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Search And Rescue
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A Message From
Lieutenant General Hood



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Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

Morning with the Royals



Photos by Martin Durkin
Their Royal Highnesses The Prince of Wales and
The Duchess of Cornwall arrive at CFB Trenton

By Martin Durkin

It starts out on a media bus in the parking lot of Canadian Forces Base (CFB) Trenton. Camera tested a dozen times, a few extra batteries tossed into the bag for the flash and pens; lots and lots of pens. Then you realize, you aren't really going to be conducting any interviews, although you have managed to tape your recorder to the handle of the camera bag. It's ready to be clicked on the moment you get close to anyone for a quick question.

The bus takes you over to hangar six on base, the windshield wipers can hardly keep up to the rain and you thank the heavens you'll be inside when you get to start clicking away. The bus parks on the other side of highway number two, and

you get out first. Your editor warned you that you may have to fight off the other media from around the world, so you do the smart thing and sit in the first seat.

The minute you step out, you're surrounded by security, mostly plain clothes, none of them smiling. They're looking for your bright yellow media pass, and then they want you to turn on all equipment to make sure it's not rigged, they miss the tape recorder taped on top of the camera bag, it's always the obvious thing someone misses.

Once you manage to get inside the hangar, you see everything roped off around a J model Hercules. Then you see a podium set up where photographers can go to get photos of the big arrival. Problem is, it's two feet outside the hangar door,

and it's still pouring English tea and biscuits. Your fellow reporters look at one another and a discussion about each grabbing an end to pull the 10 foot long podium inside is discussed, but then a Royal Canadian Mounted Police (RCMP) security officer walks by and stares, so you stop talking about moving anything. Public Affairs officers come by with rough schematics showing you how Their Royal Highnesses The Prince of Wales and The Duchess of Cornwall will enter the hangar once getting off the plane. Nervous reporters who always have too many questions and never enough time, begin to circle and start asking for more detailed information while you and an Image Technician from the base walk away, grinning.

Continued on page 10



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Canada's 150th

By Martin Durkin

I have this fond memory in college of a particular professor who while a brilliant journalist, could scare the bejesus out of you.

He had this office smaller than a janitor's closet. Our first assignment was to write an editorial on something Canadian, so like any good Canadian, I wrote hockey. At that particular time the Air Canada Centre was newly built but Dougie 'Killer' Gilmour had been traded. So I decided to write a smart ass piece using the Molson Canadian ad with the typing monkeys, somehow comparing that to the fans who would pay the ticket prices to show up to the game.

Now this professor, as I said, could scare God himself if he wanted to, and the last thing you wanted, was to be called into that cubby hole. I admired the guy but I loved to challenge him, in my mind he was the Pat Burns of the journalism program. And I, (ahem), was Dougie Gilmour, and just like Gilmour, the only guy I feared, was Burns. Or in this case my professor.

So, I was called into his office. I was in the middle of taping up my hockey stick, the writers' pen. I cleared my throat and followed him in, believing God was about to call me home. We both sat down, could each smell my sweat and fear. He stared at me, I kept my mouth shut.

Then....

He laughed. He loved the article, said, "Get some facts in this piece of Canadiana!"

I couldn't believe it. We ended up talking about Canadian trivia in general and music somehow before he told me to get the hell out of his office.

I'm currently listening to one of those Canadian musicians we talked about that day almost 20 years ago, which has led to me writing this longwinded piece. Here's the connection to it all.....

8:30 Newfoundland.

It's a song, and in my mind should be the only question you need to answer to enter this beautiful country. Do you know what it means? If you do, you're in. If you don't, or if you don't know who Pat Burns was or Dougie 'Killer' Gilmour is, well.....

Cliché I know, and in today's age when so many important issues are being raised, I'm talkin' hockey as if that's what makes you Canadian. It's not. There are a million other things to think about and be grateful for. While I finish this column up, I'm sitting in the office of the Contact Newspaper, waiting to cover the Royal tour. I'm writing for an original war baby paper on Canada's largest air base. I've made my small mark here. I used

to look up to the sky in front of my red hockey net as a kid from my driveway, and listen to the jets break the sound barrier, now I'm at 8 Wing covering stories about them and the people who fly the aircrafts in Canada's name.

So, this Canada Day, on our 150th, while drinking a Canadian Molson, watching Stompin Tom on YouTube, I will look up to the Canadian sky, set down my bottle

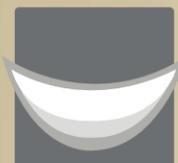
on this handful of earth and say a quiet thank you.

By the way, that professor? His name is Rob Washburn, he visited me here at the Contact, and he thrilled and scared me still, the Pat Burns of journalism. His parting words were, "You want to bring back journalism to newspapers? Get rid of all the columnists."

I hope your Canada Day went well.



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When: Wednesdays from 5-July to 30 August, 1200-1300hrs
Where: RCAF Arena
Who: All CAF Members, PSP, CFMWS & DND Staff are welcome
Info: For additional information visit 8 Wing CFB Trenton's Intersectional CAF Connection Page.

Come out on your Lunch Hour!




Ryan Meeks
Sport & Rec Coordinator
Phone: 613-392-2811 x2349
Email: ryan.meeks@forces.gc.ca



Noon Hour Field Sports



When: Thursdays from 6-July to 31 August, 1200-1300hrs
Where: RCAF Field
Who: All CAF Members, PSP, CFMWS & DND Staff are welcome
Info: For additional information visit 8 Wing CFB Trenton's Intersectional CAF Connection Page.

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Noon Hour Ball Hockey



Quand: Mercredi du 5 Juillet au 30 Août, 1200-1300hrs
Où: Arena de l'ARC
Qui: Tout les membres de la FAC, PSP, SBMFC & employés de la DDN sont le bienvenue
Info: Pour plus d'information visiter la page web de la 8 Esc BFC Trenton

Venez pendant l'heure du midi!




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Noon Hour Field Sports



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Wounded Warriors and FreshCO

By Martin Durkin

As June continued her month of stormy weather, FreshCO and Wounded Warriors Canada banded together in Quinte West for a barbecue to help raise funds for a cause.

With all proceeds going to Wounded Warriors Canada, owner Clarence Blakely did his part in the chain wide event.

"As our store we are hoping to have \$2,000 raised," said Blakely. "As an organization we've probably raised about \$75,000."

With a goal of \$100,000 for Wounded Warriors Canada, Blakely says raising funds for this program just made sense in Trenton.

"It just feels good to give back to the military which helps to make our country so great," said Blakely.

David McDonald who has served just over 12 years with the Canadian Army is now a reservist based in Toronto, having been deployed with Task Force 308 to Afghanistan in 2008 until 2009.

Injured in a vehicle roll over during combat patrol in Kandahar, McDonald received many physical injuries but says the biggest blow was the brain trauma which has now led to post-traumatic stress disorder (PTSD).

He is now the National Partnership Director with Wounded Warriors Canada and looks after fundraisers such as the barbecue with FreshCO.

With monies going to support veterans, their families and first responders, McDonald says Wounded Warriors Canada is a very important program within the Canadian Armed Forces.

"In Canada just by the nature of who we are, we have an extremely proud military tradition," said McDonald. "We have deployed a lot of members especially in the last several decades to combat zones and they didn't necessarily get the recognition they should have gotten when they came home."

But Afghanistan changed all that says McDonald. "It was on everyone's mind through social media and the News and that put a lot of interest on the men and women who were deployed that come back injured," explained McDonald.

McDonald says the focus is to help those wounded warriors reclaim the lives they lost, or help find them a new life in which they can contribute to society.

"It's important to not only recognize their service, but recognize when they've been injured, they need not a hand out but a hand up to get back to the people they were," said McDonald. "It's important for Canada to recognize that these mental health problems do exist and to dispel the myths that are surrounding them and the stigmas attached."



Photo by Martin Durkin

FreshCO owner Clarence Blakely and veteran David McDonald pose with employees during the barbecue fundraiser

With events such as Canada Day, McDonald says what the general public thinks of as PTSD is a veteran coming back and dealing with loud noises such as fireworks. And no doubt, that can be an issue, however its things like driving in traffic and wondering if you might hit an explosive device driving down Main Street that is hard to get over. Even being stuck in traffic is hard since they were used to people getting out of their way overseas during deployment while driving heavy machinery. It's also something more personal and devastating.

"This was the last Canadian town I stepped into when I was deployed, and for a lot of my Canadian friends this was the last Canadian town they came home to when they went down the highway of heroes," said McDonald.

Moving forward, McDonald says the support that the Trenton community and FreshCO give to Wounded Warriors Canada is a special acknowledgement given back to the veteran family.

"We are just looking forward to continuing that partnership with Wounded Warriors and this community moving forward with days like today and this barbecue," says McDonald.

As the long weekend comes closer as well as the arrival of Their Royal Highnesses The Prince of Wales and The Duchess of Cornwall, McDonald looks back fondly on a memory.

"In 2010 my armoured unit was receiving its new colours,

which is a flag with all its battle honours. Prince Charles and Camilla flew over (to Toronto) to present us with the colours," explained McDonald. "I was the first member of my unit to be injured since WW2. I thought I was going to be on the parade itself but they pulled me off and said, 'no the Prince has requested to have a personal meeting with you.'"

His family was coming down to see the parade and McDonald chuckles remembering the phone call he had to make to his mother telling her about the change in plans. McDonald and his folks were given a private 30 minute session with Their Royal Highnesses.

"I got the quickest royal protocol session that's ever been given," laughed McDonald. "I was surprised how down to earth they were, and they were very interested in how I was doing."

Her Royal Highness The Duchess of Cornwall took a personal interest with McDonald's mother, wanting to know how she was dealing with the news of her son and his injuries.

"What I was really embarrassed about was I made a minor faux pas when Camilla went to go say something and I interrupted her and said, 'ma'am this is my mother,' apparently you're not supposed to interrupt, she was a little taken aback but she took it in stride and I'm still here and not in jail," laughed McDonald who says if he got the chance to meet them again, he would truly enjoy it.

The Contact Newspaper

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

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

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

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

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

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

Letters to the Editor:

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Alert Receives a Visit from Jonathan Torrens and the Canadian Broadcasting Corporation (CBC)

by Projects Officer Lieutenant Jack McDonald

In anticipation of Canada's 150th Birthday, a television crew from the CBC visited Canadian Forces Station (CFS) Alert to get some footage of Canada's northernmost inhabited settlement. The crew, which included actor Jonathan Torrens (Street Cents, Trailer Park Boys, Mr. Dee), arrived in the evening of Tuesday, 13 June and left at noon the next day. They aimed to capture life at CFS Alert, to show off the station's national pride and also to demonstrate gratitude to the men and women working at Alert for their service and sacrifice. Their visit began with the traditional welcome that all visitors to the station receive – applause from all of the station personnel as they walked through the front doors, as well as a briefing on the station's rules and regulations. Next on the schedule was a game of ball hockey in the Main Gym. This included a singing of our national anthem, a warm-up, and then three periods of fast-paced, competitive ball hockey. Once the game was over, the crew and the station personnel all moved outside for a bonfire at the fire pit with a view looking out over the frozen Arctic Ocean. In appreciation of the fact that most station members won't be able to be at home with their families for Canada Day, the crew brought up some Canada-themed gifts for everyone. All dressed up in new red

and white toques and necklaces, the station gathered around the fire to join together for a shot of maple syrup provided by the Global Strategic Maple Syrup Reserve in Laurierville, Quebec. After the bonfire, the CBC crew and the rest of the station went back indoors to socialize at The Wolf's Den, one of the station's two messes. On Wednesday morning, the station woke up to a pancake breakfast cooked by Torrens himself, topped off with more Laurierville syrup. The crew's first activity of the day was some training on the BV 206, the military's tracked vehicle designed for use in the high arctic. Next, they were taken for a ride in a CH-146 Griffon helicopter from 430 Tactical Helicopter Squadron, from Valcartier, Quebec. The helicopter took them 80km away to the nearest microwave transmitter link site, one of five sites in the High Arctic Data Communications System (HADCS) link that allows CFS Alert to communicate with the rest of the world. Once they returned, they were given some time to shop for souvenirs at the station's kit shop, and then were clapped out by the entire station personnel. Torrens and the rest of the crew made it very clear that they had thoroughly enjoyed their stay at CFS Alert, and that they would not soon forget the welcoming atmosphere and Canadian pride displayed by the station personnel.



Photos by Station Warrant Officer's Assistant Private Sean Keating
Master Corporal Stephen In delivers the station welcome briefing to CBC host Jonathan Torrens. The welcome brief includes important information on how the station works, and also goes over the rules and regulations.



Jonathan Torrens interviews Corporal Katelin Turner at the bonfire. Torrens interviewed many station members, asking them about where they are from and what they think of CFS Alert.

This is the Wing Replenishment Procurement Team



By: MCpl Zahavich, Ursula and Annick Parent
Back Row: Captain Thomas MacHardy, Acting Commanding Officer Wing Replenishment Sqn (WREPLEN), Heather Landry, Shirley Kelly, Nathalie Longtin, Chris Radway, Lieutenant Thomas Ayling, System Control Officer
Front Row: Master Corporal Stuart McLennan, Annick Parent Procurement Supervisor, Corporal Turcotte

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Salute to our Forces night a success



Photos submitted

Brighton Speedway recently held the second annual CANEX Salute to our Forces night. Over 1000 complimentary tickets were distributed to Canadian Armed Forces (CAF) members and their families. Lieutenant Colonel (Lt.-Col.) Butcher from Aerospace and Telecommunications Engineer Support (ATESS) was on hand to represent 8 Wing Trenton during the National Anthem and award presentations. The Canadian Forces Morale and Welfare Services (CFMWS)/8 Wing van was also used during the pace car laps.

"We are extremely happy to see so many CAF families in attendance. We will work to continue the Event as long as the CAF members and their families are enjoying it," said CANEX manager Andrew Kerik



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Washing the Aircrafts



photo Submitted
 As long as there is no lightening, the planes get washed! 436 Sqn conducts its annual aircraft wash of the National Air Force Museum of Canada (NAFMC) aircrafts

Safety



Keeping Safety Afloat

Padding a rented canoe, racing over the waves in your brother-in-law's speedboat or sightseeing aboard a city harbor cruise vessel – many of us find a way to be out on the open water occasionally.

These trips should leave us with happy memories of sun, wind and water. Unfortunately, they sometimes are remembered with horror as drowning tragedies. Most people who are killed in boating incidents die of drowning. Three major factors contribute to these deaths: the effects of cold water, inability to swim and alcohol. One in three boating fatalities is alcohol-related.

Alcohol can have a greater effect on a person out in a boat than it would on the shore. Bright, warm sunshine, wind, noise, vibration and motion all can make a person tired and less responsive to danger. Add alcohol to this state of mind and body, and you have the recipe for an accident.

Alcohol affects the sense of balance. Most boating deaths involve falling out of a small open vessel. It has not necessarily capsized, and the victim is typically not wearing a personal flotation device.

Alcohol affects co-ordination. A person even mildly intoxicated can have trouble floating or grabbing a rescue device. Hot and windy conditions can cause dehydration for a boat passenger. Drinking alcohol to replace fluids worsens dehydration and contributes to the fatigue and confusion of heat-related illness.

Sitting in the hot sun and drinking alcohol both cause the surface blood vessels to dilate. When a person falls overboard, the shock of cold water can cause cramps, hypothermia (a dangerous lowering of the body's temperature) and drowning.

Besides moderation in alcohol consumption, how else can you ensure your personal safety when you are a boat passenger?

Here are some tips:

- Wear a personal flotation device. On a larger boat, locate the life jackets, life rings and lifeboats so if the captain gives the order to use them, you can reach them quickly.
- Locate fire extinguishers on boats of any size so you can help in an emergency.
- Ask how to use the radio and emergency channel and how to pinpoint a location in case the person operating the boat is incapacitated.
- Remain seated in a small boat.
- Don't ride in an overloaded boat.
- In an emergency such as heavy weather on a sailboat, stay out of the way if you can't help.
- Do not climb on the rails of a tour boat. Stay out of restricted areas.

Boating safety starts at the dock. Most drowning occur within 10 feet (three meters) of safety, and more than half occur with another person witnessing and in a position to possibly save the person by reaching or throwing something for the victim to grab.

Put safety first when rowing the boat that comes with the rented north woods cabin, sailing for the first time or celebrating on a dance cruise. That way your summer boating memories will be happy ones.




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Photos Submitted
424 (T&R) Squadron performs exercises on the Lake Ontario near Toronto.

Search and Rescue and your summer plans



By Martin Durkin

"I have a list! I have a list of things to tell you!"

Captain (Capt.) Erin Chapman with 424 Transport and Rescue (T&R) Squadron sits down inside the Contact office eager to let the public know how to stay safe this summer.

"Life jackets is circled number one on my list," says Capt. Chapman. "High water or low water it doesn't matter, when it's open people go out on it and they don't wear life jackets."

Every year is the same and Capt. Chapman shakes her head knowing 424 (T&R) Squadron is going to have to come out, and not necessarily to rescue, but to recover.

"The life jacket can't be beside you, people need to wear them," she says sternly.

"I pose this to my friends and family, I say when you go out on a boat, why don't you wear one? And they always say, 'well I'm not planning on getting off the boat, I'm not planning in getting into an accident,' and I tell them, do you wear a seat belt?" Their response is always yes; to which Capt. Chapman always asks what the difference is?

"Even yesterday, a woman fell off the back of a boat and nobody noticed for 45 minutes, and we never found her," says Chapman.

Whether it's because people don't know that life jackets come in smaller and comfortable sizes now, or because just like wearing a bike helmet isn't cool, Capt. Chapman shakes her head in frustration knowing firsthand, the consequence of silly decisions.

Capt. Chapman may not know how the issue should be properly addressed to get people to wake up, but she knows that fines and laying charges aren't the answer. Whether its snowmobiles going through thin ice, a wild night on a four wheeler, or lack of lifejackets, her priority is to get you out as safe as possible despite your own neglect.

"If we start fining people for our service, it's going to discourage people from wanting to signal us," explains Capt. Chapman who, in the past has rescued people who thought they were going to be charged and did not want to ask for help.

"There is no cost for our services, we will never be mad, even if it's the biggest and most stupid moment of your life, it doesn't matter, we are happy to be there and to help," said Capt. Chapman.

Last year had 250 calls, and it resulted in 56 rescues. Certain calls were false alarms, sometimes a rescue was made by somebody else, too many are recoveries. The deep effects Capt. Chapman has had to witness in recovering rather than a rescue

is life changing and forever. Not just for her team but for the families.

"It's the maintainers who are waiting at home, and when you get there they say, 'did you find them!' And we have to say yes, but they're gone," explains Chapman.

"It's your own family members when you get home they say, 'how was your night?' And we say, well we found a body, it has this ripple effect."

One question that has been coming up in the media this year from families who have lost a loved one is, "Why didn't the O.P.P call 8 Wing sooner?" Capt. Chapman explains the communication process.

"We don't speak directly with any agency except the Joint Rescue Co-ordination Centre (JRCC) here in Trenton. JRCC controls us, they have many assets and the caller there is the one who receives the calls," explains Capt. Chapman.

"They have highly specialized training that when they get a call they look at the information and determine what assets are best suited for this task. Often times it will be O.P.P or it will be us or the O.P.P will call and ask for support because JRCC is going to be taking care of marine rescues first and then humanitarian second."

When the O.P.P calls in a humanitarian rescue which will be a land issue, the JRCC looks at it and decides whether the helicopter is best suited for the search and rescue. If the answer is no there has to be a good reason for it.

"We are simply the asset and we are ready to assist at any time," said Capt. Chapman who explains if they haven't been called in, it's because they are not well suited for the task at that given time, and that it has nothing to do with not being called out sooner.

Capt. Chapman says further preparation by a boater has two sides. What you need on your boat in case something happens, and what to have on you if an accident does occur.

"In preparation, checking the weather is a big one. Telling someone where you are going and for how long is important," said Capt. Chapman who says the number in your party is good to know as well. Understanding that this year has seen higher water levels than normal, your favourite route to that secret fishing hole may have deadheads or floating debris hiding below the surface you're not used to.

The second part of preparation is what you have on you in an accident. Capt. Chapman can't stress enough that boaters and hikers should be carrying, matches, a working cellphone, a flash light and spot beacons or emergency locator transmitters (ELT).

Continued on page 9

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Continued from page 8

"ELTs are small electronic devices; you press a button it sends a signal to a satellite and JRCC is immediately notified," explained Capt. Chapman. The devices are available at most sporting goods stores.

Stressing that you can never be over prepared, Capt. Chapman agrees that those few items which can save your life, should be either kept on your person in a small Ziploc bag or perhaps a small pail with a secure lid tied to a float, so when your boats capsizes, you can still find your emergency equipment. A whistle on the life jacket you are wearing could mean the difference between a scary story over the campfire or the beginning of your eulogy as someone says, "if only...."

While, as mentioned, they won't charge you if you are found under the influence, common sense dictates the driver of a boat, or a four wheeler or any type of vehicle should be sober and drug free. And of course, a boat without a bathroom, drinking is illegal, even if it's your pontoon boat.

Early this spring Capt. Chapman and her crew had one of the toughest calls of the year. The squadron was sent out west of Collingwood near Tobermory, for a canoe

with two young men missing. "It was a beautiful day, but the first problem was that the water temperature was five degrees, and they went out and they didn't wear life jackets. Somehow they capsized their canoe, and one of them swam ashore and one of them didn't," said Capt. Chapman. "We still haven't found the second young man."

It's heartbreaking for the squadron and at the same time frustrating as one of the biggest excuses they hear is, 'I'm a great swimmer.'

"I'm also a great swimmer," said Capt. Chapman, "but I've done water training, and I've been dumped in a six degree water container. You can't breathe, you can't move your arms, and it is shocking how cold that is."

Not needing your first aid kit until you need it, or remembering to check the batteries in your flash light, may indeed end up saving your life one day. For Capt. Chapman and her team, their hope is that you take safety seriously in the summer fun, and if you do need them, she would rather share a smile with you as she grabs you by your life jacket and tell you, 'you're going to be okay,' rather than telling a loved one, "I'm sorry but...."

Lieutenant - Colonel Charbonneau bids farewell to CFB Trenton



Outgoing Wing Administration Officer Lt.-Col. Daniel Charbonneau shakes hands with 8 Wing Commander Col. Colin Keiver during the Change of Appointment

By Martin Durkin

"I am rejoining my family but losing a family," said Lieutenant - Colonel (Lt.-Col.) Daniel Charbonneau, Wing Administration Officer at the National Air Force Museum of Canada (NAFMC) during his change of appointment.

As the museum officially opened for the day, CFB Trenton was saying a fond farewell to one of its members. And as kids and parents wandered and played with some of the latest exhibits, Lt.-Col. Charbonneau addressed the crowd noting that while he may have earned some grey hairs in his position; he would miss the day-to-day on base.

Lt.-Col. A.J Delhommeau will now take over as the Deputy Wing Commander for 8 Wing. 8 Wing Commander Colonel Colin Keiver who presided over the change of appointment, noted the new change in title.

"To further stress the importance of the role they play in the Royal Canadian Air Force (RCAF), the Wing Administration Branch will now be known as the Deputy Wing Commander Branch."

Lt.-Col. Charbonneau who joined the Canadian Armed Forces (CAF) in 1989 will now be returning to Ottawa where he will assume a position within Assistant Deputy Minister (Finance).



424 (T&R) Squadron performs exercises on Lake Ontario near Toronto.

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Continued from page 1

Get off plane, meet important people, walk briskly out of rain, walk past Hercules, stop for 30 seconds by some fancy looking equipment and then jump in limousine waiting at opposite end of hangar.

So, now you're ready. You can feel the adrenaline; they should be arriving any minute. You start crinkling your neck and with your reporters clear you rub a little bit of that white powder boundary line on your shoe before entering the game. Except, they haven't left Ottawa yet. You got another 45 minutes to kill.

Big hangar, lots of security, and rain. What are you going to do for the next 45 minutes? Luckily some of the dignitaries haven't been told of the delay and they are already arriving inside. You spot them first and start clicking before any of the other press notice.

It's Lieutenant Governor of Ontario, the Honourable Elizabeth Dowdeswell being escorted by Lieutenant-Commander (Lt.-Cmdr.) Albert Wong and they are walking over to Major (Maj.) Kyle Welsh of 436 Transport (T) Squadron, you're going over.

The Royals aren't on site yet so security doesn't pounce. Your public affairs escort looks ready to faint but it's too late, the media pack has followed. This is my meal boys, back off.

As you click and flash away, Dowdeswell looks up a few times, at first she appears annoyed, but then she smiles and winks at you with elegance.

"How are you?" She whispers, and then goes on talking with Maj. Welsh.

She and Lt.-Comdr. Wong walk off, and the pack follows. Maj. Welsh is yours for the taking.

"It was great to meet her, I was tasked with today and that's a great honour. I'm looking forward to meeting the royal couple, I had to learn proper protocol for meeting them and I'm ready," says Maj. Welsh.

An announcement is made, the plane is arriving. Everyone gets into place; you jump up on the podium and get ready. Television cameras are behind you, and photographers surround you. Their Royal Highnesses are now walking down the ramp, so you click away. As your editor warned you, the pack gets pushy wanting their own perfect shot. One fellow in particular bops you in the back of the skull with his telephoto lens, apologizing each time with a chuckle. You remind yourself that CBC or Global is filming, so you let the fourth bump to the head go.

And just like that, it's over. Their Royal Highnesses walk past you, they've been greeted by the Lieutenant Governor of Ontario, the Honourable Elizabeth Dowdeswell, Premier of the Province of Ontario, The Honourable Kathleen Wynne, 8 Wing Commander Colonel (Col.) Colin Keiver, and Wing Chief Warrant Officer Lisa Harvey amongst others.

Continued on page 11



Their Royal Highnesses The Prince of Wales and The Duchess of Cornwall lay wreaths at the Afghanistan Repatriation Memorial in Quinte West June 30, 2017.



His Royal Highness The Prince of Wales reads the names of the Canada's fallen from the Afghanistan Repatriation Memorial in Quinte West during the Royal Tour, June 30, 2017.



His Royal Highness The Prince of Wales receives a wreath from a member of the Canadian Armed Forces to lay during a Commemorative Service at the Afghanistan Repatriation Memorial in Quinte West, June 30, 2017.



Their Royal Highnesses The Prince of Wales and The Duchess of Cornwall mingle with the crowd after a Commemorative Service at the Afghanistan Repatriation Memorial in Quinte West, June 30, 2017.



THE ROYAL CANADIAN LEGION BRANCH 110 COMING EVENTS

Schedule of Events:

AUG. 19 - Warrior's Day bus trip to the CNE. \$20.00 per person.

AUG. 20 - Anniversary of the Battle of Dieppe, potluck dinner, Canadian Military Wives Choir Trenton, and guest speaker Ena Newman. 5 pm, No charge, bring potluck.

AUG. 27 - Annual President's Day Golf Tournament, \$35.00 includes 9 holes golf, cart, steak dinner and a prize.

SEPT. 20 - Roast Beef Dinner and The Adam Graeme Comedy Hypnotist Show, \$20.00 Legion members, \$25.00 non-Legion members.

SEPT. 30 - Fredde Vette show, \$20.00 Legion members, \$25.00 non-Legion members.

All tickets need to be purchased in advance at the Legion office 613-392-0331.

FREE dances every Saturday afternoon in July and August from 2-6 pm with live entertainment.

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Continued from page 11

You jump back on the bus, grab that first seat again, and you wait. And you wait. And....well needless to say you won't be making it over in time to the Canadian Army Advanced Warfare Centre on the other side of the base. Yet instead of grumbles by a busload of reporters, it's chuckles. The motorcade left before the bus and there's nothing you can do about signal lights and traffic so; onto the Afghanistan Repatriation Memorial and another 45 minute wait.

Luckily Quinte West Mayor, His Worship Jim Harrison has arrived early and is coming over to the media wolf pack.

"This is exciting, we're certainly proud they're here," says Harrison. "This is a great moment and you can see that it's well organized, they can see we live in the best country in the best part of the world." The rain has let up; a crowd of about 100 people have arrived with cameras and flags, all hoping to get their own shot of the Royal couple. 8 Wing sets up around the memorial and the cheering begins as the black limo arrives.

Camera phones click, television cameras roll, and photographers begin again. You wish you could ask one question. Something such as, 'how does Tim Hortons tea hold up to England's Harrod tea,' or, 'Your Royal Highness, this is your eighteenth visit and Her Royal Highness's fourth, we are honoured to have you here for Canada's 150th, what makes this trip extra special compared to the rest?'

But security is not going to let you, so, you watch like a hawk hoping you can catch a civilian afterwards who you may be lucky enough to get 30 seconds with. But, all that fades away as Their Royal Highnesses step up to receive their memorial wreaths. Reality sets in. Written in stone are veterans who won't be coming home to celebrate Canada's 150th. Thanks to them and those before, Canada has a 150th to celebrate.

The last post is played, and all is quiet

except for the clicking of cameras by reporters. We have a job to do. Col. Keiver is in the crowd, his stoic patriotic face looks at you, and you think for a minute. He's been on guard and alert the entire visit, each click of the camera shows how seriously he's been taking the day, especially this moment.

Earlier in the week, you interviewed a wounded warrior suffering from PTSD. His friends are engraved on the stone His Royal Highness The Prince of Wales is looking at. They came home via the highway of heroes, while as a wounded warrior; he came home on a Hercules with empty seats around him.

What more can you say? The morning is now wrapping up; it's time for lunch before the tour continues into Wellington. Their Royal Highnesses make their way through the crowd, stopping to chat here and there. Mary and Ken Vandereems of Quinte West were one of the lucky ones as The Prince of Wales and The Duchess of Cornwall each took the time to speak to them.

"We told them we were in London two weeks ago," says the Vandereems. "Prince Charles joked and said he hoped the weather was better there than it is here." Mary goes onto explain that her first husband, Sergeant Glen Poirier, spent 30 years in the Royal Canadian Air Force (RCAF) as an 'air force technician' and together they spent 1958 until 1966 at 8 Wing.

The final moment of the morning before Their Royal Highnesses jump back in the limo is caught silently on camera. A veteran in a leather biker vest has been working his way through the crowd hoping to meet the couple. He finally does, and His Royal Highness says 'thank you', before checking out the pins on the veterans vest. Then, as quickly as they arrived on base, they are whisked off. The excited crowd now stands in an empty parking lot where just moments ago royalty stood. Thunder starts to roll over the Bay, it's time to board the bus and see who makes it to Wellington first.



photo by Image Tech Corporal (Corp.) Kenneth W. Beliwicz
A veteran and His Royal Highness The Prince of Wales briefly meet and speak



Meeting the Vandereems

Home of the Week

Your Building Renovation Experts



Plans for this compact three-bedroom bungalow include an optional stairway, should the occupants wish to include a basement, always useful for a growing family or a guest room.

The entry, protected from the elements by a dramatic sloped roof supported by a brick pillar, leads into a foyer with a 10-foot ceiling, which carries through the corridor to the great room at the back of the home. (Ceilings in the dining area, the kitchen and the other rooms measure nine feet.)

Sliding glass doors lead from the great room to a covered patio that overlooks

the back garden.

The dining area includes an optional built-out buffet, providing welcome serving and storage space, and is separated from the kitchen by a prep island. The kitchen's L-shaped counter configuration spells efficiency for the cook, who will also appreciate the deep-silled window over the double sink. Two pantries flank a linen cupboard.

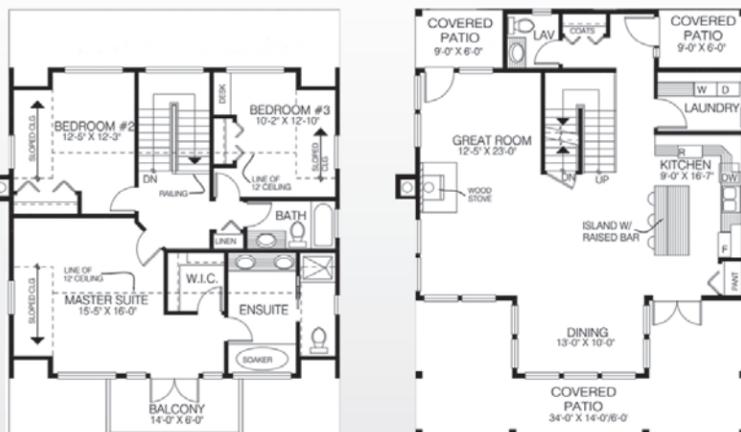
The master bedroom also includes sliding glass doors to a patio at the back, and has an ensuite with double sinks. The tub and separate shower

stall occupy a bayed-out space with a window. A roomy walk-in closet completes the lay-out.

The second and third bedrooms share a three-piece bathroom.

A clever two-way coat closet can be accessed from both the foyer and the laundry room, which includes a shelf for sorting and folding. The laundry room, with access to the double garage, can double as a mud room.

Exterior finishes include stucco with wood and brick accents, in addition to a decorative garage door.



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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).

Bootcamp

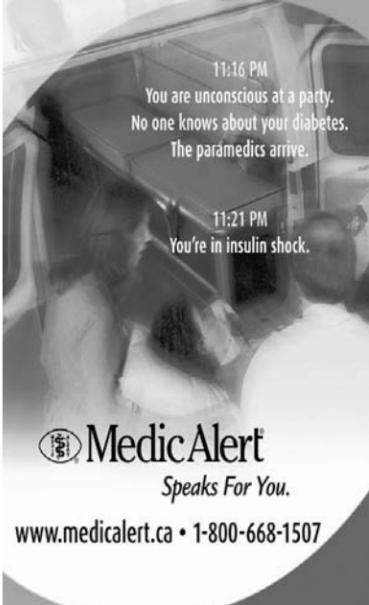
Experience high-intensity, full-body workouts that target the major muscle groups of the upper and lower body. From circuit-style routines that jump-start cardio fitness, to creative muscle-toning exercises, each class brings its own unique challenges. No two classes are the same! Athletes will work the cycle to improve cardiovascular stamina, core strength and flexibility. Where: RecPlex gymnasium. When: Fridays, March 31 to May 19 from 4:30 p.m. to 5:30 p.m. Costs: Military community \$72, general public \$90, Drop-in military community \$10, general public \$12 (Drop-in only available if class is running).

Intersectional Sports

I/S Golf- just begun last week- it runs on Tuesdays at 1300
I/S Slo-Pitch- begins this week- it runs Wednesdays in the 16:30 & 18:00 time slots

Base Sports

Nationals- Triathlon- July 7-9 in Gatineau



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SUMMER SWIM CAMP 2017

Jr. Camp Level 1-4 or Level 5-8

If you're like a fish in water, then this camp is for you!

This camp will allow your child to work towards achieving their swim levels (2 lessons per day for 4 days) as well as expose them to other aquatic activities like our new WIBIT. Non-aquatic recreational activities, mystery guests/demos and highly trained staff will make for an exciting week.

Sr. Camp Level 9-Star Patrol

Not only will your week include swim lessons (2 lessons per day for 4 days) but it will be jam-packed with other adventures...

Stand Up paddle boarding, WIBIT, non-aquatic recreation activities and Aquatic specific special guests/activities.

**Due to swim lesson ratios and special activities, registration is limited and will close July 3rd **



Monday to Friday
July 17-21; July 31-Aug 4; Aug 21-25 & Aug 28-Sept 1
8:00 am - 4:00 pm
At the RecPlex



Before & After Care is available 1 hr. before and 1 hr. after camp!

REGISTRATION Starts:

Military families: May 23rd General Public: May 30th

Military Community	General Public
\$ 176 per child/per week	\$ 195 per child/per week



Register at RecPlex!
Information: 613-392-2811 ext. 3361 or 7138 www.cafconnection.ca/Trenton/Home.aspx




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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!

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.

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 with questions.

Décoration de gâteaux

Aimez-vous les sucreries? Venez découvrir une nouvelle compétence en participant à nos cours de décoration de gâteaux! Apprenez à faire des gâteaux magnifiques pour les occasions spéciales! Chaque participant décorera un gâteau de 6" et l'apportera à la maison. Aucune expérience ou outils ne sont nécessaires.

Le 25 juillet au CRFM
20.00\$ chacun
Inscrivez-vous à la réception du CRFM d'ici le vendredi 21 juillet.
Si vous avez des questions, contactez Rabia à rabia.s@trentonmfr.ca.

Canada's Wonderland Bus Trip

Bring your friends & family & join us for a trip to Wonderland on Thursday, July 27!

Details:
Depart the MFRC at 7 a.m. (50 Rivers Drive East)
Depart Canada's Wonderland at 8 p.m.
Cost - Adults: \$47.73 Junior/Senior: \$43.21 (3 years and under 48" or 60+ years)
Coach Bus Transportation - \$5/person for military families or \$10/person civilians
*The cost includes admission and all-you-can-eat buffet lunch
You can buy your tickets which includes admission & an all-you-can-eat buffet lunch and drive yourself or join us on the bus ride.

Please buy your tickets and register for the bus by Friday, July 21 at the MFRC. *Priority to the military families until July 7
Information: 613-965-3575

Canada's Wonderland - Voyage en autobus!

Aenez votre famille et vos amis pour un voyage à Wonderland, le jeudi 27 juillet!
Détails:
Départ du CRFM à 7h
Départ de Canada's Wonderland à 20h
Coût - adulte: \$47.73 junior/senior: \$43.21 (3 ans et moins de 48" ou 60+ ans)
Autobus coach - 5,00\$/chacun pour familles militaires ou 10,00\$/chacun pour civiles
*Le coût des billets inclut admission et buffet lunch à volonté, vous pouvez conduire ou nous accompagner sur l'autobus.
Achetez vos billets et réservez votre siège par le vendredi 21 juillet au CRFM.
*Jusqu'au 7 juillet, la priorité est donnée aux familles militaires
Information: 613-965-3575

Al Anon meetings

The Hope & Serenity Group Al Anon meeting meets on Sundays from 7:30 to 8:30 p.m. at the Trenton MFRC. Friends and families of problem drinkers will find understanding and support at Al-Anon meetings open to the general public. For more information, please contact Linda Reade 613-392-2811 ext. 4583 or linda.r@trentonmfr.ca.

Rencontre Al Anon

Les rencontres de groupe Al Anon Espoir et Sérénité ont lieu au CRFM de Trenton les dimanches de 19h30 à 20h30. Le groupe offre du soutien et de la compréhension aux familles de la communauté dont un membre souffre de problème de consommation d'alcool.
Pour information, contactez Linda Reade 613-392-2811 poste 4583 ou linda.r@trentonmfr.ca.

Building Blocks Club

In partnership with Autism Ontario An evidence-based social skills program using Lego building blocks to assist in the development of communication and appropriate social interaction.
For information please contact Orlana Bourgoin 613-392-2811 ext. 3953 or orlana.b@trentonmfr.ca.

Club de blocs de construction

En collaboration avec Autism Ontario

Un programme est spécialement conçu pour développer les aptitudes sociales en utilisant des "Legos" pour améliorer la communication et les interactions sociales appropriées.
Pour information, veuillez communiquer avec Orlana Bourgoin 613-392-2811 poste 3953 ou orlana.b@trentonmfr.ca.

Occupational Therapy Clinic- Calling all CFB Trenton military families!

The Trenton MFRC & True Patriot Love in collaboration with Belleville Integrated Health Centre are pleased to offer 3 different Occupational Therapy Clinic Packages!
Each program will include:
- An assessment (comprehensive or overview depending on the need) - \$110 - \$350 value
- 1 of 3 - 6 week Clinic Group - \$210 value - plus 2 individual private sessions - \$220 value
Total Value of \$780 for just \$100
To register today or from more information please contact Orlana 613-392-2811 ext.3953.

Programme d'ergothérapie- Appel à toutes les familles des militaires de la BFC Trenton!

En collaboration avec le Centre de santé intégré de Belleville, le CRFM de Trenton et le True Patriot Love offrent trois programmes d'ergothérapie!
Chaque programme comprend:
- Une évaluation (exhaustive ou générale selon les besoins) — d'une valeur de 110 \$ à 350 \$
- 1 de 3 — groupe de 6 séances cliniques — d'une valeur de 210 \$
- 2 séances privées individuelles — d'une valeur de 220 \$
Valeur totale de 780 \$ pour seulement 100 \$
Pour toute information ou inscription, communiquez avec Orlana par téléphone au 613-392-2811 poste 3953.

Limitless Youth Night

Every third Monday of the month from 6 p.m. to 8 p.m. Do you want to meet new people, play games and have some fun? Then this group is for you! Inclusive youth social night for children with special needs, their siblings and friends ages 6 to 11. For information, contact Orlana 613-392-2811 ext. 3953 or orlana.b@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: 1115 hrs
 Service protestant: 11h15

RC Sunday Mass (Bilingual) at 0900 hrs
 Messe CR du dimanche bilingue 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 (Fr/Père) Roy Laudenorio

Unit Chaplains/Aumôniers des unités:
 Capt (Rabbi/Rabbin) Bryan Bowley
 Capt (Fr/Père) Eric Davis
 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.trentonmfrca.ca • 613-965-3575 • 50 Rivers Drive East, Siskin Centre



TOGETHER WE ARE STRONGER

Possibilités Infinies

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

Friday Drop-Off

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

Babies and Beyond

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

Halte-garderie du vendredi

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

Bébés et au-delà

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

Monthly E-News/Social Media

Get the latest news from the MFRC and community at large. Sign-up through our website www.trentonmfrca.ca for the monthly E-News and to follow us on Facebook.

Nouvelles mensuelles et Facebook

Ne manquez pas les dernières nouvelles du CRFM et les communautés avoisinantes. Inscrivez-vous par notre site internet www.trentonmfrca.ca pour les nouvelles mensuelles par courriel et suivez-nous sur Facebook et suivez-nous sur Twitter!



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A message from Lieutenant-General Mike Hood and Chief Warrant Officer Gérard Poitras

Shortly before Canada Day, the commander and chief warrant officer of the Royal Canadian Air Force sent the following message to the airmen and airwomen of the RCAF.

As Canadians from coast to coast to coast prepare to celebrate the 150th anniversary of Canadian confederation in a few days, we are reminded of the crucial role that the Royal Canadian Air Force has played in the development of our great nation and the growth of our Canadian identity.

The first movement towards a national air force occurred in 1914, a mere five years after the Silver Dart flew Canada's first powered, heavier-than-air flight from the frozen surface of Lake Bras D'Or in Cape Breton. Canadian airmen flocked to join the Royal Flying Corps during the First World War and, in 1917, many joined the first military pilot training program in Canada to train for service overseas – a centennial that the RCAF is celebrating this year.

The interwar period brought us the bush pilots, many of whom had served during the war. They helped open up our frontiers, including the Far North. During that time, as new aerial photography techniques revolutionized map-making, the RCAF was heavily engaged in mapping the whole of the Canadian land mass.

With the Second World War came an increased emphasis on the RCAF as a national institution. A new aircrew training program in Canada was, in contrast to the previous war, operated and managed by the RCAF. In addition, Canada insisted on establishment of RCAF squadrons, under RCAF command, to serve overseas. Many of you now serve in those



squadrons. Fast forward to today. You, the men and women of the RCAF, serve with pride, professionalism, and dedication every day, on missions essential for the protection of Canada and Canadians, and the maintenance of international peace and security. But concretely, as the only one of the three services able to reach every square metre of our vast nation, the RCAF is the Guar-

antor of Canadian sovereignty. This applies equally whether your role is on the ground, in the air, or focussed in space. Canadian geography, sovereignty and history is meshed with our own RCAF history, and this drives our doctrine, our roles, and our understanding of our responsibilities to Canada. You, and all Canadians who have served in military aviation, are therefore part of

Canadian history. As we celebrate 150 years of Canadian confederation and look forward to a bright future, stand tall as Canadians and as members of the Royal Canadian Air Force. Be proud of the contribution you make to our great nation as we are proud of you. For, in the words of the RCAF's motto, Sic Itur Ad Astra – such is the pathway to the stars.



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

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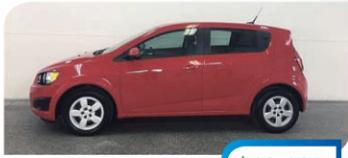
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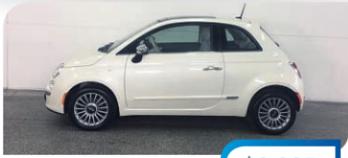
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14 CHEVROLET SONIC LS

30456 Auto, 1.8 4cyl ecotec, hatchback, keyless entry, rear spoiler, AC, MP3, OnStar, compass, ext temp gauge, crank windows, pwr locks, steer ctrl, 30,795 km

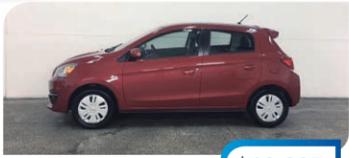
\$10,195
\$68
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



13 FIAT 500L LOUNGE

30558 Manual 5spd, 1.4 4cyl multi-air, alloys, pwr roof, leather, heat seats, AC, CD, MP3, satellite radio, pwr group, cruise, TomTom gps, Beats by Dre, 85,117 km

\$6,995
\$53
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



17 MITSUBISHI MIRAGE ES

30516 Auto 1.2 3cyl, hatchback, keyless entry, traction ctrl, AC, CD, MP3, pwr group, steering wheel ctrs, remote start, 4,642 km

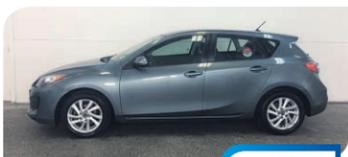
\$13,395
\$81
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 NISSAN SENTRA

30532 Auto, 1.8 4cyl, keyless entry, tract ctrl, econo mode, AC, CD, MP3, Bluetooth, ext temp gauge, pwr group, cruise, steer ctrl, sprt mode, 80,780 km
PREVIOUS DAILY RENTAL

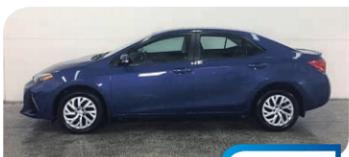
\$10,995
\$74
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



13 MAZDA 3

30503 Auto, 2.0 4cyl, hatchback, keyless entry, alloys, AC, CD, MP3, ext. temp gauge, pwr group, cruise, 65,851 km

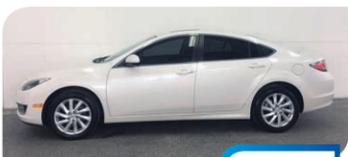
\$11,795
\$90
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



17 TOYOTA COROLLA SE

30485 Auto, 1.8 4cyl VTI-Dual, keyless entry, leather trim seats, econo mode, heat seats, AC, rev cam, park aid, Bluetooth, cruise, touchscreen, lane depart alert, 10,700 km

\$19,995
\$121
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



12 MAZDA 6 GT

30486 Auto, 2.5 4cyl, keyless entry, alloys, pwr roof/seats, leather, heat seats/mirrors, AC, dual climate, CD, 6 disc changer, MP3, pwr group, cruise, 68,538 km

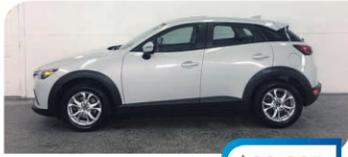
\$11,795
\$105
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



16 CHRYSLER 200 C

30445 Auto, 3.6 6cyl, fact remote start, alloys, pano roof, push btn start, leather, pwr seats, heat seats/steer, AC, dual climate, nav, rev cam, 19,517 km
PREVIOUS DAILY RENTAL

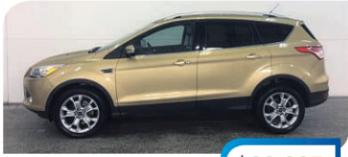
\$19,195
\$116
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 MAZDA CX-3 GS

30484 Auto, 2.0 4cyl Skyactiv, alloys, pwr roof, push btn start, leather trim seats, heat seats, AC, rev cam, Bluetooth, pwr group, cruise, sport mode, touchscreen, 38,655 km

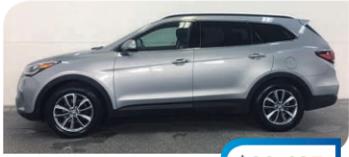
\$23,995
\$145
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 FORD ESCAPE TITANIUM

30427 Auto, 2.0 4cyl turbo 4WD, fact remote start, eco boost, alloys, pano roof, push btn start, leather trim seats, memory seats, heat seats, dual climate, rev cam, park aid, cruise, 47,062 km

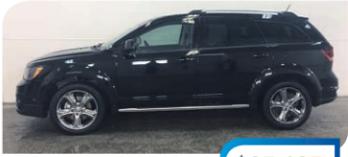
\$22,995
\$154
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



17 HYUNDAI SANTA FE XL

30601 Auto, 3.3 4cyl GDI, AWD, alloys, pano roof, push btn start, leather, pwr seats, memory seat, heat seats/steer, AC, dual climate, rev cam, 47,077 km
PREVIOUS DAILY RENTAL

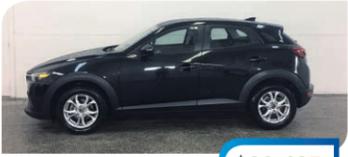
\$30,495
\$184
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 DODGE JOURNEY CROSSROAD

30448 Auto, 3.6 6cyl AWD, fact remote start, alloys, pwr roof, push button start, leather, pwr seats, heat seats/mirrors/steering, 3 zone climate, nav, 29,617 km
PREVIOUS DAILY RENTAL

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



16 MAZDA CX-3 GS

30467 Auto, 2.0 4cyl Skyactiv, keyless entry, alloys, pwr roof, push btn start, leather trim seats, heat seats, AC, CD, MP3, Bluetooth, pwr group, cruise, sport mode, 35,953 km

\$22,495
\$136
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 TOYOTA SIENNA LE

30507 Auto, 3.5 6cyl, alloys, 3 zone climate, rev cam, Bluetooth, pwr group, heat mirrors, cruise, touchscreen, 39,623 km
PREVIOUS DAILY RENTAL

\$27,995
\$169
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



16 DODGE GRAND CARAVAN CREW

30604 Auto, 3.6 6cyl, keyless entry, flex fuel, alloys, econo mode, pwr seats, heat seats/steer/mirrors, 3 zone climate, rev cam, U-connect, 34,999 km
PREVIOUS DAILY RENTAL

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



14 CHRYSLER TOWN & COUNTRY TRG

30291A Auto, 3.6 6cyl, fact remote start, flex fuel, roof rack, alloys, leather, pwr seats, heat seats/mirror, 3 zone climate, MP3, sat radio, rev cam, park aid, cruise, touchscreen, 101,904 km

\$18,995
\$128
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



16 HONDA ODYSSEY TOURING

30541 Auto, 3.5 6cyl I-TEC, 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



16 DODGE RAM 1500 LARAMIE

30464 Auto, 3.0 6cyl turbo eco-diesel 4x4, factory remote start, crew cab, pwr roof, push btn start, leather, memory seat, heat/cool seats, AC, dual climate, nav, rev cam front/rear, 56,934 km

\$48,495
\$293
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



17 DODGE RAM 1500 LARAMIE

30026 Auto, 5.7 V8 Hemi, 4x4, crew cab, short box, chrome wheels, leather, pwr seats, heat/cool seats, AC, dual climate, nav, rev cam, park aid, U-connect, heat mirrors, 1,154 km

\$42,495
\$257
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



13 FORD F-150 XLT

30353A Auto, 5.0 8cyl, 4x4, crew cab, short box, flex fuel, tonneau cover, box liner, alloys, AC, Sync, pwr group, cruise, steer ctrl, 71,103 km

\$26,195
\$200
bi-weekly
72 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

\$36,995
\$223
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 CHEVROLET EXPRESS LT

30289 Auto, 6.0 8cyl Vortec, 15 pass, 3door, RWD, keyless entry, trailer hitch, tract ctrl, AC, rear air ctrl, AM-FM, CD, MP3, sat radio, OnStar, 40,084 km
PREVIOUS DAILY RENTAL

\$32,995
\$199
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

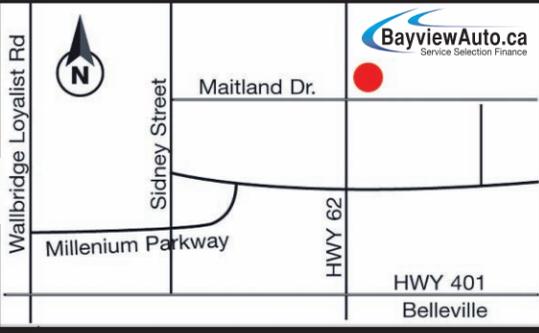
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