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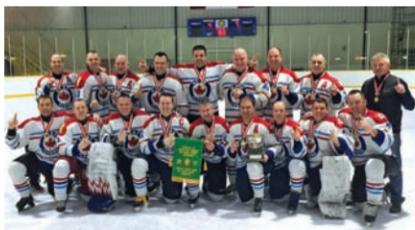
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Experienced, oldest team in tournament emerges victorious as some players prepare to hang up their skates

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A strong bench and high energy defence wore down Kingston on the way to a 51-49 final win

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Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

Operation Innovation

Commander of the RCAF can recall a not-too-distant past when the RCAF was a leading institution in innovation

By Chris Thatcher

The Royal Canadian Air Force is pursuing transformative changes.

When Ashton Carter was sworn in as U.S. Secretary of Defense, he urged the Pentagon to "think outside this five-sided box", and set about, as one of his top priorities, "stoking its innovative culture".

Along with renewed investment in research and development, Carter stood up the Defense Innovation Unit - Experimental, or DIUx, an initiative to accelerate the growth of new capabilities for the warfighter by connecting the Pentagon with technology hubs in Silicon Valley, California; Boston, Massachusetts; and Austin, Texas. "We cannot afford to be bureaucratic, too slow to act or risk-averse, nor to discourage thinking differently," he wrote recently to explain his approach to encouraging more innovation.

Lieutenant-General (Lt-Gen.) Mike Hood, commander of the Royal Canadian Air Force, may not have had Carter in mind when he assumed command of the RCAF, but he has followed

a similar path in pursuit of instilling an innovation culture. Like Carter, Lt-Gen. Hood can recall a not-too-distant past when the RCAF was a leading institution for innovation, breaking new ground with the Avro CF-105 Arrow, the G-suit, and space technology.

"We have kind of lost our innovative edge as we downsized through the years and focused on our core operational piece," he said. "I believe to be successful in the future we have to become a lot more innovative."

Not surprisingly, then, his top priority isn't a complex deployment or a hot-button procurement project. While those are certainly a constant on his radar, he has faith in the people around him to manage the issues of the moment. Instead, Lieutenant-General Hood's focus is squarely on the air force of 2030.

"My watch is about making sure the institution is capable of managing future challenges," he said.

And as the RCAF transitions to new fleets of fighter jets, strategic airlift, ISR (intelligence, surveillance, reconnaissance) platforms, aerial refueling, search and rescue, tactical aviation and even unmanned systems, all of which herald massive leaps forward in technology and capacity, Lt-Gen. Hood believes there is an opportunity to reconnect with that innovative past.

Providing, of course, he

Continued on page 8



Surf 'n Turf back on track

Competitors in the Surf 'n Turf event June 9 are challenged by the terrain, fellow competitors and Mother Nature. See story and pic on page 5. Contact file photo by Ross Lees

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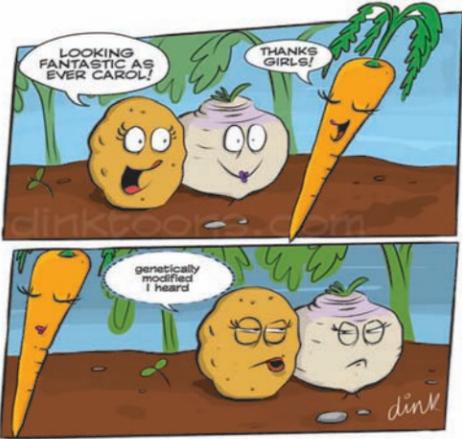
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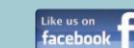
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436 Transport Squadron pilot honoured to be on list of future astronaut candidates

2Lt. Francis Frenzel hopes his qualifications separate him from the other 70 candidates

By Ross Lees

Pilot Second Lieutenant (2Lt.) Francis Frenzel at 436 (Transport) Squadron at 8 Wing/Canadian Forces Base (CFB) Trenton is hoping to survive the list of 70 as he endeavours to become one of Canada's future astronauts.

Currently on a French course at Trenton, 2Lt. Frenzel hopes that along with his land and sea survival courses, they will help him advance through the selection process to the next level.

"I'm definitely honoured to be even considered at this stage but also cognizant of the fact it's going to take a lot of work and there's a lot ahead of me to get down to the final couple of spots," he said.

"It is an exciting process to be in and I'm glad to have been a part of it and if I continue on, that's obviously amazing. That's the goal, but even just having the opportunity to get to meet some of the people I've met and be able to participate is definitely an honour."

2Lt. Frenzel brings some interesting experience and educational background to the dynamic of the recruitment process. He graduated in 2008 from the University of Western Ontario, with a double major in physics and English Language and Literature, and with a bachelor of science. He then went to the University of Toronto, where he achieved a master's degree in aerospace engineering and worked in the space robotic group.

"I think that definitely has some bearing on my candidacy to be an astronaut because I have a lot of experience in the space robotic field and I feel that will be definitely something that will be valuable as an astronaut," he noted.

On top of that, he has actually worked with the Canadian Space Agency (CAS) during his educational process.

"I was also able to actually work with the CSA in my masters," he said. "They funded the project my lab group was working on, which was to make a team of autonomous robots – and this was just to demonstrate the technology, not to actually do it – to show that we're capable of

sending a team up to the moon that would operate independently and start to do the basic infrastructure required in anticipation of human arrival."

He actually met retired astronaut Colonel Chris Hadfield during that process and that chance meeting actually triggered his interest in perhaps becoming an astronaut.

"I always had sort of an interest in being an astronaut, it was something that had always been in the back of my mind, but at that point I was really kind of convinced that the next time they had a recruitment campaign, I was going to put my name in," he said.

Now 30 years old, 2Lt. Frenzel was born in Newmarket and moved with his family to Kitchener when he was just 10 months old - and lived there until he left to go to Western University. It was just last year that he joined the military after a circuitous route.

After finishing his education, he spent a couple of years doing controls engineering for industrial machinery, mainly focused on robotics and high speed applications of mostly plastics machinery. While interesting and affording him a chance to travel the world, he still wanted other challenges.

"I ended up getting another job afterwards doing systems engineering for autonomous mobile robotics. It was amazing! The stuff I was working on was really cool, cutting-edge robotics stuff – all autonomous robots that could integrate seamlessly with other pedestrian traffic and fork lifts and various machinery within an industrial environment."

Described as incredibly interesting by 2Lt. Frenzel, he ultimately found himself sitting at a desk working on a laptop and he said he wanted something a little more exciting, a little more hands-on, something he could tell his grandkids about with pride when the time came.

He had always dreamt of becoming a pilot and, not wanting ever to look back and regret not giving it a try, he signed up and that path has now led him to his application as an astronaut.

Now, his future is in the hands of the CSA, although he will do everything within his power to make that choice for them.

"A lot of what they are assessing is kind of innate qualities, which are kind of difficult to study or cram for or try to improve," he said.



Pilot Second Lieutenant (2Lt.) Francis Frenzel at 436 Transport Squadron at 8 Wing/Canadian Forces Base (CFB) Trenton is hoping to survive the list of 70 as he endeavours to become one of Canada's future astronauts. Photo by Ross Lees

However, he can get himself in good physical condition, which he is doing by visiting the gym and the pool on a daily basis. He is putting some emphasis on the pool because he knows a lot of the training happens in the neutral buoyancy laboratory in Houston, a massive pool where they use the underwater environment to simulate the low gravity of outer space.

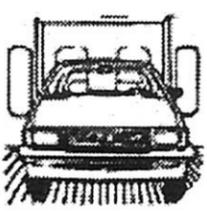
2Lt. Frenzel feels his training in the military and the French he is currently enhancing will all help him as he continues through the selection process.

"I definitely have an educational background that's conducive to what they're looking for. I think some of the more innate characteristics they look for – psycho-motor skills and spatial sense - I think I have a good capability in that regard," he stated.

Becoming bilingual and being cognizant of the public outreach that might be required of him will also stand him in good stead, he feels.

"The media is always going to be looking at you, so they want someone who is going to present themselves well but also represent the Canadian Space Agency and Canada at large in a good light. You also have a lot of responsibility to the nation not just within the space sector but to the kids. There's a lot of public outreach and I think just showing that you're kind of willing to give yourself to the country is probably a huge asset."

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General duty life in CFS Alert

By Second Lieutenant Valérie L. Rousseau

The General Duty (GD) are the unsung heroes of Canadian Forces Station (CFS) Alert. Most people on Station are not really certain what they are up to but it is a well known fact that the Station runs smoothly because of their efforts.

Who are the GDs? They are Aviators and Corporals of various trades awaiting training or courses who are looking for a unique experience. GDs can be tasked with a wide range of duties from clearing snow from the runway lights, set up and tear down for events, stock taking, assisting traffic techs and flight crew with loading and unloading, participating in Emergency Medical Team and Station Auxiliary Security Force training, and much more. The GDs are called in to help anyone and everyone on Station to get the job done.

The Station often leverages their trades skills, which allows them to learn and practice prior to going on course or training.

For example, the GDs in the Aerospace Control Operators (ACOP) trade take turns working the radios on plane days.

The current GD crew is composed of six members on a six-month tour: Corporal (Cpl.) Alan Morimoto, Aviation System Technician from 17 Wing Winnipeg; Cpl. Jonathan Thrasher, ACOP from 22 Wing North Bay; Aviator (Avr.) Eythan Steward, ACOP from 22 Wing North Bay; Avr. Sarah Fahie, ACOP from 15 Wing Moose Jaw; Avr. Cody Sharron, ACOP from 15 Wing Moose Jaw; and Avr. Sheldon Lesperance, Plumbing and Heating Technician from 17 Wing Winnipeg.

As the GD team lead, Cpl. Alan Morimoto has the opportunity to develop his leadership skills as he manages a diverse team from multiple trades to complete a variety of tasks.

When asked about the challenges of being a GD, Cpl. Morimoto answered, "We are very flexible when it comes to our work. Sometimes it can be challenging when you have a job

you have never done but the best approach is to rely on the various trade skills and professionalism of the other GDs."

He also pointed out the misconception of GDs spending most of their time shoveling snow. In the High Arctic, the snow becomes compact after a storm and it is easier to cut out large bricks and to throw the snow by hand instead of shoveling it.

Cpl. Morimoto is halfway through his six-month tour in CFS Alert and finds his experience very positive. If you have a sense of adventure and are looking for an incredible experience, then a tour as a GD at CFS Alert may be right for you!



Cpl. Alan Morimoto is marshalling a weekly sustainment flight. Photo by Second Lieutenant Valérie L. Rousseau



Avr. Cody Sharron still smiling after helping set up for an outdoor event. Photo by Second Lieutenant Valérie L. Rousseau



(Left to right) Avr. Sheldon Lesperance, Avr. Cody Sharron, and Cpl. Alan Morimoto clearing an emergency exit the morning after a windy night. Photo by Second Lieutenant Valérie L. Rousseau



Avr. Sarah Fahie clearing the Station's main entrance. Photo by Second Lieutenant Valérie L. Rousseau



GDs helping the traffic tech loading the truck with B25 kits. From left to right: Avr. Sarah Fahie, Cpl. Nicolas Vaillancourt-Poulin, Avr. Sheldon Lesperance, Master Corporal (MCpl.) Jean-Marc Leclerc, and Cpl. Alan Morimoto. Photo by Second Lieutenant Valérie L. Rousseau

The Contact Newspaper

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

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

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The CONTACT is produced weekly under a Publication Service Agreement with a division of Metroland Media Group.

8 Wing Personnel

Publisher: Col. Colin Keiver.

Proprietor: Her Majesty the Queen, in right of Canada, as represented by the Commander of 8 Wing, Canadian Forces Base Trenton, P.O. Box 1000 Stn. Forces, Astra, ON K0K 3W0 Canada

Public Affairs, Internal Comms: 8 Wing Public Affairs

PSP Manager: John Snyder

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Advertising Production: 613-966-2034

Office Manager: Marlene Hicks 613-969-8896 x242

Circulation: Melissa Hudgin 613-966-2034 ext: 504

250 Sidney Street, P.O. Box 25009, Belleville, Ontario CANADA

SUBSCRIPTIONS: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

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- Articles should be typed in upper and lower case (not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
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Surf 'n Turf resurfaces this year

Organizers hope to see another strong contingent of participants in this year's re-emerging event

By Ross Lees

8Wing/Canadian Forces Base (CFB) Trenton's Surf 'n Turf will virtually mirror the last event in 2015 as it re-emerges again this year.

Cancelled last year due to high operations tempo, co-chairs Captain (Capt.) Victoria Chatzikirou and Capt. Brent McIntyre expect the event to provide a good physical challenge to all athletes taking part in this eight-legged competition featuring running, kayaking/canoeing, mountain biking, road cycling and swimming.

It is an event which can allow athletes to challenge themselves in all disciplines as a tinperson, you can team up with one other person to alternate events as tinmates, or you can form a team to compete in the various events catering to each member's strengths.

But long before the event kicks off on June 9, Capt. Chatzikirou and Capt. McIntyre need a vast team of volunteers and business partners in place to help organize and prepare the course and to sponsor the event. Those volunteers can come from the military community or the broader community in Quinte West and area, according to Capt. Chatzikirou.

Competitors can be no younger than 16 (with parental consent) but young teams are welcomed from local high schools to compete against the military and civilian teams which take part in this renowned competition.

"The challenge for this year is getting the word out that the event is back on for

this summer," Capt. Chatzikirou noted.

Cancelled last year due to high operational tempo on the base, organizers hope to see Surf 'n Turf return to an annual event from this point forward.

Registration will be open on April 1, on the newly launched CAF Connection website: <https://www.cafconnection.ca/Trenton/In-My-Community/Special-Events/Surf-n-Turf-2017.aspx> so people can keep informed, provide links for participants and volunteers to register and for interested sponsors to make contact with the organizers.

Prior to that time, initial contact can be made through the co-chairs at victoriachatzikirou@gmail.com or brent.mcintyre@forces.gc.ca

"This race provides a great opportunity for members of the community and military to come together in the spirit of friendly competition and sportsmanship," said Capt. Chatzikirou. "Each participant will certainly find this race to be challenging and will hopefully finish with a great sense of accomplishment."

Routing will remain basically the same, although the organizers have built on the successes of previous Surf 'n Turf events and made improvements where necessary, Capt. Chatzikirou indicated.

"The core committee will be dedicating a lot of time towards ensuring this event will be executed in an organized and safe manner, while at the same time making it one that will be remembered by participants and spectators," she said.

Two hundred volunteers are needed to ensure this event goes off without a hitch and, once those volunteers are in place, there is only one other aspect of the event the committee worries about.

"We're hoping that Mother Nature will cooperate, but if not, poor weather will only add to the challenge," noted Capt. Chatzikirou.



Young competitors, and those just young at heart but in good physical condition, are encouraged to challenge themselves and their friends in this year's Surf 'n Turf competition at CFB Trenton. Contact file photos by Ross Lees

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Obituary

Colonel (Retd) Cyril St. Clair (Cy) Yarnell – 1920-2017

A Spitfire Fighter pilot in the Second World War, Col. Yarnell is perhaps best known as the man who implemented the Ad Astra Stone Program at the National Air Force Museum of Canada – drop headline

Retired Colonel (Col.) Cy Yarnell passed away peacefully at Hastings Manor, Belleville, on Saturday, Feb. 25 in his 97th year.

Col. (Retd) Yarnell, while a highly successful and popular member of the Canadian military, is perhaps best known locally as one of the men, along with Major (Retd) Roy Skillicorn, who came up with the idea and developed the Ad Astra Stone Program at the National Air Force Museum of Canada (NAFMC) in Trenton.

The project involves the installation of engraved markers along the walkways of the Airpark beside the NAFMC. Countless hours of dedicated volunteer work have enabled the project to succeed far beyond the expectations of its founders. To date, more than 11,000 stones have been placed in the park, raising more than \$1.1 million dollars for the Museum. Each year, a dedication ceremony is held in the Airpark on the last Saturday in September. The ceremony is a way of publicly commemorating and thanking all those who have supported the Ad Astra Program and the Museum.

A fighter pilot in the Second World War who flew the fabled Spitfire doing mostly ground attack and patrols in North Africa, Mr. Yarnell originally wanted to be a mechanic when he first joined the military. Humble to a fault, Mr. Yarnell described himself and his World War II career as simply "one of hundreds of thousands of other guys who fought in the war."

Retired Col. Yarnell was highly thought

of locally, including by 8 Wing Commanding Officer Col. Colin Keiver.

"I had the honour of meeting him a couple of times. What I remember about Cy was his incredible vitality - he was full of life and he loved the RCAF. On special occasions, such as the Battle of Britain parade, he would read "High Flight" with a passion that made you feel like you were in that Spitfire with him. He jammed more life into that small body than most anyone I've met," Col. Keiver noted.

Born in Southern Ireland, Mr. Yarnell emigrated with his family to Canada in the late 1920's and settled in Toronto. He joined the Canadian Army Militia but, in 1940, he transferred to the Royal Canadian Air Force and won his pilot's Wings. He then became a Flying Instructor and trained in England, Scotland, and North Africa.

In 1943, he joined the 601 (RAF) Sqn. and flew Spitfires in the Italian Campaign (1943-44) providing direct air support to Canadian, British, and American ground forces. He completed his first operational tour north of Rome. On his second operational tour, he again flew Spitfires with 403 RCAF (City of Calgary) Sqn. near Hamburg, Germany until the end of the war.

After the war, he became active in the newly-formed North American Air Defense Organization (NORAD) at Air Defense Command in Montreal, Canadian Forces Station (CFS) Mont Apica north of Quebec City. In 1957, he was appointed Commanding Officer (CO) of CFS Parent in Northern Quebec.

From 1959 to 1963, he worked with NATO at the Canadian Air Division in France as the CO of the RCAF Aircraft Control Sqn. in Metz, France and

later as CO of the Air Division Support Unit, also in Metz. From 1963 to 1966, he served with the new NORAD SAGE underground complex in North Bay, Ontario until he was selected to attend the Air War College of the United States Air Force in Alabama. Upon graduation from there, he was promoted to the rank of Colonel.

In 1968, he returned to northern Quebec with his appointment as the commanding officer of the new NORAD BUIC Complex in Senneterre. In 1970, he received a rare career appointment as the Canadian Forces (CF) Air Attaché in Communist Czechoslovakia. The timing of this was just after the Soviet Warsaw Pact ousted the Czech President, Alexander Dubcek, and his "Prague Spring" Government. Upon Cyril's return from "behind the Iron Curtain" in 1973, he was appointed Director of Security for the Department of National Defence until his military retirement in 1975.

He joined the Canadian Legion, Canadian Fighter Pilots Association, and the Air Force Association of Canada. For a time, he served as the Honourary President of the Ontario Group. He served on the Board of Directors of the NAFMC in Trenton, where he instituted the "Ad Astra" Stone Program in 1985. In 2004, he was selected to be the RCAF Delegate on the pilgrimage to Italy, celebrating the 60th Anniversary of the Italian Campaign of World War II.

Cyril was married for 72 years to his wife and best friend, Phyllis who survives him. They enjoy three children, six



grandchildren and five great grandchildren.

Retired Col. Yarnell is resting at the John R. Bush Funeral Home, 80 Highland Avenue, Belleville on Friday, March 3 from 1 p.m. until service time. Funeral Service is in the Chapel at 2 p.m. with cremation to follow. If desired, donations to the Alzheimer Society or the RCAF Museum, Trenton would be appreciated by the family. Online condolences at: www.rushnellfamilyservices.com

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RCAF Flyers Oldtimers win CAF National Championship

Experienced, oldest team in tournament emerges victorious as some players prepare to hang up their skates

By Ross Lees

The desire to have a number of their key players go out as winners probably helped the RCAF Flyers Old Timers team win a National Championship more than anything else.

This experienced team – and the oldest in the tournament played at Canadian Forces Base (CFB) Borden with most of their players in their 50s and 60s – had several players who would probably never play military hockey again, so they wanted this championship perhaps just a little more than their competition.

Confident they could be one of the teams to beat, the RCAF Flyers Old Timers doubled up on Halifax in the first game of the round-robin segment of the tournament to win 6-3.

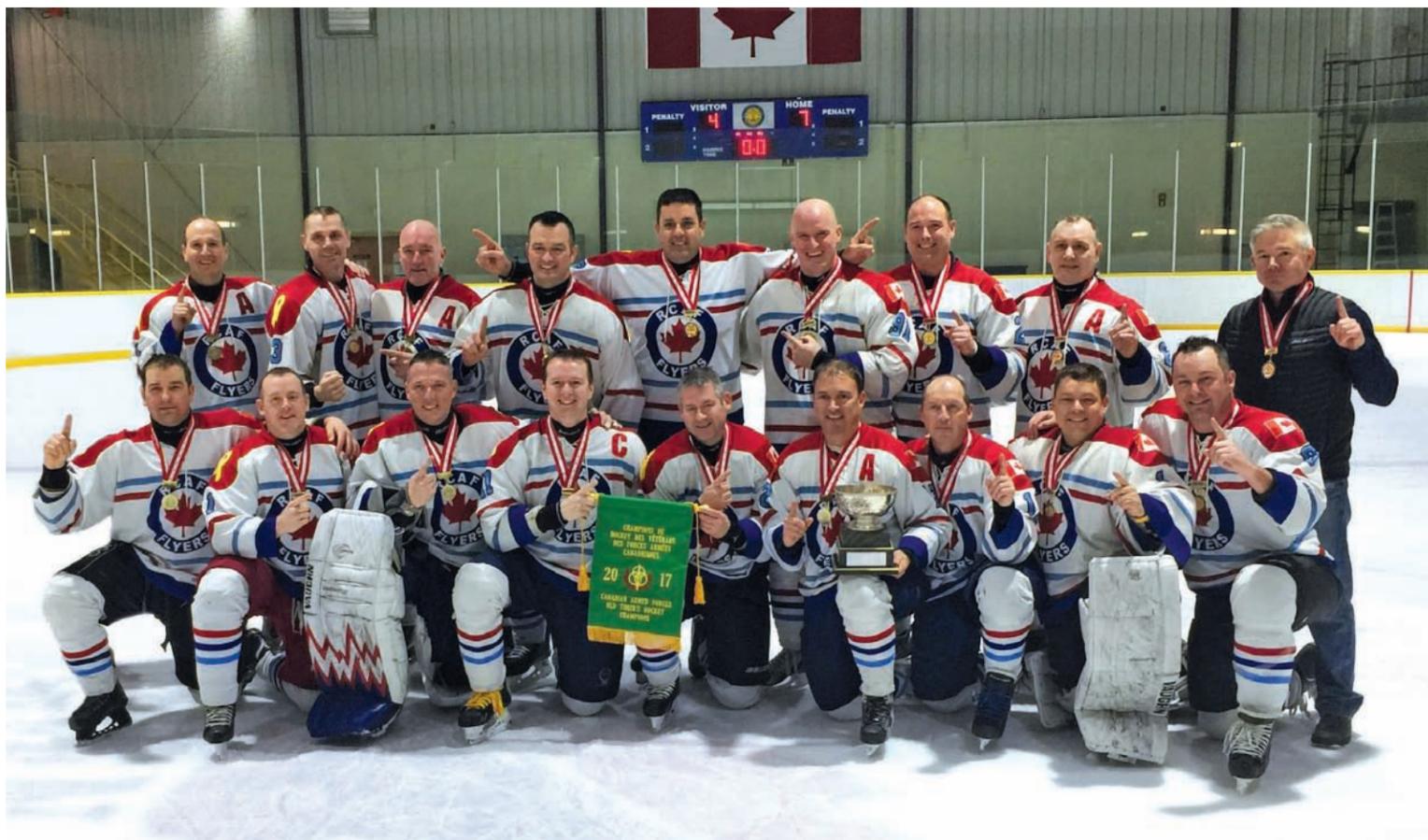
“We played that game without our best player and, while we didn’t have our best game, we were never in trouble,” Major (Maj.) Shawn Duffy said of the contest.

The next two games were going to prove to be an entirely different kettle of fish.

On the second day of the tournament, the Flyers played two teams, Edmonton first (which resulted in a 2-2 tie) and where Edmonton won in a shootout.

The second game, against Valcartier, also produced a 2-2 tie which the Flyers won in the second round of the shootout, with Maj. Duffy scoring their only two shootout goals to clinch the important win.

The final round-robin game was against Comox and, tired from the previous day’s contests, the Flyers ended the first period



The RCAF Flyers Old Timers pose with their championship banner and gold medals following the Canadian Armed Forces (CAF) championship tournament in Borden last week, 22 February..

Submitted photo

down 1-0, but a strong second period garnered the Old Timers a final 5-1 victory.

“At the end of that game, we were certain we would end up second in round-robin play,” Maj. Duffy noted.

However, when the ice chips had settled, Valcartier had tied the Flyers for first place and the fact that the Flyers won the shootout against Valcartier resulted in the Flyers taking first place.

This confident RCAF Flyers squad went into the semi-finals against Halifax and, while they again got off to a slow start, they eventually emerged from the game 4-2 victors, finally taking control of the game in the third period.

In the other semi-final game, Valcartier defeated Edmonton to set up an exciting final match be-

tween two teams who refused to admit there was a better team in this tournament.

Valcartier drew first blood early in the first period, but the Flyers tied the score before the end of the period. Again having a strong second period, the Flyers went to their dressing room up 4-1 after two periods.

“But then, things seemed to just go sideways on us,” Maj. Duffy indicated. “They scored a couple of fluky goals and suddenly we were in a 5-4 hockey game.”

The Flyers, however, scored a goal

of their own to retake a 6-4 lead, then popped the twine on an empty-net goal to clinch a 7-4 victory and the National title.

“Members of this team have been playing together since 2005 and we knew this would be our last chance to win, the last time we would be playing military

hockey, for some of us,” Maj. Duffy said.

“We had a couple of guys who have never won a national championship and, with what we went through this year and the fact that there were five or six guys who won’t play again, this was a pretty special feeling.”

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C&C

Operation Innovation

Continued from page 1

has the right culture to achieve that goal.

Tech hub

The first signs of a cultural shift are already taking shape. As part of a broader effort to “flatten” the organization and encourage the flow of innovative ideas from all ranks, Lt.-Gen. Hood introduced a Vector Check that draws inspiration from the popular TV show *Dragon’s Den*. About once a month, senior leadership gather via videoconference to hear 10-minute pitches of ongoing projects and new initiatives. It is an opportunity to ensure that a project is on the right track and has leadership investment. It’s also a means for new or better ways of doing something to surface, with ideas coming from headquarters to the flight lines.

More recently, Lt.-Gen. Hood kick-started work to establish an air force innovation hub in the heart of the Region of Waterloo’s technology triangle, acquiring space in Communitech, an ecosystem of start-ups, global companies, academia, government, and tech incubators and accelerators. The goal isn’t necessarily to solve the air force’s technology challenges—though all solutions will be welcomed—but rather to immerse up to eight non-commissioned and junior officers at a time for a three-month period in an entrepreneurial environment where they can learn best practices and develop “an innovation mindset”.

“The ecosystem is incredible,” he said. “It is probably in the top three places in the world for start-ups and innovative approaches. And I want to tap into that. Maybe we will give them some vexing problems to tackle, but it is more about creating the culture that these people are then going to bring back to their organi-

zations.”

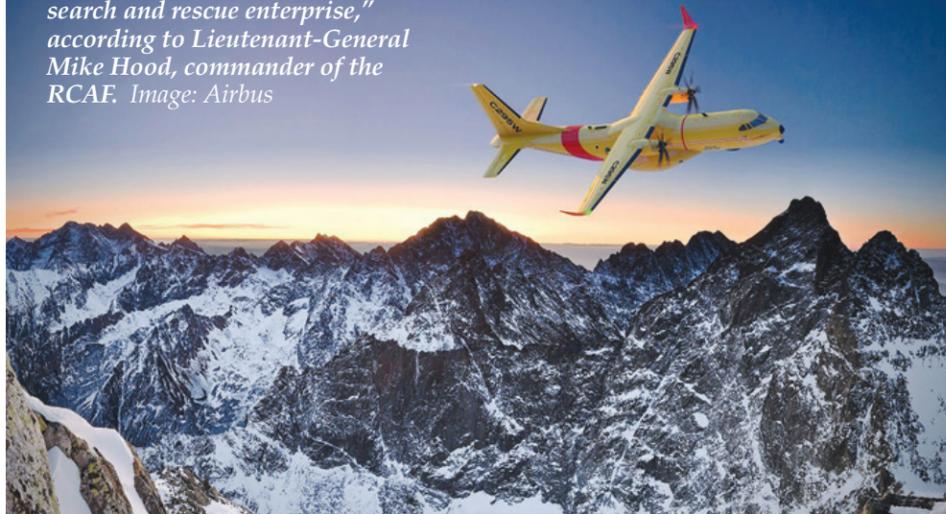
As an example, he pointed to communications in the Arctic. At present, signals intelligence gathered at Canadian Forces Base Alert [in Nunavut] is microwaved 500 kilometres south before it can be linked with a satellite and transmitted to Ottawa, and even then the satellite dish is pointed at 90 degrees. “Imagine operating UAVs [unmanned aerial vehicles] and prosecuting warfare in the North and the information challenges around that,” he said. “I don’t know how we are going to solve that yet, but I am trying to build the culture where we can be ready if that need arose.”

Lt.-Gen. Hood has also negotiated fellowship programs at two Canadian universities and secondments at several technology companies, including Open Text, a company with which he once spent a semester, to give mid-career officers and non-commissioned members educational and work experiences that could return more creative thinking to the air force.

He is fully cognizant that much of this is counterintuitive to a chain of command that thrives on hierarchy. But after a tour of Communitech and facilities at the University of Waterloo [in Ontario], the conversation among his general officers convinced him the approach could work. “I’m prepared to invest some energy and, if we fail, it’s fail fast and on to the next good idea,” he said. “But I can tell you that all of the general officers in the air force are encouraged and supportive. To have the culture I want, I believe [this technology hub] is going to be an important facet of preparing the air force for 2030.”

The focus on innovation comes as the RCAF “rebalances” some of the functions of its three core pillars: 1 Canadian Air Division, which, in addition to being the

Shown in RCAF search and rescue colours in this artist’s rendition, the Airbus C295W’s enhanced sensors and radar will “fundamentally change the search and rescue enterprise,” according to Lieutenant-General Mike Hood, commander of the RCAF. Image: Airbus



Joint Force Air Component Commander for operational deployments and the commander of the Canadian North American Air Defense Region, is also responsible for the force generation of equipment; 2 Canadian Air Division, responsible for training and education; and the Canadian Forces Aerospace Warfare Centre (CFAWC), its doctrine, concept development and experimentation centre.

The arrival of new fleets of aircraft with more advanced sensor suites—and the torrent of data they are generating—will cut across all three pillars, affecting warfighting capabilities, training, and future operating concepts. The RCAF has long held that every platform is a sensor and every sensor is a node on its network, putting a premium on data collection, analysis and dissemination, as well as the strength of the network architecture that supports those functions, even as quantum computing threatens to shatter the ability to protect that data. But optimizing an air force for the digital age means rethinking traditional roles and responsibilities.

“I talk about the RCAF as the guarantor of Canadian sovereignty. Today that is a physical presence,” Lt.-Gen. Hood said. “In 2030, it may be that data sovereignty is more important than actual sovereignty. And ensuring the movement and integrity of all that information is a challenge that I don’t think many of us fully comprehend.”

As a result, the air force is examining the amalgamation of trades such as signals, communications and electronics, navigation, electronic warfare, air weapons control and unmanned systems into a more “fulsome warfighting trade”.

“I can conceive that they may be the most important warfighters in the air force in 2030, not the fighter pilot,” he said. “Although all of those trades will have bespoke things that they will do, the warfighting domain that RCAF air power

is operating in is much broader and everyone needs to have an understanding of that.”

That digital imperative is also driving changes to the RCAF’s Future Aircrew Training (FacT) Project, which will bring the training of pilots, air combat systems officers and airborne electronic sensor operators under one cohesive umbrella. “We are beginning to imagine how all of those pieces are going to fit together,” he said. “Fifth generation is a huge forcing function on many air forces around the world. The Australians have tackled this with their Plan Jericho, which outlines how they are going to operate and fight in a fifth-generation environment. As an interoperable air force, I need to be able to do the same thing irrespective of where we are with fifth generation as a potential.”

Renewal and acquisition

As one might expect, Lt.-Gen. Hood has been primarily focused on the people side of the innovation equation. In part, that’s out of necessity. Changes to culture and internal policies will be critical if the RCAF is to meet the expectations of the millennial generation it must recruit. And with so many aircraft fleets in some stage of transition, including the delivery of new fleets, the training system will require further investment. For the general, the influx of new aircraft and young, digitally inclined people means the air force is growing, a vastly different position from that of his recent predecessors who managed declining budgets and personnel. It’s also an opportunity to assess the technology requirements of new and future platforms to push the innovation agenda further.

As 2016 came to a close, the Canadian government announced a three-pronged approach to the replacement of its

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35-year-old fleet of CF-188 Hornet fighters: a program to extend the structural and operational life of the current fleet of 76 jets for 10 to 15 more years; an open competition to select the Hornet's eventual replacement; and the start of negotiations with the U.S. government and Boeing Defense and Space on the possible acquisition of an interim fleet of 18 F/A-18 Super Hornets.

The need for an interim fleet is based upon the Liberal government's interpretation of existing policy - namely, that Canada must be able to meet its NORAD and NATO obligations simultaneously. Before the RCAF takes on an interim fighter fleet, however, Lieutenant-General Hood first has to bring the extant fleet and its aircrews and maintainers up to 100 per cent. "We are short some technicians and some pilots," he said.

"I would then use that crew force as the engine to force-generate additional capability [for the Super Hornet]. With the information I have now, I would stand up a separate squadron unique to the new platform, and protect my extant crew force."

The new squadron would likely be based at 4 Wing Cold Lake, Alberta, he added.

The CF-188 Hornets are but one of several aircraft fleets the RCAF is either preparing to replace or upgrade. In December, the government signed a contract with Airbus Defence and Space for delivery of 16 C295W search and rescue aircraft, a new training centre, and up to 20 years of in-service support to replace the CC-115 Buffaloes and CC-130H Hercules. As with new fighters, enhanced sensors and radar will "fundamentally change the search and rescue enterprise," he said.

The CH-148 Cyclone

maritime helicopters are now well into test and evaluation, and impressing crews with their anti-submarine and above-water warfare suites. JUSTAS, the joint unmanned surveillance and target acquisition system, is again a growing priority as shipping and other activity increases in the Arctic. The tentative date for a contract award is 2021, but Lt.-Gen. Hood would be "keen" to accelerate the program if possible. He also has to consider the options of midlife upgrades for the CH-149 Cormorant and CH-146 Griffon helicopters.

His most intriguing program, however, might be a future ISR [intelligence, surveillance and reconnaissance] platform. As the CP-140 enters the fourth, and final, block of the Aurora Incremental Modernization Project, which will deliver beyond line-of-sight satellite communications and Link 16 tactical data exchange, he is already looking to what comes next when the platform retires around 2030. He has challenged his team "to imagine how we continue to develop the world-leading anti-submarine warfare capability and put that into a Canadian platform . . . Why do I need to go anywhere else?" he asked. "We have it right here. The technology needs to continue to develop and it will. I should be starting to do some experimentation now."

Adopting a Canadian-built aircraft into the RCAF's next ISR platform is but another example of his broader innovation agenda. "I want to be at the leading edge of that," Lt.-Gen. Hood explained. "I want to be working with Canadian industry, favouring Canadian industry, and I want to create that innovation culture



Lieutenant-General Mike Hood has to consider the possibility of midlife upgrades for the CH-149 Cormorant (shown here, overflying search and rescue technicians) and the CH-146 Griffon helicopters.

Photo: Mike Reyno, Skies Magazine



Simulation plays a vital role in the modern RCAF. In addition to saving wear and tear on the aircraft fleet, simulator time helps crews hone world-class skills when faced with scenarios that would be very difficult to replicate in the real world.

Photo: Mike Reyno, Skies Magazine



An Avro CF-105 Arrow aircraft on a test flight near Toronto, Ontario, on June 20, 1958.

Photo: DND Archives, PL-107770

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Trenton follows strategy to an Ontario Regional Basketball Championship

A strong bench and high energy defence wore down Kingston on the way to a 51-49 final win

By Ross Lees

The Trenton men's basketball team had a plan and they put it into effect flawlessly as they fought their way through to a Canadian Armed Forces (CAF) Ontario Regional Championship last week against the two-time defending regional and national champions from Kingston.

While they lost the original game of the tournament to Kingston 48-42, they more than achieved revenge in the final when they defeated the same team 51-49.

Using their bench throughout the tournament, the Trenton squad kept their players from getting too tired and, when Kingston put on a final bit of pressure late in the game Friday morning, Trenton still had energy left to respond and hold off the pressing and experienced team from Kingston, who went through the round-robin portion of the tournament and the semi-finals undefeated.



A tired but happy Trenton team display their Ontario Regional Championship banner and their medals while surrounded by a proud 8 Wing Commander, Colonel Colin Keiver. Photo by Ross Lees

Trenton suffered their lone defeat at the hands of that Kingston squad, then went on to defeat North Bay 38-26 and Petawawa 49-39 in the round robin.

In the semi-finals, Kingston rolled over North Bay in one semi-final while Trenton eventually

dominated Petawawa, although they were down nine points at one time in the first quarter and were still trailing by three points at the end of the first half of the game.

"We came back and outplayed them in the second half and played harder defence," player-coach Corporal (Cpl.) Al Albano noted.

Once again, they kept inserting players into the game to give their starting five players a rest and keep rested for the final.

Kingston did not have that luxury, as they had to use their top five or six players even after getting into foul trouble late in the game.

Early in the final, Trenton

had trouble getting the ball to go through the hoop as shot after shot bounced back out, but their solid defence held Kingston close and forced them to work very hard for every point they got.

Despite that slow start, by half-time Trenton had worked their way to a 27-24 lead and seemed to get the ball to fall early in the second half while their defence made Kingston fight for everything they got. Midway through the second half, Kingston began putting on a full-court press to try and work their way back into the game, but Trenton again used their bench to maintain the intensity and force Kingston into desperation ball in the final three minutes.



Kingston and Trenton met head-to-head in a hard-fought final game of the Canadian Armed Forces (CAF) Ontario Regional Championships at Trenton last week. In this game, Trenton emerged victorious 51-49 to claim the championship. Photo by Ross Lees



In the end, a tired Kingston squad just had nowhere to go. Photo by Ross Lees

Fouled continually, Trenton managed to maintain enough of a lead to put their foul shots to good use and stave off the Kingston push.

Managing the game the way they did through to the end was no accident, according to coach Albano.

"We have a deeper bench, we're athletic and our cardio is great. We practice twice a week and we also play in a league in Cobourg, so we're playing basketball three times a week. It's a lot of commitment, we do ball-handling drills, shooting drills, and we stay extra hours after practice. We really wanted this one," he said after the tournament.

Trenton also had an experienced team with regional and national experience and they used their entire team to wear down their competition throughout the local tournament.

"Last year, our challenge was that we didn't have a strong bench, so by the time we got to the semi-finals and finals, we were gassed; we were done. This year, I was thinking that we needed a strong bench, get everyone fit and involved to keep the intensity up so that they would get tired. There's no way you can play that kind of game, the whole game, and not get tired," he said.



Trenton worked its way into a commanding lead, early in the second half, with layups like this one, but Kingston used a full-court press to get back in the game and make the final few minutes a battle, although Trenton never relinquished the lead. Photo by Ross Lees



Both Kingston and Trenton brought high-energy defences to the final game, eventually won 51-49 by Trenton. Photo by Ross Lees

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Get Yoga Studio is offering self-care yoga classes for spouses of active or retired military personnel. Dates: March 12, April 9, May 14 and June 11, at 11 a.m. Four classes for \$20 for sale at MFRC reception. Contact Kelly to register: kelly.b@trentonmfr.ca.

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Dance with France - Ladies Night

Learn to merengue with France's fun choreography! Mondays starting March 13 at 6 p.m. to 7 p.m. \$55 for eight weeks. At 8 Wing Officer's Mess (Upper Lounge). To register, please contact MFRC reception at 613-965-3575. Payment can be made by cash, debit or cheque. Deadline: March 10.

Danse avec France - La soirée des dames!

Apprenez le merengue avec la chorégraphie amusante de France! Les lundis débutant le 13 mars à 18h - 19h. 55\$ par personne pour 8 semaines. Au Mess des officiers 8 Wing. Pour vous inscrire, veuillez contacter la réception du CRFM au 613-965-3575. Paiement en cash, débit ou chèque Date Limite: le 10 mars.

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Danse avec France

Les lundis débutant le 13 mars. Niveau 1: 19h - 20h - Tango/Swing. Les mardis débutant le 14 mars. Niveau 2: 18h à 19h - Samba/ Intro au Waltz Viennese. Niveau 3: 1915h à 2015h - Chorégraphie Lindy hop/swing. Les sessions de pratiques pour les niveaux 1, 2, 3 seront tenues le 3 avril et le 1 mai à 19h - 20h30. 90\$ par couple pour 8 semaines. Au Mess des officiers 8 Wing. Pour vous inscrire, veuillez contacter la réception du CRFM au 613-965-3575. Paiement en cash, débit ou chèque. Date limite: le 10 mars.

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Continued on page 14

Home of the Week

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This three-bedroom home, designed for a lot that slopes to that back, features nine-foot ceilings throughout and includes an unfinished basement. Entry is through a covered porch into a foyer with a coat closet. The foyer leads to the adjacent dining room and kitchen area. French doors from the great room open to a sundeck at the back of the home. The kitchen includes a work island, as well as a spacious counter configuration ensures efficiency, and natural light will flood through the window over the double sink. Also at the back of the home is the master suite, which features a three-piece en-suite as well as a walk-in closet. The second bedroom, located next to a three-piece bathroom with a tub, includes a bayed-out space for a clothes closet. The third bedroom, which can double as a den, also has a bayed-out clothes closet, as well as a built-in desk. The linen closet is nearby. A railing encloses the stairwell that leads to the unfinished basement. To the left of the foyer is the laundry room. The double garage enjoys access to the corridor near the kitchen, as well as a doorway to the side-yard. Exterior finishes include wood siding and painted trim, as well as board-and-batten cladding in the gable ends. Painted pilasters accent the front porch, and a decorative garage door adds character. This home measures 32 feet wide and 55 feet deep, for a total of 1,324 square feet of living space.

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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.

Every Sunday – Catch the Ace at Royal Canadian Legion Branch 110

Quinte West area residents are urged to come to Royal Canadian Legion Branch 110 at 19 Quinte St., Trenton, to Catch the Ace, the craze that took the East coast by storm. Tickets are \$2. The event takes

place from 1 p.m. to 3 p.m. every Sunday with the draw at 4 p.m. For more information, contact 613-392-0331 or www.rcl110.ca

March 3 – World Day of Prayer Service

A local World Day of Prayer service will be held at Our Lady of Peace and St. Clement Astra Chapel, 91 Namao Drive East, 8 Wing Trenton. Please join together for this ecumenical service on March 3 at 7 p.m.

March 8 – International Women's Day

The 8 Wing Defence Women's Advisory Organization will host International Women's Day on March 8. The theme of this year's event is Strength Through Diversity. All 8 Wing members are encouraged to attend this day, which begins with group yoga at Baker Island Community Centre at 7:30 a.m. A lunch and learn on the cadet side of the Yukon Galley (\$5) with soup and sandwich available will feature National Hockey League veteran Shawn Antoski as the guest speaker from 11:30 a.m. to 1:30 p.m. In the evening beginning at 6:30 p.m., keynote speaker Lieutenant-Colonel (Lt.-Col.) (Retired) Karen McCrimmon, a past Commanding Officer of 429 (Transport) Squadron and now a Member of Parliament, will speak at the National Air Force Museum of Canada. For more information, please contact Capt. Natasha Dargan at natasha.dargan@forces.gc.ca or Capt. Emmanuelle Gratton at emmanuelle.gratton@forces.gc.ca

March 11 – St. Patrick's Day Dance

St. Patrick's Day Dance featuring the live band "The Reasons" on Saturday, March

11, at 8 p.m. at The Royal Canadian Legion Branch 110, Trenton. 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 at www.rclbr110@bellnet.ca

March 11 – St. Patrick's Day Dance

St. Patrick's Day Dance featuring the live band "The Reasons" on Saturday, March 11, at 8 p.m. at The Royal Canadian Legion Branch 110, Trenton. 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 at www.rclbr110@bellnet.ca

March 19 – Choir of Men and Boys from Christ Church (Ottawa)

On March 19 at 4:30 p.m., the Choir of Men and Boys from Christ Church Cathedral (Ottawa) will give a concert at St. Thomas' Anglican Church (201 Church Street, Belleville). Formed in 1891, the choir is the only such resident choir in a Canadian Anglican cathedral. A reception will follow. Admission: Pay-what-you-can.

19 mars à 16 h 30 — Le chœur d'hommes et de garçons de la cathédrale Christ Church d'Ottawa donnera un concert à l'église anglicane St. Thomas' (201 Church Street, Belleville). Formé en 1891, ce chœur est le dernier chœur d'hommes et de garçons toujours en fonction dans une cathédrale anglicane au Canada. Une réception suivra l'événement. Une contribution volontaire sera demandée en guise de prix d'entrée.

March 24 – 3rd Annual Charity Hockey Game

The third annual ATESS versus 8 AMS

Charity Hockey Game will take place at 1 p.m. at the RCAF Flyers Arena. Admission is two non-perishable food items. There will be a door prize, 50/50 draw, and chuck-a-puck to take part in. Chili and more will also be served. All proceeds go to the Trenton Care and Share Food Bank. Come out and support your squadron.

April 15 – Spring Fling Dance

Spring Fling Dance featuring the live band "The Reasons" on Saturday, April 15 at 8 p.m. at The Royal Canadian Legion Br. 110, Trenton. 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

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.



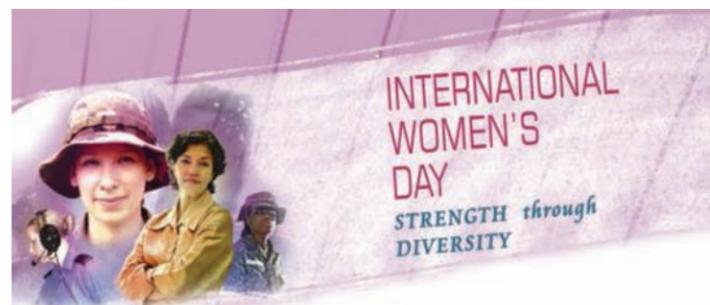
Journée internationale de la Femme 2017 de la 8^e Escadre/BFC Trenton – Le changement commence avec vous, le changement commence avec nous tous

Date: Mercredi, le 8 mars, 2017
Heure: De 18h30 à 20h30
Endroit: Le Musée national de la Force aérienne du Canada
Adresse: 220 RCAF Road, Astra, Ontario, K0K 3W0
Points de contact : Capt. Natasha Dargan at natasha.dargan@forces.gc.ca ou Nathalie Serre at nathalie.serre@forces.gc.ca

Ordre du jour

18h00: Ouverture des portes –café/rencontre
18h30: Tous les participants soient assis à leurs sièges
18h30-18h40: Remarques d'ouvertures – Col Colin Keiver, Commandant de la 8^e Escadre et Lt Col Cathy Blue, championne de l'Organisation consultative des femmes de la Défense à la 8^e Escadre
18h40-19h00: Présentation par le Centre de ressources pour les familles des militaires (CRFM) et; BINGO Liz Nicholas, Services de l'emploi et de l'éducation
19h00-19h40: Conférencière d'honneur - Lt Col (ret) Karen McCrimmon, député fédéral et ancien commandant du 429^e escadron de transport
19h40-19h55: PAUSE: breuvages et collations
20h00-20h15: Présentation du programmes de soutien du personnel (PSP) - Lisa Refausse, Promotion de la santé
20h15-20h30: Remise des prix et remarques de fermeture

NOTE: Par respect pour les personnes souffrantes d'allergies, s'il-vous-plait s'abstenir de porter des produits parfumés, fragrances, laque pour cheveux, etc., pour la durée de l'événement. Merci bien.



8 Wing/CFB Trenton's 2017 International Women's Day Event - Change Begins With You, Change Begins With All Of Us

Date: Wednesday, 8 March, 2017
Time: 1830 until 2030 hrs.
Location: The National Air Force Museum of Canada (NAFMC)
Address: 220 RCAF Road, Astra Ontario, K0K 3W0
Point of Contacts : Capt. Natasha Dargan at natasha.dargan@forces.gc.ca or Nathalie Serre at nathalie.serre@forces.gc.ca

Agenda

1800: Doors open - coffee and mingling
1830: All participants are seated
1830-1840: Opening remarks – Col Colin Keiver, 8 Wing Commander and Lt.-Col. Cathy Blue, 8 Wing Champion for the Defence Women Advisory Organization.
1840-1900: Military Family Resource Centre (MFRC) presentation /BINGO - Liz Nicholas, Employment and Education Services
1900-1940: Keynote speaker – Lt.-Col. (ret) Karen McCrimmon, MP and past commanding officer of 429 (Transport) Squadron.
1940-1955: BREAK: Beverages and snacks provided
2000-2015: Personnel Support Programs (PSP) presentation - Lisa Refausse, Health Promotions
2015-2030: Prize distribution and closing remarks

NOTE: Out of respect for those who suffer from allergies, kindly refrain from the use of all scented body products, such as perfumes, hair spray, scented skin cream etc., for the duration of the event. Thank you.



**INSTALL SMOKE ALARMS
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Every home in Ontario must have a working smoke alarm on every storey and outside all sleeping areas.



Sports & Recreation



March Break Kids Camp

March 13 to 17 for ages 6-12. Come enjoy a week of fun at the RecPlex. Community Recreation is offering an all new March Break Camp with cool activities that haven't been done in the past! Partnered with MFRC we are offering new programming, new activities, new equipment, active Wii video games, organized sports, exciting and creative crafts and more fun than ever before! Special events include painting with Suso, a trip to Frink Centre, CFB Trenton simulators, St. Patrick's Day Green Party, and the brand new Wibit! For more information, contact 613-392-2811 ext 3348.

Steve Nash Youth Basketball free promo event

Thursday, March 9, for ages 6-12 from 6 p.m. to 7 p.m. Come to our free promo event. Kids ages 6 to 12 welcome. Participate in an hour of awesome basketball skills, drills and games. Sign up at the RecPlex.

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 Com-

munity \$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 per-

formed on static 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).

MARCH BREAK CAMPS

March Break Kidz Camp

When: 13 - 17 March
Who: Ages 6-8 & 9-12
Where: RecPlex, 21 A Namao Dr. East
Contact: RecPlex 613-392-2811 ext. 3348
Registration: <http://bk.cfpsa.com/trentonpub/index.asp> or in person at the RecPlex



Are you ready?! March Break is right around the corner And WE WANT YOUR KIDS! Our program is a high energy, fun-filled week with each day a new adventure. Your child will experience all sorts of activities like, sports, crafts, water activities, team building and many other fun activities! Remember to bring running shoes, a lunch, snacks, swimming gear and to dress for playing outside. *Peanut free lunches*

March Break Camp Fees (HST Included)	
MILITARY COMMUNITY	GENERAL PUBLIC
\$147 for one child	\$166 for one child
\$267 for two children	\$301 for two children
\$315 for three children	\$355 for three children
\$392 for four children	\$442 for four children
*Cost per Day (HST Included)	
\$32/day for one child	\$34/day for one child
\$58/day for two children	\$62/day for two children
\$80/day for three children	\$85/day for three children
\$91/day for four children	\$105/day for four children
TRIP DAY Frink's Centre March 16th: Additional \$10 (HST Included)	
A.M Care (7-8am) + P.M Care (4-5pm): Optional but included in Prices	

Children's Martial Arts March Break Camp 2017

When: March 13th- March 17th, 0800hrs-1600hrs
What: Martial Arts, Games, Hikes, Sports, Activities and more!
Who: Children, ages 6-8 & 9-12
Dress: Active wear *Mouth guards for children are mandatory (found at Canadian tire/any sports store)
Where: 32 Buffalo Ave. Trenton, ON.
Contact: RecPlex 613-392-2811 ext. 3348
Registration: <http://bk.cfpsa.com/trentonpub/index.asp> or in person at the RecPlex



Join us for a fun-filled week of fundamentals of mixed martial arts, games, activities and much more! Your child will experience Kickboxing, Jiu-jitsu, Karate, Brazilian Jiu-jitsu, and Taekwondo. This will definitely be a week of lasting friendships, fun, learning new skills, and experiences for all!

**Mouth guards are mandatory. A surcharge will be applied if a child shows up without safety gear.

March Break Camp Fees (HST Included)	
MILITARY COMMUNITY	GENERAL PUBLIC
\$147 for one child	\$166 for one child
\$267 for two children	\$301 for two children
\$315 for three children	\$355 for three children
\$392 for four children	\$442 for four children
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\$58/day for two children	\$62/day for two children
\$80/day for three children	\$85/day for three children
\$91/day for four children	\$105/day for four children
A.M Care (7-8am) + P.M Care (4-5pm): Optional but included in Prices	

Please Note: Food is not included; Lunches, snacks and drinks must be peanut free!

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YARNELL, CYRIL ST. CLAIR "CY" Retired Colonel, R.C.A.F.,

Past Board member of the Royal Canadian Air Force Museum, Trenton Member of the R. C. A. F. Association, 418 Belleville Wing, and Member of the Royal Canadian Legion, Br. No. 99, Belleville

Peacefully at Hastings Manor, Belleville on Saturday, February 25th, 2017. Cy Yarnell in his 97th year. Son of the late William H. Yarnell and Clara (nee Chilton). Beloved husband of Phyllis (nee Wyllie). Loving father of Jill Yarnell of Belleville, Ralph (Joanne) of Burlington, Vermont and Kathleen Fox of Calgary, AB. Predeceased by his siblings Eileen, Patricia, Fred & Reg. Fondly remembered by his grandchildren Erin, Mark, Jessica, Sean, Kaitlyn & Andrew and by his great-grandchildren Adelaide, MacAllistair, Jackson, Kelan & Evelyn.

Colonel Yarnell is resting at the John R. Bush Funeral Home, 80 Highland Avenue, Belleville K8P 3R4 (613-968-5588) on Friday, March 3rd from 1 p.m. until service time. Funeral Service in the Chapel at 2 p.m. with cremation to follow. If desired, donations to the Alzheimer Society or the RCAF Museum, Trenton would be appreciated by the family. Online condolences at: www.rushnellfamilyservices.com

8 Wing Chapel / Chapelle de la 8e Escadre

Location/Adresse:

91 Namao Drive East
91 Promenade Namao Est

Office hours/ Heures de bureau:

Monday to Friday 0800 - 1600 hrs
Du lundi au vendredi 08h00 à 16h00

Services Times/ Heures des services religieux

Protestant Service: 1115 hrs
Service protestant: 11h15

RC Sunday Mass (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. (Rev./Rév) Roy Laudenorio

Unit Chaplains/Aumôniers des unités:

Capt (Rabbi/Rabbin) Bryan Bowley

Capt (the Rev./Rév.) Eric Davis

Capt (the Rev./Rév.) 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

Ergonomics for injury prevention



The study of ergonomics looks at the relationship between the worker and the equipment he or she uses. The goal is to make this relationship comfortable, productive and safe. Ergonomic improvements can be changes in work layout, routines, environment or equipment.

Your ideas count when it comes to ergonomic problems and solutions. Nobody knows your work and your workstation like you do, so you may be able to suggest improvements to increase productivity and reduce the chances of repetitive motion injuries, back problems and accidents.

One recent survey indicates

nearly half the suggestions for ergonomic improvements are made by non-supervisory employees, not the bosses or engineers. When you find yourself working in an awkward position — struggling to pick up materials, using tools which don't fit your hand comfortably or reaching for a poorly-placed control — think of ways the situation could be improved.

One size does not fit all when it comes to work equipment. Chairs and work surfaces should be adjusted to fit you as an individual to avoid strain on the body's muscles and tendons as you work. Your upper body is

particularly prone to these injuries, often caused by repeating the same task over and over while working in an awkward position.

Pay attention to your posture while you work. You should be able to sit or stand up straight rather than hunching over your workbench. The position of your body is very important when you do a repetitive task such as keyboarding or operating a tool when you need to keep your wrists relatively straight and relaxed. Consider lumbar support while sitting and prop one foot a bit higher than the other while standing. This reduces pressure

on your back. Switch feet periodically.

Supplies used frequently should be placed where you can reach them without bending, stretching or twisting. If you are lifting items, you should be able to pick them up and set them down at a height between your knees and shoulders. When you have to pick objects up off the floor or lift them higher than your shoulders, chances of injuries increase. Make use of the materials-handling equipment in your workplace, such as handcarts and lift devices, to eliminate manual handling of heavy items.

Your work station should also be laid out in a logical fashion so the job flows smoothly. If you have to backtrack or take unnecessary steps, the arrangement could use improvement. If there is a chance of accidentally activating the wrong control or contacting moving machine parts, a change is in order.

Talk to your supervisor about how your job could be made better from an ergonomic point of view. Improvements don't necessarily have to be expensive or complicated. Your observations and ideas are important.

Continued from page 11

Apprendre à s'épanouir

Les participants apprendront comment éviter les pensées négatives, communiquer efficacement, améliorer l'image de soi et entretenir de bonnes relations personnelles. Ce programme de 10 semaines aura lieu du 5 avril jusqu'au 14 juin. Vous pouvez y participer en avant-midi ou en soirée. Les heures sont de 9h30 jusqu'à 11h30 pour le groupe 1 et de 18h à 20h pour le groupe 2. Pour vous inscrire ou pour information veuillez communiquer avec Jaclyn Hunter 613-392-2811 poste 4017.

The Power of Essential Oils - 10 Week Series

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 emotions March 7; essential oils first aid March 21; essential oils and our immune response March 28; essential oils

and detox April 4; essential oils and digestion April 11; essential oils and hormones April 18; essential oils - DIY night April 25. Sign up for one or join all classes! One class: \$20. Five classes: \$75. Register and pay at Trenton MFRC reception. For more information email rabia.s@trentonmfrc.ca.

Le pouvoir des huiles essentielles – Une série de 10 ateliers

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 et les émotions le 7 mars; huiles essentielles et les premiers soins le 21 mars; huiles essentielles et la réponse immunitaire le 28 mars; huiles essentielles et la détoxification le 4 avril; huiles essentielles et la digestion le 11 avril; huiles essentielles et les hormones le 18 avril; huiles essentielles – Vous ferez vos projets le 25 avril. Inscrivez-vous pour un ou tous les

ateliers ! Un atelier : 20\$. Cinq ateliers : 75\$. Inscription et paiement se font à la réception du CRFM. Pour plus d'information, contactez rabia.s@trentonmfrc.ca.

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@trentonmfrc.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@trentonmfrc.ca.

Monthly E-News/Social Media

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

“That others may live”

SAR technician recounts rescue of man missing in Nunavut

By: Ashley Black,
Canadian Joint Operations Command

Imagine this: a man has been missing for four days in rural Nunavut, facing its harsh winter alone. For the next 17 hours, it is your responsibility to locate, stabilize and evacuate him. It is a tough job, and it is one to which Sergeant Dennis Van Sickle has dedicated his career in the Canadian Armed Forces (CAF). Sergeant Van Sickle is a Search and Rescue (SAR) technician on board the CC-130 H Hercules and CH-146 Griffon aircraft based at 424 Transport and Rescue Squadron from 8 Wing Trenton, Ontario. When conducting missions, Sergeant Van Sickle is the team leader of the SAR technicians who are responsible for the primary care of the missing person.

At around two in the morning on Monday, November 21, 2016, Sergeant Van Sickle and the team were tasked with a SAR mission involving a man who had been missing since Friday, November 18th. The RCMP, Canadian Rangers and local citizens had been conducting a ground search for the man near Baker Lake, Nunavut all weekend with no sighting, and needed additional help from the CAF.

For the next 17 hours, Sergeant Van Sickle and

the team onboard a CC-130 H Hercules searched likely areas and followed search patterns directed by the regional control centre. The RCMP and Canadian Rangers continued to search on the ground in a forested area.

The search lasted all day due to the fact that from the sky, it was difficult to definitively identify objects on the ground. “Above the tree line, we saw a ton of snow and some rocks and chunks of ice that kind of pop up. From the search altitude, they kind of looked like black spots,” explained Sergeant Van Sickle. “There was a high level of similarity between the search object and what the ground conditions looked like, and there was snow blowing everywhere due to some high winds during the search. So it was difficult to pick out what was what.”

By evening, there was still no sign of the missing person. The team onboard the Hercules had approximately five minutes left in their final search pattern before they’d be required to land and take mandatory crew rest.

Then, the ground team contacted the Hercules. They had found footprints and wanted the Hercules team to come investigate.

The Hercules finished



Ground Search and Rescue team members wave at the Hercules aircraft to identify themselves as requiring assistance.

the last five minutes of its search pattern and then headed towards the area where the RCMP found footprints. By that time, the ground team had found the missing person. The Hercules followed as the ground team headed towards a medical cabin nearby. Once they arrived, the Hercules dropped a radio down to the ground team to determine if medical help was needed from Sergeant Van Sickle’s team.

“They called back to us on the radio that he was indeed alive and they found him walking,” said Sergeant Van Sickle.

The ground team requested medical attention for the patient so the Hercules circled

around the cabin while Sergeant Van Sickle and his fellow SAR technician, Master Corporal Matthew Zukowski, parachuted down. Sergeant Van Sickle focused on creating an evacuation plan for the patient, while Master Corporal Zukowski did a medical assessment of the patient before moving him to a nearby medical station staffed by a professional medical team.

A crowd of concerned citizens greeted the patient and the SAR team at the medical station. While Sergeant Van Sickle had done handoffs before, this was the first

time he witnessed a whole



ACSO, Capt Pietraszek (left) and Load Master MCpl Henderson (right) retrieve the SAR Technicians static line deployment bags after exiting the aircraft.

community line up to welcome the patient home. “That was pretty incredible,” he remarked.

As for the overall success of the mission, Sergeant Van Sickle credits the ground team for their hard work and for finding the missing person’s footprints. “The kudos on this one I think goes to the local ground SAR team. They were pounding the ground for four days looking for this man. In reality, they are the ones that spotted the footprints and then tracked him down from there. Good on them,” he said.

17-hour work days are not easy, and missions are not always successful. But Sergeant Van Sickle has a simple reason for why he and other SAR technicians are so dedicated to their jobs. He says that SAR technicians have the unique experience of directly impacting the lives of Canadians.

“We’re the ones jumping in to help somebody when they’re having the worst day of their life, he said. “I think that’s likely why SAR technicians so proudly embody the trade motto: that others may live.”



Baker Lake SAR crewmembers (L to R) Captain Justyna Pietraszek (ACSO), Master Corporal Matthew Zukowski (SAR Tech), Sergeant Dennis Van Sickle (SAR Tech), Master Corporal Tyler Henderson (Loadmaster), Major Steve McAlpine (Aircraft Commander), Second Lieutenant Robert Horvat (SAR Spotter), and Captain Greg Heffren (First Officer) pose on the rear ramp of a CC-130H Hercules at 424 Transport and Rescue Squadron at 8 Wing Trenton, 3 February, 2017. Missing from photo: Master Corporal Jason Tibbo, Flight Engineer.

Photos by 8 Wing Public Affairs ©2017 DND-MDN Canada

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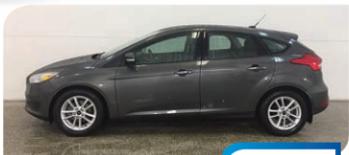
15 CHEVROLET SONIC RS
 29605 Manual 6spd, 1.4 4cyl turbo ecotec, hatchback, keyless entry, alloys, pwr roof, leather, heat seats, AC, rev cam, park aid, OnStar, compass, ext temp gauge, cruise, 31,662 km

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



14 MAZDA 3 GS
 29671 Manual 6spd, 2.0 4cyl, hatchback, keyless entry, alloys, push btn start, heat seats, AC, CD, MP3, rev cam, park aid, Bluetooth, pwr group, cruise, touch screen, 26,514 km

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



15 FORD FOCUS SE
 29669 Auto, 2.0 4cyl, hatchback, flex fuel, alloys, heat seats/mirrors/steer, AC, rev cam, park aid, Sync, cruise, 3,271 km

\$14,495
\$97
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14 CADILLAC ATS
 29663 Auto, 2.0 4cyl turbo, AWD, keyless entry, alloys, pwr roof/seats, push btn start, tract ctrl, leather, heat seats, AC, dual climate, MP3, sat radio, OnStar, cruise, Bose stereo, 41,535 km

\$21,495
\$144
 bi-weekly
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 0 DOWN + HST



14 MAZDA 3 GX
 29681 Auto, 2.0 4cyl, keyless entry, rear spoiler, push btn start, tract ctrl, AC, CD, MP3, Bluetooth, pwr group, steer ctrl, 39,068 km

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



14 VW JETTA HIGHLINE
 29638 Manual 5spd, 1.8 4cyl TSI, alloys, pwr roof/seats, push btn start, leather, heat seats, AC, MP3, sat radio, Bluetooth, cruise, 57,351 km

\$15,295
\$103
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



14 CHEVROLET CRUZE LT
 29600 Manual 6spd, 1.4 4cyl turbo ecotec, keyless entry, tract ctrl, AC, CD, MP3, sat radio, OnStar, pwr windows/locks/mirrors, cruise, steer ctrl, 57,202 km

\$10,195
\$68
 bi-weekly
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 0 DOWN + HST



12 KIA RIO EX
 29714 Auto, 1.6 4cyl GDI, hatchback, keyless entry, econo mode, heat seats, AC, CD, MP3, sat radio, pwr group, cruise, 38,737 km

\$9,995
\$89
 bi-weekly
 60 mths @ 5.9%
 0 DOWN + HST



15 SCION XB
 29580E Auto, 2.4 4cyl, hatchback, keyless entry, tract ctrl, AC, CD, MP3, rev cam, Bluetooth, compass, ext temp gauge, cruise, steer ctrl, 61,202 km
 PREVIOUS DAILY RENTAL

\$13,195
\$89
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



12 FORD ESCAPE XLT
 29582 Auto, 2.5 4cyl, keypad entry, roof rack, alloys, tract ctrl, pwr seats, AC, MP3, sat radio, sync, compass, ext temp gauge, pwr windows/locks/mirrors, heat mirrors, 100,871 km

\$10,495
\$93
 bi-weekly
 60 mths @ 5.9%
 0 DOWN + HST



12 CHEVROLET ORLANDO LT
 29611 Auto, 2.4 4cyl turbo ecotec, 7pass, hatchback, keyless entry, alloys, AC, CD, MP3, sat radio, compass, ext temp gauge, pwr windows/locks/mirrors, cruise, 72,733 km

\$12,495
\$111
 bi-weekly
 60 mths @ 5.9%
 0 DOWN + HST



16 JEEP PATRIOT NORTH EDITION
 29741 Auto, 2.4 4cyl, keyless entry, roof rack, alloys, tract ctrl, AC, CD, MP3, sat radio, U-connect, pwr group, heat mirrors, cruise, touch screen, 17,621 km

\$18,795
\$113
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



12 CHEVROLET ORLANDO
 29618 Auto, 1.4 4cyl turbo ecotec, 7pass, hatchback, keyless entry, alloys, tract ctrl, AC, CD, MP3, compass, ext temp gauge, pwr windows/locks/mirrors, cruise, steer ctrl, 70,946 km

\$11,995
\$107
 bi-weekly
 60 mths @ 5.9%
 0 DOWN + HST



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

\$55,495
\$335
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



16 TOYOTA 4 RUNNER LTD
 29159 Auto, 4.0 6cyl, 7 pass, 4x4, alloys, pwr roof/seats, push btn start, leather, memory seat, heat seats, vent seats, AC, dual climate, nav, rev cam, park aid, Bluetooth, cruise, 28,612 km

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



16 GMC ACADIA SLE
 29176E Auto, 3.6 6cyl, 8 pass, AWD, keyless entry, alloys, AC, CD, MP3, sat radio, rev cam, compass, ext temp gauge, cruise, steer ctrl, 55,390 km
 PREVIOUS DAILY RENTAL

\$28,495
\$172
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



16 DODGE DURANGO R/T
 29287 Auto, 5.7L V8 Hemi, 7 pass, AWD, fact remote start, alloys, pwr roof/seats, push btn start, leather, memory seat, heat seat/mirror/steer, 16,536 km
 PREVIOUS DAILY RENTAL

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



16 JEEP CHEROKEE LTD
 29148 Auto, 3.2 V6, alloys, leather, pwr seats, heat seats/mirrors/steer, MP3, sat radio, rev cam, park aid, U-connect, cruise, lane change alert, stop/start engine sys, 8,366 km

\$26,495
\$160
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



16 DODGE RAM 2500 LARAMIE
 29293 Auto, 5.7 V8 Hemi, 4x4, fact remote start, crew cab, short box, trailer hitch, box liner, pwr roof/seats, push btn start, leather, memory seat, 18,075 km
 PREVIOUS DAILY RENTAL

\$50,995
\$308
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



16 NISSAN FRONTIER PRO4X
 29535 Auto, 4.0 V6, 4x4, crew cab, short box, box liner, alloys pwr roof/seats, leather, heat seats, AC, dual climate, rev cam, park aid, 16,638 km
 PREVIOUS DAILY RENTAL

\$32,495
\$197
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 96 mths @ 5.9%
 0 DOWN + HST



14 TOYOTA TUNDRA 1794 EDITION
 29271 Auto, 5.7 V8, 4x4, crew cab, short box, alloys, pwr roof, leather, pwr seats, memory seats, heat seats/mirrors, vent seats, AC, dual climate, nav, rev cam, park aid, 53,582 km

\$43,495
\$293
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



15 GMC SAVANA 2500
 29275 Auto, 4.8 8cyl vortec, RWD, running boards, tact ctrl, vinyl floor, bucket seats, AC, AM-FM, Bluetooth, pwr windows/locks/mirrors, cruise, steer ctrl, tilt steer, 34,596 km

\$23,995
\$161
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



14 MERCEDES SPRINTER 3500
 29051 Auto, 3.0 6cyl, 2pass, diesel, RWD, keyless entry, airbags, bucket seats, AC, AM-FM, Bluetooth, ext temp gauge, pwr mirrors, steer ctrl, 143,424 km

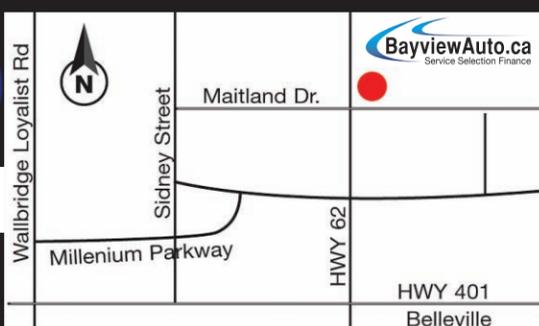
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