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# Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

## CFB Trenton gets a sneak peek of new search and rescue aircraft

By Makala Chapman

During a world tour meant to showcase the C-295 airplanes, the Brazilian Air Force (BAF) made a special stop at CFB Trenton. Military personnel at 8 Wing got the chance to get up close and personal with the new aircrafts set to replace the currently aged transport and rescue aircraft.

The BAF also made stops at Royal Canadian Air Force bases (RCAF), 19 Wing Comox, British Columbia and 17 Wing Winnipeg, Manitoba.

It was just last December that Defence Minister Harjit Sajaan unveiled the government's plans to purchase 16 C-295W, which are scheduled to arrive in 2019.

The new machinery is set to replace the RCAF's six CC-115 Buffalos, as well as the legacy CC-130H Hercules, which first entered service in Canada in the 1960s.

The CC-130H Hercules is a four-engine aircraft that is used widely by the military for things like transporting troops, delivering cargo, search and res-



Photos submitted (Left to right) QW Mayor Jim Harrison, Bay of Quinte MP Neil Ellis, Wing Commander Mark Goulden and Lt.-Col. Leighton James with 424 Sqn, each show off a model of the C-295 which will be coming to 8 Wing in the near future

cue missions and more. The contract for the aircrafts was awarded to European aerospace giant, Airbus Defence and Space, for a total of \$2.4 billion.

Although the price tag could go up to as much as \$4.7 billion if Canada decides to purchase an extra 15 years of maintenance and support service for the state-of-the-art fleet.

But 8 Wing's new commander, Col. Mark Goulden, said while he is looking forward to the new aircrafts, he has to give credit to the CC-130H for its years of service to Canada.

"That airplane is old and its

tired," he said, "but it did a great service for us for many, many years in the worst of conditions for generations."

As for the C-295W, which will come in bright yellow, Col. Goulden said it would be a "game changer" for the RCAF.

"It will (provide) that essential search and rescue service to Canadians that they have grown to expect," he said. "I think we're going to be able to provide any even better service with this new aircraft."

Warrant Officer Aaron Bygrod, with 8 Wing's 424 Squadron, said he was looking forward to

the arrival of the C-295W and that the feeling was comparable to getting a new car.

He further explained that members of 424 Squadron are deployed on various search and rescue missions, such as locating vessels and people, and that the right tools to do the job was critical.

"When I see this, I see a new tool do my job," said WO Bygrod. "If we can make it more efficient, more strategic, and make it faster to just help someone, I'm happy with it."

Continued on page 9



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# CFB Trenton lends a hand to Habitat for Humanity

By Makala Chapman

When it comes to getting involved with the community, Canadian Forces Base (CFB) Trenton is all hands on deck.

While members of 81 Construction Engineer Flight (CEF) are normally busy applying their skills to projects around 8 Wing, they recently got the chance to help Habitat for Humanity Prince Edward Hastings (HHPEH) in Belleville.

81 CEF is home to a number of highly skilled tradesmen who specialize in electrical, carpentry, plumbing, heating and cooling.

As for Habitat, the non-profit organization focuses its mission on offering affordable housing to families in need. The homes are also zero interest and require no down payment.

Once built, the mortgage payments are tailored to the family's income so that they are then able to work towards owning the home.

Tasked with building decks for the latest two builds located on Donald Street, Lieutenant (Lt.) Joshua Kim of 81 CEF said he was happy to be out doing some hands-on work.

"I'm usually in the office or doing a lot of paperwork," said Lt. Kim. "It's great being out here with the guys, getting on some tools and building."

He further added that the project had been a great exercise in teamwork and that he'd be open to helping again in the future.

"CFB Trenton is always involved in the different community stuff," he said. "It builds great relationships with the civilians as well as (their relationship) with military personnel."

8 Wing Commander, Colonel (Col.) Mark Goulden, said when he caught wind of what 81 CEF was up to, he couldn't have been happier.



Photos by Makala Chapman  
Habitat for Humanity's Executive Director Bob Clute (left) thanks Capt. Jonathan Lemon, the Officer Commanding 81 CEF (right), for all the team's hard work.

Continued on page 3



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**Continued from page 2**

"I'm very, very excited for this project because it just shows that our military members are actually engaged in the community," said Col. Goulden. "This is our opportunity to give back to the folks that live in this area."

He also noted that he couldn't have been more thankful for how the community has "embraced" 8 Wing over the years. Overseeing 81 CEF at the job site was Officer Commanding, Captain (Capt.) Jonathan Lemon.

He said that the Habitat builds were the perfect way for the team to give back to the community while further developing their own skills.

Capt. Lemon then echoed Col. Goulden's thoughts and said he couldn't have been more proud of his team for answering the call to action.

"We're members of the community as well, so it always feels good to give back," he

said. "Definitely very proud of our guys."

Also stopping by to praise 81 CEF's workmanship was Habitat for Humanity's Executive Director, Bob Clute. He said he couldn't believe the "high quality of work" he had seen from the team.

"We're in their debt because we couldn't possibly have done what they've done already," said Clute. "We would be weeks doing what they're doing. We've never built a deck this well."

He explained that one of the homes would be going to a family of seven who currently live in housing that is too expensive for them to afford and that they were looking forward to moving in.

Their home will have five bedrooms, two bathrooms and will feature cost-saving technology like light-emitting diode (LED) lights.

The homes are expected to be finished by the end of September.



Members of 81 CEF stand on the deck they all helped build for Habitat's most recent homes on Donald Street in Belleville.

**PRÉPARONS LES DIRIGEANTS DE L'ARC DE 2030**

« Mon rôle le plus important est de préparer l'Aviation royale du Canada de 2030, en établissant aujourd'hui les conditions de notre succès en 2030. »

Lgén Michael Hood, commandant de l'ARC

**ATTENTION OFFICIERS SUBALTERNES**

À fin de mener avec succès l'ARC jusqu'en 2030 et au-delà, il nous faut adopter une culture de puissance aérienne, chercher à maîtriser cette puissance et acquérir la meilleure compréhension possible de l'organisation. La difficulté consiste à trouver l'équilibre entre la satisfaction des besoins opérationnels et la responsabilité que nous avons d'examiner ces derniers et de nous y préparer. Pour alléger le fardeau, nous avons apporté d'importantes améliorations au perfectionnement professionnel pour vous préparer à mener l'ARC vers 2030. En voici quelques exemples.

**PROGRAMME DE PERFECTIONNEMENT DES OFFICIERS DE LA FORCE AÉRIENNE (PPOFC) :**

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- Il suffit de s'inscrire soi-même et de suivre les segments 1, 2 et 4 en ligne.
- Segment 5 : cours de deux semaines sur place à l'École d'études aérospatiales des Forces canadiennes.

Dans le CANAIRGEN 015/17, on annonçait que le PPOFC serait dorénavant un préalable à la promotion au grade de major pour la plupart des groupes professionnels de l'Aviation, dès la tenue des conseils de promotion à l'automne 2018.

**COURS DE CULTURE DE LA PUISSANCE AÉRIENNE DANS LES OPÉRATIONS (CCPAO)**

Après avoir terminé le segment 5 du PPOFC, votre nom pourrait être retenu pour ce nouveau cours exigeant de six semaines à temps plein donné au Centre de guerre aérospatiale des Forces canadiennes, à Trenton, dans le but de développer vos aptitudes dans les domaines suivants :

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- exécution des fonctions d'officier d'état-major;
- attribution de tâches aux ressources de puissance aérienne en vue d'opérations aériennes intégrées;
- exécution d'opérations aériennes intégrées;
- évaluation de l'efficacité opérationnelle.

Dans le CANAIRGEN 015/17, on annonçait que les diplômés du CCPAO commenceraient à obtenir des points en vue des critères de sélection pour la plupart des groupes professionnels de l'Aviation, dès la tenue des conseils de promotion à l'automne 2018.

Pour obtenir d'autres renseignements au sujet du PPOFC et du CCPAO, adressez-vous à votre superviseur et visitez les pages d'accueil de l'École d'études aérospatiales des Forces canadiennes et du Centre de guerre aérospatiale des Forces canadiennes.

**GARDEZ L'ŒIL OUVERT - DE NOUVELLES AMÉLIORATIONS SERONT APPORTÉES AU PERFECTIONNEMENT PROFESSIONNEL DES OFFICIERS ET DES MR DE L'ARC.**

**PREPARING THE RCAF LEADERS OF 2030**

« My most important role is to build the RCAF of 2030. Setting the conditions now for what we're going to need to be successful in 2030. »

LGen Michael Hood, Commander RCAF

**ATTENTION JUNIOR OFFICERS**

In order to successfully lead the RCAF into and beyond 2030, you must have an Airpower mindset, pursue air power mastery and understand as much about the RCAF as possible. The challenge is balancing operational requirements with your responsibility to study and prepare for these demands. To ease the burden, there have been some significant improvements to help you get ready to lead the RCAF of 2030. Here are a couple of examples.

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CANAIRGEN 015/17 announced that completion of AFOD is mandatory for promotion to Major for most Air Force trades starting with the Fall 2018 selection merit boards.

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- executing integrated air operations; and
- assessing operational effectiveness.

CANAIRGEN 015/17 announced that APOC grads in most Air Force trades will be awarded section criteria (SCRIT) points starting with Fall 2018 selection merit boards.

For more information on AFOD and APOC, talk to your supervisor and visit the Canadian Forces School of Aerospace Studies and Canadian Forces Aerospace Warfare Centre homepages.

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## Profile of Courage: Second Lieutenant Morley Roy Shier

By Major Bill March, Historian, Air Force History and Heritage 8 Wing Trenton

Born in Scott Township, near Leaskdale, Ontario, on December 4, 1894, Morley Roy Shier attended school in Leaskdale and Uxbridge before embarking on a career as a teacher. He had accepted a position at the Earl Grey School in Toronto when he made the decision to enlist, and on November 15, 1917, he joined the Royal Flying Corps.

After completing his training at various Royal Flying Corps (Canada) establishments in Canada and the United States, Second Lieutenant Shier was commissioned as a pilot in the newly formed Royal Air Force (RAF) in April 1918. A month later, he was in England, where he would spend the next few months completing his advanced training. In July, he was posted to No. 256 Squadron and stationed at the village of Seahouses on the Northumberland coast in northeast of England.

The squadron operated two-seater Airco DeHavilland 6 (DH6) aircraft in coastal and anti-submarine patrol roles. Underpowered, the DH6 could not accommodate both bombs and an observer, so patrols were often flown solo by the pilot, thus permitting a small weapons load to

be carried.

On September 6, 1918, a relatively foggy day, Flight Lieutenant Shier took off in DH6 C5172 on a North Sea patrol. For reasons unknown, the aircraft ditched in the sea about 32 kilometres (20 miles) offshore. His body was never located and he was presumed to have drowned.

News of his death did not become general knowledge back home until October. Family friend and writer, Lucy Maud Montgomery, author of Anne of Green Gables, noted in her diary that "On Tuesday came word of the death of Morley Shier, a fine young fellow from our church..." In January 1919, she dedicated her latest novel, Rainbow Valley, to the three members of her community who were killed in the war. The inscription reads, "To the memory of Goldwin Lapp, Robert Brookes and Morley Shier, who made the supreme sacrifice that the happy valleys of their home might be kept sacred from the ravage of the invader."

Because his body was never recovered, Flight Lieutenant Shier is commemorated on the Hollybrook Memorial in Hampshire, England. He was 23.

Though Flight Lieutenant Morley Shier went down at sea with his aircraft, he is commemorated with a headstone.



Photos Submitted  
Portrait shot: A formal portrait of Second Lieutenant Morley Roy Shier.



An Airco DeHavilland 6 (DH6) aircraft like the one flown by Flight Lieutenant Morley Roy Shier. PHOTO: Imperial War Museum, 12736-A

## Earthworks at CFS Alert

By Projects Officer Lieutenant Jack McDonald

During the summer months when the weather gets warmer, infrastructure projects turn Canadian Forces Station (CFS) Alert into a hive of activity. From June 27 to July 12, a Technical Assistance Visit from 1 Engineering Support Unit (ESU) designed and led a project to construct a retaining wall to support the station's incinerator building.

Since 2012, virtually all infrastructure maintenance at Alert has been completed by the station's civilian contractors. This project, however, was unique in that it also made use of the station's military resources. The project was born when the six-person engineering reconnaissance team led by Captain Cameron Whitehead from 1 ESU noticed a potential opportunity to stabilize the footing of the building that houses the station's incinerator. The 1 ESU team had only planned on performing reconnaissance tasks and staying for one week, but soon after analyzing the situation on the ground, Capt Whitehead decided that he would extend the visit for half of his team in order to design and build a retaining wall behind the incinerator building. The plan was ambitious; a crane would lift a backhoe into position behind the building, and the backhoe would dig a massive trench where gabions filled with large rocks would be placed. Once the design was approved by Real Property Operations North and 1 ESU in Kingston, Ontario, work began.

The first part of the project was done in the station's quarry, operated by a civilian contractor called Kitnuna. They blasted shale from their pits and crushed it into large rocks to fill the gabions, as

well as into coarse gravel for compacting. While the rocks and gravel were being transported from the quarry to the job site, heavy equipment operators from the station's main civilian contractor, Nasittuq, lifted the backhoe into position. The backhoe had to be airlifted in because the entire job site was surrounded by sewage and fuel lines that prevented direct access by ground. With the backhoe in place, the heavy equipment operators dug a large trench along the length of the building, while the 1 ESU team began preparing the gabions. Once the trench was complete, the 1 ESU team, along with the entire compliment of the station's General Duty (GD) military personnel began filling it back in with the gabions, as well as some compacted gravel and carefully placed geofabric. Once the gabions had been filled in with the large shale rocks and sealed shut, all that was left to be done was to level off the surface and to clean up the site.

This project was a big success for the station. It would not have been possible without the efforts of all of the people who helped out, including the 1 ESU team, the Kitnuna quarry crew, the Nasittuq heavy equipment operators and the station's military GDs. Infrastructure projects can often take a long time to complete at CFS Alert due to the complexity of the contracting process and the supply chain. To have a project go through the initiation, planning, design and implementation phases all in two weeks like this is very rare. The success can be attributed to the teamwork and hard work from all of the different parties involved.



General duty workers fill gabions with large rocks as a part of the incinerator building retaining wall project.

### 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.

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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.
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Photo by Martin Durkin

Breaking ground on Laird Drive! 8 Wing Commander Colonel (Col.) Mark Goulden and Wing Chief Warrant Officer (WCWO) Troy Zuorro represent CFB Trenton during the groundbreaking ceremony held at Laird Drive. Also included in the photo are: Judy Dort-Pepin CFHA Acting Manager of Housing Services, Bradley Barker CFHA Chief Technical Services, Judy Tromp DCC Site Manager, Sule Kisac DCC Project Coordinator, Kirk Putnam President of Absolute General Contractors (AGC) and Associates Inc. and Corey Putnam Vice-President of AGC and Associates Inc.

# 11 New Residential Housing Units are Coming to 8 Wing Trenton

Contact News

The Canadian Forces Housing Agency (CFHA) recently gave the approval to build new Residential Housing units (RHU) as part of the Infra2016 Investment Plan.

The project proposes the construction of 11 units which will include four semi-detached units seven single detached RHU's in the Residential Housing Area (RHA) of 8 Wing Trenton. The units will be three bedrooms, two-storey unit with an attached garage and a full basement.

The units will be erected on vacant lots in the midst of Middleton Park on Laird Drive, McEwen Drive and Johnson Drive.

## Official Shut-down of Legacy Area Surveillance Radar (ASR) at 8 Wing



Photo By: Sergeant David Brooks  
Aviator Allan Shatford Switches off the Legacy ASR

By: Master Warrant Officer Matthew McCormack

Lieutenant-Colonel Cathy Blue and Chief Warrant Officer Lori White attended the official "Switching Off" of the Legacy ASR at 8 Wing Trenton on July 25, 2017. The ASR was commissioned on May 7, 1982 at 8 Wing and had undergone multiple modifications over the last 35 years to keep the Radar functioning.

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# Operation LENTUS and CFB Trenton

By Martin Durkin

Captain (Capt.) Skye Simpson of 436 Transport (T) Sqn is currently flying her second mission as part of Operation LENTUS, and this year, she's doing her part as a member of 8 Wing Trenton helping out in the British Columbia Fires.

Her first mission with Operation LENTUS was the year previous when she was part of the support team battling the fires at Fort McMurray in Alberta.

While the original idea was to be ready to help in evacuations if needed, 8 Wing's role in B.C. has also focused on delivering supplies and helping out the local fire fighters by dropping them off in needed locations.

"I expect to be here at least another week, because we are here for the province as the need us," said Capt. Simpson.

Capt. Simpson says the devastation in B.C. is quite obvious, and as she flies over, the plumes of smoke make visibility difficult especially in the valley's where it is now settling.

"We were actually called in for an expected evacuation at Williams Lake," said Capt. Simpson, "The runway, which we touched down on because it was supposed to have a clear way because of a zero tree line; was on fire." Her team had to change course since the area was officially deemed a national forest fire.

"The smoke was so thick it was almost like you were in a coastal fog," explained Capt. Simpson. While they did find a place to



Photos submitted Courtesy of 1 Combat Engineer Regiment, Maintenance platoon, a candid shot of the fires in British Columbia

land at Williams Lake, the highways were able to stay open around the area and people were able to escape. Helicopters were also brought in to medevac anyone needing medical attention.

In comparison to Ft. McMurray last year, Capt. Simpson says the mass evacuations in B.C. are running more smoothly because of highways staying open and also because those involved are operating in a more proactive way.

Living in Ontario and away from the fires out west, Capt. Simpson says it's still all about perspec-

tive.

"The nature of disaster is it's unforeseen," said Capt. Simpson. "Ask anyone in B.C. two months ago how lucky they felt, or think about the flooding in Ontario. You can't take your situation for granted and don't underestimate nature."

As a member of the Royal Canadian Air Force (RCAF) Capt. Simpson says being a part of operations such as LENTUS, can leave you speechless at times knowing you are doing your part for the national community.

"When we do a mission like this in Canada with Canadians, it's so much more fulfilling," explained Capt. Simpson who recognizes the connectedness of working alongside those who could easily be your friends or family.

"Yesterday when we took off and we had these firefighters in the back of the plane, we could hear them cheering, and that feeling it's just...well...it's...." said Capt. Simpson who couldn't find the words to match. There is never any hesitation when being called upon to help

out your fellow citizen during operations such as LENTUS, Capt. Simpson says she will be ready for a third mission if called upon again. That being said, she is ready to get back to Trenton, for one big reason, to see her common law partner Capt. Graham Voreen, who is a pilot at 8 Wing with 437 Airbus; and who is also preparing to fly to Germany for his own mission.

Continued on page 7

## 8 Wing Chapel / Chapelle de la 8e Escadre

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**Continued from page 6**

"It's the nature of the job," said Capt. Simpson. "We do understand the complexity of the job and the multiple changes that happen to our schedules. But we both understand what this job means to us."

By both cheering one another on, and being supportive, Capt. Simpson says you find ways to make the most of the time when you are together, and in between, you simply love the job you're in.

Echoing her sentiments, Capt. Voreen says he is very proud of his partner, and agreed, there is no other job like being a pilot in the Canadian military.

"If you are committed to the job and to each other as we are, you find ways to stay strong and be creative," said Capt. Voreen.

Knowing communication is vital, Capt. Voreen says no matter the time zone, you make the effort to call when away, whether it's over breakfast, a break time or during the dinner hour.

"There are times when we can go months without seeing each other because of deployments but there is also times when we are together for long stretches and we can plan vacations together and recharge our batteries," explained the Capt. who mentioned they had just returned from a stay in Europe before heading out once more.

Lucky enough to be both serving on the same base, Capt. Voreen says he loves seeing and knowing the fulfilment Capt. Simpson receives by being able to help out her fellow Canadians.

"I am very proud of her, she has worked very hard to get where she is and I support her as best as I can, and will always encourage her to go after all of her goals and be the best pilot that she can be for 436 Transport Squadron."



*Members of the CAF Search and Rescue team help with evacuations during Operation Lentus and the British Columbia fires*

*Meet Captain Skye Simpson as she prepares to make another flight run into British Columbia from Comox*

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# Invictus athlete using archery to combat mental illness

By Makala Chapman

With the Invictus Games just around the corner, Sergeant (Sgt.) Christopher Vaughan says he's wasting no time when it comes to preparing.

Currently serving at Canadian Forces Base (CFB) Kingston with 1 Engineer Support Unit (1 ESU), Sgt. Vaughan will be competing in the archery division of the games.

The 39-year-old construction technician is just one of more than 550 ill, injured or wounded servicemen and women from all over the world set to compete in the international competition.

Sgt. Vaughan said he has suffered from mental health deficiencies and symptoms of post-traumatic stress disorder ever since his return from Afghanistan in 2010. Determined to adapt to the new obstacles in his life, the Kingston athlete said once he finally came forward to receive help, he was eager to find a hobby that would help him regain his focus.

He explained that since he had always found shooting guns at the range therapeutic, he decided to get his civilian firearms license. But one day, on a whim, he picked up a bow and arrow and said from then on he never looked back.

Now over a year later, Sgt. Vaughan said he's learnt quite a fair bit about the sport

and credits it for helping him manage his mental health.

When the bow is in his hand, the athlete noted that "nothing around matters and I can just focus on the target in front of me."

While he added that he isn't entirely comfortable with the idea of having thousands of people watch him perform at the games, he said he's honoured to be representing Team Canada.

"For me to represent the country in archery (will) be an amazing experience that I'm looking forward to," he said. "I'm not an overly athletic person so to represent Canada in any other sporting event is not likely to happen."

But Sgt. Vaughan went on to express his support for the games and said that sports and physical fitness is a key ingredient in the rehabilitation process for many injured military personnel.

He also noted that through training for the competition, he has had the chance to meet a variety of other military personnel, including veterans, who have all had to learn how to adapt to their acquired injuries.

He described his encounters with his fellow teammates turned friends as a "humbling" and "eye-opening" experience.

Although he was originally not comfortable talking about his own struggles with



Now in its third year, the 2017 Invictus Games will see over 550 competitors from across the world compete in 12 different sporting events.

mental health, Sgt. Vaughan said he had come to realize the importance of sharing his own story.

"Education is key," he said. "If I'm 100 per cent open about it, I've contributed directly to another one of my friends opening up."

He also said that that while mental health still has a lot of stigma attached to it, talking about a personal experience will en-

courage others to open up and hopefully get the help they need.

As for the Invictus Games, he said was ready and would continue preparing both physically and mentally.

This year's competition will be held in Toronto where the athletes from over 17 countries are slated to compete against each other from September 23-30.

## Safety

# Going On Vacation

Don't let your great vacation give way to a possible break-in. Precautions for the safekeeping of your home while your family is away on vacation can provide the important benefits of safety and peace of mind.

- Inform a trusted neighbor of your departure and return dates.
- Leave a number where you can be reached in case of an emergency.
- Be sure to leave a house key with your neighbor, and ask him to park in your driveway.
- Have your neighbor pick up newspapers and mail.
- Arrange for trimming of the lawn and clearing of the walkways.
- Valuables should be stored in a safe deposit box.
- Use clock timers to activate lights or radios at intervals, giving the impression that someone is home.
- All tools and ladders should be out of sight and locked up. Don't provide a thief with tools to invade your home.
- Unplug all electrical appliances and the television to prevent against a fire hazard in your absence.
- Close the fireplace flue to prevent birds or animals from entering.
- Put your garbage cans in the basement or in a storage shed; empty ones are a sure sign you're away.
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- Unoccupied dwellings are a favorite target for a thief.
- Be sure to safeguard your home before leaving on vacation.



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Continued from page 1

He also noted that the airplanes would be a welcomed addition to a squadron that already has been operating at peak performance.

"424 Squadron is committed to what we do and we love our goal, which is directly helping Canadians," he said. "It's what motivates us and brings us into work everyday."

WO Bygrod then jokingly added that the aircrafts would look even better in orange, instead of yellow, so that they would match his uniform.

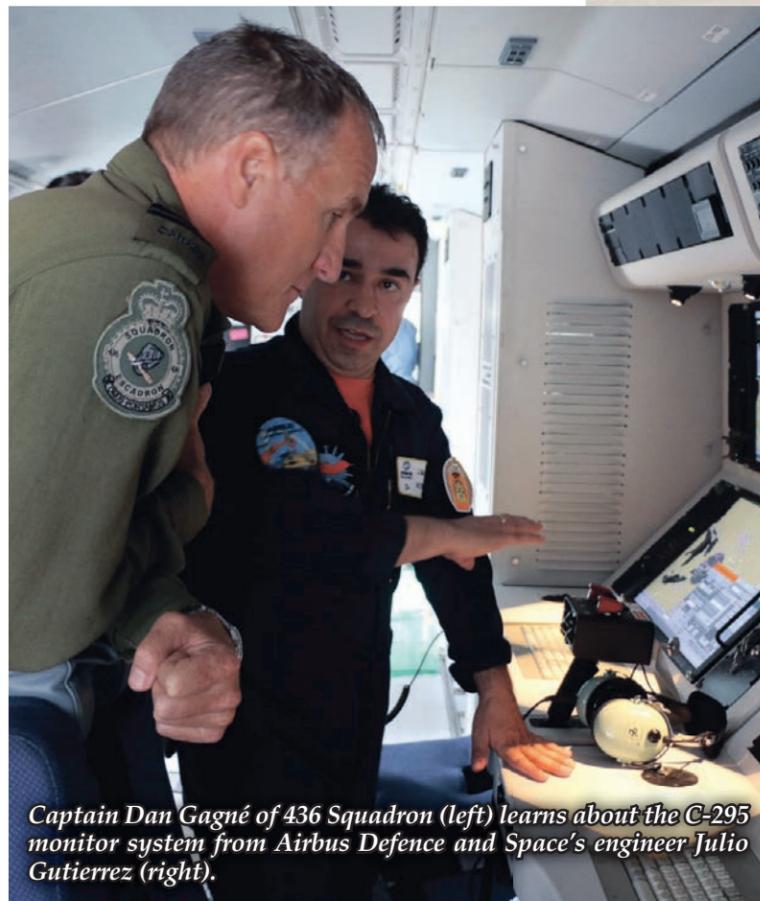
In a written statement issued by National Defence, Sajjan noted that he was looking forward to the arrival of Canada's own C-295 aircrafts.

"We are committed to ensuring that the women and men who serve Canada have the equipment and training they need in order to fulfill these key missions," he said, adding that search and rescue mission were a top priority in the Canadian Armed Forces.

Representatives with Airbus Defence and Space were also on hand at CFB Trenton and noted that production of Canada's C-295W have already begun.



8 Wing Commander Col. Mark Goulden says he's looking forward to welcoming the new C-295 aircrafts home.



Captain Dan Gagné of 436 Squadron (left) learns about the C-295 monitor system from Airbus Defence and Space's engineer Julio Gutierrez (right).



A Brazilian Air Force C-295 aircraft sits on the tarmac outside of CFB Trenton.

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# CFB Trenton's men's soccer team rocks regionals

By Maj. Terry Fascione

After a hard fought battle against some of the top teams in the region, Canadian Forces Base (CFB) Trenton's men's soccer league were able to come out on top as this year's regional winners. But this soccer season has been quite the challenge for the CFB Trenton Base Soccer Team. With funding constraints across the board and the departure of the long-time coach, Major (Maj.) J.P. Landry, things were not looking too healthy at the start of the season. But once the new coach, Maj. Terry Fascione, stepped in, he called upon all squad members for a financial commitment. It was then decided that a team would be entered into the Bay of Quinte Men's Soccer League on their 'own dime'. The player commitment level to the league games has been almost unprecedented from the 25 player squad, with the game bench being at the maxi-

20 players on occasion. Standing in second place in their division and with two games in hand on the leaders, the Trenton boys' aim was to win the division and earn promotion to division one. Over the week of July 24 - July 28, the CFB Trenton men's team attended the Soccer Regionals Tournament held at CFB Kingston. The squad, including the coach, was 18-men strong. The Ontario Regionals Tournament was comprised of a round robin between the five participating teams: Trenton, Petawawa, Borden, Kingston and Toronto (North Bay did not field a team this season). The original plan was for all games to be held outside on the CFB Kingston Hospital and Regimental pitches, but the weather this year did not 'play ball' and heavy rain meant the PSP organizing team had to solicit unanimous approval from all



Submitted photo  
**MensRegional1: Back Row:** Cpl. Gabe Cloutier, Avr. Nick Reynolds, Cpl. Jeff Hatfield, Pte. Shane Christie, MCpl. AJ Van Der Velden, LCol. Brent Hoddinott, Cpl. Marcin Lukaszynski, Cpl. Bolivar Pazos, MCpl. Jude Julien, Maj. Terry Fascione (Coach),  
**Front Row:** Cpl. Eddy Ford, MCpl. Cesar "Junior" Borquez (Team Captain), Cpl. Henry Asiamah, Cpl. Tyler Van Uden, Capt. Colin O'Rourke, 2Lt. Josh Hill, MCpl. Tim Terrington, MCpl. Adolph King.

teams, including the ladies teams, to play on the artificial turf in the dome and at the John Machin facility on Highway 15. All teams agreed to play on the artificial turf in the hopes that the weather would improve later in the tournament. Trenton's first game, the opening game of the tournament, was a hard fought event against the "home" team, Kingston on July 25. It has been noted that it's often a tough fixture whenever the two teams meet and this game proved to be a challenge with both teams

showing nerves early on. However, a first-half goal from Corporal (Cpl.) Jeff Hatfield settled Trenton down into their two-touch passing game. Despite Kingston hitting back hard, the final score was 1-0 to Trenton. With two games per day in the round robin phase, Trenton's second game saw them matched against Toronto, who had been waiting for the arrival of a couple of their key players. Could it be that the soccer gods were favouring Trenton for a change? Toronto provided stiff opposition but the dom-

inance of the Trenton midfield players soon began to show and the first half finished 2-0 to Trenton. The second half saw the depleted Toronto start to fade and with Trenton able to rest some key players. Another two goals made the final score 4-0 with the goals coming from Cpl. Henry Asiamah, Master Corporal (MCpl.) Cesar "Junior" Borquez, Cpl. Jeff Hatfield and MCpl. Tim Terrington.

Continued on page 11

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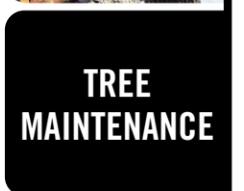
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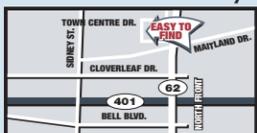


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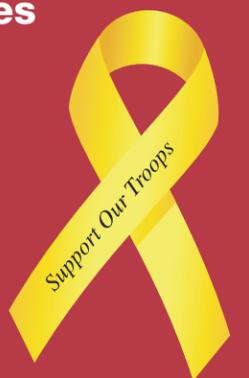
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**Continued from page 10**

The following day, Trenton played two more round robin games. The first game against Petawawa proved to be the hardest challenge for the Trenton squad. Petawawa once again sent an extremely fit, fast and capable team to the soccer regionals. However, Trenton proved to be a very able match for the "Pet" team and dominated much of the first half of play. Showing the resilience needed to win games and tournaments, the Trenton team kept the pressure on Petawawa. Petawawa eventually was able to score a goal. The opposing team scored a second goal after it ricocheted off a clearance that bounced over the goal keeper's outstretched hands. The final score was 2-0 to Petawawa, but the Trenton squad had learned much from the game and was convinced that with some better finishing, Petawawa were theirs for the taking should they meet again in the tournament.

The final round robin game for Trenton was against Borden and thankfully the weather had dried out the pitches. With some quick changes to the starting line-up, Trenton hit Borden hard in the first half. With some missed chances at both ends, Borden proved difficult to break down. It was not until well into the second half with a text book passing game goal from Captain (Capt.) Colin that the flood gates opened. The game finished with a dominant Trenton win of 3-0. Two of the goals were credited to Capt. Colin O'Rourke, with one fizzing strike from Cpl. Bolivar "Golo" Pazos. This win meant Trenton would indeed take first place in the round robin and meet Borden again the following day in the first semi-final. As for Petawawa, they would meet Kingston in the second semi-final.

The semi-finals saw a tired Borden meet an ascending Trenton with three goals scored by Trenton before the first water break. The strong start allowed Trenton to rest many key players with the final score against the opposition set at 3-0 for Trenton. Two goals were sent in the net from Cpl. Jeff Hatfield, which put him into Trenton's top goal scorer position, with the third point of the match thanks to Cpl. Henry Asiamah.

Before the finals, the Trenton team took some

time to rest and met with the women's team for dinner. The team received best wishes from last year's coach, Maj. J.P. Landry, and the outgoing team manager - MCpl. Albert Elliott. Morale was extremely high and the team knew they had the strategy, tactics, individual capability and fitness levels to win.

The final game kicked off on Friday, July 28 as Trenton took on Petawawa. An early goal by the opposition had Trenton on their toes. However, Trenton stuck to the game plan, which involved using quick passing to wear Petawawa down. After a foul against Cpl. Asiamah, MCpl. Borquez's free kick was directed into the net by a Petawawa defender. With the score at 1-1, both sides went into the half time break with everything to play for. With a few players needing a rest, some minor modifications were made to the Trenton line up for the second half. Once again, Petawawa struck hard and early with a nicely worked back pass to the penalty spot and a fine strike set the score 2-1. As the second half wore on, the Trenton game plan started to rock as the fitness of Petawawa began to tell. However, it was Petawawa's turn to be shaken with a side foot equalizer from Cpl. Asiamah. With the score finely balanced at 2-2, it was time for a tactical change and MCpl. Jude Julien was returned to his left back position allowing Second Lieutenant (2LT.) Josh Hill to assist the midfield. The extra help in the middle of the pitch began to pay off and with minutes to go, the intense pressure being applied by Trenton paid off with a scrambled goal by Aviator (Avr.) Nick Reynolds against the Petawawa goalkeeper. The final minutes of the game left a frantic Petawawa trying to equalize the match, but to no success. At the referee's final whistle, it was noted that Trenton had at last won the Ontario Regionals!

The most valuable players, as voted by the team, were Cpl. Tyler Van Uden and Cpl. Jeff Hatfield, who also snagged top scorer with four goals. An honourable mention was also given to the team manager, Kelly Milliken.

It should be noted that the CFB Trenton's women's team also had an extremely successful tournament, which was reported elsewhere in full. But extremely strong plays by Petawawa and Borden knocked the women's team out at the semi-final stage.

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garden. The great room and dining area look out to the back garden.

The two bedrooms share a three-piece bath with room for a side-by-side washer and drier.

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# Screening of A SMALL ACT

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The film illustrates how a small contribution can have an impact on countless lives and argues that each of us has the ability and responsibility to effect change. Chris Mburu is a bright but poor schoolboy in a village in Kenya. His life is changed when

a school teacher in far-off Sweden becomes his sponsor. Her sponsorship allows Chris to eventually earn a law degree and become a United Nations Human Rights Officer. In the film we see the ripple effect of "a small act" as we meet and hear the story of Chris' benefactor, Hilde Back, and learn about the education fund created by Chris in her name. Chris believes in the transformative power of education because that is what changed his life.

Funds raised at the screening will be donated to the Grandmothers to Grandmothers Campaign of the Stephen Lewis Foundation and The Hilde Back Education Fund. The screening of the film is one of the many small acts of Grandmothers groups working to mobilize support in Canada for Africa's grandmothers and the orphans for whom they care.

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16, 17 August 2017 0830-1600hrs

Course Coded

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# Sports & Recreation

## Tyke Terrain Drop-in Program

Tyke Terrain is the place for parents and children birth to three years to be! Come enjoy our play group in the gymnasium and enjoy our wonderful toys for little ones! Where: At the RecPlex gymnasium. When: Starting Fridays,

March 31 from 10 a.m. to 11:30 a.m.  
Costs: Free drop-in (six months to three years old).

## Intersectional Sports

I/S Golf- runs on Tuesdays at 1300  
I/S Slo-Pitch- runs Wednesdays in the 16:30 & 18:00 time slots

## Are you considering quitting smoking this summer?

Health Promotion 8 Wing, offers a self-help smoking cessation program. Offered in a one on one, or group format we will work with you, along with Pharmacy to help the 'quit' be as easy as possible. Meet with HP first, and then onto Health Services who will work with you on starting your replacement therapy medication.



### What to Expect?

Behaviour modification is the basis of this program.

- Learn proven strategies to reinforce your decision to quit using.
  - Discover and apply techniques to cut back then quit.
- Find out about tobacco cessation medications and if they might work for you.
  - Analyze your pattern of use.
  - Pinpoint your triggers for using.
- Plan and map out different actions you can take instead of using.
- Choose and practice coping strategies that have been proven to work.
  - Learn how to manage the stress of quitting.
  - Prepare for high-risk situations to avoid relapse.
  - Address concerns about weight gain.

We offer a **Coffee and Quitting** program, and walk in appointments as well. Contact us at +HealthPromotion on the DIN or local 3768 or visit us online at hp.cfbtrenton.com



Come and enjoy the sounds of the Canadian Military Wives Choirs (Trenton) as they perform in their first official debut.

## FUNDRAISER

Date: Sept 9th 2017  
Time: 6:30pm  
Place: CFB Trenton Chapel, 91 Namao Dr.

Funds raised will assist the CMWC Trenton with travel to the Invictus Games, being held in Toronto, to perform at the opening ceremonies with 250 choristers from 10 other CMW Choirs across Canada along with British soprano Laura Wright.

Cost: \$10 per person  
\$20 per family

Donations can also be made at, "GoFundMe" CMWC Trenton to Invictus Games

**INVICTUS GAMES**  
TORONTO 2017

FOR OUR WOUNDED WARRIORS

PRESENTED BY JAGUAR LAND-ROVER



# TRENTON Military Family Resource Centre

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



## TOGETHER WE ARE STRONGER

### New Programs at the Trenton MFRC

Visit our website - [www.trentonmfr.ca](http://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](http://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!

### Summer Hours at the Trenton MFRC

Tuesday, July 4 - Monday, September 11  
The MFRC will be open from Monday - Friday from 7:30 a.m. to 5 p.m. Please note that this does not affect the daycare or Youth Centre hours.

### Heures estivales du CRFM de Trenton

Mardi 4 juillet - lundi 11 septembre  
Le CRFM sera ouvert du lundi au vendredi de 7h30 à 17h. Ces heures n'affectent pas la Garderie.

### Summer Kidz Kamp Registration

Our Summer Kidz Kamp has a wide range of activities and experiences that you will not find anywhere else such as rock climbing, parachute packing, outdoor swimming, the WIBIT and weekly excursions. For children 6 - 12 years of age.

At the RecPlex Monday to Friday: July 3 - September 1 8 a.m. - 4 p.m.

Before & After Care is available from 7 - 8 a.m. and 4 - 5 p.m. for no additional cost.

### Inscription Au Camp D'été Pour Les Enfants

Notre camp d'été pour les enfants propose un large éventail d'activités et d'expériences qu'on ne trouve nulle part ailleurs, telles que l'escalade de rochers, le pliage de parachute, la baignade extérieure et le WIBIT, en plus de proposer des excursions toutes les semaines. Le camp d'été s'adresse aux enfants de 6 à 12 ans.

RecPlex de 8 h à 16 h, du lundi au vendredi, du 3 juillet au 1er septembre

Un service de garde avant et après le camp

est offert de 7 h à 8 h et de 16 h à 17 h sans frais supplémentaire.

### Walt's Sugar Shack Shindig

Walt's Sugar Shack is hosting a free, family event on Saturday, August 5 in support of the Trenton Military Family Resource Centre (MFRC).

Join us at Walt's from 12 - 9 p.m. for live entertainment including music from The Reasons and Steve Wilkinson, lunch, local vendors, contests, draws, games, a petting zoo, face painting, dinner, and more!

Admission and activities are free but you'll want to bring cash for a delicious lunch or dinner!

- What's on the menu?
- Lunch - \$7  
Hamburgers or Sausage-on-a-bun  
Includes fries + a drink
  - Dinner - \$15  
Roast Beef or Roasted Pork  
Corn on the Cob  
Includes fries, a drink + dessert

- Treats - \$2  
Famous 'Walt Drops'  
Walt's Sugar Shack Maple Cotton Candy
- Walt's Sugar Shack is accessible | No alcohol | No pets - Service dogs only  
\*Accepts cash, Visa, MasterCard, & AMEX - NO DEBIT

Walt's Sugar Shack  
1671 Salem Road  
Consecon, ON  
613-965-6381

### Walt's Sugar Shack Shindig

Walt's Sugar Shack organise un événement familial, gratuit, le samedi 5 août pour démontrer son appui au Centre de ressources pour les familles des militaires (CRFM).

Venez vous joindre à nous chez Walt's de 12h à 21h, il y aura de l'animation incluant de la musique du groupe 'The Reasons' and Steve Wilkinson, un lunch, un marché, des concours, des tirages, un petit zoo, du maquillage, un souper et beaucoup plus ! L'entrée et les activités sont gratuites mais apportez des sous pour un délicieux lunch ou souper!

- Qu'est-ce qu'il y a au menu?
- Lunch - 7\$  
Hamburgers ou saucisse sur petit pain  
Comprend des frites et un breuvage

- Souper - 15\$  
Boeuf rôti ou porc rôti  
Épi de maïs  
Comprend des frites, un breuvage + dessert
- Friandises - 2\$  
'Walt Drops', un délice populaire  
Barbe à papa à l'érable de Walt's Sugar Shack

Walt's Sugar Shack est conforme aux normes d'accessibilité | Aucun alcool | Seulement les chiens-guides ou d'assistance sont les bienvenus  
\*Nous acceptons l'argent en espèces, Visa, MasterCard & AMEX - AUCUN DEBIT

Walt's Sugar Shack  
1671 Salem Road  
Consecon, ON  
613-965-6381

### Bellydancing with Amara

Learn the timeless art form from the Middle East  
Mondays starting August 14, 2017  
7p.m. to 8:30p.m.  
\$55.00 for 8 classes  
To register visit the MFRC Reception. Payment to be made in cash at first class.  
For more information call 613-392-2811 ext 3265

### Bellydancing avec Amara

Apprenez l'art éternel du Moyen-Orient  
Lundi à partir du 14 août, 2017  
19h-20h30  
55\$ pour 8 classes  
Inscrivez-vous à la réception du CRFM. Vous pouvez payer en argent comptant au premier cours  
Pour plus d'information, appelez 613-392-2811 poste 3265

### Mystical Afternoon with Essential Oils

Join Anna, our essential oils instructor, and Melanie, a medium and empath whose business is Healing Energy with Melanie. Spend the afternoon exploring the mystic and have all your sense heightened with healing essential oils.  
Sunday, August 13  
1:30 to 3:30 p.m.  
Free workshop  
At the MFRC  
Register at reception or email [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca)

### Expérience mystique et huiles essentielles

Venez au centre de la famille pour un atelier d'information sur les huiles essentielles avec Anna. Vous pourrez aussi rencontrer Melanie, une médium avec une approche empathique, possédant sa propre entreprise 'Healing Energy with Melanie'. Venez vivre une expérience mystique et intensifier vos sens avec les huiles essentielles bienfaites, pour toute une après-midi.

Le dimanche, 13 août  
de 13h30 à 15h30  
Gratuit  
Au CRFM de Trenton  
Inscription à la réception ou à [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca)

### Essential Oils & the Heart's Electromagnetic Field

Join Anna and learn about the heart's electromagnetic field. An Itovi is a biofeedback scanner. It will scan your body to know and produce a report of which essential oils your body best reacts.  
Wednesday, August 23, 6:30 p.m.  
\$10/person  
At the MFRC  
Register at reception or email [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca) for more information.

### Les huiles essentielles et l'électromagnétisme du coeur

Anna vous offre un atelier pour apprendre ce qu'est l'électromagnétisme du coeur. Avec son "Itovi", un lecteur optique de rétroaction biologique, elle fera une analyse de votre corps et produira un rapport expliquant quelles huiles essentielles réagissent le mieux avec votre corps.  
Le mercredi, 23 août  
18h30 au CRFM  
10 \$ par personne  
Inscrivez-vous à la réception ou [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca) pour plus d'information.

### Cake Decorating

Have a sweet tooth? Want to learn a new skill? Join us for our cake decorating class! Learn how to make a beautiful cake for any special occasion! Each participant decorates and takes home a 6" round cake. No experience or tools necessary.

July 25th at the MFRC  
\$20.00 per person  
Register at the Trenton MFRC reception by Friday, July 21  
Contact Rabia at [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca) with questions.

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Fri: 9 am - 6 pm • Saturday: 8 am - 2:00 pm

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 Email: [Sharon.LaCroix@metroland.com](mailto:Sharon.LaCroix@metroland.com)  
[www.thecontactnewspaper.cfbtrenton.com](http://www.thecontactnewspaper.cfbtrenton.com)

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 613-969-0287

## MFRC Belleville Licensed Child Care Garderie agréée



The MFRC Belleville branch supports military families by offering the same resources available at our Trenton location, including licensed child care.

Le site du CRFM de Belleville offre de l'appui aux familles militaires en mettant à leur disposition les mêmes ressources qu'au site de Trenton, incluant la garderie agréée pour enfants.

Child care spaces are available for infant, toddler and preschool children.  
 Flexible hours: 0600 - 2300

La Garderie a de l'espace pour les bébés, les bambins et les enfants d'âge préscolaire.  
 Horaire souple: 06h00 - 23h00

**610 Dundas Street East, Belleville, ON**

Book a tour or for more information contact us: | Pour une visite ou de l'information, contactez:  
**613-779-6115 | [bellevillechildcare@trentonmfr.ca](mailto:bellevillechildcare@trentonmfr.ca)**



## TRENTON Military Family Resource Centre



**TOGETHER WE ARE STRONGER**

[www.trentonmfr.ca](http://www.trentonmfr.ca) • 613-965-3575 • 50 Rivers Drive East, Siskin Centre

# AUGUST 2017

### Welcome to the Trenton MFRC Youth Centre!!

**Special Events:**

There's still plenty of summer left, the Youth Centre plans to take full advantage! Check out our fun summer themed activities for August.

**August 5th, 2017**

There's no special event at the Youth Centre this month, however we encourage everyone to join us at Walt's Sugar Shack for a full day of fun, food and games!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <b>Water Fight</b> Ages 9-12 6 - 9p.m.	2 CLOSED	3 <b>Dream Catchers</b> Ages 10-14 6 - 9p.m.	4 CLOSED	5 Walt's Sugar Shack Shindig
6 CLOSED	7 Civic Holiday! CLOSED	8 <b>Summer Windmill</b> Ages 9-12 6 - 9p.m.	9 CLOSED	10 <b>Ring Toss</b> Ages 10-14 6 - 9p.m.	11 <b>Cupcakes</b> Ages 12-16 6 - 9p.m.	12 CLOSED
13 CLOSED	14 <b>Tissue Paper Flower</b> Ages 6-8 6 - 8p.m.	15 <b>Outside Play</b> Ages 9-12 6 - 9p.m.	16 CLOSED	17 <b>Nature Painting</b> Ages 10-14 6 - 9p.m.	18 <b>Capture the Flag</b> Ages 12-16 6 - 9p.m.	19 CLOSED
20 CLOSED	21 <b>Outside Chalk</b> Ages 6-8 6 - 8p.m.	22 <b>Unicorn Puppets</b> Ages 9-12 6 - 9p.m.	23 CLOSED	24 <b>Make your own Pizza</b> Ages 10-14 6 - 9p.m.	25 <b>Game Night</b> Ages 12-16 6 - 9p.m.	26 CLOSED
27 CLOSED	28 <b>Water Fight</b> Ages 6-8 6 - 8p.m.	29 <b>Bracelet Making</b> Ages 9-12 6 - 9p.m.	30 CLOSED	31 <b>Skipping Showdown</b> Ages 10-14 6 - 9p.m.		

For more information about your Youth Centre & Programs please contact:

**Rabia Stobbart**  
 613-392-2811 x 2568



# Canadian Armed Forces takes on 2017 Nijmegen marches

## Story Submitted

Over 13 teams comprised of Canadian Armed Forces (CAF) members from all over the country have formed the Canadian contingent sent to the Netherlands for the International Four Day Marches Nijmegen. Delivered by 8 Wing's 437 (Transport) Squadron, over 140 Canadian military personnel spent four days marching 40 kilometres for a total of 160 kilometres through the countryside and towns surrounding the city of Nijmegen. Members of the Canadian contingent trained for several months before departing on the four-day trek and were joined by thousands of fellow marchers, both

military and civilian, from over 50 countries.

The annual event, now in its 101st year, has been attended by Canada's military for the past 65 years and commemorates the over 7,600 Canadians who died to liberate the Netherlands in World War II.

CAF members marched the same route taken by their fallen comrades before them and paid their respects to the more than 2,300 soldiers laid to rest at the Groesbeek Canadian War cemetery. The event also serves as a training exercise as each participant is expected to complete the trek while wearing the standard combat uniform and a military backpack weighing over 10 kilograms.



Photo by Cpl Rob Stanley, 8 Wing Imaging  
The Canadian Armed Forces (CAF) contingent for the International Four Day Marches Nijmegen arrive at 2 Air Movement Squadron's National Passenger Service Centre (NPSC), 8 Wing Trenton, Ontario on July 24, 2017.

## WANTED: Re-enrollment Air Force Experience

The Royal Canadian Air Force (RCAF) is actively seeking to re-enroll ex-military members of the Canadian Armed Forces (CAF) who were fully trained in an RCAF occupation, and meet the suitability requirements. Due to manning shortages, personnel from RCAF occupations are being sought.

### Story Submitted

The Air Force Intake & Liaison Team (AFI&LT), which is based in Ottawa, works to identify and staff initiatives aimed at improving the re-enrollment of former skilled personnel into the RCAF. In an effort to reduce waiting times the AFI&LT is working closely with Canadian Forces Recruiting Group (CFRG) and the career managers to expedite re-enrollment.

For more information on re-enrollment or to re-enroll  
Please contact the AFI&LT team:

Email: [AFILT-EALFA@forces.gc.ca](mailto:AFILT-EALFA@forces.gc.ca)

Phone: 1-877-877-2741



## Save The Date

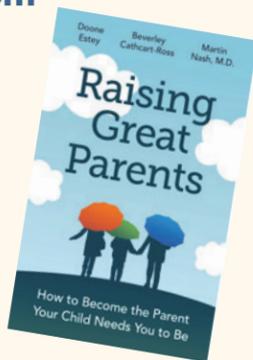
Trenton MFRC and ADHD : A Family Matter Presents :  
**Raising Great Parents Workshop**

September 23, 2017  
10:00 am to 2:30 pm

Strategies for parents from infants to teens :

- Getting out the door in the morning;
- How to short-circuit a child's defiance;
- Avoid power struggles;
- Why not to say 'good job'; and
- Build self-confidence and resilience in your kids.

For more information please contact Orlana at  
[orlana.b@trentonmfrf.ca](mailto:orlana.b@trentonmfrf.ca) or 392-2811 ext. 3953



Sponsored by Kay Stafford

## Retenez la date

Le CRFM de Trenton se joint à ADHD : A Family Matter  
pour vous offrir l'atelier :

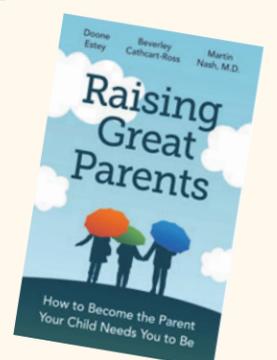
**Raising Great Parents**

Le 23 septembre, 2017  
De 10h00 à 14h30

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

- Des solutions pour faciliter la course du matin
- Des trucs pour mettre fin à la désobéissance
- Des astuces pour éviter les luttes de pouvoir
- De meilleures façons de féliciter un enfant
- De l'aide pour développer la confiance en soi et la résilience chez les enfants

Pour information veuillez communiquer avec Orlana  
au 392-2811 poste 3953 ou [orlana.b@trentonmfrf.ca](mailto:orlana.b@trentonmfrf.ca)



Financé par Kay Stafford

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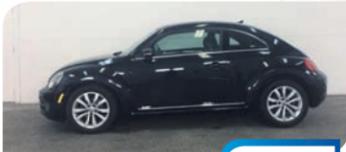
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**15 VW BEETLE COMFORTLINE**  
30356 Auto, 1.8L 4cyl TSI, keyless entry, alloys, pano roof, push btn start, leather, AC, Bluetooth, pwr group, cruise, steer ctrl. 44,728 km  
**PREVIOUS DAILY RENTAL**

**\$17,995**  
**\$121**  
bi-weekly  
84 mths @ 5.9%  
0 DOWN + HST



**13 MINI COOPER**  
30598 Manual 6spd, 1.6L 4cyl, keyless entry, alloys, pano roof, push btn start, leather trim seats, heat seats, AC, Bluetooth, compass, ext temp gauge, pwr group, cruise, steer ctrl. 51,661 km

**\$12,995**  
**\$99**  
bi-weekly  
72 mths @ 5.9%  
0 DOWN + HST



**14 CHEVROLET SONIC LS**  
30724 Manual 5spd, 1.8L 4cyl, hatchback, keyless entry, tract ctrl, AC, OnStar, crank window, pwr locks, steer ctrl, fuel friendly! 59,575 km

**\$7,995**  
**\$54**  
bi-weekly  
84 mths @ 5.9%  
0 DOWN + HST



**13 FORD C-MAX SE**  
30733 Auto, 2.0L 4cyl, Hybrid, alloys, pano roof, econo mode, heat seats/mirrors, AC, dual climate, CD, MP3, sat radio, Sync, cruise, steer ctrl, touchscreen, eco cruise. 24,814 km

**\$16,195**  
**\$123**  
bi-weekly  
72 mths @ 5.9%  
0 DOWN + HST



**16 SUBARU CROSSTREK TRG**  
30673 Auto, 2.0L 4cyl, AWD, fact remote start, alloys, heat seats, AC, rev cam, Bluetooth, pwr group, cruise, Subaru starlink, touchscreen, paddle shift. 26,959 km

**\$24,695**  
**\$149**  
bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST



**14 CHEVROLET VOLT**  
30438 Auto, 1.4L 4cyl, hybrid, fact remote start, alloys, push btn start, econo mode, heat seats, AC, MP3, sat radio, rev cam, park aid, OnStar, pwr group, cruise, touchscreen. 48,436 km

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



**13 HYUNDAI ELANTRA GT**  
30420 Manual 6spd, 1.8L 4cyl, hatchback, keyless entry, alloys, pano roof, pwr seats, heat seats, AC, Bluetooth, pwr group, cruise. 58,342 km

**\$11,995**  
**\$91**  
bi-weekly  
72 mths @ 5.9%  
0 DOWN + HST



**13 SUBARU IMPREZA LTD**  
30395 Manual 5spd, 2.0L 4cyl, AWD, hatchback, keyless entry, alloys, pwr roof, leather, heat seats, AC, dual climate, nav, rev cam, pwr group, cruise, touchscreen. 64,835 km

**\$15,995**  
**\$122**  
bi-weekly  
72 mths @ 5.9%  
0 DOWN + HST



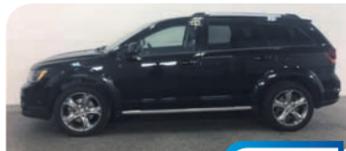
**16 DODGE DURANGO R/T**  
30727E Auto, 5.7L V8 Hemi, 7pass, AWD, fact remote start, alloys, pwr roof/seats, push btn start, leather, memory seats, heat/cool seats. 42,057 km  
**PREVIOUS DAILY RENTAL**

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



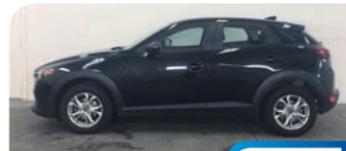
**13 FORD EXPLORER XLT**  
30696 Auto, 3.7L 6cyl, 7pass, keypad entry, flex fuel, alloys, pwr seats, heat seats/mirrors, 3 zone climate, nav, rev cam, park aid, Sync, cruise, pwr liftgate. 61,882 km

**\$21,995**  
**\$168**  
bi-weekly  
72 mths @ 5.9%  
0 DOWN + HST



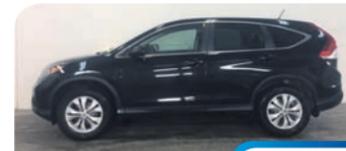
**16 DODGE JOURNEY CROSSROAD**  
30694 Auto, 3.6L V6, 7pass, AWD, fact remote start, alloys, pwr roof/seats, push btn start, leather, heat seats/mirrors/steer, 3 zone climate. 27,668 km  
**PREVIOUS DAILY RENTAL**

**\$25,195**  
**\$152**  
bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST



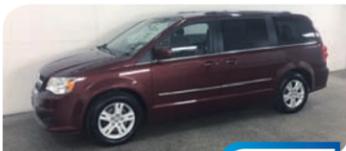
**16 MAZDA CX3 GS**  
30633 Auto, 2.0L 4cyl, alloys, pwr roof, push btn start, leather, heat seats, AC, rev cam, Bluetooth, pwr group, cruise, skyactiv, touchscreen. 32,006 km

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



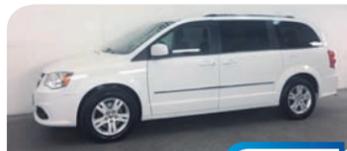
**13 HONDA CR-V LX**  
30561 Auto, 2.4L 4cyl, AWD, keyless entry, alloys, pwr roof, econo mode, heat seats, AC, dual climate, Bluetooth, pwr group, cruise. 93,492 km

**\$16,995**  
**\$129**  
bi-weekly  
72 mths @ 5.9%  
0 DOWN + HST



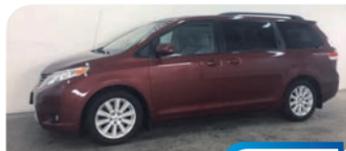
**14 DODGE GRAND CARAVAN CREW**  
30627E Auto, 3.6L V6, keyless entry, flex fuel, roof rack, alloys, Sto'n'Go, econo mode, 3 zone climate, pwr group, heat mirrors, cruise. 38,817 km  
**PREVIOUS DAILY RENTAL**

**\$22,995**  
**\$139**  
bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST



**16 DODGE GRAND CARAVAN CREW**  
30613 Auto, 3.6L 6cyl, flex fuel, alloys, Sto'n'Go, econo mode, pwr seats, heat seats/mirrors/steer, 3 zone climate, rev cam, U-connect, pwr group. 20,250 km  
**PREVIOUS DAILY RENTAL**

**\$22,995**  
**\$139**  
bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST



**14 TOYOTA SIENNA XLE**  
30688 Auto, 3.5L 6cyl, alloys, pwr roof/seats, leather, heat seats/mirrors, 3 zone climate, rev cam, park aid, Bluetooth, pwr group, cruise, pwr rear doors/liftgate, captain chairs. 45,920 km

**\$29,995**  
**\$201**  
bi-weekly  
84 mths @ 5.9%  
0 DOWN + HST



**16 HONDA ODYSSEY TOURING**  
30541 Auto, 3.5 6cyl ITEC, 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

**\$39,995**  
**\$241**  
bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST



**17 CHRYSLER PACIFICA TRG**  
30603 Auto, 3.6 6cyl, fact remote start, alloys, push btn start, leather, sto'n'go, heat seats/mirrors, 3 zone climate, rev cam, park aid, Bluetooth, pwr group, cruise, pwr slide drs/liftgate. 10,469 km

**\$35,495**  
**\$214**  
bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST



**13 DODGE RAM 1500 SLT**  
30570 Auto, 5.7L V8 Hemi, 4x4, fact remote start, short box, trailer hitch, tonneau cover, AC, pwr group, heat mirrors, cruise. 58,474 km

**\$24,995**  
**\$190**  
bi-weekly  
72 mths @ 5.9%  
0 DOWN + HST



**16 DODGE RAM 1500 LARAMIE**  
30619 Auto, 5.7 8cyl, diesel, 4x4, crew cab, short box, chrome wheels, pwr roof/seats, push btn start, leather, memory seats, heat/cool seats, dual climate, nav, rev cam. 34,857 km

**\$48,995**  
**\$296**  
bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST



**14 DODGE RAM 1500 OUTDOORSMAN**  
30617 Auto, 3.0L eco diesel turbo, 4x4, fact remote start, crew cab, short box, trailer hitch, alloys, pwr seats, AC, rev cam, park aid, U-connect, pwr slide rear window, heat mirrors. 97,663 km

**\$32,495**  
**\$218**  
bi-weekly  
84 mths @ 5.9%  
0 DOWN + HST



**14 DODGE RAM 1500 SLT**  
30675 Auto, 3.0 6cyl ecotec, diesel, 4x4, fact remote start, quad cab, short box, trailer hitch, box liner, chrome wheels, pwr seats, AC, U-connect, pwr group, heat mirrors, cruise. 59,816 km

**\$32,495**  
**\$218**  
bi-weekly  
84 mths @ 5.9%  
0 DOWN + HST



**17 DODGE RAM 1500 REBEL**  
30687 Auto, 5.7 V8 Hemi, 4x4, fact remote start, crew cab, alloys, push btn start, leather trim seats, pwr seats, heat seats/mirrors/steer, AC, dual climate, rev cam, U-connect. 5,603 km

**\$45,995**  
**\$278**  
bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST

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Deferred payments subject to financing. All payments are based on bi-weekly payments. All 2011-2012: 60 mths, 2013: 72 mths, 2014-2015: 84 mths, 2016-2017: 96 mths. P.P.S.A, License and taxes extra. EG: \$10,000 + Taxes \$1,300 + P.P.S.A. \$65 = \$11,365 financed over 60 mths at 5.9% = \$117.34 Bi-Weekly with a cost of borrowing of \$1,962.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates are current at time of print. 0 Down + HST. Most 2016 & 2017 vehicles are former daily rentals. Bayview Auto is not responsible for pricing, vehicle option or mileage errors printed in this flyer. Contact dealership for more information.

