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INSIDE

Father and daughter team up to represent CAF at Jays home opener



During the 2017 home opener at the Rogers Centre, father and daughter share a special moment as CAF members

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Editor for the Contact Ross Lees calls it 30 leaving behind years of memories in photographs

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New Sheriff



Martin Durkin steps on board as the new editor of the Contact

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Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

Ross Lees takes 30

“I started my career in the Canadian Armed Forces as a photographer, and ended my career on the very base I always wanted to get transferred to. I loved every minute of it!”

By Martin Durkin

Ross Lees, Editor of 8 Wing Trenton’s newspaper, the *Contact*, has called it a career after six years of telling stories to the local community. Lees may have joined the *Contact* in 2011 but his career started long before. From 1969 until 1976, he was a Photo Tech in the Canadian Armed Forces (CAF). After an honourable release, he decided to try out a new type of adventure and fight fires in Tweed and plant trees until a reporter’s job opened up at the *Madoc Review*. He would stay with the *Review* as part of Cembal Publications for 10 years, first as a reporter for two years and then as Managing Editor for eight years. In need of a change of scenery, Lees would work briefly for a private company as their public relations person, only to see it quickly go under due to poor finances. So like most reporters on break, Lees decided a new trade could hold

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Ross Lees Accepts a framed portrait of his own photography turned into art as a thank you for his dedication to the base from Wing Commander Colonel (Col.) Colin Keiver and Chief Warrant Officer (CWO) Darcy Elder. Photos by Martin Durkin



Ross Lees accepts the “Spirit of Military Families” coin from Military Family Resource Centre (MFRC) Board Chair Linda Blanchette and MFRC Executive Director, Tamara Kleinschmidt for his work and dedication in helping to promote the MFRC throughout the years at the Contact



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Controllers Against Cancer drops the puck to raise funds for Wheels of Hope

By Martin Durkin

Controllers Against Cancer (CAC) began over 15 years ago as a hockey tournament hosted by 8 Wing Air Traffic Control (ATC) for Aerospace Control Officers (ATC & Weapons). Typically, teams from Bagotville, North Bay, Rome, NY, Cornwall, and Ottawa, participate over the weekend in an effort to raise funds for the Hastings & Prince Edward County chapter of the Cancer Society. "The original concept was to get together, have a good time for charity and at the end of it say, here's a cheque," explained Major (Maj.) Jimmy Falldien, Wing Air Traffic Control Officer (WATCO) for 8 Wing Trenton. However, what started out as an annual weekend of fun for a cause, became something much more.

"To date, we have raised over \$75,000 for the Hastings & Prince Edward County office of the Canadian Cancer Society. Last year alone, we donated \$10,000 and since then, the money goes to the Wheels of Hope Campaign." said Captain (Capt.) Alexandre Fisher, Chief Controller Terminal, Air Traffic Control Section for 8 Wing Trenton. Karen White, Volunteer President for the local chapter of the Canadian Cancer Society, stated that last year's donation to the Wheels of Hope made it possible for 120 trips to be taken to hospitals between Ottawa and Toronto and the surrounding area. "It costs roughly \$83 a trip on average for our volunteer drivers. Two out of every five patients cannot afford or are not healthy enough to make the drive for their treatments," said



8 Wing Controllers present a cheque for \$11,000 to the local Canadian Cancer Society which will provide 135 rides to local patients. Pic Submitted:

White who became a volunteer in 2003. In that time she has lost her husband and a brother to the disease. "For me, it's a labour of love." This year the tournament has drawn major sponsors such as Falcon Environmental Services, Sun Life Financial, as well as a plethora of donations in hopes to raise even more money towards the cause. Maj. Falldien admitted that this tournament is more than just a good time getting reacquainted with old friends. "It seems everyone is personally touched by cancer. It hits home within the unit and everyone wants to do their part," said Falldien. At this year's fundraiser a new high was reached as \$11,000 was raised.



Controllers Against Cancer Tournament Champions Team Ottawa from A Division pose with trophy. Pic by MWO Tony Savard

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VIP Visit at CFS Alert

By: Lieutenant James Heard, CFS Alert Projects Officer

Canadian Forces Station (CFS) Alert hosted a group of VIPs from 8 Wing Trenton, Quinte West, Belleville, Ottawa, and Winnipeg. The VIP group included, the Director General of Canadian Forces Morale and Welfare Services (CFMWS), Commodore Sean Cantelon and members of his staff, Colonel (Col.) Chris McGuffin of J6 COS Strat, Col. Stefan Koestner; 1 CAD Liaison Officer to CJO.

8 Wing Commander Col. Colin Keiver, 8 Wing Chief Warrant Officer Darcy Elder; local community officials including the mayor of Quinte West Mr. Jim Harrison, Quinte West Councillor, Ms. Sally Freeman, and several other community and Wing members; were also guests.

All were visiting to learn about CFS Alert and its dedicated staff. Local radio host Mr. Lorne Brooker was also part of the group and, during the visit, interviewed several of the VIPs and members of the station staff for an episode of the The



Commodore Sean Cantelon, Director General of CFMWS, thanked the station staff for an informative and enjoyable visit.



The 8 Wing Commander Colonel Colin Keiver and 8 Wing Chief Warrant Officer Darcy Elder also addressed the station staff at the Meet and Greet.

Photos by: Private Sean Keating, SWO's Assistant

Lorne Brooker Show.

The visitors arrived on a CC-117 Globemaster III, and once settled were fed a hearty meal, and given a tour of the main station infrastructure. The group also toured the station health and wellness facilities: the station gyms, the Arctic Club and Wolf's Den messes, and the various station recreation club areas. The Station's leadership felt the goals of highlighting key areas on the station and demonstrating the need for strong Canadian Forces Morale and Welfare Services (CFMWS) support were achieved.

A Meet and Greet event was held to allow the guests to visit with the station staff. The 8 Wing Commander presented coins to four deserving station members. Commodore Cantelon spoke on his impressions of the station and the important work being done here. A plaque was presented to him in honour of his visit. As it was well known that the mayor of Quinte West Mr. Jim Harrison is an avid hockey fan, a station hockey jersey was presented to him as a token of our appreciation for his visit.



The Mayor of Quinte West, Mr. Jim Harrison, addressing the station staff at the Meet and Greet event on Monday, 10 April.

The final morning of the visit was taken up with a town hall held by the 8 Wing Commander, pictures at several of the stations most scenic sites, and a visit to the memorials at the end of the runway were

also completed.

Weather and runway conditions delayed the group's departure by a couple of hours, but eventually the C-17 arrived to whisk the visitors back south. The visit was an enjoyable experience for the visitors and hosts, and allowed the VIPs to understand the challenges and benefits of maintaining the most northerly permanently-inhabited settlement in the world.



Colonel Keiver and Chief Warrant Officer Elder awarded several coins to deserving members of the station staff, including Master Seaman Tammy Campbell.

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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Metroland Media Staff:

Advertising Manager: Melissa Hudgin 613-966-2034 ext: 504

Advertising Sales: Orlinda Johnston 613-966-2034 ext: 526

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

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

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

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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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8 Wing Martial Arts Tournament showcases emerging talent

By Martin Durkin

The 8 Wing Martial Arts Club proudly competed at Bay-side Secondary School, showcasing emerging talent from house members who placed in their respective divisions.

As part of the Snow Tigers Martial Arts Association, 8 Wing Trenton hosted the tournament for competitors affiliated with the Snow Tigers. Clubs from across Eastern and Central Ontario entered the skills competition tournament.

The tournament brought competitors together from ages six years old to adulthood. The day would see skill competition in individual weapons kata, team kata, grappling, and kumite divisions.

Vice President of the 8 Wing Martial Arts Club, Master Corporal (MCpl.) Tara Oliver, was

quite pleased with the turn-out the duo of Dave Reynolds and Jeff Weese placed third. In Kata divisions singles, Weese placed first, while Nathan Burgess took third and Dave Reynolds took fourth in the White, Yellow and Orange belt in the age 16 and up division.

In the Green, Blue and Brown belt division, Page took third. In the 14 to 16 age group for Blue and Brown, Morgan Jinks took 1st place. In Kumite divisions, for White, Yellow and Orange belt, the 16 and up age group saw Reynolds earn first place, Nathan Burgess place third and Weese earned fourth.

In the Green, Blue, and Brown belt division, MCpl. Oliver took third place. In the 14 and 15 age group for Blue and Brown belts, Jinks placed second. In grappling divisions, Burgess placed first in the White, Yellow and Orange division for 16 and up, while Timothy Gleason placed third in the Green, Blue and Brown division of the same age group. Jinks also placed first in her 14 to 15 age group for Blue and Brown Belts.

"I just started," said Page who took second place in his division. "It's nice to show off these skills (at a tournament) that most people don't get to see."

The day would go on to see several more members of the club place in their respective divisions. In Team Kata divisions,

the duo of Dave Reynolds and Jeff Weese placed third. In Kata divisions singles, Weese placed first, while Nathan Burgess took third and Dave Reynolds took fourth in the White, Yellow and Orange belt in the age 16 and up division.

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Arabella Oliver, one of the youngest members of the 8 Wing Club (wearing black) tries to her best to break free of her opponent. Photo by Martin Durkin



Dave Reynolds from 8 Wing shows a young member how to properly do a Z-Lock stretch during exercise warm up. Photo by Martin Durkin



8 Wing Member Matt Page demonstrates his weapons skills. By: Michael Sheppard

CFB Trenton comes up big at the Intersectional Curling Championships



Wing Operations (WOPS) from CFB 8 Wing came out on top at the Intersectional Curling Championships held at the Trenton Curling Club, winning the tournament. Pictured from left to right are the WOPS winning team: Sargeant (Sgt.) Nemish - Skip, Master Corporal (MCpl) Whyte - Vice, Chief Wing Officer (CWO) Lemieux -Lead, Major (Maj.) Lowther - 2nd. Pic submitted by Ryan Meeks

Aviator Kelly Bacon donating her hair to Cancer



Aviator (Avr.) Kelly Bacon stationed at CFB Trenton and currently on course at (CFSACO) in Cornwall, decided to make a drastic and amazing change to her hair by having it cut at Making Waves Hair & Day Spa. She now wants to donate her hair to the Canadian Cancer Society, via The Pantene Beautiful Lengths campaign. Submitted photo

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Father and daughter team up to represent the Canadian Armed Forces at the Blue Jays Home Opener

By: CWO / Adjuc J.C. (Cam) Winters MMM, CD

During the 2017 home opener at the Rogers Centre in Toronto, the Toronto Blue Jays played hosts to the Canadian Armed Forces (CAF) from various military units across Southern Ontario for CAF Appreciation Event.

Numerous members from 8 Wing were in attendance including, Lieutenant-Colonel (Lt.-Col.) 'Duffy' Mc-

Guire, a pilot from the Canadian Forces Aerospace Warfare Centre. But what made the event extremely special for Lt.-Col. McGuire was being part of the appreciation night with his daughter, Private (Pte.) Tabitha McGuire, a newly minted member of the Reserves. Together with a host of other members they had the opportunity to hold up the 3000 pound Canadian flag before the first pitch.

Lt.-Col. McGuire will be retiring this summer with over 31 years of loyal and dedicated service to Canada, this event is

likely the only military function that he and his daughter will both be able to attend together as serving members of the CAF.

Pte. McGuire is currently finishing her Biomedicine undergrad at Western University and is serving as a reservist with 23 Field Ambulance in Hamilton, Ontario. She will be writing her MCATs for entrance into medical school this fall and is very interested in becoming a military physician.

This experience was one of a lifetime for both Pte. McGuire and Lt.-Col. McGuire and will be cherished by them for

many years to come. For a proud Dad, representing the CAF while holding the Cana-

dian National Flag with his daughter in uniform was by far the greatest privilege he

could have imagined prior to his release from the CAF which is coming up quickly.



Lt.-Col. McGuire and his daughter Pte. McGuire stand together proudly in uniform as a family unit.



Pte. McGuire smiles brightly for the camera as she is part of the unravelling of the Canadian Flag at the Toronto Blue Jays home opener.

Obituary: Betty Hutchinson - 1928 - 2017

The 8 Wing Officers' Mess Ladies Club will miss this ardent member

Betty Hutchinson was a natural public relations person, one who will be greatly missed by all her comrades at the 8 Wing Officer's Mess Ladies Club.

Betty fulfilled her role in public relations with the club up until almost the moment she died on April 18 after a short illness. It was a position she was uniquely qualified for, according to her friends and comrades at the 8 Wing Officers' Mess Ladies Club like President Rosemary Embree and Irene Funge.

"She was the perfect public relations officer, the best we ever had," stated Embree of the woman who had lived in Trenton since she was 12 years old. "She had a wide circle of friends."

"She was a driving force of the Ladies Club, an active member of St. George's Church and an all-around wonderful person," added club secretary Jocelyne Chambers.

Embree said Betty could drive by a house in Trenton and tell you who lived in it and how long the family had lived there. "Betty was a natural historian," Embree said.

Betty was a woman of many interests and hidden talents, according to Irene Funge, another member of the Ladies Club. She played the clarinet in the high school band and maintained a love of music which exhibited itself through being a fan of the Trenton Citizen's Band. She enjoyed good food, a good glass of wine and be-



Betty Hutchinson, an ardent supporter of many clubs and institutions in Quinte West, will be missed by all of them. Submitted photo

ing around and helping her many friends and associates, Funge noted.

"She was an absolutely terrific golfer, she curled, she loved to watch tennis, she was a good cook and she was always willing to drive people anywhere they needed to go before her eyesight became a problem," Funge said.

Well organized, Betty would be working on projects six months in advance, buying snowsuits for the Coats for Kids program she supported with enthusiasm or supporting Trenton Memorial Hospital, another institution she supported and espoused at every opportunity.

Betty worked for many years at various positions on the base and never relinquished that attachment to the base and its personnel, remaining

a member of the Retired Associates of the Mess organization to the end.

"She lived life right up to the end," Funge said, adding that she supported the Ladies Club events by always bringing her friends along to help swell their numbers. Both Funge and Embree said St. George's Church would be filled for her funeral on April 21.

"The groups at the church will miss her," Funge noted. And she will certainly be missed by the 8 Wing Officers' Mess Ladies Club, according to Embree.

"She was a great friend and we will miss her," Embree said. "She was a great worker behind the scenes and she never expected praise."

She will also be sorely missed by all of the news organizations who relied on Betty to supply them with news tips about the Ladies Club over her many years of service to the club she loved and believed in.

Betty was a good friend of Louise McDonald, who died just a few months ahead of her.

The loss of those two ladies may ultimately spell the end for the last full-fledged Officers' Mess Ladies Club in the Canadian Armed Forces. "I'm not sure we will be able to continue to function without these two ladies," Embree said. "The younger ladies don't seem to attend the meetings and the rest of us are just getting too old. We may have to close the club down soon," she thought. Missed indeed!

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Physician Assistants Commissioning Ceremony

By: Capt. Adam Mouland, 24 CF H Svcs Trenton

Recently, Colonel (Col.) Plourde, Commander of 4 Health Services Group, had the honor of officiating the commissioning of all Physician Assistants employed at 24 Canadian Forces Health Services Centre Trenton. This was the local event of a Canadian Armed Forces-wide initiative where all 171 Physician Assistants employed in the Royal Canadian Medical Service will receive their commission. Accompanied by family, friends, and colleagues, newly commissioned Lieutenant (Lt.) Nicole Stokes, Lt. J.P. Somerset, Lt. David Giles, Lt. Janice Comeau, and Lt. Keith Borkent all received their commission from the rank of Warrant Officer. The Canadian Armed

Forces Physician Assistants originated as sick berth attendants onboard Canadian naval vessels, trained and employed in the Royal Canadian Navy starting in 1911. Upon selection from the ranks, they were trained on the job by the fleet medical officers. With the demands for improved technical skills, the training evolved and the medical technician was born. These medical technicians would progress to the Physician Assistant program. The first official Canadian Armed Forces Physician Assistant program was developed in 1984. The ceremony represents a meaningful event for the Royal Canadian Medical Service as Physician Assistants move from non-commissioned members to officers, which marks the culmination of years of effort and staff work.



Maj. Mike Strawson (A/CO 24 CF H Svcs C), Mrs. Da Silva (Lt. Stokes's Mother), Lt. Nicole Stokes, Col. Steven Plourde (Comd 4 H Svcs Gp), CWO Wilson (CWO 4 H Svcs Gp)



Maj. Mike Strawson (A/CO 24 CF H Svcs C), Mr. Leo Comeau, Lt. Janice Comeau, Col. Steven Plourde (Comd 4 H Svcs Gp), CWO Wilson (CWO 4 H Svcs Gp)



Maj. Mike Strawson (A/CO 24 CF H Svcs C), Mrs. Tammy Somerset, Lt. J.P. Somerset, Col. Steven Plourde (Comd 4 H Svcs Gp), CWO Wilson (CWO 4 H Svcs Gp)



Maj. Mike Strawson (A/CO 24 CF H Svcs C), Lt. Keith Borkent, Col. Steven Plourde (Comd 4 H Svcs Gp), CWO Wilson (CWO 4 H Svcs Gp)

Maj. Mike Strawson (A/CO 24 CF H Svcs C), Sgt. Hewett, MCpl. St-Jean, Miss Isabella Giles, Lt. David Giles, Col. Steven Plourde (Comd 4 H Svcs Gp), CWO Wilson (CWO 4 H Svcs Gp)



Photos by Lt. Janice Comeau



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2 Air Mov Sqn Supports Governor General State Visit to Sweden



Last day of the Movement Air Mobile Section team in Sweden. They have completed their task which consisted in assisting with the Governor General's logistical and cargo needs during a Sweden State Visit and are waiting to board Airbus 001 for their return to Canada on February 23, 2017. (left to right): Capt. Jordan Phillips, Cpl. Francis Bissonnette, Pte. Mikael Thellend, Cpl. Mitch Cameron, Mr. Conny Fougner (Canadian Embassy to Sweden), MWO Trevor Nielsen.

By: Captain Jordan Phillips, MAMS O, 2 Air Mov Sqn

From 19 to 23 February, 2017, Canada's Governor General, His Excellency the Right Honourable David Johnston, and wife Her Excellency Sharon Johnston conducted a state visit to Sweden. To assist with the Governor General's logistical and cargo needs, 2 Air Movements Squadron (2 Air Mov Sqn) assembled and deployed a Logistics Team consisting of an Air Movements Officer, and four Traffic Technicians.

The Team deployed to Rideau Hall in Ottawa for four days prior to the state visit departure in order to receive information briefings, and prepare freight for the trip. When the Governor General conducts a state visit, he brings official gifts for foreign Heads of State/dignitaries; one of the responsibilities of the Logistics Team is to wrap and package these gifts for transport, taking extreme care so they are not damaged in transit. Also, the Governor General attends official dinners abroad at which he will showcase some of Canada's traditional fare; once deployed, it becomes the Logistics Team's duty to store, track, and deliver the foods and beverages to the different event locations.

The Logistics Team had a wide range of responsibilities when deployed in support of a Governor General's state visit. These responsibilities are unlike those we have at the Main Operating Base (MOB) in Trenton. In addition to providing quality Mobile

Air Movements / Air Mobility Support to the aircraft, the Team's duties range from the special handling of Their Excellencies' luggage, delivery and setup of national flags, and coordination with the Canadian Embassy. Participating in state visits provides squadron personnel a unique and interesting opportunity to gain some experience working with other governmental departments, and to gain some understanding of how the departments all work together to accomplish the task at hand.

As always, 2 Air Mov Sqn provided outstanding support to our Commander-in-Chief throughout the duration of the Sweden

State Visit. In total, the Logistics Team managed the movement of the Governor General, the Official and Accompanying Delegation, Office of the Secretary to the Governor General (OSGG) staff, Global Affairs Canada staff, and RCMP from Canada to Stockholm, Lund / Malmo, then Gothenburg. The Team assisted five CC-150 Polaris flights, processed 206 passengers, loaded and unloaded 10,465 lbs of baggage, and 13,230 lbs of freight.

NUNQUAM NON PARATUS - NEVER UNPREPARED



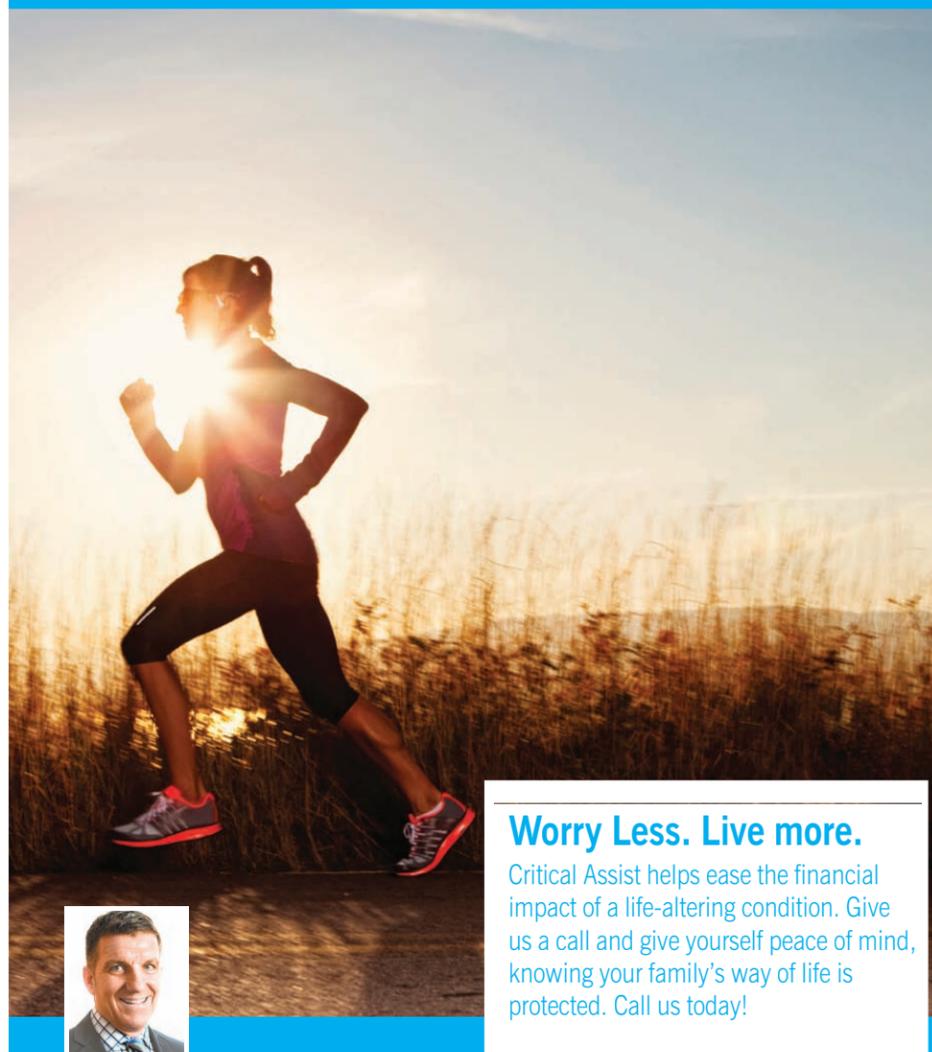
The Movement Air Mobile Section team and His Excellency the Right Honourable David Johnston on their return to Canada from Gothenburg, Sweden aboard Airbus 001 on February 23, 2017. (left to right): Master Warrant Officer (MWO) Trevor Nielsen, Corporal (Cpl.) Mitch Cameron, Cpl. Francis Bissonnette, Private (Pte.) Mikael Thellend, Captain (Capt.) Jordan Phillips, His Excellency the Right Honourable David Johnston.



Lieutenant-Colonel (Lt.-Col.) Cathy Blue (8 Wing Logistic and Engineering Officer) and Major Richard Leighton (Officer Commanding 8 Combat Engineer Support Squadron (CESS) recently promoted the following members: (Left to Right / Top to Bottom) Private Trained (Pte.T) D.M.S. Smith, Plumbing and Heating Technician (PH Tech), Corporal (Cpl.) D.H. Yeldon, Electrical Generating Systems Technician (EGS Tech), Warrant (WO) E.H.A. Keding, Combat Engineer (CE) supervisor, Master Corporal (MCpl) H. Smith, Refrigeration and Mechanical Systems Technician (RM Tech) and Pte.T Simms (RM Tech). Photos by: Yuan Liu, Cpl

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My favourite pix

By Ross Lees

They asked me to pick five of my favourite pix, or pix that had a story behind them; there have been so many it was hard to pick just five – and they made a mistake asking me to pick the ones with stories. There were a couple of humdingers. Take the one of Colonel (Col.) Friday saluting - my first Change of Command parade with the *Contact*. I felt it was a great shot and gave it some prominence only to find out at the last minute it had a problem with it that would require some editorial adjustment. Can anyone see or remember what it was? Ask Capt. Gyuk before he leaves, but well after I have left the province. Most of these pix are special because they were either very funny or truly poignant as they

depicted military personnel or civilians visiting our base. Many were posed or taken by luck at an opportune time, but I was often very proud of them when I saw them in print with their stories. I did hundreds of them and there were always hundreds more to do – so many stories, so little time. I loved the pic of Honorary Colonel Armin Quickert in Alert where he found milk crates from his dairy in Belleville. The look on his face still makes me laugh every time I see it. Or there was the pic of Chief Warrant Officer (CWO) Ted Poper with a bloody mark on his head where he got hit with a paintball during a very popular fundraiser. But the thumbs-up sign tells it all. He took it for the team. The pic of then Lieutenant – Colonel (Lt-Col.) Dan Harris with his truly high-and-tight haircut was also hilarious and I saw Dan just before I left and he didn't seem to be holding any grudges. That was the other thing I liked about working on the base – we got to show many emotions as part of the daily life on base and abroad and I loved the people for being that free with me. Made my job a breeze and a lot of fun! Catching so many other people serving or being served by military personnel and their families was a riot and the looks on their faces sticks with me as I prepare to leave.

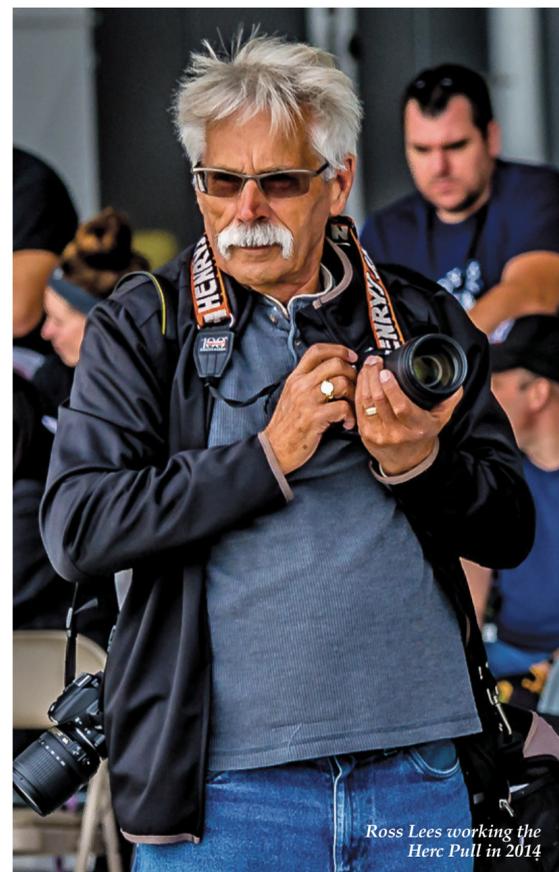
The young sailor smiling with the wind in his hair still makes me proud, as does the young lady saluting at a cadet parade. Wing CWO Darcy Elder down for the count made an early morning shoot well worth it; catching the men and women of 8 Wing doing special things or participating in manoeuvres or special events also contributed to my highlights; those fruit and vegetable suits certainly got good use; and meeting His Royal Highness Prince Edward was a highlight. But as I've said before and as I'll say until the day I die, flying with the Snowbirds was the career topper. It doesn't get any better than that! So why would you guys be thanking me – it's me who should be thanking you for all the memories and experiences and the great friendships established over those few years!



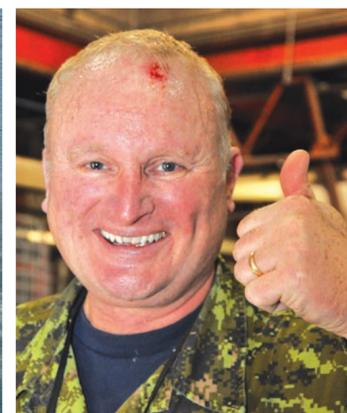
Ross Lees takes 30

Continued from page 1

him over until a newspaper job opened up. For a brief time, he would work for his brothers heating and plumbing business as a store manager until a spot opened up at *The Napanee Beaver*. "When that opportunity came, I jumped at the chance," said Lees. Lees would work at the Beaver for about eight years, starting out as a reporter but getting offered the editor's position less than a year later. When an editor's job in Picton came up, Lees and his wife decided to move once again. "I was an editor there (Picton) for many happy years. Prince Edward County was where many of my ancestors came from, so it was definitely like coming home and my wife and I loved the beaches," explained Lees. Once more a new opportunity at another paper would come calling, and once again, Lees would jump at the chance. "I left Picton to become the Managing Editor at the *Community Press* and you know what happened after that? I became the Managing Editor of the *Community Press*, *Trentonian* and the *County Weekly News*," said Lees. It was in 2011 that the job he always wanted came calling. *The Contact Newspaper* needed a man with Lees' expertise. "Ironic, really," says Lees, "I started my career in the Canadian Armed Forces as a photographer, and ended my career on a military base, the very base I always wanted to get transferred to during my career. I loved every minute of it!"



Ross Lees working the Herc Pull in 2014



Photos by Ross Lees



Celebrating our Military Children



The Dempsey family sit together inside the office of the MFRC anxiously waiting to get outside and play. Photo By Martin Durkin

By Martin Durkin

April is the Month of the Military Child within the Canadian Armed Forces (CAF) and has been adopted via the United States to not only acknowledge but celebrate the children who grow up in a military family. It also acknowledges the struggles of the military child and the family overall and recognizes that while the adults in the family may have chosen a military life, the kids did not. Therefore April gives extra attention to that

'little trooper' in the household. In a recent article for the Canadian Military Family Magazine a report stated that, according to the Vanier Institute of the Family, 75 per cent of military couples have children and there are currently 500,000 children of military members or veterans. The average serving member spends 25 per cent of the time away from home. For the Dempsey family at CFB Trenton, being a military family is just a normal way of life. In this family, dad is a Major

within the army now serving at 8 Wing. Wife/mother, Monique, has three young children all under the age of 11 and one son at 18 years of age. Four kids who have moved five times in the last 13 years. Rebecca is five years old, Sarah is 10 years, and Marc; he's eight but it's important to him for everyone to know he's almost nine. All sitting together beside big brother Tomas, each child is eager to give their thoughts on what it's like, being a well-mannered military 'brat'.

"It's fun," says Rebecca. "Oh yeah! Fun for sure," repeats Marc. "But I miss my friends," continues Rebecca. "Yeah," echoes Marc, "yeah, I miss my friends." "We try to be a solid unit. We eat dinner together every night as much as possible, and we try to have board game nights once a month," explains Mom. Marc is quick to jump in stating he loves dinner and a movie as a family, to which his two sisters agree.

"I like that a lot, but not a movie like Frozen. There's a mistake in the movie I don't like," says Marc. While big brother Tomas smiles and agrees quietly, the sisters are quick to disagree about what a great movie Frozen really is. As far as a favourite meal goes, the three young siblings shout out McDonalds while Mom drops her head down half embarrassed but laughing, " Oh God, no" says Mom. "Since living in Missouri (just

Continued on page 13

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Martin Durkin, Editor Contact Newspaper

New Sheriff in Town

By Martin Durkin

It's been a whirlwind two weeks since coming on board as the new Editor for the *Contact*. Learning the ropes from a master like Ross Lees though, has made an easy transition possible. I was first introduced to the *Contact* almost 20 years ago while attending Loyalist College as a print journalism student. Any time something important was happening at the base, I wanted to be the guy jumping in the van and seeing what was going on. The charge that hit the bloodstream going through the main gates towards headquarters had my heart pumping.

After graduating in 2000, things went a different direction. I became engaged and the bright lights of the Greater Toronto Area – by which I mean Hamilton – was calling. Although it's coming up on 20 years, sticking my head back in the door at the *Contact*, and knowing that filling the shoes of Ross is going to be a daunting task, the charge in the bloodstream is back. There's a saying I have always lived by as a journalist, GET OFF YOUR BACKSIDE AND KNOCK ON DOORS. I intend to do just that, so if you see a younger version of Ross in civies (without a moustache) wandering around 8 Wing, don't

be alarmed; I'm just looking to get to know you, and hopefully share a story or two. Whether or not I'm able to fill those shoes left behind by Ross, I am very grateful just to try them on. To all the staff that has been so helpful in getting me acquainted with the details, thank you. To everyone – see you out there, pen, notebook and camera in hand, and please, don't hesitate to drop into the office or shoot an email; if you have a story you think the rest of 8 Wing and Quinte Region needs to read about.

Martin Durkin
Contact Newspaper
Tel: 613-392-2811 Ext. 3976

Celebrating our Military Children

Continued from page 12

one of their postings) we experienced a lot of smoked meats down there like ribs and steaks. So my smoker up here has definitely taken over a lot of family meals," she quips. Sarah also made it known that she loves to cook for the family too. "I like to make Kraft dinner and cookies," said Sarah. As each move has taken them across the country and even into the States, Mom says the one constant in their lives on each base is the Military Family Resource Centre (MFRC). "The MFRC is always my first stop because they are just a wealth of knowledge, and again, it's a comfort thing because they are always there for the kids to have something to do or at least point you in the right direction," explains Mom. As an active 18 year old, when

Tomas comes on a new base, the first thing he looks for is the Rec-Plex. This latest move was particularly tough on Tomas who is now in his last year of high school at Trenton High. However Tomas being a strong military child rose to the challenge and has not only brought in top grades, he is also in the running for some bursaries to help him with his post-secondary career. Being the first child in the family, Tomas laid the ground work for his younger siblings. He joined cadets at a young age and fell in love with the program. When Dad's posting took them to Missouri, he was disappointed to learn that there was no cadet program offered in the States. But instead of sulking, he adapted and became a volunteer for his track and field coach, working the concession stands. When moving to Trenton, he met with

volunteer coordinator, Wendy Synott and served his new community. "First, it's good to help the community, you make new friends, and you meet the community within your high school and you need those," explained Tomas. By coming into the MFRC he also found other resources. Needing a part time job, he was given help with his resume and given a heads up that Canadian Tire was hiring. He took advantage of the situation and was hired. Because of his dedication to school and the local community, the MFRC were also more than happy to help him when it came time to apply for bursaries, including sitting down and being interviewed for a video presentation which was part of the bursary application process. Tomas will soon be heading off to college to become an aviation technician and hopefully

a commercial pilot. While he is thinking about joining the CAF somewhere down the road, he wants to explore other things in life first. "I do like moving to different communities and meeting new people," says Tomas, but for the first time in his life, he wants a break from the military lifestyle. For Mom, she understands the ups and downs her family goes through. Deciding to be a stay at home parent has made life more stable for the young family. She knows the life she and her husband chose (and they were once military kids), that her kids are automatically part of, and it's not always an easy one, but it's the adventure they enjoy together. "Whether you are a parent or a child, it's tough to leave your friends and schools. You always have to pick up and start over, but, we try to stay a tight unit and team, and we have each oth-

er to lean on," says Mom. During 11 years of marriage, Mom says that she and her husband have spent about half of their anniversaries together. The rest of the time, just like a birthday in the family, they rely on emails and FaceTime. "It's tough but at least it's kind of like you are celebrating together," explained Mom. In this military life, the kids are eager to point out all the places they have been able to go. For Marc it's a limousine ride he once had, for the girls its Disneyland and Canada's Wonderland, for Mom, its Mount Rushmore. Finally, Sarah had some young words of wisdom to depart before heading outside to play with her siblings, "It might be hard but you can make a lot of new friends, you can see new experiences that kids that aren't in the military, can't really experience."

Our Smiles speak for themselves



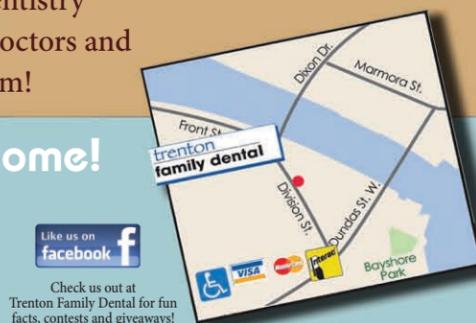
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Nouveaux programmes au CRFM de Trenton

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!

13th Annual Invisible Ribbon Gala - Gift Card Draw!

Enter for the chance to win a \$500 gift card to the Quinte mall!

Tickets: \$10 - *Winner will be notified May 15
Purchase your ticket before May 12th for your chance to win a \$500 shopping spree at the Quinte Mall in support of our Invisible Ribbon Gala. Tickets can be purchased at the front desk of Trenton MFRC.

Tirage d'une carte cadeau pour le 13e gala annuel du Ruban invisible!

Participez au tirage d'une carte cadeau d'une valeur de 500\$ du Quinte Mall.

Billet: 10\$ - *Le gagnant sera informé le 15 mai
Achetez votre billet avant le 12 mai et courrez la chance de gagner 500\$ de magasinage au Quinte Mall au profit du Gala du Ruban invisible. Les billets sont en vente à la réception du CRFM.

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, 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 gra-

tuitement 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, May 25 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 May 19 (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 25 mai. Heure : de 18h30 à 20h30. Où: Astra Lounge. Inscription et paiement à la réception du CRFM avant le 19 mai (aucun remboursement après ce date).

Continued on page 18

Home of the Week

Your Building Renovation Experts



Plan No: 7-4-1006



With an unfinished basement, this attractive multi-roofed, four-bedroom home offers lots of room for a growing family.

The covered entry, set of brick pillars, leads into a spacious foyer with a coat closet to the right. Adjacent, through an arch, is a two-piece lavatory. To the left is a den, featuring a raised book shelf in a bayed-out niche.

Beyond the foyer is the great room, where the double-height ceiling adds a touch of drama and sets this room off from the dining area and kitchen, with nine-foot ceilings. The great room's sliding glass doors lead to a covered patio and a gas fireplace will cast its glow into the dining area and kitchen.

A prep island with a double sink and dishwasher separates the great room from the kitchen, and will allow the cooks to chat with family or guests while clearing up after a meal. The dining area features large window that look out to the patio and back garden.

A spacious pantry is close to the laundry room, which includes a useful shelf for sorting and folding, as well as a row of cubby holes.

Through another arch is the master bedroom, with a view to the back garden. The spacious en-suite bathroom includes a soaker tub, a shower stall and double basins, always welcome during the morning rush hour. The toilet occupies a

separate space.

A U-shaped stairway to the floor is located off the foyer. Upstairs, a railing protects the area open to the main floor. Bedroom No. 2 will be sought after as it features a three-piece en-suite and a walk-in closet. The third and fourth bedrooms share a three-piece bath. A linen closet is close at hand.

Exterior finishes include stucco and wood siding, and windows with painted trim. The entry is flanked by brick pillars, which are echoed by pillars that mark the covered patio in the back.

This homes measures 48 feet wide and 64 feet, six inches deep, for a total of 2,608 square feet, excluding the unfinished basement.

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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@bell-net.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.

**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.

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).

8E Escadre / BFC Trenton

30E édition de la course annuelle

SURF N TURF

course de relais

Course à pied - 7.6 km
Canot/Kayak - 4.7 km
Vélo sur route - 25 km
Course cross-country - 5 km
Vélo de montagne - 9 km
Course à pied - 7.4 km
Natation - 500 m
Course à pied - 3.5 km

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

- BBQ
- Prix
- T Shirts
- médailles

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 6 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



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.

MFRC Continued from page 14

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 12 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'aggraver : 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 12 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.

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.

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@trentonmfr.ca.

Building Blocks Club

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

Club de blocs de construction

En collaboration avec Autism Ontario. Un programme est spécialement conçu pour développer les aptitudes sociales en

utilisant des "Legos" pour améliorer la communication et les interactions sociales appropriées. Pour information, communiquer avec Orlana Bourgoin 613-392-2811 poste 3953 ou orlana.b@trentonmfr.ca.

Occupational Therapy Clinic

Calling all CFB Trenton military families! The Trenton MFRC 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 Orlana 613-392-2811 ext.3953.

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

En collaboration avec le Centre de santé intégré de Belleville, le CRFM de Trenton et le True Patriot Love offrent trois programmes d'ergothérapie ! Chaque programme comprend : Une évaluation (exhaustive ou générale selon les besoins) — d'une valeur de 110 \$ à 350 \$; 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@trentonmfr.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 communi-

quer avec Orlana Bourgoin 613-392-2811 poste 3953 ou orlana.b@trentonmfr.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@trentonmfr.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 Bourgoin 613-392-2811 poste 3953 ou orlana.b@trentonmfr.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 Bourgoin 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 Bourgoin 613-392-2811 poste 3953.

Monthly E-News/Social Media

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

Scotiabank PRESENTS 13TH ANNUAL INVISIBLE RIBBON GALA
CELEBRATING 25 YEARS 90s → NOW

TOGETHER WE ARE STRONGER!
Support local military families to help us ensure troops can meet the challenges of their mission knowing their families are taken care of.

TICKETS TO THE GALA
MAY 13, 2017
National Airforce Museum of Canada

ONLINE AUCTION
MAY 1 - 8, 2017
PREVIEW: APRIL 28 - 30

There's something for everyone! Bid on gift certificates, a Toronto getaway, jewellery, gift baskets and more!

FEATURE ITEM:
Jose Bautista autographed baseball card!

FOR MORE INFORMATION VISIT:
WWW.INVISIBLERIBBON.CA

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The Trentonian Cool 100.1 95.5 Hitsfm INQUINTE-CA

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TRENTON MFRC / CRFM

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14 FORD MUSTANG GT CALIFORNIA SPECIAL
\$33,995
\$228
bi-weekly
84 mths @ 5.9%
0 DOWN + HST

29998 Manual 6spd, 5.0 8cyl, alloys, leather trim seats, pwr seats, heat seats, AC, park aid, Sync, heat mirrors, cruise, convertible, Shaker stereo, 19,871 km



16 DODGE CHALLENGER R/T
\$37,995
\$229
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

30066 Manual 6spd, 5.7 V8 Hemi, RWD, alloys, leather, pwr seats, heat/cool seats, nav, rev cam, park aid, U-connect, heat mirrors, cruise, heat steer, BSA, super trak pak, 15,810 km



16 DODGE CHALLENGER R/T
\$37,995
\$229
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

30017 Manual 6spd, 5.7 V8 Hemi, RWD, alloys, push btn start, leather trim seats, pwr seats, heat/cool seats, dual climate, nav, rev cam, park aid, U-connect, cruise, 20,690 km



16 DODGE CHALLENGER R/T
\$37,995
\$229
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

30029 Tremec 6spd, 5.7 V8 Hemi, RWD, alloys, push btn start, leather, pwr seats, heat/cool seats, nav, rev cam, park aid, U-connect, heat mirrors, cruise, heat steer, BSA, 18,809 km



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

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



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

30102 Auto, 3.6 6cyl, AWD, fact remote start, alloys, pwr roof/seats, leather, memory seats, heat/cool seats, dual climate, nav, rev cam, 22,241 km
PREVIOUS DAILY RENTAL



16 DODGE CHARGER SXT
\$29,495
\$178
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

30099 Auto, 4door, 3.6 6cyl, AWD, fact remote start, alloys, pwr roof/seats, push btn start, leather, memory seats, heat/cool seats, nav, 34,260 km
PREVIOUS DAILY RENTAL



16 CHYSLER 300 LTD
\$25,995
\$157
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

30081 Auto, 3.6 6cyl, RWD, fact remote start, alloys, pano roof, push btn start, leather, pwr seats, heat seats/mirrors, dual climate, nav, rev cam, 23,568 km
PREVIOUS DAILY RENTAL



16 FORD FOCUS RS
\$44,995
\$272
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

30089 Manual 6spd, 350HP, 2.3 4cyl, AWD, pwr roof, push btn start, leather trim seats, heat seats/steer, dual climate, nav, rev cam, park aid, Sync, cruise, Recaro racing seats, 10,370 km



14 TOYOTA COROLLA S
\$12,995
\$87
bi-weekly
84 mths @ 5.9%
0 DOWN + HST

29667A Manual 6spd, 1.8 4cyl, keyless entry, leather trim seats, heat seats/mirrors, AC, rev cam, Bluetooth, pwr group, cruise, touchscreen, 46,541 km



13 HONDA CIVIC LX
\$13,995
\$107
bi-weekly
72 mths @ 5.9%
0 DOWN + HST

29898 Manual 5spd, 1.8 4cyl, alloys, pwr roof, econo mode, heat seats, AC, CD, MP3, Bluetooth, compass, ext temp gauge, pwr group, cruise, 76,543 km



14 MAZDA 3 GX
\$12,995
\$87
bi-weekly
84 mths @ 5.9%
0 DOWN + HST

29917 Auto, 2.0 4cyl, hatchback, keyless entry, push btn start, tract ctrl, AC, CD, MP3, Bluetooth, pwr group, steer ctrl, 67,448 km



15 SCION XB
\$12,995
\$87
bi-weekly
84 mths @ 5.9%
0 DOWN + HST

30008E Auto, 2.4 4cyl, hatchback, keyless entry, AC, CD, MP3, rev cam, Bluetooth, compass, ext temp gauge, pwr group, cruise, 55,191 km
PREVIOUS DAILY RENTAL



16 DODGE GRAND CARAVAN CREW
\$25,495
\$154
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

30163 Auto, 3.6 6cyl, flex fuel, alloys, leather, Sto'n'go, pwr seats, heat seats, 3zone climate, nav, rev cam, park aid, U-connect, heat mirrors, 28,393 km
PREVIOUS DAILY RENTAL



16 DODGE GRAND CARAVAN SXT
\$23,995
\$145
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

30098 Auto, 3.6 6cyl, flex fuel, alloys, Sto'n'go, pwr seats, 3 zone climate, DVD, rev cam, U-connect, pwr group, heat mirrors, cruise, 25,483 km
PREVIOUS DAILY RENTAL



16 DODGE GRAND CARAVAN SXT
\$23,695
\$143
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

30068 Auto, 3.6 6cyl, flex fuel, alloys, Sto'n'Go, econo mode, pwr seats, 3 zone climate, DVD, rev cam, U-connect, heat mirrors, cruise, 31,138 km
PREVIOUS DAILY RENTAL



16 FORD TRANSIT 250
\$25,495
\$154
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

30019 Auto, 3door, 2pass, 3.7 V6, RWD, keyless entry, vinyl floors, leatherette, AC, AM-FM, rev cam, pwr group, curb side mirrors, 28,348 km
PREVIOUS DAILY RENTAL



16 FORD TRANSIT CONNECT XL
\$22,995
\$139
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

30012 Auto, 3door, 2pass, 2.5 4cyl, keyless entry, AC, CD, MP3, rev cam, compass, ext temp gauge, pwr window/locks, steer ctrl, 15,042 km
PREVIOUS DAILY RENTAL



16 DODGE RAM 1500 REBEL
\$43,995
\$266
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

30073 Auto, 5.7 V8 Hemi, 4x4, fact remote start, crew cab, short box, alloys, leather trim seats, pwr seats, heat seats, dual climate, nav, rev cam, park aid, U-connect, cruise, 12,642 km



17 DODGE RAM 1500 LARAMIE
\$44,995
\$272
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

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



17 DODGE RAM 1500 SPORT
\$41,995
\$254
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

30020 Auto, 5.7 V8 Hemi, 4x4, crew cab, alloys, leather trim seats, pwr seats, AC, MP3, sat radio, U-connect, compass, ext temp gauge, pwr slide rear window, pwr group, 1,148 km



13 DODGE RAM 1500
\$24,995
\$190
bi-weekly
72 mths @ 5.9%
0 DOWN + HST

30093 Auto, 5.7 V8 Hemi, 4x4, crew cab, short box, trailer hitch, tonneau cover, box liner, chrome step bars, alloys, pwr group, heat mirrors, cruise, 63,310 km



16 DODGE RAM 1500 LARAMIE
\$43,995
\$266
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

30151 Auto, 5.7 V8 Hemi, 4x4, fact remote start, crew cab, chrome wheels, pwr roof, leather, pwr seats, memory seats, heat/cool seats, 12,017 km
PREVIOUS DAILY RENTAL

AGGRESSIVE FINANCING RATES & OPTIONS AVAILABLE WITH FLEXIBLE TERMS TO FIT YOUR BUDGET.

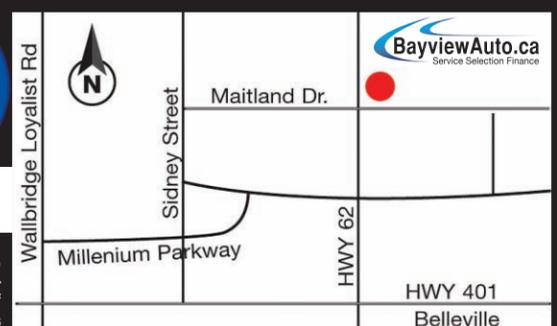


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Deferred payments subject to financing. All payments are based on bi-weekly payments. All 2011-2012: 60 mths, 2013: 72 mths, 2014-2015: 84 mths, 2016-2017: 96 mths: P.P.S.A, License and taxes extra. EG: \$10,000 + Taxes \$1,300 + P.P.S.A. \$65 = \$11,365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



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2017 OUTLANDER ES AWC



Outlander GT S-AWC model shown¹

100th Anniversary

A century of innovation. Mitsubishi automobiles.

LEASE FOR AT 0%
\$198^{+TAX} BI-WEEKLY FOR 48 MONTHS¹

\$29,740

TOTAL OBLIGATION
INCLUDES \$2,000 CONSUMER INCENTIVE¹
AND \$X DOWN PAYMENT

PLUS \$1,000

LOYALTY REBATE¹
FOR QUALIFIED RETAIL CUSTOMERS

S-AWC
Super All Wheel Control
Available on Outlander GT⁵



2017 TSP+ with Forward Collision Mitigation plus LED headlights and high-beam assist.

STARTING FROM
\$28,698^{MSRP}
+
\$2,298
FREIGHT AND OTHER FEES
=
\$30,996^Δ
SELLING PRICE

INCLUDES EVERY FEATURE IN THE 2017 RVR SE LTD AWC, PLUS:

- / 6.5" SMARTPHONE LINK DISPLAY AUDIO SYSTEM FEATURING ANDROID AUTO™^{††} & APPLE CARPLAY
- / 18" BLACK PAINTED GT WHEELS
- / RED STITCHING ON STEERING WHEEL AND GEARSHIFT KNOB
- / LEATHER-WRAPPED PARKING BRAKE HANDLE WITH RED STITCHING
- / ALUMINUM PEDALS
- / MATERIAL BLACK SKID PLATE

Works with Apple CarPlay

androidauto

6.5" Smartphone Link Display audio featuring Android Auto™ & Apple CarPlay. Only available for RVR SE Black Edition AWC. MSRP \$28,698^{††}.

AWC
All Wheel Control

Available on RVR SE AWC, Limited Edition AWC, SE Black Edition AWC and GT AWC models⁵

2017 RVR SE BLACK EDITION AWC

BLACK EDITION



2017 LANCER ES FWD CVT



Lancer GTS AWC model shown¹

LEASE FOR AT 0%
\$137^{+TAX} BI-WEEKLY FOR 48 MONTHS¹

\$21,690

TOTAL OBLIGATION
INCLUDES \$250 CONSUMER INCENTIVE¹
AND \$X DOWN PAYMENT

PLUS \$750

LOYALTY REBATE¹
FOR QUALIFIED RETAIL CUSTOMERS

AWC
All Wheel Control

Available on Lancer ES AWC, Limited Edition AWC and GTS AWC⁵



Mirage SEL model shown¹

2017 MIRAGE ES CVT



Apple CarPlay shown above

PURCHASE FINANCE FROM AT 0%
\$44^{+TAX} WEEKLY FOR 84 MONTHS¹

\$16,000^{+TAX}
TOTAL OBLIGATION

PLUS \$500

LOYALTY REBATE¹
FOR QUALIFIED RETAIL CUSTOMERS

androidauto Works with Apple CarPlay

6.5" Smartphone Link Display audio featuring Android Auto™ & Apple CarPlay. Only available for Mirage SEL. MSRP \$18,298^{††}.

BUILT BETTER. BACKED BETTER.®

¹ \$3,000/\$1,000/\$500 off purchase price is composed of \$1,000/\$0/\$0/\$0 consumer cash, \$1,000/\$750/\$500 loyalty rebate and \$1,000/\$250/\$0 lease cash on a new 2017 Outlander/2017 Lancer/2017 Mirage purchased and delivered between April 1, 2017 and May 1, 2017. Consumer cash/lease rebate will be deducted from the negotiated price before taxes and will take place at time of purchase. Loyalty rebate will be deducted from the negotiated price after taxes. Other conditions apply. ^{††} Android Auto is a trademark of Google Inc. ⁵ AWC standard on 2017 Lancer ES AWC, Limited Edition AWC and GTS AWC/2017 RVR SE AWC, Limited Edition AWC, SE Black Edition AWC and GT AWC. S-AWC standard on Outlander GT. ^{**} Whichever comes first. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Some conditions apply. All payments are plus applicable taxes & licence fees.

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160,000 KM
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LTD WARRANTY**

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