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RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

That special moment Honours and Awards with Wings Logistics and Engineering Branch



Photo by Martin Durkin
20 members of Wings Logistics and Engineering are recognized for their continued commitment to the Canadian Armed Forces

By Martin Durkin

There's something special about attending an Honours and Awards Ceremony. Something beyond the formality of the event, making sure you march properly up towards your superior, slam your foot just so and salute. The recognition and the feeling of having a medal pinned to your chest or the acknowledgement of a promotion has to be a proud moment – but still, there's something more to it. Inside the Yukon Galley at 8 Wing Trenton, 20 members of Wings Logistics and Engineering (WLE) Branch were recognized for their continued commitment to the Canadian Armed Forces (CAF). It was stifling hot inside the galley, furnace

running steady, kitchen operating at full capacity, and a packed audience wishing they were in lighter clothing. Yet each member being recognized, elegantly and dutifully stood at attention and proceeded to march towards Lieutenant-Colonel (Lt.-Col.) Cathy Blue, the 8 Wing Logistics and Engineering Officer, to receive their award. As each recipient stood and spoke quietly to Lt.-Col. Blue before she presented them with their personal honour, the audience behind them, made up of members from their respective units, as well as friends and family sat and waited to cheer, and of course snap a picture. Overall, it was the sense of camaraderie and kinship that made the 30 minute ceremony special. A laid back but formal

presentation where friends or family could jump up and grab a photo or step into the picture between Lt.-Col. Blue and Chief Warrant Officer (CWO) Darrell Frowen. Perhaps it was in that publically private moment just before the snap of the cameras, where you saw the CAF member being honoured and that special someone that had enough courage to come up from the crowd, whether it was a parent or spouse, or a buddy, and that secret look that was shared just before looking straight ahead for the picture. Indeed, that's what makes attending an honours and award ceremony.... well if you've ever been part of one as a recipient, presenter or audience member, you already know.

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Building friendly morale and cohesion between the two units through Canada's sport

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Landing your post-Air Force career

By Second Lieutenant Dawn O'Connor

If you are close to retiring, it can be stressful wondering what it is really like on "Civie Street" after years of serving in the Royal Canadian Air Force (RCAF).

Two former aviators were interviewed, an officer and a non-commissioned member, to give their thoughts on how that transition went for them. Retired Captain (Capt.) Marcell Slawter was a former Air Navigator, now called an Air Combat Systems Officer (ACSO). When he retired, he went to work for Top Aces in Montreal as the Director of Operations. There he ran flying operations for the company, which provided simulated live combat to militaries around the world.

After working for Top Aces, Slawter moved to Ottawa and began work at VIP Air Transportation, which works within 412 Transport Squadron. There he worked as a dispatcher for flights of high-ranking government officials, foreign dignitaries and medical evacuations.

Corporal (Cpl.) Jeff Matthews was a former Infantry, Airborne soldier and Aviation Technician. After nearly 30 years of service, he left the military and has worked at IMP Group, a third-line maintenance facility and Jazz Aviation, a subsidiary of Air Canada Aviation. He is currently a faculty member for Nova Scotia Community College

(NSCC) at its Aviation Institute.

Their stories after the military with regard to finding meaningful work, and learning a new culture are similar and together they have 10 career launching tips to pass along.

1. Start early – begin your job search months prior to leaving. Know what you want to do. Also, know what your family wants. Are you willing to move? Do you want to work part time? Is it your spouse's turn to advance his or her career?
2. Don't be intimidated – Think of the transition as a game. Remember the leadership you've learned in the military is a huge asset for employers, as is your ability to think outside the box. Employers are confident they can give you a task and leave you to it.
3. Focus on your training. You don't get the same training in civilian life, courses are longer and more in-depth in the military. In the civilian world, instead of a week, you might only get a half-day or something thrown on at the end of the day. It is not the same quality or quantity of training.
4. Corporate culture change - If there are courses available to help you transition from a military to civilian corporate culture, take them, they are worthwhile. It is easy to come across as a non-team player because military members are more likely to begin work on their own and "Just get it done" instead of asking for input or assistance.



File Photos
(Capt.) Marcell Slawter stands with Prime Minister Justin Trudeau in recognition of his retirement from 412 Sqn/Transport Canada

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Continued on page 3



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Continued from page 2

1. is accepted by all. Assimilate by learning the environment.
2. Update your documents. Make sure all of your certificates, logbooks and documents are up-to-date before you leave the military. Having it presented as a portfolio will accelerate your indoctrination to the new company. This could include training, such as conflict resolution, WHIMIS training, first-aid certification, management training, and logging your work as necessary if you are pursuing a civilian technical equivalency, for example an Aircraft Maintenance Engineering (AME) licence.
3. Lifelong learning. Once you've left the military, continue your schooling. Take courses that will advance you in your trade or career. Don't expect to stay in your first job, it might be a poor fit, or you may realize you are underselling yourself. Future employers look highly on candidates who continue to show an interest in education.
4. Integrate into the community in which you are hired. Get involved in professional and volunteer opportunities in areas that are important to your employer. Is there a non-profit organization or event they sponsor?

Is your child on the same hockey team/division as other coworkers? Connecting with the things important to the people around you will not only look favourable on a resume, but it will be easy for your coworkers and employer to see you are willing to go the extra mile and get involved.

5. Create networks in your industry. Join the legion, they have many services that can help you transition and they often have members who can provide employment leads. Join a Program Advisory Committee (PAC).

Whatever your expertise is, look to colleges and universities in your area and offer input to their curriculum designers through one of these committees. Schools welcome industry to keep their programs current, and you will have the opportunity to meet other industry leaders here. If you are working, go to the hiring manager of your company to find out if your company already offers feedback to a local college.

6. Look beyond the paycheque, and instead ask, "What is the benefit package?" There is nothing worse to retiring from five-weeks of vacation to find out you only get two. It can be worthwhile to negotiate. Sometimes time off is worth a pay cut.



File Photos
Retired Cpl. Jeff Matthews takes a moment to pose at his new job in civilian life

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PRESENTATION
MONDAY, 15 MAY 2017

WHO?
Mr. Desmond Raymond (Regional Director, Marine Safety & Security, Transport Canada), on behalf of CANADA COMPANY.

WHAT?
Are you seeking civilian employment now or in the future? MET is a CANADA COMPANY program providing expertise in "employment transitioning" which connects Veterans and their spouses with the Canadian business community. I believe some discussion will also pertain to those seeking civilian employment in the Civil Service.

The presentation will also provide insight on the METSpouse, a CANADA COMPANY and MFRC Program supporting spouses of military members in their careers through the provision of career tools, resources and access to a network of mili-

tary-friendly employers.

WHERE?
At the Wing Theatre (East Wing of Wing Headquarters, Top Floor).


WHEN?
1430 hrs to approximately 1600 hrs, Monday, 15 May 2017.

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Padre visit at CFS Alert

**Article: Lieutenant James Heard,
CFS Alert Projects Officer**

This week, we visit with Lieutenant (Navy) (Lt (N)) Marty Keatings, the Padre currently visiting Canadian Forces Station (CFS) Alert for the Easter period. The main role of the padre at CFS Alert is to support the morale and welfare of the military and civilian staff by regularly interacting with them, promoting fellowship and teamwork, listening to members, and providing religious and spiritual counselling and support. The padre also assists members of the station permanent staff with their duties in order to help foster cohesion, such as assisting with serving food in the mess to station staff.

The padre position at CFS Alert is not staffed continuously, but a padre is present on station during busy periods such as Op BOXTOP and change of commands and also during holy seasons such as Christmas and Easter. It is important that the padre visit the station for 3-4 weeks so that they have sufficient time to become acquainted with everyone on the station before they have to leave. The padre position is staffed primarily by the Royal Canadian Air Force, but the role may be staffed from either of the other environments depending upon the availability of personnel. This is the second visit for Lt (N) Keatings, who first visited Alert in July 2016 during the Change of Command ceremony. Next week, Lt (N) Keatings will return south to his position at Denison Armoury in Toronto.

The padre has interacted with many of the station staff and they have described the personnel at Alert as a family; everyone is very supportive of each other and there is mutual trust and respect between the military and civilian staff. This cohesion helps to maintain good morale at the station although it is isolated, remains dark and cold outside throughout the winter months, and as with other deployments, requires that staff spend prolonged periods away from their families. Lt (N) Keatings enjoys many aspects of life at Alert. The military staff, Environment Canada employees, and Nasittuq contractor personnel all work together



Photo by Private Sean Keating, SWO's Assistant CFS Alert

Padre Lt (N) Keatings visiting CFS Alert from 10 April - 4 May 2017.

and share leisure activities, such as ball hockey. Many station events encourage having teams composed of members from different sections so that everyone can make new friends and feel welcome to participate. The padre has also observed that new personnel are shown around the station by the senior personnel, and they have ample opportunities to interact with their supervisors. The working relationships at CFS Alert exemplify how leaders can care for and mentor their subordinates. Most of all, Lt (N) Keatings has enjoyed being a part of a small, dedicated team; he will gladly come back to the station again.

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RC Weekday Masses at noon
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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.

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

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ARTICLES AND PHOTOS

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

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

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

Letters to the Editor:

All letters must be signed and include the name of the author, which will be published. Include a phone number for verification. We reserve the right to edit the text while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. E-mail letters to: cfbcontactnewspaper@gmail.com



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



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WLEO Pic of the Week



Photo by-Samuel Gillespie
 Corporal Rui Jiang from the Refuelling Section is performing a recirculation on one of our many refuellers in preparation for daily operations. The professional members from the Refuelling Section are on standby 24 hours a day all year round at a moment's notice.

Mental health is as important as physical health so be sure to train your mental fitness. **Health Promotion** offers a great course called Stress Take Charge. This course helps you work on managing your stress which ultimately can improve your mental fitness! And then these cartoons won't be so relevant ☺. **STC May 24, 0830 hrs – 1600 hrs.** To register call 3768 or email us at +HealthPromotion



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JTF X a unique unit within the Canadian Armed Forces

By: Martin Durkin

Recently, Captain (Capt.) J.Y.A. Bilodeau, Joint Task Force (JTF) X information and selection officer, came to Canadian Forces Base (CFB) Trenton to speak about the unique opportunities within this unit. JTF X, Canada's Human Intelligence

(HUMINT) unit is responsible for the provision of strategic, operational, and tactical HUMINT resources in support of the Department of National Defence (DND) and the Canadian Armed Forces (CAF). HUMINT is defined as a category of Intelligence derived from information collected and provided by

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human sources. "A lot of information about JTF X is available through our web page (JTF X DWAN web page) which explains everything you need to know to apply for selection," said Capt. Bilodeau. During the interview, Capt. Bilodeau emphasized that one of the objectives of the briefing was to demystify the unit as secretive and intriguing. "Intriguing? Not so much. But unique, I think that's much more appropriate. It's the way JTF X provides, in its own way, critical intelligence to ensure

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mission success, and to a wide range of missions within the CAF," explained Capt. Bilodeau. The aim of the information sessions is to provide details to candidates interested in becoming source handlers, interrogators, and a variety of other support positions within the unit. As Capt. Bilodeau continues his travels across the country, he will stop in at each main bases to talk about the application, selection and training process, as well as give a broad overview of the HUMINT function and activities. "For officers you have to be between the rank of Lt. (Slt) and Capt. (Lt (N)) For a non-commissioned member (NCM) you have to be between the ranks of Cpl (LS) or WO (PO1)" said Capt. Bilodeau. For anyone interested in the unit, Capt.

Bilodeau calls it a rewarding challenge with skills you can take with you and excel within your regular unit. "It's completely outside the box. What you will do inside this unit, you will never do anywhere else," said Capt. Bilodeau. "If you are looking for more accountability and responsibility at the junior rank levels, you will get that with JTF X." During his tour, Capt. Bilodeau says that each information session has had a variety of interested applicants wanting to learn more. On some bases, Bilodeau has even had to turn people away because sessions were already at capacity levels. "Anyone who is a dedicated professional should inquire and apply," said Capt. Bilodeau.

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Head Shaving Event Raises \$12,600

By Martin Durkin

Students at École élémentaire Cité-Jeu-nesse in Trenton, recently had a blast as two teachers agreed to have their heads shaved. Grade one teacher Margaret Doyon-Nadeau, came up with an idea to have a Relay for Life at the French public schools on the military base in Trenton. A relay participant in Quebec, Nadeau wanted to continue the tradition here in Ontario. "I used to walk it back in Quebec City, with my friend who had cancer when she was 22 and for my grandfather who is also a cancer survivor," said Nadeau. Students were quickly on board and an incentive was given to help raise funds. The total goal is to raise \$15,000 for the May 26 relay at Marc Garneau park. Along the way teachers have agreed to participate in events such as head shaving, hair dying, and for the male teachers, leg waxing if certain goals are reached. At \$10,000, Nadeau agreed to have her head shaved in front of the school, with her students each getting a chance to slice some of her locks off. \$12,600 was quickly reached.

Also at the head shaving event, another teacher agreed to take part in having her head meet the razor. Teacher Madame Marie- Pier, was the first lady to go in front of the school, and it was her son that had the honours of removing the hair. However, this moment inside the gymnasium wasn't just for the students to see their teachers fulfill their promise, for Pier and her son Nicolas, it was something much more special. Now a grade four student, Nicolas is a cancer survivor. Diagnosed last year, he is currently in remission.

Nadeau was the second teacher up, and each student delighted in getting their chance in using the scissors on their now, favourite teacher. "I've given my hair to cancer two times when it was long enough, but this is the first time shaving, so I don't know what I'll look like, I've never seen my head!" Said Nadeau. The May 26 event will be a bilingual and military event. Participants will take to the field from 11 a.m. until 11 p.m. and everyone is welcome to come out and cheer the students on. If you would like to help with the cause either financially or by participating in the 12 hour relay, call the school and ask for Nadeau.

Photos By Martin Durkin



1



2



3



4

1. Son Nicolas shaves moms head
2. His shirt says SURVIVANT, and that's exactly what he is!
3. Nicolas and Marie - Pier, mom and son, teacher and student
4. Somebody's ready to get cutting!
5. Snip Snip Snip
6. Not your standard number two haircut



5



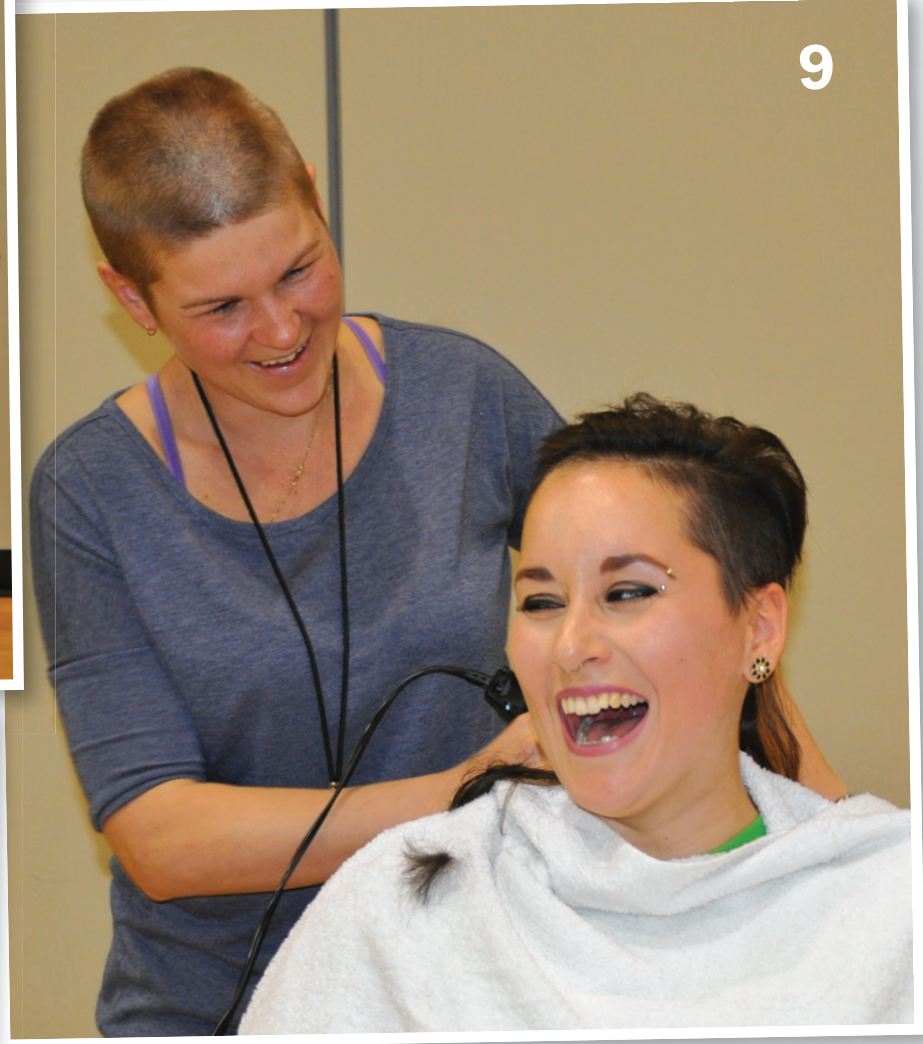
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7



8



9

7. Grade one teacher Margaret Doyon-Nadeau allows her students to each get a chance with the scissors
8. Careful with those scissors!
9. Both teachers, now both twins!



10

10. Not quite finished



11

11. Don't worry you'll look as good as I do

12. Teachers Margaret Doyon-Nadeau (left) and Marie Pier show off their new look as the school goes WILD



12

GET MOVING IN MAY! Here is food for thought for the Family.

Active Families: Creating a Healthy Habit

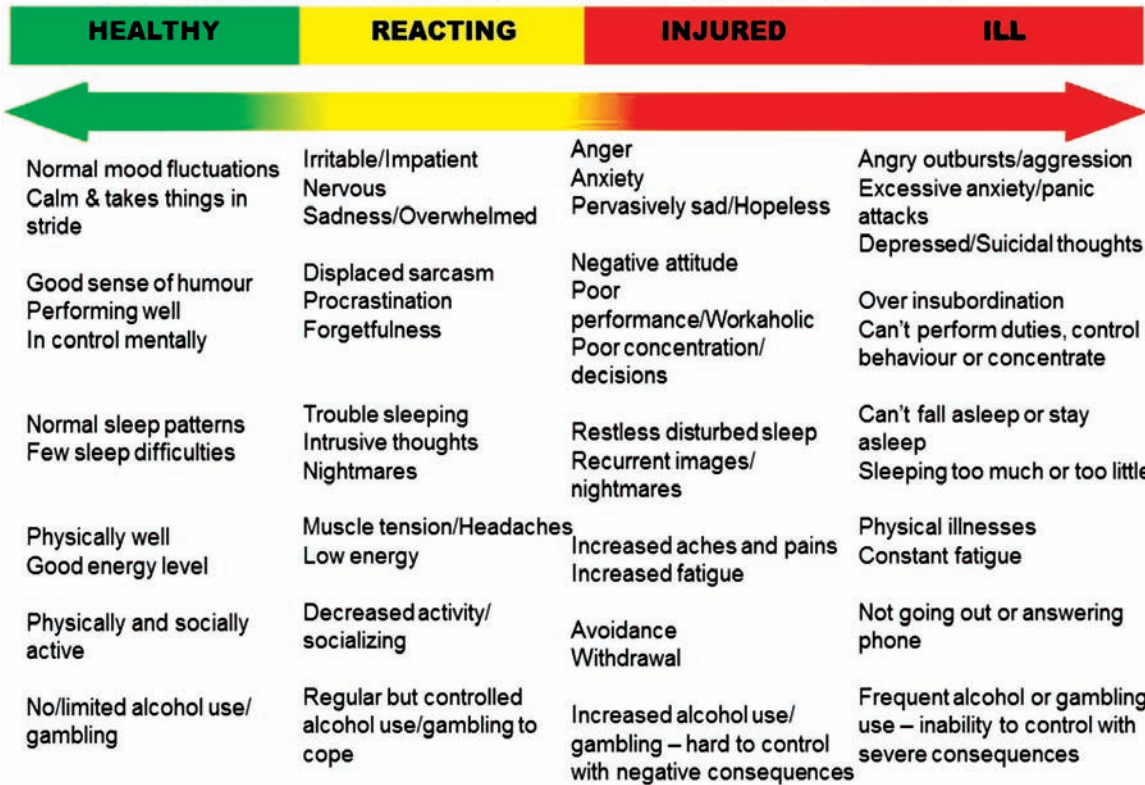
Over half of Canada's children are not active enough for healthy growth and development. It is important to develop physical activity habits in the younger years to prevent significant health risks such as high blood pressure, heart disease, stroke, obesity, diabetes, osteoporosis, depression, and colon cancer. The Canadian Society for Exercise Physiology (CSEP) has produced a variety of reliable resources for children, youth, families, teachers and community leaders to address this serious issue. Visit the full Canadian Physical Activity Guidelines and Canadian Sedentary Behaviour Guidelines for Children and Youth online at www.csep.ca/guidelines. These resources describe two key guidelines for increasing physical activity in children and youth. Increase the time currently spent on physical activity by accumulating at least 60 minutes or more of moderate to vigorous activity per day. Reduce sedentary behaviours, such as recreational screen time to no more

than 2 hours per day and limit sedentary (motorized) transport, extended sitting, and time spent indoors throughout the day. Physical activity shouldn't be a power struggle between you and the young people in your life! Some things you can do as a family: Walk the children to school, go for a walk after supper, dance – with or without music, create a "Get Active, Idea Jar" – dip into it when you hear "I'm Bored!", enjoy the playground as a family, teach them to ride bicycles/ ride with them, borrow equipment: balls and bats, Frisbees, bikes, in-line skates, ice skates and toboggans, and teach them how to use them, clear snow together and make a snow fort, get help with chores by making a game or challenge of it. For more ideas to help your family get activity, visit www.participaction.com and click on "Get Moving". Encouraging kids to build physical activity into their daily routine helps to create a pattern that may stay with them for the rest of their lives. As parents, teachers and community leaders, we have an opportunity to give the gift that keeps on giving – the benefits of a healthy lifestyle through an appreciation for physical activity.

MFSA – Mental Fitness Suicide Awareness Supervisor Training 17, 18 May 2017 (1 ½ day format) 0830-1600hrs 613-392-2811 x3768 to register - MITE Coded

This is the most well attended course in Health Promotion and participants benefit personally and professionally from course material. Designed specifically for CAF personnel in leadership positions, Mental Fitness and Suicide Awareness is aimed at assisting in the understanding and maintenance of mental fitness, including awareness of suicide and suicide intervention for non-professionals. MFSA promotes awareness and skill building to maximize mental fitness for individual and operational effectiveness. The course examines the Mental Health Continuum Model which conceptualizes mental health from the green zone - Healthy, to the red zone - Ill and how a supervisor within the chain of command can support their personnel. No one is immune to mental health concerns and this course looks at prevention and intervention through a leadership role. A course based on educating and making aware of how mental health is as important as physical health and that our operational effectiveness depends on the health of our personnel and resources.

Mental Health Continuum Model



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Journée de sensibilisation aux cultures autochtones
Le 17 mai 2017

Les employés du MDN et les membres des FC sont les bienvenues.

Thème : Honorer les traditions autochtones
 Des activités amusantes et éducatives seront organisées, ce qui comprend

Cérémonie de purification par la fumée,
 Ateliers d'artisanat,
 Ateliers de fabrication de tambours.

Inscriptions : +DAAG@CFB TRENTON WCE@TRENTON

Aboriginal Awareness Day
17 May 2017

Come out and Join us in Celebrating Aboriginal Awareness week.
 Open to all DND employees and CF members.

Theme: Honouring the Traditional Ways

There will be fun/educational activities including:
 Smudging,
 Medicine workshops,
 Craft workshops, and
 Drum making workshops.

REGISTRATION THROUGH EMAIL +DAAG@CFB TRENTON WCE@TRENTON

À partir de 11 h

Dans le Jardin autochtone sous les tentes modulaires (derrière le Mess des officiers ou dans le Mess en cas de mauvais temps)

STARTING AT 1100 HRS

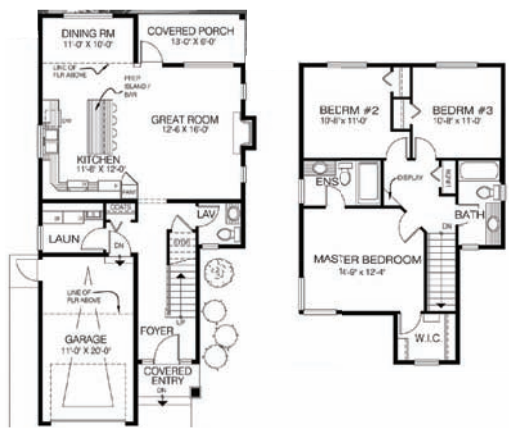
WHERE: ABORIGINAL GARDEN UNDER MODULAR TENTS (BEHIND THE OFFICE'S MESS OR IN MESS IF INCLEMENT WEATHER)

Home of the Week

Your Building Renovation Experts



Plan No: 9-3-219



The multi-gabled roof-line of this three-bedroom, two-storey family home lends it a classic character that will make it welcome in any neighborhood. The covered entry leads into a spacious foyer. The coat closet is directly ahead, adross from the two-piece powder room. The great room includes a gas fireplace flanked by narrow windows, as well as a large window that looks out to a covered porch and the back garden beyond. The dining room occupies its own niche, with an extra-high ceiling. The kitchen is separated from the rest of

the great-room complex by a four-seat eating bar and prep island. The U-shaped counter configuration will save steps for the cook. There's a window over the double sink, as well as a roomy pantry. The laundry room is adjacent, and access to the single garage means it can double as a mud room. A storage area is tucked under the staircase to the second floor. Upstairs, the master bedroom features a corner window that looks out to the front and side gardens. The walk-in closet includes

three-piece en-suite. The second and third bedrooms share a three-piece bathroom. A triangular display cabinet near the entrance to the master bedroom will be ideal for showing off collectibles.

Exterior finishes include horizontal siding with brick accents and painted trim, as well as a brick-based pilaster and decorative garage doors. This home measures 25 feet wide and 50 feet deep, for a total of 1,524 square feet.

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The Canadian Military Wives Choir

The Canadian Military Wives Choir is a national organization with chapters at bases across Canada. The Trenton chapter is now actively recruiting members. No audition or skill level is needed. We are looking for any ladies who enjoy singing! Who can join: Military wives, female military members, base support staff, retired members or wives of retired members. We even have a few spaces allowed for non-military connected ladies. We meet every Thursday from 6:30 p.m. to 8:30 p.m. at the base chapel. We require a minimum attendance of two rehearsals a month in order to perform at events with the choir, and childcare is available two Thursdays per month. We sing a variety of music like 'O Canada' and traditional songs like 'Sing' and 'Stronger Together'. We also have the opportunity to have fun with contemporary songs. We perform locally as well as travelling to perform collaboratively with other branches of the Military Wives Choir. There is no travel commitment required from members. If you or someone you know enjoy singing and want to get out and perform with other women

in your military community, join us any Thursday at the base chapel or find us on Facebook: 'Canadian Military Wives Choir Trenton. 'The only thing better than singing, is more singing.' -Ella Fitzgerald

CFAWC Library Now Open

The Canadian Forces Aerospace Warfare Centre Library is now open to 8 Wing's/ CFB Trenton's CAF members and DND employees as well as to veterans. The library's Canadian, RCAF and other military topics are ideal resources for professional development, distance learning, military courses and personal interest. Equipped with DWAN/Internet computers and a photocopier, the library is located at 51 Anson Avenue, Bldg 518 (across from the south-side gym). Hours are Monday to Friday 0800-1600 and Saturday 0900-1500. For more information, email cfawclibrary@forces.gc.ca or call (613) 392-2811 x 5781/5849. The catalogue can be viewed by visiting the 8 Wing Splash Page.

Bibliothèque du CGAFC maintenant ouverte

La bibliothèque du Centre de guerre aérospatiale des Forces canadiennes est main-

tenant ouverte aux membres des FAC de la 8e Escadre/BFC Trenton ainsi qu'aux employés du MDN et aux anciens combattants. Les ressources de la bibliothèque, portant sur des sujets relatifs au Canada, à l'ARC et à la culture militaire, sont des outils pratiques qui répondent aux besoins en matière de perfectionnement professionnel, d'apprentissage à distance, d'instruction militaire et d'intérêt personnel. Elle comprend également des postes de travail connectés au RED/Internet et un photocopieur. La bibliothèque est située au 51 Anson Avenue, édifice 518 (en face du gymnase côté sud). Les heures d'ouverture sont du lundi au vendredi, de 0800 à 1600, et le samedi, de 0900 à 1500. Pour plus d'information, communiquez avec nous par courriel à cfawclibrary@forces.gc.ca ou par téléphone au 613-392-2811 postes 5781 ou 5849. Vous pouvez accéder à notre catalogue à partir de la page d'accueil de la 8e Escadre.

May 25 - Cut for the Cure

Cpl. Mohammed Salhi of 436 (Transport) Squadron is taking over the Cut for the Cure event this year, which will be held on May 25 at 1 p.m. at the Warrant Offi-

cers' and Sergeants' Mess. Those wishing to volunteer to have their hair cut for this worthwhile event can contact Cpl. Salhi for more information or pledge sheets at Loc. 3988 or on his cell at 613-848-9091.

May 27 - 50s Dance

50s Dance featuring the live band "The Reasons" Saturday, May 27, at 8 p.m. at The Royal Canadian Legion Br. 110, Trenton. Dress in 50's wear if you like, prizes for best dressed man and woman! Cost for advance tickets is \$8 for Legion members, \$10 for non-Legion members. Tickets are available in the Legion office. For more information, call 613-392-0331 or visit our website www.rclbr110@bellnet.ca

June 9 - Surf 'n Turf

The 2017 Surf 'n Turf race begins early in the morning of June 9 and allows competitors to compete in running, cycling and canoeing and kayaking events covering a lot of ground and water in Quinte West. Volunteers are still being sought for this event, as are competitors. Co-chairs for the event are Capt. Victoria Chatzikirou and Capt. Brent McIntyre.

Sports & Recreation

Steve Nash Youth Basketball Program

Thursdays, April 6 to June 8, for ages 6 to 12 from 6 p.m. to 7 p.m. Community Recreation has partnered with Steve Nash Youth Basketball. Basketball is one of the few sports that you can practice individually, and in many different places. This sport increases cardiovascular endurance due to the high speed maintained throughout game play. The SNYB curriculum is based on Sport Canada's Long-Term Athlete Development Model, a researched approach to optimal sport development. This is 10-week session of an environment of fun and learning over competition and drills at the South Side gymnasium. Cost for the military community is \$55 and for the general public is \$65. Register at the RecPlex. Player Package - reversible jersey, basketball, drawstring bag, water bottle, parent guide, poster, certificate (received at end of 10 week session).

Yoga

Come join a relaxing environment with an experienced, certified yoga teacher. Practice breath control, simple meditation and specific bodily postures for health and relaxation. Where: South Side Gym Studio. When: Tuesday, March 28 to May 16 from 4:15 p.m. to 5:15 p.m. Costs: Military Community \$45; general public \$52, drop-in military community \$7, drop-in general public \$8.

Adult and infant yoga

Join our nurturing environment with an experienced certified yoga teacher. Come practice yoga with your baby in a supportive environment. This is a great way to get out of the house with your little one and enjoy exercise and connect with your baby. Where: RecPlex Observation Room. When: Tuesday, March 28 to May 16 from 9:15 a.m. to 10:15 a.m. Costs:

Military community \$45, general public \$52, (six months to four years old) *No drop-in.

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).

Spin

Spin class is a group exercise class performed on stationary bikes. The instructor simulates hill-climbing, sprints, and races. Get prepared for the workout of your life! Water and towels are a must. Where: South Side gymnasium. When - Option 1: Tuesdays, March 28 to May 16 from 5 p.m. to 6 p.m. Option 2: Thursdays, March 30 to May 18 from 5 p.m. to 6 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).

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).

8 Wing / CFB Trenton
30th Annual
SURF 'N TURF RELAY RACE

Race Day: STARTING: 08:30 HRS
09 June 2017

BBQ
Prizes
T-Shirts
Medals

Teams: (8 Person)
- Open
- All female
- Mixed (min 2 men or women)
- Master (each team member must be a minimum of 35 years of age)
- High School

Tin Person (male or female)
Tin Mate (2 males, 2 females, or mixed)

REGISTRATION FEES	BEFORE MAY 6	AFTER MAY 6
DND/Armed Forces Team (open, all female, mixed, master)	\$180.00	\$200.00
Civilian Team (open, all female, mixed, master)	\$300.00	\$320.00
DND/Armed Forces Tin Person	\$20.00	\$30.00
Civilian Tin Person	\$40.00	\$50.00
DND/Armed Forces Tin Mate	\$40.00	\$60.00
Civilian Tin Mate	\$80.00	\$100.00
High School	\$180.00	\$200.00

8 WING/CFB TRENTON
30TH ANNUAL SURF & TURF RELAY RACE 2017

MORE INFO @
www.surfandturf2017.info
Register by 28 May 2017.

Entry Fees include:
Race entry, Race T-shirt, post race BBQ and on-course refreshments.



TRENTON Military Family Resource Centre



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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!

Wine Glass Creations

Date: Wednesday, May 17
Time: 6:30 - 8:30 PM
Cost: \$20.00/class, includes 2 (20 oz) glasses & painting supply
Where: Trenton MFRC
For more information call 613-965-3575.

Creations de verres à vin

Date: Mercredi le 17 mai
Heure: de 18h30 à 20h30
Coût: 20,00\$/classe, comprend 2 verres (20 oz) & matériel requis
Où: CRFM de Trenton
Information : 613-965-3575.

Oh, The Places You'll Go

Tips & tricks for travelling solo or with a group. Karen from 'Marlin Travel Belleville' & Lori from 'The Dressing Room' will share their tips & tricks for travelling & packing!
Wednesday, May 24
6:30 - 8:30 p.m. at the Trenton MFRC
A free workshop!
Please register at reception - 613-965-3575.

Oh, les places à visiter

Trucs & astuces pour voyager seul ou en groupe. Karen de 'Marlin Travel Belleville' & Lori de 'The Dressing Room' partageront trucs et conseils pour voyager et les bagages!
Le mercredi 24 mai de 18h30 à 20h30
Atelier gratuit ! Les places sont limitées, inscription à la réception - 613-965-3575.

Mental Health First Aid - Veteran Community

Join us to become certified in Mental Health First Aid Veteran Community. It is the help provided to members of the Veteran Community developing a mental health problem or experiencing a mental health crisis. Members of the Veteran Community will receive this training at no cost. Seats are limited and registration will be on a first come first serve basis.
Date: May 23 & 24
Register deadline: May 12
Time: 8:30 a.m. - 4:30 p.m.
Location: 8 Wing Chapel, 9 Namao Drive
For more information and to register, contact: Kelly Briggs
kelly.b@trentonmfr.ca
613-392-2811 ext. 7917

Premiers soins en santé mentale - Communauté des vétérans

Joignez-vous à nous afin de devenir certifié en Premiers soins pour la santé mentale (PSSM). La formation sera offerte gratuitement aux membres de la communauté de Vétérans ayant un problème de santé mentale ou vivant une crise en santé mentale. Les places sont limitées donc seront attribuées sur la base du premier arrivé, premier servi.
Date : 23 et 24 mai
Heure : 08h30 - 16h30
Endroit : Chapelle, 9 Namao Drive

*Sera offerte en anglais

Pour plus de renseignements et vous enregister pour cette session, SVP communiquer avec:

Kelly Briggs
kelly.b@trentonmfr.ca
613-392-2811 poste 7917

Yoga - Veteran Family Program

Get Yoga Studio is offering self-care yoga classes for spouses of active or retired military personnel.
Dates: May 14 and June 11 at 11 a.m. Four classes for \$20, register at MFRC reception. For moare information, contact Kelly at kelly.b@trentonmfr.ca

Yoga - Programme pour les familles des vétérans

Get Yoga Studio offre des cours de yoga pour les conjoints du personnel militaire ou à la retraite! Quatre sessions pour 20 \$ inscription à la réception du CRFM. Les 14 mai, 11 juin à 11h00. Pour information, contactez Kelly : kelly.b@trentonmfr.ca

Family Focus Speaker Series

The Trenton MFRC is hosting a free speaker series covering the topics of marriage and family over the next 12 months, funded by True Patriot Love and Bell Let's Talk. Three seminars have been scheduled for spring 2017. Saturday, May 27: Fostering Kids' Confidence, presented by Shyamala Kiru Solutions for overcoming fear and anxiety. All seminars will be free for the military family community, however registration is required. Please register by visiting or calling Trenton MFRC reception: 613-965-3575. Please note that these seminars will be offered in English only. More details on the scheduled and future seminars will be released as they become available.

Série de séminaires axés sur la famille

Le CRFM de Trenton offrira une série gratuite de séminaires, durant les prochains 12 mois, couvrant les sujets tels que le mariage et la famille, et financée par True Patriot Love et Bell Cause pour la cause. Nous avons trois séminaires planifiés

pour le printemps 2017. Le samedi 27 mai: Encourager la confiance chez les enfants, présentation par Shyamala Kiru. Des solutions pour surmonter la peur et l'anxiété. Les séminaires seront offerts gratuitement aux familles de la communauté militaire, cependant les inscriptions sont requises. Inscrivez-vous, s'il vous plaît, en visitant ou en téléphonant la réception du CRFM : 613-965-3575. Veuillez noter que ces séminaires sont offerts en anglais seulement. Plus de détails sur l'horaire des futurs séminaires seront publiés à mesure qu'ils deviendront disponibles.

The Power of Essential Oils

Classes are Tuesday evening from 6:30 p.m. to 8 p.m. Learn about the many benefits of having essential oils in your life. Whether you're struggling with the discomfort of hot flashes, lack of sleep, aches and pains or if you simply want to shift into a natural lifestyle, this class could be right for you! Come out with a friend or give it as a gift. Each class includes an essential oil take-home product. In this 10-class series, featuring DoTerra products, you will learn about the following uses: Essential oils and hormones - April 25. Sign up for one or join all classes! One class: \$20. Register and pay at Trenton MFRC reception. For more information email rabia.s@trentonmfr.ca.

Le pouvoir des huiles essentielles

Les cours sont accessibles les mardis soirs de 18 h 30 à 20 h. Apprenez sur les bénéfices d'ajouter les huiles essentielles à votre style de vie. Combattez-vous l'inconfort des bouffées de chaleur, le manque de sommeil, des maux et douleurs ? Ou voulez-vous simplement changer pour un style de vie plus naturel ? Ces classes sont pour vous ! Venez avec un(e) ami(e) ou donnez comme cadeau. Chaque atelier inclut un produit que vous apporterez à la maison. Vous apprendrez durant cette série d'ateliers, mettant en vedette les produits DoTerra, les utilisations suivantes : huiles essentielles – Vous ferez vos projets le 25 avril. Inscrivez-vous pour un ou tous les ateliers ! Un atelier : 20\$. Inscription et paiement se font à la réception du CRFM. Pour plus d'information, contactez rabia.s@trentonmfr.ca.

8E Escadre / BFC Trenton
30E édition de la course annuelle
SURF N TURF
course de relais

Date: le 09 de juin 2017 à compter de 8h30

BBQ
Prix
T Shirts
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Équipes: (Huit personnes)
- Ouverte
- Femmes
- Mixte (minimum de deux hommes ou femmes)
- Maîtres (chaque membre de l'équipe ne doit pas avoir moins de 35 ans)
- Équipe d'école secondaire

Solo (homme ou femme)
Duo (deux hommes ou femmes, ou bien mixte)

Les frais d'inscription	avant le 6 de mai	après le 3 de mai
Membres de MDN / forces armées (ouverte, femmes, mixte, maîtres)	\$180.00	\$200.00
Membres du public (ouverte, femmes, mixte, maîtres)	\$300.00	\$320.00
Membres de MDN / forces armées Solo	\$20.00	\$30.00
Membres du public Solo	\$40.00	\$50.00
Membres de MDN / forces armées Duo	\$40.00	\$60.00
Membres du public Duo	\$80.00	\$100.00
Équipe d'école secondaire	\$180.00	\$200.00

8E ESCADRE / BFC TRENTON
La 30e édition de la course d'endurance Surf & Turf 2017

Pour plus d'information @ www.surfandturf2017.info
Vous devez vous inscrire avant le 28 mai 2017.

Les frais d'inscription comprennent:
La participation à la course, un T shirt souvenir, BBQ après la course, et rafraichissements pendant la course.

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436/450 Squadron Challenge



Teams from 436 (T) Sqn, in white jerseys, and 450 Tac Hel Sqn, in red jerseys, gather with their command teams and supporters for a group shot to commemorate the first 436/450 Squadron Challenge, 21 April, 2017.

By: Captain Colin O'Rourke, 436 (T) Sqn



Standing: CWO Kowalchuk, Honorary Colonel Lange, Major (Maj.) Gazaille, Master Corporal (MCpl.) Delarsobil, Captain (Capt.) Martin, Capt. Ernst, Capt. Lafontaine, Corporal (Cpl.) Boucher, MCpl. True, Lt.-Col. Selhi, Cpl. O'Hara
 Kneeling: Maj. White, Sergeant (Sgt.) Amos, Cpl. Cheeseman, Cpl. Francis, Sgt. Burgess, Cpl. Macari, Cpl. Dionne, Cpl. Walter.

There is always potential for different squadrons to work closely together while deployed overseas. As a way to build a friendly morale and cohesion between the two units, the Commanding Officer of 436

Transport (T) Squadron (Sqn), Lieutenant-Colonel (Lt.-Col.) Selhi at CFB Trenton put out a hockey game challenge to 450 Tactical Helicopter (Tac Hel) Sqn Commanding Officer Lt.-Col. Adams in Petawawa.

The challenge was accepted and the 436 (T) Sqn hockey team boarded one of their own CC-130J Hercules to fly to Petawawa and meet with 450 Tac Hel Sqn for the first annual 436/450 Squadron Challenge.

All in all, the Trenton contingent included the 17-player team, two coaches and a trainer accompanied by 20 436 (T) Sqn hockey fans, including their own Honorary Colonel, Julie Lange.

The short trip to Petawawa from Trenton was made significantly longer as the approach into Pembroke was covered by a thick fog. Three times the 436 (T) Sqn team had to go around before it looked like they may need to call it a day and fly home. But, on their final attempt, the fog broke and the plane landed safely in Pembroke. There was much at stake in this game; the bus provided by 450 Tac Hel Sqn was anxiously waiting for the 436 (T) Sqn team to arrive and shuttle them to the arena in Petawawa.

The ceremonial puck drop between the two Commanding Officers demonstrated the passion these two men have for their squadron; their pride manifested as a palpable intensity between the two Lieutenant-Colonels. Their Squadron Chiefs were close by to ensure respectful sportsmanship ruled the day.

The game itself was intense, with crisp passing and great finishing on both fronts. Hard fought battles along the boards and in the corners displayed exceptional skills to the fans who had the chance to watch from the stands. In the end, 450 Tac Hel Sqn came away with the win with a score of 5-4 at the first 436/450 Squadron Challenge. It looks like home-ice advantage may have had a hand in the result, so next year 436 (T) Sqn will hope the same rings true for them.

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6002-2-1 (VP HR)

5 May 2017

TO ALL CFMWS EMPLOYEES

NORTH AMERICAN
 OCCUPATIONAL SAFETY AND
 HEALTH WEEK, 7-13 MAY 2017

1. The week of 7-13 May 2017 has been designated as North American Occupational Safety and Health (NAOSH) Week. In celebration of its 20th year of existence, governments, employers and workers across North America will take time out from their normal activities to promote the importance of preventing injury and illness in the workplace and at home. This year's theme is **Make Safety a Habit**.

2. The responsibility of NAOSH week is managed through an effective partnership with the Canadian Society of Safety Engineering (CSSE), the Canadian Centre for Occupational Health and Safety (CCOHS), the Labour Program of Employment and Social Development Canada (ESDC) and the American Society of Safety Engineers (ASSE).

3. Together, many safety partners throughout North America work hard to promote and encourage the goals of NAOSH Week. The NAOSH Week logo – three hands forming an equilateral triangle – symbolizes joint venture, cooperation and commitment to the common goals shared by all occupational health and safety (OHS) partners.

4. We are pleased to proclaim 7-13 May 2017 to be NAOSH Week at Canadian Forces Morale and Welfare Services. In recognition of this week, we have created a small animated presentation that will appear for a week on our website starting 8 May as well as in the Morale and Welfare Newsletter. You will discover the latest hot topics in the industry and have the opportunity to view the OHS resources. Visit www.cfmws.com/en/EmployeeZone/HumanResources/HealthSafety

6002-2-1 (VP RH)

Le 5 mai 2017

À TOUS LES EMPLOYÉS DES SBMFC

SEMAINE NORD-AMÉRICAINNE DE
 LA SÉCURITÉ ET DE LA SANTÉ AU
 TRAVAIL, DU 7 AU 13 MAI 2017

1. La semaine du 7 au 13 mai 2017 a été désignée la Semaine nord-américaine de la sécurité et de la santé au travail (SNASST). Pour en célébrer le 20^e anniversaire, les gouvernements, employeurs et travailleurs partout en Amérique du Nord prendront le temps de s'arrêter pour promouvoir l'importance de prévenir les maladies et les blessures dans le milieu de travail et à la maison. Cette année, le thème est **Faire de la sécurité une habitude**.

2. La responsabilité de la SNASST est gérée par l'entremise d'un partenariat efficace avec la Société canadienne de la santé et de la sécurité au travail, le Centre canadien d'hygiène et de sécurité au travail, le Programme du travail d'Emploi et Développement social Canada et l'American Society of Safety Engineers.

3. De nombreux partenaires nord-américains dans le domaine de la sécurité travaillent assidûment pour promouvoir les objectifs de la SNASST. Le logo de la SNASST, composé de trois mains formant un triangle équilatéral, symbolise l'action concertée, la coopération et l'engagement de tous les partenaires dans le domaine de la santé et de la sécurité au travail à atteindre leurs objectifs communs.

4. Nous sommes heureux de déclarer la semaine du 7 au 13 mai 2017 la SNASST au sein des Services de bien-être et moral des Forces canadiennes. Afin de souligner cette initiative, nous avons créé une courte présentation animée qui sera affichée sur notre site Web pendant une semaine à compter du 8 mai. Vous pourrez également la visionner à partir du bulletin *Le point : Services de bien-être et moral*. Vous y découvrirez les plus récents enjeux du domaine, ainsi que des ressources en matière de santé et de sécurité (SST). Visitez le www.sbmfc.com/fr/EmployeeZone/HumanResources/HealthSafety.

5. Additionally, throughout NAOSH week, short informative daily bulletins on various OHS topics will be distributed to all employees on behalf of VP HR to remind us all of the importance of working in a healthy and safe environment.

6. The goals of the NAOSH Week activities and events are to:

- a. bring the attention of all stakeholders to this important topic;
- b. encourage people to equip themselves with tools, information and knowledge, and;
- c. educate each other with positive attitudes and behaviours that will convey commitment and confidence at work, at home and in the community when it comes to Health and Safety.

7. Join in celebrating the 20th anniversary of NAOSH Week and to reiterate NPF's commitment to providing a safe and healthy work environment for employees and any persons present in NPF workplaces.

Le chef de la direction
 du Personnel des fonds non publics, Forces canadiennes,

Commodore Sean N. Canteon
 Commodore
 Chief Executive Officer, Staff of the Non Public-Funds, Canadian Forces

5. De plus, tout au long de la SNASST, des capsules quotidiennes sur divers sujets relatifs à la SST seront envoyées à tous les employés au nom de la vice-présidente des ressources humaines en vue de nous rappeler à tous l'importance de veiller à la santé et à la sécurité dans notre milieu de travail.

6. Les activités et les événements de la SNASST ont pour but :

- a. d'attirer l'attention de toutes les parties intéressées sur cet important sujet;
- b. d'encourager les gens à acquérir des outils, de l'information et des connaissances;
- c. de s'inculquer mutuellement les attitudes positives et les comportements qui traduiront l'engagement et la confiance au travail, à la maison et dans la communauté en matière de santé et de sécurité.

7. Joignez-vous à nous pour célébrer le 20^e anniversaire de la SNASST et consolider l'engagement des FNP à offrir un milieu de travail sain et sécuritaire à tous les employés et toutes les personnes qui fréquentent les lieux de travail des FNP.

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Get rolling at the first ever Navy Bike Ride

By Kylee Mackay

Cycling enthusiasts in the National Capital Region have a brand-new event to add to their calendar in 2017 as the first annual Navy Bike Ride brings together Royal Canadian Navy (RCN) members, veterans, family, and friends on Saturday, May 20 for a full day of activities as part of Canada's 150th birthday celebrations.

This fun family event is open to cyclists of all skill levels and all ages, including beginners, with both a 10 kilometre route and a 30 kilometre route to choose from. It's a non-competitive ride that will take cyclists through Gatineau and downtown Ottawa, and right by Parliament Hill. The 30 kilometre route offers a longer ride through the beauty of Gatineau Park. Bike trailers, child seats and trailer cycles are welcome so even the littlest members of the family can join in. Anyone who registers before May 8 will be automatically entered into a draw for exciting prizes. The Navy Bike Ride is organized in partnership with the Grand Prix Cycliste Gatineau, an annual event that welcomes cyclists from around Canada to take part

in a series of competitive races throughout the weekend. A "Vélo-Village" featuring displays, games and activities for participants and families will also be located at the Start/Finish line. Bike rentals will also be available onsite, but reservations must be made online in advance.

For those looking for more of a challenge, current serving Canadian Armed Forces (CAF) members can register for the Admiral's Cup, a new military-only category in the Grand Prix Cycliste Gatineau's Medio Fondo event on Sunday, May 21. This 69.3 kilometre race offers prizes to the top three male and top three female competitors in the military category. Prizes include two WestJet vouchers for the first place finishers, a voucher worth 500\$ for Via Rail for second place finishers and third place will receive sunglasses from Zizu Optics.

Proceeds from the event will go to two organizations dedicated in the well-being of the RCN's current and former sailors and their families – the Royal Canadian Naval Benevolent Fund and Support our Troops.

Registration is \$40 for adults and youth aged 13 and over, and \$20 for children



aged 12 and under who are riding their own bicycles. The event is free for kids in bike trailers, child seats or trailer cycles. Each adult registration receives a free custom cycling jersey, with free bandanas for registered kids.

If you're not in Canada's capital, other cycling events will be organized in tandem with the Navy Bike Ride, by RCN personnel in naval bases and Naval Reserve Divisions across the country, as well as on ships at sea around the world. Celebrate Canada's 150th birthday, pro-



mote physical fitness and raise awareness of the Royal Canadian Navy, all while giving back to naval families in need. Register today at navybikeride.ca

Participez au tout premier Défi-vélo de la Marine

Par Kylee Mackay

Amateurs de vélo de la région de la capitale nationale, à vos calendriers! Le premier Défi-vélo de la Marine, qui aura lieu le samedi 20 mai, réunira des membres de la Marine royale canadienne (MRC), des vétérans, des membres de leur famille et des amis. Des activités auront lieu pendant toute la journée, dans le cadre du 150e anniversaire du Canada.

Cette activité familiale amusante est ouverte aux cyclistes de tous les niveaux et de tous les âges. Les participants ont le choix entre un parcours de 10 km ou de 30 km. La randonnée non compétitive mènera les cyclistes dans Gatineau et au centre-ville d'Ottawa, puis devant la Colline du Parlement. Le parcours de 30 km permettra en plus d'admirer la beauté du parc de la Gatineau. Les remorques de vélo, les sièges pour enfants et les demi-vélos sont les bienvenus, puisque même les plus jeunes membres de la famille sont invités.

Le Défi-vélo de la Marine est organisé en partenariat avec le Grand Prix cycliste de Gatineau, une compétition annuelle réunissant des cyclistes du pays lors d'une fin de semaine de course. Un « Vélo-Village » (une exposition, des jeux et des activités pour les participants et leur famille) sera installé au départ et à l'arrivée. Des vélos pourront être loués sur place; il faut cependant les réserver en ligne au préalable.

Les membres actifs des FAC qui cherchent à se dépasser peuvent aussi participer à la Coupe de l'amiral (69,3 km), la catégorie réservée aux militaires du Medio Fondo du Grand Prix cycliste Gatineau, le dimanche 21 mai. Des prix seront remis aux trois meilleurs cyclistes hommes et femmes de la catégorie militaire, soit deux bons de WestJet (1re place), un bon de 500 \$ de VIA Rail (2e place) et des lunettes de soleil de Zizu Optics (3e place).

Les recettes seront versées à deux organisations qui œuvrent au bien-être des marins actuels et anciens et de leur famille : la Caisse de bienfaisance de la Ma-

rine royale canadienne et Appuyons nos troupes.

Les frais d'inscription sont de 40 \$ pour les adultes et les adolescents (13 ans et plus) et de 20 \$ pour les enfants de 12 ans et moins sur leur propre vélo. La participation est gratuite pour les enfants en remorques de vélo, dans des sièges pour enfants et des demi-vélos. Chaque participant adulte recevra un maillot de cyclisme et chaque enfant, un foulard de tête. Les personnes inscrites avant le 8 mai courent la chance

de gagner des prix intéressants.

Des courses à vélo en marge du Défi-vélo de la Marine seront organisées par le personnel des bases navales de la MRC et les divisions de la Réserve navale partout au pays, ainsi que sur les navires en mer partout au monde. Soulignez le 150e anniversaire du Canada, misez sur l'activité physique et faites connaître la Marine royale canadienne, tout en aidant les familles de marins dans le besoin.

Inscription : defivelomarine.ca.

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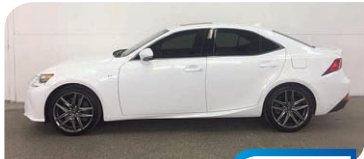
13 VW BEETLE HIGHLINE
29752 Manual 5spd, 2.5 5cyl, keyless entry, alloys, push btn start, tract ctrl, heat seats, AC, CD, MP3, Bluetooth, compass, ext temp gauge, pwr group, cruise, steer ctrl. 58,667 km

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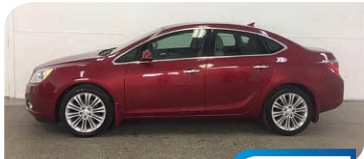
13 FORD FIESTA SE
29836 Auto, 1.6 4cyl, keyless entry, trailer hitch, tract ctrl, AC, CD, MP3, Sync, compass, ext temp gauge, pwr group, steer ctrl. 22,942 km

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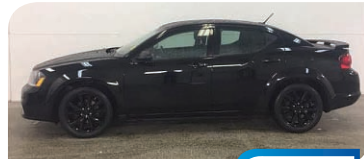
16 LEXUS IS 350 SPORT
30209 Auto, 3.5 V6, AWD, alloys, pwr roof/seats, push btn start, leather, heat/cool seats, dual climate, nav, rev cam, park aid, Bluetooth, cruise, heat steer, paddle shift. 18,746 km

\$43,995
\$266
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14 BUICK VERANO
30117 Auto, 2.4 4cyl ecotec, fact remote start, alloys, leather trim seats, AC, dual climate, CD, MP3, sat radio, rev cam, park aid, OnStar, compass, ext temp gauge, pwr group. 37,662 km

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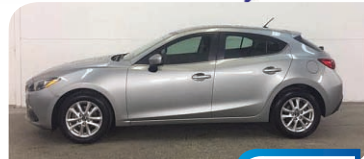
13 DODGE AVENGER
29783EA Auto, 2.4 4cyl, keyless entry, alloys, AC, CD, MP3, compass, ext temp gauge, pwr group, cruise. 101,778 km

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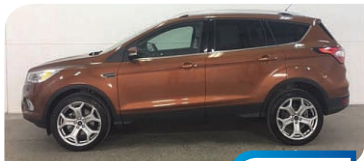
16 DODGE CHALLENGER R/T
30170 Auto, 5.7 V8 Hemi, RWD, fact remote start, alloys, pwr roof, push btn start, leather, heat/cool seats, dual climate, nav, rev cam, park aid, U-connect, heat mirrors. 33,958 km

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\$214
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15 MAZDA 3
29901A Auto, 2.0 4cyl, hatchback, keyless entry, alloys, AC, CD, MP3, rev cam, Bluetooth, compass, ext temp gauge, pwr group, cruise, touchscreen. 42,108 km

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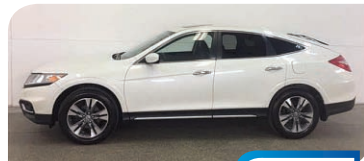
17 FORD ESCAPE TITANIUM
30244 Auto, 2.0 4cyl, 4WD, fact remote start, eco boost, pano roof, push btn start, leather, pwr seats, memory seat, heat seats, AC, dual climate. 27,391 km
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16 VW TIGUAN COMFORTLINE
30041E Auto, 2.0 4cyl turbo, 4WD, roof rack, alloys, push btn start, heat seats, AC, dual climate, CD, MP3, rev cam, Bluetooth, pwr group. 27,479 km
PREVIOUS DAILY RENTAL

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



13 HONDA CROSSTOUR
29811 Auto, 3.5 V6, 4WD, alloys, pwr roof/seats, push btn start, leather, memory seats, heat seats, AC, nav, rev cam, park aid, Bluetooth, pwr group, cruise, touchscreen. 101,862 km

\$17,495
\$133
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



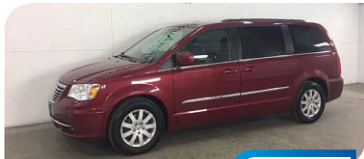
16 DODGE JOURNEY CROSSROAD
30291 Auto, 3.6 V6, 7pass, flex fuel, alloys, pwr roof/seats, push btn start, leather trim seats, 3 zone climate, nav, rev cam, park aid. 21,350 km
PREVIOUS DAILY RENTAL

\$23,695
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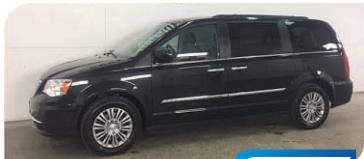
16 FORD EXPEDITION PLATINUM
29276 Auto, 3.5 V6, 8pass, 4x4, fact remote start, eco boost, alloys, pwr roof/seats, push btn start, leather, heat seats/rear seats, vent seats. 29,162 km
PREVIOUS DAILY RENTAL

\$52,495
\$317
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14 CHRYSLER TOWN & COUNTRY
30033A Auto, 3.6 6cyl, keyless entry, roof rack, alloys, sto'n'go, econo mode, pwr seats, 3 zone climate, rev cam, U-connect, pwr group, heat mirrors, cruise, pwr slide door. 93,401 km

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16 CHRYSLER TOWN & COUNTRY TOURING L
30255 Auto, 3.6 6cyl, flex fuel, alloys, pwr roof, leather, pwr seats, heat seats, 3 zone climate, DVDx2, nav, rev cam, park aid, U-connect. 35,148 km
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16 DODGE GRAND CARAVAN SXT
30077 Auto, 3.6 6cyl, keyless entry, flex fuel, roof rack, alloys, econo mode, pwr seats, 3 zone climate, DVD, rev cam, park aid, U-connect. 25,660 km
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16 DODGE GRAND CARAVAN CREW
30197 Auto, 3.6 6cyl, flex fuel, alloys, leather, pwr seats, heat seats/mirrors/steer, 3 zone climate, rev cam, park aid, U-connect, pwr group. 26,244 km
PREVIOUS DAILY RENTAL

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17 DODGE GRAND CARAVAN SXT
29985A Auto, 3.6 6cyl, alloys, Sto'n'Go, econo mode, 3 zone climate, CD, MP3, sat radio, DVD, rev cam, park aid, U-connect, pwr group, heat mirrors, cruise, touchscreen. 18,355 km

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17 DODGE RAM 1500 SPORT
30233 Auto, 5.7 V8 Hemi, 4x4, crew cab, short box, alloys, push btn start, leather trim seats, pwr seats, AC, U-connect, pwr side rear window, pwr group, heat mirrors. 1,300 km

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\$254
bi-weekly
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0 DOWN + HST



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

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



16 DODGE RAM 1500 SLT
30234 Auto, 5.7 V8 Hemi, 4x4, keyless entry, crew cab, short box, box liner, alloys, AC, nav, Bluetooth, pwr slide window, pwr group, cruise. 24,968 km
PREVIOUS DAILY RENTAL

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bi-weekly
96 mths @ 5.9%
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16 CHEVROLET EXPRESS
30237 Auto, 4.8 V8, RWD, Airbags, tact ctrl, vinyl floor, leatherette, AC, AM-FM, OnStar, pwr group. 28,941 km
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\$24,995
\$151
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 GMC G2500 CARGO
30241 Auto, 3door, 2pass, 4.8 V8, RWD, running boards, airbags, tract ctrl, vinyl floor, AC, AM-FM, pwr window/locks, cruise, steer ctrl. 17,084 km

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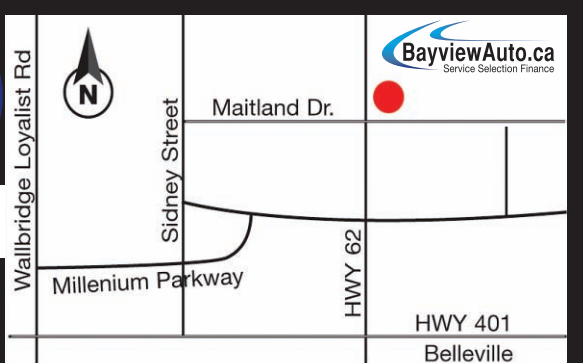


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