi, 4x4, crew cab, short box, alloys, pwr roof/seats, push btn start, heat seats/mirrors/steer, AC, dual climate, rev cam, park aid, U-connect, cruise. 14,877 km

\$46,995
\$284
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



16 DODGE RAM 1500 LTD
 30235 Auto, 5.7 V8 Hemi, 4x4, fact remote start, crew cab, tonneau cover, box liner, push btn start, leather, pwr seats, heat/cool seats, dual climate, nav, rev cam, park aid. 33,068 km

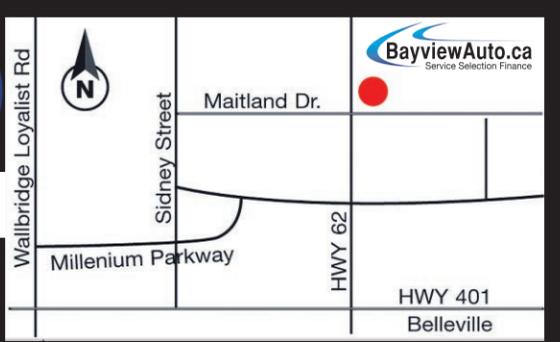
\$45,195
\$273
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST

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2017 Outlander GT S-AWC/2017 RVR GT/2017 RVR SE Black Edition AWC/2017 Lancer GTS AWC/2017 Lancer SE Black Edition AWC/2017 Mirage G4 SEL/2017 Mirage SEL model shown has an MSRP of \$37,998/\$29,898/\$28,698/\$26,298/\$25,198/\$18,298/\$18,298. 1 Offer available from September 1, 2017 to October 2, 2017 for eligible and qualified customers on the purchase/finance (Mechanical Breakdown Protection) or lease (Appearance Protection) of a 2017 Mirage/Mirage G4/Lancer/Lancer Sportback/RVR/Outlander (Evolution Final Edition, i-MiEV, 2018 Mirage, 2018 Mirage G4, 2018 RVR and 2018 Outlander excluded), valued at up to \$2,430/\$2,430/\$2,430/\$2,600/\$2,600. Limited-time extended warranty coverage is offered through Mitsubishi Motors Diamond Care ancillary product suite. Mechanical Breakdown Protection (purchase and finance only) covers air conditioning, electrical systems, fuel delivery, trip interruption roadside assistance and more for up to 120 months/160,000 km, whichever comes first. A \$250 deductible per repair visit applies during the limited-time extended warranty period. Appearance Protection (lease only) covers car rental, front windshield repair, interior protection, paint repair and paintless dent removal for up to 48 months. Other warranty term options may be available. Certain terms and conditions apply. Extended warranty is transferable to the next private purchaser (fees apply). Roadside assistance within the extended warranty coverage has a \$100 tow maximum per event. Visit www.mitsubishi-motors.ca or your local dealer for complete offer and coverage details. **Whichever comes first. Regular maintenance not included. New Vehicle Limited Warranty covers most vehicle parts (excluding batteries, entertainment systems and other items excluded under the warranty's terms and conditions) under normal use and maintenance. Roadside Assistance covers services including free towing, battery boosts, flat-tire service and more. Best Backed claim based on published OEM warranty information for Model Year 2005 light-duty vehicles sold in Canada. Limited-time extended warranty coverage is offered through Mitsubishi Motors Diamond Care ancillary product suite. See dealer for warranty and roadside assistance terms and conditions and other details. Some conditions apply.

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