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Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

Trenton basketball team nets National Championship

By: Corporal Alan Albano

Eight seconds left in the 40 minute Canadian Armed Forces (CAF) National Championship basketball game, the 8 Wing Trenton team could finally let their guard down and catch their breath as they walked towards their bench as champions.

The journey began in the fall of 2016. As a player and a coach, I was not interested in putting a team together last minute or running pickup games in preparation for regionals, but was more focused on the development of player skills and basketball IQ. Players had an opportunity to improve their game so that they could contribute to the team. Though half the players were going to nationals for the first time, the team was lucky to have experience; many played in college, university and military basketball at a high level which gave us valuable balance and advantage.

The Trenton team worked hard, practicing at least twice a week and playing in a basketball league weekly. This meant commitment from players who were busy with work, family and other life responsibilities. The players rose to the challenge and came to-



Captain and Coach (Corporal) Cpl. Alan Albano charges the net against the Atlantic team, pushing Trenton towards their first National Championship since 1999.

gether on and off the court not only as a team but, more importantly, as a family.

Having recently won the Ontario Regional Championship 51-49 against the two-time regional and national champions from Kingston, the Trenton team moved forward to compete in the National Championships at Canadian Forces Base (CFB) Borden.

At Nationals, the Trenton team representing Ontario faced off with the Edmonton team, the winners of the Prairies region but lost 57-49. The Trenton team would beat Es-

quimalt, of the Pacific region 65-41. In the following game against Valcartier of the Quebec region, the Trenton team would play hard but come up short losing 56-47.

The final game of the round robin was against Halifax, out of the Atlantic Region. Many thought of them as the favourites, as they beat Trenton by a convincing 29 points (59-30) to end the round robin play.

The three teams out of Quebec, Atlantic and the Prairies all finished the round robin with a 3-1 record. Pacific Region was 0-4 and was eliminated, leaving the Trenton team with a 1-3 record, and the fourth position in

the semi-final playoffs.

Trenton seized the moment with their high-energy play. First up was Quebec. Trenton came out aggressive, protecting their defensive end, which led to offensive opportunities and the win 90-84.

In the Finals, the Trenton team faced the Halifax powerhouse. The Trenton team made adjustments offensively and defensively and started their big and athletic line up with four of the five players ranging from six feet, four inches to six feet, 10 inches.

Despite losing to Halifax in

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There is always a reason to smile!

Remembering the fallen with Brass Poppies

Carl Mills has been working on a historical project for 400 Squadron (Sqn) where he photographs the grave markers, identifying where 400 Sqn air crew have died during various missions. This project has taken him across Canada, North America and Europe.

His efforts also include creating brass poppies. A set will be sent to Canadian Forces Station (CFS) Alert, to mark the end of the runway where a 405 Sqn plane is believed to have crashed. Now in his eighties, Mills is unable to make the trip himself. With the help of Wing Logistics and Engineering (WLE) and other members of 8 Wing Trenton, Mills' beautiful brass poppy memorial will be properly placed and then brought back to Trenton after Operation BOXTOP.



From Left to Right: Captain (Capt.) Peter Kleinschmidt, Master Warrant Officer (MWO) Sean Hulan, Carl Mills, Lieutenant – Colonel (Lt.-Col.) Cathy Blue, and Chief Warrant Officer (CWO) Darrell Frowen - stand around the 400 "City of Toronto" Squadron Memorial with the brass poppies created by Mills at the foot of the memorial.

(Left) Carl Mills stands next to his poppies placed at the foot of the 400 "City of Toronto Squadron" memorial



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Not Just A Man's World

Girls Exploring Trades provided an opportunity for young women to learn about opportunities in trades

By Martin Durkin

One hundred and fifty female high school students from Algonquin and Lakeshore Catholic District School Board and Hastings and Prince Edward District School Board gathered at the Knights of Columbus Hall in Trenton to learn about non-traditional trades for women.

In conjunction with 8 Wing Trenton, the East Central Ontario Training Board and the W. Garfield Weston Foundation Fellowship at Loyalist College, provided an opportunity for the young women of tomorrow; to learn about opportunities that exist in the world of trades.

The day started with keynote speaker Jamie McMillan from Hamilton Ontario. McMillan who wanted to be a miner like her father, was discouraged by the absence of women in the field and instead followed her mother and became a health care professional.

Over time, McMillan realized that while she loved working as a health care professional, she couldn't handle creating bonds and friendships with those she looked after in retirement homes, knowing what was to come.

"They became my grandparents. Mourning the loss of each person just became too much. I couldn't deal with it," said McMillan.

After leaving the healthcare profession, McMillan bounced around as a bartender. Once more she realized that something was lacking in her life. Although she was earning great money, she understood that there was no future in this line of work. There was no retirement package or sense of fulfillment.

It was in discovering the trades that McMillan found her true path. For the first time she had a sense of self-worth and empowerment.

"I realized, hey, you can do this," said McMillan who is now a Journeyman steelworker.

McMillan says she is proud of her status. Her career has taken her across Canada earning \$112,000 annually. She's been a foreman near Fort McMurray where

she explains with a grin, "the men worked for me."

McMillan encouraged everyone to try different classes throughout their high school career including any trade classes.

"You can do this. You'll need a thick skin and a sense of humour, but I dare you take a trades class," explained McMillan. "I have no college debts, I'm independent with a successful career, I travel, own my own home, and have real money in the bank."

23 year-old Pauline Carkner who works for Hydro One, is in her fourth year as a high voltage electrical apprentice, through the Canadian Union of Skilled Workers.

As the second speaker on the panel, Carkner says her life changed in 2009 when a high school tech teacher educated her about alternate career pathways in skilled trades.

In grade 11 she signed up for the Ontario Youth Apprenticeship Program and in grade 12 started her electrical career through the Co-Op program.

"I'm 23 years-old from Guelph, I make \$42.00 an hour and have zero debt. I also have full benefits," said Carkner.

Kasey Waterman was next to speak and told the captivated crowd that, at the moment, she was anxiously waiting on tests results for her Red Seal Certification. Waterman is an automotive mechanic at Mercedes-Benz in Peterborough and when the test results come back, she will be the first woman in Ontario to be certified as a Mercedes-Benz automotive service technician.

"I love my day, I love my job. You earn



One hundred and fifty female high school students from Algonquin and Lakeshore Catholic District School Board and Hastings and Prince Edward District School Board, gathered at the Knights of Columbus Hall in Trenton, to learn about non-traditional trades for women from keynote speaker Jamie McMillan, a steel worker from Hamilton. Photos by Ross Lees

Continued on page 10

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Food Services at CFS Alert



The staff of CFS Alert Food Services: (Back row, left to right) Cory Snyder, Dave Watts, Loyola Kelly, Alan Mott, and Michael King (Front row, left to right) Lesley Sinclair, Peter Webster, Bev Watt-Mallette, and Anne Marcoux By: 'Bellhop' SWO's Assistant Pte Sean Keating

By 'Moonbeam' Projects Officer Lieutenant James Heard

This week, we explore the Food Services section at Canadian Forces Station (CFS) Alert, supervised by the Station Food Services Officers; Alan Mott and Anne Marcoux.

The Food Services team endeavours to provide high quality food year round to the staff of CFS Alert. Maintaining a supply of food at Alert depends upon the sustainment flights from 8 Wing

Trenton. Many staff in both locations collaborate to facilitate regular transport of fresh produce to the Station, which submits weekly food orders to 8 Wing Replenishment Squadron in Trenton. The produce is delivered and carefully packed in storage containers on Friday afternoons for shipment on the sustainment flight, the following week.

If stopovers are required, the containers remain on the plane. Once at Alert, the kitchen staff assists with receiving the containers of food inside the station complex. If weekly sustainment

flights are delayed because of weather, the kitchen maintains roughly two weeks of additional fresh food as well as stores of dry and frozen food.

The slow period in the kitchen goes from November to March, when only 75 to 80 personnel are stationed. The kitchen then becomes much busier during the summer months when the number of staff doubles between 150 to 160 because of Operations BOXTOP and NEVUS and other construction projects.

Regardless of the number of staff at the station, the Food Ser-

vices team ensures that everyone is fed. The kitchen staff works split shifts with the morning team starting at 4 a.m. preparing breakfast and lunch. The afternoon team will then prepare supper. The teams switch shifts weekly.

Operating a kitchen at CFS Alert necessitates that the Food Services team take diligent care of their equipment, as there could potentially be a long wait for spare parts if machines break down or need repairing. If important equipment such as, the dishwasher or boiler breaks down, the staff make alternate arrange-

ments by using disposable plates and cutlery and modifying meal menus; in order to ensure that feeding continues as normal.

Alan Mott says he enjoys working at CFS Alert, learning about the Canadian Armed Forces (CAF) as a civilian, and working with colleagues from across Canada.

The author of this article can attest to the excellent quality of food served at CFS Alert and to the invaluable contribution of the Food Services team in regards to the morale and welfare of everyone at the Station.

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.

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- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Monday at noon prior to print date.

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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



A Military Community Newspaper

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

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Spectrum of Valour course provides medium for veterans to socialize and work together

The program is specifically designed to benefit veterans in transition to medical releases

By Ross Lees

Spectrum of Valour is an acrylic painting program specifically designed to benefit veterans in transition to medical releases and administered through the Military Family Resource Centre (MFRC) in Trenton.

Kelly Briggs, Veterans and Family Services with the MFRC, said the classes are designed

to provide social opportunities for veterans adjusting to their new normal.

"It's all about finding a medium where people can meet socially and work together," she said.

This new normal these veterans are experiencing is far different than what life used to be like before their injuries or traumas, noted Edith Lepage Crete, the instructor of the course.

Conducted in small classes of six people, the course is not too intimidating for these military personnel already going through vast changes in their lives, Crete stated.

"It's a good opportunity for soldiers who have had injuries to get



Bruno Fournier prepares a canvas in the Spectrum of Valour acrylic painting program at the Trenton MFRC. Photos by Ross Lees



Jim Sutton works away at one of his paintings in the Spectrum of Valour program at the Trenton MFRC.

together and share strategies on how to move on," she said.

Crete sees art as a therapy tool that will validate the feelings of the veterans and facilitate the expression of their emotions while allowing them to experience more positivity.

Herself a military wife, Crete knows the challenges and hardships military personnel and their families experience. A retired teacher, she believes art can heal a troubled soul.

Having taught art for 20 years as an educator, Crete witnessed firsthand the benefits of art in the learning process and she now believes it can be a wellness source for the whole family, but especially for veterans suffering from injuries and trauma related to their military careers.

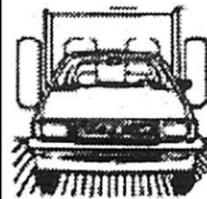
"If they feel good after so much drama, I think the whole family and the community benefits," she said.

Crete has three goals for the course she teaches - to teach basic techniques and principals of acrylic painting, to create an art

Continued on page 8

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No matter where we are: the golf course, the tarmac, in our uniforms, in our veggie and fruit costumes, day or night, on base or off; Ross Lees from the Contact newspaper has always joined us to capture the morale and welfare programming of 8 Wing Trenton. Ross has worked with us every week for many years, to market and record our programs, so that 8 Wing personnel know what's happening in Health Promotion (HP), they know when courses are be-



Health Promotions team pose under the Halifax at the National Air force Museum of Canada with the hawk which patrols the air field. Contact File Photo by Ross Lees

ing offered and when the initiatives have been completed. On behalf of Health Promotion and Personal Support Programs (PSP), we thank you Ross for your continued efforts to capture and print the health and wellness of our personnel at 8 Wing. We wish you all the best in your retirement, but know this for sure, we will miss you!

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Le programme d'amélioration des communications dans les relations personnelles offre une formation innovatrice dans le domaine des communications interpersonnelles et la gestion des conflits. D'une durée de douze heures, ce cours comporte quatre modules et offre aux participants une formation sur les concepts de gestion des conflits ainsi que des stratégies qui pourraient être utiles dans des situations ou des conversations difficiles avec des amis ou des membres de la famille. Grâce à des activités d'apprentissage, des exercices et de l'encadrement, les participants acquerront des compétences en gestion de conflits, apprendront à communiquer efficacement et à favoriser la collaboration tant à la maison que dans la collectivité.

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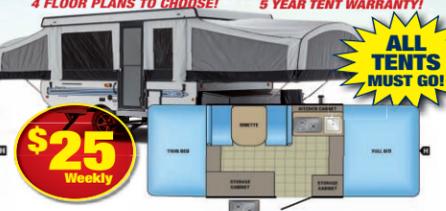
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Morale and Welfare Director General visits 8 Wing

Director General Commodore Sean Cantelon uses trips to various bases to gather information about challenges and how they can be alleviated

By Ross Lees

Commodore Sean Cantelon, the Director General (DG) of Canadian Forces Morale and Welfare Services (CFMWS) stays on top of the issues within his parameters by getting out of his office and talking directly with the people on bases across Canada.

Last week, he visited 8 Wing/Canadian Forces Base (CFB) Trenton and also managed a brief stop-over in Canadian Forces Station (CFS) Alert.

While in Trenton, Commodore Cantelon visited CANEX, Service Income Security Insurance Plan (SISIP), the National Air Force Museum of Canada and the Trenton Military Family Resource

Centre (MFRC).

His quick tour of the MFRC resulted in some quick one-on-one information gathering sessions with various departments within the MFRC.

"Morale and Welfare Services has its head office in Ottawa so at least once a month, I go out and visit one of the bases to look at how we provide for areas like PSP for fitness, to messes, for housing. I always visit the Military Family Service Program with the MFRCs and I talk with the MFRCs, their directors and a member from the board to get a sense of what's working great, where there are challenges and how we can help them out nationally in Ottawa," he stated.

"This is my chance to go and hear from people in the field," he said. "It's a chance to go out and see what's working and get a real sense of what the chal-



Trenton MFRC executive director Tamara Kleinschmidt speaks with Commodore Sean Cantelon, the Director General of Canadian Forces Morale and Welfare Services while Colonel (Col.) Dan Harris looks on. Photos by Ross Lees



Tamara Kleinschmidt, executive director of the MFRC, smiles proudly as she shows her staff and volunteers at work within the MFRC during the Commodore's visit.



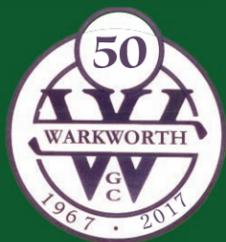
(Left) Col. Dan Harris helps make a point while Commodore Sean Cantelon, MFRC executive director Tamara Kleinschmidt and MFRC board chair Linda Blanchette listen intently.

tunity to speak directly with the Director General and apprise him of some of their challenges as they related to services within the Canadian Armed Forces (CAF)

lenges and successes are and then how can we help."

Tamara Kleinschmidt, the executive director of the Trenton MFRC, appreciated the oppor-

"This was a great chance for us to make him aware of some of our challenges and perhaps how they can assist us in getting past those problems," she noted.



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Wing Logistics and Engineering Picture of the Week

Corporal (Cpl.) Philip Atkinson (left) provides VM Ware™, Virtual Server Environment, and networking essentials training to Aviator (Avr.) Melissa Murphy; an Aerospace Telecommunication and Information System technician. (ATIS) Avr. Melissa Murphy is attached to the 8 Wing Logistics and Engineering Branch (WTIS) from the Aerospace and Telecommunications Engineering Support Squadron (ATESS), completing her On Job Performance Record (OJPR). The networking lab training environment, developed by 8 WTIS, is a critical development portion of an ATIS Tech which prepares Trade Qualification 3 (TQ3) technicians for their residential TQ training. Photo by WO Jérémie Doucet



Spectrum of Valour course provides medium for veterans to socialize and work together



These two painting demonstrate the early results of the Spectrum of Valour program. Photos by Ross Lees

Continued from page 5

club with the members of the course, and to perhaps offer the possibilities of a high profile exhibition on her students' paintings at an art gallery of at the National Air Force Museum of Canada.

Before he started this course, Bruno Fournier remembers spending most of his time on his couch at home. A 30-year veteran, Fournier served four tours abroad and he sees the Spectrum of Valour course as a good program for veterans like himself.

"This gives me a chance to work," he said. "Sometime you need a goal to just get back on the horse. This course is awesome!"

Jim Sutton loves the program and finds it a way to express his emotions and to connect with other veterans.

"It's a release, I suppose," he said. "I love it. I'm having a great time."

Briggs sees the program as an opportunity for people to really spend time just expressing what they're thinking and feeling at any given time in a manner that's non-judgemental.

"It your art, it's what you're doing," she said. "It's yours and you own it."

She says she sees and hears the benefits often.

"I hear from people how beneficial the program is and how its benefits continue afterwards. It's an ongoing method for people to develop tools, supports and to manage emotions."



Bruno Fournier paints at the Spectrum of Valour acrylic painting course at the MFRC while instructor Edith Lepage Crete observes.

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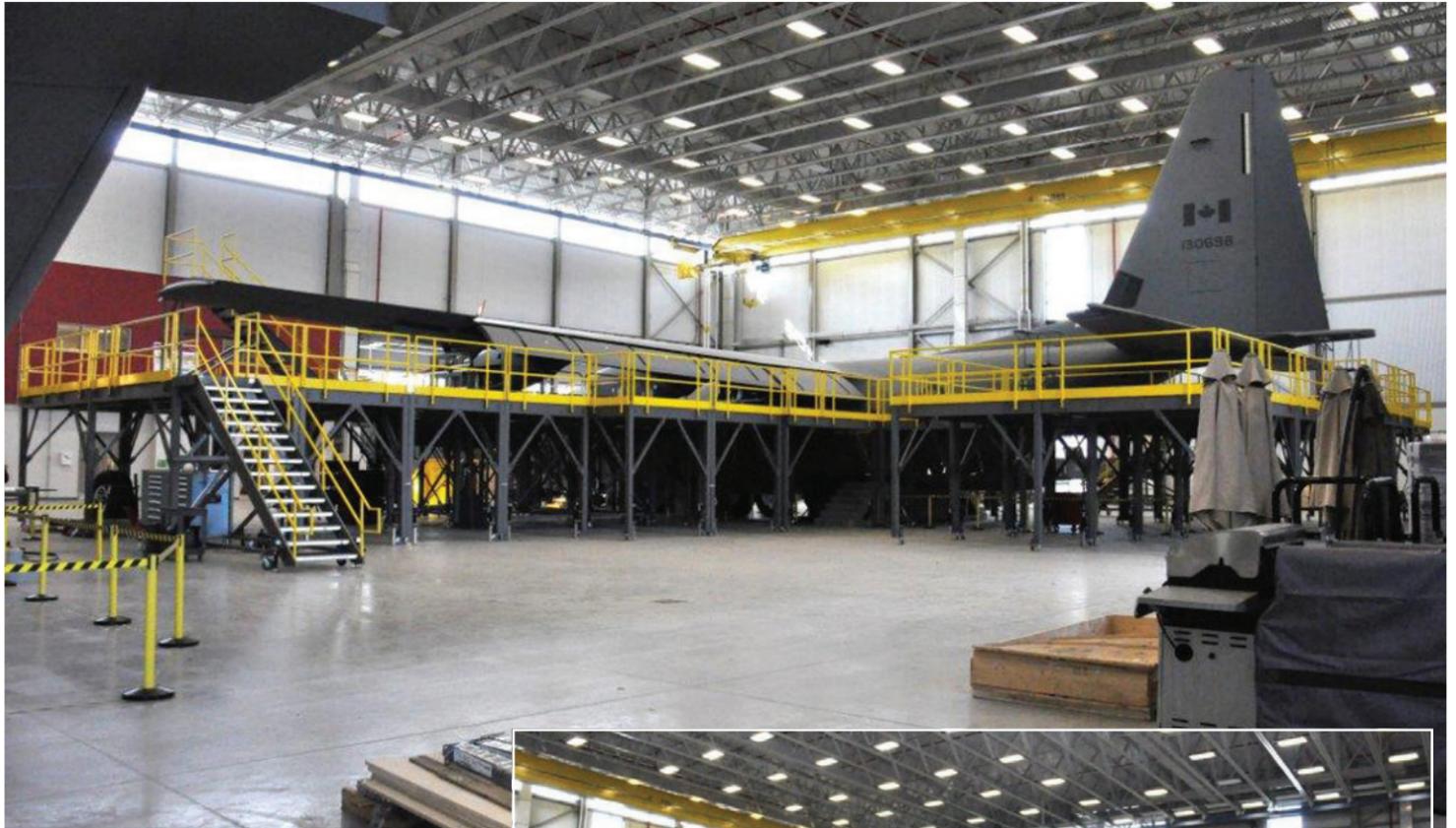
Air Mobility Training Centre ramps up technician training

By Sgt. Kam Singh,
426 Squadron

Maintenance Technician training has just gained a new set of safety stands to improve technical training at the Air Mobility Training Centre (AMTC). The project to procure the maintenance stands was a long, thorough process with multiple levels of government involvement and a whole host of interested vendors from Canada and the United States.

With all the maintenance stands expected to be delivered and installed prior to the 2016/2017 fiscal year end, the final push from the approved contractor allowed the stands to be completed one week prior to the deadline.

The new capability gives all air maintenance technicians training at the AMTC the ability to work all around the entirety of the CC130J aircraft trainer and allows students and instructors alike, access to areas that previously were restricted due to limitations of the old maintenance stands that had been in use for over three years.



Photos submitted by Karley Spencer, 426 Squadron Courseware Development

Trenton basketball team nets National Championship



8 Wing brings the National Championship home to Trenton

Continued from page 1

the round robin by 29 points, the Trenton team was determined and confident about taking the National Championship back to 8 Wing. It had been long overdue since the only time Trenton ever won a National Basketball Championship was in 1999. It was time to make history.

The game was very competitive in the first half with lead changes going back and forth. The game continued to be a

great battle between the two teams, players hustled for every rebound and possession; there were no easy points given from either team. Trenton's defensive intensity was matched with their offensive mindset as they put everything on the line shooting ten three-pointers.

As the final seconds ticked away and the Trenton basketball team looked up and saw the 69-63 score, they realize that they had just made history as they accomplished their goal to win the 2017 CAF National Basketball Championships.

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Not Just A Man's World



Bayside Secondary School graduate Rebecca Chokly is finishing a second year of the Industrial Mechanic Millwright apprenticeship at Durham College.

Continued from page 3

the respect (of male counterparts) when you show you want it. So don't let strength stand in the way of you doing something," said Waterman.

Former Bayside Secondary student Rebecca Chokly, spoke and explained that it was her heavy course load involving technology, math and science that set her on the right path to a bright future.

After graduating from Bayside, Chokly attended Loyalist College in the Welding Techniques program. She then worked three years at Mill-Fab Millwrights and Fabrications as a millwright apprentice/fabricator. She is currently finishing her second year at Durham College in the Industrial Mechanic Millwright apprenticeship program.

"Oh my God! Welding is incredible," said Chokly. "You can learn anything

from the start if you push yourself."

The final speaker of the morning was Lieutenant-Colonel (Lt.-Col.) Cathy Blue, from 8 Wing Trenton. Originally from Prince Edward Island, Lt.-Col. Blue fell in love with the Royal Canadian Air Force during her early years

"I love my day, I love my job. You earn the respect (of male counterparts) when you show you want it. So don't let strength stand in the way of you doing something."

Kasey Waterman

as an Air Cadet. In 1989 she enrolled in the Canadian Armed Forces and over the course of her career, she has held command positions from Captain to Lieutenant Colonel. Currently she is the Wing Logistics and Engineering Officer at 8 Wing Trenton.

As Lt.-Col. Blue looked around the room, she pointed out the 8-Wing personnel seated at each table with the students.

"You have a group with you today from 8-Wing showing you a multitude of opportunities in the Canadian Armed Forces which you can obtain," said Lt.-Col. Blue.

Acknowledging how much has changed over the years since she was a cadet, Lt.-Col. Blue stressed how important it was for each student to see how many barriers have been knocked

down, creating a world of opportunities for women in the work force. "Whether it's steel or university or the military, the world is really for you," said Lt.-Col. Blue. "We have no barriers in the Canadian Armed Forces. The opportunities here are huge for you. From cook to colonel, engineers to pilots."

Lt.-Col. Blue finished the morning presentation stating she hoped the Canadian Armed Forces would be the employer of choice for the young women in the audience, but even if they weren't, no young lady in the room should settle for something lesser than what they could truly accomplish.

"If the Canadian Armed Forces are not your path, that's alright. But the world of Canada is open to you," explained Lt.-Col. Blue.



Pauline Carkner, is a high voltage electrical apprentice with Hydro One and has a passion for the trades, which she passed on to the young women at the event.

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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!

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 more 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, April 22, Building Distress Tolerance, presented by William Corrigan. Getting through a crisis without making it worse: building distress tolerance. 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. Le samedi 22 avril: Créer une tolérance à la détresse, présentation par William Corrigan. Traverser une période difficile sans l'empirer : créer une tolérance à la détresse. 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.

Picasso & Pinot

Canvas, Brushes and Spirits. Are you and your friends looking for a fun different night out? *No artistic experience required. Sip wine, beer or non-alcoholic beverages as you and your classmates get step-by-step instruction of that evening's painting that you will take home. When: Thursday, April 27. Time: 6:30 p.m. to 8:30 p.m. Where: Astra Lounge. Cost: \$30/class, includes the canvas, brushes and paint. Register and pay at MFRC reception by April 21 (no refunds after this date).

Picasso & Pinot

Toile, pinceaux & eau de vie. Cherchez-vous une activité

amusante et différente à faire avec vos amis(es)? *Aucune expérience artistique requise. Sirotez du vin, de la bière ou une boisson non-alcoolisée tout et apprenant, avec vos camarades de classe, étape par étape à peindre une toile que vous rapporterez chez vous. Quand : le 27 avril. Heure : de 18h30 à 20h30. Où: Astra Lounge. Inscription et paiement à la réception du CRFM avant le 21 avril (aucun remboursement après ce date).

Sled Program

Social and life skill enhancement and development (in partnership with Kerry's Place Autism Services). SLED is a group-based life and social skill training program for adults ages 18 to 25 with special needs. This program will focus on social and life skill development by offering participants access to community resources as a way to foster and promote independent living. This eight week program starts April 18 from 1 p.m. to 4 p.m. Please contact Orleana Bourgoin at orleana.b@trentonmfr.ca or 613-392-2811 ext. 3953.

Al Anon meetings

The Hope and Serenity Group Al Anon meeting meets on Sundays from 7:30 p.m. 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.

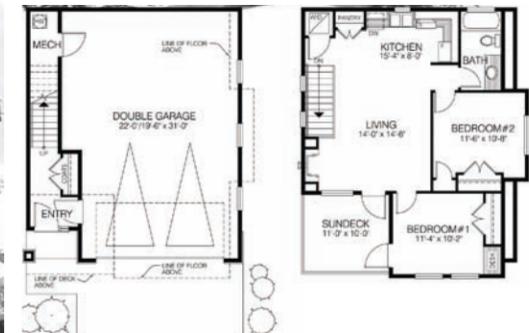
Rencontre Al Anon

Les rencontres de groupe Al Anon Espoir et Sérénité ont lieu au CRFM de Trenton les dimanches de 18h30 à 19h30. 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.

Continued on page 15

Home of the Week

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A pitched roof and shingle siding add character to this charming coach house, which includes a two-bedroom suite above a double garage, which is large enough to contain a workshop or extra storage. The front bedroom includes a built-in desk next to the closet, as well as a doorway to the sundeck. The second bedroom, at the back of the home, looks out to the side garden. A three-piece bathroom completes the lay-out. Exterior finishes include horizontal siding, wood shingles and brick accents, as well as painted trim. This coach house measures 27 feet wide by 32 feet deep, for a total of 904 square feet, with 787 square feet of living space on the upper floor.

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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 maintenant 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 7 - Belleville Ostomy Support Group Monthly Meeting

The Ostomy group of Belleville and area will be holding its monthly meeting on Sunday, May 7 at 2 p.m. in Room P21 in the Quinte Business Centre, Loyalist College. Remember you might not need us now, but others in the group can learn from your experiences. Please come and share your expert advice with other Ostomates.

May 13 - 13th Annual Invisible Ribbon Gala

The Trenton MFRC is honoured to have the Chief of Defence Staff, General Jonathan Vance attending the 13th annual Invisible Ribbon Gala, along with his wife, Mrs. Kerry Vance. The MFRC is thrilled to have Mrs. Vance as the Gala's guest speaker. She will be speaking about her experiences as a military spouse and the strengths and successes of military families. The 13th annual Invisible Ribbon Gala will be held on May 13 at the National Air Force Museum of Canada with a them of 90s to Now. The MFRC will be celebrating 25 years of service and sponsorship opportunities are still available. Buy your tickets early as this event sold out three weeks prior to the event last year. For more information about the Invisible Ribbon Gala, visit InvisibleRibbon.ca

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 Officers' 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.

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 - 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)

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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



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 rafraîchissements pendant la course.

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. 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).

- Run - 7.6 km
- Canoe/Kayak - 4.7 km
- Road Bike - 25 km
- X-Country Run - 5 km
- Mountain Bike - 9 km
- Run - 7.4 km
- Swim - 500 m
- Run - 3.5 km

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



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.

Classifieds

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 For Delivery Inquiries, please call **613-966-2034**
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 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 (English) at 0900 hrs
 RC Sunday Mass (French) at 1010 hrs
 RC Sunday Mass (Bilingual every 4th Sunday of the month) at 0900 hrs

Messe CR du dimanche en anglais à 9h00
 Messe CR du dimanche en français à 10h10
 Messe CR du dimanche bilingue le 4ième dimanche du mois à 9h00

RC Weekday Masses at noon
 Messes CR quotidiennes à 12h00

Quinte West Jewish Community at 8 Wing, various services, call for details.
 Communauté juive de Quinte West à la 8e Escadre, divers services, appelez pur plus de détails

Wing Chaplain/Aumônier de la 8e Escadre:
 Maj (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

Safety

Fall restraint or fall arrest?



We all know the old saying, 'a cat always lands on his feet', humans aren't as lucky. In fact, falls from heights account for one third of all construction-related deaths. That's why it is important to use the right kind of fall protection equipment when you are working at least 10 feet (3 metres) above the ground or where a fall from a lesser height could cause injury.

There are two types of fall protection equipment: fall restraint and fall arrest. Fall restraint equipment, such as safety belts, full-body harnesses and guardrails are used to prevent you from falling.

Fall arrest equipment on the other hand, such as full-body harnesses connected to secure anchors by lanyards or lifelines, and safety nets, protects you after you have fallen. While many workers consider a safety belt to be fall arrest equipment, using a safety belt is very dangerous when used to stop or arrest a fall.

The "D" ring of a safety belt is sometimes located at the back of the belt and the severe jolt of arresting a fall can cause a violent "jackknife" effect on the body. This often causes severe back and abdominal injuries.

Safety belts are only used as fall restraint equipment to prevent a worker from falling in the first place.

Whenever you are at risk of falling, you should use a full-body harness fall arrest system. Talk to your supervisor to make sure you are using the correct equipment. A full-body harness has straps that pass over the shoulders, around the legs and across the chest. At the back is a D-ring located between the shoulders which is used to hook the harness to a lanyard. This way, when a worker's fall is arrested or stopped, the shock of fall arrest is distributed throughout the upper body, lessening the possibility of serious injury.

Lanyards are ropes made of woven synthetic webbing or wire with hooks at each end. Typically, a lanyard should not allow a worker to fall more than four feet. If you are using a wire lanyard, you also need a shock absorber to cushion your fall. However, make sure you account for the shock absorber when considering the length of lanyard you are using because shock absorbers will add to the length of the lanyard and could allow you to hit the ground before

the fall arrest equipment stops your fall.

As you can imagine, the anchor is the key point in the fall arrest system. It has to be able to withstand great force if it is going to save your life. To prevent a fall, it should be able to support at least 800 pounds. If it is used to stop or arrest a fall, it must be able to support at least 5,000 pounds.

The National Day of Mourning, held annually on April 28, gives employees and employers the opportunity to remember the dead, injured and ill, it is also a call to while also allowing everyone to publicly strengthen their resolve to establish safe conditions in the workplace. As much as it is a day to member the dead, remember the dead, injured and ill, it is also a call to protect the living.

publicly son engagement à établir des conditions de travail exemptes de danger. C'est la journée choisie pour honorer les travailleurs décédés, mais elle constitue aussi un vibrant appel en vue de protéger les vivants.

Fall arrest equipment for many workers also includes the use of lifelines. These can be either vertical, horizontal or retractable lines used to guide the fall arrest device. But regardless of what type of lifeline you are using, make sure it is in tip top condition, just like the rest of your fall arrest equipment.

April 28th

NATIONAL DAY OF MOURNING

The National Day everyone to public-ly strengthen their resolve to establish safe conditions in the workplace. As much as it is a day to member the dead, remember the dead, injured and ill, it is also a call to protect the living.

28 Avril

LE JOUR DE DEUIL NATIONAL

Le Jour de deuil national, célébré le 28 avril chaque année, offre aux employés et aux employeurs l'occasion de se rappeler les personnes malades, blessées ou décédées au travail tout en permettant de renouveler son engagement à établir des conditions de travail exemptes de danger. C'est la journée choisie pour honorer les travailleurs décédés, mais elle constitue aussi un vibrant appel en vue de protéger les vivants.



..... APRIL 28 AVRIL

National Day of Mourning

Jour national de deuil

Commemorating workers who have been injured or who have lost their lives in the workplace.

À la mémoire des personnes blessées ou décédées sur le lieu de travail.



Canada

MFRC Continued from page 11

Building Blocks Club

In partnership with Autism Ontario. An evidence-based social skills program using Lego building blocks to assist in the development of communication and appropriate social interaction. Starting April 24 from 5 p.m. to 6:30 p.m. at the Trenton MFRC. For information please contact Orlana Bourgoïn 613-392-2811 ext. 3953 or orlana.b@trentonmfrc.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. L'atelier débute le 24 avril de 17h à 18h30 au CRFM de Trenton. Pour information, communiquer avec Orlana Bourgoïn 613-392-2811 poste 3953 ou orlana.b@trentonmfrc.ca.

Occupational Therapy Clinic

Calling all CFB Trenton military families! The Trenton MFRC and True Patriot Love in collaboration with Belleville Integrated Health Centre are pleased to offer three different Occupational Therapy Clinic Packages! Each program will include: An assessment (comprehensive or overview depending on the need) - \$110 - \$350 value; one of three to six week Clinic Group - \$210 value; plus two individual private sessions - \$220 value. Total Value of \$780 for just \$100. To register today or from more information please contact Olana 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 ! Début des

évaluations le 4 avril à 9 h Inscrivez votre enfant sans tarder ! Chaque programme comprend : Une évaluation (exhaustive ou générale selon les besoins) — d'une valeur de 110 \$ à 350 \$; une de trois — groupe de six séances cliniques — d'une valeur de 210 \$; deux 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 six to 11. For information, contact Orlana 613-392-2811 ext. 3953 or orlana.b@trentonmfrc.ca.

Possibilités Infinies

Une soirée pour les jeunes chaque 3me 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 Orlana Bourgoïn 613-392-2811 poste 3953 ou orlana.b@trentonmfrc.ca.

Trenton MFRC Special needs parent support group

Every second Thursday of the month from 6 p.m. to 7:30 p.m. Connect with other families in your community and discuss topics that effect and interest you. Gain support and insight from local families. This support group is for parents, grandparents, caregivers of children with all special needs. Next meeting will be Oct. 13. Contact Orlana if you require childcare a week prior to the meeting 613-392-2811 ext. 3953 or orlana.b@trentonmfrc.ca.

tonmfrc.ca.

Groupe de soutien pour les parents de personnes ayant des besoins particuliers

Venez rencontrer d'autres familles de la communauté pour discuter, échanger, obtenir du soutien et des ressources. Ce groupe d'entraide est pour les aidants naturels de personnes avec des besoins particuliers. Ces rencontres ont lieu le deuxième jeudi du mois de 18h à 19h30. La prochaine rencontre sera le 13 octobre. Pour information contactez Orlana Bourgoïn 613-392-2811 poste 3953 ou orlana.b@trentonmfrc.ca.

Trenton MFRC and Autism Ontario Present:

Brighton's Special Needs Parent Support Group every last Thursday of the month from 6:30 p.m. to 8 p.m. at the East Northumberland Secondary School in Brighton. This support group is for parents/grandparents/caregivers of children. Connect with other families in your community and discuss topics that effect and interest you. Gain support and insight from local families. This support group is for parents/grandparents/caregivers of children with all special needs. For information contact Orlana Bourgoïn 613-392-2811 ext. 3953.

Autisme Ontario et le CRFM de Trenton présentent:

Groupe de soutien pour les parents de personnes ayant des besoins particuliers à Brighton. Ce groupe de soutien et d'entraide est dédié aux aidants familiaux ou aux gardiens d'enfants ayant des besoins particuliers. Venez discuter de sujets qui vous intéressent. Le dernier jeudi du mois de 18h30 à 20h00 à la polyvalente East Northumberland à Brighton. Pour

de plus amples informations contactez Orlana Bourgoïn 613-392-2811 poste 3953.

Babies and Beyond

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

Bébés et au-delà

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

Spring Renewal – Personal Safety

We are offering some of the workshops from the Winter Symposium with a new format to give you the opportunity to attend your chosen ones. May 3, Matt Richardson will teach you about 'Personal Safety', at home, on the street and online. Learn how to protect yourself. Stay tuned for more workshops and details by looking at our website, our Facebook page and the DWAN Splash page

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17 FORD MUSTANG GT

30094 Manual 6spd, 5.0 V8, RWD, alloys, leather, AC, MP3, rev cam, Sync, pwr group, cruise, Brembo brakes, Recardo racing seats, Flowmaster exhaust. 1,251 km

\$41,495
\$250
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 DODGE CHALLENGER SXT

30034 Auto, 3.6 6cyl, RWD, alloys, push btn start, leather, pwr seats, heat/cool seats, dual climate, nav, rev cam, park aid, U-connect, heat mirrors. 24,324 km
PREVIOUS DAILY RENTAL

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



13 JAGUAR XF RS 550HP

29647 Auto, 5.0 V8 supercharged, RWD, pwr roof/seats, push btn start, leather, memory seats, dual climate, nav, rev cam, park aid, Bluetooth, adaptive cruise. 19,156 km

\$55,995
\$427
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



16 VW BEETLE

29994 Auto, 1.8 4cyl TSI, keyless entry, heat seats, AC, CD, MP3, Bluetooth, compass, ext temp gauge, pwr group, cruise, touchscreen. 36,875 km
PREVIOUS DAILY RENTAL

\$16,995
\$103
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 VW BEETLE CLASSIC

29746 Auto, 1.8 4cyl, keyless entry, alloys, pwr roof, leatherette trim seats, heat seats, AC, nav, rev cam, park aid, pwr group, cruise, touch screen, retro wheels. 5,080 km

\$21,995
\$133
bi-weekly
96 mths @ 5.9%
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15 CHEVROLET SPARK

29826E Auto, 1.2 4cyl, hatchback, keyless entry, alloys, tract ctrl, AC, MP3, sat radio, OnStar, pwr group, cruise, MyLink, touchscreen. 59,933 km
PREVIOUS DAILY RENTAL

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



17 CHEVROLET CRUZE LT

29842E Auto, 1.4 4cyl turbo ecotec, alloys, heat seats, AC, rev cam, park aid, OnStar, pwr group, cruise, MyLink, touchscreen, WiFi. 18,992 km
PREVIOUS DAILY RENTAL

\$17,995
\$109
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



17 CHEVROLET CRUZE PREMIER

30129E Auto, 1.4 4cyl turbo ecotec, fact remote start, alloys, push btn start, leather, pwr seats, heat seats/steer, AC, MP3, sat radio, rev cam. 24,818 km
PREVIOUS DAILY RENTAL

\$19,195
\$116
bi-weekly
96 mths @ 5.9%
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13 MAZDA 3 GX

29974 Manual 5spd, 2.0 4cyl, hatchback, tract ctrl, bucket seats, AC, CD, MP3, compass, ext temp gauge, pwr group. 56,252 km

\$10,295
\$78
bi-weekly
72 mths @ 5.9%
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14 MAZDA 3 GS

29849 Manual 6spd, 2.0 4cyl, hatchback, keyless entry, alloys, pwr roof, push btn start, tract ctrl, heat seats, AC, rev cam, Bluetooth, pwr group, cruise, touchscreen. 65,747 km

\$13,495
\$91
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



15 ACURA ILX PREMIUM

29885 Auto, 2.0 4cyl, keyless entry, alloys, pwr roof, push btn start, leather, heat seats, AC, dual climate, rev cam, Bluetooth, pwr group, cruise. 66,568 km

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



15 CHEVROLET IMPALA LS

30021 Auto, 2.5 4cyl ecotec, keyless entry, alloys, fog lights, pwr seats, AC, MP3, sat radio, OnStar, compass, ext temp gauge, pwr group, cruise, steer ctrl. 120,579 km

\$14,995
\$101
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



16 CHRYSLER 300 S

30031 Auto, 3.6 V6, RWD, fact remote start, alloys, pano roof, push btn start, leather, pwr seats, heat seats/mirrors, dual climate, nav, rev cam. 29,754 km
PREVIOUS DAILY RENTAL

\$27,995
\$169
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 TOYOTA VENZA LE

29993 Auto, 3.5 V6, AWD, keyless entry, alloys, econo mode, pwr seats, AC, dual climate, rev cam, Bluetooth, compass, ext temp gauge. 28,286 km
PREVIOUS DAILY RENTAL

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



16 JEEP GRAND CHEROKEE LTD

30055 Auto, 3.6 V6, 4x4, fact remote start, alloys, pwr roof/seats, push btn start, leather, memory seats, dual climate, nav, rev cam. 23,558 km
PREVIOUS DAILY RENTAL

\$38,995
\$235
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 JEEP COMPASS HIGH ALTITUDE

30069 Auto, 2.4 4cyl, 4x4, fact remote start, roof rack, alloys, pwr roof/seats, leather, heat seats/mirrors, AC, U-connect, pwr group, cruise. 15,532 km

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



16 DODGE JOURNEY LTD

30032 Auto, 3.6 V6, 7pass, flex fuel, alloys, pwr roof, push btn start, heat seats/mirrors/steer, 3 zone climate, DVD, rev cam, park aid. 27,122 km
PREVIOUS DAILY RENTAL

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



16 DODGE JOURNEY CROSSROAD

29907 Auto, 3.6 V6, 7pass, alloys, pwr roof/seats, push btn start, leather trim seats, 3 zone climate, nav, rev cam, park aid, U-connect. 21,232 km
PREVIOUS DAILY RENTAL

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



12 DODGE RAM 1500 ST

29817A Auto, 4.7 V8, 4x4, quad cab, short box, flex fuel, trailer hitch, box liner, chrome wheels, econo mode, AC, MP3, sat radio, pwr group, heat mirrors, cruise. 50,074 km

\$20,995
\$187
bi-weekly
60 mths @ 5.9%
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17 DODGE RAM 1500 SLT

30007E Auto, 5.7 V8 Hemi, 4x4, alloys, AC, MP3, sat radio, Bluetooth, compass, ext temp gauge, pwr slide rear window, pwr group. 12,403 km
PREVIOUS DAILY RENTAL

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



16 DODGE RAM 1500 SLT

30004E Auto, 5.7 V8 Hemi, 4x4, crew cab, alloys, AC, U-connect, compass, ext temp gauge, pwr slide rear window, pwr group, cruise. 22,444 km
PREVIOUS DAILY RENTAL

\$31,295
\$189
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



13 EXCEL F4

18133 Shallow water, 17 1/2pt, trolling motor full remote tractions, front mount winch, custom LED headlights, cover, mud buddy motor, all HD best parts, all aluminum EX trac trailer.

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